**Overview of the Declutter Group Project**

SPARC’s Counselling Service have created a Declutter group workshop!

**Aim:** These trauma informed workshops aim is to support the practical work of Age UK Stockport under the home support service that support adults 18 plus to live independently and well in their own homes with a specialised decluttering service offering deep cleans and decluttering of properties to help to equip people to gain a greater understanding of their symptoms and tools to manage them appropriately. With an outcome to empower people to become self-managing and gain a greater sense of autonomy.

**Provision:** Within this service we offer one to one counselling/therapy which can be held in person or zoom or telephone. All of which provides opportunities for people to express and explore deep-seated thoughts, feelings and emotions that may arise within an emotionally safe and confidential environment.

**Further Resources:** We can offer practical support in terms of practical solutions via online information and advice. Utilise the skills and knowledge of Jamie McCord (Hoarding Lead at Age UK Stockport). As well as prevention information from the Fire Service.

**Furthermore**, Due to being engaged with SPARC’s Counselling Service, we can offer other non-hoarding related workshops. In addition, we can refer to other services provided by SPARC: Psychological Healing service, SPARC’s Young Adults project, and Horizons Social group.

**Outcomes Measures:** all participants will be asked to complete GAD, PHQ, SPARC Ladder, Group Questionnaire and PEQ.

**Date:** Starting Monday 15th January 2024. Rolling 6-week group, 1 week break, then another intake of 6 weeks.

**Time:** 2:00pm till 3:00pm (One hour)

**Place:** SPARC, media room

**Duration:** 6 week rolling programme over the year.

**Attendees:** Closed group, referrals mainly from Age UK Stockport & SPARC, to begin with; will open the service borough wide.

**Group size:** 6 people

**Facilitators:** Jenny, Ovanda & David. (all qualified, insured and under a registered body) Jenny and Ovanda will take the lead in these workshops. David to support, (if needed). We felt the group needs at least two facilitators due to the sensitivity of the topic. Participants may have feelings of guilt, shame, embarrassment, and humiliation, to name but a few.

**Workshop Content Over 6 Weeks**

**Start:** Welcome, check in, ground rules, time boundaries, respect, expectations etc will be established at the beginning of every workshop session.

**Week 1** – Share Stories with a Relaxation Technique

Notes: what are the benefits of storytelling e.g., connection, belonging to a tribe, processing trauma and its prevention etc

**Week 2** – Attachment ending with a Relaxation Technique

Notes: understanding their attachment/relationship to their objects!

**Week 3** – Guilt, Shame and Compassion ending with a Relaxation Technique

Notes: compassionate letter writing, meditation, understanding guilt and shame, where it comes from and why

**Week 4** – Explore the Possibilities of no Clutter

Notes: seeking the external connection, lack of meaningful connection, external long-term gain - short term pain, what are the benefits of clutter, imagery work

**Week 5** – Coping Mechanisms, Psychoeducation, ending with a Relaxation Technique

Notes: what helps the individual, sharing tips, hints, and CBTs techniques etc. Peer support, both one to one and groups outside of SPARC. Psychoeducation involves learning about and understanding mental health and wellbeing. It's similar to physical education, where you learn about how your body works, how to look after it and the impacts of different strains or stressors - but instead you apply this to the mind.

**Week 6** – Object Relations ending with a Relaxation Technique

Notes: The main focus of Object Relations theory is to understand a person's current relationships in terms of how their childhood attachments to objects affected their development. Objects are people or experiences with people that can be deemed ''good'' or ''bad'' by an infant and or young child. Feeback, to make improvements, developments, and gain an understanding of what helps and possibly seek narratives and testimonials.

NB: The above content is subject to change regarding the input of the participants. As stated, they are not fixed and can be changed. We aim to create a bespoke package tailored to needs!

**All these services are FREE**