

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
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			
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 sale.com
Surrey Giant Car Boot Sale, KT17 3HH Priest Hill, Banstead Rd, East Ewell		✓			07934 716872

Subject	Who to contact	Contact Details
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
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

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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