

Declutterer Julie says if you haven't used something for two years . . .

DUMP THE JUNK!

by Jeremiah Ware

A PROFESSIONAL organiser is not only helping people keep their houses tidy, but their minds stress free as well.

Julie Gingell is a declutterer, and can help make your home or office space cleaner, tidier and a far more pleasant place to be.

It even has health benefits, by giving you a more-relaxed environment.

"A study has shown that we can waste up to 90 minutes a day just searching for something we need if our houses or offices are not kept in good condition," said Julie.

"And not being able to find that item you're looking for can lead to stress.

"Just a simple act of cleaning and organisation can lead to a much more-relaxed lifestyle."



Julie Gingell.

redundant in 2005, it was the best thing that could have happened to me.

"As part of my redundancy package, I was given some personality tests that were to help me get another job.

"The results of these tests revealed I was extremely good at being organised.

"My advice was to see if I could use my organisational skills to help others who perhaps aren't so good at the task."

Julie learned that in America they have professional declutterers who can help businesses and private homes get to



This chaos would be an ideal project for Julie to tackle.

grips with their junk, and she decided to set one up in the UK — Organised For Life.

"I had nothing to lose," she said. "I thought I'd give it three months' trial and, if I had no clients, I'd go and find a proper job!

Mementos

"But I haven't looked back, and I've now been going for three years!

"In the home, what some people consider mess can be just a prized collection of mementos," explained Julie.

"So I'll talk with the client about what their

problems are, and how to get around them. I'll also help muck in, roll up my sleeves and do some of the tidying up, too.

"A lot of people like magazines, but having them just lying around the house is clutter.

"Give them a place to go when not in use, and only take them out when needed.

"In fact, give everything a place to belong in your home, so that you know where it is instantly.

"Getting into the habit of tidying up for five minutes at the end of the day means a constantly tidy house.

"A few minutes every day will save you from having hours of long spring-cleaning marathons.

"And if you've kept an object you haven't used for at least two years — dump it!" added Julie.

Success

"You may be saving it for that rainy day, but that rainy day will probably never come.

"So far, so good, my business has been a success. Clients have said to me that after one of my visits, they can finally relax in their own home."

Organised

Julie, from Braintree, Essex, only became a professional organiser by accident, after being made redundant from her previous job as a market researcher.

She explains, "I was travelling all the way into London every day, getting up early and coming home late.

"My job consisted of looking at new products that were entering the market, and I had to be very organised just to keep on top of everything.

"But when I was made