



NEWSLETTER

September 2016
No. 190

YOU NAME IT, IT'S ALL HAPPENING IN THE BIKE GARDEN!



MORE ACTIVITIES THAN EVER!

It's proving to be a stupendous summer, so far, in The Bike Garden!

We've run almost countless gardening related events and activities, so far, still more are planned and we're already working on some for next year too. To name some, we've had weekly food growing sessions, with Helen on hand to help, 'Dr. Bike' drop - ins,' for countless bicycle repairs, 'After Work Gardening Sessions, an invaluable way to volunteer your time and learn, Nicola's Children's Gardening Sessions making 'Sweet pea teepees,' Woodworking Workshops helping volunteers learn to make their own planters and almost anything else too, Family Fun at the recent Pollinator Day and not to forget, the endless scrumptious pizzas, from The Pizza Oven!

Just so far, we're producing copious quantities of fresh produce, including, Beetroot, Onions, Tomatoes, Peas, Beans, Lettuce, Kale and edible flowers, with still more to follow. They don't sell such fresh, quality produce in the supermarkets either!

Next year, we hope to open more often, with an even greater variety of activities so, if you'd like to 'muck in,' just let us know and join the fun!

WHAT'S ON THIS MONTH

STREET PLANTER MAINTENANCE

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 17th September
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/

OTHER LOCAL EVENTS

For information about local events please check the Greening Wingrove website www.greeningwingrove.org.uk

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 any of your favourite shopping websites as normal and they will make a donation to us.

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

SPICE FM LAUNCHES GREEN RADIO SHOW

Listen: Thursdays 12pm-2pm.

As you may know the Greening Wingrove Project recently funded Spice FM to create a local green radio show. The aim of the show is to reach more members of the community and engage them in interesting topics that are related to the Greening Wingrove Project – such as growing, local issues, sustainability, buying locally, community involvement, energy efficiency, saving money and many more.

If you want to get involved please get in touch: hello@greeningwingrove.org.uk

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))

- Ms Begum is offering a double buggy, 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.
- Farah has a children's play kitchen on offer.
- Tyrone has a pc monitor on offer.
- Ann would like some computer cables.
- Tim and the gardening team are looking for large metal tins for storing food and seeds.
- Pat & Michael have a fish tank on offer (suitable for reptiles as there is a crack in the bottom).
- The following items are also on offer: a fax machine, a toaster, a large white lampshade for a floor lamp and an inflatable footbath, children's toys, 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.

YOGA AT THE NUNSMOOR CENTRE

Do you want to:

- become more flexible and mobile
 - develop core strength
 - strengthen lower back
- improve balance and coordination

Suitable for all ages and ability.

Work at your own pace.

Reduce Stress.

Feel healthier.

Come along to the Yoga classes
(British Wheel of Yoga Teacher)

Starting: Monday 12th September 6:00 - 7:30pm
11 week course. £58 waged, free to those on benefits or low waged

At: Nunsmoor Centre, Brighton Grove

Enrol online: www.wea.org.uk/courses

Or ring Anne on 0191 2723750 for details.

Email: anne@twphoto.co.uk

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: Many of us think we're safe in our own homes perhaps, peering at a PC screen, after a hard day's work. This, however, is becoming increasingly less secure! Most fraud and identity theft is carried out online and such fraud increased by more than 57% last year, affecting 148,000 victims and costing our economy £193billion.

Many of us haven't succumbed to using a computer at home but even that doesn't keep us safe. Our banks, companies we purchase from and companies we work for, can all fall foul of the fraudsters. Local company, Sage, who provide payroll and accounting services to companies all over the world were recently ripped off by possibly, one of their own employees! I put the question of security to their boss, Chief Executive, Stephen Kelly and he told me, "Our customers will always have first priority and we're working closely with them, as well as setting up a secure helpline. One thing's certain, both ourselves and our customers will be a lot safer in future! In the interim, we can only apologise for this sad breach."

An 'I.T. Idiot,' myself, I then spoke to Simon Dukes, Chief Executive of security company Cifas, who reinforced many tips we should all take to stay safe online. "Much of the current fraud can begin simply speaking to friends on social media sites such as Facebook and Twitter, where people leave information casually, which, if gathered over a period of time, can build up, quite an accurate picture of one's lifestyle." He went on to say, "We must change passwords regularly, make sure those same passwords aren't simply Ali from Arthur's Hill or Nicola from Newcastle but having a mixture letters and numbers, which under no circumstance should include our house numbers, dates of birth or phone numbers. Make sure too, any security system you use, is constantly updated and never supply personal details to anyone, anywhere, except in person!

I'm simply grateful to be a Time Exchange member and receive regular help from fellow members, as well as avoiding social media. Like Simon Dukes, though, I think we should increase our online activity and eventually see the fraudsters jailed!

AN HOUR SHARED IS AN HOUR SPARED!

WEST END ORGANIC VEG SCHEME



A small group of residents has recently set up an informal scheme to order organic fruit and vegetables at low prices, at the same time raising money for the Refugee Community Kitchen. Members receive a weekly online order form with a long list of organic fruit and vegetables which are available. There is no obligation to order regularly and because we add on only a small percentage to raise money for the charity, prices are lower than that in shops or even box schemes.

We would now like to grow the scheme so that other people can join in, and are looking for new members who would like to place orders and for volunteers to help with the administration, collection and sorting of orders. Volunteers will earn time exchange credits for all time given.

If you are interested in being involved, please get in touch.



GREENING WINGROVE COMMUNITY JOURNALISM COURSE

Saturday 24th September 2016, 10am-4pm and Saturday 1st October 2016, 10am-4pm.

Stanton Street Lounge, Stanton Street, NE4 5LH

We will be providing some FREE 'Community Journalism' training on local journalism, broadcasting and blogging on both dates at Stanton Street Lounge. Places will be limited to 8-10 people, so please let us know if you wish to attend to secure your place. If we are oversubscribed, we will provide another date soon after.

To book your place please email:

hello@greeningwingrove.org.uk

Please note: This training is for anyone aged 16 and over, sorry no under 16's allowed.

QUOTE OF THE MONTH

“Fraud, in all its forms, in the end secures, for its companions, sheer shock and shame!”

Charles Simmons

CONTACT US

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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 THIS MONTH:

Community Living Rooms – All Free, All Welcome!

Tuesday 6th September, 11am-1pm, Stanton Street Lounge, NE4 5LJ. Making Easy Food with Brian Hannah – come along and learn handy hints and tips on how to make easy food for little costs and lots of creativity!

Saturday 10th September, 12-3pm at The Spitler (Spital Tongues Community Centre), Spital Tongues, NE2 4AS. Monthly Creative Crafts session. Come along and get making!

Tuesday 27th September, 5-7pm, Robert Stewart Memorial, Wingrove Road, NE4 9BU. Carpet Bowls Taster Session, come along and give it ago.

Vertical Veg Street

Wednesday 14th September, The Bike Garden, Nuns Moor Park, 6:30pm-8pm, Harvest Festival – Celebrating a fruitful growing season. Share stories and food from the Vertical Veg growing year. Bring something you're grown or cooked to share

A CHANCE TO WIN £50 WORTH OF GIFT VOUCHERS BY HELPING GREENING WINGROVE

Share your thoughts with us on how life is living in the Wingrove area and how you live your day to day life, to help us measure how much difference Greening Wingrove is making. Anyone completing the survey will automatically be entered into a FREE prize draw for £50 worth of gift vouchers.

Please type in the link to your web browser and complete the survey there.

<https://bit.ly/29xwTB9>