



People worldwide can symbolise the month of February in many ways. First, February is widely known as LGBT+ History month, an annual one-month celebration of lesbian, gay, bisexual, trans, and non-binary history, including LGBT+ rights. Through educating and representation, gaining power from their history.

February is also associated with fortune and luck. The Romans believed in a goddess called Fortuna, who could control fate. Festivals in her worship would last for weeks on end.. Finally, February is the month of love. Love isn't just extending to those we cherish around us but also the idea of self-love. Being able to love who you are.

So, this February I wish you power, fortune and luck; but furthermore, find time to celebrate and love yourself.

~ Adrienne, Chief Executive

Twelve Months Of Recovery

At The Living Room, when it comes to the people who use or promote our service, we mention the phrase "**Breaking the cycle of addiction**". We know what it means, but how is it done? Our new social media campaign provides personal insight into the steps needed to achieve long-lasting abstinence.

Every month we focus and break down the meaning of each step from the 'twelve steps of recovery' and its importance and need towards an individual's journey. 'Honesty' was the first step highlighted in January; this month is the step of 'Hope' and will be showcased on our Twitter, Facebook & Instagram from the 14th - 18th February. So please like, share and spread awareness. Thank you.



Client Stories

We work with people dealing with addiction and relationship/family issues. Our definition of success is not just defined by the number of people who seek our support. Instead, success comes from seeing people understand they are more than just their situation and helping people free themselves from it, whether it's addiction, relationships or food. Here is a quote from a client describing her current service at The Living Room.

"The Living Room has been incredibly insightful and someone who has helped me understand myself during a very stressful time in my life. This has opened my eyes to see how my actions / behavior can enable unacceptable and manipulative behavior. This has helped me navigate difficult conversations and given me the strength to stand up for myself where perhaps I never have before. The knowledge has helped me to learn and grow. I feel I am making positive steps to my recovery and look forward to continuing with my sessions at The Living Room".



A reminder of why we are here...

I came to The Living Room after a series of breakdowns with my husband over his alcohol consumption. The atmosphere in the home was unstable, as alcohol caused him mood swings that affected us all. I'm still on the journey, but coming to The Living Room has helped me feel less alone, and given me people to talk to who understand what I'm dealing with. The counselling and workshops have helped me to step away from my husband's alcohol consumption and protect my own wellbeing more.

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www.livingroomherts.org

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ASDA - Green Token Giving

The Living Room has been nominated for the Asda Green Token award. Asda's Green Token Giving scheme was launched to help donate money to good local causes. So please **vote for us** online to have the chance for us to win and raise **£500** for our services.

An Upcoming Event...

Planning events over the last two years have been somewhat of a challenge, especially with constant changes to rules and landscape. However, hoping the country is at a point of stability, we would like to keep you aware of some of the events we are looking forward to putting together.

Our Open Day invites people into our space at The Living Room, showcasing our expertise, strategy, and people. In addition, you'll have the chance to speak to clients who have attended our services and the impact on their lives. We are hoping to host in April and within regulation. If you are interested in attending, please email enquires@livingroomherts.org.

If you are interested in volunteering or becoming a Supporter of The Living Room, sign up below.



Volunteering Opportunities

Looking to become a **Trustee** in Hertfordshire? Are you passionate about your community? We are looking for professionals to sit on our board, with an interest in community rehabilitation.

By joining our board of Trustees you will help our charity continue to provide an excellent service, for people living with any addiction to find recovery through access to **free** group therapy.

Our board of Trustees is diverse, effective and has good relationships with the Executive Team overseeing 44 members of staff and many valued volunteers. We are looking for people who would bring HR, criminal justice and/or therapeutic knowledge, and we are happy to welcome new ideas and skill sets.

If this sounds like an opportunity for you, **apply** or **get in touch** for more information.

Thank You

We appreciate every donation we receive, if you've given something as a **one off** or are giving what you can as a **monthly donor** - thank you! Here's a special shout out to some organisations who have donated to us over the past month:



Thank you to St Albans District Council for awarding us with £9,996 from their Community Revenue Fund.

Thank you to the following County Councillors for supporting our services with funding from their Locality Budgets.

Lesley Greensmyth - £2000
John Graham - £500
Christopher White - £500
Paula Hiscocks - £500
Magaret Notley - £300

