

## WHO WE ARE

Belongings is a peer support group in Wigan for anyone struggling with clutter or hoarding. Family, friends and supporters are welcome to attend.

Come and meet likeminded people for a brew and a chat. It is estimated that there are 17,000 people in the wigan borough who are struggling with this issue, so you are not on your own! We meet at:

Leigh Library first Monday of the month

11 - 1pm

Wigan Town Hall last Wednesday of the month

5 - 7pm

## CONTACT US

Email: [MAPPT@wigan.gov.uk](mailto:MAPPT@wigan.gov.uk)

Tel: 07768988180

Monday to Friday

You can phone, text or email if you have any questions.

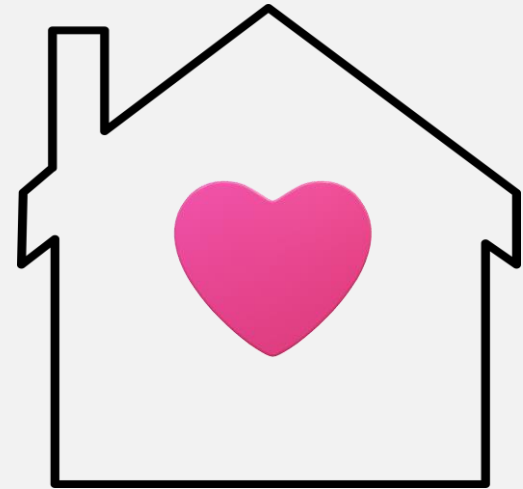
If you feel that you are in crisis, please call Greater Manchester Mental Health (GMMH) Helpline open 24/7: **0800 953 0285**



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# Belongings

Family & Friends Information



**PEER SUPPORT FOR PEOPLE WHO  
HAVE LOTS OF BELONGINGS**

## WHAT IS HOARDING?

Hoarding Disorder is a mental health condition in its own right. There are two parts to this condition. The first is acquiring lots of belongings and the second part is not being able to let them go. This can be a life-long condition for some people. It might come and go depending on other life events. People can access advice and support as needed. There are also other reasons why our homes may be cluttered, please keep an open mind. Some common reasons behind the clutter are grief, trauma and physical or mental health conditions to name a few.

## OTHER USEFUL ORGANISATIONS



## USEFUL LINKS

[Hoarding Ice-Breaker Form – Because life's too short for your health to be ruled by hoarding, clutter or disorganisation \(hoardingicebreakerform.org\)](http://hoardingicebreakerform.org)

[GMFRS - Greater Manchester Fire Rescue Service](http://www.wigan.gov.uk/Contacts/Adult-social-care.aspx)

[www.wigan.gov.uk/Contacts/Adult-social-care.aspx](http://www.wigan.gov.uk/Contacts/Adult-social-care.aspx)

## HOW FAMILY AND FRIENDS CAN HELP INDIVIDUALS

We understand that you worry about us and want to help. Here are our top tips:

### Please:

- be patient with us, we do know there is an issue
- be there, quietly supportive because it's a big help to know you are there for us
- understand we are not lazy
- do be encouraging and supportive, but don't try to take over
- be aware that TV de-cluttering programs are to the extreme and this approach doesn't work for everyone, quick fix clear outs do not work, slow steady long-term progress can be more manageable
- don't be upset if you can't help
- take the time to learn more about this issue
- be aware that progress stalling or going backwards is to be expected at times

**Thank you**

