



NEWSLETTER

October 2021
No. 251

THE GREENING WINGROVE BIKE GARDEN APPLE DAY



CAN YOU HELP US BE GOOD APPLES?

Greening Wingrove and the Friends of Nuns Moor Park are planning this year's **APPLE DAY** - a fantastic half-term event for all the family, featuring apple juice making, apple cakes and pies, apple shies, apple-and-spoon races, music and fun!

This year's event is pencilled in for Saturday 23rd October, probably from 10 am to 2pm. Can you help?

We need donations of apples from people who've got a glut, suggestions for activities to run - and above all, we need people to help out on the day with running activities, setting up and taking down, and just generally being part of the gang that can make this year's event the best yet!

If you think you could help, call Jo on 07734 156 484 or email jo.ellis2801@yahoo.co.uk

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 ACTIVITIES



LOCAL NATURE WALKS

Every month the Time Exchange runs a local nature walk around Nuns Moor Park, a great way to spend time in green space and bring nature into your everyday life. If you would like to get involved with our next nature walk please get in touch. All ages and abilities are welcome.

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.

GARDENING REQUESTS

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

STREET PLANTERS

Helen and Matt are on Mondays and Thursdays 1pm – 3pm maintaining the street planters including planting, weeding and litter picking. 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.

MONTHLY LITTER PICKS - POSTPONED

We have decided to postpone the Saturday litter picks during the colder months. If you want to do any litter picking on your street and want to borrow some equipment, please get in touch with us. Don't forget to let us know how many credits you've earned litter picking!

GROUP FRUIT & VEG BUYING

A local resident has been exploring the idea setting up a buying co-op to benefit from the bulk purchase wholesale pricing that can be achieved at Hutchinson's.

They have set up an online survey for interested parties. If you are interested click below:

https://docs.google.com/forms/d/e/1FAIpQLSdVfZ5mQ5o-Ee7y4DTEyR5WxNJQvB4bDejH4For10j4ex0EGQ/viewform?fbclid=IwAR29KPINogN3La30C8DkH_NNxIkk2m8UJwmsWvdkn_aFCmacfotCW-PW2JLw

DO NOWT AND YOU GET NOWT!

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

I'm mad that, whatever wonders they achieve, so many are so, so critical of our friends in the NHS! Just as some of us are about to contribute to our care, via the new Health and Social Care Bill, we must do so happily, rather than grudgingly.

Under the new legislation, there would be capital spending on buildings and services, as well as ongoing efforts to link up all health and social care services providing a pruned 'point of contact' service, in exchange for a few coppers and free to those, unable to afford it. I've spent two short periods in The Freeman Hospital in the last two years and they do a wonderful job both for in – patients and out – patients. This week, I'm experiencing a direct link up between, hospital 'in' and 'out' patient services, social services, my own G.P. and of course, The Time Exchange. I don't think they'll have found a 'magic cure' for any ailing's in staff and patients alike but they're building something bigger better and beautiful!

I spoke to my own G.P., Dr. Patrick Ojechi who, whilst supporting link ups, told me, "Sadly, sometimes we've failed to provide a 21st Century service for the 21st century but it's exciting to see free services now starting to multiply and move forward in unity!"

AN HOUR SHARED IS AN HOUR SPARED!

TIME EXCHANGE FUNDING NEWS

We're really pleased to share the news that we've received some funding from the YHN Community Fund.

This funding will support Time Exchange activities over the next 6 months as we look at new ways of supporting our members.

We want to get in touch with Time Exchange members and find out what types of skills exchanges you are comfortable offering now that most restrictions have been lifted.

If you have any ideas or suggestions about small group activities you would like us to organise, please get in touch.

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

- Geoff would like to borrow a wallpapering brush.
- Jill would like an under-counter fridge (with freezer compartment).
- The Time Exchange would like a portable radio/CD player.
- Taymar is looking for some gardening hand tools for Elswick Park volunteer days. She is still interested in large pieces of cotton fabric and denim.

OFFERS

- Pat has a selection of wool on offer.
- Lin has an adult's bike (in need of a service) and a 20" television (with a remote) on offer.
- The Time Exchange has some plum jam on offer. If you have any jams or chutneys you would like to offer for credits. Please let us know. 😊
- 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.
- Tamara has some GCSE study guides on offer: Maths, Science, Physics and Catholicism and Christianity.
- Lynne is offering a professional drawing book, selection of coloured ribbon and 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/>

THANK YOU FROM WILD WEST END

Dear Wild West Enders,

A really big thank you for all of your nature sightings in the last two and a half years. We have submitted 550 sightings from the project to the Environmental Records Information Centre!! And the RSPB online map swift mapper now is full of entries for the west end :)

We now know where the swifts, house martins, hedgehogs and bats are feeding, where the house martin nests are, and have even found swift nests. Which are very difficult to find.

This information helps, and has already helped, to protect and improve the places where these 4 species feed and nest.

ERIC and WWE are currently working together to turn this data into GIS maps so that everyone knows where these species are and can continue to protect them and improve their habitats.

We have also had sightings of other species, such as Sparrowhawks!

As soon as the maps are finished I will share them with you all.

Thank you all again,

Ruth Hayward
Wild West End Project Officer

MINIMARKET AT THE BIKE GARDEN

The next mini-market will be at the end of October, check the Facebook page for details nearer the time. www.facebook.com/GW.BikeGarden

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.