



Charity No: 1080634

CIO No: 1175541

April 2024

Wow, what a month it has been! From Bernie and Rob conquering Wales's tallest peak to Juanita celebrating 15 years of unwavering volunteer work, Alex gearing up for a sky-high adventure, and Mark embarking on his Marathon of Marathons, we're surrounded by truly inspiring individuals making extraordinary efforts to support The Living Room.

This April, we're taking a moment to express our heartfelt thanks and shine a spotlight on the incredible people whose dedication and actions make a significant difference in our mission.

Our heartfelt appreciation goes out to every single person who contributes to our cause, enabling us to offer complimentary group therapy to individuals and their families battling addiction in Hertfordshire. Your support fuels our ability to make a real difference in the lives of many.

Thank you for being part of this journey with us.

Adrienne, Chief Executive



People Doing Amazing Things



Bernie and Rob vs Mount Snowdon

When Bernie and his friend Rob decided to climb Mount Snowdon to raise money for us, they didn't count on battling through awful weather; hailstones included.

Bernie, an ex-client from our Family and Carer's group said: "My own journey began back in May 2023, when I started to attend the weekly group meetings at The Living Room.

"From the first day I attended the group meeting, I felt so welcome and just in a place where I could freely share my own challenges of living around addiction. It is a place where you never feel judged, as all who attend have faced the day-to-day impact that the cruel disease of addiction creates in all our lives.

"Through my own journey I am now starting to find me again, as I continue to attend this group, learning that I have no control over a son I have with addiction, who is on his own journey and who has also significantly benefited from his time at The Living Room."

Bernie continued: "I personally cannot thank The Living Room enough for the support and guidance my son and I have



received since starting in our separate groups.

“All those months ago, I never knew such an organisation existed, but over my time attending, I have felt truly overwhelmed, blessed and so grateful to know I am not alone in this situation, and I am finding a path back to living my own life again fully day by day.

“Addiction is a destructive disease, which indiscriminately affects many people and families alike and having seen the damage it can do, I just want to learn more and help where I can.

So far, Bernie and Rob have raised **£2,593** for us, and there is still time if you'd like to [donate](#).

Juanita's incredible 15 years of volunteering

What a milestone! We are celebrating the wonderful Juanita who has volunteered over 15 years to The Living Room Charity Shop in Stevenage.

Juanita said: “I have seen many changes throughout the 15 years I have volunteered at The Living Room Charity Shop, and I have always loved helping.”

Susan Hudson, The Living Room's Director of Finance and Asset Management, pictured here with Juanita, said: “We are fortunate to have dedicated volunteers who are an essential part of The Living Room and our Charity Shop.



“They bring a fantastic range of experience and knowledge to our teams and are a valued part of our organisation.

“It was lovely to be able to celebrate Juanita’s achievement of 15+ years’ service with her and show our appreciation for the contribution she has made to the Charity Shop team.”

If you’d like to join our amazing team of charity shop volunteers, please call in for a chat and to pick up an application form, or you can apply via our [website](#).

Breaking the cycle of addiction



ALEX'S SKYDIVE

FUNDS DRIVE

Hi There, I'm Alex!

I want to raise £9,000 for the Living Rooms charity by June 24th 2024.

The Living Room supports adults in Hertfordshire seeking help with an addiction, or family members or carers of someone living with an addiction.

I myself am in recovery and free from addictive substances for over a year now, largely thanks to the help and support I have received from the Living Rooms.

As a challenge to myself, I want help break the stigma around addiction, showing that people in recovery can achieve great things!

I have tasked myself to raise as much as possible in 90 days, I am terrified of heights (well...falling from them!) so I will finish with a skydive to mark the completion of my fundraiser.

All donations are greatly appreciated

Donate Here!

@LIVINGROOM.SKYDIVE

Alex vs an Aeroplane

Another person doing amazing things is Alex who is going to be jumping out of a plane and is aiming to raise £9000 for us.

Alex says: “This is a huge number, because huge numbers make huge differences. This target is to support people recovering from addictions.

“Every year, The Living Room help around 500 adults in Hertfordshire living with addiction, anything from drugs, alcohol, and addictive behaviours such gambling and disordered eating. They also help the family and carers of loved ones living with addiction.

“Many still believe it is taboo to suffer with addiction and the shame around hiding this can make it worse, I know for myself.

“Thank you for taking your time to read this and support those who are fighting to start new lives.

“Remember to share about this mission to all... addiction triumphs when you stay silent.”

If you'd like to support Alex, you can visit his [fundraising page](#).

Mark's Marathon of Marathons

We are delighted that Mark is back and this time is going to be running multiple marathons for us – starting in Vienna, Austria this month.

He said: “I ran a marathon last year and with your help, we raised nearly £1,000 for The Living Room, thank you so much to all of you who donated, you are all amazing! This time I'm running a few marathons so I'm excited to see how much we can raise for them this year!

The Living Room need our help to continue to help others break the cycle of addiction, so to raise some funds for them, I will be running multiple marathons this year and hoping to raise a bit more each time!

“My training is going very well; I've covered 43 miles this week so I'm in the thick of it now.”

If you would like to support and donate to [Mark](#) or any of these amazing people you can do so by visiting their [fundraising page](#)



“My addiction brought me to The Living Room. My life was empty. My addiction habits have isolated me from humans. My main addiction is heroin, Fentanyl and Diazepam and I come to The Living Room four days a week, one NA meeting on a Tuesday evening and on a Wednesday evening an AA meeting.

“My life in one week has changed for the better I am not isolated, and I have a sense of calmness about me as I have had an enlightening week listening and learning with other addicts about our similarities and different and disastrous consequences.

“The Living Room has helped me see that I need to guard my recovery with vigilance and that I have healing to do.

“I also know I am not alone in my addiction.”

A current client.



New Blog Post: ‘I just want to help them get well.’

Our latest blog looks at what it can feel like to live with someone else’s addiction.

[“I just want to help them get well”](#) is something we hear often from those caring for a family member or friend in active addiction.

The blog takes us through the different things that might happen when we’re in this situation, whilst also looking at how we might be feeling and thinking. It also touches on co-dependency, the importance being kind to ourselves, and lets us know there is help available for those living with someone else’s addiction.

Head over to [Recovery Diaries, The Living Room Blog](#), to read more.

New Event: Recovery Café

We would love to see you at our first Recovery Café on Friday, 26th April at All Saints Church in Stevenage.

This sober event is where you can come and enjoy socialising in a safe, affordable, inclusive, and friendly environment.

You can expect a relaxed evening with a bit of music, open mic, some poetry readings, and a general introduction to the event.

Although in its initial stages, we would love to see this become a monthly date in the diary where we can host some different themed evenings such as a movie night, a quiz night, or games evening, or live music etc. We are open to ideas, and we welcome volunteers to come and help make the event a success.

We would like to say a huge thanks to the lovely Reverend Pete, who we have a long-standing relationship with, and who has kindly offered to host in his church at The Oval.



Step into Spring

The Living Room is transforming into a beacon of health and wellness this April as part of Step into Spring.

As proud members of the Herts Healthy Workplace initiative, we're seizing the opportunity to step up our game – quite literally.

We are going to be breaking free from the confines of indoor life by embracing the great outdoors. Staff from Stevenage, St Alban sand Watford hubs are going to be recording personal step counts and competing to see which hub has been the most active.

For those of us who enjoy mindfulness, Step into Spring is a wonderful opportunity to connect with the present moment and embrace the therapeutic benefits of pausing, observing, and experiencing the world around us.

We will add that it is going to be entirely optional for our staff and there's no pressure to participate if step-counting doesn't align with well-being.

We are Recruiting

We have an amazing opportunity to become Head Office Manager and Shop Premises Support at our Stevenage hub.

This is a fantastic opportunity to join The Living Room team by managing the day-to-day operations and compliance of the hubs.

This includes all administration, health and safety, customer service, supporting the counsellors and managing the accurate recording, reporting and storage of client data.

This role also provides premises management for Stevenage hub and the Charity Shop.

[Job Description](#)

[Job Pack](#)



If you are interested in finding out more,
contact our Operations Director and
Deputy CEO, Rita Cooper, via email
– RitaC@livingroomherts.org or complete
an [application form](#).

If you would like a paper application form
to be posted to you, call us on **0300 365
0304**



As a local charity we rely on donations and grants to continue to deliver our services. We are very thankful to everyone who donates either as a single or **regular giver**. Your generous support helps us to break the cycle of addiction in Hertfordshire. We want to give a special shout out to the people and organisations who have donated to us over the past month:

Christchurch PCC – £500
Aston PCC – £20

Locality Budgets (Councillors)

Adrian England– £500
Laurence Bass – £360
Ron Tindall – £450
Roni Hearn – £1000
Sarah Tallon – £250

[View this email in your browser](#)

The Living Room is a Registered Charity in England and Wales. Registration No. 1080634.
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