



April 2025

Adrienne's Message

Spring has arrived, and with it comes a sense of renewal, hope, and brighter days ahead. As nature reawakens around us, it's the perfect time to embrace the outdoors and reflect on the simple things that support our wellbeing. Spending time outside—even just a short stroll in the fresh air—can lift our spirits, ease anxiety, and bring a sense of calm and clarity.

At The Living Room, we see every day how small moments of connection and care can make a big difference. That's why we encourage you this season to take a moment for yourself. Whether it's enjoying a walk through the park, tending to the garden, or having a cuppa with a friend in the sunshine—these little acts of self-kindness truly matter.

Spring is also a wonderful time to think about how you can support The Living Room. Whether it's climbing a mountain, organising a community car boot sale, a sponsored walk, or a bake sale at work, there are so many fun, creative and meaningful ways to get involved. Every pound raised helps us continue providing free, life-saving therapy for people in need.

Let's make this season one of growth, connection, and generosity.

Adrienne Arthurs CEO



Thank you James!

Last weekend, James took on the challenge of running the Brighton Marathon to raise money for us.

We are incredibly proud of him for completing 26-miles and going the distance to support The Living Room. His dedication and determination mean the world to us—thank you, James!

We appreciate all our wonderful fundraisers who undertake challenges that support us in helping people rediscover themselves in our therapy rooms.

If you would like to congratulate James, you can donate below.

[James's GoFundMe](#)

Spring Fashion Show 2025

We're excited for our Spring Fashion Show 2025 which is happening tomorrow evening.

Tickets are still available if you'd like to come along to see The Living Room

Charity Shop showcase our fabulous spring collection at Stevenage Resource Centre on Thursday 10th April.

Doors open at 5pm for a prompt 5.15pm start. After the catwalk show there will be delicious refreshments on sale and you'll also have the chance to find yourself something unique and gorgeous in our one-off Pop-Up Shop.

Forget about New York, Paris or Milan, get your tickets and join us and our wonderful local community for a fun evening of fashion.

Buy Tickets



I came to The Living Room on my knees. I had lost custody of my daughter to drink and drugs – crack, cannabis and alcohol. My daughter was removed from my care because I took an overdose and social services got involved. I phoned up The Living Room and spoke to a very friendly receptionist who invited me in for an induction.

I wanted to die! My addiction had spiralled out of control, I wouldn't sleep for days, break up of relationships with family. Since coming to The Living Room my life has changed. I have got a better understanding of the 12 steps, I have got a volunteering job, my life is so much better.

I am 4 months clean and sober and that in itself is an achievement, but it's all down to The Living Room as it has given me a new perspective on life. I was sick to death because of my addictions. I am very privileged to be part of The Living Room, the counsellors are very good. I think The Living Room has saved my life.

A current client

Lewis and Rowan take on their first Marathon

The Fisher brothers – well two of them – are running their first marathon together in Leeds this May and are using the opportunity to raise some money for us.

They said: “Any donations are hugely appreciated, and we’ll use them as motivation to train harder and run faster for a good cause.”

Please cheer on and support Lewis and Rowan on their amazing challenge by donating.

Donate

Happy Birthday to us!

The Living Room turns 25 on Friday 2nd May.



We're proud and grateful that for 25 years, we have been able to treat over 8700 people who have come to us for help.

To mark our birthday, we are celebrating informally with our clients at each hub and we'll be sharing photos and quotes with you after the event.

Our big birthday celebrations, which we'd love you to join, will be taking place on September 23rd at All Saints Church in Stevenage.

We're busy putting together exciting plans for this very special thanksgiving evening, and more information will follow.

Recovery Café

Just a little reminder that Recovery Cafe takes place on the **first Friday of every month**.

Location: All Saints Recovery Hub, All Saints Church, The Oval, Stevenage.

Time: 6.30pm – 8.30pm

Join us on our next Café for an evening of fellowship, tea, coffee and music!





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.

Codicote Lodge – £100
Aston PCC – £20
Watford Quiz – £454
St Albans Santa Float – £1757

Locality Budgets
Richard Roberts – £300

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