

Southeastern Massachusetts Time Exchange

LIST OF SERVICE SOME OF OUR SERVICE CATEGORIES

CATEGORY

A FEW TYPICAL SUBCATEGORIES

Elder and Companionship	Homebound visits, companionship, reading aloud, food delivery
Arts, Crafts & Photography	Art, sewing, yarn crafts, photography instruction & services
Writing, Research, Publishing, Resumes	Resume help, grant writing
Translation, Interpreting	Many languages
Health and Wellness	Yoga, Tai Chi, Meditation, Nutrition, Herbalism
Teaching/Learning – Academic	Tutoring, Language instruction, Math, ESL, Literacy
Cooking, Food, Brews	Cooking & fermentation instruction, Brewing, cooking services
Business/Office Services	Accounting, Typing, Graphic Design, business writing
Event	Invitation, publicity, Bartending, Set Up, Clean Up, Decorate
Garden/Yard	Beekeeping, Tree cutting, Snow removal, Weeding, soil building
Home Repair, Maintenance	Carpentry, Fence building, Painting, Washing
Pet and Farm Animal Care	Feeding, walking, grooming
Computers	Basic instruction, tweak your machine, cleaning
Counseling/Conversation	Support, conversation
Fitness/Sports/Outdoor/Nature	Kayaking, Tai Chi, Yoga, Running, Walking
Entertainment/Performances/Shows	Magician, Clown, DJ, Santa, Comedy, Play and sing,
Moving/Delivery	Moving, delivery, heavy lifting
Help at Home	Cooking, cleaning, shopping, organizing
Lodging/Accommodation	Bed and bath, maybe with breakfast
Marketing and Media	Marketing, Media
Transportation	Rides around town, to airport, train, bus
Community Groups, Action, Services	Organizing, volunteering, advocacy
Auto/Boat/Bike REPAIR	That says it, plus small appliances
Organize your home	Get rid of clutter
Design and Decorating	Help with colors, accessories, spatial layout
Personal Grooming	Hair, nails, makeup, tattoos, both women and men
Child Care	Child care
Fun & Leisure	Sailing, Fishing, Games, Dance of every kind, Shows & Opera
Music Instruction and groups	Instruments of every kind, instruction
Spirituality and Philosophy	Spiritual guidance, Shamanic healing, Discussion, Meditation