

INSIDE THE WORLD OF A...

# CELEBRITY DE-CLUTTERER



**VICKY SILVERTHORN, 31**, PROFESSIONAL ORGANISER AND DE-CLUTTERER, RIFLES THROUGH CELEBS' HOMES AND EXPLAINS WHY TIDYING CAN BE AN EMOTIONALLY-CHARGED BUSINESS

**“THERE'S NO STEREOTYPING THE WOMEN I WORK WITH.** One day I'll be with a mum-of-three who hasn't unpacked her boxes – despite moving in three years ago. The next, I'll be with a woman in Chelsea who doesn't work, but wants help creating a streamlined wardrobe.

**SOME PEOPLES' HOUSES COME AS A COMPLETE SURPRISE.** Sometimes I'm greeted at the door by an immaculate woman, yet over her shoulder there's a scene of complete destruction.

**BUT I NEVER JUDGE ANYONE BECAUSE I KNOW THERE'LL BE A WHOLE BACK STORY.** There's always a reason why things have got in that state. I have clients who've become obsessive hoarders with hundreds of bags and boxes. They often open

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their hearts to me so I know their inability to let go is often rooted in loss – a bereavement or divorce.

**THROWING OUT A CARRIER BAG CAN FEEL IMPOSSIBLE.** I worked with a divorcée recently who had hundreds of them and was almost in tears at the thought of throwing them out. In the end, I said: 'If you had to choose between your sanity and this carrier bag, which would you go for?' We started to make progress after that.

**THERE IS SHAME SURROUNDING MESS AND UNTIDINESS.** I have clients who will only take advice on the phone. Often they haven't let anyone come to their house in years.

**WARDROBES ARE THE ACHILLES' HEEL FOR WOMEN IN THEIR 30S AND 40S.** Women are sentimental, but I say your brain is for storing memories, you don't need to clutter your cupboards.

**I GET PAID TO GO THROUGH LILY ALLEN'S WARDROBE.** I used to be Lily's PA, but these days she hires me whenever she wants a clear out. Once she was getting rid of a beautiful grey Stella McCartney cape and just gave it to me – it's now my most prized possession.



If you never wear it, let it go

**IT DOESN'T MATTER WHETHER YOUR WARDROBE IS FULL OF DESIGNER OR HIGH-STREET BUYS.** If you never wear it, let it go. Ask yourself: 'Would someone else enjoy this more than I do?'

**UNDERWEAR DRAWERS, BATHROOM CABINETS, FINANCES – I GO THROUGH THE LOT.** If you leave any stone unturned, that's where the mess will creep in. I have a confidentiality agreement with clients that whatever I see or hear will stay with me.

**MY BEST TIP FOR BEING ORGANISED? USE DRAWERS.** Home filing systems with folders and dividers are doomed to fail.

**SET YOUR COOKER TIMER DAILY FOR 20 MINUTES, AND TIDY.** You'll be amazed at the difference it makes over a week.

**DE-CLUTTERING CAN TRANSFORM YOUR LIFE.** I worked with a lady who was going to move just to escape the mess, but once we had a clear out she fell back in love with her home. The old adage is true – an organised house, an organised mind." ■

● *Vicky's standard day rate is between £300 and £350. Find out more at [youneedavicky.com](http://youneedavicky.com).*