



Charity No: 1080634

CIO No: 1175541

November 2023

The leaves are falling, and the nights are getting darker, Autumn is in full swing.

We might be in awe of how fast the year has gone, but we are incredibly excited about all that is to come.

We are busy planning some fabulous events that we can't wait to tell you about. From a Christmas Quiz and a Winter Wonderland to volunteer opportunities in our charity shop to name a few.

We can look forward to all the fun and joyous things that lift our hearts and brighten up the darker months – these events are a good way to keep us from isolating and feeling lonely. Do keep an eye on our website and social media accounts for some exciting announcements.

Adrienne, Chief Executive



St Albans Sleepout

Tonight is the night! We're currently digging out our thermals and preparing to brave the cold as we take part in the brilliant event that is **St Albans Sleepout**.

We're joining five other charities for the event in a bid to raise awareness and vital funds to help those who are currently homeless.

If you're feeling like a last-minute challenge, it isn't too late to join us, you can find all the information, including how to sign up [here](#).

Recovery Diaries



The Living Room Blog



A Tribute to Matthew Perry

Our recent **blog** post is a tribute to the late Matthew Perry, who throughout his life, was an outspoken advocate of breaking the stigma of addiction.

Some of the staff at The Living Room have been talking about what a comfort blanket *Friends* was and how it is something we watched when going through tough times. Perhaps because it is light-hearted, daft, and funny or safe. Or maybe because it had something warming about it.

We all agreed how amazing it is that Matthew Perry used his platform to talk about his personal story and lived experience of addiction and recovery to help others.

Read our full tribute by hopping over to **Recovery Diaries** where we delve deep into life in recovery.



Charity Shop Volunteers Needed

Come and join our treasured team of charity shop volunteers!

Without a doubt, The Living Room couldn't function without the hard work and dedication of our army of volunteers.

We have some amazing and dynamic people who give their valuable time

and energy to our cause of helping adults living with addiction.

If you'd like to join our wonderful charity and be part of the charity shop team, you can find an application form [here](#). Or pop in and grab a form from the shop, we'd love to chat to you about the positions.



Life at The Living Room

"Already I can feel the benefits of being able to come into a group of like-minded people without judgement and express how I feel."

"No matter how deep or dark my thoughts, I know I will be met with compassion, empathy, and kindness, which then enables me to make better choices such as not pick up the drink."

"I have been given a confidential safe space, not only with trained counsellors, but also counsellors in recovery."

–A current client



Giving Tuesday

It's that time of year again! On Tuesday, 28th November 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.

St Albans Firework display

Our wonderful St Albans clients donated their time as Firework Volunteers last weekend at the City's spectacular firework display.

Armed with a pocket full of ooooooh's and a pocket full of aaaaaah's we were grateful to be able to assist the smooth running of the event.

Thank you to St Albans Cathedral for letting us take part and for putting on such a great display.



Community Spaces

As the weather gets colder this November, why not visit a Community Space?

Hertfordshire County Council (HCC) has collaborated with partners to develop a network of Community Spaces designed to keep you warm in extreme temperatures.

Browse the spaces available in your area [here](#).



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

Trinity Church Knebworth £152
Aston PCC – £20
The Network Church – £75
Mark's Yorkshire Marathon Fundraiser
£637

Locality Budgets (Councillors)
Teresa Heritage – £250

[View this email in your browser](#)

The Living Room is a Registered Charity in England and Wales. Registration No. 1080634.

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