

PRESS RELEASE

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With an estimated 5 million people planning to de-clutter this Spring, how many Pickled Monkey's called Pedro will be found?

With Spring in sight, Clutterholics across the country are preparing for the Great Spring Clean Season to begin. But will anyone find anything as bizarre as a pickled monkey – called Pedro (pictured right)?

What's the most bizarre thing your readers or listeners have found in their clutter when they've had a Spring Clean?

Clare Baker, an Expert Clutter Coach who runs www.clutterclearing.net, a consultancy specialising in coaching people in how to de-clutter has helped people find the creepy, the crawly and the downright dirty when she's helped people de-clutter and get organised.



'I've helped people find just about everything.

Pedro the Pickled Monkey was the more unusual and found by one of my consultants in 2008. I've found the more usual dead mice, rats, uncovered carpet that has been eaten by the bugs, and even found dead pigeons in the loft and one in a lounge.'

According to Clare, people often find things that have turned out to be quite financially valuable to them, as well as being a very pleasant and unexpected surprise, such as:

1. A Beatrice Potter 1st edition (worth £6,500) – found in a cardboard box in the bottom of a wardrobe of a lady who was de-cluttering after losing her husband and moving into a home. She later went on a round the world cruise before going into the home, thanks to her clutter!
2. A tin of soup from 1947 – a little out of date it was given to a local museum.
3. A bank book that was 27 years old and turned out to have earned £4,276 interest over the term.
4. A full set of baby teeth.
5. A full set of Egyptian Mummy teeth.
6. The ashes of 8 cats that the owner had kept in jam jars.
7. A cellar – the owner didn't know they had one.

'Of course people also find things that they've spent ages looking for' says Clare. 'Marriage certificates for long divorced people who couldn't find it when they need it are most common. I often wonder whether they were intentionally lost in the clutter!'

'Since the downturn in the economy, we've seen an increase in people seeking help to de-clutter and get organised because their old excuses or ways of dealing with a clutter challenge are no longer cost effective options.'

During the boom people could afford to move to a bigger home with more space, but now they've realised they need to de-clutter because they can't afford to move home.

In the boom people put things in off-site storage and didn't mind about the £20 plus a month it was costing them – but now they realise they can save more than £200 a year if they deal with their clutter – our help costs less than what they save.

In the boom time, lots of people were able to afford to avoid their clutter by going out every night of the week so they didn't have to see or deal with it, but now that people are entertaining themselves at home more they're reminded of their clutter every day.

People are finally having to deal with their clutter challenge – and because getting our help to de-clutter costs less than the money they save, they realise they can afford ask for help to deal with it' explains Clare.

'As a result, I think the downturn in the economy will mean that more people will de-clutter to find out what is in their clutter and of value to others' says Clare. 'People literally can't afford to fail or to get the clutter back because they can't avoid it like they used to. Plus more people are having to find other ways of making money, and people are often surprised how much their clutter is worth to someone else when they list it on an on-line auction site.

I have a Success Club member who, in 1 week, managed to sell items of unwanted clutter on an on-line auction site and made £2,000 – and it was all things she thought should just go into landfill. It just goes to prove that one persons clutter is another person's treasure – even Pedro the Pickled Monkey who was found several years ago amongst someone's clutter after they passed away. I still get e-mails and calls asking if Pedro has a home and if not they'd like to buy him!

Clare's 3 top tips for anyone who plans to de-clutter this Spring are:

1. Remember - be REALISTIC in your decision making, not ruthless. People who are ruthless, thinking it'll save them time, always find they regret their decisions later when they realise they need that thing they threw away.
2. Ask yourself honestly – have you used / missed / needed the items in your clutter in the past 6 months? If the answers no, let it go.
3. Accept that this isn't going to happen overnight or with a weekend blitz. Your clutter didn't appear overnight and won't go overnight because de-cluttering for good is a process, not a one off event. Plan 2 hour sessions in your diary every week and eat the elephant bit by bit instead of trying to eat it all in one go.

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For interviews with Clare Baker, contact Clare Baker on 01295 275030 or 0777 5897955 or email: clare@cdc-uk.net

About clutterclearing.net

clutterclearing.net is a coaching business that coaches and supports people at a Practical Level to Achieve a Permanently Clutter Free and Organised Home using the principles of NLP.

Visit www.clutterclearing.net for more information.

READER OFFERS & COMPETITION PRIZES OF FREE DE-CLUTTER SUPPORT DAY (WORTH £245) AVAILABLE. Contact clare@cdc-uk.net (01295 275030).