



West Euston Time Bank

# West Euston Community Action News

January 2016

Twitter@Wetimebank

## New Year! New You!!

### Badminton

#### Beginners Badminton

2.30—3.30 pm

Saturdays

(starting 9th Jan 2016)

#### Men's

#### Badminton Club

3.30—5.30 pm

Saturdays

(starting 9th Jan 2016)

Samuel Lithgow Youth Centre

### Little Fingers Family Workout!



10 am—11 am Tuesdays

(starting 5th January 2016)

H Pod

### New Year! New You!

We have a wide range of free weekly community exercise sessions for local residents of all ages at different venues within the Regents Park ward. These sessions are fun, enjoyable, accessible with complete beginners welcome. Our aim is to get our neighbourhood moving physically, persuade residents to adopt healthier lifestyles and to improve general health and well-being! Interested? Just turn up at the advertised time and venue to take part or give us a ring on 020 7383 4382.



Women only

4.00—5.00 pm Tuesdays

(starting 12th January 2016)

Crypt Centre

### Table Tennis

1.30—3.00 pm

Tuesdays

(from 12th Jan 2016)

Complete  
beginners  
welcome

H Pod



### Women's Basket Ball

11.30 am—12.30 pm

Mondays

(starting 4th Jan 2016)

Samuel Lithgow Youth Centre

69/75 Stanhope St, NW1 4LD



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

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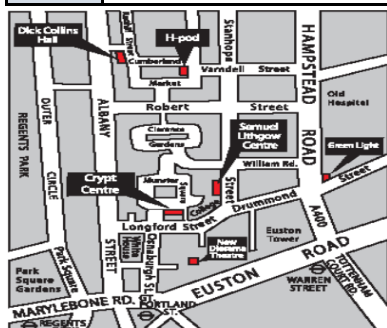


# January 2016



## Camden Active All Areas Programme & partners

	Time am	Activity	Venue	Time pm	Activity	Venue
<b>M O N</b>	10.30—11.30 am	<b>Walking Football</b>	SLYC	2.30-3.30 pm	<b>Boccia</b> <i>(starting 11th Jan 16)</i>	Crypt
	11.30 -12.00 noon	<b>Women's Basketball</b> <i>(starting 4th Jan 2016)</i>				
<b>T U E S</b>	10.00—11.00 am	<b>Little Fingers Family Workout</b>	H Pod	1.30—3.00 pm	<b>Table Tennis Sessions</b> <i>(starting 12th Jan 16)</i>	H pod
	11.30—12.30 pm	<b>Chair-based Exercise 60+</b>		2.00—3.30 pm	<b>Yoga 60+</b> <i>(starting 26th Jan 16)</i>	Crypt
	12.30—1.30 pm	Community Café <i>(starting 5th Jan 2016)</i>		4.00—5.00 pm	<b>Boxfit Women only</b> <i>(starting 12th Jan 16)</i>	
<b>W E D</b>	10.00—11.00 am	<b>Dance Freestyle with Emma</b> <i>(starting 13th Jan 2016)</i>	SLYC	6.30—7.30 pm	<b>Young People's Basketball</b> <i>(starting 6th Jan 16)</i>	SLYC
<b>T H U R S</b>	10.30—12 noon	Women's walks	Meet at Green Light	2.00—4.00 pm	<b>Tea Dances 60+</b>  Bi-monthly at different venues	H pod
	11.00—12.00 pm	<b>Men's Fitness</b> <i>(starting 7th Jan 16)</i>				
<b>F R I</b>	10.30—12.00 pm	<b>Tai Chi 60+</b> <i>(starting 15th Jan 2016)</i>	Crypt	2.00—4.00 pm	<b>TAP country dance with Mary</b> <i>(starting 15th Jan 16)</i>	H Pod
<b>S A T</b>	Active All Areas are offering a 10 week <b>beginner and improver swimming programme</b> starting <u>Jan 2016</u> . If you are interested please contact us so that we can complete an expression of interest in swimming form. You will then be contacted with further information.			2.30– 3.30 pm	<b>Beginners Badminton</b> <i>(starting 9th Jan 16)</i>	SLYC
				3.30—5.30 pm		



Would you like to see a new sport in this area? If so please contact Andy Gilbert the Community Sports Activator for the Regents Park Ward on [Andrew.gilbert@camden.gov.uk](mailto:Andrew.gilbert@camden.gov.uk)

