



## WEST EUSTON TIME BANK SUMMER 2011 FAMILY ACTIVITIES PROGRAMME

	Week One	Week Two	Week Three	Week Four	Week Five	Times	Age
<b>TUESDAY</b>	<b>26<sup>th</sup> Tee Shirt Designing</b>	<b>2<sup>nd</sup> How the Body Works</b>	<b>9<sup>th</sup> Tee Shirt Designing</b>	<b>16<sup>th</sup> Shoebox Theatre</b>	<b>23<sup>rd</sup> Tee Shirt Designing</b>	10 am to 12 pm	5- 11
	Activity workshops	Science Museum	<b>Thames Boat Trip</b>	Wellcome Collection	Activity workshops		
	COMMUNITYCAFÉ	COMMUNITYCAFÉ	COMMUNITYCAFÉ	COMMUNITYCAFÉ	COMMUNITYCAFÉ	12 to 2	
	<b>Maths Through Magic</b> at the H Pod	<b>Bollywood Dance Workshops</b>	<b>Street &amp; Salsa Dance Workshops</b>	<b>Street &amp; Salsa Dance Workshops</b>	<b>Street &amp; Salsa Dance Workshops</b>	2.00 pm to 4.30 pm	All Ages
	Activity workshops	Activity workshops	Activity workshops	Activity workshops	Activity workshops		5 - 11
<b>THURSDAY</b>	<b>28<sup>th</sup> Legoland (Windsor)</b> 9.30 am – 6.30 pm	<b>4<sup>th</sup> Little Fingers Under 5's drop-in</b>	<b>11<sup>th</sup> Mel's Magic Shows</b> 0-5 yrs & 6 – 8 yrs	<b>18<sup>th</sup> Little Fingers Under 5's drop-in</b>	<b>25<sup>th</sup> Little Fingers Under 5's drop-in</b>	10 am to 12 pm	0 - 5
	Storytelling	Baby Park Trip		Storytelling	Children's Show		0 - 5
	COMMUNITYCAFÉ	COMMUNITYCAFÉ	COMMUNITYCAFÉ	COMMUNITYCAFÉ	COMMUNITYCAFÉ	12 to 2	
	<b>Pottery Making</b> 2 – 4.00 pm	<b>Pottery Making</b> 2 – 4.00 pm	<b>Pottery Making</b> 2 – 4.00 pm	<b>Pottery Making</b> 2 – 4.00 pm	<b>Pottery Making</b> 2 – 4.00 pm	2.00 pm to 4.30 pm	5 - 11
	Activity workshops	Trampolining	Sobell Centre	<b>Adventure Island (Southend)</b> 9.30 am - 6.30 pm	The Hub Regents Park		All Ages
<b>FRIDAY</b>	<b>29<sup>th</sup> Making Smoothies</b>	<b>5<sup>th</sup> Healthy Eating</b>	<b>12<sup>th</sup> Making Smoothies</b>	<b>19<sup>th</sup> Healthy Eating</b>	<b>26<sup>th</sup> Mask &amp; Costume Making</b>	10 am to 12 pm	All Ages
	Outdoor Gym Family Exercise	Outdoor Gym Family Exercise	Outdoor Gym Family Exercise	Outdoor Gym Family Exercise	Rehearsals for show		5 - 11
	COMMUNITYCAFÉ	COMMUNITYCAFÉ	COMMUNITYCAFÉ	COMMUNITYCAFÉ	<b>CALYPSO CAFÉ</b>	12 to 2	
	<b>Family Event</b> At the H Pod <b>Chemistry in the Lab</b> at UCL swimming (women + children)	<b>Family Event</b> <b>Greek Orpheus Band, DANCING</b> <small>And culture</small> Swimming (women + children)	<b>Family Event</b> <b>Indian Summer</b> with Bollywood Dance, head massage + henna swimming (women + children)	<b>Family Event</b> <b>Summertime Jazz</b> Juggling+face paints <b>+ Mini Olympics</b> Swimming (women + children)	<b>End of Hols Show</b> <b>Panache Steel Band</b> <b>Children's Fashion &amp; Dance Shows</b> Swimming (women + children)	2.00 pm to 4.30 pm 4 – 6 pm	All Ages Women only

programme may be subject to change

**COME AND JOIN US ON SUMMER AFTERNOONS  
EVERY FRIDAY DURING AUGUST 2011**

2 – 4 pm during the Summer school holidays with live music, singing, different dance styles, sports, mini Olympics, juggling, face painting, and lots more!

**Maths Through Magic**

A fun enjoyable way to learn about numbers with UCL staff

**2 – 4 pm Tuesday 26th July  
at the H Pod**

**Chemistry in the  
Laboratory**

Visit to a real live lab at UCL!

**2 – 4 pm Friday 29th July  
leaving 1.45 pm from the H Pod**



**LEGOLAND**

**Coach + entry ticket  
£8 per person  
9.30 am – 6.30 pm**

**Thursday 28<sup>th</sup> July**



**Adventure  
Island**

**(Southend on Sea)**

**Coach + entry ticket  
£5 per person  
9.30 am – 6.30 pm**

**Thursday 18th August**



**THAMES BOAT TRIP**

Fantastic day out down the river Thames from Westminster Pier to Greenwich

**£2 per person (10 am – 6 pm)**

**Tuesday 9th August 2011**

**POTTERY MAKING**

Have a go on our pottery wheel  
Make pinch pots and  
learn to throw clay!

**2 pm – 4 pm  
Thursdays**

**STREET/SALSA &  
BOLLYWOOD DANCE**

Learn a new dance style  
and impress your friends!

**2 pm – 4 pm  
Tuesdays**

**West Euston Time Bank  
Summer 2011**



**Family Activities Programme**  
Fun and exciting events for all the family



**If you become a Time Bank member and  
volunteer you have the chance to earn credits  
with one hour=one credit**

*You will need to complete the enclosed enrolment form  
in order to book for any of the activities you are interested in*

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

**Phone: 020 7383 4382**

**Office open 10 am – 4 pm Tuesdays,  
Thursdays & Fridays**

