

Inspiration

Sometimes it's hard to get started, so here are a few ideas on what you could offer....



Admin services

- Word processing
- Photocopying and scanning
- CVs and careers advice

Advertising & marketing support

- Copy writing and editing
- Layout and design
- Publicity support

Alternative therapies

- Reiki
- Hypnotherapy
- Homeopathy
- Meditation
- Massage

Arts & crafts

- Handmade cards and gifts
- Candles
- Sewing
- Jewellery and repair
- Basket making
- Picture framing

Bike

- Repairs
- Lending and selling
- Cycling partner

Books

- Lending and selling

Business services

- Help with tax forms
- Book-keeping

Car maintenance

- Basic and advanced

Catering & cooking

- Catering for events
- Making healthy freezer meals
- Baby food
- Cookery lessons
- Bread and cake making

Childcare & assistance

- Taking to and from school and after-school clubs
- Babysitting

Childrens party entertainment

- Face painting
- Games and magic acts

Cleaning

- House and window cleaning
- Car washing

Clothes

- Lending and selling second hand clothes
- Retro clothes
- Loan of fancy dress clothes

Cultural events

- Guided tours of art galleries

DIY & decorating

- Advice and help
- Interior design
- Basic DIY

Environmental household management/building advice

- Energy efficiency advice

Food, drink and produce

- Vegetables from allotments
- Berry picking
- Homemade juice, wine, jam and chutney

Furniture

- Loan or sale
- Help with assembly or transporting

Gardening

- Advice, design and labour
- Compost
- Holiday watering
- Seeds and seedlings
- Vegetables
- Loan of tools and greenhouse space

General help

- Lifts
- Transporting goods
- Shopping
- Heavy lifting
- Flat pack furniture assembly
- Moving house
- Extra pair of hands

Health and beauty

- Hairdressing and haircutting
- Handmade beauty and cleaning products

Holiday advice

- Where to go
- Cheap deals

Home

- Curtain making
- Cushions

IT skills, tuition & equipment

- Basic computer skills, Word, Photoshop
- Use of scanner, DVD/CD burner
- Loan of laptop

Languages

- Tuition
- Translation

Loan of equipment

- Lawn mowers
- Ladders
- Tools
- Camping equipment

Music & drama

- Tuition
- Acting lessons
- Entertainment
- Choir
- Singing lessons

Nature

- Birdwatching trips

Pets

- Cat feeding
- Dog walking

Sports partners & tuition

- Tennis
- Running
- Cycling
- One-to-one keep fit classes

Transport

- Lifts
 - Moving furniture
- Car/van hire