



Case Study: Patrick Maynard &

Courtney Williams 1-5-2015

Exchange type: Cooking

Time Exchange: 2 hours

Courtney has now given 15.5hrs in time to **Patrick** by cooking for him on 5 occasions along with keeping him company during the meal.

Courtney said 'Well today I am cooking Gammon. I have also previously cooked joints of pork and beef. I will usually have lunch here with **Patrick** but I am a vegetarian so I will bring my own food. For **Patrick** I will bring some vegetables to cook as well to make it healthy.'

Courtney was volunteering for Mind in Harrow who introduced her to Harrow Communities Click (HCC) and has suffered from mental health issues herself and was interested in the kind of support offered through our network plus wanted to become more involved with the community.

When asked if she enjoyed exchanging time, **Courtney** replied 'Yes, I have mostly done things for other people. It's really good to get out and meet new people. There are a number of people I have been meeting regularly to exchange time including **Patrick**. I enjoy the exchange of time and I'm hoping to get some cooking lessons and language lessons by using my time credits. I like the concept of exchanging time rather than money because I am a student. This is what attracted me to HCC. I also like the flexibility.'

Patrick (78 years old) joined HCC after being introduced through Age UK Harrow and felt that he may be able to get help through the network. **Patrick** has lived in Harrow since 1939 when World War II started. **Patrick** has had brain surgery and suffers from tremors which he says have got worse with age.



When asked how it makes him feel to be a member of HCC **Patrick** said 'It makes me feel good, I would recommend it to others'

Patrick & Courtney regularly attend the HCC Coffee Mornings and they are building their network of friends locally through HCC.