

The Living Room's 20th birthday is in May and it feels natural to reflect on our beginnings and on how far we've come over the years. The Living Room started as a small one-centre service in Stevenage in 2000 and has since grown into a countywide charity that caters for all addictions, has won multiple awards and built some amazing partnerships with other charities in the area.

For me, this illustrates the frequently overlooked power of the small charity; one step at a time, one person at a time and little by little we've managed to bring positive change to entire communities in Hertfordshire.

At the same time, we've built up a truly great framework for helping people defeat their addictions that can be applied anywhere and at any time. By getting the *first principles* right we are helping people from all walks of life (with diverse types of addictive behaviour) to go on to regain control of their lives. Our 60% successful treatment rate stands as testament to that. Our 3500 plus graduates stand as testament to that. It stands as a testament to the true power of small charities.

~ Adrienne Arthurs



Notes of Appreciation

Our Watford staff are especially grateful for the £209 donation from local hair salon Artisan.

Many thanks to the Sisters of Mercy who donated £5000 to help us run our St Albans centre.

Thank you to St Albans Verulamium Rotary Club for the £1000 they kindly raised for us at their recent Rotary Supper.

Thanks to everyone who contributed to the St Michael's Church Christmas collection and to our patron. The £824.50 you donated is greatly appreciated.

Stevenage Health Action Day

We'll be at the Stevenage Arts and Leisure Centre from 10am - 2pm on February 22nd for the Health Action Day organised by Stevenage Leisure Limited.

There will be loads of fun activities for adults and children on the day, including taster workout classes, a bouncy castle and stalls offering free health advice and support, so make sure to say hi to us if you're planning to pop along.



Get your Valentine's Gifts at our Amazing Charity Shop

If you're heading to The Glebe before Valentine's Day, take some time to look at the fabulous display in our charity shop courtesy of our amazing volunteers and shop staff. And if you're on the hunt for a unique present for that special someone, we've got a range of romantic gifts still available, so make sure to have a browse.

Watford Family and Carers Group Find New Home

Our evening Family and Carers group moved into Leavesden Community Centre last month. Thanks very much to Watford Community Trust for supplying the venue, where our group meet every Wednesday. If you are interested in finding out more or would like to attend our Watford group, please call **0300 365 0304**



A reminder of why we are here... A testimonial:

'Today I feel respect and honour my feelings and I like that. I don't want to die and that's all down to The Living Room. The Living Room has given me a sense of freedom, peace and acceptance. Thank you.'

0300 365 0304

www.livingroomherts.org

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

Affected by someone else's addiction? We offer Family and Carer's Groups

We don't just support people with addictions, we also offer support for anyone who's affected by someone else's addiction. Whether it's your friend, a family member, someone you actively care for or are close with, we can support you with weekly group therapy at our Stevenage, Watford and St Albans Centres.

People in our groups learn how to understand addictive behaviour, set boundaries with the people they care for and identify and transform their negative relationships into positive, mutually beneficial ones. We also provide coping skills and other tools to help through the difficulties of caring for someone with an addiction.

If you are struggling with someone else's addiction or if you know someone that is you can find more information on our website www.livingroomherts.org

We can also offer face-to-face talks on our support to community groups and professionals, so please don't hesitate to contact us to request a presentation or Q&A session.

Groundwork Gardening Skills Course

Starting on February 18th, the Groundwork charity will be providing a weekly afternoon course for 6 weeks for clients to learn gardening skills. Thanks very much to the amazing people at Groundwork for running the course and for providing a minibus so clients can travel to and from Hitchin for the duration.



Katie's Training for Brighton Marathon



Our crèche manager Katie is hard at work training for the upcoming Brighton Marathon in order to raise money for The Living Room. Katie started light training last July, practising three times per week and gradually moving from doing 5k runs to 16k distances. She tackled a 10k race in London

for Crohn's and Colitis UK in October and is now in the final phase of her training.

You can donate to Katie's fundraiser by scanning the QR code below. Any donation, small or large, would be greatly appreciated. She's aiming to raise £1000, so please share with your friends, family and co-workers.

"Have been keeping a weekly diary of how many miles I run - so far I have run 267.84 miles or 431.05 km. Feeling the pain!!!"



20 Years of The Living Room

The Living Room turns 20 this May and we've gone from strength to strength. Got a moment? Then check out some of the highlights of the last 20 years over at: www.livingroomherts.org/20-year-timeline. While you're there, take a gander at the events we're going to be holding over the next 12 months to celebrate. Want to get involved? Don't hesitate to let us know.

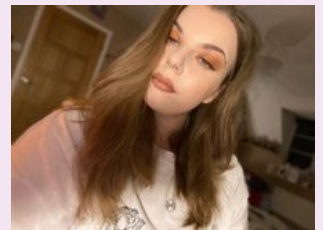


We're at the Healthy Hub

The St Albans Healthy Hub, based at St Albans District Council offices, is a one-stop shop for help, guidance and support covering a range of different issues including health, finance, wellbeing and much more. The Living Room is now based there every 2nd and 4th Tuesday of the month providing advice for anyone affected by addiction. If you (or anyone you know) want to find out more about us or about the support that's available, we welcome you to pop in for a chat.

Elizabeth's Close Shave

A fundraising fever has swept the office. Our crèche volunteer Elizabeth will be getting her hair shaved on February 14th and wants to raise £500 for The Living Room in the process.



She's cutting her hair and donating it to The Little Princess Trust, who give wigs made of real hair to children with hair loss, and getting the rest shaved off. Donate using the QR code.



"I think it's a vital organisation. Please share with friends and family on Facebook, Twitter and elsewhere so I can reach my target and together we can help The Living Room do more."