



NEWSLETTER

December 2020
No. 241

HOMEMADE JAMS & CHUTNEYS



We've got a selection of homemade jams or chutneys on offer for time credits or a donation. Please get in touch if you have any homemade items you would like to offer to other members. A great way to earn and spend time credits!

DECEMBER JOB REQUESTS AND EXCHANGES

Please let us know if you would like to organise any exchanges during December. Make sure you give us plenty of notice so that we can set up the exchange for you. Although the Time Exchange will be closed over the festive season, we want to make sure that members can get help and support if they need it, particularly if the weather is bad. If you think you might be in need of help with shopping, a car lift, picking up a prescription, or just need somebody to talk to, then let us know and we can make sure you've got someone to contact.

If you'd be happy to be an emergency contact over the festive period, please get in touch and let us know.

TIME EXCHANGE CHRISTMAS OPENING HOURS



The Time Exchange office will be closed from 1pm Tuesday 22nd December until we re-open at 10am on Monday 4th January 2021.

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

WHAT'S ON IN DECEMBER

ELSWICK POOL

Elswick Swimming Pool and Gym will reopen on Thursday 3rd December. Their membership schemes and timetables are on the website and Facebook Page.

Unfortunately, there won't be any adult classes on at the moment due to the new government restrictions. The children swimming lessons will also resume on the 3rd of December.

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

SEARCH (For Older people)

The Elves at SEARCH have been working hard to develop a December crammed full of festive activities for you all to enjoy!

- ❄️ Card Making
- ❄️ Festive Afternoon Tea at Home
- ❄️ Christmas Quiz
- ❄️ Festive Sing-along

Contact Search on 0191 273 7443 for more information.

NUNSMOOR CENTRE TRUST

Parent and Toddler Group. Every Thursday 9.30am – 11.15am during term-time.

Due to the current Covid restrictions places are limited. To ensure your place please telephone the centre on 0191 2774400 any morning between 9am and 1pm.



**WEST
END
MUTUAL
AID**

Can you contribute
FOOD to our community?

Get in touch! 😊

| | |
|--|--|
| Arthur's Hill | Elswick |
| Phone: 0191 6911 363 | Phone: 07393 101 018 |
| Email: arthurhill.mutualaid@outlook.com | Email: elswickmutualaid@gmail.com |

DO NOWT AND YOU GET NOWT!

Geoff Brown,

'The Local Bore, You Can't Ignore writes: I hope, as we reach the end of a rough year, you'd like something to celebrate! I was certainly supplied with just that this week on the announcement that we're not going to be surviving in a 'cashless society.'

You might remember, a while back, I reported on the grim reality of folks unable to pay for necessary goods and services, simply because they couldn't get their hands on cash. There were moves afoot then to, at least, 'slow the flow' of cash to computers, including a ground breaking scheme by one of our previous funders – The Newcastle Building Society. However, it's now likely to be made law to allow us to always have access to our own money!

Over the years, as we've regularly moved our household bills and purchases online, we've unknowingly created a situation where cash payments are so often refused, if we can even access that cash in the first place! This has mainly affected the elderly and vulnerable as Caroline Abrahams, local boss of Age U.K. reiterated to myself this week. "The elderly and infirm so often fall victim to online 'scams,' assuming they can access the internet at all and many can't for a variety of reasons or they're overcharged and exploited by suppliers. This affects nearly 2.5million folks in the U.K. and we can't let it continue!"

That said and on that positive note, various schemes are being trialled throughout the country, with a view to legalising our access to cash! Natalie Ceeney, who wrote an 'Access to Cash' review for the Government, said this week, "It is a fantastic first step but our Government needs to go further and have it set in the stones of our legislation. Everyone needs the ability to pay for stuff, just as they need Post Offices, water and electricity and we shouldn't put stumbling blocks in their way. We need legislation now!"

One of the schemes on board at present, bringing some cheer, is the use of LINK machines in local shops, allowing customers to use their machines for cash access, even when they're not making a purchase. So far, it's proving successful, with the needy getting access to their cash and the shops attracting more customers in, when there's 'a few bob' spare!

A happy Hogmanay to all our members, staff and readers alike!

AN HOUR SHARED IS AN HOUR SPARED!

WINTER GARDENING



BIKE GARDEN

The gardeners have been busy planting garlic, onions and shallots in the garden ready for next year. They have also enjoyed creating some beautiful leaf art too!

SEEDS LIST

The latest seed list includes 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

We will not be organising any gardening exchanges until January 2021.

STREET PLANTER WORK & LITTER PICKING

Helen and Matt will be doing a couple more sessions before taking a break over the winter months. 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
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

OFFERS & REQUESTS

OFFERS

- The Time Exchange is offering some Gardeners World magazines, camping & caravanning magazines, a set of bar chimes, lever arch and ring binder files and 4ft lengths of willow.
- Suzanne is offering some metal bunkbeds.
- 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 Apple ear buds(new) and some oven cleaner.

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.

GREENING WINGROVE & ARTHUR'S HILL CIC UPDATE

Greening Wingrove & Arthur's Hill CIC's Tuesday litter picks in Nuns Moor Park have been going well. Thanks to everyone who has taken part. We're aware of the new lockdown rules and we'll organise the litter picking to reflect them.

Details are: 10 am till 12 noon. Meet at the Bike Garden. All equipment is sanitised. Please maintain a 2 metre distance.

Take-away tea and Coffee will be available from Northern Slice in the Bike Garden as there won't be access to the kitchen until we're free of Covid.

If you have a litter picker, hoop for bin liners, please bring these with you. But we've now got more equipment, including children's litter grabbers, thanks to financial support from the National Lottery Heritage Fund. Please bring your own gloves, though.

It will be lovely to see people (albeit distanced).

Greening Wingrove also has free Northumberland wildflower seed to give away. If anybody would like a packet, or more than a packet, please e-mail gw.bikegarden@gmail.com or phone Nigel on 0191 273 6418.

Dr. Bike is running sessions for bike maintenance in the Bike Garden with Petra and Kevin from Trusted Bike.

Dates: 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