



It is August, and some of us might have been thinking it has been a rather unsummery summer so far. Our Hertfordshire schools are out for the holidays, and it has probably been a bit more soup than picnic at times.

However, recovery teaches us about acceptance and gratitude, and we are grateful that renovation work in our charity shop is coming together nicely. Sustainability is very important to us; fast fashion is becoming a thing of the past as more people feel passionate about climate change and saving items from landfill. Shopping second hand is making a positive impact not only on fast fashion and vital fundraising but also on the planet. We cannot wait for you to come and have a browse.

~ Adrienne, Chief Executive.

The Grand Re-Opening of our charity shop

Show up to see our glow up! Exciting news, we now have a date for our charity shop's grand re-opening, and we would love you to come along and support us.

Tuesday, 29th August is the date, and at 11am Deputy Mayor Councillor Jim Brown and his Consort Penney Schendel will be attending to cut the ribbon alongside The Living Room's CEO Adrienne Arthurs. We are welcoming you to join us for refreshments, the opportunity chat to staff and volunteers and to support our important charity.

First opened in 2006, the newly renovated charity shop now includes a children's department full of treasures for the whole family. Its new lease of life includes new flooring, lighting, signage and displays throughout.

Adrienne Arthurs, our CEO said: "Our new family orientated shop is going to be fabulous, so to our customers, loyal and new, we would love you to come and see what incredible items we have for you.

"Our new shop is going to create a space for the local community to buy, browse, volunteer, and give back through donations of pre-loved items. Every purchase will make a difference, turning pre-loved into loved whilst directly funding addiction treatment in Hertfordshire."



Life at The Living Room

My regular attendance at the weekly Family and Carer's group supported me through dark days, taught me coping mechanisms which allowed me to protect myself from my son's addictions, and gave me an insight into the disease of addiction. I met with individuals in similar situations and found that talking through problems with the knowledgeable Counsellors gave me the strength to forge a positive view of the future.



Drug and Alcohol Remembrance Day

We celebrated Drug and Alcohol Remembrance Day on the 21st of July. It was a beautiful day marked by people from across the recovery community. It was a chance for all of us to remember those we have lost to drugs or alcohol, celebrate their lives, and look to our own future free from addiction.

At The Living Room, our three hubs marked the day in different ways, but we all came together to remember loved ones and reflect on how their loss has affected us and what we want to do with our own lives.

In our Watford Hub, our clients brought in photographs or items belonging to loved ones lost through addiction or otherwise. A table was set up with candles for clients to place these items. In group there was a music workshop, focusing on songs of remembrance and reflection. Throughout the week clients looked at specific Grief Models in their afternoon group therapy workshops, which helps them to understand the process and nature of grief.

At St Albans, sessions were focused on creativity, with writing and art dedicated to those loved and lost. Some great work was created through art therapy, which can be an effective way of expressing how we feel about grief and loss.

And at Stevenage, the day was marked with a remembrance tree. Clients were asked to write messages to lost loved ones and tie them to the tree outside of the building. Our clients said they appreciated having the opportunity to say some loving words and being given the time to reflect and remember.



Our Summer Walk



Our Letchworth Summer Walk was a great success. Clients, staff, and volunteers walked Letchworth Garden City's 13.6-mile Country Trail on Sunday 23rd July, starting, and finishing at Standalone Farm.

For many, the 13.6-mile walk was a real challenge and represents a significant milestone in their recovery. For others, it's an opportunity to catch up with old friends and fellow supporters. For all of us, walks like these are an opportunity to show our support for each other and to help raise vital funds for a cause we care about.

Our amazing walkers raised over £500 which all goes towards the treatment of clients as we work to break the cycle of addiction.

Read all about it in our new blog

In July, we launched [Recovery Diaries](#), our new blog which digs deep into life in recovery.

We look at current affairs, things that are going on in the world of addiction recovery and discuss how our services can help. So far, we have looked at Ben Mitchell's eating disorder storyline in Eastenders, footballer Delle Ali's sleeping pill addiction, and how actress and model Cara Delevingne's newfound feeling of freedom in recovery is available to everyone.

We would love you join in the conversation. After all, talking helps break the stigma of addiction.



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 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:

B&Q - £7,830

Marlborough Road Church, St Albans - £109

St Katherines Church - £500

Hatfield Road Methodist Church, St Albans - £221.83