



Charity No: 1080634

CIO No: 1175541

December 2024

Adrienne's Message

As we head into the festive season and new year, let's think about our expectations and the pressure we take on over this period.

Not everyone loves Christmas, and it can be a difficult time for people, including those in recovery from addiction. There is added pressure to enjoy ourselves and we might feel exasperated by the excess of everything, like food, alcohol, spending and socialising.

Or we might feel lonely or alone whilst everyone else looks to be having a picture-perfect time.

It can be helpful to remember that it's only one day and we can get through it with our support systems in place.

And it's good to remember it's the small things that bring the most joy. Like being grateful for the things we already have, self-care, and checking in or doing something nice for someone else.

January brings the pressure of new year resolutions but instead, let's just be kind to ourselves, give ourselves a break and remember we are human, and we can just try to do the next right thing every day, not just in January.

Whatever your Christmas looks like, we wish you all peace and love.

Adrienne, CEO



Christmas Quiz a Success

A huge thank you to everyone who came along to our Christmas Quiz in Stevenage last Friday.

We're grateful to have raised an amazing £610.

We were able to put on this fantastic evening thanks to our lovely friends at The Follett Trust who generously sponsored us with £250 to cover delicious refreshments.

Some absolutely amazing raffle prizes were donated by some incredibly kind and generous local businesses which meant raffle sales rocketed!

A big thank you to Rev Pete who is always so supportive of us and who donated All Saints Church for the evening.

Thank you to everyone who volunteered during the evening, your help on the night was truly appreciated.

St Albans Santa Float

The Legendary Living Room Father Christmas and his team of Legendary Living Room Elves braved storm Darrah on a sleigh last weekend in St Albans.

Travelling through Marshalswick, they raised an incredible record breaking amount of £1770!



This event is always an absolute joy for us to take part in every year.

Thank you to St Albans Round Table for organising the event which helps us raise funds to help those living with addiction in Hertfordshire.

And a great big thank you to Father Christmas and his elves!



Goodbye to Sally

This month sees Sally's last day as Senior Manager of our charity shop and we couldn't let her go without expressing our heartfelt gratitude.

For an incredible 13 ½ years, Sally has been an integral part of The Living Room family. She started by creating a thriving children's charity shop and later managed the successful merger of the children's and general shops into one.

Adrienne, our CEO said, "We want to thank Sally for her unwavering dedication and the significant contributions she's made to our work through fundraising efforts at the shop.

"Sally will be deeply missed, and we wish her and her husband all the best for their exciting new adventure!"

Welcome to...

Stacie Whitelaw has stepped into the role of Senior Shop Manager, bringing great enthusiasm and fresh ideas to help us tackle challenges like waste disposal costs and boosting online sales.



We're excited to see Stacie's impact and wish her every success in her new role.

AND

Joseph Cheng who will be taking over as Director of Finance at the end of January 2025.

Please join us in giving him a warm welcome to The Living Room as he gets to grips with the numbers and becomes part of our family.

Life at The Living Room

I never cared about myself or who I was as a person. Today I do. Today I know that I am a good person. Today I know that I matter, not just to others, but to myself. Today I don't suppress my feelings, I accept how I feel and explore why I feel that way about that situation.

Therapy at the Living Room has taught me so much. I have tools to understand myself, to challenge my thoughts and action in a healthy way. I stand up for myself today because I know I am worth standing up for.

A current client

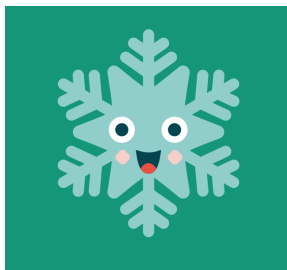
Late-Night Christmas Shopping

Some very interesting characters turned up to our late-night shopping event in Stevenage last month.

Father Christmas and his elves, and Elsa and Sven from The Snow Queen drew in quite a crowd of children and customers who came to support us throughout the evening.

Thank you to the lovely people from Sparks Theatre Productions who spread joy to our shoppers.

It was a wonderful Christmassy evening and we ho-ho-hope you all had good time.



Season's Greetings.
Please nominate us to
win £1,000 today!



12 Days of Giving

Thank you to everyone who has already nominated us for Movement for Good's 12 Days of Giving campaign.

If you haven't, it only takes seconds to nominate us and we could win £1000!

We've won before and with your help we could win again.

Just click on the snowflake and it will take you to our nomination page.

What is it? For 12 days, Movement for Good 2024 is giving 120 charities £1000 each – and we would love to be one of them.

The first draw takes place on December 5th and the last on December 20th with 10 charities drawn every weekday.

Please vote now!

Nominations are open until 23.59 pm on December 19th 2024.

Thank you so much for your help!



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
Datchworth PCC – £375
St Albans Sleepout – £5492
Christmas Quiz – £610
St Albans Santa Float – £1770
Methodist Church, Letchworth Garden City – £720.63

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