HempLETS Directory October 2025

How to use this directory

This Directory lists goods and services that members either offer or want. The right-hand column shows the member's account number. You can use this to find a member's contact details in the "Membership by Account Number" list that accompanies this Directory.

Trading Sheets can be emailed to nigel.stevens@hemplets.org or handed to Naomi or Nigel Stevens or any other committee member at Talk & Trade. A the huge red HempLETS post box is brought to every Talk & Trade. It is located close to the tea hatch along with extra trading sheets and spare pens Not only can you post your Trading Sheets here, but also newsletter items, directory entries, membership subs/renewals plus credit slips.

You can now also access the directory entries online via the website <u>www.hemplets.org</u> where you have the option to search the directory and/or 'Post a Notice (item) to the Directory'.

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

- This directory is a list of all items offered or wanted. It is divided into categories. Each entry is followed by the member's account number. Use the numerical order Name List to identify the member.
- Trading can be done at Talk and Trades (T&Ts) or directly from one member to another either from accessing the printed or online directory or via Facebook HempLETS Trading group or Telegram HempLETS Trading.
- HempLETS Credit Notes and Trading Sheets can be sent to members on request. If you are unable to print them or run out of them, please contact Naomi Stevens
- © Please ensure your Trading Sheets and Credit Notes are clear and easy to read and that you include a date on them. This will ensure transaction recording is accurate and that accounts are updated accordingly.
- © Completed Trading Sheets and Credit Notes can be posted in the red post box at Talk & Trade or emailed to naomi.stevens@hemplets.org or nigel.stevens@hemplets.org
- © You are restricted to goods being sold for Hemps or part Hemps. If you want to add sterling to a trade, this cannot be for more than 50%.

Trading at Talk and Trades

- HempLETS hires the hall for Talk and Trade (T&T) between from 7pm to 9.30pm (summer) or 9:00pm (winter).
- © Complimentary refreshments are served at every T&T meeting.
- © Trading tables are free to use. If no empty ones are available, there's a store cupboard where more are usually kept
- Please use a Trading sheet if you're selling or complete one for a member from whom you are buying
- © 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.

September Entries Items Offered

Health and Personal

Previous	Entries
Items Off	ered

Arts and Crafts

ricalli and reisonal					
Disability aids	TBA	621	Craft Bags	20H	277
Services Offered			Large leather briefcase filled with craft & stationary items	50H	301
Animals and Pets			Scrap fabrics/felt	10H	277
Cat sitting	TBA	622	Clothing and Textiles	<u></u>	.1
Arts and Crafts			2nd hand clothing	ТВА	578
Resin Art	TBA	507	Clothes	ТВА	568
Food, Drink and Catering			Clothes	TBA	578
Baking	TBA	621] L	1	1
Health and Personal			Handbag - 60's iconic queen mum style crochet brown	25H	301
Hairdressing	12H/h	507	Ladies clothes	ТВА	554
Home and Domestic	I		Samples / end of lines	TBA	578
Drainage Services or repairs	ТВА	623	Wool - Mohair	TBA	465
Drainage Services, Drain Unblocking, Drain Surveys	TBA	623	Computer Items and Services		
	1		Linux laptops & desktops, De-googled phones	TBA	579
Organising	TBA	621	Food, Drink and Catering		
Rodent investigations	TBA	623	Best homemade gluten free chocolate cake	TBA	619
Wasp nests	TBA	623	Foods - dietary requirements catered for	ТВА	576
			Home grown, homemade preserves, Honey	4H/lb Avg	57
			Home made apple cider vinegar (Organic, with mother)	ТВА	587
			Honey	10H	57
			Microgreens	TBA	541
			Organic homemade foods including baking and fermented foods (dietary requirements catered for)	ТВА	576
			Water kafir	TBA	562
			Garden and Produce		
			Baby bay trees, good roots	10H each	301
			Herbaceous and perennial plants, shrubs and fruit trees	3-5H Avg	57
			Plants	TBA	568
			Plants	TBA	57
			Plants (Various)	ТВА	465
			Health and Personal		
			Astrology book - Understanding your Birth Chart - Learn the easy way to understand star signs and the basics of astrology.	10H	294
			Ladies Face Oil	9H	600
			Mens Face Oil	7H	600
			Organic Balms (Plantain)	TBA	566

Home and Domestic			Computer Items and Services		
Door stops	10H	277	Help with Electronics construction project	TBA	323
Kindling	20H	277	IT Services	TBA	508
Large Ottoman - Plum colour	10H	337	Garden and Produce		
Vases (Various)	TBA	465	Allotment help	TBA	605
Miscellaneous	·		Garden help	TBA	301
Books	TBA	568	Garden help - occasional	TBA	288
Bric-a-brac	TBA	568	Gardener	ТВА	482
Chopping boards (rustic)	50H	516	Gardening	TBA	57
Items Wanted			Gardening helper	TBA	288
Arts and Crafts			Light gardening	5H+£10/ Hr	301
Greetings cards - handmade	TBA	396	Path sweeper on private property	10H/Hr	57
Handcrafted items	TBA	396	Wildlife garden design advice	ТВА	323
Food, Drink and Catering			Health and Personal	TDA	020
Cake (gluten free)	TBA	541]	ТВА	562
Food (organic and locally produced)	TBA	579	Hairdresser		
Food items	ТВА	585	Health therapies	TBA	562
Goats cheese	ТВА	562	Help with hair and makeup	£5/10H	301
Home made cakes / Organic food	ТВА	561	Massage therapy	TBA	561
Natural non-pasteurised honey	TBA	571	Reflexology	TBA	561
Organically grown vegetables	TBA	571	Home and Domestic		
Garden and Produce	TDA	071	Clean ground floor flat windows (inside and outside)	TBA	396
Bee keeping equipment . Books	ТВА	561	DIY - small projects	TBA	288
	TBA	1	DIY Assistance; fixing handrail on stairs, putting bookshelves together and fixing to wall. Fitting	TBA	244
Gardening tools		561	window.		
Home grown fruit & veg	TBA	562	Handyman Jobs	TBA	220
Veg plants / seeds	TBA	561	Home automation discussion / advice	TBA	323
Home and Domestic			Paint a bench (wooden) with preservative	TBA	396
Biscuit and cake tins, not plastic	TBA	57	Painting and decorating	ТВА	220
Miscellaneous			Window clean ground floor outside, lattice lead lights	20H/Hr	57
Cigarette cards, sets or odd cards	TBA	323	Window cleaner	£5/10H	301
Recycling			Window cleaning	TBA	57
Jam jars and egg boxes	TBA	57	Miscellaneous	1.5/	1 5,
Used postage stamps, used domestic printer cartridges, small electrical items (mobiles, cameras etc.), broken jewellery, old or foreign currency, no	0	288	Odd jobs	£5/10H	301
amount too small. Benefits to Candy Cane Rescue.			Music and Performance Arts		
Services Wanted			Shamanic drumming lessons	TBA	562
Animals and Pets			Transport and Vehicle		
Cat sitter	ТВА	520	Airport lifts needed once in while, lifts into North London, Hampstead	ТВА	619
			Valet of car interior/exterior, materials, pressure hose and Henry vacuum provided	25H	57

Items for Hire

Services Offered

Accommodation and Holiday

Animals and Pets

Properties per night	TBA	541	Dog training	20H per session	512
Rooms per night	TBA	541	Dog Walking	TBA	566
Arts and Crafts					
Big Shot die cutting and embossing machine and use of dies/folders	20H/Wk	288	Dog Walking (St Albans Area)	TBA 12H/h	585
Carpentry, Decorating and Other Trades		Dog Walking + out of pocket £ Pet and house sitting	TBA	619	
De Walt Mitre saw	20H	616	•		
De Walt table saw	40H	616	Pet Sitting + out of pocket £ Arts and Crafts	12H/h	507
Computer Items and Services	4011	010		ТВА	288
Slides Forever Film and Slide Scanner. Transfers	10H/Wk	305	Calligraphy commissions		
35mm negatives and slides to your computer	101,771		Calligraphy tuition 1 to 1 or small group	10H/hr	288
Garden and Produce			Craft evening at my home, make and take. HTB max 2 people.	TBA	288
Electric garden chipper	TBA	288	Drawing - portraits from photos	TBA	571
Electric rotary mower with collection box	10H/day	244	Graphic Design	ТВА	571
Leaf Shredder/blower	10H/day	244	Illustrations	TBA	571
Strimmer	10H/day	244	Pine cone garlands made to order for Christmastime	40H/ft	277
Strimmer + garden bags	10H/Wk	277	Shungite stones / jewellery	ТВА	562
Health and Personal			Business and Office	TDA	302
Nebulizer	TBA	541	Accountancy / bookkeeping ACCA	TBA	600
Home and Domestic		Editing	15H+£3	220	
Carpet shampoo machine/floor polisher	20H/wk	288	Luming	/Hr	LLU
Champagne flutes, 8 plain - extras for your party!	5H/Wk	288	Guidance on completing PIP (Personal Independence Payment) disability allowance forms	TBA	511
Food dehydrator, large, 6 tray	20H/Wk	288	Proof reading	ТВА	277
Ladder, extending, with stand off	10H/day	323	Proof reading	10H	468
Sewing machine	20H/Wk	277	Proofreading	10H+£3	220
Miscellaneous			<u> </u>	/Hr	
Bohmer W5500i AG Petrol Generator Output 3000W	TBA	512	Typing - long documents/manuscripts	TBA	277
AC 240V DC 12V 5.3HP Fuel 15L capacity Continuous run time 10 hrs			Typing and secretarial work (including setting out letters, manuscripts, adverts etc)	TBA	294
Easy put-up Marquee for e.g. market stall. 10ft x 15ft	TBA	516	Carpentry, Decorating and Other Trade	es	
Generator	TBA	57	Building services : Carpentry, renovations and odd	25H/h	516
Loan of (soft) sports bag luggage on wheels	10H/Wk	277	jobs		
Loan of Hard-shell Suitcases	10H/Wk	277	Decorating + out of pocket £	12H/h	507
Loan/ for Hire, Disco ball light (plug in), rolling rainbow	10H/day	277	DIY	20H/hr	616
balls of colour	<u> </u>	<u> </u>	Handyman - highly skilled	35H/hr	606
Voice recorder	10H/Wk	277	Painting and decorating	TBA	554
Transport and Vehicle		Plastering	TBA	616	
Small 2 person caravan	TBA	516	Plumbing - light domestic - highly skilled	35H/hr	606
Trailer	TBA	516	Sheet metal fabrication and design	TBA	525
				1	

Childcare			Landscaping & Maintenance	25H/h	516
Baby Sitting	TBA	566	Light Gardening	TBA	396
Baby sitting	TBA	590	Making wooden Trugs	25H	244
Baby sitting (St Albans Area)	TBA	585	Health and Personal		
Baby sitting- Daytime up to 10pm	5H/hr	562	Acupressure treatment feet	TBA	585
Babysitting	ТВА	527	Acupuncture	TBA	598
Babysitting + out of pocket £	12H/h	507	Alternative Medicine	TBA	584
Child minder	12H/hr	520	Astrology (Star Signs) Chart Interpretations - approx. 1.5 hrs. Optional Printed Chart £10	45H/Hr	294
Childcare	TBA	562	Bach Flower Remedy consultations	25H	562
Childcare & Baby Sitting	TBA	619	Back care	TBA	523
Clothing and Textiles				TBA	604
Basic sewing services	10H	468	Beauty treatments	1	
Knitting and crochet	ТВА	57	Bp / ears check / ?? koun care bandages	TBA	568
Patchwork customising	ТВА	277	Care for elderly	TBA	578
Sewing (expert)	12H/Hr	301	Carer + out of pocket £	12H/h	507
Sewing / Alterations / Repairs	TBA	578	Companion for elderly and infirm	TBA	619
Sewing alterations, mending, dress-making from	10H/Hr	244	Companionship	TBA	526
patterns, curtains etc Material/pattern costs extra, to be reimbursed in Sterling.	I UH/HI	244	Counselling (I'm not trained)	TBA	468
Computer Items and Services	I		Craniosacral therapy	TBA	568
Design, Logos, ID, Web, Print	ТВА	571	Hair cutting (Hemps + petrol)	15H	220
Gentle computer/technology help and training	TBA	468	Hair washing + out of pocket £	TBA	507
	TBA	579	Help with Family History	10H/Hr	254
IT Services : Windows, Android, Linux, De-googled Phones, Websites, Databases, general tech, Security & Privacy, www.windowsworkshops.com	IDA	5/9	Herbalist	ТВА	584
Food, Drink and Catering			Holistic Body Wisdom (Biophoton) Therapy - First session (3 hours) 200H + £50 - Subsequent sessions (2.5 hours) 180H + £50		508
Baking classes	TBA	617		TBA	585
Cake and pastry baking	TBA	57	Indian Head Massage	1	
Cakes and catering for events or single	TBA	525	Light carer duties, cooking etc	15	566
Cooking	TBA	568	LomiLomi massage 2 hrs	60H+£2 0	551
Cooking Biscuits etc	TBA	301	LomiLomi massage 90 mins	40H+£2	551
Process your fruit and vegetables - frozen - food	TBA	57	Motomorphia Tochnique, 1Hr acceion	1	441
Garden and Produce		Metamorphic Technique, 1Hr session	20H/Hr	441	
Basic gardening, digging, clearing, hedge cutting maintenance	10H/h	561	Mindfulness coaching Nails painted 12H/h + out of pocket £	TBA	516
Garden for hire for events such as TandT, birthdays	25H	57	Numerology - Esoteric Psychology	20H/Hr	441
etc, refreshments NOT included				1	
Garden maintenance	20H/hr	616	Nutritional medicine	20H/Hr	441
Garden Watering	TBA	396	Nutritional therapy	TBA	617
Gardening	TBA	554	One to one sound healing session	15H+£1 0	551
Gardening	TBA	568	Psychotherapist	TBA	590
Gardening	TBA	617	Rahanni spiritual healing	TBA	568
General gardening	TBA	576	Relaxation & stress management (retired	TBA	605

hypnotherapist - MACHyp CAH)			Music and Performance Arts		
Sound healing group session	10H+£1 0	551	Drumming	50H/hr	606
Stress release sessions for mums - 1hr for up to 10 mums	150H	529	Music Lessons Transport and Vehicle	ТВА	482
Talking sessions / company / conversation / counselling	12H	520	Car Maintenance	ТВА	565
Tarot Card Readings - Full	45H	294	Driving	TBA	578
Tarot Card Readings - Taster	15H	294	Driving, min 10H	20H/Hr+ Petrol	468
Thai foot massage	TBA	568	Ex mechanic - qualified but not in the trade	TBA	525
Womens singing circle (Kings Langley)	5H	551	Lifts	12H/h	507
Yoga	ТВА	523	Lifts - Shopping (St Albans Area)	ТВА	585
Yoga / Sound Healing / Reiki	TBA	604	Lifts and for help, also to or from T&T from Bovingdon	25H/h	516
Yoga Instructor - Yoga Alliance	30H/hr	600	Lifts to & from T&T from Bovingdon	ТВА	516
Yoga nidra relaxation Home and Domestic	ТВА	523	Lifts to / from T&T via Asda / Sainsburys Dome roundabout	ТВА	605
Birthday party organizer	TBA	619	Lifts to T&T	TBA	244
Cleaning	TBA	568	Lifts to T&T from Leverstock Green and points in between	1H	288
Clutter clearing	TBA	619	Lifts to T&T from North Watford via Kings Langley	TBA	600
Cooking and Shopping	TBA	526	Lifts to T&T from Northend / Leverstock Green /	TBA	288
Crochet help	ТВА	288	Bennets End		200
House and pet sitting	TBA	619	Lifts to T&T from Watford, passing Kings Langley	TBA	541
House Sitting	ТВА	508	Lifts to/from T&T - Boxmoor, Northridge Way	TBA	396
House sitting + out of pocket £	12H/h	507	Lifts to/from T&T (Watford)	TBA	578
Ironing (don't drive)	15H/Hr	254	Lifts: hospital, airport, short trips, shopping etc	TBA	318
Occasional baking (biscuits, cakes etc)	ТВА	396	Occasional local lifts	TBA	396
Pretty blue / white tea set	5H	337	Tuition and Courses		
Window cleaning. (downstairs only) You in / me out	ТВА	277	Astrology (Star Signs) Tuition	TBA	294
And swap			Find your voice - gain confidence at public speaking	10H/Hr	468
Miscellaneous	Τ	T	Holiday Itialian Lessons	TBA	587
Accoustimeter (measures EMF in a house) sweep	TBA	526	Primary teacher - homeschool guidance	TBA	562
Committee help	TBA	396	Singing Lessons	TBA	462
eBay help(er) and advice only, (NB: selling is sterling split)	TBA	277	Tarot Card Reading Tuition	TBA	294
Gardening / General help - Watford location	TBA20H /hr	561	Teaching Greek language Tuition - early years / infant - Teacher B.ED - Support	TBA 10H/hr	571 562
Gemstone/silver jewellery to your requirements	TBA	288	with home schooling,	1017/11	502
General Labour	TBA	527			
Help with cleaning / moving : Watford area preferred	TBA	561			
Mechanical / Electrical DIY	TBA	565			
Photography	TBA	616			