

NORTH PADDINGTON



TIME CREDITS PROGRAM

Earn Time Credits through volunteering
in the community
Then exchange your Time Credits for Leisure,
Entertainment & Services locally!
*** GET INVOLVED ***



NEWSLETTER

- FEBRUARY 2014

SPEND Time Credits to join local leisure activities and entertainment

Use your Time Credits to take part in local
activities, leisure & entertainment for FREE

Collect your time credits now!!!

Paola – 07923379841

Harriet – 07429438383

****City Lit courses on Time Credits****

Adult Education Courses in Covent Garden.

Computing, creating writing, Aromatherapy,
Shiatsu, T'ai Chi, massage, Zumba, self-
defense, personal development and more...

Use your time credits when you book directly
info@citylit.ac.uk Enroll: 02078317831

Back pains? Sports injury? Go for a
Consultation 30minutes =1 time credit
@Body Back-up –Book 020 8969 0247

Lexi Cinema

194b Chamberlayne Rd.NW10 Book with Harriet
by 5pm day before. 1 ticket =2 time credits

Bikram Yoga

260 Kilburn Lane, W10. Join yoga classes 6.45am,
10am, 12pm, 5pm on Mon, Wed, Fri or 8am,
10am, 4pm Tue /Fri 90 minutes + chill-out session
=3 time credits

All Stars Boxing Gym

576 Harrow Rd.

Join the classes 12.30-2pm on Mon, Wed, Fri 1
knock-out session = 2 time credits

Queen's Park Library

666 Harrow Rd.

1CD/standard DVD/kids DVD loan =1 time credit
New DVD hire =2 time credits

Exercise classes Beethoven centre, 3rd Av.

**Boot Camp Wed. 6.30-7.30pm

**Legs, Bums & Tums Fri 9.30-10.30am

(Ladies only) 1 class =2 time credits

EARN Time Credits with Volunteering in local groups and organisations

Choose your preferred activities and join your local groups to volunteer
a helping hand, share & learn skills & meet new friends!

Get involved in the community

*** Tell your volunteer experience for the **Time Credits Story board**
& help put together a **WISH-LIST** for future events. Come for a short
filming on Thursdays, please call to book a time 07923379841.

Otherwise just email your story, video and photos to paola@pdt.org.uk



***JOIN the **Time Credits** celebration
evening on **Thu 27th Feb.**
at **6.30pm**
Great Western Studios,
Alfred Rd

***JOIN the **Community Champions VOLUNTEERS** to organize local
initiatives & earn time credits. Contact Kim on 020 88251067

*** JOIN the **Befriending SERVICE**: Spare a couple of hours and earn
time credits volunteering to visit the elderly in the community.
CONTACT Louise at Volunteer Centre Westminster 020 7604 8818

*** JOIN the **City Guides**: volunteer as a City
Guide in Westminster & earn time credits.
Enquiries: Volunteer Centre Westminster,
4 Sutherland Avenue, W9 -Tel.020 7266 1992



*** Volunteer at **Genesis Community** and earn time credits. Posts in:
Environmental/ Energy saving, Work club, Estate inspections, Youth
mentor, Community outreach volunteer, Business mentor, see list:
http://www.genesis-group.co.uk/genesis_community/volunteering.aspx

*** **Voluntary Project Intern -Paddington Development Trust**
Earn time credits and support the development of Paddington's Living
Heritage at St Mary Magdalene. Contact toby@pdt.org.uk by 14th Feb.

Craftworks Group: Arts & Crafts / Knitting / Crochet / Sewing

Join the workshops to learn and share, THURSDAYS in Feb. at 3-5pm
421 Harrow Rd -Genesis community room.

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Film screenings @Beethoven Centre

- Check listing. 1 ticket =1 time credit

Cookery classes

Ida Restaurant, 167 5th Avenue, W10 (temp N/A)

Willesden Sports Centre

Donnington Rd. NW10

1 hour swimming / Gym use =1 time credit
(Mon-Fri 9am-5pm)

Gym induction = 2 time credits

Portobello Green Fitness Centre

3-5 Thorpe Close, W10

Gym session =1 time credit (Fri 2-4pm)

Pitch & Putt -Queen's Park

1 hour tennis court hire =1 time credit (Mon-Fri)

Pitch & Putt 2 hours game =2 time credits (Mon-Fri)
-Excluding school holidays-

Around London: Tower bridge, Tower of London, St. Paul's Cathedral...

TUITION & HOMEWORK CLUB

Arise Learning sessions for 11-16years' old.

From 7th January @21 Dart Street.

CONTACT : Dalian 07944580111 or

Community English Classes with TELL IT

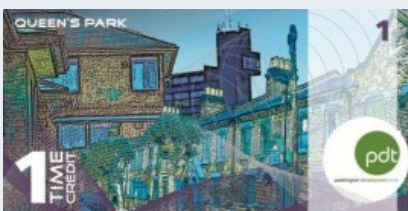
Tue Classes 10-12am, 21 Dart St. – ESOL Teacher:

Angela a_singhate@hotmail.com

Rainbow Family Centre 11 Bravington Rd.

-VOLUNTEERS needed to help run the
crèche and nursery.

Please contact Nada Calovska 020 8968 2690



Follow us on FACEBOOK:

[Facebook.com/QueensParkTimeCredits](https://www.facebook.com/QueensParkTimeCredits)

St. Peter's community events

Elgin Avenue /corner with Chippenham Rd.

Saturdays Lunch Club 12-3pm Thursdays Breakfast club 10-12am

- VOLUNTEERS please contact Jacqui 07582 881 591

Community table-top

MARKET on Tuesdays

at Maida Hill market

2nd Hand items only

Stalls hire is **4 TIME CREDITS**

- Bring your own table or hire it:
pre-bookings on 07582 881 591

For Info & Bookings, to get time credits, contact Paola - 07923379841



HEALTH events

Wellbeing & massage:

Thu 27 Feb. at 1-4pm Paddington Library

Health info - Thu 13th -20th -27th Feb.

10-12am Paddington Library

Men's health checks:

6th - 13th -19th Feb. 2-4pm Church St. Library

Participate & **VOLUNTEER** Contact: Kate, Health Info Coordinator 0207
641 8969 kgielgud@westminster.gov.uk

**Walking Group Tuesdays, leaving at 9.30am from the Beethoven
Centre** - All fitness levels welcome. Contact Polly TEL. 020 8825 1067

Employability Workshops for Women

6th Feb. Career Fair at St Marylebone School

17th Feb. Employability Needs Assessment @Mosaic

7th Mar. Hospitality -Space in Marylebone @British

Land - CONTACT: Roberta/Janet on 020 3145 1207



Friends of Queen's Park Gardens - VOLUNTEERS



- Welcome local residents to work together
at the Garden's Wildlife Area **Contact** 020
3129 3289 gardens@queenspark.org

Green Grocer stall @Beethoven Centre

fresh fruit and veg Mondays 1-4pm

VOLUNTEERS at the stall: call 020 8825 1067

— THE TIME CREDITS PROGRAM —

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