



March 2025

Adrienne's Message

The rising cost of living is affecting individuals, families, businesses and charities across the country. At The Living Room, we recognise the pressure this puts on people's daily lives, and we want to say: you are not alone.

We have had to tighten our belts as funding is not going as far as it used to, and as a result we have taken the difficult decision to close our Main Group in St Albans on Wednesdays from 7th April.

The last Wednesday Main Group will take place on 2nd April.

We will continue to hold our Disordered Eating Group on Wednesdays.

Now more than ever, we must support one another. Whether it's through providing practical resources, fostering open conversations, or simply checking in on those around us, small actions can make a big difference.

We also encourage anyone struggling to reach out for support. Difficult times test our resilience, but they also remind us of the power of unity and compassion. Let's continue to stand together, support each other, and navigate these challenges as a community.



Eating Disorders Awareness Week

It was recently Eating Disorders Awareness Week and we thought we'd take this opportunity remind those living with disordered eating in Hertfordshire that our service is free, and we have no waiting lists.

We know that getting help can be a long and difficult process. NHS waiting lists can be lengthy.

You can contact us to book an assessment with one of our qualified counsellors who have lived experience of both addiction and recovery.

Our specialised disordered eating groups run between 10.30am and 2.30pm at our Stevenage hub on a Tuesday, and at our St Albans hub on Wednesdays.

We don't diagnose eating disorders, instead, we undertake a deep, holistic assessment with the person who comes to us for help.

During this assessment, we want to learn more about you and your relationship with food.

We help people work on body image, feelings, mindset, self-esteem and self-care abilities.

If you would like help, please contact us on **0300 365 0304** or you can refer below.

[Refer](#)

Spring Fashion Show 2025

Tickets are available for our Spring Fashion Show 2025.

Come along to see The Living Room Charity Shop showcase our fabulous spring collection at Stevenage Resource Centre on Thursday 10th April.

Doors open at 5pm for a prompt 5.15pm start. After the catwalk show there will be delicious refreshments on sale and you'll also have the chance to find yourself something unique and gorgeous in our one-off Pop-Up Shop.

Forget about New York, Paris or Milan, get your tickets and join us and our wonderful local community for a fun evening of fashion.

[Buy Tickets](#)

The graphic is a promotional poster for 'The Living Room Charity Shop Spring Fashion Show 2025'. It features a central image of a woman with short brown hair, wearing a light grey jacket, holding a pink flower to her lips. The background is a vibrant green. Text elements include: 'The Living Room Charity Shop' logo at the top left; 'SPRING FASHION SHOW 2025' in large, bold letters at the top right; 'A showcase of our spring collection' above the woman; 'Light Refreshments for sale' on a green banner on the left; 'Browse our fabulous Pop-Up Shop' on a green banner on the right; 'Tickets £5' and a QR code at the bottom left; and event details: 'Thursday 10th April 5pm for prompt 5.15 start until 7.15pm' and 'Stevenage Resource Centre Chells Way, Stevenage SG2 0LT' at the bottom right. Fine print at the very bottom states: 'The Living Room is a Registered Charity in England and Wales. CIO Registration 1175541. Trading as The Living Room Charity Shop (Revised) (The Living Room) CIC. No. 306811723 Registered Office Address 9-10 The Globe, Stevenage, Hertfordshire. SG2 0BL.'



Life at The Living Room

Yesterday after my first day at The Living Room I felt good. Hopeful. I showered, I made food, painted my nails and went to sleep at 8.30pm– so far so good. Makes me feel good to be a part of a group setting who understand – so I guess I feel less isolated as a result.

I'm scared, but hopeful for what treatment will bring. Being in a room with people who are doing the same thing, some a lot further down the road in recovery, is a comfort.

A current client

Changes to St Albans Main Group

Please remember that from Wednesday, 7th April, Main Group in St Albans will be running Mondays, Tuesdays, Thursdays and Fridays at the usual times.

We will continue to hold our Disordered Eating Group at the hub, as normal, on Wednesdays.

Watford Quiz



We're holding our third Watford quiz night on Friday, 21st March at Holywell Community Centre and we'd love for you to join us for a fun evening and a touch of friendly competition.

Doors open between 7.30pm and 9.30pm and tickets cost £5.00.

We'll also be holding a raffle and proceeds from the evening will be going towards helping us continue to break the cycle of addiction in Hertfordshire.

Ticket price includes light refreshments.

Holywell Community Centre has free parking and has good access to public transport.

It's a great chance to get together with family, friends or colleagues – in teams of 8 people – to have an awesome night out.

We look forward to seeing you there.

[Buy Tickets](#)

Recovery Café

Last Friday we held March's Recovery Café at All Saints Recovery Hub at the Oval in Stevenage.

We meet every first Friday of the month and it's a lovely chance to get together and chat over coffee, we look forward to seeing you there in April.



 **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.

Codicote Lodge – £100

Aston PCC – £20

Locality Budgets

Adrian England – £1000

Stephen Cavinder – £500

[View this email in your browser](#)

The Living Room is a Registered Charity in England and Wales. Registration No. 1080634.
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