



## NEWSLETTER

January 2018  
No. 206

### ALL THE BEST FOR 2018!



We would like to say a big thank you to all of our members and friends who came along to our Annual General Meeting and Winter Celebration and made it such an enjoyable evening. Particularly we'd like to thank all those who helped on the night and who cooked and donated food for us all to enjoy. We were pleased to present Charles Gardiner, our top time banker for this year, with his certificate for earning 297 time credits over the year, largely through his gardening work.

It's been another busy year at the Time Exchange office, supporting our 165 individual members plus their families, as well as working with 34 partnership organisations. Time Exchange members have been exchanging a range of different skills and services throughout the year, earning a total of 3042 credits – this works out at nearly 60 hours exchanged each week! We look forward to working with all of our members and partner organisations to make 2018 another successful year.

## WHAT'S ON THIS MONTH

### TIME EXCHANGE GARDENING

The Time Exchange gardening team are taking a break for the winter.

### ARTHUR'S HILL / WINGROVE LITTER PICKS

**Mondays 10am-11am**  
Meet at the Bike Garden  
**Saturday 20<sup>th</sup> January**  
11am - 1pm  
Meet at The Time Exchange at 10.50am.  
Please bring gloves if you have them.

### MEMBER STATEMENTS

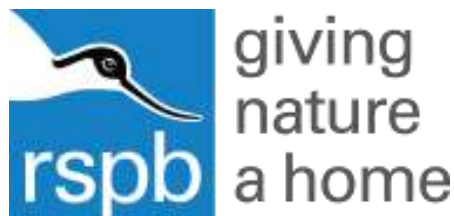
If you would like to know how many credits you have please give us a call.

### TIME EXCHANGE FACEBOOK ACCOUNT

Check out our Facebook page, please visit and LIKE us!  
[www.facebook.com/thetimeexchange/](http://www.facebook.com/thetimeexchange/)

### WASSAILING AT THE BIKE GARDEN

Date to be confirmed for late January. Contact us nearer the time for details.



## BIG GARDEN BIRDWATCH

The dates are in! Join us for Big Garden Birdwatch 27 - 29 January 2018.

Around 500,000 people took part in the last birdwatch. That's a LOT of birds counted! Now it's your chance to join in, and count the wildlife that's counting on you. Request your FREE pack now.

Read more at <https://ww2.rspb.org.uk/>



### Nunsmoor Centre Trust

The Parent and Toddler Group and Toy Library sessions restart on Thursday 11th January 2018 from 9.30 - 11.30a.m.

This provision is open to everyone. You will all be made very welcome.

## 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)

- Farah has some mugs and tea towels, lots of soft toys for kids, Children's white bedroom curtains from Ikea with animals on and 2 x toddler mattresses, outside games for kids including an inflatable goal for football and a pogo stick and metal shelves from Ikea.
- Haifa has a single mattress, a fridge, kitchen items, a black coffee table, an office chair and a TV table.
- Fatema has a small memory foam dog bed on offer.
- 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 some gift wrap (new baby and wedding), a 'magic charger' for an Apple magic mouse, 2 packs of 4"x6" photo print card, and a box of Espresso Martini fudge on offer.
- 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?

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.

## KEEP OUR STREETS CLEAN AND TIDY

Help to keep our area looking clean and tidy by reporting any graffiti, fly tipping and dog fouling.

Ring Envirocall on 0191 278 7878 or you can use the online reporting system:

<https://envirocallservice.newcastle.gov.uk/welcome-to-envirocall>

The Time Exchange will even offer members credits, should they need to report anything!

If you need to recycle any household goods in a hurry, here are some useful contacts:

- ❖ Community Furniture on 0191 265 9267 for furniture recycling
- ❖ West End Refugee Service on 0191 273 7482 for clothing, toys, bric-a-brac bedding and kitchen equipment.
- ❖ Envirocall on 0191 278 7878 for bulky article collections (charges may apply).
- ❖ Join the Freegle and Freecycle networks on [www.ilovefreegle.org](http://www.ilovefreegle.org) and [www.freecycle.org](http://www.freecycle.org) to help reduce waste and landfill.



## DO NOWT AND YOU GET NOWT!

**Geoff Brown, 'The Local Bore, You can't Ignore,' writes:** I was about to begin ranting about our ever increasing costs of living and homelessness, until I received a copy of our AGM report and was physically and spiritually moved. I considered just how lucky I was to be an 'Exchange' member and asked myself if both governments and business could learn a lot from the world of 'Time Banking!'

After all, time based currency has been around for nearly 200 years, since the concept was first mooted by Welsh socialist reformer, Robert Owen and later models by other economists. It really took off in the 20th century in America when 'Time Dollars' were introduced by Edgar Cahn and Josh Warren. They also vaunted 'exchanging' as a way of community building too, something we're no strangers to! As I hobble around on my daily business, I'm amazed at just how many faith groups and nationalities are represented here in a tiny area and I rarely hear a 'wrong word.' I'm advised in AA, not to look for the differences in people but the similarities and whilst we'll never have a perfect world, it can help point us in the right direction!

In The Time Exchange, we're offering an ever increasing number of skills as our membership grows and I think we serve the local community well, with all our environmental projects, constantly improving the local area as a place to live and stay, as we constantly promote fitness and healthy eating. If we were larger, is it not possible that we could operate both a shop and a bank? After all, our Time Credits never go amiss and we often share meals with fellow members. Perhaps we could help with housing at some point, too!

At times all economic models such as capitalism, communism and the co - operative movement have failed us in various parts of the world, so perhaps that's where we should take over!

ALL THE BEST FOR 2018!

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

## Volunteers needed

### To light up the winter



**Clever ideas? Creative? Musician?**

**Good with crafts, making hot drinks,  
or happy to help clear up?**



**Help plan or take part in **Wassailing**  
Event to Wake up the Community Orchard  
in Nunsmoor Park in January 2017.**

**If you would like to get involved, please contact:**

Time Exchange Tel: 0191 2450663

[www.facebook.com/gw.bikegarden](http://www.facebook.com/gw.bikegarden)

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



This activity is supported by the WEA Greening Wingrove projects Community Innovation Fund which is funded by the Big Lottery as part of the Communities Living Sustainably programme.



## CHRONICLE WISH 2017

**The last WISH token was printed in the Saturday 6th January edition of the Evening Chronicle.**

**Please can you drop off any remaining tokens at the Time Exchange office before Monday the 22<sup>nd</sup> February so that we can send them in to the Evening Chronicle.**

**Thank you to everyone who has helped us collect tokens!**

## 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](http://www.easyfundraising.org.uk) then shop on any of your favourite shopping websites.**

## A FOOL'S PHILOSOPHY!

Is there much more to 'dots,' than we believe? They formed the earliest cave art, created over 40,000 years ago as a form of communication. Nearly 250 years ago, Braille let the blind see with his language formed entirely from dots!

## 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

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

### Newcastle Private Rented Service

Contact the team on 0191 277 1438 or email [privaterentedservice@newcastle.gov.uk](mailto:privaterentedservice@newcastle.gov.uk)

### Shelter North East

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