



July marks the half-way point of the year and summer is well and truly here. With summer's grip firmly wrapped around us, the long sunny days and glorious weather give us with the opportunity to spend more time outdoors in nature, by ourselves or with our loved ones. A little mindful July walk could help us see that everything around us is at its most colourful and blooming, and basking in sunlight.

This July, let's be like nature, let's show how bright and blossoming we are, as we enjoy this beautiful month of sunlight and warmth. ~ Adrienne, Chief Executive.

## Watford Quiz Night

A massive thank you to everyone who supported our Watford Quiz Night. With your help, hard work, kindness, and brainpower combined, we raised over £650. And of course, a huge well done to the brainiest team in the room, Just Say I, who won first prize.

It was the first time we've held a quiz evening at our Watford Hub and it was lovely to see how enthusiastic our clients were to take part in putting it together. From Quiz Mastering to tirelessly approaching local businesses for the donation of raffle prizes, our clients and volunteers worked super hard to make the evening brilliant.



Thank you for all your efforts and we hope you feel good about your achievements. We'd also like to give a shout out to Gourmet No 5, Watford, for providing a delicious buffet and to M&S Watford, Jons Cutting Room Watford, Prime Barbers, Mekan Turkish Grill and Bar, and all the other kind people who donated raffle prizes. Thank you to the Hertfordshire County Council's Celebrating Communities Grant allowing us to make this quiz a reality.



## Stevenage Day

Every year the community come together at King George V playing fields for a Stevenage Day, with thousands of local people enjoying stalls and activities. We were last at this event in 2017 so we were eager to put on a good show as a Stevenage charity. Despite the heat (and it was HOT), the day couldn't have gone better.

We talked to people about what we do, we tried to raise money through a Teddy Tombola and we sold our Charity Shop wares. Impressively, we made £300 which will go directly to supporting more people in our service.

The Teddy Bear Tombola did go down particularly well with families. Each bear was given their own name and name badge and Timothy, Doris, Flora and all their friends were taken home by very happy children.

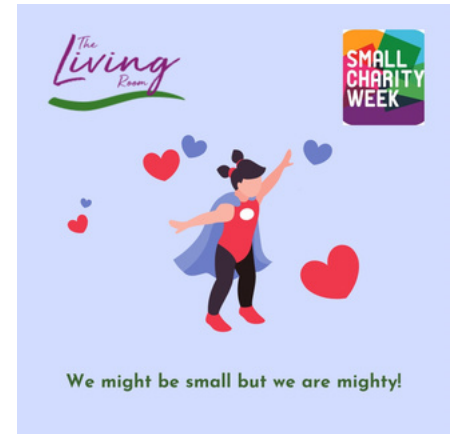
## Life at The Living Room

*I am so very grateful for the friends I have made in recovery. That I can honestly share about how I am feeling and have people that want to know me. For the time, effort and care I have received from the counsellors. I feel like they actually care. I have not experienced anything like this before.*



## Small Charity Week

We might be a small charity, but we are certainly a mighty one. There has never been a more important time to support small charities and the work we do within our local communities and Small Charity Week was our chance to talk about the important work we do in providing free group therapy for those living with the disease of addiction in Hertfordshire.



During the Covid-19 pandemic, and the ongoing cost-of-living crisis, we, and other small charities like us have been working hard to ensure our communities are supported. It is also a great time to remind people to support local charities like us, by offering donations, volunteering time, expertise, or assistance with fundraising.

## Volunteers Week

Here's an interesting statistic for you; between 2022 and 2023, 60 wonderful volunteers provided The Living Room with 10,248 hours of their precious time. How amazing is that?

So, with that in mind, we took the opportunity and pleasure of focusing on, and thanking our brilliant volunteers during Volunteers Week which was held at the beginning of June.

Over the week, we posted videos on our social media platforms of our volunteers talking about how they feel about their roles with us and what they get from it. In our counselling rooms, our charity shops and throughout our organisation we have dynamic people working in diverse roles alongside us, giving their valuable time and energy to our cause of helping adults on their recovery journey from addiction in Hertfordshire.

These are busy people with busy lives, and they give up their precious time to work with us and without doubt, The Living Room couldn't function as it does without the hard work and dedication of our army of volunteers.



## St Albans Community Showcase Event

On one of those very hot days in June, we were lucky enough to be kept cool and peaceful inside beautiful St Albans Cathedral with many other charity and non-profit organisations as part of St Albans Community Showcase Event. We were one of the 60 organisations that got together to promote what we do whilst also discussing our challenges and our exciting future plans. So many people came to speak to us and pick up a leaflet - we really connected with the community that day.

Thank you to St Albans Cathedral for organising and planning this brilliant event.



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:

Masonic Charitable Trust - £650  
Hertfordshire Community Foundation - £9,688  
HCC Celebrating Communities Grant - £300