



## NEWSLETTER

April 2021  
No. 245

# FOOD GROWING IN THE BIKE GARDEN



With the relaxation of Covid-19 restrictions we can now meet for activities in small groups of up to 6 people – just in time for being able to get out and enjoy the Spring! All gardening and environmental activities will be outdoors, and socially distanced and risk-assessed.

At the Bike Garden in April (but not necessarily in this order!) we will: Sow salads and green vegetables; Sow main crop peas; Sow root vegetables; Sow herbs & flowers; Sow beans, corn, courgettes/pumpkins/squash and chillies in pots; Plant potatoes; Plant strawberries; Pot on tomatoes; Move herbs from back garden to containers; Edge, weed, borders; Feed and mulch plants; Empty, disassemble, repair, rebuild, and fill tall raised bed, and do minor repairs to others (the plan is to do most of this at our Good to Grow event on 24<sup>th</sup> April); There will also often be weeding, watering plants, hoeing paths, and tidying to do. We are also planning a session of crafting with corkscrew willow and dogwood prunings, and planning a nature walk in the park – looking and listening for birds, insects, and plants and drawing/writing/photographing what we see. That's a long "to do" list!

There is also always plenty of time to relax and enjoy the garden or to chat with each other. After a cold and lonely winter everyone is looking forward to seeing some friendly faces, so it would be great to get some more members out and about together. 😊

## **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

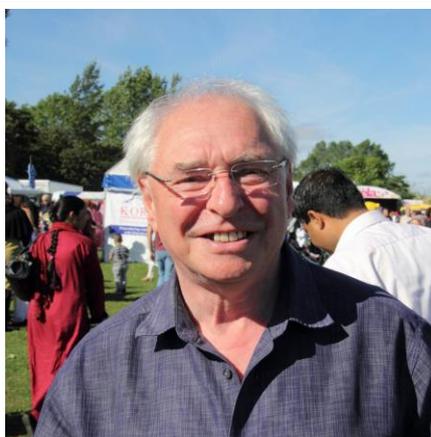
Monday-Friday  
9am –4pm

### **Money Matters Advice Line**

Money and debt advice.

Phone: 0191 277 1050

Monday–Friday  
8.30am –4.30pm



This area and the City of Newcastle suffered a sad loss at the weekend, with the passing of Cllr. Nigel Todd. Cllr. Todd represented our area on the City Council for many years, seeking only to make it a better place. A devout Labour politician, his passing is being mourned by anyone who'd the chance to meet him. He often appeared to cast Party Politics to one side, in his almost lifelong quest to improve the area and the lives of those who live, work here or both.

A great supporter of The Time Exchange, we could always rely on him, via the council, to help with funding for things he deemed fit. He always supported our Green projects and a lifelong anti – racist, saw ourselves and other local groups bringing people from all groups together, something which made him happy.

A truly special soul!

## **GOOD TO GROW - VOLUNTEER DAY**

Wednesday 24<sup>th</sup> April, 10am – 2.30pm at the Bike Garden.

We are looking for local volunteers (whether Time Exchange members or not) who can help us get the garden ready for the growing season. We have 5 places each in the morning (10am-12pm) and the afternoon (12.30pm-2.30pm). One of our raised beds which we grow vegetables in needs taking apart and rebuilding, and we also have repairs to make to some of the other raised beds. We also need help keeping paths clear of weeds, and with weeding and possibly watering.

## **STREET PLANTERS & LITTER PICKS**

Street planters – we will be pruning hydrangeas and tidying up frost-damaged evergreens, weeding and litter-picking. Come and work on the planters with us (socially-distanced of course), or litter-pick the pavement.

Litter-picking – we are looking to re-start the monthly Saturday litter-picking group, and would like to hear from members and local people who want to get involved.

We can also help you garden at home – Helen can help with gardening or garden advice, and we have vegetable, flower, and herb seeds to give to members.

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

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

**writes:** I can definitely bring you some good news for once! Soon, Teesside's Mura Technology will be recycling 80,000 tonnes of previously 'unrecyclable' plastic waste every year and it hopes to, eventually be dealing with up to a million tonnes by 2025.

Mura uses revolutionary technology which breaks down the plastics into the chemicals and oils, from which they were made, so that their same raw materials can be repeatedly re – used. All forms of plastic can be recycled and their C. E. O., Dr. Steve Mahon, told 'The Bore' this week, "We are heading for an environmental catastrophe and it's high time someone takes the initiative and helps put an end to plastic pollution across the world! We need to act now too!"

As you will no doubt remember from my previous 'rants,' in the U.K. we produce 2.4 million tonnes of plastic waste each year and worst of all, 8 million tonnes enters the world's oceans each year, depriving them of marine life and clogging them up, so any forward step is great news.

That said, I believe we should stop using masses of plastics in the first place and likewise, Jo Ruxton, the founder of Ocean Generation and producer of film, "A Plastic Ocean," told me "It's paramount we live more sustainably with plastic, reducing our need for it and vitally, stop it entering our precious oceans and environment!"

**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 self-watering plant pots (14cm), a selection of textile, including cotton and tweed, corkscrew willow trimmings, De-Icer spray, 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 an electric rotary mower and a Roberts FM/DAB radio (faulty).**
- **Lynne is offering some tins of paint (light green, red and cream) and some decorating tools.**

### **REQUESTS**

- **We are looking for volunteers who can grow plants on windowsills or in greenhouses and cold frames for us to plant out in the Bike Garden.**
- **We are looking for some more dog walking volunteers.**
- **Greening Wingrove are looking for volunteers to help out at their minimarket event later this month.**
- **Sarah would like a portable CD player.**
- **Marc would like a car tyre pump.**
- **Jusna would like an office chair (with arms).**
- **Taymar is looking for old jeans, fabric and old lampshades.**

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

## **HEALTHY WALKS & NATURE WALKS**

**As the weather gets warmer and we can arrange activities for up to 6 people, we are planning on running some local walks. The great thing about our walks is that they will offer you the chance to improve your fitness and meet others from your area, you can also find out about what other things are happening in the area.**

**Walking in a group is more fun than walking alone. Our walks are a great way to get active and meet new people.**

**We will also be organising a monthly nature activity, this could be a walk around the park, thinking about nature in the garden, or a craft activity using natural materials.**

**If you are interested in attending or would like more information contact the Time Exchange on 0191 245 0056.**

## CONTACT US

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

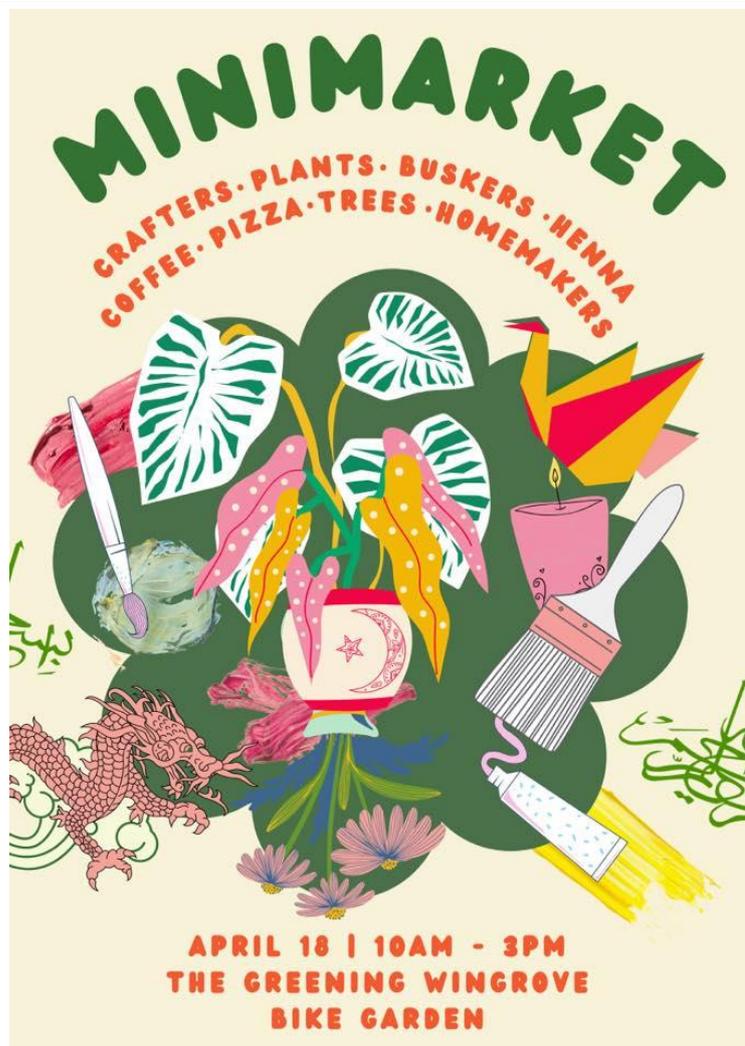
You can contact us on the following:

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/>



## CITY COUNCIL PUBLIC MEETING ON WASTE AND LITTER

Greening Wingrove asked the City Council to hold a public meeting to find ways of improving the rubbish and fly tipping afflicted back lanes in the terraced streets of Arthur's Hill and Wingrove Road.

This meeting eventually took place on Tuesday 9th March. Due to Covid, the meeting was held on-line. This almost certainly limited the numbers able to take part. But around 40 residents participated and were able to tell the Council about their experiences over the past few months. The Council also provided a slide presentation with facts and figures about the distinctively high level of waste collected from the back lanes. More CCTV cameras were promised, and an additional clean up team will remain in the area. There were also many ideas from residents for improving the situation, and Greening Wingrove put forward its view that the waste and recycling service should be remodelled to embrace a form of co-partnership with residents, enabling local knowledge and voluntary effort and Council services to be more aligned and effective on a long term basis. Currently, the back lanes appear to be in 'intensive care' or 'special measures' but a formal response to the meeting has been promised by the Council.

*If anyone would like copies of the Council's slides and the observations made by residents at the meeting, please e-mail: [gw.bikegarden@gmail.com](mailto:gw.bikegarden@gmail.com)*

## BACK LANES TO COUNTRY LANES

Dreary back lanes are set for an uplift thanks to residents in Wingrove and Arthur's Hill. Several projects are planned or under way in Croydon and Dilston Roads, Matfen Place, and Simonburn Avenue, with more likely. Greening Wingrove had a useful meeting with the City Council about back lane gardening and its benefits for health and wellbeing, pollinators, and as a deterrent to fly tippers. The Council are now writing a policy on back lane gardening. They should get sight of it around the end of this month. Hopefully, it'll be a common-sense guide to facilitating gardens. They'll let everyone know what's in the policy as soon as they have more news.