



West Euston Time Bank May Half Term 2015

Family Activities Programme



at the H Pod and in Cumberland Market Open Space

TIMES	TUESDAY 26th MAY	THURSDAY 28th MAY	FRIDAY 29th MAY
11 am-1 pm	<p>Crafty Key Rings & Beading Bracelets Bead your own Key ring or bracelet for a one off piece</p> <p>Splatter Painting Get involved in messy fun to create a giant piece of Art</p>	<p>Under 5's Story Telling and Prop Making Make your own props and join in role playing during story telling</p> <p>Recycled Weaving Garden Decorations Come and see what you can make out of some rubbish!</p> <p>Outdoor Multi-Sports</p>	<p>Cooking Heathy Snacks Make a scrumptious snack that are good for you!</p> <p>Wild life Habitat Walk A walk in Regents park to see what wildlife you can spot !</p>
1 pm-2 pm	Community Café	Community Café	Community Cafe
2 pm-4 pm	<p>Table Tennis (Intergenerational Family fun)</p> <p>IPad Project & Free Play Work on a creative filming project or just play</p> <p>Gardening Planting and pruning in our Allotment</p>	<p>Bollywood Dance Workshop with Showmi Das (this session starts at 1.30 pm) Come along and learn to find your dancing feet!</p> <p>Family outdoor Tennis Intergenerational Family fun</p>	<p>Music Making Workshop with Stevie Wonder Explore rhythm and sound to have some noisy melodic fun</p> <p>Ipad Project & Free Play Work on a creative filming project or just play</p>

In addition, the West Euston Time Bank runs many different other activities during term-time:-

Mondays at 10.30 am Beginners Badminton, 11.00 am Walking Football, 11.30 am Women's Basketball and 2.30 pm Boccia .



Tuesdays at 10.00 am learn a new craft technique alongside improving your conversational English and 1.00 pm Beginners Table Tennis.



Wednesdays & Fridays After School & Homework Clubs for primary school age children from 4.30 pm—6.30 pm at the H Pod.



Wednesdays at 10.00 am Dance Freestyle class with Emma at the Samuel Lithgow Youth Centre



Thursdays at 10.00 am Under 5s Drop-in, 11.00 am Men's Health Walks 12 noon Buggy Walks, 1.00 pm Get Moving exercise classes at the H Pod



Fridays at 10.30 am entry level ESOL classes at the H Pod



Friday at 10.30 am Jewellery-Making with Uni



West Euston Time Bank

We are a local self-help registered charity with over 300 families as shareholding members who help and support each other. We provide many activities such as after school clubs, adult education classes and different interest groups based at the H Pod.

Registered Charity No. 1112545



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H Pod, Cumberland Market,
London, NW1 3RH

Phone: 020 7383 4382



May Half Term 2015

Family Activities Programme

**Tuesday 26th, Thursday 28th
& Friday 29th May 2015**

*Family Tennis
with coach*



*I pad
workshops*

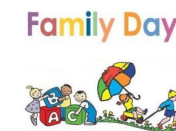
Planting in our Garden

**Cooking Healthy
Snacks!**

**Recycling
Workshops**



Bollywood Dancing



**Under 5s
Activities**

Free community cafe

**Wild Life
Habitat Walk**

see our website www.westeustontimebank.org.uk
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