



The latest news, events and opportunities from Abbey Community Centre, Kilburn



Please feel free to take a copy of our July/August 2026 newsletter – and grab one for a friend so we can let everyone in Kilburn and beyond know about all the lovely things going on at Abbey Community Centre.

What's been happening: Recent highlights

Hello wonderful people and welcome to our July-August 2026 Abbey Community Centre newsletter! It's been an intense couple of months with the weather, and we're looking forward to things feeling a bit more refreshed in September. Make sure you look at the timetables around the centre to check dates for any resuming activities including Camden ACL courses. Here you'll get a small flavour of what we've been up to the last couple of months, see our recent feedback and thank-yous, 'You Said We Did' and get details of upcoming special events. As always, come and see us sometime soon, or give us a call on 020 7624 8378 if you'd like to get involved.

Creche (right): Heatwave? No problem... Here's Tissy and the Creche gang showing everyone how to chill out with lots of water play!



Garden Party: A lovely photo from July's staff / tutors / volunteers / departing interns garden party! Just some of the many people who make Abbey great.



Active for Life social: Active for Life participants enjoying a social drop-in in our foyer with Simone, talking all things exercise...

Abbey Community Centre, 172 Belsize Road, Kilburn London NW6 4BJ

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Up Your Street

July-August 2026



Anytime Fitness Kilburn (right): A fab taster session at the Kilburn High Road gym organised by manager Ronnie. Our members had the chance to try all the machines, see the space and meet the lovely staff. It can be intimidating visiting a gym for the first time but Ronnie and the team put us at ease and we thank them for their warm welcome.



Active for Life: How amazing are these pictures, taken by the Camden photographers? Active for Life sessions have been a huge success at the centre with lots of new faces taking part in taster sessions.



Home Instead Pampering Sessions: We are loving our partnership with Home Instead Camden, who have been visiting us to deliver wonderful free pampering sessions to members – nails, hair and makeup.



Kew Gardens trip: Needless to say, Abbey members were Kew-ing up for another trip to our favourite destination, which was perfect for the hot weather. We love Kew's community tickets scheme!

This is just a fraction of all we've had going on! Grab a timetable/programme guide or see the whiteboard in the foyer to find out days and times of regular sessions. See page 4 for upcoming special events.

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*Thank you from us
Our gratitude section!*



We couldn't do all we do without our volunteers, funders, partner organisations and community members like you. Here's who we'd especially like to thank this season!

- Donors to our Small Charity Week Big Give campaign, and to Postcode Society Trust who matched the funds. We were delighted to raise £7418 total.
- Ali - our volunteer who has been giving so much, including setting up a new Chess Club on Monday evenings! Here he is after winning the 'Street Legends Chess Cup'!
- Ronnie from Anytime Fitness - who hosted an amazing Welcome Day for our members.
- London Catalyst - for awarding us £30k over 3 years to support our community activities.
- Samer - for running a free, informative digital scam prevention workshop for our staff.
- Our new Coffee Morning volunteers!
- Sandra for supporting Paul with a health and safety demonstration!
- Claudia for running Bingo and generally always helping with everything. And Daniela, supporting us with Reception, Gardening, Colouring Calm and other bits and bobs.



Overheard at Abbey Your recent feedback

You put so much heart, kindness and dedication into the centre, and it really shows. Everyone speaks so highly of you and the wonderful work you do. You have created such a special place where people genuinely feel they belong, and that is something truly remarkable. It is always a joy to see the smiles on everyone's faces, and we are so grateful to be involved. -
Sylwia, Home Instead Camden

After my mother passed away, I didn't know what to do with myself. I had spent so much of my time looking after her, and suddenly my days felt empty. Everyone made me feel included and gave me something meaningful to do instead of the days I used to spend caring for my mum. The diversity of our volunteers' backgrounds and ages makes Abbey a welcoming and enjoyable place for everyone. - **Volunteer**

The Carers Week event was calming, the food was nice to share, and it was valuable to exchange experiences and listen to other carers. We discussed how and when to seek help. Thanks for giving us the space to talk and appreciate how important community is to us. -
Member, Carers Week event

Fantastic stay & play area!! The staff and the place are very homey and I was happy to see the kids having fun. We can't wait to come back in September!
Thank you so much ❤️ -
Parent, Stay and Play

I look forward to coming to the centre every Friday morning to meet other people, catch up, and do crosswords together. We help each other complete them, which makes it even more enjoyable. It's good fun. - **Member, Coffee Morning**

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Coming up / Notices

Dates for your diary



AI Digital Workshop on Wednesday 9th September 1.30-3.30pm
Free workshop which will guide you through how to use AI safely and effectively in your daily life to support you with day-to-day tasks. Please book with us on 020 7624 8378.

Pampering Day for 60+ on Thursday 10th September - 4.30pm to 6pm

Home Instead Camden are offering free pampering treatments at Abbey for people aged 60+. Book your spot now (with a £3 refundable deposit) on 020 7624 8378 for gentle nail care, hair styling or even a makeover! Refreshments available too.

NEW - Tai Chi with Helen: 2nd & 4th Tuesdays 3.30-4.30pm. Ages 60+

We are so grateful to our volunteer Helen for offering free Tai Chi classes for us every second and fourth week of the month. Helen has been practicing Tai Chi since 1996. Her classes combine Tai Chi and Qigong, providing the perfect exercise for those wanting to improve balance and flexibility while calming the mind. Bookings only, contact Reception.

NEW - Digital Cards Creation with Esi: Thursdays 2-4pm in the foyer

Our member Esi is running a wonderfully creative drop-in on Thursdays where you can design beautiful digital cards for celebrations or invitations. Please bring a photograph you'd like to use on the card. No booking needed - just drop in!

Please see our noticeboard or posters for more upcoming special events and new courses. Ensure you check our full timetable for any date changes/cancellations of regular activities.



We are a charity and our projects are not funded by Camden Council. Please support our community work by giving us a cheque, cash or donating via card at Reception. You can also text ABBEYFIVE to 70085 to donate £5 from your phone, or visit our website 'Support Us' page.

You said, we did....

Some of the ways you've made an impact

- In response to the feedback of **Coffee Morning** attendees, we are planning to introduce a new fun activity booklet to keep members engaged and support mental wellbeing during the sessions.
- The **Bookswap** is up! Originally an idea from member Daniela, it's now installed in our foyer with shelving donated from Kilburn Library. Go and check it out, or drop off some books you're done with.
- Simone listened to feedback from the **Bridge** group, who were concerned that the new Chess Club in the Foyer could disrupt their sessions. In response, she arranged for the Chess Club to be held in the Priory Room or the Nook instead, ensuring both groups have suitable spaces. This reflects our commitment to listening to members and adapting activities to meet their needs.

Closure notices

- There will be no community activities running w/c 24th August and w/c 31st August. Warm Welcome, the Garden and the Library are open as usual and most private groups/activities will be operational.
- The building will be closed for Bank Holiday Monday 31st Aug.
- Children's Services will resume 7th September.

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