



HARROW COMMUNITIES CLICK

helping each other out - in the community



Case Study: David and Gillian

Exchange type: Dog Walking, Companionship and Piano lessons

Time Exchange: 7 hours dog walking and Companionship

1 Hour Piano lessons in return so far

HCC Members David Phelops and Gillian Evans: These two members met when Gillian called our office to ask if there was anyone who could help her with her dogs, as her motorised scooter had broken down and her bad health was hindering her with taking them out.

HCC sent an email to all members to ask if anyone would be able to help! The response was fantastic and before long Gillian had many people to choose from. David is now regularly taking the dogs out for a walk and David and Gillian have become friends. Gillian remarked "I'm so happy with the network and what it has done for me". Gillian has in return started piano lessons for David.

David stated that he thought the network was very effective, and that it values people's skills and time. Everyone has equal status. When asked how it felt for him being able to give back by taking the dogs walking David said "When I first started taking them out I would get quite

breathless, now I can walk for ages and have even lost weight". So by giving his time to Gillian it has given him more benefits than he imagined.

