



NEWSLETTER

October 2020
No. 239

TIME EXCHANGE CROWDFUNDER SUCCESS

At a time when there doesn't seem to be much good news around we are absolutely delighted to share the news that we hit our Crowdfunding target in September. We raised an amazing £10,720 in just 1 month!

Thank you to everyone who helped us reach our goal by pledging and sharing our project. We would also like to thank the North East Local Enterprise Partnership for supporting our project and providing the match funding.

MORE FUNDING FOR THE TIME EXCHANGE

It's been quite a week at the Time Exchange as we heard we have also been awarded £9,946 to support the local community.

This funding is from the Coronavirus Community Support Fund, distributed by The National Lottery Community Fund. Thanks to the Government for making this possible.



HM Government

In partnership with

THE NATIONAL LOTTERY
COMMUNITY FUND

WHAT NEXT FOR THE TIME EXCHANGE?

Not only will this funding keep the Time Exchange office open for skills exchanges and 1-1 support but we'll also be able to continue our much needed gardening activities and street planter maintenance too.

We are already planning some autumn and winter activities (keeping in mind any changes to Covid-19 restrictions). Watch this space for more information.

SAFE MEMBER EXCHANGES

We want to ensure Time Exchange members stay connected during these ever changing times. There are still so many safe and socially distanced exchanges we can arrange so please get in touch if you have any job requests or skills you are willing to offer.

Don't forget that there are members keen to offer their help and earn some time credits!

Here are just some the exchanges we can arrange:

Shopping

Putting out rubbish

Sewing

Internet research

Telephone advice/support

Help with CVs and job applications

Zoom/Skype/Facetime exchanges (learning, companionship, advice etc)

Collecting prescriptions

Recycling

Gardening and advice

Proofreading

Language exchanges

ALL job requests are risk assessed to ensure the safety of members. Please note: Due to the restrictions imposed by the pandemic we are currently unable to arrange exchanges for car lifts, pet care, help at home such as DIY, cooking, cleaning etc

LOCAL ADVICE ABOUT BENEFITS, DEBT AND HOUSING

Newcastle Welfare Rights Service

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

Ward funded drop in advice
sessions have been replaced
with telephone advice—as
follows:

Wednesday between 9.30am
–12.00pm Arthurs Hill
residents can ring 0191
2772633

Thursdays between 10.00am –
12.30pm Wingrove residents
can ring 0191 2772633

Wednesday between 10.00am
-12.30 pm Elswick residents
can ring 0191 2772633

Citizens Advice Bureau

Phone: 0344 4111 444
Monday - Friday 10am - 4pm

Shelter North East

Phone 0344 515 1601 Mon –
Fri 9am – 5pm

Crisis Support Line (Out of Hours Service)

0191 278 7878

Use this number for Envirocall,
Night Noise Team & out of
Hours Social Work Support

Search (for older people)

0191 273 7443

Phone advice only Monday-
Thursday 9.30am –12.30pm
Advice and Information for
older people and their carers

Money Matters Advice Line

Money and debt advice
telephone service. Phone:
0191 277 1050

LET A THOUSAND NORTHUMBERLAND FLOWERS BLOOM



Greening Wingrove & Arthur's Hill CIC's free wildflower seeds are back again.

Last year, we gave out lots of Northumberland wild flower seeds and the feedback was very positive. We've now been up to Kevin Waugh's remote North Northumberland farm for another batch of seeds.

There's Yellow Rattle, Ox-eye Daisy, Meadow Buttercup, Red Clover and more. The flowers are ideal for supporting pollinators such as insects, and the insects attract House Martins, Swifts and Bats that visit our part of Newcastle.

The seeds are ideal for sowing in small spaces.

If you would like some seeds, do contact us via gw.bikegarden@gmail.com

THE GREENING WINGROVE & ARTHUR'S HILL BIKE GARDEN

New attractions at the Bike Garden - Dr Bike and Coffee

Dr. Bike, provided by Trusted Bikes CIC, has proved really popular at the Bike Garden. Greening Wingrove CIC are working to extend the sessions on Saturdays to the beginning of next year, and to add sessions for more substantial bike repairs. To book appointments, please e-mail: drbikeappointments@gmail.com or Text: DR BIKE INFO to 07385 634825.

You can now get a cup of coffee at the Bike Garden. This is thanks to Northern Slice who were offering pizzas previously. Weather permitting, the Northern slice coffee stall will be in the Bike Garden most days. Just check The Greening Wingrove Bike Garden Facebook page for details, or call in. <https://www.facebook.com/GW.BikeGarden>

Plans are also in place to restart the litterpicking and Friends of Nuns Moor Park activities.

If you'd like to know about hiring the Bike Garden, please contact: gw.bikegarden@gmail.com

DO NOWT AND YOU GET NOWT!

Geoff Brown, 'The Local Bore, You Can't Ignore,'

writes:

I was livid last week on learning rogues were digging up Nuns Moor, in search of old bottles. So much so, I think I briefly wished they'd fallen into the massive pits they'd dug, some up to 2m deep and as wide!

On one part of the Town Moor, on one occasion, there were 15 holes spotted by Parks Superintendent, Kevin Batey and his team. He told me, what he'd already told a meeting of The Town Moor Joint Working Group that they were "arriving in the dead of night, digging massive pits and leaving them, broken glass and other rubbish, putting people, grazing cattle and pets at risk, as well as damaging tree roots!"

I put it to Kevin, that if was not soon stopped, people could be frightened to walk, cycle or play on the moors and he told me, "That's why we're working closely with Northumbria Police and they're stepping up patrols in the area, in an effort to catch them in their dangerous acts!"

It's my own view, having loved 'The Moor' since my childhood years that if it's not soon stopped a life could be lost.

Imagine falling into a hole as deep as a grave and much longer and wider!

AN HOUR SHARED IS AN HOUR SPARED!

GARDENING JOBS FOR OCTOBER



October is a busy time in the garden. We can plant or transplant evergreen and deciduous shrubs and trees (including fruit), and hardy perennials. Now is also the time to out plant winter bedding, plant spring bulbs, and to plant up pots or hanging baskets of evergreens and winter colour (after clearing out summer flowering bedding); you also need to remove saucers from outdoor pots, and if possible lift ceramic pots from the ground, to prevent them becoming waterlogged or cracking.

You can collect seeds from perennials and take hardwood cuttings. Seeds to be sown outside include some perennial and annual flowers, and you can plant onion sets and spring cabbages, and sow broad beans and peas.

It's also a time to cut hedges, prune shrubs, cut back and tidy up, mulch (or sow green manure in veg beds), weed, rake up leaves (gather up to make leaf mold), protect or lift tender plants, and clean greenhouses and bird boxes. Lawns will usually need at least one cut and even an autumn feed, and compacted lawns can be treated.

Indoors we can sow winter salads and sprouts, and sow sweet pea flowers for planting out in Spring, and sow prepared bulbs.

If you would like Helen to help with your garden or yard or give gardening advice please get in touch.

STREET PLANTER WORK & LITTER PICKING

There's still a lot of work for Helen and Matt to do on the street planters throughout autumn. If you are interested in helping out with the litter picking in your street please get in touch for advice. Please get in touch if you've been doing any litter picking in your street or weeding the planters and we will update your credits.

REPORT ANY LITTER HOTSPOTS

Please keep our area looking clean and tidy by reporting any fly tipping and dog fouling.

Ring Envirocall on 0191 278 7878 or use the online reporting system: <https://www.newcastle.gov.uk/report>

In response to the increased levels of rubbish and fly tipping recently, Greening Wingrove & Arthur's Hill CIC has written to the City Council urging a meeting with residents to sort out problems with rubbish, bins and recycling.

CONTACT US

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

You can contact us on the following:

Telephone: **0191 2450663**

Monday – Friday 10am – 1pm

Email:
info@thetimeexchange.org

Follow us on Facebook for the latest advice and information:
<https://www.facebook.com/thetimeexchange/>

Email:
info@thetimeexchange.org

WHAT'S ON IN OCTOBER

ELSWICK POOL

Update 23rd September - Following the recent Government announcements Elswick Pool would like to reassure customers that they are continuing to review guidance and are following all advice from National Governing Bodies including Swim England. Swimming lessons remain unaffected by the changes to regulations as children remain exempt from the "rule of six" in organised sport and activities.

Their fitness classes will also remain unaffected as these are organised leisure activities with social distancing and risk assessments in place.

The pool and gym also remain open, but please ensure you are following all guidance, including social distancing and the "rule of six."

Call for more information: 0191 481 4101 or email at:
info@elswickpool.co.uk

SEARCH (For Older people)

Weekly Lunch at Home Club – A 2-course lunch delivered to your door for only £4.

In light of the recent local lockdown, SEARCH has made the decision to temporarily suspend all our indoor and outdoor group activities including the walking and Tai Chi groups.

Contact Search on 0191 273 7443 for more information.

OFFERS & REQUESTS – BUMPER MONTH!

Please disinfect or store safely before passing any items on. Members **MUST** maintain social distancing when swapping items.

OFFERS

- The Time Exchange is offering the following: Gardeners World magazines, 4ft lengths of willow, Private Eye Annual 2019, a green and white single duvet cover set, plastic storage boxes, a teasmade, dark brown hair dye, a Hard Rock Café tote bag, a long sleeved school shirt, age 15-16, a rubber Bluetooth keyboard, old curtain fabric.
- Di is offering the following: 2-drawer metal filing cabinet, nest of tables – poor condition, ladder-style shelving unit – 4 ladder ends, multiple shelves, sofa, tall bedside table, curly coat stand, pine cupboard- counter height, kneeling stool, double bed and mattress, potty locker, crockery, storage jars, glasses assorted, toaster and an electric kettle (pictures available).
- Tamara has some GCSE study guide on offer, subject include: Math Science, Physics and Catholicism and Christianity.
- Helen has some wool on offer.
- Lin is offering a double airbed, a children's balance bike (age 3-5) and a Roberts FM/DAB radio (faulty).
- Lynne is offering some oven cleaner and a medium soft black cardigan.

REQUESTS

- Helen would like some art materials, pastels, pens, crayons, paints etc
- Geoff would some screw top plastic water/pop bottles (500ml size).
- Jusna would like an office chair (with arms).
- Taymar is looking for old jeans, fabric, toy stuffing, cushion filler and old lampshades.
- Jeanette would like a casserole dish with a lid.
- Tyrone would like a microwave, a Sony PS3 and some ladders, preferably telescopic.