



Charity No: 1080634

CIO No: 1175541

June 2024

Summer is finally here. June is the sixth month of the year which is a good time for reflection and mid-year review. It also marks the transition from the fresh growth of spring to the fullness and maturity of summer.

As a keen gardener, I get a lot of peace from working in my garden and I believe it is a real benefit to our mental health. I have watched my seedlings grow into shoots and this time of year is where I get to see them blossom. Just like recovery and healing, this takes hard work, time and patience.

I see the exact same process happening in our treatment centres. I see people come to us wilted and unwell, with broken stems, thirsty for nurturing. We see and hear them, then we guide and love them back to life and we watch them blossom.

Adrienne, Chief Executive



The Big Give

Thank you so much to those that kindly donated to us via the Big Give's Kind2Mind campaign, resulting in us raising an amazing total of £1804 in just two weeks!

We were chosen to take part in this amazing opportunity by Big Give as a charity that improves mental health.

Match funding opportunities are always precious to us, and we appreciate every penny and person that supports our chance match donations.

TheKind2Mind campaign meant that if someone donated £15, with gift aid (at no cost to the donor) Big Give matched the £15 and we received £33.75!



Stevenage Day 2024

On Sunday 9th June, between 12 and 5.30 we are going to be at Stevenage Day.

Over 30,000 people are expected to attend and can look forward to a range of free, family-friendly activities, a main performance area, rides, food court, and the highly anticipated Rock in the Park segment.

This year's event will feature a dedicated Pride area, complete with a music stage showcasing talented Pride performers.

Come and say hello, you will find us at Plot 66 at our stall full of treasures from our charity shop, a tombola, children's games, prizes to be won and lots more.

D-Day - We will Remember them

On the 80th anniversary of D-Day, we will remember them

We have been honoured to display the photograph of Sergeant 535 Royal Army Service Core, Leslie Lowrie in our Charity Shop this week.

He is the father of our treasured volunteer, Chris, who works at our shop in Stevenage.

Alongside the photograph is a precious and very moving letter, written by Sergeant Lowry where he detailed his thoughts, feelings and experiences from 80 years ago.





Life at The Living Room



The counsellors have changed my life, not just helping me get clean but with helping me deal with all my past trauma I hadn't dealt with previously. They have helped me see I'm not a piece of shit and I'm worthy of love.

A current client.



Volunteers Week 2024

It's Volunteers Week and we are taking the opportunity to put our brilliant volunteers under the spotlight.

We are posting on our socials during the week so you can see more about the fantastic and valuable work they do, and how much they mean to us.

In our counselling rooms, our charity shop and throughout our organisation we have dynamic people working in diverse roles alongside us, giving their valuable time and energy to our cause of helping adults living with addiction in Hertfordshire.

Without doubt, The Living Room couldn't function as it does without the hard work and dedication of our army of volunteers and this week gives us the perfect chance

to celebrate and say thankyou to all the volunteers who have helped and continue to help at The Living Room.

If you are interested in becoming a volunteer with us at our hubs in Stevenage, St Albans, Watford and in our charity shop, you can find out more about our current **Volunteering Opportunities**.



Recovery Café

Our first Recovery Café was a huge success. We joined forces with Reverend Pete Orton at All Saints Church Recovery Hub in the Oval, Stevenage for an evening of coffee, recovery chat, music and poetry.

Around 40 people came along to the first event and we are grateful for your support. We are busy planning the next one for a date pencilled in for July. Do keep an eye out for posters and posts on our socials which will advertise the soon-to-be confirmed Friday evening in July.

We're on the look-out for performers, so if you would like to take to the stage with your talent, we would love to hear from you. To book your place in front of the mic, you can email **Liberty**, our Community Partnership Officer, or call us on **0300 365 0304**.

WE NEED TO TALK ABOUT PAINKILLER ADDICTION.

“Painkillers don’t exist”

A recent study found that between a third and half the population of the UK, around 28 million adults, are living with persistent pain. But we know most medicines for long-term pain, only benefit around 1 in 4 people and on average only provide a 30% reduction in pain.

Living with and managing persistent pain, every, single day can be exhausting. Unfortunately, there simply isn’t a medication that will remove all pain. Taking opioid pain medication in the hope it will relieve most of the pain is not the answer.

Opioids can often cause more problems than they resolve when taken for longer than three months. Why? Because the way our bodies react to pain medication changes over time. Regular, high-dose prescribed pain medication may be adversely affecting your life more than the pain itself!

Pain medications are not the only option to managing pain. Gentle exercise, physiotherapy, yoga, meditation, improved sleep, mindset and many other elements will contribute to your overall physical and mental well-being.

If you are worried or would like to discuss your current pain medication prescription and how to manage persistent pain more effectively, please book a pain review with a pharmacist or GP at your practice.

If painkillers are being used to manage our feelings, emotions or trauma, therapy can help. Perhaps a painkiller addiction has

got too much and is costing more than money. If so, we are here to help.

We offer free, time-unlimited, group-therapy for adults living in Hertfordshire.

Our Family and Carer's Group also helps people who are affected by another's addiction.

We are here for you. You can **self-refer online** or call us on **0300 365 0304**.

Hub2Hub Walk

Those who joined us for our Hub2Hub walk between St Albans and Watford were blessed with sunshine and good weather. Clients, counsellors, staff and Sidney the dog hiked 10 miles through the beautiful countryside on Sunday, 19th May.

Huge thanks to Tesco at Chells Manor who kindly donated water, fruit and other goodies to sustain the walkers at the half-way point.

The walk was a great opportunity for everyone to bond over fresh air, exercise and vitamin D.





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.

Stevenage Police Tuck Shop – £100
Kind2Mind Campaign – £1804
Cytiva Stevenage Fundraising – £127
In Memory of Steven Lartice – £92
Alex's Parachute Jump – £399
Aston PCC – £20

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