



## NEWSLETTER

February 2018  
No. 207

## WHAT'S ON THIS MONTH

### TIME EXCHANGE GARDENING SESSIONS

The Time Exchange gardening team will restart street planter maintenance later this month. Get in touch if you would like to get involved.

### ARTHUR'S HILL / WINGROVE LITTER PICKS

**Mondays 10am-11am**  
Meet at the Bike Garden  
**Thursdays 2pm-3pm**  
Meet on Severus Road near Baldwin Ave.  
**Saturday 17<sup>th</sup> February**  
11am - 1pm  
Meet at the Time Exchange.

Please bring gloves if you have them.

### ELSWICK LITTER PICK

**Proud of the WestEnd!** (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.

### LOCAL NEWS

Do you have something you would like to include in our next newsletter? We are always keen to share information about local events and activities.



## GREEN MAN AT THE WASSAIL

*"The green man visited the Bike Garden once again, on our annual wassail. He led us, along with the newly crowned wassail Queen, on a lantern lit procession down to our community orchard in Nuns Moor Park. The community, of all ages, woke up the trees with their traditional wassail song, learned only an hour before in the Bike Garden. We all toasted to the health of the trees to bloom well and to bear us fruit for the coming harvest."*

Thanks to everyone who helped out at the event on Sunday. Greening Wingrove launched their branded seeds for growing plants attractive to pollinators in collaboration with the Seeds Co-operative, Waste Less Save More provided hot drinks and Private Tenants' Voice announced the winning photographs from the Welcome to Wingrove 2018 calendar competition.

## **DO YOU ENJOY WALKING? DO YOU WANT TO KEEP FIT & HEALTHY?**

When the weather brightens up, we will be running some more healthy walks.

The great thing about our walks is that they will offer you the chance to improve your fitness and meet others from your area, you can also find out about what other things are happening in the area.

Walking in a group is more fun than walking alone. Our walks are a great way to get active and meet new people. If you are interested in attending or would like more information contact the Time Exchange on 0191 245 0056.

## **GREENING WINGROVE COMMUNITY MEETING**

Let's start a conversation and hear some Greening Wingrove updates about action on litter and improving shared bins, meet your neighbours make new friends and discuss a campaign to help raise awareness about recycling. Look at how businesses and landlords can help on what we need to do next.

All welcome!

This will take place at CHAT Trust, at 250 Philip at 6.30pm-7.30pm on Thursday 8<sup>th</sup> February 2018

For more info contact Katrina on: 07954813137 or email [k.jordisongreeningwingrove@gmail.com](mailto:k.jordisongreeningwingrove@gmail.com)

## **OFFERS & REQUESTS**

These are just some of the offers and requests we have received recently:

- The Time Exchange has an electronic chess set, a selection of classical and easy listening CD's as well as fiction and non-fiction books on offer.
- Farah has some mugs and tea towels, a plastic bag holder, a vegetable rack, lots of soft toys for kids, Children's white bedroom curtains from Ikea with animals on and 2 x toddler mattresses, outside games for kids including an inflatable goal for football and a pogo stick and metal shelves from Ikea.
- Fatema has a small memory foam dog bed on offer.
- Rachel would like a fleecy hat.
- Lynne has some gift wrap (new baby and wedding), a 'magic charger' for an Apple magic mouse, 2 packs of 4"x6" photo print card, and a box of Espresso Martini fudge on offer.
- Jannette would like a rope/macramé plant hanger.

We receive regular job requests for shopping, car lifts, home repairs, and homework help, please get in touch if you can help.

Please check out our Facebook page for some of the very latest offers and requests: [facebook.com/thetimeexchange](https://www.facebook.com/thetimeexchange)

**A recent request for the loan of a camp bed was sorted within 10 minutes of posting the request!!**

## **MINDFUL THERAPIES DONATION BASED COUNSELLING SERVICE**

Counselling offers the opportunity to:

- talk about difficulties
- express thoughts and feelings
- get to know yourself better
- make positive life choices

**Mindfulness can help us to:**

- be more aware
- manage thoughts and feelings
- manage symptoms of stress, depression and anxiety

Unfortunately for many counselling is difficult to access. It is either too expensive or they are placed on a waiting list for weeks or even months. We believe that people should be able to access the support they need, when they need it and at a price they can afford.

Sessions are donation based with a suggested donation of £5 per session off peak or £10 per session for evenings and weekends.

Mindful Therapies Counselling Service, Lower Ground Floor, British India House, Carloli Square, Newcastle upon Tyne, NE1 6UF

To book your session

email [counselling@mindfultherapies.org.uk](mailto:counselling@mindfultherapies.org.uk) or call Victoria on 07399466173

## DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: Fancy leaving that loneliness behind, that lack of exercise, as well as large fuel bills, whilst you enjoy yourself, all the while, living a little longer? Read on!

It's been well reported this year that these are all factors in lowering our lifespan as well our quality of life, so The Time Exchange team ordered 'The Bore' to see how we could help! In this area, alone, the following are all available:

The Nunsmoor Centre run a variety of activities, including an 'Over 55s Wellbeing Group', beginning early 2018 – keep an eye out for more details.

There are regular Litter Picks where groups of residents get together to help keep the area clean and tidy, always followed by a 'cuppa' and a friendly chat.

The Bike Garden – there are both regular and one-off activities at the Bike Garden that you can get involved with, either as a volunteer or just to sit and enjoy the garden.

Active Newcastle – run a wide variety of free activities throughout the city. Local activities include a women only 'bootcamp' at Elswick Park, Women's Keep Fit sessions and Nordic Walking sessions in Leazes Park.

West End Women and Girls run a number of women-only groups including their 'One Stop Shop', gardening, cooking and IT Club.

A little further afield we have the Discovery Museum, Great North Museum, the BALTIC and the Laing Art Gallery who all offer free admission.

Tyneside Cinema/Café Bar have free film screenings twice per week.

The Elder's Council promote a wide variety of events throughout the city, some of which are free to attend.

Certainly, it all seems to be happening! I can only hope you leave some time to report your experiences as well as perhaps the occasional hour or so for an 'Exchange' or two! After all:

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

# WELCOME TO WINGROVE 2018 CALENDAR



**We have a number of Welcome to Wingrove Wall Calendars available featuring the winning pictures from around Wingrove Ward from last year's photography competition.**

**Thanks to all the organisations involved helping to produce this local calendar.**

**Pop into the office for your copy!**

## MORE FROM THE BORE!

**Free things to do to get active, get involved, get out of the house. Here are some useful links with more information about what's on offer:**

**The Nunsmoor Centre**

<https://nunsmoorcentretrust.com/groups-activities/>

**West End Women and Girls**

<http://westendwomenandgirls.co.uk/womens-groups>

**Elder's Council** <http://www.elderscouncil.org.uk/events-and-workshops>

**Tyneside Cinema**

<https://www.tynesidecinema.co.uk/food-and-drink/tyneside-bar-cafe/regular-events>

**For more information please contact the Time Exchange.**

### 'A FOOL'S PHILOSOPHY!'

As we all seem to be seeing saving energy as a solution to many of our problems, why not try 'Pedal Power!' A single person on an exercise bike, linked to a generator could power four P.C.'s and since the Romans invented pulleys 2,000 years ago when tasks were beyond them, surely it's worth another look!

### CONTACT US

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#### Office Hours

Monday – Thursday  
10am – 4pm  
Friday  
10am – 1pm

## 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

## HERE'S HOW YOU CAN HELP FUNDRAISE FOR THE TIME EXCHANGE

### NEWCASTLE BUILDING SOCIETY

- Do you have an account with the Newcastle Building Society?
- Did you know you can nominate a local organisation and submit an application for a grant?
- Please get in touch if you can help.

### EASYFUNDRAISING

- The Time Exchange is registered with a fundraising website called 'easyfundraising'.
- All you have to do is log on to [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) then shop on any of your favourite shopping websites.

### GIFT AID

- The Time Exchange is registered to claim Gift Aid, helping to make any donations go further.
- If you are a UK taxpayer we can claim an additional 25% on any donations!