



Charity No: 1080634

CIO No: 1175541

October 2024

Adrienne's Message

As we transition into Autumn, we are focusing on gratitude and positivity. Anyone visiting The Living Room this week will see the wonderful gratitude trees at each hub. Clients and counsellors have been out in nature collecting branches to create beautiful trees for everyone to hang messages of gratitude, in celebration of World Mental Health Day.

Gratitude is a superpower we can all use, especially for those on a recovery journey. It represents a mindset of thankfulness and appreciation, which can powerfully and positively affect our health and well-being. By using real branches to represent trees, we are connecting with nature and symbolising growth, resilience, and the beauty that emerges from small, simple things—just like the recovery process itself.

Adrienne, CEO



Watford Quiz

A huge thank you to everyone who supported Watford Quiz. We had a fabulous evening and raised an amazing **£897**.

We would also like to thank everyone who donated wonderful raffle prizes, those who volunteered help and to everyone who took part.

Massive congratulations to the winners, PWC Quiz Team, pictured.

We're full steam ahead with arranging the next one, which will be our **Christmas Quiz** on **Friday, 6th December** at **All Saints Church, Stevenage**.

Posters and further information will follow but be sure to put the date in your diary - December is a busy month.

Thomas's Story

It's autumn, it's sunny, and it's a Monday afternoon.

Thomas*, a recent graduate, is now 13 months clean and living a good life in recovery.

He tells me that that we are in the same room, and this is the same chair, he sat on all those months ago when he had his initial assessment with one of our counsellors.

But today is different. Thomas's life has changed a lot, and he is here to share his powerful story of what life was like being a gay man and living with addiction and trauma and how he found his way into recovery.

[Read more...](#)





Job Opportunity

Join The Living Room and make a real impact.

We are seeking a passionate, dynamic Finance Manager to join our leadership team and play a vital role in driving our financial sustainability and growth.

As Finance Manager, you will oversee all financial operations, ensuring that The Living Room's resources are utilised effectively to support our mission. You will be responsible for financial strategy ,budgeting, reporting, and compliance.

You'll work with senior leaders to make sure our finances support our goals, help with long-term planning, and ensure we continue to make a positive impact in everything we do.

Location: Stevenage and Home based

Hours: Part-time 21-25 hours, Permanent

[Apply Here](#)

St Albans Sleepout

Join us for a fun filled evening of music, entertainment, workshops, and a bit of a reality check.

This will be the most memorable thing you will do this winter!

We are one of five charities that take part every year to raise funds that help fight back against homelessness.

For many of our clients, recovery from addiction is the first step in their way out of homelessness.

Sleepout is essentially much more than just a fundraising initiative; it is a powerful statement of community solidarity and commitment to addressing homelessness.

We would love it if you and others from your work/organisation get together a team and take part to raise funds for The Living Room.

What's in it for you and your organisation?

Your involvement and fundraising directly contributes to the social pillar of Environmental, Social and Governance (ESG) under **United Nations Goals**. You're enabling The Living Room to expand our services, support more individuals, and foster a healthier, more resilient community. Partnering with a charity known for transparency and ethical practices strengthens your company's governance credentials and demonstrates a commitment to responsible corporate citizenship.

Involvement offers significant marketing and PR opportunities. Your brand will be featured in our event promotions, media coverage, and post-event communications, highlighting your commitment to social causes.



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

kindly sponsored by

CENTRE 33 **EMMAUS** **hyh** **OPEN DOOR** **The Living Room**

Oaklands College
Smallford
Hatfield Road
St Albans AL4 8JA
(sat nav AL4 8XS)

Centre 33 Registered Charity 1075808
Emmaus Registered Charity 1075808
hyh Young Homeless Registered Charity 1075808
Open Door Registered Charity 1075808
The Living Room Registered Charity 1075808

We would be honoured to partner with you and your company to make the St Albans Sleepout 2024 a transformative event. Your support will not only enhance your ESG profile but also make a profound difference in the lives of individuals who are homeless through addiction.

[Sign Up](#)



Life at The Living Room

"I've been coming to The Living Room for 15 months and I genuinely believe I am a miracle in the making. I came here soul destroyed, full of shame, loss, grief and guilt and unable to look anybody in the eyes.

"Now 15 months on, you wouldn't recognize me, I smile, laugh, love and feel proud of myself and grateful to be alive.

"I feel emotional writing this, tearful too as I feel blessed that I have learned to feel my feelings. As I write this I am overwhelmed with gratitude, mostly because I feel so much love for myself now. I trust myself too - unreal considering I was riddled with self-doubt, low self-esteem, egotistical pride and I had no boundaries.

"After one of the counsellors encouraged me to share, I thought everyone would be disgusted by me, but instead I was held, hugged after group and other members reached out to me.

"With the help of the counsellors and my peers, by them loving me, when I despised myself, I've learned to get vulnerable, speak truthfully, openly and I've learned to cry from a soulful place,

instead of self-pity.”

A current client

Gift Aid Awareness Day

Did you know that when you tick the Gift Aid box on your donation, we can claim an extra 25% and it doesn't cost you a single penny?

Every year, charities miss out on £560m in unclaimed Gift Aid tax relief.

We would like to say a huge thank you to our donors that already tick the box - your help means the world to us.

Gift Aid Awareness Day is our chance to remind everyone that when you **donate**, please remember to tick the box to help us claim more, as this allows us to do more to break the cycle of addiction.



When
11am - 3pm
Saturday 12th October
2024

Location
St Albans Cathedral,
Sumpter Yard,
St Albans, AL1 1BY

For more information:
[www.stalbanscathedral.org/
communityshowcase](http://www.stalbanscathedral.org/communityshowcase)

*This is a free event.
Come along and find us
in the Nave.*

St Albans Community Showcase

*Get Inspired. Get Connected.
Get Involved.*

Discover over 50 charities and community organisations at this year's showcase event.

Learn more about the causes you are passionate about, explore volunteer opportunities and get inspired.

Join us for a day of community spirit like no other!

St Albans Community Showcase

Join us at the Community Showcase Event at St Albans Cathedral!

When: October 12th

Time: 11:00am - 3:00pm

Where: The Nave, St Albans Cathedral

Discover the incredible work of over 50 charities and community organisations.

We're proud and excited to be joining this inspirational lineup of community organisations

and we can't wait to share the important work that we are doing.

Learn how you can support and contribute to our missions. Discover and embrace what you're passionate about and get involved!

No tickets required – just drop by! Let's make a difference together.

Recovery Cafe

Just a little reminder that Recovery Café runs the first Friday of every month at All Saints Church in Stevenage.

Come along for an evening of fellowship, tea, coffee and music.

Our Stevenage Office Manager, Patricia attended recently. She said, "Recovery Café is growing organically into a safe, informal, friendly place where people feel like they can open up to one another.

"We know it takes time to trust and build relationships, and this is a great place to get together and connect with like-minded people.

"It is once a month and there is no commitment involved, but when you're there, you feel relaxed, warm and welcomed."

One of our clients added, "I'm really enjoying Recovery Cafe. It's given us a safe space to just be.

"I'd sum it up by saying, it's got good vibes and good cake!"

Location: All Saints Recovery Hub



First Friday of the month

Time: 6.30pm – 9pm

To volunteer, or to find out more, please call

The Living Room on **0300 365 0304**.



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

Sally Burton - £5000

Michelle's Skydive - £343

The Crown Golf Society - £1367

Locality Budgets

Anthony Rowlands - £400

Paul Dekort - £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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