



## NEWSLETTER

April 2019  
No. 221

### TIME EXCHANGE FUNDING CRISIS!

As many of you know the Time Exchange relies on grant funding to cover our running costs.

Funding for small charities like the Time Exchange is getting much harder.

We have not been successful with recent funding applications and if we do not raise much needed funds WE WILL HAVE TO CLOSE.

We need £3000 per month to keep the Time Exchange open to the public.

We are waiting to hear back about a number of other funding applications so the next few months are critical.

Please help us by spreading the word about our situation and the support you've had from the Time Exchange.

See on the next page ways you can help us fundraise or make a donation.

### NEW OPENING HOURS

The Time Exchange will be reducing office opening hours from Monday 1<sup>st</sup> April 2019.

<b>Monday</b>	<b>10am</b>	<b>-</b>	<b>1pm</b>
<b>Tuesday</b>	<b>10 am</b>	<b>-</b>	<b>3pm</b>
<b>Wednesday</b>	<b>10am</b>	<b>-</b>	<b>3pm</b>
<b>Thursday</b>	<b>10am</b>	<b>-</b>	<b>1pm</b>

We will still be organising exchanges and providing drop-in support as usual, but please be patient as some things may take us longer than usual to organise

### 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 13<sup>th</sup> April**  
11am - 1pm

Meet at the Time  
Exchange at 10.40am.  
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.

## 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.

So far we've raised £500 through donations. Thank you to all of those who have contributed.

## 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)

- **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 concrete/paving slabs, and 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.**
- **A few members are looking for help to set up an Ebay account and advice on selling items.**
- **David would like an indoor plant pot, 35cm+ diameter**
- **Sarah is interested in setting up a clothes swap event and would like to know if anyone is interested.**
- **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 a dish drainer, 2 sky boxes & remotes and an electronic chess game on offer.**
- **Tyrone would like an arm chair, a cooker, a Sony PS3 and a dining table & chairs.**

## GOOD LUCK KATRINA

Many of our members will know Katrina, who has been working for the Greening Wingrove CIC for the last few years as a Community Organiser. Katrina has been instrumental in bringing the community together to tackle issues around litter, recycling and fly tipping. Through Katrina's work, there are now a number of litter picking groups and individuals who go out on a regular basis to clean up our streets & park and keep the area clean and safe for all of the community. Katrina has also worked in local schools, educating children and their families on recycling and waste management. It is with great sadness that we say farewell to Katrina, as unfortunately funding has run out for her current role. We wish her good luck and success in all of her future endeavours, and know she will be missed by the local community.

## DO NOWT AND YOU GET NOWT!

**Geoff Brown, 'The Local Bore, You can't Ignore,' writes:**

Something I heard this week both distressed me and left me feeling my future may be rather empty! Over the years, 'The Exchange' has provided me with endless emotional, personal and practical support and the news that it could close its doors made my blood boil too.

At present, unless we find further mainline funding, that is the case! In my belief, The Time Exchange has proved and continues to prove to be the most welcoming door, in a very needy community. In the past year alone, our 161 members have found their way to 3317 hours of support to each other. That same support took the form of everything from car lifts to cooking, home repairs and home tidying, sewing and shopping as well as endless emotional support to name a few. As a member, as long as it's legal, our members seem to stop at nothing!

Our staff provided 563 hours of 'one to one' support, ever proving that they both care and are very much in demand. They've even shared their office space over the year with members' wanting to run their own pet projects.

As a project, we regularly fulfil many of the environmental needs locally, attending to the street planters in season and helping out in The Bike Garden, as well as tidying the streets we live in. We've run various 'pet' projects over the years, including 'Food for All,' 'Community Cafe Nights' and 'Skills Café', ever responding to the needs of the community.

We need just over £3,000 a month to carry on as we do, so surely there's someone, somewhere, who considers us a worthwhile outfit!

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

## VERTICAL VEG IN 2019

**Grow, Share, Learn and Eat 2019 Programme – full programme for the year available on request. Please find below details of the first 4 sessions.**

Learn from our community, and take away plants and seeds to grow at home. No previous growing experience needed.

### **Eating a more plant based diet.**

Date and Time: Thursday 28th March – 6pm to 8pm

Venue: 250 Phillip Street, NE4 5BH. INDOORS

Activities: What is it like to eat more plant based foods and less or no meat? Talk to experienced vegans, and taste different plant based foods. Bring your favourite vegan dish to share if you fancy.

### **Plan Your Container Garden, Sow Tomatoes.**

Date and Time: Tuesday 2nd April – 6pm to 8pm

Venue : Stanton Street Lounge, Stanton Street, NE4 5LJ.

INDOORS

Activities: What are the best crops to grow in containers and shady spaces? Make your own plan for what you want to grow this year. Sow tomatoes to take home (seeds and compost provided).

### **The Big Plant Swap...plus Grow a Triffid!**

Date and Time: Tuesday 30th April – 6pm to 8pm

Venue: 62 Dilston Road, NE4 5AA.

Activities: How to save money gardening? Bring along your spare plants to share and swap. Sow seeds of climbing squash, bean and achocha to take home and to grow your very own triffid! (seeds and compost provided)

### **Spring Event: Ready, Steady, Sow! BIG COMMUNITY EVENT**

Date and Time: Saturday 4th May – 1pm to 3pm

Venue: Greening Wingrove Bike Garden, Nunsmoor Park

Activities: Celebrate Spring at our family friendly event. Get your free seeds to join the annual growing competitions for Potatoes in a Bag and Cheeriest Sunflower; draw, rant or dream on our wallpaper graffiti; sow your own gourmet microgreens; join our guerilla seed bombers on a secret mission.

**All sessions are FREE to attend, but donations are welcome to help buy seeds and compost.**

## TOP RECYCLING TIPS

### **STAMPS**

Used postage stamps are collected by the RNIB. You can contact them to get a freepost envelope to send the stamps to them. Or bring them into the Time Exchange office for a member who is collecting them.

### **PLASTIC BOTTLE TOPS**

Used plastic bottle tops are collected by Lush. Wash them and then take them to Lush in Eldon Square or the Metrocentre.

## QUOTE OF THE MONTH

According to author, Mollie West Duffy, rejection can be good for us. When rejected in work or life generally, we should focus on what we do well, rather than dwelling on where we slipped up, that once. We are but humans, with feelings, after all!

## 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 – 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

## 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