




















# 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					
	Attending meetings						DIY - simple						Playing a musical instrument						Help in the community cafe			
	Assisting at events						Decorating - simple						Music workshops						Healthy cooking workshops			
							Simple repairs						community events						Shopping			
	Help run school holiday activities						Run environmental projects						English Conversation Club facilitator						Help in the Little Fingers drop in			
	Organise family trips						Improving open spaces						Teach a language						Story telling			
	Help run our swimming group						gardening						Translations									
	Help with our Sewing Group						shopping						Health Walk Leader						Visiting people			
	Show how to use a sewing machine												Health Ambassador						Befriending the elderly			
	Help recycle old clothes						errands						Fitness/ Exercise						Escorting people to appointments			
	Seaside trips						Tea/Coffee drop ins						Form filling						Help run After School Club			
							Welcome hosts						Office skills						Help with homework			
							Bake a cake!						Computer skills						Help with literacy & numeracy			
							Dance workshops						Surveys									
							Dance performances						Design work / art									
							Dance events						Leaflet delivery						Anything!			

Fill in the gaps with any other ideas, activities, knowledge or skills you might have!

**West Euston Time Bank, H Pod, Cumberland Market, London NW1 3RH Phone: 020 7383 4382**