



NEWSLETTER

June 2018
No. 211



SUPPORT OUR STREET PLANTER WORK

The Time Exchange has worked with local residents to maintain and improve the Street Planters in the Arthur's Hill terraces for the last 17 years. We want to continue this vital work, and to do this we need your help!

We're going to be holding a Volunteer Day, with support from Marks and Spencer, on Thursday 21st June, where we'll be transforming the Street Planters and black planting boxes around Fenham Road. All volunteers are welcome to help with litter picking, weeding and tidying, and planting a range of bee and butterfly friendly flowers. Marks and Spencer will be providing a group of volunteers as well as a £500 donation towards the project!

We want to continue this work beyond the Volunteer Day, and to enable us to do that we're fundraising via Neighbourly for funds to pay our gardeners and buy plants and equipment. If you'd like to support us, you can do so at <https://www.neighbourly.com/project/5ac652f4c7ac892dd4f48557/fundraising> where you can also sign up to come to our Volunteer Day. We'll be promoting the Volunteer Day and our Neighbourly Fundraising Page on our Facebook account, so if you have Facebook you can help by sharing our posts to help us raise as much as possible.

WHAT'S ON THIS MONTH

TIME EXCHANGE GARDENING SESSIONS

Thursdays 1pm - 3pm
Street planter maintenance.
Meet at the Time Exchange.
Get in touch if you would like to get involved.

STREET PLANTER VOLUNTEER DAY

Thursday 21st June, 10am-4pm
Contact the Time Exchange if you can help, even if just for an hour or two

ARTHUR'S HILL / WINGROVE LITTER PICKS

Mondays 10am-11am
Meet at the Bike Garden
Saturday 16th June
11am - 1pm
Meet at the Time Exchange.
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.

WILDLINGS KIDS CLUB AT THE BIKE GARDEN

Fun outdoor learning environment for children of all ages to be creative and connect to nature....

* Outdoor Games

* Garden/Wildlife

Activities

* Art and Craft Activities

* Hot/Cold Drinks

Every Wednesday 4pm – 5pm at the Bike Garden.

Children must be accompanied by an adult.

Free, spaces limited.

FREE LOCAL FOOD FROM OLIO

Olio is a food sharing website/app which connects neighbours to each other and local shops so that surplus food (and other items) can be shared and not thrown away. After joining, you can browse what's on offer locally and arrange to pick it up. If you'd like to give it a go, their website is:

<https://olioex.com/>

Please let us know how you get on!

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://www.facebook.com/thetimeexchange)

- Jusna has a high chair on offer.
- Rachael would like some packing boxes.
- Andrew is looking for somebody who can do felting.
- Shanaz has a blender to offer.
- Rachel & Avi are looking for gardening shoes, sizes 6 & 9.
- The Time Exchange has some foil food containers (no lids), a 24 hour plug timer, some photo print paper and a Fujifilm 35mm camera on offer.
- Saima has some vegan cookery books on offer.
- Pat & Kim have six empty hanging baskets to offer.
- Sarah would like some coat hooks and is looking for regular beginner German lessons.
- Lynne has a double duvet cover and an Oxo Vegetable Chopper on offer.
- Farah is looking for a baby monitor.
- Tyrone would like a coffee table, arm chair, a cooker, a washing machine, a microwave, a Sony PS3 and a dining table & chairs.
- Berta is offering some hair curlers, 2 glass jars, some baking shape cutters & a napkin ring.
- Rachel is looking for an old style double wardrobe & a fleecy hat.



West End Wildflower Corridor

To feed the bees, increase diversity and link up communities, the Time Exchange and friends will be planting wildflower areas in and around the Greening Wingrove Bike Garden. Over the coming months, through a series of pop-up street events we will give free nectar-rich wildflowers and pots to enable neighbours to create bee streets to link up with Edible Elswick, located in Elswick Park.

Look out for pop-up street planting days throughout the summer months. You can find out dates by contacting the Time Exchange or on:

www.facebook.com/gw.bikegarden

www.greeningwingrove.org.uk/events

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: Believe it or not, in 25 years time, we could be facing a water catastrophe! This is the dire warning issued in a new Environment Agency report, which says with less rainfall, an increasing population and ever increasing waste, all amounting to a third of all our supply, we could suffer drastically.

I spoke to Emma Howard Boyd, their chairwoman and she told me, "We drastically need to change our lifestyles and attitudes to water use as 20 million people's needs could be met by repairing leaks and using less. Currently nearly a third of our water is lost to leakage!"

I sometimes find these environmental warnings a bit severe, especially as, at the weekend, a month's rainfall fell in parts of the country in less than 24 hours but I'm sure their experts are a little wiser than this old fool. I spoke to Cumbrian M.P. and prisons minister, Rory Stewart, who was a junior minister at the Department For Environment for several years and he told me, "Our population needs education, as so many are unaware just how much water they could save, using a few simple measures. We could shower instead of bathing, turn off taps when brushing our teeth, and use less water in kettles and saucepans, which would save loads every single day. Being a little more conservational, we could use our waste water in our gardens, as well as investing in a water bowser. We must remember too, that 90% of the world's water is in Antarctica!"

I must confess to being a bit of so-called 'townie' but shower rather than bathe and aim to take on some of the sound advice, I've been given this week. Even my dripping tap could soon fill an Olympic sized swimming pool. If we take a few simple measures and our supply is metered, we could save £120 a year, according to 'Save Water.' When Coleridge wrote, "Water, water everywhere and not a drop to drink," I think he had some foresight!

FANTASTIC FUNDING NEWS!



We are pleased to share the news that we have received £1000 funding from the Archer Trust and £2876 from the Newcastle Building Society to run gardening projects this summer.

We will be running weekly gardening sessions in the Bike Garden as well as offering advice and gardening exchanges to Time Exchange members with funding from the Archer Trust.

Helen has already been out and about helping Fatema and Alison with their gardens and we've brightened up the front of the Time Exchange office!

Get in touch if you would like to request some gardening help.

Helen and Matt will be able to run weekly street planter sessions with the funding from Newcastle Building Society and we will be organising several community events during the summer.

If you are interested in getting more involved in improving the street planters and would like plant up a planter near your home, let us know and we can provide seeds, plants and tools.

MORE MONEY SAVING TIPS...

To get free prescriptions, dental care and eye tests:

If you're on a low income, but you didn't think you were eligible for help, you may be eligible to receive financial help through the NHS Low Income Scheme. To apply, you need an HC2 certificate, you should complete form HC1, which is available from Jobcentre Plus offices or most NHS hospitals. Your doctor, dentist or optician may be able to give you one, too. You can also get an HC1 form by calling 0300 123 0849.

For washing hands and body, bar soap used with water is much better value for money, and scientific tests have shown that it's much better at getting rid of germs than either liquid soap or instant hand sanitiser. Also better for the environment as it doesn't come in a plastic bottle. Buy it locally from Brighton Grove Food stores, near the till, or in the town from pound stores or Wilko.

A FOOL'S PHILOSOPHY

A potential planetary plight free from plastic, why not use wood?

Unbelievably, our scientists, whilst focusing on past innovations, have discovered almost everything now made from plastic, can be made with wood!

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

VERTICAL VEG – STREET MEET PROGRAMME 2018

Vertical Veg North East is holding a series of Street Meet events designed to help people start growing their own vegetables at home – no matter how small a space they have! Learn from the experiences of other local growers, and take away plants and seeds to grow at home. Please join them at the following events – they are all FREE to attend, but donations are welcome:

GROWING YOUR OWN HERBS: Sharing herb cuttings and explaining how to make the most of supermarket herbs.

Thursday 21st June at 6pm. Meet outside 24 Cutis Road, NE4 9BH

WALL PLANTERS: Discussing wall planters, followed by a walkabout to see other growing spaces.

Tuesday 10th July at 6pm. Meet outside 90 Dilston Road, NE4 5AB

WINTER VEG: Sowing winter veg including chard, chervil, coriander, kale and salad leaves

Thursday 19th July at 6pm. Meet outside 62 Dilston Road, NE4 5AA.

HARVEST FESTIVAL: Bring plants or produce to swap and share if you can! Join the discussion about successes or failures of growing in 2018.

Wednesday 19th September at 6pm. Meet outside the Orthodox Church on Brighton Grove, NE4 5PB.