



It is Volunteers Week, so we are celebrating the amazing and dynamic people that give their precious time to help us help adults living with addiction in Hertfordshire.

In a recent survey, 97% of our clients that graduated in 2022 state that The Living Room has benefitted their recovery. This means the world to us.

Also in June, we are joining in the celebration of Pride Month with how much the LGBTQ+ movement has achieved and overcome. As communities come together in unity, we celebrate each other and their achievements through dedication and respect for one another. **Adrienne, Chief Executive**

Deputy Prime Minister Visits our Watford Hub

Deputy Prime Minister Oliver Dowden stopped by our Watford Hub in May to chat with staff and clients who got a chance to tell him about their journeys and how the services provided by The Living Room is helping them to turn their lives around.

Trustee of The Living Room, Akhilesh Nair (pictured) said; "We had a full quorum, including eight clients who came from a variety of challenges in the past and everyone spoke and answered Oliver's questions. Such impactful stories!"

Our External Relations Director Mark Wiseman bumped into the Deputy PM in a restaurant one evening and asked him to come to our Watford Hub which is in his constituency. It gave us the perfect opportunity to have our voice heard at the heart of government and give Mr Dowden front-line access to how we help adults living with addiction in Hertfordshire.



Pictured left to right

Akhilesh Nair – Trustee of The Living Room
Deputy Prime Minister Oliver Dowden

Mark Wiseman – External Relations Director
Robert Beaman – Counsellor at Watford
Lucy Roe – St Albans and Watford Hub Manager

The Big Help Out

Our staff and clients rolled up their sleeves and armed themselves with bin liners and litterpickers to tidy up their local areas as part of The Big Help Out. This was a nationwide campaign to mark the Coronation of King Charles III, and was a great opportunity to encourage volunteering and lend a hand in the local community. We think its nice to keep our surroundings looking spick and span, as the saying goes, a tidy place reflects a tidy mind.



Life at The Living Room

"My partner left me and without the support of The Living Room I most certainly would have returned to my old ways of using. There is peace and harmony once more in my home and my children are trusting me again. I have started to laugh again as well as cry. I have made some amazing friends and will continue to attend The Living Room until I find my true self."





Mental Health Awareness Week

So many exciting things took place around the country to raise awareness during Mental Health Awareness Week. At The Living Room, we marked the occasion by joining in on Stevenage Healthy Hub's Health and Wellbeing Day, where we promoted our services alongside therapy ponies Pickles and Romeo. We also took part in Wear It Green Day where staff and clients went green for the day! The colour green can evoke powerful emotions, it helps people feel rested and secure and encourages a feeling of balance. We think they look fantastic.

Our Disordered Eating Group

If you haven't seen this very **emotional video** we recently shared on our social media platforms, do have a look because it's an issue close to our heart. In the clip, Jeff Stelling from Sky Sports has tears in his eyes talking about the seriousness of eating disorders and the difficulties in getting help for them. We want everyone to know we offer free group, daytime therapy for adults living in Hertfordshire. There are no waiting lists or BMI stipulations for treatment and we can offer **help** straight away.



Sing into Spring

A big thank you to St Hugh and St John's Church for raising funds for us at their Sing into Spring event in May. Stevenage Ladies Choir and Stevenage Men's Choir gave us all goosebumps with their performance. Well done too, to L, one of our clients, who moved everyone with her testimonial.

Watford Quiz Night

Maybe you know the square root of Pi, David Attenborough's shoe size or absolutely everything about the Spice Girls? We have a handful of **tickets** left for our Watford Quiz Night, which will take place on Thursday 15th June at Meriden Community Centre. We would love for you to join us for a fun evening with a touch of friendly competition.



Volunteers Week 2023

We are currently in the middle of Volunteers Week, which runs from 1st and 7th June. Keep an eye on our **Facebook, Twitter, Instagram** and **LinkedIn** pages where we are sharing stories to show the fantastic and valuable work our Volunteers do. Without doubt, The Living Room could not function as it does without the hard work and dedication of our army of volunteers and this week gives us the perfect chance to celebrate and say thank you to all the volunteers who have helped and continue to help at The Living Room. We love you all!



Thank You



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 one-off or as a **monthly donor**. 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:

Wedding Donations £165
The Renaissance Club £143.20
St Michaels Church £196.64
HCC Celebrating Communities £300
Postcode Places Trust £25,000
St Hugh & St John £410