



## NEWSLETTER

September 2018  
No. 214

### CAN YOU HELP THE CHAT TRUST?



During its 25 years the CHAT Trust has achieved a great deal, especially in its specific aim of transforming lives and they would like to continue doing that.

The world in which we live is a challenging one, and through their interventions they give people a space to come to so they can work through some of those challenges.

They currently need your help in securing their future. Project funds are becoming increasingly difficult to secure, and as a project they need to be robust financially to attract further funding.

So far they are still here. They are looking for contributions to their core costs which are the general running costs of the charity. In order to achieve this, they need to raise at least £5000.

If you are interested in supporting their work, no matter how much that may be, or if you want more information about them before you decide please visit their website, [www.chattrust.co.uk](http://www.chattrust.co.uk) where you can see more of what they do, as well as find their donation link via TheBigGive near the bottom of the homepage.

## 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

**Wednesdays 9.30am**  
Meet outside Madina

Food Stores  
**Saturday 15<sup>th</sup> September**

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.

## **AUTUMN WEEKEND**

### **WELLBEING WALK**

During September, we are planning to hold a walk for our members, this time at a weekend to allow those who work during the week to come along too. We're hoping to hire a minibus to take us to either the Swalwell Visitor Centre for a walk along the Derwent Walk, or take a trip to Watergate Forest Park Local Nature Reserve. If you'd like to join us, please get in touch to book your place, and let us know which destination you'd prefer. Once we've finalised a date we'll contact all those interested to confirm.

## **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)

- **The Time Exchange has a sewing machine available for use in the office. We also have a pump for any flat tyres!**
- **David would like a mouse mat.**
- **Sarah would like a kettle.**
- **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.**
- **Andrew is looking for somebody who can do felting.**
- **Rachel & Avi are looking for gardening shoes, sizes 6 & 9.**
- **The Time Exchange has 2 sky boxes & remotes, 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.**

## **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](http://www.easyfundraising.org.uk) then shop on your favourite shopping websites as normal and they will make a donation to us.

So far we have raised over **£380** through members shopping online!

## **AUTUMN GARDEN MAINTENANCE**

As autumn draws near, it's approaching that time of year when our gardens are in need of a bit of a tidy up. If you have some outside space and would like a hand getting it in order, Helen is available this autumn to help with tasks such as pruning, hedge trimming and having a general tidy up, as well as seasonal planting – it's the right time of year to be thinking about planting bulbs for the spring. Helen can also give advice and help you to plan for next year's growing season. If you'd like Helen's help and have a few credits to spend, please get in touch with the Time Exchange.



## DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes: "If you can't cook, you'll probably die younger!" More harsh words from TV chef and healthy eating campaigner, Jamie Oliver.

Those same words, however, are frighteningly all too true, especially if unhealthy eating is linked to perhaps drinking, smoking or both, perhaps shortening our predicted lifestyles by up to 23 years, according to Dr. Emmanuelle di Angelantonio, from The University of Cambridge's Department of Primary Care and Public Health, after years of research! Jamie Oliver even told 'The Bore,' "If I'd a dying wish for the planet, it would be have all children aged 16 able to cook 10 recipes to save their lives!" Like myself, the guy may be a 'ranter' and sometimes hard to shut up but he cares and firmly believes our own and our children's lifespan, could so often be lengthened by simply learning how to budget, buy, healthy ingredients and then prepare them for a fraction of the cost of so - called, 'junk food.'

Many counter his views, such as The Child Poverty Action Group, who tend to think we live in an increasingly impoverished society and can't afford healthy eating, I think, seeing it as 'rather quaint.' It's true, in real terms, our incomes are falling against prices and I checked that out with their Chief executive, Alison Graham. The lady told me "So many people, especially those on The National Living Wage have difficulty, simply sustaining themselves!"

Whatever the arguments, I know several shops locally who'll sell a 2.5kg box of 'fruit and veg,' nearing it's 'sell by date,' for a pound or two and having even looked at their websites, our major retailers won't provide even approaching, 2.5kg of so - called 'ready meals, at a similar price!

I can't even cook as much as I'd like to but do know I'd rather buy 'raw,' than 'ready.'

**AN HOUR SHARED IS AN HOUR SPARED!**

# EDIBLE ELSWICK'S SUMMER CELEBRATION



## Summer Celebration

**Saturday 8th September, 11am-1pm**

**Meet at the top of Elswick Park**

- Art and craft
- Free healthy food
- West End Community Bakery stall
- Planting activity
- Free face painting
- Change 4 Life healthy activity
- Smoothie making and juice bar
- Find out about the West End Flower Corridor

For more information, please contact us on 0191 273 4942



Also on Saturday 8<sup>th</sup> September, the Grow Wild Team will be running a Butterfly & Bee Walk, from Nuns Moor Park down to this event at Elswick Park. Please get in touch for more information if you'd like to join in.

## MORE MONEY SAVING TIPS

- **To save money on lunches whilst at work or school, make a packed lunch using cooked pasta or rice or sandwiches – they are much healthier too.**
- **Instead of expensive fresh fruit and vegetables, try dried fruit such as raisins, prunes or apricots. You can get the cheapest ones in the baking section in supermarkets. Frozen vegetables can be healthier than fresh and work out cheaper. Even tinned vegetables such as carrots and beans are often better value for money as they don't go off.**
- **Ask for Time Exchange members to cook your favourite dish for you for credits. A member can also help work out healthy packed lunches.**

## **A FOOL'S PHILOSOPHY**

Have we a 'super product' on our shelves?

That humble vinegar isn't just for fish and chips but can be used as a fabric conditioner and even hair conditioner. It's also great for cleaning windows, removing grease, cleaning metal, as an antiseptic and even helping baking rise!

## **CONTACT US**

**Theresa / Sunnie/ Rachael**  
**235 Stanton Street**  
**Arthur's Hill**  
**Newcastle upon Tyne**  
**NE4 5LJ**

**Email:**

[info@thetimeexchange.org](mailto:info@thetimeexchange.org)

**Telephone: 0191 2450663**  
**0191 2453814**

### 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

## **ACTIVE CITIZENS NEWCASTLE**

**Active Citizens are people looking to make a difference in their community.**

**Taking part in short workshops, you will be equipped with the skills and knowledge needed to identify ways in which local issues can be tackled.**

**This free programme is open to anyone aged 18+ who wants to make a difference in their community, learn new skills and meet new people.**

**You will be provided with training, tools and support needed to develop your own or get involved in an existing social action project. There's even the opportunity to go on study visits.**

**Upon completion of the project you will be presented with a certificate.**

**The workshops support people to explore how they think about themselves, the community they live in and how they connect locally, nationally and internationally.**

**We'll cover the following:**

***Me: Identity and Culture - Get a better understanding about you, yourself and what influences the choices you make.***

***Me and You - Getting a better understanding of the lives, traditions and beliefs of people around you.***

***Local and Global Community - Looking at what's happening in your local area and how similar things are happening across the world.***

***Social Action Project - Planning your idea, applying for funding and getting your project started.***

**How can I get involved? For more information and dates: contact our Active Citizens Team.**

**Tel: 0191 226 7300 Email: [active.citizens@rhwe.org](mailto:active.citizens@rhwe.org) Website: [www.rhwe.org](http://www.rhwe.org)**