



**West
Euston
TIME
BANK**

"Helping and Supporting Each Other"

Spending Time Building Community

Time Bank Members have exchanged 6,000 hours within the community

WEST EUSTON TIME BANK

West Euston Time Bank (WETB) is a new community-led organisation that received its charity registration and company incorporation in December 2004. The Time Bank's development was supported by the Third Age Project and the West Euston Partnership with the Abbey Bank being our first major funder. Since then the Time Bank has gone from strength to strength successfully carrying out several difficult and challenging projects that are described in this brief review. Although, WETB is currently the only one in the borough of Camden, it is part of a wider movement of over 140 time banks in the UK and there are over 400 time banks world-wide.



experience among its members. The time bank provides many opportunities to enrich the lives of all involved.

Anyone can join a time bank-all ages, all abilities, and those from all cultures. Everybody's contribution is valued equally whatever the activity shared. One hour = one time credit. People can also donate their time credits to their favourite voluntary organisations or to others who have more needs.

A community time bank differs from conventional volunteering in that it facilitates two-way exchanges-participants are both givers and receivers, rewarded in time credits for their community involvement, which they can exchange for services.

WHAT IS A TIME BANK?

How does a time bank work?

Bring all types of people, recognise and reward what they do for each other and build on the strengths that are already there. Building social networks of active citizens and positive role models.

Time banking is good for your health and well-being. Diversity enriches the time bank and makes it what it is. WETB has a wide range of cultures, talents and

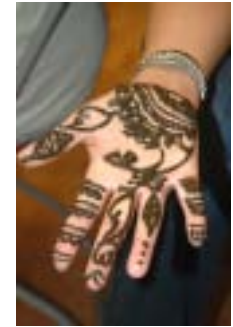
PROMOTING COMMUNITY COHESION

The Time Bank has recently been given recognition for its commitment to promoting integration and social cohesion with an award from Communities and Local Government connecting communities plus . This grant will be used to develop initiatives that bring people together and provide support to residents new to the area.

POPULAR OFFERS AND REQUESTS



Befriending
Companionship
Good Neighbours
Improving My English
Jewellery Making
Gardening



DIY
Sharing &
Exchanging Skills
Flamenco Dancing
Web Design
Crafts



Younger people's lives

Youth Projects – It is important that children and young people can contribute to help create a happy and successful community. For time banking to work successfully with young people it was felt necessary to adapt the approach so that all their hard earned credits could be put together to make a collective reward.

The START projects were based on a youth programme model developed by the Race Equality Unit that aimed to encourage marginalized children and young people from 12 – 16 years of age to explore identity and role within their immediate community. The projects focused on helping those from different cultures and ethnicities to develop social competencies, self-esteem and positive identities empowering young people to make informed choices in their lives. START 2 involved boys earning credits through attendance and participation on a thirteen week programme of workshops and time spent on composing lyrics. They decided to spend their time credits earned on accessing music technology tuition at the Tribal Tree recording studios in Chalk Farm and having a group meal at Nandos.



well attended event at which they received certificates and signed copies of their EP to give out to an admiring audience of young people.

The start 2 project was a partnership with the Samuel Lithgow Youth Centre, Tribal Tree, Race Equality Unit with support from Camden's youth & connexions service and funding from the Local Network Fund. The time bank received high commendations for its work in this challenging area and was quoted in a major press article as a good example of what government funding should be used for.



“help us achieve things”

The project was set up in order to:

- Promote social competences, self esteem and a positive ethnic image among vulnerable young people.
- Provide a 13 week structured learning and activities programme developed by the race equality unit (REU).
- Carry out outreach work on the Regents Park Estate to engage with disaffected and marginalized young people from a range of different racial and ethnic backgrounds.
- Organise an end of project public event as a celebration of what the young people had achieved with the presentation of REU certificates.

Songs produced by the boys in the recording studio were put together into a new Hip Hop EP Album with their own cover design and launched at a



Building stronger relationships

Sharing Special Memories

A partnership with Headstart Learning Centre, Third Age Project & Netley Primary School with the aim of building stronger inter generational relationships within families. The project created an opportunity for the Over 50s to talk and share memories of their childhoods. The children enjoyed learning new and interesting facts about their grandparents/parents. Everybody really enjoyed themselves and were very proud of the Keepsake Books they had made together.



They also made an amazing banner with girls from the Surma Centre which documented their thoughts on fear and trust.

“I thought it good working with different aged people”

“Well Done! Friday night was brilliant! The girls obviously enjoyed performing and the audience (mostly boys) were completely enthralled”

Mike Stewart, After School Club Co-ordinator.

Speaking Out!

Funding was obtained from the community safety & drugs community chest to put on an intergenerational drama project on raising awareness on drugs and crime. Weekly workshops with the girls at the Samuel Lithgow Youth Centre enabled them to create their very own piece of live theatre, write and performed a rap and together make all their own stage costumes and props. This is how they earned their credits.



Our Earth

This was performed at the Camden Green Fair on World Environment Day. The play was set in Regents Park in 1956. An adjacent Council estate where graffiti, rubbish and litter abound. The show reminded us that it doesn't have to be this way if we recycle, re-use

and aim to Keep Britain Tidy! and how we should all take more responsibility for our local environment.



Its official, we

Black History Month October

- African Drumming (Seniors Club 13-18 yr olds)
- African Mask Making (Transitions 8-13 yr olds)
- African Mask Making (Transitions 8-13 yr olds)
- African Jewellery Making (After School Club 5-12 yr olds)
- Grand Finale Event with African Drumming & Story Telling with a Free Ethiopian Buffet (Seniors Club 13-18, Transitions 8-13, and local parents)

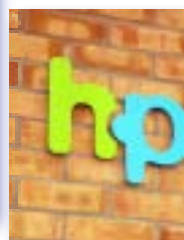
Open Day

The first event to be held in the brand new H Pod building was regarded as a great success with well

over 100 people attending and important key note speeches being made by Cllr. Martin Davies (Executive Member Health & Adult Care' L B Camden), Paul Fox, (Assistant Director, Camden Primary Care Trust) and others. The event was also attended by staff from the new Regents Park Practice in the process of being established next door. We hope that this very successful event will be the start of a programme of expansion and further development of time banks that will take place across the borough.

The Scarman Trust

The Scarman Trust is a National charity committed to helping citizens brings about change in their Community, in the way that they want. They Fund and give practical assistant to hundreds of



We are a charity!

remarkable people with a “can do” attitude. These, “can do-ers” in their turn mobilise many thousands of others, within their own communities and across the major institutions of society working to make fundamental life chances available to all. They have agreed to support Saida Egal in developing a Somali afterschool club and Pusha Bibi in developing the community café. We are currently sponsoring Ana Gonzalea who is hoping to put together a documentary film on the Latin American community in London.

National Poetry Day Theme “Identity”

This major event took place in D4 Gallery and at the Crypt Centre and was the grand finale for the

poetry project with several important guests and poets from time banks across London attending. The newly created Norah Platt Prizes were presented by Rose Hacker at 6 pm on the day. The Mayor of Camden came along to read her favourite poem and several famous poets gave performances.

- International Women’s Day Dance.

A very Special Day with a number of different Workshops such as Traditional English & Bengali Singing, Dancing, Poetry and members provided International Food & refreshments.



Building stronger r
families and acro

School Children

During the main school holidays the time bank put on a six week programme of activities, special events and trips for the whole family. There was storytelling, drama, relaxation and exercise classes, sports, pottery, music and singing, cookery classes, smoothie making, drumming, crafts, flamenco, country and oriental dancing, swimming and

more! A community café served low cost nourishing meals every day. There were trips to Margate, British Museum, Open Air Theatre, London Zoo and Fruit

picking. On the last day of the summer holidays

the young people that had taken part performed in a wonderful show that included "Fantastic Mr Fox" and sung songs and played musical instruments that they had learnt to play. The show was followed by party games such as pass the



Tuesday Afternoon Drop-In

On Tuesdays there is a regular baby clinic at the Medical Centre which is right next to the H Pod. The West Euston Time Bank provides a drop in session from 2-4 pm with refreshments such as Tea/Coffee fruit/juices for the mums and children. Some of the mums now help run the community café and have joined the time bank.

relationships within across the generations



parcel and musical chairs! A total of 80 children and 41 adults were enrolled in the six week programme with many more going on the trips. In feedback returned most people felt it had been very successful and gave us an overall mark of "Very Good".

Partnerships



Working in partnership with other organisations

The Time Bank works in partnerships with a wide range of statutory, non statutory and voluntary organisations in delivering services and activities to the community.

Healthy Community Project partner

The Time Bank is a key member of a consortia of local organisations (including the Regents Park Practice, Camden PCT, West Euston Partnership, Green Light Pharmacy and the Third Age Project) that are committed to improving the health and well-being of the West Euston area. It also jointly manages the new H Pod building in Cumberland Market in which many of the Time Bank activities take place.

Jewellery Workshops

A fun and creative way to spend hard earned credits and learn new skills. It is also a great way to make new friends

in your community. One time credit entitles you to a two-hour workshop on Fridays mornings. Everybody is encouraged to develop their own ideas and designs. You can earn further credits by donating your jewellery to be sold at a time bank event! Beverley Sell is our excellent teacher. Organised in conjunction with the Workers Educational Association (WEA).



The Purple Poets

Hold open sessions weekly Thursday lunch-times with professional poet Kim Morrissey. Recent performances include; Christmas Show, Muslim New Year, Capital Age Festival, Culture Day and International Women's Day

Cultural Events

The Time Bank puts on many cultural and community events during the year in conjunction with other organisations. International Language Day is always a big affair and an opportunity for members to read a story or say something in their mother tongue.



The Rap Poets



An open rapping workshop was held with acclaimed Jamaican poet David Neita during half term with 40 mostly young Black and mixed race young men taking part in an intensive and impressive performances. Feedback from this event was excellent. Workshops are now planned in for the 13 boys/young men who have already registered.

Capital Age Festivals

The Purple poets performed at the Winter Festival to an audience of over 300 people in City Hall receiving impressive reviews. Jean Watt opened the Summer Festival held on the South Bank with one of her poems and the group provided workshops and public performances to several thousand people. The Capital Age Festival is London's largest festival celebrating the contribution of its diverse older population.

Community Cafe

The Time Bank runs a popular community cafe three days a week



(Tuesdays, Thursdays and Fridays) and during major festivals at the H Pod. Cafe volunteers receive training in such topics as food preparation, basic hygiene as well as using healthy ingredients in meals. Meals and refreshments reflect cultural and dietary needs and are provided at nominal cost. Time Bank members can spend their credits on receiving a further discount.

ESOL Classes

The Time Bank is providing ESOL sessions in conjunction with WK College as a result of requests by members wanting to improve their every day spoken English .

Homework Club

Some of our Somali members are starting a Homework club to enable their children to improve their school work and learning. The Time Bank has agreed to provide a professional teacher.

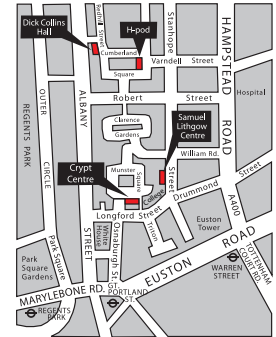
West Euston Time Bank Directors

Pamela Collins	Jean Watt
Saida Egal	Bithi Das
Sheila Green	Yolanda Fossaluzza
Pat Futatsugi	Susan Di Santo
Shahana Begum	Florence Knight
Serajul Islam Molla	Rukban Rouf
Kathy Randle	Pusha Bibi
Fakhrul-Hussain Quresh	

Time Bank Broker - Shahanara Begum
Volunteer Manager - Tony Bloor

HOW TO JOIN THE TIME BANK

If you would like further information about the West Euston Time Bank please contact us on 020 7383 4382 or 020 7387 4401. If you would like further information about Time Banks in general visit www.timebanks.co.uk the national umbrella linking and supporting time banks across the country. Also contact www.londontimebank.org.uk the capital network.



Auditor

Bruce F Jones
Ramon Lee & Partners
Kemp House, 152/160 City Road
London EC1V 2DW

National Westminster Bank Plc
Tottenham Court Road Branch
45 Tottenham Court Road
London W1T 2EA



West Euston
Neighbourhood Partnership
Community Chest



Emmanuel
Victor Harris
Trust



West Euston Time Bank
69 – 75 Stanhope Street
London NW1 3LD
020 7383 4382



info@westeustontimebank.org.uk
www.westeustontimebank.org.uk



Camden's Local Area Agreement



Company No. 5309600 Charity No. 1112545