



Wednesday 21st July is Remembrance Day for people who have died from drugs or alcohol. We're used to celebrating our successes in Shout Out!, celebrating the people who have graduated from our groups, sharing stories from people who have found long-term recovery and changed their lives for the better.

But just because we, rightly, focus on how our clients have beaten their addictions, doesn't mean we should shy away from talking about the people who never make it. The mums, dads, brothers, sisters, children, friends and community members who we've lost.

There were over 7000 alcohol deaths in the UK last year and over 4000 drug deaths in 2019. Every one of those deaths have left someone behind to grieve. We always say that addiction is a family disease and the stigma that surrounds addiction can make it so much more difficult to deal with that grief properly.

So, on the 21st July, I'm asking you to take a moment (in whatever way you feel) to remember the people you may have lost to drugs, alcohol or any other addiction. And if you want to share that moment with us, please do.*

*If you've been affected by bereavement don't suffer in silence. Check out the support that **Cruse** can offer you.

~ Adrienne, Chief Executive

Remembrance Day

Remembrance Day is on Wednesday 21st July. It's a chance for all of us to remember our loved ones, friends, family and anyone we know who have lost their lives to drugs or alcohol. It's also a chance to celebrate their lives and look to our own futures free from addiction.

Everyone grieves differently, so there's no right or wrong way to celebrate Remembrance Day. Many people take a one-minute silence at 11am, others write notes to lost loved ones, others use it as a chance to get creative or surround themselves with other people. How ever you do it, we hope you will join us in marking the day.

And if you want to share your experience with us, you can do via **Facebook**, **Twitter** or **Instagram**.



Graduations

We are really happy to have seen 12 of our clients graduate successfully from our St Albans Hub over the last three months.



It's an amazing achievement to recover from your addiction during such a stressful time and we're massively proud of everyone who's moved on to the next phase in their life.

We're now looking forward to seeing lots of new faces in our St Albans group, so if you know anyone (as a professional or a concerned family member or friend) who needs help please do **let them know** about us and recommend they give us a call on **0300 365 0304**.

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

'I feel very blessed to have found the group. Debbie and Nicola "hold" me and even though I am sitting here crying now writing this, I know that I will see them on Wednesday. These services are so vital for the community, and I know that all the people who attend think so too. It helps to have a platform to voice concerns, share successes and, yes, cry. After each group I always feel brighter and more able to cope.'

0300 365 0304

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World Hepatitis Day

28th July marks World Hepatitis Day. For our partners Spectrum (Change Grow Live), testing and treatment for Hepatitis C is massively important, especially as we now have the power to save so many lives with effective treatment.



They are holding testing drives across their 4 centres between 26th - 30th July and want to emphasise to anyone in the community that "Hepatitis can't wait".

Every 30 seconds, someone dies from Hepatitis C and people can remain symptom free for many years but testing and treatment is now easier than ever to access!

If you're a client at Spectrum, you can get tested at your local hub (or they can send a home testing kit to you) and, if you're diagnosed with the disease, you will get in-house treatment from nurses at The Royal Free Hospital.

You can also get testing kits from **Sexual Health Hertfordshire**.

Remember, you can live free from Hep C, so don't wait – take action now.

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 **Computers 4 Charity** who donated a reconditioned laptop for our use.



Thank you to the **Herts Community Foundation** for awarding us a £4,961 for our Above and Beyond project helping to fund core costs for additional counsellor support.



Thank you to the **Virgin Media O2 Together Fund** for awarding us with a £1,000 grant.



Thank You Day

Thank You Day was celebrated across the UK on Sunday 4th July and it was a great opportunity to say thank you to anyone who deserves it. That could have been anyone from a neighbour who gave you a helping hand during lockdown or a charity that's supported someone you love.

We have tonnes of people to say thank you to: our amazing supporters, everyone that's reading this email, our staff, our volunteers, there's too many to name!

But we'd like to give a specific shout out this month to Virgin Media and O2 for awarding us £1000 from their **Together Fund**. Thank you so much for your support.



We value feedback from our supporters in everything we do, and that includes our Shout Out!

Get in touch and tell us what you want to read:

laraf@livingroomherts.org

What's going on at The Living Room?

Here's the latest news and events to look forward to at The Living Room:

- **Virtual London Marathon** - We still have 6 spaces available in the Virtual London Marathon 2021. Don't miss out on your chance to take on this challenge and raise vital funds for an important cause, us! **Apply today**.
- **Crèche news** - Did you know you can stay up to date with the crèche on Facebook? Follow **their page** to find out more about their weekly activities.
- **Volunteer with us** - We currently have **volunteer opportunities** available across our services. If you're looking for experience in childcare try the **crèche**, for retail experience try the **shops**, utilise your admin experience on **reception** or try your hand at fundraising and events as a **Volunteer Supporter's Champion**. We rely on volunteers to keep our services going so please get in touch or pass this appeal on to friends and family.
- **Shops** - There's been a lot going on at the shops recently, our children's shop celebrated their 10th birthday and we had our first sale on **eBay**! Thank you to our Online Sales & eMarketer Sophie for making this happen. We'd also like to give a special shout out to our volunteer Graham who has been working hard making some lovely displays and organising the Fathers' Day raffle raising an amazing £62. Thank you, Graham!

