



The month of December marks the end of the year, a time to reflect and prepare for the one ahead. Now is the perfect moment to think about our successes, obstacles we have overcome, and accomplishments. It's time to think ahead, to make plans, and to consider the opportunities that may come our way.

The month of December is also a happy and festive period. It's a time to gather with loved ones and friends and commemorate the memorable experiences we've had. It is a moment to give thanks and think back on the support and love we have received from our loved ones. In December, we can feel the promise of a new year, of new beginnings, and of brighter days ahead.

Adrienne, Chief Executive

We Welcome the New Bishop of Hertford

Congratulations to the new Bishop of Hertford Jane Mainwaring who took the time to stop by on **24th November**. We are honoured that Jane chose to visit us on her first day in her role. Her appearance raised awareness of our cause and motivated many individuals to take action. We are appreciative of her steadfast dedication to our cause and for helping us improve the lives of individuals who are afflicted by addiction.



Are you worried about Disordered Eating?

Disordered Eating addiction is characterised by unhealthy patterns of eating and obsessive compulsive behaviours often relating to food, exercise and body image. Like substance addiction, behaviour around food becomes a way of self-soothing and managing difficult feelings and emotions. The Living Room is providing free weekly group therapy sessions from its hubs in Stevenage and St. Albans. If you or someone you know is using food to deal with their emotions or struggling with food or body image, give us a call on **0300 365 0304**

Family & Carers Group

Despite your best efforts, trying to hide, regulate, or control an addicted loved one's use won't ultimately result in them changing. We recognise addiction as a family illness or dysfunction and are aware from our considerable experience that a change in one family member's attitudes and behaviours can result in change and recovery for the entire family system. If you or someone you know currently going through this situation, we are here to help. Call us on **0300 365 0304**.



Life at The Living Room

*"The counsellors at The Living Room saved my life!
I am full of admiration for the amazing job they do."*



Measure For Measure

Join us for the production of this classic Shakespearean play on **26th January 2023**, at the Abbey Theatre in St. Albans, we are selling general admission tickets. Measure for Measure is a comedy about power, morality, and justice. Claudio, a young man who has received the death penalty, is the focus of the story. The Duke of Vienna steps in to save his life, but his responses only make matters worse. **Grab your tickets today.** Given the content of the performance, we suggest that attendees are aged 16 and up.

Christmas Murder Mystery

On **Friday 16th December** Stephanie Christina is hosting a festive murder mystery night in memory of her brother. You'll need to utilise your wits, pull out information, and draw conclusions to solve the mystery. Doors open at 7pm and there will be a bar and raffle with loads of great prizes so bring your coins. The Living Room will receive a share of the proceeds from ticket sales to continue breaking the cycle of addiction. There are only a few **tickets** left! Grab yours today.



Santa is Coming to Town!

Santa will be riding around Marshalswick on his sleigh and raising donations for The Living Room on **Saturday 10th December at 4:15pm**. The **St. Albans Santa Float**, a long-standing tradition, is managed by the St. Albans Round Table. Before Christmas, they plan for Father Christmas to tour a few St. Albans neighborhoods on his sleigh. It's an amazing chance for people to see Santa on his sleigh and also raise money for charity.

Rethinking giving this Year?

Everyone is feeling the pinch and we understand that Christmas can add to the pressure when it comes to managing our finances, it is the season for giving after all. We encourage you to be **creative** with your giving this year. Spend some time checking in on your neighbour who may be alone. Invite family members for a warm hearty meal. Send a heartfelt message to someone you have been thinking of. Gather friends to watch a film with blankets and hot chocolate.

We also want you to know there is support available during these tough times. Stevenage Citizens Advice, one of our partners, has **great resources** and information on where to obtain assistance. A cost of living **support page** has also been created by Families First and Hertfordshire Council.

In partnership with Hertfordshire County Council, Healthwatch Hertfordshire are carrying out some essential research on the Cost of Living crisis to understand the impact this is having on local people and decide where support and services are most needed. *Please take five minutes* to complete the **Cost of Living Survey** and share with your connections. Thank you.



Thank You

Reflecting on 2022, we would like to take this opportunity to express our sincere gratitude for your kind contributions over the year. Your generosity and goodwill have made it possible for us to carry out our purpose and have a positive influence in our community. Thank you for supporting The Living Room. We look forward to sharing with you our updates throughout 2023.

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 one-off or as a **monthly donor**. 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:

Charities Aid Foundation - £630
St Albans Girls School - £178.85
St. Peter's Church, St Albans - £3,000
Nicholas & Co, Knebworth Half Marathon - £871

Thank you to everyone who participated in the St. Albans Sleepout, you raised over £800 for The Living Room!