



NEWSLETTER

August 2021
No. 249

Help us think about future of food growing in the community & receive a **FREE £20 Morrisons voucher**

Join the

**GROW GREEN
FUTURES
TEAM**

Interested?

To Sign up: Contact project coordinators Mark Reed or Naseem Bashir, Call/text 07565 217 789 or email greeningwingrovefood@gmail.com

More information about the research: Simran Chopra, Call/text 07588753921, or email, simran.chopra@northumbria.ac.uk

Greening Wingrove's & Arthurs Hill are working to create a vision for community food growing and would like to **invite families to take part in two 30 minute walks on Saturday 7th and Sunday 8th August** in the streets around Arthurs Hill.

This will involve walking to selected locations in the neighbourhood to **imagine how we may improve our communities using sustainable interventions such as growing vegetables, fruits and herbs, encouraging nature to thrive in streets.**

You can do these short walking activities on your own, with a friend or with one of the project team members but please remember to follow the guidelines on social distancing. Taking part is completely voluntary, but if you do you'll receive a **FREE £20 gift voucher for Morrisons supermarket.**

This project has been designed in collaboration with Northumbria University and will involve using your smartphone to interact with the selected sites that you visit. Each of these two walks will take no longer than 30 minutes.

Following your two short walks around the area there will be a **follow up 1 hour meeting on Saturday the 14th August** to share what you experienced during the activities and **how you think we could change the way in which food is grown in the community.**

We hope that this activity will help us plan and design urban growing communities for the co-design of sustainable urban cities.



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

Your Local Services

Report and request a wide
range of environmental
services
Phone: 0191 278 7878 and
ask for 'Your Local Services'

TIME EXCHANGE SUMMER ACTIVITIES

FOOD GROWING AND GARDEN MAINTENANCE

Every Monday and Thursday 9.30am – 11.30am at the Bike Garden. We've had another busy month in Bike Garden keeping the plants watered and harvesting crops each week. Please let us know if you want to come along to any of the sessions.

STREET PLANTERS

Helen and Matt will be out every Monday and Thursday 1pm – 3pm covering all aspects of maintenance of the planters including planting, weeding and litter picking. All tools are provided. Time Exchange members can earn time credits too!

If you'd like to get involved please contact the Time Exchange for more information, and in bad weather call ahead to check the sessions will be running. Several members have been keeping their streets clean too, don't forget to tell us so we can update your credits!

MONTHLY LITTER PICKS

3rd Saturday of every month 11am – 12pm. Help us keep the terraces clean and tidy and join our monthly litter pick group. We would love to hear from members and local people who want to get involved.

LOCAL NATURE WALKS

Every month the Time Exchange is organising a local nature walk. It's a chance to take a leisurely walk around Nuns Moor Park, spend time in green space and bring nature into your everyday life.

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.

GARDENING REQUESTS

Don't forget that you can use your credits for gardening and gardening advice.

If you'd like Helen to come to help you in your garden, please contact the Time Exchange office to arrange for her to visit. She's usually available on Mondays and Thursdays.

FUNDRAISING AND DONATIONS

If you'd like to support the **Time Exchange** there are lots of ways you can help us. Thanks to everyone who has supported us!

CHARITIES AID FOUNDATION

Just go to <https://www.cafonline.org/my-personal-giving/start-giving/donate-now> and search for Time Exchange Limited.

EASYFUNDRAISING

All you have to do is log on to <https://www.easyfundraising.org.uk/> and choose to support the Time Exchange.

AMAZONSMILE

Just click on the link or search for the Time Exchange on <https://smile.amazon.co.uk/>

GIFT AID

The Time Exchange is registered to claim Gift Aid.

WEST END

MUTUAL AID

GROUPS

**SUMMER
EVENT**

8th of August

1pm

Top of Elswick

Park

**Food/Free-Cycle/
Stalls**

**All items are
FREE & available
to everyone**

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)

REQUESTS

- *****URGENT***** Please get in touch if you have anything you would like to donate to the Mutual Aid Groups Summer Event on 8th August.
- Jill would like an under-counter fridge.
- Benni would like a battery operated radio.
- Sarah would like a portable CD player.
- Taymar is looking for old jeans, large pieces of cotton fabric or bedding and old lampshades.

OFFERS

- Ann has some feather cushions on offer.
- The Time Exchange has a selection of frozen homemade Vegetarian ready meals on offer.
- Kavita has a baby bouncer on offer.
- Linda has some dining chairs 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.
- 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 guides on offer: Maths, Science, Physics and Catholicism and Christianity.
- Lynne is offering some tins of eco-friendly wall paint (red and cream) and some decorating tools.

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

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/>

AUGUST MINIMARKET AT THE BIKE GARDEN



BIKE GARDEN QUIZ NIGHT

Every Thursday at 7pm, gates open 6:30pm

PIZZA NIGHT IN THE BIKE GARDEN

Northern Slice Pizza every Friday night (weather permitting), gates open at 5pm.

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.

NUNS MOOR PARK LITTER PICK

Every Tuesday at 10am, meet at the Bike Garden

Help keep our local park clean and tidy! All tools and other equipment will be provided. Free tea or coffee afterwards for participants.