



NEWSLETTER

June 2019
No. 223

COMMUNITY MEALS AT FOODCYCLE WESTGATE

Join your community for a 3-course feast – it's free, nutritious and delicious!

Plus, it's made from food that would otherwise have gone to waste. What's not to love?

Thursdays @ 6.30pm
Westgate Baptist Church
366 Westgate Road
Newcastle
NE4 6QD

No booking required, everyone welcome

VOLUNTEER WITH FOODCYCLE WESTGATE FOR TIME CREDITS!

FoodCycle Westgate is only possible thanks to great volunteers giving their time, enthusiasm and energy. We have opportunities available for people to come along and cook, host guests and be involved in collecting the surplus food donations from local suppliers.

FoodCycle Westgate have joined the Time Exchange as an organisational member so you can earn time credits if you volunteer with them.

You don't need to have any previous cooking experience, although if you do that is just as welcome! We want as many local volunteers as possible and everyone is welcome to be a part of the team.

Email westgate@foodcycle.org.uk for more information or contact the Time Exchange.

WHAT'S ON THIS MONTH

TIME EXCHANGE GARDENING SESSIONS

**Mondays 10am-12pm &
Thursdays 1pm – 3pm**

Street planter
maintenance.

Meet at the Time
Exchange.

Get in touch if you'd like
to get involved.

Thursdays 10am-12pm
Gardening at the Bike
Garden.

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

ARTHUR'S HILL / WINGROVE LITTER PICKS

Mondays 10am-11am
Meet at the Bike Garden

Wednesdays 9.30am
Meet outside Madina
Food Stores

Saturday 15th June
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.

A BIG THANK YOU TO RACHAEL!

Although the Time Exchange has managed to secure some funding to stay open we've not been able to keep on the Project Assistant post Rachael has been covering for the last two years.

Rachael has been a great addition to the staff team during her time here and has supported so many of our members. Without her hard work we would not have secured the much needed funding.

Thank you!

VERTICAL VEG EVENTS

Edible flowers and snazzy salads

Monday 10th June 6pm - 8pm outside 147 Sidney Grove.

How to bring your salad bowl to life? Invite pollinators into your 'yarden' by sowing and growing edible flowers. Taste new home-grown salads and find out how to make your own dressings.

Random acts of kindness

Tuesday 2nd July 6pm - 8pm

Meet at the gates of the Cemetery on Studley Terrace (just up road from the Centre for Ageing).

Bring along spare plants and join us on our undercover mission to give away mint, basil and flowers to unsuspecting local residents. A vertical Veg version of nicky knocky nine doors!

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)

- We are looking for donations of tomato and chilli plants following several requests for them.
- Taymar is looking for donations of old lampshades.
- Catherine has 2 blankets and a double duvet cover on offer.
- A member is offering decluttering, organising and filing of paperwork at the Time Exchange office.
- Tyrone would like some ladders, preferably telescopic.
- Samira is offering a toaster.
- Ronnie is looking for some large nails and/or screws.
- Jusna would like a washing machine.
- A member is offering an Easy Yo Yoghurt maker and a pedometer.
- Lynne is looking for some Board Games (old fashioned).
- Anna is looking for a Driving Theory Book and CD.
- Farah would like a baby stair gate, an old Sari, and has a children's pop-up tent and a hexagonal wooden table with hole for parasol in centre on offer.
- Theresa has some polystyrene bean bag filler on offer.
- The Time Exchange has a sewing machine available for use in the office. We also have a pump for any flat tyres!
- The Time Exchange has an electronic chess game on offer.
- Tyrone would like an arm chair, a cooker, a Sony PS3 and a dining table & chairs.

12 WAYS TO USE LESS PLASTIC AND SAVE CASH

1. **SOME** fruit and veg is cheaper without plastic... but you'll need to check
2. Refill your water bottle for **FREE**
3. Buy refills of coffee, soap, herbs and spices etc
4. Don't just reuse plastic bags – sell 'em and **MAKE 5p**
5. Get a **REAL** bag for life
6. Get up to 50p off your hot drink with a reusable cup
7. Replace cling film with reusable wraps
8. Go large in the supermarket to save on packaging and price
9. Switch shower gel and hand wash for bars of soap
10. Reuse before you recycle
11. Ditch the straw
12. And finally... recycle, recycle, recycle

Check out <https://www.moneysavingexpert.com/team-blog/> for more information and lots of other useful hints and tips.

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: Sorry to appear a prophet of doom here but is it really too late to survive on a planet that can support human life as we know it?

Prof. Robert Watson, who chairs the Intergovernmental for Biodiversity and Ecosystems, having just published their first fully comprehensive report since 2005, said it paints a bleak picture the world's human life and nature is now facing and the drastic action that's required to even curb it! All species are interconnected whether natural, animal or human and losing just one can have drastic effects, with more than 2billion people relying on wood for fuel, 4billion relying on natural medicines and 75% of the world relying on food crops which have, at some point, required pollination by insects, allowing it continued growth!

However, according to Emma Howard Boyd chair of The Environment Agency, "We can plan future lifestyles, without using carbon based fuel, focus on the future of farming which not only enriches our natural environment but it's use of two thirds of our land, provides much of our food, our farmers are merely it's custodians and as a population drastically reduce our overall waste!"

I must say, I for one, for so long a typical 'townie,' am gradually not only beginning to listen but make drastic changes to my daily lifestyle. Actions certainly speak louder than words too and rather than rant at rallies, I'm listening to advice, which not only proves financially rewarding, I know, in my own small way, I'm helping others too and their future.

However, there's a lot more I can do and would urge anyone reading this, to take sound advice, some of it so simple, which can help guarantee our future on earth and feel satisfied as they do. Even schoolchildren are getting the message, holding countrywide 'strikes!' **AN HOUR SHARED IS AN HOUR SPARED!**

FUNDRAISING FOR SUMMER EVENTS AND ACTIVITIES

We would like to organise some activities for members during the summer, including wellbeing walks, cooking sessions etc

We are going to use our Wonderful.org fundraising page to raise some funds for these activities. Our target is £250!

<https://wonderful.org/charity/timeexchangeltd>

Wonderful is a not for profit organisation and doesn't charge any fees to charities, meaning 100% of your donation goes directly to the Time Exchange.

You can donate anything from £1 and you can keep your donation anonymous if you prefer.

WHAT'S ON AT RSM WINGROVE

(Robert Stewart Memorial Church on Wingrove Road)

Monday

Carpet Bowls 1.30pm – 3.30pm - Contact Helen Hodder 0191 273 3604

Youth Club 4pm – 5.30pm - Contact Peter at Play in Newcastle on 07733 332039

Yoga Class 6pm – 7.30pm - Contact WEA or Anne on 0191 2723750

Tuesday

Community Coffee 10am – 12pm every week

Ceilidh Dancing (last Tuesday of every month) – Contact Search Project on 0191 273 7443

Music Making 12.30pm – 1.30pm

Asian Ladies Group 12.30pm – 1.30pm

Wednesday

Carpet Bowls 7pm – 9pm – Contact Helen Hodder 0191 273 3604

SHE choir 6.30pm – 8pm

Thursday

Sewing Class 9.30am – 11.30am – Contact WEA 0191 2723750

JET Integration Project 1pm – 3pm

Youth Club 4pm – 5.30pm - Contact Peter at Play in Newcastle on 07733 332039

Friday

Beavers, Cubs and Scouts – see scouting website for details

Kids can cook 4pm – 5.30pm - Contact Peter at Play in Newcastle on 07733 332039

Success 4 All 5.30pm – 6.30pm – Contact Busola Afolabi

Saturday

Ethiopian/Eritrean Church 2pm

Sunday

United Reform church service 10.45am – 12pm

Ethiopian church service 12pm -4pm

French Congolese church service 1.30pm – 4.30pm

Romanian church service 5pm – 9pm

All are welcome at church services, just come along. For other groups/classes either contact them directly or call in at the appropriate time and speak to the organiser.

A FOOL'S PHILOSOPHY

Plastic drinks stirrers are set to be banned from April next year! Does that also mean drawing the last straw? Not quite, as we're now going to have to wait just that bit longer!

CONTACT US

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

Email:
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