



## NEWSLETTER

May 2019  
No. 222

## WHAT'S ON THIS MONTH

### TIME EXCHANGE GARDENING SESSIONS

**Mondays 10am-12pm & Thursdays 1pm – 3pm**

Street planter maintenance.

Meet at the Time Exchange.

Get in touch if you'd like to get involved.

**Thursdays 10am-12pm**  
Gardening at the Bike Garden.

Meet at the Time Exchange at 9.45am or at the Bike Garden at 10.15am

### ARTHUR'S HILL / WINGROVE LITTER PICKS

**Mondays 10am-11am**  
Meet at the Bike Garden

**Wednesdays 9.30am**  
Meet outside Madina Food Stores

**Saturday 18<sup>th</sup> May**  
11am - 1pm

Meet at the Time Exchange at 10.45am.  
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 FUNDING NEWS

We have fantastic news about the future of the Time Exchange.

We have received funding from Awards for All, Hadrian Trust and the Roy & Pixie Baker Trust. This much needed funding means we can increase our opening hours in May.

### Office Opening Hours

Monday – Thursday  
10am – 3pm

We are waiting to hear back from a number of other funders and we will let you know we get on.

## FUNDRAISING AND DONATIONS

Thank you for all your generous donations. We have raised over £900 in the last 3 months! Your support is very much appreciated.

We have now registered with a great free fundraising website Wonderful.org:

<https://wonderful.org/charity/timeexchangeltd>

Wonderful is a not for profit organisation and doesn't charge any service or processing fees to charities, meaning 100% of your donation goes directly to the Time Exchange.

You can donate anything from £1 and you can keep your donation anonymous if you prefer.

## OTHER WAYS TO HELP FUNDRAISE

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.

## 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)

- **Cath has some paving stones on offer.**
- **Charlie would like some shelves.**
- **Catherine has 2 blankets and a double duvet cover on offer.**
- **A member is offering decluttering, organising and filing of paperwork at the Time Exchange office.**
- **Katrina is looking for some plywood.**
- **Tyrone would like some ladders, preferably telescopic.**
- **Samira is offering a toaster.**
- **Sergio would like a wheelbarrow.**
- **Ronnie is looking for some large nails and/or screws.**
- **Jusna would like a washing machine.**
- **A member is offering an Easy Yo Yoghurt maker and a pedometer.**
- **Jeanette would like a casserole dish.**
- **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.**
- **Farah would like a baby stair gate, an old Sari, and has a children's pop-up tent and a hexagonal wooden table with hole for parasol in centre 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!**
- **The Time Exchange has an electronic chess game on offer.**
- **Tyrone would like an arm chair, a cooker, a Sony PS3 and a dining table & chairs.**

## NUNSMOOR CENTRE TRUST ACTIVITIES

**Youth Group - Mondays from 6.30-8.30p.m.**

**Junk Music - Tuesdays 5.00-6.30p.m.(still time to sign up)**

**Parent and Toddler Group - Thursdays 9.30 - 11.30a.m.**

**Toy Library – Thursdays 11.30a.m. - 12.45p.m. (everyone welcome just pop in)**

**English Conversation Class – Thursday/Friday 1.30 -3.00p.m.**

**Arts and Crafts group on Friday 4.00 -5.30p.m.**

**Contact the Nunsmoor Centre for more information or to book a place. We look forward to welcoming you.**

## VERTICAL VEG

**Spring Event: Ready, Steady, Sow!**

Saturday 4<sup>th</sup> May 1-3pm at the Bike Garden.

Celebrate the start of spring at our family friendly event. Get your free seeds to join the annual growing competitions for Potatoes in a Bag and Cheeriest Sunflower. Join our guerrilla seed bombers on a secret mission.

### Get Growing

Tuesday 14<sup>th</sup> May 6-8pm at the junction of Chelsea Grove and Westgate Road.

How do you start growing in a concrete front or back yard? Learn all you need to start growing some of your own food in containers. Plant salads, mint and nasturtium flowers to take home and start your first container garden.

## GARDENING REQUESTS

**Don't forget that you can use your credits for gardening and gardening advice. Helen is available on Monday afternoons.**

## GARDENING VOLUNTEERS WANTED!



Now that the nicer weather is finally here, come and join our team of gardeners in the Bike Garden or working on the street planters. A healthy way to earn some time credits!

It's a busy time of year for sowing and planting in the Bike Garden. There's always lots of weeding to do too. The Bike Garden is a lovely relaxing place and we welcome volunteers of all abilities to come and join us.

Helen and Matt are trying to keep on top of the weeds and litter in the street planters across the Arthur's Hill Terraces. This is essential gardening work to keep our streets green and tidy. It doesn't require specialist knowledge or any heavy digging etc. If you are interested in getting more involved in improving the street planters and would like plant up a planter near your home, let us know and we can provide seeds, plants and tools.

## MONEY SAVING TIPS/ADVICE

The Money Saving Expert website has a free pdf booklet on mental health and debt:

[https://images6.moneySavingExpert.com/images/documents/mentalhealthguide\\_new\\_October\\_2018.pdf](https://images6.moneySavingExpert.com/images/documents/mentalhealthguide_new_October_2018.pdf)

## SKILLS SHARING AND MORE...

Now that things are looking more secure for the Time Exchange we would like to be able to offer more events and activities for our members.

**Do you want to learn some new skills or do you have some skills you would like to share with others? Do you want to meet up with other members?**

**We've organised all sorts of different activities in the past such as cooking, crafts, gardening and healthy walks.**

**We would love to hear your ideas. Give us a call, send us an email or pop in to have chat.**

## **FOOLS PHILOSOPHY**

Why we should listen to trees:

*Spending time in natural environments has been shown to boost physical and mental health - it works too, try listening.*

## **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 - 3pm

Friday - Closed

## **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

## **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

### Search

0191 273 7443

Advice and Information for older people and their carers