



NEWSLETTER

July 2022
No. 260

SICK AND TIRED OF THE LITTER IN THE AREA? HELP US KEEP OUR STREETS CLEAN AND GREEN

The Time Exchange has now been improving the Arthur's Hill Street planters for over 20 years. Much of this work involves clearing litter from our streets and we really need your help to keep the area looking clean and tidy!



We are looking for volunteers who would like to join our weekly street planter sessions.

LITTER PICKING AND STREET PLANTER WORK

EVERY MONDAY AND THURSDAY 1PM – 3PM

Meet at Time Exchange (235 Stanton St) at 1pm.

Tools and gloves will be provided.

Please wear suitable clothes and footwear.

Children are welcome if accompanied by a responsible adult.

Greening Wingrove & Arthur's Hill CIC are organising litter picking in Spital Tongues so look out for details for the next session.

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

NUNSMOOR CENTRE TRUST COMMUNITY DIVERSITY EVENT



We had a great time at the Community Diversity Event last month. Helen and Rachel were kept busy with their butterfly wings activity, here are some of the colourful designs.

Thanks to everyone who came along and got involved 😊

LOCAL JOB OPPORTUNITY AT THE NUNSMOOR CENTRE

Nunsmoor Centre Trust
a place for our community

We're Hiring

Programme Coordinator

10 hours per week
£15.40 per hour

FOR AN APPLICATION PACK PLEASE EMAIL :
nunsmoor.trust@gmail.com

TIME EXCHANGE CROWDFUNDER UPDATE

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The Time Exchange Green Team

By Time Exchange Newcastle upon Tyne Delivery



15 backers

£1,806 raised

Funding is now over. Bear with us while we tot up all your pledges!

Share this project

Unlike 5 Comment Following 12

The Time Exchange will organise a range of gardening and environmental activities as a way of promoting wellbeing in the community.

Time Exchange

About me
Ask me a question
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The Time Exchange Green Team crowdfunding campaign was a success. We're so pleased we reached our target, raising £1806. Now we can organise lots of gardening activities throughout the summer.

Thank you to everyone who donated, it means a lot!!

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

- John has a large compost bin on offer.
- Farah is offering a selection of kitchen pots, pans and a wok.
- Geoff is offering a small desk lamp.
- Lynne is offering some magnetic drivers L – plates, a desk, jam jars, some embroidery transfers and dressmaker's pins.
- The Time Exchange has the following items on offer:
 - 3 large office style desks, ring-binders and lever-arch files, Gardeners World and Women's Institute magazines, chutney and chilli jam.
 - Various sized plates, slightly chipped, but would be good for plant pot stands or craft projects, a campervan shaped teapot, a wire fruit bowl, a large ceramic vase, de-icer spray, some Tipp-ex, a hosepipe spray attachment.
- 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 and sack truck/barrow.

REQUESTS

- Jeanette is looking for a shallow terracotta pot, (approx. 30cm diameter) and a 4 pin power cable for a vintage sewing machine, or a replacement sewing machine.
- Dave would like a hedge trimmer or the use of one.
- Ronnie would like a 6 speed mountain bike rear wheel (26x2050x559)
- Helen is looking for a lidded bucket for the garden.
- The Time Exchange gardeners would like some chilli plants if anyone has any going spare as we've been late seed sowing this year.
- Farah is looking for donations of old saris.
- Taymar is looking for some gardening hand tools for Elswick Park volunteer days.

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 – Thursday
10am – 1pm

Email:
info@thetimeexchange.org

Follow us on Facebook for the latest advice and information:
<https://www.facebook.com/thetimeexchange/>

REMEMBERING FLORRIE



*“Howay, ya b*gger man!”*

Last month we bid a fond farewell to Florence ‘Florrie’ Mary Gardiner who passed away peacefully aged 89 years. Florrie will be remembered by many in the area for her infectious laughter and her big hugs! She was a busy Time Exchange member, even introducing her younger brother Charlie to us. ♥♥♥

ACTIVITIES WITH THE TIME EXCHANGE

FOOD GROWING AND GARDEN MAINTENANCE

We've been busy harvesting salad leaves, mustard, garlic and berries in the garden this month. If you want to get involved we are in the Bike Garden every Monday and Thursday morning 9.30am - 11.30am. No booking required!

STREET PLANTERS

Helen and Matt are working 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. We've got some summer flowers on offer if you would like to plant up your local planter.

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

Don't forget that 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 usually available on Mondays and Thursdays.