



# DECLUTTERING FOR GOOD

KNOX RESIDENTS



# DECLUTTERING FOR GOOD



## ROOM BY ROOM ACTIONS

### Entryway & Living Room

- ☐ Donate or sell unused décor, framed art, or ornaments
- ☐ Recycle batteries, cords, light globes
- ☐ Offer vintage items to op shops or collectors
- ☐ Post furniture or electronics to Buy Nothing if in good condition
- ☐ Sort family photo frames: keep, digitise, or pass to relatives

#### Tips:

Consider sharing sentimental items with siblings or extended family.

Create a “memory box” of small mementos before downsizing large pieces.

### Kitchen

- ☐ Compost expired food
- ☐ Donate unopened pantry items
- ☐ Recycle jars, containers, soft plastics
- ☐ Drop off cleaning bottles, coffee pods and packaging
- ☐ Rehome cookware or crockery

#### Tips:

Turn tea towels into rags; offer spare cutlery to community kitchens. Elderly estates may have vintage kitchenware – these items can often find a second life through online collector communities, or platforms like eBay.

## MINDFULNESS

- **Pause with Purpose:** Take a photo. Tell the story behind an item.
- **Memory, Not Excess:** Keep only what holds meaning.
- **Family-Friendly Framing:** "We're passing this on to someone who needs it now."
- **Sadness and Thanks Can Sit Together:** You're doing something deeply human.

## HANDY RESOURCES

**Kitchen Warehouse:** Offers The Great Pan Exchange, a national recycling program for old pots, pans, and baking trays. Drop cookware made from iron, steel, aluminium, copper, or non-stick into in-store bins

**Coffee Pod Recycling:** Download a free shipping label and send in your aluminium coffee capsules to TerraCycle for free recycling.

**Givit:** Accepts good-quality furniture, whitegoods, and household items. Your donation helps people doing it tough.

**Foodbank Donations:** Find where to drop off unopened pantry items near you.

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## ROOM BY ROOM ACTIONS

### Bedrooms & Wardrobes

- ☐ Sort into: Keep / Donate / Sell / Textile recycle.
- ☐ Send worn clothing, socks, or underwear to Upparel, Sheridan Recycling Program, Dressed for Success, or H&M Garment Collecting.
- ☐ Rehome quality clothes via op shops or women's shelters.
- ☐ Offer vintage or sentimental clothing to family before donating.
- ☐ Recycle shoes or accessories through specialty programs.

#### Tips:

- Heirloom items (like wedding dresses, military jackets) can be framed, stored properly, or passed on thoughtfully.
- Create a shared album or photo collection of special outfits before letting go.

### Bathroom

- ☐ Recycle oral care items (toothbrushes, floss, razors)
- ☐ Donate unopened soaps, toiletries, or incontinence products
- ☐ Upcycle worn towels into pet bedding or rags.
- ☐ Safely dispose of expired medicines

## MINDFULNESS

- **Create a Memory Box:** For small, meaningful items.
- **Photograph Special Items:** If you can't keep it, capture it.
- **Involve Family:** Especially children or siblings in decisions.

## HANDY RESOURCES

- **Upparel:** Recycles worn clothing not fit for donation.
- **Sheridan Recycling Program:** Drop off old towels and sheets in store
- **Dressed for Success:** Donate professional clothing to support women entering the workforce.
- **H&M Garment Collection:** Accepts all textiles for recycling.
- **Find an Op Shop:** Search for charity shops to donate quality used goods.
- **Shoe Donation (Save Our Soles):** Recycles sports shoes
- **TerraCycle:** Offers free recycling programs for tricky items like oral care
- **Share the Dignity:** Donate hygiene products for women and girls in need.
- **Expired Medicines:** Return unwanted medicines to any pharmacy for safe disposal.

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## ROOM BY ROOM ACTIONS

### Kids' Rooms or Hobby Spaces

- ☐ Rehome toys, puzzles, and books to daycares, libraries, or charities.
- ☐ Donate or repurpose craft supplies, wrapping paper, jars, buttons, etc. Offer collections (sewing, stamps, trains) to community groups or Facebook collectors.
- ☐ Connect with local parents to sell or gift school uniforms on Facebook

#### Tips:

Give children a say in the process — frame it as sharing joy with others. Honour a loved one's hobbies by giving supplies to others who will use them.

### Home Office & Paperwork

- ☐ Shred and recycle unnecessary documents.
- ☐ Digitise important photos or letters.
- ☐ Recycle ink cartridges, pens, and old tech, including cords and cables
- ☐ Rehome stationery or art supplies.
- ☐ Create a folder of essential records (birth/marriage certs, medical notes).
- ☐ Donate working laptops, phones, and tablets

#### Tips:

Estate decluttering often brings up legal or financial papers — keep a clear system. Reach out to relatives before discarding letters, journals, or old notebooks.

## MINDFULNESS

- **Take It Slow:** Tackle one small, manageable task at a time.
- **Done Is Better Than Perfect:** Progress matters more than perfection.
- **Be Kind to Yourself:** This can be emotional—go gently.

## HANDY RESOURCES

- **Banish BRAD:** Recycles over 150 hard-to-recycle items including beauty, cleaning, tech, and packaging waste.
- **The Reconnect Project:** Refurbishes donated phones, tablets, and laptops for people experiencing disadvantage.
- **Reverse Garbage:** Accepts clean, reusable materials like textiles, timber, plastics, and craft supplies for creative reuse.
- **The Sewing Basket:** Accepts donated fabric, haberdashery, and yarn to support disability employment services.
- **Officeworks Recycling:** Drop off pens, batteries, and printer cartridges for recycling at selected stores.



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## ROOM BY ROOM ACTIONS

### Garage, Shed, or Storage Units

- ☐ Take old paint, oils, or chemicals to hazardous waste drop-off points.
- ☐ Recycle old tools and scrap metal.
- ☐ Donate working tools, camping gear, or sports equipment.
- ☐ Rehome mobility aids or medical items to reuse programs.
- ☐ Drop off timber at timber recycling centres (if in usable condition).

#### Tips:

Tools or machinery often hold value — consider reselling or donating to Men's Sheds.

### Garden and Outdoor Areas

- ☐ Return plastic pots and seedling trays to Bunnings for recycling.
- ☐ Gift or donate healthy plants to neighbours or community gardens.
- ☐ Offer plants and garden items for free or sale online.
- ☐ Donate garden tools to Men's Sheds or repair cafés.
- ☐ Recycle broken metal garden furniture at a scrap metal yard.  
Donate decorative items like pots or ornaments to op shops.

#### Tips:

Use social media groups like Buy Nothing or local gardening pages for quick rehoming.

Use Gumtree to connect with metal scrap recyclers

## LOCAL LINKS

- **Knox Transfer Station & Recycling Facility** – Drop-off for household waste, green waste, e-waste, etc.
- **A-Z Waste & Recycling Guide** – Comprehensive guide to recycling for household items.
- **Knox Repair Café** — free help fixing household items.

## HANDY RESOURCES

- **Bunnings Pot Recycling**: Return used plastic pots and trays to in-store bins.
- **Community Gardens Australia**: Donate healthy plants or surplus produce.
- **Men's Sheds**: Donate quality garden tools, hardware, and materials for reuse, repair, and community projects.
- **Repair Cafés**: Find your local cafe to donate tools and equipment.
- **Mobility Aids**: Find more information here about reusable medical aids like walkers and wheelchairs.
- **Paint Back**: Use the handy search function to find paint drop off points near you.
- **Timber Donation (Sydney)**: accepts donations of previously used timber