



NEWSLETTER

May 2022
No. 258

TIME EXCHANGE FUNDING UPDATE

The Time Exchange relies on funding from grants and trusts to run the time bank and drop-in service and unfortunately we haven't managed to secure any long term funding.

We currently need funding to cover our core running costs to continue to support the local community. We are waiting to hear back on a number of funding applications and if we do not raise much needed funds the Time Exchange will have to close.

This is so frustrating to be in this situation after surviving the uncertainty of the last two years. We will keep you updated on our progress.

Please note that the Time Exchange office will now be closed on Fridays to allow us more time to work on funding applications.

TIME EXCHANGE CROWDFUNDER

The screenshot shows a crowdfunding page on Spacehive. At the top, the Spacehive logo is on the left, and navigation links 'Create', 'Discover', and 'About' are in the center. A search bar and 'Log in' link are on the right. The main heading is 'The Time Exchange Green Team'. Below this, it says 'By Time Exchange', 'Newcastle upon Tyne', and 'Crowdfund'. A photograph shows two people in a garden setting, one standing and one kneeling. To the right of the photo, it displays '5 backers', '£280 pledged of £1,626', and a progress bar at 17% with '59 days left!' text. A yellow button says 'Back this project!' with the 'giftaid it' logo below it. At the bottom, there is a 'Share this project' button, 'Like 4', 'Comment', and 'Follow 4' options. A text box at the bottom of the page reads: 'The Time Exchange will organise a range of gardening and environmental activities as a way of promoting wellbeing in the community.'

The Time Exchange has teamed up with Spacehive to run another crowdfunding campaign and we need your help to share it and gather support! We are hoping to raise funds to continue running our gardening and food growing sessions.

Please share the project, click the link and comment on the Spacehive page. The more shares we get the more likely we will get noticed by funders and help get more donations coming in.

If you could donate anything, however small, that would be amazing too!

<https://www.spacehive.com/the-time-exchange-green-team>

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

The Bike Garden

Craft Market

**Greening Wingrove Bike
Garden**

1st Sunday of the Month

10am - 3pm

GET INVOLVED

VENDORS WANTED

GREENING WINGROVE & ARTHUR'S HILL

**FOOD
CYCLE**

**FOODCYCLE WESTGATE
EVERY THURSDAY
@6:45PM**

**WESTGATE BAPTIST
CHURCH,
WESTGATE ROAD,
NEWCASTLE**

EATING VOLUNTEERS NEEDED

🍌 Yep, you heard that right! FoodCycle need you to volunteer your time to eat a delicious 3-course meal made from surplus food that they've rescued!

🍌 Without you, some of their lonelier guests may not have anybody to chat to or they may end up having excess food leftover.

🍌 Spread the word!!!!

ACTIVITIES WITH THE TIME EXCHANGE

FOOD GROWING AND GARDEN MAINTENANCE

We've been busy planting onions, leeks, beetroot, and potatoes in the garden this month. If you want to get involved we are in the Bike Garden every Monday and Thursday morning 9.30am - 11.30am. No booking required!

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. We've got some summer bulbs on offer if you would like to plant up your local planter.

GARDEN JOBS FOR MAY

Helen has put together a list of gardening jobs for May. You can download it from our website: <https://thetimeexchange.files.wordpress.com/2022/05/garden-jobs-for-may.pdf>

LOCAL NATURE WALKS

Every month the Time Exchange runs a local nature walk around Nuns Moor Park. If you would like to get involved with our next nature walk please get in touch. All ages and abilities are welcome.

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

- Kavita is offering 2 bookcases and a small wooden desk.
- Ronnie has some rubber plant cuttings on offer.
- Farah is offering a selection of kitchen pots, pans and a wok.
- Geoff is offering a desk lamp.
- Lynne is offering a desk, jam jars, a selection of art materials, professional drawing book, some embroidery transfers, dressmaker's pins and lots of knitting patterns.
- The Time Exchange has the following items on offer:
 - 3 large office style desks, ring-binders and lever-arch files.
 - Chutney, chilli jam, wildflower seeds and some 4' lengths of willow.
 - Gardeners World and Women's Institute magazines.
 - Various sized plates, slightly chipped, but would be good for plant pot stands or craft projects, a campervan shaped teapot, a wire fruit bowl, a large ceramic vase, de-icer spray, some Tipp-ex, a hosepipe spray attachment.
- 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 and sack truck/barrow.

REQUESTS

- Dave would like a printer.
- Ronnie would like a 6 speed mountain bike rear wheel (26x2050x559)
- Helen is looking for a lidded bucket for the garden.
- The Time Exchange gardeners would like some tomato, chilli, courgette and pumpkin plants if anyone has any going spare as we've been late seed sowing this year.
- Farah is looking for donations of old saris.
- 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 – Thursday
10am – 1pm

Email:
info@thetimeexchange.org

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

mhm
community**matters**

Rectangular Snip

JET

JOBS • EDUCATION • TRAINING
Helping you find your way in the UK



Pathways Employment & Wellbeing Newcastle

We know that keeping or finding a job can be difficult when you are feeling anxious, low or mentally unwell.

Pathways Employment & Wellbeing Newcastle supports people to improve their mental health and wellbeing and secure or sustain employment.

Call: 07974 623113 / 07894 698 257
Email: pathwaysnewcastle@mhm.org.uk

The service is delivered in partnership with JET, who have specialised experience in supporting asylum seekers, refugees, and individuals from minority ethnic backgrounds.

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:

SPACEHIVE – You can help raise funds for our environmental work.
<https://www.spacehive.com/the-time-exchange-green-team>

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!