



Case Study: Elaine Spencer

Exchange type: Guided Walks

Before Harrow Communities Click (HCC) started, Elaine belonged to another Timebank further afield. Elaine wanted to become more Harrow orientated and joined HCC in November 2014.

Timebanking supports '5 ways to well-being' : **C**onnect (with other people), **L**earn, be **A**ctive, take **N**otice, **G**ive (clang).

Elaine believes that learning about our surroundings can help us to take notice of, and appreciate them— and that doing this while on a walk with other people can be even better! With these thoughts in mind, Elaine has researched and led walks in Harrow borough, with nature and local history themes, since July 2015., e.g. Stanmore via the Belmont trail, Harrow Hill, Cannons Park. She has other walks planned e.g. Yeading Brook to Roxborough Nature Reserve and Headstone Manor.

For other organisations, Elaine has led rambles and cycle rides; and constructed and led workshops on leaf rubbing and on gaining what we want from our free time. If there is enough interest, she could lead or help with similar activities for HCC. She could also offer a Nature-Recognition workshop, and advise on map reading, and on leading walks and cycle rides.

Through HCC Elaine has attended a workshop called Thinking yourself Happier as well as HCC Coffee Mornings with useful presentations including from Victim Support.; met new local people with a cheerful positive attitude; and received help with heat pads for back pain.

Elaine hopes to receive help from members with, for example, research into which local organisations will accept items for re-use, haircutting, cycle maintenance, gardening, cleaning and DIY. She looks out for forthcoming learning activities in the HCC Newsletter, and hopes to attend HCC Exercise classes. Elaine would also like to learn more about architectural styles— to help her to take notice of and appreciate the buildings she sees—and— when she has learnt enough—to pass that knowledge and appreciation on, during guided walks.