



NEWSLETTER

December 2016
No. 193



WHAT'S ON THIS MONTH



TIME EXCHANGE CHRISTMAS OPENING HOURS

We will be closed from 12pm Wednesday 21st December until 10am Tuesday 3rd January.

TIME EXCHANGE GARDENING

The Time Exchange gardening team have taken a much needed break for the winter.

ARTHUR'S HILL LITTER PICK

Sat 17th December

11am - 1pm

Meet at Dilston

Road/Studley Terrace bus stop NE4 5AD.

Please bring gloves if you have them.

MEMBER STATEMENTS

If you would like to know how many credits you have please give us a call.

*WE WISH YOU
ALL A VERY
MERRY
CHRISTMAS
AND A HAPPY
NEW YEAR*



FIGHTING FOR FUNDING!

As many of you may guess, or have read in 'The News,' we're on our 'beam ends,' financially at present. That said, however, we received two real boosts this week, one a donation of £1,000 from local greengrocers, Hutchinson's and another from a member, of £500 who'd a 'whip around' amongst their friends, more than matching their donations with the rest coming from their own pocket. Our staff and Trustees have been 'hard at it,' over the past few weeks too, working on new applications to potential funders, so we're hoping to share some good news soon. It is important to remember though, that we've had our backs to the wall before and survived, so we hope to be able to share some good news soon!

In the meantime, we'd just like to say a massive 'Thank You,' to all those who've been involved in whatever way!

There are several ways you, as members, can help too, such as collecting the Evening Chronicle 'Wish' tokens printed in their paper every day. If you shop online, it's worth registering with Easy Fundraising, allowing you to raise funds every time you order.

ANNUAL GENERAL MEETING.

Yes, despite all the pressure we're under securing survival funding, we're holding our Annual General Meeting this month as usual. Unbelievably, we've reached a positive milestone of having had our doors open for 16 years this year, so we must be doing something well! Let's hope we're around for at least another 16 years or even more!

The meeting's set to be held on Saturday December 10th at 11.30am in The Pavillion Building of The Bike Garden. We're again joining forces with the Greening Wingrove CIC this year, so we're looking forward to hearing about all the fantastic work underway and already achieved, in the area. All members are more than welcome and homemade soup, freshly baked bread and refreshments will be on offer.

TIME EXCHANGE CHUTNEY



We've got lots of jars of homemade chutney for sale. We have Green Tomato and Apple Chutney as well as a spicy version for anyone who likes their chutney with a "bit of a kick". They would make a great gift but you need to be patient as they taste better the longer they are left!

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))

- Charlie would like a coffee table.
- Dennis has some small bayonet halogen candle light bulbs on offer.
- Lynne has some incense cones offer.
- Theresa is offering a cot mattress, mattress covers and sheets.
- Tim would like some exercise equipment.
- The following items are also on offer: navy overalls, size 12, a BT Business hub, an electronic tap timer, a fax machine, a toaster, a large white lampshade for a floor lamp and a selection of binders and lever arch files!
- We still have requests for a fridge, a washing machine, a freezer, a vacuum cleaner, storage boxes, a whiteboard, a writing desk and a garden shed.

TIME EXCHANGE CHRISTMAS OPENING HOURS



The Time Exchange office will be closed from 12pm Wednesday 21st December until we re-open at 10am on Tuesday 3rd January 2017. Please get in touch if you have any requests for over the holidays.

FESTIVE RECYCLING!



If you've any old or unused, cards, decorations and gifts, please drop them into the office. The cards and decorations will be used to more spectacular creations!

CHRISTMAS CARD MAKING!



Whether you're feeling 'arty crafty,' or just fancy a 'cuppa' and catch up with fellow members, we're holding two Christmas card making sessions this year. It's a great opportunity to earn some credits as well as getting into the 'festive mood!'

The first will be held on Tuesday December 6th between 2.00pm and 5.30pm and the second, the following day, Wednesday 7th between the same times.

All materials will be provided free, as well as hot drinks and mince pies. Feel free to bring along any old cards of your own too, as there can never be enough of anything, once real recycling gets under way!

If you are unable to get along on one of these organised days, feel free to give us a call as I'm sure we can arrange a time that suits everyone.

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: I'm sick to death of hearing our free NHS services are bankrupt! They may be low on cash but it doesn't take a fool to work out that the services are overused and abused. In Britain, we're living longer, our population's growing, so they must be doing something right!

The Health Service has just introduced a scheme, enabling sore throat sufferers to be treated by their local pharmacies, potentially saving millions each month. In the long term, as we become ever resistant to antibiotics, it could save millions a week and also help us live longer too, by using antibiotics, only when they're vital! Dr. Adam Roberts, a leading microbiologist, told 'The Bore' this week, "Approximately 1 in 10 of us, prescribed antibiotics, aren't suffering an infection and therefore don't need them. If we get well without them, we're not becoming resistant to them, ensuring when we do need them, they will work and we'll ultimately save on surgery costs, lead longer and more comfortable lives and free up funding for essential services."

It's not just savings on sore throats either which could regenerate ourselves almost and virtually re-fund the NHS! Their Chief Executive, Simon Stevens told 'The Bore,' "The most common ailments to rear their ugly heads during the winter months are, flu, heart attacks, strokes, pneumonia and depression, all of which can be drastically reduced by keeping warm." It seems so simple but if we look after ourselves, the NHS will be able to look after us.

The health service and associated charities have much free literature available on steering clear of surgeries, including their website, as well as information on receiving grants to help, those who're unable afford certain things too.

If this crazy old crock can avoid his G.P, I'm sure many more could do the same!

AN HOUR SHARED IS AN HOUR SPARED!

PROUD OF THE WEST-END!

We have been picking now for 18 months, rain or shine, every Monday morning between 9:30 and 11:00. Our recent focus has been to encourage local businesses to take responsibility for their pavement patch. We support our 'Business Champions' by giving a quick Monday pick and making a bespoke poster for their window/door. Most are more than willing to support us and *Fatoush Restaurant*, West Road, was already doing a daily clean-up!



Abbas of Rose Restaurant, Farouk of VKC Café & Hussain of Marwoin Mini Market



Iftikhar of Smart Phones



First Step ESOL



TJ of The Finest Barber Shop

In addition, each week we place our poster on the windows of the bus shelters we pick around. Some even stay up for a week! It's a good opportunity to push the message with people waiting for a bus or passing by.

QUOTE OF THE MONTH

"We must use time as a tool and not a crutch!"

John F. Kennedy.

CONTACT US

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Office Hours
Monday – Thursday
10am – 12pm & 2pm – 4pm

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

WHERE TO GET LOCAL ADVICE

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 (NWRS)

Public Advice Line - Phone: 0191 277 2627 Mon – Fri 9.30am – 12pm

Drop-in sessions

Westgate Residents

Every Monday 9.30am – 12pm Ryehill Centre, Colby Court

Wingrove Residents

Every Wednesday 9.30am - 12pm Nunsmoor Centre

West End Befrienders

Phone 0191 2724414 info@westendbefrienders.org.uk

Shelter

Phone 0344 515 1601 Mon – Fri 9am – 5.30pm

Crisis Support Line (Out of Hours Service)

0191 278 7878