



## NEWSLETTER

August 2019  
No. 225

### ELSWICK POOL TO RE-OPEN WITH FREE SWIMMING WEEKEND



**Elswick Swimming Pool is set to re-open its doors next month, after having been closed to the public for almost four years.**

Despite vigorous opposition from local residents, the pool was 'mothballed' in 2015, after a Council plan to prevent its closure by leasing it to an established leisure operator fell through.

Councillors called for a community group to come forward to see if a way could be found to manage the facility and in 2017 local residents set up a charity to take over the pool and secured a £150,000 grant from Power To Change to assist it.

Earlier this year, the City Council announced it would support the charity's efforts to re-open the pool and a schedule of works was agreed to get the building back into operation, most notably a complete refurbishment of the pool's plant room.

Work is still ongoing and contractors face tight deadlines to have the pool ready in time for re-opening its doors on 9 September.

It will operate on a limited timetable initially, but nine local schools are set to return to the pool and scores of local families have already signed up their children to take advantage of swimming lessons which will run every day. The previously popular women-only sessions will return and the pool board will be publishing a timetable on a brand-new website at the end of August.

To celebrate this massive achievement, **a weekend of free swimming for local children and their families will take place on Saturday 7 and Sunday 8 September.** Details of how to book places will be available on the Friends of Elswick Pool Facebook page shortly.

The management board will be looking for a number of volunteers to help run different aspects of the pool's operations and Time Exchange members will be able to earn credits while volunteering. A number of paid leisure attendant positions are also being advertised for those with suitable lifeguard qualifications.

### GARDENING AND LITTER PICKS

#### 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 17<sup>th</sup> August**  
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.

## SEARCH

### Serving older people in the west of Newcastle

Search is a charity that provides services for older people and their carers in the west of Newcastle, based on Adelaide Terrace in Benwell.

They offer a range of community activities, groups, one to one support, volunteering opportunities, advice and help with claiming benefits and accessing services. Most of their services are for people aged fifty and over except for the advice and information work which is for people over pension age and for carers of pensioners.

They run events and activities all through week ranging from knitting to singing and computers to coffee mornings.

Get in touch on 0191 2737443 or email [info@searchnewcastle.org.uk](mailto:info@searchnewcastle.org.uk) to find out what's on.

## 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)

- Lynne would like some textile place mats and old sewing, knitting or crochet magazines.
- Jeanette would like a casserole dish with a lid.
- Lynne has some wall plugs and screws, insulation tape, a gardening trowel, a microwave steamer and porridge pot on offer.
- Taymar is looking for some paving slabs and donations of old lampshades.
- A member is offering decluttering, organising and filing of paperwork at the Time Exchange office.
- Tyrone would like some ladders, preferably telescopic.
- Ronnie is looking for some large nails and/or screws.
- Jusna would like a washing machine.
- Anna is looking for a Driving Theory Book and CD.
- Theresa has some polystyrene bean bag filler on offer.
- Tyrone would like an arm chair, a cooker, a Sony PS3 and a dining table & chairs.
- The Time Exchange has a sewing machine available for use in the office. We also have a pump for any flat tyres!

## WONDERFUL FUNDRAISING!

We would like to organise some events and activities for members, including wellbeing walks and cooking sessions etc

We are using Wonderful.org fundraising page to raise some funds. Our target is £250.

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

Wonderful is a not for profit organisation and doesn't charge any 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.

So far we have raised £125, we're half way there!

## SWIMMING LESSONS AT ELSWICK POOL



Swimming lessons at Elswick Pool

Swim England Stages 1 - 10

From September!

Children's lessons £20 per month by direct debit or £50 for 10 lessons

Lessons Mon-Fri 4-6pm, Sat 9-11

To book, contact [lessons@elswickpool.co.uk](mailto:lessons@elswickpool.co.uk)

## DO NOWT AND YOU GET NOWT!

**Geoff Brown, 'The Local Bore, You can't Ignore,' writes:** What's happened in our political world over the past few weeks on religion has reviled me, angered me and made me ashamed to call myself British!

It's something I've encountered since my early childhood, with my Scottish father foregoing any possible inheritance to marry an English and Catholic lady. My own religion even predetermined which football teams I could play for, in my tender years.

I then went on to live in South Africa, during the darkest days of Apartheid where many people were regarded and treated as almost lower forms of life! Instead of going to university, I trained as a journalist with my local newspaper and began my fight against all forms of discrimination, whether racial or religious. Writing for other newspapers, as well as ranting on radio stations in neighbouring countries on my revulsion, I eventually had to leave the country in a hurry, charged with being a part of 'subversive activities,' something which could have landed me a lengthy jail term!

Today, I can only say, I'm more than wary which organisations I affiliate myself with. I'm a member of Alcoholics Anonymous, a worldwide organisation, whose 'only requirement for membership, is a desire to stop drinking.' They stress to new members, that they're not allied with any sect, denomination or creed, their primary purpose being to stay sober and help other alcoholics achieve the same. It's so rewarding to help a poor soul with a square meal on a cold winter's night, with other groups. I'm also a Time Exchange member and love it! All they ask of members is that they be willing to share skills and services, producing a unity and unity will always breed strength!. Approaching United Nations Day, their message is simple, "Let's reaffirm our commitment to heal our broken trust, to heal our broken planet and as we join in unity, leave no one behind!"

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



# Spitler Summer BBQ and Exhibition



**Saturday 3<sup>rd</sup> August, 11am -2pm. The Spitler, Morpeth Street, Spital Tongues, NE2 4AS**



**Come and join us for a BBQ lunch to meet your neighbours and celebrate the work of our local painting class. All welcome**

## SUMMER HOLIDAYS ACTIVITIES

**Nunsmoor Centre** Junk Music workshops on Sunday mornings. The Play Area is open Saturdays & Sundays 1-6pm come rain or shine! Children under 8 please bring an adult.

**Street Cricket in Nuns Moor Park** Age 8-15, Tuesdays 5.30pm - 7pm.

**FAR Centre** Daily activities throughout the summer holidays including sports, circus skills, days out and much more!

**Elswick Park Festival** 16th August 1pm - 4pm Lots of activities in for the whole family.

**Fenham Library** Summer Reading Challenge – Space Chase

**Contact us for more information about these activities.**

## **A FOOL'S PHILOSOPHY**

Can you always 'see eye to eye,' with friends and family? They've finally proven, something I've long thought! The eyes can display whether we're telling the truth by watching for pupil dilation and even what number we've in mind!

## **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**