

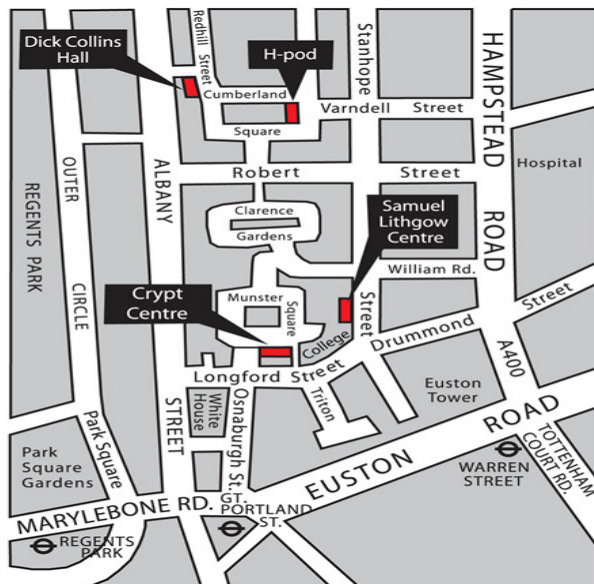
What is a Time Bank?

Our slogan is *Unity in Diversity* that reflects the incredible range of ethnicity, language and culture of our members.

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.

As a **time bank 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 some help for yourself, if you need it. The satisfaction of making the quality of life better for someone else.

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.



Getting In Touch

The Time Bank Office is normally open 10 am – 4 pm on Tuesdays, Thursdays and Fridays at the H Pod. You can ring the **Time Bank** on **020 7383 4382**



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

West Euston Time Bank

Registered charity no. 1112545

H Pod, Cumberland Market, NW1 3RH

Phone: 020 7383 4382

info@westeustontimebank.org.uk



Autumn Term 2011



Activities



see our new website www.westeustontimebank.org.uk

Sobell Centre Trip

Trampolining, ice skating, rock climbing

£2.00 pp places limited

10 am -3.30 pm

Tuesday 25th October 2011

“Just Us!”

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

Shows at 1 pm and 3 pm

Thursday 27th October 2011

New Diorama Theatre, Triton Place, NW1

Interested in taking part in the above show?

Dance sessions- Fridays 4.30 pm – 6.30 pm

If you are interested in the **Show Production** (props, costumes, script writing, sound & lighting) please see Mariam at the H Pod on Fridays.



Halloween PARTY



Mask & Costume making, H Pod decorating 10 am–12 pm,

2 – 4 pm Friday 28th October 2011

AUTUMN 2011 TERM TIME ACTIVITIES

(starting from Wednesday 7th September 2011)

T U E S D A Y	Conversational English	Dorottya	9.30 – 10.30 am (starts 27th Sept)	H Pod
	Healthy Cooking on a Budget	Paola	10.0 – 1.00 pm (starts 27th Sept)	Crypt
	Community Café	Volunteers	12.30 – 2.00 pm	H Pod
	Bollywood Music & Singing	Iffatara	1.00 – 3.00 pm (starts 27th Sept)	Crypt
W E D S	Homework Club (7 – 11 yrs)	Wendy	4.30 – 6.30 pm (starts 7 th Sept)	H Pod
T H U R S D A Y	Little Fingers Parent & Toddler Under 5s Drop-In	Self-Help	10.00 – 12.00 pm (starts 8 th Sept)	H pod
	Little Fingers Café	Parent Volunteers	12.30 – 1.15 pm	H Pod
	Get Moving!	Mariam	2.00 – 4.00 pm (starts 8 th Sept)	Crypt
	Helpdesk	Shanara	2.00 – 4.00 pm	H Pod
F R I D A Y	ESOL (entry level)	Pravinder	10.30 – 12.30 pm (starts 29th Sept)	H Pod
	Crafts Club	Being recruited	10.30 – 12.30 pm (starts 9 th Sept)	H Pod
	Community Café	Volunteers	12.30 – 2.00 pm	H Pod
	Street Dance (7 – 11 yrs)	Maria	4.30 – 6.30 pm (starts 9 th Sept)	H Pod
	Homework Club (7 – 11 yrs)	Mariam	4.30 – 6.30 pm	H Pod