“I tried to throw away things, but I just couldn't do it, in case I needed it”





What is Hoarding?

Hoarding is having so many things that you cannot manage the clutter where you live, and find it difficult or impossible to throw things away, doing so would cause distress.

Hoarding affects health, well-being, relationships and lifestyle, and brings with it all the practical complications and dangers of living in a cluttered space.

Possessions play an important part in people’s lives. They can define who we are as individuals, and provide us with pleasure, comfort, joy, convenience and opportunity. However, accumulating possessions that adversely impact on our living spaces can affect our health, and ability to cope and manage.

Excessively acquiring and saving, collecting items and not throwing anything away ourselves are characteristics of hoarding. There are many reasons why we may hoard, e.g. it’s sentimental, ‘just in case I need it’, its beauty/and or aesthetics, or just overwhelmed by the recycling process etc.

Effects of hoarding

Hoarding could affect you in lots of different ways. For example, you might:

- Struggle to find things you need.
- Avoid letting people into your home or have difficulty answering the door.
- Find it hard to keep yourself clean. e.g. if you can't access your bathroom or washing machine.
- Find it hard to cook and eat food. e.g. you can't access your kitchen or there's no room inside your fridge.
- Be unable to use parts of your space.
- Be unable to quickly and safely leave in an emergency. e.g doorways blocked.
- Feel ashamed or lonely. This could make you feel very isolated or affect your self-esteem.

Kettering Mind Hoarding Peer support Group

What is Peer Support?

Peer support is when people use their own experiences to help each other. These sessions aim to:

- bring together people with shared experiences of hoarding, in order to support each other
- provide a space where you feel accepted and understood
- treat everyone's experiences as being equally important
- involve both giving and receiving support

What are the group aims?

- to help individuals manage the impact hoarding difficulties has on their daily activities, mental health and wellbeing
- to gain a better understanding of the types of hoarding, decluttering techniques and tips and how to feel empowered to sustain efforts to maintain the reclaimed space.

Start small – celebrate success

Start small – choose something that is contained and manageable and if it was cleared, would make a real difference to your life.

Take before and after photos so you can celebrate and document your progress

Who can access this group?

Adults over the age of 18 years old, who live in Northamptonshire and for carers and relatives of individuals that hoard.

How do I refer to this group?

In the first instance contact Kettering Mind Resource Centre team with your enquiry, a hoarding group referral form will need to be completed. Following receiving the form a member of the Resource Centre team will contact you, to discuss next steps.

If you are in receipt of a personal budget or care package etc. then please speak to your worker to see how attending this group can be included in your support package.

Contact :

- **Telephone:** 01536 523216
- **Email:** info@ketteringmind.org.uk

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Hoarding Peer Support Group

Reclaim your space and make positive changes to your life