



## NEWSLETTER

January 2020  
No. 230

## WHAT'S ON THIS MONTH

### TIME EXCHANGE GARDENING SESSIONS

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

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

Contact the Time Exchange for details.

### Monday Street Planter Sessions

The gardeners have now taken a break from Street Planter work.

### ARTHUR'S HILL / WINGROVE LITTER PICKS

Mondays 10am-11am  
Meet at the Bike Garden  
Wednesdays 9.30am

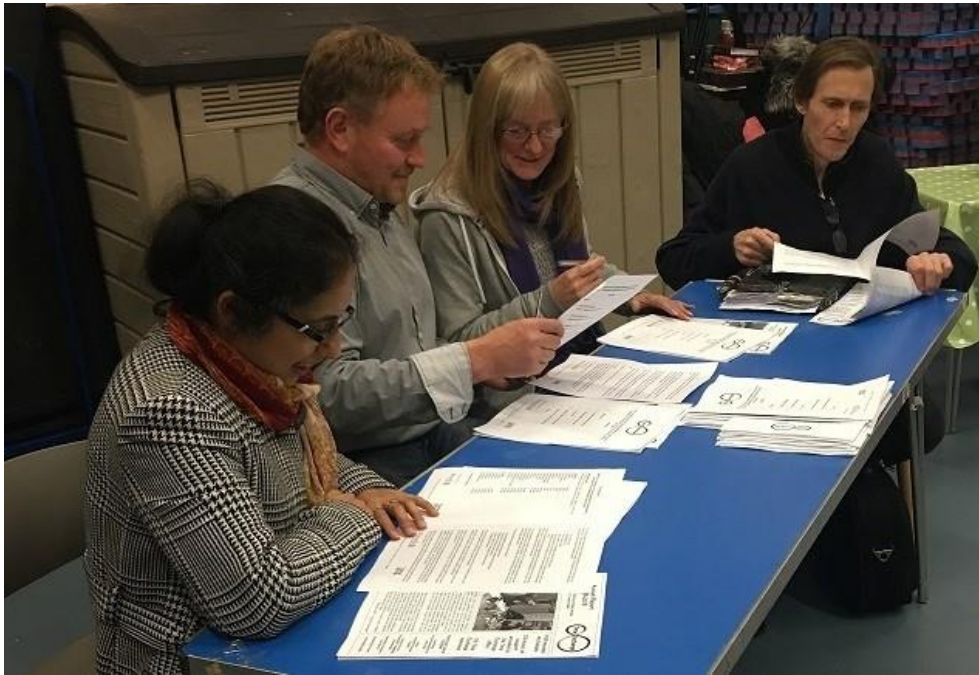
No sessions during  
January

Saturday 18<sup>th</sup> January  
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.



## HAPPY NEW YEAR FROM THE TIME EXCHANGE!

We would like to say a huge thank you to everyone who came along to our Annual General Meeting and Winter Fayre in December. We would particularly like to thank everyone who donated to the tombola and helped out on the night. It was great to see some of the fantastic artwork, crafts and creations from our members too.

It was a challenging year for the Time Exchange following a number of unsuccessful funding applications but we have thankfully secured some funding to maintain a 4 day a week drop-in with reduced staffing/opening hours.

Over the course of the last year Time Exchange members have exchanged over 3000 hours, offering practical skills, personal support, assisted local community groups and undertaken local environmental improvements. The Time Exchange office has provided over 500 hours of one-to-one support and the use of facilities to members and local residents through the daily drop-in sessions. In addition to the daily exchanges the Time Exchange has organised various gardening and environmental activities as a way of promoting wellbeing and community spirit.

The support from our members over the last year has been amazing and we are incredibly grateful for all your donations and encouragement. It really has made a huge difference and reminds us just how important the Time Exchange is to the local community.

# **ELSWICK COMMUNITY LEISURE NEW POOL OPENING HOURS**

From Monday January 6th we are extending our opening hours. On week nights we will now be open until 9pm!

We will be introducing an adults only late chill out pool session 8 - 9pm on Mondays, Wednesdays and Thursdays, a perfect chance to wind down and relax after a busy day!

**Monday 7.00 – 21.00**  
**Tuesday 7.00 – 21.00**  
**Wednesday 7.00 – 21.00**  
**Thursday 7.00 – 21.00**  
**Friday 7.00 – 21.15**  
**Saturday 8.00 – 15.00**  
**Sunday 8.00 – 15.00**

Last admission 30 minutes before closing.

## **TIME EXCHANGE FUNDRAISING**

Thank you for all your generous donations and support throughout 2019. We have raised just over £3000!

Here is how you can help raise funds for the Time Exchange.

You can make donations via our [Wonderful.org](http://Wonderful.org) fundraising page and the Charities Aid Foundation.

We are also registered with [EasyFundraising.org](http://EasyFundraising.org) and [smile.amazon.co.uk](http://smile.amazon.co.uk) so that you can raise funds when you shop online.

We are also registered with Gift Aid - we can raise an additional 25% on any donations we receive. Get in touch if you need to complete a Gift Aid form.

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

### **OFFERS**

- Dennis is offering 14 x brass door handles and 7 blank TDK cassettes if anyone still uses them.
- Dave is offering 2 x outdoor padded reclining chairs.
- Lynne is offering some oven gloves and some art equipment.
- Kavita is offering a baby bouncer, an ironing board and a clothes rail.
- Helen has 2 set of bookshelves on offer.
- The Time Exchange has a sewing machine available for use in the office. We also have a pump for any flat tyres!

### **REQUESTS**

- Geoff is looking for a tracksuit top/jacket, size medium/42-44".
- The Time Exchange is looking for old (working) mobile phones with a charger.
- Jill would like some knitting patterns for children's clothes or toys.
- Una would like a digital alarm clock.
- Taymar is looking for donations of fabric, toy stuffing, cushion filler and old lampshades.
- Jeanette would like a stool to use with a drum kit and a casserole dish with a lid.
- Helen would like a compost caddy.
- Lynne would like some textile place mats and old sewing, knitting or crochet magazines and seed packets.
- 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.

## **BRITISH SCIENCE WEEK FUNDING**

The Time Exchange has been awarded some funding to run sessions in the Bike Garden based around "science and maths in the garden". Activities will include a demonstration of the science of composting, a session identifying wildlife (birds, mammals and invertebrates) and discussing what we can do to improve wildlife habitat in the garden as well a landscaping and planting activity to demonstrate the use of maths in the garden.

Attendees will be invited to a trip to Durham Botanical Garden in March where we will be taken on a science-based tour with the Head Gardener.

Come along to our Thursday gardening sessions if you are interested in getting involved.

## DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: If we don't stop generating and disposing of plastic waste, life on earth, as we know it could become impossible in little over a decade! We heard positive noises from the recent Climate Change Conference but so many of those pledges came from wealthy countries, many of whom are simply shipping their problem on plastic pollution abroad. I spoke to Chris Stark, Chief Executive of the Government's Climate Change Committee and finally forced him to admit that our current target of cutting carbon emissions, was in fact too little, too late!

We must all, as individuals, act now, or we'll have so called 'plastic oceans,' be forced to wear face masks and face unheated homes. Even to this 'enviro - idiot' the answers should seem so simple and at the door of Mr. Stark and his cohorts in other countries. It's well known that carbon emissions caused by producing and disposing of plastic, cutting out carbon producing boilers in our homes, using cars producing carbon emissions. Simple changes to our diets could make a massive difference, as carbon emissions from animals' accounts for 35% of our 'carbon footprint' and think about using bikes or buses on local journeys.

Do you ever buy drinks sold in plastic cups? Well there is an answer to that too as, although of 2.5 billion cups used each year, only 1 in 400 are recycled. One company in North Wales is now producing the world's fully recyclable, disposable cup! Frugalpac in Wrexham, North Wales are my 'temporary heroes,' as their cups are made from totally recycled paper, their food grade litter, goes smoothly through our standard recycling process. However, Welsh Assembly Minister, Lesley Griffiths, on visiting their plant, posed the same question I'd have done, Why the need for disposable cups!

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

## ELSWICK COMMUNITY LEISURE CENTRE STUDIO TIMETABLE

Here it is, the timetable you all have been waiting for. Check out our new Studio Timetable.

Start the New Year on a positive note by booking yourself on to at least one of our classes. Simply ring 0191 481 4101 to book a class. Hurry to book as places are going fast, first come first served basis.

Prices per class: Non members £5.00 Members £2.50

<p style="text-align: center;"><b>Monday:</b></p> <p>10-11am Aerobics 11-12pm Pilates 12-1pm Boxfit 1-2pm HITT 6-7pm Spinning</p>	<p style="text-align: center;"><b>Tuesday:</b></p> <p>10-11am Zumba 10.15-11.15am Buggy push 11-12pm Walkers 2-3pm Circuits 5-6pm HITT 6-7pm Bootcamp 7-8pm Boxfit</p>	<p style="text-align: center;"><b>Wednesday:</b></p> <p>11-12pm Mommy &amp; me 11-12pm Zumba 1-2.00pm HITT 5.30-6.30pm Running Group 6-7pm Spinning</p>
<p style="text-align: center;"><b>Thursday:</b></p> <p>10-11am Bootcamp 11-12pm 50+ Class 12-1pm Walkers 12.30-1.30pm Zumba 1.30-2.30pm HITT 1.30-2.30pm Buggy Push 5.30-6.30pm Circuits 7-pm-7.45pm Aerobics</p>	<p style="text-align: center;"><b>Friday:</b></p> <p>10-11am Zumba 11-12pm Spinning 12-1pm Mommy &amp; me 12.30-1.30pm HITT 1.30-2.30pm Pilates 5-6pm Aerobics</p>	<p style="text-align: center;"><b>Saturday:</b></p> <p>9.30-10.30am Bootcamp 10-11am Zumba 11-12pm Family Fit 12.30-1.30pm Boxfit</p>
<p style="text-align: center;"><b>Sunday:</b></p> <p>9.30-11.30pm Bootcamp 10.15-11.15am Pilates 1.30-2.30pm Family Fit</p>		

\*Buggy Push - Starts in Spring

\*\*Walkers and Running group – Subject to weather

## EVENTS AND ACTIVITIES IN 2020

The Time Exchange will be planning some activities with our Greggs Funding this spring. We would like to involve members in helping to develop ideas, organise and facilitate various different events, activities and exchanges.

This project will give members the opportunity to earn additional credits, share skills and meet up with many other members.

Some of the ideas suggested at our AGM include:

- Keep Fit/Yoga
- Any 'Green' Activities
- Upcycling Events
- More Walking Activities

If you have an idea or would like to get involved please get in touch.

## **A FOOL'S PHILOSOPHY**

So easy to ignore, a bundle of contradictions, algorithms control almost every aspect of our daily lives! They provide a solution to so many of our problems, yet whilst causing others we'd be fools to ignore them! That said, don't shudder in fear at the term, have a quick read and you'll have a deeper insight into life itself!

## **CONTACT US**

**Theresa / Sunnie**  
**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 – 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