



NEWSLETTER

March 2018
No. 208

WHAT'S ON THIS MONTH

TIME EXCHANGE GARDENING SESSIONS

The Time Exchange gardening team will restart street planter maintenance later this month. Get in touch if you would like to get involved.

ARTHUR'S HILL / WINGROVE LITTER PICKS

Mondays 10am-11am
Meet at the Bike Garden

Thursdays 2pm-3pm
Meet on Severus Road near Baldwin Ave.

Saturday 17th March
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.

LOCAL NEWS

Do you have something you would like to include in our next newsletter? We are always keen to share information about local events and activities.



HAPPY 18TH BIRTHDAY TIME EXCHANGE!

Did you know that we have been running for 18 years? How time flies....! A group of local residents set up the Time Exchange in March 2000 and now in 2018 we're still going strong.

We've helped members exchange thousands of hours of fantastic skills and the drop - in service regularly provides essential information and support to local residents.

We have run a number of environmental projects helping residents to improve the look of the local area. The photo shows one our first street clean up days.

The secret of our success is down to the continued support of all our members and friends, we have achieved so much over the last 18 years. Thank you to you all.

We hope to go on and celebrate another 18 years!

HEALTHY SPRING WALKS

The Time Exchange is organising a series of group walks, taking in local nature spots or parks around Newcastle / South Northumberland. If you're involved with a group and you might be interested in getting out and about and exploring the local area, get in touch with us.

We can arrange transport if required, and will provide two trained walk leaders.

Refreshments will also be provided back at the Bike Garden after the walk.

THE BIG LEARN

Do you want to gain some new skills?

The Big Learn are offering fully funded, flexible, fun, short courses.

Choose from over 20 fully accredited industry recognised qualifications - including Customer Service, Managing Difficult

Behaviour, Information and Guidance, Understanding Autism, Equality & Diversity, Mental Health Awareness, Retail, Warehousing and Team Leading - to learn at a time that suits you at your own pace.

If you are interested, get in touch with the Time Exchange.

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)

- The CHAT Trust are looking for an under-counter fridge
- Rachel is looking for an old style double wardrobe & a fleecy hat.
- Tyrone would like a fridge freezer, vacuum cleaner, coffee table, leather sofa & chair, a kettle and a toaster
- Alice has a garden mower on offer
- The Time Exchange has an electronic chess set, a selection of classical and easy listening CD's as well as fiction and non-fiction books on offer.
- Farah has some mugs and tea towels, a plastic bag holder, a vegetable rack, 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.
- Fatema has a small memory foam dog bed on offer.
- Lynne has a 'magic charger' for an Apple magic mouse and a box of Espresso Martini fudge on offer.

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

NEWCASTLE WASTE LESS SAVE MORE – MARCH EVENTS

THURSDAY 8TH MARCH - LET'S TALK FOOD WASTE. PAYF DINNER, WASTED BAR AND FILM NIGHT!

We're excited to invite you all to an evening full of food, drinks, cinema and live music at Summerhill Bowling Club. 6.00pm-7.30pm: The Magic Hat pay-as-you-feel Café will be serving delicious food made from surplus ingredients accompanied by live music and the Ugly Duckling bar.

7.30pm-9.00pm: We will be projecting the documentary 'Theatre of Life' which tells the story of a collection of world renowned chefs cooking for refugees and the homeless in Milan.

MONDAY 12TH MARCH - SUNDAY ROAST LEFTOVERS WORKSHOP

Our next workshop will focus on how to turn your Sunday dinner leftovers into tasty new dishes! Each participant will also receive a free Food Saver Kit so not one to miss! Spaces are limited and booking is essential so message us on facebook or email us at newcastlewasteless@gmail.com to book a place! Please note meat products will be used for some of the dishes.

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't ignore,' writes: I was so humbled a couple of weeks ago when the 100 years of women's rights were marked! I was even more pleased that three of the leading figures in the movement were ladies from our region and felt so humble, thinking that whilst I'd done much wrong in my life I've campaigned for equality since childhood, so had at least played a part in something worthwhile.

How a human being can not be served equally whether it be through race, gender or religion has never ceased to shock me! The seeds were sown, I think, by my own grandmother, who through her church campaigned for women's rights in India and Pakistan, at a very young age. My life later took me to South Africa, where I fought against white rule and am now proud to be part of The Time Exchange, where even levels of ability are equal, as is everything else. I think it's that, almost devotion to equality, that has maintained my long term support and equally their tolerance of this awkward old so and so which has prolonged it!

Myself aside and what we're celebrating, three of the leading lights in the battle for women's rights came from our very region, Emeline Pankhurst from Morpeth, Kathleen Brown from Newcastle and Marion Phillips from Sunderland. I spoke to one of our recently elected female M.P.'s, Anne - Marie Trevelyan and she's urging even more women to stand for public office, arguing that they number only approximately 200 in The House of Commons out of a total of over 600!

Come on ladies, you've some catching up to do but you've at least an equal platform on which to stand and we can then fight against more of this world's injustices. Our very own, Chi Onwurah has consistently voted for gay rights and female workers' rights!

AN HOUR SHARED IS AN HOUR SPARED!

SPRING IS COMING.....



There might be lots of snow on the ground but we've been making plans for the spring. The gardening team are working hard putting together funding applications to ensure we can continue our work on the street planters as well as all the events and activities in the Bike Garden. We have already received £4000 from Grow Wild to run regular events to establish a wildflower corridor in the area. Watch this space for more news!

TIME EXCHANGE FUNDING NEWS

All our hard work is finally paying off as we have secured yet more funding for the Time Exchange. We are pleased to share the news that the Fogo Fund at the Community Foundation have awarded us £3000 towards our running costs.

We also heard today that the Allen Lane Foundation have offered us a grant of £5000. We still have more funding to find for the next year but we are nearly there - fingers crossed!

There are ways in which you can help out too. Easyfundraising - if you shop online you can help us raise funds. All you have to do is log on to www.easyfundraising.org.uk

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

A FOOL'S PHILOSOPHY!

How do hot drinks keep you cool in warm weather better than a cold drink? The answer is simple, as we're encouraged to sweat more, making us lose more body heat.

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

Westgate Residents - Fridays 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

Shelter North East

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