



NEWSLETTER

April 2018
No. 209

WHAT'S ON THIS MONTH

TIME EXCHANGE GARDENING SESSIONS

Thursdays 1pm - 3pm
Street planter maintenance.
Meet at the Time Exchange.
Get in touch if you would like to get involved.

ARTHUR'S HILL / WINGROVE LITTER PICKS

Mondays 10am-11am
Meet at the Bike Garden
Sunday 8th April
&
Saturday 21st April
11am - 1pm
Meet at the Time Exchange.

Please bring gloves if you have them.

ELSWICK LITTER PICK

Proud of the West End!
(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.

LOCAL NEWS

Do you have something you would like to include in our next newsletter? We are always keen to share information about local events and activities.



WEST END WILDFLOWER CORRIDOR

Bees and pollinators can go hungry when isolated in urban areas with little food, so with funding from Grow Wild, we will join two community gardens in the West End of Newcastle by planting wildflowers to link bee streets and communities.

The Time Exchange and friends will be planting wildflower areas in and around the Greening Wingrove Bike Garden, located in Nuns Moor Park, Arthur's Hill. Through a series of pop-up street events we will give free wildflowers and pots to enable neighbours to create bee streets to link up with Edible Elswick, located in the Elswick Park. Both parks are open to the public all year round.

Kicking off with a launch event at the Bike Garden on Saturday April 28th 2018 (time to be confirmed), we'll plant wildflowers, learn about the bees and creatures who depend on them, give seeds to take home and inspire people to transform their streets into bee streets.

If you would like to get involved with an event or would like your street to join the West End Wildflower Corridor, contact the Time Exchange.

HELP US TO SAVE MONEY ON STAMPS!

Do you receive a newsletter by post? Would you be happy to receive it by email instead?

The price of postage has just increased and it would be great if we could save some money each month!

Please get in touch and let us know.

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)

- Safiya would like a dining table.
- Ronnie would like some guitar strings
- The CHAT Trust are looking for an under-counter fridge
- Rachel is looking for an old style double wardrobe & a fleecy hat.
- Tyrone would like a fridge freezer, coffee table, leather sofa & chair, a kettle and a toaster
- Alice has a garden mower on offer
- The Time Exchange has an electronic chess set and two sky boxes, with remotes, on offer.
- Fatema has a small memory foam dog bed on offer.

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

WHERE TO GET LOCAL ADVICE ABOUT BENEFITS AND HOUSING

Newcastle Welfare Rights Service

Phone: 0191 277 2627
Mon – Fri 9.30am – 12pm

Drop-in sessions
Westgate Residents
Fridays 9.30am – 12pm,
Ryehill Centre, Colby Court

Wingrove Residents
Wednesdays 9.30am - 12pm,
Nunsmoor Centre

Fenham Residents
Thursdays 1pm – 3.30pm,
Fenham Hall Library

Newcastle Private Rented Service

Contact the team on 0191 277 1438 or email
privaterentedservice@newcastle.gov.uk

Shelter North East
Phone 0344 515 160
Mon – Fri 9am – 5.30pm



Help in collecting the history and heritage of Spital Tongues with the Spitler Memory Box Project.

Spital Tongues Newcastle has changed dramatically over the last two hundred years.

Have you ever wondered what life was like from the 1800's onwards or what it was like to live or work there in the past?

Do you have a connection with Spital Tongues?

Do you have any memorabilia i.e. photos or stories which could be recorded, copied or used in our Memory box project to help others of all ages travel back in time?

People are invited - with the help of Tyne and Wear Archive and Museums Service, the Live Well Project and Chain Reaction, to join us at The Spitler Community Resource Centre on Morpeth Street, Spital Tongues NE2 4AS each Friday morning 10- 11am to help gather and record memories, search out fascinating stories, text, maps, photographs, audio, film, and objects which will fill a Memory Box. The project hopes to end with an exhibition in June alongside a guided history walk in the area.

Tea and Toast, coffee and cookies available on arrival each Friday. Just turn up.

But if you would require further information contact Annette 0191 2737443 or Jude 0300 300 7070 at Chain Reaction.

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: Since ranting about what are now being called by scientists, 'Our Plastic Oceans' in December, I've been angry, depressed but also given a little hope!

Although our seas are now becoming almost 'plasticated' and our rivers too, there are people trying to secure our very future on Earth. A recently published report, "Foresight for The Future of our Seas," commissioned by the government, expects the cost of polluted seas to rise to £2trillion a year by 2030, they also say it's time we 'cashed in' on our potential marine economy. One of its authors, Prof. Edward Hill of The National Oceanography Centre told me this week, "We're so ready to spend fortunes on trips to moons and Mars, yet so little is known about just what's down in our deep oceans. With another 9 billion people looking to the ocean for more food, it's our last frontier!"

I mentioned my anger at the government postponing a decision on taxing plastic cups at 25p to Prof. Hill and others but M.P.'s, some of them local, feel sure they'll not let the Government decide against it. One of them, Blaydon M.P., Liz Twist, told me, "Plastic waste can be turned into artworks and even wellington boots from that and chewing gum!" I spoke to Anna Bullus, of Gumdrops, on her plans to transform waste chewing gum into wellingtons and she told me, "The main make up of chewing gum is similar to plastic and I'm about to begin production of wellingtons from just that, recycled gum!"

I'd then a three way conversation between myself, round the world yachtswoman, Ellen MacArthur and retired deep sea diver, Richard O'Hara. Dame Ellen spoke of what she calls a 'circular economy,' where whatever we take from the planet we put back, perhaps in a different way and Richard reinforced what Prof. Hill had told me about the unknown resources our oceans offer. "It's an unexplored world down there, somewhere I spent most of my working life!"

I, as an urban idiot, who loves the sea, I tend to agree with all of them to a degree. I just think we should explore, without exploiting all our potential resources but simply get the balance right, by doing what's necessary first.

AN HOUR SHARED IS AN HOUR SPARED!

A GREAT DAY OUT!



We organised our first healthy walk with a group of women last week. Sunnie and Abi led the walk on a trip to Plessey Woods. Everyone had a great time and can't wait for the next one!

BIRDS ON YOUR DOORSTEP

**Do you enjoy spending time in your local park?
Do you sometimes wonder what the birds that you see and hear are called?**

Would you like to know more about what they eat and where they shelter?

By the end of this day school with tutor Keith Bowey you will know all about the birds in Nuns Moor Park, as well as understand what makes a park good for birds and how you can attract more birds to your park (and street).

Free lunch!

We are hoping to organise a Forest School crèche so people with children can attend. To register interest in the crèche contact ntodd@wea.org.uk

When: 07.04.18

Where: The Bike Garden, Nuns Moor Park, Wingrove, Newcastle NE4 5NU

How long: 1 session

Time: 10am - 3.00pm

Cost: £15.00

If you receive certain benefits, including working tax credits, you may be entitled to a free course. Please ring to find out more.

Reference: C2523930

**Book today: enrolonline.wea.org.uk
0300 303 3464**

A FOOL'S PHILOSOPHY!

As we forward our clocks for British Summertime, it makes me realise just how much time rules our lives. Is it not really just a unit of measurement? I'd never advocate a muddled world without arrangements and appointments, however!

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

CONNECTED URBAN FOOD GROWERS

A research project about the future of food growing in Wingrove

Do you live in the Wingrove area? Learn to grow food in small spaces, contribute to a vision of the future of food-growing in the city and new sensing networked technologies. Featuring Mr Vertical Veg to help grow some food in your local area.

Bike Garden, Nunsmoor Park

Thur 29th March 12:00 pm - 4:00 pm

Wed 18th April 12:00 pm - 2:30 pm

Fri 18th May 12:00 pm - 2:30 pm

Thur 7th June 12:00 pm - 2:30 pm

What is it about?

We are carrying out a research project to understand citizen perspectives on the future of urban agriculture the City. We'd like to invite you to take part in drop-in workshops that will consist of some fun and educational activities (e.g. on planning your garden), as well as some activities what we want the future of food growing in the city to be like. Children are very welcome to come with their parents or guardians.

Who are we?

We are a team of researchers at Newcastle University and Northumbria University. The workshops are part of a research project to understand citizen perspectives on the future of food growing in the City.

Interested?

Please get in touch if you would like to come or if you would like further information.

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