



NEWSLETTER

November 2018
No. 216

WHAT'S ON THIS MONTH

APPLE DAY

At the Bike Garden,
Nuns Moor Park
Saturday 3rd November
12pm-3pm
Free entry

TIME EXCHANGE GARDENING SESSIONS

**Mondays 10am-12pm &
Thursdays 1pm - 3pm**
Street planter
maintenance.
Meet at the Time
Exchange.
Get in touch if you would
like to get involved.

ARTHUR'S HILL / WINGROVE LITTER PICKS

Mondays 10am-11am
Meet at the Bike Garden
Wednesdays 9.30am
Meet outside Madina
Food Stores
Saturday 17th November
11am - 1pm
Meet at the Time
Exchange.
Please bring gloves if you
have them.

ELSWICK LITTER PICK

Proud of the West End!
(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.

GARDENING WITH CIRCUS CENTRAL



On Monday 22nd October, the Time Exchange gardening team joined a group of volunteers from Circus Central to transform the area outside of Circus Central's new premises on Mill Lane. The Time Exchange provided plants, seeds and tools to help make the outside space a friendly, welcoming place for all participants. We provided this help at the request of Time Exchange member and Circus Central participant Nathan, who has been active for a number of years, helping other members with all sorts of tasks including hospital escorts, shopping and decluttering. Nathan was keen to use his credits to help a project that is close to his heart, and we were really happy to be able to help Nathan out after all of his hard work helping others.

A big thank you to everybody involved in making the afternoon a success.

If you are involved in a local project that might benefit from help from the Time Exchange, and you have credits to spend, please do have a chat with one of the team to see whether we can help.

HELP FROM HELEN

Helen has had a busy autumn season helping various members with hedge trimming, cutting back plants, and having a general tidy up. As winter draws near, November will be the last month this year that she will be available to help members have a final tidy up and clear out of the garden. We have a couple of Monday afternoon slots left in November, so if you would like some help getting your garden prepared for the winter, please get in touch to arrange a time with Helen.

FESTIVE WEEK APPEAL

The West End Refugee Service (WERS) will be collecting donations to give to all the destitute asylum seekers during Festive Week, 10-14th December, and would be enormously grateful for any of the following for the 120 male clients WERS is currently supporting:

Socks

Men's shampoo

Chocolate

Toothbrushes

Men's shower gel

Toothpaste

Men's Deodorant

They are also supporting 10 female destitute clients and so women's shower gel, shampoo and deodorant and chocolate for them would also be great.

If we could have them by the end of November, that would give us time to sort all the gifts.

Thanks very much

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)

- Kavita is offering a bathroom cabinet, two towel rails and a toilet roll holder.
- Matt would like a small flask.
- Helen has the following on offer: an exercise ball, pirate novelty candles, burger press, scissors, towel rail, ruler, mop head, gel insoles 3.5-6.5, shower organiser, coffee table and some carpet.
- Tyrone would like to do a car boot sale, if anybody is interested in teaming up with him please get in touch.
- Anna is looking for 2 baby gates and a lawnmower.
- Shamaila has a DVD/Cassette player on offer.
- Marc has a large TV, 2 floor lamps, an under stairs shelving unit and an exercise bench on offer.
- Sergio would like some dinner plates.
- Farah has 2 BT phones, a marble run, a kids pop-up tent, 2 pairs of lined curtains for bedroom, 3 IKEA kids wall lamps, a box of children's books (under 7) and a shower curtain on offer.
- Theresa has some polystyrene bean bag filler on offer.
- The Time Exchange has a sewing machine available for use in the office. We also have a pump for any flat tyres!
- Jusna has a Samsung Galaxy Note 3 phone case on offer.
- Rachel & Avi are looking for gardening shoes, sizes 6 & 9.
- The Time Exchange has a kettle, 2 sky boxes & remotes, an electronic chess game, a 24 hour plug timer, some photo print paper and a Fujifilm 35mm camera on offer.
- Tyrone would like an arm chair, a cooker, a washing machine, a microwave, a Sony PS3 and a dining table & chairs.

AUTUMN AND WINTER EVENTS AND ACTIVITIES AT THE TIME EXCHANGE

We have a busy winter season planned here at the Time Exchange, with a number of events and workshops that Time Exchange members can get involved with.

Our Annual General Meeting will be held on Wednesday 5th December, at the Stanton Street Lounge, at 6pm. After the meeting, to which all Time Exchange members are invited, we'll be running a variety of Winter Crafts, as well as sharing lots of food and drink, made by our members. If you'd like to earn yourself some credits by cooking your favourite dish to share with our members, please let us know – all contributions are welcome.

Following a couple of requests from members, we're looking to hold a series of sewing workshops over the winter, concentrating on learning to use a sewing machine, as we now have a machine available for use here at the office. If you'd be interested in joining us, please get in touch and we'll keep you up to date with the details.

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: "As an island nation are we prepared to see ourselves sink into the sea? I'm so frustrated at those climate laggards, who refuse to take urgent drastic action," Claire Perry, our Government's Energy and Clean Growth Minister told me this week. She also attacked other nations for failing to meet agreed carbon emissions targets, ourselves included, for not acting sooner on certain issues.

Some island nations are already sinking into the sea, The Intergovernmental Panel on Climate Change at a recent summit of their member nations, so we've good reason to be concerned about reducing our carbon emissions, still further!

Prof. Jim Shea, who co - chairs the committee said that, "Limiting 'warming,' to 1.5c, rather than the agreed 2.0c, could one day even, not only have our young children growing up into a world we've enjoyed for so long but a better one. However, if we drag our heels they could grow up in an unrecognisable world!" He went on to say, that governments must be prepared to invest in 'clean energy' production and we, as individuals must accommodate that into our lives, introducing his co - chair, Dr. Debra Roberts. Dr Debra told the panel, that simple lifestyle changes, such as washing lines, not tumble driers, being careful to eat locally sourced food, using public transport where available and where not, bicycles or electric cars. She emphasised the importance of changes like those made by our gardening team, in The Time Exchange!

As I write, M.P's are urging Ministers to bring forward the use of electric vehicles. Ours are made locally, too, at Nissan's Washington plant, keeping thousands of local people in work! They have increasingly more 'oomph,' as well, I'm told.

AN HOUR SHARED IS AN HOUR SPARED!

A WALK AROUND BOLAM LAKE



This month we joined forces with our friends at Keyring (who are also organisational members of the Time Exchange) for a lovely autumnal walk around Bolam Lake. Eight enthusiastic Keyring members joined Rachael and Time Exchange member Tyrone to enjoy the October sunshine, appreciating all the different autumn colours, and spotting lots of swans on the lake. Everybody was hungry after the fresh air and exercise, so we rounded the trip off with a visit to a nearby café. We look forward to the next outing with Keyring. In the meantime, if you'd be interested in getting out for a walk or a daytrip with other Time Exchange members, please get in touch with your ideas.

SUPPORT ELSWICK POOL

A group of local residents has been working tirelessly over the last three years to re-open Elswick Pool, and is looking for your support to help raise much-needed funds.

They have been in discussions with the City Council to secure the pool's future and are hopeful of reaching an agreement to re-open the pool next summer.

The group is asking local people to support its bid to win up to £25,000 through the Aviva Community Fund. Go to www.avivacommunityfund.co.uk and search for **Elswick Community Pool**. You will need to provide your name and email and will get given ten votes.

A FOOL'S PHILOSOPHY

A visit to 'The House of Trash,' planned? It's worth putting in your diary, as it's an exclusive department store in the heart of Milan, whose products are made entirely from recycled rubbish! It's the brainchild of structural engineer, Arthur Huang, who just hates waste!

CONTACT US

Theresa / Sunnie/ Rachael
235 Stanton Street
Arthur's Hill
Newcastle upon Tyne
NE4 5LJ

Email:
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

THIS MONTH'S HEALTH & WELLBEING TIPS

Repeat Prescriptions

Save time and effort if you are on regular medication "repeat prescriptions" by switching to ordering your repeat prescriptions online. You can usually get the prescriptions you need within one working day of requesting them, and pick them up directly from the pharmacy you usually use. It saves you having to visit the doctors to get your medication.

Ask at your doctor's surgery for a registration form. Once you are registered, you log in with your username and password and you will see the medications you need. If you don't have internet access or don't feel confident, the Time Exchange can help you set it up in the office.

It's safe and secure, and can save you a lot of time. If you remember you are about to run out of your medication at the weekend or in the middle of the night, you can order your medication immediately, you don't have to wait until the doctors surgery is open!

Flu Jab

The winter flu jab is available now for this winter's flu season. It's free and recommended for children, people over 65, people with long term health conditions, carers, and people who have weakened immune systems and those who live with them. Ask your doctor or pharmacist.

Mood boosters

As the days get shorter many people find they have lower mood and less energy. You can improve your mood by making sure you get outside in the brighter parts of the day. The effect of natural bright daylight on mood has been proven to be helpful. So go outside when the sun is out.

The Time Exchange has regular gardening sessions if you want to be more active while enjoying the daylight.