



Charity No: 1080634

CIO No: 1175541

November 2024

Adrienne's Message

We are always working hard to better support our clients, which is why reflection and connection are as important to how we work as a charity as it is to the journey of recovery.

We have just enjoyed our annual get-together, Vision Day, in Stevenage and I came away proud of our staff, volunteers and trustees for their continual work as a cohesive, passionate and connected team.

As we move towards the end of the year, the upcoming days and weeks are looking incredibly 'eventful' with St Albans Sleepout, our Christmas Quiz, Santa Float and the fun Late-night Shopping Evening we have planned in our charity shop.

Thank you to each and every one of you for supporting these events, which allow us to continue to do what we do – we look forward to seeing some of you there.

Adrienne, CEO



St Albans
SLEEPOUT
Friday 8 November 2024 8pm-7am
Oaklands College, St Albans

Join us with family, friends or colleagues
For more information and to register
www.stalbanssleepout.org.uk

In Aid of

Logos: CENTRE 33, EMMAUS Hertfordshire, hyh Hert's Young Homeless, OPEN DOOR, The Living Room

kindly sponsored by

Logos: WILKINSON & ECHOLAN GROUP

Oaklands College
Smallford
Hatfield Road
St Albans AL4 0JA
(Sat nav AL4 0XS)

Centre 33 Registered Charity 1104438
Emmaus Registered Charity 1023888
Herts Young Homeless Registered Charity 1005476
Open Door Registered Charity 1048336
The Living Room Registered Charity 1195541

Why do we take part in St Albans Sleepout?

Well, figures gained from the charity Crisis tell us that two thirds of homeless people cite drug and alcohol use as a reason for first becoming homeless. Those who use drugs are seven times more likely to be homeless.

So that is why this event means so much to us.

Many of our clients come to us having lost important things to addiction.

One of those things could be their home.

Amongst other things, they might:

- Have been kicked out by a partner or family member because of addiction.
- Missed rent/mortgage payments because all the money was spent on drugs/alcohol or other addictions.
- They might be a family or carer who has become homeless because they can no longer live safely with a person who is in active addiction.

But we can, (and we do) help people turn their lives around and that's why we're taking part in such an important event.

So far, we have 23 wonderful people sleeping out to raise money for us and we are so excited about this.

Please help support these amazing and brave people by donating via our fundraising page. All money raised goes straight into our counselling rooms to help us provide free group therapy to people and their families living with addiction in Hertfordshire.

Christmas Quiz

There's *snow*time like the *present* to get your Christmas Quiz tickets!

Join us on Friday, 6th December at All Saints Church in Stevenage, for our festive Christmas Quiz.

Before you even think about rescuing the tree from the loft, or untangling the tree lights, get the date in your diary.

It takes place between 7pm and 10pm, and tickets cost £5.00 which includes delicious light refreshments.

We'll also be holding a raffle – with amazing prizes, such as restaurant vouchers, a free boiler service, perfume sets and more.

Perhaps you know all the names of Santa's Reindeers? Or when making mince pies, do you know which way you should stir the mincemeat for good luck? Perhaps you know absolutely everything about The Grinch or exactly where Christmas Trees originated from.

Wherever your knowledge lies, our Christmas Quiz is the perfect opportunity to enjoy a fun evening out with a touch of friendly competition.

Getting there is easy, All Saints Church has free parking and good transport links.



The Living Room

Christmas Quiz

Friday, 6th December
All Saints Church, Stevenage, SG1 5RD
7pm - 10pm

Amazing Raffle Prizes

Scan me!

Tickets £5
Includes Light Refreshments

The Living Room is a Registered Charity in England and Wales, CIO Registration 1175541.
Registered Office Address is 50 The Gables, Stevenage, Hertfordshire, SG2 0DQ.

It's a great chance to get together with family, friends, or colleagues – in teams of 8 people – to have an awesome night out.

Buy Tickets



Meet Santa at Late Night Christmas Shopping Evening

Get yourselves down to The Living Room Charity Shop on Friday, 29th November for some late-night shopping and to meet Santa.

BREAKING NEWS: There will also be some very special guests... the Snow Queen herself!

Meet the lovely people from Sparks Theatre Productions who will be spreading some joy to our customers between 7pm and 7.30pm.

Meeting Santa will be £1 and children will receive a Christmas present. Our doors open at 6pm and close at 8pm.

This will be a wonderful Christmassy fun opportunity to entertain the children and bag some bargains from our gorgeous shop.

Snow Queen is on at The Paul Kearney Theatre, Timebridge Community Centre in Stevenage.

Vision Day

Our annual get-together at the end of October gave staff, volunteers and trustees the opportunity to connect, reflect and engage.

We call it Vision Day because we take this time to have a good look back at the past year, our current activities and our strategic priorities whilst also exploring the long-term impact on their recovery journeys. It was a day to reconnect with our mission, share insights and look forward to the challenges that lie ahead.

This year reminded us of the power of storytelling and the importance of staying informed on emerging drug trends.

We were fortunate to have writer **Neil Baker** with us, who led two impactful sessions aligned with the theme 'Our Story.' Neil is a writer and Communications Consultant who helps people to share their ideas and tell their stories in ways that connect with their target audience.

He guided us through exercises that helped us reflect upon our contributions over the past year and identify a personal challenge to focus on for the year ahead.

His storytelling activities encouraged staff to connect with one another on a deeper level and to think how we can collectively strengthen The Living Room's story and inspire greater awareness and support.

Our friends Chris and Thomas from Change Grow Live (CGL) provided us with invaluable training on emerging drug trends and Naloxone. This training enhanced our understanding of the ever-



changing substance misuse landscape
which will assist our team in responding
effectively to client needs.



Life at The Living Room

“I came to the Living Room with suicidal thoughts after having a full-blown argument with my daughter because I’d found her snorting coke. We argued a lot and there was a fraught atmosphere every time we crossed paths.

“I came to the St Albans hub and in group, my counsellor led me with her discreet and positive questioning into a better frame of mind. She described my relationship with my daughter as two glasses constantly clashing. I needed to address this, to provide a cotton wool absorption of the shock.

“My goal was to win and earn her trust. With help, things improved. It culminated in a letter from my daughter. The contents of the letter melted me. She said she couldn’t say this face-to-face and apologised for not recognising all the things I’d done for her. I’ll treasure this letter forever.

“I’d like anybody to put a price on this letter because it is simply priceless. I credit my counsellor and the help I received in group for this.

“My plan is to use this to continue to support and love this beautiful girl that I’m proud to say is my daughter.”

A current client

Santa Float

Catch The Living Room Father Christmas and his army of The Living Room Elves at St. Albans Roundtable Santa Float on Saturday 7th December at 4.15pm at Marshalswick Quadrant.

This event is an absolute joy for us to take part in every year.

Thank you to St Albans Round Table for organising the event which helps us raise funds to help those living with addiction in Hertfordshire.

We ho- ho- hope you all have a wonderful time!



A flyer for the Recovery Cafe event. The flyer has a green background with coffee beans scattered around. It features the Living Room logo at the top left. The main text reads: 'Recovery Cafe', 'First Friday of the Month', '6.30pm - 9pm', 'All Saints Church Recovery Hub', 'The Oval, Vardon Rd, Stevenage', 'SG1 5RD'. Below this, it says 'All welcome, please join us!' and 'To volunteer at the event, email: Emmaw@livingroomherts.org Or speak to Revd Pete at All Saints Church'. There is a small illustration of a cup of coffee. At the bottom, it says 'Free Entry' and 'The Living Room is a Registered Charity in England and Wales. CIO Registration 1175541. Registered Office Address 8-10 The Glebe, Stevenage, Hertfordshire, SG2 0DJ.'

Recovery Cafe

Thank you to all who have been attending Recovery Café at All Saints Recovery Hub every first Friday of the month.

Just to let you know the next one will take place on Friday, 3rd January to make way for our Christmas Quiz on 6th December.



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

Follett Trust – £250

[View this email in your browser](#)

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