



# A Tidy Mind

## *Decluttering & Home Organising*

Helping you in your home - practically & emotionally

### A Tidy Mind helps you:

- Declutter & tidy your home
- Organise all areas from wardrobes to paperwork
- Deal with hoarding issues
- Recover from trauma
- Have a stress free house move or downsize
- Stop procrastination & overcome overwhelm
- Donated unwanted items to charities & recycle
- Clean more efficiently
- Style your home
- Learn new organised habits

£30 per  
hour

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