



## NEWSLETTER

December 2021  
No. 253

### WINTERY MINIMARKET IN THE BIKE GARDEN!



It was the calm after the storm on Sunday at the Bike Garden Minimarket last weekend! The Time Exchange had an information stall as well as some space for members to sell their produce.

It was a bit nippy and the ground was too hard to plant the garlic but it was great to catch up with some our members and visitors to the garden!

We had a selection handmade Christmas cards and tree decorations, jewellery and some jams and chutneys for sale, all made by Time Exchange members.

### CHRISTMAS MINIMARKET IN THE BIKE GARDEN

The next minimarket will be on Sunday 12<sup>th</sup> December, 10am – 3pm.

If you would be interested in sharing a stall with us at the Christmas Minimarket or future mini-markets next year, please let us know.

## **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:

**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

### **Your Local Services**

Report and request a wide  
range of environmental  
services  
Phone: 0191 278 7878 and  
ask for 'Your Local Services'

## **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 before we close for the Christmas holidays.

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.

## **TIME EXCHANGE CHRISTMAS OPENING HOURS**



**The Time Exchange office will be closed from 1pm  
Tuesday 21<sup>st</sup> December until we re-open at 10am on  
Tuesday 4<sup>th</sup> January 2021.**

## **FUNDRAISING AND DONATIONS**

If you'd like to support the Time Exchange there are lots of ways you can help us:

### **CHARITIES AID FOUNDATION**

Just go to <https://www.cafonline.org/my-personal-giving/start-giving/donate-now> and search for Time Exchange Limited.

### **EASYFUNDRAISING**

All you have to do is log on to <https://www.easyfundraising.org.uk/> and choose to support the Time Exchange.

### **AMAZONSMILE**

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.

**Thanks to everyone who has supported us so far, it really  
does make a difference!**

# TIME EXCHANGE WINTER ACTIVITIES



## CHRISTMAS WREATH MAKING

We will be running a wreath making session for Time Exchange members in the Bike Garden on Thursday 16<sup>th</sup> December 9.30am – 11.30am.

*\*\*\*\*We need natural materials such as holly, ivy and pine cones so please get in touch if you might have some to donate (We can collect).\*\*\*\**

## CHRISTMAS COFFEE MORNING

Come along and see what we've been up to in to garden as well a chance to meet up with other Time Exchange members over a hot drink and a mince pie. 10am – 11.30am on Monday 20<sup>th</sup> December in the Bike Garden.

## FOOD GROWING AND GARDEN MAINTENANCE

Every Monday and Thursday 9.30am – 11.30am at the Bike Garden. Bring a flask and wear warm clothes! There is still a small amount of produce on offer each week for credits.

## 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.

# OFFERS & REQUESTS

Do you have anything you would like to add to our offers and requests? It's a great way to give unwanted items a new home and earn credits at the same time. Here are the latest offers and requests:

## OFFERS

- We've got the following to offer: 2 x large grey fleecy throws, towels, toiletry gift sets (Sanctuary & Soap & Glory), double bedding, crockery, kitchen utensils, glasses, vase, chopping board.
- Margaret is offering some spider plants, Christmas roses (for outdoors), a metal CD rack and a cake decorating turntable.
- Geoff is offering a desk lamp.
- Pat has a selection of wool on offer.
- Lynne is offering some Christmas gift wrap, a professional drawing book, selection of coloured ribbon and some tins of eco-friendly wall paint (red and cream) and some decorating tools.
- Lin has a 20" television (with a remote) on offer.
- The Time Exchange has some chutney and wildflower seeds on offer. If you have any jams or chutneys you would like to offer for credits. Please let us know. 😊
- Kavita has a baby bouncer on offer.
- Need any consumer advice? We have access to Which and we can share advice, reviews and information about all sorts of products and services with members.
- Tamara has some GCSE study guides on offer: Maths, Science, Physics and Catholicism and Christianity.

## REQUESTS

- Taymar is looking for some gardening hand tools for Elswick Park volunteer days. She is still interested in large pieces of cotton fabric and denim.

## 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](mailto:info@thetimeexchange.org)

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

## FOODCYCLE NEWCASTLE & GATESHEAD

FoodCycle brings together volunteers, surplus food and a kitchen to create delicious free community meals at five venues across Newcastle and Gateshead.

Join us for a free weekly meal at the following locations, no pre-registration or questions asked:

- **EVERY MONDAY AT 6.30PM AT RIVERSIDE COMMUNITY HEALTH PROJECT IN BENWELL**
- **EVERY THURSDAY FROM 6.45PM AT WESTGATE BAPTIST CHURCH**

FoodCycle connects communities by bringing people together to share food and conversation.

Week in, week out, thousands of volunteers across the country transform surplus food into healthy, delicious meals for anyone that needs them, no questions asked.

Food poverty and loneliness are growing issues, both heightened by the recent pandemic. By offering a safe, welcoming space to enjoy a free meal and company, FoodCycle brings people from all backgrounds and walks of life together, improving mental wellbeing and strengthening community spirit.

FoodCycle also runs a free Check-in and Chat telephone service, where volunteers make weekly calls to anyone in need of a natter.

## NEWCASTLE CITY COUNCIL - HAVE YOUR SAY!

Have you seen our proposals to reduce traffic cutting through local streets in Arthur's Hill? Stanhope Street, Sidney Grove and Beaconsfield Street are some of the streets that could see measures installed to reduce through traffic.



### ARTHUR'S HILL

Making changes in your area  
to create safer, cleaner and greener neighbourhoods



Our  
Newcastle.

**We intend to trial some changes that will reduce traffic levels and make your local area safer.**

This includes

- Introducing new crossings
- Trialling the closure of some roads to through traffic
- Introducing a School Street for Westgate Hill Primary

Please tell us your views by **7 December 2021** at  
[www.newcastle.gov.uk/neighbourhoods](http://www.newcastle.gov.uk/neighbourhoods)

Go to [www.newcastle.gov.uk/neighbourhoods](http://www.newcastle.gov.uk/neighbourhoods)

Newcastle  
City Council