



West Euston Time Bank

Swimming Club



4.00 pm — 7.00 pm
Friday
28th October 2011

- Women with young children only
 - Max 2 children per parent
- Parent to be a registered member.
- Advance booking essential as places limited
 - Meet H Pod at 3.30 pm

H Pod, Cumberland Market, London NW1 3RH

Phone: 020 7383 4382



West Euston Time Bank

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OCTOBER 2011 HALF TERM EVENTS

Tuesday 25th October
Thursday 27th October
Friday 28th October 2011



Family activities for parents
with children under 11 years

The West Euston Time Bank is a local self-help charity based on the Regents Park Estate set up to improve the quality of life and well-being of local residents with a slogan of "Unity in Diversity" As a member you will be expected to provide some help & support for us to put on a wide range of activities and events. **The Time Bank Office** is normally open 10am – 4pm on Tuesdays, Thursdays and Fridays at the **H Pod**. You can give us a ring on **020 7383 4382**. You can also visit our web site www.westeustontimebank.org.uk

H pod, Cumberland Market
London NW1 3RH
020 7383 4382



West Euston Time Bank

TRIP TO THE SOBELL CENTRE

Trampolining, Ice Skating, Rock Climbing
and lots more sports and activities...

Tuesday 25th October 2011
from 10 am – 3.30 pm

£2.00 per person places limited
must be a time bank member



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Cumberland Market, London NW1 3RH
Phone: 020 7383 4382



WEST EUSTON
PARTNERSHIP



West Euston Time Bank



Just Us!

a show performed by children from the
Regents Park Estate to enthuse and inspire the world

with Mia Nicastro & Mariam Hassan



Shows at 1 pm & 3 pm
Thursday 27th October 2011

Venue: New Diorama Theatre, Triton Place, NW1

If you are interested in taking part or in show production please see
Mariam or come along on Fridays between 4.30 pm – 6.30 pm to the H Pod

**Further information from the West Euston Time Bank, H Pod,
Cumberland Market, London NW1 3RH Phone: 020 7383 4382**



West Euston Time Bank



Halloween party



**MORNING: MASK AND
COSTUME MAKING! DECORATING
THE H POD AFTERNOON
FUN ACTIVITIES AND GAMES**



FRIDAY

28TH OCTOBER 2011

2.00 pm - 4.00 pm



**H Pod, Cumberland
market London NW1 3RH**

For more info contact Shanara or

Mariam on: 020 7383-4382

