



January 2025

Adrienne's Message

My hopes for The Living Room in 2025 are health, wealth and lots of recovery.

As we look forward, we face significant challenges. The funding landscape for charities like ours has become increasingly uncertain, with fewer grants available and rising costs threatening the sustainability of vital services. We remain determined to meet these challenges, but we cannot do it alone.

Excitingly, this year marks our 25th anniversary—a testament to the lives transformed and the hope that sustains our work. We are committed to ensuring that no one in need of help is turned away, but this commitment is only possible with your continued support.

We would love to see you at our special Thanksgiving Service, due to take place on September 23rd. It would make our year to reconnect with those we have helped from years gone by.

Recovery has an incredible ripple effect, if one person gets well, it has an inevitably positive effect on those around them. Our Thanksgiving Service is therefore an amazing opportunity for us to connect with everyone who has been touched by us and the life-saving work we do.

We would also like you to join us in our Yellow Tuesday campaign. Despite the darker evenings and very cold weather, The Living Room continues to shine brightly,

providing a nurturing and safe space to spread hope where it's needed most.

Adrienne, CEO



We're turning 25!

This May marks 25 years since our Founder, Janis Rogers MBE, opened the door to The Living Room's first ever clients.

To celebrate, we are holding a special Thanksgiving Service at the very beautiful St Albans Cathedral in September, and we'd like to invite everyone who has been touched by The Living Room.

From the first client, 8,200 people have been helped by our services, and we would love to celebrate with you all. Family, loved ones, friends, anyone who has been part of the ripple effect of recovery.

RSVP

This year will be reflecting, reminiscing and reliving some good times from the past, so expect some heart-warming throwback stories here and on our website and socials. Do feel free to contact us with any fond memories that you would like to be featured, you can be anonymous if you wish.

We are also planning smaller events at each of our hubs on 2nd May to celebrate our actual birthday, which we will let you know about very soon...

It's Yellow Tuesday

We're brightening things up with Yellow Tuesday.

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

Last year we created the antidote – Yellow Tuesday – in a bid to rebel against negativity. We all wore yellow to The Living Room to brighten things up... and it worked.

This year, Yellow Tuesday falls on 21st January and we would love it if you joined in by wearing yellow and tagging us in your pictures on our socials and using **#YellowTuesday25**.

This, by the way, is for **ANYONE** who would like to rebel against the negativity of Blue Monday.





Life at The Living Room

Thanks to this place I really can feel a massive change in myself. I'm clean and sober. I have routine and structure in my life. My relationships with my family and especially my kids are so much better. I feel so much calmer and not totally afraid and alone anymore.

I honestly believe I would never have been able to do it without this place. The Living Room has saved my life.

Before I came here, I just wanted to get clean. I never expected that I would feel so connected and make so many friends. Friends that will hopefully be lifelong friends.

I know I still have a lot of work to do and that my recovery will be a lifelong job. But now I feel in a very good place and loneliness has been lifted.

I owe so much to The Living Room. I can't thank you enough.

A current client

Retail Recovery Returns

Remember Retail Recovery? It's back!

For those that don't know, in 2022, we held a fashion show at our Stevenage Hub to showcase the gorgeous pieces

on offer at The Living Room Charity Shop.

Even though we are currently in the planning phase and working on the fine details, we thought we'd let the cat out of the bag early.

More news coming soon so keep an eye out to secure your place in the front row.



 **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.

Codicote Lodge – £100
Aston PCC – £20
St Hugh and St John Church – £427.15
NA Group, St Albans – £100
Costco – £200
CG Benevity – £121.38

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