



Member's Inspiration List

If you are unsure about what you can offer or, if you are finding it difficult to think of ways to earn Hemps, please read this Inspiration List. It was written to help and encourage you, and is filled with services, assets, goods and a sprinkling of wonderful ideas.

When joining HempLETS, think of the special skills you have and how you could make a difference to someone in HempLETS.

In this leaflet is a selection, all of which have been offered in the past. Many are still available too.

Accommodation & Space

1 or 2 nights Bed/Breakfast for overflow guests
Attic space for storage
Boxes, bubble wrap and tissue
Brighton flat for short breaks (H/£)
Caravan for hire - per week basis (H/£)
Seaside hut for daytrips
Temporary accommodation - room let

Animals

Animal welfare issues - advice & information
Caged animal/small critter sitting, holiday care
Cat sitting / feeding or dog minding for holidays
Dog walking and grooming your pampered
pooch!
Loan of dog guard for 4x4
Pet bath time helper and large pet box for hire

Arts, Crafts, Hobbies & Pastimes

Art/drawing lessons up to/incl. A level
(qualified teacher)
Artist equipment for hire
Beads and findings
Calligraphy/card stock for crafters
Enamelling workshop
Greetings cards - hand made for you
Handbag charms made to order
Jewellery design and commissions
Papercrafting swaps/equipment share/toppers
and cut-outs
Pottery workshop - make & take
Ribbon bangles made to order (any colour/
fabric)
Scrapbooking supplies and advice
Wirework tuition - make & take a tea light
holder

Computers, Small Office/Home Office

Advice on internet selling/buying
Application forms - one-to-one guidance
Business letters; letter writing
Computer advice, training & software
Computer training: Word, Excel
CV help and print
eBay helper
Editing & proof-reading
Internet access/research/our pc help/advice
IT training: Outlook/Word/Excel/HTML
Old photos scanned & repaired digitally
Photocopying/Photographs scanned
Secretarial work/Typing documents/Virtual
Assistant
Website design/set-up.

Childcare & Children

Babysitting up to 8 yrs, daytime/up to 10pm
Babysitting (registered childminder)
Children's DVDs and party games for hire
Crochet and knitting tuition
Face painter for your child's party
Home birth advice - experienced
SATS help in your home
Toy repairs, doll's house fixing, mending
Workshop, boost self esteem, anti-bullying

Clothing & Textiles

Airtight grip seal storage bags - many sizes
Cross stitch for beginners - make & take tuition
Curtains made-to-measure (Experienced)
Dressmaker. Alterations, zips, turn-ups
(Experienced)
Hand-made felt purses, small bags
Second-hand material for cushions or patchwork
Seamstress help/zips and repairs

D.I.Y., Repairs & Maintenance

Any small carpentry jobs
Decorating - painting or wallpaper
DIY, home repairs & maintenance
Heating for caravan - advice & help
House maintenance (gutters etc)
Installation of a gate, fence or trellis
Odd job man - small DIY tasks or tip runs
Plumbing help to run pipe & tap to garden
Small maintenance or repair jobs
Solar powered water heating: advice on
installing
Timber, chopped wood, bark chippings, logs etc
Window cleaner (downstairs only)

Domestic

Clutter clearing advice, organising home office
Dusting and home help - cleaning/tidying
Housesitting - utility appointments; plant care
Ironing done in your own home
Sewing - cushion or curtains

Food & Catering

Cake & biscuit making tuition/children's cakes
Citrus drizzle lemon cake - delicious!
Dinner Party helper, server and washer-upper
Eggs and goats cheese always available
For sale: Herbs (fresh), Honey, Home-made
fudge
Organic garden produce, soft fruit & veg
(in season),
Preserves, jams, pickles
Party planning and advice
Xmas pudding - home made/vegetarian

Gardening & Horticulture

Advice and talks on organic gardening
Advice on growing vegetables (allotment owner)
Cacti horticultural advice
Chain saw plus man for hire / shredder for hire
Climbers/hedges: honeysuckle, jasmine
Cuttings taken and stored
Electric hedge trimmer for loan
Fire pit for short weekend party loan
Flower seeds for wildlife (nigella, colombine,
marigolds)
Gardening, lawn mowing, plants
Gardening: digging, fencing, slabs (small jobs)
Living willow structures - help and advice
Mistletoe (local) over Christmas
Organic liquid plant feed
Plants/garden minding for holidays
Seeds incl. pumpkin, sweet corn, parsnips,
runner beans
Shrubs and bushes trimmed and cleared away
Strimmer for hire / loan
Tree pruning/garden clearance
Weed suppressing fabric

Health, Therapies & Spiritual

Aromatherapy for women - helps stress
Advice about arthritis, backache, digestion,
asthma
Astrology consultations, individual readings
Beauty services: manicure, pedicure, eyelash
tinting
Counselling incl. anger
management/bereavement
Cranio-sacral therapy
Crystals: specialist & crystal wands (H/cash)
Feldenkrais
Hand massage for older ladies
Life Coach /counselling
Manicurist - professional
Massage therapy; Reflexology (ITEC, MGCP)
Natural health products - advice
Osteopathy, naturopathy - food planning
Positive thinking
Reflexology (ITEC, MGCP) fully qualified
Reiki - Usui & Seichim master teacher
Shiatsu massage by prof qual practitioner
Spiritual Healing (NFSH member; Reiki
Master/practitioner)
Tapes of relaxation music / massage for hire
Tarot & channelled readings, teaching
Vegetarianism: advice on vegetarian/vegan
Yoga tuition/classes: all levels

Hobbies, Sport & Leisure

Antiques and Collectables - advice and guide
prices
Badminton set for short loan (2 bats, shuttle &
net)
Binoculars, camera tripod for hire
Books - travel, large collection to lend
Creative writing: friendly criticism/advice/
proofreading
Home brewing - pressure barrels, demijohns
Local cycle path info/things to see & do
Metal detector lessons - for hire/advice
Mountain bikes for weekend hire plus car rack
Photos scanned & enlarged up to A4
Photo printing paper - A4 180 gram glossy
Pottery home made stoneware, vases
Suitcases/hairdryer/travel bags for holiday hire
Travel advice - Thailand, Australia, USA
World music and drumming workshop —2 days
camping
Wrapping presents (plain or fancy)

Languages & Tuition

Adult literacy support
Learn Astrology (Star signs) or reading Tarot
cards
English conversation/help for speakers of other
languages
English, age 5-11 (qual teacher BSc Cert Ed)
French & German tuition
Italian tuition
Learn the recorder in your home or mine
Piano lessons
Reading help - ages 5-11 (qual, experienced
teacher)
Spanish -conversation & basic for travellers
Spelling tests set & marked for your children
Translation: German / English
Tuition: Maths & Sciences - offered
Biology GCSE / A level (qual experienced
teacher)
Maths tuition GCSE (teacher BSc Cert Ed)
Crochet and knitting tuition

Miscellaneous

Advice on disability - treatment; claiming
benefits
Car Boot / Fete helper
Charity shop drop-offs
Gazebo plus 4 folding chairs, ice box, drinks
cooler, picnic blankets and other stuff for hire
Plastic plant pots

Miscellaneous ...cont.

Terracotta planters wanted

Loan of patio heater

Reading to the blind, elderly or visually impaired

Shopping trips. I collect you and off we go!

Sitting with elderly to give carer a break

Music & Performing Arts

Drama tuition - up to & incl A level (qualified
teacher)

Drumming workshops (2 days with camping)

Guitar tuition

Piano tuition, beginners: read music, compose
tunes

Tap dancing - teaching

Recycling & Re-using

Broken terracotta pots

Egg boxes, fruit punnets, carrier bags et al

Jam jars -all and any (washed please!)

Hexagonal jars wanted

Magazines and weekend colour supplements

Plastic plant pots

Terracotta planters wanted

Transport & Lifts

Advice on cycle touring/camping

Airport drop-off and/or pick-up

Bicycle maintenance/service

Tyres/breaks/gears checked

Bike trailer - loan of

Car maintenance, repairs

Car sharing: lifts to shops

Car washing

Collect & deliver items, appliances, furniture

Cycling advice - Herts, Beds & Bucks

Driver for occasional lifts & help with transport

Driving Lessons (ex driving instructor)

Library lifts or shopping trip helper

Lifts to and from Talk & Trade

Roof rack and holiday box for hire

HempLETS Talk & Trade meetings are at
Gadebridge Community Centre, Galley Hill, HP1
3LG on the 2nd Wednesday of every month from
7pm to 9pm

For more information:

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**Take the active approach...
Join HempLETS today**