



NEWSLETTER

November 2020
No. 240

AUTUMN AND WINTER ACTIVITIES AT THE TIME EXCHANGE

This is usually such a busy time of year at the Time Exchange with plans for lots of seasonal events and activities. Due to the current restrictions we are trying to find ways to involve as many members as possible and adapt some of our usual activities. Here are just some of the activities so far:

HOMEMADE OFFERS/REQUESTS

We would love it if members were willing to swap/share homemade goods for time credits. Have you made some jams or chutneys from your garden produce? Have you been busy designing, upcycling, crafting or sewing? Do you have a request for something another member could make for you? Please get in touch if you have any homemade items you can offer to other members.

CHRISTMAS CARD DESIGN COMPETITION

This year we have decided to organise a Christmas card design competition. We would like members to come up with a festive design. You can email, message, post or hand deliver your design to us. The deadline is Tuesday 1st December. The winning designs will be professionally printed and sent out to all our members and supporters. The winners will also receive a pack of their printed cards.

CARD MAKING

We know how much many of you enjoy the Christmas card making events so we are putting together some Christmas card making packs for members to enjoy at home. Get in touch if you would be interested in receiving a pack.

WINTER BULB POTS

Helen will be organising 1-1 winter bulb pots activities via doorstep visits or appointments in the Bike Garden. Alternatively if you would like us to put together a bulb pot for you we can arrange delivery. 1 time credit per bulb pot.

WINTER WREATH MAKING

We will be offering 1-1 doorstep visits or appointments in the Bike Garden for wreath making this year. Mondays & Thursdays in during December. We will be collecting natural materials such as holly, ivy and pine cones so please get in touch if you might have some to donate.

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

MEMBER EXCHANGES STAY CONNECTED & BE ACTIVE!

As the weather gets colder and wetter and the days get shorter we are more aware than ever how important it is to keep in touch with others for our own mental wellbeing.

The Time Exchange is a great way for you to stay connected with other members through regular exchanges, phone calls and emails.

We're happy to facilitate member exchanges on Zoom, WhatsApp, and Facetime etc too.

The Time Exchange doesn't just support practical skills exchanges, we would like to encourage more members to get together, link up people with similar interests or expand a support bubble if it's safe to do so.

We've already organised an exchange for a couple of members to meet on a safe and socially distanced local walk.

Get in touch if there's an exchange you would like us to arrange for you or if you would like to support others.

MORE FUNDING NEWS

We're very pleased to be able to share even more good news with you, as we have received a £1,472 grant from Arthur's Hill Ward Committee towards our Street Planter Work. Helen and Matt can continue their amazing work keeping our street planters looking neat and tidy over the next year!

We would also like to thank the Hadrian Trust for awarding us a £1000 grant towards our core running costs. At a time when things are still so uncertain for many small charities, we are incredibly grateful for the support.

FUNDRAISING

There are many different ways you can help raise funds for the Time Exchange.

You can make donations via the Charities Aid Foundation, either a one-off donation or a monthly donation.

We are also registered with EasyFundraising.org and smile.amazon.co.uk so that you can raise funds when you shop online.

So far this year we have raised over £400! Thank you to everyone who has donated.

DO NOWT AND YOU GET

NOWT! writes: As I write, I'm angry, frustrated and shocked by a silent killer taking over and taking away our lives!

It's not a virus either but a malaise which has been with us much longer – loneliness, with over 9million of us, at the last count, suffering it in some form! According to Government figures, it increases our risk of heart disease by 26%, plays a massive part in strokes, is more dangerous than smoking, obesity or high blood pressure and is most likely to cause cognitive decline and dementia.

Fortunately, I managed to speak to Baroness Diana Barran, our new Loneliness Minister, who certainly seems keen to both address the problem and make changes, having experienced it herself. "I do, though, think we need to make ourselves and others aware of the illness and not regard it as a passing mood swing," she told 'The Bore' last week. "So many of us in Government and the wider population, need to take action, even by simply making a few phone calls to those we suspect could be suffering and not let them suffer in silence!"

I later caught up with actress, Julie Walters, who's been involved with The Samaritans' 'Brew Monday Campaign' to bring people together during January. I put it to her that we should put their noble notions into an ongoing practice, as people were lonely, each and every day. She totally agreed and said, "Every single one of us must do more, more often!"

My own loneliness, linked to my alcoholism, nearly killed me and I won't see others die, if I can help it! After getting back on my feet, I discovered the benefits of timebanking as a way of keeping in touch with others and getting help when I need it. **DO NOWT AND YOU GET NOWT!**

AUTUMN GARDENING



Bulb Planting in the Bike Garden

SEEDS LIST

Helen has put together a list of various vegetable, herb, and flower seeds suitable for growing on windowsills, in pots in your yard, in a greenhouse, or in your garden or allotment throughout the winter months. We can deliver them to Time Exchange members. The list is on our website under Environmental Projects:

<https://thetimeexchange.files.wordpress.com/2020/10/november-2020-seed-list.pdf>

GARDENING REQUESTS

Helen will be available throughout November (on Mondays and Thursdays) to help members have a final tidy up and clear out of the garden. If you would like some help getting your garden prepared for the winter, please get in touch to arrange a time with Helen.

STREET PLANTER WORK & LITTER PICKING

There's still a lot of work for Helen and Matt to do on the street planters throughout autumn. If you are interested in helping out with the litter picking in your street please get in touch for advice. Please get in touch if you've been doing any litter picking in your street or weeding the planters and we will update your credits.

REPORT ANY LITTER HOTSPOTS

Please keep our area looking clean and tidy by reporting any fly tipping and dog fouling.

Ring Envirocall on 0191 278 7878 or use the online reporting system: <https://www.newcastle.gov.uk/report>

CONTACT US

Theresa / Sunnie
235 Stanton Street
Arthur's Hill
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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

OFFERS & REQUESTS

OFFERS

- The Time Exchange is offering some Gardeners World magazines and 4ft lengths of willow.
- Tamara has some GCSE study guide on offer, subject include: Math Science, Physics and Catholicism and Christianity.
- Helen has some wool on offer.
- Lin is offering a double airbed and a Roberts FM/DAB radio (faulty).
- Lynne is offering some oven cleaner and a medium soft black cardigan.

REQUESTS

- Helen would like some art materials, pastels, pens, crayons, paints etc
- Geoff would some screw top plastic water/pop bottles (500ml size).
- Jusna would like an office chair (with arms).
- Taymar is looking for old jeans, fabric, toy stuffing, cushion filler and old lampshades.
- Jeanette would like a casserole dish with a lid.
- Tyrone would like some ladders, preferably telescopic.

GREENING WINGROVE & ARTHUR'S HILL CIC BIKE GARDEN UPDATE

RETURN OF THE LITTER PICK

Great News! Greening Wingrove have restarted the weekly litter in Nuns Moor Park. Every Tuesday 10am till 12noon. Meet at the Bike Garden.

All equipment is sanitised. Please maintain a 2 metre distance and 'bubble' groups shouldn't exceed six people.

Tea and Coffee will be available from Northern Slice in the Bike Garden as there won't be access to the kitchen.

If you have a litter picker, hoop for bin liners, gloves, please bring these with you. We don't have lots at the moment as they've been lent out during Corona. We've got more on order thanks to financial support from the National Lottery Heritage Fund.

DR BIKE IS STAYING ON!

The Bike Garden in Nuns Moor Park has been a place for bikes again since September. Greening Wingrove and Arthur's Hill and the Trusted Bike CIC, with support from Cycle UK's Big Bike Revival, came together to offer Dr. Bike sessions for bike maintenance with Petra and Kevin from Trusted Bike. And Northern Slice has been on hand to provide tea and coffee alongside the Dr. Bike sessions. The great news is that Cycle UK has awarded another grant to fund basic repair and servicing sessions until January.

A risk assessment will be in place to guide Covid safety.

When: Every Saturday in November 7th, 14th, 21st, 28th from 10:30am to 3:30pm.

Then 5th and 12th December from 10:30am to 3:30pm, and then 9th January 2021 from 10:30am to 3:30pm.

Advance booking is recommended.

Contact Dr Bike on drbikeappointments@gmail.com or Text: DR BIKE INFO to 07385 634825