Lighten the Load

CALM HOME SUPPORT PROGRAMME

Practical, funded in-home support for households across Peebles and the Scottish Borders

Now accepting referrals · 10 funded places available

Calm Home Support Programme · Scottish Borders

FREE TO CLIENTS

Who is it for?

Households struggling at home due to:

- Poor mental wellbeing linked to home environment
- Overwhelm, life transitions or crisis
- Neurodivergence or executive dysfunction
- Bereavement, illness or reduced mobility
- Family stress or household disruption
- Isolation or reduced support networks
- Clutter significantly impacting daily life

> *We work with kindness and without judgement. Our goal is a calmer, more functional home.*

What's included?

Each household receives:

- Initial home visit to understand goals and situation
- One intensive 5–6 hour session with our two-person team
- Decluttering and organising of priority spaces
- Donation and recycling — we handle collection and drop-off
- Personalised systems and practical solutions
- Follow-up check-ins at 1, 3 and 6 months

✦ **Completely free to the client** ✦

How to refer

Three simple steps:

1 Request the referral form Email or call us and we will send it over, or download from our website.

2 Complete and return it Email to wecanlightentheload@gmail.com or call Sophie or Kirstie directly.

3 We'll be in touch We respond within 5 working days to discuss suitability and arrange the visit.

"To create calmer, more manageable homes where people can thrive." — Sophie & Kirstie

WHO CAN MAKE A REFERRAL?

- GP practices
- Schools & guidance
- Children's services
- Social prescribing
- Family support services
- Carers organisations
- Health visitors
- Citizens Advice
- Housing associations
- Community mental health
- Women's Aid
- Community groups

GET IN TOUCH

✉️ wecanlightentheload@gmail.com
🌐 wecanlightentheload.co.uk
📱 @wecanlightentheload · Lighten The Load on Facebook
📞 Sophie: 07958 308013 · Kirstie: 07775 945216

Sophie & Kirstie
Lighten The Load
Professional home organisers — practical, compassionate, non-judgemental

Funded by Scottish Ministers through the Borders Local Action Group (LAG)
and administered by Scottish Borders Council