

Abbey activities and pastimes

Afternoon Tea

Our Afternoon Tea Zoom sessions run every Friday, tea and something sweet compulsory! Session One runs from 3-3.30pm and Session Two from 3.40-4.10pm – a great chance for a quick catch up with some of the familiar faces from the centre. The sessions are run alternately by Simone, Bryony, Kafia and Lydia. Get in touch with us on reception@abbeycc-kilburn.org.uk if you fancy it – no need to attend every week.

Choir – with the Mary Ward Centre

We're delighted that our lovely tutor from the Mary Ward Centre, Deanne, is now running an Abbey Zoom Choir session every Wednesday from 4-5pm. So relaxing and uplifting, and no singing experience needed. Please contact Erica if you'd like to be involved on erica.parrett@marywardcentre.ac.uk or 020 7269 6035.

Men's Cooking with Joss

Our much-loved cafe chef Joss plus our staff member Kafia will be running four social cooking sessions on Zoom throughout July, just for the guys, Wednesdays 3-4.30pm. If you're a man over 50 and you'd like to be involved, contact Kafia on kafiareception@abbeycc-kilburn.org.uk or 020 7624 8378.

Creative Writing with Bryony

Join Bryony on Zoom once a fortnight on a Friday, from 10.30am-12.30pm. Share your writing, receive writing prompts and read and write together. All ages and abilities welcome. Please contact her on bryony@abbeycc-kilburn.org.uk or 07805 869136 if you'd like to be involved. She works Wednesdays-Fridays - leave a message if she doesn't pick up.

Emma Weir – Dance Train Education

Our much loved Gentle Dance teacher Emma is posting regular updates to her [Facebook](#) page! Follow along with the videos to keep those dance skills in check. She has also posted her own videos on her Vimeo account.

<https://vimeo.com/400652067/description>

<https://vimeo.com/403310001/description>

<https://vimeo.com/403312996/description>

The password for all the Vimeo videos is **emmadance2020**. Emma will be adding more so if you would like to receive further links please contact her on emma@ukdancenetwork.co.uk

Zoom-ba with Tissy!

The brilliant Tissy got her new Zumba class off to a great start in March and now it's migrated online! There's at least one free class for you to join in with EVERY DAY, run by Tissy or one of her Zumba instructor pals! Contact Tissy on zumbawithtissy@outlook.com for the latest Zoom codes. Stay fit, have A LOT of fun.

Simone – Colouring Calm and Re-cycle-art

Our Simone is running weekly Colouring Calm (Tuesday 3.30pm) and Re-cycle-art (Thursday 3.30pm) sessions on Whatsapp and Zoom. Let her know if you'd like to join in! She's on 07447 932564 or simonereception@abbeycc-kilburn.org.uk.

Tech Buddies

A few of our Tech Buddies volunteers have kindly agreed to offer telephone support if you have a query about your phone, laptop or tablet. If you feel you can benefit from this let Lydia know on 07505 933617. Equally, if you feel that you could help others with their tech too then please get in touch!

Aromatherapy

Thanks to the Mary Ward Centre for sending across these fabulous resources made by your aromatherapy tutor Micha! A great way to relax and relieve aches and pains.

- [Aromatherapy Recipe Booklet](#)
- [Exercises for painful hands](#)
- [Self-help abdominal massage](#)
- [Self-help face massage](#)
- [Self-help massage for neck and shoulders](#)

Augusto Health & Fitness

Click [here](#) to access Abbey Men's Fitness instructor Augusto's Youtube channel! Details of Augusto's live sessions to come as soon as we have them too.

Abbey Children's Services Song & Rhyme Time sessions

Tuesdays, 10.45am. These sessions are just for our registered families at the moment. If you'd like to register, click [here](#) to download (click the three dots on the right hand side of the page and click 'download') the registration form, fill it in and return it to Zamzam on zamzam@abbeycc-kilburn.org.uk. In the meantime, see some snippets of Tissy's sessions here:

- [Incy Wincy Spider](#)
- [Head, Shoulders Knees and Toes](#)
- [Peek-a-boo](#)
- [Zoom, Zoom, Zoom](#)
- [Twinkle Twinkle Little Star](#)
- [Tiny Tim](#)
- [12345, Once I caught a...](#)
- [Frog Song](#)
- [Hop Little Bunnies](#)

To keep up to date with any other Abbey activities we come up with, please make sure you're on our email mailing list. Contact Bryony – bryony@abbeycc-kilburn.org.uk – if you're not already.

Other handy links

Learn My Way from the Good Things Foundation

Fantastic [free courses](#) - learn digital skills and stay safe and connected.

The Restart Project

Our friends at the Restart Project (Transition Town Kensal to Kilburn) sent us the following links to help you repair any broken devices or get advice on doing so.

- [Virtual Repair Q&A sessions](#)
- [Local repair businesses still operating during Covid 19](#)
- [Top tips for fixing cameras, laptops, printers and mobiles.](#)
- [Unrepaired: What to do if you can't repair something](#)

Mary Ward Centre

Mary Ward are running a range of low-cost online courses in the summer term, including yoga and stretch, languages, singing and ukulele to name a few. Find out more [here](#).

Gareth Malone's Great British Home Chorus

Missing the Abbey choir? Gareth Malone is running a live Youtube choir practice every day at 5.30pm. Register your interest [here](#).

Cooking - Suggested by Abbey's cooking class chefs Lydia and Justine

Jamie Oliver: Keep Cooking and Carry On (Registration required to watch)

<https://www.channel4.com/programmes/jamie-keep-cooking-and-carry-on/episode-guide>

Life Kitchen: "We are a not-for-profit organisation focused on helping people with cancer rediscover and revive their love of food."

<https://lifekitchen.co.uk/>

BBC Good Food | Recipes and cooking tips

<https://www.bbcgoodfood.com/>

Videojug: "Here you'll find the best how-to videos around, from delicious, easy-to-follow recipes to beauty and fashion tips".

- Our Favourite Barry Lewis Recipes
<https://www.youtube.com/playlist?list=PLR76HDNPvQqvIKCdL2VylMsngzYDMPH1f>
- We Love Food
<https://www.youtube.com/playlist?list=PLR76HDNPvQqt5FRCgOgGz030NljJyyOU>
- Tasty Recipes
<https://www.youtube.com/playlist?list=PLR76HDNPvQqspFrarx1tLx1iHqo4HNwgl>
- Keep Calm and Bake by Videojug Food & Drink

https://www.youtube.com/playlist?list=PLR76HDNPvQgtieKjM_NijpsnVpJG-Gcwf

- Scoff

<https://www.youtube.com/user/VideojugFoodAndDrink>

Creativity

Check out Age UK's online [Age of Creativity Festival](#) – loads of online events and downloads to do with all art forms.

Physical Health & Fitness

For seniors

Home workout for age 70 plus. Beat the Coronavirus. Keep fit and stay well

<https://www.youtube.com/watch?v=y905DedECbw>

Green Goddess Diana Moran, 80, reveals secrets to her eternal youth

<https://www.mirror.co.uk/lifestyle/green-goddess-diana-moran-80-14209060>

10 Minute Home Chair Workout For Seniors | The Body Coach TV

<https://www.youtube.com/watch?v=ybVMu31DLQU>

20 Min Exercise for Seniors, Elderly, & Older People - Seated Chair Exercise Senior Workout Routines

<https://www.youtube.com/watch?v=8CE4ijWlQ18>

For all

10-minute workouts

<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

Posture tips for laptop users

<https://www.nhs.uk/live-well/healthy-body/posture-tips-for-laptop-users/>

Office Break Yoga | 14 Min. Yoga Practice | Yoga With Adriene

<https://www.youtube.com/watch?v=M-8FvC3GD8c>

Spirituality

Staying Conscious in the Face of Adversity | A Special Message From Eckhart Tolle

<https://www.youtube.com/watch?v=wKpmXhGVMxl>

Is Corona Bringing Out The Best Or Worst In Us? | Russell Brand

<https://www.youtube.com/watch?v=1EkHf37PDmY>

Relax Your Mind - One Of The Best Speeches Of All Time By Alan Watts

<https://youtu.be/rZTFfyUnEnc>

Idil Ahmed

<https://twitter.com/idillionaire>

Philosophy

Darren Allen

<https://expressiveegg.org/>

Comedy

The Good Life (every episode, each divided into three parts)

https://www.youtube.com/user/OuijaBird/videos?disable_polymer=1

The Fall and Rise of Reginald Perrin - Season 1

<https://www.youtube.com/playlist?list=PLm-XJrnsc1Gq81E1kDifB9cvALgElbg9I>

Open All Hours - Seasons 1 – 4

<https://www.youtube.com/playlist?list=PLm-XJrnsc1GoZygRR5CaTqMV1QrasQCol>

<https://www.youtube.com/playlist?list=PLm-XJrnsc1GriKk4e1FT06VjBr4uhKzxe>

<https://www.youtube.com/playlist?list=PLm-XJrnsc1GpDveoAiAiKXVPTCbyrWmO0>

https://www.youtube.com/playlist?list=PLm-XJrnsc1Gp8C3_qzGWyV3z-SP4fXrMz

Another Audience With Ken Dodd

<https://youtu.be/C1gl4jmiQjs>

Fawlty Towers (both series - picture cropped due to copyright)

<https://youtu.be/9zUFkMIUdPk>

Going Straight (sequel to Porridge, 6 episodes)

https://www.youtube.com/user/Porridge1973/videos?disable_polymer=1

George and Mildred – Seasons 1-5

<https://www.youtube.com/playlist?list=PLAC45E6FF4456AC52>

<https://www.youtube.com/playlist?list=PL21344BEA803861F8>

<https://www.youtube.com/playlist?list=PL4FE3C0AD720BFE76>

<https://www.youtube.com/playlist?list=PL5447B64D90FBE388>

<https://www.youtube.com/playlist?list=PL68875C64C04DB423>

Some Mothers Do 'Ave 'Em – selection of classic episodes

https://www.youtube.com/channel/UCERvDk63_8YPoQ_I8H1eE0Q/feed?disable_polymer=1

Free movies

Public Domain Movies – Free movies online. Classic Hollywood and British films, including some real treats like 12 Angry Men, The Lodger, Day of the Triffids, Sherlock Holmes (Basil Rathbone) - it's totally free and the quality's really good. You can sort by genre and also by popularity and rating to find your favourites quickly!

<https://www.publicdomainmovies.com/>

Sci-Fi

Doctor Who

The Robots of Death – classic Tom Baker adventure from 1977 (4 episodes)

<https://www.dailymotion.com/video/x5z2sba>

<https://www.dailymotion.com/video/x5z36oe>

<https://www.dailymotion.com/video/x5z7y28>

<https://www.dailymotion.com/video/x5z8wf3>

Great amateur documentaries on each doctor's era:

<https://www.youtube.com/playlist?list=PLsMVmNwkaV-Xwt2KpxriEvtLU70AV9BN>

Virtual Arts and Museum Visits

The J. Paul Getty Museum

<https://www.getty.edu/museum>

The Natural History Museum

<https://www.nhm.ac.uk/>

Guggenheim Bilbao Museum

<https://www.guggenheim-bilbao.eus/en>

The Rijksmuseum

<https://www.rijksmuseum.nl/en>

Virtual Park Visits

Central Park, New York

- <https://www.centralparknyc.org/>
- Virtual Tour: <https://www.youvisit.com/tour/centralpark>

The Royal Parks

- <https://www.royalparks.org.uk/>
- Virtual tour of the Education Centre: <https://www.royalparks.org.uk/learn/learn-in-hyde-park-and-kensington-gardens/planning-your-visit/our-facilities/virtual-tour>

The Rocky Mountain National Park

- <https://www.nps.gov/romo/index.htm>
- Sound library:
<https://www.nps.gov/romo/learn/photosmultimedia/soundlibrary.htm#soundscape>
[S](#)

Sewing and Knitting: Instructional knitting videos

<https://www.msn.com/en-gb/lifestyle/style/what-im-really-watching-instructional-knitting-videos/ar-BB11Xtgs?ocid=spartanntp>