



The month of January has always been symbolic of a fresh start and a time to look ahead with hope. The new year brings with it a sense of optimism, as well as the potential for new opportunities and experiences.

The promise of a new beginning and the future is what makes January so special. As we look ahead to the year 2023, we can remain hopeful that it will bring us many possibilities and the chance to explore new opportunities. With each new year, we can start afresh and take the steps needed to make our dreams a reality.

Adrienne, Chief Executive

Bauble Bonanza Extravaganza

Our Bauble Bonanza event was a huge success! The event was attended by families and children, who were all excited to get involved in the festive activities. They were able to make their own decorations and create unique art pieces. The event was filled with laughter and joy as children and adults alike enjoyed the festive atmosphere. It was a wonderful opportunity for families to get together and have some fun while making beautiful Christmas decorations.



St. Nicholas Spotted In St. Albans

The Santa's Float event was a huge success! People gleaming with Christmas spirit through the route, cheering and waving as Santa passed by. The float was beautifully decorated with lights and Christmas decorations, and Santa waved and smiled as he passed. The event was a great way to bring people together in the spirit of Christmas, and everyone had a fantastic time in St. Albans. We would like to thank everyone who volunteered and donated!

The Murder Mystery Has Been Solved!

Thank you Stephanie Christina for organising the Murder Mystery fundraising event held in December and thank you to everyone who helped in making it a huge success. You raised an astonishing **£600** for The Living Room and this will go towards supporting people on their recovery journey. It looks like everyone had a great time playing detectives and winning fabulous raffle prizes.



Life at The Living Room

"Life in recovery has been no oil painting but it has been so worth it. It has taught me a lot about myself and other people. I am full of gratitude for what recovery has given me."



Measure For Measure

Join us for the production of this classic Shakespearean play on **26th January 2023**, at the Abbey Theatre in St. Albans, we are selling general admission tickets. Measure for Measure is a comedy about power, morality, and justice. Claudio, a young man who has received the death penalty, is the focus of the story. The Duke of Vienna steps in to save his life, but his responses only make matters worse. **Grab your tickets today.** Given the content of the performance, we suggest that attendees are aged 16 and up.

North Herts College choose to Sleep Out

North Hertfordshire College has chosen The Living Room by the student body to fundraise for their organised **Staff Sleep Out** on **Friday 20th January 2023**. They share our passion and wider vision of supporting those, in Stevenage and surrounding areas, living with or affected by addiction. We understand that times are tough at the moment, therefore we sincerely appreciate any contribution—no matter how small.



Looking Back at Twelve Months of Recovery

The Twelve Months of Recovery provide a framework for living a sober, healthy life. The steps can be applied to any addiction; in 2022, we have emphasised each step to highlight its significance and the impact it has on a person's journey. We hope you have learned something from this campaign, which has covered topics like honesty, willingness, and discipline. As 2022 comes to a close, in 2023 we hope to carry on sharing information through our collection of online blogs, which we will use to present information and stories related to current addiction-related themes.

Our Impact

The year 2022 has been a significant year for our charity. We've seen tremendous growth and success especially with the Grand Opening of our new hub in Watford which will provide greater access for the people of Hertfordshire to seek help and guidance. Our year in number format has been an formidable year:

- We ran **3** Family & Carers and **4** Specialist Groups per week.
- We provided **18** Main Group sessions, for free.
- Citizens Advice joined us to deliver **20** Make Money Make Sense workshops.
- **64%** graduated from our Drugs Group
- **71%** graduated from our Disordered Eating Group
- **78%** graduated from our Family & Carers Group.
- This year, we've supported over **300** people and every week, we've delivered **383** counselling hours.
- **1,541** people contacted us about our service whether that was in person, via email or phone.



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 one-off or as a **monthly donor**. 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:

St Albans Fireworks Spectacular - £7,500
Groundworks Tesco - £500
Charities Aid Foundation - £1,000