



NEWSLETTER

**September 2021
No. 250**

COMING UP IN SEPTEMBER - MUSICALS IN THE PARK

**STAGE2STAGE PRODUCTIONS PRESENTS
IN ASSOCIATION WITH GREENING WINGROVE**

**MUSICALS
IN THE
PARK**

**FEATURING LOCAL TALENT
PERFORMING THE BEST OF THE MUSICALS**

SATURDAY 25TH SEPTEMBER 2021

THE BIKE GARDEN

**NUNS MOOR PARK, STUDLEY TERRACE,
NEWCASTLE, NE4 5NU**

**GATES OPEN 6:45PM,
PERFORMANCE START 7:30PM**

TICKET PRICE £10.00

**AVAILABLE FROM NORTHERN SLICE
£**

WWW.STAGE2STAGE.CO.UK



THIS EVENT IS FULLY LICENSED. AS SUCH OWN DRINKS ARE NOT PERMITTED.

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 AUTUMN ACTIVITIES



FOOD GROWING AND GARDEN MAINTENANCE

Mondays and Thursdays 9.30am – 11.30am at the Bike Garden.
Its harvest time in the garden with a selection of produce on offer
each week for credits. Please let us know if you want to come
along to any of the sessions or find out about the weekly produce.

STREET PLANTERS

Helen and Matt are out most Mondays and Thursdays 1pm – 3pm
maintaining the street planters including planting, weeding and
litter picking. Time Exchange members can earn time credits by
helping out. All tools are provided.

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.

Don't forget to tell us if you've been out on your street tidying up
so we can update your credits!

MONTHLY LITTER PICKS – VOLUNTEERS NEEDED!

Saturday 18th September, meet outside the Time Exchange at
11am.

Please 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. Tools provided, please
bring your own gloves.

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

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 available on Mondays and Thursdays.

BULKY WASTE COLLECTION CHANGES

Households looking to dispose of large items of rubbish can do so more often thanks to changes to Newcastle City Council's bulky waste service.

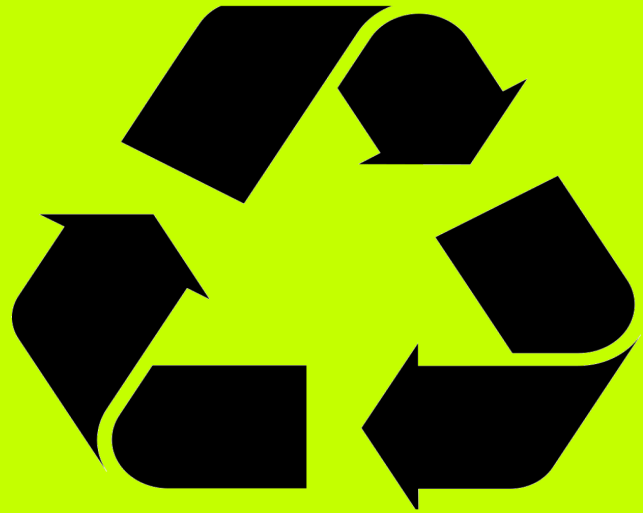
Your **city,**
your **home**

Newcastle
City Council 

More chances to dispose of your bulky waste

We've increased the number of collection slots you can book.

www.newcastle.gov.uk/bulkywaste



Previously the dates available for the authority's paid for collections was linked to a property's fortnightly general green bin pick-ups.

But now, residents will have more choice, with slots for most items available every weekday, and specific white goods collections every Friday. For more information about arranging a paid for bulky waste collection please visit www.newcastle.gov.uk/bulkywaste. Alternatively, to book a pick-up, call 0191 2787878 and ask for "Your Local Services."

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

- Jill would like an under-counter fridge (with freezer compartment).
- The Time Exchange would like a portable radio/CD player.
- Taymar is looking for old jeans, large pieces of cotton fabric or bedding and old lampshades.

OFFERS

- Lin has a 20" television (with a remote) on offer.
- John has some medium and large tweed jackets on offer.
- Ann has some feather cushions on offer.
- The Time Exchange has some 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 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.
- 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.

Please let us know if you no longer have an item on offer or no longer need an item.

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/>

TIME EXCHANGE JOB REQUESTS

Please don't forget that there are many safe exchanges we can arrange so please get in touch if you have any job requests or skills you are willing to offer.

We have members happy to offer their help in return and are waiting to earn some time credits, so please ask for help!

Here are some the exchanges we can safely arrange:

Shopping
Collecting prescriptions
Recycling
Sewing
Gardening and advice
Internet research
Proofreading
Telephone advice/support
Language exchanges
Dog Walking
Help with CVs and job applications
Zoom/Skype/Facetime exchanges (learning, companionship, IT support, advice etc)

We know how important it is to stay in touch with others and timebanking is a great way to stay connected. 😊

MINIMARKET AT THE BIKE GARDEN

Sunday 5th September, 10am – 3pm. Crafters, makers, music, fun and laughs.

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.