



NEWSLETTER

July 2020
No. 236

TIME EXCHANGE NEXT STEPS

When will the Time Exchange be open again?

Very soon, we hope! We do need to ensure the safety of staff, Time Exchange members and local residents before we re-open the office and reintroduce any activities and services.

When we do re-open the office there may be a few changes such as reduced opening hours initially, a 1-1 appointment system, new signage and guidance on display and limited access to some of the building.

Unfortunately we won't be able to set up any group activities or gardening sessions for a while but we will let you know as soon as we can.

We are still answering your calls and emails and setting up exchanges where possible.

TIME EXCHANGE MEMBER UPDATE

We are hoping to get in touch with all Time Exchange members over the next month to see how everyone is doing and find out how we can best support members over the coming months.

Here's what we will be asking:

- How are you?
- How has lockdown affected you?
- Is there anything we haven't been able to do for you during lockdown?
- Do you need more explanation about what is going on currently with the pandemic? Particularly with regards to social distancing, symptoms, changes to government guidelines etc
- What do you need?
- How can the Time Exchange help?
- Do you know how to get additional support?
- What are skills are you able to offer?
- Has lockdown changed what you can offer?
- Do you have any ideas/suggestions?

We also want to update members contact information, availability for exchanges and the skills offered. If you would prefer to be contacted by email rather than by telephone, please let us know as soon as possible.

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 working hard in the Bike Garden keeping the plants watered and harvesting crops of salad leaves and herbs each week.

Thank you to Fatema, Rachel and Sergio for donating some plants. We've now got everything from tomatoes, brassicas, and courgettes to sweet kudu, Bangla kudu and Chinese kudu, all grown from seed. We can't wait for the bumper harvest later in the year!

Please note that the Bike Garden is still closed to the public (including gardening volunteers).

GARDENING REQUESTS

Do you need any help in your garden or yard? You can use your credits for some socially distanced gardening and gardening advice. Helen is usually available on Mondays and Thursdays.

SEEDS LIST

We have various 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 throughout July.

STREET PLANTER WORK

Helen and Matt are busy working on the street planters most Thursdays, keeping them clean, tidy and litter free. Several members have been keeping their streets clean too. Don't forget to tell us if you've been litter picking in your street or weeding the planters so we can update your credits!

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>

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes:

As I write, we're in the middle of Loneliness Awareness Week and the current reports on the subject are staggering! Recent reports by both the government and charities point to roughly 7.5million people having experienced loneliness, just since 'The Lockdown' began!

Some people can be dismissive on the subject, saying 'It's only an emotion' but it can so often be the cause of early deaths and often the same 'shruggers off' are lonely themselves, when it's vital we engage with friends, family an even strangers, to simply maintain a semblance of sanity!

It's long been a problem in Britain as highlighted by the late M.P., Jo Cox who set up The Campaign To End Loneliness, so to add to the existing illness, insanity and early deaths is deeply worrying.

I'm lucky, as a recovering alcoholic, a member of Time Exchange and other organisations, I seem to have escaped it but during my drinking days, suicide often stared me in the face. It's a problem that spares no particular group, just simply those who either by choice or circumstance are alone.

Experts say it's more dangerous than either obesity or smoking 15 cigarettes a day! Last week I spoke to local actress and fellow recovering alcoholic, Denise Welch, who has suffered loneliness and described it as a "Living hell that no one deserves!" She went on to say, as I would, we should simply keep in touch with the wider world around us.

My next 'ten pinnerth' came from Gateshead rock star, Brian Johnson, who told me, "It's sickening when people say they haven't the time to phone or call around - they could be condemning their nearest and dearest to their deathbeds!"

Please make that call!

AN HOUR SHARED IS AN HOUR SPARED!

GREENING WINGROVE & ARTHUR'S HILL CIC NEWS



Greening Wingrove & Arthur's Hill CIC has launched its first-ever first ever Crowdfunder! We're trying to raise £1000 to extend the vertical veg scheme via an Aviva Crowdfunder to which their staff will also be invited to contribute. But we only have a short time to hit the target. It's got off to a start but still a long way to go. If you could help by contributing or forwarding to friends and contacts, that would be great!

<https://www.avivacommunityfund.co.uk/green-your-own-street>

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 every time 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](https://www.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.

HERE ARE SOME OF THE SAFE AND SOCIALLY DISTANCED EXCHANGES WE WILL BE ABLE TO ARRANGE:

Shopping

Collecting prescriptions

Putting out rubbish

Recycling

Sewing

Help with CVs and job applications

Telephone advice/support

Gardening advice

Internet research

Proofreading

Zoom/Skype/Facetime exchanges (learning, companionship, advice etc)

ALL job requests will be risk assessed to ensure the safety of members.

Please note: Due to the restrictions imposed by the pandemic we are currently unable to arrange exchanges for car lifts, pet care, help at home such as DIY, cooking, cleaning etc

OFFERS & REQUESTS

We can now resume offers and requests as long as items have been disinfected or stored safely before passing them on.

Members **MUST** maintain social distancing when swapping items.

Please note that we can only include small items that can be carried easily. No large items such as furniture, fridges, washing machines etc.

OFFERS

- The Time Exchange has some washable face masks on offer (handmade by members!).
- Helen has some wool on offer.
- The Time Exchange has some 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.

REQUESTS

- Sarah and Jusna would both like an office chair.
- 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.
- Tyrone would like a microwave, a Sony PS3 and some ladders, preferably telescopic.

If you would like to add anything to Offers and Requests please get in touch.