



## ACCOMODATION

Prof No.s

Offers:

Box room accommodation for smaller person	89
Overnight stay	17
Room in my home : listed building in beautiful secluded valley in Derbyshire Dales	292

Wants:

Holiday accommodation in U.K. and abroad	183
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# ACTIVITIES



Prof No.s

## Offers:

Face painting – to do for parties	17
Help with children's parties (not cooking)	258
Recipes and advice on making own face/hand cream, bath Bombs	184
Tennis partner (occasionally)	287

## Wants:

Help with parties (adult and children's)	69
Shared holidays	183
Tennis partner (occasionally)	287



## ADVICE AND INFORMATION

Prof No.s

### Offers:

Advice on West Indian food	291
Applying for funds/fundraising for community organisations	17
Buying/selling property	147
Computer help	182
CVs and production	17
Help with completing forms (ex CAB advisor)	48
Interview techniques	17
Knowledge/motivation on travelling and working abroad	184
Nutrition/diet advice	259
Support and advice on domestic violence	290
Travel in Latin America specifically Ecuador	293

### Wants:

Advice on fat free meals	258
Advice on vegetarian meals	258
Help and advice with online shopping	69

## ANIMALS



	Prof	No.s
Offers:		
Animal sitting		89
Cat care		289
Cat feeding		286
Cat sitting at my home		265
Checking on pets whilst on holiday		17
Dog sitting in my home		48
Dog sitting while owner away		258, 259
Dog walking		89, , 289
Dog walking while on holiday		293
Feeding pets whilst on holiday		17
Guinea pig sitting		280, 281
Hen minding while on holiday		293
Holiday guinea pig care		280, 281
Looking after animals (not cats and dogs)		237
Pet feeding/minding - local		218
Pet sitting when away		184, 287

Wants:		
Dog sitting while on holiday		258, 259
Hay		237
Pet sitting for 1 cat and 2 house rabbits when away		287
Straw		237
Washing of 2 radiator pet beds, 2 small cushions and 1 towel		218



## CARE AND COMPANIONSHIP

Prof No.s

### Offers:

Care and companionship	136
Care to older people	89
Companionship	258
Companionship for the elderly and/or infirm	265
Extra hands for moving, decorating, cleaning, etc.	184

### Wants:

An occasional cinema companion (female)	248
Someone to wait in for deliveries	184

# CLEANING



Offers:

Prof No.s

General cleaning

255

Household cleaning

89

Wants:

Clearing out garage

246



## COMPUTERS/CLERICAL

	Prof	No.s
Offers:		
Admin		246
Bookkeeping		246
Cleaning up scanned images		184
Clerical work		48, 246
Computer advice		278, 280, 281
Computer graphics		184
Computer guidance		278
Computer help		182
Computer setup including Linux		278
Cross cut shredder – use of		218
Digital photo restoration - repair and reprinting		270
Computer upgrades (hardware/software)		182
General office work		218
Internet search		181
P.C. advice - including Excel, Word		147
P.C. problems, hardware and software		182
Printing		280, 281
Programming/teaching excel		182
Programming/teaching VBA		182
Proof reading essays, esp. occupational therapy/social policy		184
Typing documents		259
Use of internet		181
Word processing		218
Workshop facilitator		280, 281

### Wants:

Advice on computers (general)		17
Computers		280, 281
Computer advice		48
Guidance and advice in use		292
Guidance - laptop		265
Help sorting out paper work		147
Help with digital camera		48

## CREATIVITY



### Offers:

Prof No.s

Artwork	218
Cards	232
Card making classes	232
Craft tutoring	280
Detailed, intricate sewing/craft jobs	259
Digital photo albums	183
Digital photo restoration - repair and reprinting	270
Digital photography	183
Face painting – to do for parties	17
Help with writing projects	270
How not to write English badly	147
Knitting tutoring	280
Knitting patterns	184
Photo albums	183
Picture framing	183
Poetry writing	89
Recipes and advice on making own face/hand cream, bath bombs	184
Small P.A. System with engineer for events/open mics if you can provide transport!	248
Use of craft materials and equipment	243
Writing for all	89

### Wants:

Art lessons (landscape painting)	293
Calligraphy tuition	48
Help with digital camera	48
Learn new crafts	136





## DIY

Prof No.s

### Offers:

Advice on décor	147
Furniture repairs	69
Guitar repairs	69
Joinery, small fence repairs, gates	69
Wallpaper stripper – loan of	48

### Wants:

Aerial fitting	293
Decorating	136, 181, 218, 246, 280, 281, , 290
Decorating – help with	258
DIY	136, 255
Fuel for wood burning stove	237
General DIY	183
Help fixing leaking wooden conservatory	181
Help removing polystyrene wallpaper from ceiling	181
Help repairing wooden fence/gate	269
Joinery	218
Materials advice	17
Nine strips of wallpaper hung	89
Occasional DIY	265
Odd jobs	243
Outside light/electrics fixing/connecting	181
Plug fitting	293
Plumbing	243, 280, 281, 293
Small DIY jobs	, 290
Small DIY jobs around the house (can pick up from bus stop if necessary)	292
Tools advice	17



## FOOD

Prof No.s

### Offers:

Advice on West Indian food		291
Authentic Asian meals		290
Bread making		48, 280, 281
Cake making (non professional)		265
Catering - any style - at your premises (dinner parties, invalid, etc.)		265
Fruit and veg. when in season (including apples)		287
Guided wild food and wild medicine walks with qualified herbalist	P	292
Jam making		280, 281
Marmalade		48
Nutritional/diet advice		259
Rhubarb		181
Vegetarian frozen meals		243
West Indian recipes		291

### Wants:

Advice on fat free meals		258
Advice on vegetarian meals		258



## GARDENING

Prof No.s

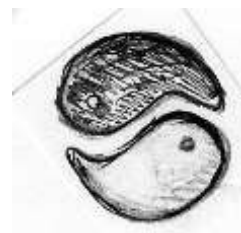
### Offers:

Digging and weeding	243
Fern (dig out the size you want from the corm)	218
Garden scaping	17
Gardening	293
Gardening advice	232
General gardening work	255
Help with basic gardening	287
House plants	17
Pick your own fruit – raspberries, gooseberries, redcurrants, rhubarb, grapes	181
Plant swapping	218
Pruning fruit trees and bushes	184
Seedlings	17
Tree surgery (unprofessional!)	69
Working with you and plot	17

### Wants:

Allotment surplus	48
Clearing a patch of land and covering it with some sort of durable impermeable membrane	278
Gardening	136, 147, 280, 281, 291
Gardening help – especially digging	147
Garden tools sharpening	218
General gardening	181
General gardening help	258
Help fixing leaking waterfall in pond	181
Help keeping garden under control	181
Help with allotment	287
Help with garden	287
Help with garden design	243
Help with gardening - can pick up from bus stop if necessary	292
Help working out/fixing watering system	181
Logs/firewood	69
Occasional general help on my allotment	48
Pruning of shrubs and trees	278
Someone to strim/mow my lawn	248
Tree surgery - can pick up from bus stop if necessary	292
Weeding	181

## HEALTH



	Prof	No.s
Offers:		
Consultations with qualified herbalist	P	292
Guided wild food and wild medicine walks with qualified herbalist	P	292
Rebirthing (breath work)		17
Recipes and advice on making own face/hand cream, bath bombs		184
(Shiatsu) – acupressure using hands		293

### Wants:

Holistic therapies		48,136
Pilates		259
Reflexology		243
Shiatsu, etc.		243



## HELP WITH CHILDREN

Prof No.s

### Offers:

Babysitting	265,
Childminding (half days) esp. during school holidays	265
Help with children's parties (not cooking)	258

### Wants:

Babysitting	69
Childcare (when needed)	181
Help with children's parties	69

## HOUSEHOLD

	Prof	No.s
Offers:		
All types		17
Energy/Sustainability – advice to individuals and families/ talks to groups		278
House sitting		136
Plant checking		17
Shopping		136
Wallpaper stripper		48, 258
Washing		255

Wants:		
A genius to organise all my papers		147
Fuel for a wood burning stove		237
Clearing out garage		246
Filing cabinet		218
Help and advice with online shopping		69
Help with heavy lifting		258, 259
Help with housework		243
Ironing		181
Occasional help with moving heavy items		48
Occasional shopping		291
Odd jobs – putting up shelves, etc.		243
Shopping		265
Someone to wait in for deliveries		184
Storage cabinet/drawers		218
Unwanted timber/wood		69
Washing of 2 radiator pet beds, 2 small cushions and 1 towel		218
Window cleaning		291



## LIFTS AND TRANSPORT

Prof No.s

Offers:

Cycle maintenance and advice	69
Lifts	136, 258, 259
Lifts for shopping, etc.	290

Wants:

Car hire/loan	69
Lifts	69, 265
Lifts for shopping at Ikea – will pay for petrol	48



## LOANS

Prof No.s

Offers:

Long ladder	258
Medium size roofbox	181
P A system	182
Shredder – cross cut	218
Steam cleaner	181
Use of sewing and overlocking machines	184
Wallpaper stripper	48, 258

Wants:



# MUSIC



	Prof	No.s
Offers:		
Drum lessons		69
Guitar lessons – beginner to PHRYGIAN mode level		269
Musician (bass, drum kit, bodhran)		69
Small P.A. System with engineer suitable for events/ open mics if you can provide transport!		248
Sound recording		183

Wants:

## SEWING

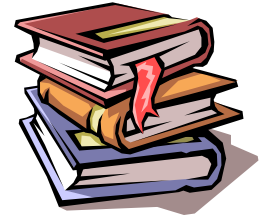
Prof No.s

### Offers:

Clothes mending/alterations	184
Mending Asian clothes	290
Repairs	17
Sewing (by hand)	218
Sewing (name labels, Brownie, swimming badges on children's clothes)	243
Small alterations	246
<i>Small sewing jobs</i>	290
Use of sewing machine and overlocking machine	184
Various	280, 281

### Wants:

Clothes mending	255
Help with alterations	287
Sewing machine tuition	136
Sewing of pockets (repairs)	69
Small sewing jobs	69, 287



## TUITION

Offers:	Prof	No.s
Basic English		270
Basic Geography		270
Basic History		270
Basic numeracy (L1 + L2)		181
Card making		246
Crafts		280, 281
Desktop publishing		278
Dialogue		17
Economics - 'O' and 'A' level		265
Face painting – to do for parties		17
Flower arranging		246
French conversation		147
French and German basic tuition		243
French and German conversation		243
General tutoring for exams (sciences mainly as I have a Biology degree)		259
Guided wild food and wild medicine walks with qualified herbalist	P	292
Guitar lessons – beginner to PHRYGIAN mode level		269
Japanese practice		182
Knitting		280, 281
Life coaching		17
Massage technique tuition/advice (ITEC trained)		48
Maths tuition		147
MS Office (excel, word, access, etc.)		182
Programming/teaching excel		182
Programming/teaching VBA		182
Sewing		246
Swimming lessons from trained swimming instructor	P	292
Talks on Herbert Spencer (Derby philosopher)		69
Voice dialogue facilitation (Jung)	P	17

### Wants:

Art lessons (landscape painting)	293
Bass guitar tuition	69
Computer tuition	17
French conversation	48
Japanese practice	182
Sewing machine tuition	136

## EXTRAS



	Prof	No.s
Offers:		
B & Q – 10% discount on purchases (Wednesdays)		17, 218
Byron's poetry/related literature – help with		218
Computer video editing		182
Dialogue		17
Energy/Sustainability – advice to individuals and families/ talks to groups		278
Internet access to Nottingham realcycle		243
Life coaching		17
Open to offers I may have forgotten		89
Spanish translation		293
Spanish conversation		293
Talks on Herbert Spencer (Derby philosopher)		69
Washing		255

### Wants:

Clearing out garage		246
Freecycle contact service		69
Open to wants I may have forgotten		89
Unwanted timber/wood		69