

# What we do Adult learning?

## Information point

Information and registration is carried out by just turning up at the various venues. Come along and find out more or do a skills audit with us to help identify where your strengths lie and what volunteering opportunities may be suitable for you

## Community Café

Healthy food cooked and served by volunteers a perfect opportunity to get involved

## Crafts Club

Try out creative craft projects and improve your English. Project often ties in with special preview community exhibitions at the British Museum

## Dance Freestyle

Get on your dancing shoes for a fun way to keep fit

## Jewellery Class

Learn Jewellery making techniques and feel free to share and exchange your own craft skills!

## Camden Active All Areas

A variety of sporting activities to help you get fit and active with a wide range of activities for all ages



# If you are Interested

## Venues

### Samuel Lithgow Centre

69 – 75 Stanhope Street, London NW1 3LD

### Crypt Centre

Munster Square, London NW1 3PL

### Cumberland Market Open Space

Cumberland Market, London NW1 3RH  
Multi use Games Area NW1

### Green Light Pharmacy

64-62 Hampstead Road, NW1 2NU

### New Diorama Arts Studio

201 Drummond Street, Regents Place, NW1 3FE

## WEST EUSTON TIME BANK

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# WEST EUSTON TIME BANK



West Euston Time Bank



## Unity in Diversity!

“help yourself while  
helping others!”



# A Bit More About Us

## What is a Time Bank?

Time Bank is a way for people to share skills with others in their local community and be rewarded for it in time

## As a 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 help for yourself if you need it

The satisfaction in making the quality of life better for others

## Join your Local Time Bank

Our mission is to bring people together in a neighbourly co-operation through the exchange of time, skills and knowledge through them co-production of a range of activities and services



# What we do Families & Children

## After School & Homework Club

Free homework support and extra curricular activities such as cooking science experiments, construction toys, team building games and much more .....

## Little Fingers

A community self-help playgroup for parents and carers with under 5's meeting in a safe, relaxed and friendly creative environment for children to play, learn and make new friends

## Family Activities Programme

Lots of fun filled activities for parents and children to take part in together during the school holiday . Arts & crafts, games , sports activities , trips and much more. Look out for programme leaflets that come out just before each school holiday!



# Timetable of Activities

Spring Term 2017

ACTIVITY	DAY & TIME	VENUE
Boccia	MON 2:30pm-3:30pm	New Diorama Arts Studio
Zumba	TUES 10:00am-11:00am	Samuel Lithgow
Crafts Class	TUES 10:00am-12:00pm	Crypt Centre
Community Café	TUES 1:00pm-2:00pm	Crypt Centre
Table Tennis	TUES 1:00pm-2:00pm	Crypt Centre
Freestyle Dance	WED 9:45am-11:00am	Samuel Lithgow
Jewellery	WED 10:30am-12:30pm	Crypt Centre
Homework & Afterschool Club	WED 4:30pm-6:30pm	Crypt Centre
Little Fingers Under5's drop	THURS 10:00am -12:00pm	Samuel Lithgow
Boxercise	FRI 10:00-11:00am	Samuel Lithgow
ESOL	FRI 10:30am-12:30pm	Crypt Centre
Homework & Afterschool Club	FRI 4:30pm-6:30pm	Crypt Centre