



Charity No: 1080634

CIO No: 1175541

September 2024

Adrienne's Message

A Fond Farewell to Rita: Celebrating Her Retirement

Dear Supporters,

It is with a mixture of gratitude and sadness that I share some significant news with you: after seven remarkable years, our Operations Director, Rita, is retiring.

Rita joined The Living Room six months after I stepped into the role of CEO, and from the very start, she was a force of positive change. Her dedication, expertise, and unwavering commitment have been crucial to shaping the organisation into what it is today.

When Rita came on board, she brought with her a wealth of knowledge and an incredible drive to see The Living Room thrive. She quickly became an indispensable part of the team, immersing herself in every aspect of operations and learning the ins and outs of the organisation. Her impact was immediate, as she worked tirelessly to ensure that we grew into a charity of true quality and stability.

With Rita by my side, we were able to lay the solid foundations that have allowed The Living Room to flourish. She had an innate ability to transform ideas into action, always focusing on how we could improve and sustain our services for the benefit of those we support. Whether it was streamlining processes, mentoring staff, or providing sage advice, Rita played a vital role in our journey towards becoming a charity that people trust and rely on.

On a personal note, Rita has been an incredible support to me. Her wisdom, counsel, and steady presence have been invaluable as we navigated the highs and lows of the past several years. I can honestly say that The Living Room would not be where it is

today without her efforts, and I will greatly miss her presence in our day-to-day operations.

As Rita enters this new phase of life, I hope she knows just how much she has contributed to the growth and success of The Living Room. Her legacy will continue to inspire us as we move forward, and I know I speak for the entire team when I say that she will be deeply missed.

Please join me in wishing Rita all the best in her retirement. We are incredibly grateful for the years she has dedicated to this cause and for helping us create a charity that can continue to make a lasting impact.

Adrienne, CEO



Director of Public Health Meets Stevenage Clients

It was a pleasure to welcome Hertfordshire County Council's Director of Public Health, Sarah Perman, to our Stevenage hub last week and allow her the opportunity to speak with some of our inspirational clients.

Sarah and Simon Fraser, our HCC Commissioner, were particularly interested

how we demonstrate a holistic approach to addiction treatment.

It was great to share our successes, challenges and the positive impact we are making together.

They met with clients from our Main Group and chatted to our Disordered Eating Group clients.

During the visit, we had a very proud moment listening to a client describing their recovery journey, saying:
‘what we get at The Living Room, you cannot get anywhere else.’

Recovery: The Bigger Picture

Substances, alcohol, and addictive behaviours are the things that bring us to the point of asking for help, and these things are our world. A very small and immensely painful world.

September is International Recovery Month, which gives us the opportunity to look at the bigger picture of life in recovery and how our world begins to open up and the effect it has on other people and everything around us.



[Read Full Story](#)



Blog Post: Eastenders Linda Carter Trauma and Alcohol

If you watched Eastenders last week you would have seen Linda Carter reaching breaking point.

This storyline is a good depiction of how a person can treat underlying trauma with alcohol and/or other addictions.

Linda Carter, once a strong, happily married, nurturing mother and landlady of the Queen Vic has undergone her fair share of trauma over the years. From being raped by her brother-in-law and struggling with bulimia to losing her husband, there have been affairs, blackmail, lies, broken families and murder.

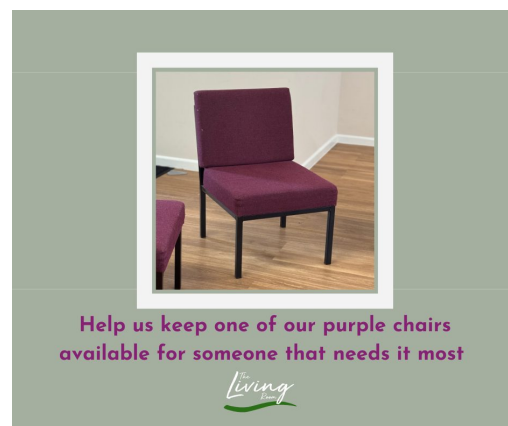
[Learn more](#)

How Monthly Donations Help

Some of you may recognise these purple chairs?

Help us keep one of our purple chairs available for someone that needs it most by signing up to donate monthly.

Your regular monthly donation will help a person experiencing addiction to drugs, alcohol or other behaviours **and** their



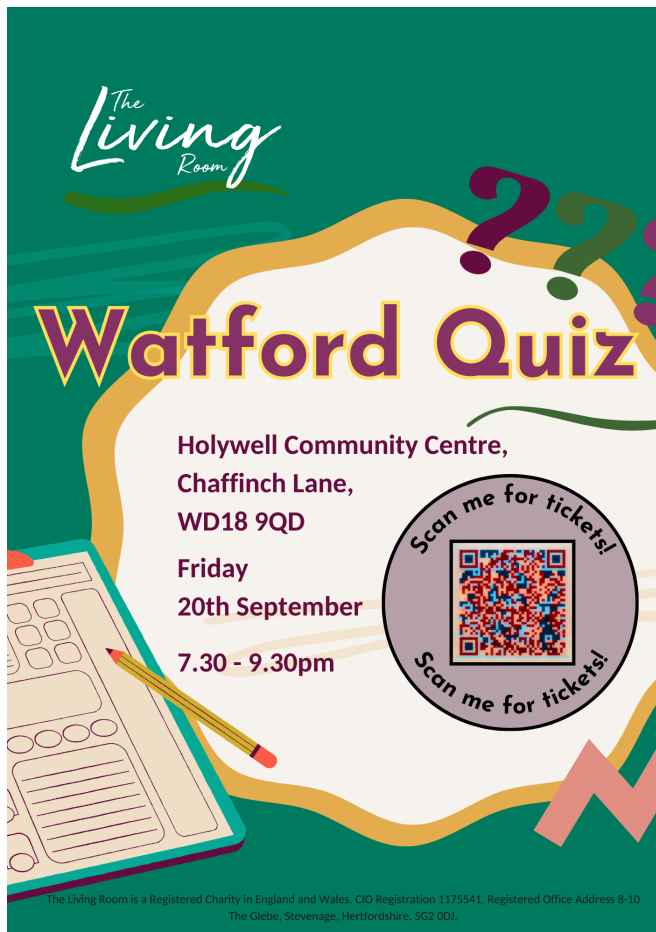
families and loved ones who are living with the heartbreak and anger it causes.

How your donation will help one person each month:

- £10 provides 1.5 days of counselling
- £20 provides 3 days of counselling
- £30 provides 4 days of counselling
- £40 provides 6 days of counselling

Monthly donations help up to 400 people per year who attend our counselling sessions.

Sign Up



Watford Quiz 2024

Not long to go until our second Watford quiz night on 20th September at Holywell Community Centre.

Maybe you know the square root of Pi, David Attenborough's shoe size or absolutely everything about the Spice Girls?

Wherever your knowledge lies, we'd love for you to come and join us for a fun evening and a touch of friendly competition.

Our quiz will be at the Holywell Community Centre, in Watford, on Friday 20th September, between 7.30pm and 9.30pm.

Tickets cost £5.00. We will also be holding a raffle and proceeds from

the evening will be going towards helping us continue to break the cycle of addiction in Hertfordshire.

Refreshments will be available to buy at the event.

Holywell Community Centre has free parking and has good access to public transport links.

It's a great chance to get together with family, friends or colleagues – in teams of 8 people – to have an awesome night out.

Get Tickets

St Albans Sleepout – Call for Participants

St Albans Sleepout is creeping up on us and we're eager to let you all know about it.

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



The poster for St Albans Sleepout features a purple background with a crescent moon and stars at the top. The text 'St Albans SLEEPOUT' is prominently displayed, with 'SLEEPOUT' in large, bold, white letters. Below this, the date and time 'Friday 8 November 2024 8pm-7am' and the location 'Oaklands College, St Albans' are written in yellow. A central photograph shows a group of people, some sitting on a large mattress on the floor and others standing behind it, all waving at the camera. At the bottom, there is a call to action: 'Join us with family, friends or colleagues For more information and to register www.stalbanssleepout.org.uk'. Below this, it says 'In Aid of' followed by logos for 'CENTRE 33', 'emmaus Hertfordshire', 'huh', 'OPEN DOOR', and 'The Living Room'. A QR code is located on the right side. At the very bottom, it lists 'kindly sponsored by' with logos for 'MULLEN' and 'Buckingham Palace'. The address 'Oaklands College, Smallford, Hatfield Road, St Albans AL4 0JA (sat nav AL4 0XS)' is provided, along with a note that the event is in aid of several registered charities.

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

Oaklands College
Smallford
Hatfield Road
St Albans AL4 0JA
(sat nav AL4 0XS)

Centre 33 Registered Charity 104048
Emmaus Registered Charity 107048
Herts Young Homeless Registered Charity 104048
Open Door Registered Charity 104048
The Living Room Registered Charity 107048

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 ESG by 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.

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 joined The Living Room because my son was taking cannabis and was definitely with a wrong crowd.

I was a very petrified mum who felt that was losing contact with her son. The Living Room helped me to understand that I also have a underlying addiction – overeating, especially chocolate.

I decided to start my own journey to freedom from addiction to sugar which was turning me into an unhappy person suffering health and mental problems. At the moment I'm hoping that with help of other members I will be able to transform my life. The Living Room brings hope for the future and emotional comfort and helps me in getting motivated to make good changes in my life. Recently I joined the gym and I'm trying to cut down on calories intake. I'd like to carry on with The Living Room's support. Thank you for all help and hope.

A current client

Recovery Cafe

Join us this week for our September Recovery Cafe. Come along for an evening of fellowship, tea, coffee and music.

The concept is to offer a safe, supportive and non-judgemental meeting place for anyone recovering from addiction as well as other mental health challenges.

Recovery Cafe will run on the first Friday of every month.

Location: All Saints Recovery Hub

Time: 7.00pm – 10pm

To volunteer, or to find out more, please call The Living Room on 0300 365 0304 or email [Liberty](mailto:Liberty@livingroomherts.org), our Community Partnership Officer.



Recovery Cafe
FRIDAY 6th SEPTEMBER
7PM - 10PM

All Saints Church Recovery Hub
THE OVAL, VARDON RD, STEVENAGE SG1 5RD

coffee - tea - soft drinks - music - snacks - board games

FREE ENTRY - Drinks & snacks for sale

All welcome, please join us!

If you would like to volunteer at the event email:
Liberty@livingroomherts.org
Or speak to Revd Pete

The Living Room is a Registered Charity in England and Wales- CIO Registration 1175541.
Registered Office Address 8-10 The Glebe, Stevenage, Hertfordshire. SG2 0DJ.



We're Recruiting!
Senior Shop Manager
Stevenage

Job Opportunity – Senior Shop Manager

We have a fabulous opportunity available for a Senior Shop Manager at our wonderful charity shop in Stevenage.

The role is to oversee the shop with a focus on maximising sales and profits to support The Living Room's charitable initiatives.

It also involves managing the shop's income streams to drive business growth while leading the management team to

consistently deliver exceptional customer experiences.

[Apply Here](#)



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 - £200

Hatfield Road Methodist Church - £382.31

Aston PCC - £20

Locality Budgets

Graham Lawrence - £500

Ken Crofton - £500

[View this email in your browser](#)

The Living Room is a Registered Charity in England and Wales. Registration No. 1080634.
CIO Registration 1175541. Registered Office Address 8-10 The Glebe, Stevenage, Hertfordshire. SG2
0DJ.

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Our mailing address is: admin@livingroomherts.org

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