





Name:

Please tell us more about the areas you can help or need help with:

Tasks	Need help with	Can help with
Business/Office Services 	e.g. writing letters	
Classes/Lessons 	e.g. cooking, foreign language	
Community/Social 	e.g. attending drop ins	
Companionship 	e.g. having a cup of tea	
Computer 	e.g. computer tuition	
Crafts and Music 	e.g. knitting, jewellery making	
DIY 	e.g. simple DIY, painting	
Gardening 	e.g. simple gardening, weeding	
Health and Beauty 	e.g. manicures	
Help in the Home 	e.g. grocery shopping, cleaning	



<p>Hobbies</p> 	<p>e.g. fishing, chess</p>	
<p>Local Timebank Support</p> 	<p>e.g. admin, events</p>	
<p>Miscellaneous</p>	<p>e.g. donation to good will pot, have a go at anything</p>	
<p>Pet care</p> 	<p>e.g. dog walking</p>	
<p>Transportation</p> 	<p>e.g. lifts</p>	

