



NEWSLETTER

May 2017
No. 198

FOOD GROWING WITH THE TIME EXCHANGE



GET GARDENING!

There are lots of ways you can get involved with gardening this spring.

There are weekly food growing sessions in the Bike Garden each week. You can come along and learn about gardening or just have a look around the garden to see what we've been up to and enjoy relaxing in this beautiful space. Volunteers of all abilities welcome – no gardening experience necessary.

We are looking for volunteers who have their own greenhouse and have some space to grow a few trays of seeds for us. Time Exchange members can earn credits for helping out.

Helen, Kerryanne and Una will have all sorts of events and activities running throughout the warmer months and we've even heard that the circus is coming to the park later this month too.

We are also running weekly street planter maintenance sessions weeding and tidying more than 100 planting boxes in the area. All tools and equipment are provided.

Give us call if you want to get involved.

WHAT'S ON THIS MONTH

TIME EXCHANGE GARDENING SESSIONS

Mondays 1pm – 3pm
Street planter
maintenance.

Thursdays 1pm – 3pm
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 20th May
11am - 1pm
Meet on Stanhope Street.
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 2nd May

1pm – 3pm

Meet at the Time
Exchange at 12.45pm.

GREAT NEWS FOR THE TIME EXCHANGE

Now that we have secured some more funding we will be able to extend our opening hours!

We will now be open:

Monday – Thursday
10am – 4pm

Friday
10am – 1pm

We are also pleased to share the news that Rachael Hales will be officially joining the team whilst Saima takes some extended leave.

DO YOU WANT TO SAVE ENERGY, SAVE MONEY AND HAVE A WARMER HOME?

Eric, our local Energy Advisor can provide support if you are:

- Struggling with your energy bills.
- Living in a cold or damp home.
- Trying to reduce your energy costs.
- Needing help to deal with energy suppliers.
- Needing advice on how to use your central heating system.

Contact Eric for a free in-home energy advice visit.
Tel: 07771 577950

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)

- Montse has a solid wood futon with mattress on offer.
- Farah has some children's games on offer (age 3-6).
- Lynne has a 'belly dancing' sash on offer.
- Dave is looking for a stapler.
- Katrina would like any type of camping equipment and is also looking for a 60cm wide kitchen cupboard.
- Lynne would like some food containers or ice cream tubs.
- The following items are also on offer: an electric lawn mower and a strimmer, an iron, 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 freezer, storage boxes, and a garden shed.

THE LATEST FROM THE SKILLS CAFÉ!



After reviewing the success of the Skills Café so far, we've decided to fuel it's further growth by making a few changes. We definitely plan to include a monthly food and cookery session which will focus on more of an exchange of skills, rather than a demonstration, so members can then put their newfound skills into practice. We also intend to run arts and crafts sessions along similar lines, so folks can then catch up with something they've always yearned to do and possibly didn't learn either from their parents or at school. To cover the costs of any materials or ingredients, we also plan to introduce a 'give as you feel' donation system. Please let us know if there's anything you'd like to share with your fellow members, or something you'd like to learn too. Don't feel shy or embarrassed, as we've all something we've long yearned to learn!

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: I must say I get mad at so many decrying our free NHS services. If those same souls got off their backsides and became active again, they could help save the health service over £1.2billion a year and they might just get attended to a lot more quickly!

A recent report from the British Heart Foundation found that well in excess of 20 million people were physically inactive, leading to heart disease, diabetes and breast and colon cancer. As well as the more obvious dangers, regular activity strengthens the bones, helps with insomnia as well as reducing stress, anxiety and even depression, something much in the news at present!

I spoke to Professor Lindsay Davies, president of the U.K. Faculty of Public Health recently and she told me, "It's vital that we do all we can to have people take care of their own health and get active as part of their daily lives. We don't need to start running marathons but a couple of hours of gentle exercise linked with a little more rigorous activity, whether it be gardening, cycling, brisk walking, could make a massive difference!"

Inactivity, generally, has been proven to cause over 5million early deaths with the passing of each year throughout the world, and the number of early deaths is rising by the year.

I must admit, owing to a few debilities, I'm by no means as active as I once was but can say I try to have as good a daily workout as possible on a couple of exercise 'gizmos' I keep in my house. I'm proud to be a member of The Time Exchange too, who've always promoted healthy activity, whether it be gardening, clearing our streets, delivering newsletters and now even organised walks. I think we should all just 'do our bit,' before we start lambasting our poor doctors and nurses!

My old 'sparring partner,' former Paralympian and now politician, Tanni Grey – Thompson has even more forthright views than myself on some subjects. She told me this week, "Our inactivity is a source of national embarrassment, so why not invest £1 billion in NHS leisure centres. People could then be referred there by their G.P's, saving massive amounts of their time and NHS money, quite quickly too!"

AN HOUR SHARED IS AN HOUR SPARED!

WELLBEING WALKS



Come along to our next Wellbeing Walk, a great way to get some exercise, make new friends and get to know your local area.

Plans are in place to secure funding to run more regular walks so watch this space!

HOW TO HELP FUNDRAISE FOR THE TIME EXCHANGE

easyfundraising
.org.uk

The Time Exchange is registered with a fundraising website called 'easyfundraising'.

All you have to do is log on to www.easyfundraising.org.uk then shop on your favourite shopping websites as normal and they will make a donation to us.

So far we have raised over £250 through members shopping online!

QUOTE OF THE MONTH

"We must embed physical activity into our daily lives!"

Baroness Tanni Grey –
Thompson.

CONTACT US

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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 SESSIONS BACK FOR 2017!

Back by popular demand, 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.

Love your greens?

Tuesday 9th May, 6 - 7.30pm 299 Stanton Street

Salads and leaves are perfect to grow in containers on the terraces as they don't need much sun, grow fast and taste delicious. They're also easy to grow. Come and sow a selection of salads, chard and kale to keep you in greens all year - and learn how to sow, and care for your greens. Both beginners and experienced growers welcome! Meet and talk to others growing at home in the local 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.