



By the time this newsletter reaches you, we will be cautiously reopening to a limited number of clients; our Stevenage centre five days a week and our Watford centre every Wednesday.

We've been actively preparing for this, making it easy to socially-distance in our rooms and ensuring hygiene standards can be upheld, but that's not all. We've also been reinventing much of our service, adding to the group programme and getting feedback from our clients and staff.

I sincerely believe that The Living Room can come out of the pandemic with an even more extensive service to meet the growing needs of our community. We are using what we've learned during lockdown to increase the amount of services we offer and make attendance easier for the people of Hertfordshire. From the moment

you decide to get help for your addiction through to the day you graduate from The Living Room, we're committed to making our clients feel safe, welcome and empowered.

Exciting things are coming and we can't wait to share more with you.

~ Adrienne, Chief Executive

Stevenage Centre Reopens

Our staff are back in the office today! Our Stevenage centre and our children's crèche, will be open for location-based groups and appointments on Wednesday 9th.

Our main group is somewhat limited, as we need to make sure we can socially-distance effectively, but we are still offering online support to clients who cannot attend in person. We know many people who have joined us during lockdown would not have been able to before we started using Zoom, so we're committed to continuing our online groups.

We also plan to reopen our location-based specialist groups as soon as possible.

Our Watford centre will also be open on Wednesdays for location-based group counselling but, in the interests of maintaining social-distancing effectively, St Albans will have to remain closed for now.



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

"You come here broken, scared and nervous and the first counsellor you meet is someone who says, 'I've been there too.' When they said that to me I felt special."

0300 365 0304

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New Groups!

We're pleased to announce we have secured funding for several new specialist groups.

We are about to launch a specialist group for people addicted to gambling. The group starts on 22nd September and will be held on Tuesday and Thursday evenings so any clients with work commitments can still join us. It doesn't matter where in Hertfordshire you live, anyone with a gambling issue can join.

Our much-loved, and much-missed, Disordered Eating group in St Albans is making a return as well. The group will be held virtually every Wednesday, starting on the 16th September.

A big shout out to the Henry Smith Charity for funding an extra day each week at our Stevenage and St Albans main group for the next 3 years!

Massive thanks to Herts Valley Clinical Commissioning Group for helping to resurrect our Disordered Eating Group with their funding.

Thank you to Collective Voice, Hertfordshire Community Foundation and Lloyds Bank Foundation, whose collective funds have enabled us to create a fourth Virtual Centre for the next year. These funds are invaluable as they help us to offer therapy to people who cannot attend one of our physical centres.

Thank you to the Lloyds Bank School for Social Entrepreneurs for their £5,000 grant from their Fellow Futures Fund!

Last but not least, we're hugely grateful to Public Health England for giving us the funds to run our new All Bets Off, our new gambling group.



Volunteers Needed!

If you, or someone you know, are interested in volunteering as a receptionist or administrator in the afternoons at our Stevenage centre, or working at our charity shop, take a look at the details [here](#).