

Abbey News

Your community centre in the heart of Westminster

Fundraising Sale



The Abbey Centre would like to say a big thank you to members Doreen Green and Mavis Aird who organised a table top sale and raffle which raised an impressive £337 which was donated to the Abbey Centre. Congratulations to Maria Cardosa who had the winning raffle ticket for the doll.

Chair based exercises

A chair-based exercises class is starting on Mondays in January with funding from the St James's ward budgets. These are exercises specifically designed for frailer people, helping with strength and balance and building up activity levels without putting strain on legs or arms.

Connaught Opera

The group will be making a welcome return to the Abbey Centre on Friday 20th January 2012 to put on a **Chariots of Fire - A Spectacular in Song** concert for our members. The programme features two well-known songs with specially written words, glamorous costumes in the colours of the Olympic rings; and music from the five main Continents. Look out for details. www.connaughtopera.com



Nederlands Baby/ Peuter klasje

Wil je je kind Nederlands aanleren en ben je een Nederlandse ouder, neem dan contact op met Peggy. De lesjes zijn op zaterdag ochtend (een keer in de twee weken).

poldebijvank@yahoo.com 077 48254736

Check out our new Facebook page. Please show your support and 'like' us.

Donations

Thank you for all the kind donations that have been made over the last few months. All funds are greatly appreciated in this difficult time. Thank you to members Molly Richings, Emily Deverill, Cecilia Worthington, Edith Holloway, Shirley Wylie, Sylvia Simons, and Peter Lewis and Phil Seward.

Christmas Gifts & Decorations

The Abbey Centre would like to express its gratitude to the Home Office for the Christmas gifts they have generously donated. Thanks too to the John Lewis Partnership for decorating the Centre for the festive season.



Pimlico Academy

Thank you to Pimlico Academy Zeus House students for their continued support including recent donations totalling over £200.

IT Project

A new computer course for complete beginners has started at the Abbey Centre. The 10 week course funded by the Hyde Park Estates Charity is designed to take the fear out of computers and help members feel more engaged with the modern world.

Changes at the Abbey Centre

Funding remains an issue in this difficult financial climate. Income from our conference services and café are at an all time low, and we continue difficult negotiations with Westminster regarding our rent, which remains at £175,500 p.a. As a result we have had to make the difficult decision to let 3 members of our staff team go. This is a very difficult time so please bear with us. We want to reassure you that we will continue to deliver the high quality and diverse services you are used to. From January, please direct any community queries to Emma, the Chief Executive, Morwenna or George.

The Abbey Centre

ENO - Coliseum

Thanks to the English National Opera members of the Abbey Centre have enjoyed many performances including Castor and Pollux, The Passenger and The Marriage of Figaro. Keep an eye out at reception for any news about upcoming productions.



CrowdFund SW1

Find out how you can support community projects in your local area. Crowdfund SW1 is a brand new website created by SWAN and based within The Abbey Centre showcasing community projects in south Westminster that need your support. To find out more, check out www.crowdfundSW1.com.



Royal Opera House

In September, 6 members from the Abbey Centre went to the Royal Opera House to take part in the Personal Opera workshop about memories of the Olympics.

10 lucky members also enjoyed a performance La Traviata.



Greater London Action on Disability

The GLAD social club is a group for older South Westminster residents. It meets at the Abbey Centre on the 1st and 3rd Monday of the month to socialise with tea and bingo. Transport can be provided.

Message from Kate

Sorry to those I didn't see to say good-bye to. My post has been made redundant so I will not be returning to the Abbey Centre in January.

I have enjoyed working with you over the past 8 years and wish you all the best for 2012!

Membership 2012

Westminster resident	£24
Westminster resident (Over 60 and concessions)	£12
Non-Westminster resident	£36
Non-Westminster resident (Over 60 and concessions)	£30

Classes fees will be £1.20 per class to be paid at the beginning of the term.

North London Rape Crisis

North London Rape Crisis (NLRC) provides a service in your borough to women and girls aged 14 years and above who have experienced any form of sexual violence at any time in their lives. The trauma of such an experience can create a world of isolation and anxiety. We have specialist, professional counsellors and advocates who provide a confidential and safe space for women to talk and get practical help. We offer individual counselling and advocacy, group therapeutic work, support groups and complementary therapies such as shiatsu, massage and reflexology. For more information on our service or just for a chat, please call us on 02076191369 or visit www.solacewomensaid.org. You can also call Gina Vizza on 07500 896982.



Tai Chi

Tai Chi is a Chinese system of slow meditative physical exercise designed for relaxation, balance and health. Tai Chi has both physical and mental benefits, it can boost energy, improve stamina and agility as well as being used by some to relieve stress. It is especially good for older people as it can help in the prevention of falls, as it works on improving not only the balance, and leg strength, but also coordination and posture.



As well as our Tuesday class for older people, there are both beginner and intermediate level lunchtime classes for all ages on Tuesdays. Tutor James Drewe also holds a class on the first Saturday of the month. www.taiji.co.uk

Carers - Future Services

The Abbey Centre and A Moveable Feast are working in conjunction to find out how we can support Carers so that they can continue with the valuable work they do.

A consultation event was held on 16th November in order to collect information in order to shape future services which are to be funded by the Lloyds TSB Foundation.

AGM

The Abbey Centre held its Annual General Meeting in October and was attended by a mixture of members, volunteers, staff, trustees and outside organisations. Linda Velkei gave an impressive Zumba demonstration. To close the meeting the Zivko Firfov group entertained the crowd with three dances from Eastern Europe. Zivko meet on Mondays at 18.00, new members welcome.

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