



NEWSLETTER

March 2022
No. 256

HELP US FUNDRAISE WITH NECTAR POINTS

Time Exchange Limited

RCN 1120686, Newcastle Upon Tyne



Explore +Extra Funding Stories About

Start crowdfunding Sign in



You can now raise funds for the Time Exchange using your Nectar points!
All you have to do is link your Nectar account via Crowdfunder and choose how many points you would like to donate.
Did you know you can collect Nectar points at eBay, Esso, Argos, Sainsburys, The Woodland Trust and many more?

<https://www.crowdfunder.co.uk/p/time-exchange-limited-1120686>

Every penny raised will go towards supporting local residents.

TIME EXCHANGE ANNUAL GENERAL MEETING

The Time Exchange held its 21st Annual General Meeting via Zoom last month. It wasn't quite the social event we had hoped for but we were still able to celebrate some of our achievements over the last year.

Time Exchange members exchanged 1358 hours despite various restrictions. Exchanges have included dog-walking, shopping, collecting prescriptions, one-to-one local walks, sewing, providing meals and equipment loan. The office was open for one-to-one appointments and computer use. We provided 180 hours of support to residents.

There were various events and activities throughout the year including the weekly gardening sessions in the Bike Garden, monthly Nature Walks around Nuns Moor Park, wreath making workshops and a stall at the Bike Garden Minimarket.

The Time Exchange secured funding to support our services 5 days a week and we had a successful Crowdfunder helping us to reach our fundraising goal for the year.

We would like to thank all our members for their support and commitment to the Time Exchange.

A copy of our Annual Report is available to download from our website detailing some of the work we have achieved over the year.

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 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

HELP AND ADVICE ON ENERGY BILLS

With the energy market in crisis, there are currently no new fixed term deals cheaper than the energy price cap. The price cap applies to every supplier's standard variable tariff and is the same across all suppliers so there are no meaningful savings available by switching supplier.

If you are already signed up to a fixed term tariff it is likely to be cheaper than the price cap. Once the fixed term ends you will automatically be moved onto the standard variable tariff which is limited by the price cap.

The best option for most people right now is to do nothing and not sign up to any new fixed term deals as these are currently worse than the price cap.

Energy prices will increase again in April and again October
Read [Energy saving tips on InformationNOW](#).

FINANCIAL HARDSHIP HELP TOWARDS ENERGY BILLS

[Cold Weather payment](#) £25 for each 7 day period of very cold weather between 1 November and 31 March. You get the payment automatically if you qualify.

[Winter Fuel Allowance](#) if you were born on or before 26 September 1955 you could get between £100 and £300 to help you pay your heating bills. You should get this payment automatically if you are eligible – although you may need to claim if you do not get State Pension.

[Warm Home Discount](#) you may be eligible for £140 off your winter energy bill. Applications may have closed with your energy supplier for this year.

[Crisis Support Scheme](#) helps with food, clothing, heating and emergency travel expenses to cover short term periods of crisis or disaster.

[Household Support Fund](#) this can provide help with utility payments, food vouchers and hardship fund. Check if you are eligible.

[Priority Services Register](#) contact your energy supplier for extra support.

[NEA Action for Warm Homes](#) a free service to help with energy and heating difficulties.

[Groundwork Green Doctors](#) help with energy and fuel poverty.

YOU CAN ALSO ASK FOR HELP FROM THE FOLLOWING SERVICES:

[Citizens Advice Newcastle](#) provide free, confidential, independent and impartial advice and can be contacted by email: moneyadvice@newcastlecab.org.uk or phone: 0800 448 0721

[Energy Services](#) at Newcastle City Council give fuel debt and energy advice. Main Telephone: 0191 278 3427
Email: energy@newcastle.gov.uk

SPRING ACTIVITIES WITH THE TIME EXCHANGE

LOCAL NATURE WALKS

Every month the Time Exchange runs a local nature walk around Nuns Moor Park, a great way to spend time in green space and bring nature into your everyday life. If you would like to get involved with our next nature walk please get in touch. All ages and abilities are welcome.

FOOD GROWING AND GARDEN MAINTENANCE

Mondays and Thursdays 9.30am – 11.30am at the Bike Garden. It's the real start to the gardening year so there are lots of jobs to be done in the garden

GARDENING REQUESTS

If you'd like Helen to come to help you in your garden for a tidy up or some planning advice, please contact the Time Exchange office to arrange for her to visit. She's available on Mondays and Thursdays.

STREET PLANTERS

Helen and Matt are working on Mondays and Thursdays 1pm – 3pm maintaining the street planters including planting, weeding and litter picking. If you'd like to get involved please contact the Time Exchange for more information, and in bad weather call ahead to check the sessions will be running.

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

- Farah is offering a selection of kitchen pots, pans and a wok.
- Lynne has a desk on offer.
- Alison is offering a ladies rally bike (3 speed) and a set of vintage Movie magazines (1979-1983).
- Geoff is offering a desk lamp.
- Lynne is offering a selection of art materials, professional drawing book and some embroidery transfers.
- The Time Exchange has the following items on offer:
 - 3 large office style desks.
 - Chutney, chilli jam and wildflower seeds.
 - Gardeners World and Women's Institute magazines.
 - Various sized plates, slightly chipped, but would be good for plant pot stands or craft projects.
 - Campervan shaped teapot.
 - De-icer spray, some Tipp-ex, a hosepipe spray attachment.
 - Ring-binder and lever-arch files.
- The Time Exchange can loan out the following equipment to members for credits:
 - Litter pickers, we can also give you some thick black bags.
 - Gardening tools.
 - Sack truck/barrow.

REQUESTS

- Lydia would like a plug-in (not cordless) landline telephone.
- Farah is looking for donations of old saris.
- We are looking for design ideas to transform our back yard into a welcoming outdoor space for members. Please get in touch if you have any suggestions?
- Taymar is looking for some gardening hand tools for Elswick Park volunteer days.

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/>



THE VERTICAL VEG
Guide to Container Gardening

A book talk and workshop with Mark Ridsdill Smith

When:
Saturday 26th March
14:30 – 16:00

Where:
Bike Garden
Nuns Moor Park, Studley Terrace
Newcastle upon Tyne
NE4 5NU

Tickets £3

Tea, coffee and cake provided

Signed copies of Mark's new book *The Vertical Veg Guide to Container Gardening* will be for sale

Register for your ticket via Eventbrite:
<https://bit.ly/VerticalVegLaunch>

CHELSEA GREEN PUBLISHING UK

FUNDRAISING AND DONATIONS

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:

CROWDFUNDER

You can now raise funds for the Time Exchange using your Nectar points!

<https://www.crowdfunder.co.uk/p/time-exchange-limited-1120686>

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 so much to everyone who has supported us so far!