

Meet  
new  
people

Get  
healthier

Expand  
your  
interests

Learn  
new  
skills

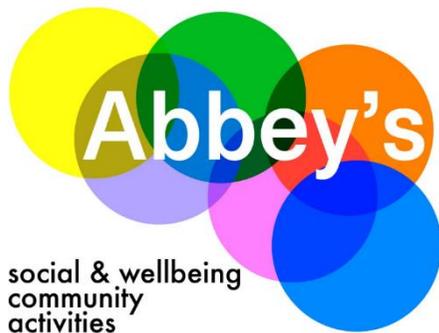
# Community Activities

## at Abbey Community Centre

Access  
advice &  
support

Enjoy  
life to  
the full!

222c Belsize Road, Kilburn NW6 4DJ



**November 2021**

All activities need to be booked in advance / Please bring a mask and dress up warmly as we keep the centre ventilated.



# Saturdays

group / activity	what happens	when	cost ?
<p><b>Saturday Tech Buddies – help learning the internet, smart phones and tablets.</b></p>	<p>Learn and build your confidence with your own tech or tech you've been thinking of getting. Our friendly team of Tech Buddy volunteers can help you get to grips with smart phones, computer tablets and other gadgets for 'getting online'.</p> <p>They can show you how to navigate the internet and the many amazing opportunities being 'connected' offers too. Plus how to avoid scams and other risks. Being online opens up a world of possibilities! And lots of ways to save money, keep in contact with friends new and old, family, interests, and much more. <b>For ages 60+.</b></p> <p><b>Book your slot with Jordan on 07841 581421 or <a href="mailto:tech-buddies@abbeycc-kilburn.org.uk">tech-buddies@abbeycc-kilburn.org.uk</a></b></p>	<p>First Saturday of the month <b>10am-12pm</b></p>	<p>none</p>
<p><b>Abbey's Saturday Community Lunch</b></p>	<p>Pop in for a warm welcome, good company and a healthy, freshly prepared meat-free meal. Arrive before 12.30pm for tea, coffee and a chat after your Tech Buddies session.</p> <p><b>Arrive at 12.30pm sharp</b> to enjoy a freshly prepared three course lunch (starter, mains, dessert).</p> <p>All meals are made using food surplus – so as well as enjoying a delicious meal you're doing good for the environment. To enjoy our low-cost and delicious community meal please join us as an Abbey member. <b>For all ages. Under 16s must be accompanied by an adult.</b></p> <p>You must book your place with Jordan on <b>07841 581421</b> or <b><a href="mailto:jordan@abbeycc-kilburn.org.uk">jordan@abbeycc-kilburn.org.uk</a></b>.</p>	<p>First Saturday of the month <b>11am-1.30pm</b></p>	<p>None, donations welcome</p>



# Mondays

group / activity	what happens	When/where	cost?	
<p><b>Seated Yoga</b></p>	<p>A gentle Seated Yoga class, perfect for increasing or maintaining your mobility, muscle strength and flexibility. A lovely way to relax too! <b>For all ages 18+. Masks not needed while in class but please bring one to wear when you are moving around the centre. Please book with Reception on 020 7624 8378.</b></p>	<p>Mondays 2-3.30pm Centre</p>	<p>none</p>	
<p><b>Singing for fun: Community Choir</b></p>	<p>Enjoy singing? Join our friendly choir at Abbey with professional tutor. No experience necessary and no audition needed – just go for it and book! Do contact us for term dates as we break over the summer and Christmas. <b>New members of all abilities and ages 19+ always welcome. For info and to book contact Simone on 020 7624 8378.</b></p>	<p>Mondays 4-5pm Centre</p>	<p>none</p>	
<p><b>Table tennis</b></p>	<p>A fun evening of ping pong for people of all abilities and ages. Refreshments for players provided. These sessions are a great way to meet other local people and get fit while having fun and giving your brain a workout too! Tutor Hassan is on hand to welcome and help you learn the ropes if you haven't played before. <b>For all ages; under 16s must be accompanied by an adult. Masks not needed while playing but please bring one to wear when you are moving around the centre. Please book with Reception on 020 7624 8378.</b></p>		<p>Mondays 6-8pm Centre</p>	<p>none</p>
<p><b>Debt and Money Information &amp; Advice sessions with Age UK Camden</b></p>	<p>Run with our friends from Age UK Camden. A free and confidential information and advice service for older people, their families and carers. If you need detailed information and advice on benefits &amp; money, planning for the future, direct payments, accessing local services - these sessions can help you. <b>Booking is essential. Please contact Reception at Abbey on 020 7624 8378. For ages 55+.</b></p>	<p>Last Monday of the month 10am-5pm Centre</p>	<p>none</p>	

## Tuesdays

group / activity	what happens	when	cost ?
<b>IT for Beginners courses</b>	Want to learn how to use a computer and find out about how doing so can enhance your life in ways you might not have imagined possible? Join Camden Adult Learning tutors for these learning sessions especially tailored for complete beginners. Practical and surprisingly 'non-techy'... laptops/tablets provided. <b>Contact Reception for the latest dates of the course and book yourself on – 020 7624 8378. For ages 50+.</b>	Tuesdays 10am – 12pm Centre	none
<b>Tai Chi</b>	This ancient Chinese exercise strengthens the body, relaxes the mind and lifts the spirit. It is done standing and involves the controlled transfer of weight from one leg to the other. The practice of Tai Chi has been shown by research to improve balance and coordination. Jane has been practising Tai Chi for 35+ years. She is an experienced instructor who will explain everything clearly and offer adaptations where necessary.  No equipment is needed. It may be useful to have a chair nearby for support. <b>Please contact Simone on 020 7624 8378 or email <a href="mailto:activities@abbeycc-kilburn.org.uk">activities@abbeycc-kilburn.org.uk</a> for further information and to book. For ages 50+.</b>	Tuesdays 9.30-10.30am Zoom	none
<b>Gardening Club</b>	 <p>Help make our garden bloom! And improve your health and wellbeing at the same time. We're growing herbs, vegetables, flowers and friendships whilst doing so. The gardening group is headed up by long-time volunteer Maria Elena.</p> <p>Most of our garden is in raised beds and containers so taking part is accessible for those who might not usually be physically able to do so in a 'normal' garden environment. Previously we won the best community garden award in Camden Council's Camden in Bloom competition! <b>For all ages 18+. Please book with Jordan on 07841 581421 or <a href="mailto:jordan@abbeycc-kilburn.org.uk">jordan@abbeycc-kilburn.org.uk</a>.</b></p>	Tuesdays 2-4pm Centre	none
<b>Seated Exercise</b>	These gentle sitting exercises will help improve your mobility and prevent falls. Don't worry if you've not done much for a while – these seated exercises are gentle and easy to follow. With a fabulous tutor who has taught with us for many years. <b>For ages 50+. Book with Reception on 020 7624 8378.</b>	Tuesdays 2-3pm Centre	none
<b>Colouring Calm</b>	Unwind, relax and be mindful. Improve your mood and relieve stress in a calm and relaxing atmosphere. Improve dexterity. Enjoy an outlet for self-expression and a sense of accomplishment. We provide all materials with a different theme each week; plus lovely meditative music! <b>Please contact Simone on 020 7624 8378 or email <a href="mailto:activities@abbeycc-kilburn.org.uk">activities@abbeycc-kilburn.org.uk</a> for further information and to book. For ages 50+.</b>	Tuesdays Session 1: 2.15-3.30pm Session 2: 4-5pm Centre and Zoom	none

## Wednesdays

group / activity	what happens	When/where	cost ?
<b>Debt Free London Video Kiosk</b>	Debt Free London are a charity who offer free, impartial debt advice to people of all ages. They will support you to look at your debts, work on a budget, make those important calls and reduce anxiety around money issues. We have a private video kiosk in the Garden Room which means you can press a button and be put through to a video call with a trained Debt Advisor. <b>Book your slot with Bryony on <a href="mailto:bryony@abbeycc-kilburn.org.uk">bryony@abbeycc-kilburn.org.uk</a> or 07805 869136.</b>	Wednesdays 10am-12.30pm Centre	none
<b>Seated Exercise</b>	These gentle sitting exercises will help improve your mobility and prevent falls. Don't worry if you've not done much for a while – these seated exercises are gentle and easy to follow. With a fabulous tutor who has taught with us for many years. <b>For ages 50+. Book with Reception on 020 7624 8378.</b>	Wednesdays 11am-12pm Zoom	none
<b>Men's Fitness</b>	Break out a sweat! Just for men aged 50 and over. These weekly fitness sessions are led by personal trainer Augusto Pardo. Each session provides members with exercises to improve and maintain both their strength and cardiovascular fitness. Please note: before joining these sessions you'll first meet Augusto for a health assessment and to tailor exercises to your current level of fitness, from which you can improve! Masks not needed while exercising but please bring one to wear around the centre. <b>For ages 50+. Book with Kafia on 07547 232160 or <a href="mailto:activities-organiser@abbeycc-kilburn.org.uk">activities-organiser@abbeycc-kilburn.org.uk</a>.</b>	Wednesdays 2-3pm	none
<b>Sewing Course</b>	Join our friendly sewing classes led by tutor Prabhat. Learn how to use a sewing machine, make paper patterns, cut fabric, stitch and make your own clothes with recycled fabric. Term time only. <b>Please contact Simone on 020 7624 8378 or email <a href="mailto:activities@abbeycc-kilburn.org.uk">activities@abbeycc-kilburn.org.uk</a> for further information and to book. For ages 50+.</b>	Wednesdays 4-5pm	none
<b>IT Next Steps</b>	For those of you who have some experience with the basics of your laptop or tablet and getting onto the internet, we run these courses every term with professional tutors from Camden Adult Learning. You might learn how to manage your email account, bank and shop online and use Google docs. Term time only. <b>Contact Reception on 020 7624 8378 to book yourself on to upcoming courses. For ages 50+.</b>	Wednesdays 2-4pm Centre	none
<b>CHAPS Afternoon</b>	A dedicated time for local guys to hang out in our kitchen, have a tea or coffee together, play games and catch up with each other. <b>Contact Jason on <a href="mailto:centre-assistant@abbeycc-kilburn.org.uk">centre-assistant@abbeycc-kilburn.org.uk</a> or 07568 248517 to join.</b>	Wednesdays 2.30-3.45pm	none
<b>Abbey Book Club</b>	One Wednesday of the month (usually the first), the Abbey Book Club meet on Zoom to discuss that month's read (books are decided on by group members) and have a good chinwag. A friendly group and a way to keep you motivated to read good books! The only cost is to buy the book but we can cover this if you are in financial difficulty. <b>Contact Bryony on <a href="mailto:bryony@abbeycc-kilburn.org.uk">bryony@abbeycc-kilburn.org.uk</a> or 07805 869136 for more info.</b>	One Wednesday per month 3.30-5.30pm	none

## Thursdays

group / activity	what happens	when	cost ?
<b>Bingo</b>	A fab social club and way to win prizes! The group tend to have lots of tea, coffee and cake on hand and are always open to new members. <b>For all ages. Contact Reception to book on 020 7624 8378 or email <a href="mailto:activities@abbeycc-kilburn.org.uk">activities@abbeycc-kilburn.org.uk</a> for further information.</b>	Thursdays 12.15- 1.15pm Centre	20p per game
<b>1:1 Tech Buddies</b>	Befuddled by Facebook? Bewildered by WhatsApp? As per Saturday, get support with all your tech issues large and small. You'll need to book your half-hour slot with Jordan on <a href="mailto:tech-buddies@abbeycc-kilburn.org.uk">tech-buddies@abbeycc-kilburn.org.uk</a> or <b>07841 581421</b> . <b>Sessions take place in the Garden Room. For ages 60+.</b>	Thursdays 12.30- 2.30pm Centre	none
<b>Re-cycle-art</b>	Reuse ordinary everyday materials to make lovely gifts, keepsakes, and other wonderful arts and crafts items for the house and garden. And help reduce waste sent to landfill too! This activity is inspiring, creative, and a lot of fun, tutored by Abbey staff member and resident artist Simone. And good for the environment too! <b>For ages 60+</b>	Thursdays 3-4pm Zoom	none

## Fridays

group / activity	what happens	when / where	cost ?
<b>Creative Writing</b>	Poetry, short stories, prose... The theme of each session is decided on by members each time and the group is tutored by Abbey staff member Bryony. New members always welcome and wanted! No prior experience necessary – just a love of the written word and a willingness to contribute your creativity to the club. <b>For all ages (18+) and abilities.</b> For more info or to book contact <a href="mailto:bryony@abbeycc-kilburn.org.uk">bryony@abbeycc-kilburn.org.uk</a> or <b>07805 869136</b> .	Fridays 10.30am- 12.30pm Centre/Zoom	none
<b>Table Tennis</b>	See Monday's description. <b>Please bring a mask and book with Reception on 020 7624 8378.</b>	Fridays 12-1.30pm	none
<b>Baking Class</b>	Learn to bake savoury and sweet cakes, pastries, breads and biscuits with Abbey staff member and chef Jordan! With a focus on healthy and GF/vegan recipes. Book with him on <b>07841 581421 / <a href="mailto:jordan@abbeycc-kilburn.org.uk">jordan@abbeycc-kilburn.org.uk</a></b> .	Fridays 1-2.30pm Zoom	none
<b>Gentle Dance</b>	Enjoy learning lots of dance styles at this fun class for men and women <b>aged 50+</b> . The sessions are gentle, having been designed to be suitable for older people who want to improve their health. Led by professional tutor Emma Weir from the Mary Ward Adult Education Centre, this runs termly. <b>Contact us on 020 7624 8378 to join.</b>	Fridays 2-3pm Zoom	none
<b>Afternoon Tea</b>	The perfect way to end the week and catch up with Abbey folks. It's always a case of the more the merrier at these weekly laid back and welcoming gatherings which are led by a different member of the activities team each week. If you've never come to Abbey before, this is a great session to pop along to. <b>All ages 18+</b>	Fridays 3- 4pm Zoom	none

## Kilburn Good Neighbours

Kilburn Good Neighbours is our award-winning home befriending scheme based here at Abbey, established for over 23 years. Our lovely group of volunteer 'Good Neighbours' provide befriending visits to the homes of over 65s in the areas of Kilburn and South Hampstead. Volunteers might have a chat over a cup of tea, join you in a game of scrabble, or pick up a pint of milk for their 'befriender' if getting out and about is difficult for them.

If you know somebody who may benefit from having a volunteer befriender, or fancy having one yourself, please contact us on 0207 604 4823 or [kgn@abbeycc-kilburn.org.uk](mailto:kgn@abbeycc-kilburn.org.uk) to find out how to become a member.



## Member Newsletter – Up Your Street

group / activity	what happens	when / where	cost ?
<a href="#">Up Your Street community newsletter</a>	As well as all the activities and social groups listed above... there's more!! Members enjoy regular pop-up events, other special events and opportunities. Sign up to our Up Your Street newsletter and we'll keep you posted on all the latest plus health and wellbeing activities and opportunities provided by other organisations and community groups. Contact Bryony to subscribe if you haven't already – <a href="mailto:bryony@abbeycc-kilburn.org.uk">bryony@abbeycc-kilburn.org.uk</a> or 07805 869136.	new issue around every 8 weeks	none

## Contact the Community Activities team

**For Reception:** contact Simone, Kafia or Jason on 020 7624 8378 / [reception@abbeycc-kilburn.org.uk](mailto:reception@abbeycc-kilburn.org.uk)

**For Debt & Money Advice, Afternoon Tea, Colouring Calm, Recycle-art, Tai Chi, Seated Exercise, Sewing, Table Tennis, Bingo, Choir and Gentle Dance:** contact Simone on 07447 932564 or [activities@abbeycc-kilburn.org.uk](mailto:activities@abbeycc-kilburn.org.uk)

**For Men's Fitness, Yoga, IT basics and Next Steps course and Baking Class:** contact Kafia on 07547 232 160 or [activities-organiser@abbeycc-kilburn.org.uk](mailto:activities-organiser@abbeycc-kilburn.org.uk)

**For Creative Writing, Book Club and the Debt Free London Video Kiosk:** contact Bryony on 07805 869136 or [bryony@abbeycc-kilburn.org.uk](mailto:bryony@abbeycc-kilburn.org.uk)

**For Gardening Group, Community Lunch and Tech Buddies:** contact Jordan on 07841 581421 / [jordan@abbeycc-kilburn.org.uk](mailto:jordan@abbeycc-kilburn.org.uk) [tech-buddies@abbeycc-kilburn.org.uk](mailto:tech-buddies@abbeycc-kilburn.org.uk)

**For London Trips, Table Tennis and Men's Afternoon:** contact Jason on 07568 248517 / [jason@abbeycc-kilburn.org.uk](mailto:jason@abbeycc-kilburn.org.uk)

**For Kilburn Good Neighbours:** contact Lydia or Jordan on 020 7604 4823 / [kgn@abbeycc-kilburn.org.uk](mailto:kgn@abbeycc-kilburn.org.uk)

**For volunteering opportunities** contact Cheryl-lya on [volunteer-coordinator@abbeycc-kilburn.org.uk](mailto:volunteer-coordinator@abbeycc-kilburn.org.uk)

**Abbey Community Centre, 222c Belsize Road, Kilburn NW6 4DJ.** 31 bus stops right outside; and we are a short walk from Kilburn Park and Kilburn High Rd stations. We are open Monday – Thursday 9.30 – 5pm for the general public, Fridays 9.30-4pm and Saturdays 11am – 2pm. Some of our staff work part-time, so if they are unavailable please leave a message and we'll get back to you.

# Funders and Supporters



The CMS Future Foundation

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