



NEWSLETTER

May 2018
No. 210

WHAT'S ON THIS MONTH

TIME EXCHANGE GARDENING SESSIONS

Thursdays 1pm - 3pm
Street planter maintenance.
Meet at the Time Exchange.
Get in touch if you would like to get involved.

ARTHUR'S HILL / WINGROVE LITTER PICKS

Mondays 10am-11am
Meet at the Bike Garden
Saturday 19th May
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.



NEW CRAFT SESSIONS AT THE TIME EXCHANGE

When & where?

Wednesday 16th May 12pm - 2:30pm at the Time Exchange

What & How?

Jewellery Up-cycling Workshop

Learn how to make your own jewellery by:

- Taking pieces of jewellery apart
- Exploring how different pieces of jewellery are made
- Experimenting with your own ideas

Who?

Led by Time Exchange member Tina Simbo

6 places available for time credits - first come, first served - so please call the Time Exchange to book a place.

If you have any unwanted or broken jewellery then please bring it along. All other materials and tools will be provided.

MEMORIES OF BRIGHTON GROVE

We will be very sad to leave our house on the corner of Brighton Grove at the end of April this year. It was 2004 when we moved in at the beginning of June with four refugee ladies from North Africa. We soon made ourselves at home and we all helped out at the Time Exchange allotment. Since then we have helped many homeless refugees and have many wonderful memories of our years here – the place where my Grandma and Grandad lived for many years and where my grandchildren have also grown up. We'll be coming back regularly to visit and hope 'Time Exchange' will continue to serve this area for many years more.

Michael & Pat Maurice.

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)

- Pat & Kim have six empty hanging baskets to offer.
- Sarah would like some coat hooks.
- Lynne has a double duvet cover on offer.
- Farah is looking for a baby monitor.
- Berta is offering some hair curlers, 2 glass jars, some baking shape cutters & a napkin ring.
- Safiya would like a dining table.
- Ronnie would like some guitar strings.
- Rachel is looking for an old style double wardrobe & a fleecy hat.
- Tyrone would like a fridge freezer, coffee table, leather sofa & chair, a cooker, a washing machine and a dining table & chairs.
- Alice has a garden mower on offer.
- The Time Exchange has an electronic chess set, two sky boxes (with remotes), and a Sanyo CD/Radio/Cassette Player on offer.

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

FANCY DRESS LITTER PICK

This month's Saturday Litter Pick has a bit of a twist – our volunteer Litter Pickers will be in fancy dress! The event will be on May 19th, meeting at the bus stop at the bottom of Dilston road at 11am, or at the Time Exchange at 10.50am. There will be cake and a cuppa provided back at the Time Exchange after the litter pick.

Fancy dress optional and there's no theme, so you can use your imagination! Please bring equipment if you have any but all equipment can be provided if not. All children welcome but must be accompanied by an adult.

Photos will be taken but please let us know if you don't want yours taken.

Wildlings Kid's Club @ The Bike Garden



**From 25th
April 2018**

Fun outdoor learning environment for children
of all ages to be creative and connect to nature....



* Outdoor Games * Garden/Wildlife Activities

* Art and Craft Activities * Hot/Cold Drinks

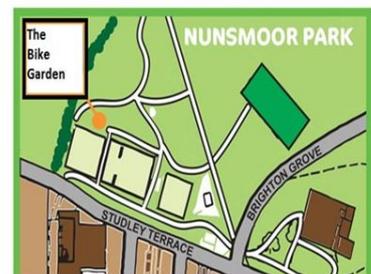


Every Wednesday 3.30-5pm

NOTE: Children must be accompanied by an adult

FREE but spaces limited so gates close at 3.45pm

Where? The Bike Garden is the old bowling green & pavilion in Nunsmoor Park, NE45NU



For more details contact:
The Time Exchange:

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: The news that we are sticking with the EU's General Data Protection Regulations after we leave is the best I've heard in years. After the recent Facebook scandal hit over 87million people, we can now control and protect our own data, rather than massive IT companies! I believe as we further enter the digital world, data is the new gold. My humble views were surprisingly, you might think, strongly supported by Lee Koo, who runs the consumer/community arm of CNET a massive media and communications company in the U.S. He's a mutual friend, who loves his family and fishing and abhors any intrusion into privacy. His company have often provided help to this I.T. idiot and not once have I been asked for any personal detail! Lee told me this week, "I think you folks in the U.K. and Europe are getting your act together better than we, in Trump's U.S."

Whilst sounding a little confusing for some, the new laws simply give us rights to have our data used, not abused and used for our own benefit too! If I learned something from my childhood and later training as a journalist, it's that privacy is paramount. Respecting that same privacy will ultimately reward both ourselves and those we deal with, whether family, friends, or organisations we work with or for.

Elizabeth Denham, the Government's new Information Commissioner, recently told a meeting of experts, "Even Artificial Intelligence, is not just the future but the present, as new facial recognition tools are being used by our law enforcers and if we all protect ourselves we can move into these new and exciting times together. If we've done nothing wrong, we've nothing to fear either!"

I feel a lot safer and hope you do too!

AN HOUR SHARED IS AN HOUR SPARED!

KEEPING IN TOUCH WITH THE TIME EXCHANGE

You've probably been contacted by a number of companies, charities or other agencies recently to ask you to agree to receiving further communications from them. You may also have received a recent email from us, asking you to do the same. That's because, under new Data Protection legislation, which comes into force in May 2018, we must get consent from all of our members to allow us to keep in touch.

In order to facilitate exchanges, arrange events etc., the Time Exchange stores information that you have provided - this is essential to the successful running of the Time Exchange. Under the new laws, we need your help to confirm you are happy with how we are storing and using this information. We have prepared an updated Data Protection Policy, which can be found on our website, or is available in our office for you to read.

All members, volunteers, employees, supporters and trustees of the Time Exchange will need to provide consent to the Time Exchange by one of the following means:

- Respond to our recent email entitled 'Time Exchange – Keeping in Touch', if you have received one, simply saying 'yes'.
- Complete a paper Data consent form and give to Time Exchange office (available at The Time Exchange office, or available to download from the website).

If you need any assistance to give your consent, please contact the Time Exchange office.

Unfortunately if we do not hear from you by 25th May to confirm that you're happy for us to keep in touch, we won't be able to send you any further newsletters or contact you in any way. So please do get in touch or pop into the office! We'd like to say a big thank you to all of those who have already responded to our email communication.

WEST END COMMUNITY BAKERY BREAD SALE DAY

On every 2nd Monday of the month, 11am-5pm. Next Monday 14th May.

All variety of freshly baked breads on sale - stotties, loaves, ciabattas and more! Support your local community bakery. ALL WELCOME!

**Follow 'West End Community Bakery' on Facebook
Call 0191 2734942
Website: www.edibleelswick.co.uk/bakery**

A FOOL'S PHILOSOPHY

A fact, rather than philosophy but Cambridge scientists have found a rare mineral in alpine plants which could help with cancer treatment. Not only that, it could be used in making optical devices and fibre optical cables too! You may have some in your own garden!

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

MONEY SAVING TIPS FROM OUR MEMBERS.

Remove the lime-scale that builds up in the kettle to make it work more efficiently and boil faster by using Citric Acid Crystals, which you can buy cheaply at the Brighton Oriental Food Stores, in the herbs and spices aisle. It looks like salt or sugar.

Boil some water in the kettle, enough to cover the element completely. Then add between 1 teaspoon and 1 tablespoon of citric acid crystals, depending on how much water you need to boil. Wait 5 minutes until the fizzing stops, and rinse with cold water. The lime-scale should be gone.

A kettle that is full of lime-scale not only looks terrible, but takes longer to boil and wastes electricity because the scale prevents the element from conducting heat well. Eventually the element can burn out if it is not descaled, so you'd have to throw it out and get a new kettle. Citric acid crystals are a natural product and environmentally friendly, not toxic.

When using toiletries in a tube, such as face or body cream, or toothpaste, when you can no longer squeeze any more product out, instead of throwing it away, cut the tube open about 2cm from the top end. You will find a lot more product in there, which you can use. When storing the cut up tube, wrap it in some cling film or place it in a jam-jar, to stop it drying out.

If you have any money saving tips you'd like to share in our newsletter, please get in touch!