



Change is upon us once again. As we become familiar with the clocks moving forward, the skies become brighter and the weather somewhat warmer. Spring is slowly edging closer and is symbolic of a time of renewal, new hope and beginnings.

At The Living Room, everyone who enters through our doors battling addictions linked with mental and physical conditions; that change is a challenging, beautiful and rewarding experience. Like the seasons, you must go through the cold, dark autumn and winter to appreciate Spring and Summer's bright warmth.

Embrace new life and celebrate your survival through another cycle of the seasons. I'm always amazed just how quickly the colours return to the world after the cold grey of winter, where things can often seem so bleak and barren.

So, this April, I wish you patience, courage and faith; think of the flower which survives the last frost before it finally blooms, revealing the beauty it always contained within itself to the whole world.

~ Adrienne, Chief Executive

Twelve Months Of Recovery

When it comes to the people who use or promote our service at The Living Room, the phrase "breaking the cycle of addiction" is frequently repeated. We understand what it means, yet in the middle of our own addictions, it can feel impossible.

That's why it's crucial to break things down into small, manageable portions and to take each day as it comes. Our new social media campaign gives you a personal look at the measures needed to take to achieve long-term abstinence.

Every month we focus and break down the meaning of each step from the 'twelve steps of recovery' and its importance and need towards an individual's journey. Since the beginning of our campaign, we've highlighted the first three steps: 'Honesty, Hope and Faith'. This April, we will be on the fourth step, 'Courage'. Follow our socials (Twitter, Instagram & Facebook) from 18th - 22nd April to understand its significance in recovery.

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

'My son's cocaine habit and associated chaos bought me to seek help from The Living Room. I was completely broken, constantly in tears and scared for my family and my son's wellbeing.

The Living Room enabled me to understand that we were unable to change my son and that by setting boundaries he would hopefully, eventually change things for himself.

Without the support of The Living Room and sharing, listening to other people in similar situations I cannot even imagine the dark place where I would now be. I truly think I would not be here today without the continuing support of the group.'

Congratulations Kim...



This month we say Happy Anniversary to our longest serving Counsellor Kim who has been with The Living Room for 15 years! Thank you for all of your hard work, dedication and support over the years Kim - it is an amazing achievement. We are proud of you and all the people you have helped in maintaining their abstinence from addiction.

...and Sheena

Last month we said a big thank you to Sheena who is celebrating her ten year anniversary working at The Living Room. Sheena also volunteered for a number of years before joining our team and it has been an absolute pleasure to have her with us for so long.



Asda Green Token Giving

The Living Room has been nominated for the Asda Green Token award. Asda's Green Token Giving scheme was launched to help donate money to good local causes. So please **vote for us** online to have the chance for us to win and raise **£500** for our services.



The Living Room Open Days

Our Open Days are an invitation into our space at The Living Room, showcasing our expertise, strategy, and people. In addition, you'll have the chance to speak to clients who have attended our services and hear about the impact on their lives.

We are hosting our Virtual Open Day on Thursday 21st April from 9:15 - 10:30 am and our Meet and Greet Open Day on Thursday 28th April from 2 - 3:30 pm.

We look forward to seeing you there.

Virtual Open Day

Thursday 21st
April 2022

9:15am
-
10:30am

Meet and Greet Open Day

Thursday 28th
April 2022

2:00pm
-
3:30pm

Register your place online. www.livingroomherts.org [f](#) [i](#) [t](#) @livingroomherts

Volunteering Opportunities

Have you ever thought about volunteering? How about giving more time to the community? Or committing to helping out with a cause you care about? Volunteering is an amazing way to feel part of your community and it can even **help with your health!** Finding valuable ways to spend your time and interact with others through volunteering increases happiness, confidence and can provide a sense of purpose.

At The Living Room we are always looking for new volunteers and what better time to start than now. We have so many different **opportunities available**, from fundraising and marketing to admin or shop work. There is bound to be something you will find fulfilling.



Thank you for your donations

We appreciate every donation we receive, if you've given something as a **one off** or are giving what you can as a **monthly donor** - thank you! Here's a special shout out to some organisations who have donated to us over the past month:

Thank you to Soroptimist Hertford and District for taking the time to deliver everyone's kind and useful donations. We are all so pleased, especially with the aroma electric diffusers and lavender oils. Stevenage put theirs into action immediately.

Thank you to the following for your generous donations over the last two months...



St Albans Round Table Santa Float - £1,047.71
The Henry Smith Charity - £19,200
Watford and Three Rivers Trust - £3,860
Albert Gubay Foundation - £60,000
Anthony Rowlands - £800
Ron Tindall - £1000
Graham Lawrence - £2000
Chris White - £500
Lesley Greensmyth - £2000
Margaret Notley - £300
Morris Bright - £1000
Paula Hiscocks - £500
Phil Bibby - 1,474
Paul Zukowskyj - £300
Coopers Chemist (The Glebe) - £38.08
Countess of Verulam - £500
Rotary Club of Stevenage - £250
St Katherine's Church, Ickleford - £350