



## NEWSLETTER

August 2018  
No. 213



### M&S SUPPORT FOR STREET PLANTERS

We were delighted to welcome a team of volunteers from M&S as part of the Neighbourly scheme, who joined us for a day to work on the street planters and planting boxes along Fenham Road. It was a beautiful sunny day and the team really got stuck in, transforming numerous planters by weeding, litter picking, planting and watering. We'd like to say a massive thank you to all the volunteers from M&S who worked so hard, and also a big thanks to Time Exchange member Mark for his help, and John for planting up the hanging baskets on the front of the Time Exchange. And finally to Helen and Matt for overseeing it all in the boiling hot sunshine! As part of the project M&S also donated £500 towards our ongoing street planter work.

Since the volunteer day, we were pleased to be contacted by a local resident who offered to look after a planting box outside of the Nunsmoor Centre. We've now replanted this box, and it's being regularly watered and taken care of. The planting boxes are desperately in need of water at this time of year, and Helen and Matt have their work cut out trying to keep up with the watering! If you're able to offer to look after or water a planting box near where you live, please get in touch – we can offer advice, plants, and use of tools to get you started.

## 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 18<sup>th</sup> August**  
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.

## **A FAREWELL TO PHIL!**

Yes, a loyal Time Exchange member and a faithful friend to several members, Phil Porter's leaving Fenham for Ferryhill and he'll be sadly missed!

That said, he's had the opportunity to leave his small flat on Wingrove Road, as he buys his spacious house in Co. Durham. He joined our membership in 2006, fearing he'd suffer loneliness, as he found himself with more time on his hands. In his own words, "I'd a great opportunity to meet useful, interesting contacts, grabbed the chance and now even work for a couple independently. I've supplied answers to members' PC problems and helped with other 'tech tasks' but I know in my heart, it's time to move on." He's a big loss but we wish him well!

## **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)

- **Cath has a girls bike on offer, age 8-10**
- **Jusna has a Samsung Galaxy Note 3 phone case & screen covers on offer**
- **Jeanette would like a bike pump, a football pump & an iron**
- **Lynne has 2 large white dinner plates 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.**

## **THIS MONTH'S MONEY SAVING TIPS...**

To save money on sliced bread, and to prevent waste, keep it in the freezer and when you want toast, just take out how many slices you need and put the rest straight back. If you want to make sandwiches, take out what you need a few hours before.

For the cheapest bread and bakery products go to Greggs Bargain Bakery at 407 Westgate Road, opposite the school. You can get Greggs products for less than half the price of the usual.

To save money on laundry, try using powder in a cardboard box instead of liquid or capsules. Its better value for money and better for the environment because the cardboard is easily recycled. You can buy it at Iceland or Pound stores.

## **A BIG THANK YOU TO...**

- The Barbour Trust, who have very kindly awarded us a grant of £2,000 towards our general gardening costs. This money allows us to continue running sessions in the Bike Garden, as well as providing funds for Helen to continue helping members with their gardens – so please get in touch if you'd like some help!
- The Ninevah Trust, who have awarded us a fantastic grant of £10,000 over two years towards our environmental work. Similarly to the Barbour Trust grant, this will allow us to continue our current gardening activities, help more members with their gardens and run more volunteer days. It also gives us ongoing security, so that we can guarantee gardening sessions continuing into next year. Contact us for more information on how you can get involved with Helen and the gardening team.
- Also to the Police Mutual Fund who have contributed £250 towards our Street Planter maintenance. Sessions continue with Helen and Matt on a Thursday afternoon 1pm-3pm, all volunteers are very welcome, just contact the office for more information.

## DO NOWT AND YOU GET NOWT!

**Geoff Brown, 'The Local Bore, You can't Ignore,' writes:** Sick of hearing 'NHS at 70' news? Do so at your peril! It's the greatest gift governments and others have given us - life!

I certainly owe them my own life after twice being given just 24 hours to live, over forty years apart. Aged four, it was pneumonia and I'd be rolled in winter snow to reduce my temperature. Aged forty four, it was my alcoholism and being bedbound for over 3 months, as they fought to save both my physical and mental health! On both occasions, I saw the same weird image, giving me just hope and knowledge, I was somewhere safe.

I feel proud too, to come from Newcastle, where they've always been able to tackle 'the impossible!' Some of our greatest nurses, doctors and researchers have and still do, either hail from Newcastle or choose to return after training or working elsewhere.

However, despite leading the way in transplant surgery, other new surgical procedures and stem cell technology we're constantly depressed with reports of lack of funds and not enough beds, we're still leading the way. Amazingly and stunned by the chance to speak to him, I caught up with new Health Minister, Matt Hancock. Hoping just to receive a comment from his constituency office, he answered the phone himself and well and truly enlightened this cynical soul! In his first press interview, the grandson of a nurse told me, "People with more serious conditions, will be treated in their own home. I saw my sister saved and won't let any standards slip, only improve! Would you rather be hooked up to a heart monitor at home, or wait for ambulance crews to whisk you off whenever you've a murmur? I know both yourself and the ambulance crews will welcome both and certainly, in my own lifetime, we might not even need either! As we discover more treatments and medicines, we'll need the NHS less!" He's just the right man! **AN HOUR SHARED IS AN HOUR SPARED!**

## MORE HEALTHY WALKS WITH THE TIME EXCHANGE

This month we've enjoyed two more fun & healthy walks with Time Exchange members and friends. The first walk saw Safiya and friends explore Northumberlandia, also known as 'The Lady of the North', a public art sculpture near Cramlington made from 1.5 million tonnes of rock, clay and soil. The walkers told us they had a great time, reporting that 'The weather really helped as well! Very friendly team and very nice company. Very much appreciated'.

For July's second walk we teamed up with organisational member Keyring, for a lovely walk from Low Hauxley to Amble. The five walkers from Keyring were joined by two Time Exchange members for a challenging but rewarding walk, starting and ending with a nice cuppa in a cafe! We'd like to say a big thank you to everybody who came along and made it such an enjoyable day, particularly to members Tyrone and Sarah who were a great support to those who needed an extra hand. We look forward to working with Keyring members further in the future.



## ON YER BIKE!

Over the summer break, Sports Connect will hold bike sessions for children every Thursday in the Bike Garden from 9<sup>th</sup> August.

At 12.00pm a group Little Sprockets (Beginners) will meet for an hour to learn how to ride their bikes.

At 1.00pm a group Eazy Riderz (Able to Ride) will meet for an hour to develop cycling skills.

Session is £1.00 for the family. Under 8's must be accompanied by an adult.

Participants must bring a helmet. Both sessions include games and will promote social inclusion.

## A FOOL'S PHILOSOPHY

Missing your 'five a day, must have fix' and still need a lift? How about some new broccoli coffee, the latest 'latte,' recommended by the Australian Government? No you're not seeing things, 'either! Will we next have 'pea tea?'

## 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

## FREE THINGS TO DO DURING THE SUMMER HOLIDAYS

### Great North Museum: Hancock

The city exhibition is currently showing some stunning works as part of Great Exhibition of the North. **Laing Art Gallery** - Regular exhibitions, from local artists to nationally-recognised paintings, as well as a children's area for dressing up and interactive learning.

**Newcastle City Library** - With regular children's events, it's not just about reading – although the extensive collection as well as computer access and heritage collections mean the family can spend a few enjoyable hours together.

**Discovery Museum** - Parents and children will all enjoy seeing the display of science and engineering triumphs, with a particular slant on what the North East has contributed to the world. The main event is Charles Parsons' Turbinia, the first vessel to be powered by steam turbine.

**Jesmond Dene** - Enjoy walking or biking through the extensive Tarmac paths, visit Pets Corner to see the farm animals, and then get the picnic out on the grass near to the ruined mill.

**Bessie Surtees House** - It consists of two five-storey 16th and 17th Century merchants' houses, with Jacobean period interiors. It is also the scene of the elopement of Bessie with John Scott, a man of whom her father did not approve but later went on to come good as the Lord Chancellor of England.

**Ouseburn Farm** - There are lambs, goats, a Tamworth pig, and several varieties of chickens, rabbits and guinea pigs. It's free entry but donations are welcome.

**Leazes Park** - Leazes Park was opened in 1873 and is the oldest park on Tyneside. The park is a much underrated sanctuary from the busy city centre and is a haven for people and wildlife away from the harshness of the built environment.

**Seaside on the Quayside** - Newcastle Quayside is transformed into a seaside paradise complete with deckchairs, palm trees, candy-striped beach huts, golden sand & a kids' climbing wall.