



Abbey Community Centre  
222c Belsize Road, Kilburn, NW6 4DJ

18<sup>th</sup> March 2020

Dear Abbey Communities Activities Programme Member,

**Re: Update on Coronavirus (Covid-19)**

Following the current coronavirus crisis and the most recent government's unprecedented advice to avoid all social contact, Abbey Community Centre is now closed to the public until further notice. Abbey staff will continue to operate remotely during our usual working hours and we will still have access to our emails as well as remote access to our phone messages.

I have attached more information about the coronavirus in this letter which is collected from Age UK and the government's official website ([www.gov.uk](http://www.gov.uk)).

The government has also advised that by this weekend, those over 70 years of age are to stay at home for 12 weeks. However it is important that we continue to help by maintaining contact via the phone, post or via the internet.

If you need help for something essential and a friend, relative or neighbour agrees to help, then they do need to keep a distance at all times (at least 2m apart). For example if someone is helping you with supplies, then please make

**T: 020 7624 8378**

**E: [reception@abbeycc-kilburn.org.uk](mailto:reception@abbeycc-kilburn.org.uk)**

**W: [www.abbeycc-kilburn.org.uk](http://www.abbeycc-kilburn.org.uk) / [@AbbeyCCnw6](https://twitter.com/AbbeyCCnw6)**

**Charity No. 295191 A company limited by guarantee no. 2028600**



Abbey Community Centre  
222c Belsize Road, Kilburn, NW6 4DJ

sure you keep your distance and maintain safe practices such as insisting that items are dropped by the doorway without physical contact. We also urge you to please take a 'balanced' approach rather than stockpiling to help communities around us.

We also advise that everyone strictly follow the personal hygiene guidelines set up by the government and more information on this is provided in the attached pages.

We will endeavour to stay in contact with all of our members. We will continue to send you letters with any new information we receive.

If you are feeling unwell, then you must follow the government's guidelines and this is attached in the following pages. If you are concerned someone's health and they are in close contact with you (family members, helpers, carers etc), then they will need to isolate themselves from you and get in touch with their GP or 111 via telephone to get further advise on next steps.

### **Age UK Camden support**

We are aware that Age UK Camden is servicing people aged over 55, their family and carers with:

- Emergency food parcels
- Internet shopping
- Information and advice hotline

**T: 020 7624 8378**

**E: [reception@abbeycc-kilburn.org.uk](mailto:reception@abbeycc-kilburn.org.uk)**

**W: [www.abbeycc-kilburn.org.uk](http://www.abbeycc-kilburn.org.uk) / [@AbbeyCCnw6](https://twitter.com/AbbeyCCnw6)**

**Charity No. 295191 A company limited by guarantee no. 2028600**



Abbey Community Centre  
222c Belsize Road, Kilburn, NW6 4DJ

- Telephone befriending service
- Telephone counselling service
- Online book club
- Live streaming of their lunchtime musical recitals.

To get more information on the above services, the number to call at Age UK is 020 7239 0400 (Mon-Fri 10am – 5pm).

### **Virtual activities**

We are investigating ways to continue activities online and by post! So Simone might be sending out colouring sheets and music suggestions, or setting up a group skype; we might be whatsapping the Men's Fitness group with videos to do at home; and Bryony is looking at setting up a weekly Skype call for her creative writing group. If anyone would be interested in joining the latter, or in receiving creative writing materials by post, please drop her an email on [bryony@abbeycc-kilburn.org.uk](mailto:bryony@abbeycc-kilburn.org.uk) or give her a ring on 07805 869 136. She will be answering calls on Wednesdays and Thursdays. We will keep you posted on the progress of all these ideas – if you'd like to be kept updated about virtual groups please let us know.

### **Scam alert**

In the Ham and High this week, in case you missed it:

“The vulnerable and ill “should treat invitations of help with caution” during the coronavirus pandemic warned Camden Police on Tuesday.

**T: 020 7624 8378**

**E: [reception@abbeycc-kilburn.org.uk](mailto:reception@abbeycc-kilburn.org.uk)**

**W: [www.abbeycc-kilburn.org.uk](http://www.abbeycc-kilburn.org.uk) / [@AbbeyCCnw6](https://www.instagram.com/AbbeyCCnw6)**

**Charity No. 295191 A company limited by guarantee no. 2028600**



Abbey Community Centre  
222c Belsize Road, Kilburn, NW6 4DJ

The borough's cops warned: "We have recently received a small number of reports of individuals offering to go shopping for the elderly within our community as a means to then keep their money.

"As ever, please ensure you or those more vulnerable in your circles treat such invitations with caution."

On the Nextdoor platform PC Jonathan Dunbar added: "We are also aware of false information spreading online and upon WhatsApp groups regarding information and updates from the Camden Town Safer Neighbourhood Team around the Coronavirus.

"Please only adhere to information from this feed, or on Twitter."

A huge number of legitimate groups have sprung up to help people either suffering from the Covid-19 virus or who have been forced to self-isolate."

Additionally, we have heard of a scam wherein the scammer rings on your doorbell and pretends to be an NHS staff member testing the household for the virus in order to gain entry to your home. Always ask for ID and do not let anyone into your home without prior arrangement.

The vast majority of people are genuinely looking to support others during this difficult time, but if you feel unsure about an invitation of help you have received, please feel free to contact us, or Age UK Camden, for guidance.

Our strategy may evolve as time goes on and depending on new government notices. We will continue to keep you updated and please continue to keep safe.

**T: 020 7624 8378**

**E: [reception@abbeycc-kilburn.org.uk](mailto:reception@abbeycc-kilburn.org.uk)**

**W: [www.abbeycc-kilburn.org.uk](http://www.abbeycc-kilburn.org.uk) / [@AbbeyCCnw6](https://twitter.com/AbbeyCCnw6)**

**Charity No. 295191 A company limited by guarantee no. 2028600**



Abbey Community Centre  
222c Belsize Road, Kilburn, NW6 4DJ

Thank you in advance for all of your help and understanding in this challenging time.

Yours sincerely,

Robert Stuart

**Community Wellbeing Activities Programme Lead**

activities-coordinator@abbeycc-kilburn.org.uk

***Contact times:***

***Tuesday to Friday 10am – 4.00pm on 07447 932 564.***

***If you reach voicemail, I will access messages remotely and call you back during my contact times. Alternatively you can also contact Reception on 020 7624 8378 Monday to Friday 10am-4pm until further notice.***

**T: 020 7624 8378**

**E: [reception@abbeycc-kilburn.org.uk](mailto:reception@abbeycc-kilburn.org.uk)**

**W: [www.abbeycc-kilburn.org.uk](http://www.abbeycc-kilburn.org.uk) / [@AbbeyCCnw6](https://www.instagram.com/AbbeyCCnw6)**

**Charity No. 295191 A company limited by guarantee no. 2028600**



Abbey Community Centre  
222c Belsize Road, Kilburn, NW6 4DJ

**T:** 020 7624 8378  
**E:** [reception@abbeycc-kilburn.org.uk](mailto:reception@abbeycc-kilburn.org.uk)  
**W:** [www.abbeycc-kilburn.org.uk](http://www.abbeycc-kilburn.org.uk) / [@AbbeyCCnw6](https://twitter.com/AbbeyCCnw6)  
Charity No. 295191 A company limited by guarantee no. 2028600