



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



Please feel free to take a copy of our Summer 2024 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

Happy August everyone!

We hope you're staying cool in the hot weather which has finally arrived. We've just been celebrating the Olympics with our Abbeylympics Community Festival which was a great success. Table Tennis, garden drinks, Olympics quiz and lots of sharing info around our own health and fitness activities. Thanks to Camden Community Festivals for the funding – we had a great time.

*"I meet people of different countries. They are all friendly and welcome me. Thanks for everything."* – Abbeylympics attendee

In the light of the riots taking place across the UK, we are doubling down on our commitment to protecting our members from racism and discrimination. We at Abbey will always have our doors open for anyone feeling unsafe because of their ethnicity or faith. We will always strive to make you feel safe participating in our activities and using our space. Please see the Camden Community Centre's Consortium (C4) website for our full statement: <https://www.c4consortium.org.uk/>.

Some highlights of what we've been up to from May–August 2024 are pictured here and overleaf along with this season's feedback, 'You Said We Did', and thank you section. Enjoy and hope to see you soon!



*Creche (right):* The children are delighted with their **London Children's Flower Society** bronze award! Big shout out to them as well as our volunteer gardener Maria Elena for putting in the effort to care for new plants and flowers around the creche garden.

*Volunteer Party (left):* We celebrated our incredible volunteer team back in June with a fun lunch party, and display which you can still see in our foyer!



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

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Charity no. 295191 Ltd company: 2028600







# Up Your Street

Summer 2024

**Karaoke Club:** Karaoke with Rosamund has been such a hit! It's taking a break in August but will be back in September, last Thursday of the month.




# Abbey

Community Centre

**Creche:** Our CAPA intern Amanda ran some Re-cycle-art sessions for the little ones, reusing plastic waste like yoghurt/jelly pots! Thanks to funding from NLWA.



**Abbeylympics:** An extra-special community festival and lunch in August thanks to Camden Community Festivals fund - table tennis, garden drinks, choir performance, information about our fitness activities, and Olympics quiz!



*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!

- Thanks to the **Good Things Foundation** for the donation of 30 mobile phones for our projects!
- We were so delighted with this donation of over 100 plants from **the RHS!** The gardening volunteers and Jordan went to collect them from Hyde Park this week and now the colours are looking fabulous in our Abbey Garden.
- Big thanks to **UCLH** for delivering a fantastic talk on hearing loss and dementia in June. 48 Abbey members attended! *"Thank you for organising this talk. It was amazing lots of useful information. Made me realise how many people have the same problem with hearing loss."*



## Overheard at Abbey Your recent feedback

In this class I have the courage to share, as I am not judged or mocked. This class helped me to express myself with my Irish accent. I'm not afraid to speak out loud anymore, I feel more confident speaking in a group. Bryony's class has made me fall in love with poetry.

The staff is very welcoming and kind. People at AbbeyCC are very friendly and help me. I feel happier and my body feels healthier. My English is improving every day, thanks to my new friends. I have learnt so much and I feel more confident. I love you all. You are my sunshine!

Thank you for giving us the best place to go in our early years as parents. Stay and play has been such an important part of his life! We will also be forever grateful for the weeks he came to the Creche before starting nursery. Having that transition in a place that was familiar with trusted adults helped him and us so much.

It has been a pleasure to volunteer at Abbey Community Centre. At Abbey I feel welcome and I can improve my confidence. Especial thanks to Romana who gave me opportunity to be part of the community again. With her kindness she has been guiding me through tasks, helping me be included and boosting my confidence. Abbey is a great place to meet kind people, improve communication skills and contribute.

This is a lovely experience. Our choir teacher is very competent, and she has a beautiful voice. She is patient and inspirational. Her classes are joyful, make us smile a lot. Singing uplifts our mood.

Stay-and-Play gives children an outlet where children can be children and play endlessly and creatively in their own way. Whether that was coming over to the craft table or using different motor skills by playing and engaging with the mats and toys offered. Families come to the centre to give their children a place to play and learn.

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## Coming up / Notices Dates for your diary



**CACL Digital Improvers Stage 1: starts Monday 23rd September 2-4pm**  
If you have some basic digital skills but would like to develop more confidence, this course will improve your skills with laptops, smartphones, email, social media, messaging apps and much more. Courses are free - come and enrol on the first day to guarantee your place (latecomers may have to wait).

### **CACL Digital Photography Project: starts Thurs 26th September 10am-12pm**

Would you like to take better photos? Do you want to express your creativity? Come along to this friendly group each week and explore what makes a good photo. Develop a theme for your work, experiment with background and natural light, learn to use free software to edit your photos and choose pictures for an exhibition in 2025. Cameras or phones may be used. Free - enrol on the 26th.

### **Abbey Book Club: Wednesday 2nd October, 3-4.30pm**

In October we'll discuss '**Leave the World Behind**' (2020) by Rumaan Alam (now also a Netflix film adaptation). Amanda and Clay head to a remote corner of Long Island expecting a holiday: a quiet reprieve from life in New York City, quality time with their teenage son and daughter and a taste of the good life in the luxurious home they've rented for the week. But with a late-night knock on the door, the spell is broken. Ruth and G. H., an older couple who claim to own the home, have arrived there in a panic. These strangers say that a sudden power outage has swept the city, and - with nowhere else to turn - they have come to the country in search of shelter. But with the TV and internet down, and no phone service, the facts are unknowable. Should Amanda and Clay trust this couple - and vice versa? What has happened back in New York? Join Bryony in the kitchen or on Zoom for a lovely discussion, recommendations and laughs from 3pm. No need to book, just turn up or for more info/Zoom link email me on [bryony@abbeycc-kilburn.org.uk](mailto:bryony@abbeycc-kilburn.org.uk).

### **September Community Lunch and Tech Buddies - Saturday 7th Sept**

Book now to guarantee your spot for our usual delicious two-course lunch, Tech Buddies for over 60s, live music and tombola! Book with Reception on 020 7624 8378. And for October's Community Lunch we'll see the return of the popular Restart Project - date will be published soon on our whiteboard and on our website...

Please see our noticeboard or posters for more upcoming special events.

**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.**

### **You said, we did....**

Some of the ways you've made an impact

- You loved the **UCLH talk** in July on Hearing Loss and Dementia, and expressed an interest in learning about sleep disorders and how to get better quality sleep. So that was the topic for the August talk which was very well-attended.
- A few **Kilburn Good Neighbours** members have said they'd like volunteers to accompany them on local walks before the weather gets cold again. Some members only want this for a few months rather than a long-term befriending. Lydia is now planning to see if it makes sense to put in place short-period (e.g. 6 week or 2 month period) befriending matches to accompany members on walks only and to assist them in getting confident.

### **Closure notices**

Centre will be closed from **Mon 26th Aug to Sunday 1st Sept.**

Independent activities e.g. Bumblebee Physio will restart from 2nd Sept. Thursday 5th Sept we are a polling station. All our own activities and Children's Services will restart **from Mon 9th Sept.** See our timetable for full dates and details.

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