

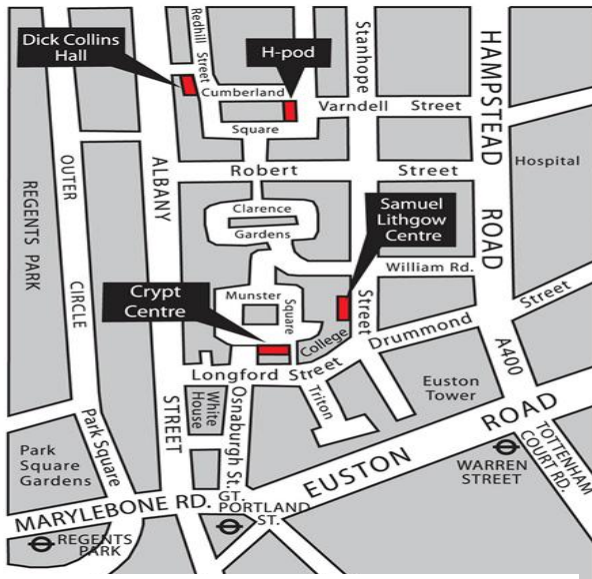
What is a Time Bank?

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

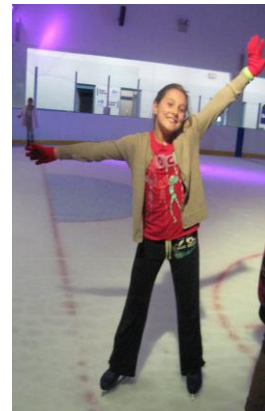
West Euston Time Bank

Registered charity no. 1112545

H Pod, Cumberland Market, NW1 3RH

Phone: 020 7383 4382

info@westeustontimebank.org.uk

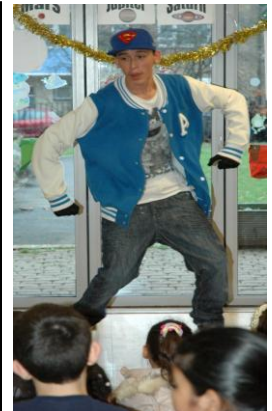


Spring Term 2012



West Euston Time Bank

Activities



see our new website www.westeustontimebank.org.uk



The Power of Words



(in partnership with the Wellcome Trust)

The Theatre Comes to the H Pod!

Lets have Fun and be Dramatic!

10 am -4.00 pm

Tuesday 14th February 2011



International Languages Day



A show performed by residents from the Regents Park Estate to celebrate our cultural diversity!

Special Meal at 1 pm Show from 2.00 – 4.30 pm

Thursday 16th February 2012

Interested in taking part in the above show?

Story telling, singing a song, reading a poem, performing a dance or say something about your home language or culture. Or even preparing a traditional dish or wearing traditional national dress. Last year we had performances in **16** different home languages.



Making a 3D Scrap Book

10 am – 12 noon

Dance Show

(Just Us! Performers + Special Guests!)

2.00 – 4.00 pm

Friday 17th February 2012

SPRING 2012 TERM TIME ACTIVITIES

(starting from Tuesday 10th January 2012)

T U E S D A Y	Conversational English	Dorotya	9.30 – 10.30 am <i>(starts 10th Jan)</i>	H Pod
	Healthy Cooking on a Budget	Ricardo <i>new tutor</i>	10.0 – 1.00 pm <i>(starts 17th Jan)</i>	Crypt
	Community Café	Volunteers	12.30 – 2.00 pm	H Pod
	Bollywood Music & Singing	Iffatara	1.00 – 3.00 pm <i>(starts 10th Jan)</i>	Crypt
W E D S	Homework Club (7 – 11 yrs)	Wendy	4.30 – 6.30 pm <i>(starts 11th Jan)</i>	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 <i>(starts 12th Jan)</i>	H pod
	Little Fingers Café	Parent Volunteers	12.30 – 1.15 pm	H Pod
	Get Moving!	Mariam	1.15 – 3.00 pm <i>(starts 12th Jan)</i>	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 <i>(starts 13th Jan)</i>	H Pod
	Crafts Club + Jewellery	Hun Yee <i>new tutor</i>	10.30 – 12.30 pm <i>(starts 20th Jan)</i>	H Pod
	Community Café	Volunteers	12.30 – 2.00 pm	H Pod
	Street Dance (7 – 11 yrs)	Mia	4.30 – 6.30 pm <i>(starts 13th Jan)</i>	H Pod
	Homework Club (7 – 11 yrs)	Mariam	4.30 – 6.30 pm	H Pod