



NEWSLETTER

February 2020
No. 231



NATURE WATCHING WITH WILD WEST END

Thursday 13th February 10am – 12pm at the Bike Garden. Meet at the Time Exchange at 9.45am or join us in the garden.

Come and join the Time Exchange and Wild West End, for Nature Watching in Nuns Moor Park and the wooded area next to Nuns Moor Play Centre.

At this time of year the birds are starting to sing to mark out their territories and to find a mate, groups of long tailed tits can be seen in the hedgerow and groups of starlings fly from tree to tree.

Getting outside and watching nature can help with depression, so if you are suffering from the winter blues come and join us! We will quietly observe, and for those who would like to, there will be sketchbooks to draw or describe what you can see. Afterwards, we will have tea at the Time Exchange.

Please wear warm clothing. We will bring some camping chairs for those who need them. Children welcome with parents/carers. If you are interested and can't make this date, please let Time Exchange know.

WHAT'S ON THIS MONTH

TIME EXCHANGE GARDENING SESSIONS

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

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

Contact the Time
Exchange for details.

Monday & Thursday Street Planter Sessions

The gardeners will start
sessions again towards
the end of February

ARTHUR'S HILL / WINGROVE LITTER PICKS

Mondays 10am-11am
Meet at the Bike Garden
Wednesdays 9.30am

No sessions during
February

Saturday 15th February
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.

GARDENING SESSIONS IN THE BIKE GARDEN

The Time Exchange is running sessions in the Bike Garden based around "science and maths in the garden". Activities will include a demonstration of the science of composting, a session identifying wildlife (birds, mammals and invertebrates) and discussing what we can do to improve wildlife habitat in the garden as well a landscaping and planting activity to demonstrate the use of maths in the garden. Attendees will be invited to a trip to Durham Botanical Garden in March where we will be taken on a science-based tour with the Head Gardener. Come along to our Thursday gardening sessions if you are interested in getting involved.

GARDENING FOR MEMBERS



Spring is nearly here and our gardening team are getting ready for a new growing season. It's time to start preparing gardens and yards, and Helen, our gardener, is on hand to help. If you'd like Helen to come to help you to prepare your garden for the year ahead, please contact the Time Exchange office to arrange for her to visit. Helen's help is available for credits – 1 credit per hour. She's available on Mondays and Thursdays.

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

OFFERS

- The Time Exchange has some baby spider plants on offer.
- Lin is offering a double airbed, a children's balance bike (age 3-5) and a Roberts FM/DAB radio (faulty).
- The Comfrey Project is offering some embroidery threads and patterns.
- Lynne has some artist's paints (oil, watercolour and acrylic) and paintbrushes on offer. She is also offering some oven cleaner and wood floor polish.
- Dennis is offering 14 x brass door handles.
- Kavita is offering a baby bouncer, an ironing board and a clothes rail.
- The Time Exchange has a sewing machine available for use in the office. We also have a pump for any flat tyres!

REQUESTS

- The gardeners would like some squared/graph paper for garden plans.
- The Time Exchange is looking for old (working) mobile phones with a charger.
- Jill would like some knitting patterns for children's clothes or toys.
- Taymar is looking for donations of fabric, toy stuffing, cushion filler and old lampshades.
- Jeanette would like a stool to use with a drum kit and a casserole dish with a lid.
- Helen would like a compost caddy.
- Lynne would like some seed packets.
- Sarah would like to learn German.
- Tyrone would like an arm chair, a microwave, a Sony PS3, a dining table & chairs and some ladders, preferably telescopic.
- Jusna would like a washing machine.

UPCYCLING WORKSHOPS

Do you have an upcycling project idea you would like to share with us.

Is there a new upcycling project you would like to try out?

We are hoping to set up some informal workshops for Time Exchange members to share skills, learn something new.

Get in touch if you have any ideas or would like to get involved.

NEW YOGA SESSIONS



The Time Exchange is planning some "Introduction to Yoga" sessions this spring. We would like to hear from members who want to try something new or haven't done exercise for a while. Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. If you would like to get involved please get in touch.

ELSWICK COMMUNITY LEISURE

POOL OPENING HOURS

Monday 7.00 – 21.00

Tuesday 7.00 – 21.00

Wednesday 7.00 – 21.00

Thursday 7.00 – 21.00

Friday 7.00 – 21.15

Saturday 8.00 – 15.00

Sunday 8.00 – 15.00

Check out our latest studio timetable or Facebook or our website. A mix of different classes that will suit a lot of the community. Come along and have fun while getting fit in our classes which are led by our fantastic instructors.

Ring 0191 4814101 to book a space



A dementia friendly art and music project for older people and their carers.

A relaxed session to make and play simple musical instruments using recycled materials.

Every Tuesday at 2.30 - 4

21st and 28th January

4th 11th and 25th February

3rd 10th and 17th March

Contact nunsmoor.trust@gmail.com
or call 0191 277 4400 for more information
Nunsmoor Centre, Studley Terrace,
Fenham, NE4 5AH



Nunsmoor Centre Trust
a place for our community



YHN Community Investment Fund

WHAT IS A RADAR KEY?

A RADAR key allows disabled people to open locked accessible toilets all over the UK. If you have mobility problems or a hidden disability and plan to go on day trips or longer travels, getting one in advance is a very good idea.

Disabled toilets are commonplace and certain premises (including restaurants) are required to have them by law, but often they are kept locked to ensure they can only be used by people who need them. This can become a problem if a member of staff is not on hand with the key when you need it.

You can order a RADAR key from a number of organisations and retailers, including the [Disability Rights UK website](#) and the [Blue Badge Company](#).

There will be a small charge for purchasing a key, which should include the cost of delivery.

EMERGENCY CONTACT INFORMATION

Did you know that you can add emergency contact numbers (ICE) and medical information onto a smart phone. These can be seen on a locked phone if you're in a medical emergency or if your phone is found.

CONTACT US

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

Email:
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