

Diving Below the Surface of Eating Disorders

This month marks the return of Eating Disorders Awareness Week (2nd – 8th March). It has been reported that 1.25 million people are living with an eating disorder right now. Living with an eating disorder can feel like living in a prison; the physical effects are sometimes plain to see but the torture of constant food obsession, negative self-talk, isolation and playing a game of cat and mouse with control is often what brings a client to seek treatment in the Disordered Eating Group. At The Living Room we encourage people to take a closer look at their relationship with food. After time in treatment, they soon discover that although arresting the physical part of this illness is vitally important, recovery is an inside job.

We often show people The Iceberg Theory, well known in addiction treatment. Many people enter treatment with the visible symptoms of their primary addiction, much like the tip of an iceberg, which has brought them so much pain and ultimately to a place of seeking help and an admission they cannot recover alone. This starts with food for disordered eating clients, but often crosses into other behavioural and substance addictions. Once a problem has been identified and there is a willingness to get better; they can explore below the surface of the water and look at why they are using food to change the way they feel, discover the tools necessary to make changes and begin their personal journey of recovery.

The Disordered Eating Group has provided treatment for people to achieve recovery whether they restrict, purge, binge or have a combination of all these symptoms. As professionals, we are continually inspired by the courage, tenacity and progress of each individual client. At The Living Room, we are privileged to play our part in Eating Disorders Awareness Week by enabling people to break free from the prison of an eating disorder and live a better life. Recovery isn't always easy, but it's always worth it.

Olivia and Max – The Living Room Counsellors

Thank you Elizabeth.

Well done to Elizabeth for bravely getting her hair shaved off and raising £230 for The Living Room in the process. Elizabeth donated her locks to the Little Princess Trust, who provide wigs for children (and young people) who are going through cancer treatment.

You can still add to her fundraiser over at www.livingroomherts.org

Scan the QR code to quickly reach her page.



Shop in Rickmansworth? You can help us receive a donation from Waitrose:

The Waitrose Community Matters scheme kicks off in Rickmansworth this March. You can help support us during your usual shop simply by dropping your green token into our box. The more tokens we get, the bigger the donation we receive!

Notes of Appreciation

Thank you to Herts Viewpoint for training four of our St Albans clients so they can speak at The Haven and the local prisons about their recovery from addiction.

We're very grateful to the Martin Geddes Trust, who will be funding our specialist drug group for an extra year.

Our St Albans team would like to thank JPA Furniture for donating 4 new desk chairs and 2 more chairs for our reception area.

We're very thankful for the £500 donation from St Katherine's Church in Ickleford.

Thanks to Councillor Loraine Rossati for her £240 donation.

Thank you to Councillor Sarah-Jane McDonough for her £1000 donation.

Thank you to Councillor Graham Lawrence for his £800 donation which has funded our new charity shop sheds.

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

"An incredible place. Amazing support over Christmas and New Year which helped me get through a difficult time."

0300 365 0304

www.livingroomherts.org

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

20th Birthday Thank You Ceremony

Spread the word! It's our birthday on Saturday 2nd May 2020. We have been providing 20 years of support to people with all kinds of addictions, first delivering our counselling out of The Oval in Stevenage and going on to find new homes in The Glebe, St Albans and Watford.

And to celebrate we are holding a thank you ceremony and afternoon tea open to anyone who's been involved with us at any point during the last 20 years. We would love to see anyone who's received treatment at The Living Room, worked with us or been a long-time supporter of our charity.

The ceremony is going to be held at All Saints Church in Stevenage and will be led by the Reverends Charles King and Pete Orton, alongside our founder Janis Feely and Chief Executive Adrienne Arthurs. Afterwards we're holding a relaxed afternoon tea where you can swap stories and chat with friends, old and new!

We want to get the word out to as many people as possible, so please do share this with your friends, family, in the local community and anywhere else you can think of.

Register your interest over at: www.livingroomherts.org/Event/20th-birthday-thank-you-ceremony

When: Saturday 2nd May 2020

Time: 1:00 – 3:00 pm

Where: All Saints Church, The Oval Vardon Rd, Stevenage SG1 5RD

Share the QR code with anyone who may be interested:



Stevenage Birthday Quiz Night

Mark your calendar! Our first quiz of the year will be held at All Saints Church in Stevenage on Friday 3rd April 2020 from 7:00 to 9:30 pm.

This event is part of our 20 years birthday countdown, so we want to put a callout to anyone and everyone who's ever been involved with The Living Room to join us for what's guaranteed to be a fun night out.

Take on our expert quiz masters, test your knowledge and win magnificent prizes!

Tickets cost £9.50 and include a meal of fish and chips and birthday cake. There will also be a Mocktail Bar. All proceeds will help us continue to break the cycle of addiction in Hertfordshire (hopefully for another 20 years!)

Book your place at: <https://www.livingroomherts.org/Event/stevenage-birthday-quiz-night>

Friday 3rd April 2020

7:00 – 9:30 pm

**All Saints Church,
The Oval Vardon Rd,
Stevenage, SG1 5RD**



Share the QR code with anyone who may be interested:



We Welcome Our New Crèche Supervisor

Our Crèche has a new supervisor, Natalie. "I have worked in childcare for 20 years and have an NVQ Level 3 in early year's childcare and education. I've worked in schools, nurseries and crèches. I really enjoy working with children and their families and have two children of my own. I'm really looking forward to working in The Living Room crèche for many years to come!"



Partner Spotlight: Family Lives

We don't just work in isolation. As part of our Families Living in Recovery partnership, established in April last year, we have a close relationship with the charity Family Lives.

Family Lives offers help for anyone needing support or advice around family issues such as parenting, relationship support, child development problems or school difficulties.

They run a confidential helpline you can call on weekdays from 9am - 9pm and 10am - 3pm on weekends. They're an invaluable service with compassionate staff, so if you're experiencing any family problems, we encourage you to give them a call.

Call: 0808 800 2222

Visit: www.familylives.org.uk

