



## NEWSLETTER

July 2017  
No. 200

# A DECADE OF DIVERSITY!



2007-2017

Help us to celebrate our community

Music, dance, arts & crafts, environmental activities, food, lots of information about what's on in your community and more!

**Saturday 8<sup>th</sup> July 12-3pm**

Find us at: Nunsmoor Centre, Studley Terrace, NE4 5AH

Tel: 0191 2261006



Everyone welcome!

## WHAT'S ON THIS MONTH

### TIME EXCHANGE GARDENING SESSIONS

**Mondays 1pm – 3pm**  
Street planter maintenance.

**Thursdays 10am – 12pm**

Gardening sessions at the Bike Garden.

### ARTHUR'S HILL / WINGROVE LITTER PICKS

**Mondays 10am-11am**  
Meet at the Bike Garden  
**Wednesdays 4pm–5pm**  
Meet at Madina Mosque, Wingrove Gardens.

**Saturday 15<sup>th</sup> July**  
11am - 1pm

Meet on Stanton Street.  
Please bring gloves if you have them.

### ELSWICK LITTER PICK

**Proud of the WestEnd!** (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.

### WELLBEING WALK

**Tuesday 4<sup>th</sup> July**  
1pm – 3pm

Meet at the Time Exchange at 12.45pm

## EID CELEBRATION GATHERING

We'd like to invite you to join us at the Time Exchange for an Eid celebration, to share food and meet other Time Exchange Members. Come along on Wednesday 5<sup>th</sup> July, 12pm – 2pm.

**A HAPPY, HOLY EID  
AND A HAPPY YEAR  
AHEAD!**

We'd just like to pass on our blessings to all our Muslim members, readers and their families.

You enrich our community with the passing of every day!

## WELLBEING WALKS

The Time Exchange has secured funding to run weekly walks in the local area.

We are working with some of our members to develop a menu of interesting walks including:

Nature walks

History walks

Gentle Walks

Fast Paced Walks

If you would like to get involved in the walks or would be interested in becoming a walk leader (training will be provided) give Sunnie at the Time Exchange a call.

## SIDNEY GROVE YARD SALE



## 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)

- We are looking for volunteers to help us out with some plant watering in the Bike Garden.
- Montse has a stainless steel drainer on offer.
- Shahnaz would like some help with ironing.
- Jo is looking for the use of a freezer, vacuum seal bags and plastic containers.
- Charlie would like a small wardrobe.
- Pat and Michael would like some bee and butterfly friendly shrubs.
- Helen would like some shelves or cupboards.
- The Time Exchange has a large double slot toaster and an iron on offer.
- Montse has a solid wood futon with mattress on offer.
- Farah has some children's games on offer and a small camping chair (ages 3-6).
- Dave is looking for a stapler.
- Katrina would like any type of camping equipment and is also looking for a 60cm wide kitchen cupboard.
- We regularly receive requests for large household items so please let us know if you have anything on offer.

We also receive regular requests for hospital escorts, car lifts and home repairs, let us know if you can offer your help! You can also earn credits by delivering newsletters each month so get in touch if you can help.

## DO NOWT AND YOU GET NOWT!

**Geoff Brown, 'The Local Bore, You can't Ignore,' writes:** It really frightens me as I speak to friends at present, who tell me they're struggling to make ends meet! I'm speaking here too, not about those who refuse to work but folks in so called professional jobs, who sometimes fight to put food on their tables!

In a joint report by debt charity, Christians Against Poverty and Newcastle based investments company, True Potential, up to 10% of those in serious debt, didn't have a bed to call their own. 91% had used some form of credit to pay essential bills, borrowed from family, friends, credit cards and bank overdrafts with most delaying seeking necessary help, simply aggravating an existing problem! "Personal debt has become the elephant in the room," True Potential's managing partner, David Harrison," told 'The Bore' this week. He went on to say that consumer confidence had crept up but there is growing concern that it's built on quicksand in the form of personal debt. David agreed with what I'd heard, pointing out that, "This is not simply about folks 'splashing the cash' they don't have but borrowing to get by, with the cost of living having increased by 2.7% over the past year, adding an average of £468 to household bills."

A long standing friend, senior social services worker in Sunderland, Tom Kirtley, called for action to help those affected even worse than himself. He and his wife Chris, have remortgaged their home twice, simply to help their daughters through University. He commented, "At least some positive measures have taken place with controls on payday loans and The House of Lords calling for an end to so - called 'rent to own' credit items but it's nowhere near enough. Successive governments have failed to get their act together, leaving the hard working hard up!"

Hexham M.P. Guy Opperman, who first alerted me to the hard road ahead, told me, "I'm certainly no prophet but I certainly saw a struggle ahead when setting up The Tynedale Community Bank and employing youngsters in my constituency office, giving them work experience." Another champion of localism, M.E.P. Daniel Hannan, said, "There's something amiss when 70% of us can't afford a fridge - freezer!"

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



### WELLBEING WALK AT LEAZES PARK

TUESDAY 4th JULY 2017

LEAVING AT 1PM TILL 3PM

Meeting point: Time Exchange

235 Stanton Street, Arthurs Hill, NE4 5LJ

Coffee, tea and biscuits afterwards

For more details:

Phone 0191 24 5 3814/ 0191 245 0663

E- Mail: [sunnie@thetimeexchange.org](mailto:sunnie@thetimeexchange.org)

## A HOST OF NEW SKILLS

**We're pleased to welcome several new members to the Time Exchange, who between them can offer a variety of skills. Popular skills being offered by our new members include companionship and hospital escorts, help at home, pet care, sewing, gardening and basic cookery. Our new members can also offer additional skills such as chemistry, physics and maths tuition, and art classes. If you'd like to receive any of these skills please contact the office.**

**We're in the middle of reviewing all of our members' skills, so if you have any new skills you can offer please get in touch and let us know. We'd also welcome ideas for future events and group exchanges that we can run here at the Time Exchange, as feedback around the Skills Café has been that members generally prefer one-to-one exchanges of skills, with small group exchanges set up on request. If you're interested in participating in a group skills exchange, such as a craft or cookery group, we'd love to hear your ideas.**

## QUOTE OF THE MONTH

*"Strength lies in our differences, not our similarities as diversity is strength!"*

Bill Wilson, Alcoholics Anonymous co - founder.

## CONTACT US

Theresa / Sunnie/ Rachael  
235 Stanton Street  
Arthur's Hill  
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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

## A BIG THANK YOU TO WESTGATE COLLEGE LEARNERS

We would like to say thank you to all the learners who volunteered with the Time Exchange last week. They all did a great job helping us with a street clean up as well as getting lots of jobs done in the Bike Garden too!

We received some feedback from them:

'I enjoyed helping others.' 'It was great fun.' 'I want to do more to help?'

'The streets were disgusting.' 'Can we do this more often?' 'I love being helpful.'

'I cannot believe people live in this mess!' 'It has made me really happy.'

'The community are happy and tell us we are doing a great job which makes me feel good.'



The feedback shows that there's always plenty to do out on the streets and that volunteers are much needed, and also shows the value to both community and participants of getting involved in volunteering. We hope to welcome them back in future to continue the good work – watch this space!