

Meet
new
people

Get
healthier

Expand
your
interests

Learn
new
skills

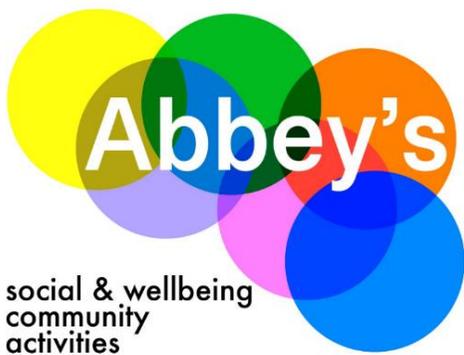
Community Activities

at Abbey Community Centre

Access
advice &
support

Enjoy
life to
the full!

222c Belsize Road, Kilburn NW6 4DJ



May 2022

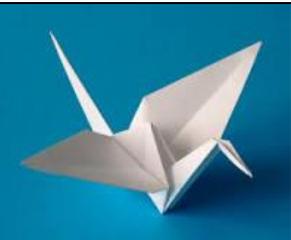
All activities need to be booked in advance / Please bring a mask and dress up warmly as we keep the centre ventilated.
For full Covid-19 info please see our website or call Reception on 020 7624 8378.



Saturdays

group / activity	what happens	when	cost ?
<p>Saturday Tech Buddies – help learning the internet, smart phones and tablets.</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. For ages 60+. Book your slot with Jordan on 07841 581421 or tech-buddies@abbeycc-kilburn.org.uk</p> 	<p>First Saturday of the month 10am-12pm</p>	<p>£1 suggested donation</p>
<p>Abbey's Saturday Community Lunch</p> <p>+ This month, Restart Party! Book your place, bring your broken electricals & get them fixed.</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. Arrive at 12.30pm sharp 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. For all ages. Under 16s must be accompanied by an adult. You must book your place with Jordan on 020 7624 8378 or reception@abbeycc-kilburn.org.uk.</p> 	<p>First Saturday of the month 11am-1.30pm</p>	<p>None, donations welcome.</p> <p>Also bring money if you'd like a tombola ticket!</p>
<p>Abbey Volunteers' monthly lunch meet-up</p>	<p>Yay, we are finally able to bring our Volunteer Lunch and Laughs IN-PERSON at the Abbey Community Centre! It's time for us to get together at the community lunch, catch up on all things volunteering and life in general over lunch on Saturday 5th February 2022, 12.15 -1.30pm. This is our way of getting volunteers together so we can socialise and say thank you for all your efforts. Limited numbers so booking is essential – book with Cheryl-Iya on vol-opps@abbeycc-kilburn.org.uk.</p>	<p>First Saturday of the month 12.15-1.30pm</p>	<p>none</p>

Mondays

group / activity	what happens	When/where	cost?
Seated Yoga	A gentle Seated Yoga class, perfect for increasing or maintaining your mobility, muscle strength and flexibility. A lovely way to relax too! 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.	Mondays 2-3.30pm Centre	£1 suggested donation
Origami for Beginners	 Learn the basics of paper folding, usually associated with Japanese culture, to make intricate models and designs. Tutor Mao will guide you through step-by-step. This is a taster session and if we get lots of interest then we'll make it a regular event! For info and to book contact Reception on 020 7624 8378.	Monday 9 th May 11am-12pm	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 and help you learn the ropes if you haven't played before. 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.	 Mondays 6-8pm Centre	£1 suggested donation
Debt and Money Information & Advice sessions with Age UK Camden and Debt Free London	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 contact Reception at Abbey on 020 7624 8378. For ages 55+. We also have a Video Kiosk available from 10-11am every Monday where you can come in and speak to a Debt Free London advisor online and contact their invaluable service. Again, let Reception know if you'd like to use it and we'll book you in.	4th Monday of the month 10am-5pm Centre 10-11am weekly	none

Tuesdays

group / activity	what happens	when	cost ?
IT for Beginners and IT Next Steps 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 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. For ages 50+.	10am – 12pm (Beginners) & 2-4pm (Next Steps) Centre	none
Tai Chi	This ancient Chinese exercise strengthens the body, relaxes the mind and lifts the spirit, improving balance and coordination. Jane has been practising Tai Chi for 35+ years. No equipment is needed. It may be useful to have a chair nearby for support. Please contact Reception on 020 7624 8378 or email reception@abbeycc-kilburn.org.uk.	Tuesdays 9.30-10.30am Zoom	none
Healthy Cooking for Men	One for the boys! Come and join pro-chef Jordan to learn some new healthy(ish) recipes, including baking, and meet new mates at the same time. Everyone pitches in with the kitchen jobs then enjoys the spoils together. Book with Reception on 020 7624 8378. For men aged 50+.	Tuesdays 11am-1.30pm	£1 suggested donation
Gardening Club Club is currently full, waiting list available.	 <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! For all ages 18+. Please book with Jordan on 020 7624 8378 or reception@abbeycc-kilburn.org.uk.</p>	Tuesdays 2-4pm Centre	none Club is currently full, waiting list available.
Seated Exercise	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. For ages 50+. Book with Reception on 020 7624 8378.	Tuesdays 2-3pm Centre	£1 suggested donation
Colouring Calm	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! Please contact Simone on 020 7624 8378 or email reception@abbeycc-kilburn.org.uk for further information and to book. For ages 50+.	Tuesdays Session 1: 2.15-3.30pm 2: 4-5pm Centre&Zoom	£1 suggested donation
Zumba Gold	Fabulous Latin-inspired dance workouts with our very own Tissy. Zumba Gold is tailored for those with less mobility or who want to improve their cardiovascular health. For ages 50+. Book on 020 7624 8378.	Tuesdays 3.30-4.30pm	£1 suggested donation

Wednesdays

group / activity	what happens	When/where	cost ?
Employability sessions	Appointments are available in our Garden Room with a Camden Council employability advisor. They will support you in addressing anything that is preventing you finding or staying in work, and can offer advice on CVs, job applications, apprenticeships, work experience, benefits, employment law, disability support and much more. Book with Reception on 020 7624 8378.	1 st & 3 rd Wednesday 10-12.30pm Centre	none
Seated Exercise	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 Jane who has taught with us for many years. This session is on Zoom, we have a session at the centre on Tuesdays 2-3pm. For ages 50+. Book on 020 7624 8378.	Wednesdays 11am-12pm Zoom	none
Men's Fitness	Break out a sweat! 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 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. For ages 50+. Book with Kafia/Jason on 020 7624 8378 or reception@abbeycc-kilburn.org.uk	Wednesdays 2-3pm	£1 suggested donation
Men's Boccia	Always an Abbey favourite, Boccia is a precision sport played in teams sitting down. It can get competitive and is always a good laugh. So if you have good hand-eye coordination why not come and throw your hat (or ball) into the ring! This session is just for the guys, book with Jason on 020 7624 8378 or reception@abbeycc-kilburn.org.uk.	Wednesdays 3.15-4.15pm	£1 suggested donation
Sewing Course	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 with half term break. Book with Reception on 020 7624 8378 or reception@abbeycc-kilburn.org.uk. For ages 50+.	Wednesdays 1-3pm	none
Tech Buddies	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 tech-buddies@abbeycc-kilburn.org.uk or 07841 581421. Sessions take place in the Garden Room. For ages 60+.	Wednesdays 2-4pm Centre	£1 suggested donation
Abbey Book Club	One Wednesday of the month (usually the third), 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. Contact Bryony on 020 7624 8378 or reception@abbeycc-kilburn.org.uk.	Weds 18 th May 3.30-5.30pm	none



Thursdays

group / activity	what happens	when	cost ?
Balls & Baking	Balls & Baking is the ultimate social afternoon! 2 sessions in 1, the perfect way to get active & learn something new... Always an Abbey favourite, Boccia is a precision sport played in teams sitting down. It can get competitive and is always a good laugh. So if you have good hand-eye coordination why not come and throw your hat (or ball) into the ring! Baking : Learn to bake something delicious, savoury or sweet, with Abbey staff member and pro-chef Jordan. Call us for more info on 020 7624 8378 or email reception@abbeycc-kilburn.org.uk.	Boccia: 12.30-1.30pm Baking: 1.30-3.30pm Centre	£1 suggested donation
Re-cycle-art	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. <i>Not on last Thursday of the month.</i> Age 60+, book on 02076248378.	3-4pm Centre	£1 suggested donation
Supported Internet Drop-in	Drop by our Garden Room and get help with getting online. A Tech Buddy volunteer will be on hand to support you onto one of our Chromebooks and browsing the web, and all its glories. For ages 50+, book on 020 7624 8378.	12.30-2.30pm Centre	£1 suggested donation
London Trip 26th May	Meet Jason from 11am at the centre for a big group trip to one of the many sites of London! You must book with Reception on 020 7624 8378 or email reception@abbeycc-kilburn.org.uk.	26 th May 11am-4pm	none

Fridays

group / activity	what happens	when / where	cost ?
Coffee Morning	Enjoy coffee, tea, cakes and biscuits at your friendly neighbourhood coffee morning in our Garden Room! The perfect place to meet new local friends and find out what's going on at Abbey. For ages 50+. Contact reception@abbeycc-kilburn.org.uk or 020 7624 8378.	10.30am-12pm Centre	none
Creative Writing	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. For all ages (18+) and abilities. Contact reception@abbeycc-kilburn.org.uk or 020 7624 8378.	10.30am-12.30pm Centre/Zoom	£1 suggested donation
Table Tennis	See Monday's description. Please bring a mask and book with Reception on 020 7624 8378.	12.15-1.45pm	£1 suggested donation
Bingo	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. For all ages. Contact Reception to book on 020 7624 8378 or email reception@abbeycc-kilburn.org.uk.	2-3pm	20p per game
Afternoon Tea	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. All ages 18+	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 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 Bryony to subscribe if you haven't already – bryony@abbeycc-kilburn.org.uk or 07805 869136.	New print issue every 12 weeks or monthly email	none

Contact the Community Activities team

To book an activity, or for further information, contact Reception: contact us on 020 7624 8378 / reception@abbeycc-kilburn.org.uk

For Kilburn Good Neighbours: contact Lydia or Jordan on 020 7604 4823 / kgn@abbeycc-kilburn.org.uk

For volunteering opportunities contact us on vol-ops@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 10 – 5pm for the general public, Fridays 10-4pm 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

The 29th May 1961 Charitable Trust