

# HempLETS Directory May 2024

## Offers and Wants

This Directory lists members' offers and wants. The right-hand column shows the member's account number. Use this to find a member's contact details in the "Membership by Account Number" list that accompanies this Directory. New offers and wants are highlighted in bold.

You can hand new entries to Naomi or Nigel Stevens or other Committee Members at Talk and Trade or email them to [nigel.stevens@hemplets.org](mailto:nigel.stevens@hemplets.org). Also please contact Nigel if any changes or corrections are needed.

## Protecting Your Data

You're welcome to show this Directory to your non-member friends and relatives so they'll see how great our group is and hopefully want to join us. But PLEASE don't show them anyone's contact details. That way only bonafide members will be aware of this information.

## General Trading Information

- ☺ Only the account holder can authorise the transfer of Hemps out of their account into another Member's account. HempLETS Credit Notes and Trading Sheets can be sent to members on request. If you are unable to print them or run out please contact the Hemplets Administrator. Dating Credit Notes is particularly important for record keeping. It also makes any queries much easier to answer.
- ☺ Please ensure your Trading Sheets and Credit Notes are clear and easy to read. This will ensure transaction recording is accurate and that accounts are updated accordingly.
- ☺ Trading Sheets and Credit Notes can be posted in the red postbox at Talk and Trade or emailed to [hemplets@naomistevens.co.uk](mailto:hemplets@naomistevens.co.uk) or [nigel.stevens@hemplets.org](mailto:nigel.stevens@hemplets.org)

## Trading at Talk and Trade

- ☺  HempLETS hires the hall for Talk and Trade (T&T) between from 7pm to 9.30pm.
- ☺ Complimentary refreshments are served at every T&T meeting.
- ☺  During T&T please do not hang any items from the light fittings or under the ceiling tiles as HempLETS will be charged for any damage.
- ☺ You are restricted to goods being sold for Hemps or part Hemps.
- ☺ Please use the HempLETS Post Box for newsletter items, directory entries, membership subs/renewals plus credit slips. You will find the huge red post box at T&T on the tea hatch along with extra trading sheets and spare pens.

## Your Committee

Hemplets Committee Members Contact Details		
Eileen Martin	396	Chair
Alison Field	468	Social Secretary
Naomi Stevens	294	Hemps Data Entry
Nigel Stevens	294	Hemps Accountant
Roger Lefebvre	441	Sterling Accountant
Mark Lewis	516	Membership Secretary
Brenda Quarmby	494	General Member
Adele Clark	562	Minutes Secretary

# April Entries

## Items Offered

### Garden and Produce

Loads of mixed wood, pallets, branches & kindling cut from garden trees etc	10H per load	558
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### Health and Personal

Ladies Face Oil	9H	600
Mens Face Oil	7H	600

### Transport and Vehicle

x 2 adult bikes, in need of repairing/maintenance/cleaning.	free.	558
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## Items Wanted

### Food, Drink and Catering

Home made cakes / Organic food	TBA	561
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### Garden and Produce

Garden watering irrigation pipes	TBA	558
Greenhouse (polycarbonate or plastic, NOT GLASS)	TBA	558

### Home and Domestic

Mason, kilner or simular jars.	TBA	558
Pressure canner (for preserving food in jars) Presto, All American canner etc.	TBA.	558

## Services Wanted

### Garden and Produce

Allotment help	TBA	605
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### Health and Personal

Hairdresser	TBA	562
Massage therapy	TBA	561

# March Entries

## Items Offered

### Food, Drink and Catering

Home grown, homemade preserves, Honey	4H/lb Avg	57
Honey	10H	57

### Garden and Produce

Plants	TBA	57
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## Services Wanted

### Garden and Produce

Gardening	TBA	57
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### Home and Domestic

Clean ground floor flat windows (inside and outside)	TBA.	396
Window cleaning	TBA	57

## Previous Entries

### Items Offered

#### Arts and Crafts

Beads and findings for jewelry making, I have loads. Price per bag	2H.	558
Craft Bags	20H	277
Scrap fabrics/felt	10H	277

#### Clothing and Textiles

2nd hand clothing	TBA	578
Baseball Caps. new with/without bags/tags. Ex samples/stock: mixed colours.	5H each	558
Clothes	TBA	568
Clothes	TBA	578
Hoodies, new with/without bags/tags. Ex samples/stock: mixed colours, sizes.	15H each	558
Ladies clothes	TBA	554
Polo Shirts, new with/without bags/tags. Ex samples/stock: mixed colours, sizes.	10H each	558
Samples / end of lines	TBA	578
Scarves. Pink fleece, new with/without bags/tags. Ex samples/stock:	5H each	558
Sweatshirts, new with/without bags/tags. Ex samples/stock: mixed colours, sizes.	10H each	558
T Shirts, new with/without bags/tags. Ex samples/stock: mixed colours, sizes.	5H each	558
Wool - Mohair	TBA	465

#### Computer Items and Services

Linux laptops & desktops, De-googled phones	TBA	579
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#### Artworks & performance

Art	TBA	564
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#### Food, Drink and Catering

Baked Goods	TBA	593
Cheese	TBA	564
Foods - dietary requirements catered for	TBA	576
Home made apple cider vinegar (Organic, with mother)	TBA.	587
Microgreens	TBA	541
Organic homemade foods including baking (dietary requirements catered for)	TBA.	576
Ready meals	TBA	575
Tea	TBA	564
Water kafir	TBA	562

#### Garden and Produce

Bag of sand (I have about 10 bags available)	5H each	558
Bamboo, clump 5-6 foot tall approx	15H	558

## Items Offered

#### Garden and Produce

Evergreen bushes and shrubs, 1 foot tall approx. Will need to be dug up.	10H.	558
Evergreen bushes and shrubs, 3 foot tall++ approx. Will need to be dug up.	20H.	558
Fresh herbs: Sage, thyme, rosemary.	2H a bunch	558
Fresh Mints: x 10 varieties available including - pineapple, chocolate, basil, Swiss, .	2H a bunch	558
Herbaceous and perennial plants, shrubs and fruit trees	3-5H Avg	57.
Plants	TBA	568
Plants (Various)	TBA	465

#### Health and Personal

Aromatherapy oils, balms, creams	TBA	593
Astrology book - Understanding your Birth Chart - Learn the easy way to understand star signs and the basics of astrology.	10H	294
CBD Vapes	TBA	592
Essential oils (CPTG)	TBA	543
Organic Balms (Plantain)	TBA	566
Tinctures and creams	TBA	543

#### Home and Domestic

Dining table - Light wood extendable - Well used	30H	341
Door stops	10H	277
Kindling	20H	277
Large Ottoman - Plum colour	10H	337
Single bed - good condition - Divan base - little used	20H.	538
Vases (Various)	TBA	465

#### Miscellaneous

Books	TBA	575
Books	TBA	568
Bric-a-brac	TBA	568
Chopping boards (rustic)	50H	516
gifts, jewellery, crystals, artwork / animal portraits	TBA.	555
Toshiba TV (needs new backlight)	TBA	556

## Items Wanted

#### Arts and Crafts

Greetings cards - handmade	TBA	396
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#### Food, Drink and Catering

Cake (gluten free)	TBA	541
Food (organic and locally produced)	TBA	579

## Items Wanted

### Food, Drink and Catering

Food items	TBA	585
Goats cheese	TBA	562
Natural non-pasteurised honey	TBA	571
Organically grown vegetables	TBA	571

### Garden and Produce

Bee keeping equipment . Books	TBA	561
Gardening tools	TBA	561
Home grown fruit & veg	TBA	562
IBC Food Grade Water Tank/s	TBA	558
Paving slabs	TBA	558
Pea shingle	TBA	558
Strawberry plants	TBA	558
Veg plants / seeds	TBA	561
Vegetable & Salad Seeds	TBA	558

### Home and Domestic

Biscuit and cake tins, not plastic	TBA	57
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### Miscellaneous

Cigarette cards, sets or odd cards	TBA	323
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### Recycling

Jam jars and egg boxes	TBA	57
Used postage stamps, used domestic printer cartridges, small electrical items (mobiles, cameras etc.), broken jewellery, old or foreign currency, no amount too small. Benefits to Candy Cane Rescue.	0	288

## Services Wanted

### Animals and Pets

Cat sitter	TBA	520
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### Carpentry, Decorating and Other

DIY	TBA	592
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### Computer Items and Services

IT Services	TBA	508
Social Media	TBA	575
Social media / digital marketing help	TBA	554
Website	TBA	575

### Garden and Produce

Garden help - occasional	TBA	288
Gardener	TBA	482
Gardening helper	TBA	288

## Services Wanted

### Garden and Produce

Help with gardening, some light and some heavy.	TBA	287
Light gardening	5H+£10/Hr	301
Path sweeper on private property	10H/Hr	57

### Health and Personal

Health therapies	TBA	562
Help with hair and makeup	£5/10H	301
Osteopathy / massage	TBA	555
Reflexology	TBA	561

### Home and Domestic

Bathroom refurbish	TBA	543
DIY - small projects	TBA	288
DIY Assistance; fixing handrail on stairs, putting bookshelves together and fixing to wall. Fitting window.	TBA	244
Electrician	TBA	543
Handyman Jobs	TBA	220
Housework / Cleaning at our home in Berkhamsted. Transport costs paid for.	TBA.	294
Ironing and sewing	TBA	543
Paint a bench (wooden) with preservative	TBA	396
Painting and decorating	TBA	220
Shed - demolition and rebuild	TBA	543
Window clean ground floor outside, lattice lead lights	20H/Hr.	57.
Window cleaner	£5/10H	301

### Miscellaneous

Odd jobs	£5/10H	301
Someone to list and sell items on eBay/Facebook etc. for me.	TBA.	558

### Music and Performance Arts

Shamanic drumming lessons	TBA	562
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### Transport and Vehicle

Valet of car interior/exterior, materials, pressure hose and Henry vacuum provided	25H.	57.
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## Items for Hire

### Accommodation and Holiday

2 man tent	20H per day	558
4 man tent	25H per day	558
Properties per night	TBA	541
Rooms per night	TBA	541

## Items for Hire

### Accommodation and Holiday

Short term let of room	TBA	592
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### Arts and Crafts

Big Shot die cutting and embossing machine and use of dies/folders	20H/Wk.	288
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### Carpentry, Decorating and Other

Long ladder (outdoor)	TBA	592
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### Computer Items and Services

Slides Forever Film and Slide Scanner. Transfers 35mm negatives and slides to your computer	10H/Wk.	305
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### Garden and Produce

Electric garden chipper	TBA	288
Electric rotary mower with collection box	10H/day	244
Leaf Shredder/blower	10H/day	244
Strimmer	10H/day	244
Strimmer + garden bags	10H/Wk	277

### Health and Personal

Copper foot roller	12H/wk	543
Crutches	10H per day	558
Laser cure	30H/wk	543
Nebulizer	TBA	541
Rollator / wheelchair	20H per day	558
Wheelchair, light weight self propelling, easy to push and quick to fold up/down.	25H per day	558

### Home and Domestic

Carpet shampoo machine/floor polisher	20H/wk	288
Champagne flutes, 8 plain - extras for your party!	5H/Wk.	288
Food dehydrator, large, 6 tray	20H/Wk	288
Ladder, extending, with stand off	10H/day	323
Sewing machine	20H/Wk	277

### Miscellaneous

Bohmer W5500i AG Petrol Generator Output 3000W AC 240V DC 12V 5.3HP Fuel 15L capacity Continuous run time 10 hrs	TBA	512
Easy put-up Marquee for e.g. market stall. 10ft x 15ft	TBA.	516
Generator	TBA	57
Loan of (soft) sports bag luggage on wheels	10H/Wk	277
Loan of Hard-shell Suitcases	10H/Wk	277
Loan/ for Hire, Disco ball light (plug in), rolling rainbow balls of colour	10H/day	277

## Items for Hire

### Miscellaneous

Room hire	10H/session	540
Voice recorder	10H/Wk	277

### Transport and Vehicle

For Rentals - Car Valet	TBA	592
Small 2 person caravan	TBA	516
Trailer	TBA	516

## Services Offered

### Accommodation and Holiday

Air b-n-b type double room in Garston / Watford - bed + break	40H/night	535
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### Animals and Pets

Advice and caring for cats	TBA	556
Dog training	20H per session	512
Dog Walking	TBA	566
Dog walking	TBA	572
Dog walking (St Albans Area)	TBA	585
Dog Walking + out of pocket £	12H/h	507
Pet sitting	TBA	592
Pet Sitting + out of pocket £	12H/h	507

### Arts and Crafts

Calligraphy commissions	TBA	288
Calligraphy tuition 1 to 1 or small group	10H/hr	288
Craft evening at my home, make and take. HTB max 2 people.	TBA.	288
Drawing - portraits from photos {E}	TBA	571
Graphic Design	TBA	571
Illustrations	TBA	571
Pine cone garlands made to order for Christmastime	40H/ft.	277
Shungite stones / jewellery	TBA	562

### Business and Office

Accountancy / bookkeeping ACCA {E}	TBA	600
Admin	20H/hr	510
Administration	TBA	599
Editing {E}	15H+£3 /Hr	220
Graphic design	TBA	583
Guidance on completing PIP (Personal Independence Payment) disability allowance forms	TBA.	511
Legal advice / letters	TBA	524
Printing {E}	TBA	583

## Services Offered

### Business and Office

Printing of garments, signs, business cards, vehicles etc. {E}	TBA.	583
Proof reading	10H	468
Proof reading	TBA	277
Proofreading {E}	10H+£3 /Hr	220
Secretarial work	TBA	535
Technical drawing	TBA	603
Typing - long documents/manuscripts	TBA	277
Typing and secretarial work (including setting out letters, manuscripts, adverts etc)	TBA.	294

### Carpentry, Decorating and Other

Building	TBA	580
Building services : Carentry, renovations and odd jobs	25H/h.	516
Building Surveying	TBA	602
Decorating + out of pocket £	12H/h	507
DIY	TBA	580
Electrician	TBA	597
Handyman - highly skilled	35H/hr	606
Painting and decorating	TBA	554
Painting and decorating	15H	567
Plumbing - light domestic - highly skilled	35H/hr	606
Sheet metal fabrication and design	TBA	525

### Childcare

Baby Sitting	TBA	566
Baby sitting	TBA	590
Baby sitting (St Albans Area)	TBA	585
Baby sitting- Daytime up to 10pm	5H/hr	562
Babysitting	TBA	599
Babysitting {E}	TBA	527
Babysitting + out of pocket £	12H/h	507
Child minder {E}	12H/hr	520
Childcare	TBA	562

### Clothing and Textiles

Basic sewing services	10H	468
Knitting and crochet {E}	TBA	57
Patchwork customising	TBA	277
Sewing (expert) {E}	12H/Hr	301
Sewing / Alterations / Repairs	TBA	578
Sewing alterations, mending, dress-making from patterns, curtains etc Material/pattern costs extra, to be reimbursed in Sterling. {E}	10H/Hr	244
T Shirt Printing, for business and pleasure	TBA	558

## Services Offered

### Computer Items and Services

Computer drawing	TBA	603
Design, Logos, ID, Web, Print {E}	TBA	571
Gentle computer/technology help and training	TBA	468
IT Services : Windows, Android, Linux, De-googled Phones, Websites, Databases, general tech, Security & Privacy, www.windowworkshops.com	TBA	579

### Food, Drink and Catering

Cake and pastry baking	TBA	57
Cakes and catering for events or single	TBA	525
Catering Services	TBA	593
Cooking	TBA	575
Cooking	TBA	568
Cooking Biscuits etc	TBA	301
Process your fruit and vegetables - frozen - food	TBA.	57.

### Garden and Produce

Back garden available for someone to cultivate / grow vegetables etc..	TBA.	556
Basic gardening, digging, clearing, hedge cutting maintenance	10H/h.	561
Fencing	TBA	580
Garden for hire for events such as TandT, birthdays etc, refreshments NOT included	25H.	57.
Garden Watering	TBA	396
Gardening	TBA	554
Gardening	12H	567
Gardening	TBA	568
Gardening	TBA	575
General gardening	TBA	576
Landscaping	TBA	580
Landscaping & Maintenance	25H/h	516
Making wooden Trugs	25H	244
Watering plants (holidays)	TBA	396

### Health and Personal

1 hr massage therapy & energy healing	50H	519
5 week programme - "Journey to Womanhood" for girls aged 12-14	150H.	519
Acupressure treatment feet	TBA	585
Acupuncture	TBA	598
Astrology (Star Signs) Chart Interpretations - approx. 1.5 hrs. Optional Printed Chart £10 {E}	45H/Hr.	294
Bach Flower Remedy consultations	25H	562
Back care	TBA	523
Beauty treatments	TBA	604

## Services Offered

### Health and Personal

Beauty treatments	TBA	559
Birth Doula	TBA	593
Bp / ears check / ?? koun care bandages	TBA	568
Breathing techniques	TBA	524
Care for elderly	TBA	578
Carer + out of pocket £	12H/h	507
Carer service - NVQ level 2	TBA	564
Companionship	TBA	526
Companionship	TBA	599
Counselling (I'm not trained)	TBA	468
Counsellor - Healing	TBA	560
Craniosacral therapy	TBA	568
Energy Healer (Reiki)	TBA	593
Energy, animal and shamanic healing	20H	555
Essential oil practitioner {E}	TBA	543
Exercise - to be discussed (Heart patients a speciality) {e}	TBA.	534
Feldenkrais functional integration	55H	550
Foot massage	TBA	564
Genealogy - Family tree advice	TBA	553
Hair cutting (Hemps + petrol) {E}	15H	220
Hair washing + out of pocket £	TBA	507
Head massage	TBA	601
Healer {E}	TBA	542
Help with Family History	10H/Hr	254
Holistic Body Wisdom (Biophoton) Therapy - First session (3 hours) 200H + £50 - Subsequent sessions (2.5 hours) 180H + £50		508
Homeopath {E}	TBA	589
Homeopathy	65H/hr	534
Indian Head Massage	TBA	585
Light carer duties, cooking etc	(15 )	566
LomiLomi massage 2 hrs	60H+£20	551
LomiLomi massage 90 mins	40H+£20	551
Massage	TBA	572
Meditation	5H	555
Metamorphic Technique, 1Hr session	20H/Hr	441
Mindfulness coaching	TBA	516
Movement therapy {E}	TBA	543
Nails painted 12H/h + out of pocket £	12H/h	507
Numerology - Esoteric Psychology	20H/Hr	441
Nursing advice and support	TBA	538
Nutrition	TBA	582
Nutritional medicine	20H/Hr	441
One to one sound healing session	15H+£10	551

## Services Offered

### Health and Personal

Psychotherapist	TBA	590
Rahanni spiritual healing	TBA	568
Reflexology	TBA	601
Reiki	20H	567
Reiki	60H/hr	534
Reiki therapist	TBA	560
Reiki, NLP	65/70H	575
Relaxation & stress management (retired hypnotherapist - MACHyp CAH)	TBA.	605
Seed nutrition {E}	TBA	543
Shoulder / Neck massage	TBA	601
Sinus drain	TBA	601
Sound healing group session	10H+£10	551
Stress release sessions for mums - 1hr for up to 10 mums	150H.	529
Stylist	TBA	593
Talking sessions / company / conversation / counselling	12H.	520
Tarot Card Readings - Full {E}	45H	294
Tarot Card Readings - Taster {E}	15H	294
Teaching of : Reflexology, Shoulder / neck massage, Sinus drain, Head massage	TBA.	601
Thai foot massage	TBA	568
Tuition / Relationship coaching (families)	TBA	599
Wellbeing evaluation	TBA	582
Womens singing circle (Kings Langley)	5H	551
Yoga	TBA	523
Yoga (yoga Achange) {E}	TBA	542
Yoga / Sound Healing / Reiki	TBA	604
Yoga Instructor - Yoga Alliance {E}	30H/hr	600
Yoga nidra relaxation	TBA	523
Yoga Sessions	TBA	593

### Home and Domestic

Carpet & upholstery cleaning	TBA	592
Cleaning	TBA	568
Cleaning / general maintenance	10H/hr	555
Cooking and Shopping	TBA	526
Crochet help	TBA	288
H/S Electrical / fault finding	TBA	581
House clearance	TBA	607
House Sitting	TBA	508
House sitting	TBA	510
House sitting + out of pocket £	12H/h	507
Ironing (don't drive)	15H/Hr	254
Occasional baking (biscuits, cakes etc)	TBA	396
Pretty blue / white tea set	5H	337



## Services Offered

### Home and Domestic

Small upholstery jobs	10H+materials	287
Window cleaning. (downstairs only) You in / me out and swap	TBA.	277

### Miscellaneous

A helping hand when needed	TBA	528
Accoustimeter (measures EMF in a house) sweep	TBA	526
Antique appraisal	TBA	607
Christmas Club Savings Account - Dacorum First Credit Union, contact Sally (288) for info	N/A.	400
Committee help	TBA	396
Dacorum First Credit Union, contact Sally (288) for info	N/A.	400
Ebay help(er) and advice only, (NB: selling is sterling split)	TBA.	277
Flyers / posters	TBA	599
Gardening / General help - Watford location	TBA20H/hr	561
Gemstone/silver jewellery to your requirements	TBA	288
General helping hand	12H	567
General Labour {E}	TBA	527
Help with cleaning / moving : Watford area preferred	TBA.	561
Highly skilled handyman	TBA	533
Hunting	TBA	580
Mechanical / Eletrical DIY	TBA	565
Photography	TBA	580
Radio Communication Advice	TBA	539
Repairing mechanical things {E}	TBA	581
Saving Account for Juniors - Dacorum First Credit Union, contact Sally (288) for info	N/A.	400
Savings and loans co-operative - Dacorum First Credit Union, contact Sally (288) for info.	N/A.	400
Services	TBA	564

### Music and Performance Arts

Drumming {E}	50H/hr	606
Music Lessons	TBA	482

### Transport and Vehicle

Car lifts locally	TBA	341
Car Maintenance	TBA	565
Driving	TBA	538
Driving	TBA	578
Driving, min 10H	20H/Hr+ Petrol	468

## Services Offered

### Transport and Vehicle

Ex mechanic - qualified but not in the trade	TBA	525
Giving lifts (St Albans)	TBA	572
Lifts	TBA	396
Lifts	12H/h	507
Lifts - Shopping (St Albans Area)	TBA	585
Lifts and for help, also to or from T&T from Bovingdon	25H/h.	516
Lifts from Hemel	TBA	550
Lifts to & from T&T from Bovingdon	TBA	516
Lifts to / from T&T via Asda / Sainsburys Dome roundabout	TBA.	605
Lifts to and from T&T (Apsley area)	TBA	341
Lifts to and from T&T from Harpenden	TBA	575
Lifts to and from T&T to / from Chorleywood / Loudwater	TBA.	567
Lifts to T&T	TBA	244
Lifts to T&T from Leverstock Green and points in between	1H.	288
Lifts to T&T from North Watford via Kings Langley	TBA.	600
Lifts to T&T from Northend / Leverstock Green / Bennets End	TBA.	288
Lifts to T&T from Watford, passing Kings Langley	TBA	541
Lifts to/from T&T (Watford)	TBA	578
Lifts: hospital, airport, short trips, shopping etc	TBA.	318
Mechanics	TBA	580
Sprinter Van - Moving stuff - part cash, part hemps	TBA.	539

### Tuition and Courses

Astrology (Star Signs) Tuition {E}	TBA	294
Coaching {E}	TBA	543
Find your voice - gain confidence at public speaking	10H/Hr.	468
Forest School practitioner	TBA	593
Holiday Italian Lessons	TBA	587
Home schooling / teaching	TBA	524
Primary teacher - homeschool guidance	TBA	562
Singing Lessons	TBA	462
Singing tuition	55H	550
Tarot Card Reading Tuition {E}	TBA	294
Teaching Greek language	TBA	571
Tuition - early years / infant - Teacher B.ED - Support with home schooling,	10H/hr.	562

### Writing

Personalised poetry	30H	510
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