

Summer slips by and there are many people who will be glad of that. A lot of people suffer from poor body image and can't bear to reveal themselves in thin or revealing clothes during the height of Summer. Many people also struggle with the heat due to being overweight and these are just the minor consequences of obesity.

Obesity is following closely behind smoking as being the number one killer in the UK and worldwide obesity has nearly tripled since 1975.

The NHS is focused on treating eating disorders in 18-25 year olds but there is no funding for those people who are struggling with any form of addiction to food or for people with a binge eating disorder. It's difficult to find readily available therapy for older adults that overeat or have a poor relationship with food.

This is why we offer disordered eating support at The Living Room. We have no waiting lists for our weekly group therapy session where anyone who overeats, undereats or has an addiction to food can join. I have been leading the disordered eating groups for over 12 years at The Living Room and I understand, from my own personal experience, the stigma and shame attached to compulsive overeating. We do not judge, and we offer compassion and empathy to those struggling to deal with weight gain. We can help **take the weight off people's minds**.



St. Albans Addiction Counsellor

Feeling trapped by another's addiction?

We offer support to
Family &
Carers

Our new evening-based family and carers group is now up and running in Watford. We're providing support for anybody who's affected by someone else's addiction from 6:00-8:00pm every Wednesday at the Meriden Community Centre. We'd like to encourage anyone accessing support for an addiction to let their friends and family know that they can receive support as well.

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

"In my first week at TLR, I learnt more about myself than a lifetime of self-help books, diet books and therapy! The structure of TLR is fantastic and the fact that all of the counsellors are ex-addicts makes it work so well and really special. Group work helps me realise things that happened in childhood have affected me and to be able to bring them out is almost a release from the grip that they have had on me and to hear other people say similar things or they can even relate to me. Wow that is life therapy x100." ~ Disordered Eating Client

We're Hiring

Crèche Deputy Manager

Want to support the development of children from ages 0-11? Our Stevenage Crèche are looking for a Deputy Manager who can support the delivery of our childcare services 24 hours per week.

Relief Crèche Assistant

Our Stevenage centre is also looking for a Relief Crèche Assistant to assist the manager during school holidays or when short-staffed on an as and when basis.

Relief Shop Manager

Fancy working in a friendly charity shop helping customers and supporting volunteers in the heart of Chells? We're looking for someone with experience in retail who can work two Saturdays a month and provide cover when our manager is on leave.

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

0300 365 0304

www.livingroomherts.org

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



We are a Living Wage

Employer: The Living Room has been accredited as a Living Wage Employer. We have committed to paying the National Living Wage of a minimum £9.00 per hour.

This is a significant increase on the government's minimum wage for over 25s, which currently stands at £8.21 per hour.

The Living Room is based in the East of England, a region where over a fifth of all jobs (21%) pay less than the real Living Wage - around 484,000 jobs. Our staff are some of the hardest working people in this field and we absolutely believe they deserve a wage that reflects this.

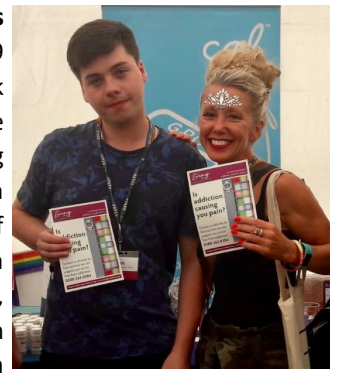
On top of this we have signed up to the Employee Assistance Programme (EAP), a service which provides a complete support network that offers expert advice and compassionate guidance 24/7, covering a wide range of issues. It is important to us as an organisation to support the health and wellbeing of our employees who support our clients.

St Albans Centre Undergoes Revamp: Our St Albans Centre has had some fantastic work done to improve the look and feel of the building. New doors and windows (pictured) have been fitted, the wall has been rebuilt and the paintwork has been updated. We'd like to say thank you to Screwfix who funded these changes and to our staff for helping with the revamp.



The Living Room at Herts

Pride: Herts Pride 2019 was held at Cassiobury Park in Watford this year and we had a fantastic time giving out advice and information on addiction to hundreds of people who attended; such as health professionals, councillors and people in advocacy. Together with



our colleagues from Spectrum CGL in the Health and Wellbeing Marquee, we celebrated with LGBTQ+ people from across Hertfordshire. We want to say a massive thank you to Spectrum for sharing their stall with us and to everyone who came over for a chat. We look forward to being there again next year. (Pictured: Sam Larkin, Communications and Quality Officer and Katie Carter, Crèche Manager and LGBTQ+ Ambassador.)



Thank you to our St Albans Quizzers: A huge thank you to everyone who made the St Albans quiz night such a great success. 60 people joined us and helped to raise over **£1700** for our St Albans centre. We'd also like to thank the Experts by Experience Group, who organised and ran the event; and Steve, our volunteer community fundraiser, for all the hard work he put into making the event a success.

Snowflake Lab: Safer, sober socialising

Safe socialising in a sober setting. That's what Mark and Louise, founders of Snowflake Lab, want to offer; a place that's free from drugs or alcohol where people can connect with others and focus on improving their own wellbeing.

They run their events from the Liberty Tea Rooms in Hemel Hempstead and you can keep an eye out for details of their next one at [eventbrite](#) - 'The Liberty Tea Rooms Host: The Snowflake Lab.'

Tell your story

We're coming up to our 20 year anniversary and we know we have some brilliant long-term supporters, some of whom have personal experience of the support we offer at The Living Room. With that in mind, we'd love to hear from anyone who's been a client with us and who would like to talk about their recovery journey.

You can be a former client who came here years ago or a more recent graduate. If you're interested in telling people YOUR story please call or email to arrange a chat. admin@livingroomherts.org