

Who to contact:

Abbey Community Centre - 0207 624 8378

abbeyccnw6@yahoo.com

Lindsay Richardson - Director

Jane Edwards - Manager

Emma Whitbread - Children's Services Co-ordinator

Kilburn Neighbours - 0207 604 4823

Kilburn_neighbours@yahoo.co.uk

Paul Fordham - Kilburn Neighbours Co-ordinator

Joanna Goga - Kilburn Neighbours Co-ordinator

Henna Asian Women's Group - 0207 372 9860

Sudanese Women's Association - 0207 372 0944

Abbey Community Centre

222c Belsize Road, London, NW6 4DJ

www.abbeycc-kilburn.org.uk

Programme

socialise

energise

get wise

The Abbey Community Centre programme is kindly sponsored by
Kilburn Solicitors Powell Spencer & Partners.

Kilburn's leading community solicitors


www.psplaw.co.uk

Powell Spencer run free legal advice sessions at the community centre every other Thursday 10 – 12 p.m. Call 0207 624 8378 to make an appointment.

The mission of Abbey Community Centre is to improve the quality of life for local people by offering excellent services which provide a range of educational, recreational, cultural and social opportunities.

We aim to work in consultation and partnership with the local community and statutory and voluntary agencies in developing our programme and responding to emerging need and new initiatives.

Monday



10 - 12	ESOL Entry Level 1
10.30 - 12.30	Henna Benefits Advice (once month)
10 - 12	ESOL Crèche
10 - 4	Henna Asian Women's Group
10 - 4	Henna Listening Service (Appt only)
11 - 2	Henna Young Women's Forum*
12.30 - 2.30	Bumps & Babies
1 - 3	Under Five's Crèche
1 - 3	Henna Over 50's Club
2.15 - 3.45	Over 60's Keep Fit
2.30 - 6	Kilburn Good Neighbours Scheme
6 - 8	Tae Kwon Do
7 - 8	Prayer Meeting

Tuesday



10 - 12	ESOL Entry Level 1
10 - 12	ESOL Crèche
10 - 4	Henna Asian Women's Group
10 - 11.30	Creative Computing
10 - 4	Henna Listening Service (Appt only)
10 - 5	Kilburn Good Neighbours Scheme
10 - 5	Sudanese Women's Association
10 - 2	Henna International Women's' Day*
10.30 - 11.30	Henna Starting A Business Workshop
10.30 - 12.30	Henna Make up Course
12 - 3	Henna Massage (Appt Only)
1 - 3.30	ESOL Mixed Level
1 - 2.30	Rhyme & Wiggle Drop In
1 - 2	Seated Exercise
1 - 3	Henna Stress Management Workshop*
2.15 - 3.15	Yoga for women
7.30 - 9	Yoga

Wednesday



10 - 4	Henna Asian Women's Group
9.45 - 11.30	Baby & Toddler Gym
10 - 12	ESOL Entry Level 2
10 - 12	ESOL Crèche
10.30 - 11.30	Building your knowledge of IT
12.15 - 2.15	Community Cohesion Workshops
1 - 3	Sewing
1 - 3	Under Five's Crèche
2.45 - 3.45	Over 50's Men's Exercise Class
2.30 - 6	Kilburn Good Neighbours Scheme
6 - 8	Prayer Meeting
6 - 8	Tae Kwon Do

Thursday



10 - 4	Henna Asian Women's Group
10 - 12	ESOL Entry Level 2
10 - 12	ESOL Crèche
10 - 11	Narcotics Anonymous
10 - 12	Citizen Advice Bureau Sessions
10 - 12	Legal Advice Sessions Fortnightly
10 - 5	Kilburn Good Neighbours Scheme
10 - 5	Sudanese Women's Association
10.30 - 12.30	Over 60's Drop In
12.15 - 2.15	SWA Community Cohesion Workshops
1 - 2	Women's Exercise Class
- 3	Police Surgery (Monthly)
1 - 3	Under Five's Crèche
2.15 - 4.15	Cook 4 Life
4 - 6.30	Children's Piano Lessons
6 - 7	Zumba
7 - 9	Tai Chi

Friday



- 10 - 4 Henna Asian Women's Group
- 9.30 - 12.30 Talk & Play
- 9.45 - 11.30 Baby & Toddler Drop In
- 10 - 5 Sudanese Women's Association
- 10 - 5 Kilburn Good Neighbours Scheme
- 12 - 1 Cafe 60
- 12 - 1 Hot Food Friday (Monthly)
- 1 - 3 Older Men's Cookery (4 week course)
- 1 - 3 Introduction to IT
- 1 - 3 Under Five's Crèche
- 1 - 3 Bingo

Weekend



Saturday

- 10 - 11 Councillor Surgery - Only every 2nd Saturday of the month
- 2 - 8 Sudanese Women's Association
- 12 - 2 SWA Community Cohesion Workshops

Sunday

- 4 - 7 AA Self Help Group

* Indicates one off events