



NEWSLETTER

March 2020
No. 232

SCIENCE IN THE GARDEN



The Time Exchange will be running a science and maths themed gardening session in the Bike Garden on Monday 9th March 12.30pm – 2.30pm. Activities will include a demonstration of the science of composting, 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 on the 11th March where we will be taken on a science-based tour with the Head Gardener.



We've already used maths in the garden to design and build the willow shelter!

WHAT'S ON THIS MONTH

TIME EXCHANGE GARDENING SESSIONS

Thursdays 10.15am-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.

Thursdays 1pm – 3pm

Street planter maintenance.

Meet at the Time Exchange.

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

ARTHUR'S HILL / WINGROVE LITTER PICKS

Mondays 10am-11am

Meet at the Bike Garden

Saturday 21st March

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.

ELSWICK COMMUNITY LEISURE

**We now offer parent/baby
swimming sessions!**

**Mondays and Thursdays
11:00am - 11:30am (0
months - 18 months)
11:30am - 12:00pm (18
months - 3 years)**

**Sessions are £6, spaces are
limited to please call
reception to reserve your
place - 0191 481 4101**

**Have you checked out our
website yet?**

**It has all our pricing
information and timetables
with opening hours and
public swimming times.**

Check it out -

www.elswickpool.co.uk

INTERNATIONAL WOMEN'S DAY

**International Women's Day
(March 8) is a global day
celebrating the social,
economic, cultural and
political achievements of
women. The day also marks
a call to action for
accelerating women's
equality.**

**International Women's Day
(IWD) has occurred for well
over a century, with the first
IWD gathering in 1911
supported by over a million
people. Today, IWD belongs
to all groups collectively
everywhere.**

**There are events taking
place across Newcastle
throughout the week.**

**Check our Facebook page or
give us a call for more
information.**

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)

OFFERS

- Helen has some wool on offer.
- The Time Exchange has some baby spider plants on offer.
- John is offering a small solid wood table.
- Lin is offering a double airbed, a children's balance bike (age 3-5) and a Roberts FM/DAB radio (faulty).
- Lynne is offering some oven cleaner and wood floor polish.
- The Time Exchange has a sewing machine available for use in the office. We also have a pump for any flat tyres!

REQUESTS

- Sarah and Jusna would both like an office chair.
- The gardeners would like some squared/graph paper for garden plans.
- Jill would like some knitting patterns for children's clothes or toys.
- Taymar is looking for donations of old jeans, 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.
- Sarah would like to learn German.
- Tyrone would like an arm chair, a microwave, a Sony PS3, a dining table & chairs and some ladders, preferably telescopic.
- Jusna would like a washing machine.

STREET PLANTER SPRING CLEAN

The Time Exchange will be restarting our Street Planter Maintenance sessions now that spring is in the air. Helen and Matt will be out, weather dependant, on Thursdays 1pm-3pm. The 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. Time Exchange members can earn time credits too! 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.

REPORT ANY LITTER HOTSPOTS

Help to keep our area looking clean and tidy by reporting any graffiti, fly tipping and dog fouling.

Ring Envirocall on 0191 278 7878 or use the online reporting system: <https://www.newcastle.gov.uk/report>

MUSIC FOR MEMORIES

A dementia friendly art and music project for older people and their carers.

A relaxed session to make and play simple musical instruments using recycled materials.

Every Tuesday 2.30pm – 4pm at the Nunsmoor Centre until 31st March 2020.

If you would like more information phone 0191 2774400.

GARDENING REQUESTS

Don't forget that you can use your credits for gardening and gardening advice.

If you'd like Helen to come to help you to prepare your garden for the growing season, please contact the Time Exchange office to arrange for her to visit.

She's usually available on Mondays and Thursdays.

THE LOCAL BORE

As some of you may already know Geoff Brown, the Local Bore, has been very poorly and is still hospital.

He will be taking a break from the newsletter until he is feeling better.

We wish him a speedy recovery and hope to hear more from the 'Local Bore You Can't Ignore' very soon!

MAKING MUSIC TOGETHER

LIVE

Come and listen to a great line up of Making Music Together bands featuring Search Strummers Ukulele Group, String-Along, The Globe Community Band & more!

WHEN?

6pm - 8pm

Tuesday 17th March 2020

WHERE?

The Globe, 11 Railway Street, NE4 7AD

FREE ENTRY!



@MakingMusicTogether.Newcastle



@makingmusictogetherncl

REVIVING THE HEART OF THE WEST END

Reviving the Heart of the West End help people live the best life they can by exploring opportunities for employment, training and starting a business.

EXPLORE START GROW - Supporting people to see the potential in themselves, identify a goal and find their way to success.

Their promise to you is that they will work with you; at your pace, at times to suit you and more importantly focusing on the things that you decide will help you achieve your goals.

Want to learn more about the courses available to you contact Sandra on 0191 226 7300 or info@rhwe.org

LOCAL NEWS

Do you have something you would like to include in our next newsletter?

We are always keen to share information about local events and activities.

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

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

FUNDRAISING AND DONATIONS

If you'd like to support the Time Exchange there are lots of ways you can help us.

WONDERFUL.ORG

We are registered with a great free fundraising website Wonderful.org:

<https://wonderful.org/charity/timeexchange ltd>

Wonderful is a not for profit organisation and doesn't charge any service or processing fees to charities, meaning 100% of your donation goes directly to the Time Exchange.

CHARITIES AID FOUNDATION

We're registered with the Charities Aid Foundation, where you can easily make a donation to the Time Exchange. Just go to <https://www.cafonline.org/my-personal-giving/start-giving/donate-now> and search for Time Exchange Limited.

EASYFUNDRAISING

The Time Exchange is registered with a fundraising website called 'easyfundraising'. All you have to do is log on to www.easyfundraising.org.uk and choose to support the Time Exchange.

AMAZONSMILE

Amazon will donate to the Time Exchange everytime you shop. Just click on the link or search for the Time Exchange on smile.amazon.co.uk. <https://smile.amazon.co.uk/ch/1120686-0>

GIFT AID

The Time Exchange is registered to claim Gift Aid, helping to make any donations go further. If you are a UK taxpayer we can claim an additional 25% on any donations.