



## NEWSLETTER

May 2021  
No. 246

### LOCAL HEALTHY WALKS & NATURE WALKS



We are so pleased we can start organising safe activities for members! Last week saw us planning some new routes for our local walks. We are very lucky to have so many parks within walking distance along with the chance to get up close to nature. Thank you to Linda for helping us plan some new routes for our walks. If you would like to join us for a walk or have any suggestions for local walks please get in touch.

### GOOD TO GROW - VOLUNTEER DAY

We would like to thank all the members who helped out at the Good to Grow Volunteer Day in the Bike Garden last month. It's amazing how much we can get done with just a few volunteers!

We've managed to dismantle the damaged planter, top up most of the other planters in the garden with soil and carry out some essential weeding around the garden.

If you would be interested in helping out at future events (Weekdays or weekends) please let us know as we would like to organise more regular volunteer days in the garden.

## **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

## **TIME EXCHANGE GARDENING**

**FOOD GROWING AND GARDEN MAINTENANCE**  
Every Monday and Thursday 9.30am – 11.30am at the Bike  
Garden.

Places are limited so please let us know if you want to come  
along to any of the sessions.

### **STREET PLANTERS**

Every Monday and Thursday 1pm – 3pm.

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

We will be weeding and litter-picking. Come and work on the  
planters with us (socially-distanced of course), or litter-pick  
the pavement.

We want to say thank you to the volunteers from BAM  
Construction, Faithful and Gould and Wyn Construction who  
came and helped Helen and Matt last week. They managed to  
litter pick the whole of Stanton Street and Tamworth Road in  
one afternoon.

### **MONTHLY LITTER PICKS**

3rd Saturday of the month 11am – 12pm.

We will re-start the monthly Saturday litter-picking group this  
month, and would like to hear from members and local people  
who want to get involved.



**Nunsmoor Centre Trust**  
a place for our community  
presents

## **The Parent and Toddler**

The PATG will be open:  
**every Thursday**  
**from 9.30 a.m. - 11.15 a.m.**  
**at Nunsmoor Centre**



The PATG runs on a drop-in basis weekly on a Thursday  
morning during term time restarts May 13th.  
Suggested Donation £1.  
**PLEASE RING 0191 2774400 TO BOOK A PLACE**  
\*Suitable for Babies, Toddlers, Pre-school Children, Parents & Carers\*

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

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

As many of us have been house bound, we've perhaps missed the local, increasingly massive rubbish piles! In Newcastle, last year, the City Council spent £2.2 million collecting 7,000 tonnes of illegal rubbish, which could have been invested in filling 40,000 potholes, or planting 5,000 trees. It's my own view that fines of up to £2,500 should be 'dished out,' to those who dump!

We're by no means alone and across the U.K., according to Friends of The Earth, 2.5 billion throwaway cups, a billion plastic food trays and a third of our food is thrown away each year. To myself, it's a scandal when millions of people starve each year! Their chairlady, Frances Butler, told 'The Bore,' this week, "We're ever more quickly destroying our planet and the quality of life of its inhabitants."

It's wonderful that Time Exchange members, backed by the City Council and other groups, are beginning to start regular clean ups but their hard work is a drop in the ocean and we need an extra tough clamp down on those who litter! Over half a century ago, I was brought up in our local area and seeing a single item of litter, loose on the streets, was a rarity, so surely we can educate our residents to once again, get their act together, before human life, animal life and plant life disappears!

**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**

- **Need any consumer advice? We have access to Which (magazine and online resources) and we can share advice and information about all sorts of products and services with members for a credit. Get in touch if you want any help.**
- **The Time Exchange is offering some self-watering plant pots (14cm), 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.**
- **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 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.**
- **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.**

## **ARNOLD CLARK COMMUNITY FUND**

**Fantastic news! We have been awarded £1,000 of funding from The Arnold Clark Community Fund. They created the fund to help UK charities and local community groups continue their important work during this challenging time and we are certainly very grateful to receive the award!**

## **OTHER FUNDING NEWS.....**

**As well as working on some more funding applications we will be running another Crowdfunder starting later this month. Keep an eye on our Facebook page for details and once it's up and running, please share as far as you can so we can gather pledges and support. 😊**



## 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/>

## MINIMARKET AT THE BIKE GARDEN



## YOGA ON THE GREEN

**Every Saturday 9.30am – 10.30am at the Bike Garden**

Yoga on the Green is brought to you by Greening Wingrove and Happy Yoga Newcastle. This is an outdoor class. Please bring your own mat and equipment. £6 suggested donation.

This is anticipated to be busy so book early to avoid disappointment.

To book your place: click the attending button to confirm on the Greening Wingrove Facebook Page. [www.facebook.com/GW.BikeGarden](http://www.facebook.com/GW.BikeGarden)

You must cancel 24h before if you can't attend.

## BAT WALK WITH WILD WEST END

**Tuesday 18th May 9.15pm**

Come and help find West End bats!

Meet at the bench at the crossroads of Brighton Grove and Nuns Moor Road.

Walk also ends here.

We will be walking slowly along footpaths for about 1 hr with some short stops.

More info [wildwestend@greeningwingrove.org.uk](mailto:wildwestend@greeningwingrove.org.uk) 07410 944713

## WILD EAST BY APRIL DE ANGELIS

**Thursday 20 May 7pm at the Bike Garden**

*'Frank's got the interview; it's his big break. He just has to convince two formidable women from the corporation and he'll have his chance to get back to Russia.'* An outdoor performance from Theatre Space North East.

Tickets are available via <https://www.theatrespace.org.uk/> Age restrictions 16 yrs.