



Hoarding Group

Are you overwhelmed with the clutter in your home?

Join our 12 week course designed to help you to look at why you collect items that clutter your home & how to consider letting some of these things go. You will be introduced to a De-Clutter Buddy who will come to your home for 1 hour at a pre-arranged time to work with you in making your home less cluttered.

Fridays 10am-12pm - Starting 30th September 2022

The Mind Wellbeing Centre, 3-11 Drake Street, Rochdale, OL16 1RE

Or enquire about our next group session:

Fridays 10am-12pm - Starting 13th January 2023

Middleton Wellbeing Centre & Café, 14a-16 Wood Street, M24 5TF

**To find out more about this FREE course, call Alice:
07766 140 904 or email: aliceastley@rochdalemind.org.uk**



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Hoarding Group

Our fortnightly group helps participants to examine why they collect items that clutter their home and what it would be like to consider letting some of these things go.

Each participant will be introduced to a De-Clutter Buddy who will come to their home for 1 hour a week at a pre-arranged time and look at what could be done to support them in de-cluttering.

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To refer a client to this course please complete a referral via this QR code. For more info please contact Alice Astley on 07766 140 904 or email aliceastley@rochdalemind.org.uk



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