



Hoarding Group

Fridays 10am-12pm

Starting 13th May 2022

12 week course alternating between attending a group setting and Buddy support visiting your home.

Venue:

Rochdale & District Mind

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

Are you overwhelmed with the clutter in your home?

This course help you to look at reasons why you collect items that clutter your home and what it would be like to consider letting some of these things go.

You will be introduced to a De-Clutter Buddy who will come to your home on alternate weeks for 1 hour at a pre-arranged time to work with you in making your home less cluttered.

To find out more about this FREE course please contact Alice Astley on 07766 140 904 or email aliceastley@rochdalemind.org.uk



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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 on alternate weeks for 1 hour at a pre-arranged time and look at what could be done to support them in de-cluttering.

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



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 **Rochdale and District**