



NEWSLETTER

November 2022

No. 264

THE TIME EXCHANGE IS CLOSING!

We're very sad to share the news that the Time Exchange is to close due to lack of funding. The last few years have been a constant struggle to secure long term funding and we have made the very difficult decision to close in December.

The Time Exchange was launched in 2000 and has run all sorts of different projects alongside our daily exchanges including gardening activities, Food for All, street planter improvements, Skills Café, literacy classes, yoga, Wellbeing Walks, advice & information drop-in and litter picks to name just a few! We're very proud of everything that the Time Exchange has achieved over the last 22 years and would like to thank all of our members and organisational members, past and present for everything they have done to support us.

We are unable to set up any further exchanges as we spend the next few weeks clearing the office. We will still be open for visitors if you want to pop in before we close. If you would like to stay in contact with any other members, please get in touch with us before we close so we can exchange contact details. If you would like to donate your credits to Timebanking UK who are supporting a new time bank in Ukraine, please let us know.

The Time Exchange office will close on Friday 2nd December 2022.

The Time Exchange has been a wonderful place to work and we have made so many friends over the years. We will miss you all very very much!

Theresa & Sunnie

FAREWELL COFFEE MORNING AND WINTER WREATH MAKING EVENT

10am – 1pm Thursday 8th December at the Bike Garden

We would like to invite you to join us for a farewell coffee morning to share stories, lots of laughter, probably a few tears and you can even make a wreath too!

WINTER WELLBEING HUBS

Across the city a network of winter wellbeing spaces can support you, providing not just warmth but a warm welcome and a place for coming together.

What are winter wellbeing hubs?

Winter wellbeing spaces may be buildings like:

- libraries
- art galleries
- community centres
- sports clubs
- faith centres
- shops and businesses

Selected spaces will also offer wellbeing activities such as:

- cookery classes and nutritional advice
- learning and skills

They may also offer free wifi or computer access.

Here are some local hubs:

- Fenham Association of Residents
 - Cruddas Park Community Hub & Library
- International Harvest Church, Stanhope St
- Fenham Community Hub & Library
- Newcastle Deaf Centre & St Vincents West, Summerhill
 - Discovery Museum
 - Cornerstone Benwell
- The Parish of St James and St Basil, Fenham
- West End Customer Service and Library
 - City Library
- Blakelaw Community Hub and Library
 - Dance City

Benefits advice Welfare Rights Service

For the residents of

Arthurs Hill

Drop in session:

Every Tuesday

9.30 am - 12.00 pm

Nunsmoor Centre

**Studley Terrace,
Arthurs Hill, NE4 5AH**

**Or phone Monday - Friday,
0191 277 2627, 9.30 am - 12.00 noon**

This service is provided by Newcastle City Council's Welfare Rights Service, initiated by your Ward Councillors and funded by the Ward Committee

Unfortunately, we are not normally able to advise people who do not live in this ward. Other services are available in Newcastle. See www.newcastle.gov.uk/benefitcontacts

Newcastle
City Council 

OFFERS & REQUESTS

The Time Exchange has the following items on offer as we clear the office:

- Mixed rolls of wallpaper, chutney and chilli jam, a large ceramic vase, de-icer spray, a hosepipe spray attachment.
- Crockery (plates, bowls, mugs, glasses and jug)
- Stationary (Lever arch files, ring binders, box files, plastic pockets, staplers, paperclips, coloured paper, card, rubber bands, etc)
- Craft Materials (Card making materials, pens, glue, felting wool, embroidery threads, adhesive spray glue etc)
- Litter picks and gloves.
- Books, mostly gardening and cookery.

COST OF LIVING SUPPORT FOR NEWCASTLE USEFUL CONTACT LIST

Cost of living hotline	0800 170 7001 available seven days a week
Cost of living website	www.newcastle.gov.uk/costofliving
Citizens Advice	0808 223 1133 www.citizensadvice.org.uk
Sustainable Warmth Scheme	0800116189
Crisis Support Scheme	0191 278 7878 www.newcastle.gov.uk/crisissupport
Money Matters Debt advice	0800 1707008 Email moneymatters@newcastle.gov.uk
PDSA Support with Vets bills	08009172509 www.pdsa.org.uk/pet-help-and-advice/our-services
Council Tax Support	www.newcastle.gov.uk/counciltaxsupport Email council.tax@newcastle.gov.uk
Housing Advice Centre	0800 1707 008 Email housingadvicecentre@newcastle.gov.uk
Homelessness	0800 1707 008
Food banks	www.informationnow.org.uk/article/food-banks-in-newcastle/
Homelessness	0800 1707 008
Mental Health Support	www.nhs.uk/every-mind-matters

KNOW WHERE YOUR OLD STAMPS ARE?

Use them up by 31 January 2023, or swap them out.

After 31 January 2023, regular stamps without a barcode will no longer be valid. You can either use up these stamps before this deadline or swap them for the new barcoded ones.

Your non-barcoded stamps can be exchanged for the new barcoded version through the Stamp Swap Out scheme. To swap out your stamps, simply complete one a Stamp Swap Out forms and send it back along with your non-barcoded stamps.

https://www.royalmail.com/sites/royalmail.com/files/2022-05/Stamp-Swap-Out-Form-under-200-pounds-v1_3.pdf

'Stamp Swap Out' forms are also available from the Customer Service Point at your local Delivery Offices. Or you can call our Customer Experience Team on 03457 740740.

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/>

Coming up at The Spitler Community Centre, Morpeth St.

First Monday of the month 10 am - Litter pick and cuppa

7th November
5th December
Equipment provided

Tuesday fortnightly 6.30 to 7.45 pm - Tai chi and gentle exercise

8th November
22nd November
6th December
20th December
Gentle exercise with an experienced teacher
£10 per session
Bring a blanket or mat

Wednesday weekly 8 to 9 pm - Spanish conversation

Weekly from 23rd November
Improve your Spanish chatting with a local Spanish resident
50 pence

Friday fortnightly 6 to 8 pm - Bingo

4th November
18th November
2nd December
50 pence

Tuesday, 1st November, 4.30 to 5.30 pm

Councillor Rebecca Shatwell is holding a surgery for anyone wishing to seek advice on local issues

Ideas wanted!

*We are applying for funding for more activities in the Community Centre and would love to hear from you with any suggestions or ideas.
Contact Lin on 07421055624 or drop a note into the Community Centre*

THANK YOU MESSAGE FROM THE TRUSTEES

We are sure everyone is saddened by the news of the Time Exchange closing but we need to remember what it has achieved over the years, creating friendships, contacts and making people believe in themselves and getting things done. This is possible because of the members but most importantly the staff who have worked hard over the years. Not only from what the members saw with exchanges, a listening ear and advice but also behind the scenes raising funds to enable the project to succeed. This is not just current members of staff; Theresa and Sunnie but past members of staff. We know Time Exchange will leave a lasting legacy where it has changed people's lives and neighbourhood and created those friendships.

Thank you.