



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



Please feel free to take a copy of our March-April 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 March-April 2026 Abbey Community Centre newsletter! 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. It's been a great start to 2026 – new regular Souper Tuesday free lunches, volunteering days with partners, building up our new Sanctuary project for asylum seekers and refugees and much more besides.

See page 4 for our upcoming closure dates. As always, come and see us sometime soon, or give us a call on 020 7624 8378 if you'd like to get involved.



**Food redistribution:** We'd like to say a big thank you to our food redistribution volunteers! Every week, they package up donations from The Felix Project and these are given out to about 20 families and older people in need every week.



**Colouring Calm (above):** Lovely vibes as ever in Simone's class. Join them Tuesdays 2.30–3.30pm.

**Creche (top):** It's always very exciting when the parachutes come out! Our Creche runs Monday–Thursdays, contact Zamzam for more details on [zamzam@abbeycc-kilburn.org.uk](mailto:zamzam@abbeycc-kilburn.org.uk).

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

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# Up Your Street

March-April 2026

*Men's Fitness (below):* We are so happy with how this session is flourishing with tutor Daniel.



# Abbey Community Centre

*February Community Lunch (left):* Tom, our marathon runner, visited our Saturday lunch (escorted by his mum Caroline, our Chair of Trustees) He loved meeting you all and seeing our beautiful community space in person.



*Table Tennis* on the left - it's been the perfect way to exercise during the winter months! And on the right, students from the University of Southern Mississippi (AES) get stuck in to helping with *Souper Tuesdays*.



***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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# Up Your Street

March-April 2026

Thank you from us  
Our gratitude section!



Abbey  
Community Centre

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!

- **GoodGym Brent** for all their recent help with leaflet distribution!
- Job Hub adviser **Parul from Camden**, for supporting our Sanctuary project. She has been an absolute wonder to work with.
- Mohan from **Hodge, Jones and Allen** who came to Abbey and delivered a free, very informative workshop on Wills and LPAs.
- Our current wonderful wave of interns from **EUSA - Brendan, Emma and Rachel!** All have been so helpful, enthusiastic and creative across CAP, Reception and Children's Services.
- **The Restart Project** for another wonderful event in February, fixing our members' electronics (pictured right)
- Our new volunteer **Olena** for being so helpful on Reception.
- The **Ironmongers' Company** for funding our Best Start Creche.



## Overheard at Abbey Your recent feedback

"When I joined Abbey I found the meaning of life again through daily activities, community connection, walking to the centre, I feel useful again. Now I have friends I can talk to even if they are new friends every day. I got a sense of identity, calm, and purpose." - Member

"The trip to the Science Museum was brilliant. Thanks to Abbey Centre for organising it. The combination of art and science encouraged me to express my opinions and reflect on past and present inventions and discoveries, which I found amazing. Thank you, Jason, for organising this trip for us." - Member

"I have enjoyed every class and learnt so much about cooking different vegetables that I never knew how to cook. I have tried out some recipes at home. I enjoy eating with other people, it makes a change from eating lunch on your own all the time" - Low-cost Cooking class feedback

"We appreciate all you have done for our son. He grew to absolutely love attending the creche. We believe this is because of your unconditional affection and support. Attending the London Children's Flower Society award ceremony with you was a deeply memorable occasion for us." - Parent

"The speed of execution between a conversation and execution of ideas is phenomenal. The communication is open and quick. Abbey CC go the extra mile by providing specific and constructive feedback on every volunteer after every session. When that feedback circles back to the client, it improved their skills, helps them walk a little straighter with confidence and enables them to feel loved and valued. Isn't that what all humans look for - to be loved and valued?"

Thank you, Abbey Community Centre, for a beautiful collaboration. I am excited at what else we would create while helping our fellow humans." Job Hub Advisor Parul Banka (Refugee & Asylum Seeker Support)

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## Coming up / Notices Dates for your diary



**Help for Heroes Visits - Fridays 13th March & 10th April 10.30am-12pm**  
Help For Heroes is a charity that supports veterans and their families to live well after service. For the dates above, Siobhan the Help For Heroes Community Builder based in London will be at our Friday coffee mornings. Siobhan's role is to connect the Armed Forces Community to other people with shared experiences. If you'd like to know more about what's going on in London for veterans or just come along for a chat, Siobhan will be in the foyer from 10.30am - 12pm.

**Soup-er Tuesdays!** Join us for free hot, healthy, tasty soup in our foyer - now every Tuesday from 12pm. All are welcome; contact us for more information on 020 7624 8378.

### Abbey Book Club: Wednesday 18th March 3-4.30pm

At the next Book Club meeting Tricia, Caroline and the gang will discuss *The Unseen* by Roy Jacobsen. Set on a tiny island called Barrøy off the coast of Norway at the turn of the century, the *Unseen* charts the lives of a small working class family that survive there. There's still time to get a copy and read it before the club I reckon! Email Tricia on [patriciateahan@hotmail.com](mailto:patriciateahan@hotmail.com) if you have any questions or would like to join, or just turn up.

**Community Lunch & Tech Buddies:** Kilburn's favourite way to spend a Saturday! Next one **11th April** 10am-2pm. Booking essential - speak to Reception.

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.

**Donate to Abbey**

**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

- Lydia's February **Nutrition Workshop** focused on Anti-Inflammatory Foods, a topic requested by many regular attendees.
- Simone has begun delivering a monthly **Creative Collage** session following requests from the Re-cycle-art group. The members are currently busy making artworks for our 50<sup>th</sup> Birthday Celebration in summer.
- Members requested that crosswords and puzzles be available regularly during **Friday Coffee Mornings**. Jason now prints and provides these every Friday in response to your feedback.
- **Men's Fitness** tutor Daniel organised for the group to send some videos and photos to a member in hospital after they said they'd like to pass on a message to him.
- Tech Buddy and member Esi wanted to get more involved with us and she is now going to be running a **digital greeting cards** workshop!

### Closure notices

- We are closed from **Good Friday to Easter Monday** - 3<sup>rd</sup> - 6<sup>th</sup> April.
- Children's Services have their Easter Break from **30<sup>th</sup> March - 10<sup>th</sup> April**. Some Camden activities will also be having a break - please check the April timetable or with your tutor.
- We are a polling station **Thursday 7<sup>th</sup> May** so several activities are cancelled - please check timetable.

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