



NEWSLETTER

November 2019
No. 228

The Time Exchange Annual General Meeting & Winter Fayre

**Tuesday 3rd December at the
Nunsmoor Centre 5.30pm - 7pm**

**Tombola
Local Arts and Crafts
Food from Foodcycle Westgate
Refreshments**

**6pm Time Exchange Annual General
Meeting**

We would like to invite Time Exchange members and friends to join us for our 19th Annual General Meeting and Winter Fayre.

You are welcome to join us from 5.30pm to enjoy a prize tombola and Arts and Crafts stalls hosted by some of our members.

Foodcycle Westgate will be catering the event using surplus food helping to reduce food waste locally.

Find out what we've been up to over the year at our Annual General Meeting at 6pm.

If you'd like to help out at this event, either with the tombola, running your own stall or helping to serve food and drinks, please do get in touch and let us know.

All welcome.

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 16th November
11am - 1pm

Meet at the Time
Exchange at 10.45am.
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.

AUTUMN GARDENING

Helen will be available throughout November to help members have a final tidy up and clear out of the garden. We have a couple of Monday afternoon slots left, so if you would like some help getting your garden prepared for the winter, please get in touch to arrange a time with Helen.

~

If you want to learn about pruning and what to do in the garden over the winter months, then come along and join our gardening sessions in the Bike Garden every Thursday morning.

TIME EXCHANGE JOB REQUEST REMINDERS

We have received lots more requests recently for car lifts, escorts to medical appointments and pet care.

Please can you ensure that you give us plenty of notice to organise these exchanges as we are only open Monday to Thursdays 10am until 3pm.

If you are able to offer any of these skills please let us know.

Please also note that the current rate for calculating fuel costs is 50p per mile. We can work out the total mileage for you when you put in your request.

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

OFFERS

- The Time Exchange has some onion sets and coriander seeds on offer.
- Tamara is offering a large thick red and gold fleece blanket.
- Dave is offering 2 x outdoor padded reclining chairs.
- Theresa has some large glass clip top storage jars on offer.
- Margaret is offering lots of fabric off-cuts – perfect for a quilting project.
- Lynne is offering some oven gloves and a selection of sewing accessories.
- Kavita is offering an ironing board, 2 steel pedals bins and clothes rail.
- Helen has 2 set of bookshelves on offer.
- Catherine is offering the following items: a selection of books, some in french; ESOL exam papers, an exercise ball; some bubble wrap; mugs; suede cleaner; some unopened stuff for very curly, wiry hair, a man's suit jacket; size 7 women's boots; an ice cube thingy.
- The Time Exchange has a sewing machine available for use in the office. We also have a pump for any flat tyres!

REQUESTS

- The Time Exchange is looking for donations for our Tombola at the AGM next month – new/unopened gift sets, toiletries, chocolates/biscuits/selection boxes etc.
- Una would like a digital alarm clock.
- Jeanette would like a stool to use with a drum kit and a casserole dish with a lid.
- Helen would like a compost caddy.
- The West End Refugee Service is looking for donations of any unopened toiletries
- Sabrina would like a double futon mattress, pillows, a chest of drawers a tennis set, a Brownies uniform (age 8-9), bamboo blinds 180cm or 160cm wide
- Lynne would like some textile place mats and old sewing, knitting or crochet magazines, seed packets and A4/A5 stationary or notepads.
- Taymar is looking for donations of old lampshades.
- Sarah would like to learn German.
- Tyrone would like an arm chair, a cooker, a Sony PS3, a dining table & chairs and some ladders, preferably telescopic.
- Jusna would like a washing machine.

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: How do you fancy paying upwards of £40.00, every time you're planning your next meal? Then get to know the new meal kit market, which is expected to generate sales in excess of £2.5billion this year!

You're not getting a traditional takeaway, either, as you still have to cook, the said meal. I was shocked when I first stumbled across them and in fact checked to make sure it was accurate! I've investigated the industry further and whilst it can't be all bad, there's a major problem with mountains of cardboard waste, naturally the rip off prices but often the meals are produced under slave like conditions and kitchens, where serious injuries and even deaths are commonplace! I wouldn't accept one if they were offered free for my remaining lifespan!

I've done my best to help the homeless over the years, having come close to it myself not that many years ago when they helped me get back on my feet. Through that I've got to know Lady Jane, The Duchess of Northumberland, well over recent years as she's patron of Newcastle's Peoples Kitchen. They serve scores of hungry folks every night on the city's streets. I spoke to their full time boss, Colin Herron and like Lady Jane, were wondering if my introducing them to the meal kit market was a joke!

This disgraceful industry, unfortunately, is a shocking reality! In 'The Exchange,' we've many members prepared to cook for credits and scores of 'cook books' in our office to borrow for the self same currency. Have your stomachs stopped churning?

AN HOUR SHARED IS AN HOUR SPARED!

BEESWAX FOOD WRAP WORKSHOP



Come along and learn how to make beeswax food wraps using natural ingredients. They are a great reusable substitute for cling film and other plastics!

Tuesday 26th November 10am – 12pm at the Time Exchange.

All materials will be provided.

Places are limited so please get in touch to book a place for 1 time credit!

DATES FOR THE DIARY

Community Meal at Foodcycle Westgate

Westgate Baptist Church. 6.30pm every Thursday. Join your community for a 3-course meal. It's all free and made from food that would otherwise have gone to waste.

Vertical Veg - Where's the Carbon in our Food?

6pm – 8pm Monday 11th November at 250 Philip Street. Join us to talk about food and share what it means to us and play a game to discover where the carbon emissions are hiding.

Christmas Card Making at the Time Exchange

11am – 3pm Monday 2nd December and Thursday 5th December. Come along and help us make greetings cards to send to all of our members and supporters.

Winter Festival at the Nunsmoor Centre

2pm – 4pm Sunday 8th December. Seasonal crafts, music, refreshments and a visit from 'you know who'!

A FOOL'S PHILOSOPHY

Do you expect, whilst having your 'Apple a day,' a new one would be launched in the U.S. with a multi - million dollar marketing campaign?

It's nothing to with technology either, simply 'The Cosmic Crisp,' a new fruit, that's a cross between 'The Golden Delicious' and 'The Royal Gala!'

CONTACT US

Theresa / Sunnie
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 – 3pm

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