










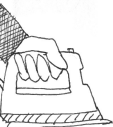









Help identify the needs and skills in your area

		Need help	Could help			Need help	Could help			Need help	Could help				
		[]	[]			[]	[]			[]	[]				
	Escorting people to appointments				Simple decorating				Providing local knowledge				Companion-ship		
	Shopping				Simple home repairs				Local contacts				Phone friend		
	Doing errands				Gardening				Story telling				Listening		
					Horticulture								Visiting housebound people		
	Help with form filling				Car repairs				Book-keeping				Babysitting/ Child Care		
	Typing/word processing				Motorbike repairs				Computer skills				Meeting child from school		
	Letter writing				Cycle repairs				Printing/ Design work				After school care		
	Budgeting				Car washing				Surfing the net				Youth work		
	Sewing/ Embroidery/ Dressmaking				Organising social events				Coaching in sports				Basic housework		
	Knitting				Helping with social events				Fitness				Cooking		
	Woodwork				Running a bar				Fishing				Washing/ Ironing		
	Metalwork				Catering				Wildlife/ Nature				Budgeting		
	Playing a musical instrument				Teach reading				Painting/ Drawing				Pet care		
	D.J.				Adult literacy				Pottery				Dogwalking/ training		
	Entertaining				Translation				Craftwork				Plant watering		
	Film and video				Teach languages				Interesting hobby				House sitting		
	Giving people a lift				Muscle: Building work				Emergencies			<p>PROJECT WORK</p>	Delivering leaflets		
	Driving car				Muscle: Lifting/moving objects				On call at unsocial hours				Packing leaflets		
	Driving van								Have a go at anything!!!				Publicity work		