



In August, a monumental speech was made that transcended through time, space and generations. The message was about equality and is still seen as a prominent moment in the Civil Rights Movement. The opening in line is probably one of the most remembered in history, "I have a dream"...

Dreams are a series of thoughts and images that can detail peoples' hopes and wishes when combined. For many, dreams have been a personal motivator to help them persevere closer to their goals. Using dreams as a method of self-visualisation can help reinforce determination, and sometimes as the saying goes, "you have to see it, to believe it".

Dreams can be whatever shape or size, big or small. This August, self-visualise and dream of where you would like to be or, better yet, where you ought to be and once you see it...go there.

Adrienne, Chief Executive

Drug and Alcohol Remembrance Day

Thursday 21st July 2022 was Drug and Alcohol Remembrance Day. A day to remember those who have sadly lost their lives to the battle they had with addiction with drugs and alcohol.

To celebrate the lives of those who are no longer with us, our clients wrote messages and tied them to the trees outside our service as a symbol of remembrance.

Acknowledging days like this gives us time to reflect and remember why we are here supporting people in their journey to recovery.



Twelve Months Of Recovery

Our **eighth step** in our **Twelve Months of Recovery** journey is **love**.

Love or self-love in recovery is paying attention to oneself and maintaining awareness of how you feel. Avoiding making judgments about emotions or thoughts and getting rid of guilt and self-criticism.

This month, follow our social media platforms to learn more about the importance of love and its advantages in recovery.



It's Official. Our Watford Hub Has Moved To its New Home!

On the 1st August 2022, The Living Room are proud to announce that our new location in Watford was opened to clients; it is now in functional use for main addiction groups and specialist sessions.

We hope being located in this new hub will show our continuing commitment towards the people in Watford and the community of Hertfordshire.

We look forward to a grand opening day later in September.



Life at The Living Room...

"My friend suggested I come to The Living Room. On Tuesday afternoon I rang, and I was seen on Thursday morning and started that day. I was petrified. I had this idea that The Living Room was religious which had put me off from coming before. But I was so wrong – that was a false preconception.

My relationships with people are so different. They are respectful and grown up. I see the beauty in things I never even noticed. I'm riding my bike here in the morning and I'm thinking what a beautiful day."

0300 365 0304

www.livingroomherts.org

Facebook: LivingRoomHerts | Twitter: @livingroomherts | Instagram: livingroomherts

Looking for a Tee-rific Day Out? It Doesn't Get Much Putter than This

There is just under a month until our first ever **Golf Day** fundraising event, held on Friday 9th September at Aldenham Golf Course.

It's a great way to raise some money while having a fun day out. Whether you attend with friends, family, colleagues or even by yourself, you can guarantee a day full of fun with some prizes to be won too. Your day at the event will include:

- Bacon Roll and Tea/Coffee on arrival
- 18-hole golf course in the stunning Hertfordshire countryside
- Prizes to be won for Longest Drive, Closest to the Pin, and more
- Buggy hire on the day
- Three course dinner
- 4-person teams
- Raffle and awards giving

Get your tickets.



Changes are Coming to Supporters of The Living Room

Our Supporters of The Living Room group is getting upgraded!

Changes are coming to the way we engage with our Supporters. Plans are in motion to make it easier for you to be part of The Living Room through our website and social media so keep an eye out for future posts and don't miss out. Some of the changes will include:

- New website layout
- Simplified Sign-up process
- New communications across different social media platforms
- More official positions in the Supporters of The Living Room group
- More opportunities to grow and develop your skills
- New events, just for you!

There is still time to have your voice heard about what it means to be a Supporter of The Living Room. Head on to our **feedback form** and let us know what you think.



Thank You

We rely on our volunteers to help run our charity shops, set-up and participate in events, and spread the word about our services while gaining invaluable exposure to the inner-workings of a non-profit organisation.

Find out more about our volunteering roles and join our team on our mission of breaking 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:

- Asda Green Token Giving - £500
- Soroptimist In Hertford and District - £402.50
- Trinity Church Knebworth - £42.40
- County Cllr Chris White - £500
- Local Cllr Margaret Notley - £200
- County Cllr Paul DeKort - £400
- County Cllr Paula Hiscocks - £200
- County Cllr Phil Williams - £250
- County Cllr Richard Roberts - £500



We are truly grateful for every donation we receive. If you have given something as a single donation or are giving what you can as a **monthly donor**, thank you. Your support goes towards breaking the cycle of addiction for adults of Hertfordshire through free group therapy.