



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



Please feel free to take a copy of our Winter 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 2025 everyone!

It's been a while since our last newsletter, reflecting the very busy Autumn-Winter season here at Abbey. The highlight rounding off the end of 2024 was our December Community Lunch - our biggest yet, with 120 people joining us for excellent festive food cooked up by the kitchen volunteers, some premium tombola prizes, Tech Buddies IT help session, and best of all a glorious carols performance from our Abbey Community Choir. (funded by London Catalyst)

Only the week before that, the CNJ published an article about the State of the Borough research into loneliness which named Camden the loneliest borough in the UK, with 36% of us feeling 'lonely often or always'. We feel proud to be doing our bit to fight social isolation and improve mental and physical wellbeing. In fact, we published our 2023-2024 Impact Report and 2024 Evaluation Survey in Autumn (on our website 'Our Impact' page; we'll also be displaying it soon) and a massive 94% of you said Abbey helps you to connect with other people in your local area.

We have a feeling 2025 is going to be our year and hope you'll join us to make it happen! Pick up a timetable as well as look at the special events on p4. Some highlights of what we've been up to from September-December 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!



Zumba (above): Big thanks to the London Marathon Foundation for visiting us and getting some beautiful professional photographs of our Zumba Gold and Men's Fitness classes.



Creche (above): The children doing one of their favourite things, dress-up and imaginative play! The creche is open to children 6months-3years old, call Zamzam on 07526 032779 for more info.

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Charity no. 295191 Ltd company: 2028600





Up Your Street

Winter 2024-25

Re-cycle-art (right): More fab creations from Simone's group are on display in our foyer too. Thanks North London Waste Authority for your funding, and photography!



Abbey

Community Centre

Men's Fitness (below): Robin and John getting a sweat on at Men's Fitness, Wednesdays 10.30-11.30am. Thanks to our funder London Marathon Foundation for getting these fab photos!



Soup-er Thursday (above): Volunteers from Starbucks cooked up a storm for a wintry soup event in our foyer. Delicious and nutritious!



Bridge Club (left): Bridge is back! Thanks to Paul, the gang are meeting Mondays in the foyer from 5.30-8pm.

Wreath-making workshops (right): Run by the brilliant Maria Elena in December were a huge hit!



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!

- **Royal Parks:** for providing another free bumper delivery of flowers for the Abbey Garden in November.
- **SER Contractor:** For the generous donations towards our Pumpkin Carving Workshop in October and towards our Christmas Lunch.
- **Donors to our crowdfunder** - you made the Abbey kids' Xmas magical with over £400 raised for Santa to visit drop-in / creche with presents.
- **Megan and Kenny** - our fab CAPA interns!
- **Hampstead Wells and Campden Trust** for the £450 Christmas food vouchers which we were able to distribute to those needing extra help.
- **Co-op Local Causes:** We are a Local Cause this year and you can raise us money by voting for us at membership.coop.co.uk/causes/91084
- **Camden Magazine** for the Abbey feature in the Dec issue - including Abbey cover stars Gloria, Debbie and Ruth!



Overheard at Abbey Your recent feedback

Yvette roped me in initially and I was petrified. However it turned out to be one of the most meaningful things I'd done in my life. I'm truly inspired by the work you and your team do day in, day out. - Alex, Tech Buddy volunteer

I'd like to thank you for everything. My son enjoys creche, learned how to share toys, potty training, having fun with friends. Thank you for always teaching him in a fun way in a safe environment. He loves you and Abbey so much. - Creche user

I love coming to the Abbey once a week for the exercise group and talking to people, making me feel good about myself. It is like stepping from hell into paradise. And thank you for all you do for me. - Kilburn Good Neighbours member

Firstly, thank you so much for the experience of being in your class. It was a mainstay of my week in a good way. When you teach and explain writing, I understand you. Coming to your classes gave me the courage to attend Birkbeck's open day recently. I went to the Psychology Dept presentation. It was amazing Bryony and I really want to do the Psychology conversion masters degree. - Member

At Abbey we have interactions with other kids, babies and parents. No more isolated long hours at home. - Drop-in attendee

I am happier and more content. It gives me hope to survive in London. We need the Abbey, please support them. - Member

There is no word to describe how staff at ACC change people's lives for the better. - Member

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Coming up / Notices Dates for your diary



NEW Strength and Balance Classes with Arsenal Football Club

Arsenal in the Community Strength & Balance classes aim to promote independence, improve functional strength and reduce falls risk in Men & Women aged 55+. Classes held at Abbey on Mondays 1-2pm and 2-3pm. Book your spot with Reception on 0202 7624 8378.

NEW Therapeutic Dance with Kata: Wednesdays 12.30-1.30pm from 8th Jan 2025

Therapeutic dance is a wellbeing practice that consists of gentle dance activities set to feel-good music. A safe space for everyone to relax and connect with others through movement. There is no emphasis on how it looks - it's about how it feels. Beginners warmly welcomed, all abilities. This class is for ages 50+. Book your spot with Reception on 0202 7624 8378.

February Community Lunch and Tech Buddies - Saturday 1st February

There's no Community Lunch in January, so book now to guarantee your spot for our usual delicious two-course lunch, Tech Buddies for over 60s, live music and tombola in February! Book with Reception on 020 7624 8378. March's lunch will also be on the 1st of the month.

Digital Improvers Stage Two: Mondays 2-4pm - Free - Camden Adult Community Learning

If you have some basic digital skills already, this course will take your skills further. Following on from Stage 1, this course will focus on your creating and editing skills: Learn how to create better original documents, such as letters, reports, posters, invitations and more! Use more advanced text and layout editing features Use more advanced image editing Organise your files and folders. 13th Jan - 31st March with a break on 17th Feb. Book with Reception on 020 7624 8378.

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



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

- We listened to members' comments and changed the day and time of Recycle-art classes so it would not clash with other activities. This also meant new members could join the class.
- Our Community Choir loved performing at our December Community Lunch so much that we gave them another chance to do so just before the Christmas closure, at coffee morning! This was just lovely and we raised some funds for Abbey too.
- We're looking into splitting up the table tennis sessions so those coming for fun or to learn play in one session, and the hardcore players who want a more full on competitive game can play together.
- Bryony was unable to run the Book Club anymore due to other time commitments but members wanted it to keep going - so our member Tricia and trustee Caroline have taken over!

Closure notices

London Trips and Love Where you Live will not run in January along with Abbey's **Green Guardians**. There will be no **Colouring Calm** on 21st January, no **Re-cycle-art** on 17th and 24th January and no **Low-cost Cooking** on 30th January due to staff being away. Camden Adult Community Learning activities will break **w/c 17th Feb for half term** as will Children's Services.

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