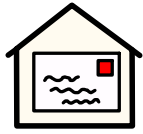
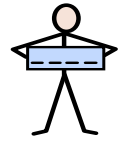




Carmarthenshire People First Time Banking Membership Form



Name.....

Address.....

Telephone.....



Date of Birth.....



Do you have a support worker



Tick the 'I can help with' box if you would like to share your skills.

Tick the 'I need help with' box if you would like help.

Only tick the activities that you are interested in

Health



I Can help with



I want help with

Craft work, pottery, card making



Cookery, healthy eating



Socialising, chatting



Confidence building



Pet Care



Walking



Photography





I Can help with

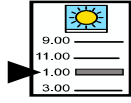


I want help with

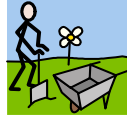
Dance, drama



Help getting to appointments



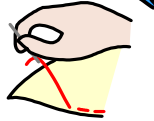
Gardening



Painting and Drawing



Sewing (embroidery and dressmaking)



Quit smoking

Healthy eating

Exercise classes, i.e. Yoga, pilates, Zumba, strengthening exercise,

Joining the gym

Empty vertical box for 'I Can help with' responses

Empty vertical box for 'I want help with' responses

Training



I Can help with



I want help with

Adult literacy and numeracy

Reading



Writing



IT Skills (Photography, social networking, web design, typing skills etc)



Bookkeeping



Sports coaching



Playing or teaching music



Empty vertical box for 'I Can help with' responses in Training section

Empty vertical box for 'I want help with' responses in Training section

Teaching or learning a language



I Can help with



I want help with

Empty vertical box for 'I Can help with' in the first section.

Empty vertical box for 'I want help with' in the first section.

First Aid



How to plan an event



P O V A



Epilepsy training



Disability Awareness



Epi-Pen training



General Volunteering opportunities



I Can help with



I want help with

Shopping



Empty vertical box for 'I Can help with' in the second section.

Empty vertical box for 'I want help with' in the second section.

Letter writing



Help with form filling



Help cleaning



Simple home repairs / DIY



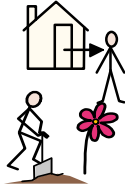
Simple decorating



Moving and lifting



Outdoor work



Gardening



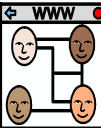
Empty red-bordered box for 'I Can help with' responses.

Empty red-bordered box for 'I want help with' responses.

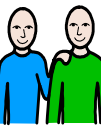
Help with budgeting



Basic IT skills



Surfing the internet, using facebook



Befriending



Help with childcare



Entertaining



Being a DJ

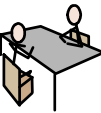


Music

Employment



Interviewing skills



Empty red-bordered box for 'I Can help with' responses.

Empty red-bordered box for 'I want help with' responses.

Help with job application forms



Speaking and listening skills



Work experience/placement

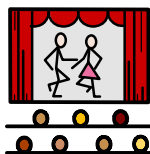


Help with job search

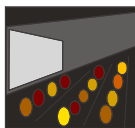


Events

Going to see a show



Movie nights



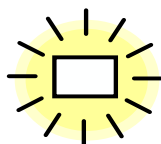
Bingo nights



Quiz nights



Anything other, that hasn't been listed.



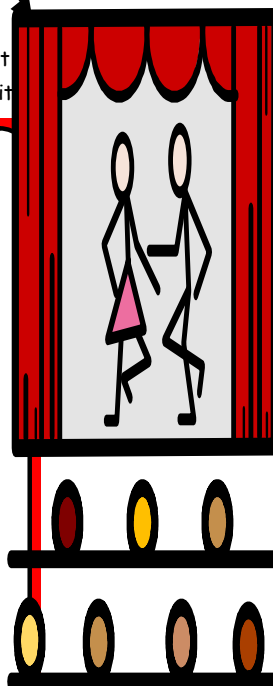
.....



I Can help with



I want help with



What day/s would you like to volunteer?

 M	 Tu	 W	 Th	 F	 Sa



unsure



How many hours would you like to volunteer per week?.....