

13 November 2013

TESTIMONIAL

I can honestly say that signing up for the ten week declutter course was the best decision I have made for years.

Usually a very organised and tidy person, my house was just fine. When you walked into the kitchen everything was spick and span, the dining room was perfect and the front room was a very nice and calming place to be at the end of the day.

My bedroom was very romantic with silky throws and cushions on the bed, a beautiful orchid on the window sill. Coordinated pictures finished off the room.

BUT, on reaching the top the staircase, to the left was a closed door – behind it the "spare room". Oh my goodness, my heart would sink every time I opened the door. Sometimes I just opened it and closed it again. Often I would need something but didn't know where to start looking.

So what happened in the spare room? For the last couple of years it had been a place to dump stuff. Baskets of clothes that needed repairing, craft projects that I would be starting (maybe next weekend?), broken coat hangers, bags of clothes from charity shops that hadn't been tried, or let alone worn, but they were outsize so had to be bought. Crochet hooks and wool as I was going to learn one day..... Piles of magazines and newspapers with important articles that are going to be cut out and scrap booked.

The fitted wardrobes were fit to bursting with clothes that hadn't seen the light of day for over 10 years. Even if I slimmed down would I want to wear them? But I had to keep them, just in case. They were all neatly hung in colour coordinated order - but never worn. There were storage hooks over the door with more clothes. Duplications were a huge problem. How many navy and white tops does one woman need, for crying out loud?

Green and Tidy

Helping people all over the world declutter and create homes they love

Free masterclass "How to declutter and stay clutter-free FOREVER" available from

<http://www.mygreenandtidylife.co.uk>

Scarves, scarf hooks, even a book on how to tie the perfect scarf. A huge assortment of beads and bangles - never to be found when I needed them.

Then there were the storage bags (the ones that can be made smaller with the use of a vacuum) and storage boxes. Well if you've too much stuff what do you do? Sort it out? My goodness no - you buy more storage solutions. Clear boxes for shoes and boots, that you never wear, but through which you can see them perfectly.

Summer dresses, evening dresses, cocktail dresses - I don't have that type of life anymore, notwithstanding I am not a size 10.

Then joy of joy, the beautiful hand painted ottoman to hide away the paperwork - bank statements, credit card statements, etc etc etc.

So, with a lot of enthusiasm I started on my life changing project - sorting it all out.

The first job was to move everything that was on the floor into my room, in fact on my bed and then go through each bag.

I found a wonderful website called clothes4cash.com which has sadly closed down now. They send you a huge plastic sack, you phone and a courier comes to your home and collects. Then they sort and weigh your clothes and pay you 20p a kilo. I felt that was such a great thing to do, the clothes are sent abroad to those in need and I got a financial return on the hundreds of pounds I had spent in charity shops on things I might need one day.

I lost count of the number of bags I filled but I know I earned about £70, which was fantastic. It took me a few weeks to get through the bags, which I had to move to get to sleep at night. When that was done I could start on the wardrobes. Again I filled bag after bag of clothes, shoes, boots and handbags - all included in the £70 I earned.

I could then give the inside of the wardrobes a good clean and vacuum. I had hundreds of coat hangers and, rather than throw them away, I found

Green and Tidy

Helping people all over the world declutter and create homes they love

Free masterclass "How to declutter and stay clutter-free FOREVER" available from

<http://www.mygreenandtidylife.co.uk>

someone on the internet who was opening a dress shop and wanted to buy hangers. Wonderful news – another £10 earned.

So I could finally sort out the ironing and put things away in the right place.

The paperwork was a bit frightening. As a full-time secretary, I am ashamed to say the home filing system was non-existent. There were piles of unopened letters.

The hoarding and over buying had made me over spend..... and I needed to address that too.

I contacted Step Change, a debt charity. They don't charge any upfront fees. They help you work out a budget and whatever is left is divided between the creditors you owe money to. It was not as hard as I thought it would be and, again, I wish I had done it ages ago.

There is still a pile of things to mend and unfinished craft projects but there is six weeks until Christmas and I aim to do these jobs while I have a week off work.

The next step was trying to deal with the overeating. As a recently diagnosed diabetic, the nurse and GP put me on the right track. Our local swimming pool has recently been refurbished so I have taken up a membership and go swimming three mornings a week, before work.

What really hit home was the fact that overeating, overspending, over cluttering and, oversleeping all seem to be interrelated. When the spending was out of control, it led to the over cluttering which made me overeat and, with depression, I overslept.

I am not saying I am totally cured but it has had an enormous effect on my life.

So a big thank you Rachel – you are a wonderful, supportive friend.

Beverley Gooding

XXXX