

DECLUTTERING WORKSHOP – USEFUL INFORMATION

DECLUTTERING ADVICE & SUPPORT

| Subject | Who to contact | Contact details |
|---|--|--|
| Professional Organisers | The Association of Professional Declutterers and Organisers UK (apdo-uk) Find a professional declutterer and organiser, plus lots of helpful hints and tips by apdo-uk Members in their Blog/Newsletter and Social Media | www.apdo-uk.co.uk Phone: 020 8123 4591 (Please leave a message and someone will call you back) • Facebook • Twitter – @apdouk • Subscribe to the apdo-uk Blog/Newsletter |
| | Lynda Wylie – Tidy Rooms | www.tidyrooms.co.uk Mob: 07950 253773 |
| | Cherry Rudge – Rainbow Red | www.rainbowred.co.uk Mob: 07931 303310 |
| Hoarding | Help For Hoarders ○ UK resources & forum for hoarders, their friends & families ○ Founded by Jasmine Harman, TV presenter | www.helpforhoarders.org.uk |
| | Children of Hoarders ○ A place for those who grew up in a hoarders home, to share their stories and the effects it has had on them, connect with others and get support | www.childrenofhoarders.com |
| Decluttering Hints & Tips (Here are just a few of dozens of sites) | Flylady.Net (Online tips and Personal coach) Your home did not get dirty in one day, and it will not get clean in a day, either. You have been living in clutter and CHAOS (Can't Have Anyone Over Syndrome) for many years; you are not going to get your home clean in a day. Take your time. As you establish one habit, you will very easily be able to add another one to your routines. | www.flylady.net |
| | Unclutterer.com (USA based online tips & discussion forums) ○ Unclutterer features tips, organization strategies, product reviews, reader questions and more | www.unclutterer.com |

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COUNSELLING & SUPPORT

| Who to contact | Who to contact | Contact details |
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| Bereavement Support | Cruse Bereavement Care | www.crusebereavement.co.uk |
| Anxiety & depression | Anxiety UK | www.anxietyuk.org.uk |

SELLING YOUR STUFF

| Subject | Who to contact | Contact Details | | |
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| Car boot sales | Advertised in local papers and carboot.com | www.carbootsales.org | | |
| | Trading Standards Check their selling rules | www.tradingstandards.gov.uk | | |
| Car boot sale location | Sat | Sun | Bank Hols | Contact details |
| Leatherhead Leisure Centre KT22 9BL | | ✓ | ✓ | 07523 659584 |
| Nutberry Farm, Ripley A3 GU23 6QU | | ✓ | ✓ | David Beeks 07973 737806 |
| Epsom General Hospital KT18 7EG (Entry by donation towards medical equipment for Epsom General Hospital) | | ✓ | | Bess Harding 020 8337 8181 |
| Chessington Community College KT9 2BJ (indoors) | | ✓ | | 020 8393 2444 www.purpleskyevents.co.uk |
| Hook Road Arena, Epsom KT19 8QG | | ✓ | ✓ | 07788 132977 www.hookcarboot.com |
| Surrey Giant Car Boot Sale, Priest Hill, Banstead Rd, East Ewell KT17 3HH | ✓ | | | 07934 716872 |

| Subject | Who to contact | Contact Details |
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| Sell Online – Sell for yourself | <ul style="list-style-type: none"> • eBay • Preloved • Amazon | www.ebay.co.uk www.preloved.co.uk www.amazon.co.uk |
| Sell Online – will sell for you | <ul style="list-style-type: none"> • eBay Trading Assistants • StuffUSell (a well-known trading assistant) | www.tradingassistant.ebay.co.uk www.stuffusell.co.uk |

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| Dress agencies | <ul style="list-style-type: none"> • Damsell Ashtead www.damseldressagency.co.uk 01372 419005 • Phoenix, Cobham www.phoenixcobham.co.uk 01932 862147 • New2U, Epsom www.new2u-ewell.co.uk 20 93 1407 • Rock & Robes www.rockandrobes.com <ul style="list-style-type: none"> • Dorking 01306 898044 • Esher 01372 878587 | |
| Bicycles | Neil's Wheels <ul style="list-style-type: none"> • Specialist shop which refurbishes bikes & can re-sell them if you wish | www.neilswheelsshop.co.uk |
| Rugs | The Rug Centre Ltd Dorking | www.rugcentre.co.uk 01306 882202 |

DONATING UNWANTED ITEMS

| Subject | Who to contact | Contact Details |
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| Charity shops | Charity shops supporting local charities <ul style="list-style-type: none"> • Queen Elizabeth's Foundation for Disabled People (QEFD) • Princess Alice Hospice | www.qef.org.uk 01372 841100 www.pah.org.uk 01372 461955 |
| | Other local charity shops <ul style="list-style-type: none"> • Oxfam Wedding Shop – 42 High St, Leatherhead, KT22 8AJ • Retail Charity Association | www.oxfam.org.uk 01372 378819 Find a charity shop here: www.charityshops.org.uk/locator.php |
| House to house collections | Charity bags <ul style="list-style-type: none"> ○ A license is required by anyone collecting money from door to door, pub to pub, or clothing from house to house ○ Check the charity registration number shown on the bag to confirm whether it's for a legitimate charity Rag and Bone Men <ul style="list-style-type: none"> ○ Should have a Waste Carrier License, to prevent fly-tipping | Charity Commission www.charity-commission.gov.uk (Search for a charity) Check Waste Carrier License details with the Environment Agency Ph: 03708 506506 http://epr.environment-agency.gov.uk/ePRInternet/SearchRegisters.aspx |

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| Bedding and towels | <ul style="list-style-type: none"> ○ Towels can often go to local rugby clubs (to wipe their balls with!) ○ Animal charities will often take bedding, towels, tea towels, etc <ul style="list-style-type: none"> ○ Swan Sanctuary Walton-on-Thames For lining incubators, etc (not pillows) <p>Wildlife Aid, Leatherhead would prefer cat & dog food</p> | <p>www.esherrugby.com 01932 220295</p> <p>www.theswansanctuary.org.uk 01932 240790</p> <p>www.wildlifeaid.org.uk 01372 377332</p> |
| Corks | <p>Laithwaite's Wine</p> <ul style="list-style-type: none"> ○ Recycle corks by turning them into compost, or corkboards for charity (remove metal bit 1st!) | <p>www.laithwaites.co.uk 0845 1947720</p> |
| Cars | <p>Surrey Fire & Rescue Service</p> <ul style="list-style-type: none"> ○ Use cars to practice on <p>Giveacar.co.uk</p> <ul style="list-style-type: none"> ○ Recycle cars and give you money for them (you can choose to donate some or all the money to charity) | <p>www.surrey-fire.gov.uk 01737 242444</p> <p>www.giveacar.co.uk 20 11 1664</p> |

RECYCLING

| Subject | Location | What they accept |
|-------------------------------------|---|--|
| Free to advertise online | <ul style="list-style-type: none"> • Freecycle • Freegle • Preloved | <p>www.freecycle.org/group/uk</p> <p>www.ilovefreegle.org</p> <p>www.preloved.co.uk</p> |
| Lend or Borrow | <p>Ecomodo</p> <p>A great way to avoid buying things you may only use occasionally</p> | <p>www.ecomodo.com</p> |
| Your Local Recycling Centres | <p>Ashted Peace Memorial Hall</p> <p>Bookham Lower Shott Car Park</p> <p>Brockham Kiln Lane</p> <p>Dorking Reigate Road Car Park</p> <p>Hookwood Tesco Car Park</p> <p>Leatherhead Randalls Road Car Park</p> | <p>Batteries, card, cartons, foil, paper and textiles, WEEE</p> <p>Batteries, WEEE, cartons, foil and textiles</p> <p>Textiles</p> <p>Batteries, card, WEEE, cartons, foil, paper and textiles</p> <p>Card, foil, paper and textiles</p> <p>Batteries, WEEE, cartons, foil, paper and textiles</p> |

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| Leatherhead Leisure Centre (rear car park) | Paper/card |
| Tesco Car Park | Foil and textiles |
| Newdigate Surrey Oaks pub | Textiles |
| Ockley Ockley Village Halls | Textiles |

Special local recycling

Mole Valley District Council offers a special collection service for bulky household items. If you have a bulky item which you cannot dispose of yourself, the council can arrange for a special collection.

What will the collection cost?

- Single item: £37.00
- Two to five items: £58.00
- Six to 10 items: £105.00

885001

Find out more by visiting your local council website:
www.molevalley.gov.uk

How can I request a collection?

Call the council on: **01306**

Surrey Reuse Network

Alternatively, you could donate your old bulky items such as beds, fridges or wardrobes to the **Surrey Reuse Network**.

The network offers a wide range of good quality items at affordable prices. Made up of a group of six charities, the network aims to find new homes for donated furniture and kitchen appliances, as well as offering training and employment opportunities and helping local families in need.

To find your nearest re-use showroom call 0800 082 0180 or visit the website. www.surreyreusenetwork.org.uk

Where to buy storage & organisational products

- **Store – A Place for Everything**
– www.aplaceforeverything.co.uk
- **The Holding Company**
– www.theholdingcompany.co.uk
- **IKEA** - www.ikea.com
- **Lakeland** – www.lakeland.co.uk
- **Staples** – www.staples.co.uk



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ORGANISERS OF TODAY'S EVENT

| | | |
|--|----------------------------------|--|
| Transition Groups www.transitionnetwork.org | Bookham | <ul style="list-style-type: none">• Trudie Allibeon• Win Magyar transitionbookham@gmail.com |
| | Ashtead | <ul style="list-style-type: none">• Caroline Cardew-Smith• Chris Ellis www.transitionashtead.org.uk |
| Friends of Teazle Wood | Lucy Quinnell | Ph: 01372 386453 lucyquinnell@aol.com |
| Leatherhead Residents Association (Environmental Sub-Committee) | Flip Cargill Cheryl Allen | Ph: 01372 383468 flip@thecargills.org or cherylallen842@btinternet.com |