



NEWSLETTER

February 2019
No. 219

TIME EXCHANGE FUNDING UPDATE

Many of you will be aware that the Time Exchange relies on funding from grants and trusts to run the time bank and drop-in service.

We haven't yet managed to secure any long term funding but we are working hard on a number of funding applications. We currently need funding to cover our core running costs to continue to support the local community.

We will keep you informed of our progress over the next few months.

Please note that the Time Exchange office will now be closed on Fridays to allow us more time to work on funding applications.

YOU CAN HELP RAISE FUNDS TOO!

Did you know that you can help raise money for the Time Exchange, just through doing your online shopping?

The Time Exchange is registered with EasyFundraising. It's a website that allows you to collect free donations for us every time you buy something online. It won't cost you a penny extra so please help us to raise funds.

Simply log in to EasyFundraising then go to your favourite websites to buy online, and we'll receive a donation.

For more information and to start fundraising, visit the link below:
<https://www.easyfundraising.org.uk/causes/timeexchange/>

We're registered with the Charities Aid Foundation, where you can easily make a donation to the Time Exchange. Just go to
<https://www.cafonline.org/my-personal-giving/start-giving/donate-now> and search for Time Exchange Limited.

We are also registered with Gift Aid - we can raise an additional 25% on any donations we receive.

If you are aware of any potential funding you think could help the Time Exchange, then please get in touch.

WHAT'S ON THIS MONTH

TIME EXCHANGE GARDENING SESSIONS

Our Street Planter team are taking a break during February.

ARTHUR'S HILL / WINGROVE LITTER PICKS

Mondays 10am-11am
Meet at the Bike Garden

Wednesdays 9.30am

Meet outside Madina
Food Stores

Saturday 16th February

10am - 12pm

Meet at the Angelou
Centre.

**Please note earlier time
and change of meeting
place**

Please bring gloves if you
have them.

ELSWICK LITTER PICK

Proud of the West End!
(POW!) litter-pickers tidy
the streets on Mondays,
currently working in
Bentinck Road, the West
Road, Elliot Terrace,
Durham Street and
Bishop's Avenue. If you'd
like to be involved, or to
help at a time of your own
choice, contact Janet
through the Time
Exchange.

TIME EXCHANGE FACEBOOK ACCOUNT

Check out our Facebook
page, please visit and
LIKE us!

www.facebook.com/thetimeexchange/

JEWELLERY UPCYCLING WORKSHOP

Following the success of her previous workshops, Tina is planning to hold another jewellery upcycling workshop for members at the Time Exchange office, towards the end of February. The workshop is likely to take place on a Thursday afternoon, and Tina will be on hand to show you how to turn old, unwanted jewellery into brand new pieces that you can take away with you. If you'd be interested in attending, please get in touch with the Time Exchange office and we will keep you up to date when we have more details.



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](https://www.facebook.com/thetimeexchange)

- **Sarah is interested in setting up a clothes swap event and would like to know if anyone is interested.**
- **Charlie is offering a pair of men's brown trousers, Farah brand, size 38**
- **The Time Exchange has a dish drainer on offer**
- **Rachel is looking for some wool for a knitting project**
- **Lynne is looking for some Board Games (old fashioned)**
- **Anna is looking for a Driving Theory Book and CD**
- **Geoff is looking for a kitchen stool, medium height**
- **Farah would like a hot water bottle and an old Sari**
- **Jacqui has a Romer child's stage 2 car seat with harness (for 2 years plus) available.**
- **Kavita is offering a bathroom cabinet, two towel rails and a toilet roll holder.**
- **Tyrone would like to do a car boot sale, if anybody is interested in teaming up with him please get in touch.**
- **Marc has 2 floor lamps, an under stairs shelving unit and an exercise bench on offer.**
- **Farah has 2 BT phones, a marble run, a children's pop-up tent and a shower curtain on offer.**
- **Theresa has some polystyrene bean bag filler on offer.**
- **The Time Exchange has a sewing machine available for use in the office. We also have a pump for any flat tyres!**
- **Rachel & Avi are looking for gardening shoes, sizes 6 & 9.**
- **The Time Exchange has 2 sky boxes & remotes and an electronic chess game paper on offer.**
- **Tyrone would like an arm chair, a cooker, a Sony PS3 and a dining table & chairs.**

BOGUS HMRC CALLS

Following a few queries from concerned members regarding calls apparently from HMRC, we'd like to share the following information with you from the government website:

'HMRC is aware of an automated phone call scam which will tell you HMRC is filing a lawsuit against you, and to press one to speak to a caseworker to make a payment. We can confirm this is a scam and you should end the call immediately.

This scam has been widely reported and often targets elderly and vulnerable people.

Other scam calls may offer a tax refund and request you to provide your bank or credit card information. If you cannot verify the identity of the caller, we recommend that you do not speak to them.'

There are ways of reporting these calls to HMRC, and also a fraud line for if you've been a victim of this crime. If you'd like details, please contact the Time Exchange for further information.

Fraudsters also use both text messages, email and social media to attempt to commit fraud. We can provide more information about what these messages might look like, and the email addresses used by fraudsters, at the Time Exchange Office. If you're concerned about a message you've received, contact us for more information about how to identify and report it.

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: Something positive is beginning in Parliament and it's nothing to with the EU!

The aim is to provide legal support for victims of domestic abuse easier and even in some cases allow possible victims to check a potential partner's past. It's a hideous crime and although over record 2 million people were charged in 2018, so many are still frightened to report those close to them! It's a dilemma I've found myself in and sometimes still have nightmares about the two guys who forced themselves upon me.

However, I'm alive and sadly, others might be suffering more! Sandra Horley, chief executive of domestic violence charity, Refuge, told me this week, "We obviously welcome any changes but victims need specialist support, if they have the courage to report their abuse and sadly that's still lacking."

I must say non - physical and financial abuse, are to be included in the new law, which is an improvement. Abusers cross examining their victims in court, is to be stopped too and it's a once in a generation opportunity, for ongoing support for both victims and longer term treatment/punishment of the abusers.

However, two women are killed in their homes each week in Britain, so it needs to be tackled and quickly!

Victoria Atkins, The Minister for Crime, Safeguarding and Vulnerability said last week, "Even hearing of these horrific crimes is heartbreaking, so urgent action is needed!" However, Shadow Home Secretary and former Health Minister Diane Abbott, who's long campaigned for reforms, told 'The Bore,' "If they're really serious about this, I hope they've funds set aside for support of the survivors, as we've waited far too long for this!"

If you're suffering, we're lucky to have help on offer locally, with three specialist projects, so just give us a ring and we'll put you in touch. They're the Angelou Centre, West End Women and Girls Centre and NIDAS. Some of our members who themselves have suffered abuse will help too!

AN HOUR SHARED IS AN HOUR SPARED!

APPROACHING EMPTY – FREE TICKETS FOR MEMBERS



In return for help with promotion, Live Theatre are offering free tickets to *Approaching Empty* at the Live Theatre for Time Exchange members. Maximum of 2 tickets per member, we will charge one credit per ticket. To secure your tickets, please get in touch by lunchtime on Monday 4th February, and we'll pass your details onto Live Theatre.

'Forget friendship! This is business.'

In a scruffy minicab office, Mansha decides it's time to create his own destiny and offers to buy the business from his lifelong friend Raf. As the realities of the state of the company slowly unravel, these two best friends must confront the difficulties of going into business with those closest to them.

*Set in the North of England in the aftermath of Margaret Thatcher's death, **Approaching Empty** is a compelling drama by award-winning playwright Ishy Din (**Snookered**, Best New Play at Manchester Theatre Awards), which lays bare the everyday struggles of a post-industrial generation of British men.'*

CO-WHEELS CAR CLUB

You don't need to own a car to use a car. Join Newcastle's car club! Co-wheels is a 'pay by the hour' car club with cars parked in convenient locations across Newcastle close to where people live and work. Members can make use of car club vehicles as and when they need them, without any of the cost and hassle of owning a car.

Car club membership also encourages people to think more about their journey, only taking the car when it's the best option, so helping to cut car use and tackle climate change.

Co-wheels offers pay as you go car hire for individuals and businesses from as little as £3.75/hour.

So why not join today, save yourself loads of money and do your bit to reduce car use? To join, book or find out more phone 0845 602 8030 or visit www.co-wheels.org.uk.

A FOOL'S PHILOSOPHY

Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is really no such thing as bad weather, only different kinds of good weather.

John Ruskin

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

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

Wednesdays 9.30am - 12pm, Nunsmoor Centre

Thursdays 10am – 12.30pm, Cruddas Park Library

Thursdays 1pm – 3.30pm, Fenham Hall Library

Shelter North East

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

Crisis Support Line (Out of Hours Service)

0191 278 7878

For Envirocall, Night Noise Team, Repairs Centre & Out of Hours Social Work Support