



November derives from the Latin root novem, which means "nine," because there were only ten months in the Roman calendar. This month can be viewed as a transitional period as the seasons change; a time of gratitude as we give thanks, but also a time of giving. As we draw closer to the end of 2022, do not view November as the end of the yearly cycle; rather, new life and options hibernating during the winter in order to emerge strongly in the spring. Stay hopeful and stay positive.

Adrienne, Chief Executive

St. Albans Sleep Out

This **Friday 11th November 2022**, you can help to raise funds for The Living Room. Homelessness is frequently associated with drug or alcohol abuse. Participating in the **St Albans Sleep Out** will aid us in our fight against addiction and homelessness. There's still time to **sign up** to take part in the Sleep Out. Then you can print a sponsorship form and set up a **fundraising page**.



It's that time of year again! **Tuesday 29th November 2022** we are taking part in **Giving Tuesday**. This campaign has become a global movement to celebrate and to inspire generosity. There are many ways in which you can get involved and support us this Giving Tuesday. You can donate, volunteer or even hold a fundraising event. Share the ways you are supporting on social media. Remember to tag us @livingroomherts and use #GivingTuesday. Together we can make generosity go viral.

Giving Tuesday

Measure for Measure

We are thrilled to reveal that Abbey Theatre in St Albans will host Derek Coe's adaptation of William Shakespeare's **Measure for Measure** on **Thursday 26th January at 7:30pm** to raise funds towards breaking the cycle of addiction. So, whether you are an avid Shakespeare fan or simply want to enjoy an evening out with great local entertainment, this is the place to be. **Purchase your tickets** today.



Twelve Months Of Recovery - Awareness

Self awareness is a consciousness of your thoughts, behaviours, habits, emotions, and responses. The value of self-awareness in recovery is reflected in future actions that works to bring negative thought processes to the conscious areas of the brain, where they can be changed. Follow us on social media as we explore the importance of Awareness in Twelve Months of Recovery.

Life at The Living Room

"I was invited to attend the carers group and I was so desperate for a solution. I agreed to try it. I'm so glad I did, it was very warm and welcoming. "



Orange The World

Violence against women and girls is one of the most common and devastating human rights violations in our world today, endangering millions of girls and women both online and offline. **The UNiTE to End Violence Against Women Campaign** has designated **Friday 25th November 2022** as Orange Day. You can join **Soroptimist International St Albans and District** in Oranging the World (or at least Hertfordshire!)

Christmas Murder Mystery

Christmas is getting closer and that means **Christmas Murder Mystery** will return on the **Friday 16th December, 2022**. The event's proceeds will benefit two wonderful charities: Bedfordshire Open Door and The Living Room. Tickets are £15 each and can be purchased individually or in groups of eight. The ticket price includes a ploughman's platter for two. Bring some extra cash because there will be a raffle!



Halloween Treasure Hunt

We would like to thank everyone who came and helped the witch to find all the ingredients for her potion on **Saturday 29th October**. Dozens of children participated, and one local parent stated, "it is such a great thing for the community to get together like that." Stay connected for more local events.

Black History Month Recap

This year, we commemorated Black History Month by honoring the journeys of great black icons such as Jesse Jackson and Michelle Obama. Our recognition was followed by quotes about the will and strength required to face difficult situations; the never die, never give up mindset.



Cost of Living

Individuals and families in Hertfordshire are struggling to cover their basic living costs, such as heating and food, as a result of the cost-of-living crisis.

Our partners, **Stevenage Citizens Advice**, have excellent links and information on where to get help. Also, Families First and Hertfordshire Council have put together a cost-of-living **support page**.

Thank You

We want to give a special shout out to the people and organisations who have donated to us over the past month:

- Blakemore Foundation - £100
- Cloisters Lodge of Mark Master Mason - £100
- Rotary Club of Stevenage - £750

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 one-off or as a **monthly donor**. Your generous support helps us to break the cycle of addiction in Hertfordshire.