



NEWSLETTER

November 2017
No. 204

WHAT'S ON THIS MONTH

TIME EXCHANGE GARDENING SESSIONS

Mondays 1pm - 3pm
and
Thursdays 1pm - 3pm
Street planter maintenance.
Meet at the Time Exchange.
Thursdays 10am - 12pm
Gardening sessions at the Bike Garden.

ARTHUR'S HILL / WINGROVE LITTER PICKS

Mondays 10am-11am
Meet at the Bike Garden
Wednesdays 4pm-5pm
Meet at Madina Mosque, Wingrove Gardens.
Saturday 18th Nov
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.

APPLE DAY AT THE BIKE GARDEN



We would like to thank each and every one of you for your help and support in putting on Apple Day this year.

There is a surprising amount of work in organising an event like this - from putting up posters, helping with garden clear - up to getting enough loo roll and tables - and it's definitely a team effort, so thank for contributing. It's your efforts that really make this a special place to live!

Over 250 people (adults & children) signed in at the welcome desk, but more didn't sign in so the number is probably closer to 270 at least. The warm sunshine was definitely a bonus too!

Una & Kerryanne - Bike Garden Community Gardeners

WINGROVE PHOTO COMPETITION!

Take photos of your favourite places in Wingrove on your phone (buildings, nature, weird angles, street art etc) and win a shopping voucher worth £25 and cinema tickets. Winning photos will feature on a poster calendar to be distributed free in the New Year. Also we'll be organising a photography workshop, 'How to get the best photos from your mobile phone' in November. For more information and to email photos contact marylowe@newcastletenantfed.org.uk by 1st December, including your name, title of photos, and phone number. Get snapping!

STREETS FOR PEOPLE

Do you want to have your say about new pedestrian crossings and cycle lanes in Arthur's Hill & Fenham?

There are lots of changes planned for the local area and Streets for People need to know your views. The consultation is open until 30th November.

Go online and visit www.streetsforpeople.org.uk and have a look at the neighbourhood plan for Arthur's Hill and Fenham. There's information about the schemes, there's drawings and surveys to record your feedback.

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

- Sergio has a glass dining table with 6 dining chairs
- Farah has a blender with lots of attachments on offer
- Lynne has a glass fruit bowl, a glass storage jar and some gift wrap on offer (new baby and wedding).
- Jannette would like a rope/macramé plant hanger, pots and pans, kitchen utensils, rugs, a wall clock and an electric fire.
- Shanaz is looking for a vacuum cleaner and some garden plants.
- Does anyone have a pressure washer a member can use?
- Pat and Michael would like some bee and butterfly friendly shrubs.
- The Time Exchange has some recipe books on offer – 'The Allotment Cookbook' and 'Quick and Easy Microwave Cooking'.

Get in touch with us if you can help with anything or would like any of the items.

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

CHAT TRUST FUNDRAISING GIG

o2 academy CHAT TRUST

O2 ACADEMY & CHAT TRUST PRESENTS
REX REGIS
REALI-T, J SMIRK, KEMA KAY
CHAT TRUST ARTISTS & MORE
DJ: 90 BRO & HOST: J-MAN

WEDNESDAY 15TH NOV 2017 - 7:00 PM TILL 11 PM - £5 TICKETS - 14 YEARS AND OLDER

Tickets are available from The Chat Trust.

DO NOWT AND YOU GET NOWT!
Geoff Brown, 'The Local Bore, You can't Ignore,' writes: A trusted friend 'ribbed' me recently, "You'll be celebrating today - It's World Mental Health Day", referring to my silliness! Himself a comedian who makes a living out of humour went on to say, "Have you seen just what a problem it is in the U.K. today?"

Both the figures I found, reports I read and the overall cost shocked even this soul. Unbelievably, 1 in 3 sick notes issued in the last year were for mental health problems with over 5million folk being signed off work each year for problems where their mental health played a part, such as anxiety, stress and depression. What's more, out of the NHS's total budget of approximately £130billion, it's spending 10% of that on mental health. However, even those shocking figures barely assess the overall problems caused, as our mental health is a major factor leading to a lowering of our life-span. According to Paul Farmer, Chief Executive of MIND, "Our mental health problems, so often directly or indirectly lead to heart disease, cancers and addictions, all lowering our average life span by an average of 18%. What's more, North East England has the highest problem in the country!"

Anna Charles from King's Fund, who focusses primarily on our mental health, told 'The Bore' this week, "The problem would indeed appear, as if it's not being addressed. Don't be too alarmist in your story, when so much is being done by so many organisations, that will indeed link both physical and mental health. Princes William and Harry have done much to highlight the problem lately after their own experiences and each and every one of us, in our own way can provide support for a friend or relative".

Local M.P. Catherine McKinnell is campaigning for mental health to be taught in schools, "If our children are made aware of what it involves and some basic steps to fight it off, we're moving forward," she told 'The Bore,' at the weekend.

There are also moves afoot to ensure that we transform any problems into advantages from other experts, too but more on that soon. **AN HOUR SHARED IS AN HOUR SPARED!**

VOTE FOR THE BIKE GARDEN



The community garden needs your votes to keep on growing! Our community gardeners and volunteers have big plans for the Bike Garden, and to help realise those plans have applied to the Aviva Fund. With your help, we hope to establish therapeutic gardening sessions, support the Friends of the Park and establish a Friends of the Bike Garden group, develop youth work sessions and continue to grow the seasonal community events.

You can vote for the project at <https://community-fund.aviva.co.uk/voting/project/view/17-5356>

WHERE TO GET 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

Westgate Residents - Mondays 9.30am – 12pm, Ryehill Centre, Colby Court

**Wingrove Residents - Wednesdays 9.30am - 12pm,
Nunsmoor Centre**

Fenham Residents – Thursdays 1pm – 3.30pm, Fenham Hall Library

Shelter North East

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

A FOOL'S PHILOSOPHY!

Why don't we eat for free?
There's never a shortage of birds, bees, berries, and 'fruit and veg' in our yards and gardens along with herbs as a bonus!

CONTACT US

Theresa / Sunnie/ Rachael
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Email:
info@thetimeexchange.org

Telephone: 0191 2450663
0191 2453814

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

ARRIVALS: MAKING TYNESIDE HOME

'Arrivals: Making Tyneside Home' will be exhibited in the Discovery Museum in Newcastle in early 2019. It will feature 40 portrait photographs of people who migrated to Tyneside from overseas between 1939 and 2018. The project will be a portrait of Tyneside, of the pattern of migration and of 40 individuals. Each portrait will be accompanied by the person's story, explaining why their left their country of origin and why they came to the UK and Tyneside. These stories will also explore how subjects feel about their adopted home.

The exhibition will encourage visitors to learn about people who have migrated to Tyneside and to reflect on their personal attitudes to immigration. The debate around immigration can be strident and polarised; the exhibition will be a gentler contribution, encouraging visitors to see the subjects as people, not as immigrants.

Would you like to take part?

To take part you need to be someone who migrated to the UK from overseas between 1939 and today and lives in the Tyneside area now. You don't have to have come directly to Tyneside when you first came to the UK. Nor does it matter why you came - to join family, for love, to find work, as a refugee or asylum seeker or any other reason.

How do I get in touch?

Please do have a look at the pictures I have taken so far:

http://www.jeremyabrahams.co.uk/arrivals_tyneside. You can then email me at info@jeremyabrahams.co.uk or phone me on 0757 0400181

Jeremy Abrahams