



## NEWSLETTER

January 2019  
No. 218

# A HAPPY AND HEALTHY 2019 FROM THE TIME EXCHANGE

We really enjoyed catching up with members and friends both old and new at our Annual General Meeting at the Stanton Street Lounge in December. We'd like to say a big thank you to everybody who came along, and to those who contributed all the amazing food. Of course we have to mention the highlight of the evening, the wonderful piano playing from the younger generation in attendance!

Our AGM is an opportunity to celebrate our achievements in the year gone by, and we were pleased this year to report that more than 3900 hours have been exchanged following member requests, and that the office has provided over 1500 hours of one to one support. Our top time bankers this year were Charles Gardiner, John Murtha and Geoff Brown, and we thank them for all they have contributed over the year.

We also looked back on the events and activities we've facilitated over the course of the year, including all of our environmental work, both in the Bike Garden and on the Street Planters – a big thank you to all of the gardening team for their continued hard work. We've particularly enjoyed the Wellbeing Walks with local groups including organisational member Keyring, where we've visited locations such as Housesteads Roman Fort, Amble, Plessey Woods and Bolam Lake. We'd also like to thank Time Exchange member Tina for volunteering her time to run the jewellery upcycling workshops, teaching others how to make their own jewellery.

We now look forward to a busy and successful 2019.

## WHAT'S ON THIS MONTH

### TIME EXCHANGE GARDENING SESSIONS

Our Street Planter team are taking a break during January.

There are lots of other gardening activities taking place this month – see inside for details.

### ARTHUR'S HILL / WINGROVE LITTER PICKS

**Mondays 10am-11am**

Meet at the Bike Garden

**Wednesdays 9.30am**

Meet outside Madina

Food Stores

**Saturday 19<sup>th</sup> January**

11am - 1pm

Meet at the Time  
Exchange.

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/theti  
meexchange/](http://www.facebook.com/theti<br/>meexchange/)



Activities restart at the Nunsmoor Centre in January. On Thursday 10<sup>th</sup> January, why not pop in to the Parent and Toddler Group 9.30-11.30am, and the Toy Library reopens that day from 11.30 am -12.45pm The English Conversation Classes restart on Thursday 10th January at 1.30pm and on Friday 11th January, with crèche provision at 1.30pm. The Junk Music Sessions restart on Tuesday 22nd of January. There are some places still available. Please contact the Nunsmoor Centre for more details and to register. The Arts and Crafts Group restarts on Friday 25th January.

## 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)

- **Geoff is looking for a kitchen stool, medium height**
- **Farah would like a hot water bottle**
- **Jacqui has a Romer child's stage 2 car seat with harness (for 2 years plus) available.**
- **Lynne has a 10,000mAh Solar Power Bank 2USB Portable Charger for phone/iPad/GoPro on offer.**
- **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.**
- **Anna is looking for a lawnmower.**
- **Shamaila has a DVD/Cassette player on offer.**
- **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, an electronic chess game, a 24 hour plug timer and some photo print paper on offer.**
- **Tyrone would like an arm chair, a cooker, a washing machine, a Sony PS3 and a dining table & chairs.**

## SPOTLIGHT ON JOHN – A MEMBER SUCCESS STORY

2018 was a year of significant change for Time Exchange member John Murtha. He began the year being made redundant from his job as a cleaner in a school, and was forced to move from working life into a life spent in front of a computer screen, attempting to navigate the complex Universal Credit system, and learning to use a computer in order to complete the obligatory online job search. With help from Time Exchange members and staff, John gradually developed his computer skills, and after a frustrating few months of searching, was successful in securing a job as a Domestic at the Royal Grammar School in Jesmond! John is over the moon to be working again and is enjoying the varied work and getting involved in all aspects of school life, particularly the drama and music. He told us 'If it wasn't for the Time Exchange I'd have had nowhere else to go, as the libraries have limited access and they're so busy that you can't always get the help you need. Being able to come into the Time Exchange has been essential for me. In return I'm able to offer my skills by doing litter picking, letter posting and shopping. This helps me feel like I'm giving something back.' We wish John all the best in his new job.

Do you have a good news story to share with the Time Exchange? We'd love to hear about the exchanges you've enjoyed, the support you've received from the office, and how the Time Exchange has made a difference in your life, so that we can share positive outcomes with our members, friends, supporters and funders. Please get in touch with your stories!

## **DO NOWT AND YOU GET NOWT!**

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: We've heard so much of the horrors of some 'fast food,' now we're living in a world of 'fast fashion' too!

In an exclusive interview with fashion guru, Stella McCartney, she told 'The Bore,' "Only 1% of clothing bought is recycled. Many items of clothing aren't even washed a single time before ending up in the bin. Much of it is such rubbish that it wouldn't even survive more than 2 or 3 washes and it angers me!"

Her claims were backed by an equally angry M.P. Mary Creagh, chair of the Government's Environmental Audit Committee, told me, "With T shirts for as little as £2 and dresses for £5, charity shops can't continue to be the dumping ground for the high street's dirty little secret! She's quizzed executives from Primark, Topshop, Boohoo and Marks and Spencer. She's really called them to account, investigating those such as Boohoo, Pretty Little Thing and Missguided, who trade online, demanding they face her committee or be prosecuted!"

Mary went on to remind me what I was already aware of, that many of our clothes are made by children, working across the world as 'modern day slaves' working for sometimes barely survival pay and that disgusts me, still further. Stella and Mary are near neighbours in Warwickshire and I think born to meet!

For myself, I'm far from perfect but many of the best clothes I own, I bought second hand and have had them for years, because they don't need throwing out!

Back to Stella and she told me, "It's wonderful, like your Time Bank, that some modern day charities are, at last making people aware of this crime against the world we inhabit but Governments need to get their acts together instead of relying so much on those same charities!"

**AN HOUR SHARED IS AN HOUR SPARED!**

## **WINTER GARDENING ACTIVITIES**

**It might be too cold outside for most gardening jobs but there is still plenty for our gardening team to be getting on with throughout January...**

### **Garden Tool Maintenance**

**Come along and help us to clean up and service all of our garden tools ready for the season ahead.**

**10am - 12pm Thursday 10<sup>th</sup> January at the Bike Garden**

**10am - 12pm Thursday 17<sup>th</sup> January at the Bike Garden**

### **Outdoor Planter/Bed Preparation and Tidying**

**Digging and clearing the beds ready for spring planting.**

**10am - 12pm Thursday 24<sup>th</sup> January at the Bike Garden**

**We are also running a couple of indoor gardening sessions:**

### **Sprouting Seeds**

**Learn how to grow sprouting seeds for winter salads.**

**1pm - 3pm Thursday 17<sup>th</sup> January at the Time Exchange**

### **Herbs & Spices, planting for windowsills**

**Create an indoor herb and spice garden.**

**1pm - 3pm Thursday 24<sup>th</sup> January at the Time Exchange**

## **RAISE MONEY FOR THE TIME EXCHANGE**

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

## **A FOOL'S PHILOSOPHY**

A healthy bank balance, a home of our dreams and a clean bill of health can be worthless!

If we lose hope, we lose all else. It's surely, therefore, our most valuable asset!

## **CONTACT US**

**Theresa / Sunnie/ Rachael**  
**235 Stanton Street**  
**Arthur's Hill**  
**Newcastle upon Tyne**  
**NE4 5LJ**

**Email:**

[info@thetimeexchange.org](mailto:info@thetimeexchange.org)

**Telephone: 0191 2450663**  
**0191 2453814**

### 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