



NEWSLETTER

July 2018
No. 212

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

Mondays 10am-11am

Meet outside Madina
Food Stores

Saturday 21st July

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.



NunsmoorCentre

Community

Diversity Event 2018

Let's celebrate our community!

Music, dance, arts & crafts, environmental
activities, food, lots of information about
what's on in your community and more!

Saturday 7th July 12-3pm

Find us at: Nunsmoor Centre, Studley Terrace, NE4 5AH

Tel: 0191 2774400



The Time Exchange will have a stall at this year's Community Diversity Event – come along and say hello, get involved with our seed planting activity, and find out what else is going on in your local community.

MORE FUNDING NEWS

We're pleased to be able to share more good news with you, as we have received a £1,000 donation from Hutchinsons towards our Environmental Work.

We'll be putting the money towards our work sprucing up the local street planters. On top of this, M&S have contributed £500 towards the Volunteer Day that took place this month and our ongoing street planter work. A big thank you to both Hutchinsons and M&S for their generosity, which will go a long way towards making the area a nicer place to live.

JEWELLERY UP-CYCLING WORKSHOP

Wednesday 18th July 12pm - 2:30pm at the Time Exchange

Following the success of Tina's first session we are hosting another jewellery up-cycling workshop.

Learn how to make your own jewellery by:

- Taking pieces of jewellery apart
- Exploring how different pieces of jewellery are made.
- Experimenting with your own ideas.

6 places available for time credits - first come, first served - so please call the Time Exchange to book a place.

If you have any unwanted or broken jewellery then please bring it along. All other materials and tools will be provided.

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)

- Lynne has 2 large white dinner plates on offer.
- Patricia has a two seater brown leather sofa on offer.
- Andrew is looking for somebody who can do felting.
- Rachel & Avi are looking for gardening shoes, sizes 6 & 9.
- The Time Exchange has some foil food containers (no lids), a 24 hour plug timer, some photo print paper and a Fujifilm 35mm camera on offer.
- Saima has some vegan cookery books on offer.
- Sarah would like some coat hooks and is looking for regular beginner German lessons.
- Tyrone would like an arm chair, a cooker, a washing machine, a microwave, a Sony PS3 and a dining table & chairs.
- Berta is offering some baking shape cutters & a napkin ring.

HELEN'S GARDENING HELP

Having received funding towards our gardening activities, we are now able to offer members help with their gardens. Helen has been busy this month visiting various members to give them help and advice, as well as practical gardening support. We spoke to Fatema about her experience, and she was delighted with the help she had from Helen. She told us 'Helen was able to give me tips on how to keep things tidy, and her advice has really increased my confidence with gardening'.



Fatema is growing Broad Beans, Radishes and Bangla Khodu and they're looking great.

If you could benefit from some gardening help from Helen, please do get in touch with the Time Exchange to arrange for her to pop round.

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: Ever imagined a world without women? A men only land masse moving around our universe?

It seems that is what some of our male politicians, as well as some of their male voters seek and I'm angry! My blood's boiling and so is that of most of our local M.P.'s. Working my way through the ladies who serve us in Westminster, all of those I managed to speak to had either been abused in their constituencies, in Parliament or online and the abuse is rising too! Considering, one of the 'major players' in the suffragette campaign, a century ago, Kathleen Brown was born in Newcastle it's something of 'haunting,' almost isn't it?

Our own MP, Chi Onwurah is the second most abused of the entire parliament and she's begun a campaign on twitter, called simply 'Reclaim the Internet.' The abuse is non-political too, with Conservative MP for Berwick, Anne-Marie Trevelyan, having been called insulting and obscene names on many occasions. She even once received a death threat! They almost all feel forced to leave the internet for a couple of days at times for some small respite, according to Newcastle North M.P., Catherine McKinnell. Durham's Roberta Blackman Woods has even researched the issue, discovering that 190,000 abusive messages had been posted over a three month period last year!

However, as you might imagine, refreshed, they're all back online and fighting back and I wouldn't like to be one of their 'victims!' It even shocked this seasoned, hell driven, 'old hack!'

AN HOUR SHARED IS AN HOUR SPARED!

A TRIP TO HADRIAN'S WALL

This month we teamed up with Keyring, a supported living network who are also an organisational member of the Time Exchange. Together we went on a fantastic outing to Housesteads, on Hadrian's Wall. After a fairly long and steep climb from the car park to the wall, we enjoyed a lovely picnic lunch with stunning views, before walking further along the wall. A great time was had by all, and everybody rose to the challenge in good spirits! We'd like to say a big well done to all who came along, and a special huge thank you to Time Exchange member Tyrone, who joined Rachael in supporting those who needed an extra hand on the walk.

If you're involved in a group who would benefit from joining us on a walk, please contact us for more information on how you can get involved in our Wellbeing Walks.



Keyring members said...

'I've enjoyed myself, I've had a good time and I'd like to do it again'

'It's been a lovely day. I enjoyed the walk, it was good exercise'

'Brilliant, thank you. And thanks to Tyrone for your support'

'Lovely sunny day. Very scenic. And I've made new friends'

'Wonderful, great camaraderie. Everyone's pulled together and pushed themselves! Good team work'

'I've seen Hadrian's Wall on the telly... I've always wanted to go there!'

A FOOL'S PHILOSOPHY

We're constantly being told that we'll never have enough 'Green' energy to fuel the world.

Could some of our scientists not search into a centuries old force, gravitational energy? Some countries already use it to produce all of their energy, so why not the major users in the Western world?

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

GREAT EXHIBITION OF THE NORTH

22 June – 9 September 2018

Great Exhibition of the North is a free, summer-long celebration of the North of England's pioneering spirit.

The country's biggest event in 2018, it will pack a programme of amazing exhibits, live performances, and displays of innovation, new artworks and unforgettable experiences into 80 days.

There's everything from Stephenson's Rocket steam train to towering water sculptures in the Tyne.

Immersive experiences, cutting-edge technology, hands-on activities and family-friendly fun will provide new ways to discover the North's gifts to the world – as the cradle of football, inventor of the railways and designer of the iPhone.

There will be events to suit all interests and ages at various venues including the Great North Museum, Discovery Museum, Sage Gateshead and Baltic Centre for Contemporary Art.

COST: Free to attend *pre-booking is required for selected free events and ticket fees may apply for selected associate events*

Visit GetNorth2018.com for the latest information on events.