

Although the country will move back into lockdown tomorrow, I'm pleased to say that The Living Room will be carrying on as normal.

Despite the potential stresses and hardship going back into lockdown may pose for some people, we're still happy that we can continue providing our enhanced service.

In fact, we are busier than ever, with 121 clients' currently in treatment with us and we are assessing 20 new people every week.

On top of this we are providing people with 60% more counselling hours than we did pre-covid 19 and continuing to help hundreds of people find the right support over the phone and email each month.

Times are tough and the volume of enquiries we receive is an unfortunate reflection of the situation many people are in, but we're glad that we now have the right resources to help them.

Read on for more on how our service will run during lockdown and what we are up to in the coming weeks.

~ Adrienne, Chief Executive



## Trustees Week

This week from the 2nd to the 6th of November we are celebrating and saying thank you to our **Trustees** for their guidance, valuable skills, dedication and support they provide to The Living Room.

All of our Trustees are volunteers and they play a vital role in working together to make important decisions for our charity. Thank you.



## The Latest Lockdown

Now we're going back into lockdown for another 4 weeks, we just want to assure everyone our services will still be available to you.

Under the current guidelines, our main group remains open in Stevenage for 5 days a week and in Watford every Wednesday. The Stevenage Family and Carers group will switch to Zoom for the next 4 weeks. The children's crèche will remain open.

Our charity shops will have to shut shop for the next 4 weeks though, so, unfortunately, we can't take on any new donations at the moment.

If you have any questions please don't hesitate to call us on **0300 365 0304**.

## A reminder of why we are here... A testimonial:

"I have found a group of people, including the brilliant counsellors, that understand me and do not judge me and I have learnt many tools to help me not pick up a drink one day at a time.

Not drinking and sharing my experiences has given me confidence and hope that there is a better, different way to approach life. I have much more clarity and self-respect, it has helped me to rebuild trust with my son and other people in my life and to feel much more positive about the future."

**0300 365 0304**

[www.livingroomherts.org](http://www.livingroomherts.org)

Facebook: LivingRoomHerts | Twitter: @livingroomherts | Instagram: livingroomherts



## Happy Halloween!

Thank you to everyone who took part in our wickedly good quiz night for Halloween.

Over 60 people joined us for 5 rounds of ghoulish questions and you all looked fantastic in your fancy dress!

Congratulations to **We're Stumped** and **The Banana Heads**, who triumphed during the evening. We hope to see you all again soon.

## Our Fourth Centre Continues for the Next 6 Months

We are pleased to say that our Virtual Centre is fully funded up until June 2021.

Our Fourth Centre is for people who cannot access our physical locations in Watford, Stevenage or St Albans because of travel issues, work commitments or health problems.

The centre is run entirely via Zoom and has been made possible thanks to the generous support of Hertfordshire Community Foundation, The National Lottery Community Fund, Collective Voice, Lloyds Bank Foundation and the People's Neighbourhood Trust.

Alongside our main group sessions, we can offer online specialist support for people with gambling problems, disordered eating issues and for family members and carers.

**Get help** for you or someone you know or call **0300 365 0304** to book an assessment.

## Is your gambling costing you more than just money?



- Preoccupied and obsessive?
- Struggling to connect with your children?
- Feeling desperate and lonely?
- Going without the necessities?

**Over 33% of problem gamblers are women.**  
**We can help.**

**0300 365 0304**



## 3 Weeks Until Sleepout 2020

This year's Sleepout is fast approaching and this year we're encouraging you to get creative!

Due to covid-19, we can't hold the event at Oaklands College like we usually would, so if you want to take part you can use your garden or local park.

You could also help raise awareness of an overlooked form of homelessness 'Sofa Surfing' by sleeping on the floor or on your couch. Many people without homes, are forced to move from place to place, sleeping on friend's couches

or floors, and during covid-19 this has become more common amongst **young people**.

People can become homeless when addiction takes over their lives and this is your chance to raise funds to help people in Hertfordshire from falling into this trap.

You can find out more details [here](#) and register your interest for this year's event, so don't delay!