



NEWSLETTER

September 2019
No. 226

ELSWICK COMMUNITY LEISURE CENTRE SO MUCH MORE THAN A POOL



Elswick Pool re-opens its doors to the public on Monday 9th September!

The pool will initially be opening on reduced hours. This will include welcoming the schools back to use the pool, children's swimming lessons and some public swimming. Once they have finished recruiting and the pool is open all day, they will add more classes, sessions and options. People have enquired about adult lessons, disabled sessions, women only sessions and more. These are all things they will be keen to get going if there's sufficient demand for them. They are community run and are committed to offering the things the community want most but it will take a little time to get up to full capacity.

Thank you all again for your overwhelming support and patience ♥

The Friends of Elswick Pool

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 21st

September
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

NUNSMOOR CENTRE TRUST ACTIVITIES

Parent & Toddler Group

Every Thursday 9.30am-11.30am at the Nunsmoor Centre from Thursday 5th Sept.

Suggested donation £1 per week. Snacks of fruit and water provided.

Toy Library

Every Thursday 11am-12.45pm at the Nunsmoor Centre.

New toys and games – return weekly or fortnightly. Suitable for babies, toddlers and pre-schoolers. Membership is only £1 a year then it's free to borrow toys!

All welcome

VERTICAL VEG EVENTS

Harvest Festival

6pm – 8pm Thursday 12th September at the Greening Wingrove Bike Garden.

What did you grow this season?

Sharing the food grown from our garden as well as ideas on what to do with them. Bring a dish made from ingredients grown in your garden or bring something to add to the sharing table.

Seed Saving Workshop

6pm – 8pm Tuesday 24th September at the Greening Wingrove Bike Garden.

What will you grow next summer?

It's fun (and saves money) to save your own seeds to grow next year. And it's not difficult. Come and learn how, and have a go yourself.

WALKING FOR MEDICAL AID - UPDATE



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

Rachel has already reached 68% of her target thanks to donations and a car boot sale!

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)

- Sabrina has the following on offer: white wooden drawers, mahogany drawers, small dressing table, bathroom cabinet, 2 seater leather sofa, drop leaf table, wooden table, wooden trolley table, wooden unit, unit that was a dressing table, 3 mismatched chairs, single mattress, two piece bureau bookcase , small wooden drawers.
- Catherine is offering the following items: a selection of books, some in french; ESOL exam papers, an exercise ball; some bubble wrap; mugs; suede cleaner; some unopened stuff for very curly, wiry hair, a man's suit jacket; size 7 women's boots; an ice cube thingy.
- Lynne would like some textile place mats and old sewing, knitting or crochet magazines, seed packets and A4/A5 stationary or notepads.
- Jeanette would like a casserole dish with a lid.
- Lynne has some wall plugs and screws, insulation tape, upholstery brass tacks, a microwave steamer and porridge pot on offer.
- Taymar is looking for donations of old lampshades.
- Ronnie is looking for some large nails and/or screws.
- Tyrone would like an arm chair, a cooker, a Sony PS3, a dining table & chairs and some ladders, preferably telescopic.
- The Time Exchange has a sewing machine available for use in the office. We also have a pump for any flat tyres!

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You can't Ignore,' writes:

I'm pig sick of us being told, as we prepare leave the E.U., that we're going to starve, depending on the deal, or should I say 'no deal?'

Throughout the last century, we've had our backs to the wall, during World Wars, recessions and depressions and lived to tell the tale often richer for the experience! We've learned to grow much of our own food, often tastier and healthier than that found on our High Streets and a lot cheaper too!

Personally, I so often refer to myself as a proverbial 'townie' but I've always grown something since being taught basic skills as a young lad. Whether we've a yard, garden or even just a windowsill, we can grow, fruit, vegetables, peppers and herbs and with a darkened cupboard, can grow mushrooms!

All you need to get started are a few pots, soil and water. You can grow potatoes, turnip carrots, onions and similar vegetables. beans, lettuce and other salad greens, naturally follow the flow and in summer, strawberries are a doddle. Other fruits follow and if you've space for trees or bushes, so many lush perennial berries make themselves available!

I put my points to our own gardening guru, Helen and she backed me, "Almost anyone, even with only a windowsill can grow something sometime and with a garden or yard, the possibilities are endless!"

She also promised to make herself available, through 'The Exchange' for 'hands on' help and support, so what's stopping you?

AN HOUR SHARED IS AN HOUR SPARED!

NATIONAL CITIZEN SERVICE VOLUNTEERS



You might have seen groups of 15 young volunteers picking up litter in the streets of Arthur's Hill and Upper Elswick over August? Well, lots of residents thanked them for their work. Some local people said it was the council's job, but I think the council has tried really hard to encourage residents to use their bins correctly. They also do regular sweeps, despite the stringent cuts to their budget. In the end it's up to all of us to either use the bins provided or take our rubbish home to dispose of, isn't it?

I feel a rant coming on...

- One of our big bugbears at POW! (Proud of the West End! Litter-pickers) is the rubbish thrown out of car windows, quite often by drivers passing through the area, who some people call 'tossers'!
- Then the car owners who think that the gutter is a receptacle for their car litter – sooo lazy!
- And what about the disgruntled lottery card loser, who insists on tearing his losing card into 16 pieces? That takes 16 pinches of the litter-picking stick!
- Then there's the persistent daily banana skin dropper on The West Road, who thinks banana skins decompose overnight. It's actually up to 2 years and that's not taking into account someone could slip on it.
- And why would you drop a bus ticket on the ground beside a litterbin? Duh!
- And why would a parent drop a used nappy on the pavement?
- And then there are the 'tidy' litterers, who carefully place their can on a garden wall or in a hedge or on top of a litter bin. What!!!

Perhaps we all need to push for national education/legislation to:

1. reduce packaging
2. put large deposits on returnable bottles

Janet – POW (Proud of the West End)

A FOOL'S PHILOSOPHY

Lost, threatened or in danger?
Simply type the words 'Kicked
Converged Soccer' into your
'smartphone' and the
emergency services will
pinpoint your exact
whereabouts, within seconds
and offer the necessary help!

CONTACT US

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

Email:
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

LOCAL ADVICE ABOUT BENEFITS, DEBT AND HOUSING

Citizens Advice Bureau (CAB)

Phone: 0344 245 1288 Monday - Friday 10am – 4pm

Money Matters Advice Line

Money and debt advice telephone service.

Phone: 0191 277 1050 9.30am – 11.30am and 1pm – 3.30pm (except Wednesday morning)

Newcastle Welfare Rights Service

Public Advice Line - Phone: 0191 277 2627 Mon – Fri 9.30am – 12pm

Drop-in sessions

Wednesdays 9.30am - 12pm, Nunsmoor Centre

Thursdays 10am – 12.30pm, Cruddas Park Library

Thursdays 1pm – 3.30pm, Fenham Hall Library

Shelter North East

Phone 0344 515 1601 Mon – Fri 9am – 5.30pm

Crisis Support Line (Out of Hours Service)

0191 278 7878

For Envirocall, Night Noise Team, Repairs Centre & Out of Hours Social Work Support

Search

0191 273 7443

Advice and Information for older people and their carers