International Declutter Day

Saturday 17th Sept 2022

Declutter Therapy™

LETITGO

International Declutter Day, Saturday 17th September 2022

We are so delighted that you are taking part in International Declutter Day, Saturday 17th September 2022! This positive yearly event encourages people around the world to:

1. Declutter to feel good
2. Donate, give, reuse or recycle

EVENT OVERVIEW

Originally founded as Ireland's National Declutter Day in 2011 by leading decluttering expert, author and trainer Breda Stack of DeclutterTherapy.com, International Declutter Day champions the therapeutic nature of decluttering and highlights the win-win nature of decluttering for individuals, families, communities, charities, organisations and the environment.

You can get involved in International Declutter Day 2022 as either an individual or as an event ambassador to encourage your community members to donate their unwanted items to help your good cause, charity, team, association or organisation.

Find out full details of the event ethos and history, the battle between minimalism and sentiment, creating a happy, healthy approach to decluttering, how to achieve long-term decluttering success and the biggest decluttering obstacles that keep so many of us stuck, and also learn about how event founder Breda can help you with your personal or professional decluttering on the official International Declutter Day website www.internationaldeclutterday.com.

HOW TO GET INVOLVED AS COMMUNITY AMBASSADOR

Become an International Declutter Day 2022 ambassador for your charity, group, team or association by creating awareness and encouraging others in your community to declutter on or around International Declutter Day, Saturday 17th September 2022 and give their unwanted items to benefit your good cause.

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TOP TIPS

TOP TIPS FOR COMMUNITY AMBASSADORS OF INTERNATIONAL DECLUTTER DAY 2022

1. **Inform.** Provide clear details to your community on how and when each person can participate and how specific unwanted items will benefit your great cause.
2. **Run a declutter drive.** Reward households, groups or individuals who declutter and donate the most items with a spot prize or a fun gift, certificate or trophy.
3. **Involve children.** Positively include children in the decluttering event to teach them a life-long healthy relationship with their material possessions.
4. **Celebrate success.** Remember we are all on our own decluttering journey and every single unwanted item received will help your cause.
5. **Focus on the benefits.** Remind your community that decluttering not alone helps your cause but personally benefits each individual and family that get involved.
6. **Request action.** Ask participants to pass on their unwanted items as outlined at their earliest convenience once they have finished decluttering.

OFFICIAL EVENT PARTNERS 2022

Proudly associated with charitable and environmentally-friendly organisations around the world, International Declutter Day is kindly sponsored by the **Southern Region Waste Management Office**, Ireland, www.southernwasteregion.ie
SRWMO promotes waste prevention, reuse and recycling in accordance with National and European policy on the Waste Hierarchy and the Circular Economy.

MyWaste.ie, Ireland's official guide to waste management, educates and raises awareness around all aspects from prevention to recycling and disposal. Our helpful search function advises you on how to correctly dispose of a wide range of household objects. See www.mywaste.ie

OLIO is the free app connecting people in communities globally with their neighbours and with local shops so surplus food and other items can be shared, not thrown away. If you love food, hate waste, care about the environment or want to connect with your community, visit www.olioex.com

www.internationaldeclutterday.com
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THANK YOU

We really appreciate your efforts in getting your community involved in International Declutter Day 2022 so they can declutter to feel good and help your worthy cause with their unwanted items. Thank you, and we genuinely hope that your charity, team, association or organisation benefits greatly from this win-win global event.

Please use the official International Declutter Day website, information, logos and posters to help share this positive message. Full terms of use at decluttertherapy.com/terms-of-use.

We always love to hear your decluttering good news stories inspired by International Declutter Day so please connect with us by email on idd@decluttertherapy.com.

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