

## IT WORKED FOR ME

**Caroline Thresher, 44, lives with her partner and two children in Hampshire. She works in e-commerce and recently hired Jo to help.**

When my first baby was born, I unfortunately suffered from post-natal depression so I'd taken my eye off the ball and been shoving things in my spare room instead of dealing with them. I was also trying to get back into work, so it was a difficult time. My husband was very supportive but it had all become overwhelming and I decided to get some help. I came across APDO and I immediately warmed to Jo's entry.

My spare room was crammed with furniture, boxes and paperwork but she compartmentalised the room. By the end, my car was filled



with things to take to the tip and charity shop. It was such a relief to sort everything out! The session was three hours long and cost £95 – it was money well spent.

### **Professional organiser**

**Jo Jacob**, of Benella Home Organiser ([benella.co.uk](http://benella.co.uk)) says: "It's always easier to close the door on a room or area where you feel overwhelmed. A professional organiser is emotionally removed, so can guide with logical clearing and put systems in place to stop clutter building up."