



Stratford Time Bank

Name:

Address:

SERVICES OFFERED AND REQUESTED

	Offer	Request
Art & Craft		
Drawing & painting		
Knitting & crochet		
Making clothes		
Mending clothes		
Metalwork		
Modelling		
Photography		
Sewing		
Toys & gifts		
Woodwork		
Other		
Pets		
Dog training		
Dog walking		
Other pets		
Pet sitting		

	Offer	Request
Business & office		
Accounting		
Attending meetings		
Bulk mailing help		
Delivering leaflets		
Design work & print		
General clerical help		
Publicity work		
Typing/word processing		
Other		
Health & wellbeing		
Hair care		
Homeopathy		
Manicure		
Massage		
Reflexology		
Other		

	Offer	Request
Community		
Catering		
Community activities		
Day trips		
Entertaining		
Help with social events		
Interpreting		
Litter picking		
Other		
Gardening		
Gardening advice		
Garden sitting		
Hedge cutting		
Lawn mowing		
Tree pruning		
Weeding		
Other		



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SERVICES OFFERED AND REQUESTED

	Offer	Request
Help in the home		
Cleaning		
Clearing & tidying		
Cooking		
House sitting		
House work		
Ironing		
Lifting & moving		
Washing		
Watering plants		
Other		
Home repairs		
Carpentry		
Decorating		
Electrical		
Furniture		
Other home repairs		

	Offer	Request
People		
Errands		
Escort to appointments		
Help with forms		
Help with reading		
Letter writing		
Lifts in car		
Phoning		
Shopping		
Visiting		
Transport		
Car washing		
Cycle maintenance		
Deliveries		
Simple car repairs		
Other transport		

	Offer	Request
Teaching		
Arts & crafts		
Exercise & fitness		
Languages		
Literacy & numeracy		
Music		
Sports coaching		
Technical equipment		
Other		
Computer		
Computer repair		
Database design & help		
Digital graphics & photos		
Help using a computer		
Internet research		
Website design		
Other computer		