



NEWSLETTER

**December 2017
No. 205**

WHAT'S ON THIS MONTH

TIME EXCHANGE GARDENING

Thursday 7th Dec
Lavender planting and
tool maintenance.
10am – 12pm at the Bike
Garden

Thursday 14th Dec
Wreath making
10am – 12pm at the Bike
Garden

The street planter team
are now on their winter
break!

ARTHUR'S HILL / WINGROVE LITTER PICKS

Mondays 10am-11am
Meet at the Bike Garden
Wednesdays 4pm-5pm
Meet at Madina Mosque,
Wingrove Gardens.

Saturday 16th December
11am - 1pm
Meet at the Time
Exchange at 10.50.
Please bring gloves if you
have them.

MEMBER STATEMENTS

If you would like to know
how many credits you
have please give us a
call.

*We wish you all
a very merry
Christmas and
a Happy New
Year!*

The Time Exchange Annual General Meeting & Winter Celebration

**Wednesday 6th December at the
Nunsmoor Centre**

**5.45pm Time Exchange Annual General
Meeting**

6pm – 7.30pm Winter Celebration

Fun for all ages

Festive crafts

Food and drinks

Table top Swap Shop

(recycle and swap unwanted gifts/toys/books/nearly new items)



We would like to invite members and friends to join us for our 17th Annual General Meeting followed by a Winter Celebration. If you'd like to help out at this event, either with the crafts, table top swap shop or with food and drink, please do get in touch and let us know.

All welcome.

HELP OVER THE HOLIDAYS

Although the Time Exchange will be closed over the festive season, we want to make sure that members can get help and support if they need it, particularly if the weather is bad. If you think you might be in need of help with shopping, picking up a prescription, or just need somebody to talk to, then let us know and we can make sure you've got someone to contact. If you'd be happy to be an emergency contact over the festive period, please get in touch and let us know.

POP-UP SHOP

Rachel is doing a pop-up stall at The Beacon on Wednesday 13th December 11.30am - 2.30pm. She will be selling handmade Christmas cards. Very bespoke!



MORE FUNDING NEWS

We've received great news from the Henry Smith Charity last month. They have awarded a grant of £8000 towards our running costs.

We are due to hear back from other funders soon and if we are successful we will be able to maintain our current opening hours!

We are also working on various other funding applications to support our environmental work.

OFFERS & REQUESTS

These are just some of the offers and requests we have received recently. Please check out our Facebook page for some of the very latest offers and requests: facebook.com/thetimeexchange

- Haifa has a single mattress, a large oak chest of drawers, a fridge, kitchen items, a black coffee table, an office chair and a TV table.
- Rachel would like a fleecy hat.
- Jusna has a baby bouncer a Moses basket and a breast pump on offer.
- Tyrone would like a double bed.
- Lynne has a glass storage jar and some gift wrap on offer (new baby and wedding).
- Jannette would like a rope/macramé plant hanger.
- Shanaz is looking for a vacuum cleaner and some garden plants.
- Does anyone have a pressure washer a member can use?
- Pat and Michael would like some bee and butterfly friendly shrubs.
- The Time Exchange has some recipe books on offer – 'The Allotment Cookbook' and 'Quick and Easy Microwave Cooking'.

Get in touch with us if you can help with anything or would like any of the items.

We receive regular job requests for shopping, car lifts, home repairs, and homework help, please get in touch if you can help.

WHERE TO GET LOCAL ADVICE ABOUT BENEFITS, DEBT AND HOUSING

Citizens Advice Bureau (CAB)

Phone: 0344 245 1288 Monday - Friday 10am – 4pm

Money Matters Advice Line

Money and debt advice telephone service.

Phone: 0191 277 1050 9.30am – 11.30am and 1pm – 3.30pm (except Wednesday morning)

Newcastle Welfare Rights Service

Public Advice Line - Phone: 0191 277 2627 Mon – Fri 9.30am – 12pm

Drop-in sessions

Westgate Residents - Mondays 9.30am – 12pm, Ryehill Centre, Colby Court

Wingrove Residents - Wednesdays 9.30am - 12pm, Nunsmoor Centre

Fenham Residents – Thursdays 1pm – 3.30pm, Fenham Hall Library

Shelter North East

Phone 0344 515 1601 Mon – Fri 9am – 5.30pm

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: I'm hoping last week's Budget offered you at least some cheer. We all wonder, I think, just what cutbacks are going to hit our pockets/purses the hardest, don't we? I must say, however, whilst receiving some possible ill fate, I received the best news I'd heard in years!

As someone, born with the 'sea in his blood,' coming from a seafaring family, they're finally going to take a hard look into plastic pollution, especially in our oceans! Environment Secretary's Michael Gove's office must have dreaded their phone ringing lately, as I, others and organisations hounded him about a pledge he'd made on introducing a tax on non - recyclable plastics, similar to that on carrier bags. It's vital that both that and other restrictions are introduced, quickly too, as it's clogging up our oceans and destroying marine life!

I'm proud to live in Newcastle too, as they've long been experts in Marine Research and have recently produced a damning report on the desperate scale of the problem. They studied sea life to depths of 7 - 10 km in our deepest oceans and found evidence, after testing, that of our fish and crustaceans, between 50% and 100% had ingested plastic, as well the vast quantities of plastics yet to break down, around 3 million tonnes. It gets worse too, as they reported an estimated 5 trillion plastic pieces still on the surface, waiting to sink! Dr. Alan Jamieson, who led the research, told me, "Deep sea organisms are dependent on food raining down from the surface, not plastic, so that they in turn can feed larger organisms which feed us, necessary to fuel a future world. Even though, it was half expected, I even shocked myself!"

As for myself, I've long been a supporter of Surfers Against Sewage, an environmental charity based in Cornwall and Jessica North, their angry Communications director, simply told me, on hearing the news, "Don't choke on your next cup of tea!" The lady's made of 'tough stuff, so I didn't ' even expect her to be so moved and I think their campaigns and educational programmes will have an added venom in the voices of those who deliver them for the foreseeable future!"

Please use re - usable, or recyclable plastic, if you have to use it, at all!

AN HOUR SHARED IS AN HOUR SPARED!

CHRISTMAS CRAFTS



Come along and help us to make some Christmas cards and festive decorations at the Time Exchange.

Monday 4th December 3pm – 5.30pm

&

Tuesday 5th December 1pm - 3pm

All materials will be provided, as well as hot drinks, chocolate and mince pies! Feel free to bring along any old cards or craft materials.

If you can't make it to one of these organised days, give us a call as I'm sure we can arrange a time that suits everyone.

TIME EXCHANGE CHRISTMAS OPENING HOURS



The Time Exchange office will be closed from 1pm Friday 22nd December until we re-open at 10am on Thursday 4th January 2018. Please get in touch if you have any requests for over the holidays.

FESTIVE RECYCLING



If you have any old or unused cards, decorations and gifts, please drop them into the office.

The cards and decorations will be used for our craft activities next year!

A FOOL'S PHILSOPHY!

We're all presupposed to live by so - called 'moral codes.' If that is the case, why do morals change in people and standards differ, according to how or where we're brought up?

CONTACT US

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Office Hours
Monday – Thursday
10am – 4pm
Friday
10am – 1pm

HERE ARE JUST SOME OF SKILLS OFFERED:

FOOD AND COOKING

Basic cooking skills
Baking
Vegan Cookery

HOUSEHOLD

House-minding
House-work
Putting out rubbish
Recycling
Basic Gardening
Errands

ARTS AND CRAFTS

Sewing
Knitting
Photography
Help with art projects
Cartoon Drawing
Music reading

FAMILY AND PETS

Dog walking/sitting
Pet minding

ADVICE AND INFORMATION

Car Advice
Advocacy

ORGANISATIONAL SKILLS

Organising events
Fundraising
Administration skills
Proof reading
How to 'surf the net'

EDUCATION AND TRAINING

Help with reading
Help with research
Help with writing
Help with spelling
Homework help
Computer tuition (one to one)
Computer repairs
Interview preparation
Teaching IT and web design

LANGUAGES

Teaching English
Teaching Spanish
Translating and teaching Arabic

PERSONAL SUPPORT

Confidence building
Companionship
Telephone reassurance
Car lifts

HOW TO HELP FUNDRAISE FOR THE TIME EXCHANGE

EASYFUNDRAISING

- The Time Exchange is registered with a fundraising website called 'easyfundraising'.
- All you have to do is log on to www.easyfundraising.org.uk then shop on any of your favourite shopping websites.
- **So far we have raised £ £335.72!**

“MAKE A WISH!”

- The Wish campaign gives not-for-profit organisations in the local area the chance to receive a share of £25,000.
- To help us raise more funds, all you need to do is collect the tokens printed in the Evening Chronicle every day.

GIFT AID

- The Time Exchange is now registered to claim Gift Aid, helping to make any donations go further.