

October 2026 timetable

Every weekday

 Warm Welcome Space 10:00-16:00 Foyer Enjoy a cuppa and some company Donations welcome	 Kilburn Library Pop-Up Mon 10:00-19:00 Tue-Fri 10:00-17:00 Garden Room
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Special dates in October

 THURSDAY 15th OCTOBER Cyber Security Awareness Month Online Safety Workshop 10:00-12:00 Belsize Room Booking required	 THURSDAY 15th OCTOBER Pampering Day for 60+ 16:30-18:00 Belsize Room £3 refundable deposit Booking: Appointment only	 SATURDAY 3rd OCTOBER Saturday Community Lunch 12:30-13:30 Booking required Donations welcome
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Based at Abbey

Henna Asian Women's Group  02073729860 info@hennaorg.co.uk	South Sudan Women's Skills Development  sudanwomen@hotmail.co.uk	Kilburn Good Neighbors  Kilburn Good Neighbours home befriending for over 60s 020 7604 4823	Bumble Bee Physio for Children  Bumble Bee Physio Specialist paediatric physiotherapy in the heart of London Buzzing with fun 07551 241 521
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TIME	ACTIVITY	DATES / NOTES	ROOM	BOOKING REQUIRED	COST
Monday 5, 12, 19, 26 Oct					
10:00-11.45	Stay and Play Drop-in (under 5 years)	Monday to Thursday (term-time only)	Main Hall	No	Donations welcome
10:00-13:00	Citizens Advice Camden - Debt Advice North Camden Project	First and Third Monday: 5 & 19 Oct	P. Pod	Yes	
10:00-11:00	Yoga with Ros	Independent activity: Every Tuesday	Belsize Room		
10:00-16:00	Debt, Money & Scam Prevention Advice - Anne-Marie	Last Monday: 26 Oct	P. Pod	Yes	
12:00-13:00	Sanctuary Project - Volunteer Cooking Group	Every Monday	Priory Room	Yes	
13:00-14:45	Best Start Creche (6 months – 3 years)	Monday to Thursday (term-time only)	Children's Room	Yes	
13:00-15:30	ESOL - English Entry 2 Award (Reading) with Anna – ACL	From 24 Sep to 10 Dec (half-term 29 Oct)	Priory Room	Yes	
13:15-14:15	Arsenal - Strength & Balance (session 1)	Every Monday	Main Hall	Yes	
14:15-15:15	Arsenal - Strength & Balance (session 2)	Every Monday	Main Hall	Yes	
13:00-14:00	Henna Asian Women's Group – Chair Yoga	Every Monday	Belsize Room	Yes	
14:00-15:00	Henna Asian Women's Group - Chai with Henna	Every Monday	Belsize Room	Yes	
16:00-17:30	Abbey's Community Singing for Fun Group	Every Monday	Main Hall	Yes	Donations welcome
17:30-20:00	Abbey's Bridge Club with Paul	Every Monday	Foyer	Drop in	Donations welcome
17:30-20:00	Chess Club with Ali	Every Monday	Foyer	Drop in	Donations welcome
18:00-20:00	Table Tennis with Jason	Every Monday	Main Hall	Drop in	£1
18.30- 20.30	Quilt Makers – Quilting Company	Independent activity: 19 Oct	Belsize Room		
Tuesday 6, 13, 20, 27 Oct					
10:00-11.45	Stay and Play Drop-in (under 5 years)	Monday to Thursday (term-time only)	Main Hall	Drop-in	Donations welcome
10:00-13:00	South Sudan Women - Cooking Class	Independent activity: Every Tuesday	Priory Room	Yes	
11:00-13:00	Save Money on Your Energy Bills with Roger	Second Tuesday: 13 Oct	P. Pod	Yes	Donations welcome
From 12:00	Souper Tuesdays - free soup	Every Tuesday	Foyer	Drop-in	Donations welcome
13:00-14:45	Best Start Creche (6 months – 3 years)	Monday to Thursday (term-time only)	Children's Room	Yes	
13:00-16:00	Borough of Sanctuary support session with Good Work Camden	First & Third Tuesday: 6 & 20 Oct	P. Pod		
13:00-14:00	Bingo - self-led group	Every Tuesday	Belsize Room	No	Donations welcome
14:00-15:00	Seated Exercise with Cheryl	Every Tuesday	Main Hall	Yes	Donations welcome
14:30-16:00	Henna Asian Women's Group – Arts & Crafts	Last Tuesday: 27 Oct, 24 Nov, 15 Dec	The Nook		
15:30-16:30	Tai Chi with Volunteer Helen	Second & Fourth Tuesday: 13 & 27 Oct	Main Hall	Yes	Donations welcome
14:30-15:30	Colouring Calm with Simone	Every Tuesday- Not on 20 Oct	Belsize Room	Yes	Donations welcome



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Wednesday 7, 14, 21, 28 Oct					
09:30-16:30	Santander Community Banking Hub	Every Wednesday; independent activity	P. Pod		
10:00-11:45	Stay and Play Drop-in (under 5 years)	Monday to Thursday (term-time only)	Main Hall	Drop-in	Donations welcome
10:00-12:00	Digital Improvers Stage 1 with Mohamed - ACL	From 23 Sep to 9 Dec (half-term 28 Oct)	The Nook	Yes	
10:00-11:00	Fitness for Men over 60 with Daniel	Every Wednesday	Belsize Room	Yes	Donations welcome
12:00-12:50	Henna Asian Women's Group – Mat Yoga	Independent activity: Every Wednesday	Belsize Room		
13:00-14:45	Best Start Creche (6 months – 3 years)	Monday to Thursday (term-time only)	Children's Room	Yes	
13:00-15:00	Sewing Class with Prabhat - Adult Camden Learning	From 23 Sep to 16 Dec (half-term 28 Oct)	Belsize Room	Yes	
14:00-16:00	1:1 Tech Buddies - Develop Your Digital Skills	Every Wednesday	Foyer	Yes	Donations welcome
14:00-16:00	Digital Card Creation with Esi - Drop-In	Every Wednesday	Foyer	Drop-in	Donations welcome
14:30-15:45	Seated Yoga with Alice - Adult Camden Learning	From 16 Sep to 9 Dec (half-term 28 Oct)	Main Hall	Yes	
15:45-16:45	Zumba Gold with Tissy	Every Wednesday	Main Hall	Yes	Donations welcome
15:00-17:00	Sewing Class with Prabhat - Adult Camden Learning	From 23 Sep to 16 Dec (half-term 28 Oct)	Belsize Room	Yes	
15:00-16:30	Abbey Book Club	Approx. every 8 weeks: 21 Oct	The Nook	Yes	Donations welcome
Thursday 1, 8, 15, 22, 29 Oct					
10:00-11:45	Stay and Play Drop-in (under 5 years)	Monday to Thursday (term-time only)	Main Hall	Drop-in	Donations welcome
10:00-12:00	Online Safety Workshop	15 Oct	Belsize Room	Yes	Donations welcome
10:30-15:00	Good Work Camden - Kilburn Job Hub	Every Thursday; Register new members into GWC Portal for 1-2-1 support	P. Pod		
12:00-16:00	BoS activity session – Barbering & Hairdressing FREE	Every Thursday	The Nook	Yes	
12:30-13:30	Henna Asian Women's Group – Chair Bollywood Dance	Independent activity: Every Thursday	Main Hall		
12:30-14:30	Tech Buddies Drop-In for over 50s with Roger	Every Thursday	Foyer	Drop-in	Donations welcome
12:30-14:30	Get Online Week – Tea & Tech Drop-in	22 Oct	Foyer	Drop-in	Donations welcome
13:00-14:45	Best Start Creche (6 months – 3 years)	Monday to Thursday (term-time only)	Children's Room	Yes	
13:00-15:30	Low-Cost Cooking - Community Cooking Group	Not on 8 and 29 Oct	Priory Room	Yes	Donations welcome
13:00-15:30	Pumpkin Carving	29 Oct	Priory Room	Yes	Donations welcome
13:00-15:00	ESOL - English Entry 2 Award (Reading) with Anna - ACL	From 24 Sep to 10 Dec (half-term 29 Oct)	Belsize Room	Yes	
13:45-14:30	Strength and Balance with Sharon - session 1	Every Thursday	Main Hall	Yes	Donations welcome
14:45-15:30	Strength and Balance with Sharon - session 2	Every Thursday	Main Hall	Yes	Donations welcome
16:30-18:00	Pampering Day for 60+ by Home Instead	15 Oct	Belsize Room	Yes	£3 refundable deposit Donations Welcome



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TIME	ACTIVITY	DATES / NOTES	ROOM	BOOKING REQUIRED	COST
Friday 2, 9, 16, 23, 30 Oct					
10:00-12:00	NHS - Diabetes Prevention Programme	Independent activity: 9 Oct	Belsize Room	Drop-in	
10:00-11:00	Tai Chi - Qigong with Sheryl - Adult Camden Learning	From 18 Sep to 11 Dec (half-term 30 Oct)	Main Hall	Yes	
10:30-12:30	Abbey's Green Guardians - Drop-In Gardening Group	Every Friday	Garden	No	Donations welcome
10:30-12:00	Friday Coffee Morning for over 50s with Jason	Every Friday	Foyer	Drop-in	Donations welcome
10:30-12:00	Help for Heroes	Independent activity, first Friday: 2 Oct	Foyer		
11:00-13:00	Creative Writing - self-led	Every Friday	Priory Room	No	Donations welcome
11:30-13:00	Fun & Friendly Friday Table Tennis with Jason	Every Friday	Main Hall	Yes	Donations welcome
11:00-14:00	Borough of Sanctuary support session- Anthony	Every Friday	P. Pod		
11:00-15:30	Borough of Sanctuary support session- Parul	Every Friday	Children's Room		
13:30-14:30	Gentle Dance with Emma	Every Friday	Main Hall	Yes	Donations welcome
14:00-16:00	NHS – Social Prescriber Service with Denise	Independent activity, first Friday: 2 Oct	Foyer	Drop-in	
14:00-16:00	MET Engage Advice Session	Independent activity: date TBC	The Nook		
14:00-16:30	Massage Therapy & Reflexology with Anne Power	Every Friday	P. Pod	Yes	£5-£7
14:30-15:30	Creative Collage with Simone	First Friday: 2 Oct	Belsize Room	Yes	Donations welcome
14:30-15:30	Recycle Art with Simone	Every Friday	Belsize Room	Yes	Donations welcome
15:15-16:15	Tai Chi - Qigong with Sheryl - Adult Camden Learning	From 18 Sep to 11 Dec (half-term 30 Oct)	Main Hall	Yes	
Saturday 3 Oct					
09:00-14:30	Volunteer Community Cooking Group	3 Oct; Community Lunch volunteers	Main Hall		Donations welcome
10:00-12:00	Tech Buddies	3 Oct	Belsize Room	Yes	Donations welcome
11:00-12:00	Saturday Councilors Surgery	3 Oct	Children's Room		
11:30-12:30	Tea & Coffee	3 Oct	Foyer	Yes	Donations welcome
12:30-13:30	Saturday Community Lunch	3 Oct	Main Hall	Bookings Essential	Donations welcome

