

# CamdenLETS

## MEMBERS' DIRECTORY 2011/12

### Membership

email: enquiries@camdenlets.org website: www.camdenlets.org

### If you've just joined us, WELCOME!

On-going members, welcome to a new LETS trading year

In addition to trading in 'offers' and 'wants', you can also earn Locks through membership activities, promoting CamdenLETS in the borough and bringing in new members, thereby adding to our developing skills and trading base. We're always looking for help with core group activities – call **Maggie (#01)** 7722 8195 or **Sally (#170)** 7284 1708 to find out more.

### TOP TEN TRADING TIPS

**START TRADING** straight away — don't wait until you're in credit — if everyone did this we'd never have got started!!

**BE PROFESSIONAL** in your approach to trading

**STATE CLEARLY** what you want when leaving answerphone or text messages . . .

. . . and always **RETURN** phone calls or reply to text messages promptly

**NEGOTIATE** your terms and conditions clearly before trading

**BE CLEAR** about what you want in terms of 'OFFERS' and 'WANTS'

**COME** to monthly Trading Socials for lots of trading — bring your homemade food/crafts and items to sell

**ALWAYS EXCHANGE CHEQUES** from your personal chequebook so that your trades can be included in the Locks Accounts — this gives confidence and impetus to other members . . .

. . . and **SEND** them in to **Francesca (#217)**, Locks Accountant (*see below* for details)

**BE PROACTIVE** — respond to 'WANTS' as well as 'OFFERS'

**BE REALISTIC** — only offer what you can honour

### TRADING

- **WEBSITE & EMAIL:** keep your contact details on CamdenLETS website up-to-date by letting a Core Group member know of any changes at: core-group@camdenlets.org
- **CHEQUEBOOKS:** order a new personalised chequebook from **Maggie (#01)** 7722 8195 or **Shaku (#09)** 7404 1238
- **NETWORKING:** word of mouth and face-to-face at monthly Trading Socials
- **LETS SPECIALS:** contact **Sally (#170)** email: sallykelz@yahoo.co.uk if you have goods to sell for locks and these will be included in the next Newsletter
- **TRADING SOCIALS** last day of each month 7.30-9.00pm — except for August when there isn't one — and 3.00-4.30pm when the last day of the month is at the weekend.  
Call **Maggie (#01)** 7722 8195 or **Sally (#170)** 7284 1708 to host one and earn 30 Locks!
- **ORGANISE AN EVENT:** hold a dinner party or a potluck picnic or garden party and we'll publicise it in the Newsletter

### TRY ME! – BE BOLD!

A category of 'OFFER', which basically means, if you're stuck then give me a call and I'll see what I can do, even if what you want is not on my list of 'OFFERS'. For instance, you happen to know that a TRY ME! member living near you has a car although they don't offer lifts as part of their LETS trading. However, you need a lift. So you ring to find out if this is something they would consider. If they are willing to, as a one off or otherwise, then negotiate trade as usual.

Sometimes, members have difficulty spending locks and put TRY ME! in their 'WANTS' so if you have a high debit balance, why not contact a TRY ME! member to see if you can interest them in what you could do.

### KEEP YOUR LOCKS ACCOUNT UP-TO-DATE

Don't forget — you can 'pay in' your locks cheques by giving them to a Core Group member at a Trading Social or post them to Francesca Alaimo, CamdenLETS Locks Accountant, c/o 26 Richmond House, Park Village East, London NW1 3SX.

<b>Member</b>	<b>Contact</b>	<b>Offers</b>	<b>Wants</b>
<b>Office/Admin</b> LETS#: <b>00</b> Camden	7722 8195 7284 1708	Publicity — circulate your leaflets with our newsletters	Help with admin (esp database), Publicity — putting up our poster, Stall rota, Misc one-off things/projects (see newsletters)
<b>Maggie</b> LETS#: <b>01</b> Belsize Park	7722 8195 07504 327 623	Massage, Nutritional advice and Person-centred counselling – all ITEC-qualified. TRY ME!	Carpentry, Electrician
<b>Geraldine</b> LETS#: <b>03</b> Belsize Park	7722 5511 07855 817 612	Yoga classes (Iyengar) weekly in Belsize Park, Breathing & Relaxation tuition, Swedish massage for women	Massage, Reflexology, Window Cleaning, Pet care
<b>Shaku</b> LETS#: <b>09</b> Holborn	7404 1238 07881 834 949	Conversation , Lunchtime companion	TRY ME!
<b>Sue</b> LETS#: <b>13</b> West Hampstead	07957 321 499	TRY ME!	Gardening , Massage
<b>Vincenza</b> LETS#: <b>15</b> Tufnell Park	7209 0407	Therapeutic Massage: Women, Drawing Workshops and Groups	Local B&B for friends, Occasional Car lifts
<b>Phillida</b> LETS#: <b>16</b> Belsize Park	7722 8120	Car lifts, Babysitting, Dog walking, Typing, Help with English, Marmalade in season, TRY ME!	Yoga classes, Haircuts, Home-made bread, DIY
<b>Mel</b> LETS#: <b>24</b> Hampstead	7794 1538 07946 344 305	Alexander Technique	Help with housework
<b>Margaret</b> LETS#: <b>27</b> Kentish Town	7267 6333	Tarot, Aromatherapy, Eastern Dance Tuition, Rhythm Group, Drawing & painting, Holistic Treatments, TRY ME!	Gardening, Window Cleaning, Portrait sitters
<b>Gary</b> LETS#: <b>31</b> Child's Hill	8209 1626 07810 404 607	ON SABBATICAL	ON SABBATICAL
<b>Felicity</b> LETS#: <b>62</b> Kentish Town	7267 1072	Low tree & bush trimming, Tidying garden vegetation, General gardening	PC advice with hardware running & faults, 16mm films transferred to digital
<b>Jane</b> LETS#: <b>65</b> Gospel Oak	7267 3241 07971 472 376	Cakes, Lifts , Space to think, TRY ME!	DIY, Haircutting
<b>Georgina</b> LETS#: <b>81</b> Belsize Park	7722 6855	Plain knitting, Indoor plants, Waiting-in for tradespeople, Books, TRY ME!	Repair of radio

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<b>Kwam</b> LETS#: <b>97</b> Chalk Farm	7267 4679 07800 777 531	Light DIY, Any flatpack assembly, Help with decorating	Food, Sewing, Household goods, Lifts
<b>Ruth &amp; David</b> LETS#: <b>117</b> Golders Green	8455 1317	<i>Ruth</i> : Reflexology <i>David</i> : Alexander Technique, Bates Method for vision improvement, NLP	Gardening, DIY Computer help
<b>Margaret</b> LETS#: <b>120</b> Kentish Town	7482 3744	Babysitting, Help with English language, Brief counselling, TRY ME!	Gardening, Window cleaning
<b>Mary</b> LETS#: <b>128</b> Tufnell Park	7607 7852 07966 216 891	Hairdressing, Tickets to New Age	Cleaning Data Entry, Accounting, Making phone calls, General Admin, Driving & Lifts
<b>Antje</b> LETS#: <b>131</b> Swiss Cottage	Email only	ON HOLD	ON HOLD
<b>Maureen</b> LETS#: <b>143</b> Kilburn	8960 1539	Design & making mosaics, Crafts, Jam and chutney	Alternative health treatments, Hairdressing
<b>Willy</b> LETS#: <b>151</b> Belsize Park	7586 1086	Dutch tuition, Ballet tuition, Sewing – repairs & alterations, Croche – small repairs, Stretch class (over-50s), Lifts, TRY ME!	Haircuts, Window Cleaning, Occasional house cleaning, Help with Computer
<b>Jill</b> LETS#: <b>161</b> Child's Hill	7794 7096 07791 864 118	Osteopathy, Naturopathy, Massage	Hairdressing, DIY
<b>Rita</b> LETS#: <b>165</b> Highgate	07806 875 483	Digital & Photographic prints, TRY ME!	Lifts
<b>Sally</b> LETS#: <b>170</b> Kentish Town	7284 1708 07900 307 423	Childcare (OFSTED approved & CRB), Babysitting, TRY ME!	Gardening
<b>Naomi</b> LETS#: <b>178</b> West Hampstead	7435 0684	Organising Paperwork, Assisting with clutter clearing, Goal setting & achieving (confidential)	Housework, Lifts, Help with difficult letters, Help with meditation
<b>Khim</b> LETS#: <b>180</b> Holloway	07775 995 184	Wild Goose QiGong tuition <a href="http://www.wildgooseqigong.co.uk">www.wildgooseqigong.co.uk</a>	Alternative health treatment and tuition
<b>Nicole</b> LETS#: <b>186</b> Shepherds Bush	07956 448 989	Laser Healing & Rejuvenation, Oxygen rejuvenating face wash, Fungi foray & Wild foods, Painting & decorating, TRY ME!	Crochet, Knitting, Plumbing, Help with car boot sales
<b>Catherine</b> LETS#: <b>211</b> Holland Park	7727 7384 07733 266 199	Hairdressing (cut & colour), Admin, Typing	Plants for garden, Outdoor pots

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<b>Francesca</b> LETS#: <b>217</b> Mornington Crescent	7383 7784 07960 585 132	Holistic Treatments, Digital photography, Video Filming and Production, Graphic design: brochures, Italian	Hairdressing Shiatsu, Yoga, Tapes to Digital, Car Maintenance
<b>Deepa</b> LETS#: <b>219</b> Belsize Park	07977 142 462	Painting & Decorating, Basic Sewing, Help with organising, TRY ME!	Gardening, Household help
<b>Margareta</b> LETS# <b>226</b> West Hampstead	7624 6017	Lessons (individual and groups) in knitting, crochet, (possible other crafts )	Sanding table top, Painting furniture, Home-made cooking
<b>Rikke</b> LETS#: <b>229</b> Kilburn	07407 086 761	Reflexology, Reconnection healing, Basic sewing and alterations, Sourdough rye bread	Conversation in Hindi
<b>Carmen</b> LETS#: <b>230</b> West Hampstead	7328 5810	One-day painting workshop (colour), Clothes	DIY, Help with computer
<b>Anne</b> LETS#: <b>232</b> Somers Town	7387 6872 07887 894 910	Posture/Body alignment checks and advice, Face rejuvenation massage, Aromatherapy blends, Typing documents and manuscripts	Painting & Decorating, Crochet & Knitting lessons (for daughter), Mentor ("to hold me accountable to my goals"), Illustrator (posture/ exercise line drawings)
<b>Susan</b> LETS#: <b>233</b> Swiss Cottage	7372 8114 07799 332 676	Sewing including repairs, hems, zips, etc, Small garden parties, Telephone calls, Editing, Letters written, Books for sale	Massage, Social events
<b>Angie</b> LETS#: <b>234</b> Hampstead	07905 782 637	Nutritional advice –pre-conception & general, children, thyroid, adrenals, weight loss, Haircutting	Website support, Marketing, Babysitting, Childcare, Lifts, Gardening advice, Massage
<b>Ines</b> LETS#: <b>235</b> Kentish Town	7209 2422 07906 621 449	Home cooking for freezer, Lifts (local), Walks on Heath companion, Research/information gathering on internet, Portuguese & French conversation & translating	Gardening, DIY