

FREE Holiday packing checklist

Does the thought of packing your suitcase make you feel stressed and anxious? Do you always forget some vital item? Then you need our comprehensive eight page **'Holiday checklist'!**

The planning lists, with literally hundreds of checklist items, guide you through the holiday planning process. Every item is covered from what you have to do **before you go**, to what you **need to pack**. From beaches, to cruises and skiing holidays, **every type of holiday is covered!**

Simply fill in the simple form on the website and I'll email you back with the checklist in an easy to read PDF form.

Make your life easier...
send for our FREE
holiday checklist



Print it out and get ticking!

Drop by the website, there's lots of interesting stuff!

- Our latest survey asks about you and staying in hotels....
- Declutter case histories - real-life stories of decluttering
- Our ever-popular 'How-to' guide 'Where do I start?'
- Stella's story - the **Cluttergone** blog - read the latest episode!

New Survey!

Most of us love going on holiday - getting away and having a change of scenery. Staying away from home gives us the opportunity to be a different person.

So this survey **asks about you and hotels...**

There is no need to enter your email address, all responses are anonymous. I'm really excited about this survey... can't wait to see the results!

The results will be published in the next newsletter and on the **Cluttergone** website at the end of November 2010.





Take the test now!

Clutter problem? Have you ever wondered why?

At ***Cluttergone***, we've noted a common theme in our clients. The more ongoing stressful circumstances and life events faced, the more likely the issue of clutter or hoarding.

Or to put it simply **events + stress = clutter**

Take the **Wade-Bennett life-clutter test** and find out how you score!

Cluttergone Survey Results

In the Winter 2010 newsletter, we asked: **'What is your clutter type?'** So far, in total we've had almost 1400 responses to this survey, here are the top five answers...

Drowning in paper	45%
Can't have anyone over	34%
Inherited belongings	24%
Creative confusion	24%
Mum of two	20%

So, no surprises there then! **That's nearly half of you are struggling with paper and a third 'can't have anyone over'**. Many of our clients find that just one short session with a professional is all they need to get on track. Find out more about [our paperwork services](#).

There is also another category that we missed off, those of you with lots of children! So, we've added in a new category 'Big family'

As it was such a popular survey we're going to keep it running for a while. So, if you missed out last newsletter, you can still enter the survey now! **What is your clutter type?**

Visit our website for the [results of our past surveys!](#)



If you missed out first time around, then why not send for our how-to guide **'Where do I start?'**.

Just visit the [website](#), fill out a simple form and the guide will arrive in your in-box in an easy to read PDF format.

Cluttergone News

One hundred clients for Chrystine!

Congratulations to our consultant Chrystine Bennett. Since joining ***Cluttergone*** three years ago, Chrystine has now helped over 100 Cluttergone clients, spending more than 1800 hours with them.

Chrystine lives in North West London and works in Greater London, the South East and surrounding area.

100

Well done,
Chrystine!

100 clients

Beverly and Chrystine speak at Netherlands Compulsive Hoarding Congress.

We are delighted to be able to tell you that Beverly Wade and Chrystine Bennett presented their session 'A practical approach', our technique to help those with clutter at the **First International Congress on Compulsive Hoarding** to be held in the Netherlands. The symposium was held on the 16th June 2010 at Maasen just outside Amsterdam.

The meeting was attended by 220 delegates from a range of professions including community nurses, social workers, landlords, home care workers and professional organisers.

The Congress covered a broad range of issues including:

- definition of compulsive hoarding
- its cause and diagnosis
- a summary of current research
- treatment methods

If you have an interest in compulsive hoarding, then take a look at our informative website www.compulsive-hoarding.org



Stella's Story

Cluttergone
blog

More episodes of the *Cluttergone* blog

Have you ever wondered what **REALLY** happens when we help declutter and organise? Read the true story of how we are working with one of our clients....

Here are the latest episodes....

- [Missing paper](#)
- [Putting away in drawers](#)
- [The box room](#)
- [More about Stella](#)
- [About our blog](#)

Thinking of some help with your clutter? Not quite sure yet?

Then find the **answers** to **50** of the most commonly asked **questions** about our services!

- My live-in partner isn't keen on the idea of decluttering what should I do? Go!
- Do you take before and after photographs? Go!
- Is there a typical client? Go!
- I know I need to do something, but I am not sure I am ready yet.. Go!
- Actually it's not me that needs to declutter, it's someone else.. Go!



Have my ideas helped? Let me know if I'm getting it right or wrong. I would love to hear from you. Email me beverly@cluttergone.co.uk

I hope you have enjoyed reading this newsletter as much as I have enjoyed writing it, and it has left you feeling inspired and ready to go!

Best wishes

Beverly Wade

Cluttergone

Clearing clutter from homes, offices and lives

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