



## NEWSLETTER

July 2019  
No. 224

# COMMUNITY EVENT AT THE NUNSMOOR CENTRE



## Diversity Event

**Let's celebrate our community!**

Music, dance, arts & crafts,  
environmental activities, food,

Find out what's on in your community  
and more!



**Saturday 6<sup>th</sup> July 2019  
12-3pm**

Tel: 0191 2774400 Website: <https://nunsmoorcentrustrust.com>

FB: [www.facebook.com/Nunsmoor-Centre-Trust](http://www.facebook.com/Nunsmoor-Centre-Trust)



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

## GARDENING AND LITTER PICKS

### TIME EXCHANGE GARDENING SESSIONS

**Mondays 10am-12pm &  
Thursdays 1pm – 3pm**

Street planter  
maintenance.

Meet at the Time  
Exchange.

Get in touch if you'd like  
to get involved.

**Thursdays 10am-12pm**  
Gardening at the Bike  
Garden.

Meet at the Time  
Exchange at 9.45am or at  
the Bike Garden at  
10.15am

### ARTHUR'S HILL / WINGROVE LITTER PICKS

**Mondays 10am-11am**  
Meet at the Bike Garden

**Wednesdays 9.30am**  
Meet outside Madina  
Food Stores

**Saturday 19<sup>th</sup> July**  
11am - 1pm

Meet at the Time  
Exchange at 10.45am.  
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.

## WELLBEING WALKS

Sunnie has organised our first Wellbeing Walk of the summer.

The group will be going to Riverside Park in Chester-le-Street.

If you would like to join us for our next walk, please get in touch with us.

We would like to say thank you for the donations we have received to make these activities happen!

## TIDY STREET PLANTERS

Helen and Matt have been out and about every Monday and Thursday, weeding, tidying and pruning the street planters in Arthur's Hill.

We are really pleased to see that some of the planters have been replanted with new plants and wildflowers over the year by local residents.

Thank you for helping to keep our streets looking lovely and green.

## ELECTRICAL CABLE RECYCLING

We've all got a box hidden away somewhere full of random electrical cables! Did you know that CeX shops in Newcastle will buy certain types of electrical cable?

Check out their website to see what you can recycle:  
<https://uk.webuy.com/search/?stext=cables>

## WALKING FOR MEDICAL AID



Time Exchange member Rachel Richman is training for a 100km walk to raise funds for Medical Aid for Palestinians (MAP).

*"In October 2019, I will be walking 100km, over 5 days, across the West Bank of Palestine. WHY? First and foremost to support a fantastic charity. Secondly there is no doubt this will be a BIG personal challenge for me as I complete this incredible journey that will be both demanding and rewarding. I will be truly blessed to visit a beautiful country, experience its amazing culture and the work of MAP and to honour the memory of my dear aunt, Naomi, who supported the work of MAP."*

Rachel has set up a Just Giving fundraising page:  
<https://www.justgiving.com/fundraising/rachel-richman1>

MAP works with Palestinian communities, to deliver health and medical care to those worst affected by conflict, occupation and displacement. Your donation will make a major contribution to MAP's mission.

## INTRODUCING THE WILD WEST END!

What is the Wild West End Project?

It is a 2 year project to see whether we have hedgehogs, swifts, housemartins and bats living in Wingrove and Arthurs Hill. We will be asking people to record their sightings of these species via an app or via text or paper. We want to understand where they nest, where they eat and where they sleep in the winter (hedgehogs and bats) so that together we can make the west end a better place for them!

We will also be going on regular evening walks to watch swifts, housemartins and bats. If you want to get involved please let the Time Exchange know or keep an eye on the Greening Wingrove Facebook page.

The project is funded by the Heritage Lottery Fund.

Ruth - Wild West End Project Officer

## DO NOWT AND YOU GET NOWT!

**Geoff Brown, 'The Local Bore, You can't Ignore,' writes:** I'm certainly no expert but it angers me that we're not only not investing in a more outdoor lifestyle but are neglecting it!

The health benefits are endless, could save ourselves with our, ever deteriorating health from worsening, save our cash strapped NHS £32billion a year and eradicate devastating diseases that depend upon fresh air and exercise to prevent them!

We're not going to get our missing Vitamin D indoors as it's produced only from sunlight. It's necessary for our survival and deficiency is a death warrant! Increasingly, Vitamin D deficiency is linked to other deficiencies, causing problems unheard of when we were younger too. We need physical activity for our bodies to both develop in our youth and not deteriorate earlier later in life.

My own life, having faced death on two occasions, I not only believe but now know, was saved by an active, outdoor lifestyle. I'm not just rambling, living in the past but listening to experts in their respective fields. Dr. Vybar Creghan - Reid is a professor of humanities and would like to still have a subject to study! She's written much on the subject, not only in the U.K. but worldwide and highlighted many of the newfound allergies arriving as a direct link. Former footballer, Alan Shearer, "I wouldn't have enjoyed my own success, sat in front of a T.V. as I developed as youngster!" Local street play worker, Alison Steadman, closely involved with the nationwide Playing Out programme, is over the moon with benefits of her work, as children develop better as healthier beings, both physically and mentally, as they discover and enjoy social interaction, equipping them for the modern world.

I think I'd better get off my backside and get out of my front door!

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

## PARENT & CARER COFFEE MORNINGS

**Do you care for a child or young person with additional needs, health condition or disability?**

**The Time Exchange would like to organise a coffee morning, providing a safe place to relax, take a break and meet with other parents.**

**Group support is a good way to share experiences and get emotional support from other people in the same or similar situation.**

**Please get in touch if you are interested.**

## EARN CREDITS WITH "ADORN"



**Tina, a longstanding member of the Time Exchange would like your support in promoting her social enterprise Adorn (North East) Community Interest Company.**

**Adorn is an ethical jewellery brand that follows the principles of the 'circular economy' by producing items made from re-cycled and re-used materials, therefore diverting them from landfill. The social enterprise offers workshops and classes in different settings, as a way to teach new skills and build confidence, as well as interrupting low mood (anxiety, stress and depression) and social isolation (lack of human contact). Adorn will also be taking on volunteers and offering work experience.**

**Tina began her career in community and youth work through volunteering with the Time Exchange. She later taught herself jewellery making, by upcycling her broken and unwanted items, after experiencing severe anxiety, stress and depression herself. She now wants to pay forward the skills she has learnt and the personal benefits of jewellery making which is an applied art.**

**If you would like to support Adorn and earn yourself credits please like and/or follow her on social media**

**Instagram: @adorn\_cic**

**For images and info about Adorns products, services and opportunities.**

**Twitter: @Adorn\_CIC**

**For info about relevant social and environmental issues**

**Facebook: @Adorn\_CIC**

**For images, videos and info related to jewellery making, eco-friendly practices and self-care, as well as Adorns products, services and opportunities.**

## A FOOL'S PHILOSOPHY

Is this so foolish? Fourteen million plastic items are dumped in our rivers and canals each year. However, according to The Riverways and Canals Authority, if we all retrieved a single item, they could be free of them in a year!

## CONTACT US

**Theresa / Sunnie**  
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 – 3pm  
Friday  
Closed

## 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

## 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://facebook.com/thetimeexchange)

- We are looking for donations of tomato plants following several requests for them.
- Lynne would like some old sewing, knitting, crochet or gardening magazines.
- Tamara has some spinach and mustard leaf plants on offer.
- Jeanette would like a casserole dish with a lid.
- Lynne has a microwave steamer and porridge pot on offer.
- Taymar is looking for some paving slabs and donations of old lampshades.
- A member is offering decluttering, organising and filing of paperwork at the Time Exchange office.
- Kavita has a bathroom cabinet, 2 towels rails and a toilet roll holder on offer.
- Tyrone would like some ladders, preferably telescopic.
- Ronnie is looking for some large nails and/or screws.
- Jusna would like a washing machine.
- Anna is looking for a Driving Theory Book and CD.
- Farah has a children's pop-up tent on offer.
- Theresa has some polystyrene bean bag filler on offer.
- The Time Exchange has a sewing machine available for use in the office. We also have a pump for any flat tyres!
- The Time Exchange has an electronic chess game on offer.
- Tyrone would like an arm chair, a cooker, a Sony PS3 and a dining table & chairs.