



A new year means new beginnings. 2022 is now the gateway of hope for what this year can bring for each one of us. In January, everybody assesses their future

lives for the next 12 months, questioning where they want or would like to be; whether the motivating goals are financial, career-driven or health-focused. Either way, all resolutions are personal journeys. On our want for change and growth, we may

sometimes look at our goals and see a long journey that seems unachievable. However, take your mind off the distance and focus on the value of your goal. With this change in perception, you can make any journey.

So, from everyone here at The Living Room, we wish you luck on your voyage through 2022 and remember, **"We are all stories in the end – let's make ours a good one"**.

~ Adrienne, Chief Executive

Service Updates

After the **recent decision** to revert all our in-person hubs to online only and then later re-open our Stevenage Hub, we would like to give some insight into how these difficult choices are made.

A lot of time and energy goes into deciding to close or re-open our hubs as we must consider the health and safety of all of our clients and staff. There is a balance to be struck between the risk of Covid-19 and the risk of relapse which comes with changes to treatments.

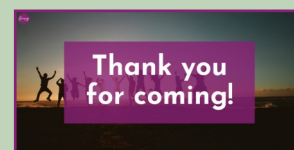
Two out of our three in-person hubs have been running on a hybrid basis, making the transition to online-only a smoother process for clients and staff. Our Stevenage Hub had returned to full time in-person treatment, our counsellors found that reverting to online only was very challenging for our clients who had not experienced this before. These anxieties were made all the more intense by the challenges the Christmas period can bring to many people

living with addiction. Reopening our Stevenage Hub early, with Covid-19 safety measures, allowed us to support these clients in the way that worked best for them.

The past couple of years have shown us we can work effectively as an online service, but it has also taught us the value of in-person peer support and the difficulties we can face without it. Taking into account different group dynamics and continuously reviewing the situation means we can stay ahead of the curve and continue to keep our clients and staff safe.

We would like to thank all of our staff and clients for their hard work and patience throughout these times. By working together, we can and have ensured that every client gets the support they need to continue forward on their recovery journey with The Living Room. **Thank you.**

We welcome **your comments**.



Community Matters

We appreciate everything our community does for us and the past month we've had some wonderful events and collections going on in aid of The Living Room...

St. Albans Santa Float

Thank you to everyone who came out to the St. Albans Santa Float. The



St. Albans Round Table do a fantastic job organising this festive event every year and last year was no different. A special shout out to our wonderful volunteers who were knocking on doors collecting donations and our counsellor Bryn for being our amazing Santa Claus.

Knitting for a Cause



Thank you to Jo and Matilda Brown for knitting and selling these adorable toys and

puppets in their friend Christine's garden and raising **£145**. They also donated a handmade puppet rabbit for a 'Guess the name of Santa's little helper' competition. Congratulations to our winner Ann, who guessed the name 'Cinnamon'!

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

'Changes I've seen in myself is the ability to take ownership of my problems, be able to speak openly about them, process and understand how I feel about things and know that I'm not alone in this struggle. I know my journey of recovery will not be easy, there will be bumps in the road and hazards to deal with. But I'm on the right track and look forward to a happy, healthy, brighter and sober future.'

0300 365 0304

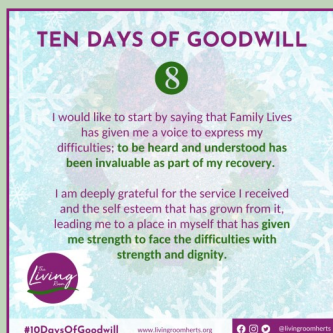
www.livingroomherts.org

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

10 Days of Goodwill

Before the end of 2021, we created a campaign called '10 Days of Good Will' during the festive season. We showcased quotes from ten people who used our services at The Living Room and the positive impact being part of our process had on their lives.

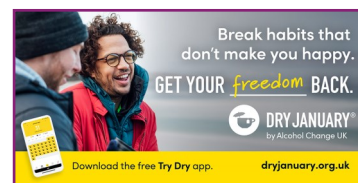
It wasn't to only show the dedicated work of our staff who contribute massively towards helping others find control in their lives no matter the addiction. It was also to highlight and show to those who may believe they're not ready or scared of making that change that there are people who felt the same; but are in a better place and reclaiming their lives.



Dry January

Dry January is upon us once again. It is a scheme that **Alcohol Change UK** supports; an organisation that raises awareness and gives free support for alcoholism. Over four million people took part in abstaining from alcohol in January last year; research shows that 86% of people saved money, and 70% experienced a better night's sleep. Dry January not only has its benefits physically but mentally. Taking a month off from drinking could help someone reflect and step back to examine their relationship with alcohol. Also, in four weeks, there are significant and positive benefits that the body experiences that can lead to further abstinence.

Teresa's story is a prime example of someone who has embraced sobriety from her participation in Dry January.



Volunteering Opportunities

Have you made your new year's resolutions yet? How about giving more time to the community? Or committing to helping out with a cause you care about? Volunteering is an amazing way to feel part of your community and it can even **help with your health**! Finding valuable ways to spend your time and interact with others through volunteering increases happiness, confidence and can provide a sense of purpose.

At The Living Room we are always looking for new volunteers and what better time to start than now. We have so many different **opportunities available**, from fundraising and marketing to admin or shop work. There is bound to be something you will find fulfilling.

We'd also like to introduce our new Volunteer Co-Ordinator Kate who will be helping us with all sorts of exciting events and fundraisers this year. So why not join Kate and the rest of the team and see what you can **get involved** with today.



Goodbye to the Crèche

We are very sad to announce that BBC Children in Need have decided not to renew the funding for our beloved crèche that we have so gratefully received for the past 12 years.

As a result, our crèche will be closing on 5th January 2022. We are so thankful for all the support we have received over the years and will forever treasure the happy memories the crèche has created both for the children who came in and for the rest of the organisation.



Our fantastic crèche team in Michelle, Lily, Natalie, all their volunteers and everyone who has worked in the crèche the past 12 years have all worked incredibly hard to make sure every child who came in had a fun, relaxing and educational experience with us and we are proud of every single one of them.

We hope you will join us in thanking them for all they have done and wishing them good fortune in their future.

You can read the full message from our CEO Adrienne Arthurs on our [website](#).



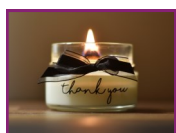
Thank You

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 Jo and Matilda Brown for their £125 donation from selling their handmade toys.

Thank you to the Stevenage Lodge of Ancient Freemasons for their £555 donation.



Thank you to everyone who made a Christmas donation.

Over the last month we've received over £1,500 from people with a close connection to our services.



Thank you to the Stevenage Harmony Spiritual Group for their £150 donation.