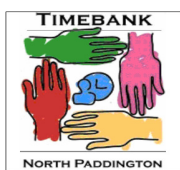


NORTH PADDINGTON



TIME CREDITS PROGRAM

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



NEWSLETTER

– OCTOBER 2013

SPEND Time Credits to join local leisure activities

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

Collect your time credits now!!!

Paola – 07923379841

Harriet – 07429438383

Lexi Cinema

194b Chamberlayne Rd. NW10 Book by
5pm day before the show. 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/children DVD loan
= 1 time credit
New DVD hire = 2 time credits

Exercise classes Beethoven centre,
3rd Avenue, W10.

****** Boot Camp Wed. 6.30-7.30pm

****** Legs, Bums & Tums on Fri 9.30-

10.30am (ladies only)

1 class = 2 time credits

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

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
and learn new skills & meet new friends!**

Friends of Queen's Park Gardens

-VOLUNTEERS – Welcome all
local residents to work together to
bring the Garden's Wildlife Area
back into regular use and make it a
space for everyone to enjoy.

Meeting Saturday 28 Sep.

10am-1pm @Beethoven Centre

Third Avenue W10. **GET INVOLVED!** Contact: 020 3129 3289

gardens@queenspark.org for next meeting and activities



Rainbow Family Centre 11 Bravington Rd.

-VOLUNTEERS needed to help run the crèche and nursery. Please
contact Nada Calovska 020 8968 2690



Craftworks Group

Knitting / Crochet Sewing / Art & Crafts

Join the workshops; learn to make
handmade scarves, bags, cards?

Thursdays @2-4pm @421 Harrow
Rd. @Genesis community room

St. Peter's Hall community events

Elgin Avenue /corner with Chippenham Rd.

VOLUNTEERS please contact Jacqui 07985248916

Saturdays Lunch Club 11-3pm

Thursdays Breakfast Club 10-12am

Green Grocer STALL

Love fresh Fruit & Veg? VOLUNTEER at the
Green Grocer stall @Beethoven Centre

–PROMOTION volunteers: any day first two
weeks in October shifts 10am-1pm
and /or 2-5pm

–Stall Assistants: Monday 12o'clock set up,
4pm closing and 12-4pm to help at the stall



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Film screenings @Beethoven Centre
- Check listing. 1 ticket =1 time credit

Cookery classes
Ida Restaurant,
167 5th Avenue, W10
4 hour class =4 time credits

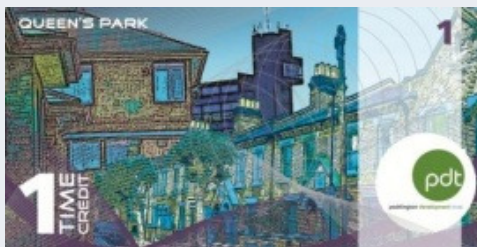
Willesden Sports Centre
Donnington Rd. NW10
1 hour swimming / Gym use =1 time credit (Mon-Fri 9am-5pm)
Gym induction = 2 time credits

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-

CHARITY SHOP volunteering
At Queen's Park Charity Shop
610, Harrow Rd – Contact Timothy
timothy@timothypoh.plus.com

****Help & Earn Time Credits****
Sign-up to volunteer!
Call Paola – 07923379841
or Harriet –07429438383



Community TABLE-TOP MARKET

Want to de-clutter your home? Join the **Table top market at MAIDA HILL**

Tuesdays 10am-5pm
***Second Hand items only**

Stalls hired at **4 TIME CREDITS ONLY** – NO CASH –
To get time credits, Info & Bookings, call Paola 07923379841
Bring your own table or hire it: pre-bookings on 07985248916



Men's Health-Hub –RACE night

VOLUNTEERS needed to promote the men's health event at Race night @**Beethoven Centre**

17th & 18th October Promotion 10am – 3pm
24th October 4–8pm volunteers helping at the event.
Contact Polly polly.thompson@a2dominion.co.uk 020 88251067



Time Credits SOCIAL

Last Thursday of the month
at **6-9pm** @Chippenham pub
Join this brilliant occasion to celebrate our volunteering together

LIBRARY Activities

World Mental Health day

Wed. 10th Oct. 1-3pm
at Paddington Library

World Food day

Wed. 16th Oct. 12.45-3pm
at Church Street

Healthy Choices

Thu 24th Oct. 2-4pm
at Paddington Library
- Health advice & massage tasters

Participate & VOLUNTEER –Contact Kate, Health Info Coordinator
0207 641 8969 kjiegud@westminster.gov.uk



Follow us on **FACEBOOK:**

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

– **THE TIME CREDITS PROGRAM** –

CONTACT: Paola – 07923379841 or Harriet – 07429438383
paola@pdt.org.uk