



## NEWSLETTER

August 2020  
No. 237

### TIME EXCHANGE NEXT STEPS

Great news! The Time Exchange is re-opening and offering 1-1 member appointments. We can help with requests that can't be carried out over the phone or electronically.

### NEW TIME EXCHANGE OFFICE OPENING HOURS

**Monday - Friday 10am – 1pm**

**Member Appointments 10am – 12pm**

We will be limiting the number of daily appointments so **please book in advance**. Appointments will be for up to 45 minutes, 1 person per appointment. We will be asking ALL members to wear a mask/face covering in the office. There will be new safety measures in place such as signs, perspex screens and hand sanitiser, which **MUST** be used when entering the building.

**If you would prefer to meet outdoors, we can arrange either a doorstep/yard or garden visit.**

### TIME EXCHANGE MEMBER UPDATE

Thank you to everyone we have spoken to in last month. Your feedback has been extremely valuable in helping us to plan how we support Time Exchange members over the coming months through the different stages of coming out of lockdown. It is a challenging time for us all!

### MEMBER EXCHANGES

**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

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.

## 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

We've had another busy month in Bike Garden for Helen keeping the plants watered and harvesting crops each week. The donated plants are doing well in the garden especially the Chinese Pumpkin! (pictured above)

*Although the Bike Garden is still closed to the public (including gardening volunteers) but we would like to hear from members who would like to get involved with any environmental activities.*

## GARDENING REQUESTS

Do you need any help in your garden or yard? Now is the time to think about pruning and hedge trimming? 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 August.

## STREET PLANTER WORK & LITTER PICKING

Helen and Matt are working on the street planters most Thursdays, keeping them clean, tidy and litter free. If you are interested in litter picking in your street please get in touch for advice. 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

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! AN HOUR SHARED IS AN HOUR SPARED!

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

Fancy some fat, food poisoning or foolery, then head for your nearest supermarket! You may, though, need a strong stomach to carry on reading, as I reveal some shady shopping facts we're not supposed to know.

We eat a billion chickens in the U.K. each year and 40% of them may carry the potentially deadly campylobacter infection!

I spoke to journalist, Sian Williams recently who covered 'The Secrets of Your Supermarket Food,' for Channel 5 and she revealed this and many other sad stories of shopping.

Salad for health? Well yes, unless you buy 'bagged' varieties, likely to contain salmonella! They're our most frequent cause of salmonella too, according to Dr. Primrose Freestone, a

Microbiologist at The European Food Standards Agency, who revealed that, even if salad was virus free, packing it would cause leaching, creating its own bacteria! Fancy something different for breakfast? Healthy 'porridge pots' often contain 42% sugar, four times that of the cereals they're set to replace!

This all comes as we're encouraged by the Government to 'Get Healthy' and so much we buy is in fact real junk, aside from the better known 'junk foods!' Sian discovered meat sausages that only contained 50% meat, with the rest made up of fat and food colouring, cochineal, from crushed insects! She then looked at ham and reported that "It's often made with up to 100 different animal products, stuck together with so called 'Meat Glue!'"

We're often too encouraged to buy fresh farm produce but often the farms promoted are non-existent and some genuine farms have had to change their names as a result.

As for pricing, is it really worth mentioning money, when we're mad enough to buy 'fresh' apples, over a year old? Most experts, Sian included, recommend shopping locally, from specialist butchers, bakers and greengrocers!

**AN HOUR SHARED IS AN HOUR  
SPARED!**

## CO-OP HELPS GREENING WINGROVE & ARTHUR'S HILL

Shopping at the Co-op and buying Co-op branded products can now help Greening Wingrove and Arthur's Hill CIC raise funds for our vertical veg growing work. We're over the moon that the Co-op is helping through their Local Community Fund. You can find us here:

<https://membership.coop.co.uk/causes/40178>

This means that Co-op members who buy Co-op branded goods in Co-op shops can donate 1% of the value of their purchases to local veg growing. As a result, we've been able to distribute dozens of free seed growing kits. Almost £700 has been raised so far.

The Co-op has advised: *'Encourage your supporters, volunteers friends and family to become a Co-op Member if they are not already members.'* They can join online at

<https://membership.coop.co.uk/new-registration> Once you use your Co-op membership card, sign up to support Greening Wingrove as a local Cause on the Co-op's membership website,

<https://www.coop.co.uk/membership>). Your 1% will start to generate money to support our work.

If you are already a Co-op member then when you visit the Co-op membership web page, just sign in to your account in the top right hand corner of the page. (We're under **Wellbeing** on the Causes menu)

Our nearest Co-op shops are on **Cedar Road** (corner with Two Ball Lonnen), **Market Street** (city centre), **Newcastle University** (side of the King's Walk Students' Union building). But trading with any Co-op Group shop anywhere, or via their home delivery, will feed your 1% to our Cause.

## 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](https://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](http://Wonderful.org) is no longer operating.

## CONTACT US

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

You can contact us on the following:

Telephone: **0191 2450663**

Monday – Friday 10am – 1pm

Email:  
[info@thetimeexchange.org](mailto:info@thetimeexchange.org)

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

Email:  
[info@thetimeexchange.org](mailto:info@thetimeexchange.org)

## WHAT'S ON IN AUGUST

### NUNSMOOR CENTRE TRUST

Summer Play sessions every Saturday and Sunday.  
Places are limited, so if you would like to book time slots for the play sessions please email [nunsmoor.trust@gmail.com](mailto:nunsmoor.trust@gmail.com)

### SEARCH (For Older people)

Easy Walks – Enjoy a walk in Elswick Park, Nunsmoor Park, Newburn Riverside and many more in August.  
Weekly Lunch at Home Club – A 2-course lunch delivered to your door for only £4.

Advice & Information – Need help filling in Blue Badge applications, benefits claims, filling in forms Monday - Thursday 9.30am – 12.30pm.

Contact Search on 0191 273 7443 for more information.

### NEWCASTLE CITY LIBRARY

If you need to use a computer to check finances or look for work you can book a PC session at the library.

You can borrow books with a pre-booked Select & Collect service. If you have a Council Tax or other Council Enquiry you can pop-in and they will do what they can to help you.

Open 11am to 5pm weekdays.

More info at [newcastle.gov.uk/libraries](http://newcastle.gov.uk/libraries) and [tiny.cc/selectandcollect](http://tiny.cc/selectandcollect)

## 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.
- 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.

### REQUESTS

- The Time Exchange is looking for a wheelbarrow and some cotton fabric (for making masks)
- 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 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.