



An interesting fact about May is that it is the modern English adaptation of the Latin word "Maius", which is the name of the Greek goddess of growth.

Growth or Personal Growth is a continuous transformative act. A process in which you may focus on improving your physical, emotional, intellectual, spiritual, social, or financial well-being.

Growth is a topic we invest in at The Living Room. Every day as people, we try to grow a little wiser and more knowledgeable with a greater sense of clarity than the day before.

However, we may be doing this autonomously without really realising it.

We express that self-reflection is the best method to appreciate and understand your growth. This is a crucial component of reaching goals or personal objectives. Therefore, this May, reflect on your goals and set small steps that will accumulate towards your overall personal growth.

~ Adrienne, Chief Executive

Twelve Months Of Recovery

Integrity is our 'fifth step' in our Twelve Months of Recovery journey. No matter who is watching, a person with integrity shows solid moral and ethical beliefs and does the right thing. Integrity refers to a person's self-awareness, accountability, responsibility, and truthfulness and their behaviours being consistent.

From 16th - 20th May, follow our socials as we will expand a little further about the importance of integrity and its benefits within recovery.



Open Day Thank You

Our team at The Living Room were delighted to see everyone who attended our Open Day events which took place on 21st and 28th April. We want to offer a warm thank you to all our guests who joined us. Whether online or in person, your presence and participation is what makes us what we are, a community with a mission to bring as much compassion and care to the people around us as possible. We would not be able to do this without you. Our team is proud to have hosted our guests in person for the first time in two years, in a safe and clean environment. During these events The Living Room celebrated our achievements over the past year:

- Free support offered to over 650 people from April 2021
- Support offered to 145 family members and carers of our clients
- Over 1500 referrals and enquiries over the year
- 68% graduation rate compared to the national rate of 50%
- 12-month average attendance, proof of our 12-step programme's success

We could not have done it without the support from all our donors, members, and volunteers. Rita Cooper, our Clinical Director, described the event as a "wonderful experience to see our doors open again. It has been far too long since we last met the public and both we and our clients were delighted to meet everyone over cake and tea." The success of the events can be summed up in the comments left by you, our guests: "Thank you for making me so welcome. An amazing place!" – Charlotte. "Fantastic place. Cannot speak highly enough of it." "Incredible!! Amazing people & amazing stories & successes. Well done, Keep up the fantastic work!"



A reminder of why we are here...

"My son said I needed help. I was a binge drinker when aspects of family got the best of me. I can now think through problems if and when they happen and am able to dismiss them or dissipate them when necessary. I've been able to express my feelings, past experiences and open up about them. I have been given support, encouragement from staff and friends I have made at the living room and never thought I could analyse myself as I have done."

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sale with the theme of encouraging sustainable fashion and purchasing good quality second hand items.

There will also be a fashion show with limited tickets available so keep a close eye out for these on our social platforms. Refreshments, cakes and raffle tickets for some amazing raffle prizes will be available for sale on the day too!

Retail Recovery

Save the date! We are hosting our Retail Recovery Event on Saturday 2nd July 2022 from 5:30 – 7:30pm at our Stevenage Hub.

On the day we will have items sourced from our charity shops available for

Letchworth Summer Walk

At the end of the month, we encourage you to take part in our Letchworth Summer Walk (sponsor participation optional) around Letchworth Garden City's 13.6-mile Country Trail. Taking place on Sunday 29th May 2022, the walk will start and finish at The Letchworth Centre for Healthy Living.

For each individual taking part, the challenging walk is uniquely special to them. Whether it's someone who has worked hard in their recovery, or simply up for giving it a go. Whatever the reason, it's the perfect opportunity to raise some money to help a cause that gives back to others.

Support Our Fundraisers

The Living Room is happy to announce the upcoming fundraising events in support of The Living Room:

St. Albans Half Marathon: Mark

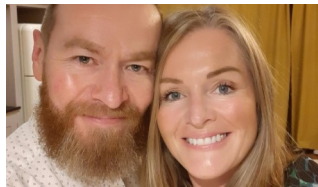
On the anniversary of the 40th St. Albans Half Marathon Ruby Anniversary, our External Relations Director Mark Wiseman, will be running his first Half Marathon around Verulamium Park in support of The Living Room. We are delighted to be supporting Mark in the race for The Living Room on 12th June 2022.



The St. Albans Half Marathon started in 1982 and has since become the most anticipated local fundraising event with more than £800,000 raised for national and local charities. The event takes place every year at Verulamium Park, St Michael's Street, St Albans AL1 3JE.

We have two more places giving you free entry to the race if you'd like to run in aid of The Living Room. Contact enquiries@livingroomherts.org for more information.

Please consider supporting Mark in achieving his goal by making a donation in aid of The Living Room.



Jurassic Coast Challenge: Rob and Shirley

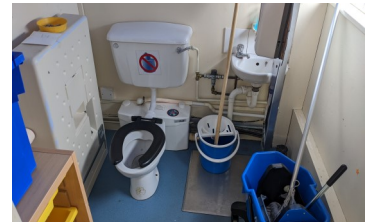
Join us in supporting Shirley and Rob in their 100K Jurassic Coast Challenge Fundraiser in aid of The Living Room and Guy's Hospital Renal Unit. The challenge consists of walking or jogging 100 kilometres over 2 days.

along the spectacular World Heritage coastline, from Corfe Castle all the way to the Dorset town of Bridport, and it will take place on 14th - 15th May this year. The event celebrates the first anniversary of Shirley's kidney donation to Jack, a young boy in dire need of medical assistance.

Stevenage Refurb

We are seeking funds to refurbish the toilet area of counselling room 2 to provide accessible facilities for our clients on their journey towards sustained recovery.

We have a target of £3542 so any contributions towards this project will be greatly appreciated. You can donate by heading to the Appeals page on our website.



It's Never Too Late To Be Active

Free 7-day activity pass for all adults in Hertfordshire!

Hertfordshire's 'It's Never Too Late to be Active' campaign is back, to help older adults become more active. The campaign offers a free 7-day activity pass to a local leisure centre, ongoing support and the opportunity to win prizes. You could also help your local school win £1000.

Just 20 minutes of physical activity a day provides enormous benefits to your physical and mental health, both now and in the future. So, let's give it a go. Sign up and keep your body strong, your mind sharp and spark the energy you need to keep doing the things you love.

Sign up at: www.hertfordshire.gov.uk/nevertoolate from 1 May 2022. Alternatively call 01992 555 627 or drop-in to your local library.

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:



Timpson Collection St Albans - £46.92
Christchurch PCC - £500
Masonic Charitable Fund - £200
St Mary's Pirton - £280
In Memory of Angi Dennison - £126.05

The 2022 Movement For Good Award

Your nomination could help us win a £1000 Movement for Good Award. Visit the link below using following information.

Charity Name: The Living Room
Charity Number: 1175541
Charity Type: Health

Thank you for your continued support and shares.

