

Joining Your Time Bank

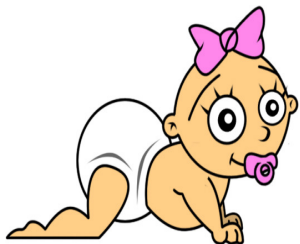
Our mission is to bring people together in neighbourly co-operation through the exchange of time, skills and knowledge, the provision of activities to build skills, trust and a sense of well-being for individuals, families and the wider community.

Your Spare Time Is Worth
A Lot So Invest It Well



LITTLE FINGERS

We have a parent & toddler drop-in on Thursday mornings from 10.00 am—12.00 noon at the H Pod. It is very friendly, highly popular and a good way to make new friends!



If You Are Interested

TIME BANK WORKSHOPS

BOLLYWOOD MUSIC & SINGING

From 1.00 pm—3.00 pm on Tuesdays
at the Crypt Centre

ENTRY LEVEL ENGLISH (ESOL)

10.00 am—12.00 noon on Wednesdays
and from 10.30 am—12.30 pm on Fridays

LINE DANCING

1.00 pm—2.30 pm on Thursdays
at the Samuel Lithgow Youth Centre

JEWELLERY MAKING

10.30 am—12.30 pm on Fridays
at the H Pod

TERM-TIME CHILDREN'S SESSIONS

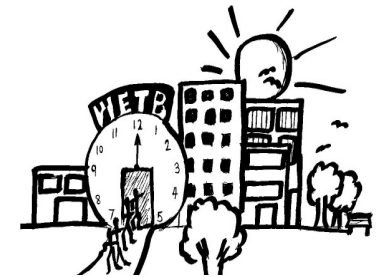
Please see inside!

FAMILY ACTIVITY PROGRAMMES

During the school holidays we run lots of organised activities, coach trips and special events for the whole family (please see separate leaflet).



West Euston Time Bank!



West Euston Time Bank

Unity in Diversity!

"Help yourself while
helping others!"

West Euston Time Bank
H Pod Cumberland Market,
London NW1 3RH

Phone: 0207 383 4382

info@westeustontimebank.org.uk

Website: www.westeustontimebank.org.uk

Company Registration No:5309600

Charity Registration No:1112545

What is a time bank?

A time bank is a way for people to share skills with others in their local community and be rewarded for it – in time. For every hour of time you give providing a service for another participant, you receive one credit.

How do you earn & spend time credits?

- You can earn time credits by providing a service for another member or alternatively you can attend workshops and spend time credits for participating.
- You can also earn time credits if you would like to run your own workshop for the community, providing yourself with recognised work experience.
- You can spend your credits on a course related to your work to help you gain employment.
- You can save your credits for when you need them or donate them to someone who may not be able to do so.

The Benefits of Volunteering are endless.

Come and find out Today!

The Kinds of Services people are giving & receiving



COMPUTER LESSONS



LISTENING



COMMUNITY CAFE



BEFRIENDING



ORGANISING EVENTS



SMALL DIY JOBS

This list contains just a few examples

So Why Don't You

Add Your Own Skill Today!

West Euston Time Bank will...

As a member you give....

- A few hours of your spare time when you want to, doing the things you enjoy.
- You receive the opportunity to get help for yourself, if you need it.
- The satisfaction of making the quality of life better for others.

Time Bank Community Café!

The time bank runs a café service at the H Pod every Tuesday, Thursday and Friday from 12.30 pm—2.00 pm. A meal will cost only £1.50. You can earn credits by helping in the café

Parents and Children

Homework Clubs

are on Wednesdays and Fridays 4.00 pm—7.00 pm for children ages 7 to 11 yrs.



Street Dancing

is on Fridays (with a homework club)

4.30 pm—5.30 pm

(ages 5—7 years)

5.30 pm—6.30 pm

(ages 7—11 years)



