

West Euston Time Bank

# Summer 2011 Family Activities Programme

*“Imagine It! Create It! Perform It”*



**26<sup>th</sup> July to 26<sup>th</sup> August 2011**

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

A big thank you to our funders West Euston Healthy Community Project, The Hilden Charity,  
The Woodward Trust, and the John Lyon's Charity

## **West Euston Time Bank**

### **West Euston Time Bank An Introduction**

**WETB** runs a wide range of services and activities with a high input of volunteering as a result of local needs that include:- a popular community café (that doubles up a pensioners luncheon club), a parent & toddler drop-in, English conversational groups, two after school clubs, basic skills classes eg. cookery, jewellery, bollywood music & singing, line dancing and regular cultural and community events. Participants are encouraged to become members (and as a result able to build time credits and given recognition for their volunteering) but it is not compulsory. It also runs a neighbour to neighbour help desk to help signpost particularly those new to the area to appropriate services. It produces a quarterly community newsletter and activity programme flyers several times a year. **WETB** strongly believes in improving the skills and capacity of its members and local residents and puts training, education and learning central to what it does. A high proportion of the children targeted by the charity have special needs and behavioural issues (many have suffered trauma and experience recurring ones) and their parents/guardians have language/health/behavioural obstacles to accessing mainstream services and employment. Despite the multiplicity of social and other problems most families and children desperately want to improve their life chances and have the energy and enthusiasm to do so with the right encouragement and support from other members, volunteers and the staff team of the Time Bank

**WETB** has a Committee of Management of 15 members that accurately reflects the make up of its membership who meets bi monthly and is elected at well attended Annual General Meetings in October of each year. There are several working sub groups eg. the café sub group as well as volunteer organisers for each main activity or group supported

**WETB** is based in a small new community centre adjacent to a health centre in the middle of the Regents Park Estate, NW1 and its area of benefit covers residents in need living in the West Euston and surrounding area

**Our values** are that everyone has something to contribute, whether skills, knowledge or lived experience. Relationships between people are strengthened through an exchange of skills, knowledge or lived experience, There is equal value in difference , Living in a friendly and active neighbourhood leads to happier, more secure and fulfilled lives.

**Our vision** is “a friendly and peaceful neighbourhood where people want to live, where everyone is valued and respected, and where people of all ages background and circumstances reach their full potential

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**WETB** was the first new charity of its kind registered in 2004 and set up by local residents to create opportunities for people from very different backgrounds (ethnic, race, religion, age, culture) to get to

Know and support each other, share, learn and exchange skills and knowledge using time banking principles of reciprocal volunteering to improve the quality of life and sense of well-being in the West Euston area of South Camden.

**WETB** currently has 231 adult registered members who have between them over 300 children from an incredible range of backgrounds speaking 27 different home languages with a majority from BAMER communities notably Bengali, Somali, Eritrean, Indian Sub Continent as well as some from White British/European backgrounds (Kosovo). A high proportion of families (40%) have refugee status and have come from many different trouble spots around the world. It also has several corporate members who provide staff and materials “in kind” including the Wellcome Trust and University College London

**Why Are We Different?** We are a self help resident led charity that actively involves parents as adult members of the Time Bank in volunteering in the delivery of a wide range of services and activities. In this way we are able to deliver a major programme at minimum cost. Parents and children work together on different projects and agree positive shared outcomes. We have a strong emphasis on education and learning reflected in the support and funding received from the Wellcome Trust, other educational charities (erg Richard Reeves Foundation) and University College London. 86% of those who were registered on the Summer 2010 family programme were not registered on any other play scheme or centre.

## **Imagine It! Create It! Perform It!**

The Summer 2011 theme of our family activities programme was called **“Imagine It! Create It! Perform It”** with the grand climax being two shows performed by local children in late August. Time banking principles were adhered to in building upon what we have achieved to date in encouraging both parents and children in learning and exchanging skills and knowledge. That learning can be fun and useful in succeeding in life and acquiring new skills (including conversational English, numeracy and literacy) are important foundations in exercising choice. It also improves self confidence and self esteem and helps in tackling behavioural issues. The play scheme also enabled many more children to benefit from learning and educational activities that we are unable to accommodate in our two weekly after school clubs during term time. This year’s programme included some activities that proved highly popular in 2010, the pottery workshops with loan of a potters wheel, tee shirt designing, How the Body Works (with the Wellcome Trust kindly lending us some fantastic body suits as aids to learning) and the Mini Olympics in Cumberland Market (with seconded sports staff from the Council). New this year was the partnership working with the Outreach Team at University College London who ran two half day workshops, “Maths is Magic” at the H Pod and “Experimenting with Chemistry” in a laboratory on the university campus with real scientists Three family trips took place to enable children to experience the seaside (Southend), The Thames River and a special trip to Legoland (Windsor). Last year’s Summer 2010 programme recorded 82 families and 153 children as being registered and received excellent feedback as our 2010 report shows. Parents reported positive improvements in their children’s overall attitudes towards extra-curricula activities and belief in themselves The end of holidays West Euston Carnival held on 27th August 2010 saw 83 children and 53 parent/volunteers taking part in the parades and many more who came along to watch the show!

**This was our third year in running a Family Activities Programme and despite various challenges saw a considerable increase in numbers with 116 families with 224 children registering for one or more activities. We were able to plan and deliver such a major and highly successful activities and events programme by having a dedicated small team of paid staff (Mariam, Shahanara & Urmi), committed volunteers, goods and services being offered “in kind” by local bodies such as the West Euston Partnership, University College London, The Wellcome Trust and Camden’s sports development team, and, of course, by both parents and young people themselves offered their own time and energies as time bank volunteers.**

## **Family Activities Programme from Tuesday 26<sup>th</sup> July to Friday 26<sup>th</sup> August 2011**

### **Overview**

We were able to put on several new activities and increased the number of organised activities (70 this year) as well as trips (7 this year) from 2010.

We increased the numbers of families and children registered on the programme with 116 families (82 in 2010) and 224 children (153 in 2010). At least 37% of the children who took part were of refugee origin or status. This was an achievement despite the following issues; Ramadan ran from Monday 29<sup>th</sup> July until 30<sup>th</sup> August making it more difficult for Muslim families to take part. The very wet unpredictable weather during the Summer made it impossible to organise some planned outdoor activities (our final End of Hols show had to move to an indoor venue – Dick Collins Hall- on 26<sup>th</sup> August). Our programme was inevitably affected by the civil unrest across London with venues such as the Sobell Centre having to close or operate reduced hours and our family group visiting Greenwich had to return early due to security considerations. At the height of the unrest several other play schemes closed early or operated reduced hours. However, we kept to our advertised opening hours by increasing the number of volunteers and with help and assistance from community support officers. Parents and families had to be continually reassured about the risks involved in attending the H Pod and in going on trips within London.

We also expanded our partnership working with other local summer play schemes and as a result were also able to provide support to an additional 64 children at our events. We strongly believe in building such links for the following reasons:-

- It enables those 12 + years of age and younger children to mix in a non threatening context enabling older younger people to take on positive volunteering roles in organising activities.
- It enable the time bank to build closer working relationships with other local agencies.
- It maximises available resources (in terms of equipment, expertise, professional staff etc)
- It enables children and young people from different schools and ethnic backgrounds to get to know one another and build mutual respect.
- It enables children and young people to mix with others from outside of the Regents Park Estate (we invited young people from an estate in Kilburn who were largely of Black African and African Caribbean origin to take part in our sports days). (a total of 14 additional young people).

The Regents Park Transitions Project took part in our Family event on Friday 29<sup>th</sup> July and from the feedback thoroughly enjoyed learning Lindy Hop dance steps (one wrote “it was fun, exciting and beautiful”) and also came to our Circus Magic (to learn how to juggle) and the Mini Olympics events. (A total of 31 additional children and 2 staff)

The Fairfield Play Centre came along and took part in our End of Summer Hols Show at Dick Collins Hall on Friday 26<sup>th</sup> August. (A total of 7 additional children and 2 staff)

The Wellcome Trust kindly printed 500 full colour programmes that were widely distributed outside local schools and nurseries and throughout the estate.

For the first time this year we ran two events in conjunction with outreach staff from nearby University College London during our first week. On Tuesday 26<sup>th</sup> July we had Maths is Magic at the H Pod with a very charismatic mathematician maintaining the interest of everybody for 2 hours on the topic of maths! An incredible achievement particularly when we were told that the most important numbers in maths were imaginary ones! On Friday 29<sup>th</sup> July we took a group to visit the Chemistry Laboratories at University College London. Everybody was very impressed by the high level of security in just accessing the lab itself! Everybody took part in various chemistry experiments with some very exciting chemical reactions taking place!

### **Bollywood Dance Workshops**

An afternoon of glorious bollywood dance styles was run by acclaimed professional dancer – Showmi Das- with several children new to the dance style. The children who attended then put on a public performance at our Indian Summer afternoon event on Friday 12<sup>th</sup> August accompanied by the impressive sounds of the Bollywood Drummers!

Feedback included: “the moves because fun to dance to” and ”excited as never done it before”

Once again this year we accepted an invitation to hold a sports event at The Hub, Regents Park on 18<sup>th</sup> August and despite the very wet weather conditions it was regarded by the children and young people who took part as a big success. Also a big thank you to Tom and Julian from the safer neighbourhood team who volunteered to help run the races.

### **Trips**

We worked with the area sports development team to facilitate several joint activities and trips including a visit to the Sobell Centre for trampolining on 11<sup>th</sup> August and to Regents Park for sports on 18<sup>th</sup> August.

We ran 2 coach trips and ensured that as many families as possible could go on at least one of them. Both trips were considerably oversubscribed. The destinations of Legoland, Windsor and Adventure Island, Southend were chosen by the children themselves as a result of consultations. We also ran several trips within London with a boat trip down the Thames river from Westminster Pier to Greenwich return and two visits to the Sobell Centre. In order to keep charges very low these trips were heavily subsidised. 131 children were able to go on at least one trip.

### **Swimming**

10 parents and 21 children went as a group to the women only session from 4 – 7 pm on Fridays at the newly refurbished Kentish Town Baths. L B Camden kindly provided 50 free admission vouchers. Most of those taking part had never been to the baths before but really enjoyed the experience with many wanting to go back again. Foyeza acted as the volunteer leader in keeping the register and sorting out lockers and travel arrangements. We discovered that the baths had a rule of only 2 children per adult that meant we had to ensure this rule was kept to with some children having to come out of the water at times! We are looking at the possibility of running the group on a more regular basis.

Feedback include “I liked splashing in the water” and “I liked swimming with my daughter”

### **Community Café**

There was a core team of 3 (Foyeza, Rathna and Tahmina) organising the shopping, food preparation and overseeing the snack bar supported by many volunteers. This was usually run as a snack bar on the opening days with a range of low cost healthy snacks available. A large drinks dispenser was placed

outside of the H Pod to enable children to access it. Chicken dippers were on Tuesdays and low fat, low salt pizzas on Thursdays. At the family events on Fridays there was a themed meal provided for a nominal cost of £1. Greek Meatballs & rice, Indian vegetarian curry and spicy chicken Caribbean food.

The most popular snacks were chicken nuggets and ice lollies (made with fruit juice) were highly popular

The café ran a weekly smoothie making and healthy eating workshops on Friday mornings that were very popular. The time bank has produced a recipe book for how to make smoothies and the children loved using the electric blender and designing their own combinations of fresh fruits.

Feedback included “the strawberry smoothie was amazing” “I loved the lollies”

### **Little Fingers Club**

As a result of its popularity this club now runs all the year around and provides support and activities for families with young children under 5 years of age. It met every Thursday morning during the school holidays.

Soft Safari Play 19 children with their parents made their first visit on 4<sup>th</sup> August to a dedicated soft play house at the Sobell Centre and greatly enjoyed themselves.

Magic Shows We organised two different shows for different age groups on 11<sup>th</sup> August that attracted 28 children plus their parents. There was lots of magic tricks, juggling and a rabbit appeared out of a hat-this proved the most popular part with children queuing up to stroke the rabbit!

Feedback “I stroked a real rabbit!”

**Storytelling;** Took place every week even when there was a trip organised for those who couldn't go. Louise was our key storyteller who was able to maintain the interest of the young children who attended with an average attendance of 10 young children plus parents.

### **Origami for Kids.**

This was a new activity this year made possible as a result of a Japanese husband (Thomas) of one of our committee members coming forward to run 5 workshops on Thursday afternoons. Many amazing shapes and birds were produced and every child that attended was able to take home a piece of origami as a souvenir!

### **Shoe Box Theatre.**

This lovely idea for a project was run by Jean our volunteer teacher from the homework club that produced some entrancing pieces of theatre- all made inside a standard shoe box and viewed through a small peep hole at one end. A display of items made were to be seen at the End of Hols Show on 26<sup>th</sup> August. Children took them home to proudly show their friends and family.

Feedback: “I made my own Paris!” “My whole secret world is inside this box!”

### **How the Body Works**

This made use of a skeleton and an anatomy tunic given to us by the Wellcome Trust that had been very popular during our recently completed Science is Fun project. A child was selected to be drawn

around and the resulting void filled in with the various organs of the body. The colourful picture was put on display in the H Pod.

### **Recycled Fashion Club**

We continue to explore and develop ideas and projects to increase the level of awareness around the need for recycling and identify practical ways in which everybody can reduce their own footprints. (and save money at the same time). We approach TRAIID who had recently opened a new shop in Camden Town with an invitation to run 4 workshops and take part in a recycled fashion show. The idea caught the attention and imagination of both children and adults and was well attended. The workshops culminated in a Fashion Show on Friday afternoon in Dick Collins Hall.

- 5<sup>th</sup> August                      18 children    13 adults
- 12<sup>th</sup> August                     16 children    7 adults
- 19<sup>th</sup> August                     14 children    7 adults
- 26<sup>th</sup> August                    19 children    11 adults

### **Pottery Making**

Again our most popular single activities and a mainstay of our programme with children and parents enjoying making items out of clay under the experienced eye of Daniella, the teacher.

- 28<sup>th</sup> July                        13 children    8 adults
- 4<sup>th</sup> August                     20 children    12 adults
- 11<sup>th</sup> August                    18 children    10 adults
- 18<sup>th</sup> August                    13 children    5 adults
- 25<sup>th</sup> August                    17 children    8 adults

### **Tee Shirt Designing**

Another popular mainstay of our programme with the children encouraged to devise and prepare designs that can then be applied to a cotton white tee shirt that they can take home as a souvenir!

### **Street/Salsa Dance**

Two workshops for absolute beginners and for those that had tried it before. Children had the opportunity to learn some new dance routines for performing at the End of Hols show. There were also an opportunity for finding out more about the “Just Us!” show being prepared for public performances at the New Diorama theatre in October 2011.

### **Family Events**

We organised family events on Friday afternoons at the H Pod and in the adjacent open space with the aim of bringing the whole community together and for several generations of residents to take part.

### **Swing Style Friday 29<sup>th</sup> July**

Simon and partner from the London Swing Dance Society put on some spectacular performances followed by workshops with an opportunity to learn Lindy Hop dance steps. Attendances were lower than planned probably because few knew what was involved and had never heard of the dance style. However, the elderly and the young people who took part (notably children from the transitions project) in feedback stated that they had found it exciting and highly enjoyable.

26 children and 14 parents and the elderly

### **Greek Style Friday 5<sup>th</sup> August**

A very successful and highly popular afternoon that attracted many participants. The community café group prepared an excellent traditional Greek meal of meat balls and rice before the Orpeus Greek Band with singer/bouzouki player and keyboard provided an impressive repertoire of songs. Kathy showed us all some fantastic Greek belly dancing followed by a practical workshop. Josie followed and taught everybody how to dance traditional Greek style. A successful afternoon.

21 children took part with 43 adults taking part

### **Indian Style Friday 12<sup>th</sup> August**

We were able to provide an array of different activities inside and out in the open space including Indian head massage by Habiba and henna hand painting. The community café prepared a lovely traditional vegetarian curry and produced mango lassi drinks to set the scene. Chas and Sam from the well known Bollywood Drummers put on performances followed by popular “hands on” drumming workshops. Showmi Das put on two colourful bollywood dance routines and children who had attended the workshops put on a competent performance applauded by parents and friends alike.

26 children and 34 parents and other adults

### **Summer Time Jazz, Mini Olympics & Circus Magic Friday 19<sup>th</sup> August**

A successful combination of summer time music by Steve on the keyboard (with impromptu music children’s workshops) indoors for parents and the elderly with lots of competitive games and races out of doors on the grass and a football competition on the hard area. Two performers from Circus Magic ran numerous juggling workshops, made several performances with children putting on a juggling show at the end of the afternoon. This event attracted large numbers of children of all ages and was supported by additional professional staff from the Council’s sports development team and the transitions project. Luckily the rain held off and the weather didn’t spoil the day.

69 children and 31 parents and adults (many more were not registered)

### **Dirty Old Time – Wellcome Collection Saturday 20<sup>th</sup> August**

One of our sponsors – The Wellcome Trust- invited time bank members to a free and an exciting full family day of activities at 183 Euston Road linked to the theme of their current exhibition (that we have been involved in putting together) “DIRT”.

### **End of Hols Show Friday 26<sup>th</sup> August**

The community café group prepared huge amounts of spicy Caribbean chicken and rice to everybody who came at no charge. Due to very wet weather the event had to move indoors to the Dick Collins Hall at the last minute. Nevertheless, it attracted large numbers of residents and children who put on a very impressive 2 hours of street dance, gymnastics and fashion show performances. The Panache Steel Band played throughout the event providing musical accompaniment to the children’s performances. Work produced by children during the school holidays were on display on tables around the hall. There was also face painting and henna hand painting by time bank volunteers. A very impressive and excellent grand finale to our 5 week programme.

**71 children took part with a total of 56 parents, friends and the elderly in the audience**

**West Euston Time Bank Family Activities Programme Summer 2011**

<b>WEEK ONE</b>	<b>Tuesday 26th July</b>	<b>Thursday 28th July</b>	<b>Friday 29th July</b>
10 am- 12 pm	<p>Rear Room as soft play area for young children</p> <p>Tee Shirt Designs</p> <p>18 Children 10 adults 2 volunteers</p>	<p>Legoland Coach Trip (Windsor)</p> <p>32 children 19 adults</p> <p>Little Fingers Storytelling (Under 5s)</p> <p>12 children 8 adults 2 volunteers</p>	<p>Tee Shirt Completing Designs</p> <p>Smoothie Making with fresh fruits</p> <p>17 children 10 adults 4 volunteers</p>
12 - 2	Community Cafe	Community Cafe	Community Cafe
2 – 4 pm	<p>Maths is Magic (outreach by UCL Staff)</p> <p>23 children 14 adults 5 volunteers</p>	<p>Pottery Making Origami for Kids</p> <p>13 children 8 adults 6 volunteers</p>	<p>Trip to the Chemistry Lab at UCL (outreach by UCL staff)</p> <p>18 children 9 adults 2 volunteers</p> <p>Family Event Learn Lindy Hop (intergenerational event)</p> <p>26 children 6 adults 4 volunteers SLYC children took part</p>
4 – 7 pm			<p>Swimming at Kentish Town Baths</p> <p>19 children 10 adults</p> <p>2 volunteers</p>

**West Euston Time Bank Family Activities Programme Summer 2011**

<b>WEEK TWO</b>	<b>Tuesday 2nd August</b>	<b>Thursday 4th August</b>	<b>Friday 5th August</b>
10 am- 12 pm	<p>Rear Room as soft play area for young children</p> <p>How the Body Works With Jean</p> <p>12 Children 7 adults 3 volunteers</p>	<p>Visit to the Soft Safari Park at the Sobell Centre</p> <p>19 children 10 adults 3 volunteers</p> <p>Little Fingers Storytelling (Under 5s)</p> <p>5 children 2 adults 1 volunteer</p>	<p>The Recycled Fashion Club with Sara and Lyla (Traid)</p> <p>18 children 13 adults 5 volunteers</p> <p>Healthy Eating Workshop with Mariam</p>
12 - 2	Community Cafe	Community Cafe	Community Cafe
2 – 4 pm	<p>Bollywood Dance Workshops with Showmi Das</p> <p>9 children 6 adults 2 volunteers</p>	<p>Pottery Making with Daniella</p> <p>Origami for Kids with Thomas</p> <p>20 children 12 adults 5 volunteers</p>	<p>Family Event Greek Afternoon Orpheus Greek Band Learn to Belly Dance (intergenerational event)</p> <p>21 children 43 adults 8 volunteers</p>
4 – 7 pm			<p>Swimming at Kentish Town Baths</p> <p>13 children 4 adults 2 volunteers</p>

**West Euston Time Bank Family Activities Programme Summer 2011**

<b>WEEK THREE</b>	<b>Tuesday 9th August</b>	<b>Thursday 11th August</b>	<b>Friday 12th August</b>
10 am- 12 pm	<p>Thames Boat Trip from Westminster Pier to Greenwich</p> <p>20 children 12 adults 2 volunteers</p> <p>Rear Room as soft play area for young children</p> <p>Drama Workshop With Jean</p> <p>12 Children 7 adults 3 volunteers</p>	<p>Visit to the Sobell Centre Trampoline (together with Sports Development)</p> <p>12 children 5 adults 2volunteers</p> <p>Mel's Magic Shows (2)</p> <p>28 children 14 adults 5 volunteer</p>	<p>The Recycled Fashion Club with Sara and Lyla (Traid)</p> <p>16 children 7 adults 3 volunteers</p> <p>Smoothie Making with Mariam</p>
12 - 2	Community Cafe	Community Cafe	Community Cafe
2 – 4 pm	<p>Street &amp; Salsa Dance Workshops with Mia</p> <p>13 children 6 adults 1 volunteer</p>	<p>Pottery Making with Daniella</p> <p>Origami for Kids with Thomas</p> <p>18 children 10 adults 3 volunteers</p>	<p>Family Event Indian Afternoon Bollywood Drummers &amp; Dancing Performances (intergenerational event)</p> <p>26 children 25 adults 4 volunteers Children's Performances</p>
4 – 7 pm			<p>Swimming at Kentish Town Baths</p> <p>11 children 4 adults 2 volunteers</p>

**West Euston Time Bank Family Activities Programme Summer 2011**

<b>WEEK FOUR</b>	<b>Tuesday 16th August</b>	<b>Thursday 18th August</b>	<b>Friday 19th August</b>
10 am- 12 pm	Rear Room as soft play area for young children  Shoebox Theatre With Jean  11 Children 6 adults 2 volunteers	Adventure Island, Southend Coach Trip  34 children 21 adults  Little Fingers (Under 5s)  12 children 7 adults 2 volunteers (storytellers)	The Recycled Fashion Club with Sara and Lyla (Traid)  21 children 12 adults 4 volunteers  Smoothie Making with Mariam
12 - 2	Community Cafe	Community Cafe	Community Cafe
2 – 4 pm	Street & Salsa Dance Workshops with Mia  6 children 3 adults 1 volunteer	Visit to The Hub, Regents Park for Sports Centre (together with Sports Development)  8 children 2 adults 2 volunteers (Community Support Officers)  Pottery Making with Daniella  Origami for Kids with Thomas  13 children 5 adults 3 volunteers	Family Event Summer Time Jazz and Mini Olympics with Circus Magic (intergenerational event)  21 children 12 adults 5 volunteers
4 – 7 pm			Swimming at Kentish Town Baths  11 children 5 adults 2 volunteer

**West Euston Time Bank Family Activities Programme Summer 2011**

<b>WEEK FIVE</b>	<b>Tuesday 23rd August</b>	<b>Thursday 25th August</b>	<b>Friday 26th August</b>
10 am- 12 pm	Rear Room as soft play area for young children  Shoebox Theatre With Urmi & Shahanara  4 Children 3 adults 2 volunteers	Adventure Island, Southend Coach Trip  34 children 21 adults  Little Fingers (Under 5s)  9 children 5 adults 2 volunteers (storytellers)	The Recycled Fashion preparations for the fashion show with Sara and Lyla (Traid)  21 children 12 adults 4 volunteers
12 - 2	Community Cafe	Community Cafe	Community Cafe
2 – 4 pm	Street & Salsa Dance Workshops with Mia  8 children 3 adults 2 volunteers	Pottery Making with Daniella  Origami for Kids with Thomas  17 children 8 adults 3 volunteers	Family Event End of Hold Show Street Dance Show Fashion Show Panache Steel Band (intergenerational event)  71 children 36 adults 11 volunteers
4 – 7 pm			Swimming at Kentish Town Baths  12 children 5 adults 2 volunteers



## WEST EUSTON FAMILIES ACTIVITIES PROGRAMME SUMMER 2011 FEEDBACK/COMMENTS ANALYSIS REPORT

53 families out of 116 families (47%) registered on the programme  
completed individual feedback forms

### 1. Overall Rating

How would you rate your experience of the Half term holiday programme?

Very Bad <b>0</b>	Bad <b>0</b>	Average <b>3</b>	Good <b>18</b>	Very Good <b>32</b>
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### 2. What activity did you or your child/children enjoy the most?

Maths through Magic <b>11</b>	Origami for Kids <b>21</b>	Chemistry in the Lab <b>5</b>	Street/Salsa <b>12</b>	Swimming <b>6</b>	
T Shirt Designing <b>17</b>	Body Works <b>5</b>	Pottery Making <b>26</b>	Smoothie Making <b>9</b>	Mini Olympics <b>16</b>	
Trip to Legoland/Adventure Island/Thames Boat <b>15</b>	<b>13</b>	<b>7</b>	Shoebox Theatre/Drama <b>8</b>	Community Cafe <b>23</b>	
Storytelling/Magic Show/Soft Safari Park Trip <b>5</b>	<b>6</b>	<b>9</b>	Tramploling at Sobell <b>8</b>	Bollywood Dance <b>10</b>	
Recycling Fashion <b>14</b>	Events/Swing Style/Greek Style/Indian Style/Circus Magic/End of Hols Show <b>5</b>	<b>13</b>	<b>14</b>	<b>22</b>	<b>31</b>

### 3. What do you think could have been arranged better?

I wish there was a crèche for younger kids **1**    Good food like chips (!) **1**

I didn't know what you did **2**

### 4. Were there any activities as part of the programme that you think shouldn't be included in the next holiday programme? If yes, which ones?

Nothing **20**    Everything is very good **4**    Nothing it was fun, exciting, beautiful **1**

### 5. Which activities in addition to those we had this year do you feel might be good for inclusion in the next holiday programme?

More swimming **4**    Rock Climbing **3**    Ice skating **3**    Bike Riding **3**    Gymnastics **2**

Tricks with bikes on the grass **1**    More maths & puzzles **5**    Singing **2**    Hide & Seek **1**

6. **Were there any other school holiday programmes that you also attended? If so, which ones?**

None 43 Sports Development 3 Fairfield Play scheme 1

7. **What suggestions, if any, do you have for new trips?**

Zoo 5 Thorpe Park 3 Chessington 2 More London Trips 7 London Dungeon 4  
Butterfly Museum 1 Going to the beach 1

8. **Any other comments?**

*“I realised there is a community project around the corner from where I live that my children loved and I look forward to hopefully being involved in too ....!”*

*“I liked that everybody gets a chance to make something and take it home with them”*

*“Nothing could have been arranged better but would have like more people to experience the Swing dancing as great teachers!”*

*“Huh? Whats a time bank?”*

9. **Are you interested in volunteering?**

YES 14 NO 5

**Please note** that by registering for the Summer Programme parents had committed themselves to helping out during sessions and events. Only those who also completed an application form to become a Time Bank member were able to accrue credits (one hour = one credit) and in doing so gain priority and discounts in regards to trips and special events.

10. **What volunteering activities do you think you could help with in the future?**

Little Fingers 5 Street Dance Classes 4 Cookery Classes 3

**Enjoyed the most**

**Bollywood/Salsa** “the moves because fun to dance to” “excited as never done it before”

*“learnt 3 songs today!”*

**Shoebox Theatre** “I made a pupit and put creatures in a shoebox!”

*“I made my own Paris! I used my own ideas!”*

**End of Hols Show**

*“Dancing on stage!” “End of Summer Show” “Fashion Show”*

**Origami**

*The paper used for Origami was very good quality!*    *“My friends were here!”*

**Bodyworks**    *“I did Skeleton work today!”*

**Pottery Making**    *“Making plates with clay”*    *“Painted my plates which I made last week”*

*“Pottery cause it was fun”*    *“The pottery as I’m going to make a big diner plate”*

**Circus Magic**    *“I liked doing juggling”*

**Children’s Magic Show**    *“When I stroked the rabbit”*

**Swing Dancing**    *“It made me laugh it was nice to dance with my friends”*

**Swimming**    *“I loved the showers and hairdryers!”*    *“I would like to come back again!”*

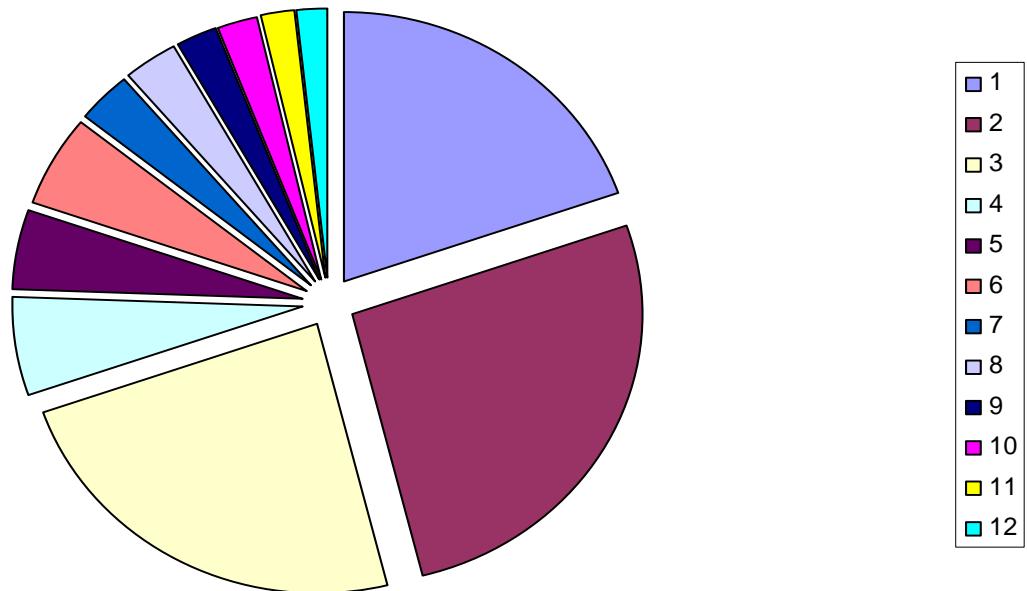
*“Splashing in the water!”*    *“swimming with my daughter”*    *“I will definitely like to do again”*

**West Euston Time Bank**

**Family Activities Programme Summer 2011 Ethnic Background of children**

<b>Ethnic Category</b>	<b>Number Families</b>	<b>% Families</b>	<b>Number Children</b>	<b>% Children</b>	<b>Refugee Origin</b>	<b>% Refugees</b>
1 White English/White Euro	31	27	44	20		
2 Bangladeshis	28	24	59	26		
3 Somalis/Ethiopians	22	19	53	24	53	24
4 African Caribbeans	6	5	13	6		
5 Eritreans	5	4	11	5	11	5
6 Kosovos	5	4	12	5	12	5
7 Mixed Race	5	4	7	3		
8 Filipinos	4	3	7	3		
9 Indian Sub Continent	3	3	5	2	3	1
10 Chinese	3	3	5	2		
11 Middle East	2	2	4	2	2	1
12 Black British	2	2	4	2	2	1
<b>TOTAL</b>	<b>116</b>	<b>100</b>	<b>224</b>	<b>100</b>	<b>83</b>	<b>37</b>

**Ethnicity of Children**



<b>Week1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week4</b>	<b>Week 5</b>
<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>	<b>Tuesday</b>
<p><b><u>T shirt Printing</u></b> This went very well, with around 10 children taking part from 3-10 years (2 parents as volunteers) The children took their time in this session, spending nearly 20 minutes drawing their rough design on a piece of paper, drawing an outline on their t shirts and then designing, with detail, focus and time, it was important to encourage the children to take their time instead of rushing through a task.</p> <p><b><u>Maths through magic</u></b> This workshop was very successful, run by an enthusiastic young mathematician who was able to grab the attention of the children and parents with sharp, short and clear theory along with fun examples and audience participation throughout the session.</p>	<p><b><u>Body works</u></b> A great vibe and group effort, learning the basic theory and then producing a single 3ft poster by all 15 children from 5 -11 Years of age</p> <p><b><u>Thames boat trip</u></b> This was a new trip for us, with excitement from both children and parents, the children produced a poster before going on the trip on what they hope to see, they all seemed to have a great time, Due to the London Riots which hit London the day before, the group were advised to shorten the trip and leave earlier than planned, they were all at a museum in Greenwich when they were told to evacuate, the feedback was more disappointment with fear amongst a few of the younger children.</p> <p><b><u>Bollywood Dance</u></b> The children enjoyed this session and produced great dances, The dance teacher is highly qualified and a great performer, the children enjoyed watching the teacher dance as well as taking part</p>	<p><b><u>Mask Making</u></b> The children got to create masks with plastic plates and various materials and fabrics, the parents also got involved and created some of their own masks</p> <p>The younger children were given wooden spoons to create a friend, they used wool for hair, bouncy eyed for the eyes and various materials for the rest of the body part and clothing, the children had fun making this and looking forward to having it displayed at the end of holiday show</p> <p><b><u>Street Dance and Salsa</u></b> Mia, the dance teacher creates fresh and current dance moves which the children love and practice in their spare time, the salsa routine had an influence of street dance and was positively received</p>	<p><b><u>Shoebox theatre</u></b> Run by Jean, Anex-head mistress from a local private school, who usually volunteers during our term time Home Work Clubs.</p> <p>Shoebox Theatre: Creating a life/ world inside a shoebox, looking through a small hole on the side of the box to view ones creation and imagination...</p> <p>With images magazine cut outs, fabric, drawings, sketches, puppets, tissue paper and more</p> <p>This activity was a huge success, even the most distracted managed to focus and enjoy creating their world, the parents were very much involved and enjoyed themselves</p> <p><b><u>Street Dance and Salsa</u></b> The children learnt a new routine as well as going through the previous dances</p> <p>The children have learnt basic and moving towards complex moves and routines.</p> <p>They have taken to the salsa and have learnt and understood the main steps and moves,</p>	<p><b><u>Shoebox Theatre</u></b> The children got to finish off their box and add more detail and creativity to their work.</p> <p><b><u>Street Dance and Salsa</u></b> The children completed and performed 2 street dance routines which are part of the “Just us” theatre project and a salsa routine which may also be added to the show, the children performed with confidence and enthusiasm at the end of the session to a small audience</p>

<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>
<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>	<b>Thursday</b>
<p><b><u>Little fingers</u></b> <b><u>Story telling</u></b> Running our term time, very popular under 5 drop in, keeping this through the summer helps to keep the strong relationships we have built but attracts and helps new parents and younger siblings of the summer programme</p> <p><b><u>LEGOLAND</u></b> A very popular trip, the children and parents had a great time, we had close knit with some parents taking those who prepared the scarier rides and other parents taking the younger ones, there was a sense of harmony and togetherness rather than everyone splitting up straight after their arrival.</p> <p><b><u>Origami</u></b> A fun and popular workshop</p> <p><b><u>Pottery</u></b> The children learnt the basic skills of pottery and began to work on a piece</p>	<p><b><u>Sobel Centre</u></b> We had parents and their children from our under 5 drop in and families from the summer programme with children from 7-11 years, the under 5's played in a special area which they seemed to enjoy and the rest took part in a full day of various sports activities which was very well organised and had a great range for all interests, the kids loved it.</p> <p><b><u>Little Fingers</u></b> A majority of our families were on a special trip to an under 5's play den at the Sobel centre in Holloway which was a lovely outing, there is a great vibe in this group, the parents all get along and they all seemed to enjoy being together in a different environment</p> <p><b><u>Origami</u></b> The children and parents became more familiar with the techniques</p> <p><b><u>Pottery</u></b> A mixture of new and those from the previous week, firing and painting work.</p>	<p><b><u>Little fingers</u></b> <b><u>Mel's Mafic show</u></b> Entertaining but with the opinion that the entertainer could have captured the children's attention more and could have been more entertaining and lively</p> <p><b><u>Sobel Centre</u></b> This was a great partnership, with sports development and the family programme, the children mixed very well together and really enjoyed taking part in the activities, tramp lining was the favourite, followed by the bouncy castle, badminton, inflatable football and table tennis.</p> <p><b><u>Origami</u></b> The children sit nicely with total focus and concentration, Ferdinand, is a local teenager who has a natural gift in origami and came to give a helping hand, this was great for the main tutor and for the children but also a great boost to Ferdinand's confidence.</p> <p><b><u>Pottery</u></b> This was a very popular workshop with enthusiastic and committed children and parent participation.</p>	<p><b><u>South end</u></b> This was also a great hit, whilst London was dealing with torrential rain, those in South end were enjoying the pleasure beach and other attractions, similar to LEGOLAND, it seemed that there was a nice bond and relationship between parents who were watching each other's children and helping each other when needed</p> <p><b><u>Little Fingers</u></b> Using both rooms, with creative activities in the front room, a popular session with regular and new families</p> <p><b><u>Mini Olympics at the hub</u></b> A joint session with sports development, who helped to run and organise the games, the weather was not on our side but the spirits was up and everyone had a great time and laughed about being completely soaked by the end of it</p> <p><b><u>Origami</u></b> With more complicated designs being created, another successful session</p> <p><b><u>Pottery</u></b> More work being created with a friendly atmosphere with everyone helping and encouraging each other</p>	<p><b><u>Little Fingers</u></b> The children played with the soft toys and ball pits in the back room and took part in creative activities in the front room, including making masks by gluing different materials and fabrics on a paper plate, the parents got involved, all seemed to have a good time, the children really enjoy the creative activities.</p> <p><b><u>Origami</u></b> The last session, with a nice relaxed atmosphere attracting mainly the regulars of who have been attending every session, this has been a new work shop which has been consistent, popular and a great way to keep the children focus</p> <p><b><u>Pottery</u></b> The last session with the final touch up, beautiful work has been produced, with careful detail and design.</p>

<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>
<b>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>	<b>Friday</b>
<p><b><u>Smoothie Making</u></b> With basic theory and activity as well as making and creating their smoothie, this was a very positive and fun session</p> <p><b><u>Chemistry in the lab</u></b> We had around 15 children and 5 parents, they were taken to a science lab and put into 2 groups, and shown various demonstrations, this could have been more interesting with more hands on activities for the children, when speaking on several occasions to the organiser, the criteria of the afternoon was for it to be exciting, with lots of experiments for the children to get involved in, using Bunsen burners with eye catching results,</p>	<p><b><u>Healthy Eating</u></b> The children took part in an active workshop, reading and looking at simple information on basic nutrition with food charts to help explain, they then were given a task of creating their own plate, representing a balanced diet which they could stick to, produced with tissue paper which was made with a 3d effect, on a paper bowl, they then were able to make a smoothie, making a salad or anything else was inappropriate and with the lack of equipment and space. The children seemed to have enjoyed themselves and absorbed the basic given.</p> <p><b><u>Costume making/ Recycling clothes</u></b> Sarah and Lila from Trade gave the children some information on what the organisation is about, with various visuals, they then showed the children examples of clothing which had been made with used clothes, it was very impressive and interesting, the children then got to work on their own piece.</p>	<p><b><u>Smoothie making</u></b> This is such a great workshop, very positive and encourages parents to do this at home, using easy to find and inexpensive produce with a simple appliance. The children loved choosing their fruit, chopping, putting everything together, pressing the button of the blender, it was great.</p> <p><b><u>Costume making/ Recycling clothes</u></b> Using a collar from one shirt. A sleeve from another and with a bit of curtain fabric to create a very modern and current dress, the children and parents got inspired, they seem relaxed and at ease and really enjoyed creating, designing and making – it's a great team effort with the young and older all working together.</p>	<p><b><u>Smoothie making</u></b> The children just do not get bored with this session and enter with excitement, they produce a recipe, with a name of their smoothie, the procedure, measurements, it's a great workshop with many sections and skills.</p> <p><b><u>Costume making/ Recycling clothes</u></b> The children's work is starting to come together, confidence shooting up, creativity and ideas are flying around, great team work and new skills learnt.</p>	<p><b>Rehearsals:</b> <b><u>Street Dance and Salsa</u></b> The children were so committed to this session and managed to complete 3 dances which they learnt throughout the summer workshops And was able to perform in the afternoon show</p> <p><b>Rehearsals:</b> <b><u>Recycling clothes/ costume making</u></b> This was a real community set up and had such a vibrant and lively atmosphere – hectic, with fabric everywhere, the sound of the sewing machine working to its limit, kids being fitted, adults pinning and holding and doing all sorts, it was great.</p>

<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>
<b>Friday Family Event</b>	<b>Friday Family Event</b>	<b>Friday Family Event</b>	<b>Friday Family Event</b>	<b>Friday Family Event</b>
<p><b><u>Lindy hop</u></b> This style of dance is quite different to what the children are use to but after 10 minutes of careful viewing, the children got involved and seemed to have enjoyed themselves, which turned into a pleasant afternoon</p>	<p><b><u>Greek Afternoon</u></b> With a great and lively band playing traditional and fun Greek music under a Gazebo on the grass, traditional food being served, Belly dancing performances and people dancing, The atmosphere had a true community spirit to it with half of the attendance being the elderly, who mixed nicely with the families from the summer activities.</p>	<p><b><u>Indian Summer</u></b> Mango lasi, Rice and Curry...</p> <p>And with traditional Indian drummers playing vibrant sounds, showing the children how to use and play the instruments, giving the children a brief background info on the drums and style of music played.</p> <p>We had traditional dancing and a Bollywood dance workshop which went very well, with many joining in.</p> <p>This was a popular themed Friday</p>	<p><b><u>Summertime Jazz/ mini olympics</u></b></p> <p>With ‘Stevie wonder’ on the keyboard, playing fun music, which was heard on the grass whilst the children juggled and sprinted their way through the afternoon.</p> <p>The jugglers were very entertaining and interacted well with the children who all seemed to have enjoyed trying out a new skill</p> <p>Sports Development had 4 members of staff and layered out a very well planned area with a range of games suitable for all age groups and interests, from the potato and spoon to a team relay, a sack race and an assort course.</p> <p>We had nearly 40 children involved in the mini Olympics who all worked very well in a team and with those they hadn’t been in contact with before.</p>	<p><b><u>End of summer show</u></b> With over 100 people in attendance, this was quite an accomplishment for a rainy day at a last minute indoor venue during a quiet summer, we had a huge mix of children, adults and two local play centres in attendance.</p> <p>Decorations up, Caribbean music played with semi traditional Caribbean food served with a tropical fruit squash</p> <p>Steel Bands playing, Children’s work exhibited, including the shoebox theatre and masks.</p> <p>Activities table: making flags and shakers</p> <p>There was a fashion show of the work produced from the recycling workshop as well as other examples brought over by TRADE</p> <p>We had dance performances from Mia’s class which was impressive and well received</p> <p>Everyone seemed happy to have enjoyed themselves.</p>

# Quotations

*"I can't believe the kids stayed for the whole hour, it was really good"*

**Maths through magic**

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*"You do so many great things here"*

**Summer programme**

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*"It's great to have sports development, it encourages the boys to do more than just football on the Cumbo"*

**Sobel centre with sports development**

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*"I need to go back and finish off my plates, I love it"*

**A parent speaking about the pottery class**

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*"They are lovely, the children really got into it"*

**Shoebox Theatre**

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*"The kids are loving it, it's really good for them"*

**Recycling clothes workshop**

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*"It was so much fun"*

**End of holiday show**

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*"It was really interesting"*

*"The girl was very good"*

**Maths through Magic**

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*"The university is beautiful"*

*"The kids seem to have enjoyed themselves"*

*"The little ones couldn't see all of the experiments"*

*"I think we were all expecting more use of equipment, like Bunsen burners"*

*"The kids should have been able to do more rather than just watch"*

**Chemistry in the Lab**

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*"It was so much fun"*

*"It was a very long day for a pregnant women and two young kids but they loved it"*

*"It was not easy to get around"*

*"I found it hard being with a 2 year old and a 5 year old due to the height and age restrictions"*

*"very good, the children really enjoyed it"*

**LEGOLAND Trip**

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*"It was so beautiful"*

*"It was really nice"*

*"We just got our lunch and had to leave because of the riots"*

*"yes, it was very good but had to leave early"*

*"It was a lovely day, we all had a good time"*

## Thames Boat Trip

*“It was such a great day, it didn’t rain and the kids had a great time”*

*“The older kids went on the rides with the younger ones, it was really good”*

## Adventure Island Trip

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*“It was fun”*

*“I really enjoyed it”*

*“I beat my brother, it was funny”*

## Mini Olympics

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*“It was really good, something different”*

*“It worked well with the Olympics”*

## Circus magic

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### End of summer show –Friday 26th August 2011

Fashion Show we roll	Dance 1 – Down	Dance 2- Loca	Dance 3 – How
Esee			
Ebise	Laura	Amber	Amber
Fatima	Brook	Nabiyya	
Sana	Elina	Sana	Sana
Scarlet	Sana	Randa	
Amber	Randa		
Nabiyya	Amber		
ElinaEbise			
Brook	Nabiyya		

## Summary/ Evaluation

It was a full, packed and ambitious programme which hopefully can be described as being successful

Running smoothly most of the time, building stronger relationships with current and new Time Bank members and their families. The summer holiday period can sometimes be challenging to run due to families going on holidays and on their own local excursions and also when falling on the Islamic month of Ramadan all can have an impact on attendances. There can also be a disruption due to the normal term time routines being suspended with members but it was a pleasant surprise, we saw many of our regular term time participants during the 5 weeks, with 10/ 15 children in most sessions

As well as many families going away and having other activities planned, there remains a significant number who are unable to do this (who are often considered as being hard to reach) and often from very low income households and who may benefit in particular from interacting more in their local community and being more involved in the Time Bank and its summer programme as well as embracing the ethos of the time bank itself.

From the wide variety of activities during the 5 weeks, we have seen at least 30 new families who have either become new Time Bank members or have shown more interest in joining who may be described as being from the above groups. The trips were and are usually popular and often attract a lot of interest from those who have not participated in the term time projects and overall holiday programme held at the h pod. As a result, we had to be strict in the selection process for coach trips this summer and clearly be able to explain how the Time Bank works, but this does seem to have attracted more interaction and higher regular attendances throughout the programme.

Progression and most successes happen with time and hard work and repeating the same process in various forms, we hope that this summer's programme has pushed and moved us forward along this hard fought journey. We have had a wide range of activities and a full programme this year. The Family Friday afternoons with a different theme each week was a great idea and enjoyed by the whole community, including the elderly and housebound residents.

Juggling, Origami and "Maths through Magic" were all new projects which proved to be very popular and brought a lot of positive elements to the children and parents, the majority of the children who come through our doors either lack in self-belief or find it quite difficult to stay focused and can find their schoolwork a bit of a struggle at times., the above workshops boosted their overall confidence and gave them more choices for a hobby or a new interest.

The shoe box theatre was a huge hit and a very special project, attracting the children who would usually find it hard to stay focused and commit themselves to an hour long session, the children concentrated and really enjoyed creating their little world inside a shoe box and felt so proud of their work. The recycling project was another beautiful project, attracting a range of personalities who all worked very hard together, it was very positive and educating, it gave encouragement and ideas to families on how they could reuse their old clothes, the staff from TRAIID were very kind and adapted so well to our often hectic environment

Working more closely with Sport Development was great, the whole team are very committed, professional and offer a different way of interacting and gave extra support to the children, we are fortunate to have built this relationship and are able to expand our activities due to their support..

We had a lot of creative and varied workshops which were popular with regular attendances. A very successful and different programme.

## Quotes from partners and their children:

### Mini Olympics at Regents Park Hub

“The kids really enjoyed themselves”

“It was great experience for them, as they tried out new sports”

“Despite the weather, the children were very keen and eager to join in”

“They would love to do it again”

**Koyer, Camden Sports Development**

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### Joint trip to the Sobell centre

“The football was exciting, none of the kids had played on an inflatable grid before, the kids worked with different types of equipment and rules, it was really good for them to take part in sports at a sports different environment, it was a great way for them to mix with other children as well as bonding more with the Time Banks kids.

**Koyer, Camden Sports Development**

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“Best day of summer so far” **Megan, age 10**

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It was a great , fun packed day, the kids really enjoyed themselves and it did them good to get out of their usual environment and routine.

**Koyer, Camden Sports Development**

“It was good to see the kids enjoying the event and putting so much effort into the races even though the weather was terrible”

**Tom Vincent, Community Support Officer, Safer Neighbourhood Team (Regents Park)**

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## Things to consider for next year/ holiday programme:

One main workshop per morning/ afternoon session – with a simple to put together alternative Careful thought onto when the outings are programmed to avoid a small turn out during the other activities held at the same time at the h pod.

### Workshops to consider for other holiday programmes:

- Smoothie making
- Pottery
- Shoe box theatre
- Street Dance

The Sobell centre with the ice rink on offer as part of the £4 per day/ child entry fee Creative and arts and crafts works / making mask with paper bowls/ how the body works. More structure and a programme for the end of holiday show – we had many last minute cancellations and changes this year and with wide range of personalities, it would have been difficult to capture all attentions even with more acts but something to consider for next time **Food for the café** Buying food on a day to day or week to week basis to avoid left over food A way make enough food but to avoid any going to waste

Please see our web site Photo Gallery on [www.westeustontimebank.org.uk](http://www.westeustontimebank.org.uk) for photos of the summer 2011 activities and lots more!



**Sports Day at The Hub**  
was very wet!



### **Mini Olympics**

Circus Magic ran juggling workshops ending with a show at the end of the afternoon. There were also lots of games and competitions. Large numbers of people took part from across the estate.



**The Boat Trip** down the River Thames from Westminster Pier to Greenwich