

## Monday

**12:30 - 13:45** – 'Beacon House Lunchtime', 90 - 91 East Hill, Colchester, CO1 2QN

**13:00 - 14:15** – 'We are not a glum lot', Methodist Church Hall Strathmore Avenue, Park Town, Luton, LU1 3NY

**19:30 – 20:30** – Quakers, Crawley Green Road, Luton, LU2 0QX

**19:00 - 20:00** – Share Meeting, Full gospel church, 60 high street south, Rushden, Northamptonshire, NN10 0QX

**19:00 - 20:30** – 'CA Awakening' NCBC, Duke Street, Norwich, NR3 3AP

**19:00 - 20:30** – A Light in the Dark, Hampson Park Community, Hampson Park, Web Rise, Stevenage, SG1 5QU  
Meeting Notes: Open, Wheel Chair Access, Parking, Bus close by

**20:00 – 21:15** "Hope in Hoddesdon", St. Pauls Church, Hoddesdon EN11 8TR

**20:00 – 21.30** – Holy Rood Catholic Church Hall, Market Street (Entrance on Percy Road), Watford, WD18 0PJ

## Tuesday

**19:00 - 20:15** – 'Big Book Reading', St. Marys Church, 82 West Street, Dunstable, LU6 1NY

**19:30 - 20:30** – Friends Meeting House (Quakers), 28 Crawley Green Road, Luton, LU2 0QX

**19:30 - 20:30** – Happy Joyous & Free, Salvation Army, William Booth Centre, Shadwell Street, Birmingham, B4 6HA  
Meeting notes: O, WC Access, On-street parking, 5 min walk from Snow Hill Station, 15 min walk from New Street station, Any bus to City centre

**19:30 - 21:00** – 'There Is a Solution' Big Book Study, The Mixing bowl, MIND, 49-51 Russel Street, Kettering, NN16 0EN

**19:30 - 20:30** – BAC-IN, 202 Mansfield Road, Nottingham, NG1 3HX

**20:00 - 21:30** – 'Archway To Freedom' - Step & Discussion meeting, The Fellowship Room, Hertford Methodist Church, Ware Road, Hertford, SG13 7DZ

**20:00 - 21:30** – 'Sunlight of the Spirit', Vickers House, 222 London Road, St Albans, AL1 1PN

## Wednesday

**12:30 - 13:30** – Park Town Community Centre, Bailey Street, Luton, LU1 3DU

**19:30 - 20:30** – 'Hope Faith & Courage', Springfield House, High Street, Stevenage, SG1 3EJ

**19:30 - 21:00** – 'We Can Recover', Open Road 5 A Queen Street, Colchester, CO1 2PG

**19:30 - 20:30** – Hertford Newcomers, Spectrum CRI, Yeomans Court, Ware Road, Hertfordshire, SG13 7HJ

**20:00 - 21:30** – 'Experience, Strength and Hope Meeting', CRI- Hertfordshire Drug and Alcohol Recovery Service, 18 Station Road, Watford, Herts, WD17 1JU

**19:30 – 21:00** – 'Hope Faith & Courage', Our Lady's Catholic Church Hall, 77 Occupation Road, Corby NN17 1EE  
Guest speaker first Wednesday every month.  
Wheelchair accessible

**19:00 - 20:30** – Big Book Meeting, St Andrews Church, Roman Road, Lowestoft, Suffolk, NR32 2DG

## Thursday

**13:00 – 14:00** "Bridge to Normal Living", Spectrum Building, Hughill House, Swanfield Road, Waltham Cross, EN8 7JR

**11:30 - 12.30** – Quiet Peace morning meditation, Methodist Church Hall, Strathmore Avenue, Park Town, Luton, LU1 3NY

**18:30 - 20:00** – Addaction, 71 High Street, Grantham, NG31 6NR

**19:00 - 20:00** – Spectrum, Wolsey Road, Hemel Hempstead, HP2 4TU (Open Meeting)

**19:15 - 20:30** – 'The Lost & Found Group of Cocaine Anonymous' The Vestry on Christchurch Street (off Maids Causeway) Cambridge, CB1 1HT

**19:30 - 20:00** – Derby Big Book, Newlife Church, Holmes Street Entrance (just off Normanton Road), Derby, DE23 6UU

**19:30 - 20:30** – "Blazing the trail to recovery" Primary Purpose Group, Weller Wing (lower dining hall), Bedford Hospital Kempston Road, Bedford, MK42 9DJ

**19:30 - 20:30** – Recovery Rocks, Trinity Centre, Fisher Mead Milton Keynes, MK6 2LA

**19:30 - 20:30** – A Quiet Peace' - Topics and Shares, The Chapel, St. Columbus Church, (opposite John Lewis), Downing Street, Cambridge, CB2 3HD

**19:30 – 20:30** "Newcomers 12 Step Experiences", Westmill Community Centre, Bingham Road, Hitchin, SG5 2TG

**19:30 - 21:00** – 'Living in the Solution', St. Johns Church, Mill Street, Derby, DE1 3HZ

**19:30 - 21:00** – BB Study (Share on last Thurs of each month) **Experience, Strength & Hope Discussion Meeting** - Vernon Terrace Community Centre, Stockly Street, Northampton, NN1 5HD

**20:00 - 21:15** – 'A Quiet Peace Share & Meditation Meeting', Baptist Church, Drayton Road (off Furzehill Road), Borehamwood, WD6 2DF

**20:00 - 21:30** – 'Out from Under', Hertford Methodist Church, Ware Road, Hertford, SG13 7DZ

**20:00 - 21:30** – CRI Building, St. Martins House, 14 The Common, Hatfield, AL10 0U

**20:00 - 21.30** - 'There Is A Solution', Oasis House, George Street, High Wycombe, Bucks, HP11 2RZ

**20:00 – 21:30** "Hope, Faith & Courage", The Technical Institute, Baldock Road, Buntingford, SG9 9AA

## Friday

**17:30-18:30** St Johns Church, Mansfield Road, Carrington Nottingham, NG5 2DP

**18:30-19:30** "Christ Church", Junction of High Street and Trinity Lane,

Waltham Cross, Hertfordshire, EN8 7ED

**19:00 - 20:00** – St. Mathew's Church, Wenlock Street, Luton, LU2 0NQ

**19:15 - 20:30** – Candle Light Meeting, St Stephens Church (Opposite King Harry pub), Watling Street, St Albans

**19:30 - 21:00** – Stevenage CA, Hampson Park Community, Hampson Park, Web Rise, Stevenage, SG1 5QU  
Meeting Notes: Open, Wheel Chair Access, Parking, Bus close by

**19:30 - 21:00** – Spirit Of Recovery, Topic Share Meeting, MIND Building, 14 Havelock Street, Wellingborough, NN8 4QA

**20:00 - 21:30** – Chair Meeting, CRI Drug and Alcohol Recovery Services, 18 Station Road, Watford, WD17 1JU

### **Saturday**

**08:30-10:30 "Breakfast with the Boys"**  
The Fellowship Room, Hertford Methodist Church, Ware Road, Hertford, SG13 7DZ "Closed and Non-Restrictive"

**11:00 - 12:30** – CRI Building, Armstrong House, Norton Road, Stevenage, SG1 2LX

**12:00-13:30 "CA MEETING SATURDAY NOON"**  
Spectrum Building, Hughill House, Swanfield Road, Waltham Cross Hertfordshire, EN8 7JR

**19:00 - 20:30** – 'A New State of Consciousness', St Mathews Church, Wenlock Street, Luton, LU2 0NQ

**19:30 – 21.00** – 'Ware It's At', Rear of Christ Church, New Road, off High Street, Ware, SG12 7BU

**20:00 - 21:30** – 'We Can Recover Clacton', Open Road, 132 Wellesley Road, Clacton on Sea, CO15 3QD

### **Sunday**

**11:30-13:00 "Meditation Meeting"**  
Graham House, Yeomans Court, Ware Road, Hertford, SG13 7HJ

**17:00 - 18:00** – St. Patrick RC, Wolverhampton, 299 Wolverhampton Road, New Cross, WV10 0QQ

**17:00-18:00** "Newcomers", Christ Church, Junction of High Street & Trinity Lane, Opposite Theobalds Grove Train Station, Waltham Cross EN8 7ED

**18:00 - 19:30** – HFC + Main Share meeting, The Yard Project, (Off Norwich Road), Lowestoft, Suffolk, NR32 2DG

**18:00 - 19:30** – 'Sunday Hatfield CA Meeting', CRI Building, St. Martins House, 14 The Common, Hatfield, AL10 0UR

**19:00 - 20:30** – 'Hope, Faith & Courage' Big Book Study, St Andrews Church, Roman Road, Lowestoft, NR32 2DDG

**19:15 - 20:30** – 'Hope, Faith & Courage', Recovery Topic Sharing Meeting, Mind Building, Anchor House, 6-7 Regent Square, Sheep Street, Northampton, NN1 2NQ

**19:00 - 20:15** – Friends Meeting House (Quakers), 28 Crawley Green Road, Luton, LU2 0QX

From outside the UK +44 800 612 0225

Website: [www.centralukca.co.uk](http://www.centralukca.co.uk)

Online Meetings: [www.ca-online.org](http://www.ca-online.org)

WTF updates:

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# COCAINE ANONYMOUS Central UK Area

## MEETINGS LIST



## July 2017

### COCAINE ANONYMOUS UK

**Helpline: 0300 111 2285**  
*(mobile friendly)*

**0800 612 0225**  
*(free from UK landlines)*