

People's Service Exchange

Services/Skills Available

Please place an **X** next to the services you would like to give, and tell us what you would like to receive in the provided space on the back of this form, and contact Christine or Gerry at 588-2620, or peoplesserviceexchange@hotmail.com for future requests.

ADMINISTRATIVE			
Computers	Finance	Office	Taking Phone Calls
Data Processing	Tax Preparation	Proofreading	Filing
Computer Security	Balancing a Checkbook	Writing Reports	Misc.
Build Customized Computer	Keeping Records	Letter Writing	Help with Homework
Installing Networks	Budgeting	Design Forms/Brochures	Public relations
Web page/CMS Site Design	Spreadsheets	Typing	Organizing Libraries
Data Drive Website Admin.	Finance Organization	Filling out Forms	Translating
Word, Excel, Powerpoint	Bookkeeping	Editing	Other:
CARE GIVING			
Wellness	Elders	Medical	Fishing from a boat
Listening to People	Caring for Elders/Visiting	Picking up medications	A boat ride on a lake
Massage	Hospice	Medical advice	Going out for coffee
Bathing	Grooming	Caring/Visiting Sick	Going out shopping
Healing Touch Therapy	Dressing	Advice for Caretakers	Going on back road rides
Facials	Feeding	Misc.	Town self sufficiency
Reiki	Companionship	For People w/ Disabilities	
Foot Soaks	(in-person or on the phone)	Babysitting	
CRAFTS / TRADES			
Beauty	Photo Restoration	Money	Clothes
Make-up party	Photoshop/Art Programs	Financial Consulting	Crocheting
Hair Dressing/Cutting	Card/Invitation Making	Fundraising	Knitting
Art	Food	Money Coaching	Sewing
Scrap Booking	Catering	Building	Dressmaking
Photography	Jelly Making Juice Making	Assembling Items	Misc.
Quilting	Play	Architectural Design	Writing Family Histories
Illustrations	Bingo	Cabinet Making	Resume Writing
Graphic Design	Entertainment	Soldering/Welding	Printing Press
Murals	Playing an Instrument	Furniture Recovering	Justice of the Peace
Fiber Spinning	Woodworking Toys-Games	Woodworking	Singing Telegrams

HOMEMAKING ASSISTANCE			
Cleaning	Food	Misc.	Packing Stuff
Washing Dishes	Clearing/Setting Tables	Yard Sales	Other:
Washing Cars	Cooking/M meal Preparation	Stacking Wood	
Cleaning/Maintenance	Serving Food	House Sitting	
Light Housekeeping	Baking	Laundry	
Floor Washing	Canning	Window Washing	Please turn over...
HOME MAINTENANCE			
Porch Construction	Plumbing	Gutter Cleanout	Bricklaying/Masonry
Putting on Siding	General Construction	Installing Dry Wall	Moving Furniture
Caulking	Tearing Down a Bldg	Knocking out Walls	Carpentry
Equipment Loans	Installing Insulation	Wood Stripping	Plastering
Tile Work	Painting		Other:
REPAIR			
Bicycle	Appliances	Computers	Wheelchairs
Furniture	TV/Radio	Electrical	Water damage
Heating/AC	Automobiles	Roofs	Other:
Locks	Lawn Mowers	Wash Machines	
PET / ANIMAL CARE			
Walking Dogs	Animal Sitting	Mucking out Stalls	Horse training
Dog/Cat Breed/Grooming	Farm Animal Care	Bee Keeping	Horse injury care
Cat Care	Dog/Cat Breed/Grooming	Teaching Horsemanship	Milking
TEACHING / INSTRUCTION			
Language	Sports	Harmonica	Blue board installation
Spanish Russian	Snowboarding	Singing	Driving
French	Swimming	Wellness	Transitioning to College
German	Exercising	Reiki	How to do things for self
Creative	Sailing	Drug/Alcohol Counsel	Tutoring
Digital Photo Editing	Horseback Riding	Misc.	Computers
Writing Poetry	Skiing	Orienting/Compass Skills	Adult Literacy
Drawing	Mountain Biking	Dominos	Math
Arts and Crafts	Money	Resume Writing	Science
Cribbage	Making a Budget	Real Estate Buy/Sell	Reading
Home	Money Coaching	Internet Research	Spelling
Recycling	Financial Advice/Consulting	Interviewing	Asst. w/ Home School
Compost Making	Employment Counseling	Wheelchair Mobility	Home school evaluations
Cooking	Music	Veneer skim coat plaster	Motivation
TRANSPORTATION			
Driving a Bus	Running Errands	Operating Equipment	Hauling
Driving a Car	Delivering Goods	Operating Farm Equip.	Driving a Van

Driving a Truck	Operating a Dump Truck		Other:	
YARD WORK				
Garden Planting	Rototilling	Raking	Haying	
Plowing	Pruning Trees	Weeding	Shoveling	
Splitting/Stacking Wood	Cutting Wood	Lawn Mowing	Starting Plants	

I would like to teach _____, **learn** _____,
and receive _____

(Optional) My dream is _____

The Grapevine, 4 Aiken St., PO Box 637, Antrim, NH 03440 588-2620