



NEWSLETTER

November 2016
No. 192

FIGHTING FOR OUR FUTURE!

As you know the Time Exchange, as a charity, relies on grants and funding to cover our everyday running costs. Despite receiving 3 years funding from the Newcastle Fund, it only covers half of our costs and we urgently need to find the rest.

We are busy working on several funding applications and will be investigating more potential funding sources too. We don't give up on keeping our doors open easily, so we're hoping to hear of a successful outcome soon.

This means that we will reduce our opening hours and may not be able to deal with all of your requests as promptly as usual. We can only ask you to be patient until our future is assured!

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. We're also registered with Gift Aid which allows us to claim an extra 25% in tax on every eligible donation made by a U.K. taxpayer.

Every little helps no matter how small!

SPARING A THOUGHT FOR SAIMA!

It grieves us all that we're to lose Saima's service and vital support for the next few months. She's taking some necessary time off work to care for her family.

As some of you may well know, her daughter Dua is suffering serious health problems and as any caring mother would, she feels she needs to spend more time with her until she's well again.

It does, though, mean we can no longer open our offices on Fridays, for the next few months at least.

Please be patient, just as the lady herself would be!

WHAT'S ON THIS MONTH

NEW TIME EXCHANGE OPENING HOURS

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

TIME EXCHANGE GARDENING

Help needed in the community garden and with the Street planters! Mondays 10am – 3pm and Thursdays 10am - 1pm. Meet at the Time Exchange or call to find out where work is.

ARTHUR'S HILL LITTER PICK

Sat 16th November
11am - 1pm

Meet at Dilston Road/Studley Terrace bus stop NE4 5AD.

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.

WINTER FESTIVAL Sunday 27th November

2pm - 4pm at the Nunsmoor Centre.

Wreath Making, Arts & Crafts, Activities for Children and much more.

Switching on our Christmas tree lights and a visit from "you know who!"

TIME EXCHANGE ANNUAL GENERAL MEETING

The Time Exchange will be holding its Annual General Meeting on Saturday 10th December at the Community Garden.

We are planning to have hot food and drinks on offer along with some festive activities.

Look out for details nearer the time...

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))

- Samitra would like some plastic lidded packing boxes.
- Lynne has some bathroom scales, 2 electronic timer switches, incense cones and mediation magazines on offer.
- Abhiram would like any household items/furniture for his new flat.
- Tina has several giant bean bag fillers on 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.

Get in touch with us if you can help with anything or would like any of the items.

WINGROVE WELLNESS WALKS!

Plans are coming along with the new maps. Sunnie has been working with several Time Exchange members to map out several healthy local walks.

The maps will include places of interest in the area as well as giving details about all the different services on offer to local residents. We hope to start a walking group soon too.

Give us a call if you want to get involved!

ARTS AND CRAFTS CLUB AT NUNSMOOR CENTRE



The Arts and Crafts Club is being run every Friday afternoon at 4.00pm in the Nunsmoor Centre.

It is being run in conjunction with Newcastle University's 'Go Volunteer' scheme for students (a scheme which offers placements within the community for students to be involved in Community Projects) who will be running the sessions with support from Nunsmoor Centre Trust. The sessions are being aimed at the 8 - 12 year old age range. They are totally free and will be held weekly through until December 16th when they will break for the Christmas holiday period.

We would encourage children and young people to call in at the Nunsmoor Centre on Friday afternoon and get involved in a wide range of Arts and Crafts activities.

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: I feel both proud and humbled to be a member of my local community. A charity I belong to, as one of their mottos, tells me, "Unity is Strength" and I firmly believe we have as near to true unity as can be found anywhere!

I write this, after so – called 'hate crimes' increased by over 41% during the month we opted out of the EU. That same hate can be directed towards people because of race, religion, or sexuality and it disgusts me now and always has. I feel free and need those around me to share that same freedom, something they obviously do! I spoke to a lady in Home Secretary Amber Rudd's office and she told me they were determined to stamp it out. I almost mocked Liberal Democrats' Home Affairs spokesman, Alistair Carmichael, when he told me, "The recent nasty, divisive EU referendum has pulled apart families, friends and neighbours." As a politician, surely he should have the sense to realise, that there will always be differences amongst us but that's what makes the world so interesting!

On a far more positive note, when I spoke to the Police Chiefs' Council's lead on 'hate crime,' Asst. Chief Constable Mark Hamilton, he told me, "Yes there was a sudden spike after the referendum vote but overall and annually, figures are falling." He went on to tell me, "The biggest problem I see, is the reluctance of people to report such crimes, either through fear, or thinking they'll be ignored. That I can say, has never been the case for several decades now and if I found such ignorance, the culprits would be sacked!"

Whether it be in the local shops or through my work in The Time Exchange and other charities, I find an acceptance of myself, an acceptance on the part of others of those around them and a friendship, altogether forming a unique and special bond!

AN HOUR SHARED IS AN HOUR SPARED!

50 YEARS AGO, THIS MONTH, A SPECIAL SEED WAS SOWN IN OUR SPECIAL CITY!

Yes, so often, we Time Exchange members and partners alike speak of a special bond that fuels our will to work towards unity and strength, whilst spreading it to others!

Where else do we get people of all races, religions, all walks of life, all ages and all backgrounds, working towards a common goal? Whether we're litter picking, gardening, helping with homework, or reading and writing, all those hours form a massive statement of just how we in The Time Exchange work, as well as that very same 'Exchange,' itself.

It's my firm belief that a special seed was sown in our city by American Civil Rights champion, Dr. Martin Luther King. He spoke at Newcastle University November 13th 1967, after being awarded an honorary degree by the University, the only one in the country to do so! The writer of this short piece, lucky enough to be there, had his life changed by the great man's words and went onto embark on almost an entire life devoted to fighting injustice.

I'll duly leave you with some special words from Dr. King, himself, "You, in Newcastle today by honouring me, simply tell me that you recognise the injustice and intolerance in this world. That alone, makes you truly special people, providing me with hope and belief that, one day, the world can truly be a better place!"

Five months later, Dr. King was shot dead but his memory lives on and fuels this humble soul for one!

By Geoff Brown

TIME EXCHANGE CHUTNEY – YUM!



We've got lots of jars of homemade chutney for sale. We had a bumper crop of green tomatoes from the Community Garden as well as donations from our members.

Thank you to Rachel who cooked up huge pans of 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!

QUOTE OF THE MONTH

"I will always see the similarities in people and not the differences!"

Isabel Allende, Multi - award winning author and philosopher.

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

MORE VOLUNTEERS KEEPING OUR STREETS CLEAN!

We want to say a huge thank you to the group of young volunteers who came from Headliners last week. Not only did they help to do some essential gardening work in the community garden but they also filled more than 30 bags of rubbish and weeds tidying the street planters. Well done!

DON'T DUMP IT – RECYCLE IT, FOR FREE

There are lots of ways to recycle unwanted household items:

- **Community Furniture Service** takes good condition furniture and household items. It then sells the items cheaply to local residents from its Mill Lane industrial unit base, behind the Asda store. Contact them through freephone on 0800 731 3096.
- The **West End Refugee Service** also takes clothing, bedding, toys, kitchen equipment and bric-a-brac. Contact 0191 273 7482.
- **Time Exchange**, of course, is always happy to act as a broker for those wanting to get rid of items and those who might like items being got rid of.

Alternatively, there are sites like **Gumtree**, **Freecycle**, **Freecycle** and **Streetlife** which allow people to get rid of unwanted household goods.