



NEWSLETTER

July 2019
No. 224

COMMUNITY EVENT AT THE NUNSMOOR CENTRE



Diversity Event

Let's celebrate our community!

Music, dance, arts & crafts,
environmental activities, food,

Find out what's on in your community
and more!



**Saturday 6th July 2019
12-3pm**

Tel: 0191 2774400 Website: <https://nunsmoorcentrustrust.com>

FB: www.facebook.com/Nunsmoor-Centre-Trust



Find us at:
Nunsmoor Centre,
Studley Terrace,
NE4 5AH

GARDENING AND LITTER PICKS

TIME EXCHANGE GARDENING SESSIONS

**Mondays 10am-12pm &
Thursdays 1pm – 3pm**

Street planter
maintenance.

Meet at the Time
Exchange.

Get in touch if you'd like
to get involved.

Thursdays 10am-12pm
Gardening at the Bike
Garden.

Meet at the Time
Exchange at 9.45am or at
the Bike Garden at
10.15am

ARTHUR'S HILL / WINGROVE LITTER PICKS

Mondays 10am-11am
Meet at the Bike Garden

Wednesdays 9.30am
Meet outside Madina
Food Stores

Saturday 19th July
11am - 1pm

Meet at the Time
Exchange at 10.45am.
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.

WELLBEING WALKS

Sunnie has organised our first Wellbeing Walk of the summer.

The group will be going to Riverside Park in Chester-le-Street.

If you would like to join us for our next walk, please get in touch with us.

We would like to say thank you for the donations we have received to make these activities happen!

TIDY STREET PLANTERS

Helen and Matt have been out and about every Monday and Thursday, weeding, tidying and pruning the street planters in Arthur's Hill.

We are really pleased to see that some of the planters have been replanted with new plants and wildflowers over the year by local residents.

Thank you for helping to keep our streets looking lovely and green.

ELECTRICAL CABLE RECYCLING

We've all got a box hidden away somewhere full of random electrical cables! Did you know that CeX shops in Newcastle will buy certain types of electrical cable?

Check out their website to see what you can recycle:
<https://uk.webuy.com/search/?stext=cables>

WALKING FOR MEDICAL AID



Time Exchange member Rachel Richman is training for a 100km walk to raise funds for Medical Aid for Palestinians (MAP).

"In October 2019, I will be walking 100km, over 5 days, across the West Bank of Palestine. WHY? First and foremost to support a fantastic charity. Secondly there is no doubt this will be a BIG personal challenge for me as I complete this incredible journey that will be both demanding and rewarding. I will be truly blessed to visit a beautiful country, experience its amazing culture and the work of MAP and to honour the memory of my dear aunt, Naomi, who supported the work of MAP."

Rachel has set up a Just Giving fundraising page:
<https://www.justgiving.com/fundraising/rachel-richman1>

MAP works with Palestinian communities, to deliver health and medical care to those worst affected by conflict, occupation and displacement. Your donation will make a major contribution to MAP's mission.

INTRODUCING THE WILD WEST END!

What is the Wild West End Project?

It is a 2 year project to see whether we have hedgehogs, swifts, housemartins and bats living in Wingrove and Arthurs Hill. We will be asking people to record their sightings of these species via an app or via text or paper. We want to understand where they nest, where they eat and where they sleep in the winter (hedgehogs and bats) so that together we can make the west end a better place for them!

We will also be going on regular evening walks to watch swifts, housemartins and bats. If you want to get involved please let the Time Exchange know or keep an eye on the Greening Wingrove Facebook page.

The project is funded by the Heritage Lottery Fund.

Ruth - Wild West End Project Officer

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: I'm certainly no expert but it angers me that we're not only not investing in a more outdoor lifestyle but are neglecting it!

The health benefits are endless, could save ourselves with our, ever deteriorating health from worsening, save our cash strapped NHS £32billion a year and eradicate devastating diseases that depend upon fresh air and exercise to prevent them!

We're not going to get our missing Vitamin D indoors as it's produced only from sunlight. It's necessary for our survival and deficiency is a death warrant! Increasingly, Vitamin D deficiency is linked to other deficiencies, causing problems unheard of when we were younger too. We need physical activity for our bodies to both develop in our youth and not deteriorate earlier later in life.

My own life, having faced death on two occasions, I not only believe but now know, was saved by an active, outdoor lifestyle. I'm not just rambling, living in the past but listening to experts in their respective fields. Dr. Vybar Creghan - Reid is a professor of humanities and would like to still have a subject to study! She's written much on the subject, not only in the U.K. but worldwide and highlighted many of the newfound allergies arriving as a direct link. Former footballer, Alan Shearer, "I wouldn't have enjoyed my own success, sat in front of a T.V. as I developed as youngster!" Local street play worker, Alison Steadman, closely involved with the nationwide Playing Out programme, is over the moon with benefits of her work, as children develop better as healthier beings, both physically and mentally, as they discover and enjoy social interaction, equipping them for the modern world.

I think I'd better get off my backside and get out of my front door!

AN HOUR SHARED IS AN HOUR SPARED!

PARENT & CARER COFFEE MORNINGS

Do you care for a child or young person with additional needs, health condition or disability?

The Time Exchange would like to organise a coffee morning, providing a safe place to relax, take a break and meet with other parents.

Group support is a good way to share experiences and get emotional support from other people in the same or similar situation.

Please get in touch if you are interested.

EARN CREDITS WITH "ADORN"



Tina, a longstanding member of the Time Exchange would like your support in promoting her social enterprise Adorn (North East) Community Interest Company.

Adorn is an ethical jewellery brand that follows the principles of the 'circular economy' by producing items made from re-cycled and re-used materials, therefore diverting them from landfill. The social enterprise offers workshops and classes in different settings, as a way to teach new skills and build confidence, as well as interrupting low mood (anxiety, stress and depression) and social isolation (lack of human contact). Adorn will also be taking on volunteers and offering work experience.

Tina began her career in community and youth work through volunteering with the Time Exchange. She later taught herself jewellery making, by upcycling her broken and unwanted items, after experiencing severe anxiety, stress and depression herself. She now wants to pay forward the skills she has learnt and the personal benefits of jewellery making which is an applied art.

If you would like to support Adorn and earn yourself credits please like and/or follow her on social media

Instagram: @adorn_cic

For images and info about Adorns products, services and opportunities.

Twitter: @Adorn_CIC

For info about relevant social and environmental issues

Facebook: @Adorn_CIC

For images, videos and info related to jewellery making, eco-friendly practices and self-care, as well as Adorns products, services and opportunities.

A FOOL'S PHILOSOPHY

Is this so foolish? Fourteen million plastic items are dumped in our rivers and canals each year. However, according to The Riverways and Canals Authority, if we all retrieved a single item, they could be free of them in a year!

CONTACT US

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Office Hours
Monday – Thursday
10am – 3pm
Friday
Closed

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 are looking for donations of tomato plants following several requests for them.
- Lynne would like some old sewing, knitting, crochet or gardening magazines.
- Tamara has some spinach and mustard leaf plants on offer.
- Jeanette would like a casserole dish with a lid.
- Lynne has a microwave steamer and porridge pot on offer.
- Taymar is looking for some paving slabs and donations of old lampshades.
- A member is offering decluttering, organising and filing of paperwork at the Time Exchange office.
- Kavita has a bathroom cabinet, 2 towels rails and a toilet roll holder on offer.
- Tyrone would like some ladders, preferably telescopic.
- Ronnie is looking for some large nails and/or screws.
- Jusna would like a washing machine.
- Anna is looking for a Driving Theory Book and CD.
- Farah has a children's pop-up tent 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!
- The Time Exchange has an electronic chess game on offer.
- Tyrone would like an arm chair, a cooker, a Sony PS3 and a dining table & chairs.