



Alsager Community Support Information Sheet



What to do when you lose something

Losing something important can quickly escalate into a highly stressful experience. To make matters worse it often seems to happen at the worst possible time and can leave you in a difficult situation. While you cannot guarantee that you are going to be able to track down the object straight away, what you can do is to take your time to work out whether or not it is discoverable before you start to panic. Here are some steps that you can follow that may help.

Take some deep breaths

It is very easy to go straight into panic mode rather than thinking in more detail about what could have happened. Often, the simple act of taking a few deep breaths can give you the opportunity to calm down and think more clearly about where the object could have been lost. You will also be able to look in a more rational manner rather than simply running around with no real sense of purpose. Tell yourself that you 'will' find it and try to stay calm. Try and visualise the last time you remember having the item.

Look into finding a replacement

This might be an odd thing to do before starting to look but it can help calm you down. Replacing your item might be easier and quicker to do than you think. For example, losing your car keys normally happens when you are trying to go somewhere, if a quick immediate search doesn't find them, find solutions, look for a spare key, arrange other transport. Then once the immediate situation is dealt with you will be able to calmly look for your keys, knowing the urgency is over.

If you lose an item outside of your home

Take a moment to think of the last time you definitely know that you had the item with you. Check around this area first. If you have no success then think about all the locations you have been since you left home, or after you know you last had them, and contact the office, go to the supermarket, doctors' surgery etc. and see if it has been handed in. Leave your details with them in case it is handed in later. They may have their own lost property department.

In the car

Make sure to check the floor mats, under the seats, in the boot, and in the space between the centre console and the seats. You might even want to look on the roof - it can be easy to throw sunglasses, a drink, or even a phone up there and forget about it. Get into the habit of looking behind you when you get out of a car, especially if it's not your own.

Give your desk or office a quick check before you head out to make sure you don't leave anything behind. This a great way to find things that may have slipped out of your hand or pocket without you realising.

Ask for help from friends or bystanders. It's possible that someone grabbed your object by mistake, or accidentally put it in the wrong place. Politely ask other people in the area, such as co-workers, or family members, if they know where the item has got to, or if they've seen it recently.

Still no joy? Contact Alsager Community Support

Alsager Community Support (ACS) is the official home of lost and found property in the area, covering Alsager, Church Lawton, Rode Hall and Scholar Green. The Centre can be found at 19-21 Crewe Road in Alsager, and our entrance is just to the right of Sainsbury's, on the left-hand side of the Vault. Alternatively, call us on 01270 876 605 (see the end of this post for full contact details). Check out our website to see our current finds.

If you have been in contact to let us know that you have lost something and you subsequently find it, please let us know, we love to hear that items have been found safely and we can remove them from our list.

If you lose an item inside your home

Clean up the room or house. Once you have more time available to you, it is well worth tidying up the room that you think that you have lost the item in or perhaps even the entire house. It is always going to be much easier to lose something in a messy environment, and it is always going to be worth keeping areas tidier. Not only are you more likely to find the object in the first place, but there is also every chance that you will not lose things so readily in the future.

Look in a methodical manner

When you are looking in a state of panic, you tend to look everywhere and anywhere without any sense of a clear plan. It is certainly going to be more beneficial checking in a methodical manner. Think about the places that are most likely to contain the item and check them thoroughly first. Then you can tick these off and start working through the rest of the room or the house.

Check in the messiest parts of your house or area. Studies have unsurprisingly shown that lost objects tend to get misplaced in the most cluttered areas of your home or workplace. Search this messy area systematically, go slowly and carefully. Making the clutter worse will just make it harder for you to find your missing object. Designate a clear area to place every item you have searched so it doesn't get mixed in with things that haven't been checked yet.

If there's a place where you usually put your missing object, check there first—even if you're sure it's not there. You might have forgotten that you put it back, or someone else may have done it for you. Then, check in the area right around that place, just in case the item fell or shifted slightly out of view.

Seeing things from a different viewpoint can help you notice details that you passed over the first time. If you were sitting down, stand up, move to the side, or even crouch down while looking for your item.

Check all seating areas and clothing

Lost items are commonly found around seating areas, which means that it is going to be well worth checking around these places in a thorough manner. Look between sofa cushions or beneath couches and

chairs. If you like to sprawl out, the item may have fallen out and got stuck. At the same time, you should also think about checking previously worn clothing as pockets are also a common place to find items. Think about how big the item is and where it could fit without you realizing. Don't forget to check beneath cabinets, on crowded shelves, and on the floor.

Look under and around larger items. You might accidentally stack bigger objects on top of smaller objects, often without even realizing what you're covering up. Move objects off surfaces and check under them thoroughly to make sure your item isn't caught underneath.

For example, you might have set a stack of papers over your phone or tossed your keys near some jewellery that camouflages them perfectly.

The usual suspects

Look in places where you've lost this object before. Do you tend to lose track of this object often? If so, it might be in the same place that it turned up last time. Think about where it tends to gravitate towards and check that area thoroughly.

You may leave your keys in the lock, find your glasses on your head, or forget your computer bag in your car. If you've lost your sunglasses, for example, think about where your normal glasses tend to be.

A place for everything

You may have heard the adage 'A place for everything and everything in its place', well it really does work. Try to find a convenient home for all your valuable and easily lost items and train yourself to put them back each time you finish using them. Before you know it you will be doing it automatically and it will become second nature.

Keeping items from getting lost

Make objects stand out so you won't lose them as easily. Try to make them bigger, more obvious, or more eye-catching. This will make them harder to lose, and easier to find if you do misplace them. For example, you could put a big, colourful, or noisy keychain on your keyring, use a large, bright phone case and keep your phone ringer on, or put bright neon sticky notes on important papers. If you are a gadget lover you could even consider attaching a tracker to important items and use an app to locate them (as long as you haven't lost your phone, of course!) or why not put a piece of paper with your name and home phone number in your bag, glasses case or in your phone cover/laptop bag?

Hopefully, these simple methods will help you to know where all your precious objects are at all times, but if you do end up losing, or finding, something when you are out and about please get in touch to see if we have it ready and waiting for you.

Alsager Community Support contact details

19-21 Crewe Road, Alsager, ST7 2EW. Open 0930 – 1230 each weekday.

Phone 01270 876605.

<https://alsagercommunitysupport.org.uk/>