



## NEWSLETTER

October 2018  
No. 215

## 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 would like to get involved.

### ARTHUR'S HILL / WINGROVE LITTER PICKS

**Mondays 10am-11am**  
Meet at the Bike Garden

**Wednesdays 9.30am**

Meet outside Madina Food Stores

**Saturday 20<sup>th</sup> October**  
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.

### 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.



## STREET PLANTER POP UP EVENT

On Thursday 27<sup>th</sup> September, the Time Exchange Gardening Team joined a group of local residents, who have been looking after street planters outside their homes. Residents of Chelsea Grove, Callerton Place and Dilston Road came together to help brighten their local street planters with new plants provided by the Time Exchange.

As part of the event we were also able to provide residents with plants and bulbs to plant in their front yards, or in the planters outside of their homes.

We'd like to say a big thank you to Helen and Matt for their hard work, and also to residents Gerry, Will, Laraine, Brian and Annie for supporting the event.

If you'd like to help to look after a street planter outside of your home, we can provide advice, tools and plants to get you started. If you're already looking after a street planter and would be interested in having Helen and Matt run a pop up event on your street, please get in touch and let us know.

## YOUR NEWSLETTER

Do you feel you have something you could contribute to our monthly newsletter? Would you like to find a new way to earn credits? We're looking to include a new regular monthly feature, contributed by members. This might be a puzzle, cartoon, poem, a crossword, a photograph or memory of the local area, or anything else you might think of. Earn a credit for every hour you spend working on your contribution. Pop into the office with your idea, or you can contact us by phone, email or on Facebook.

## APPLE DAY

The Greening Wingrove annual fun-filled Apple Day at the Nuns Moor Park Bike Garden will take place this year on Saturday 3 November, 12 noon – 3.00 pm. More details will follow, but if you would like to help, please get in touch. You'd be very welcome!

Greening Wingrove are also looking for donations of apples in preparation for Apple Day – if you have any spare that you can donate, to be juiced on Apple Day, please let us know.

## 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)

- David is offering a used, but good condition double Healthopaedic mattress and washable mattress topper.
- Marc has a large TV, 2 floor lamps, an under stairs shelving unit and an exercise bench on offer.
- Sergio would like some dinner plates.
- Farah has 2 BT phones 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!
- Jusna has a Samsung Galaxy Note 3 phone case & screen covers on offer.
- Rachel & Avi are looking for gardening shoes, sizes 6 & 9.
- The Time Exchange has a kettle, 2 sky boxes & remotes, an electronic chess game, a 24 hour plug timer, some photo print paper and a Fujifilm 35mm camera on offer.
- Sarah would like some coat hooks and is looking for regular beginner German lessons.
- Tyrone would like an arm chair, a cooker, a washing machine, a microwave, a Sony PS3 and a dining table & chairs.

## MADE IN FENHAM

### COMMUNITY COOKERY & CULTURAL POP UP KITCHEN WITH CHAKULA

### INSPIRING CULTURE GROWTH AND COMMUNITY CONNECTION THROUGH FOOD

#### MADE IN NORTHEAST WORKSHOP DATES:

Wednesday 3<sup>rd</sup> October: Flatbreads: How to make tasty flatbreads

Wednesday 17<sup>th</sup> October: Cooking for One: Easy, tasty meals suitable for one

Wednesday 31<sup>st</sup> October: Nigerian Classics: How to make African pies

Wednesday 14<sup>th</sup> November – Wasted foods – go bananas! – Baking with foods often wasted

To book:

Tel: 07840 537 326

Email: [eat@chakulacuisine.com](mailto:eat@chakulacuisine.com)

Limited spaces available, please book in advance

Address: Stanton Street Lounge, Stanton Street, Newcastle Upon Tyne, NE4 5LH

Time: 5.30pm – 8.30pm

Pay as you feel (the workshop cost will be posted for guideline)

## **DO NOWT AND YOU GET NOWT!**

**Geoff Brown, 'The Local Bore, You can't Ignore,' writes:** As we're about to leave the EU, we need to protect our economy. So much of our economy these days depends on first class internet services, even for many, their personal economy. Before I go any further, I must stress, that I'm an I.T. idiot, so can only weigh up the 'pros and cons!' It's a wonderful innovation but has been responsible for so much harm too, especially where the world of social media is involved. One in five people have experienced harmful content, ranging from bullying and harassment to fraud and violence, according to Sharon White, OFCOM's chief regulator. As I write, later today, she's going to introduce tough standards, such as those used by traditional broadcasters, like the BBC and ITV. I'd been in touch and she was prepared to release a few details to myself, last week. She told 'The Bore,' "As a regulator, we're required to keep audiences safe, protected and avoid the uncertainties of not knowing the origins of the content, they're logging on to, for whatever reason!" Internet use has also become a recognised addiction too, according to Dr. Mark Griffiths, Britain's leading addiction expert, as some of us become hooked, especially on social media. However, in his most recent report, he agrees with myself that we must avoid what we're unsure of and enjoy other activities too. I've had some desperate experiences with both social media and other addictions, all of which can prove expensive too!

That all said, our economy is changing, especially in the North East, for the better! We're the U.K.'s only region that exports more than it imports and I.T. technology is vital to ensure it continues, according to local M.P., Chi Onwurah. "We've always been innovators here and more specialist technology companies are setting up in the North East, creating ever more jobs!" **AN HOUR SHARED IS AN HOUR SPARED!**

## **FANTASTIC FUNDING NEWS FOR THE TIME EXCHANGE**

We're over the moon to be able to say that we've recently secured more funding from the Linden Family Fund for the Time Exchange, which means we can spend more time working with our members to put on events and workshops. It can be a great way to meet other members, gain new skills and share your ideas with others.

We're really keen to talk to any of our members who have ideas about workshops or events they might want to attend, or even things they'd like to help to organise or run. This could be anything from cookery, sewing or other craft workshops, demonstrations (cooking, beauty, or any other skills you'd like to share!), healthy walks, or anything else you might think of – we're open to all ideas.

Workshops would be for small groups, limited to 4-6 people, as this works best in the space available at the office and allows for a more personal experience for everybody involved.

If you'd like to get involved in running or attending a small group workshop, coming to a walk or have ideas for other events you'd like to see, please do get in touch or pop into the office to have a chat with one of the team. And keep an eye on future newsletters for details of activities coming up.

## **VOTE FOR OUR FRIENDS AT GREENING WINGROVE**

Greening Wingrove are in the running for a small grant to extend the successful Reclaim the Lanes youth project in the Arthur's Hill terraces. So far, Reclaim the Lanes events have been run successfully in the back lanes; with this funding, the events will move to a front street, with the street being closed off for live music, children's play activities, and activities to improve the local area, including working on Street Planters. This funding is offered by the Skipton Building Society, but depends on winning a vote at the final stage. Please help by voting on the following link. It's very easy and quick! And ask your family and friends to join in! The results will be announced in November.

<https://www.skiptongrg.co.uk/apply-for-funding/2018-shortlisted-groups/north-east/greening-wingrove-cic/>

### **A FOOL'S PHILOSOPHY!**

Feeling dozy or have difficulty sleeping? Tried studying 'Sleeponomics,' the new science, we're told!

I kid thee not, it's recognised as a science and a booming industry, bombarding us with everything from sleep tracking 'apps' to electronic mattresses! What about hard work and cocoa?

### **CONTACT US**

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**Email:**

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**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

## **THIS MONTH'S MONEY SAVING TIPS**

- Looking for the best deals when shopping on the internet? Ask the Time Exchange to team you up with a "super shopper" who can help you find what you want
- Drivers can use economical driving techniques and save hundreds of pounds per year, and if they share transport with other members they can earn credits at the same time
- Buying non-perishable items like dried food and toilet rolls in bulk can be much cheaper than buying small quantities frequently
- Instead of buying gifts for family and friends on special occasions, you can make a card or coupon for them which promises what you will do for them, such as "this coupon entitles you to a free deep clean of your bathroom/car"
- Make your own fabric conditioner using vinegar and bicarbonate of soda
- Collect together unwanted CDs, DVDs and books cluttering your home, then check how much money you can get for them on "Music Magpie"
- Borrow books for free at the local library (Fenham, City, Cruddas Park, Benwell) instead of buying them