



NEWSLETTER

August 2022
No. 261

NEW CRAFT SESSIONS AT THE TIME EXCHANGE



What & How?

Jewellery Up-cycling Exchange/Workshops

Learn how to make your own jewellery by:

- Taking pieces of jewellery apart
- Exploring how different pieces of jewellery are made
- Experimenting with your own ideas

Who?

Led by Time Exchange member Tina Simbo

We can arrange a 1-1 exchange or a small group workshop, please call the Time Exchange for more information or to register your interest. Dates to be arranged.

If you have any unwanted or broken jewellery then please bring it along. All other materials and tools will be provided.

LOCAL ADVICE ABOUT BENEFITS, DEBT AND HOUSING

Connected Voice

Cost of living help and support
page:

[https://connectedvoice.org.uk/
cost-living-support](https://connectedvoice.org.uk/cost-living-support)

Newcastle Welfare Rights Service

Public Advice Line - Phone:
0191 277 2627 Mon – Fri
9.30am – 12pm

Ward funded drop in advice
sessions – as follows:

Arthurs Hill residents

0191 2772633

Wed 9.30am –12.00pm

Wingrove residents

0191 2772633

Thurs 10.00am –12.30pm

Elswick residents

0191 2772633

Wed 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

Newcastle City Council | Department
for Education

Tues-Thurs 2-11 Aug 10am - 2pm
for 8-16yr olds



SUMMER HOLIDAY ADVENTURES



CIRCUS CENTRAL
@ Mill Lane
Sceptre St, Newcastle, NE4 6PR

Do you know a young person who is

- A resident of Newcastle upon Tyne?
- In receipt of free school meals?

If so, these amazing FREE circus workshops are especially for you!

Please note that for funding purposes, in order to book you will need to submit your address to confirm the FSM status of participants.

Each four hour session will include a tasty free lunch supplied to us on site by the CHEFF project run by Centre West/ Beacon Centre They cater for all sorts of dietary requirements and you'll be able to give us details before the first session.

If you like the sound of this but your young people are not in receipt of free school meals in Newcastle then please follow the link in our earlier post to our Circus Summer School on Facebook.

If you are part of an organisation that can refer people to us then we'd love to hear from you.

Follow this link to book!

<https://www.circuscentral.co.uk/classes/summer-holiday-adventures-haf-20220711-190145?fbclid=IwAR2vKEqPgg-atjNo6qy5YZY8Bo1trLSgMOMKqwmu8KakyoAazRul3TxyfM>

ACTIVITIES WITH THE TIME EXCHANGE

FOOD GROWING AND GARDEN MAINTENANCE

Harvest time in the garden! We've had lots of potatoes, beans and salad leaves on offer for time credits. 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. Meet at Time Exchange (235 Stanton St) at 1pm. Tools and gloves will be provided. Please wear suitable clothes and footwear. Children are welcome if accompanied by an adult.

LOCAL NATURE WALKS

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

GARDENING REQUESTS

You can use your credits for gardening and gardening advice. It's the season for hedge cutting and evergreen pruning. If you'd like Helen to come to help you in your garden, please contact the Time Exchange office to arrange for her to visit. She's usually available on Mondays and Thursdays.

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

- Alison is offering some digital scales
- John has a large compost bin on offer.
- Geoff is offering a small desk lamp.
- Lynne is offering a garlic press, some jam jars, some embroidery transfers and dressmaker's pins.
- The Time Exchange has the following items on offer:
 - Mixed rolls of wallpaper, a 10 litre tub on white masonry paint, small tins of dark grey wood and metal paint and interior primer.
 - 3 large office style desks, ring-binders, chutney and chilli jam.
 - 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

- Jeanette is looking for a shallow terracotta pot, (approx. 30cm diameter) and a 4 pin power cable for a vintage sewing machine, or a replacement sewing machine.
- Dave would like a hedge trimmer or the use of one.
- Ronnie would like a 6 speed mountain bike rear wheel (26x2050x559)
- Helen is looking for a lidded bucket for the garden.
- Farah is looking for donations of old saris.
- Taymar is looking for some gardening hand tools for Elswick Park volunteer days.

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/>

TIME EXCHANGE FUNDING NEWS

All our hard work is finally starting to pay off as we have secured some more funding for the Time Exchange. We are pleased to share the news that the Joicey Trust have awarded us £3300 towards our running costs.

We still have more funding to find for the year and hope to hear back from some other funders soon - fingers crossed!

There are ways in which you can help out too:

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 😊

WHAT'S ON IN THE GREENING WINGROVE BIKE GARDEN

First Sunday of the month (7th August)

Mini Market, 10am - 3pm @ the Bike Garden

Please check the [Bike Garden Facebook](#) for updates

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Our regular events:

Mondays

Weekly litter pick, 10am @ the Bike Garden

Saturdays

Yoga on the Green, 9.30am - 10.30 am @ the Bike Garden

£6 donation, no booking required

(in really bad weather class may cancel)

Could you work for Greening Wingrove?

Their recent Crowdfunder generated huge support from local people and a generous pledge from the North of Tyne Combined Authority and so they are now able to recruit somebody to 'turbocharge' the Bike Garden. The co-ordinator will work with Michael Page, who has done so much to make the space what it is today, and with Dr Bike and Space for Fenham to generate even more activity in the space.

The timescale for the work is flexible and the deadline for applications is 8th August. If you are interested please download full details here:

https://thetimeexchange.files.wordpress.com/2022/07/greening_wingrove_job_advert.pdf?fbclid=IwAR3BY66QqbqXko6XqnNJEcCbHytgycsEH-R5lx9oYdBupBp4xEvaDoa3d38