

It's July and after a cloudy start Summer is now finally in full swing.

I think it's the perfect time to get outside and try something new. One person who knows about trying new things is our Crèche manager Katie, who will be running the Brighton marathon in 2020 (see overleaf) for the first time...very brave.

Of course, you don't need to train for a marathon but getting out of your comfort zone, and more importantly getting outside, is always worthwhile. A great start would be to check out which

Hertfordshire Health Walks are near you. You can connect with new people in fresh settings and improve your health at the same time.

This is also a time when it's worth practising a bit of self-care. Summer is typically party season and in amongst the BBQs, picnics and festivals; the temptation to drink can be ever present. That's why I'd like to encourage everyone to take some time out from all the hustle and bustle of the season and get to know yourself a bit better. Pick a new area to explore, read a book in the park or practice mindfulness in a quiet spot. Sustainable recovery requires you to work in your own best interests, so start today.

Adrienne Arthurs, Chief Executive.



Thanks and Praise

A massive thank you to everyone who nominated us for the **Ecclesiastical Movement for Good Award**. Thanks to your efforts we received a £1000 donation.

Thank you for a generous £5000 grant from **Hertfordshire Community Foundation**. This will go towards funding our Disordered Eating Group in St Albans.

The Eden Consort kicked off their series of Summer concerts with a performance at **Trinity Church** in Knebworth that raised £500 for The Living Room. We had a wonderful time and thank you to everyone who donated.

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



The Living Room wins third place at the Volunteering Herts Conference 2019

We picked up an award at this year's Volunteering Herts Conference in Hatfield.

The award recognises our commitment to managing our volunteers effectively by signing up to Volunteering Herts CIC's 6-point promise.

Thank you to everyone who nominated us.

(Pictured: Adrienne Arthurs, Mayor of Welwyn Hatfield and a TLR staff member)

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

"The family and carers group has provided me with space and time to focus on what was important to me. Nothing has been so special as the expertise, support and personalised approach which The Living Room have provided. It has a unique, creative, motivating nature to everything it does and challenges the fears we have about confronting anxieties and emotions, not just in the present but also in the past."

0300 365 0304

www.livingroomherts.org

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Katie sets sights on Brighton Marathon 2020

Our very own Katie Carter, Stevenage Crèche Manager, will be running the Brighton Marathon next April on behalf of The Living Room and as a personal challenge.

She's aiming to raise at least **£1000** so we can continue to help as many people as possible in Hertfordshire.

You'll be able to follow her training progress over the coming months at www.livingroomherts.org so keep your eyes peeled.

Check out our website for other current fundraisers.



Creative writing clients' work showcased at HAFLS Adult Achievement Awards

Clients from our Stevenage centre's creative writing group, delivered by HAFLS, joined us at the Adult Achievement Awards held at The Old Palace, Hatfield House on June 26th. Readings from the clients' amazing work were performed by volunteers on the night.

The event recognises the achievements of adult learners who have overcome challenges by taking part in community learning courses. The Living Room were the runners up for the '**Group**' award on the night. Ocado were the winners and have generously committed to donate their winning prize to us. Thank you.

St Albans Quiz Night

We're holding our first St Albans quiz night in August at St Paul's Church.

It's guaranteed to be a packed evening with a mocktail bar and raffle prizes that include: gig tickets at The Horn, Acupuncture sessions, Red Letter Days bungee jumping and much more...

All proceeds will go directly towards The Living Room. You can purchase tickets online at www.livingroomherts.org.

When: Friday 2nd August 2019, 7:00 - 9:30pm

Where: St Paul's Church, Blandford Road, St Albans, AL1 4JP

Sharnbrook Garden Party

The Chris Frankish Trust are holding a garden party and music event in Bedford on **Sunday 7th July 2019 from 3:00 - 11:00pm** to raise funds for The Living Room and a number of other charities.

The day will include a whole host of activities such as live bands, holistic therapy stalls, a hog roast as well as meet and greets with professional boxer Billy Schwer, singer Jethro Sheeran and former England cricketer Monty Panasar.

Book your tickets via eventbrite.co.uk by searching 'Sharnbrook'.

Tickets cost £10 per adult and under-12s free.