



NEWSLETTER

August 2016
No. 189

“SPARK SOMETHING GOOD” SPRUCING UP THE STREETS!!



‘Spark Something Good’ is a new community initiative launched by Marks and Spencer to help empower people to improve the communities where they live.

The Time Exchange was lucky to be contacted about the environmental work we do locally, and they offered to send volunteers to help our own gardening team for a day.

Along with our gardening team, they tidied up planters along Gainsboro’ Grove, collecting 17 bags of rubbish. They replanted the planters along Fenham Road and moved a mobile planter along Fenham Road ready to be adopted by a local resident. After a quick lunch break the group made up over 50 hanging baskets.

We’d like to say a massive thank you to M & S, their ‘Spark Something Good’ volunteers and also for providing all the plants and everything else needed on a special day! Let’s not forget our own volunteers, who put in a hard day’s work too.

It’s all things litter related in this month’s newsletter!

WHAT’S ON THIS MONTH

ARTS & CRAFTS FOR KIDS

For age 8 -12 years
Fridays at 4pm at the
Nunsmoor Centre

ARTHUR’S HILL LITTER PICK

Sat 20th August
11am - 1pm

Meet at Dilston
Road/Studley Terrace
bus stop NE4 5AD.
Please bring gloves if you
have them.

ELSWICK LITTER PICK

POW! (Proud of the West
End) meet every Monday
at 10am at the top of
Bentinck Road outside
the Arthur's Hill Garage.

WEEKEND OUTDOOR PLAY AREA OPENING

Saturdays and Sundays
from 12pm - 5pm at the
Nunsmoor Centre

TIME EXCHANGE FACEBOOK ACCOUNT

Check out our Facebook
page to see what’s
happening at the Time
Exchange

www.facebook.com/thetimeexchange/

OTHER LOCAL EVENTS

For information about
local events please check
the Greening Wingrove
website [www.greeningwi
ngrove.org.uk](http://www.greeningwingrove.org.uk)

WEEKLY EVENTS AT THE BIKE GARDEN

Monday

1.30pm - 3pm
Food Growing Session

Tuesday

5pm - 7pm
After Work Gardening
6pm – 8pm
Dr Bike (Drop-in)

Thursday

10.30am - 12pm
Food Growing Sessions
10am -11.30am
Bike Rides with Sustrans
1pm -5pm
Get Cycling 1-1 Sessions
(Booking required 07775
431214)

ANOTHER FRIENDLY FACE AT THE TIME EXCHANGE

If you've popped into the Time Exchange recently you may have met Rachael who has been helping us out a couple of days a week. Rachael has been volunteering her time helping out with exchanges, updating our website and generally being an extra pair of hands helping out in the office when it's busy!

VERTICAL VEG EVENTS

Food Foraging in Nuns Moor Park

Wednesday 3 August, 6-7.30pm - Meet near Park Keeper's House
Find out the plentiful things you can forage for in this local park.
We will also be looking out what you can do to preserve and make with your discoveries.

Fresh Greens all Winter!

Wednesday 17 August, 6-7.30pm - Belle Grove Terrace Back lane. How to grow and care for salads and leafy veg in autumn and winter.

Herb Syrups, Sauces and Cocktails! With Edible Cycles!

Wednesday 31 August, 6.30-8pm - Bike Garden (Nuns Moor Pavilion). Join our Flavour Journey and learn how to make a herb syrup, sauce and herb cocktails (alcoholic and non- alcoholic) using exotic herbs. Find out how to grow lemon verbena, chocolate mint, and Vietnamese coriander.

“SKETCHING NEWCASTLE”



Javier de Isusi, Spanish graphic artist, was introduced to us by Time Exchange member Montse last summer.

Javier spent time talking to us about what we do at the Time Exchange and gathered sketches of the gardening team at work in the local area.

This was part of a Newcastle University research project to produce a bilingual, illustrated book featuring several community groups in the area including the Time Exchange.

Students were the involved translating the text about the fantastic work carried out by members of the community often in times of crisis.

The book Sketching Newcastle by Javier de Isusi has been published now. We have 60 copies of the book and would be happy to share these for a credit or a donation.

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: I'm back on my 'high horse' about rubbish and litter again! This comes after the day spent with our members and Marks and Spencer's 'SPARK SOMETHING GOOD' volunteers cleaning and sprucing up local streets.

My heart goes out to those same volunteers as we in Britain are now depositing 25 million tonnes of rubbish on our streets annually! It would seem something of a thankless task but I'm sure if our councils had less to collect than their legal obligation, our council taxes might drop or be used for more worthwhile jobs. What's more, speaking to Hugh Fearnley Whittonstall, who's beginning another 'War on Waste Campaign,' he told me, "The average British household is now throwing out roughly £700 of good food each year!" After a quick calculation, I worked out that, luxuries aside, that would feed me for a year and folks both in this country and the rest of the world are starving!

The sad fact is, though, that penalties are low and as several folks 'in the know,' told me, we don't feel morally obliged to keep even the areas outside our own homes clean, let alone the streets. Dr. Joan Harvey a psychologist at Newcastle University told me, "There needs to be what's called a 'group effect,' where if one person sees another picking up their rubbish, others will follow and this would appear to be the case in Newcastle's twin city of Gelsenkirchen in Germany, whose Honorary Consul for The North East and Cumbria, Jo Chexal, told me, "Generally, Germans feel responsible for collecting their rubbish rather than their councils!"

I've spoken to countless people and organisations regularly involved in 'litter picking' and author, David Sedaris, even bought his local council in Horsham a new 'bin wagon.' He said, "Our attitudes must change and soon, before we've to tunnel out of our doors!"

Apart from the regular 'clean ups' and now with M&S's involvement there are groups and networks nationwide, should you wish to start your own litter picking days, which we'll happily help you with at the office. There are even ways of raising money too, as you rid your roads of rubbish! Remembering my childhood years, we simply didn't drop that same rubbish!

AN HOUR SHARED IS AN HOUR SPARED!

PROUD OF THE WEST END! (P.O.W.) PROGRESS REPORT



Time Exchange organisational member P.O.W. have been busy tidying up their patch in the West End. P.O.W. members Cath and Janet have already involved several residents and local businesses in the weekly litter pick events.

Last week, Dunholme Road residents and nearby friends worked hard to improve their neighbourhood... On a Sunday! In the rain! There were 6 volunteers altogether and they worked for over an hour and a half.

Time Exchange members could earn credits for organising a litter pick in their own street for credits. Would you like to help? We can sort out all the equipment for you.

It's a great way to get out and about, meet new people and improve your local area.

GREENING WINGROVE COMMUNITY LIVING ROOMS

Making Easy food with Brian Hannah

Tuesday 2nd Aug 11am-1pm Stanton Street Lounge

Felt Making workshop

Saturday 13th August 11am-1pm Spitler, Morpeth Street, Spital Tongues

Fix it café

Tuesday 30th August 5-7pm Robert Stewart Memorial Hall (Wingrove Road)

QUOTE OF THE MONTH

"I see increased littering as an ever lengthening extension of anti – social behaviour and things must change!"

Bill Bryson, author and former Chancellor of Durham University.

CONTACT US

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Office Hours

**Monday to 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

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)

- **We have weekly requests for ironing, car lifts and shopping from town.**
- **Tim would like some exercise equipment.**
- **Farah has a children's play kitchen on offer.**
- **Charlie would like a chest of drawers.**
- **Tyrone has a pc monitor on offer.**
- **Lynne has a large meditation cushion on offer.**
- **Ann would like a computer mouse and computer cables.**
- **Tim and the gardening team are looking for large metal tins for storing food and seeds.**
- **Pat & Michael have a fish tank on offer (suitable for reptiles as there is a crack in the bottom).**
- **Nicola would like some small pots, pans and utensils to set up a mud kitchen in the Bike Garden.**
- **Dave has a TV (Not flat screen) and DVD player on offer.**
- **The following items are also on offer: a fax machine, a toaster, a large white lampshade for a floor lamp and an inflatable footbath!**
- **We have requests for a fridge, a washing machine, a freezer, a vacuum cleaner, storage boxes, a whiteboard, a writing desk and a garden shed.**

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