Case Study: John Trowbridge &

Georgia Weston 14/05/15

Exchange type: Gardening (Georgia was helping John with gardening)

Time Exchange: 2 hours

Georgia gave 2 hours of her time to tidy **John's** garden, doing some mowing, trimming hedges and clearing away weeds. This gained **Georgia** 2 time credits to spend on herself at a later date.

John is 81 years old and has lived in Harrow since 1965, he has been married to Gladys for 55 years and they have two children who they unfortunately don't see them very often. John and Gladys moved to Harrow to look after **John's** mum (who lived with them until she was 97 years old) and also for work commitments. **John** used to work as a Chief Lab Technician at Harrow College, Wealdstone, where he focused primarily on Industrial Chemistry. **John** explained that working with chemicals most of his life has affected his health and he unfortunately suffers from COPD (Chronic Obstructive Pulmonary Disease).

John was introduced to the Harrow Communities Click (HCC) through Age UK Harrow..

John feels that the new timebanking network is a good idea as he can request support, i.e. gardening and in return he can help tutor in subjects such as Maths, Chemistry and History.

Georgia lives in Harrow; she is a stay at home mum who enjoys getting involved with events and activities in the local community. **Georgia** joined the network through the website as she had seen a leaflet and liked the concept of helping people in the community and being able to exchange skills and knowledge. **Georgia** likes that HCC is local to Harrow, so as a member she wouldn't have to travel too far, she enjoys the flexible support that she is able to provide members committing to one off opportunities such as the gardening she has done for John today.

Georgia feels that HCC is a great way to get more local people involved as this gives a greater sense of community and breaks down barriers. She feels that HCC is a wonderful new network which should continue to grow in order to help people in the community.