



NEWSLETTER

**September 2022
No. 262**

AUTUMN ACTIVITIES WITH THE TIME EXCHANGE



FOOD GROWING AND GARDEN MAINTENANCE

Harvest time in the garden! We have a weekly harvest of vegetables 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.

Last week we were joined by some volunteers from Home Group and did some much needed tidying up on Tamworth Road! Don't forget to tell us if you've been out on your street tidying up so we can update your credits!

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.

LOCAL ADVICE ABOUT BENEFITS, DEBT AND HOUSING

Connected Voice

Cost of living help and support page:

<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

WHAT'S ON AT THE SPITLER

Morpeth Street, Spital Tongues



Monthly Litter Pick

Monday 5th September 10.00am - 12noon

Monday 3rd October 10.00am - 12noon

Meet at the Spitler

Bingo Night

Friday 2nd September 6pm – 8pm

Friday 16th September 6pm – 8pm

Art Classes

Watercolour, Painting Landscapes – Starts Tuesday 20th
September at 10am

Get Started with Art - Starts Tuesday 20th September at 1pm

Scented Candle Making – Starts Tuesday 20th September at 6pm

Contact Newcastle City Learning for more information or to book a
place.

Lots of free courses and concessions, subject to eligibility. Ask us
for details. Call us on 0191 2773520 or 0191 2782818 from
8.30am - 4.00pm Monday - Friday

The Spitler is available to hire for events, meetings and parties, contact Linda on 07719 280079 for more information.

YOGA COURSE AT THE ROBERT STEWART MEMORIAL HALL



Hatha Yoga, Fit for Work, organised by the Workers' Educational Association (WEA) Course number C2528017 starting Monday 19th September 6.00 - 7.30pm.

7 sessions, costs £33.60 or free if you are on benefits such as Universal Credit, Job Seekers Allowance, Pension Guarantee Credit.

To enrol on the course please phone 0300 303 3464 or go to www.wea.org.uk

If you need any more information about the course please email me at anne@twphoto.co.uk or phone me on 07780804659

TIME EXCHANGE FUNDING NEWS

We're pleased to share the news that we received £2800 from the Wingrove Ward Committee to continue our street planter improvements!

We're still waiting to hear about longer term funding and hope to hear back from several funders soon – we'll keep you posted.

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 😊

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

- Tina is offering 1-1 or small group jewellery upcycling workshops. Get in touch for more information.
- Lin is offering a selection of white crockery including: 21 small plates, 5 medium plates, 8 dinner plates plus 1 big square platter & 2 non matching mugs.
- Does anyone want a crocheted blanket this winter?
- Tamara has some A-Level books on offer including English Language and Sciences.
- Alison is offering a pack of Flymo plastic blades.
- Tina has a DVD player on offer.
- Geoff is offering a small desk lamp.
- The Time Exchange has the following items on offer:
 - Mixed rolls of wallpaper, ring-binders, chutney and chilli jam.
 - a large ceramic vase, de-icer spray, 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

- Shanaz would like some plants for her yard.
- We have a member request for a lawnmower.
- Jeanette is looking for a shallow terracotta pot, (approx. 30cm diameter).
- 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.
- 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/>

WHAT'S ON IN THE GREENING WINGROVE BIKE GARDEN



First Sunday of the month (4th September)
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)

ENERGY ADVICE

Energy Affordability Line, funded by Northern Powergrid



How to get in touch for energy advice

If you require energy advice or need help with an energy issue that you need resolved, please call one of our specialist energy advisers for free on: 0800 448 0721. Our friendly team of advisers can assist with your query and offer you energy advice over the phone.

How we can help?

Our Energy Advice Service, funded through Northern Powergrid, is dedicated to helping combat fuel poverty and provides one-to-one advice and support to people experiencing difficulties with their energy costs or who are at risk of fuel poverty.

Energy Advice on offer:

Assist with complaints to fuel suppliers and the Energy Ombudsman.

Finding the cheapest fuel supplier and tariff.

Understanding your bill or tariff.

Accessing grants, such as the Warm Home Discount or insulation and other energy efficiency measures.

Information about the Smart Meter roll-out.

The Priority Services Register

This is a scheme that offers extra help and services to those who are either of pensionable age, suffer from long-term ill health, have a child under the age of 5, are registered disabled or have a hearing/visual impairment. If you think you may be eligible, you can apply online by following this link

– [Priority Services Register](#).