



## NEWSLETTER

April 2022  
No. 257



### **STREET PLANTERS AND LOCAL LITTER PICKING**

We've just been awarded a £1880 grant from Newcastle City Council's Arthur's Hill Ward Committee to maintain the street planters in the Arthur's Hill Terraces. The Time Exchange has worked with many local residents to maintain the planters over the last 21 years and 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. We are really pleased to see that some of the planters are already being looked after by local residents. Thank you for helping to keep our streets looking lovely and green!

There are over 100 planters in the area and there's lots of work to do. The Council have recently carried out some hard pruning following some resident requests to cut back some of the larger shrubs. We are going to continue working with the council in keeping the planters tidy, reporting any fly tipping, damaged trees and arranging collection of the green waste.

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

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.

## **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 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

## **HELP AND ADVICE ON ENERGY BILLS**

The Chancellor announced a support package to help householders with the rising costs.

- There will be a rebate of £150 paid via your council if you are in Council Tax Bands A-D. This does not have to be repaid. Check your current council tax statement as to how you should receive this. You can also call your local council tax department or check their website.
- In the Autumn there will be a credit of £200 applied to your electricity account. This is a loan, not a grant, it will be repaid over 5 years in an increase in the daily standing charge. If you are on a pre payment meter your supplier will get in touch to let you know how you will receive the credit.

National Energy Action have some useful energy saving tips that you can look at and try to reduce your energy usage. Every little saving helps towards keeping the cost of your bills down or maintain credit on your pre payment meter.

<https://www.nea.org.uk/advice-support/information-leaflets/>

Here are some of the top tips:

- You can save around £30 a year just by remembering to turn your appliances off standby mode.
- Avoid putting warm food in your freezer as it makes it work harder - allow food to cool down first.
- Only boil the water you need in your kettle. This can save you £6 a year.
- Save an average of £35 on electricity a year by drying clothes on a clothes line, instead of using a dryer.
- Spending one minute less in the shower every day as part of your grooming routine will save up to £7 per person off your household energy bill each year.
- Washing clothes at 30°C instead of 40°C can save you around £9 a year.
- Don't leave your mobile phone on charge all night – most only need a couple of hours.
- Using a bowl to wash up rather than running the tap could save you up to £25 a year.
- Switch off lights when not in use. This could save your household £14 a year.
- Cut back your washing machine use by one cycle per week and save around £5 a year on energy.

Are you experiencing financial hardship? Speak to your energy supplier if you are worried about your energy bills and to find out if you are eligible for additional priority services.

The Warm and Safe Homes Advice Service is run by charity National Energy Action. It provides advice to people struggling to afford their energy and water bills, either directly or via referrals from others. [nea.org.uk/advice/wash-advice](https://www.nea.org.uk/advice/wash-advice)

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

**Geoff Brown, alias 'The Local Bore, You Can't Ignore' writes:** Ever fancied free food; food that's tastier and fresher than any supermarket produce? What's more, it can be found in copious quantities, within less than a 1km radius of 'The Exchange' office! You simply need to be prepared to learn what to look for, how to identify it and pick it.

I'll bet, though, you'll know what nettles look like but did you know apart from stinging, they're the main ingredient in some super recipes? What's more, we're approaching the right time of year to pick them and we can produce beautiful, soups, stews, nettle ravioli and nettle and blue cheese rarebit. Wild garlic's a common find locally, in abundance from March onwards and will produce wild garlic and nettle soup, wild garlic Chicken Kiev and wild garlic crusted salmon.....MMM..!

If you've a sweet tooth, blackberries are in abundance in autumn and will give you pie fillings, jams, yoghurt and sauces too. From May onwards, elderflowers will be in abundance and can become a primary ingredient in jam, frozen yoghurt and even an elderflower vodka to reward your foraging forays with a healthy tippie or two! The list is almost endless and we'll keep you posted, as well as loaning gardening gloves, bags and anything else you need in exchange for credits, so watch this space.

I believe we're all simply tenants on our earth and Governments should insist we all grow at least two varieties of food each year, whether that may be in our yards and gardens, or even windowsills. We're all descended from 'hunter gathering' folks who knew well how to live off the land and we should soon learn! I've long kept in touch with retired lecturer, artist and dry stone waller, 'Dunston Dave', who totally agrees. "I'm often off into the countryside, carrying my tools, brushes and canvasses, so simply couldn't carry enough food to keep me from starvation. However, I often enjoy better meals than at home through a little foresight and a lot of fun foraging. The sheer satisfaction of having picked, caught or killed something before cooking it, makes it taste better than that produced by five star chefs!" Dave's never been fat but knows his active lifestyle and healthy eating keeps the pounds off too!

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

## **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**

- **Ronnie has some rubber plant cuttings on offer.**
- **Farah is offering a selection of kitchen pots, pans and a wok.**
- **Geoff is offering a desk lamp.**
- **Lynne is offering a desk, a selection of art materials, dark blue wool, professional drawing book and some embroidery transfers.**
- **The Time Exchange has the following items on offer:**
  - **3 large office style desks.**
  - **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, a wire fruit bowl and some large ceramic jars/vases.**
  - **De-icer spray, some Tipp-ex, a hosepipe spray attachment.**
  - **Ring-binders 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**

- **Farah is looking for donations of old saris.**
- **Taymar is looking for some gardening hand tools for Elswick Park volunteer days.**

**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/>

## ACTIVITIES WITH THE TIME EXCHANGE



### LOCAL NATURE WALKS

Every month the Time Exchange runs a local nature walk around Nuns Moor Park. 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. It's the real start to the gardening year so there are lots of jobs to be done in the garden

### GARDENING REQUESTS

If you'd like Helen to come to help you in your garden for a tidy up or some planning/advice, please contact the Time Exchange office to arrange for her to visit.

## FUNDRAISING AND DONATIONS

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:

**SPACEHIVE** – Watch this space! We are about to launch a crowdfunder to raise funds for our gardening projects.

### **CROWDFUNDER**

You can now raise funds for the Time Exchange using your Nectar points!  
<https://www.crowdfunder.co.uk/p/time-exchange-limited-1120686>

### **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!**