



## NEWSLETTER

February 2022  
No. 255



### **TIME EXCHANGE WINTER GARDENING UPDATE**

The gardeners have had a very productive January. We've been lucky to have had good weather during our sessions, so have got lots done! So far at the Bike Garden, we have sorted out compost bins, weeded and mulched borders and raised beds, taken hardwood cuttings, planted comfrey root cuttings.

In February we plan to start sowing seeds – winter sowing hardy annual flowers outside (we need large, clean bottles to make mini greenhouses), and sowing chillies, tomatoes, and broad beans indoors, and we will start chitting early potatoes. We have more compost bins to sort out, more weeding and mulching, and more paths to hoe. We will be pruning autumn-fruiting raspberries, and dividing perennials. Helen would be ordering seeds, we won't be tidying borders until it gets a little warmer, to help hibernating insects.

On the street planters, we will continue our general winter pruning program, and will also prune roses, buddleia, dogwood, fruit bushes, elder, ivy, and winter-flowering shrubs. If we have any wet or frosty weather we will be cleaning and sharpening our tools. There is also the endless litter picking too!

At home, you can sow mustard, cress, mizuna, and other greens on a windowsill. In your gardens, you can plant rhubarb, fruit bushes/trees and deciduous shrubs, as well as planting hardy spring bedding like primroses and forget-me-nots. Clean bird nest-boxes and bird feeders. Don't work the soil if it's very wet or frosty – there's plenty of time to get things done when spring arrives. Enjoy spotting birds, snowdrops, and signs of spring.

## **LOCAL ADVICE ABOUT BENEFITS, DEBT AND HOUSING**

(Updated January 2022)

### **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 10am - 4pm  
Walk in session 10am -12pm  
at City Library Mon-Fri

### **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

## **MONEY SAVING TIPS FOR MEMBERS**

Have a look in your kitchen cupboard and fridge for any ingredients that are near their use by date, then have a look on the internet for recipes that use them. You can make a large quantity and then freeze it in individual portions.

Cooking a large quantity and then freezing portions saves you money because you only need to put the oven on once, and you will have food in the freezer for times you are not able to cook.

Use old tubs like margarine tubs to freeze the portions in.

Time Exchange can help you find the recipes and maybe even a member who would be able to cook it for you. We can also organise shopping and loan of some of the equipment you might need. We can also provide recipes for you to use.

We often have frozen ready meals that members can request for credits too, and Foodcycle has a vegetarian 3-course meal on offer at Westgate Baptist Church every Thursday at 6.45pm.

## **MORE TIPS TO EAT WELL FOR LESS**

Draw up a weekly meal plan using up ingredients you already have and make a shopping list of any missing items.

Cook extra portions for your evening meal so you can have the leftovers for lunch the next day.

Frozen fruit and vegetables come pre-chopped and ready to use, are just as good for you, and are often cheaper than fresh varieties.

You could save money by buying cheaper brands than you normally do.

How about adding vegetables to meat dishes like casseroles to make your meals go further? Or try a few vegetarian meals during the week to keep costs down.

Pulses, such as beans, lentils and peas, are some of the cheapest foods on the supermarket shelf. They are low in calories and fat but packed with fibre, vitamins and minerals.

Reduce waste by freezing bread, in small portions (for convenience) when it's at its freshest. Store bread in an airtight container or bag to avoid freezer burn.

Get in touch if you want to share your money saving tips.

## **KEEPING OUR STREETS CLEAN & TIDY**

Would you be willing to help improve your local area by reporting any environmental problems?

You can report these things:

Broken glass and litter, blocked gullies or street drains that can lead to flooding, dog poo, fly tipping (furniture, mattresses and other unwanted items that have been left on the street or back lane), also drug litter.

These will be dealt with by Envirocall.

You can go to this site <https://envirocall.newcastle.gov.uk> and fill in a form or contact Time Exchange to ask a member to help you report it. You can earn credits when you report the problems you find. If you can include a photo of the problem it is helpful.



# Get Online Newcastle

## How can we help?

Do you need help to get online but don't know where to start? Call 0191 277 8842, Monday-Friday 10am-2pm.

You can contact us on email too, [Getonline@newcastle.gov.uk](mailto:Getonline@newcastle.gov.uk) or if you are already online have a look at our webpage [www.newcastle.gov.uk/get-online-newcastle](http://www.newcastle.gov.uk/get-online-newcastle)

## 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

- Alison is offering a ladies rally bike (3 speed) and a set of vintage Movie magazines (1979-1983).
- Geoff is offering a desk lamp.
- Lynne is offering a professional drawing book and some embroidery transfers.
- Kavita has a baby bouncer on offer.
- The Time Exchange has the following items on offer:
  - Chutney, chilli jam and wildflower seeds.
  - Gardeners World and Women's Institute magazines.
  - Various sized plates, slightly chipped, but would be good for plant pot stands or craft projects.
  - Campervan shaped teapot.
  - De-icer spray, some Tipp-ex, a hosepipe spray attachment.
  - Ring-binder and lever-arch files.
- The Time Exchange can loan out the following equipment to members for credits:
  - Litter pickers, we can also give you some thick black bags.
  - Gardening tools.
  - Sack truck/barrow.

### REQUESTS

- The Time Exchange gardeners need some large, clean plastic bottles to make mini greenhouses in the Bike Garden.
- We are looking for design ideas to transform our back yard into a welcoming outdoor space for members. Please get in touch if you have any suggestions?
- 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.

Don't forget to let us know if you know longer have an item on offer.

## 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/>

## FUNDRAISING AND DONATIONS

We are always looking at different ways to raise funds for the Time Exchange. We've registered with several fundraising websites. If you'd like to support the Time Exchange there are lots of ways you can help us:

### CROWDFUNDER

Do you have a Nectar card? We have just registered to collect Nectar points via Crowdfunder. Details to follow soon...

### 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 when you do any online shopping.

### 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. We can raise an additional 25% on any donations we receive.

Thanks so much to everyone who has supported us so far!

## FENHAM - NORTH OF THE TYNE, UNDER THE STARS



Friday 4th and Saturday 5th March  
6pm – 9pm

Fenham - Nuns Moor Park (Brighton Grove, Newcastle upon Tyne NE4 5PA)  
Free, no booking required. Suitable for all ages

Have you noticed that the skies have been behaving strangely? A blaze of shooting stars, the Northern Lights more visible than before, comets flying and constellations burning brightly? Something or someone is stirring in the night sky.... North of the Tyne, Under the Stars tells the tale of a mysterious visitor, a Story-Weaver called down from the stars to travel the area and spin a new story about Newcastle, Northumberland and North Tyneside. The Story-Weaver will be visiting Blyth, North Shields, Wallsend, Byker, Fenham and Hexham on her quest, before gathering up all of the ingredients she has collected and inviting us to Newcastle to witness the magic she has woven from all the tales that she has found.

Experience a beautiful fire installation, evocative soundtrack and the appearance of a larger-than-life mythical being made of stars! North of the Tyne, Under the Stars is produced by Pinwheel and DAT Events, commissioned by the North of Tyne Combined Authority. Find out more at [www.undernorthtynestars.co.uk](http://www.undernorthtynestars.co.uk)