

Meet
new
people

Get
healthier

Expand
your
interests

Learn
new
skills

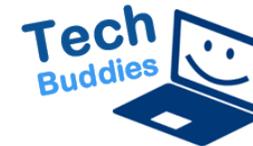
Community Activities

at Abbey Community Centre

222c Belsize Road, Kilburn NW6 4DJ

Access
advice &
support

Enjoy
life to
the full!



March 2020

Saturdays

group / activity	what happens	when	cost ?
London community trips with Simone	Discover the best of what London has to offer for free. Our once a month Saturday trips are a great way to enjoy London's beautiful attractions, museums, parks and markets; whilst making the most of public transport, meeting others and making new friends. Sometimes we can get heavily discounted tickets to top tourist attractions too. For all ages. Under 16s must be accompanied by an adult.	First Saturday of every month, 2pm	none
Saturday Tech Buddies – help learning the internet, smart phones and tablets.	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'. 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.	 Saturdays 10am-12noon	none
Zumba with Tissy & Creche for kids!	From 21st March, join Tissy in the main hall for Zumba and dance your way to fitness! Zumba is a spicy hot, hip swivelling fitness dance party with a contagious blend of Latin, African and Caribbean international rhythms. Burn tons of calories learning different dance styles. Shake it until you make it! Taster launch event 3-4pm on <u>Sat March 14th</u> , free to attend with light refreshments. Women-only. Creche available for kids while you dance!	10.30-11.30am	£5 introductory price. Creche at an additional fee.
Abbey's Saturday Community Cafe	Pop in for a warm welcome, good company and a healthy, freshly prepared meat-free meal. 11am - 12 noon Drop in for tea and coffee. 50p – free refills! Arrive at 12 noon sharp (from April, 12.30pm) to enjoy a freshly prepared three course lunch (starter, mains, dessert). Food is served until 1pm. All meals are made using food surplus – so as well as enjoying a delicious meal you're doing good for the environment. We also have occasional special events such as raffles, live music and an Open Mic every third Saturday of the month (book your slot with us – this month Sat 21st March). To enjoy our free and delicious community meal please join us as an Abbey member. For all ages. Under 16s must be accompanied by an adult.	Saturdays 11am-2pm	FREE, suggested donation £2 Tea and coffee 50p, free refills.
Sewing, knitting, and crochet	Run in partnership with our friends at the South Sudanese Skills Development Group. Please contact Abbey reception as places each week are limited. Term ends 28th March.	Saturdays 2pm to 4pm	none

Mondays

group / activity	what happens	when	cost?
Men's Healthy Cooking	At our tutored Men's Healthy Cooking Class the guys learn to make a range of healthy and nutritious meals as part of a sociable group. The focus is on whole foods, low-sugar recipes, and fresh Mediterranean style eating, both meat and vegetarian. Perfect for learning new recipes you can then try again at home. And we sample everything we create of course! Get in touch with Robert on 07447 932564 and get involved.	Mondays 10.30am- 1.30pm	£5 for 5 classes 2 nd -30 th March – pay upfront
Falls prevention class	Run in partnership with our friends at Belsize Priory Health Centre. Gentle exercises that will help you improve your mobility, prevent falls, and which you can practise at home. Contact Abbey Reception for details on how to join on 020 7624 8378.	Mondays 2-4pm	none
Drama group	This friendly and fun group, led by professional tutor Michael, is always open to new members. Contact Abbey Reception for more information on 020 7624 8378.	Mondays 3.30- 5.30pm	none
Table tennis	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 you and help you learn the ropes if you haven't played before. For all ages; under 16s must be accompanied by an adult.	Mondays 6-8pm	£1 suggested donation
Chess Club	Our newest social group for all ages. For new and more practised players alike. The more the merrier! We'll match you up with players of similar ability. Tutor Mike is on hand to help. For all ages; under 16s must be accompanied by an adult.	Mondays 6.30- 7.45pm	£1 suggested donation
Information & Advice sessions with Age UK Camden	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 & money, planning for the future, direct payments, accessing local services - these sessions can help you. Booking is essential. Please call Age UK Camden directly on 020 7837 3777 or contact Reception at Abbey on 020 7624 8378. For ages 55+.	<i>Last Monday of each month, by appointme nt only</i>	none

Tuesdays

group / activity	what happens	when	cost ?
IT for Beginners courses	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 most Thursdays for these learning sessions especially tailored for complete beginners. Practical and surprisingly 'non-techy'... laptops/tablets provided. Contact Reception for the latest dates of the course and book yourself on – 020 7624 8378. Term ends 24th March.	Tuesdays 10am – 12pm	none
Men's Cooking	Come along and join a friendly group of guys learning how to make a range of dishes, some old favourites and some more adventurous. As ever, we share the fruits of our labour in a communal meal at the end.	Tuesdays 11am – 2pm	none
Seated exercise	These gentle sitting exercises will help improve your mobility, prevent falls, and can even be done at home. 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.	Tuesdays 1-2pm	£3 suggested donation
Bingo club	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.	Tuesdays 2-3pm	20p per game
Recycle-art Abbey's arts & crafts group	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 at the same time. 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!	Tuesdays 3.30-5pm	none
Singing for Fun: Community Choir	Enjoy singing? Join our friendly choir at Abbey with professional tutor Deanne. No experience necessary and no audition needed – just turn up! Do contact us for term dates as we break over the summer and Christmas. New members of all abilities and ages 19+ always welcome. Term ends 31st March.	Tuesdays 6-7.30pm	none
Zumba with Tissy	From 17th March, join Tissy in the main hall for Zumba and dance your way to fitness! Zumba is a spicy hot, hip swivelling fitness dance party with a contagious blend of Latin, African and Caribbean international rhythms. Burn tons of calories learning different dance styles. Shake it until you make it!	Tuesdays 7-7.45pm	£5 intro price

Wednesdays

group / activity	what happens	when	cost ?
Men's Morning including IT Drop-In	Come along and play board games or just socialise and have a coffee with other local guys. For those of you who would like to get to grips with your smartphone, tablet or laptop, bring them along for friendly and informal support. Make sure your device is fully charged! No need to book, just come along.	Wednesdays 11am -1pm	none
Colouring Calm Club	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!	Wednesdays 3.30-4.30pm	none
Fitness for Men	Break out a sweat! A special welcome 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!	Wednesdays 3.15 to 4.15pm	£1.50 per session
Men's Fitness post-session socials	A chance for members of our 'Fitness for Men' sessions to enjoy some refreshments together after their workouts. Tea and a chat while your heartrate returns to normal...	Wednesdays 4.15 to 5pm	none
Dance Fusion Fun Fitness	Enjoy learning different dance styles, adapted and suitable for those of all ages. A great way to improve your physical health without even thinking about it. Getting fitter really is fun in these sessions! No partner required. Led by professional tutor Emma Weir from the Mary Ward Adult Education Centre, this session runs termly so please get in touch with us to book yourself on. For ages 19+. Returns in April.	Wednesdays 4.30 to 6pm	none
Debt and Money & Benefits Advice sessions with Age UK Camden	Run with our friends from Age UK Camden. A free and confidential information and advice service for people aged 55+, provided by an accredited Money Advisor. For Debt and Money Advice sessions, the advisor will take a look at your circumstances, income and expenses to help you develop a budgeting plan, maximise your income and deal with debt issues. For Benefits sessions, you can get support with benefit checks and making benefit claims. 45-minute appointments available at 10am, 11am, 12pm, 2.30pm, 3.30pm, 4.30pm. Booking is essential. Please contact Reception at Abbey on 020 7624 8378 to put your name down.	First Wednesday of the month	none

Thursdays

group / activity	what happens	when	cost ?
Men's Table Tennis	A session just for men where you can put our many ping pong tables to good use, get fit and have fun! For all abilities and ages.	1.30-3.30pm Thursdays	none
Creative Writing and Reading	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. For all ages and abilities. This month it's on 5th and 19th March.	First and third Thursday of the month 11.30 to 1.30pm	none
Aromatherapy courses	Our aromatherapy tutors with Mary Ward Centre tutor Micha are very popular and book up fast! Learn to make home remedies from essential oils, whether for relaxation or to get yourself energised. All materials and equipment provided. These courses tend to run every term in 4-week blocks. Contact Reception for the latest dates of the course and book yourself on – 020 7624 8378.	Thursdays 1-2.30pm	none
Crochet	A cosy and informal peer led group to help you develop your skills.	Thursdays 2-3pm	none
IT Next Steps	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. Learn how to manage your email account, bank and shop online and use Google docs. Contact Reception on 020 7624 8378 to book yourself on to upcoming courses. Term ends 26th March.	Thursdays 2-4pm	none
Boccia for Beginners	Learn how to play everyone's favourite (seated!) game at Abbey. Will you be on the red or blue team? This session is for beginners, and if you build up your Boccia skills then you'll soon be joining in our Friday session and participating in tournaments too.	Thursdays 3.45-4.45pm	none

Fridays

group / activity	what happens	when / where	cost ?
Mixed gender cooking	Do you love cooking – and eating! - healthy nutritious meals from scratch? A chance for men and women to learn new recipes with tutor Lydia and share their own. Enjoy cooking with people who share your passion for good food! This class runs in 6-week blocks so contact us for latest dates and to book on 020 7624 8378.	Fridays 10.30am – 1.30pm	none
Members' coffee morning	Meet members from our many different activities and social groups here at our all-members' friendly Friday Coffee Mornings. It's always a case of the more the merrier at these weekly laid back and welcoming gatherings. Plenty of tea, coffee, and biscuits too. If you've never come to Abbey before, this is a great session to pop along to.	Fridays 10.30am – 12pm	none
Gardening Group	 <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 centre 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. Last year we won the best community garden award in Camden Council's Camden in Bloom competition!</p>	Fridays 10.30am – 12pm Abbey Community Garden	none
Boccia – a type of indoor bowls	Boccia is a type of indoor bowls. Everyone who plays does so from a seat so it's suitable for people who have trouble standing for long periods. However, it's a fun game for anyone to take part in! Our Boccia sessions are warm, welcoming, and full of laughter. Our team is also quite often the Camden Boccia league champions! These are 'advanced' sessions for players with some experience. For beginners, check out our Thursday sessions.	Fridays 12.15- 1.15pm	none
Gentle Dance	Enjoy learning lots of dance styles at this fun class for men and women of all ages. The sessions are gentle, having been designed to be suitable for older people who want to improve their health. No partner required. Led by professional tutor Emma Weir from the Mary Ward Adult Education Centre, this runs termly, so contact us on 020 7624 8378 to book for next term. Current term ends 3rd April.	Fridays 1.30-3pm	none
Bridge	 <p>Our fabulous Bridge group is run by centre volunteer Norman, who is expert and guiding beginners through this classic card game in our lovely Garden Room. The group learns in a friendly and non-competitive way, aided with computer-based instructions and notes with which you can then practice at home. We use pre-set hands so everyone can get some playing practice.</p>	Fridays 1.30-3.30pm	none

Kilburn Good Neighbours

Kilburn Good Neighbours is our award-winning home befriending scheme based here at Abbey, established for over 20 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 'befriended' 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 to find out how to become a member.



Member Newsletter – Up Your Street

group / activity	what happens	when / where	cost ?
Up Your Street community newsletter	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 us to subscribe if you haven't already.	new issue around every 8 weeks	none

Contact the Community Activities team

Simone Carneiro, Receptionist and Community Activities Organiser: 020 7624 8378 / Email: simonereception@abbeycc-kilburn.org.uk To book onto courses or events or ask about activities and getting involved.

Robert Stuart, Community Activities Programme Lead: 07447 932564 activities-coordinator@abbeycc-kilburn.org.uk – For queries around Men's activities and our wider programme, our Saturday Community Lunch, volunteering enquiries, and to give suggestions/ideas.

Lydia Ghazali, Kilburn Good Neighbours manager: kgn@abbeycc-kilburn.org.uk – For our Kilburn Good Neighbours home-befriending scheme.

Bryony Littlefair, Publicity and Fundraising Coordinator: bryony@abbeycc-kilburn.org.uk / To enquire about Creative Writing Group, to subscribe to Up Your Street, or to fundraise for us / make a donation.

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.