





















West Euston Time Bank – Cartoon Questionnaire – What help do you need? How can you help others?

Tick the boxes below		help	Need	help	Can	Tick the boxes below		help	Need	help	Can	Tick the boxes below		help	Need	help	Can					
	Escorting people to appointments						DIY - simple											Housework - occasional				
	Shopping						Decorating - simple							Web design						Cooking		
	Errands						Gardening							Computer skills							Ironing	
	Form filling												Computer design						Hairdressing			
	Office skills						Cycle maintenance						Book keeping							Babysitting		
	Letter writing						Car washing						Computer maintenance							Child supervision		
	Budgeting													Walking companion								
	Knitting/ Sewing/ Crochet						Assisting at events												Visiting people			
							Attending meetings						Water Sports							Companionship		
													Fitness/ Exercise									
	Playing a musical instrument						Literacy						Painting and drawing						Dog walking			
	DJ 'ing						Translation						Craftwork							Pet care		
	Theatre						Assist with reading													Litter-picking		
	Film/Cinema																					
	Car/motorbike maintenance						Heavy moving / lifting						Design work / art									
	Giving people a lift						Improving open spaces						Leaflet delivery							Anything!		

Fill in the gaps with any other ideas!

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