



All this Summer socialising has got me thinking. At The Living Room we know that addiction is a whole family disorder; it affects everyone in the family unit (including friends) in one way or another. It can put enormous pressure on you if you're responsible for the wellbeing, finances or health of someone you love. If this describes you, you're in recovery too.

Many people don't think of themselves as

capital 'C' Carers, because the role of a carer often develops very gradually, but the emotional labour many people take on when a loved one suffers from addiction is frequently overwhelming.

My view is that addiction belongs to the community; it affects **everyone**. The only way to create real lasting change in our county and actually heal Hertfordshire is to get everyone involved. This is why we're working hard to strengthen our ties with other addiction services, housing support and community groups, of all shapes and sizes. We're going to build one big recovery family.

Watch this space for exciting news regarding our future work in the coming months and check overleaf to see when we're launching our new evening family and carers group in Watford.

Adrienne Arthurs, Chief Executive.

Stevenage gets a furry visitor

Our Stevenage centre had a furry friend visit during main group last month. Branston the dog and his handler Carla, attended the main group during the lunch break, and visited the children in the crèche, as part of a trial initiative from Herts County Council where Animal-Assisted intervention techniques are used to help clients deal with anxiety, stress and social interaction.



Herts Pride is only a few weeks away and we're super excited to be sharing a stall this year with Spectrum CGL.

We'll be celebrating diversity in our county and handing out advice on dealing with addictions of all types so if you're out and about in Cassiobury Park on Saturday 31st August, pop over to say hello.

Thanks and Praise

Sammi-Jo Ward (Stevenage receptionist Sheena's Daughter-in-law) completed a 10,000 feet skydive on July 24th raising **£580** for The Living Room. A *huge* thank you for your support and for terrifying us in the process.

Thanks to the wonderful students at National Citizen Service in Watford. Team 3 has raised over **£500** for The Living Room and worked extra hard to spread the word about our services in the local area; handing out leaflets on Watford High Street, doing a sponsored £10k walk and running a tuck shop and car wash all in just two weeks.

We're grateful to the Bedfordshire and Luton Community Foundation awarding us **£10,000** of funding for our relationship group. To celebrate this, we will be renaming the group 'Healing Hearts.'

Opportunities

Please see our website for more information on how to join our team as a volunteer at www.livingroomherts.org/Pages/Category/join-our-team or call us on 01438 355 649

A reminder of why we are here... A snippet from a client testimonial:

"It's not often that you meet people who know exactly what you are going through, but here of course, you do – and it helps to feel less alone." ~ Family and Carers Client

0300 365 0304

www.livingroomherts.org

Facebook: LivingRoomHerts | Twitter: @livingroomherts | Instagram: livingroomherts

We're Disability Confident Committed

A staggering 7.6 million working age people in the UK have a disability. As an addiction charity, discrimination and exclusion go completely against what we stand for, so we're incredibly happy that we've been granted Disability Confident Committed certification from the Department for Work and Pensions. This recognises our commitment to ensure our recruitment process is inclusive and accessible, that we make the changes needed to help disabled people we employ, and that we will make a difference to disabled people's lives.



St Albans

Wednesdays:
10:30am - 2:30pm

Stevenage

Fridays:
10:30am - 2:30pm

A Weight off your Mind

Our Stevenage and St Albans Disordered Eating groups are here to help when you've developed destructive eating habits and are not sure how to cope. Whether that's overeating or undereating, bingeing or restricting, our counsellors Rochelle and Olivia can give you the tools you need to build a healthier relationship with your food. Previous groups have been wildly successful in changing people's perspectives on their eating behaviours and the 'why' behind them.

20 years, One Day at a Time

The Living Room turns 20 next year. The charity was born in Stevenage on May 2nd 2000 and, after treating thousands of people and winning multiple awards and honours, now covers the whole of Hertfordshire, working out of three centres and two charity shops. Over the next 12 months we'll be celebrating 20 years of recovery work in Hertfordshire, with a series of events, fundraisers, fun activities and challenges. Keep an eye out, we'll be revealing more soon, and if you want to lend a hand let us know.



Our Stevenage Charity Shops have seen a lot of activity this summer and they need YOU to give them a hand.

The children's shop is sending out the bat signal for children's toys and summer clothes. Any donations would be greatly appreciated.

And both shops are looking for a Relief Manager to ensure they run smoothly when we need cover. It'd be an ideal role for someone with experience of the local area, and strong retail skills, who's looking to work with an eclectic mix of different volunteers and customers. Find out more at www.livingroomherts.org

Keep an eye out this month

Our shop at No.14 The Glebe, is selling a series of vintage items, including sewing machines, books and more.

Evening Family and Carers Support in Watford

We are launching a free evening Family and Carers group in our Watford centre on September 4th. We know that many people struggle to take time off from work and other obligations during the day, so we'll be holding these sessions on Wednesday from 6pm to 8pm to be more accessible for the most amount of people.

If you are affected by someone else's addiction don't hesitate to pick up the phone. If you know someone else that is, spread the word. Call:

0300 365 0304