



We have had the gift of beautiful weather recently, but as the temperatures begin to change, and the nights draw in, we begin to think of those who are sleeping outside in the cold.

We know that addiction and poor mental health are two of the biggest obstacles that homeless people face and that is why we are taking part in St Albans Sleepout 2023. Grab your sleeping bag and join us!

Improving mental health and wellbeing is always a crucial focus for us, and we were glad to have had the chance to highlight this by marking World Mental Health Day this October. It is brave to pick up the phone and reach out for help, and it is the first step to a good life in recovery.

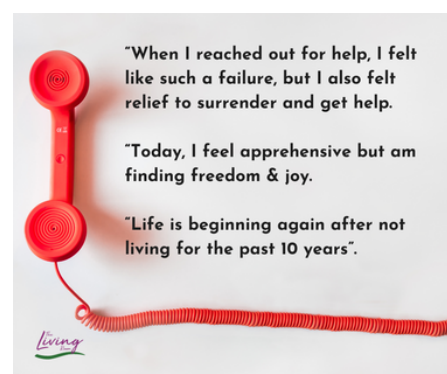
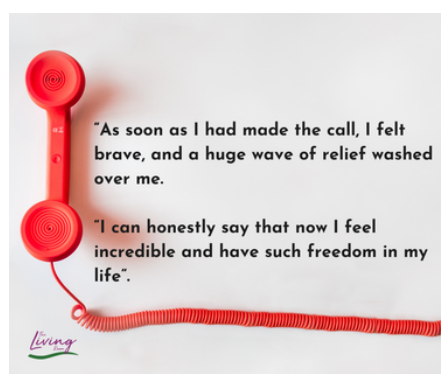
~ Adrienne, Chief Executive.

World Mental Health Day

We celebrated World Mental Health Day on Tuesday, 10th October. In partnership with Watford Council and Hertfordshire Mind Network, we were on hand at Atria Watford to discuss addiction and how recovery improves our mental health.

The day got us thinking about how brave it is to reach out and ask for help. We wanted to tell people that we know how difficult it can be to pick up the phone, that it can take time but we're here when you are ready.

Head over to our social media accounts where we posted some inspirational words from our clients as they look back at the day they reached out for help, and how they're feeling now.



Life at The Living Room

My life was very stressful. I didn't feel totally supported.

Being at The Living Room increased my confidence, supported me with Social Services. Having therapy with people in similar situation.

I am feeling stronger and I am now working and happily reunited with my daughter following addiction.

I look forward to a bright future.

The Living Room changes people's lives, thank you to everyone. - An ex-client



Soroptimists Frugal Supper

We recently hosted the Soroptimist Frugal Dinner at our Stevenage hub. It was a lovely evening with 11 people sharing food and talking about the work we do.

The event was hosted by Adrienne, our CEO, and our Head Office Administrator, Kate.

We'd like to say thank you to our Soroptimist friends for our £135 cheque which was raised from individual donations and a raffle. We were also grateful to receive the kind donation of essential cleaning and toiletry items for our clients and for our centres.



The Blame Game - Our latest blog

Our latest blog post talks about blame after the late Amy Winehouse's ex-husband spoke to Good Morning Britain about the blame he feels he gets for her sad death.

We ask; whose fault is it that someone is an addict? Who can we blame? The dealers? (Well, they do have a part to play). Or the people around the person? Society?

Because blaming someone, being angry at someone or something feels like good vent for our own pain towards the situation, but it isn't the solution. So, what is?

Read more by hopping over to Recovery Diaries, [The Living Room Blog](#), where we delve deep into life in recovery.



St Albans Sleepout 2023 - Brave the cold for The Living Room!

Are you willing to brave a night in the cold to support The Living Room and to help fight homelessness and its causes?

St Albans Sleepout is an annual event that raises money for charities that help the homeless in Hertfordshire. The Living Room is proud to join four other charities - Centre 33, Emmaus, Herts Young Homeless (hyh) and Open Door as an official supporter of [St Albans Sleepout 2023](#).

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." – Figures gained from Crisis.

Which is exactly why we are taking part. At The Living Room, 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 because of addiction.
- Missed rent/mortgage payments because all the money was spent on drugs/alcohol or other addictions.
- 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, and why we'd like you to too. [Sign up or find out more](#) by heading over to our website.



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:

Follet Foundation £500
Burton Trust £5,000
Live Simple & One World Group Coffee Morning - £164
Soroptimist International Of Hertford and District - £135

Locality Budgets (Counsellors)
Chris White - £500
Ken Crofton - £1000
Michael Muir - £400