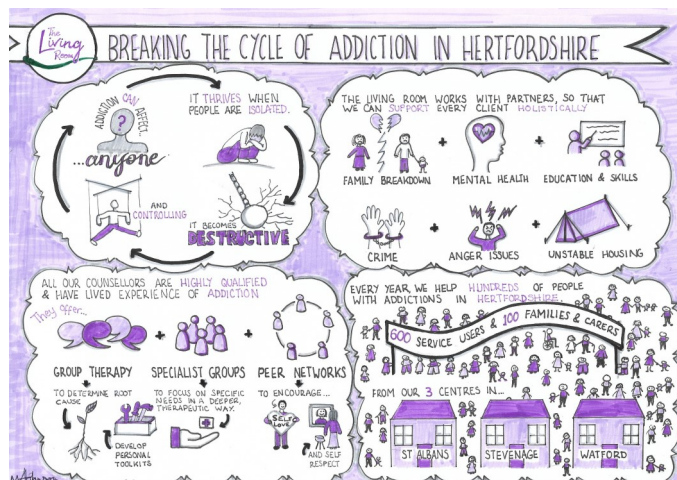




Our birthday is coming up this weekend! On 2nd May 2000, The Living Room was born and has been going an amazing 20 years.

We have been unable to celebrate in the way we wanted but please take a look at our 20-year timeline at www.livingroomherts.org/20-year-timeline, which charts the amazing things our staff and our clients have achieved over the years.

I'm so pleased to look back and be reminded of the difference small

charities can make when the people that work for them believe in changing the lives of others. We have supported over 6500 people during this time and potentially impacted on the lives of over 32,000 people given the impact that addiction can have on the lives of entire families.

Even the coronavirus crisis has not stopped us from continuing to help people achieve sustained recovery, and even though the crisis has disrupted our fundraising efforts and our 20 planned birthday events, we are happy to say that our groups are going brilliantly and we are still here for you.

Keep safe, keep optimistic, and we will see you all soon.

- Adrienne Arthurs, Chief Executive

Our Current Service

We are still here for you! During this time, we are doing all appointments over the phone and running abstinence-based group therapy online using Zoom.

We are taking referrals again thanks to the generosity of Hertfordshire Community Foundation and Stevenage Community Trust and clients, carers and professionals can contact us using our enquiry form online at www.livingroomherts.org. Our staff will respond within 3 working days, so if you are worried about anything, please do not hesitate to get in touch.

You can also find lots of helpful support from other services on our resources page also.

If you need to speak with someone directly, you can still call us between 9am - 12:30pm (Mon-Fri) on the following numbers:

Stevenage: 07383 393 459

St Albans: 07990 112 033

Watford: 01923 590 159

Notes of Appreciation

Thanks to everyone who has contributed so far to our Crisis Connections fund and our recent fundraisers.

We're very grateful for the £972 grant from the Watford Mayoral Covid Fund which will help support our triage and assessment arrangements for Watford clients.

Thank you to shoppers in Rickmansworth for raising £320 through the Waitrose Community Matters green token scheme.

Thank you to all of the County and Local Councillors who have used their locality budgets to support us during this time.

We would like to thank Stevenage Community Trust who contributed £576 allowing us to purchase equipment so we can assess new people in Stevenage.

Many thanks for the wonderful £2000 grant Stuart Lewis presented to us on behalf of the David Laing Foundation.

We are delighted by the £4900 grant awarded to us by Herts Community Foundation enabling us to provide remote assessments and open our service to new clients again.

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

"I often think of The Living Room and all you did to help me and indirectly my son. Thinking of you especially at this even more challenging time and wishing you well,"

0300 365 0304

www.livingroomherts.org

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



Happy Birthday from Janis Feely

Saturday the 2nd of May is The Living Room's 20th birthday, and what an amazing time that has been. I would first like to thank God and three very special people, without them it would not have been possible. My dear friends Lydia, Rev Angela Milton and Rev Canon David Hague, who believed in me and my vision, to support me and take my vision forward and grow it into what it has become today.



I would also like to show my appreciation for all the hard work of past and present trustees, valued staff and many volunteers throughout these years. I have been privileged and humbled to have witnessed so many clients recover, and families restored. From starting in a very humble beginning of one room and a broom cupboard as an office at The Oval Community Centre to the very functioning premises at The Glebe, with a much needed crèche, to opening our first charity shop, then another centre in St Albans, then onto our second charity shop.

At the end of July 2016 I retired. I am so pleased Adrienne Arthurs took over as CEO, and has taken The Living Room on to another level and opened a third centre in Watford. I am so proud of The Living Room today, pioneering the work of recovery from addiction in Hertfordshire, and

this has been recognised by winning numerous awards.

A big thank you to all who have financially supported The Living Room, and the clients who continue to give back and support The Living Room. Happy 20th Birthday.

Partner Spotlight

The three musketeers! As part of our Families Living in Recovery partnership, established in April last year, we have a close relationship with the charities Family Lives (who we talked about back in March) and Relate.

Relate can provide a whole host of family-related support and counselling including relationship counselling, sex therapy, family mediation and counselling, workplace support and much more.

Check out what they offer over at www.relate.org.uk/london-north-west-and-hertfordshire



The Living Room Shortlisted for the Inspiring Hertfordshire Awards

We are very excited to have been shortlisted for the 'Business of the year North Herts' award at this year's Inspiring Hertfordshire Awards 2020. The awards are held by the Hertfordshire Chamber of Commerce and the winners will be announced on October 1st, so hopefully lockdown doesn't prevent us from enjoying a great night out with all the other fantastic finalists! Keep your fingers crossed for us!

You can see the other categories and nominees over at hertschamber.com

Advice for Parents During Coronavirus

The Royal College of Paediatrics and Child Health have created easy-to-follow guidance with the most recent and accurate advice for parents during the Covid-19 pandemic.

If you have children at home and you are unsure what to do when they are hurt or unwell, visit rcpch.ac.uk for more information and resources. Please pass on to anyone who may benefit from their advice as well.