



We have only four weeks until 2021 and despite the chaos and uncertainty of the pandemic, I'm beyond proud of what our teams have accomplished this year.

Moving all of our groups onto Zoom, increasing the amount of support we can offer, opening a whole new Virtual Centre and then reopening our physical centres, children's crèche and shops in a safe way; our staff and volunteers have not just helped the people who use our service survive but they've helped them to thrive!

On top of this, we've got dedicated and valuable groups of clients who have supported their peers during this troubling time, helped give back to The Living Room through fundraising activity and who's feedback has led to significant improvements in the way we run our service.

I'm optimistic about The Living Room's future, I'm cautiously optimistic about 2021, and I know we are going to continue to make a difference in the New Year.

~ Adrienne, Chief Executive

St Albans Christmas Santa Float Returns

The Christmas Santa Float organised by the St Albans Round Table is returning this year!

Every year, the group arrange for THEE Father Christmas to glide around neighbourhoods in St Albans and hold collections for local charities at the same time.

Do you live in Marshalwick? Our elves will be with Father Christmas on Saturday 12th December (4.30pm), so, if you can, please consider donating a small amount on the night.

Check out the route and times [here](#).



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

"I have new friends and I have definitely lost people along the way - but for the right reasons! My family is back together and we love each other dearly. I am told I have been forgiven for the pain I had caused them and we are now working this life together.

I am happy, healthy and content today with my 115 days of sobriety and very proud to have been a part of The Living Room embrace as I call it today - I was released into this big wide world, from the healing process and I have the tools I will carry throughout my life today!"

0300 365 0304

www.livingroomherts.org

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

Sleepout at Home

2020's St Albans Sleepout looked a bit different. This year, people from all over Hertfordshire slept out in their gardens or on their floors to help raise awareness of homelessness and raise funds for The Living Room, Herts Young Homeless, Centre 33 and Open Door.

A massive thank you to everyone who slept out this year and to our amazing supporters, who managed to raise over £860 for us.

Smile this Christmas

Still got some holiday shopping to do? If you're doing it online, consider using [AmazonSmile](#). If you are using the Amazon app, turn on AmazonSmile in the settings menu. Shop as you normally would, and Amazon will donate to The Living Room at no cost to you.

And if you're sending cards, why not send your friends and family a digital Christmas Card and donate the money you would have spent to The Living Room?

[Choose your design](#) and pay what you can!



Families and Carers Group in Stevenage

Our Family and Carers group has restarted in our Stevenage centre. If you, or someone you know, is affected by a loved one's addiction, please call **0300 365 0304**. The group runs every Wednesday from 10:30am to 2:30pm.

Experts by Experience

We would like to give a big end-of-year shout out to our Experts by Experience (EBE Group). This group is made up of people who attend group therapy at The Living Room and meet once a month to give feedback to senior management, find new ways to help their peers and create a collaborative environment where clients and staff work together to make our charity better.

Their accomplishments this year would take up all of this month's ShoutOut! but they've had a hand in everything from our fundraising events, to organising extra groups to help people who need the support during the pandemic, giving feedback on the assessment process and helping us to improve [our website](#) for new clients.

Thank you to every one of you, we wouldn't be doing as well without you!

Families Living in Recovery Forum

We were delighted to have so many professionals from so many different organisations join us for our Families Living in Recovery Forum on 1st December.

The forum focused on what we do, alongside Relate and Family Lives, to help break the cycle of addiction in families, how our Stevenage crèche care for our clients' children and asked attendees how we can help them with the families they work with.

A massive thank you goes out to the people who joined us (you were brilliant) and all of the staff who made the event such a success. A special shout out goes to Michelle, our crèche manager, who did an excellent job organising the forum.

If you're interested in learning more about our family-related support, please [get in touch](#). We'd love to hear from you.

Holidays Opening Hours

- Thursday 24th December - **Open until 1pm**
- Friday 25th December - **Closed**
- Monday 28th December - **Closed**
- Tuesday 29th December - **Open as usual**
- Wednesday 30th December - **Open as usual**
- Thursday 31st December - **Open until 1pm**
- Friday 1st January - **Closed**
- Monday 4th January - **Open as usual**

Useful Numbers

- NHS non-emergency: 111
- Samaritans: 116 123
- NHS emergency: 999
- Narcotics Anonymous: 0300 999 1212
- Alcoholics Anonymous: 0800 9177 650
- Cocaine Anonymous: 0800 689 4732
- Mental Health contact: 0300 777 0707
- Nightlight Crisis Service: 01923 256 391