

# Chaotic Times

Organised Chaos Newsletter

"Helping you to  
clear clutter and  
feel -

Better!"

Issue - 2010

'De-Clutter & Help Others!'

# Dear Friends of Organised Chaos

Welcome to the March edition of **Chaotic Times**!

It's a year this month since the first issue of the Chaotic Times - they say time flies when you're having fun! I have certainly enjoyed putting the newsletters together, and of course I hope you've enjoyed reading them and found the content useful. I'd like to thank those of you who are regular readers and who have been kind enough to give positive feedback.



If you have any questions or suggestions for future topics, then please do get in touch and I'll do my best!

As you know, I'm always coming up with ideas to encourage people to de-clutter. I know it can sometimes be hard parting with things, so my latest tactic is to make it really easy for you to donate your clutter to charity. Any sense of loss you may have will be more than cancelled out by the 'feel good factor' of helping others.

This is the ideal way to give a gift to a good cause without having to part with any cash.

You will, no doubt, all be familiar with the range of charity shops found in the average high street. Most towns have several, enabling you to support a charity close to your heart. More than ever charity shops are in need of quality donations. The recession has meant more customers and less donations!

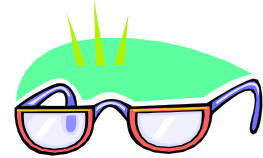
However, charity shops are just the 'tip of the iceberg' and I will be giving details of other ways you can be of help. The schemes listed are national so it's possible to get involved regardless of where you live.



## Donate your Old Spec's!

If like me you wear glasses, the chances are you've a few old pairs somewhere cluttering up a drawer. Don't just throw them out. "300 million people in the developing world need spectacles to live a normal life" (Quote from the Vision Aid Overseas website).

Vision Aid Overseas collects spectacles for their work in the developing world. Opticians' practices throughout the UK support them by collecting unwanted spectacles.



The Vision Aide website, [www.vao.org.uk/spectacles/](http://www.vao.org.uk/spectacles/) provides details of your nearest collection point. You can recycle your spectacles (not the cases) at thousands of practices throughout the UK, including many Vision Express practices and Kodak Lens Vision Centres. Details of your nearest store can be found on the website. Rotary International also donate to Vision Aide and Compleat Office Initiatives in Daventry are acting as a collection point on behalf of Rotary.

## and Mobile Phones!

I confess to having rather an antiquated mobile phone which seems to suit my needs! However, I'm well aware that lots of people regularly upgrade their phone to the latest spec. Often the old phones just lurk at the back of cupboards taking up space as people (quite rightly) are loath to throw them out.



There are many charities which will recycle your old mobile. The one I deal with is the RNIB (who also take old inkjet cartridges).

Visit their website [www.rnib.org.uk/recycle](http://www.rnib.org.uk/recycle) or ring them on 0800 980 5375 for more information on how to help the two million people in the UK who have sight problems. If you register online you will be issued with a Freepost bag for your phone(s).

## Not to Mention Old Jewellery!

Send unwanted jewellery to Marie Curie Cancer Care. They're happy to receive odd earrings, broken chains, stopped watches, whether it be costume jewellery or the real thing!

Donations are processed by a professional recycling company and all the jewellery is sorted by hand. Valuable pieces are sold, damaged items are broken up or melted down and the residue is sold to a specialist scrap merchant.

So, package up any unwanted jewellery and send it to the address below:

Marie Curie Cancer Care  
Freepost  
Central Recycling



What could be easier! By the way, I am assured that this rather brief address is complete!

Well, I hope this issue has inspired you to help some deserving causes whilst de-cluttering. Now that's what I call a win-win situation!

If anyone knows of ways to recycle and help either local or national charities at the same time, please let me know and I can feature your contributions in a future issue.

*Best regards,  
Judith*

**t:** 01327 705294

**e:** [clutter@judithmorris.co.uk](mailto:clutter@judithmorris.co.uk)

**w:** [www.judithmorris.co.uk](http://www.judithmorris.co.uk)

**NEW! follow my blog on:** <http://clutter-free-mind.blogspot.com>

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