



## NEWSLETTER

January 2017  
No. 194

### A HAPPY NEW YEAR TO ALL OUR MEMBERS AND SUPPORTERS!



We were able to celebrate in advance and in some style too, as we held our 16<sup>th</sup> Annual General Meeting in the Bike Garden. The Pizza Oven was 'fired up', offering us some scrumptious tomato, spinach and ricotta empanadas, two delicious soups and home baked bread, all as we were feted by a special performance by the SHE choir!



Special awards were also given to our top time bankers, with Charlie Gardiner and Marc Barber, just being beaten 'at the finishing post' by 'The Local Bore.'

We would like to say thank you to all our members for their hard work, support and commitment to the Time Exchange and for making all of our achievements possible.

## WHAT'S ON THIS MONTH

### TIME EXCHANGE GARDENING

The Time Exchange gardening team are taking a break for the winter.

### ARTHUR'S HILL LITTER PICK

Saturday 21<sup>st</sup> January

11am - 1pm

Meet at Dilston Road/West Road junction 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.

### TIME EXCHANGE FACEBOOK ACCOUNT

Check out our Facebook page, please visit and LIKE us!

[www.facebook.com/thetimeexchange/](http://www.facebook.com/thetimeexchange/)

### WASSAILING AT THE GREENING WINGROVE COMMUNITY ORCHARD

Date to be confirmed for late January. Contact us nearer the time for details.

## **TIME EXCHANGE CHUTNEY**

**We still have a few jars on offer. We have Green Tomato and Apple Chutney as well as a spicy version**

## **SKILLS UPDATE**

**Let us know if you are able to offer any of the following popular skills we are regularly asked for:**

**Car lifts  
Cooking  
Ironing**

**Home Repairs  
Decorating**

**Cleaning**

**Shopping**

**IT Support**

**Family History Research**

## **CHRONICLE WISH 2016**

**The last WISH token will be printed in the Saturday 9th January edition of the Evening Chronicle.**

**Please can you drop off any remaining tokens at the Time Exchange office before the 9<sup>th</sup> February so that we can send them in to the Evening Chronicle.**

**A huge thank you to everyone who has helped us collect tokens so far!**

## **HOPE ON THE FUNDING FRONT!**

We reported in the last 'News,' about our 'Fight for Funding' which is beginning to look a little more promising as we enter 2017!

It seems some of our hard work is paying off already, with the City Council's Wingrove Ward Committee providing us with a further £2,763 and £500 from Blakelaw's Ward Committee.

We've been invited to submit a second stage application to The Tudor Trust, which is extremely positive, as they've provided much of our funding over the past three years.

That said, we need the money in our bank in order to plan ahead, so we've several other applications submitted too and aim to seek still more potential benefactors.

It does all mean, though, that 2017 is showing promise, not despair!

## **COME ALONG TO OUR FIRST WEEKLY SKILLS SHARING SESSION!**



**We're always thinking of new ways to try and get more of our members to exchange their time and skills in more ways. Would you like to come along to the Time Exchange once a week to meet other members to share and learn new skills over a cuppa?**

**We're holding our first Weekly Social on Wednesday 25<sup>th</sup> January, 11am-1pm. We want to know if you think this is a good idea and if the answer is yes, what you would like to do at sessions? We'll do the hot drinks and some snacks. If you'd like to bring anything along, you'd be welcome!**

## DO NOWT AND YOU GET NOWT!

**Geoff Brown, 'The Local Bore, You can't Ignore,' writes:** I must wish all our readers all the best for 2017! I hope too, we can all remember just how lucky we are, free of terrorist attacks on New Years Eve and without poor Syrian refugee children having to sew to survive on our doorsteps!

My heart goes out to all those decent people in Turkey I grew to love over the years, now the apparent victims of them opening their doors to 3 million Syrian refugees over the last year or two. I write, of course, after yet another terrorist attack rocked the country as they welcomed in the New Year! However, the Turkish government, or large businesses operating there are no angels. I, therefore, write here, simply to make people aware that when they're next shopping, to make sure their clothing wasn't made by those poor children, forced to sew to survive! Many of the major clothes retailers on our high streets and online are selling those poor Syrian made clothes. I was first made aware of this a year or so ago by a special friend of mine, a former Turkish resident, Magda Margenfeld from Munich. Her daughter Angela married a Turkish accountant and she herself works for a major charity which, although aimed at helping the development of the young and underprivileged, never expected virtual slaves approaching them!

A BBC Panorama team, after my tip off, investigated the issue and their seasoned campaigning reporter, Darragh MacIntyre, was reduced to tears whilst secretly filming. Darragh told 'The Bore, "They're paid pitiful wages, work in horrific conditions and many can barely afford food!" The possible even greater scandal that Darragh uncovered, was that many of the clothes they made were sold in Marks and Spencer, Next and online at ASOS, all major brands. He duly contacted all three and as you may have guessed was told they were unaware of the issue!

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

## GREEN SHOW



**SPICE FM**  
98.8FM

Local news, views and interviews, live on the West End's Spice FM radio each Thursday from 12 noon to 2pm on 98.8FM.

The Green Show is targeted mainly at those living in Arthur's Hill, Spital Tongues, New Mills and Wingrove, but has an appeal for anyone interested in sustainable community-led initiatives. As well as a weekly events diary, it features information about local services and keeps listeners up to date with local issues.



In partnership with West End company Studio44North, it has just filmed a series of short videos to mark the second anniversary of the volunteer Arthur's Hill litter picks and is looking to make its radio recordings available for people to listen to online when the show is not on air. It has a Twitter feed @spicefmgreen and hopes to establish a Facebook presence.

Broadcasts in the next month will look at support for older people in our area, transport, local democracy and health. Local participation is actively encouraged and listeners are usually able to call the show live on air by calling 0191 273 9888 (option 1). Anyone wanting to take part in a show or contribute in any way should email [spicefmgreen@outlook.com](mailto:spicefmgreen@outlook.com) The Green Show is sponsored by Greening Wingrove and will broadcast until early March.

## QUOTE OF THE MONTH

*“Alone we can do so little; together we can do so much!”*

Helen Keller.

## 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

## 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))

- The Time Exchange has a lawn mower and a strimmer on offer.
- Sarah would like a coat rack.
- Charlie would like a coffee table.
- Tyrone has a PC monitor on offer.
- Lynne would like some food containers or ice cream tubs.
- Dennis has 6 small bayonet halogen candle light bulbs on offer.
- Lynne has some incense cones, fabric offcuts, vintage embroidery and lace, a table runner and a magazine rack on offer.
- Tim would like some exercise equipment.
- The following items are also on offer: a BT Business hub, an electronic tap timer, a fax machine and a selection of binders and lever arch files!
- We still have requests for a fridge, a washing machine, a DVD player, a freezer, a vacuum cleaner, storage boxes, a whiteboard, a writing desk and a garden shed.