



## NEWSLETTER

December 2019  
No. 229

## DECEMBER EVENTS



### TIME EXCHANGE ANNUAL GENERAL MEETING & WINTER FAYRE

Tuesday 3<sup>rd</sup> December at the Nunsmoor Centre 5.30pm – 7pm  
Join us for a prize Tombola, Local Arts & Crafts stalls and food from Foodcycle Westgate. AGM meeting starts at 6pm.

### FESTIVE CARD MAKING

Come along and help us to make some Christmas cards and festive decorations at the Time Exchange.

Monday 2nd December 10am – 2pm  
&

Thursday 5<sup>th</sup> December 10am – 2pm

All materials will be provided, as well as hot drinks, chocolate and mince pies! Feel free to bring along any old cards or craft materials.

### WINTER FESTIVAL

The Nunsmoor Centre warmly invite you to their Winter Festival

Sunday 8<sup>th</sup> December 2pm - 4pm

at the Nunsmoor Centre, Studley Terrace.

Seasonal Crafts, Wreath Making, Activities for Children, Junk Music Workshops and Winter Warmer Refreshments

## TIME EXCHANGE CHRISTMAS OPENING HOURS



The Time Exchange office will be closed from 3pm Thursday 19<sup>th</sup> December until we re-open at 10am on Monday 6<sup>th</sup> January 2020.

## WHAT'S ON THIS MONTH

### TIME EXCHANGE GARDENING SESSIONS

**Thursdays 10am-12pm**

Gardening at the Bike Garden. Meet at the Time Exchange at 9.45am or at the Bike Garden at 10.15am

Activities include wreath making & a coffee morning. Contact the Time Exchange for details.

### Monday Street Planter Sessions

The gardeners have now taken a break from Street Planter work.

### ARTHUR'S HILL / WINGROVE LITTER PICKS

**Mondays 10am-11am**

Meet at the Bike Garden

**Wednesdays 9.30am**

No sessions during  
December

**Saturday 14<sup>th</sup> December**  
11am - 1pm

Meet at the Time Exchange at 10.45am. Please bring gloves if you have them.

### ELSWICK LITTER PICK

Proud of the West End! (POW!) litter-pickers tidy the streets on Mondays, currently working in Bentinck Road, the West Road, Elliot Terrace, Durham Street and Bishop's Avenue. If you'd like to be involved, or to help at a time of your own choice, contact Janet through the Time Exchange.

## FUNDING NEWS

We're pleased to be able to share good news with you, as we have received a £1,330 grant from Arthur's Hill Ward Committee towards our Street Planter Work.

We would also like to thank the Greggs Foundation for awarding us a £1000 grant to run some activities for members in the New Year. We will keep you updated with our plans.

## FUNDRAISING

Here is how you can help raise funds for the Time Exchange.

You can make donations via our [Wonderful.org](http://Wonderful.org) fundraising page and the Charities Aid Foundation. We are also registered with [EasyFundraising.org](http://EasyFundraising.org) and [smile.amazon.co.uk](http://smile.amazon.co.uk) so that you can raise funds when you shop online.

## WALKING FOR MEDICAL AID UPDATE

Congratulations to Rachel Richman for raising £3,276.44 of her £2,500 target!

Time Exchange member Rachel successfully trekked 100km in October to raise funds for Medical Aid for Palestinians (MAP).

Rachel said "It was an amazing experience. We visited clinics, schools and ate with local families. We were told about the political and economic situation and the history was amazing. There were Monasteries in the middle of nowhere, wild camels and Israeli army helicopters hovering over is in the dessert. This a beautiful place to visit and if you go with a group it is safe."

## OFFERS & REQUESTS

These are just some of the offers and requests we have received recently. Please check out our Facebook page for some of the very latest offers and requests:  
[facebook.com/thetimeexchange](https://facebook.com/thetimeexchange)

### OFFERS

- Dennis is offering 14 x brass door handles and 7 blank TDK cassettes if anyone still uses them.
- The Time Exchange has some onion sets and coriander seeds on offer.
- Dave is offering 2 x outdoor padded reclining chairs.
- Theresa has some large glass clip top storage jars on offer.
- Lynne is offering some oven gloves and some art equipment.
- Kavita is offering a baby bouncer, an ironing board and a clothes rail.
- Helen has 2 set of bookshelves on offer.
- Catherine is offering the following items: a selection of books, some in french; ESOL exam papers, an exercise ball; some bubble wrap; mugs; suede cleaner; some unopened stuff for very curly, wiry hair, a man's suit jacket; size 7 women's boots; an ice cube thingy.
- The Time Exchange has a sewing machine available for use in the office. We also have a pump for any flat tyres!

### REQUESTS

- The Time Exchange is looking for old (working) mobile phones with a charger.
- Jill would like some knitting patterns for children's clothes or toys.
- Una would like a digital alarm clock.
- Taymar is looking for donations of fabric, toy stuffing, cushion filler and old lampshades.
- Jeanette would like a stool to use with a drum kit and a casserole dish with a lid.
- Helen would like a compost caddy.
- Sabrina would like a double futon mattress, pillows, a chest of drawers a tennis set, a Brownies uniform (age 8-9), bamboo blinds 180cm or 160cm wide
- Lynne would like some textile place mats and old sewing, knitting or crochet magazines and seed packets.
- Sarah would like to learn German.
- Tyrone would like an arm chair, a cooker, a Sony PS3, a dining table & chairs and some ladders, preferably telescopic.
- Jusna would like a washing machine.

Please let us know if you no longer need to offer or request any of these items as the list is getting longer each month!

## DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: Shopping online can be so, so cosy can't it? However, we need to know the risks before we even begin and not join the so - called 'armchair shoppers,' who lost £58m last year. £11m of those sad losses came in the run up to Christmas alone!

So often, it's the vulnerable who suffer, as TV consumer guru, Martin Lewis, agreed. Before we even look at our desired items, we need to know we're safe!

Together with Norton Security and others I've put together a few safety tips. Before you begin, make sure the device you're using is safe, before ensuring you're using a so -called 'strong' password. Always use a credit card rather than a debit card and never ever, ever key in your PIN number! Make sure the shopping site, URL, begins with 'https, or the browser bar contains a locked padlock symbol or is green and ideally deal with companies you know and trust anyway!

Beware of fake websites, as there thousands of them out there, so called copycats. They look like those you may deal with regularly, so stay one step ahead!

Never use public computers and if you have to make sure all your data is encrypted, before quickly logging out. Make sure you 'log out' from any shopping site, without assuming you have because your transaction is complete.

We also need to make sure we become shopper 'savvy,' as we can even end up with unsafe or fake goods! Be careful when reading product reviews, don't put yourself at risk from so - called 'porch pirates,' who steal parcels even after they've arrived and as I covered earlier, keep your identity safe!

In summary, if in doubt about a product or site, sounding too good to be true, it probably is, so don't be tempted this Christmas and make sure you enjoy a healthy and happy one!

**AN HOUR SHARED IS AN HOUR SPARED!**

## BLUE RECYCLING BIN UPDATE

**You may be surprised by the amount of waste you can now recycle in your blue bin & caddy. Here are just some of the items you can now recycle:**

- Aluminium Meat trays
- Bottle tops (metal and plastic)
- Cartons, e.g. chopped tomatoes, sauces, long life milk cartons (Tetra paks)
- Chewing Gum Tubs and Pots
- Chocolate Tubs (plastic)
- Envelopes - There is no need to remove the window film.
- Fruit punnets and tubs
- Jar lids - Leave jar lids on the jar and recycle in the glass caddy
- Margarine tubs
- Plastic Food trays, e.g. microwaveable food and supermarket vegetable packaging - **We cannot accept black trays**
- Plastic Milk containers - Tops should be left on, but the important thing is that the bottles are empty and dry
- Perfume and aftershave bottles - Glass aftershave and perfume bottles can be recycled in your black caddy for glass.
- Sweet tubs - Place plastic and metal sweet tubs with no wrappers in your blue recycling bin
- Tablet pots and tubs - tops should be left on, bottles should be empty
- Tin foil - Clean tin foil can be placed in your recycling bin. It is best to collect up all of the foil together in a ball so that it doesn't get lost in the recycling process.
- Wire coat hangers
- Yoghurt pots - These can be recycled along with the clear, plastic lid

**For more information check the Newcastle City Council Website.**

## SUPPORT AND EXCHANGES OVER THE HOLIDAYS

**Please let us know if you would like to organise any exchanges over the Christmas holidays.**

**Although the Time Exchange will be closed over the festive season, we want to make sure that members can get help and support if they need it, particularly if the weather is bad. If you think you might be in need of help with shopping, a car lift, picking up a prescription, or just need somebody to talk to, then let us know and we can make sure you've got someone to contact.**

**If you'd be happy to be an emergency contact over the festive period, please get in touch and let us know.**

## A FOOL'S PHILSHOPHY

As we try our best to be 'eco - friendly,' we can all 'do our bit' to help, as unbelievably, as we enjoy our tea and coffee, we could be 'slurping' it from a solar powered kettle!

## CONTACT US

Theresa / Sunnie  
235 Stanton Street  
Arthur's Hill  
Newcastle upon Tyne  
NE4 5LJ

Email:  
[info@thetimeexchange.org](mailto:info@thetimeexchange.org)

Telephone: 0191 2450663  
0191 2453814

Office Hours  
Monday – Thursday  
10am – 3pm

Friday - Closed

## HERE ARE JUST SOME OF SKILLS OFFERED:

### FOOD AND COOKING

Basic cooking skills  
Baking  
Vegan Cookery

### HOUSEHOLD

House-minding  
House-work  
Putting out rubbish  
Recycling  
Basic Gardening  
Errands

### ARTS AND CRAFTS

Sewing  
Knitting  
Photography  
Help with art projects  
Cartoon Drawing  
Music reading

### FAMILY AND PETS

Dog walking/sitting  
Pet minding

### ADVICE AND INFORMATION

Car Advice  
Advocacy

### ORGANISATIONAL SKILLS

Organising events  
Fundraising  
Administration skills  
Proof reading  
How to 'surf the net'

### EDUCATION AND TRAINING

Help with reading  
Help with research  
Help with writing  
Help with spelling  
Homework help  
Computer tuition (one to one)  
Computer repairs  
Interview preparation  
Teaching IT and web design

### LANGUAGES

Teaching English  
Teaching Spanish  
Translating and teaching Arabic

### PERSONAL SUPPORT

Confidence building  
Companionship  
Telephone reassurance  
Car lifts

## LOCAL ADVICE ABOUT BENEFITS, DEBT AND HOUSING

### Citizens Advice Bureau (CAB)

Phone: 0344 245 1288 Monday - Friday 10am – 4pm

### Money Matters Advice Line

Money and debt advice telephone service.

Phone: 0191 277 1050 9.30am – 11.30am and 1pm – 3.30pm (except Wednesday morning)

### Newcastle Welfare Rights Service

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

Drop-in sessions

Wednesdays 9.30am - 12pm, Nunsmoor Centre

Thursdays 10am – 12.30pm, Cruddas Park Library

Thursdays 1pm – 3.30pm, Fenham Hall Library

### Shelter North East

Phone 0344 515 1601 Mon – Fri 9am – 5.30pm

### Crisis Support Line (Out of Hours Service)

0191 278 7878

For Envirocall, Night Noise Team, Repairs Centre & Out of Hours Social Work Support

### Search

0191 273 7443

Advice and Information for older people and their carers