

# Join us for Wellbeing & Warmth



Enjoy a hot drink, snacks and friendly chats  
in a warm atmosphere.

Learn more about local support, advice and activities in  
welcoming community spaces.

All Welcome • Free Refreshments and snacks available



## Wellbeing Cafe

Monday 12.30-2.30pm

Free refreshments and warm soup with activities, information and advice

## Family Cooking

Wednesday 4.30-6.30pm

**SHELL 2 Centre**, Fielding Hse, Ainsworth way. NW8 0HU  
Call: 0300 365 2003  
Email: [info@shakonline.co.uk](mailto:info@shakonline.co.uk)



## Chai Club

Monday 2.00-3.00pm

(Feb-May except Bank Hols & Ramadhan)

Free bite to eat, chai and chat in Hindi, Urdu, Bengali, Gujarati, Farsi, English

## Henna Asian Women's Group

Abbey Community Centre,  
172 Belsize Road, NW6 4BJ  
Call: 0207 372 9860  
Email: [info@hennaorg.co.uk](mailto:info@hennaorg.co.uk)



## Warm Hub

Every Thursday 3:00-5:00pm

Dancing classes, Arts & crafts, Creative painting, Storytelling and get-togethers with free refreshments

## Latin American House:

10 Kingsgate place,  
London. NW6 4T

Call: 020 7372 8653

Email: [info@casalatina.org.uk](mailto:info@casalatina.org.uk)



## Wellbeing and self-care workshops

Skin and self-care routines to support women's wellbeing in winter.

Feb: 6<sup>th</sup>, 20<sup>th</sup> Mar: 6<sup>th</sup>, 20<sup>th</sup>

More sessions to be confirmed

Hygiene packs and heat blankets available

West Hampstead Women's Centre

26 - 30 Cotleigh Road, NW6 2NP

Call: 020 7328 7389

Email: [info@whwc.org.uk](mailto:info@whwc.org.uk)



## Free Warm & Well Welcome Space

Mon-Fri, 10am-4pm

Warm space, hot drinks, and information.

## Weekly Soup Tuesdays, 12-2.30pm

Free home-made soup in the Warm Space.

**Free Early Years Essentials Packs** baby & hygiene items (Referral only, limited supply)

## Abbey Community Centre

172 Belsize Road, London. NW6 6BJ

Call: 020 7624 8378

Email: [hello@abbeycc-kilburn.org.uk](mailto:hello@abbeycc-kilburn.org.uk)



**This partnership project** - funded by Camden Council - is dedicated to supporting local people feeling the impact of the cost-of-living crisis. We want to create warm, welcoming spaces where everyone can come together, connect with others, and access advice and support to boost their wellbeing.

We'd love these sessions to be shaped by the people who attend. If you can offer your time and skills please contact the organisation running the activity you'd like to support. Your help makes a real difference.