





British Heart Foundation Moving Home Declutter Guide User Guide

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British Heart Foundation Moving Home Declutter Guide



Product Information

• Product Name: Moving Home Declutter Guide

• Website: bhf.org.uk

Specifications

- Helps with decluttering when moving homes
- Provides tips and guidance on decluttering efficiently
- Offers free collection services for items you no longer need
- · Includes a declutter flowchart for decision-making
- Supports donation of items to the British Heart Foundation (BHF)

Product Usage Instructions

Tips to Get Started

When moving house, follow these tips to make the process easier:

- 1. Start early by booking a moving van or requesting a free collection for unwanted items.
- 2. Be strict with what you keep by asking yourself relevant questions.
- 3. Involve friends and family in the process to share the load.

- 4. Pack room by room, labeling boxes and avoiding overfilling.
- 5. Consider donating items to save on moving costs.

The Ultimate Declutter Decision-Maker

Use the provided flowchart to decide whether to keep or discard items based on specific criteria.

When to Get Started

- 8 weeks before moving: Begin decluttering by starting with small areas.
- 4 weeks before moving: Address more challenging spaces like the attic or garage.
- 4 weeks after moving: Continue decluttering as you unpack and settle into your new home.

Why Donate Your Items to BHF?

- Booking a collection is free and convenient.
- Your items get a second chance at being useful.
- Your donations help fund lifesaving research at the British Heart Foundation.

Frequently Asked Questions (FAQ)

Is the collection service available nationwide?

Yes, the free collection service is available across the UK. Visit bhf.org.uk/collection to request a pickup.

Can I donate furniture and large items?

Absolutely! BHF accepts furniture and large items for donation. Just schedule a collection slot online.

How long does it take for BHF to collect donated items?

Collection times may vary, but BHF aims to pick up donated items promptly after scheduling a collection slot.

Tips to get started

When you're moving house, we can help take the stress out of it. Check out our tips below. We know moving can be exciting but also stressful. 57% of Brits rate it as the most stressful life event1. So whether you're worried about the cost of the move, or what to do with items you no longer need, at British Heart Foundation (BHF) we're here to help lighten the load.

Start early

We appreciate moving or parting with large items like sofas and TVs takes some planning. Get ahead and book a moving van, or a free collection with BHF for any items you no longer need.

Be strict with what you keep

It's tempting to hold on to more than you need, but at some point, you need to ask yourself: have I used this recently? Am I likely to use this in my new home? Does it bring me joy? Use BHF's declutter flowchart of you get stuck!

Make it social

Ask friends or family to help share the emotional and physical load. And don't shy away from getting the kids involved! Ask them to go through their belongings, too.

Embrace the journey

Moving can be exciting, but seeing your belongings can bring up memories from your life. Embrace the nostalgia but don't let it stop you from decluttering.

Keep packing simple

If you're still unsure where to start or what to keep, work backwards. Pack the bits you love and know you won't be able to do without – the things you touch, use and work with every day.

Pack room by room

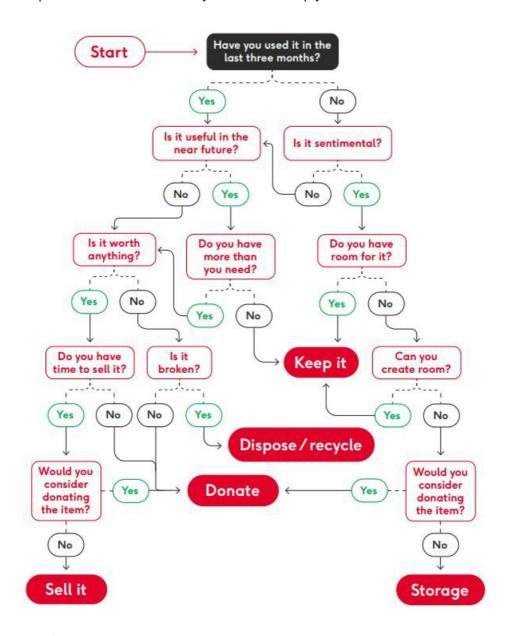
We recommend packing up room by room, splitting out into piles what you want to keep and what you don't. Be sure to write a label on every box, and make sure you don't overfill.

Move for less

Moving companies typically charge by volume/weight. So if you're looking to save some money, start a donation pile. When you're finished, book a free collection slot with BHF, and we'll collect your items for free.

The Ultimate Declutter Decision Maker

Not sure what to keep or discard? Use our handy flowchart to help you decide!



When to get started

Once you know your move is happening, it's time to start decluttering. Pick a drawer, cupboard or shelf and get started!

4 weeks before moving

Tackle the trickier areas, such as your attic, garage or shed. These can be tough to navigate, so you don't want to leave these to the last minute.

4 weeks after moving

Unpacking and settling in takes time. You may realise that some items don't fit or suit your new home. It is easy and free to donate these to the BHF.

Why donate your items to BHF

- · Booking a collection is free and easy
- · Give items a second chance
- · Fund lifesaving research

Ways to donate your items

With so many options, it couldn't be easier to donate your preloved or unwanted items

- Have your items collected for free
- Drop to your local BHF shop
- Post your donations for free
- Request a house clearance

What can I donate to BHF?

You'll be surprised at the range of items the British Heart Foundation can take off your hands, from beds to exercise bikes!

This is what we can accept and sell, safely and ethically:

- · Clothing and accessories
- Collectables
- Furniture
- Homeware
- · Books, musical instruments, and games
- Electricals, such as TVs, home appliances, washing machines and fridges
- · Technology, such as phones and laptops
- Accessories, for example: jewellery, watches, handbags, purses and wallets.

There are some items we cannot accept because of legal or health and safety reasons, such as sofas without fire labels. View items we cannot accept here before getting ready to donate.

We are committed to giving new life to unwanted items but if we are not able to accept your items, there are alternatives. For options in your area visit recyclenow.com or <u>recycleyourelectricals.org.uk</u>

Documents / Resources



<u>British Heart Foundation Moving Home Declutter Guide</u> [pdf] User Guide Moving Home Declutter Guide, Home Declutter Guide, Declutter Guide, Guide

References

- March The biggest funder of heart and circulatory research in Europe BHF
- Book a free furniture and electrical goods collection near me BHF
- Recycle Now
- 🛡 Recycle Your Electricals WEEE Recycling Material Focus
- Most Stressful Life Event' Say 57% of Brits
- User Manual

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