



NEWSLETTER

January 2022
No. 254

WISHING YOU ALL A HAPPY AND HEALTHY 2022!



JOB REQUESTS & MEMBER EXCHANGES

The Time Exchange is open as usual and we're ready to set up member exchanges so please get in touch if you have any job requests. The safety of our members is essential so we will only arrange job requests you feel comfortable carrying out.

These are just some the exchanges we can safely arrange for you:

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

Don't forget that there are members waiting to earn some time credits so please keep your requests coming!!

As the weather gets colder we know how important it is to keep in touch with others for our mental wellbeing. The Time Exchange is a great way for you to stay connected with other members through regular exchanges, phone calls and emails.

LOCAL ADVICE ABOUT BENEFITS, DEBT AND HOUSING

(Updated January 2022)

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 10am - 4pm
Walk in session 10am -12pm
at City Library Mon-Fri

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

GET READY FOR BIG GARDEN BIRDWATCH

It's fun, free and for everyone.



Be wowed by your local wildlife. Big Garden Birdwatch is for everyone, whether you're a complete beginner or a birding expert.

Simply count the birds you see in your garden, from your balcony or in your local park for one hour between 28th and 30th January 2022.

- Please only include those birds that land, not those flying over.
- Count the highest number of each bird species that you see at any one time, otherwise you could count the same bird twice. For example, if you saw a group of four starlings, and towards the end of the hour you saw two starlings together, please write four as your final count.

For more information about how to get involved and how to attract more birds to your garden go to: www.rspb.org.uk/get-involved/activities/birdwatch/

You can take part in the Birdwatch by simply counting the birds you see and going online to tell us what you saw. You can download the guide or contact the Time Exchange if you want us to print off a guide for you.

Please report what you saw at rspb.org.uk/birdwatch before 20 February.

TIME EXCHANGE ANNUAL GENERAL MEETING

To keep our members safe we have decided not to hold a public event for our Annual General Meeting.

We will be holding the formal part of the meeting via Zoom on Wednesday 16th February at 6pm.

If you would us to send you an invitation to our Zoom meeting, please get in touch.

The latest annual report will be available at the end of the month, please get in touch if you would like a copy.

MONEY SAVING TIPS FOR MEMBERS

We are always looking for ways to help our members save money and time, and one way we can do this is reminding you that there are other members waiting to help you spend your credits!

One way to spend your credits is by having clothes or textiles mended or made into new things that you want. Having clothes mended instead of throwing them away or donating them to a charity shop is better for the environment and your bank balance than buying new.

Charity shops will only accept clothes that are in good condition and cannot always recycle clothes that are not saleable. If they have to throw away your donations it can increase their running costs. Always check with the charity before you donate because many charity shops have an excess (of women's clothes in particular). So ask Time Exchange about mending or upcycling them instead.

Members have used their credits to have trousers hemmed or shortened, holes mended in favourite tops, small fabric cases made, face cloths made out of old towels, knitting done, face coverings and face masks made from old fabric scraps, and materials can often be provided by members, saving you even more money!

When you think your old clothes are beyond repair you can cut them up and use them as cleaning cloths or disposable wipes for messy tasks.

Another way to save money on clothes is to pack away clothes that you would normally wear in the summer and bring them out again next spring. If you have not seen them for 6 months you will feel like they are new again.

If you have children ask family and friends if they have clothes that their own children have outgrown, and get them for free. Go online to get savings in online sales to get exactly what you are looking for and return anything that does not fit. Look for free kids' clothes on Facebook or other sites that list items for free. Time Exchange members may also be able to help you do this.

If you have any more money saving tips that could help members, please let us know so we can share them. 😊

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 a selection of Gardeners World and Women's Institute magazines on offer.
- Margaret is offering some spider plants, 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 a professional drawing book, some embroidery transfers, some 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.
- Kavita has a baby bouncer on offer.
- 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.

Don't forget to let us know if you know longer have an item on offer.

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/>

FUNDRAISING AND DONATIONS

As we start another year we will be looking to raise more funds to cover the Time Exchange running costs. We rely mostly on grant funding but we've registered with several fundraising websites. 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 when you do any online shopping.

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. We can raise an additional 25% on any donations we receive.

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

WASSAILING THE APPLES AT THE GREENING WINGROVE BIKE GARDEN

Sunday, 16th January 2022 at 2pm



A traditional ceremony from the West Country, first recorded in the 16th century but probably going back further than that, to do with waking up fruit trees and encouraging them to bear a good crop in the following season. There'll be music, possibly dancing, cake and at least a version of the traditional "wassail drink" made with spices and apples.

Keep checking the Friends of Nuns Moor Park Facebook Page for updates.