



NEWSLETTER

January 2016
No. 182

A HAPPY NEW YEAR!

Yes, all the best to all our members, funders and everyone else living locally.



FANTASTIC FUNDING NEWS!

We begin 2016 with some fantastic funding news too, as we're delighted to announce that we've received a further three years' funding from the Newcastle Fund. The money will be used to finance our running costs and whilst we've still over half of our necessary funding to find, we're nearly halfway there!

SPECIALIST SKILLS UPDATE FOR SPECIAL PEOPLE!

Our project members offer such an amazing range of skills and services, it's sometimes hard to keep track. New skills are constantly being offered too, as our membership grows and our existing members turn their hand to things they've just learned or thought they'd forgotten. Some of the latest skills to be offered include Italian cooking, photography and converting old pictures and negatives into a new digital format. In addition to these, we also have members offering Vegan cookery, song writing, Italian reading and translation, pregnancy advice and postnatal support. Sunnie and Gerry are going to be giving some time to finding other new skills to add to these as well as updating the overall list of skills. We'll be also reminding members of the most regularly used and popular skills which include car lifts, hospital escorts, home repairs and DIY, cooking, sewing, pet care and language skills.

WHAT'S ON THIS MONTH

Time Exchange Facebook Account

Check out our Facebook page, please visit and LIKE us!

www.facebook.com/thetimeexchange/

Wassailing at the Greening Wingrove Community Orchard

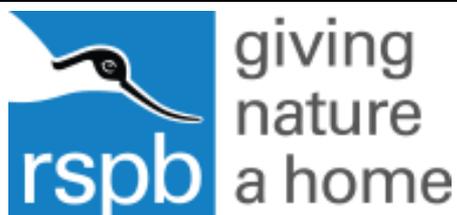
2pm – 4pm on Saturday 23rd January. Meet at the Bike Garden

Community Clean-up

11am – 1pm Saturday 16th January. Greening Wingrove CIC Community Litter Clean Up.

Please come and meet your Neighbours! Bring gloves etc!

Meet at bus stop, Dilston Rd/Studley Terrace at 11am Soup afterwards!



BIG GARDEN BIRDWATCH

More than half a million people from across the UK are set to take part by counting the birds in their gardens over the weekend of 30-31 January, 2016. They'll also make a record of the other wildlife they see throughout the year, providing a vital snapshot of UK nature. Request a FREE pack or simply register your details on their website: <http://www.rspb.org.uk/> It takes just an hour and is suitable for all ages and abilities.

CHRONICLE WISH 2015

The last WISH token will be printed in the Saturday 9th January edition of the Evening Chronicle.

Please can you drop off any remaining tokens at the Time Exchange office before the 9th February so that we can send them in to the Evening Chronicle.

A huge thank you to everyone who has helped us collect tokens so far!

OFFERS & REQUESTS

- ❖ Please email any pictures you have of your offers so that we can add them to our Facebook page!
- ❖ We would like to hear from anyone interested in coming along to a regular craft, sewing, crochet or knitting session at the Time Exchange.
- ❖ Risaria would like an under counter fridge and freezer.
- ❖ Helen has assorted stationary items on offer
- ❖ Marian is looking for a double buggy and a baby carrying sling for age 6-18mths.
- ❖ Tyrone would like an acoustic guitar and any non-fiction and educational books.
- ❖ Pat would like two large/extendable safety fireguards.
- ❖ Marc would like some shelves, storage boxes and a cork pin board.
- ❖ Asma would like a fridge, a microwave, a steam iron, a DVD player and a vacuum cleaner.
- ❖ Marc is looking for garage or car parking space to work on his car.
- ❖ Helen has a regulator for a propane gas cylinder on offer.
- ❖ Jannette would like a computer chair with arms.
- ❖ Jusna would like a cot bed, a stair gate, a Sky box and a washing machine.
- ❖ Lynne has a small wicker shelving unit and an iPad cover on offer.

A BUSY YEAR AHEAD IN THE BIKE GARDEN!

Our gardening guru, Helen, has spent much time over the winter, carefully planning all our future activity in The Bike Garden. It looks as if she's certainly going to be keeping us busy over the rest of the winter months too, just with preparation! There's a load to be done before we reach the next cultivation season and we'll need as many volunteers on hand as possible.

The activities include lifting and carrying, preparing the land for our new greenhouse, fixing and preparing the raised beds, making bird feeders, potato planting and seed sowing. In fact the list seems endless but with plenty of help, we've faced larger tasks before, so we're not looking at defeat as an option!

We will be running both indoor and outdoor sessions every Monday between 9.45am - 12noon, whatever the weather. Whilst most activities will take place at the Bike Garden, we may have to pick up tools and equipment from Time Exchange, and may do activities at the Time Exchange or elsewhere in some circumstances. Please meet Mondays 9.45am at Time Exchange, or contact Time Exchange if you are arriving later to double check where we are!

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: Here's wishing all our members and other readers all the best for 2016!

I'm starting the year with some good news too, which will please many of you, I'm sure. The Government is rushing to get new legislation through to increase littering fines to up to £150! It was announced last week by Communities Minister, Marcus Jones, as part of The Clean For The Queen Campaign which is running in the lead-up to her 90th birthday. The first national anti-littering campaign ran in the lead-up to her coronation in 1953 and it was thought to be a present to both herself and the nation she'd more than appreciate! The campaign is rallying an army of volunteers, countrywide to get involved now in the lead up to the special Clean Up Weekend between March 4th and 6th. I spoke to Environment Minister, Rory Stewart, this week and he told 'The Bore,' "Whether a royalist or not, Her Majesty the Queen, has served this country's residents well and it's a wonderful opportunity to say thank you. It also could provide a turning point in the battle against those who litter our streets and spoil our environment as a whole. We all have a responsibility to keep our communities tidy and 30 million tonnes of rubbish are collected from our streets each year, costing our local government authorities in excess of £1billion each year!" Rory went on to say, in praise of ourselves, "Organisations like The Time Exchange, will have an opportunity to again lead the way in improving the quality of life on our streets and public spaces and I hope we can all work together to create a cleaner, greener and brighter Britain. What's more if we recycled even half what's collected, it would have an economic value of nearly £15 million!"

Let's just hope I can do something and many of my fellow members too. Our streets deserve it!

AN HOUR SHARED IS AN HOUR SPARED!

BIG PLANS FOR THE BIKE GARDEN!

Yes, it's in The Bike Garden where we hope much more will be happening over the coming year! It could become one of the focal points for meeting both friends and nature alike, locally.

We've already submitted plans to The Greening Wingrove Community Innovation Fund to further develop the garden. We are hoping to employ gardeners to run educational sessions and then offer informal training to all, throughout the year.

We've a wide range of activities planned too, including: food growing, landscaping, pizza baking days, vertical growing sessions and much more. There also plans to hold an almost endless list of events at the venue too, making it a one stop shop for much in the area!

The first event of the year is already in the diary. It's a New Year, time to wake up the orchard with Wassails-folk songs traditionally sung to the health of the apple trees and helpful bees. Come along to sing and share a hot drink. Let's celebrate the orchard planted by volunteers and the local community last winter. Saturday 23rd January, 2pm – 4pm. Meet at the Bike Garden. Here's to a fruitful New Year!

Watch this space for more information and news.

NUNSMOOR CENTRE TRUST ACTIVITIES

Parent and Toddler Group

Every Thursday from 7th of January 9.30am until 11.30am. All parents/Grandparents/Carers with under-fives very welcome (babies welcome too). This includes a Toy Library which is in the process of being upgraded and extended.

English Conversation Classes

Every Friday from 15th of January from 1.30pm until 3.30pm at Nunsmoor Centre. Creche provision available. This is an NCT initiative but working in conjunction with Go Volunteer (Newcastle University Students' Union)

QUOTE OF THE MONTH

"We should treat our streets, as we would our homes!"

Mahatma Gandhi

CONTACT US

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Office Hours

Monday – Friday
10am – 4pm

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

KEEP 2016 CLEAN, TIDY AND CLUTTER FREE

Help to keep our area looking clean and tidy by reporting any graffiti, fly tipping and dog fouling.

Ring Envirocall on 0191 278 7878 or you can use the online reporting system: <https://envirocallservice.newcastle.gov.uk/fly-tipping>

The Time Exchange will even offer members credits, should they need to report anything!

If you need to recycle any household goods in a hurry, here are some useful contacts:

- ❖ Community Furniture on 0191 265 9267 for furniture recycling
- ❖ West End Refugee Service on 0191 273 7482 for clothing, toys, bric-a-brac bedding and kitchen equipment.
- ❖ Envirocall on 0191 278 7878 for bulky article collections (charges may apply).
- ❖ Join the Freecycle and Freecycle networks on www.ilovefreecycle.org and www.freecycle.org to help reduce waste and landfill.