

Time has flown by and we're now one year on from the launch of our three-way partnership with Spectrum Drug and Alcohol Recovery Service and Emerging Futures.

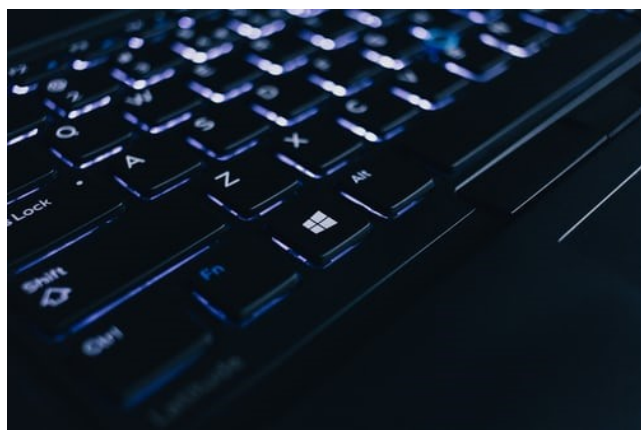
In September 2019, we spoke with people, professionals and other figures from across Herts about how we were working together to provide full 360-degree support for people with drug and alcohol addictions in the county, and what our plans were for the year ahead.

One year later and we have achieved so much, despite covid-19, and we are starting to see examples of the positive changes that have come out of this unique partnership.

As for The Living Room, with the launch of our virtual Fourth Centre, and several new specialist groups, we have increased the number of counselling hours we provide by more than a third. During these tough times, it feels incredible to be saying this and I'd like to thank everyone who's made this possible.

Check out the achievements and upcoming projects from the drug and alcohol partnership [here](#) and read on for more news from across The Living Room.

~ Adrienne, Chief Executive



Fourth Centre Officially Opens

We have been talking about it for weeks, but our virtual **Fourth Centre** has now officially opened.

Through this additional service, we will provide online group therapy four days per week for people who cannot access support from one of our local centres. This way we can make sure that no one is left behind and can access support even if they have transport issues or health concerns.

We are very excited to welcome our new counsellors who will be running these online groups over the next year and we can't wait to welcome newcomers to our service.

A reminder of why we are here... A testimonial:

"Without the Zoom meetings I certainly would have felt very disconnected from my peers and my recovery which very easily would have led to a relapse and possible death from coronavirus as I would not be in a place of self-care, hygiene and would have had a poor immune system."

0300 365 0304

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Halloween Quiz Night

After the success of our alternative Birthday Quiz Night in July, we're happy to announce the date for our upcoming Halloween-themed Quiz night.

On Thursday 29th October, join us online (via Zoom) for the ultimate in spooky trivia questions! Tickets cost £5.00 per person, with all proceeds going towards helping us continue to break the cycle of addiction in Hertfordshire.

So, get your friends, family and colleagues together, and dust off the fancy dress, because it's going to be an awesome night in!

When: Thursday 29th October 7:30 – 9:00pm

Where: Online (using Zoom)

Hannah's Big Chop

Amazing Hannah is donating her hair to The Little Princess Trust and raising money for The Living Room at the same time.

Her fundraising efforts are going swimmingly well and if you would like to contribute you can by clicking [here](#).

Thank you Hannah!



Online Family and Carers Support

On top of the online support we are offering people with addictions, we don't want family members and carers to be left behind.

We know that looking after yourself can be hard when you have a family member or friend living with an addiction, but our [Family and Carers Group](#) can help you with practical advice.

We're also holding it in the evenings, so if you have work or other commitments, you can still join us.

Our online group is open to anyone in Hertfordshire and runs every Wednesday from 5:30pm – 7:00pm.

Get help [here](#) or call **0300 365 0304** to book an assessment.

St Albans Sleepout Returns

We are happy to announce that this year's St Albans Sleepout will be going ahead but we've made some adjustments due to covid-19.

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 2020.

Last year, Sleepout was held on the ground of Oaklands College, but this year we'd like to invite you to participate from your garden at home.

You can find out more details [here](#) and register your interest, so don't delay!



When: Friday 20th November at 7:00pm –

Saturday 21st November at 7:00am

Where: At home/in the garden