

HELPING PEOPLE TO HELP EACH OTHER

Waveney Valley LETS is your **Local Exchange Trading Scheme** based in Metfield but covering villages and towns nearby in the Waveney Valley.



LETS offers the sort of help you may give to a friend – but allows as many people as possible to benefit from exchanging help, recycling unwanted items, loaning equipment etc. LETS is not intended to threaten the livelihoods of local people.

Offers don't need to be complicated and should be something you enjoy doing. Here are some suggestions.

- » Join a general work party when needed
- » With specialist knowledge, you could give advice
- » Could your hobbies help others?
- » Can you mend things?
- » Could you look after someone's pet or walk a dog?
- » If you're strong, you could chop logs or move heavy objects

HOW IT WORKS

It's very simple. You offer 2, 3 or 4 things and also register anything you are wanting on a permanent basis.

You start with a credit of 50 LETS.

1 LET is worth about £1.

All help is given at 10 LETS per hour

Every so often you will be emailed an updated list of people's offers and wants.

All LETS information will be circulated by email – you can email the group at any time if you need LETS help.

For more details or to find out how to join, email Barbara at b_vidion@yahoo.com or phone 01379 586 849.

For a fuller explanation of LETS, go to Letslink UK <http://www.letslinkuk.net/index.htm>



welcome to
Waveney Valley
LETS