

Feeling overwhelmed by clutter?



We can support you to live safely and comfortably at home

Hoarding is recognised as a mental health condition involving difficulty discarding items, leading to clutter that can affect daily living and safety. It is not a choice and often linked to trauma, anxiety, or life events. Many people experience it - you are not alone.

We are here to support you to stay safe at home, reduce risks (fire, falls, pests), and maintain your tenancy. We are not here to blame or judge.

Signs you may benefit from support...

- 🌱 Are some rooms in your home difficult to use?
- 🌱 Do you feel overwhelmed by your belongings?
- 🌱 Are you concerned about fire safety?
- 🌱 Are you worrying about inspections or losing your tenancy?
- 🌱 Have you been avoiding visitors or repairs?



We can help with...

- 🌱 Home visits at a pace you are comfortable with
- 🌱 Practical decluttering support (small steps, agreed together)
- 🌱 Safety and harm reduction planning - making your home safe
- 🌱 Supporting you to access mental health or wellbeing services
- 🌱 Referrals to specialist hoarding organisations or groups
- 🌱 Working with the fire service, social care or health teams when extra help is needed
- 🌱 No judgement - your belongings matter

How to get help...

Contact our Wellbeing and Tenancy Sustainment Team
Email: wellbeingandtenancysustainment@msvhousing.co.uk





msvhousing.co.uk



Reduce safety risks in your home

We also understand that managing a large volume of belongings can increase fire safety risks. Our team provides specialised support to address these dangers, including fire safety support tailored to your needs. This can include installing additional smoke detectors or heat sensors to provide extra protection.

If your home is feeling overwhelmed, please keep these safety essentials in mind:

-  **Clear the way:** Ensure your hallways and doors are clear for a quick exit.
-  **Keep essential items handy:** Always have your keys and a phone within reach, especially at night
-  **Test your smoke alarm:** Press the button on your smoke alarms to test them regularly
-  **Consider a Home Fire Safety Assessment:** Greater Manchester Fire and Rescue Service offer free assessments and can provide fire safety equipment, as well as valuable tips and advice to keep your home fire safe



Mosscares St Vincents Housing Group Head Office, 7th Floor,
Trafford House, Chester Road, Stretford, Manchester M32 0RS

If you would like this information in another language or format, then please contact us

Si vous voulez ces informations dans une autre langue ou format, prière de nous contacter

ने उदाहृते िर न्नाकारेी षनाची न्ना विसे िर उरीवे िर चारीरी हे उा विरुवा वरके माडे नाल संपरक करे।

إذا كنت ترغب في الحصول على هذه المعلومات بلغة أو صيغة أخرى، فيرجى الإتصال بنا.



telephone
0161 226 4211

Haddii aad macluumaadkan ubaahan tahay luqad kale ama hab kale, fadlan nala soo xiriir

Jeśli wymagasz tej informacji w innym języku lub formacie to skontaktuj się z nami

اگر این اطلاعات را به یک زبان دیگر و یا ر یک قالب متفاوت می خواهید لطفاً با ما تماس بگیرید.

ነበረ ሐበሬታ ብኻልእ ቋንቋ ወይ ቅርጺ ምስ እትደልዩ፡ በጃኸም ኸዑ ርኽቡና።

اگر آپ کو یہ معلومات کسی دوسری زبان یا شکل میں چاہیے تو براہ کرم ہم سے رابطہ کریں۔



email
enquiry@msvhousing.co.uk



visit
msvhousing.co.uk