



Offers and Needs Questionnaire

Name

Instructions

Please tick the appropriate box

I NEED HELP WITH.....

I CAN HELP WITH.....

Home

- Cooking.....
- General Errands
- Gift wrapping
- Help with pets.....
- Help with phone calls.....
- House sitting.....
- Housework.....
- Plant watering.....
- Shopping.....
- Simple decorating.....
- Storage.....
- Washing/ironing.....

Office

- Accounting
- Administration.....
- Design work.....
- Help with interview skills..
- Help writing CV's.....
- Helping at the library.....
- Letter writing.....
- Translations.....
- Typing/word processing....
- Use of equipment.....
- Use of meeting room.....
- Work placement

Outside

- Car washing.....
- Cycle repairs.....
- Dog walking.....
- Gardening.....
- Home repairs.....
- Leafletting.....
- Litter picking.....
- Moving/lifting.....
- Orchard work.....
- Outdoor activities / sports ...
- Nature reserve activities.....

Skills

- Basic plumbing (not gas).....
- Beauty Treatments.....
- Craftwork.....
- Hairdressing/styling.....
- IT Support
- Knitting.....
- Languages
- Massage.....
- Metalwork.....
- Painting/drawing.....
- Photo restoration.....
- Photography
- Pottery.....
- Reiki.....
- Sewing/embroidery.....
- Story telling/reading.....
- Web site design
- Woodwork.....

Teaching

- Adult literacy/numeracy....
- Music tuition.....
- Provide local knowledge.....
- Singing lessons.....
- Sports coaching.....
- Foreign language.....
- Cookery lessons.....
- Computer skills

People

- Companionship.....
- Day trips
- Escort to appointments.....
- Give lifts.....
- Help with form filling.....
- Listening.....
- Phone buddy.....
- Visiting housebound people

General

- Art & Design
- Dance / exercise / sport ...
- Entertainment
- Give talks / workshops
- Help with fundraising
- Help with social events
- Help the Timebank

Please add to our list

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.....	<input type="checkbox"/>	<input type="checkbox"/>
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