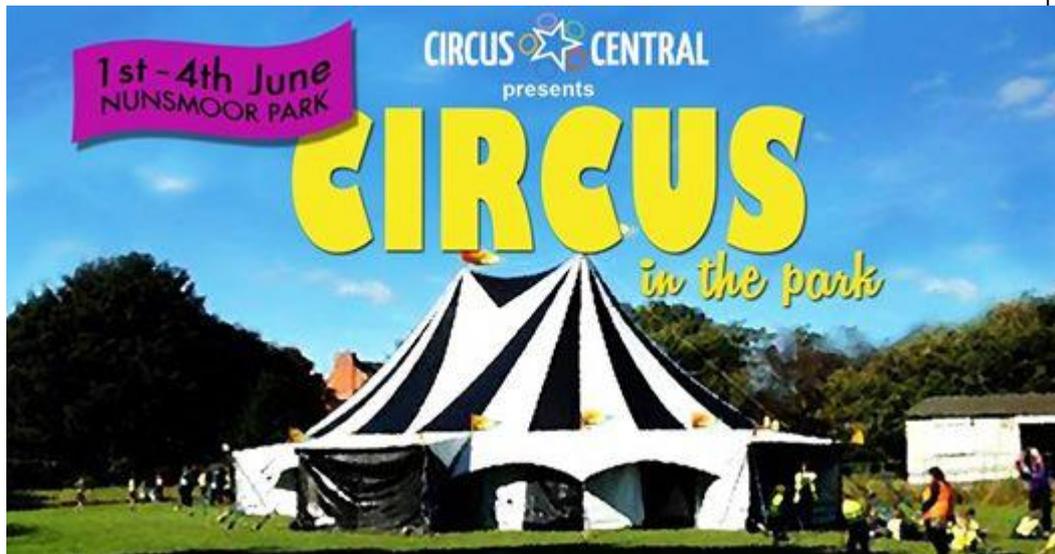




NEWSLETTER

June 2017
No. 199

THE CIRCUS IS COMING TO TOWN!



**FOLLOWED BY PARTY IN THE PARK, SUNDAY 4TH JUNE
12PM – 4PM**



**Live Music: Kema Kay, Kay Greyson, Rex Regis, She Choir,
Provident Band, Zombie Killers**
Upcycling crafts ~ Kite making ~ Bike Balancing
Circus skills ~ Pizza Oven ~ Food growing demonstrations
Face paints and more

WHAT'S ON THIS MONTH

TIME EXCHANGE GARDENING SESSIONS

Mondays 1pm – 3pm
Street planter
maintenance.
**Thursdays 10am –
12pm**
Gardening sessions at
the Bike Garden.

ARTHUR'S HILL / WINGROVE LITTER PICKS

Mondays 1pm – 3pm
Meet outside the Time
Exchange.
Wednesdays 4pm–5pm
Meet at Madina Mosque,
Wingrove Gardens.
Saturday 17th June
11am - 1pm
Meet on Tamworth Road.
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.

WELLBEING WALK

Tuesday 6th June
1pm – 3pm
Meet at the Time
Exchange at 12.45pm.

LOCAL FILM NIGHTS

Film nights are held at the Community Centre, Spital Tongues on the last Monday of each month at 7.00pm, the cost is £2.00 which includes drinks and nibbles.

26th June - The Maltese Falcon

31st July - A Big Night

There is usually a break for August, but carry on over other Monday Bank Holidays.

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)

- The Time Exchange has a large double slot toaster on offer.
- Montse has a solid wood futon with mattress on offer.
- Farah has some children's games on offer and a small camping chair (ages 3-6).
- Dave is looking for a stapler.
- Katrina would like any type of camping equipment and is also looking for a 60cm wide kitchen cupboard.
- The following items are also on offer: a printer, an iron and a portable CD player.
- We regularly receive requests for large household items so please let us know if you have anything on offer.

CHAMPION CHARLIE!

As he prepares to turn 70 this month, it's sad to report that Charlie Gardner has decided to retire from his wondrous work on the street planters. With over 100 planters set up and maintained, is it surprising? His arthritis is getting the better of him and he's only slowing down on medical advice.

We would like to thank him for all his hard work over the year, come rain or shine!

However, he won't be beaten and, gardening since the age of six, still intends to give regular help in The Bike Garden, where he's also been active.

It's also his aim to teach others too, telling 'The News' this week, "To learn, folks just need to know who's boss, enjoy what they're doing and even the biggest jobs just seem to almost do themselves!"



Search

Services for older people in the west of Newcastle

Coffee and more
at

Fenham Association of Residents (Acanthus Ave)
Tuesdays

10.30am – 11.30am Drop in for a cuppa and a chat,
information and activities (from 13th June)

11.30am – 12.30pm Tai Chi with Wendy

Gentle exercise for everyone, helps with circulation,
relaxation and balance. *Only £2*

~

Welfare Rights Drop-in

At Search (74 Adelaide Terrace)

Monday – Friday 10am - 1pm

This includes filling in forms, benefit checks, heating and housing problems and debt. If we can't help you we will direct you to someone who can.

For people aged 50 and over.

For further information contact Search on 2737443

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: Despite their political feud and their anti terrorist feud, as we approach our General Election, for once our major parties are in agreement about tackling something which could hit us all!

That problem is consumer debt, at its highest level ever, despite more being in work and interest rates at an all time low. According to the Financial Regulator, The FCA, the biggest problems are car loans, so called 'rent to own' deals on other products, credit card debt and unscrupulous personal loans. It could, said the FCA, provide just the straw that breaks the camel's, back, were interest rates to rise!

Last week I spoke to the boss of debt charity, Step Change, Mike O'Connor and he told me, "Something has to change and quickly, as with approaching 9 million people showing signs of difficulty, we need to prevent them from falling into severe hardship." He went on to tell me that, together, we need to tackle the problem of high cost credit, with regulations put in place to monitor it.

I later spoke to The Money Advice Service and they shocked me as they reported that over 16 million of us have savings of less than £100. The North East is one of the worst affected areas too! They're hoping, like Step Change, to have so - called 'breathing space,' allowing customers to reconsider deals, something they already have in Scotland, credit card companies cancelling interest in extreme cases and close monitoring of car finance deals.

So often it's the vulnerable, the elderly and the disabled who lose out most too! Polly Mackenzie, director of The Money and Mental Health Policy Institute told me "So many are just not able to make snap decisions, which then go on to cost them a fortune."

As someone who's suffered severe debt, I welcome all the proposals and also welcome the rare unity amongst our political leaders!

Former local M.P. Chris Mullen, told me "I hope it doesn't just take terror or touting for votes, to bring our leaders together!" I just hope they stick to their proposals and help make us better off in other ways too. As we spoke, Chris drew my attention to new, tougher regulations introduced that very day, so there is more than seeking votes afoot!

AN HOUR SHARED IS AN HOUR SPARED!



WELLBEING WALK AT LEAZES PARK

TUESDAY 6th JUNE 2017

LEAVING AT 1PM TILL 3PM

Meeting point: Time Exchange

235 Stanton Street, Arthurs Hill, NE4 5LJ

Coffee, tea and biscuits afterwards

For more details:

Phone 0191 24 5 3814/ 0191 245 0663

E- Mail: sunnie@thetimeexchange.org

LADIES ONLY SWIMMING SESSIONS AT FENHAM COMMUNITY POOL

Our ladies only sessions are on the following days/times:

- Tuesday 2000 - 2100
- Wednesday 0945 - 1045
- Thursday 2000 - 2100

The Tuesday and Wednesday sessions also have an AquaFit (water aerobics) class during the session and the Thursday session also includes ladies only drop in swimming lessons (separate charge for lessons) in which we guarantee a female swimming teacher.

QUOTE OF THE MONTH

"Music and local support gave me a purpose in life, growing up in Newcastle's West End and it's now time to repay a bit!"

Rapper, actor and star turn at the 'Circus in The Park,' Kema Kay.

CONTACT US

**Theresa / Sunnie/ Rachael
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 – 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

VERTICAL VEG STREET SUMMER SESSIONS

We have a great timetable of dates for you to come along to develop your vertical veg garden and learn lots!

Learn from Mark Ridsdill Smith, aka The Vertical Veg expert, to develop your Vertical Veg garden - to save money by growing your own food, improve the look of your front garden and street AND of course help green the Wingrove area.

Tomatoes & Squash

Tuesday 6th June, 6-7.30pm 64 Nuns Moor Road
We've carefully selected for you - and grown ourselves - tomato and squash plants that are suited for growing in containers on the terraces. You'll just need a spot that gets at least half a day of sunshine each day. Come and plant yours - and learn how to care of it.

Herbs

Tuesday 27th June, 6-7.30pm 24 Curtis Road
Put an end to expensive shop bought herbs - and grow an endless supply on your doorstep! Discover the low cost way to grow coriander, basil and fenugreek, and the secret of keeping supermarket herb plants healthy and happy. Take cuttings from exotic herbs including West Indian Broad leaf thyme, lemon verbena, and Vietnamese coriander. Find out how to care for your herbs. Suitable for both beginners and experienced growers.