



NEWSLETTER

May 2020
No. 234

HOW WE CAN HELP WITH JOB REQUESTS AND EXCHANGES

The Time Exchange is still arranging safe and socially distanced exchanges for members. The types of job requests over the last month have included shopping, collecting prescriptions, putting out rubbish and recycling, sewing, help with CVs and job applications, telephone support, gardening advice, internet research and proofreading.

We have a number of members who are self-isolating and would be happy to help out with any exchanges they can safely carry out at home.

The office may be closed to the public but we are still taking calls on the main phone line (0191 245 0663) checking emails and updating our Facebook Page and website:

<https://www.facebook.com/thetimeexchange/>

<https://thetimeexchange.org/>

Please get in touch with any job requests or if you need any helping accessing local support.

Offers and Requests are still on hold except for things that can be done over the phone.

We would love to be able to share your experiences of lockdown over the past month with other members. If you have been cooking, baking, gardening or doing crafts, please let us know via email or Facebook and we can share your photos.

SUPPORT FOR RESIDENTS WHO ARE SELF-ISOLATING

Here is just some of the support that is available to residents:

Citylife Line

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.

Contact Citylife Line on 0191 277 8000

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

Local Mutual Aid Groups

Arthurs Hill: arthurshill.mutualaid@outlook.com

0191 6911 363 (voicemail only - will call back) <https://m.facebook.com/groups/523450511913708>

Elswick: elswickmutualaid@gmail.com

07393101018 <https://www.facebook.com/groups/249037382793429/>

Wingrove: mutualaidwingrove@gmail.com

0191 666 0165 (voicemail only - will call back) <https://www.facebook.com/groups/501299347232459>

West End Women and Girls Centre

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

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

Ring or txt on -07812981430 Facebook -Inbox the West End Women and Girls Centre

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

LOCAL ADVICE ABOUT BENEFITS, DEBT AND HOUSING

Newcastle Welfare Rights Service

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

Ward funded drop in advice
sessions have been
replaced with telephone
advice—as follows:

Wednesday between 9.30am
–12.00pm Arthurs Hill
residents can ring 0191
2772633

Thursdays between 10.00am
–12.30pm Wingrove
residents can ring 0191
2772633

Wednesday between
10.00am -12.30 pm Elswick
residents can ring 0191
2772633

Citizens Advice Bureau

Phone: 0344 4111 444

Monday - Friday
10am - 4pm

Shelter North East

Phone 0344 515 1601

Mon – Fri 9am – 5pm

Crisis Support Line (Out of Hours Service)

0191 278 7878

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

Search

0191 273 7443

Phone advice only

Monday-Thursday

9.30am –12.30pm

Advice and Information for
older people and their carers

Money Matters Advice Line

Money and debt advice
telephone service.

Phone: 0191 277 1050



BIKE GARDEN

The Bike Garden is bursting with colour and looks amazing! Helen has been looking after the plants and seedlings in the Bike Garden and harvesting small crops of herbs and salad leaves. Thank you to all the members who are helping out and growing fruit and vegetable seeds at home to be planted out in the garden in the summer. Keep sending in your photos.

SEEDS LIST

We have vegetable, herb, and flower seeds to give away which we can deliver to Time Exchange members, suitable for growing on sunny windowsills, in pots in your yard, in a greenhouse, or in your garden or allotment. We may also be able to supply bags of compost for a fee.

We've had lots of interest already and it's a great way to keep busy. We will publish a list of seeds available on our Facebook page and website, suitable for sowing in May. Tell us which seeds you want from the list, either by email or via Facebook 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.

STREET PLANTER WORK

The streets around us might be quieter than usual but there's still a lot of work for Helen and Matt. They have been out every Thursday keeping our local street planters clean, tidy and litter free. If you have been keeping the planter near your home tidy please let us know so we can update your credits!

GARDENING REQUESTS

Don't forget that you can use your credits for socially distanced gardening and gardening advice. Helen is usually available on Mondays and Thursdays.

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes Are you looking forward to days out enjoying our own beautiful waterways once we're allowed? Unfortunately, if you choose to swim, fish or enjoy the fresh air they once provided, your favourite spot may now be polluted by up to 40% raw sewage!

Before leaving the EU, our Environment Agency predicted that by 2027, 75% of our rivers would meet healthy targets but it's more likely to be nearer to 14% according to a study by The World Wide Fund For Nature. Dr. David Tickner, their Chief Freshwater Advisor, told 'The Bore,' "There's not a river in this country that's safe to swim in, with many used as open sewers. There are over 18,000 sewer overflows across England and Wales and about 90% of them, pump raw sewage, mixed with rainwater, directly into our rivers!" He went on to tell me that the more obvious forms of pollution were also increasing, that being wet wipes, kitchen fats and sanitary towels which blocked our sewers too!

I hate to dwell on the past but as a young lad, surrounded by coal mines, heavy industry and homes heated by solid fuels, there were beautiful 'getaways' to be had within a few miles of Newcastle where I and many others, regularly swam! I've spoken to many fishing and wild water swimming fanatics and they're all frightened they could be denied their healthy pursuits before long. This too, is despite Durham being our 'greenest' city and Newcastle coming a close third in a competition run by The Solar Centre!

AN HOUR SHARED IS AN HOUR SPARED!

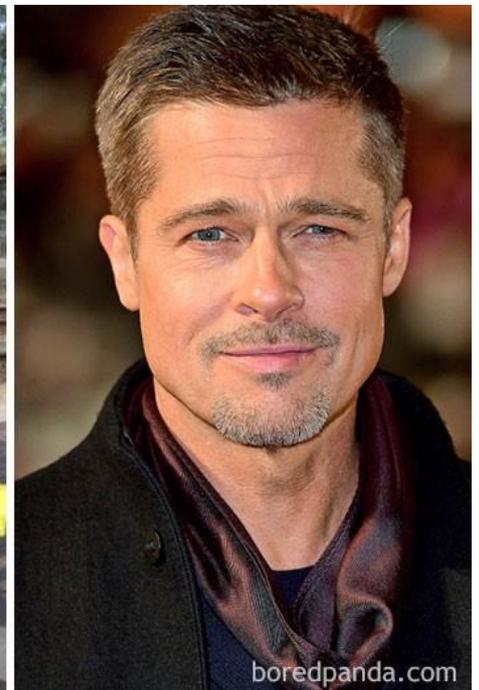
"There is only one way to avoid criticism: Do nothing, say nothing, and be nothing." --Aristotle

PEOPLE will always criticise. It's in our DNA, part of our life-saving ability to spot inconsistencies, and to avoid risk and danger. But sometimes it can take over, especially if we have had hard times. It can make us cynical, so that instead of expecting the best of people, we anticipate the worst. The irony is, our beliefs are often fulfilled.

IF you recognise this, ask yourself another question: do I fear that others will judge me harshly? If yes, ask yourself when you last did something new, or a bit scary. Did you say to yourself "I can't face it", "I'll look a fool" or "I can't do it well enough"? This fear can stop us taking any risk whatsoever. And it doesn't even work. It **doesn't** protect us from criticism!

EVERYONE fears making a fool of themselves. Do you think that stopped anyone successful? Are these people perfect? Of course not. Every one of them has been prepared to take a risk, to fail, and have another go. Brad Pitt dressed up as a chicken for a living. Did it make him successful? Perhaps not, but he earned and learned from it.

So give it a go! You'll feel better for having tried. And good luck :)



EXCLUSIVE LIFE COACHING OFFERS available for Time Exchange members.

Contact the Time Exchange for more information.

CONTACT US

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

You can still contact us on the following:

Telephone: **0191 2450663**

Monday – Friday 10am – 3pm

Email:
info@thetimeexchange.org

Follow us on Facebook for the latest advice and information:
<https://www.facebook.com/thetimeexchange/>

If you would like to include anything in our newsletter, please get in touch.

MINDFULNESS COLOURING



If you would like some printed colouring sheets or puzzles, please let us know.

WORDSEARCH

Common British Birds

E	B	E	A	M	A	G	P	I	E	L	G	N	C
G	R	E	E	N	F	I	N	C	H	T	W	N	A
N	T	I	T	E	U	L	B	R	C	C	N	I	I
R	O	O	K	W	O	C	R	O	O	N	I	W	N
N	O	S	P	A	R	R	O	W	K	F	B	A	O
W	S	J	O	H	F	H	R	L	H	T	O	A	E
H	B	L	A	C	K	B	I	R	D	D	R	L	G
C	J	A	C	K	D	A	W	R	N	T	R	E	I
T	R	N	L	I	T	H	R	U	S	H	C	I	P
F	F	O	I	D	T	S	T	A	R	L	I	N	G
T	L	O	I	G	O	L	D	F	I	N	C	H	O
K	I	L	L	I	A	T	G	A	W	D	E	I	P
G	L	O	N	G	T	A	I	L	E	D	T	I	T
G	R	E	A	T	T	I	T	L	W	O	W	E	C

SPARROW
THRUSH
CROW
ROBIN
JACKDAW
STARLING
BLACKBIRD
LONG TAILED TIT
MAGPIE
GREAT TIT
PIGEON
ROOK
GOLDFINCH
BLUE TIT
GREENFINCH
PIED WAGTAIL