



March is a month often associated with the start of a new year, as it is the first month of Spring. It is a time of renewal and rebirth. The symbol for March is the daffodil, which symbolises new beginnings and hope for a bright future. March is also a month of transition, as it is the bridge between Winter and Spring. The blooming flowers and vibrant colors of March are a reminder of the beauty of nature and life, and the promise of new possibilities. .

Adrienne, Chief Executive

International Women's Day



International Women's Day is dedicated to celebrating the social, economic, cultural, and political achievements of women around the world. On 8th March 2023, we can show our appreciation for the inspiring women in our lives and recognise their accomplishments. The theme for this year is **#EmbraceEquity** with a focus on gender equity needs and an understanding of the difference between equality and equity. Equality means people are given the same resources and opportunities. Equity recognises that everyone is different and provides specific resources and opportunities to reach an equal outcome. Join the conversation and encourage positive change for women by embracing equity together.

"Equality is giving everyone a shoe. Equity is giving everyone a shoe that fits."

~ Susan K Gardner. Dean, College of Education, Oregon State University.

High Sheriff Award

Each year, the High Sheriff Awards allow us to honour and recognise some of the nonprofit groups in Hertfordshire. Sally Burton DL, the High Sheriff for 2022–2023, has opted to concentrate on Hertfordshire organisations working to address mental health concerns, particularly those dealing with drug and alcohol addiction. The Awards Ceremony will commence on the 9th of March 2023, and we can reveal that The Living Room has been shortlisted. It's a huge honor and we want to thank everyone who supports our work and mission to help people break the cycle of addiction. Wish us luck!



Personal Message

Where I'm from, addiction is seen more as a personal issue or slip-up; a 'your problem, not mine, there is no one to blame but yourself' - a very closed-minded approach. However, working for The Living Room has been an experience to remember. The compassion and empathy shown by colleagues to champion abstinence are astounding. The environment does everything to echo support and love; clients are free from judgement and stigma and can focus on being free from addiction. The Living Room is where second chances can be nurtured with kindness and grow to fulfilment. I wish the staff all the best and continue to do what you do. ~ Anthony

Upcoming Events



We have some fantastic events coming up, and we can't wait to share them with you! From the Charity Golf Day to the Snowdon Mountain Climb, The Watford Quiz, St Albans Dog Show, and the Community Choir Concerts in Stevenage, we've got something for everyone. These events are not only great fun, but they also help us to continue providing our vital services to individuals and families living with addiction. However, we need your support to make them happen. We're looking for **volunteers** and hosts to help us organise these events and make them a success.

So, whether you're a keen golfer, a dog lover, or a fan of live music, there's a role for you to play. By volunteering your time or hosting an event, you'll be helping people to live a life free from addiction. Keep an eye out for our upcoming event pages and be sure to join us. We promise a day filled with laughter, excitement, and a strong sense of community. Let's make these events memorable - together!

Payroll Giving Month

February was **Payroll Giving Month** and highlighted the option to donate directly to charities from your pay each month with no fuss or hassle, plus it's a secure way to know your donations are safely transferred to your charity of choice. All you have to do is get in touch with your finance department, who will be able to help with setting up. Payroll Giving is tax-effective, it costs less to give more, and you can choose to keep the details of your donation from your employer and have full control over whether your cause can contact you or not.



Eating Disorders Awareness Week



As is now tradition, we have been drawing everyone's attention to Eating Disorders Awareness Week (EDAW) in the first week of March. This year we have joined the campaign to highlight the issue of **disordered eating** among men, an issue that has often been overlooked because the condition is stereotyped as one that normally affects women and girls. Did you know that at least one in four people affected by disordered eating are men?

We ran a myth-busting social media campaign to show how men are increasingly affected by disordered eating but how stigma often prevented them from seeking help. At the end of EDAW one of our former clients was interviewed on **Mix 92.6** (skip to 1:06:54) to talk about his own experience with disordered eating and how he sought help from The Living Room to finally address his issues around food.

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.

We want to give a special shout out to the people and organisations who have donated to us over the past month:

Falcon Cleaning and Support Service for your donation of cleaning supplies
Everyone who attended Measure for Measure and made it a huge success
St Albans Round Table Santa Float - £1,085.24
North Hertfordshire College Access, Counselling and Science Staff Sleepout - £530
St Hugh and St John's - £294.25
Valentine's Day Raffle - £107