

Kilburn Good Neighbours Jan-Feb 2020



Dear Members,

Wishing everyone a very happy new year! I trust that all of you enjoyed a happy and peaceful few months. I would like to take this opportunity on behalf of all the staff at Abbey Community Centre to thank you for all of the wonderful cards, gifts and donations we received during the Christmas period. We were all very touched.

The start of the new year is the perfect time to turn a new page, which is probably why so many of us create new year's resolutions. A new year often feels like a fresh start, a great opportunity to eliminate old habits and establish new routines. Perhaps some of our activities at the Centre will help keep you on track. We have attached our list of activities and if you need more detail, please let us know. If transport is an issue, please do call and we can discuss the options available.

On Saturday 14th December, we held a wonderful Christmas party with volunteers and our regular members. We had well over 100 people to help celebrate with food, a raffle, music from the London Metropolitan Brass Band and a performance from our Gentle Dance Group.



Thank you to those who were able to attend and help make it a memorable event. If you weren't able to join us this time round, then do keep an eye out for our future events which we will publish in our newsletters.

The biggest news this month has been the departure of our Community Projects Organiser Gavin, whom some of you may have met as he was also involved with Kilburn Good Neighbours and the Tech Buddies project. He will be taking a new role closer to home in Croydon. He sends his regards to everyone and I am sure we will all miss him.

Kilburn Good Neighbours
Abbey Community Centre
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Kilburn NW6 4DJ

Tel: 020 7604 4823
kgn@abbeycc-kilburn.org.uk

Office hours:
11am– 4.30pm:
Monday, Tuesday and
Thursday
Coordinator: Lydia Ghazali

Please do leave a message on our answer machine if we are not available.

Saturday Community Lunch



Our Saturday café has been revamped to a 'Community Lunch'. You will need to arrive at 12noon to be served three delicious, healthy vegetarian courses costing only £2.

We encourage booking your place, in case of a busy weekend, on **020 7624 8378**.

The rest of us are still here and we will strive to help in every way we can. As a reminder of the Kilburn Good Neighbours services, they are:

- Befriending by local volunteers. This may include accompanying to appointments or to the shops depending on the time of the visits.
- Ad hoc practical tasks such as moving books or bringing items to the charity shop.
- Light DIY tasks. Examples include putting up shelves, curtain rails, change of light bulbs.
- One-off technical help with mobile phones or other gadgets*
- Events, trips and referrals to useful organisations.

**Longer term tech help via home visits may be available to those with limited mobility—please call us to discuss. For those who can come to the Centre, we run IT classes during the week and Tech Buddy sessions on Saturdays.*

We do rely on volunteers to help with the above items and therefore it is subject to their availability. For this reason, we are unable to take on urgent tasks.

Some of you may still be on our waiting list for a volunteer and we hope to be able complete the process for you very soon. Thank you for your very kind patience!

Database update



We are in the process of updating our database and we would like to make sure we have your correct contact details so we can continue supporting you.

If you haven't heard from us for some time over the telephone, it is likely we do not have your up-to-date number therefore please provide it below (you can use the enclosed freepost envelope to return the slip below). We will not use texts as a method of communication.

Alternatively you can call us on **020 7604 4823** to provide us the information.

KILBURN GOOD NEIGHBOURS

Your Name: _____

(please write your full name in capitals)

Telephone Number: _____

Please tick items which applies to you:

I would like to continue being sent information in the post (including the Kilburn Good Neighbours Newsletter)

I am happy to be contacted by telephone

Please remove me from the Kilburn Good Neighbours database

Reason:
