



NEWSLETTER

September 2020
No. 238

TIME EXCHANGE MOVING FORWARDS CROWDFUNDER



The Time Exchange relies on grant funding and fundraising activities to run the timebank and drop-in service. We've been busy working on a number of funding applications and have also launched a Crowdfunder project to help raise additional funds to help us work towards our new 'normal'.

The COVID-19 crisis means more people are isolated and in need of help than ever before. We want to be able to support our members over the coming months in any way we can. Please help us by spreading the word far and wide about our Crowdfunder project! Anything we do raise will be match-funded by the North East Local Enterprise Partnership.

<https://www.crowdfunder.co.uk/time-exchange-moving-forwards>

Every penny raised will go towards supporting local residents.

TIME EXCHANGE OFFICE OPENING HOURS

Monday - Friday 10am – 1pm

Member Appointments 10am – 12pm

The Time Exchange is offering 1-1 member appointments to help with requests that can't be carried out over the phone or electronically. We will be limiting the number of daily appointments so **please book in advance**. 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.**

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

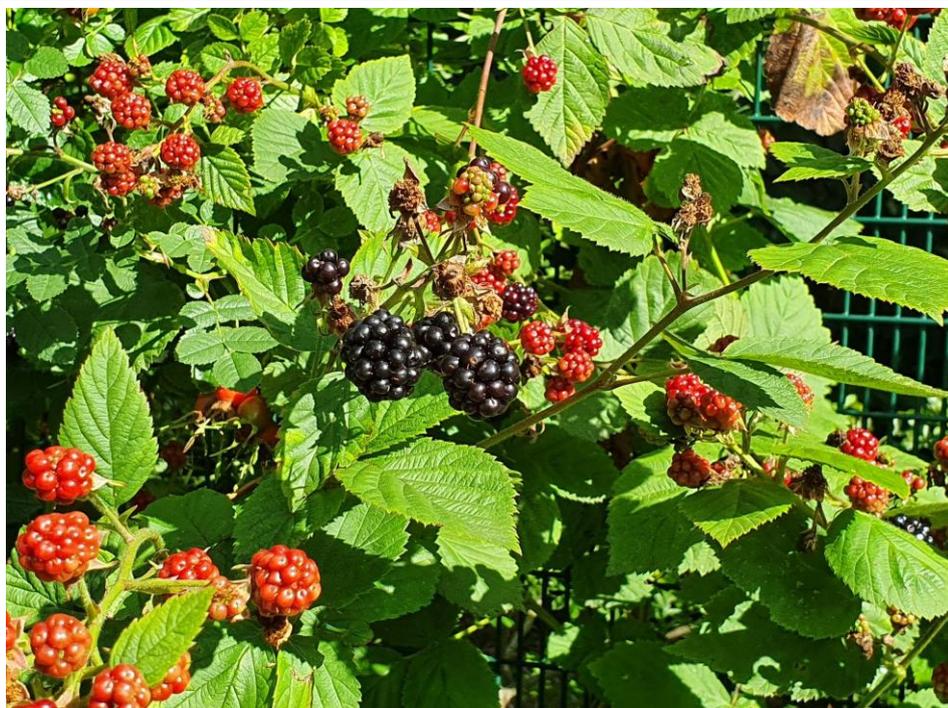
Use this number for Envirocall,
Night Noise Team & out of
Hours Social Work Support

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 got blackberries and tomatoes ripening in Bike Garden this month. The pumpkins and squash are all in flower so fingers crossed for a good crop! Seed sowing has also started for autumn and winter greens.

Please note that the Bike Garden is still closed to the public.

GARDENING REQUESTS

There's still plenty of gardening jobs to be getting on with! Don't forget to get in touch if you need any 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

Helen has put together a list of various vegetable, herb, and flower seeds suitable for growing on sunny windowsills, in pots in your yard, in a greenhouse, or in your garden or allotment throughout September. We can deliver them to Time Exchange members

STREET PLANTER WORK & LITTER PICKING

Helen and Matt are still working on the street planters each week, keeping them clean, tidy and litter free. The litter has really piled up recently so if you are interested in helping out with the litter picking in your street please get in touch for advice.

Keep in touch if you've been litter picking in your street or weeding the planters and we will 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!

Geoff Brown, 'The Local Bore, You Can't Ignore,'

writes:

I was shocked first, that our Government didn't introduce a new 'fast fashion' clothing tax as discussed and even more shocked when I read the latest statistics on the damage caused by those very 'throwaway clothes!'

Here are several reasons to buy less clothes and throw away less too:

Fashion is the world's biggest polluter after the oil industry, releasing 1.2 billion tonnes of CO2 into the atmosphere!

'Fast fashion' is getting faster as we throw away about 67 items per person per year!

A rubbish truck of fashion items is burned or land filled worldwide each and every second!

Nearly 70 million barrels of oil go into making our polyester clothing and the same polyester takes more than 200 years to decompose!

Fabric production, using the chemicals it does, is responsible for 20% of all the world's water pollution!

This is apart from the damage done to our seas and our health from the pollutant by-products. I spoke to Helle - Abelik Lawson from Greenpeace and she confirmed all these shocking figures were rising by the second!

Here at the Time Exchange we try and do our bit by encouraging recycling, reusing and upcycling. There are often members requesting materials for craft projects, other organisations looking for particular items and of course charity shops who will always accept donations of clothing!

AN HOUR SHARED IS AN HOUR SPARED!

DR. BIKE AT THE BIKE GARDEN



The Nuns Moor Park Bike Garden will be a place for bikes again from September. Greening Wingrove and Arthur's Hill and the Trusted Bike CIC, with support from Cycle UK's Big Bike Revival, have come together to offer Dr. Bike sessions for bike maintenance with Petra and Kevin from Trusted Bike. We're also hoping to provide tea and coffee from Northern Slice alongside at least some of the Dr. Bike sessions.

Initially, Dr. Bike will be over September - October to test the appeal. If all goes well, we'll look to keeping it going. And a risk assessment will be in place to guide Covid safety.

The dates are:

Friday 4th and Saturday 5th September, Friday 11th and Saturday 12 September, Saturday 19th September, Saturday 26th September and Saturday 3rd October.

Sessions will run from 10.00 am - 6.00 pm.

Advance booking is recommended via email:

drbikeappointments@gmail.com or Text 'DR BIKE INFO' to 07385 634825

MEMBER EXCHANGES

Here are some of the safe and socially distanced exchanges we can arrange:

Shopping	Collecting prescriptions
Putting out rubbish	Recycling
Sewing	Gardening advice
Internet research	Proofreading
Telephone advice/support	

Help with CVs and job applications

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 for a while but we will let you know as soon as we can.

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

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

Email:
info@thetimeexchange.org

WHAT'S ON IN SEPTEMBER

ELSWICK POOL

Elswick Swimming Pool and Gym is now open again. They have followed the Government and Swim England advice to make your return to Elswick as safe as they can. They have enhanced cleaning schedules, reduced session capacity to allow for social distancing and closed the changing rooms between swim sessions so they can deep clean the area. Their membership schemes and timetables are on the website.

Call for details: 0191 481 4101 or email at: info@elswickpool.co.uk

SEARCH (For Older people)

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 and 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 and a medium soft black cardigan.

REQUESTS

- The Time Exchange is looking for a wheelbarrow and some cotton fabric (for making masks).
- Geoff would like some screw top plastic water/pop bottles (500ml size).
- 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.