



NEWSLETTER

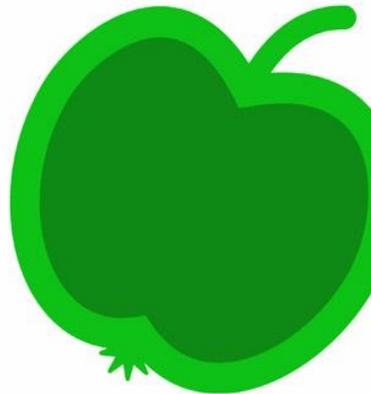
October 2016
No. 191

GREENING WINGROVE APPLE DAY



GREENING WINGROVE
APPLE DAY

WED 26TH OCTOBER 2016
GW COMMUNITY GARDEN
11AM - 2PM



Come along to Greening Wingrove Apple Day!

Come and celebrate the Autumn season with us this half term with the kids.

Look forward to freshly made apple juice, lots of apple themed fun games, enjoy some local cuisine, get your face painted and enjoy much more!

Do you have any spare apples?

If you're a local grower and have spare apples this season we would like to hear from you!

Bring them along to the GW Apple Day on the 26th and help make them into juice!

Get involved with Apple Day!

We are looking for people to help with our GW apple day.

- Helping run activities
- Welcoming people to the day...
- Making apple juice

Sound like you? Can you help? Let us know and we will be in touch.

Contact Andrew Teasdale – call 0191 2126100 or email hello@greeningwingrove.org.uk

WHAT'S ON THIS MONTH

STREET PLANTER MAINTENANCE

Help needed!

Mondays 10am and
Thursdays 1pm. Meet at
the Time Exchange or
call to find out where
work is.

ARTS & CRAFTS FOR KIDS

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

ARTHUR'S HILL LITTER PICK

Sat 15th October

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.

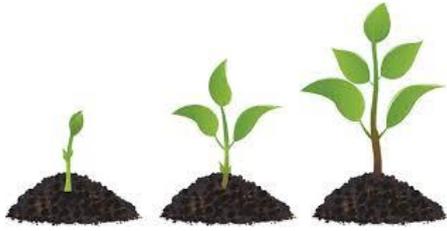
TIME EXCHANGE FACEBOOK ACCOUNT

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

www.facebook.com/thetimeexchange/

Please share your
pictures and let us know
what you've been up to!

COMMUNITY FOOD GROWING PROJECT



The Time Exchange Food Growing Project has lots of autumn seeds and plants on offer.

If you would be interested in finding out more about growing your own fruit and vegetables we're sure Helen the gardener can help.

We are still emailing a plant and seed list. If you would like to be included in the list, just let us know.

Benefits Advice Welfare Rights advice drop-in sessions

Where to get advice
locally

Westgate Residents
Every Monday 9.30am –
12pm Ryehill Centre,
Colby Court

Wingrove Residents
Every Wednesday
9.30am - 12pm
Nunsmoor Centre

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))

- Charlie has some large wooden ladders on offer.
- Samitra would like some plastic lidded packing boxes.
- Abhiram would like any household items/furniture for his new flat.
- Farah has a fondue set and child's bike seat on offer.
- Ms Begum is offering a CD player and fridge freezer.
- Jannette is offering a sky box (for internet only)
- Theresa is offering a cot mattress, mattress covers and sheets.
- Tim would like some exercise equipment.
- The following items are also on offer: a USB turntable, a BT Business hub, an electronic tap timer, a fax machine, a toaster, a large white lampshade for a floor lamp and a selection of binders and lever arch files!
- 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.

We receive regular job requests for shopping, car lifts, home repairs, and homework help, please get in touch if you can help.

Don't Dump It – Recycle It, For Free

An unwanted three-piece suite costs £40 to get the City Council to dispose of. Rather than pay this, some residents may choose instead to dump it in the back lane.

There is a solution however and it's free.

Providing the suite is in decent condition, the **Community Furniture Service** will take it away. It also takes other good condition furniture and household items. It then sells the items cheaply to local residents from its Mill Lane industrial unit base, behind the Asda store. Contact them through freephone on 0800 731 3096.

The **West End Refugee Service** also takes clothing, bedding, toys, kitchen equipment and bric-a-brac. Contact 0191 273 7482.

Time Exchange, of course, is always happy to act as a broker for those wanting to get rid of items and those who might like items being got rid of.

Alternatively, there are sites like **Gumtree**, **Freecycle**, **Freecycle** and **Streetlife** which allow people to get rid of unwanted household goods.

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't ignore,' writes: Last week I received a call from local M.P. Ronnie Campbell, before his surgery and impending chemotherapy for stomach cancer. However, whilst worried, he was also excited, as he told me that the fines and penalty points for using mobile phones whilst driving were soon set to be doubled!

It was the same guy who introduced the ban as a Private Member's Bill in 2003 but since then, motorists are increasingly ignoring it. A survey by the RAC last week reported that nearly a third of motorists admitted to texting or calling whilst behind the wheel. Department of Transport Figures show it played a major factor in hundreds of accidents every year, 21 of which proved fatal! I managed to track down Transport Secretary, Chris Grayling and he told me, "It may seem harmless as you answer a call or send a text message but the truth is your actions could cause untold misery and even death, to others!" I put it to the Minister, that perhaps the penalties weren't harsh enough but he went on to let me know, "Newly qualified drivers could have their licences revoked and people offending for a second time will go to court, face fines of up to a £1,000 and driving ban of at least six months."

In my own view, many of us don't drive and as pedestrians, cyclists, or wheelchair users, could be even more at risk! This view was backed, understandably, by Nazan Fennell, whose daughter, Hope, was killed by a lorry driver texting his girlfriend, as she made her way home from school. Whilst still saddened by her loss, she told 'The Bore, "The issue needs to be tackled in the same way as smoking has over the last few years and be seen as anti - social, as the penalties just aren't working!" A brave lady and all I can add to that is: If you're out and about, watch out!

AN HOUR SHARED IS AN HOUR SPARED!

PROUD OF THE WEST-END!

The litter-picking group has been busy over the summer. Whilst on our weekly rounds we call in at local businesses to let them know we're helping to clear their pavement and encourage them to share the burden. Many do, including Eyup of Antep Pizza, who provides his fellow workers with an outdoor cigarette-end can and sweeps the side of the business. Johnny, one of the Bowling Alley staff, now sweeps the cigarette ends from his forecourt. Rose restaurant are willing to sign up to keeping their pavement clean. All responsible businesses – thank you.



Ali picked litter from his street and went on to make posters, which are displayed in local shops, to encourage the community to use the bins provided....or take their litter home with them.



Litter-picking beside the busy West Road has made us very visible to passing traffic and pedestrians. People stop and comment. This has resulted in more willing recruits, even on an occasional basis. Come and join us on Mondays from 10:00 a.m. around the top of Bentinck Road.

QUOTE OF THE MONTH

"I haven't a mobile phone or a laptop, so how people can expect to use both whilst driving seems sheer madness, to this old fool! Apart from risking life, they're destroying both writing and conversation too."

Keith Richards.

CONTACT US

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Email:

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Telephone: 0191 2450663
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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

GREENING WINGROVE EVENTS & ACTIVITIES

Tuesday 4th October, 11am-1pm – Outdoor Skills Taster Session, Stanton Street Lounge

Thursday 6th October, 12-2pm – Spice FM 98.8FM Green Radio Show

Saturday 8th October, 12-3pm – Crafts Workshop, The Spitler, Spital Tongues

Saturday 8th October, 11am-1pm – West End Walking Tour of Hadrian's Wall

Wednesday 12th October, 6-7.30pm – Vertical Veg Street – Growing Mushrooms, Stanton Street Lounge

Want to be the next Great British Sewing Bee?

If the answer's yes, then we might just have something that could help you on your way! Greening Wingrove and the Workers' Educational Association have come up with a new seven-week sewing class starting on Thursday 13th October, which will be led by an experienced WEA tutor, who will offer the support and knowledge to help you develop your sewing skills and more.

COURSE COST - The course fee for the full seven weeks is either £37.00 or FREE if on a means tested benefit.

We hope lots of people living in the area and in the wider area, enrol on the course so they can use it to help fuel their passions and who knows become the next Great British Sewing Bee!

To find out more call 0191 2126100 or email hello@greeningwingrove.org.uk