



The symbolism of October suggests that it is time to stop being negative to yourself and face every challenge in your life with courage. In general, you will face many battles throughout your life, and many people will give up. You must be able to persevere and believe that you will be successful one day. You were designed to live an extraordinary life.

As a result, today is your day to achieve what you ultimately desire. Begin to concentrate on the journey ahead. Only those who are prepared will see the positive side of whatever they face. The dangers you face will teach you that anything is possible.

Adrienne, Chief Executive

St Albans Sleep Out

Will you brave a cold night to help The Living Room and combat homelessness and its causes? Then come hang out with us at the **St Albans Sleepout** at 9pm on **Friday 11th November** at Oaklands College.

This annual event raises funds for homeless charities in Hertfordshire. The Living Room joins four other charities as an official supporter of St Albans Sleepout 2022: Centre 33, Emmaus, Herts Young Homeless, and Open Door. Misuse of drugs or alcohol frequently coincides with homelessness. Participation in the St Albans Sleepout will help us fight addiction and homelessness.

Let us know if you are interested, and we'll send you a registration form. Following that, you can print a sponsorship form and create a fundraising page on our [website](#).



St Albans Fireworks Spectacular 2022

The Living Room has been selected as one of the charities for this year's **fireworks display** on **Saturday 5th November**. Produced by Fantastic Fireworks, this year's display will be accompanied by Elvis music. We are also looking for volunteers to assist with crowd control at the event, so please **contact us** if you are interested or have any further questions.



BOOgie Night

Come to our **Halloween Disco** at our Stevenage Hub on **Friday 28th October** at 7pm and show off your best Halloween costume for all to see. Check your closet for skeletons and choose your best costume for a truly spooky evening! There will be mocktails and refreshments. Get your tickets and get ready to boogie.

Halloween Treasure Hunt

The Witch's cauldron has boiled over! **Join us** for an action-packed morning on **Saturday 29th October** and assist the Witch in finishing the potion. Be on the lookout for ghoulies and other monsters roaming the streets, make your own monster mask to blend in, and go forth to find the hidden ingredients to win special Halloween prizes!



Twelve Months Of Recovery

People living with addiction must exhibit perseverance in order to be successful on their road to recovery. They must be compliant and accept that recovery from addiction will take time. They must also learn to control their emotions (in case things get complicated) and to wait patiently for positive results.

Follow us on social media as we explore the importance of Perseverance in Twelve Months of Recovery.



Life at The Living Room...

"I have had some bumps on my journey in recovery and it's not easy but I have hope today, hope for me is all I need, because I never felt hope in my past before the Living Room."

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www.livingroomherts.org

Facebook: LivingRoomHerts | Twitter: @livingroomherts | Instagram: livingroomherts

Christmas Murder Mystery

Christmas Murder Mystery is back on **16th December 2022**. All profits from the event will be going to two amazing charities - Bedfordshire Open Door and The Living Room. Tickets are £15 and you can buy them individually or as a table of 8. The ticket includes a ploughman's platter to share. Be sure to bring some extra cash as there will be a raffle too!

Event planner Stephanie is also looking for sponsors to raise even more money. If this is something you are interested in, then please **get in touch**. Raffle donations are also greatly appreciated.



Black History Month

In the United Kingdom, October is Black History Month, which has been recognised for more than 30 years.

The month was created to honour the contributions of people of African and Caribbean descent to the United Kingdom over many generations. Now, Black History Month encompasses the history of all black people, not just African and Caribbean people.

Follow us from the **17th October** as we highlight the achievements of great black Britons in honour and remembrance.



Cost of Living Help

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. With another increase in fuel prices expected this autumn, the situation will sadly worsen for many.

If you don't have enough money to live on, the government or your local council may be able to help you pay your bills and buy food. This includes the Household Support Fund as well as the Cost of Living Allowance.

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**.



Watford Opening

On **Tuesday 27th September**, we were thrilled with excitement to officially open our new hub in Watford. Watford's elected mayor, Peter Taylor, officiated the opening ceremony at 24 Station Road which was attended by many of the town's community partners.



Giving Tuesday - 29th November

Giving Tuesday began in 2012 as a simple concept: a day to encourage people to do good. This concept has evolved over the last decade into a global movement that inspires millions of people to give, collaborate, and celebrate generosity.

We really appreciate all the money that is donated to us through this special day and with your help we can continue to help people in recovery win their battles and live happier lives. More information will follow on how you can donate to The Living Room this Giving Tuesday.



Thank You

We rely on our volunteers to help run our charity shops, set-up and participate in events, and spread the word about our services while gaining invaluable exposure to the inner-workings of a non-profit organisation.

Find out more about our volunteering roles and join our team on our mission of breaking 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:

- Stevenage Community Trust - £2500
- Rotary Club of Stevenage Grange - £750
- Blakemore Foundation - £100
- The Cloisters Lodge - £100
- NHS Retirement Fellowship - £85



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.