

# The Living Room Hertfordshire

Charity No: 1080634



## November 2016

### A new CEO for 2017



When I saw the advert for a new CEO, my heart leapt and I just knew it was for me! I'd heard so many good things about The Living Room already and felt I could contribute towards their plans to move forwards. Having been here for only two weeks, I have already met many clients and heard such wonderful personal stories about the impact of treatment here. I'm so excited about expanding our work into the community, with outreach projects to support the people most in need. I would love

for you to join me in our ambitious appeal, in order to make our goals a reality and help to break the cycle of addiction for many more people.

Could you contribute towards raising £20,170 in 2017 through individual giving? Together we can provide sustainable futures for people with all addictions and their friends and families.

Thank you for your support.

**Adrienne Arthurs**

CEO, The Living Room

*"I tried for 16 years to understand what was wrong with me. I'm a successful business woman and parent, but I've used drugs and alcohol to cope for years. I've sought out counsellors, doctors, spent thousands of pounds, read a million books, attended seminars and been hypnotised... NOTHING comes close to The Living Room's group therapy."*  
**Drug & Alcohol Client**

*"I thought I would never be able to do any kind of therapy as I was too sarcastic and headstrong. Also, it's very hard to change anyone's mind at 50. I was so very wrong and would recommend it to anyone."*  
**Gambling client**

### We launched our new service on 17th October 2016

We have been awarded a new contract from Hertfordshire County Council to provide a free 12 step, peer-led, abstinence-based, co-addiction service for all Hertfordshire residents and carers living with any kind of addiction.

This new service started 17th October 2016 and includes phasing the delivery of outreach addiction recovery groups in areas of greatest need. The outreach groups we already have up and running are:


- 'Freedom from Emotional Eating' therapeutic recovery group at Hailey View Surgery, Hoddesdon, running 10am to 11.30am on Fridays.

- 'Freedom from Alcohol' therapeutic recovery group at Change Grow Live, Watford, running 2.30pm to 4pm on Mondays.

- Domestic violence recovery groups at women's refuges.

Please get in touch if you are interested in attending any of these groups and watch this space for updates.

[www.thelivingroom.me.uk](http://www.thelivingroom.me.uk)

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