



As the days get shorter and weather gets colder again, I'm reflecting on how much has changed since this time last year. Not only are all in-person hubs now back and up and running, but we've been able to organise trips for clients, fundraising events and visits to our hubs.

It is wonderful to be back out in the community and being able to be together is something we should all appreciate all the more this year.

I am so proud of The Living Room and so thankful for all the support we've received that make our services possible. The work we've done, what we've learned and the progress we've made is all highlighted in our **2020-21 Annual Report** which you can now read on our website.

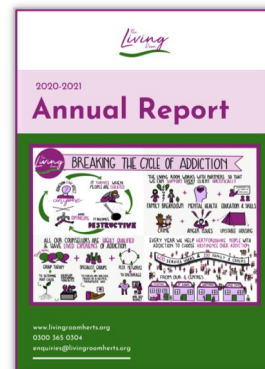
~ Adrienne, Chief Executive

Annual Report 2020-21

Our **Annual Report** for 2020-2021 is now available to view on our website.

It includes comments from our CEO Adrienne Arthurs and our Chair of the Board of Trustees Rob Henry, as well as updates around the impact of our services and what the future holds for The Living Room.

The past year has been challenging for all of us but we are happy to share how we have grown as an organisation while continuing to provide support to people living with addiction in Hertfordshire.



The Inspiring Hertfordshire Awards

In recognition of our hard work, at the Herts Chamber of Commerce 'The Inspiring Hertfordshire Awards', The Living Room came **Highly Commended for Business of the Year, North Hertfordshire**.

Our founder Janis Feely and Adrienne Arthurs, our Chief Executive were invited to

Warner Bros studio, to the Harry Potter Studio Tour, in Leavesden on 9th September 2021. They met many people representing businesses and charities from across Hertfordshire and had the opportunity to dress up in their finest, proud to represent The Living Room.

This is a wonderful achievement for everyone at The Living Room and we should all be proud of all of the commitment and hard work which goes into awards like these. Thank you to everyone at the Herts Chamber of Commerce for having us and we're already looking forward to next year!



Black History Month

October is **Black History Month**. This year's celebration brings a renewed focus on black British resistance to racism – inspired in part by last summer's Black Lives Matter protests – and celebrates key figures who have made substantial contributions to the country.

The **'Proud To Be'** campaign has also been launched, encouraging people of all ages to share what they are proud to be. By asking people to share what they are Proud To Be we can share both individual stories and the vast richness of diversity that Black and Brown people bring to the UK.

If you're interested in finding out more, there are plenty of great resources available around Black History Month as well as events taking place across the UK to mark the month.

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.

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www.livingroomherts.org

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Recovery Month

To celebrate September being Recovery Month we put together a collection of **powerful stories** from our clients. This year's theme was 'Recovery is for Everyone' and we want to highlight how anyone from any background is capable of healthy sustained recovery. At The Living Room we know addiction doesn't discriminate so, neither do we. Anyone can access our services and all our clients are united in their shared goal of abstinence. We'd like to share an extract from one of the stories:

'I think the thing The Living Room has provided that has helped the most is giving me a voice. My opinions and feelings have felt valued and appreciated, and it has allowed me to share things that I have not shared with others before. I think being open and honest has improved my relationships with everyone in my life and I am so grateful to this place for it. I plan of continuing my original plans of becoming a doctor next August. I have new ambitions and being involved in rehabilitation in some way and working with addicts from a medical perspective could be invaluable to myself and the public. I just want to lead a good life from now on without the damage and the pain that I caused in the past. I will keep taking part in CA fellowships and communicate with my friends from The Living Room as I continue on my recovery journey.'

Thank you to all the clients who agreed to share **their journeys** with us.

World Mental Health Day

Sunday 10th October is **World Mental Health Day**. This year organisations are highlighting mental health in an unequal world. Our ability to access to mental health support is often unfairly limited by things outside of our control, like who we are or where we live. This needs to change. **Mind** are asking everyone to do one thing to fight this injustice...



- **Add your voice**- use your voice and start a conversation about mental health inequality, whether it's while you're having a coffee at work or with your friends and family over social media. You can help increase awareness and encourage action.
- **Learn about mental health inequality**- people from racialised communities, young people, and people living in poverty are disproportionately affected by mental health issues. Read **Patrick's** story about his mental health journey to find out more.
- **Access information and support**- when you're living with a mental health problem or supporting someone who is, access to the right information is vital. Our website has some useful **lists of organisations** and **resources** that you can freely access.

Upcoming events

Winter may be coming but we still have lots for you to look forward to...



Halloween Quiz 2021- Join us on **Friday 29th October 7-10pm** for a night of spooky quizzing! Get your brightest minds together and get ready

for fun quizzes, mysterious mocktails and you can even try your luck in our raffle. Don't miss out, **get your tickets 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**.



Snowdon 2021- On 26th September, The Living Room climbed Mount Snowdon. We are so proud of everyone who took part and want to

say a special thank you to all who donated, raising an amazing £725 for The Living Room.



Virtual London Marathon-

We want to give our marathon runners a special congratulations! It's an amazing achievement and if you'd like to show your support, you can go to **Paul** and **Jo-Anne's** fundraising pages. Thank you to everyone who has donated and helped them to raise £321!

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 Caroline Clapper for her £250 donation from her locality budget.



Thank you to the Lloyds Bank Foundation for their £50,000 grant.



Thank you to the St Albans Methodist Church for their £223 donation.



Thank you to all who attended the Crown Golf Society Day, raising £660.



Thank you to The Sir Jules Thorn Charitable Trust for their £1,000 grant.



Thank you to the Bedfordshire and Luton Community Foundation for their £8,000 grant



Thank you to the Watford Health Protection Board for their £7,280 donation from their Covid Community Fund



Thank you to the Stevenage Community Trust for their £892.96 donation for new chairs in our Stevenage one-to-one counselling rooms