



Most people would associate July with summer. Others may think of freedom and its link to Independence Day. However, when I think of July, I think of one of the most extraordinary historical events ever known, when humans attempted and succeeded in walking on the moon. Six hundred million people watched this global phenomenon in 1969 which echoes one of the famous quotes in history "that's one small step for man and one giant leap for mankind".

I mention this pivotal moment in history to symbolise teamwork and determination. The determination of those astronauts to endure the gruelling training and vigorous preparation. Plus, the teamwork from the number of sectional teams involved leading up to the event, followed by groups in mission control working together to reach a unified goal that may have looked unreachable. Here at The Living Room, we improve the lives of people through sheer determination and teamwork, and we continue to help people reach personal goals but also aim to strive operationally.

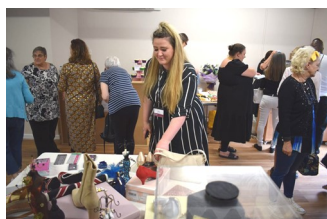
Please remember this African proverb this July: "If you want to go fast, go alone. If you want to go far, go together." In life, we can always do activities or reach goals alone, but it's always more memorable and successful with others. So, work with others or help other people and reach the unattainable.

Adrienne, Chief Executive

Retail Recovery was a Success!

Thank you to everyone who came out to support **Retail Recovery** on Saturday 2nd July. The event was vibrant and full of life and whether you were one of our great models, a loyal customer of The Living Room Charity Shops, or a fantastic volunteer, you all contributed to making this a very memorable event that raised over £730.

A big thank you to **Siobhan's Hair & Beauty** for their hair and cosmetics expertise, and to our raffle prize donors, which included **Church Farm Ardeley**, **The Fisherman**, **Noel Boutique Bakery**, **Stevenage Lifestyles**, **Holiday Inn Stevenage**, **Boots**, **Teemill** and **Asda**.



Congratulations Sheena!

On the last day of June, we said goodbye to Sheena who has been a part of our team at The Living Room for the last 12 years and is now moving into retirement. Sheena started at The Living Room as a volunteer and shortly after became the receptionist at our main hub in Stevenage.

Popularly known as the face of The Living Room, Sheena was the first person our clients, volunteers and staff saw in the morning, welcoming everyone with a warm smile. Sheena played a big part in supporting people in their recovery from addiction, and even though it is sad to see her go, we will be forever grateful for the positive impact, warmth and care she provided.



Twelve Months Of Recovery

Our **seventh step** in our **Twelve Months** of Recovery journey is humility.

Humility might mean different things to different individuals, but it essentially means modesty and respect. It is the polar opposite of arrogance - unpleasantly proud and behaving as if you are more important than, or know more than, other people. Being humble involves being able to recognise one's own limitations and flaws. It also implies that they are realistic about their own abilities.

Follow our social media platforms this week, from **11th - 15th July** to learn more about the importance of willingness and its advantages in recovery.



Life at The Living Room...

"I now have been in recovery for over two years and abstinent from drugs all that time and over two months without any alcohol. I was so relieved to be part of The Living Room, it's given me support to understand my life and my illness and encouraged me to speak out a lot about my life and illness."

"Since being at The Living Room, the support I was given helped me find myself and understand that it's just not me who's suffered. Today I feel proud of myself."

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Fancy A Game Of Golf? Get Your Ticket And Swing By



Do you, or someone you know enjoy a game of Golf? The Living Room is excited to announce that we will be hosting our first ever **Golf Day** fundraising event at Aldenham Golf Course on Friday, 9th September, 10am – 7pm!

Golf Days are a great and popular way to raise money, as well as spending a fantastic day out with colleagues, corporate clients, family and friends at the beautiful 18-hole course in the Hertfordshire countryside.

- Bacon Roll and Tea/Coffee on arrival
- 18-hole golf course in the stunning Hertfordshire countryside
- Prizes to be won for Longest Drive, Closest to the Pin, and more
- Buggy hire on the day
- Three course dinner

Contact enquiries@livingroomherts.org for more information or book online.

Love Herts Day

On Tuesday 21st June, **Love Herts Day** took place to celebrate the vital work that local charities do to assist vulnerable people around Hertfordshire.

The Love Herts appeal was an opportunity for Herts Community Foundation to spend a few hours at four charities they support, particularly those that support addiction recovery. This year, we were lucky and pleased to be the final stop on this important tour, when they visited our organisation and engaged with a group of clients who explained how our service has improved their lives by giving counselling and group therapy to aid recovery from addiction.



We'd like to thank Hertfordshire Community Foundation and the High Sheriff of Hertfordshire for their time and effort in witnessing the work we do for the county we love.

Our Group Room Gets a Fresh New Look

We have a newly refurbished group room at our Stevenage Hub. At the beginning of the year, The Living Room Crèche unfortunately shut its doors for the last time, leaving space for a second full time group room. The space needed to be refreshed as we wanted to make it a more client friendly environment so our clients feel comfortable on their journey to recovery.



This transformation could not have been made possible without your donations and contributions. Here at The Living Room, we were highly impressed by the quality work completed by Interior Options. They were grateful to receive such positive feedback about the revamped counselling room and said "Hearing positive feedback makes us all proud and for me personally it makes this worthwhile. Perhaps due to the nature of your work – this one room was more exciting for us than some significantly bigger stuff we are doing nearby. It's good to be part of something constructive."

A Special Watford Announcement

We are delighted to announce that The Living Room in Watford is soon moving to a new, permanent, fit-for-purpose home. We have been proud to maintain a hub at The Harebreaks Community Centre and, before that at the Meriden Community Centre since April 2019. During this period, we have seen 202 clients and helped 123 with long-term recovery.

Our new home gives us a platform to do everything we want to do in Hertfordshire's biggest town. Our counselling team will deliver our main group sessions for four days a week and there will be space to run our Family and Carers groups and other specialist groups in an extra counselling room. We also have back-office space for administration and fundraising.

We are busy setting up our new home at 24 Station Road, ready for clients in time from the 1st August. A special thank you to The Edward Gostling Foundation, who provided us with a £10,000 grant to equip the new home with furniture and IT equipment. We hope to launch our new address to the community in September, to welcome visitors and funders to see where we are now. We look forward to seeing you soon, at our new Home for Hope in Watford.



Thank You

We are truly grateful for every donation we receive. If you have given something as a single donation or are giving what you can as a **monthly donor**, thank you. Your support goes towards breaking the cycle of addiction for adults of Hertfordshire through free group therapy.



Hatfield Road Methodist
Church - £247.50

We would like to say a big thank you to Kate, our former Volunteer Coordinator, for all the support she has given, especially with sourcing Retail Recovery donations. We rely on our volunteers to help run our charity chops, set-up and participate in events, and spread the word about our services while gaining invaluable exposure to the inner-workings of a non-profit organisation.

Find out more about our volunteering roles and join our team on our mission of breaking the cycle of addiction in Hertfordshire.