



February 2025

Adrienne's Message

The Science of Recovery – What's New?

At The Living Room, we see recovery as more than just stopping substance use—it's about rebuilding lives. Research into addiction is constantly evolving, helping us understand what really works. Here are some recent findings:

- ◆ **Support networks matter.** Studies show that being part of a recovery community makes a huge difference. People who connect with others on the same journey are more likely to stay sober. It's why our group sessions are at the heart of what we do.
- ◆ **Past trauma plays a big role.** Many people in addiction have been through tough times. New research confirms that dealing with trauma in a safe, supportive space—like in our counselling rooms—can help prevent relapse.
- ◆ **Exercise helps recovery.** Moving your body, even just going for a walk, has been found to reduce cravings and boost mental health. It's a simple, free way to support your recovery.
- ◆ **The brain can heal.** Scientists have found that, over time, the brain can rewire itself after addiction. We see this every day—people making incredible changes and finding hope again.

The more we understand addiction, the better we can support recovery. If you want to help us continue this work, find out how you can get involved by

Become a Supporter of The Living Room

Fundraise for us

Donate to us

Volunteer with us



Yellow Tuesday

Tuesday, 21st January was Yellow Tuesday where we decided to brighten things up a little.

The third Monday in January is traditionally known as Blue Monday, framed by the media as the most depressing day of the year.

We decided to rebel against that negative nonsense with our antidote, Yellow Tuesday.

We invited our staff and clients to come in that day wearing something yellow and you can see that it really did brighten up a dreary January day.



Weight Loss Jabs and Recovery

For those of us in recovery from eating disorders, and people who have a difficult relationship with food, the recent craze of weight loss jabs is another challenge to face.

Ozempic and other anti-diabetic drugs like Wegovy and Monjaro are now used regularly for weight management in people who are not diabetic or otherwise clear candidates for the drug. In addition to affecting insulin production, these drugs mimic the release of hormones that tell us when



we are hungry and full.

The availability of these drugs can often be overwhelmingly appealing for anyone with disordered eating.

Read more about our approach to these challenges



Life at The Living Room

Being at The Living Room has allowed me to see the truth about my addiction – my illness. It has allowed me to take responsibility for my own actions. It has also given me the tools to begin my recovery journey. I thank God for The Living Room – I don't say this lightly – "I believe The Living Room has saved my life". I can't wait to continue this journey with this help and now the fellowships of NA. I know I will need to use these skills every day for the rest of my life to stay clean. The opportunity we have all been given to be able to come here for 5 days of the week and still be able to live at our homes.

I am still able to be a mother to my daughter, I would never have been able to leave her and go into re-hab. Luckily for me and my daughter and my whole family, I am able to come here and for the first time in my life I believe I can stay clean!

A current client

Annual UH Symposium on Drugs and Alcohol

We were thrilled to attend the Annual University of Hertfordshire Symposium on Drugs and Alcohol this week.

Now in its third year, the Annual Symposium was a great opportunity to share purpose and priorities, harness different voices to work together, and formulate concrete actions going forward.

The theme for 4th February 2025 was working better together for **prevention and early intervention**.

We discussed the lived impact of drugs and alcohol abuse and worked together across the Voluntary and Public Sectors to explore opportunities to contribute to current Criminal Justice and Public Health strategies within Hertfordshire, such as the Hertfordshire Drugs & Alcohol Strategy review and the Police & Crime Plan.



Annual UH



Symposium on Drugs and Alcohol

Thank you so much to James who is competing in this year's Brighton Marathon to raise money for us.

Speaking to The St Albans Times, he says the help he received from The Living Room was instrumental in his journey to recovery from addiction.

He also says: "This journey has been incredibly transformative, especially since I began my recovery journey a year ago. Training for this marathon has been more than just physical preparation—it's been a powerful release and a beacon of hope, giving me something meaningful to strive for."

[Help James Reach his Goal](#)

Watford Quiz

We'd love to see you at our next quiz night.

This time it will be in Watford at Holywell Community Centre on Friday, 21st March.

Tickets are £5, and with that you get a brilliant quiz and some light refreshments.

Get Your Tickets



Cause and Effect 24 Hours in Police Custody

The most recent episode of 24 Hours in Police Custody told three overlapping stories with three different perspectives into the drug trade.

Our job is to provide free group therapy to people who want to get well from addiction.

Whilst we see the beautiful results of lives turned around, we are very aware that illegal drugs and their trafficking effects the lives of many people.

[Read More..](#)

Recovery Café

Last Friday we held February's Recovery Café at All Saints Recovery Hub at the Oval in Stevenage.

We meet every first Friday of the month and it's a lovely chance to get together and chat over coffee, we look forward to seeing you there in March!



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