



Time Exchange Newsletter - April 2020

Time Exchange News

Due to COVID-19 (Coronavirus) we are only sending out an electronic newsletter this month. The office is closed until further notice. However we are working from home and doing as much as we can to provide the support you are used to.

You can still contact us on the following:

Telephone: **0191 2450663** Monday – Friday 10am – 3pm

Email: info@thetimeexchange.org

We can answer your queries and offer support over the phone. Emails will be checked several times a week. Follow us on Facebook for all the latest advice and information: <https://www.facebook.com/thetimeexchange/>

If you are self-isolating and need help with shopping, collecting prescriptions or want someone to chat to etc please get in touch and we will arrange an emergency contact for you. Alternatively, if you are willing to help other members who are self-isolating please contact us as soon as possible.

We won't be able to fulfil any **Offers and Requests** at the moment except for things which can be done over the phone, but if you do have any of the items that have been requested by members, keep a hold of them until the situation changes.

Thanks

Theresa & Sunnie

Gardening at Home

Keep busy during lockdown or shielding and do some gardening! We have vegetable, herb, and flower seeds to give away which we can deliver to members, suitable for growing on sunny windowsills, in pots in your yard, in a greenhouse, or in your garden or allotment. We have heard that seeds are in short supply at the moment as so many people are trying to buy them, so it makes sense for us to share seeds. We may also be able to supply bags of compost for a fee.

We will publish a list of seeds available on Facebook suitable for sowing in April on Thursday 2nd April 2020 – (please get in touch if you need us to email or phone you

with the list). Tell us which seeds you want from the list, and Helen will hygienically share out the seeds and deliver them through your letterbox or leave on your doorstep (please do not open the door while she is doing this). She will adhere to social distancing and best practices at all times.

Many people find that growing plants gives their mental health a boost, and growing healthy veg or pollinator-friendly flowers is a great use of time – so this is a good time to get gardening!

Science in the Garden

The science and maths themed gardening session in the Bike Garden on Monday 9th March went ahead and we had another one on Thursday 12th March too. We did lots about geometric shapes, measuring length and liquid volume and calculating area and volume of different shapes, and ratios!

We also went to Durham Botanical Garden and had a guided walk round the garden and greenhouses. We got to hold giant millipede, an elephant's tooth, and take home massive cones from a monkey puzzle tree. We learnt all about plant adaptations, management of wildflower areas, and some of the experiments happening on site.

Please Note

The Gardening and litter pick activities have been cancelled until further notice.

Report any litter

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>

Local News

Libraries

Newcastle Libraries are closed following government advice on social distancing. You can join online and download eBooks, eMagazines and eAudiobooks. (They're processing applications as quickly as they can, but this may take a few days.)

* [Audible](#) is making hundreds of titles available for free during the coronavirus pandemic. Simply visit stories.audible.com from any web browser to get started. No log-ins, credit card or passwords needed.

Elswick Pool Update

The pool and Gym is temporarily closed due to coronavirus, but all memberships and swimming lesson payments will be “frozen”, so members will be able to resume as normal when the Pool and Gym re-open.

Foodcycle Westgate

They will be trying out a new delivery service. If you are interested in receiving a Food Parcel, please complete their referral form, if we are able to deliver to you, we will call or text you to confirm. The food parcels will be made up of donated food, which means they aren't always guaranteed. Check their Facebook page for more details: <https://www.facebook.com/FoodCycleWestgate/>

Local Support

Citylife Line

A new volunteering service that harnesses the outpouring of goodwill from residents on Tyneside has been launched to ensure residents get the help they need during the coronavirus outbreak.

Citylife Line has been set up by Newcastle City Council for people wanting to volunteer their time while also providing a service for people to register their need for assistance.

- How do I volunteer?
- How do I request help?

Contact Citylife Line on 0191 277 8000

For more information: www.newcastle.gov.uk/coronavirus

Newcastle upon Tyne Covid-19 Mutual Aid Groups

These groups have been specifically set up for the coordination, planning and delivery of support for Newcastle upon Tyne residents who are impacted by the Covid-19 virus. If you are in need of, or can offer support to those affected – Then consider joining your local area group.

Arthur's Hill Covid-19 Mutual Aid

Please email arthurshill.mutualaid@outlook.com, leave a voicemail on 0191 6911 363 or post on their FB page @ArthursHillCovid19MutualAid & they will discuss what they can do to support you.

If you would like to join them to help out with supporting the community, please join the Arthurs Hill Covid 19 Mutual Aid group on facebook.

Wingrove Covid-19 Mutual Aid Group

If you need some support you can leave a message at 0191 666 0165 or email mutualaidwingrove@gmail.com. However please note that this is manned by volunteers and so is only checked twice a day.

Elswick Covid 19 Mutual Aid Group

Please email elswickmutualaid@gmail.com or telephone 07393101018. Facebook: <https://www.facebook.com/ElswickMutualAid/>

West End Women and Girls Centre

West End Women and Girls Centre are launching Scran 4 the Fam, a daily soup delivery service for older people and families in the west end of Newcastle.

All you need to do is register providing your name, address, postcode and how many people in your household.

To register: Email- info@westendwomenandgirls.co.uk

Ring or txt on -07812981430

Facebook -Inbox the West End Women and Girls Centre

Other Advice and Support

Here are some useful websites that have regularly updated information:

Newcastle City Council – Support for Residents

www.newcastle.gov.uk/coronavirus

UK Government Advice and Services

<https://www.gov.uk/>

Health related advice and information

<https://www.nhs.uk/>

Watch out for Scams

Be vigilant against coronavirus scams.

To help protect yourself you should:

- Reject offers that come out of the blue
- Get the company's name and establish their credentials using the [FCA's Financial Services Register](#)
- Beware of adverts on social media channels and paid for/sponsored adverts online
- Do not click links or open emails from senders you don't already know
- Be wary of promised returns that sound too good to be true
- Take your time to make all the checks you need, even if this means turning down an 'amazing deal'
- Do not give out personal details (bank details, address, existing insurance/pensions/investment details)
- Seek [financial guidance or advice](#) before changing your pension arrangements or making investments

Here is an example of a recent scam: <https://fullfact.org/online/coronavirus-phishing-scam/>

Exercise

Going out for exercise, a walk, run or cycle, is still possible on your own or with members of your household and Newcastle Parks are still open. Elswick Park has lots of hills so you can get fit walking briskly or running. Hodgkin Park in Benwell also has lots of hills. Head for Leazes Park if you are nearer the town, and our local Nuns's Moor Park near the Bike Garden.

There's lots of great ideas on the NHS website for keeping fit and healthy.

<https://www.nhs.uk/live-well/exercise/>

Stay at Home

Everyone must stay at home to help stop the spread of coronavirus.

You should only leave the house for one of four reasons:

- Shopping for basic necessities, for example food and medicine, which must be as infrequent as possible.
- One form of exercise a day, for example a run, walk, or cycle - alone or with members of your household.
- Any medical need, or to provide care or to help a vulnerable person.
- Travelling to and from work, but only where this absolutely cannot be done from home.

Please check individual websites/organisations included in this newsletter for up to date and accurate information about services and support as details may change.