



NEWSLETTER

June 2020
No. 235

TIME EXCHANGE UPDATE

We are busy working behind the scenes to ensure the Time Exchange office is open to members and the public as soon as is safely possible, we will keep you updated. In the meantime we are still answering your calls and emails and setting up exchanges where possible.

The types of safe and socially distanced job requests we can arrange include shopping, collecting prescriptions, putting out rubbish and recycling, sewing, help with CVs and job applications, telephone support, gardening advice, internet research and proofreading.

Several Time Exchange members are shielding and would be happy to help out with job requests they can safely carry out at home so please get in touch with your requests!

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

EVERY LIFE MATTERS MENTAL HEALTH & WELLBEING DURING COVID-19

Covid-19 has now had a far-reaching impact on people right across the world and it's important during this time to take care of your mind as well as your body.

Everyone will be reacting in their own way. You might be feeling frustrated or lonely. Concerned about your finances, your health or relatives. And you might be feeling down, worried or anxious. It is normal to feel like this. These are normal reactions to uncertainty and to challenging events.

Covid-19 has also impacted on many of the normal coping strategies we use to deal with stress, and on the everyday activity that underpins our emotional wellbeing. During this time, we may need to be more creative and thoughtful about how we look after ourselves.

Every Life Matters has produced a guide to looking after yourself and others containing practical information about things you can do now to look after your mental health and wellbeing, and how you can support others.

Here is the link: <https://www.every-life-matters.org.uk/wp-content/uploads/2020/04/ELM006-COVID-19-public-info-a5-booklet-AW-online-1.pdf>

Contact the Time Exchange office if you would like a paper copy.

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

Use this number for Envirocall,
Night Noise Team & Out of
Hours Social Work Support

Search (for older people) 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

Helen has been watering all the plants and seedlings in the Bike Garden during this wonderful warm weather.

Thank you to Rachel for donating some tomato, runner bean and courgette plants, all grown from seed and settling into their new home in the Bike Garden!

The Bike Garden is still closed to the public but we will let you know as soon as volunteers can join us again for gardening sessions.

SEEDS LIST

We have more 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 will publish a list of seeds available on our website, suitable for sowing in June. Tell us which seeds you want from the list, either by email or via Facebook.

STREET PLANTER WORK

Helen and Matt have been out every Thursday keeping our local street planters clean, tidy and litter free. Have you 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:

Good news is in short supply at present, so I thought I could at least offer you some hope!

As we struggle to get to grips with medical malaise, financial farce almost and political strife, many world economists believe we can use this to our advantage. Many are truly hopeful too, that our future does not lie in technology that 'trashes' our planet but rebuilds our environment as we rebuild our battered economies.

Recently our near neighbours in the EU put their cards on the table as it revealed the largest 'Green Stimulus Package in History,' offering up an initial £750million leading to almost £2trillion.

Initially, there are plans for tens of billions to be spent on making homes more energy efficient, phasing out petrol and diesel running vehicles and constructing a world totally

free of carbon emissions by 2020!

There are even hopes that the carbon loving Americans will want to join 'the club,' as waiting in the wings, Joe Biden, launches his own similar green stimulus package. They're likening the current economy as similar to that of The Great Depression of the 1930's!

Various think tanks too, believe that this is not just about rallying voters, as renewable energy sources are now often cheaper than fossil fuels. Our new technologies, too, allow such things to be developed at a scale never seen before and of course, the more we produce the cheaper they become!

Across the world, according to The International Labour Organisation, 1.6billion people are at risk of losing their jobs, so in the early days of any such turnaround, many industries will be looking for 'shovel ready,' intense workforces. They would also localise many currently globalised employment sources. The tide is already beginning to turn, as 87% of Chinese see climate change as a problem, along with 57% of Americans! Watch this space! **AN HOUR SHARED IS AN HOUR SPARED!**

SUPPORT FOR RESIDENTS WHO ARE SELF ISOLATING/SHIELDING

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

Citylife Line

Contact Citylife Line on 0191 277 8000

For more information: <http://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/login/?next=https%3A%2F%2Fwww.facebook.com%2Fgroups%2F249037382793429%2F>

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 Scrans 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](mailto:info@westendwomenandgirls.co.uk)

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

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

Be wary of scammers pretending to be from the NHS as coronavirus contact tracing launches in the UK. If NHS Test and Trace calls you by phone, the service will be using a single phone number- 0300 0135 000. The only website the service will ask you to visit is <https://contacttracing.phe.gov.uk>.

FUNDRAISING AND DONATIONS

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

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 <http://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

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.

Please note that Wonderful.org is no longer operating.

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/>

Email:

info@thetimeexchange.org

The Time Exchange office is closed to the public until further notice.

MINDFULNESS COLOURING



VEGETABLES WORDSEARCH

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

ASPARAGUS
AUBERGINE
BEETROOT
BROCCOLI
CABBAGE
CUCUMBER
CARROT
CAULIFLOWER
CELERIAC
CELERY
COURGETTE
BEANS
ARTICHOKE
LETTUCE, LEEK
MALLOW
MUSHROOM
ONION
NEEPS, PEAS
PARSNIP
PEPPER
POTATO
PUMPKIN
RADISH
RHUBARB
SHALLOT
SPINACH
SWEDE
SWEETCORN
TOMATO
TURNIPS