



Thinking about autumn can evoke pleasant memories. While it is common to associate autumn with warm scarves and sweet pies, the symbolic meanings of autumn are more profound than you may realise. Many aspects of this lovely season have been linked to human life by ancient cultures and civilisations. These symbolic associations are powerful reminders of how change and transitions impact our lives.

"The only constant is change," said the Greek philosopher Heraclitus. Autumn reminds us that our bodies, minds, and environments are constantly changing. It emphasises the importance of living in the present, doing so can savour what we have before it is gone. This September, embrace change, live in the moment and go with the flow.

Adrienne, Chief Executive

In Memory of Her Majesty The Queen

We are deeply saddened by the death of Her Majesty, Queen Elizabeth II, and offer our sincere condolences to the Royal Family.

She reigned for 70 years, and we would like to thank Her Majesty for being involved with recognising many charities across the nation.



St Albans Sleep Out

Join us for the **St Albans Sleepout** on Friday 11th November 2022.

The Sleepout raises awareness of homelessness in our county by allowing public members to sleep rough for one night to experience the difficulties that homeless people face, particularly in the winter, while also raising sponsorship money for homeless charities.

The annual event helps to raise money for the homeless in Hertfordshire. The Living Room is proud to join four other charities at the event – Centre 33, Emmaus, Herts Young Homeless (HYH) and Open Door as official supporters of the St Albans Sleepout 2022.



Twelve Months Of Recovery

Positive discipline is essential. Life is about adapting, giving up old habits and learning new ones. These skills are more critical, especially when breaking the cycle of addiction. When the desire to use drugs or alcohol arises, you can replace it with productive activities and better choices.

Follow us on social media starting 10th September to see how discipline helps our cycle breakers free their minds and bodies from addiction and reclaim their lives.



Life at The Living Room...

We continue to encourage our clients when attending our sessions to get involved and express how they feel in different ways as it isn't always easy to talk about it. These are some pieces of artwork by some of our clients over the years, using their creativity to express their feelings and emotions.



Christmas Murder Mystery

Christmas Murder Mystery is back on the 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 eight. The ticket includes a ploughman's platter to share. Be sure to bring some extra cash as there will be a raffle too! The Murder Mystery will take place in the Great Barford Village Hall, Fishers Close, Bedford, MK44 3HA.

The event 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.



Golf Day Postponed

Unfortunately, the Golf Day has been postponed until further notice. We apologize for rescheduling the event and for any inconvenience caused.

We look forward to announcing a new day for the event in the future.



Cost of Living Help

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.



The Living Room Featured on BBC3 Counties Radio

The Chair of the Board of Trustees, Daniel Marshall was interviewed by Babs Michel on BBC3 Counties Radio and spoke about the amazing service The Living Room offers.

You can listen to the segment on **BBC Sounds Babs Michel Show** aired on the 14th August. The Living Room is featured at 3hrs 24min 16s.



St Albans Cathedral Fireworks Event

The Living Room has been chosen to be one of the charities for this year's firework display on the 5th November. We would love for you to join us so watch this space for more information coming soon.

We are also looking for volunteers to help with crowd control at the event, so if you are interested or have any more questions, please contact enquires@livingroomherts.org



Thank You

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 **regular donor**. 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:

- Costa Del Nidge - £900
- In Memory of Steven Lynch - £239.20
- National Lottery - £120,000 over 3 years
- County Cllr Roni Hearn - £1000
- County Cllr Sandy Walkington - £300
- Simon Gibson Charitable Trust - £3000
- Cathedral & Abbey Church of St Albans - £1000

