



Charity No: 1080634

CIO No: 1175541

February 2024

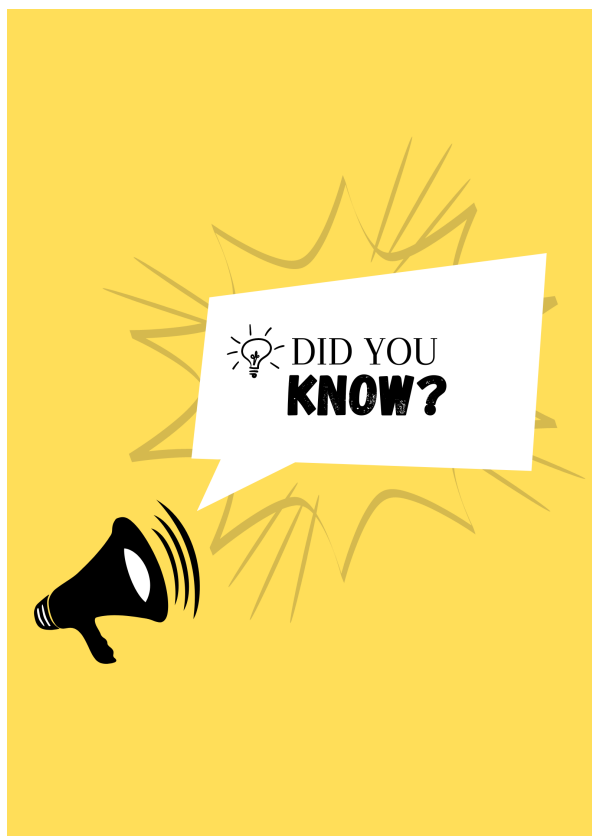
Dear varsha,

As a charity, our profit is not monetary, it is societal. We are sincerely grateful for every donation we receive that allows us to provide free, time-unlimited treatment to adults living with addiction in Hertfordshire.

With treatment, we see clients turn their lives around as they begin to heal, integrate back into society and live good lives beyond abstinence.

We see parents getting their children back, we see people returning to work, we see families reuniting. We see amazing things happen daily and the improvement of the wellbeing of our society. This makes us proud to be part of our wonderful charity, and those who we help directly to become fully contributing citizens.

Adrienne, Chief Executive



Did you know?

It costs £49 per client for a week of treatment.

The average time to treat a client with any addiction is 12 months, at a cost of £2,600 per person per year.

Adding all our clients together during 2022–2023, that works out at £2,233 per day to provide our free service.

We delivered a total of 1972 therapeutic sessions.

During the same period, 260 Family and Carer sessions were delivered to help those affected by someone else's addiction.

Sixty wonderful volunteers provided 10,248 hours of their precious time.

And you know how we are always saying how amazing our charity shop is? Well, it raised £36k last year, all of which goes to our treatment centres.

Soberfest '24

Join us at Soberfest '24, for a fun, wholesome, and soulful evening of stories and music from The Living Room, Saint Albans.

During the evening, you will get a glimpse of what happens in our treatment group as counsellors, clients and ex-clients share their addiction and recovery journeys, expressed through art form.

The fabulous line-up includes live music and singing, plus spoken word performances, such as poetry recitals, rap, and client testimonies.

Over twenty fun and very moving acts will be performing at Saint Pauls Church in Saint Albans on Friday, 1st March.

The Living Room really does have a lot of talent.

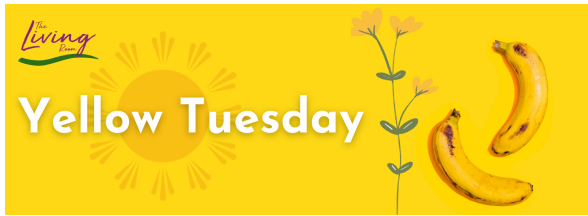
Visit our [website](#) to buy your tickets. We would love you to come along and show your support.

Tickets are £5 and there will also be a raffle with some great prizes.

Doors open at 7pm for a 10pm finish.

If you'd like to volunteer in the evening, please contact [Amy](#), our Community and Partnerships Officer for more information.





Yellow Tuesday

We decided not to buy into the negativity of Blue Monday which is traditionally known as the most depressing day of the year. So instead, we created the ultimate antidote in Yellow Tuesday.

In our quest to celebrate everything sunny, our staff, volunteers, clients, and counsellors came to The Living Room wearing something yellow.

Why? Because yellow is the colour of sunshine and the happiest colour of the rainbow. It brings out positive feelings of joy, hope and happiness and lifts us up.

That might sound cheesy, but hey, cheese is yellow.

We also held a competition for 'the most random-est yellow object.' And the winner was Debbie, our Head Counsellor and Clinical lead. She won something yellow, of course.



"Walking into group, I was given a hug and told I was welcome. I had not felt welcome anywhere, so being made to be feel welcome here was a revelation."

"I have met friends for life, met people who have helped me in ways I do not have the words to describe and been lucky to have the beauty and joy of sobriety and serenity around me every day. And that is because of The Living Room."

A current client.



The Word Addict - Why Words Matter

In our latest blog post we look closer at the language we use and why.

Recently, someone asked why we never use the word addict.

Our answer? Because we are striving to reduce the stigma associated with addiction and avoid negative bias. It is such a negative term and really doesn't benefit anyone.

Our job is to help our clients, many of whom arrive not knowing who they are and have very low self-esteem and self-worth. They are lost, broken, and in pain. Our role is to help them build themselves up, look at any underlying trauma, heal, and begin to see the good in themselves.

Read more by visiting Recovery Diaries- [The Living Room Blog](#).

Community Spaces

In this cold weather, Hertfordshire County Council's Community Spaces offer a setting to enjoy activities in a safe, warm place.

Transport can also be arranged for those not able to get there. You can find information and browse the spaces available in your **area**.



Help to manage the cost of living

HertsHelp Trained advisors offering free, confidential advice on local services and support Call: 0300 123 4044 Email: info@herts-help.net www.herts-help.net	Community spaces Find a community space near you, locations all across Hertfordshire www.hertfordshire.gov.uk/communityspaces	Mental health Advice and support for your happiness, wellbeing and mental health www.hertfordshire.gov.uk/mentalhealth
Money and benefits advice Free guides on debt and benefits, disability, bereavement, housing, retirement and carer support www.hertfordshire.gov.uk/moneyadvice	Citizens Advice Free, local and confidential advice on benefits, money and credit problems, employment, housing and family issues Call: 0800 144 8848	Help for households Central government is offering support with energy bills, transport, childcare and household costs www.helpforhouseholds.campaign.gov.uk

We're with you this winter See all of the support, advice and services available to help you stay safe and well. Visit: www.hertfordshire.gov.uk/winter-help



Useful Helplines and Resources

Samaritans – call or text **988**

Family Lives – **0808 800 2222**

CGL Spectrum – **0800 652 3169**



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:

Masonic Lodge – £500

Locality Budgets (Councillors)

St Albans Round Table, Santa Float – £1300
Soroptimist Quiz – £585

Allison Wren – £1000
Paul de Kort – £250
Steven Cavinder – £500

Grants

National Lottery Awards for All – £20,000
Garfield Weston – £25,000

[View this email in your browser](#)

The Living Room is a Registered Charity in England and Wales. Registration No. 1080634.
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