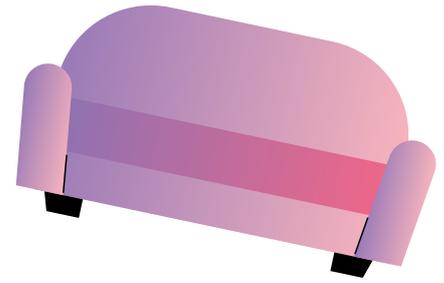




Moving Home Declutter Guide

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.

Request a free collection at [bhf.org.uk/collection](https://www.bhf.org.uk/collection)

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 if 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

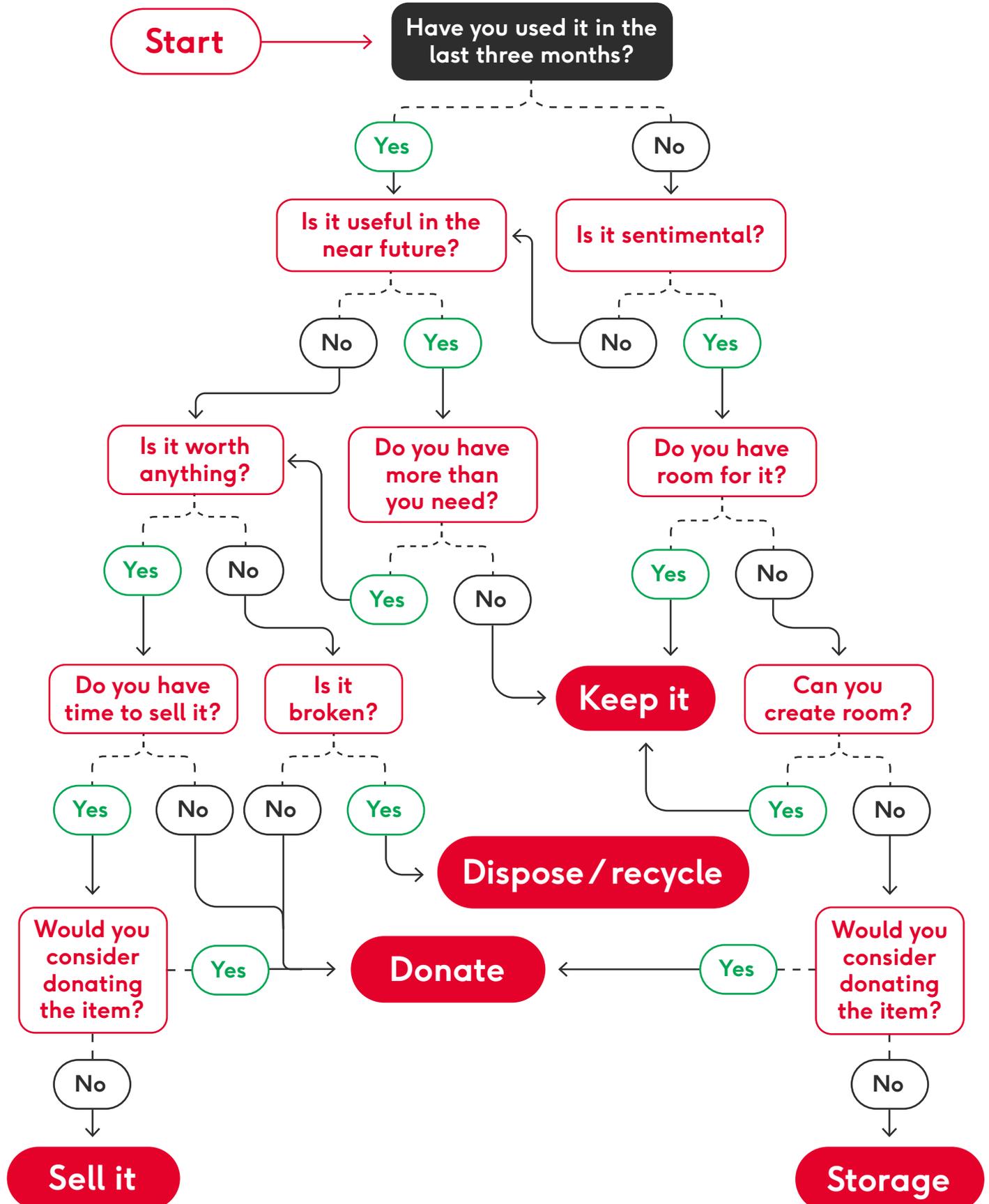
Moving companies typically charge by volume/weight. So if you're looking to save some money, start a donation pile. When you're finished, book a free collection slot with BHF, and we'll collect your items for free.



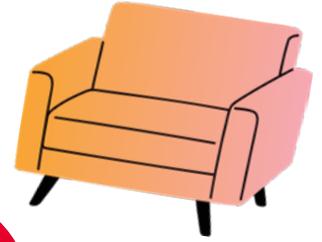
¹ www.indexdigital.co.uk/home-gardens/moving-house-ranked-most-stressful-life-event-by-57-of-brits

The Ultimate Declutter Decision Maker

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



When to get started



**8 weeks
before
moving**

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.

Request a free collection at [bhf.org.uk/collection](https://www.bhf.org.uk/collection)

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

- [!\[\]\(ce77bba2916ff045bdb9f4584b191293_img.jpg\) Have your items collected for free](#)
- [!\[\]\(b31d4eff00ee94d2cc889725763ab186_img.jpg\) Drop to your local BHF shop](#)
- [!\[\]\(7cca60917fc4166291d2b648cb6bea1b_img.jpg\) Post your donations for free](#)
- [!\[\]\(d87bb2c832300cfc0eca445594614032_img.jpg\) 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



Books, musical instruments, and games



Collectables



Electricals, such as TVs, home appliances, washing machines and fridges



Furniture



Technology, such as phones and laptops



Homeware



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](https://www.recyclenow.com) or [recycleyourelectricals.org.uk](https://www.recycleyourelectricals.org.uk)