



NEWSLETTER

June 2021
No. 247

TIME EXCHANGE CROWDFUNDER

Spacehive

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Time Exchange - Local Skills Exchange

By Time Exchange Newcastle upon Tyne Crowdfund



Share this project

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9 backers

£3,315 pledged of £4,341

76% 37 days left!

Back this project!

Pledges will only be charged if the project hits its funding goal of £4,341 by 30 Jun 2021

Time Exchange

The Time Exchange is reliant on grant funding and fundraising activities to cover the costs of running the timebank and drop-in service. We've launched another Crowdfunder project to help raise additional funds to help us restart activities for our members as we come out of lockdown restrictions.

We want to be able to support all of our members over the coming months in any way we can. Please help us by spreading the word far and wide about our Crowdfunder project!

<https://www.spacehive.com/time-exchange---local-skills-exchange>

Thanks to everyone that has donated so far. 😊

TIME EXCHANGE MEMBER APPOINTMENTS

The Time Exchange is now offering 1-1 member appointments in the office to help with requests that can't be carried out over the phone or electronically. We will be limiting the number of daily appointments so **please book in advance**. We will be asking ALL members to wear a mask/face covering in the office. There will be safety measures in place such as signs, perspex screens and hand sanitiser, which **MUST** be used when entering the building. **If you would prefer to meet outdoors, we can arrange either a doorstep/yard or garden visit.**

TIME EXCHANGE OFFICE OPENING HOURS
Monday - Friday 10am – 1pm

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

Helen and Matt are out every Monday and Thursday 1pm – 3pm.

Please get in touch if you'd like to lend a hand. They will be weeding and litter-picking. Come along and work on the planters with us (socially-distanced of course), or litter-pick the pavement.

MONTHLY LITTER PICKS

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




We have re-started the monthly Saturday litter-picking group. We would like to hear from members and local people who want to get involved.

MINIMARKET AT THE BIKE GARDEN

HOMEMAKERS • BUSKERS • COFFEE

MINI
MAR
KET

CRAFTERS • TREES • PLANTS

JUNE 13 | 10AM - 3PM
THE GREENING WINGROVE BIKE GARDEN

DO NOWT AND YOU GET NOWT!

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

writes: It's my own humble view that in and around Newcastle, we're living above a death trap! Recent toxic floods in Cramlington, North Shields and a poisoned Ouseburn in Jesmond Dene, after heavy rain can only validate my claim. Is it any coincidence that all of these catastrophes are above old mine workings and The Ouseburn runs over land that was the scene of Britain's worst peacetime disaster? A total of 110 men and boys died in The Heaton Colliery Disaster in 1815!

I'm not alone in my belief that more disasters are waiting to happen either. Gateshead M. P, Liz Twist, has been busy investigating our near toxic waterways and discovered in Government documents that last year alone, there were over 400,000 sewage discharges into English rivers! Liz has been working with Surfers Against Sewage and if they don't see immediate action from central government, they plan to petition Parliament and our water companies to get their act together. Liz told 'The Bore' last week, "Much of our water treatment, drainage and sewage infrastructure is well over a century old and simply can't cope with modern requirements. It's a disgrace!"

I've spoken to an old friend, writer and journalist, Peter Dillon, who lives near The Ouseburn and he told me it was obviously a chemical leak from somewhere. He's in turn spoken friends in Wallsend and Cramlington and continued, "People feel frightened to leave their homes for fear of encountering faeces and dead rats after the recent floods!"

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 has a selection of frozen homemade Vegetarian ready meals on offer.**
- **Need any consumer advice? We have access to Which (magazines and online resources) and we can share advice and information about all sorts of products and services with members. Get in touch if you want any help/advice.**
- **The Time Exchange is offering some 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: Maths, Science, Physics and Catholicism and Christianity.**
- **Lin is offering an electric rotary mower.**
- **Lynne is offering some tins of eco-friendly wall paint (red and cream) and some decorating tools.**

REQUESTS

- **Benni would like a battery operated radio.**
- **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.**
- **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.

LOCAL NATURE WALKS

Last month we organised a local nature walk around Nuns Moor Park. Time Exchange members shared their local nature folklore stories. The group also identified some unknown plants in the park.

Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing.

If you would like to get involved with our next nature walk, or a small group local walk please get in touch. All ages and abilities are welcome.

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

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

The logo for PROPS (PROPS Family Recovery Service) features the word "props" in a lowercase, rounded, teal-colored font. The letter 'o' is replaced by a teal heart shape.

PROPS Family Recovery Service is a specialist service for people whose lives are affected by someone else's alcohol or drug use.

We understand how difficult it can be supporting someone who uses alcohol or drugs.

We understand how stressful, upsetting, and isolating it can be.

You are not alone.

PROPS offers practical help and emotional support to make life easier for you and your family.

We listen, help you to problem solve and support you to develop new skills.

If you feel you need help or advice please call our helpline on **0191 226 3440**, it's open from 9am to 9pm every day, including Saturday and Sunday.

GROWING GREEN COMMUNITIES

Growing Green Communities is a small project based at The Bike Garden in Nuns Moor Park. We offer free support and advice with growing fruits and vegetables in the outdoor spaces in front of our homes to people living in the Wingrove and Arthurs Hill area.

People that we have already worked with notice a difference in how their streets look and feel. Growing our own food and using our own spaces to do this creates a sense of independence and connection to nature and our community.

If you would like support with growing food plants and live in the area, or would like to support our project, get in touch by phone on 07565 217789 or by email at

greeningwingrovefood@gmail.com.

You can also drop into the Bike Garden any Tuesday morning between 10am and 11am and ask for Mark or Naseem. We will always be happy to hear from you.

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. To book your place: click the attending button to confirm on the Greening Wingrove Facebook Page. www.facebook.com/GW.BikeGarden You must cancel 24h before if you can't attend.