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NEWS

January 2023

Help with Hoarding

Most of us like to hold onto things that we feel attached to or that hold special memories, but for some people, attachment to possessions can become a real hindrance to everyday living.

[Learn more here](#)



It's a big step to ask for help with hoarding. We understand the difficulties you may have in letting go of objects that may not seem valuable to anyone else but you. In making your home safer, we'll support you to make decisions about what items to keep and what to part with. Most importantly, we do this without judgment and at a comfortable pace.

Our other Services



Support for Carers

With the support of Suffolk Community Foundation and funding* from Suffolk County Council, Lofty Heights CIC provides specialist support to support carers.

[Learn more here](#)



Hospital Discharge Service

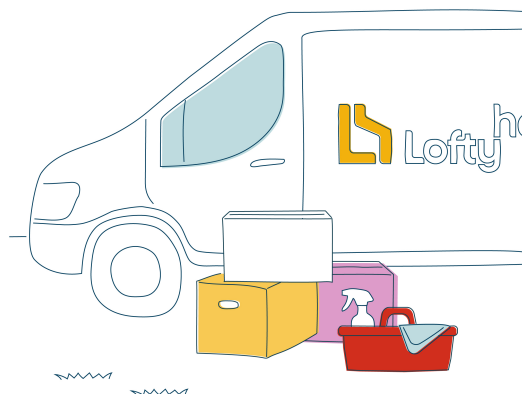
Often, when a patient has an unexpected stay at a hospital, their home environment may be unsuitable for a safe discharge

[Learn more here](#)

Our Process

We are here to help and not to judge and while we may not understand it all, we always try to do so. Whenever we are invited to make a home safer, we are respectful.

We are supportive and empathetic and appreciate that parting with items can be very distressing. However, our tried and tested



decluttering less intrusive and more comfortable.

Our website outlines a step by step guide to our process. To learn more [Click here](#)

At Lofty Heights CIC, we regularly come across other useful resources that may benefit the people we help. We have put together a list of other charities and organisations that may also assist you on our [Helpful Information Page](#).

Your Lofty Heights Team



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