

HempLETS Directory November 2025

How to use this directory

This Directory lists goods and services that members either offer or want. The right-hand column shows the member's account number. You can use this to find a member's contact details in the "Membership by Account Number" list that accompanies this Directory.

Trading Sheets can be emailed to nigel.stevens@hemplets.org or handed to Naomi or Nigel Stevens or any other committee member at Talk & Trade. A the huge red HempLETS post box is brought to every Talk & Trade. It is located close to the tea hatch along with extra trading sheets and spare pens Not only can you post your Trading Sheets here, but also newsletter items, directory entries, membership subs/renewals plus credit slips.

You can now also access the directory entries online via the website www.hemplets.org where you have the option to search the directory and/or 'Post a Notice (item) to the Directory'.

Protecting Your Data

You're welcome to show this Directory to your non-member friends and relatives so they'll see how great our group is and hopefully want to join us. But PLEASE don't show them anyone's contact details. That way only bonafide members will be aware of this information.

General Trading Information

- ☺ This directory is a list of all items offered or wanted. It is divided into categories. Each entry is followed by the member's account number. Use the numerical order Name List to identify the member.
- ☺ Trading can be done at Talk and Trades (T&Ts) or directly from one member to another either from accessing the printed or online directory or via **Facebook - HempLETS Trading group** or **Telegram - HempLETS Trading**.
- ☺ HempLETS Credit Notes and Trading Sheets can be sent to members on request. If you are unable to print them or run out of them, please contact Naomi Stevens
- ☺ Please ensure your Trading Sheets and Credit Notes are clear and easy to read and that you include a date on them. This will ensure transaction recording is accurate and that accounts are updated accordingly.
- ☺ Completed Trading Sheets and Credit Notes can be posted in the red post box at Talk & Trade or emailed to naomi.stevens@hemplets.org or nigel.stevens@hemplets.org
- ☺ You are restricted to goods being sold for Hemps or part Hemps. If you want to add sterling to a trade, this cannot be for more than 50%.

Trading at Talk and Trades

- ☺ HempLETS hires the hall for Talk and Trade (T&T) between from 7pm to 9.30pm (summer) or 9:00pm (winter).
- ☺ Complimentary refreshments are served at every T&T meeting.
- ☺ Trading tables are free to use. If no empty ones are available, there's a store cupboard where more are usually kept
- ☺ Please use a Trading sheet if you're selling or complete one for a member from whom you are buying
- ☺ During T&T please do not hang any items from the light fittings or under the ceiling tiles as HempLETS will be charged for any damage.

October Entries

Services Offered

Health and Personal

Baby / child reflexology 1 hr / 2 appts	50H	624
Baby massage class - 4 weeks x 1 hr	60H	624
Reflexology - Full treatment / recurrent (1 hr) level 3 - AOR member	50H	624
Taster Reflexology - (30 min appt)	30H	624

September Entries

Items Offered

Health and Personal

Disability aids	TBA	621
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Services Offered

Animals and Pets

Cat sitting	TBA	622
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Arts and Crafts

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Food, Drink and Catering

Baking	TBA	621
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Health and Personal

Hairdressing	12H/h	507
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Home and Domestic

Drainage Services or repairs	TBA	623
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Drainage Services, Drain Unblocking, Drain Surveys	TBA	623
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Organising	TBA	621
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Rodent investigations	TBA	623
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Wasp nests	TBA	623
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Previous Entries

Items Offered

Arts and Crafts

Craft Bags	20H	277
Large leather briefcase filled with craft & stationary items	50H	301
Scrap fabrics/felt	10H	277

Clothing and Textiles

2nd hand clothing	TBA	578
Clothes	TBA	568
Clothes	TBA	578
Handbag - 60's iconic queen mum style crochet brown	25H	301
Ladies clothes	TBA	554
Samples / end of lines	TBA	578
Wool - Mohair	TBA	465

Computer Items and Services

Linux laptops & desktops, De-googled phones	TBA	579
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Food, Drink and Catering

Best homemade gluten free chocolate cake	TBA	619
Foods - dietary requirements catered for	TBA	576
Home grown, homemade preserves, Honey	4H/lb Avg	57
Home made apple cider vinegar (Organic, with mother)	TBA	587
Honey	10H	57
Microgreens	TBA	541
Organic homemade foods including baking and fermented foods (dietary requirements catered for)	TBA	576

Garden and Produce

Baby bay trees, good roots	10H each	301
Herbaceous and perennial plants, shrubs and fruit trees	3-5H Avg	57
Plants	TBA	568
Plants	TBA	57
Plants (Various)	TBA	465

Health and Personal

Astrology book - Understanding your Birth Chart - Learn the easy way to understand star signs and the basics of astrology.	10H	294
Ladies Face Oil	9H	600
Mens Face Oil	7H	600
Organic Balms (Plantain)	TBA	566

Home and Domestic

Door stops	10H	277
Kindling	20H	277
Large Ottoman - Plum colour	10H	337
Vases (Various)	TBA	465
Books	TBA	568
Bric-a-brac	TBA	568
Chopping boards (rustic)	50H	516

Items Wanted

Arts and Crafts

Greetings cards - handmade	TBA	396
Handcrafted items	TBA	396

Food, Drink and Catering

Cake (gluten free)	TBA	541
Food (organic and locally produced)	TBA	579
Food items	TBA	585
Home made cakes / Organic food	TBA	561
Natural non-pasteurised honey	TBA	571
Organically grown vegetables	TBA	571

Garden and Produce

Bee keeping equipment . Books	TBA	561
Gardening tools	TBA	561
Home grown fruit & veg	TBA	562
Veg plants / seeds	TBA	561

Home and Domestic

Biscuit and cake tins, not plastic	TBA	57
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Miscellaneous

Cigarette cards, sets or odd cards	TBA	323
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Recycling

Jam jars and egg boxes	TBA	57
Used postage stamps, used domestic printer cartridges, small electrical items (mobiles, cameras etc.), broken jewellery, old or foreign currency, no amount too small. Benefits to Candy Cane Rescue.	0	288

Services Wanted

Animals and Pets

Cat sitter	TBA	520
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Computer Items and Services

Help with Electronics construction project	TBA	323
IT Services	TBA	508

Garden and Produce

Allotment help	TBA	605
Garden help	TBA	301
Garden help - occasional	TBA	288
Gardener	TBA	482
Gardening	TBA	57
Gardening helper	TBA	288
Light gardening	5H+£10/ Hr	301
Path sweeper on private property	10H/Hr	57
Wildlife garden design advice	TBA	323

Health and Personal

Hairdresser	TBA	562
Health therapies	TBA	562
Help with hair and makeup	£5/10H	301
Massage therapy	TBA	561
Reflexology	TBA	561

Home and Domestic

Clean ground floor flat windows (inside and outside)	TBA	396
DIY - small projects	TBA	288
DIY Assistance; fixing handrail on stairs, putting bookshelves together and fixing to wall. Fitting window.	TBA	244
Handyman Jobs	TBA	220
Home automation discussion / advice	TBA	323
Paint a bench (wooden) with preservative	TBA	396
Painting and decorating	TBA	220
Window clean ground floor outside, lattice lead lights	20H/Hr	57
Window cleaner	£5/10H	301
Window cleaning	TBA	57

Miscellaneous

Odd jobs	£5/10H	301
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Transport and Vehicle

Airport lifts needed once in while, lifts into North London, Hampstead	TBA	619
Valet of car interior/exterior, materials, pressure hose and Henry vacuum provided	25H	57

Items for Hire

Accommodation and Holiday

Properties per night	TBA	541
Rooms per night	TBA	541

Arts and Crafts

Big Shot die cutting and embossing machine and use of dies/folders	20H/Wk	288
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Carpentry, Decorating and Other Trades

De Walt Mitre saw	20H	616
De Walt table saw	40H	616

Computer Items and Services

Slides Forever Film and Slide Scanner. Transfers 35mm negatives and slides to your computer	10H/Wk	305
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Garden and Produce

Electric garden chipper	TBA	288
Electric rotary mower with collection box	10H/day	244
Leaf Shredder/blower	10H/day	244
Strimmer	10H/day	244
Strimmer + garden bags	10H/Wk	277

Health and Personal

Nebulizer	TBA	541
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Home and Domestic

Carpet shampoo machine/floor polisher	20H/wk	288
Champagne flutes, 8 plain - extras for your party!	5H/Wk	288
Food dehydrator, large, 6 tray	20H/Wk	288
Ladder, extending, with stand off	10H/day	323
Sewing machine	20H/Wk	277

Miscellaneous

Bohmer W5500i AG Petrol Generator Output 3000W AC 240V DC 12V 5.3HP Fuel 15L capacity Continuous run time 10 hrs	TBA	512
Easy put-up Marquee for e.g. market stall. 10ft x 15ft	TBA	516
Generator	TBA	57
Loan of (soft) sports bag luggage on wheels	10H/Wk	277
Loan of Hard-shell Suitcases	10H/Wk	277
Loan/ for Hire, Disco ball light (plug in), rolling rainbow balls of colour	10H/day	277
Voice recorder	10H/Wk	277

Transport and Vehicle

Small 2 person caravan	TBA	516
Trailer	TBA	516

Services Offered

Animals and Pets

Dog training	20H per session	512
Dog Walking	TBA	566
Dog walking (St Albans Area)	TBA	585

Dog Walking + out of pocket £	12H/h	507	Childcare	TBA	562
Pet and house sitting	TBA	619	Childcare & Baby Sitting	TBA	619
Pet Sitting + out of pocket £	12H/h	507	Clothing and Textiles		
Arts and Crafts			Basic sewing services	10H	468
Calligraphy commissions	TBA	288	Knitting and crochet	TBA	57
Calligraphy tuition 1 to 1 or small group	10H/hr	288	Patchwork customising	TBA	277
Craft evening at my home, make and take. HTB max 2 people.	TBA	288	Sewing (expert)	12H/Hr	301
Drawing - portraits from photos	TBA	571	Sewing / Alterations / Repairs	TBA	578
Graphic Design	TBA	571	Sewing alterations, mending, dress-making from patterns, curtains etc Material/pattern costs extra, to be reimbursed in Sterling.	10H/Hr	244
Illustrations	TBA	571	Computer Items and Services		
Pine cone garlands made to order for Christmastime	40H/ft	277	Design, Logos, ID, Web, Print	TBA	571
Business and Office			Gentle computer/technology help and training	TBA	468
Accountancy / bookkeeping ACCA	TBA	600	IT Services : Windows, Android, Linux, De-googled Phones, Websites, Databases, general tech, Security & Privacy, www.windowsshops.com	TBA	579
Editing	15H+£3 /Hr	220	Food, Drink and Catering		
Guidance on completing PIP (Personal Independence Payment) disability allowance forms	TBA	511	Baking classes	TBA	617
Proof reading	TBA	277	Cake and pastry baking	TBA	57
Proof reading	10H	468	Cakes and catering for events or single	TBA	525
Proofreading	10H+£3 /Hr	220	Cooking	TBA	568
Typing - long documents/manuscripts	TBA	277	Cooking Biscuits etc	TBA	301
Typing and secretarial work (including setting out letters, manuscripts, adverts etc)	TBA	294	Process your fruit and vegetables - frozen - food	TBA	57
Carpentry, Decorating and Other Trades			Garden and Produce		
Building services : Carpentry, renovations and odd jobs	25H/h	516	Basic gardening, digging, clearing, hedge cutting maintenance	10H/h	561
Decorating + out of pocket £	12H/h	507	Garden for hire for events such as TandT, birthdays etc, refreshments NOT included	25H	57
DIY	20H/hr	616	Garden maintenance	20H/hr	616
Handyman - highly skilled	35H/hr	606	Garden Watering	TBA	396
Painting and decorating	TBA	554	Gardening	TBA	554
Plastering	TBA	616	Gardening	TBA	568
Plumbing - light domestic - highly skilled	35H/hr	606	Gardening	TBA	617
Sheet metal fabrication and design	TBA	525	General gardening	TBA	576
Childcare			Landscaping & Maintenance	25H/h	516
Baby Sitting	TBA	566	Light Gardening	TBA	396
Baby sitting	TBA	590	Making wooden Trugs	25H	244
Baby sitting (St Albans Area)	TBA	585	Health and Personal		
Baby sitting- Daytime up to 10pm	5H/hr	562	Acupressure treatment feet	TBA	585
Babysitting	TBA	527	Acupuncture	TBA	598
Babysitting + out of pocket £	12H/h	507	Alternative Medicine	TBA	584
Child minder	12H/hr	520	Astrology (Star Signs) Chart Interpretations - approx. 1.5 hrs. Optional Printed Chart £10	45H/Hr	294

Back care	TBA	523
Beauty treatments	TBA	604
Bp / ears check / ?? koun care bandages	TBA	568
Care for elderly	TBA	578
Carer + out of pocket £	12H/h	507
Companion for elderly and infirm	TBA	619
Companionship	TBA	526
Counselling (I'm not trained)	TBA	468
Craniosacral therapy	TBA	568
Hair cutting (Hemps + petrol)	15H	220
Hair washing + out of pocket £	TBA	507
Help with Family History	10H/Hr	254
Herbalist	TBA	584
Holistic Body Wisdom (Biophoton) Therapy - First session (3 hours) 200H + £50 - Subsequent sessions (2.5 hours) 180H + £50		508
Indian Head Massage	TBA	585
Light carer duties, cooking etc	15	566
LomiLomi massage 2 hrs	60H+£20	551
LomiLomi massage 90 mins	40H+£20	551
Metamorphic Technique, 1Hr session	20H/Hr	441
Mindfulness coaching	TBA	516
Nails painted 12H/h + out of pocket £	12H/h	507
Numerology - Esoteric Psychology	20H/Hr	441
Nutritional medicine	20H/Hr	441
Nutritional therapy	TBA	617
One to one sound healing session	15H+£10	551
Psychotherapist	TBA	590
Rahanni spiritual healing	TBA	568
Relaxation & stress management (retired hypnotherapist - MACHyp CAH)	TBA	605
Shungite stones / jewellery	TBA	562
Sound healing group session	10H+£10	551
Stress release sessions for mums - 1hr for up to 10 mums	150H	529
Talking sessions / company / conversation / counselling	12H	520
Tarot Card Readings - Full	45H	294
Tarot Card Readings - Taster	15H	294
Thai foot massage	TBA	568

Womens singing circle (Kings Langley)	5H	551
Yoga	TBA	523
Yoga / Sound Healing / Reiki	TBA	604
Yoga Instructor - Yoga Alliance	30H/hr	600
Yoga nidra relaxation	TBA	523

Home and Domestic

Birthday party organizer	TBA	619
Cleaning	TBA	568
Clutter clearing	TBA	619
Cooking and Shopping	TBA	526
Crochet help	TBA	288
House and pet sitting	TBA	619
House Sitting	TBA	508
House sitting + out of pocket £	12H/h	507
Ironing (don't drive)	15H/Hr	254
Occasional baking (biscuits, cakes etc)	TBA	396
Pretty blue / white tea set	5H	337
Window cleaning. (downstairs only) You in / me out and swap	TBA	277

Miscellaneous

Accoustimeter (measures EMF in a house) sweep	TBA	526
Committee help	TBA	396
eBay help(er) and advice only, (NB: selling is sterling split)	TBA	277
Gardening / General help - Watford location	TBA20H/hr	561
Gemstone/silver jewellery to your requirements	TBA	288
General Labour	TBA	527
Help with cleaning / moving : Watford area preferred	TBA	561
Mechanical / Electrical DIY	TBA	565
Photography	TBA	616

Music and Performance Arts

Drumming	50H/hr	606
Music Lessons	TBA	482

Transport and Vehicle

Car Maintenance	TBA	565
Driving	TBA	578
Driving, min 10H	20H/Hr+ Petrol	468
Ex mechanic - qualified but not in the trade	TBA	525
Lifts	12H/h	507
Lifts - Shopping (St Albans Area)	TBA	585

Lifts and for help, also to or from T&T from Bovington	25H/h	516
Lifts to & from T&T from Bovington	TBA	516
Lifts to / from T&T via Asda / Sainsburys Dome roundabout	TBA	605
Lifts to T&T	TBA	244
Lifts to T&T from Leverstock Green and points in between	1H	288
Lifts to T&T from North Watford via Kings Langley	TBA	600
Lifts to T&T from Northend / Leverstock Green / Bennets End	TBA	288
Lifts to T&T from Watford, passing Kings Langley	TBA	541
Lifts to/from T&T - Boxmoor, Northridge Way	TBA	396
Lifts to/from T&T (Watford)	TBA	578
Lifts: hospital, airport, short trips, shopping etc	TBA	318
Occasional local lifts	TBA	396

Tuition and Courses

Astrology (Star Signs) Tuition	TBA	294
Find your voice - gain confidence at public speaking	10H/Hr	468
Holiday Italian Lessons	TBA	587
Primary teacher - homeschool guidance	TBA	562
Singing Lessons	TBA	462
Tarot Card Reading Tuition	TBA	294
Teaching Greek language	TBA	571
Tuition - early years / infant - Teacher B.ED - Support with home schooling,	10H/hr	562