



May 2025

Adrienne's Message

May 2nd marked 25 years of The Living Room, and I'm overwhelmed with gratitude for every person who has been part of this incredible journey. Whether you're someone we've helped, a team member, a volunteer, a donor, a partner, or a friend—thank you.

Your compassion, dedication, and belief in what we do have shaped The Living Room into the safe, healing space it is today. This milestone isn't just about the passing of time—it's a celebration of every life touched, every story shared, and every moment of hope that's taken root within our walls.

This anniversary belongs to all of us. Here's to 25 years of courage, community, and transformation—and to the many more ahead.

With heartfelt thanks,

Adrienne Arthurs CEO

Our Birthday Celebrations



The Living Room is celebrating 25 years since it first opened its doors to support people affected by addiction.

Since 2000, The Living Room's free, time unlimited group therapy has successfully treated over 7500 people living with addiction in Hertfordshire.

Past and current clients celebrated with staff and dignitaries on Friday, 2nd May at three hubs in Stevenage, Watford and St Albans.

Full Story..



Spring Fashion

Show 2025

We're had a great evening at our Spring Fashion Show last month,

The Living Room Charity Shop showcased the fabulous spring collection at Stevenage Resource Centre on Thursday 10th April.

After the catwalk show we enjoyed refreshments and shopping in our fabulous one-off Pop-Up Shop.



Life at The Living Room

I was completely reliant on alcohol and drugs. I used them all day and evening every day to go about my daily business. My life was isolated and very small. I was hiding my addictions from everyone.

The Living Room is, and continues to be, a gamechanger. The help and learning is immeasurable and is benefitting me greatly. I feel very grateful for this opportunity.

A current client

Lewis and Rowan take on their first Marathon

The Fisher brothers – well two of them – are running their first marathon together in Leeds this weekend and are using the opportunity to raise some money for us.

They said: “Any donations are hugely appreciated, and we’ll use them as motivation to train harder and fun faster for a good cause.”

Please cheer on and support Lewis and Rowan on their amazing challenge by donating.

[Donate](#)



Ketamine use on the rise

Ketamine use has tripled among 16 to 24-year-olds across England since 2016. Reports show that use of Ketamine has reached record levels in recent years, and this is reflected in the people coming for us for help.

Debbie Coote, our Therapeutic Services Director, said: “We have seen a rise in young people coming to us for help with Ketamine use.”

Once introduced to the substance, we hear people say they begin by using it at parties, festivals, the pub before going on

to use it throughout the week. It has evolved from party drug to a drug that people are using in isolation, in their homes and on their own.

[Full Story..](#)

Our Birthday Celebration Plans

Our big birthday celebrations, which we'd love you to join ,will be taking place on September 23rd at All Saints Church in Stevenage. We're busy putting together exciting plans for this very special thanksgiving evening and we would like to invite everybody who has ever been touched by the work we do at The Living Room.

[Get your free ticket](#)

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
Christopher Laing Foundation – £500
Hatfield Road Methodist Church – £350
Trinity Church Knebworth – £126

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