



NEWSLETTER

February 2017
No. 195

LITTER PICKING THROUGHOUT THE YEARS WITH GREENING WINGROVE



Hello, my name is Katrina, one of your community organisers. I work with residents in Arthur's Hill and Wingrove to tackle problems of litter and recycling through talking to people, door knocking, doing surveys, meeting people at local events and arranging regular community street cleans.

The work started over 2 years ago when my predecessors, Tom and Sarah, went door knocking in this area and discovered the number one problem for local residents was litter. They went on to arrange a community meeting at which local people decided to set up an anti-litter group. They realised they might not make a massive change but they wanted to do something. So they organised a petition that was taken to the City Council asking for more action against litter and fly-tipping, they committed to further community meetings and 2 years ago last December 2016, they started a monthly street litter pick.

These litter picks on the 3rd Saturday of the month have become a regular community activity. They are now a friendly get together and a way to meet new neighbours. More and more people are joining them. There has also been a change in how we are seen - we are no longer regarded as crackers - instead we have people thanking us and most importantly many more people taking pride in the area, cleaning their front gardens or even part of their street.

We don't do this work alone and have worked with many different groups, such as, the Islamic Diversity Centre, West End Youth Enquiry Service Intensive Family Support Team, local Cubs and Scouts and students from the University. For special litter picks, big firms have joined us such as John Lewis and the Co-op. We are also working with Newcastle Council towards improving anti-litter services. Most important is our work with ISOS Housing and their tenants who have funded the project for this year.

Continued on Page 2

WHAT'S ON THIS MONTH

WASSAILING AT THE GREENING WINGROVE COMMUNITY ORCHARD

Sunday 5th February
3pm - 5.30pm

Meet at the Bike Garden and join us in our wassail.

TIME EXCHANGE SKILLS CAFÉ Every Wednesday 11am - 1pm

TIME EXCHANGE GARDENING SESSIONS

Mondays 1pm - 3pm
Street planter maintenance.

Thursdays 1pm - 3pm
Gardening sessions at the Bike Garden.
Contact the Time Exchange for more information

ARTHUR'S HILL LITTER PICKS

Mondays 1pm - 3pm
Meet outside the Time Exchange.

Saturday 18th February
11am - 1pm

Meet at the top of Brighton Grove. 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

DO YOU ENJOY WALKING?



We wanted to let you know that in the coming months, when the weather is nicer we will be running some short group walks around the local community from the Time Exchange.

We love walking and it offers many health benefits. The NHS promote walking, as they say, *“Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. It's underrated as a form of exercise, but walking is ideal for people of all ages and fitness levels who want to be more active”*.

The great thing about our walks is that they will not only offer you the chance to improve your fitness and meet others from your area, but they will also act as an opportunity for you to find out about what other things are happening in the area. The best bit is we will always finish the walks with a lovely cuppa at the Time Exchange.

Please let us know if you would be interested in taking part in our upcoming walking sessions or if you may be interested in helping to lead one of these walks as there is training available.

LITTER PICKING ARTICLE CONTINUED...

We have also done a lot of work with Time Exchange, who help every month and also lend us their equipment. Theresa and Helen have been a huge help and open the door to the team for soup and a hot drink and natter after each street clean. They also play a massive part in cleaning the planters.

We are now working with Greening Wingrove WEA Project who support with a litter pick every Monday 1-3pm meeting at Time Exchange. We have most recently done a litter pick with POW who do a pick every Monday morning along Elswick area. If you would like to join us please contact me or come along to one of these events.

Between August 2016 - January 2017 we have collected:

136 rubbish bags, 12 bins full of recycling, 8 boxes of glass and worked with over 100 volunteers.

Well done to everyone involved!

For more details please contact me on:

katrina.jordison@corganisers.org.uk or 07954813137

CIC Reg. No. 08265957

WEST END ORGANIC VEG SCHEME



A small group of residents set up an informal scheme last year to order organic fruit and vegetables at low prices, at the same time raising money for the Refugee Community Kitchen. Because we add on only a small percentage to raise money for the charity, prices are often lower than that in shops or even box schemes. The variety of produce available is also more extensive. Orders are collected from the Time Exchange.

If you would like to be part of the scheme, please email info@thetimeexchange.org. You will be sent a weekly online order form and there is no obligation to order regularly.

We would also love to hear from anyone who would like to help with the administration of the scheme, involving weighing the orders on a Wednesday afternoon. Volunteers will earn time exchange credits for all time given.

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: I'm sick to death of hearing, every winter almost, that our health services are overstretched, staff overworked, underpaid and not enough of them and our NHS is at 'breaking point!' Some professionals have even mooted the idea of charges for some services and Nye Bevan, attributed with being the founder of NHS, must be turning in his grave!

We do have an extra special service, it's entirely free, there is both staff shortage and overwork but we need to work together, patients and professionals alike, to making it better. My blood boiled and I ranted at my TV, I'm afraid, when, with the stroke of a pen, new U.S. President, Donald Trump exiled approaching 30 million poor souls to a life without free healthcare. It was former president, Barack Obama's dream to introduce free healthcare, which he duly did with his so – called 'Obama Care' and I don't think he'll be a happy soul either! That said, we don't live in America, we are living longer and we do suffer illness, debility, dementia, cancers and countless other ailments. This will continue but 'coughing up' cash, wouldn't make event a hint of a difference. There are anomalies in the NHS, some all too real but it's nothing new. We've weeded out the 'thorns in its side', before, those costing cash and we'll do it again!

My own view is that, as a service, it suffers from a malaise of our modern age – overuse! It's a view that's backed by doctors, nurses, psychiatrists, paediatricians and public bodies alike. Unbelievably, last year alone, we recorded 5.2million GP appointments for blocked noses, 40,000 for dandruff and a further 20,000 for travel sickness! My own G.P., Dr. Göpal Munisamy told me last week, if patients didn't make those unnecessary appointments, he could visit twice as many much more vulnerable patients in their own homes. His views were strongly backed by the Local Government Association, who've had responsibility for public health since 2013. Their Dr. Banks of The Self Care Forum, told me, "We need more education, in schools, the workplace and the entire public domain, so people are simply made aware of which ailments need a G.P. and those simply needing a trip to their local pharmacy!"

AN HOUR SHARED IS AN HOUR SPARED!

TIME EXCHANGE SKILLS CAFÉ

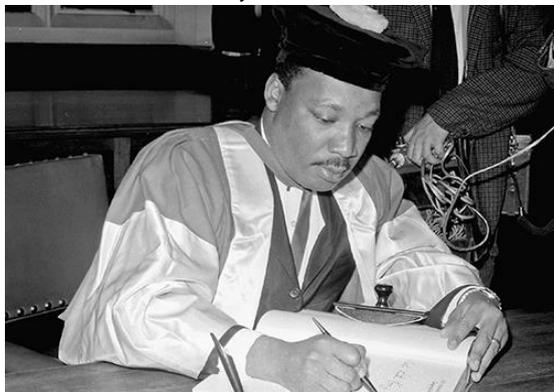
Every Wednesday 11am – 1pm

We had a great first session discussing ideas and finding out which skills people would like to learn and share. Some of the sessions we're planning to run in the future will be around food & cooking, crafts & sewing, languages & learning, beauty therapy and practical skills.

8 th Feb	Language Café – Conversational English
15 th Feb	How to make microwave cakes
22 nd Feb	Group crafts session
1 st March	Cheese making/ cheese tasting

Spaces are limited (but free!) so please book your place in advance by contacting the Time Exchange on 0191 245 0663.

UNITY IN OUR OH, SO SPECIAL CITY!



I'm so proud to have been brought up in our extra special city too! So often we hear reports of racial turmoil, tension and dare I say it, discrimination in Britain today but in Newcastle, it's something we're remarkably free of.

I can attribute that and much else great 'about the toon,' only to a special evening at Newcastle University, when the great, Dr. Martin Luther King offered an acceptance speech for the Honorary Degree he'd been awarded on November 13th, 1967. I was lucky enough to have been there and his message was so strong, "Justice will roll down like waters and righteousness like an almighty stream!" Despite being a teenage 'Jack the Lad,' footballing, albeit academic, it went on to change my life.

A whole series of events and activities are planned over the coming year to mark Martin Luther King's visit and I hope as many as can, will take part as he cemented our multicultural, multi – faith ethic, which makes our city so strong and united! All this too, when diversity seems to cause division elsewhere, we can be a force together, fighting against any injustice we see before our eyes. The great man went on to be shot, a mere few months after his visit to Newcastle, because of the colour of his skin and his all embodying views but his legacy lives on, throughout the world, especially in this, our united city.

I was moved on that evening and am moved once more, simply being trusted to report upon it, so enjoy his legacy and watch this space for a host of major events scheduled for the months ahead!

Geoff Brown, Humber Member, alias Local Bore.

QUOTE OF THE MONTH

*"I count my health
my greatest wealth!"*

Robbie Burns.

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 – 12pm & 2pm – 4pm**

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 receive regular requests for ironing, car lifts and hospital escorts, get in touch if can offer these skills.
- Farah has some children's maths and phonics activity books, a box of toys (including soft toys and games) and a box of kitchen stuff to offer (mugs, coffee pot, fruit bowl and more).
- Charlie has some medium cotton short sleeved shirts on offer.
- The Time Exchange has a lawn mower and a strimmer on offer.
- Charlie would like a coffee table.
- Tyrone has a PC monitor on offer.
- Lynne would like some food containers or ice cream tubs.
- Dennis has 6 small bayonet halogen candle light bulbs on offer.
- Lynne has some fabric offcuts, vintage embroidery and lace, a table runner on offer.
- Tim would like an exercise stepper block.
- The following items are also on offer: a BT Business hub, an electronic tap timer, a fax machine and a selection of binders and lever arch files!
- We still have requests for a fridge, a washing machine, a DVD player, a freezer, a vacuum cleaner, storage boxes, a writing desk and a garden shed.