



June is an exciting month where Summer begins and people start to feel excited, bright and youthful and social events begin to rise. This June is a moment to remember as The Queen has reigned for the longest time in British history, becoming a well-loved and respected figure worldwide. Her patronages and charities cover many issues, from opportunities for young people to preserving wildlife and the environment—an iconic figure to the hearts of everyone in the UK.

Among the youthful and vibrant energy that summer brings, other important dates are celebrated during this month.

Pride Month is celebrated annually throughout June, representing how much the LGBTQ+ movement has achieved and overcome. In addition, there is Volunteer's Week which celebrates the effort and support volunteers provide to organisations and charities. Likewise, Carers Week highlights the challenges unpaid caregivers face and recognises their contribution to families across the UK.

This June, as communities come together and unite, let's celebrate each other with respect, with love and as one.

Adrienne, Chief Executive

Twelve Months Of Recovery

Our 'sixth step' in our **Twelve Months of Recovery** journey is **Willingness**.

The willingness to recover is a significant difference between those who are successful and those who have greater difficulty. People who are fully committed to developing a new life have a lower risk of relapse and a better probability of recovery.

Follow our social media platforms from **the 6th - 10th June** to learn more about the importance of willingness and its advantages in recovery.



Retail Recovery and Fashion Show

Are you interested in fashion, sustainability, or charity shopping? Then, join us here in Stevenage at The Living Room on **Saturday 2nd July 2022**, between **5pm – 7:30pm** for Retail Recovery!



What is Retail Recovery?

We have a buzzing marketplace where clothing brands like Ralph Lauren, French Connection, and Versace can be found in pristine condition at bargain prices. In addition, we will host a **fashion show**, where our models will walk down the aisle, flashing a range of top brand clothing and accessories focusing on sustainability. Bridal attire will also feature on our catwalk, as wedding season will be in full swing this July.

How is Retail Recovery connected to The Living Room?

The theme of this event is sustainability. Sustainability is concerned with preserving the environment, combating climate change, and supporting social growth. At The Living Room, we champion social growth and development by supporting people battling various addictions. All sales and proceeds will go towards supporting people in recovery from addiction. Join us in making a difference.

How can you get involved?

Good Question. Our marketplace is **FREE** and open to the general public, so browse and shop 'til you drop; with music, refreshments and raffles. In addition to our marketplace, open to all, we have a fashion show that has **limited tickets** available. Securing a seat is simple; and tickets are on sale now on our events page! However, if you cannot attend our event, please spread the word. If you would like to contribute to our work at The Living Room, you can make a donation on our website.

Finally...

Save the date, spread the word, and help raise funds for a good cause – breaking the cycle of addiction.

Life at The Living Room...

"Before I came to The Living Room my life was in a very dark place. I was drinking all day every day, I was physically broken, covered in bruises, depressed, suicidal and with no hope or picture of what a future could look like for me. The Living Room has helped me to not only remain sober but to work through years of grief and trauma I had buried inside. They have helped me to build my confidence, self-esteem and self-worth, encouraged me to work towards goals, pushing me out of my comfort zone in a really well supported way by both counsellors and friends I have made in the group."

It amazes me on a daily basis how different my life is today. It is not always easy, but I have hope about my future today which is something I never thought possible."

Volunteers' Week

Every year from 1st - 7th June is Volunteers Week. The annual event celebrates all volunteers across the UK who dedicate their own time to support our communities. Volunteers bring a lot of value to organisations. This is an opportunity for all of us to recognise them and say thank you.

Throughout the week, each day will have a different volunteering theme. There are days where we say thank you and a day in which we look at the Power of Youth Day.

While celebrating these themes, The Living Room will focus on celebrating the volunteers from our charity shops. We share their volunteering experience and give them the recognition that they deserve.



Stevenage Refurb

We need to raise £3,542 with your help for the refurbishment of the toilet facilities in our second counselling room, which will be used by our clients on their journey towards a sustained recovery.



These toilet facilities are not suitable for their intended use so we plan to install new ones and make this area fit for purpose. We will no longer have access to No.15, so fellowships will use this room out-of-hours, as will our clients for daily specialist counselling.

Any contributions towards this project will be greatly appreciated, as we rely on donations for every change we make.

Pride Month

June is annually known as Pride Month. During this month, the Stonewall riots occurred in 1969, which took place between the police and members of the LGBTQ+ community. The riots responded to the violent police raids and discrimination to which members of the community came together to show solidarity.

Pride is a celebration of people coming together in love and camaraderie to demonstrate how far LGBTQ+ rights have progressed and how much work remains in some areas.



Carers Week

Join us in celebrating Carers Week this year, to spread awareness of the millions of unpaid carers in your community.

Carers Week is an annual awareness campaign that recognises the contribution carers are making in the lives of families and communities across the UK. This year's theme hopes to make caring **Visible, Valued, and Supported**.

If your life has been impacted by the addiction of a loved one, then we can help you to regain some normality. The Living Room runs free weekly specialist counselling groups for the Family and Carers of those living with an addiction.

Contact us on **0300 365 0304** or send an email to enquiries@livingroomherts.org. Alternatively, you can visit our 'Get Help' page 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:



St Marks Church - £250

Soroptimists International of Hertford and District - £400

The High Sheriff of Hertfordshire Sally Burton - £1000