



We officially announced our partnership with drug and alcohol service Spectrum CGL and housing service Emerging Futures at the end of September (see coverage overleaf) and both the event and discussions that have taken place over the last few months has given me a chance to think about what a meaningful partnership looks like.

In health and social care, partner-working is brought up time and time again yet we frequently find that, despite all the dual pathways and endless protocols, the realities of joined-up working don't always match the dream.

Why am I excited about our work with Spectrum and Emerging Futures, then? Because everyone here has the same common purpose: **Changing Hertfordshire**. We all believe that people can change destructive behaviours, that by doing so we're going to be changing the direction of whole families, breaking the intergenerational despair brought on by addiction and making this county a healthier, happier place for EVERYONE.

We're each of us very aware that individually our services have limitations, whether that's in the treatment we can provide or the individuals we can cater for. But together we can provide full support for people at any stage of addiction.

- Adrienne, Chief Executive

The Living Room becomes a member of the Hertfordshire Chamber of Commerce

The Living Room is now a member of the Hertfordshire Chamber of Commerce.

The Chamber of Commerce works to support businesses of all shapes and sizes and aims to help organisations and individuals to connect with each other, foster collaboration across multiple industries and grow their profile.

Chief Executive Adrienne Arthurs was presented with The Living Room's membership certificate by Mary Sykes, External Affairs Director at the Chamber (pictured), during this year's Women in Leadership event at the Stevenage Cromwell Hotel.

Adrienne said: "I'm hugely excited about the opportunity this presents us to work with so many different people from a variety of organisations and companies. We're a home grown Hertfordshire charity and this gives us a chance to connect with more and more local people than we have done in previous years."



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

"TLR helps people learn to value themselves, it gives you a voice and chance to work through issues from childhood, abusive relationships and life in general. These then turn into tools that can be taken with you to live a life free from addiction and that means free from crime and a healthier lifestyle being a whole member of society." ~ TLR Client

The Living Room at St Albans Housing Day

Our staff members held a stall on Saturday 21st September at St Albans Social Housing Day located at the Alban Arena. We had a great time speaking to tenants about the support we can offer them and look forward to returning next year.



Stevenage Community Trust Funding

We are delighted to announce we have received funding from the Stevenage Community Trust towards the purchase of new chairs for our Disordered Eating Group in Stevenage.

Thank you to the Trust for its continued support - it is greatly appreciated by our staff and clients.



Changing Herts Together: Hertfordshire Drug and Alcohol Services Launch

The Living Room, Spectrum CGL and Emerging Futures celebrated their new partnership with a joint launch event at The Business and Technology Centre in Stevenage on Friday 27th September 2019.

In a packed house, visitors heard talks from our lead counsellors Debbie Coote and Mike Stillwell, Chief Executive Adrienne, Spectrum CGL clinical staff and the service managers for Emerging Futures; as well as guest speakers Tim Hutchings, Cabinet Member for Public Health and Prevention and Iain Macbeath, Director of Adult Care Services at Hertfordshire County Council.

Together we're going to be working to provide support throughout the entire recovery journey for people with drug and alcohol addictions in Hertfordshire. Spectrum CGL will be working to help people to stay safe and healthy while they reduce their drug/alcohol use (adults and young people), The Living Room will be helping them to sustain life-long recovery and Emerging Futures will provide housing for people who need it at each of the stages of treatment and recovery. We're hugely excited about what we can achieve together so watch this space.



Lorraine is climbing the Sydney Harbour Bridge for The Living Room



Help Lorraine reach her goal to raise **£500** worth of funds for The Living Room. She will be climbing the biggest bridge in the world, Sydney Harbour bridge, on Wednesday 30th October at 6:25pm Australian time (3:25am on Thursday 31st October UK time) despite her fear of heights. Help her conquer her life-long fear and help others conquer their addictions by donating to her fundraiser on our website.

Thank you Featherstone Wood Primary School

We want to say a big thank you to the staff, pupils and parents over at Featherstone Wood Primary School for the bag-load of food and other goods they donated as a result of their Harvest Festival Appeal. Our crèche staff and clients are incredibly grateful for the support they've shown us.



Halloween Quiz Night

This Halloween dust off your fancy dress and join us for another evening of expert quizzing. On Friday 25th October 2019, at All Saints Church in Stevenage, we'll be holding our next quiz night, complete with SPOOOOOKY raffle and a spirit-free Mocktail bar. There will be prizes for the best fancy dress.

Tickets are £7.00 and can be purchased from our centres or via www.livingroomherts.org

All proceeds will go to towards The Living Room.

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

When: Friday 25th October from 7:00 – 10:00pm

St Albans Sleepout 2019

Get your sleeping bags and mittens ready. This year's St Albans Sleepout is taking place on Friday 6th through to Saturday 7th December at Oakland's College.

We're proud to join Emmaus, Centre 33, Herts Young Homeless and Open Door as official supporters of the event as addiction and homelessness can frequently walk hand-in-hand and by helping people to achieve and maintain recovery, we also hope to help those experiencing homelessness to find stable housing.

You can help us in this ambition by taking part, either on your own or as part of a team. Simply register your interest on our website and then you can download a sponsorship form and begin fundraising.

Visit www.livingroomherts.org to get started or www.stalbanssleepout.org.uk for more information.