

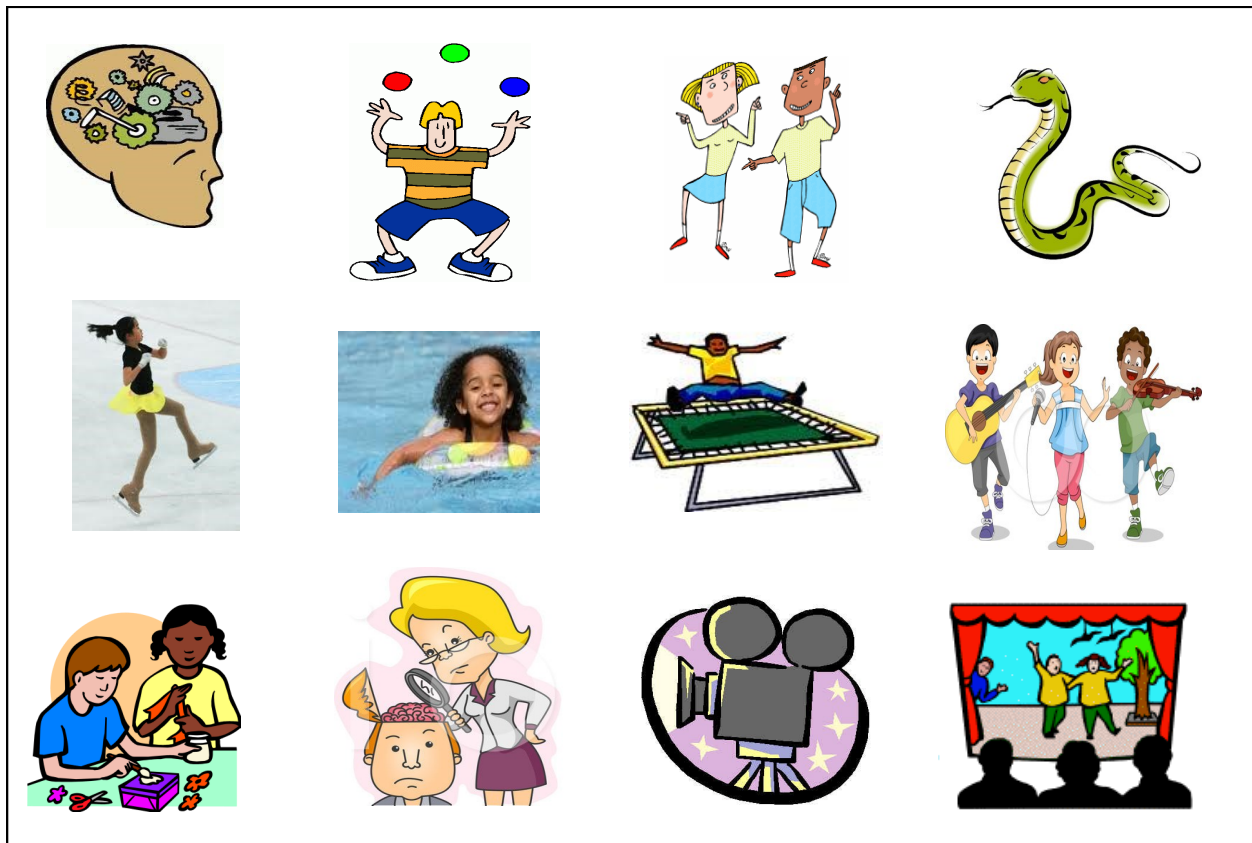


West Euston Time Bank

(In partnership with
the Wellcome Collection)



**A Family Activities Programme from
Tuesday 22nd July to Friday 29th August 2014
for families living on the Regents Park Estate**



Our theme for this year's summer programme is
The Brain: thinking, feeling, learning, remembering.
There will be loads of activities to try

**West Euston Time Bank, H Pod, Cumberland Market,
London NW1 3RH Phone: 0207 383 4382**



West Euston Time Bank

info@westeustontimebank.org.uk
www.westeustontimebank.org.uk
Registered charity no. 1112545

**wellcome
collection**

Family Activities Summer Programme Tuesday 22nd July to Friday 8th August 2014

| 1 | TIMES | Tuesday 22 nd July | Thursday 24 th July | Friday 25 th July |
|---|-----------|--|--|--|
| W E E K O N E | 11am-1pm | <ul style="list-style-type: none"> * Drama Games (10-11am) * Dance Workshop (11-12) * Eid Card Making * Design a Henna Pattern | <ul style="list-style-type: none"> * Children's Shows 11am-12pm under 5s 12pm-1pm 6-9 yrs * Eid Card Making * Design a Henna Pattern | <ul style="list-style-type: none"> * Family Games * Game Making |
| | 1pm-2pm | Community Cafe | Community Cafe | Community Cafe |
| | 2pm-4pm | <ul style="list-style-type: none"> * Singing Workshop (2-3pm) * 5 Sense Treasure (3-4pm) Dash Challenge * Arts & Crafts | <ul style="list-style-type: none"> * iPads intro and explore * T-shirts Design | <ul style="list-style-type: none"> * Family Games & Bingo (Intergenerational) * Talent Show Workshop |
| | Trips | | <ul style="list-style-type: none"> * Walk to Regents Park | |
| 2 | TIMES | Tuesday 29 th July | Thursday 31 st July | Friday 1 st August |
| W E E K T W O | 11 am-1pm | CLOSED FOR EID | <ul style="list-style-type: none"> * Eid Celebration * Arts & Crafts | <ul style="list-style-type: none"> * Sharing Traditional Stories (Intergenerational) * Weaving * Film Workshop |
| | 1pm-2pm | | Community Cafe | Community Cafe |
| | 2pm-4pm | | <ul style="list-style-type: none"> * Plant Your Own Pot * Gardening * Arts & Crafts | <ul style="list-style-type: none"> * Circus Skills Workshop * Design a Poster |
| | Trips | | <ul style="list-style-type: none"> * Orienteering Hampstead Education Centre (10 am-4 pm) | <ul style="list-style-type: none"> * Swimming 4pm-7pm (women & young children) |
| 3 | TIMES | Tuesday 5 th August | Thursday 7 th August | Friday 8 th August |
| W E E K T H R E E | 11am-1pm | <ul style="list-style-type: none"> * Cooking Brain Food Pizzas * Talent Show Workshop | <ul style="list-style-type: none"> * Paper Crafts * Under 5's Activities | <ul style="list-style-type: none"> * Questions about the Brain Guest Journalist Mo Costandi * Recycled Fashion |
| | 1pm-2pm | Community Cafe | Community Cafe | Community Cafe |
| | 2pm-4pm | <ul style="list-style-type: none"> * Rhythm & Music Workshop * Painting and Arts & Crafts | <ul style="list-style-type: none"> * iPads Explore * Smoothie Making * Paper Crafts | <ul style="list-style-type: none"> * Make a Brain with scientist Lizzie Burns * Recycled Fashion |
| | Trips | | <ul style="list-style-type: none"> * Seaside Trip to Clacton | <ul style="list-style-type: none"> * Swimming 4pm-7pm (women & young children) |

Family Activities Summer Programme Tuesday 12th August to Friday 29th August 2014

| 4 | TIMES | Tuesday 12 th August | Thursday 14 th August | Friday 15 th August |
|--|----------|---|---|--|
| W E E K F O U R | 11am-1pm | <ul style="list-style-type: none"> * Talent Show Workshop * Voice Overs & Interviews for Film * Felt Crafts | <ul style="list-style-type: none"> * Mask making * Finger puppets * Under 5's Activities | <ul style="list-style-type: none"> * Animal Zoo Comes to You! * Doodle-athon & Psychology Ink Blots |
| | 1pm-2pm | Community Cafe | Community Cafe | Community Cafe |
| | 2pm-4pm | <ul style="list-style-type: none"> * Felt Crafts * Rapping Workshop | <ul style="list-style-type: none"> * iPads Explore * Mask making * Finger Puppets | <ul style="list-style-type: none"> * Animal Zoo Comes to You! * Doodle-athon & Psychology Ink Blots |
| | Trips | * Kentish Town City Farm | <ul style="list-style-type: none"> * Sobell Centre * Walk to Regents Park | * Swimming 4pm-7pm (women & young children) |
| 5 | TIMES | Tuesday 19 th August | Thursday 21 st August | Friday 22 nd August |
| W E E K F I V E | 11am-1pm | <ul style="list-style-type: none"> * Talent Show Workshop * Voice Overs & Interviews for Film * Art & Crafts | <ul style="list-style-type: none"> * Children's shows 11 am—12 under 5s 12—1 pm 6-9 yrs | <ul style="list-style-type: none"> * Cook & Share Classic Recipes * Cake Decoration |
| | 1pm-2pm | Community Cafe | Community Cafe | Community Cafe |
| | 2pm-4pm | <ul style="list-style-type: none"> * Treasure Hunt * Brain Collage using found materials | <ul style="list-style-type: none"> * iPads Explore * Decorating Photo Frames | <ul style="list-style-type: none"> * Memory Lane Tea (Intergenerational) * Craft Activities |
| | Trips | * Coram's Field Trip | * Southend & Adventure Island | * Swimming 4pm-7pm (women & young children) |
| 6 | TIMES | Tuesday 26 th August | Thursday 28 th August | Friday 29 th August |
| W E E K S I X | 11am-1pm | <ul style="list-style-type: none"> * Dance Workshop for Premiere * Arts & Crafts | <ul style="list-style-type: none"> * Family Fun Day Bouncy castles Family games | <ul style="list-style-type: none"> * Final Rehearsal for Talent Show * Games & Puzzles |
| | 1pm-2pm | Community Cafe | Community Cafe | Community Cafe |
| | 2pm-4pm | <ul style="list-style-type: none"> * Costume & Prop Making * Design Programme * Arts & Crafts | <ul style="list-style-type: none"> * Family Fun Day Bouncy castles Family games | <ul style="list-style-type: none"> * Talent Show Film Premiere Dick Collins Hall |
| | Trips | | | |

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Clacton

Sandy beach & Pier

£2 per adult/child

Thursday

7th August

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Southend

Adventure Island

£2 per adult/child

Thursday

21st August

Children's

Shows

Thursdays

24th July

& 21st August

Free Half Day
Trips to Kentish
Town City Farm,
Coram's Fields &
Hampstead Heath
(orienteering)

Enrolment Day is Tuesday 22nd July 2014 but you may pop in to the H Pod when we are open to pick up and complete a form. You do not have to be an existing time bank member to take part in our drop-in activities at the H Pod. However, by becoming a member and agreeing to volunteer to help us provide activities and services you will be eligible to go on coach trips to the Seaside and other special activities such as visits to the Sobell Centre and City Farm.

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