



February is LGBT+ History Month, where people take the time to challenge harmful attitudes towards people who are gay, bi or trans, and celebrate the lives of people belonging to the LGBT+ community.

We believe that everyone deserves a chance to change their lives for the better, but we know that LGBT people are underrepresented in addiction services and there are still barriers that can prevent them getting the support they need.

This month we are inviting people from our local community, and from organisations committed to equality, diversity and inclusion, to discuss the ways we can fix this issue at The Living Room. We want to provide a safe and supportive space for people to explore their problems in.

Last month we promised you that we would “help more people to beat their addictions and change their lives for the better” and this is just one of the steps we’re taking to make good on that promise.

Read on for more news and events from across our service.

~ Adrienne, Chief Executive

Our Quiz Night Returns

Join us for our Virtual Quiz Night being held on **Tuesday 23rd February 2021** from **7:30 - 9:00pm** (doors open 7:15pm) via Zoom.

We've had such a great time quizzing with you all at the previous quiz nights and we invite you all to take part again and support The Living Room in the process. Plus times are testing and we all need something to look forward to!

Tickets cost £5.00 with all proceeds going towards helping us continue to break the cycle of addiction in Hertfordshire.

So get your friends, family or colleagues together - forming groups of up to 8 people - and get ready for an awesome night in.



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

"Being part of The Living Room has shown me that I am not alone, I am not the only person in the world to have this problem, talking to others openly who also have addictive natures is really helping me to understand my own. My relationship with my family is already improving because I am not wasting time drinking."

0300 365 0304

www.livingroomherts.org

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

Gambling Group

Our specialist Gambling Group is available for anyone in Hertfordshire who needs support with a gambling addiction. It runs in the evening via Zoom so will suit people with work commitments.

Group times are on **Tuesday** and **Thursday** from **6pm - 7:30pm**. To book an assessment call **0300 365 0304** or use our **Get Help** form.



Consider seeking help regarding your gambling if any of the following apply...

- After gambling I feel guilt, shame, remorse and/or hopelessness.
- I find myself powerless to stop gambling once I have started.
- I gamble or take risks when I am feeling low.
- I gamble longer than I planned or take bigger risks than I intended to.
- After losing, I feel I must soon return to win back losses.
- After a win, I have a strong urge to return and to win more.
- Others (especially non-gamblers) say my gambling is out of control.
- I have sold property and/or borrowed to finance my gambling.
- Gambling is affecting my home and/or work life.
- I continue to gamble even though the consequences of previous gambling activities are unresolved; e.g. debts, family difficulties...

Reaching out

We are holding two online forums this month, one focused on the ways we can help people who are underrepresented in addiction services and the other on supporting people who are stuck in a cycle of crime, homelessness, or unemployment.

After the success of our Families Living in Recovery session last year, we want to reach out to more people in Hertfordshire, understand their needs and take the appropriate steps to help them.

If you are interested in learning more about what we do to break the cycle of addiction, are a professional in the criminal justice system, housing or employment services, or an advocate for a disadvantages group, please get in touch – we want to hear from you.

And if you are interested in joining us for our either of our online forums, email SamL@livingroomerts.org

London Marathon

This year we will, hopefully, have some places on the virtual London Marathon on October 3rd 2021. Participants will have 24 hours to walk or run the classic 26-miler and anyone who takes part will receive a medal!

Keep your fingers crossed for us, and if you're interested in helping to raise funds for us during the event, drop us an **email**.



What: Reaching Underrepresented Groups

When: Tuesday 9th February 2021

Time: 2 – 4pm

What: Criminal Justice and Addiction

When: Thursday 25th February 2021

Time: 10 am – 12 pm

Connect during Covid

At the end of January, we encouraged anyone following us [on social media](#) to make a conscious effort to reach out and connect with five people as part of the 'Connect 5' campaign to support people's mental health.

The last year has been incredibly difficult and many of us have lacked real connection with our friends or family. It can be easy to spend our days shut in our rooms, and plenty of us would rather take a nap than have another Zoom call, but isolation is misery in the making.

Take one small step each day and reach out to someone:

- Take a lunch break and have a cup of tea online.
- Reach out to a friend who seems down and listen to their problems.
- Get to know your neighbour or someone you usually only see when you leave your house.
- Share the things you love! Got Facebook? Give your friends something fun, funny, or uplifting to look at.

Follow us on Facebook, Twitter or Instagram if you want tips and advice on how to improve your wellbeing this year.