



NEWSLETTER

January 2021
No. 242

A HAPPY AND HEALTHY 2021 FROM THE TIME EXCHANGE!



MEMBER EXCHANGES & STAYING CONNECTED

The Time Exchange office will remain opening during the current lockdown.

There are many safe and socially distanced exchanges we can arrange so please get in touch if you have any job requests or skills you are willing to offer.

Don't forget that there are members happy to offer their help too, waiting to earn some time credits!

Here are some the exchanges we can safely arrange:

Shopping

Putting out rubbish

Sewing

Internet research

Telephone advice/support

Dog Walking

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

Collecting prescriptions

Recycling

Gardening and advice

Proofreading

Language exchanges

Help with CVs and job applications

We realise how important it is to stay in touch with others during these cold, wet days and timebanking is a great way to stay connected.

We have been overwhelmed by the kindness of others during the last few months and would particularly like to thank ALL the members who have been helping out with some much needed dog-walking (even in the pouring rain!), this is what timebanking is all about. 😊

LOCAL ADVICE ABOUT BENEFITS, DEBT AND HOUSING

(Updated January 2021)

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:

Arthurs Hill residents

0191 2772633

Wednesdays 9.30am –
12.00pm

Wingrove residents

0191 2772633

Thursdays between 10.00am –
12.30pm

Elswick residents

0191 2772633

Wednesday between 10.00am
-12.30 pm

Citizens Advice Newcastle

Phone: 0808 278 7823
Monday - Friday 11am - 4pm

Shelter North East

For housing advice or
guidance

Phone 0344 515 1601 Mon –
Fri 9am – 5pm

Search

Advice and Information for
older people and their carers
0191 273 7443

Monday-Friday
9am –4pm

Money Matters Advice Line

Money and debt advice.

Phone: 0191 277 1050

Monday–Friday
8.30am –4.30pm

OFFERS & REQUESTS

These are just some of the offers and requests we have received recently. Please check out our Facebook page for some of the very latest offers and requests: [facebook.com/thetimeexchange](https://www.facebook.com/thetimeexchange)

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.
- Tamara has some GCSE study guide on offer, subjects include: Math Science, Physics and Catholicism and Christianity.
- Lin is offering a crocheted blanket, 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 like 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.

If you no longer have an item on offer or no longer need an item on request please let us know.

FUNDRAISING AND DONATIONS

We are due to start fundraising for core costs for April 2021 and beyond. 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 <https://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 <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.

DO NOWT AND YOU GET NOWT!

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

I hope you're all looking forward to a happy and healthy new year and some good news too!

It seems myself and fellow members are not alone in our disgust at 'fast fashion, The University of York have come up with plans to produce fabrics from household waste, crop waste and waste fabrics! They hope to drastically reduce the need for incineration, landfill and other polluting disposal methods by converting the fabric and fibres into cellulose, which can then be spun into new fibres.

That's the good news but our friends in York have a battle on their hands if they're going to make a real impact.

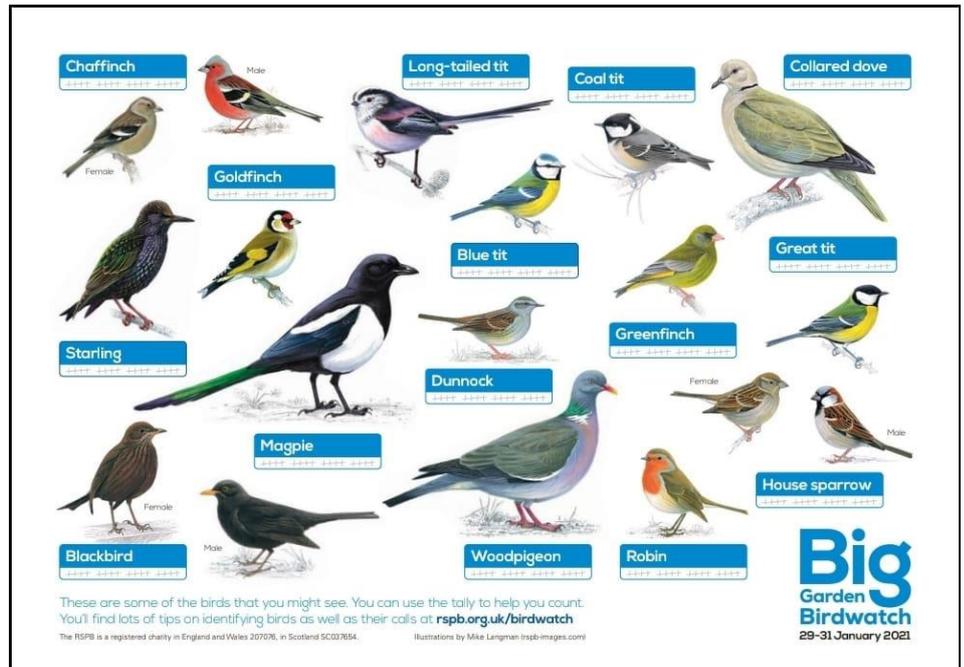
Currently, after the oil industry, fashion is the world's largest polluter, releasing 1.2 billion tonnes of CO2 into the atmosphere every year. Nearly 70 million barrels of oil go into the manufacture of our polyester clothing and the same clothing takes 200 years to decompose. Fabric production also, using the chemicals it does, is responsible for 20% of the world's water pollution.

That's aside from our 'clogged up' oceans, so any step in the right direction should be applauded! Well done York!

We could as individuals and Time Exchange members make our mark by recycling more of our own clothes and textiles, either via charity shops or through our very own Offers & Requests.

AN HOUR SHARED IS AN HOUR SPARED!

BIG GARDEN BIRDWATCH



Join the Big Garden Birdwatch.

Choose an hour between 29th and 31st January 2021 to sit in your garden/yard or local park and count the number and type of birds that land.

Report your findings to the RSPB, to help increase our understanding of the challenges faced by wildlife.

<https://www.rspb.org.uk/get-involved/activities/birdwatch>

[#BigGardenBirdWatch](#) [#rspb](#) [#earthwhileuk](#)

GREENING WINGROVE COULD BE LOOKING FOR YOU!



DIVERSITY • INNOVATION • GROWTH • SUSTAINABILITY • SUPPORT

The Greening Wingrove & Arthur's Hill CIC will hold its AGM and election of directors in February. There are some vacancies on the CIC's Board and women and people from Black and Ethnic Minority backgrounds are currently under-represented. The Board is an interesting and friendly group of local residents, and exciting plans for the Bike Garden as well as new environmental schemes are emerging for 2021. If you live in the Arthur's Hill or Wingrove Wards, and would like to know more about becoming a CIC director, please contact Nigel Todd, Chair, Greening Wingrove CIC via 0191 273 6418 or gw.bikegarden@gmail.com

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**
Please leave us a message if there's no answer and we'll get back in touch as soon as we can.

**Monday – Friday
10am – 1pm**

Email:
info@thetimeexchange.org

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

HERE ARE JUST SOME OF SKILLS OFFERED:

FOOD AND COOKING

Basic cooking skills
Baking
Vegan Cookery

HOUSEHOLD

House-minding
House-work
Putting out rubbish
Recycling
Basic Gardening
Errands

ARTS AND CRAFTS

Sewing
Knitting
Photography
Help with art projects
Music reading

FAMILY AND PETS

Dog walking/sitting
Pet minding

ADVICE AND INFORMATION

Advocacy

ORGANISATIONAL SKILLS

Organising events
Fundraising
Administration skills
Proof reading
How to 'surf the net'

EDUCATION AND TRAINING

Help with reading
Help with research
Help with writing
Help with spelling
Homework help
Computer tuition (one to one)
Interview preparation
Teaching IT and web design

LANGUAGES

Teaching English
Teaching Spanish

PERSONAL SUPPORT

Confidence building
Companionship
Car lifts

LOCAL SUPPORT DURING COVID 19

The Arthur's Hill and Wingrove Mutual Aid Groups, formed by local residents to offer help (shopping, dog walking, telephone contact, for example) where people become isolated due to having to stay at home are still active. These groups (and many others like them) are assembling their volunteer lists, making themselves known, linking with established voluntary organisations, and have their safeguarding policies in place.

Contact details, via Facebook, for our local mutual aid groups are:

Wingrove Ward:

<https://www.facebook.com/groups/501299347232459/about/>

Arthur's Hill Ward:

<https://www.facebook.com/groups/523450511913708/about/>

Both pages carry useful phone numbers and other information, and there's a City-wide 'clearing house' Facebook Page:

<https://www.facebook.com/groups/NewcastleCovid19/>

There's also an information flow from the City Council (www.newcastle.gov.uk) which carries helpful links to Public Health and NHS announcements as well as a Council operated Helpline:

CITYLIFE LINE on 0191 277 8000 or via www.newcastle.gov.uk/cityline