

OFFERS AND NEEDS QUESTIONNAIRE

Name: _____

Date: _____



Please tick what you can offer or need from the St Ives Time Bank, either now or in the future. This is a never ending list we will keep adding to.

In the home		
	Can help	Need help
Cooking/baking		
Help with pets		
House sitting		
Help with phone calls		
Housework		
Plant watering		
Shopping		
Simple decorating		
Storage		
Washing		
Ironing		

Outside		
	Can help	Need help
Gardening		
Building work		
Basic vehicle repairs		
Car washing		
Dog walking		
Home repairs		
Leafleting		
Litter picking		
Nature reserve activities		
Moving/lifting		

Teaching		
	Can help	Need help
Adult literacy/numeracy		
Music tuition		
Provide local knowledge		
Singing lessons		
Sports coaching		
Cookery lessons		
Foreign language tutoring		
Martial arts		
Chair exercises		

Office		
	Can help	Need help
Administration		
Bookeeping		
Budgeting		
Computer skills		
Design work		
Help with interview skills		
Help with CV writing		
Letter writing		
Translations		
Typing/word preocessing		
Use of equipment		
Marketing/PR		
Use of meeting room		

Skills		
	Can help	Need help
Basic plumbing (not gas)		
Beauty treatments		
Craftwork		
Hairdressing/styling		
Knitting		
Massage		
Metalwork		
Photo restoration		
Painting/drawing		
Pottery		
Reiki		
Storytelling/reading		
Sewing/embroidery		
Woodwork		

People		
	Can help	Need help
War stories		
Companionship		
Errands		
Escort to appointments		
Give lifts		
Give talks		
Help with form filling		
Help with fundraising		
Help with interviews		
Help at social events		
Listening		
Phone buddy		
Visiting housebound people		

Please turn over to add to our list...

Please add anything not listed on the previous page you think you can help with or may need...

	Can help	Need help