

SKILL SWAP

Do you have a secret talent? Or have you always wanted to learn a new skill? Share step-by-step instructions with care home residents so they can learn from you!

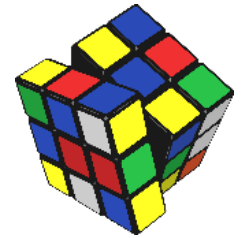
Equipment needed

- Video recording equipment – e.g. phone or iPad
- Or, camera, paper and pens

Method

1. Choose your skill – be as creative as you like! Check out our Skills Swap Ideas for inspiration, or think of your own!
2. Choose a method to record your instructions. You could pretend you are a YouTuber and create a video tutorial of you demonstrating your skill. Or you could take photos of each stage and create a step-by-step guide.
3. Create your skill swap!
4. Once you have finished, send your video or set of instructions to the residents living in your local care home. If the care home is close by, you could drop off your instructions by hand. If not, you can send them via post or email.

You could ask the residents to send you back a photo of them demonstrating their new skill, or ask whether they could share a different skill with you. Make sure you include your home address if so. Perhaps you've always wanted to know the perfect biscuit recipe or how to knit!



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