



## NEWSLETTER

October 2019  
No. 227

## 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 19<sup>th</sup> October**  
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.



## COFFEE, CRAFTS AND CHAT AT THE TIME EXCHANGE

We're always looking for ideas to run more social activities at the Time Exchange and last month Sarah suggested we set up an informal crafts session for members. At our first session the group chatted about crochet and jewellery making and great way to meet other members who enjoy crafts.

Why not come and join us for our new monthly meet up to share ideas and chat over a coffee and biscuits!

Crafting is optional, just bring along your own project if you want to. The group are planning to meet again in October so if you would like to get involved give us call or pop in for more information.

## Fusion drumming!

Friday feeling? Try Fusion drumming at the Nunsmoor Centre 5-6 pm. Free, friendly and no musical experience needed. Drums provided. (For adults 16+) Tell a friend! Email: [nunsmoor.trust@gmail.com](mailto:nunsmoor.trust@gmail.com) for more details.



## MORE WAYS TO HELP RAISE FUNDS FOR THE TIME EXCHANGE

Here's how you can help fundraise for the Time Exchange when you shop on Amazon.

The Time Exchange has registered with [smile.amazon.co.uk](http://smile.amazon.co.uk).

When you shop online at [smile.amazon.co.uk](http://smile.amazon.co.uk) Amazon will donate to the Time Exchange.

Check our website for other ways to help us fundraise!

## 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://facebook.com/thetimeexchange)

### OFFERS

- Kavita is offering an ironing board, 2 steel pedals bins and clothes rail.
- Margaret has a computer (running XP) and monitor on offer.
- David had a shredder on offer. (not a crosscutter)
- Helen has 2 set of bookshelves on offer.
- Tamara has some Aloe Vera plants, Naga Chilli plants and English, Maths and Science GCSE revision books on offer.
- Catherine is offering the following items: a selection of books, some in french; ESOL exam papers, an exercise ball; some bubble wrap; mugs; suede cleaner; some unopened stuff for very curly, wiry hair, a man's suit jacket; size 7 women's boots; an ice cube thingy.
- Lynne has some wall plugs and screws, insulation tape, a microwave steamer and porridge pot on offer.
- The Time Exchange has a sewing machine available for use in the office. We also have a pump for any flat tyres!

### REQUESTS

- Una would like a digital alarm clock.
- Jeanette would like a stool to use with a drum kit and a casserole dish with a lid.
- Helen would like a compost caddy.
- The West End Refugee Service is looking for donations of any unopened toiletries
- Sabrina would like a double futon mattress, pillows, a chest of drawers a tennis set, a Brownies uniform (age 8-9), bamboo blinds 180cm or 160cm wide
- Lynne would like some textile place mats and old sewing, knitting or crochet magazines, seed packets and A4/A5 stationary or notepads.
- Taymar is looking for donations of old lampshades.
- Sarah would like to learn German.
- Tyrone would like an arm chair, a cooker, a Sony PS3, a dining table & chairs and some ladders, preferably telescopic.
- Jusna would like a washing machine.

The Time Exchange is looking for ideas from our members for our AGM coming up later in the year. We would like to put on an event to celebrate another great year with you all. What would you like us to organise? It could be a table top swap shop? Tombola? Crafts? Food? We're open to suggestions.

## DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: A new scheme to tackle online fraud, due to be in action this month has been delayed by up to 18months. As you might imagine, I'm angry and I bet some of my fellow members will be too!

In the run up to last year's Christmas alone, approaching £11million was lost by over 15,000 shoppers and as more of us shop online, some basic sums will tell us that we've lost billions since we chose to both shop and pay our bills from home. I spoke to Get Safe Online's 'gaffer,' Tony Neale, who told me, "There are a few basic tips, such as using credit cards rather than debit cards, buying via online payment sites and my own golden rule, always know who we're buying from."

In my humble opinion, it's one of the worst crimes, even worse than bank robbery, as they're robbing and ripping off private individuals of that they can ill afford!

Jonathon Davidson from the Financial Conduct Authority, told 'The Bore,' "An estimated £671 million was lost on U.K. payment cards last year, a 19% increase on the previous year." However, as they'd been set the task of tackling it by our leaders in Westminster, I told him they were failing us!

Their new moves seem simple enough, with more identity verification, more common requests for account holders' account details, mobile phone numbers and more.

However call me a fool if you like but the more 'gen' we disclose to anyone, anywhere, the more I believe we're at risk!

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

# ELSWICK COMMUNITY LEISURE CENTRE OPENING TIMES

## PUBLIC SWIMMING TIMES

Monday	12pm – 1.30pm 3pm – 5pm
Tuesday	9am – 9.45am 11.30am – 1pm 3pm – 5pm
Wednesday	9am – 9.30am 10.30am – 1.30pm 2.30pm - 5pm
Thursday	12pm – 1.30pm 3pm – 5pm
Friday	9.30am – 1.30pm 3pm – 5pm
Saturday	9am – 1pm

## GYM OPENING TIMES

Monday	12pm - 5pm
Tuesday	9am - 5pm
Wednesday	9am - 5pm
Thursday	12pm - 5pm
Friday	9am - 5pm
Saturday	9am - 1pm



**Reviving the Heart of the West End is a charity based in Benwell in Newcastle's West End. We offer a full range of personal and business development activities, projects and workshops. We work with a broad range of people who have a desire to become self-employed, or maybe are fairly new to self-employment and still need support and guidance. We offer a variety of themed workshops from writing your business plan, knowing your market and others. At RHWE we work with a lot of creative individuals to explore their ideas and support them throughout their business enterprise journey. As well as workshops we support people on a 1 to 1 basis to help with the technical support that is required.**

**To find out more you can contact us directly on 0191 226 7300 or email us at [info@rhwe.org](mailto:info@rhwe.org). Even better please feel free to come along to our open day on Wednesday 23<sup>rd</sup> October from 10 am to 2pm where we will have a number of exhibitors offering a range of exciting services.**

## **A FOOL'S PHILOSOPHY**

A famous inventor, Trevor Baylis produced a clockwork radio in 1992. Many of us may remember clockwork toys as children, so could we not develop the technology as a new form of green energy? This is not intended as a 'wind up,' either!

## **CONTACT US**

**Theresa / Sunnie**  
**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