



## NEWSLETTER

March 2019  
No. 220

## WHAT'S ON THIS MONTH

### TIME EXCHANGE GARDENING SESSIONS

**Mondays 10am-12pm &  
Thursdays 1pm – 3pm**

Street planter  
maintenance.

Meet at the Time  
Exchange.

Get in touch if you'd like  
to get involved.

**Thursdays 10am-12pm**  
Gardening at the Bike  
Garden.

Meet at the Time  
Exchange at 9.45am or at  
the Bike Garden at  
10.15am

### ARTHUR'S HILL / WINGROVE LITTER PICKS

**Mondays 10am-11am**  
Meet at the Bike Garden

**Wednesdays 9.30am**  
Meet outside Madina  
Food Stores

**Saturday 16<sup>th</sup> March**  
11am - 1pm

Meet at the Time  
Exchange at 10.40am.  
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 THE TIME EXCHANGE



Spring is in the air, the crocuses and daffodils are starting to appear, and our gardening team are getting excited for a new growing season! It's the time of year to start preparing gardens and yards, and Helen, our gardener, is on hand to help. If you'd like Helen to come to help you to prepare your garden for the year ahead, please contact the Time Exchange office to arrange for her to visit. Helen's help is available for credits – 1 credit per hour. She's generally available on Monday afternoons.

As the weather is improving (we hope!) we're now resuming our Street Planter Maintenance sessions. Helen and Matt will be out twice per week, weather dependant, on Mondays 10am-12pm and Thursdays 1pm-3pm. All of their sessions are open for Time Exchange volunteers to join in, and cover all aspects of maintenance of the planters including planting, weeding and litter picking. All tools are provided. If you'd like to get involved please contact the Time Exchange for more information, and in bad weather call ahead to check the sessions will be running.

## MARCH'S MONEY SAVING TIPS

### Make money on eBay

Make money by selling items you haven't used in a year, on eBay. You can sell up to 20 items a month, but on March 3 it goes up to 1000 items. Even jam jars and old magazines and postcards sell on eBay although one of the most popular categories is clothes. If you haven't used something in a year, you don't really need it and could turn it into cash!

If you already have an eBay account it's easy to become a seller, and if you haven't already got an account, ask Time Exchange to find you a member who will help you set one up.

The best way to send eBay items you have sold items is a site like [parcel2go.com](http://parcel2go.com)

Be wary of people who want to collect in person in cash. It's safer to use PayPal and wait until the money is in your account before posting the goods.

### Thrifty Forward Planning

Use a weekly menu plan to plan out your meals for the week. You can save money and eat more healthily. You can download printouts from online sites like [http://organizedhome.com/sites/default/files/image/pdf/food\\_menu\\_planner\\_weekly.pdf](http://organizedhome.com/sites/default/files/image/pdf/food_menu_planner_weekly.pdf) and then laminate it so you can write on it. Or you can buy a ready-made menu planner.

## 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)

- Jeanette would like a casserole dish.
- A few members are looking for help to set up an Ebay account and advice on selling items.
- David would like an indoor plant pot, 35cm+ diameter
- Sarah is interested in setting up a clothes swap event and would like to know if anyone is interested.
- Charlie is offering a pair of men's brown trousers, Farah brand, size 38.
- The Time Exchange has a dish drainer on offer.
- Rachel is looking for some wool for a knitting project.
- Lynne is looking for some Board Games (old fashioned).
- Anna is looking for a Driving Theory Book and CD.
- Farah would like a baby stair gate, a hot water bottle and an old Sari.
- Jacqui has a Romer child's stage 2 car seat with harness (for 2 years plus) available.
- Kavita is offering a bathroom cabinet, two towel rails and a toilet roll holder.
- Tyrone would like to do a car boot sale, if anybody is interested in teaming up with him please get in touch.
- Marc has 2 floor lamps, an under stairs shelving unit and an exercise bench on offer.
- Farah has 2 BT phones, a marble run, a children's pop-up tent 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!
- Rachel & Avi are looking for gardening shoes, sizes 6 & 9.
- The Time Exchange has 2 sky boxes & remotes and an electronic chess game paper on offer.
- Tyrone would like an arm chair, a cooker, a Sony PS3 and a dining table & chairs.

## JOB HELP FROM SHAMAILA

Shamaila is a member and trustee of the Time Exchange, and has asked us to pass on the following information:

'I am now working at JET (Job, Education and Training) as a National Careers Service Adviser.

What can National Careers Service offer?

- Find learning and training that is right for you.
- Improve your reading, writing and Maths.
- Find out about funding to support your learning.
- Develop your CV.
- Improve your interview and presentation skills.
- Progress in your current job.
- Understand the local job market.

I am happy to come to Time Exchange Office to meet any BME members who are looking for employment support.'



## DO NOWT AND YOU GET NOWT!

**Geoff Brown, 'The Local Bore, You can't Ignore,' writes:** Scores of homeless people have died on the streets of Newcastle in the last five years!

Based on my own minor attempts at providing help over the winter months, its set to get worse before it gets better, I almost feel guilty, knowing I've a warm home to return to and don't rely on rats in a sleeping bag to raise my body heat. I've been out with Changing Lives 'Dawn Patrol,' where they check on the welfare of those sleeping rough, essentially to check they're still alive. Stewart and Michaela, regularly tell me, "In sub - zero temperatures, often cardboard is their only protection. I've also done a few sessions with Brian Burrige, founder and trustee of North East Homeless who provide hot meals for those sleeping rough, as well as almost anything else they need to just survive.

Those sleeping rough may have the 'thin end of the wedge,' when it comes to homelessness, they're also what are sometimes called 'the hidden homeless,' those drifting from friends' homes or spending the night in 'B&B's or hostels. I may moan about my own abode but it's warm and dry and I've always food in my fridge and cupboards, along with a key!

I just wish I could do more. I regularly visit Lady Jane, Duchess of Northumberland, as she's patron of the Peoples Kitchen, an organisation who played a major role in keeping me off the streets many 'moons' ago. She wishes she could do more too and didn't take much persuasion to join up with myself, Brian Burrige and rest of his team on a January night on the streets of Newcastle. Needless to say, she was shocked at what she saw and likened life on our modern streets to those of the mediaeval! I know, I for one, won't stop fighting even if it kills me and not those poor souls on our streets!

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

## JOIN US IN THE BIKE GARDEN

Our gardening team meet every Thursday morning, 10.15am-12pm, at the Bike Garden in Nuns Moor Park. Come along 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.

The sessions are run by Helen who can offer all types of gardening advice and guidance. 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.



We have even started to construct a willow shelter which involves lots of careful planning, using people to mark out the shape and size – see picture!

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. Contact us for more information, or join us at the Time Exchange office at 9.50am on a Thursday.

## **A FOOL'S PHILOSOPHY**

Often wondered why our ancient structures survive so long? Centuries as opposed to a few decades, for the lifespan of modern buildings. They certainly had the answer, when they built The Great Wall of China, using sticky rice in the mortar!

## **CONTACT US**

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

**Email:**  
[info@thetimeexchange.org](mailto:info@thetimeexchange.org)

**Telephone: 0191 2450663**  
**0191 2453814**

**Office Hours**  
**Monday – Thursday**  
**10am – 4pm**  
**Friday**  
**Closed**

## **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

## **LOCAL ADVICE ABOUT BENEFITS, DEBT AND HOUSING**

### **Citizens Advice Bureau (CAB)**

**Phone: 0344 245 1288 Monday - Friday 10am – 4pm**

### **Money Matters Advice Line**

**Money and debt advice telephone service.**

**Phone: 0191 277 1050 9.30am – 11.30am and 1pm – 3.30pm (except Wednesday morning)**

### **Newcastle Welfare Rights Service**

**Public Advice Line - Phone: 0191 277 2627 Mon – Fri 9.30am – 12pm**

**Drop-in sessions**

**Wednesdays 9.30am - 12pm, Nunsmoor Centre**

**Thursdays 10am – 12.30pm, Cruddas Park Library**

**Thursdays 1pm – 3.30pm, Fenham Hall Library**

### **Shelter North East**

**Phone 0344 515 1601 Mon – Fri 9am – 5.30pm**

### **Crisis Support Line (Out of Hours Service)**

**0191 278 7878**

**For Envirocall, Night Noise Team, Repairs Centre & Out of Hours Social Work Support**

### **Search**

**0191 273 7443**

**Advice and Information for older people and their carers**