



February is a month of renewal and hope. It is a time of new beginnings and fresh starts. Symbolically, February is associated with the start of spring, a time of growth and renewal. Like the flowers that start to bloom in spring, February is a time for new possibilities and opportunities to bloom. Additionally, February is the month of love, and self-love is an important part of any drug recovery journey. It is important to take care of yourself, as you take steps to heal and recover; it is about developing a sense of worth, fighting negative self-talk, and forgiving yourself for past mistakes. So this February, let's renew our love of self and hope and look towards a brighter beginning.

Adrienne, Chief Executive

Recovery Diaries Coming Soon

Are you looking for a blog that can provide insightful, helpful information about addiction and drug abstinence? Our new blog page is coming soon and will provide readers with resources and knowledge on the topics of addiction and drug abstinence. Here, we provide up-to-date information, resources, and support to those who are struggling with addiction and/or looking to abstain from drugs. We strive to provide a safe, non-judgmental space where people can come to learn, share their stories, and connect with others who are on the same journey. Our blog will be full of articles, tips, and interviews from people with real life experiences and counsellors who are knowledgeable in various fields. We are excited to provide readers with a helpful blog page that will be an invaluable resource for those navigating the journey of addiction and abstinence. Stay tuned for more details on our upcoming blog page!



Here is an excerpt of one of our upcoming blogs:

"For people struggling with addiction and their liver, abstaining from alcohol can be quite helpful. Abstinence from alcohol enables the body to rid itself of the toxins that accumulate as a result of drinking and aids the liver in healing to a capacity. Additionally, abstaining from alcohol lowers the chance of relapsing and can lessen cravings."

Friendly February

Lord Richard Layard, Sir Anthony Seldon, Sir Geoff Mulgan, and Dr. Mark Williamson launched **Action for Happiness** in 2010. They held the simple but revolutionary belief that if we all prioritise happiness, we can improve the standard of living in our societies. The month of February is ideal for celebrating friendship. Every interaction has the potential to be friendly to some extent, and most interactions will benefit from having even a little bit of it. Take part in **Friendly February** and print the challenges for yourself at home or at the office.



Life at The Living Room

"I have had some bumps on my journey in recovery and it's not easy but I have hope today, hope for me is all I need, because I never felt hope in my past before the Living Room."

Measure for Measure was a Hit!



In January, a successful event took place at the illustrious Abbey Theatre where the late Majesty Queen Elizabeth the Queen Mother once came to the opening performance of *The Recruiting Officer*. People came to watch *Measure for Measure*, a play written by William Shakespeare, adapted by Derek Coe. The event was organised by the local theater group, with the aim of raising donations for local organisations in the community, we were grateful to be one of them. Before the show, the crowd was entertained by music and refreshments. When the play began, the audience was immediately enthralled by the characters and their stories. They laughed at the witty banter and were moved by the powerful messages being portrayed.

The actors and actresses truly brought the play to life, and everyone was captivated by their performances. When the show was over, the audience was filled with a feeling of satisfaction. The event was great success, with people talking about it for days afterwards. *Measure for Measure* showcased the timeless brilliance of Shakespeare, and the audience was delighted to have experienced it; all thanks to The Abbey Theatre.

National HIV Testing Week

National HIV Testing Week (NHTW) is an annual event which is happening between the 6th – 12th February 2023. The aim is to bring awareness and promote regular testing among the UK Population. It aims to reduce the numbers of undiagnosed people and those diagnosed late, as well as raise awareness and increase knowledge of HIV testing in the communities most affected by HIV and the general population.

Testing is a key part in the efforts to stop HIV. Testing for HIV is quick, free, confidential and easy. People can live with HIV for a long time without any symptoms and testing is the only way to know your HIV status. If you have HIV, finding out means you can start treatment, stay healthy and avoid passing the virus onto anyone else. There are many ways to test – at a sexual health clinic, your GP, through HIV and sexual health charities, or by ordering a test online. Anyone diagnosed with HIV in the UK can access free treatment and support.



North Herts College Choose to Sleep Out

The student body of North Hertfordshire College has chosen The Living Room to fundraise for by taking part in a **Staff Sleep Out**. It was meant to take place on Friday 20th January 2023. However, due to unforeseen circumstances, it has now been rescheduled to take place on the **Friday 24th February 2023**.

They share our passion and wider vision of supporting those, in Stevenage and surrounding areas, living with or affected by addiction. Help them **reach their target** of **£300**. We understand that times are tough at the moment, therefore we sincerely appreciate any contribution - no matter how small.

Thank You

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. We want to give a special shout out to the people and organisations who have donated to us over the past month:

In Memory of Matthew - £110
County Councillor Graham Lawrence - £1,500
County Councillor Margaret Notley - £100
County Councillor Ron Tindall - £300
County Councillor Teresa Callaghan - £250