



## NEWSLETTER

November 2021  
No. 252

### STREET PLANTERS AND LOCAL LITTER PICKING



The Time Exchange has worked with many local residents to maintain the Street Planters in the Arthur's Hill terraces over the last 20 years. We have received regular funding from Newcastle City Council Ward Committee to maintain the planters and encourage residents to adopt a planter near their home. Our gardeners Helen and Matt are able to offer advice, assistance and loan of gardening tools for those wishing to take on the maintenance of planters. There are over 100 street planters and planting boxes in Arthur's Hill!

We have also organised various litter picking events and worked with local schools and groups such as POW (Proud of the West End) and Greening Wingrove and Arthur's Hill CIC to keep the area clean and tidy.

**We want to continue this vital work, and to do this we need your help!**

We are looking for volunteers who would like to join our weekly street planter sessions every Monday and Thursday 1pm – 3pm.

We would also like to restart the monthly litter picks and want to know which days and times are best for volunteers.

Please contact the Time Exchange for more information.

## 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

### LOCAL NATURE WALKS

Every month the Time Exchange runs a leisurely nature walk around Nuns Moor Park, a wonderful way to get a bit of fresh air and take in all the autumn colours. 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

Every Monday and Thursday 9.30am – 11.30am at the Bike Garden. There is still a selection of produce on offer each week for credits.

### GARDENING REQUESTS

If you'd like to book Helen for an autumn tidy up, please contact the Time Exchange office to arrange for her to visit. She's available on Mondays and Thursdays.

### GARLIC PLANTING

We'll be running a garlic planting session at the next Bike Garden mini market.

**mhm**  
communitymatters

**JET**

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## Pathways Employment & Wellbeing Newcastle

**We know that keeping or finding a job can be difficult when you are feeling anxious, low or mentally unwell.**

Pathways Employment & Wellbeing Newcastle supports people to improve their mental health and wellbeing and secure or sustain employment.

Call: 07974 623113 / 07894 698 257

Email: [pathwaysnewcastle@mhm.org.uk](mailto:pathwaysnewcastle@mhm.org.uk)

The service is delivered in partnership with JET, who have specialised experience in supporting asylum seekers, refugees, and individuals from minority ethnic backgrounds.

Our mission: We help people achieve good mental and physical wellbeing and live life to the full

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

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

I'm angry at the rising rubbish levels on our streets and back lanes and won't be calmed until they're cleaned and kept clean!

After petitioning from local residents, I am pleased to report that Newcastle City Council will be trying out different combinations of solutions on small sections of four back lanes in the local area over the next 12 months. Individual bins will be compared with shared bins. Each will be trialled with either open access to the back lane or access blocked at one end with bollards.

These pilots will be evaluated to help decide what might work best for the future. Watch this space and we'll keep you posted!

Many residents are also 'up in arms' about our rising rat population. Filthy back lanes have become a prime breeding ground for rodents. It's a scandal but hardly surprising as no one in our modern world should be overrun by rodents! They can be deadly disease carriers and make rubbish piles worse as they forage for food.

I definitely believe, now, that we should all support our council and others in the enforcement of their fine system and to engage better with residents on looking after our once leafy lanes!

**AN HOUR SHARED IS AN HOUR SPARED!**

## **MORE FUNDING NEWS**

We're very pleased to be able to share even more good news with you, as we have received a £1,800 grant from the B&Q Foundation for our Yarden Project to make improvements to our back yard space.

### **FUNDRAISING**

There are a few different ways you can help raise funds for the Time Exchange. You can make donations via the Charities Aid Foundation, either a one-off donation or a monthly donation. We are also registered with [EasyFundraising.org](http://EasyFundraising.org) and [smile.amazon.co.uk](http://smile.amazon.co.uk) so that you can raise funds when you shop online. Thank you to everyone who has donated 😊

## **OFFERS & REQUESTS**

**Do you have anything you would like to add to our offers and requests? It's a great way to give unwanted items a new home and earn credits at the same time. Here are the latest offers and requests:**

### **OFFERS**

- **Margaret is offering some spider plants, Christmas roses (for outdoors), a metal CD rack and a cake decorating turntable.**
- **Geoff is offering a small cordless kettle and a desk lamp.**
- **Pat has a selection of wool on offer.**
- **Lynne is offering some Christmas gift wrap, a professional drawing book, selection of coloured ribbon and some tins of eco-friendly wall paint (red and cream) and some decorating tools.**
- **Lin has a 20" television (with a remote) on offer.**
- **The Time Exchange has some plum jam and wildflower seeds 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, reviews 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.**

### **REQUESTS**

- **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.**
- **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.**

## 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/>

## HOMEMADE OFFERS/REQUESTS

We would love to hear from any members who are interested in swapping/sharing homemade goodies for time credits.

Have you made some jams or chutneys from your garden produce? Have you been busy designing, upcycling, crafting or sewing? Do you have a request for something another member could make for you?

Please get in touch if you have any homemade items you can offer to other members.

## WINTER ACTIVITIES AT THE TIME EXCHANGE

We know it's early but we're already planning ahead for December.

Last year we made some Christmas card making packs for members and would like to know if anyone is interested in receiving a pack this year.

We will also be organising a wreath making session in the Bike Garden and will need to find natural materials such as holly, ivy and pine cones so please get in touch if you might have some to donate in early December.

## MINIMARKET AT THE BIKE GARDEN

The next mini-market will be on Sunday 28<sup>th</sup> November, check the Facebook page for details nearer the time. [www.facebook.com/GW.BikeGarden](http://www.facebook.com/GW.BikeGarden)

## PIZZA NIGHT IN THE BIKE GARDEN

Northern Slice Pizza on Friday night (weather permitting), gates open at 5pm. It's the last one of the year on Friday 5<sup>th</sup> November.

## YOGA ON THE GREEN

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

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](http://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.