



**START AFRESH**

helping you take the next step

## Home and Office Organisational Services tailored to your needs.

- Is the amount of clutter in your home getting you down?
- Are you looking to sell your home and don't know how to make the most of it or do you need help with downsizing?
- Are you struggling to let go of belongings and feel stressed at the thought of where to start?
- Is your office bursting at the seams with disorganised piles of papers?

Whether you need to clear your clutter, prepare your home for sale, organise your office, are downsizing or are dealing with a bereavement and just need someone alongside you - we can help you to take the next step.

We love to help people simplify and organise their homes and workspaces.

We can take the stress out of these situations by using our knowledge and expertise to assist and guide you to deliver solutions that are right for you. We can provide as much or as little help and support as you need.

Contact us now for a free consultation. We promise to respond within 24 hours.



Home Organisation



Senior Move Support



Decluttering



Business Support

Call Hilary on 07851 726072 or Amanda on 07768 104269

Email: [info@start-a-fresh.org.uk](mailto:info@start-a-fresh.org.uk)

[www.start-a-fresh.org.uk](http://www.start-a-fresh.org.uk)



## Home Organisation

Are you about to sell your home and don't know how to make the most of it or just need some help decluttering? We can help to take the stress out of these situations by using our knowledge and expertise to deliver solutions tailored to your individual needs.

- Decluttering
- On the move/Relocation
- Styling and staging for a house sale, second home or rental property
- Home admin including personal paperwork, photos etc.
- Wardrobe and cupboard organisation



## Senior Move Support

Downsizing and moving home can be a daunting and stressful process. We specialise in supporting older adults and can manage the entire move or simply deliver specific elements of the move.

- Pre-sale staging of your property
- Providing practical help to assist you sort or downsize your belongings
- Planning your new furniture layout, what to take and what not to take
- Identifying suitable arrangements for the sale, donation or disposal of items
- Decluttering and house clearance support



## Decluttering

We can provide the skills to support and encourage you to achieve your desired results and reclaim space in and around your home or office.

- Prioritising possessions - working out which to keep, which to store, which to let go
- Organising storage - how best to manage the things that you do wish to keep
- Cleaning and tidying - cleaning the room as the decluttering takes place



## Business Support

We work with each client to address individual needs with the aim of removing the stress of organising day to day business administration. Support can be provided as a "one off" service or on a regular basis.

- Office admin and organisation
- Archiving and document management
- Workplace organisation and storage solutions
- Office moves or relocation



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