



NEWSLETTER

**October 2022
No. 263**

COMMUNITY APPLE DAY



Apple Pressing
- Feel welcome to bring your own apples to juice for home!

**SUNDAY 9th October
11am-4pm**

**Jams, Chutneys,
Crumbles
and Pies**

**FAMILY
FRIENDLY
GAMES**

Face Painting

NUNS MOOR PARK

**ALL WELCOME
Bring a picnic!**

BIKE GARDEN

Greening Wingrove with Friends of the Park: <https://www.facebook.com/GW.BikeGarden>

LOCAL ADVICE ABOUT BENEFITS, DEBT AND HOUSING

Connected Voice

Cost of living help and support
page:

[https://connectedvoice.org.uk/
cost-living-support](https://connectedvoice.org.uk/cost-living-support)

Newcastle Welfare Rights Service

Public Advice Line - Phone:
0191 277 2627 Mon – Fri
9.30am – 12pm

Ward funded drop in advice
sessions – as follows:

Arthurs Hill residents

0191 2772633

Wed 9.30am –12.00pm

Wingrove residents

0191 2772633

Thurs 10.00am –12.30pm

Elswick residents

0191 2772633

Wed 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



Apple Day 2022 will take place on Sunday 9th October from 11.00 am - 4.00 pm. It's our annual family-friendly celebration of the ubiquitous apple and everything connected with it.

There'll be apple shies, apple-and-spoon races, apple cakes on sale and much more. Throughout the day, we'll be milling and pressing apples to produce the freshest apple juice you can get. In fact, you'll be able to bring along your own apples and take away your own freshly-pressed juice!

But we need your help to make it happen. We need:

- **Apples!** Lots of them. If you've got a glut in your garden or allotment, or know someone who has, bring them down - we'll use them!
- **Helpers!** Could you run a children's game, look after a stall, help us make our apple juice, or operate a pizza oven?
- **Produce!** Have you got produce for sale or swap? Jams, chutneys, fruit pies, garden vegetables welcome!
- **Ideas!** Have you got some great plans for making Apple Day 2022 the best yet?

If you think you can help us with any of the above, let us know! Contact the Friends of the Park at jo.ellis2801@yahoo.co.uk or call Jo Ellis on 07734 156484.

TAI CHI AT THE SPITLER

Tai Chi & other animals??!

- Exploring gentle movement for health
- All ages & abilities

2 taster sessions:

Tuesday 11th October

Tuesday 25th October

6.30pm to 7.45pm at The Spitler, Spital Tongues Community Centre, Morpeth Street.

£5 each session.

Bring a blanket or yoga mat.

AUTUMN ACTIVITIES WITH THE TIME EXCHANGE

FOOD GROWING AND GARDEN MAINTENANCE

Harvest time in the garden! We have a weekly harvest of vegetables on offer for time credits. 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. 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 an adult.

LOCAL NATURE WALKS

Every month the Time Exchange organises a local nature walk. Enjoy 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

You can use your credits for gardening and gardening advice. It's the season for hedge cutting and evergreen pruning. 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.

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

- Tina is offering 1-1 or small group jewellery upcycling workshops. Get in touch for more information.
- Tamara has some A-Level books on offer including English Language and Sciences.
- Alison is offering a pack of Flymo plastic blades.
- Tina has a DVD player on offer.
- Geoff is offering a small desk lamp.
- The Time Exchange has the following items on offer:
 - Mixed rolls of wallpaper, ring-binders, chutney and chilli jam.
 - a large ceramic vase, de-icer spray, 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

- Shanaz would like some plants for her yard.
- We have a member request for a lawnmower.
- Jeanette is looking for a shallow terracotta pot, (approx. 30cm diameter).
- 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.
- 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 – Friday
10am – 1pm

Email:
info@thetimeexchange.org

Follow us on Facebook for the latest advice and information:

<https://www.facebook.com/thetimeexchange/>



Nunsmoor Centre, Studley Terrace, Newcastle upon Tyne NE4 5AH
Telephone Number 0191 277440

Welfare Rights Surgery

A face to face free 'drop in' service has restarted every Tuesday morning

from **9.30 a.m. – 12.00 noon**
at
Nunsmoor Centre.

Places are allocated on a 'first come first served' basis. The number of people the Welfare Rights Officer can see each week is limited by time restrictions.

When this surgery has run in the past demand has been high!

Company Number: 0798591

Registered Charity Number: 1148020



SEEDS2TREES



Seeds2Trees is a brand-new initiative that provides individuals, schools and community organisations a chance to give their time to do something very special, to help our environment. Seeds2Trees is a 5-year community focussed initiative by Living Woods North East Community Interest Company, to collectively grow 50,000 news trees, which will be planted by Living Woods as a part of their community tree planting work, and woodland improvements, across the North East of England.

Would you like to become one of our first 100 tree growers to grow the 10,000 trees by Autumn 2024?

For more information please visit our website: www.livingwoodsnortheast.org.uk/seeds2trees where you will can also fill in an on line form to express your interest in becoming a tree grower.

Seeds2Trees is designed to be a project to support people not only take a personal responsibility to tackle climate change, but to benefit from the magic in growing trees from seeds. We will provide support and encouragement every step of the way. By joining our Seeds2Trees, you will be growing the change we need, and will be growing a positive legacy for future generations.

We look forward to hearing from you.

Lara, (Project Manager) seeds2trees@livingwoodsnortheast.org.uk

Find us on Facebook at <https://www.facebook.com/growing the change>