



## NEWSLETTER

March 2021  
No. 244

### SPRING GARDENING WITH THE TIME EXCHANGE



Spring must be here as Charlie was wearing shorts in the Bike Garden last week! In March, many plants start to sprout, and things start to get a bit warmer (but be aware the soil may still be cold, and there are still likely to be frosts and possibly even snow). It's the real start to the gardening year so here are some tips to get you started:

- Sow seeds inside for planting outside later.
- Sow salads, chillies, and tomatoes for growing on a sunny windowsill.
- Prepare borders, beds and containers. Don't dig soil if it's too wet or if its frosty though.
- If the soil isn't cold and there is no frost forecast, start sowing seeds outside.
- Sow potatoes towards the end of the month when the soil is warmer.
- You might need to protect young plants from bad weather.
- Get out and about or look out of a window and notice the bursting buds, colourful spring bulbs, birdsong, and emerging insects.
- Lift and divide herbaceous perennials
- Spread mulch (but not on cold or dry ground).
- Don't forget weeding!
- Hunt for slugs
- Tidy borders and containers
- Its pruning time for lots of shrubs
- If you've overwintered salads, they should start to be ready for picking.

We have vegetable, herb, and flower seeds to give to members, suitable for growing on sunny windowsills, in pots in your yard, in a greenhouse, or in your garden or allotment. We will publish a list of seeds available on our Facebook page and website, suitable for sowing in March.

We are looking for volunteers who can help us with some indoor gardening. If you have some space on a windowsill or in a greenhouse and can help us grow tomatoes, chillies, brassicas and beans until they can be planted outdoors in the Bike Garden please get in touch. We will provide the compost and seeds.

## 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:

**Arthurs Hill residents**  
0191 2772633

Wednesdays 9.30am –  
12.00pm

**Wingrove residents**  
0191 2772633

Thursdays between 10.00am –  
12.30pm

**Elswick residents**  
0191 2772633

Wednesday between 10.00am  
-12.30 pm

### Citizens Advice Newcastle

Phone: 0808 278 7823  
Monday - Friday 11am - 4pm

### Shelter North East

For housing advice or  
guidance  
Phone 0344 515 1601 Mon –  
Fri 9am – 5pm

### Search

Advice and Information for  
older people and their carers  
0191 273 7443  
Monday-Friday  
9am –4pm

### Money Matters Advice Line

Money and debt advice.  
Phone: 0191 277 1050  
Monday–Friday  
8.30am –4.30pm

## WESTGATE FOODCYCLE COOK & COLLECT



### COOK AND COLLECT

free, nutritious, takeaway meal



Thursdays | 7:00-8:00pm

Westgate Baptist Church



Foodcycle Westgate are currently running a Cook and Collect takeaway service. So if you would like a free, nutritious cooked meal, you can come and collect every Thursday between 7:00pm – 8:00pm.

Due to government guidelines, there will be no seating at the venue and all food must be taken away to eat. They hope to return to their community meals as soon as they can.

### **VOLUNTEER**

FoodCycle Westgate is only possible thanks to great volunteers giving their time, enthusiasm and energy. We have opportunities available for people to come along and cook, host guests and be involved in collecting the surplus food donations from local suppliers.

You don't need to have any previous cooking experience, although if you do that is just as welcome! We want as many local volunteers as possible and everyone is welcome to be a part of the team. Email [harry@foodcycle.org.uk](mailto:harry@foodcycle.org.uk) for more information.

## TIME EXCHANGE ANNUAL GENERAL MEETING

The Time Exchange held its quietest Annual General Meeting to date via Zoom last month. Despite all the challenges of the last year the Time Exchange is still going strong and we have our members to thank for their ongoing help and support. A copy of our Annual Report is available to download from our website detailing some of the work we have achieved over the year.

As the Time Exchange celebrates its 21<sup>st</sup> year this month we would like to think we can have a proper celebration with you all for our next Annual General Meeting later in the year!

## **DO NOWT AND YOU GET NOWT!**

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

I thought I'd be bringing you the beginning of some good news this month but sadly, that's not the case and we're condemning ourselves to a life without that much sought after 'breath of fresh air!'

Apart from war, air pollution is the single biggest killer in the world today and our long awaited Environment Bill has been delayed yet again. Air pollution is just one of the many issues it seeks to address but as we've been denied fresh air more often of late, it becomes all the more pertinent. I've regularly been in touch with Rebecca Pow's Environment Department's office and even she herself apologised for the delay in telling me, "I just hope, we'll be able to pass more, stronger measures when Parliament re – opens in the Autumn, as more will suffer and more will want action on their behalf!"

During the wait, two of our largest respiratory charities, The British Lung Foundation and Asthma U.K. who themselves were consulted on much needed measures, have made their findings public. Dr Nick Hopkinson, medical director of The British Lung Foundation, told 'The Bore,' "Toxic air puts 6 million people at risk of respiratory diseases and kills 40,000 every single year. It requires urgent action!"

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

## **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)

### **OFFERS**

- **The Time Exchange is offering some corkscrew willow trimmings, De-Icer spray, a USB desk light, Tippex correction fluid, a garden hose spray, Gardeners World magazines, camping & caravanning magazines, lever arch and ring binder files and a mindfulness journal.**
- **Helen is offering some paper craft and card making magazines.**
- **David is offering some solar garden path lights.**
- **Tamara has some GCSE study guide on offer, subjects include: Math Science, Physics and Catholicism and Christianity.**
- **Lin is offering a dark red velvet chair and a Roberts FM/DAB radio (faulty).**
- **Lynne is offering some oven cleaner.**

### **REQUESTS**

- **Alison would like a breadmaker.**
- **Marc would like a car tyre pump.**
- **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.**

**If you no longer have an item on offer or no longer need an item on request please let us know.**

## **STAYING CONNECTED**

Do you know someone who would like to get on-line but doesn't quite know where to begin? Elders Council has received funding from the Postcode Community Trust to provide tablets and wifi to people aged 50+ living in Newcastle. Working with our partners Mental Health Concern and Your Homes Newcastle, we are able to provide a device, wifi and a Tech Buddy to help people to get started. Being on-line has been so important to us all during lockdown. We've been able to meet friends and family; do our shopping and engage in a wealth of activities to keep us busy and distracted. We would like others to enjoy the benefits of being on line, particularly as many of these on-line activities are likely to continue for some time to come. So, please pass this message on and ask anyone who may be interested in this opportunity to contact or send us their details in an email and we will make contact with them. ☎ phone: 0191 208 2701 **Please note our office phone is usually an automated reply. We WILL contact you if you leave a message and telephone number.** or email [info@elderscouncil.org.uk](mailto:info@elderscouncil.org.uk)

## 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**  
Please leave us a message if there's no answer and we'll get back in touch as soon as we can.

**Monday – Friday**  
**10am – 1pm**

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

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

## RUBBISH AND WASTE PUBLIC MEETING

**TUESDAY 9th MARCH 2021, 6.00 pm**

Greening Wingrove & Arthur's Hill has managed to get a public meeting with the Council about refuse and fly tipping in the Wingrove and Arthur's Hill back lanes. Details are as follows: Please find below your invitation link to a meeting to be held on Tuesday 9<sup>th</sup> March at 6.00 pm for Wingrove and Arthurs Hill residents and Ward Councillors. The meeting has been arranged provide a waste update and to take questions on litter and local environmental issues. It will be chaired by the Leader of the Council, Nick Forbes.

Where possible, questions should be send in advance by 5<sup>th</sup> March to [christine.herriot@newcastle.gov.uk](mailto:christine.herriot@newcastle.gov.uk).

*Topic: Wingrove & Arthurs Hill - Waste Update, Litter & Local Environment Issues, Time: Mar 9, 2021 18:00 London*

*Join Zoom Meeting: <https://newcastle-gov-uk.zoom.us/j/97010693868?pwd=MmorVysyVEw1NFBoeW01Y2dQa0lQQT09>*

*Meeting ID: 970 1069 3868*

*Passcode: 053920*

If you don't have a Zoom link, please download the 'Zoom Cloud Meetings' app from the relevant app store (Apple Store on iPhone, or Play Store on Android). The app is free and there is no need to register for an account. Once the app is downloaded you can access the meeting by clicking the link: <https://newcastle-gov-uk.zoom.us/j/97010693868?pwd=MmorVysyVEw1NFBoeW01Y2dQa0lQQT09>

# ACTIVITIES GUIDE

## Winter 2021



Finding ways to connect with one another, both virtually & physically. Over 50's only.



### Monday

**Coffee Morning & Chat**

@ 10.30am via Zoom.  
Jan 18, Feb 1, 15, Mar 1, 15, 29.

**JOIN**

Meeting ID: 875 2207 8130  
Passcode: 999975

### Tuesday

**Yoga with Marcia**

@ 9.30am via Zoom.  
Weekly.

**JOIN**

Meeting ID: 828 2912 9485  
Passcode: 304030

**Art Appreciation**

@ 1.30pm via Zoom.  
Monthly on every 3rd Tuesday

**JOIN**

Meeting ID: 895 3692 6999  
Passcode: 722469

### Other Services

**Free craft pack**  
delivery to your door

**Advice and Guidance**

**Quarterly Newsletter**



Contact SEARCH on  
[info@searchnewcastle.org](mailto:info@searchnewcastle.org)  
uk or phone 0191 273 7443  
for further information.

### Wednesday

**Tai Chi**

@ 12.30pm via Zoom.  
Weekly.

**JOIN**

Meeting ID: 885 8871 0107  
Passcode: 454539

**General Knowledge Quiz**

@ 4pm via Zoom.  
Jan 13, 27, Feb 10, 24, Mar 10, 24.

**JOIN** ?

Meeting ID: 876 3394 8531  
Passcode: 675368

### FRIDAY

**Desert Island Tunes**

@ 10.30am via Zoom.  
Jan 22, Feb 5, 19, Mar 5, 19.

**JOIN**

Meeting ID: 816 0956 5188  
Passcode: 069425