

# **West Euston Time Bank**



(In partnership with the Wellcome Trust,  
Hilden Charity, Freesport, Camden AAA Project, L B Camden)

**A Family Activities Programme from Tuesday 21st July to Friday  
28th August 2015 for families living on the Regents Park Estate**

**Southend**  
**Adventure Island**  
£2 per adult/child  
Thursday  
6th August

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**Brighton**  
£2 per adult/child  
**Sandy beach & Pier**  
Thursday  
20th August

**Children's  
Shows**  
Thursdays  
30th July  
& 13th August

Trips to  
**Sobell Centre,**  
**Boat Trip to  
Greenwich  
& Regents Park**  
And lots more...

**Enrolment Day is Tuesday 21st & Thursday 23rd 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 etc.

**West Euston Time Bank, H Pod, Cumberland Market,**

**London NW1 3RH Phone: 0207 383 4382**



info@westeustontimebank.org.uk  
www.westeustontimebank.org.uk



# West Euston Time Bank

(In conjunction with our partners)



## **A Family Activities Programme from Tuesday 21st July to Friday 28th August 2015 for families living on the Regents Park Estate**



A varied range of free activities, events, and trips for local families, carers and children.

*Please see our separate Summer of Sport 2015 programme for residents of all ages*

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

[info@westeustontimebank.org.uk](mailto:info@westeustontimebank.org.uk)  
[www.westeustontimebank.org.uk](http://www.westeustontimebank.org.uk)



West Euston Time Bank

Registered Charity No. 1112545



THE WELLFAIR  
PROJECT

## Family Activities Programme Tuesday 21st July to Friday 7th August 2015

1	TIMES	Tuesday 21st July	Thursday 23rd July	Friday 24th July
W E E K  O N E	11am-1pm	* Enrolments * Finger Painted Butterflies * Cooking up Healthy Treats <b>FRUIT KEBABS</b>	* Under 5s Little Fingers * Science Lab Experiments * Community Art Mural	* Arts & Crafts * Puppet Making
	1pm-2pm	Community Cafe	Community Cafe	Community Cafe
	2pm-4pm	* iPads & Stop Animation * Plant a pot	* Design a T Shirt * iPad Free Play	* <b>Family Fun Day</b> * Bouncy castles * Sports Tasters * Face & henna painting
	Trips		*Picnic in the Park	
2	TIMES	Tuesday 28th July	Thursday 30th July	Friday 31st July
W E E K  T W O	11am-1pm	* Splatter Painting * Cooking up Healthy Treats <b>PIZZAS</b>	* <b>Children's shows</b> 11 am—12 under 5s 12—1 pm 6-9 yrs	* Arts & Crafts * Puppet Making * Drama & Music
	1pm-2pm	Community Cafe	Community Cafe	Community Cafe
	2pm-4pm	* iPads & Stop Animation * Gardening Galore	* Make a name plaque * iPad Free Play	* Bingo * Story Telling, * Drama & Music
	Trips	*Natural History Museum		*Wild Life Habitat walk to Regents Park
3	TIMES	Tuesday 4 <sup>h</sup> August	Thursday 6 <sup>th</sup> August	Friday 7 <sup>th</sup> August
W E E K  T H R E E	11am-1pm	* Build Your Mini World * Cooking up Healthy Treats <b>FLAPJACKS</b>	* Under 5s Water Play * Science Lab Experiments * Community Art Mural	* Arts & Crafts * Puppet Making
	1pm-2pm	Community Cafe	Community Cafe	Community Cafe
	2pm-4pm	* iPads & Stop Animation  * Plant a pot	* Upcycled fashion * iPad Free Play	* <b>Tea Party &amp; Family Fun</b> * Story Telling * Drama & Music
	Trips		*Seaside Trip to Southend	

## Family Activities Programme Tuesday 11th August to Friday 28th August 2015

4	TIMES	Tuesday 11 <sup>th</sup> August	Thursday 13 <sup>th</sup> August	Friday 14 <sup>th</sup> August
W E E K  F O U R	11am-1pm	* Paper Marbling * Cooking up Healthy Treats <b>BERRY MUFFINS</b>	* <b>Children's shows</b> 11 am—12 under 5s 12—1 pm 6-9 yrs	* Arts & Crafts * Puppet Making
	1pm-2pm	Community Cafe	Community Cafe	Community Cafe
	2pm-4pm	* iPads & Stop Animation * Gardening Galore	* Design a T Shirt * iPad Free Play	* Bingo * Story Telling * Drama & Music
	Trips	* Sobell Centre Multi-sports		* Bug Hunt in Regents Park
5	TIMES	Tuesday 18 <sup>th</sup> August	Thursday 20 <sup>th</sup> August	Friday 21 <sup>st</sup> August
W E E K  F I V E	11am-1pm	* Balloon Juggling Balls * Cooking up Healthy Treats <b>SMOOTHIES &amp; SHAKES</b>	* Under 5s Little Fingers * Science Lab Experiments * Community Art Mural	* Arts & Crafts * Puppet Making
	1pm-2pm	Community Cafe	Community Cafe	Community Cafe
	2pm-4pm	* iPads & Stop Animation * Plant a Pot	* Make A Pop Up Book * iPad Free Play	* Tea Party & Family Fun * Story Telling * Drama & Music
	Trips		<b>Coach Trip to Brighton</b>	
6	TIMES	Tuesday 25 <sup>th</sup> August	Thursday 27 <sup>th</sup> August	Friday 28 <sup>th</sup> August
W E E K  S I X	11am-1pm	*Wax Painting *Cooking up Healthy Treats <b>CUP CAKES</b>	* Under 5s Water play * Make your own instrument Community Art Mural	* Drop In Activities * Final Rehearsal sessions for Show
	1pm-2pm	Community Cafe	Community Cafe	Community Cafe
	2pm-4pm	* iPads & Stop Animation * Gardening Galore	* Upcycled Fashion * iPad Free Play	<b>End of Holiday Show</b> * Music * Circus * Puppet Show
	Trips	* River Boat to Greenwich		