



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



Please feel free to take a copy of our Winter 2025 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 this Winter 2025 Abbey Community Centre newsletter! Here you'll get a small flavour of what we've been up to the last few months, see our recent feedback and thank-yous, 'You Said We Did' and get details of upcoming special events. From pumpkin carving to Spooktacular Baking, Brain Health workshops to Soup-er Tuesdays, awards ceremonies to Parliamentary receptions, it's been a rather thrilling Autumn and we're only too excited for what the new year will hold! We wish you very happy holidays in the meantime – see page 4 for our 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.



Hampstead and Highgate Heroes: It was wonderful to be invited to Tulip Siddiq's reception at Parliament. Jordan and Paul went along to rep Abbey and loved seeing the Houses of Parliament and meeting folks from other community and advocacy organisations in the constituency.



Spooktacular Pumpkin Carving workshop (top) So lovely to have creative people of all ages in our kitchen with Jordan, carving pumpkins!

Brain Health Coffee Morning (above) As part of our Brain Health Challenge with Alzheimer's Research UK, everyone enjoyed puzzles, wordsearches, sudoku and games at Coffee Morning.

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

T: 020 7624 8378 **W:** abbeycc-kilburn.org.uk

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Charity no. 295191 Ltd company: 2028600





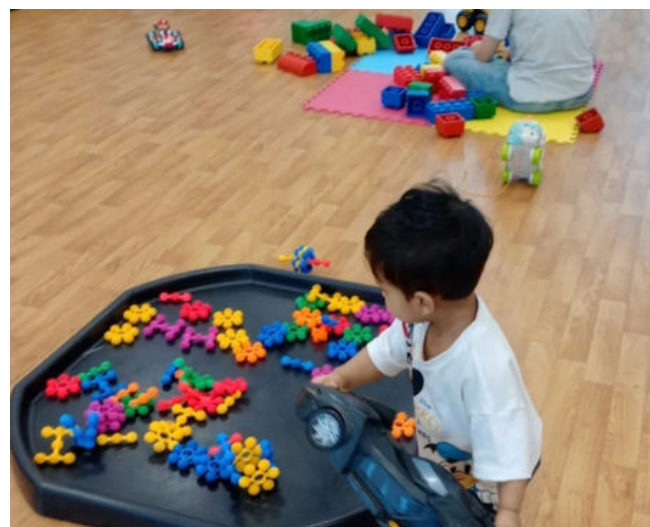
Gentle Dance (left): Emma's class will always be a big hit at Abbey, taking place Fridays in the hall 1.30-2.230pm!



Creche (above): A very cute time in November at The London Children's Flower Society award ceremony! The under 5s in our Creche were proud to win the Nellie Watson award.



Brain Health Challenge (above): Our friends at UCLH delivered a lecture on dementia risk, with 38 of you attending!



Drop-in (above): More creative and colourful fun at Stay-and-Play drop-in, developing those motor skills. Drop-in is free to attend Mon-Thurs 10-11.45am!



Community Lunch (left): Our fabulous intern Sophia was incredible at illustration and graphic design - look at this beautiful menu!

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!

- **Tom Matheou**, our Chair of Trustees Caroline's son, who is all set to run the London Marathon for us in April 2026, raising vital funds for Abbey.

- **Wates** for coordinating some amazing donations (from LJJ Ltd, A&B Group & Flooring First) for our Children's Services Xmas - ensuring all the Abbey children will have a present from us!
- Our current wonderful wave of interns from EUSA, AES and GBS - **Maeve, Christina, Sophia, Aniqua and Hawa!** All have been so helpful, enthusiastic and creative across the Community Activities Programme, Reception and Children's Services.
- Our funder **Good Things Foundation** for the new donation of 70 mobile phones!
- **Hampstead Wells and Campden Trust** for their continued support of our Abbey Food Club with funding and vouchers.
- Thank you and a big welcome to **Daniel Mattioli**, our new trustee!



Overheard at Abbey Your recent feedback

"Tech Buddies provide an excellent service to me. So many organisations tell me I should ask a family member or a friend to help me access their services. I am an older person with no family members who could help, and my friends are also senior with not enough tech knowledge. I have increased my own knowledge tremendously by speaking to these delightful non-judgemental often younger people who have guided me through my problems. I know that when tech problems arise, I can contact Jordan and be given an appointment quite quickly." Tech Buddies attendee, 78

"I have been volunteering as a pastry chef at community lunch for over a year and a half. My experience volunteering at the Abbey Community Centre has been amazing - everyone has been warm, friendly and respectful of others. We all have a great time preparing lunch for the community each month. Jordan and the rest of the team are incredibly supportive, they're always there making sure we got everything we need to deliver not just the food but a warm, and friendly service that gives community members an unforgettable experience, and a little feel of home away from home." - Feedback from local business owner and volunteer, Rania (IG: @CocoJumbo)

I feel better after attending Colouring Calm and I like doing the breathing exercises. Recycle Art makes me feel I can do something rather than feeling useless. Being creative makes me feel positive rather than pessimist."

"Abbey is such a positive place. Outside, many people are lonely, with nowhere to go—no friends, no family—and rarely talk to each other. But in Abbey, it feels like a completely different world."

Extraordinary. Bright, friendly, warm. and welcoming to everyone. A lovely variety of classes and activities, or just sit and chat over a drink in the foyer.

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Coming up / Notices

Dates for your diary



Tech Buddies Festive Extravaganza! Friday 12th Dec 1.30-3.30pm: Come to Abbey Community Centre for some free 1-2-1 tech support with your phone, laptop or tablet. You might want help with online shopping, booking Xmas travel, making WhatsApp video calls... volunteers from Bain & Company will be on hand to build your confidence. Book your slot with us on 020 7624 8378. Free hot drinks and snacks provided.

Soup-er Wednesday! 14th January from 12pm: Join us for free hot, healthy, tasty soup in our foyer! All are welcome; contact us for more information on 020 7624 8378.

Abbey Book Club: Wednesday 17th December 3-4.30pm. The book club are getting a session in before our Christmas break. This time they have been reading *The Reader* by Bernhard Schlink. Email Caroline caroline.moyesmatheou@gmail.com or call our Reception 020 7624 8378 if you'd like to join in with the discussion.

Community Lunch & Tech Buddies: Kilburn's favourite way to spend a Saturday! Next one **7th Feb** 10am-2pm, and the amazing RESTART PROJECT will be joining us, so bring any electricals you want fixing too. 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.

You said, we did....

Some of the ways you've made an impact

- **Daniela** (member) offered to cover **Colouring Calm** while Simone was on annual leave, setting up the group and covering the session so they didn't miss out. Several **Table Tennis** members also covered Jason's Friday session while he was off sick.
- A **Bingo** participant suggested to change the activity day to Tuesday, so the group can join Colouring Calm afterwards. Some of the Colouring Calm participants are now interested in joining Bingo too.
- **Abbey's Green Guardians** wanted to extend their thanks to all those involved in making the garden such a special environment and asked if they could host a party celebrating those involved. We booked out the kitchen for them to use and everybody who came brought a dish to share. We used what we could from our Abbey-grown supplies.

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.

Closure notices

- We are a polling station **Thursday 11th Dec** so several activities are cancelled - please check timetable.
- We will close for the Christmas holidays from **Monday 22nd Dec to Friday 2nd Jan**. The last day at the centre is Friday 19th Dec, closing at 3pm. We re-open on Monday 5th Jan with activities restarting on **Tuesday 6th**.
- The centre is closed on **Thurs 18th Dec** for a staff event.
- No Community Lunch in Jan.

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