



## NEWSLETTER

March 2017  
No. 196

## WHAT'S ON THIS MONTH

**TIME EXCHANGE  
SKILLS CAFÉ**  
Every Wednesday  
11am – 1pm

**TIME EXCHANGE  
GARDENING  
SESSIONS**  
**Mondays 1pm – 3pm**  
Street planter  
maintenance.  
**Thursdays 1pm – 3pm**  
Gardening sessions at  
the Bike Garden.  
Contact the Time  
Exchange for more  
information.

**ARTHUR'S HILL  
LITTER PICKS**  
**Mondays 1pm – 3pm**  
Meet outside the Time  
Exchange.  
**Saturday 18<sup>th</sup> February**  
11am - 1pm  
Meet at the top of  
Brighton Grove. Please  
bring gloves if you have  
them.

**ELSWICK LITTER  
PICK**  
POW! (Proud of the West  
End) meet every Monday  
at 10am at the top of  
Bentinck Road outside  
the Arthur's Hill Garage.

**WELLNESS WALK**  
**Tuesday 7<sup>th</sup> March**  
**1pm – 3pm**  
Meet at the Time  
Exchange at 12.45pm.

## SPRING IS IN THE AIR AT LAST!



### **FOOD GROWING AND GARDENING SESSIONS IN THE BIKE GARDEN - THURSDAYS 1PM – 3PM**

Come along to our food growing and gardening sessions and help us grow vegetables, fruit, herbs, and pollinator-friendly plants, look after and improve our garden, and make compost. All volunteers are welcome – whether you are an expert gardener or have never gardened before, and whatever your abilities and fitness level. We have raised beds of varying heights to suit different mobility needs and wheelchair-accessible paths. We also have ground-level beds and borders to look after and might even construct new garden features. Seeds, plants, and edible produce are often available for volunteers to take home, and you can also spend time enjoying the garden. The sessions are run by Helen and Kerryanne, the Time Exchange Community Gardeners. Activities are aimed at adults, but children are welcome so long as they are with a responsible adult. You are welcome to come for the whole session or drop in for part of it, and there is no need to book. Please contact Time Exchange for more information: 0191 245 0663, [info@thetimeexchange.org](mailto:info@thetimeexchange.org)

## MORE FUNDING NEWS

We've received good news from the Elswick Ward Committee last month. They have awarded a grant of £1500 towards our running costs.

We are also due to hear back from the Tudor Trust at the end of this month.

If we are successful we will be able to increase our opening hours again!

We are also working on various other funding applications to support our environmental work.

Watch this space...

## HOW TO HELP FUNDRAISE FOR THE TIME EXCHANGE

**easyfundraising**  
.org.uk

The Time Exchange is registered with a fundraising website called 'easyfundraising'.

All you have to do is log on to

[www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)

then shop on your favourite shopping websites as normal and they will make a donation to us.

So far we have raised over £250 through members shopping online!

## SKILLS CAFÉ, THE STORY SO FAR

The Skills Café is now up and running on a weekly basis with Time Exchange members sharing all sorts of skills.

Future sessions will include:

- Language café – Conversational English
- Cooking – Pasta making
- Crafts – How to make microwaveable wheat bags
- Beauty Therapy – ideas and planning session

Please get in touch if you would like to get involved in the sessions, either to share your skills or to learn some new ones!

## STREET PLANTER SPRING CLEAN



The Time Exchange continues to work to improve our area and has been encouraging local residents to 'adopt' street planters near their homes.

Our gardener Helen Dawe is able to offer advice and assistance, seeds and plants and loan of gardening tools for those wishing to take on the maintenance of planters.

Residents can either take on planters themselves or club with neighbours.

Helen, Charlie and Matt will be working on the planters every Monday afternoon.

## REPORT ANY LITTER HOTSPOTS

Help to keep our area looking clean and tidy by reporting any graffiti, fly tipping and dog fouling.

Ring Envirocall on 0191 278 7878 or use the online reporting system: <https://envirocallservice.newcastle.gov.uk/fly-tipping>

The Time Exchange will even offer members credits, should they need to report anything!

## DO NOWT AND YOU GET NOWT!

**Geoff Brown, 'The Local Bore, You can't Ignore,' writes:** I'm so relieved that, despite the pressures of being P.M., Theresa May is set to continue her clampdown on disgusting domestic violence and abuse. She introduced new legislation as Home Secretary and vowed to further her much needed fight!

Last year alone, when surveyed, 1.8 million victims came forward, between the ages of 18 and 60. There were 1.2 million female victims, 651,000 male victims and 79% who didn't report their horrors. Many experts, however, point to child abuse, abuse of the elderly and estimated the overall figures could have been closer to 4 million! The P.M. herself commented that "It is a life shattering and abhorrent crime." However, she didn't point out that, quite regularly, victims die at the hands of their abusers.

I, myself, after getting into the clutches of an evil partner and her family, often feared death. I was beaten almost nightly and only escaped when my then G.P. referred me to hospital, paid my bus fare and I was admitted. I then, thank God, was transferred to a hostel in the clothes I stood up in but free!

I think I knew then, I'd one day be well enough to help further the fight for freedom. I've since met scores of people who've suffered at the hands of aggressors in their own homes, including two I can think of in The Time Exchange. Fortunately, these days, in our larger towns and cities, there is help available but one needs to know where to find it, when desperate. Unfortunately, however, some charities, there to help are having their central government funding withdrawn! On being pressed on this and the whole issue, Victims' Commissioner, Baroness Helen Newlove, told 'The Bore,' "It is vital that victims have the confidence to come forward. It's not easy, however, when that same victim may have been dangled from a high window to scare them off from doing so!"

I've just, this morning, spoken to Clare Phillipson of Wearside Women in Need, who've had the plug pulled on their core funding of £600,000 from our 'well meaning' Government. Clare told me, "We'll find money from somewhere to continue. Our staff could get another job but those poor souls cannot get another life and no one can resurrect the dead!"

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



**Time Exchange**

**walking for health**

**Active Newcastle**

**WELLBEING WALK NUNS MOOR PARK**

**TUESDAY 7th MARCH 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)**

## HOT FROM THE HOUSE!

We received some great news direct from Westminster, following our 'Local Bore's' rant on domestic abuse!

Justice Secretary, Liz Truss, announced on Thursday that the existing laws in Criminal Courts will be extended to Civil Courts. It means, therefore, a spokesman from her office said, that "Perpetrators of domestic violence will no longer be effectively free to cross examine their victims across a courtroom, in any civil or family proceedings!"

The news was welcomed by those who'd long campaigned on domestic abuse, including local M.P. and former Shadow Attorney General, Catherine Mc. Kinnell. Like many others, Catherine has for years campaigned against domestic abuse law and she told 'The Bore,' albeit with a hesitance, "It's a smashing step forward but there's still a long way to go, before there's total justice and victim support!"

Another long term and outspoken critic of Government policy on women's rights, Jess Phillips, M.P. for Birmingham Yardley, said "It's a drop in an ever more sizeable cesspit. It has to be eradicated and a good place to start may be, to next, not prevent women victims from being granted legal aid, before the two being killed daily rises still further!"

Geoff Brown, "The Local Bore, You Can't Ignore!"

## QUOTE OF THE MONTH

*“Domestic violence is possibly the only crime when it’s the victims and not the criminals who are forced to go on the run!”*

**BBC ‘Crimewatch’ boss,  
Fiona Bruce.**

## CONTACT US

**Theresa / Sunnie  
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Arthur’s Hill  
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**Email:**  
[info@thetimeexchange.org](mailto:info@thetimeexchange.org)

**Telephone: 0191 2450663  
0191 2453814**

**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://www.facebook.com/thetimeexchange)

- Katrina would like any type of camping equipment and is also looking for a 60cm wide kitchen cupboard.
- Tyrone has some videos on offer (mainly action films).
- The Time Exchange has a selection of vegetable and flower seeds to give away.
- Farah has some children’s maths and phonics activity books, and a box of kitchen stuff to offer (mugs, coffee pot, fruit bowl and more).
- Charlie has some medium cotton short sleeved shirts on offer.
- Lynne would like some food containers or ice cream tubs.
- Dennis has 6 small bayonet halogen candle light bulbs on offer.
- Tim would like an exercise stepper block.
- The following items are also on offer: a single bed (frame and mattress), an electric lawn mower and a strimmer, an iron, 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 writing desk and a garden shed.

**We also receive regular requests for ironing, hospital escorts, car lifts and home repairs, let us know if you can offer your help!**