



The eleventh month has finally made its turn around the corner. November is usually associated with the start of winter and represents change, transition, or a shift in motion.

However, when I think of November, I think of Remembrance Day. A national opportunity to remember an arduous journey faced and fought towards freedom. It reminds me a lot about the people we help at The Living Room, who have all faced & fought difficulties in their journey to reach their definition of freedom; Recovery.

So, this November, I ask everyone to shine a light on their past and embrace it. The challenging journey is what ultimately made you stronger.

~ Adrienne, Chief Executive

Giving Tuesday



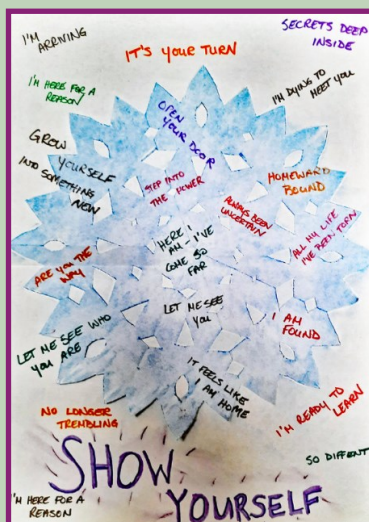
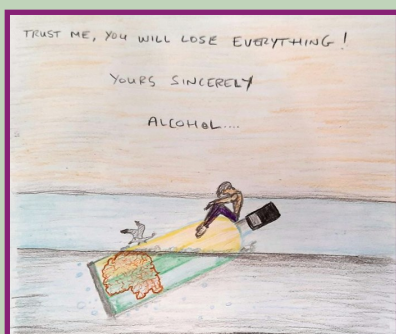
It's that time again! This time of year is known as the 'peak' of consumerism. Black Friday, Cyber Monday, followed by Christmas nearby. We will promote and spread awareness about Giving Tuesday throughout this month, which falls on 30th November.

This campaign is a Global Day of Giving - a day where everyone can do something to support charities and good causes in their local community. As a community organisation, donations help us go a long way to help those in need of our service. So, we ask people to spread awareness & support us on this Giving Tuesday. Please look out for appeals that we will be sharing in the upcoming future. Thank you.

Art Therapy and Addiction

For many of our clients, expressing their journey and their experiences through art can be a very therapeutic experience. It can allow clients to communicate things which may be too difficult or too painful to just say out loud. Self-reflection is a big part of the 12-steps and art therapy allows clients to put their feelings of denial and trauma into something physical. We'd like to share some pieces from our St. Albans group...

Thank you to all the clients who agreed to share. If you're interested in finding out more, this [article](#) from Sana Lake Recovery discusses the amazing benefits of art therapy for people living with addiction.



"The Journey to Recovery"

By S C

A well worn path, trodden many times,
A vertical cliff face, with many climbs,
Treacherous waters, to Captain this ship,
Ice on the road, causes me to slip.

I've found myself here, many times before,
Staring into the abyss, with the urge to score,
Pipped at the post, by the addict in me,
The prize that I lost? My own recovery.

Wheels set in motion, a chance for redemption,
Baby steps forward, with measured intention,
Eyes open wide, a journey of self discovery,
Today is for recovery, when I recover me.

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

Before I began attending The Living Room I was convinced that I would never be able to give up drinking. I thought I would drink until I died from it, alone. I had already lost my family, my home and my career and felt entirely helpless. Although I still have a long way to go, I do believe my life has a future without alcohol for the first time I can remember. I am grateful beyond measure as I know this would never have been possible without The Living Room.

0300 365 0304

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Upcoming Events

Letchworth Winter Walk - It's not too late to register for our Letchworth Winter Walk taking place on **Sunday 14th November, 9am-2pm**. You can **register your place** today.

St. Albans SleepOut 2021 - Think you can brave a night in the cold for a great cause? Help us to fight addiction and homelessness and sleep-out for The Living Room on Friday 19th November. Find out more and register your place on our **website**.

THANK YOU
FOR
COMING!

It was so great to be back together for our Halloween Quiz Night 2021, having fun and raising money for a

cause we all care about. Congratulations again to our winning team **The Sitting Ducks!**

We raised a brilliant **£684.16**, all of which is going directly into our services. In fact, £600 can fund four months of in-person therapy for someone living with addiction. Your support really does make an impact on our services, so from everyone at The Living Room, **thank you**.

We'd also like to thank Reverend Pete from All Saints Church Stevenage for all his help and all the organisations who supported our event by donating amazing prizes for our raffle...



Alcohol Awareness Week

Alcohol Awareness Week takes place this year from 15th - 21st November. The theme this year is alcohol and its effects on relationships.

The impact can be varied; alcohol is sometimes used as an excuse for negative behaviour, which can lead to arguments or escalated situations. Alcohol dependency can quickly form dysfunction within the family & other close relationships. Overall, alcohol can be disruptive physically, mentally, and emotionally.

This Alcohol Awareness Week, we will share insightful information and signs of alcoholism, followed by our work to help break the cycle of addiction. We will also share and signpost other organisations and the great work they do to tackle addiction.

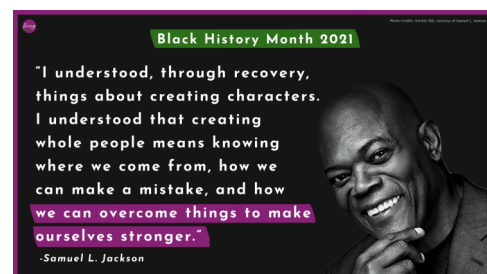
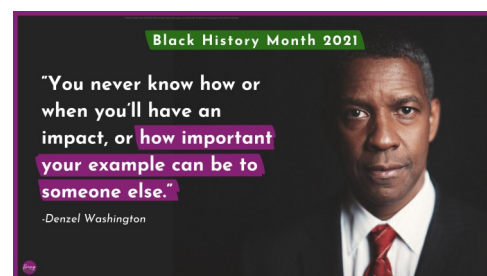


Black History Month

This year we celebrated Black History Month, acknowledging the journey of famous black icons battling addiction such as Samuel L. Jackson & Chaka Khan.

Our acknowledgement was followed by quotes detailing the will and strength needed to face challenging situations; the never die, never give up attitude.

We hope our Black History Month campaign added inspiration & learning for our clients, and for black & ethnic minorities who may be silently going through addiction, to see representation and know that recovery is possible. **Addiction doesn't discriminate, and neither do we.**



The Impact Report 2021

We have conducted our **annual long-term impact analysis** and we'd like to share some of the results. One of the questions we asked was: **Can we say that The Living Room is successful in achieving its intended outcomes?**

The long-term changes we are working towards, in partnership with our clients, is that adults are abstinent and positive contributing citizens in society. The results from this evaluation, where the **majority of people who responded saw a positive change in their lives**, demonstrate that The Living Room is achieving its intended outcomes.

All of our graduates reported being able to manage and sustain abstinence better after treatment at The Living Room. This correlates with similar numbers who now have improved physical, mental and emotional health scores. Improvement can be seen in our graduates who recorded an average of **4.5 out of 5 for their current self-care and living skills compared with 3.3 upon entering treatment**. Increased stability in the lives of our graduates is evidenced with an increase in social networks and familial relations (53%). This indicates a **marked improvement in their overall wellbeing** and their connection with society as a whole.

You can read more about the impact of our services on **our website**.

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:



Thank you to Cllr Tina Bhartwas for her £1,500 donation from her locality budget.



Thank you to St. Peters Church for their £3,000 grant.



Thank you to the Sisters of Mercy for their £5,000 donation towards our Disordered Eating Group in St. Albans.