



NEWSLETTER

October 2017
No. 203



COME ALONG TO APPLE DAY!

Help us celebrate the autumn harvest and the fruits of our community orchard this half term in the Bike Garden.

12pm – 3pm on Friday 27th October

Look forward to freshly made apple juice, lots of apple themed fun and games, enjoy some freshly made food from the pizza oven and much more!

Do you have any spare apples?

If you're a local grower and have spare apples this season we would like to hear from you. Bring them along to the Apple Day and help make them into juice.

Get involved with Apple Day!

We are looking for people to help with our apple day.

- Helping run activities
- Making apple juice

Sound like you? Can you help? Let us know and we will be in touch.

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 21st Oct
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.

THE EVENING CHRONICLE WISH CAMPAIGN

The Wish campaign gives not-for-profit organisations in the local area the chance to receive a share of £25,000.

To help us raise more funds, all you need to do is collect the tokens printed in the Evening Chronicle every day from 11th October!

easyfundraising
.org.uk

The Time Exchange is registered with a fundraising website called 'easyfundraising'.

All you have to do is log on to

www.easyfundraising.org.uk
then shop on your favourite shopping websites as normal and they will make a donation to us.

FREE ENERGY MONITORS ON OFFER

Have you ever wondered how much energy your household is consuming? An energy monitor will tell you just that. They are small table top devices that help you discover how much energy you're using in your home, and how much it's costing.

Contact the Time Exchange if you are interested.

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)

- Lynne has some gift wrap on offer (new baby and wedding).
- Berta is looking for glass jars with lids.
- Farah has two coffee tables on offer and a children's IKEA stool.
- Jannette would like a rope/macramé plant hanger, pots and pans, kitchen utensils, rugs, TV stand, a wall clock and an electric fire.
- Shanaz is looking for a vacuum cleaner and some garden plants.
- Rachel would like some soup bowls.
- Does anyone have a pressure washer a member can use?
- Charlie would like a small wardrobe.
- 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'.

'FORAGE' AND ART IN THE PARK

Forage is a new project by the artist, Henna Asikainen. Henna is originally from Finland and has lived in West End of Newcastle for over ten years. She is passionate about the countryside and stories inspired by the natural world.

As part of the *Forage* project, Henna is inviting people to come together through free visits to two wonderful places in Northumberland:

Cherryburn, Saturday 14th October, 11am - 5:30pm
Gibside, Saturday 21st October, 11am - 5:30pm

If you are new to the area or have never visited these places and would like to take part in the visits, please contact Henna: hennaasikainen@live.co.uk

Transportation and refreshments will be provided.

A celebration event called Art in the Park will take place in Nunsmoor Park on Friday 27th October from 11am until 4pm. This is a free event in the half-term school holiday and everyone is welcome! There will be a chance to make your own head garland from plants and other natural materials with Henna and have your portrait taken by a photographer. We also invite you to share your own stories and experiences of the countryside and other places you love with the team.

We hope you can join us!

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: I've known from an awful childhood experience that gambling could cause problems. However, I'd no concept of just how much of a problem so many suffered today and it's awesome scale - truly frightening! Recovering gambling addict and now campaigner, Tony Franklin told 'The Bore' last week, "Our high streets are now packed with bookmakers and others, offering Fixed Odds Betting Terminals, fruit machines based around the roulette model where we're able to lose £100 with a single spin - in reality, every 20 seconds or £3,500 an hour, an entire month's wages for me in those desperate days. "Call me extreme if you like," he went on to say but "I firmly believe they should be illegal!" Tony's lost numerous jobs, two properties and at one stage amassed nearly £500,000 of debt. He's now unable to rent a home as landlords won't look at him past his credit scoring and he hasn't the cash for a deposit. Whilst admitting we're not all addicted, for those who find the 'buzz' provided as a potential 'fix,' getting that 'fix' is all too easy! The Gambling Commission, to their credit, recently fined 888 Holdings a record £7.8million for failing to protect their vulnerable customers. However, Sarah Harrison, their chief executive told me that they were currently introducing a 'self exclusion' scheme where problem punters can have access to bookmakers, casinos and online companies to have access denied them. It sounds honourable but I think the buck stops with the Gambling Commission themselves for allowing such unscrupulous 'outfits' to be even granted a licence to operate, especially as only two years ago the industry netted the Government nearly £8 billion in taxes! I'm no 'Killjoy,' am happy for people to bet a 'few bob,' just as, as a recovering alcoholic, am happy for folks to enjoy a drink 'sensibly' but we must be made aware of the dangers! **AN HOUR SHARED IS AN HOUR SPARED!**

AUTUMN WALKS WITH THE TIME EXCHANGE



Thursday 12th October 10am – 12pm

A circular walk from the Bike Garden to Leazes Park. Come and join us for a relaxing and sociable walk around the park.

Tuesday 24th October 10am – 12pm

A 'Welly Walk' around Nuns Moor Park for families and children during half term. Meet at the Bike Garden.

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.

CHAT TRUST FUNDRAISING GIG

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.

A FOOL'S PHILOSOPHY!

Is our history a true chain of events, or simply what those in power wished we believe?

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

A STROLL AROUND FENHAM

We have a copy of a booklet "A Stroll around Fenham" which has lots of information and photos about the history of Fenham, such as that the Medina Food Stores used to be a Co-op! It also includes a map and walk guide.

If you would like to borrow the booklet, pop into the office.

