

# Taking the stress out of your move



Moving home is widely recognised as one of the most stressful experiences. The planning and preparation that is required can seem daunting and is frequently put off until the last minute.

It does not matter whether a person is only moving around the corner or they've decided to take the plunge and relocate to the other side of the world, the feelings of stress, panic and worry are never far away.

Throughout the years we have discovered that there are a few different kinds of movers – those who are super organised (and tend to get the most stressed as they need things to be spot on) and the more complacent soul who is quite content to leave the planning and packing to the last minute. No matter what your style, there are a number of golden rules you can follow which will ensure the mover stays calm and relaxed while staying focused on getting the job done.

Although it is an exciting time, relocating to pastures new can often be a trying experience. The service which Bishop's Move offers has been fine tuned with over 150 year's experience in the removals industry, and aims to ensure that customers' needs are met and exceeded – giving them a move that is stress-free! We want to be like a friend to our customers, so we are there side by side, every step of the way.

Starting from today, we're going to be divulging our industry secrets and knowledge to you – helping you get set for any move. We've got timed guides for what needs to be done three weeks, two weeks, a week and even the day before a move. Plus, we have information and tips on how to make moving with kids and pets a less traumatic experience for all. We can also assist with the dismantling of your furniture to ensure the packing of your belongings is as smooth a process as possible. And for those with green fingers we can even help with moving your beloved plants with minimum disruption.

In this document we will discuss the countdown to moving and clarifying all that needs to be remembered as the exciting prospect of relocation edges ever nearer.

- Decide on a moving date and stick to it. This will be the date that you will work around and it will ensure you keep organised and aware of what needs to be done and when.
- Never leave the sorting and packing to the last minute, this should be done at least two weeks before the move. If you can, start earlier. This gives you time to properly 'spring clean' and make sure you're only taking with you the household products you need.
- When selecting a removals company – choose carefully. Make sure you've done some research and be sure you can trust them. Don't leave it too late to meet with them, as you may find you come up against a number of removal companies who aren't available on the date you need.
- The smallest lapse in concentration can result in the small details being ignored. Have you informed your gas, water and electricity supplier yet? Has the council had a call in regards to your council tax? Managing the smaller tasks tend to be the most stressful. Get these unattractive tasks out the way first so you don't have to worry about them further down the road.
- Make a start dismantling the big pieces of furniture as soon as you can – not only will this mean the hardest jobs are over and done with early, it will also give you more space when wrapping and packing other belongings.
- Keep liaising with your removals firm and estate agents to ensure everything is running smoothly in coordination with your moving date.
- Visit the post office and arrange for post to be forwarded to the new address and ensure that all final bills are paid.
- Start to label all your belongings using colour coordination, blue labels for breakables, etc.
- Try to get some old blankets to lie down at your new property to put all your boxes on. This will go a long way to protecting your floor and avoid damaging the new surface.



- Put all valuable and personal documents in a safe and secure place and carry them personally to your new home once the day arrives.
- Defrost the freezer and make sure all doors and windows are locked as you move. Keep speaking to your removals company, estate agents and solicitors.

Following these short but simple guidelines will go a long way to keeping your move stress free. Your removals company should offer a front to back service which, like that at Bishop's Move, ensures we are with you every step of the way.

To learn more about their services or to get a quote then please call **0800 107 8422** or visit the website at **[www.bishopsmove.com](http://www.bishopsmove.com)**

**Bishop's Move offers specialised removals and storage services for domestic and business customers, from small moves to international relocation.**