

Where to find Meetings



October 2017

www.ca-london.org.uk

www.cauk.org.uk

www.centralukca.co.uk

UK Helpline: 0800 612 0225
Central Area: 0800 689 4732
London Area: 0800 059 5130

CAUK
PO Box 1337, Enfield
EN 1 9AS

PLEASE HELP US TO CARRY AN ACCURATE MESSAGE

The information we give can only be as accurate as the information you supply us with. Please let us know if any meetings have closed, changed venue or time, or if any new meetings have opened, as well as updated contact numbers.

How to change meeting details email: wtf@cauk.org.uk

This meeting list is updated every two months. Please confirm with the Helpline or check the website for frequently updated meetings lists.

If you have a problem with cocaine or other mind altering substances and wish to find out more about Cocaine Anonymous please email: wtf@cauk.org.uk

If you're a member of the public, media, press or professional community and wish to find out more about CA please email: pi@cauk.org.uk

To contact the H&I Committee please email: hi@cauk.org.uk

**Unless otherwise stated our meetings are OPEN to all.
CLOSED meetings are for addicts and those who think
they may have a problem with drugs.**

WHAT IS COCAINE ANONYMOUS?

Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from their addiction.

The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances.

There are no dues or fees for membership; we are fully self-supporting through our own contributions. We are not allied with any sect, denomination, politics, organization, or institution.

We do not wish to engage in any controversy and we neither endorse nor oppose any causes.

Our primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom.*

We use the Twelve Step Recovery Program, because it has already been proven that the Twelve Step Recovery Program works.

*Reprinted and adapted with permission of A.A. Grapevine, Inc.

This list is CONFIDENTIAL. It is for persons needing to find C.A. meetings and is not to be used as a mailing list or for any other purpose.

WHO IS A C.A. MEMBER?

While the name “Cocaine Anonymous” may sound drug-specific, we wish to assure you that our program is not. Many of our members did a lot of cocaine; others used only a little, and some never even tried coke. We have members who drank only on occasion, those who casually referred to themselves as drunks, and others who were full-blown alcoholics. Lots of us used a wide variety of mind-altering substances. Whether we focused on a specific substance or used whatever we could get our hands on, we had one thing in common: eventually we all reached a point where we could not stop.

According to C.A.’s Third Tradition, the only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. Whatever you may have been using, if it led you to this meeting, you’re probably in the right place. Over time, virtually every single one of us has realized that our real problem is not cocaine or any specific drug; it is the disease of addiction.

It can be tempting to focus on our differences rather than our similarities, but this can blind us to potential sources of support in our recovery. As we hear other members’ stories, the most important question to ask ourselves is not, “Would I have partied with these people?” but rather, “Do these people have a solution that can help me stay sober?” We encourage you to stick around and listen with an open mind.

With its all-inclusive Third Tradition and First Step, Cocaine Anonymous welcomes anyone with a drug or alcohol problem and offers a solution. C.A.’s Twelve Steps are not drug-specific, and Cocaine Anonymous is not a drug-specific Fellowship. It doesn’t matter to us if you drank or what type of drugs you used; if you have a desire to stop, you are welcome here!

Approved Literature
Cocaine Anonymous World Services, Inc.
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BEDFORDSHIRE

| | |
|--|----------------------------------|
| Monday 1:00pm – 2:15pm 'We Are Not A Glum Lot' Methodist Church Hall, Strathmore Avenue, Park Town, Luton, LU1 3NY | Luton LU1 |
| Monday 7:30pm – 8:30pm Friends Meeting House (Quakers) 28 Crawley Green Road, Luton, LU2 0QX | Luton LU2 Train: Luton |
| Tuesday 7:00pm - 8:15pm 'Big Book Reading' St. Marys Church, 82 West Street, Dunstable, LU6 1NY | Luton LU6 |
| Tuesday 7:30pm - 8:30pm Friends Meeting House (Quakers) 28 Crawley Green Road, Luton, LU2 0QX | Luton LU2 Train: Luton |
| Wednesday 12:30pm - 1:30pm Methodist Church Hall, 39-43 Strathmore Avenue, Park Town, LU1 3NY | Luton LU1 |
| Thursday 7:30pm - 8:30pm 'Blazing the Trail to Recovery' Quakers Friends Meeting House, 5 Lansdowne Road, Bedford, MK40 2BY | Bedford MK40 |
| Friday 7:00pm - 8:00pm St. Mathew's Church, Wenlock Street, Luton, LU2 0NQ | Luton LU2 Train: Luton |
| Saturday 7:00pm - 8:15pm 'A New State of Consciousness' St. Mathew's Church, Wenlock Street, Luton, LU2 0NQ | Luton LU2 |
| Sunday 6:30pm - 7:30pm 'Blazing the Trail of Recovery Book Study' Quakers Friends Meeting House, 5 Lansdowne Road, Bedford, MK40 2BY | Bedford MK40 |
| Sunday 7:00pm - 8:15pm Friends Meeting House (Quakers), 28 Crawley Green Road, Luton, LU2 0QX | Luton LU2 |

BERKSHIRE

Sunday 5:00pm – 6:30pm **Reading RG1**

Big Book Study, 4 Waylen Street, Reading, RG1 7UR

Monday 7:30pm - 8:30pm **Newbury RG14**

'We Have Recovered Big Book Study Meeting'

St. Nicholas Church Hall, West Mills,

Train: Newbury

Newbury, RG14 5HG

Monday 8:00pm - 9:15pm **Bracknell RG12**

Coopers Hill Youth and Community Centre

Crowthorne Road North, Off Bagshot Rd

Bracknell RG12 7QS

Tuesday 7:00pm - 8:15pm **Slough SL1**

'Steps and Traditions' Turning Point.

1 Maple House. 95 High Street.

Sough, Berkshire, SL1 1DH

Tuesday 8:00pm - 9:15 pm **Reading RG1**

Greyfriars Church, Friar Street

Reading, RG1 1EH

Train: Reading

BRISTOL

Monday 10:30am - 11:30am **Bristol BS2**

'A Quiet Peace' Friends Meeting House,

Champion Square, Bristol, BS2 9DB

(Women's meeting - open & non restrictive)

Monday 7:30pm – 8.30pm **Central BS2**

'Archway to Freedom' - Big Book Study

Compass Centre, 1 Jamaica St,

Kingsdown

Bristol, BS2 8JR

Tuesday 10:30am - 11:30am **Kingswood BS15**

'One of Each' - Newcomers Big Book Study

St. Michaels Church Hall,

Two Mile Hill,

Bus: 42, 43

Kingswood, BS15 1BQ

Tuesday 7:00pm - 8:00pm **Bedminster BS3**

'Fourth Dimension' The Craft Room, Windmill Hill City Farm,

Phillip Street, Bristol, BS3 4EA

BRISTOL (Cont.)

Tuesday 7:00pm - 8:30pm **Eastville BS5**

'Freedom through Recovery' Methodist Centre,
119 -121 Fishponds Road, Eastville, Bristol, BS5 6PN

Wednesday 7:30pm - 8:30pm **Clifton BS8**

Victoria Methodist Church, 1a Whiteladies Road,
Clifton, Bristol, BS8 1NU

Thursday 8:00pm - 9.00pm **St. Paul's BS2**

'Newcomers Meeting' St. Agnes Church, Thomas Street,
St. Pauls, BS2 9LL

Friday 6:30pm - 7:45pm **Central BS6**

'Living in the Solution' - Step & Tradition Study, The Salvation Army,
6 Ashley Road, Bristol, BS6 5NL

Saturday 09:00pm - 10:00pm **Bristol BS2**

'On Awakening - Step 11 Meditation' 1 New Street.
Bristol BS2 9DX

Saturday 7:00pm - 8.15pm **Central BS2**

'Band of Hope' - Share Meeting, Friends Meeting House,
Champion Square, Bristol, BS2 9DB

Sunday 7:00pm - 8:15pm **Central BS2**

'Tradition 5', Friends Meeting House,
Champion Square, Bristol, BS2 9DB

BUCKINGHAMSHIRE

Monday 7:15pm - 8:30pm **Milton Keynes MK6**

'Meet the Solution' Eaglestone Community Centre
8 Harrier Court, Eaglestone, Milton Keynes MK65BZ

Thursday 8:00pm - 9:30pm **High Wycombe HP11**

Oasis House, George Street Train - High Wycombe 15min walk
High Wycombe, Bucks, HP11 2RZ

Big book study with a chair last Thursday of the month,
use the rear door on Baker Street. Public car park on George Street.

Saturday 5:00pm - 6:00pm **Wolverton MK12**

'Tea Time Book Reading Meeting'
Milton Keynes Christian Foundation, The Square,
Wolverton, Milton Keynes, MK12 5HX

CAMBRIDGESHIRE

Monday 7:00pm - 8:00pm Peterborough PE1

'A Quite Peace – Topics and Shares'
The Chapel, St Columbus Church (opposite John Lewis)
Downing Street, Cambridge, CB2 3HD

Thursday 7:30pm - 8:30pm Peterborough PE1

'Freedom to Live As Bill Sees It', East Community Centre,
Padholme road, Peterborough PE1 5DR

CHESHIRE

Wednesday 7:30pm - 9:00pm Northwich CW9

'Hope, Faith & Courage' - Big Book Study, The Old Council House,
Church Road, Northwich, CW9 5PD

Thursday 7:00pm - 8:30pm Stockport SK4

'Big Book Study' Salvation Army, Short Street,
Heaton Norris, Stockport, SK4 1SX

Friday 7:00pm - 8:00pm Merseyside CH41

'The Broad Highway' Above Nightingales Café,
88-90 Argyle Street, Birkenhead, Merseyside, CH41 6AG

CORNWALL

Monday 6:00pm - 7:00pm Camborne TR14

'We Do Recover' All Saints Community Centre,
Church View Road
Camborne, Cornwall TR14 8RQ

COUNTY DURHAM

Tuesday 7:30pm – 9:00pm Peterlee SR8

'Primary Purpose meeting', St Cuthberts Church
Manor Way, Peterlee, County Durham, SR8 5QW

Wednesday 7:00pm - 8:00pm Durham DH1

North Road Methodist Church
North Road, Durham DH1 4SG

Thursday 7:30pm – 8:30pm Durham SR7

St Johns Church, Blandford Place
Seaham, County Durham, SR7 7SA

Saturday 6:30pm - 8:00pm Durham DH1

Primary Purpose Antioch House
66 Crossgate, Durham DH1 4PR

DEVON

Wednesday 7:30pm – 8:30pm Newton Abbot TQ12

“Reaching Out” Avenue Methodist Church
The Avenue, Newton Abbot
Devon TQ12 2BY

Friday 7:00pm – 8:00pm

Plymouth PL4

‘The Last Resort Group’ Quaker House
74 Mutley Plain, Plymouth PL4 6LF

DORSET

Monday 7:30pm - 9:00pm

Poole BH15

‘How It Works’ Longfleet Baptist Church,
138 Wimborne Rd, Poole. BH15 2EX

Monday 7:45pm

Bournemouth BH1

‘The Message’ Upstairs at East Cliff United
Reform Church, 62 St Swithins Rd, Bournemouth. BH1 3RG

Monday 8:00pm – 9:00pm

Bournemouth BH7

‘12 & 12 Meeting’ Church of St Augustin, Parish Office
Wimborne Road, Bournemouth, BH2 6NU

Tuesday 1:00pm

Bournemouth BH1

‘Open Meeting’ ‘Brighter Days’ Bournespring Centre
Corner of St Marys Rd / Holdenhurst Rd, Bournemouth. BH1 4QP

Tuesday 7:45pm

Bournemouth BH1

‘Open Meeting’ ‘Big Book Audio’ The Hub,
Station Approach off Ashley Road , Bournemouth. BH1 4NB

Wednesday 7:00am

Boscombe BH1

Boscombe Youth Project, (log cabin in swing park)
Churchill Gardens, Boscombe, BH1 4HD

Wednesday 7:45pm

Dorchester DT1

‘Conscious Contact’
Dorchester Day Centre,
Acland Road, Dorchester, DT1 1SH

Train: Dorchester West

Wednesday 7:45pm

Christchurch BH23

‘Closed Meeting’
(first meeting of month is open to all)
‘4th Dimension’ Tuckton New Church
At the junction of Tuckton Road and Carbery Avenue, BH6 3HT

DORSET (Cont.)

- Wednesday 7:45pm** **Bournemouth BH1**
'Closed Meeting'
'Design For Living' The Hub,
Station Approach off Ashley Rd, Bournemouth, BH1 4NB,
Buses - 1a, 1b, 1c, 2b, 2c, M1, M2, 25
-
- Thursday 7:30pm - 8:45pm** **Bournemouth BH1**
'Rocket Big Book Study', East Cliff United Reform Church, 62 St
Swithins Rd, **Closed Meeting'**
Bournemouth. BH1 3RG **Train: Bournemouth**
-
- Thursday 7:45pm** **Ringwood BH24**
'Open Meeting'
Ringwood Methodist Church, Upper Hall,
5 Christchurch Rd, Ringwood. BH24 1DG
-
- Thursday 7:45pm** **Bournemouth BH2**
'Closed Meeting' (last meeting of the month is open to all)
'Power Hill', St Michaels Church,
Poole Hill, Bournemouth. BH2 5PW
-
- Friday 7:45pm - 9:10pm** **Bournemouth BH1**
'Open Meeting'
'New Freedom' The Hub, Station Approach off Ashley Rd,
Bournemouth, BH1 4NB Buses - 1a, 1b, 1c, 2b, 2c, M1, M2, 25
-
- Friday 8:00pm - 9:00pm** **Christchurch BH23**
(Doors open 7:30pm) 'Closed Meeting'
'Hope And Happiness'
Somerford Arc, 20 Southey Rd,
Christchurch. BH23 3EH
-
- Saturday 9:30am - 11:30am** **Bournemouth BH1**
'A Quite Peace Women's Meeting''
The Hub Station Approach, Ashley Road, Bournemouth, BH1 4NB
-
- Saturday 6:45pm - 8:00pm** **Bournemouth BH23**
'Choose Life' Book Study & Share, Baptist Church Hall,
Beaconsfield Road, Bargates, Christchurch
Dorset BH23 1QT
(Closed meeting first 3 weeks / Open last Sat of the month)
-

ESSEX

| | |
|--|---------------------------|
| Monday 7:30pm – 9:00pm | Harlow CM20 |
| 'St Marys at Latton Church' The Gowers, Harlow, Essex, CM20 2JP | |
| Monday 7:30pm - 9:00pm | Brentwood CM14 |
| 'Came To Believe' Brentwood Methodist Church, Warley Hill, Brentwood. Essex. CM14 5HA | |
| Monday 7:30pm - 9:00pm | Chelmsford CM1 |
| 'Newcomers Meeting' Learning Centre, Cathedral Office, Waterloo Lane , Chelmsford, CM1 1TY | |
| Monday 8:00pm - 9:30pm | Waltham Abbey EN9 |
| 'Primary Purpose' Upshire Village Hall, Horseshoe Hill, Upshire, Waltham Abbey, EN9 3SP | |
| Tuesday 7:00pm - 8:15pm | Romford RM2 |
| 'There is a Solution' St Michael & All Angel Church Gidea Park, Main Road, Romford, RM2 5EL | |
| | Train: Romford |
| Tuesday 7:00pm - 8:30pm | South Woodford E18 |
| 'Women in Recovery' Derby Road Methodist Church, Derby Road, South Woodford, E18 2PU | |
| Tuesday 7:30pm – 9:00pm | Stansted CM24 |
| 'Primary Purpose Meeting' Quaker Meeting House, 71 Chapel Hill, Stansted (Stansted Mount Fitchet) CM24 8AE | |
| Tuesday 7:30pm - 9:00pm | Loughton IG10 |
| "How to Stop" Grosvenor Hall, Grosvenor Drive, Loughton, IG10 2LG | |
| | Train: Loughton/Debden |
| Tuesday 8:00 - 9:30pm | Billericay CM12 |
| 'Primary Purpose' Queens Park Community Centre, The Christian Link, Queens Park Avenue, Billericay, CM12 0UA | |
| | Train: Billericay |

ESSEX (Cont.)

Tuesday 8:00pm - 9:00pm **Buckhurst Hill IG9**

'Big Book Study' St John's Church, High Road,
Buckhurst Hill, IG9 5RX

Wednesday 7:30pm - 9:00pm **Waltham Abbey EN9**

'The Way' St Thomas More & St Edward, St Paul's Way,
Rochford Ave, Waltham Abbey EN9 1SB

Wednesday 7:30pm - 9:00pm **Chelmsford CM1**

'Newcomers Meeting'

Trinity Methodist Church,
Rainsford Road, Chelmsford, CM1 2XB

Train: Chelmsford

Wednesday 7:30pm - 9:00pm **Harold Hill RM3**

St. Georges Church, Chippenham Road,
Harold Hill, Essex, RM3 8HX

Wednesday 7:30pm - 9:00pm **Rayleigh SS6**

Holy Trinity Church, Rectory Garth,
Rayleigh, Essex, SS6 8BB

Thursday 7:30pm - 8:30pm **Colchester CO1**

Into Action Step Meeting

Open Road, 5 Queen St, Colchester, Essex, CO1 2PG

Thursday 7:30pm - 8:45pm **Upminster RM14**

'Spiritualized' Upminster Methodist Church,
Hall Lane,

Upminster, RM14 1AE

Train/Tube: Upminster

Thursday 7:30pm - 9:00 **Barkingside IG6**

"Into Action" Barkingside Methodist Church
Freemantle Rd, Barkingside, Essex IG6 2AZ

Friday 7:30pm **Basildon SS14**

'We Can Recover' Reform Church,
Honeypot Lane, Basildon, SS14 2JZ

Friday 7:30pm - 9:00pm **Loughton IG10**

'The Retreat' St. Mary's The Virgin Church, 201 High Road,
Loughton, IG10 1BB (Opposite Wimpy)

Friday 7:30pm - 9:00pm **Harlow CM18**

'Our Primary Purpose' The Redeemer Lutheran Church
Bush Fair (off Tawneys Road) Harlow, CM18 6PN

ESSEX (Cont.)

Friday 8:00pm - 9:10pm **Chelmsford CM1**

'Big Book Meeting' Council Chambers, Springfield Parish Centre
St Augustine's Way, Springfield, Chelmsford CM1 6GX

Saturday 7:00pm – 8:30pm **Chadwell Heath RM6**

'One Day at a Time' Saints Chods Church Hall, Eric Road
Chadwell Heath, Essex, RM6 6JB

Saturday 8:00am – 9:00am **Buckhurst Hill IG9**

'Living for the Weekend' The Woodland Ctr, 2 Roding View
Buckhurst Hill, Essex, IG9 6AQ (corner Roding View Buckhurst hill)

Saturday 8:00pm – 9:00pm **Epping CM16**

'Young Person's Meeting' The Box, St John's Road,
Epping, CM16 5DN

Sunday 3:00pm – 4:30pm **Barking IG11**

Red Lion House, 38 George Street
Barking, IG11 8JD

Sunday 6:00pm – 7:30pm **Romford RM7**

Romford Roneo Corner YMCA, 29 Rush Green Road.
Romford, RM7 0PH Train: Romford. Tube: Barking

Sunday 6:00pm - 7:15pm **Billericay CM12**

'Hope Faith & Courage' Queens Park Community Centre,
The Christian Link, Queens Park Avenue, Billericay CM12 0UA

Sunday 7:00pm - 8:30pm **South Woodford E18**

Methodist Church, Derby Road,
South Woodford, E18 2PU Tube: South Woodford

Sunday 8:00pm - 9:30pm **Clacton-on-Sea CO15**

Share Meeting, Open Road
132 Wellesley Road, Clacton-on-Sea, Essex CO15 3QD

GLOUCESTER

Tuesday 7:00pm – 8:30pm **Gloucester GL1**

'The Precisely How We Recovered' Big Book Discussion Meeting
Gloucester United Reform Church, Park Road, GL1 1LS

HAMPSHIRE

Monday 7:45pm - 9:00pm **Portsmouth PO1**

'Into Action' Fratton Community Centre,
Trafalgar Place (Off Clive Rd)
Portsmouth PO1 5JJ

HAMPSHIRE (Cont.)

- Tuesday 7:30pm** **Southampton SO17**
St. Andrew's United Reform Church,
The Avenue, Southampton, SO17 1XQ
-
- Tuesday 7:30pm – 8:45pm** **Gosport PO12**
Waterside Community Church, South Street,
Gosport, Hampshire, PO12 1ES
-
- Tuesday 8:00pm – 9:15pm** **Basingstoke RG21**
London Street URC Church, London Street
Basingstoke, RG21 7NU (Nearby public parking charged at £1)
-
- Tuesday 8:00pm – 9:15pm** **Hampshire BH25**
'A Vision for You'
30 Whitefield Rd,
New Milton, Hampshire. BH25 6DF
-
- Wednesday 7:45pm** **Southampton SO15**
'Audio Big Book Study' Quakers Meeting House,
Ordnance Road, Southampton, SO15 2AZ
-
- Thursday 7:30pm – 8:45pm** **Portsmouth PO5**
'Read This Book More Than Once' Community Centre,
Somerstown Central, River's Street, Portsmouth, PO5 4EY
-
- Thursday 7:45pm - 9:00pm** **Ringwood BH24**
Ringwood Methodist Church, Upper Hall,
5 Christchurch Road, Ringwood, BH24 1DG
-
- Thursday 8:00pm – 9:30pm** **Basingstoke RG22**
Hatch Warren Community Centre
Long Cross Lane, Basingstoke RG22 4XF
-
- Friday 7:30pm** **Southampton SO15**
'Newcomers Meeting' Quakers Meeting House,
Ordnance Road, Southampton, SO15 2AZ
(*Closed Meeting' - Last meeting of the month is 'OPEN' to all)
-
- Friday 8:00pm – 9:00pm** **Andover SP11**
'Ready for the Weekend' St Pauls Church Centre,
Smannell Road, Andover, SP11 6JP
-
- Friday 7:45pm - 9:00pm** **Portsmouth PO1**
'4th Friday Speaker Meeting' St John's Cathedral,
Bishop Crispian Way
Portsmouth, PO1 3HQ
-

HAMPSHIRE (Cont.)

Saturday 10:00 am - 11:00am **Fareham P016**

Avalon Centre, Fareham Health Centre, Civic Way,
Fareham, PO16 7ER

Saturday 10:00am - 11:00am **Basingstoke RG21**

Jacobs House, Basingstoke Substance Misuse Service,
Basingstoke, Hampshire, RG21 7PE

Sunday 9:00am – 10:00am **Portsmouth PO3**

'On Awakening'

St Mary house, St Marys Road, Portsmouth, PO3 6BB

HERTFORDSHIRE

Monday 7:00pm - 8:30pm **Stevenage SG1**

"A Light in the Dark" Hampson Community Centre, Hampson Park,
Webb Rise, Stevenage Hertfordshire, SG1 5QU

Monday 8:00pm – 9:30pm Welwyn Garden City AL7

"The Truth, The Light, The Way"

Hatfield Hyde cricket club, King George V playing field.

Beehive lane, Welwyn Garden City, AL7 4BP

Monday 8:00pm – 9.30pm **Watford WD18**

Church Hall, Holy Rood RC Church

Market Street, Watford, WD18 0PJ

Tube: Watford High St.

Monday 8:00pm – 9.15pm **Hoddesdon EN11**

Hope in Hoddesdon, St Paul's Church,

Pauls Lane, Hoddesdon, Hertfordshire EN11 8TR

Tuesday 11:00am - 12:00pm **Stevenage SG2**

Women's Meeting, Grace Community Church,

62 Hydean Way, Stevenage, SG2 9XL

Tuesday 12:00pm - 1:00pm **Borehamwood WD6**

Baptist Church, Drayton Road (off Furzehill road)

Borehamwood, WD6 2DF

Train Elstree & Borehamwood

Tuesday 7:30pm - 9:00pm **Letchworth SG6**

'12 Steps to Freedom' Letchworth Salvation Army and Community
Centre, Norton Way North, Letchworth, SG6 1BH

Tuesday 8:00pm - 9:30pm **Hertford SG13**

'Archway to Freedom' - Step & Discussion Meeting

The Fellowship Room, Hertford Methodist Church,

Ware Road, Hertford, SG13 7DZ

HERTFORDSHIRE (Cont.)

Tuesday 8:00pm - 9:30pm **St. Albans AL1**

'Sunlight of the Spirit' Dagnell Street Baptist Church,
St Albans, AL3 5EH

Wednesday 7:30pm - 8:30pm **Stevenage SG1**

'Hope Faith & Courage' Springfield House, High Street,
Stevenage, SG1 3EJ

Wednesday 7:30pm - 8:35pm **Hertford SG13**

'Hertford Newcomers' Spectrum CGL, Yeomans Court
Ware Road, Hertford, SG13 7HJ

Wednesday 8:00pm - 9:30pm **Watford WD17**

'Experience, Strength & Hope' CRI Drug & Alcohol Recovery
Service, 18 Station Road, Watford, WD17 1JU

Thursday 1:00pm - 2:00pm **Waltham Cross EN8**

'Bridge to Normal Living' Spectrum Building Hughill House.
Swanfield Road, Waltham Cross, EN8 7JR

Thursday 7:30pm - 8:30pm **Hitchin SG5**

Meditation Meeting, Westmill Community Centre
Bingham Rd, Hitchin, SG5 2PG

Thursday 7:45pm - 9:15pm **Borehamwood WD6**

'Step 11 Meditation & Topic Share Meeting'
Baptist Church, Drayton Road,
(Off Furzehill Road), Borehamwood, WD6 2DF

Train: Elstree &
Borehamwood

Thursday 8.00pm-9:15pm **Borehamwood WD6**

'A quiet peace' Share and meditation, Baptist Church,
Drayton Road (off Furzehill road)
Borehamwood, WD6 2DF

Thursday 8:00pm - 9:30pm **Hertford SG13**

'Out from Under'
Hertford Methodist Church,
Ware Road,
Hertford, SG13 7DZ

Train: Hertford East

Thursday 8:00pm - 9:30pm **Hatfield AL10**

St. Martins House, 14 The Common,
Hatfield, AL10 0UR

Train: Hatfield

HERTFORDSHIRE (Cont.)

Friday 6:30pm – 7:30pm **Waltham Cross EN8**

Christ Church,
Junction off high street and trinity Lane, EN8 7ED

Friday 7:30pm -9:00pm **Stevenage SG1**

'Stevenage CA"
Hampson Park Community Centre Buses 2 or 3 to Pin Green
Webb Rise, Stevenage SG1 5QU

Friday 8:00pm -9:30pm **Watford WD17**

'Chair Meeting'
CRI Drug & Alcohol Recovery Services, Tube: Watford Junction
18 Station Road,
Watford, WD17 1JU
(Entrance is at back of building, Road left of 'Flag pub', first left, parking available)

Saturday 9:00am - 10:00am **Bushey WD23**

'Into Action' Sacred Heart Parish Centre,
London Road Bushey, WD23 1BA

Saturday 8:30am - 10:30am **Hertford SG13**

'Breakfast with the Boys' The Fellowship Room,
Hertford Methodist Church, Ware Rd,
Hertford, SG13 7DZA Closed Non Restrictive

Saturday 11:00am - 12:30pm **Stevenage SG1**

CRI Building, Armstrong House,
Norton Road, Stevenage, SG1 2LX (No Children Allowed)

Saturday 6:00pm - 7:00pm **Borehamwood WD6**

Maxwell Park Community Centre,
Maxwell Road, Borehamwood, WD6 1JJ

Saturday 7:30pm -9:00pm **Ware SG12**

'Ware it's At' Rear of Christ Church,
New Road, (off High Street) Ware, SG12 7BU

Sunday 11:30am – 1:00pm **Hertford SG13**

Prayer & Meditation, Spectrum CRI, Yeomans Court,
Ware Road, Hertfordshire SG13 7HJ

Sunday 5:00pm - 6:00pm **Waltham Cross, EN8**

'Newcomers' Christ Church, Junction off High Street &
Trinity Lane, Waltham Cross, EN8 7ED

KENT

| | |
|---|---|
| Monday 10:00am – 11:00am | Erith DA8 |
| Erith Daytime Big Book Study, Carrack House (round the back), Saltford Close, Erith, Kent, DA8 1SA | |
| Monday 7:30pm | Tonbridge TN9 |
| 'A Common Solution' (Speaker Meeting) Christchurch Tonbridge (Angel Lane entrance) Tonbridge TN9 1DH | |
| Monday 7:30pm | Ashford TN23 |
| 'Big Book Study' St. Simons Church Hall (rear entrance), Brookfield Road, Ashford, TN23 4EU | |
| Monday 7:30pm – 9:00pm | Bexleyheath DA6 |
| Sanctuary Nexus Building, Entrance on Harcourt Rd 298 Broadway, Bexleyheath DA6 8AH | |
| Tuesday 7:30pm – 8:45pm | Folkstone CT19 |
| Cheriton Baptist Church, Cheriton Quersted Road Cheriton, Folkestone, CT19 4BY | |
| | Train Folkstone West |
| Tuesday 7:30pm - 9:00pm | Maidstone ME14 |
| 'The Tradition 5 Meeting' Trinity Foyer, 20 Church Street, Maidstone, ME14 1LY | |
| | Train: Maidstone East (child friendly) |
| Tuesday 8:00pm | Bromley BR2 |
| Bromley Common Baptist Church, Gravel Road, Bromley Common, BR2 8PE | |
| Wednesday 7:30pm | Bromley BR1 |
| St. Mary's Church, Plaistow, 61 College Road, Bromley, BR1 3QG | |
| | Train: Sunridge Park |
| Wednesday 7:30pm - 9:00pm | Canterbury CT1 |
| The Umbrella Centre, St Peters Place, Canterbury, CT1 2DB | |
| | Train: Canterbury East |
| Wednesday 7:30pm - 9:00pm | Gillingham ME7 |
| 'A New Life', St Augustine's Church, 192 Rock Avenue, Gillingham, Kent, ME7 5PW | |
| Wednesday 7:30pm | Welling DA16 |
| St. Stephens Church, Deepdene Road, Welling, DA16 3QL | |
| | Train: Welling |

KENT (Cont.)

| | |
|---|---------------------------|
| Thursday 7:30pm – 9:00pm | Folkestone CT20 |
| Folkestone Big Book Study, St Augustine Church Dover Road, Folkestone, CT20 2LD Train: Folkestone Central | |
| Thursday 7:00pm | Kent ME15 |
| Mill House CRI, Mill Street, Kent, ME15 6XH Train: Maidstone West | |
| Thursday 7:15pm – 8:15pm | Keston BR2 |
| "What Next?" Keston Parish Church, Church Road Keston, Kent BR2 6HT buses 246 / 320 / R2 | |
| Thursday 7:30pm | Hextable BR8 |
| St. Peters Church, College Road, Hextable, BR8 7RH (by car follow B258) | |
| Thursday 7:30pm | Tonbridge TN9 |
| 'Big Book Study' Christchurch Tonbridge (Angel Lane entrance) Tonbridge, TN9 1DH | |
| Thursday 7:30pm- 9:00pm | Bromley Common BR2 |
| "Carry the Message" Book Study Bromley Common Baptist Church ,Gravel Road, Bromley Common BR2 8PE | |
| Friday 7:00pm – 8.30pm | Bromley BR2 |
| 'Women's Meeting with Crèche' (Non-restrictive) Bromley Common Baptist Church, Gravel Road, Bromley Common, BR2 8PE | |
| Friday 7:30pm - 9:00pm | Dartford DA1 |
| 'Newcomers There is a Solution' Redeemed Christian Church, Vincent's Road, Dartford, DA1 1XA | |
| Friday 7:30pm - 9:00pm | Ashford TN23 |
| United Reform and Methodist Church, Cade Rd, Ashford, Kent, TN23 6JE | |
| Friday 8:30pm | Bromley BR1 |
| 'Late Ones' (Non-restrictive) St Mary's Church, Plaistow Lane 61 College Road, Bromley BR1 3QG | |
| Saturday 11:00am-12:30pm | Bexleyheath DA6 |
| Sanctuary Nexus Building, Entrance on Harcourt Rd 298 Broadway, Bexleyheath DA6 8AH | |

KENT (Cont.)

Saturday 12:15pm – 1:45pm **Maidstone ME14**

'Share & Recovery Meeting' Trinity Foyer,
20 Church Street...Maidstone, ME14 1LY

Saturday 7:30pm – 9:00pm **Bromley BR1**

St Mary's Church, Plaistow Lane Bus: 314
61 College Road, Bromley BR1 3QG Train: Bromley North Rail

Sunday 7:30pm **Bromley BR2**

'Step Meeting' Hayes Free Church (United Reformed)
111 Pickhurst Lane, Bromley, BR2 7HU Train: Hayes

Sunday 7:45pm - 9:15pm **Bexleyheath DA6**

'We're Here and We're Free' United Reform Church
Geddes Place, Bexleyheath, DA6 7DJ

LANCASHIRE

Monday 7:00pm – 8:00pm **Rochdale OL11**

'We Have a Solution' Castlemere Community Centre
60 Tweedale Street, Rochdale OL11 1HH

Tuesday 8:00pm - 9:00pm **Blackburn BB1**

'Living the Solution' Nightsafe, The Boulevard Centre,
Cathedral Quarter, 45 Railway Road, Train: Blackburn
Blackburn, BB1 1EZ (Entrance around the back)

Wednesday 7:30pm – 9:00pm **Blackpool FY1**

'There is a Solution' Spencer Court
Off Talbot Road, Blackpool FY1 3TP

Thursday 6:30pm – 7:30pm **Rochdale OL16**

'We Have a Solution' Rochdale Town Hall
The Esplanade, Rochdale OL16 1AB

LINCOLNSHIRE

Sunday 7:00pm - 8:30pm **Cleethorpes DN35**

The Mind Centre, 50 Oole Road,
Cleethorpes, DN35 8LR Train: Cleethorpes

LONDON

Monday 5:45pm - 7:00pm

City EC3

St. Olave's Church, 8 Hart Street,
EC3R 7NB

Train: Fenchurch Street

Monday 6:00pm - 7:00pm

Lewisham SE13

Lewisham CGL Open H&I Meeting,
410 Lewisham High Street, SE13 6LJ

Monday 6:30pm - 8:00pm

Stockwell SW9

'Brixton Beginners' Hudson House, 1 Stockwell Green,
(Landor Road) SW9 9JF

Monday 6:45pm - 8:00pm

Holloway N7

'Hope & Happiness in Holloway' 101 Seven Sisters Road,
Holloway, N7 7QP ** Not open on bank holidays **

Monday 7:00pm - 8:00pm

Roehampton SW15

(Open H&I meeting)

The Chapel, Priory Hospital,
Priory Lane, Roehampton, SW15 5JJ

Train: Barnes

Monday 7.30pm - 8.30pm

Uxbridge UB8

'Escape from Disaster' Old Bank House (back entrance),
64 High Street, Uxbridge, UB8 1JP

Monday 7:30pm - 9:00pm

Crystal Palace SE19

Salvation Army Building (1st floor), 58 Westow Street,
Crystal Palace, SE19 3AF (Above blockbuster)

Monday 8.00pm - 9.00pm

Waltham Abbey EN9

'Primary Purpose' Upshire Village Hall, Horseshoe Hill,
Upshire, Waltham abbey, EN9 3SP

Monday 8.00pm - 9.30pm

Canning Town E16

'Freedom' Anchor House, 81 Barking Road,
Canning Town, E16 4HB

Monday 8.00pm - 9.30pm

Sutton SM2

The Thomas Wall Centre, St Andrew's URC,
Northey Avenue, Cheam, SM2 7HF

Monday 8:30pm - 10:00pm

Highams Park E4

'HP in HP' All Saints Church Hall, Church Avenue
Highams Park, E4 9QD

Train: Highams Park

LONDON (Cont.)

-
- Tuesday 12:00pm - 1:00pm** **Borehamwood WD6**
'Baptist Church 2' Drayton road (off Furzehill Road),
Borehamwood, WD6 2DF
-
- Tuesday 1:00pm - 2:00pm** **Palmers Green N13**
'We Do Recover' The Small Hall,
Rear of St. John's Church Hall,
Bourne Hill, Palmers Green, N13 4DA
-
- Tuesday 7:00pm - 8:00pm** **Lambeth SW9**
'Pass It On' – Open H&I, Latch House (NARCO),
112-114 Clapham Rd, SW9 0JU
-
- Tuesday 7:00pm - 8:00pm** **Maida Hill W9**
The Rock Stops Here' - Topic Meeting- No Speakers
St. Peters Church, Corner of Elgin Avenue and Chippenham Road,
Maida Vale, W9 2DB
-
- Tuesday 7:00pm - 8:00pm** **South Woodford E18**
'Women in Recovery' Methodist Church,
Derby Rd, South Woodford, E18 2PU
-
- Tuesday 7:00pm - 8:30pm** **Willesden NW10**
'Working with Others' 97 Cobbold Road,
Willesden, NW10 9SU
-
- Tuesday, 7:30pm - 8:30pm** **Camden NW5**
'The Three Pertinent Ideas', Big Book Study,
Thanet Hall, Herbert Street, Chalk Farm, NW5 4HD
-
- Tuesday, 7:30pm - 8:45pm** **West Ealing W13**
'Sunlight of the Spirit' 27 Tewkesbury Road,
West Ealing, W13 0UJ
(Entrance from Romsey Road. Turn right and then right again)
-
- Tuesday 8:00pm – 9:00pm** **Camden NW5**
Newcomers Meeting (Candlelit)
Thanet Hall, Herbert Street,
Camden, NW5 4HD Bus: 24, 46
-
- Tuesday 8:00pm – 9:15pm** **Reading RG1**
Wesley Methodist Church, Queens Road,
Reading, RG1 4BW
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LONDON (Cont.)

-
- Tuesday 7:30pm - 9:00pm** **Camberwell SE5**
'Clean on the Green' Camberwell Corps of the Salvation Army,
105 Lomond Grove, Camberwell, SE5 7HN
-
- Tuesday 8:00pm - 9:15pm** **Palmers Green N13**
'Reading Chair Meeting' Greyfriars Church, Friar Street,
Reading, RG1 1EH
-
- Tuesday 8:00pm - 9:30pm** **Palmers Green N13**
'Candlelit Meeting' The Small Hall, Rear of St. John's Church Hall,
1 Bourne Hill, Palmers Green, N13 4DA
-
- Tuesday 8:00pm - 9:30pm** **Bow E3**
St. Paul's Church, St. Pauls Way,
Burdett Road E3 4AR DLR: Devons Road
-
- Wednesday 1:00pm - 2:00pm** **Marylebone W1U**
The Parlour (Basement)
Methodist Church, Hinde Street, W1U 2BD Tube: Bond Street
-
- Wednesday 6:30pm - 7:30pm** **Islington N1**
'Angel Newcomers' St. James's Church,
11 Prebend Street, Islington, London, N1 8PF
-
- Wednesday 7:00pm - 8:15pm** **Uxbridge UB8**
Open H&I Meeting, Old Bank House,
64 High Street, Uxbridge, UB8 1JP
-
- Wednesday 7:00pm - 8:15pm** **Ladbroke Grove W10**
Ladbroke Grove, St Helen's Church, St Helen's Gardens,
Ladbroke Grove, W10 6LP
-
- Wednesday 7:00pm - 8:15pm** **North Kensington W10**
'2nd Chances' St Helens Church,
St Helens Gardens, North Kensington,, London W10 6LP
-
- Wednesday 7:30pm - 9:00pm** **Mitcham CR4**
'Power in Pollards' New Horizon Centre, South Lodge Avenue,
Pollards Hill, Mitcham, CR4 1LT
-
- Wednesday 7:30pm - 9:00pm** **Chingford E4**
'Our Primary Purpose' Ridgeway Church,
The Ridgeway, Chingford, Essex, E4 6PU
-

LONDON (Cont.)

Wednesday 7:30pm - 9:00pm Waltham Abbey EN9

'One Day We Can Be Free' St Thomas Moore & St Edward Catholic Church, St Paul Way, Rochford Avenue, Waltham Abbey, Essex, EN9 1SB

Wednesday 8:00pm - 9:30pm Richmond TW10

'Thus We Grow' Richmond Unitarian Church Hall, Ormond Road, Richmond upon Thames, TW10 6TH

Wednesday 8:00pm - 9:30pm Watford WD17

'Experience, Strength & Hope' 18 Station Road, Watford, Hertfordshire, WD17 1JU

Wednesday 9:00pm - 10:15pm Islington N1

'Free at Last' The Wilson Room, The Crypt, St. Marys Church, Upper Street, N1 2TX
(Entrance on left side of main church. Buzz "Wilson Room")

Thursday 7:35am - 8:35am Marylebone W1U

Step and Tradition, The Parlour (Basement) Methodist Church, Hinde Street, W1U 2BD

Thursday 12:00pm - 1:00pm City EC3

'City Lunch' The Vestry, St. Michael's Church, Cornhill, EC3V 9DS

Thursday 12:00pm - 1:00pm London E16

'Reaching Out' CRI Newham (H&I Open Meeting), Newham Rise, 3 Beckton Road Canning Town, London E16 4DE

Thursday 1:00pm - 2:00pm Waltham Cross EN8

'Bridge to Normal Living' Spectrum Building, Hughill House, Swanfield Road, Waltham Cross, EN8 7JR

Thursday 6:45pm - 7:45pm Westminster SW1H

'Back to Basics 12 Step Meeting' South Westminster Drug & Alcohol Project, 2 Old Queen Street, Westminster, SW1H 9HP

Thursday 7:00pm - 8:15pm Twickenham TW1

CRI, Unit 2, Ilex House, 94 Holly Road, Twickenham, TW1 4HF

Thursday 7:00pm - 8:30pm Fulham SW6

'Steps We Took' Fulham Methodist Church, 452 Fulham Road, SW6 1BY

LONDON (Cont.)

- Thursday 7:30pm - 8:30pm** **Kilburn NW6**
'Kilburn Steppas' Abbey Community Centre,
222c Belsize Road, Kilburn, NW6 4DJ
-
- Thursday 7:30pm - 8:30pm** **Uxbridge UB5**
ESH Meeting' Islip Manor Community Centre,
Arnold Road, Northolt, UB5 5TB
-
- Thursday 7:30pm - 9:00pm** **London SE1**
'How it Works', St George the Martyr Church
Borough High Street, London SE1 1JA
Last Thursday of Month it's an OPEN meeting. Wheelchair access.
-
- Thursday 7:30pm - 9:00pm** **South Woodford E18**
'Came to Believe' Methodist Church, Derby Road,
South Woodford, E18 2PU Tube: South Woodford
-
- Thursday 8:00pm - 9:30pm** **Enfield N13**
'Bookstudy Beyond' St John's Church Hall (rear side door),
Bourne Hill, Palmers Green, N13 4DA
-
- Thursday 8:00pm - 9:00pm** **Upper Holloway N19**
'Archway to Freedom' St. Gabriels Community Centre,
(off Marlborough Road), 21 Hatchard Road, London, N19 4NG
-
- Friday 1:00pm - 2:15pm** **Kentish Town NW5**
'There is a Solution' Kentish Town Community Centre,
17 Busby Place NW5 2SP
-
- Friday 6:30pm - 7:30pm** **Westminster SW1H**
'Russian Speaking 12 Step Meeting'
Westminster Drug & Alcohol Service, 2 Old Queen Street,
Westminster SW1H 9HP
-
- Friday 6:30pm - 7:30pm** **Waltham Cross EN8**
Christ Church, Junction of High Street and Trinity Lane,
Opp. Theobalds Grove Train Station, Waltham Cross, EN8 7ED
-
- Friday 7:00pm - 8:15pm** **Chelsea SW10**
The Servite Hall, 262b Fulham Road,
London, SW10 9EL
-
- Friday 7:00pm - 8:15pm** **Covent Garden WC2**
'Friendship on Friday' - Topic Meeting Crown Court,
Church of Scotland, Russell Street, WC2B 5EZ

LONDON (Cont.)

- Friday 7:00pm - 8:30pm** **Bromley Common BR2**
'Women's Meeting with Creche' Bromley Common Baptist Church,
Gravel Road, Bromley Common, BR2 8PE
-
- Friday 7:30pm - 8:30pm** **Perivale UB6**
'Big Book Study' Hope Christian Centre,
184 Horsenden Lane, South Perivale, UB6 7NT
-
- Friday 7:30pm - 8:45pm** **Richmond TW10**
'The Steps We Took' Richmond Unitarian Church Hall
Ormond Rd (side of cinema, opposite Richmond Bridge)
Richmond Upon Thames, Surrey, TW10 6TH
-
- Friday 7:30pm - 9:00pm** **Balham SW17**
'A Vision for You' Balham Baptist Church
Ramsden Road, SW12 8QX
-
- Friday 7:30pm - 9:00pm** **Southgate N14**
'Newcomers Meeting' Priory Hospital, Occupational Therapy Unit,
The Bourne, Southgate, N14 6RA
-
- Friday 7:30pm - 9:00pm** **Loughton IG10**
'The Retreat' St Mary the Virgin Church (opposite Wimpy),
201 Loughton High Road, Loughton, IG10 1BB
-
- Friday 8:00pm - 9:30pm** **Isle of Dogs E14**
'Docklands Power' Christchurch, Manchester Road,
Isle of Dogs, E14 3BN
-
- Saturday 8:00am - 9:30am** **Enfield Lock EN3**
'Never Too Early', Step 11 Meditation, The Methodist Church,
Ordnance Road, Enfield Lock, EN3 6BW
-
- Saturday 9:00am - 10:00am** **SW18**
'Women can Recover'
229 Garrett Lane, SW18 4DU
-
- Saturday 9:00am - 10:00am** **Bushey WD23**
'Into Action' Sacred Heart Parish Centre, London Road,
Bushey, WD23 1BA
-
- Saturday 5:30pm - 7:00pm** **Chelsea SW3**
The Hut, Alpha Place, (off Flood Street)
London, SW3 5SZ
Tube: Sloane Square
-

LONDON (Cont.)

-
- Saturday 5:30pm – 6:45pm** **Chalk Farm NW5**
'Saturday Solution' Thanet Hall, Herbert Street,
Chalk Farm, NW5 4HD Tube: Chalk Farm
-
- Saturday 6:00pm - 7:00pm** **Ruislip HA4**
'There is a Solution', The Methodist Church, Ickenham Road,
Ruislip, HA4 7BZ
-
- Saturday 6:00pm - 7:00pm** **Borehamwood WD6**
Maxwell Park Community Centre, Maxwell Road,
Borehamwood, WD6 1JJ
-
- Saturday 6:00pm - 7:30pm** **Chingford E4**
'Twelve Steps and Beyond' North Chingford Methodist Church,
Station Road, Waltham Forest, E4 7BJ
-
- Saturday 7:00pm - 8:30pm** **Hackney E9**
'Hackney Heaven' Lifeline Project, 110 Mare Street,
Hackney, E9 7QL
-
- Sunday 9:00am - 10:00am** **Forest Hill SE23**
'The Breakfast Club, Blenheim PCRS , Ring buzzer for access
55 Dartmouth Road, Forest Hill, London, SE23 3HN
-
- Sunday 10:00am - 11:30am** **Palmers Green N13**
'12 Steps Beyond' Step Study Meeting & Tradition Study last Sun of Month
The Small Hall, Rear of St. John's Church Hall,
Bourne Hill, Palmers Green, N13 4DA
-
- Sunday 3:00pm – 4:30pm** **Barking IG11**
Red lion House, 38 George Street
Barking, IG11 8JD
-
- Sunday 5:00pm – 6:00pm** **Gerrards Cross SL9**
St Andrews United Reform Church,
12 Packhorse Road
Gerrards Cross SL9 7QE Train Gerrards Cross
-
- Sunday 5:00pm – 6:00pm** **Waltham Cross EN8**
Christ Church, Junction of High Street and Trinity Lane,
Opp. Theobalds Grove Train Station, Waltham Cross, EN8 7ED
-
- Sunday 5:00pm – 6:30pm** **Reading RG1**
Reading Big Book Study, IRIS Reading, 4 Waylan Street,
Reading, RG1 7UR
-

LONDON (Cont.)

Sunday 7:00pm - 8:15pm **Chalk Farm NW5**
'Sunday Solution' Thanet Hall, Herbert Street,
Chalk Farm, NW5 4HD

Sunday 7:00pm - 8:30pm **South Woodford E18**
The Methodist Church, Derby Road,
South Woodford, E18 2PU

Sunday 7:15pm - 8:30pm **Barnes SW13**
'The Barnes Sunday C.A Meeting' St. Michael and All Angels,
Elm Bank Gardens,
Barnes, SW13 0NX (Big Book Study - 3rd Sunday of month)

Sunday 7:15pm - 8:45pm **Stanmore HA7**
'Keep it Simple', The Neville Room, (entrance in Glebe Rd),
Baernays Memorial Hall, 25 The Broadway, Stanmore, HA7 4DA

Sunday 7:30pm - 9:00pm **Peckham SE15**
'A Vision for You'
66 Nunhead Lane, Peckham, SE15 3QE Train: Nunhead

MANCHESTER

(All Manchester Meetings are "Closed" Open to Addicts Only)

Monday 7:00pm - 8:30pm **Ashton Under Lyne M34**
'Step 1 Meeting' Ashton Under Lyne Fire Station
Slate Lane, Audenshaw, Ashton Under Lyne, M34 5FS

Monday 7:00pm - 8:30pm **Salford M6**
'Acceptance is the Answer', Achieve Recovery Service,
The Orchard Community Hub, 2 Langley Rd South,
Salford, M6 6GU (Use M6 6FL for Sat Nav)
No meetings on bank holidays.

Tuesday 7:00pm - 8:30pm **Salford M7**
'Road to Recovery' 316 Great Clowes Road,
Salford, M7 2HD

Tuesday 7:30pm - 8:30pm **Altrincham WA14**
Discussion Meeting, Dunham Road Unitarian Church,
Sylvan Grove, Altrincham, WA14 4NX Train: Altrincham

Tuesday 6:15pm - 7:15 pm **Preston PR1 3SA**
Bridge To Shore Group.
Knowsley Street(off Avenham Lane) Preston PR1 3SA

MANCHESTER (Cont.)

Wednesday 6:00pm – 7:30pm Ashton-u-Lyne OL6

Book Study, CGL Building, Katherine Cavendish House,
Katherine Street, Ashton-under-Lyne OL6 7DB

Wednesday 7:15pm - 8:45pm Altrincham WA15

New comers Meeting, The Priory Hospital, Rappax Road,
Altrincham, WA15 0NX

Wednesday 7:30pm – 9:00pm Stockport SK4

'NewcomersThe Big Book Study' St Thomas Church,
Wellington Rd North,,Heaton Chapel, Stockport, SK4 4QZ

Wednesday 7:30pm – 9:00pm Oldham OL1

'Oldham Together' The Recovery Hub, 5 Greaves Street,
Oldham, Manchester, OL1 1QN

Thursday 7:00pm -8:30pm Stockport SK4

'Big Book Study' Salvation Army, Short Street,
Heaton Norris, Stockport, SK4 1SX

Thursday 7:30pm -9:00pm Salford M6

'Surrender, Accept & Take Action' Achieve Recovery Service
The Orchard, 2 Langley Road South, Salford, M6 6GU

Friday 7:00pm - 8:30pm Ardwick M13

Discussion Meeting, Salvation Army Hall, 71 Grosvenor Street,
Ardwick, Manchester, M13 9UB

Saturday 6.30pm - 7.30pm Hale Barns WA15

Discussion Meeting, Unitarian Church Hall,
335 Hale Road, Hale Barns, WA15 8SS

Sunday 6:30pm - 7:30pm West Didsbury M20

Discussion Meeting, Christchurch, 35 Darley Avenue,
West Didsbury, Manchester, M20 2ZD

MERSEYSIDE

Monday 7:30pm - 8:30pm Liverpool L1

Discussion Meeting, SHARP, 17 Rodney Street,
Liverpool, L1 9EF

Tuesday 10:45am - 11:45pm Liverpool L1

'Big Book Study' Train: Liverpool Central
The Brink, 15-21 Parr Street, Liverpool, L1 4JN

MERSEYSIDE (Cont.)

Tuesday 7:00pm - 8:00pm **Belle Vale L25**

'Sunlight of the Spitrit' Belle Vale Fire Station,
Child wall Valley Road, Belle Vale, Liverpool L25 2PY

Tuesday 7:15pm - 8:15pm **Warrington WA1**

'Primary Purpose' The Hub (rear of building), 14 Bold Street
Warrington, Cheshire, WA1 1DE

Wednesday 6:30pm - 7:30pm **Bootle L20**

'Big Book Study' Sefton House, Canal Street,
Bootle, Liverpool, L20 8AH

Wednesday 6:30pm - 7:45pm **Liverpool L1**

'Back to Bascis'
The Brink, 15-21 Parr Street, Liverpool, L1 4JN

Thursday 10:00am - 11:00am **Liverpool L17**

Primary Purpose Big Book Study
The Old Police Station, 80 Lark Lane,
Liverpool, L17 8UU

Thursday 7:30pm - 9:00pm **Edge Hill L7**

'Big Book Study' St. Annes Church, 7 Overbury Street, Edge Hill,
Merseyside, L7 3HJ

Friday 6:00pm - 7:00pm **Liverpool L1**

'Hope, Faith & Courage'
SHARP, 17 Rodney Street, Liverpool, L1 9EF

Train: Liverpool Central

Friday 7:00pm - 8:00pm **Merseyside CH41**

'The Broad Highway' Above Nightingales Café,
88-90 Argyle Street, Birkenhead, Merseyside, CH41 6AG

Saturday 11:00am - 12:00pm **Liverpool L1**

'Lighthouse of Hope'
The Brink, 15-21 Parr Street
Liverpool, L1 4JN

Saturday 7:30pm - 9:00pm **Ware SG12**

Springs Christian Fellowship, New Road,
Ware, SG12 7BW (entrance next to 31 New Road)

MIDDLESEX

Monday 7:30pm - 8:30pm **Uxbridge UB8**

"Escape from Disaster" Old Bank House, 64 High Street,
Uxbridge, Middlesex, UB8 1JP (back Entrance) Tube: Uxbridge

MIDDLESEX (Cont.)

Wednesday 7:00pm - 8:15pm **Uxbridge UB8**

Old Bank House, 64 High Street,
Uxbridge, Middlesex, UB8 1JP (Open H&I meeting)

Thursday 7:00pm - 8:15pm **Twickenham TW1**

CRI, Unit 2, Ilex House, 94 Holly Road
Twickenham, TW1 4HF

Thursday 7:30pm - 8:45pm **Northolt UB5**

'ESH Meeting' Islip Manor Community Centre,
Arnold Road, Northolt, UB5 5TB

Tube: Northolt

Saturday 8:30am - 9:30am **Enfield Lock EN3**

'Never too Early' - Step 11 Meditation,
The Methodist Church

Ordinance Road, Enfield Lock, EN3 6BW Train: Enfield Lock

Sunday 7:15pm - 8:45pm **Stanmore HA7**

'Keep it Simple' The Neville Room Entrance in Glebe Rd, Closed meeting
25 The Broadway, Stanmore, HA7 4DA Tube: Stanmore

MIDLANDS

Tuesday 7:30pm - 8:30pm **Nottingham NG1**

BAC-IN, 202 Mansfield Road,
Nottingham NG1 3HX

Tuesday 7:30pm - 8:30pm **Birmingham B4**

"Happy Joyous & Free", Salvation Army,
William Booth Ctr, Shadwell St, Birmingham B4 6HA

Tuesday 8:00pm - 9:00pm **Coventry CV1**

'Big Book Study and Share Meeting' The Salvation Army,
Harnall Lane West, Coventry, CV1 1EZ

Wednesday 8:00pm - 9:00pm **Solihull B92**

Hobs Moat United Reformed Church
37 Faulkner Road, Solihull, B928SD

Friday 5:30pm - 6:30pm **Nottingham NG5**

Step Share, Church of St John the Evangelist
Mansfield Road, Nottingham NG5 2DP

Thursday 7:00pm - 9:00pm **Derby DE231**

New Life Church Holmes Rd, On corner with Rose hill
Derby DE23 6UU Just off Normanton Street

MIDLANDS (Cont.)

Thursday 7:30pm - 8:30pm

Coventry CV1

'Recover from Addiction' Hillfields Evangelical Baptist Church,
Waterloo Street, Coventry, CV1 5JS

NORTHAMPTONSHIRE

Monday 7:00pm - 08:00pm

Rushden NN10

Full Gospel Church, 60 High Street South,
Rushden, Northamptonshire, NN10 0X

Tuesday 7:30pm - 9:00pm

Kettering NN16

'There is a Solution' - Big Book Study, The Mixing Bowl, MIND,
49 - 51 Russel Street, Kettering, NN16 0EN

Wednesday 2:00pm - 3:30pm

Corby NN17

Discussion Meeting, CRI, Old TA Building, Elizabeth Street,
Corby, Northamptonshire, NN17 1PN

Train: Corby

Thursday 7:30pm - 9:00pm

Northampton NN1

Big Book Study (Share last Thurs of month), MIND Building,
Sheep Street, Northampton, NN1 2NQ

Friday 7:30pm - 9:00pm

Wellingborough NN8

'Spirit of Recovery' - Topic share Meeting -, MIND Building,
14 Havelock Street, Wellingborough, NN8 4QA

Saturday 6:00pm - 7:00pm

Northampton NN10

Step 11 Prayer and Meditation Meeting, Full Gospel Church,
60 High Street, Rushden, Northamptonshire, NN10 0QX

Sunday 7:15pm - 8:30pm

Northampton NN1

'Hope, Faith & Courage'
Mind Building, Anchor House,
6-7 Regent Square, Sheep Street, Northampton, NN1 2NQ

Recovery Share Sharing Meeting

NORTHUMBELRAND

Monday 4:00pm - 5:00pm

Berwick upon Tweed TD15

Berwick-upon-Tweed Meeting, Parish centre,
Berwick-upon-Tweed, Northumberland, TD15 1DF

Wednesday 7:00pm - 8:30pm

Blyth NE24

'Primary Purpose meeting'
Oak trees office, 15/21 Quay Road
Blyth, Northumberland, NE24 2AS

NORTHUMBERLAND (Cont.)

Thursday 14:30pm–15:30pm

Berwick-upon-Tweed TD15

Berwick Baptist Church

Wallace Green, Berwick on Tweed, Northumberland, TD15 1BG

NOTTINGHAMSHIRE

Monday 7:30pm – 08:30pm

Nottingham NG5

'Bring Your Book' – Big Book Study,
Church of St John the Evangelist, Mansfield Road,
Nottingham, NG5 2DP

Tuesday 7:30pm – 08:30pm

Nottingham NG5

'Bring Your Book' – Big Book Study,
Church of St John the Evangelist, Mansfield Road,
Nottingham, NG5 2DP

OXFORD

Monday 7:30pm - 8:30pm

Oxford OX4

'Newcomers Meeting'

Refresh Café, 131 Cowley Road, Oxford, OX4 1HU

Thursday 8:00pm – 9:00pm

Blackbird Leys OX4

'Big Book Study' 1 Cuddesdon Way,
Blackbird Leys, Oxford OX4 6JH

Saturday 2:30pm - 3:30pm

Oxford OX11

Keep it Simple, King Alfred Drive Community Centre,
2 King Alfred Drive, Didcot, Oxfordshire, OX11 7NU

SOMERSET

Wednesday 7:30pm - 8:45pm Weston-S-Mare BS23

'Experience, Strength & Hope Share' All Saints Church,
All Saints Road, Weston-Super-Mare, BS23 2NL

SUFFOLK

Wednesday 7:00pm - 8:30pm

Lowestoft NR32

'Hope, Faith & Courage' - Big Book Study
St. Andrews Church, Roman Road,
Lowestoft, NR32 2DG

Train: Lowestoft

Thursday 7:00pm - 8:30pm

Ipswich IP3

The Recovery Hub, 175 Felixstowe Road,
Ipswich, Suffolk, IP3 8EB

SUFFOLK (Cont.)

Saturday 2:30pm – 4:00pm **Lowestoft NR33**

Big Book Study Gateway to Hope,
London Road South Lowestoft, NR33 0AX

Sunday 12:45pm – 2:00pm **Lowestoft NR33**

London Road South, Baptist Church
Kirkley Park Road, Lowestoft, NR33 0LQ

SURREY

Monday 8:00pm - 9:30pm **Cheam SM2**

"The Monday Club" St Andrews United Reformed Church
Northey Avenue, Cheam, SM2 7HF

Monday 7:00pm – 8:15pm **Weybridge KT13**

"The Easier Softer Way"
St Mary Oatlands Church, Oatlands Avenue,
Weybridge, Surrey, KT13 9TS

Monday 8:00pm - 9:30pm **Guildford GU1**

'Acceptance is the Key'(Candlelit)
St. John Church, Stoke Road,
Guildford, GU1 1HB

Tuesday 7:30pm - 9:00pm **Hackbridge CR4**

'A Bridge to a New Life', All Saints Centre, New Road
Hackbridge, Sutton, CR4 4JL
(April to September) (March to October)

Tuesday 7:30pm-8:45pm **Hampton Hill TW12**

Hampton Hill Reformed Church
35 High Street, Hampton Hill, TW12 1NB
(Train: Fulwell. 15/20 mins walk from Fulwell bus garage)

Wednesday 7:30pm - 9:00pm **Mitcham CR4**

'Power in Pollards' New Horizon Centre, South Lodge Avenue,
Pollards Hill, Mitcham, CR4 1LT

Thursday 7:00pm - 8:15pm **Twickenham TW1**

Ilex House, 94 Holly Road
CRI Unit 2, Twickenham, TW1 4HF

Train: Twickenham

Thursday 7:30pm-9:00pm **Rosehill SM4**

'Recovery @ Rosehill' St. Peters Church,
Bishopford Road, Morden SM4 6BH

SURREY (Cont.)

- Thursday 8:00pm - 9:30pm** **Purley CR8**
'Primary Purpose in Purley', Purley United Reformed Church
906 Brighton Road, Purley, CR8 2LN
-
- Thursday 8:00pm - 9:30pm** **Farnham GU9**
'The Big Step', Parish Rooms, St. Andrews Church,
Upper Church Lane, Farnham, Surrey, GU9 7PW
-
- Friday 7:30pm - 8:45pm** **Epsom KT17**
'By the Book' St. Martin's Church,
Church St. Epsom, Surrey, KT17 4PX (Train: Epsom)
-
- Friday 7:30pm - 8:45pm** **Richmond TW10**
'The Steps We Took' Richmond Unitarian Church Hall
Ormond Rd (side of cinema, opposite Richmond Bridge)
Richmond Upon Thames, Surrey, TW10 6TH
-
- Friday 8:00pm-9:15pm** **Shepperton TW17**
'Read The Black Bits', St. Nicholas Church, Parish Centre,
Church Square, Shepperton, Middlesex, TW17 9JY
-
- Saturday 5:00pm - 6:15pm** **Hackbridge CR4**
'There's Hope in Hackbridge'
Hackbridge Hall, London Road, Hackbridge SM6 7HF
(Train: Hackbridge 2 mins)
-
- Saturday 5:30pm - 7:00pm** **Guildford GU1**
'We Can Recover' (Candlelit)
St John's Stoke Church, Stoke Road,
Guildford, GU1 1HB
-
- Saturday 7:30pm - 9:00pm** **Kingston KT2**
'The Honest Undesirables'
St. Luke's Church, Gibbon Road, Kingston, KT2 6AB
Train: Kingston
-
- Sunday 6:00pm - 7:30pm** **Stanwell TW11**
'An Ounce of Courage' St. David's Church, Stanwell
Staines-upon-Thames, TW19 7EE
-
- Sunday 7:00pm - 8:30pm** **Worcester Park KT4**
Christchurch with St. Phillip Ruskin Drive Church Hall,
Worcester Park, KT4 8LG

TEESIDE

Monday 7.00pm - 8.30pm **Middlesbrough TS1**
Recovery Connections Offices, 112-114 Marton Road,
Middlesbrough, TS1 2DY

Thursday 7:30pm - 9:00pm Stockton-On-Tees TS18
'Primary Purpose Meeting'
Parish Church, High Street, Train: Stockton
Stockton-On-Tees, TS18 1SP
(Entrance opposite library)

TYNE AND WEAR

Monday 7:30pm - 8:45pm **Gateshead NE8**
'Hope, Faith and Courage'
Oaktrees, 1A Walker Terrace, Train: Gateshead Metro
Gateshead, NE8 1EB

WALES

Monday 7:00pm - 8:00pm **Bridgend CF31**
Big Book Study - Ward 18 Prince of Wales Hospital
Coity Road, Bridgend, CF31 1RQ

Monday 8:00pm - 9:00pm **Cardiff CF24**
'No Pollution Just Solution'
St Teilo's Church, Woodville Road, Cathays
Cardiff CF24 4DX

Tuesday 8:00pm - 9:00pm **Swansea SA1**
'Big Book Meeting'
St. David's Church, Train: Swansea
The Quadrant, Swansea, SA1 3NG
(Closed meeting - Meeting is 'Open' on the first Tuesday of each month)

Wednesday 1:30pm - 2:30pm **Swansea SA1**
Brunswick Methodist Church, St Helens Roadp
Swansea SA1 3UN

Wednesday 7:00pm - 8:00pm **Neath SA11**
A New Beginning
Quaker Meeting House, Castle View
Neath SA11 3LY

Wednesday 8:00pm - 9:00pm **Gwent NP20**
Newcomers Meeting, The Voice Hub, McCarthy's Court,
School Lane, Newport, Gwent, NP20 1LE

WALES (Cont.)

Thursday 7:30pm - 9:00pm **Bridgend CF31**

'Keep the Faith - Big Book Study'
Ward 18, Princess of Wales Hospital,
Coity Road, Bridgend, CF31 1RQ

Friday 8:00pm - 9:00pm **Cardiff CF24**

'And We Have Ceased Fighting' St. Andrew & St. Telio Church,
Woodville Road, Cathays, Cardiff, CF24 4DX

Friday 8:00pm - 9:00pm **Swansea SA1**

Brunswick Methodist Church, St Helen's Road
Swansea SA1 4BE

Saturday 10:30am - 11:30am **Neath SA11**

2ND Saturday of every month
11th Step 'Centering in Prayer' meeting
Quaker Meeting House, Castle View
Neath SA11 3LY

Sunday 7:00pm - 8:00pm **Bridgend CF31**

'We Can Recover'
Ward 18, Princess of Wales Hospital,
Coity Road, Bridgend, CF31 1RQ

WARWICKSHIRE

Friday 8:30pm - 9:30pm **Rugby CV21**

'Big Book Study' Hill Street,
Community Centre, Rugby, CV21 2NB

WILTSHIRE

Tuesday 6:45pm - 7:45pm **Swindon SN6**

'Spiritual Principles'
The Highworth Methodist Church,
Lechlade Road,
Highworth, SN6 7HG

Wednesday 7:30pm - 8:30pm **Swindon SN3**

'Steps & Traditions'
St. John's Church, Whitbourne Avenue,
Park North, Swindon, SN3 2LG

Friday 6:00pm - 7:00pm **Swindon SN1**

'Illusion of Power' CGL Building, Temple Chambers,
4 Temple St, Swindon SN1 1SQ

WILTSHIRE (Cont.)

Sunday 7:00pm - 8:00pm **Swindon SN3**
'Big Book Study', St. John's Church,
Whitbourne Avenue,
Park North, Swindon, SN3 2LG

Sunday 7:00pm - 8:30pm **Salisbury SP2**
'Salisbury Newcomers Meeting', United Reformed Church,
30, Fisherton Street, Salisbury, SP2 7RJ

WORCESTERSHIRE

Monday 7:30pm - 8:30pm **Worcester WR2**
'Freedom from Addiction' Our Lady Queen of Peace (Church)
10 Bransford Road, St John's, Worcester WR2 4EN

Thursday 8:30pm-9-30pm **Worcester WR2**
'Our Primary Purpose' Our Lady Queen of the Catholic Church
10 Bramsford Road, St John's,
Worcester, WR2 4EN

YORKSHIRE

Tuesday 7:30pm – 9:00pm **Bradford BD1**
Back to Basics
Unity 30 Manningham Lane,
Bradford, BD1 3DN

Thursday 7:30pm – 9:00pm **Leeds LS1**
St Georges Crypt, Great George St
Leeds LS1 3BR

Sunday 10.45am - 11.45am **Scarborough YO11**
Westborough Methodist Church,
Westborough, Scarborough, YO11 1TS

Sunday 07:00pm-8:30pm **Huddersfield HD1**
"Jay-Walkers Big Book Study"
3a Union Bank Yard, New Street,
Huddersfield HD1 2BP

Sunday 7:30pm-9:00pm **York YO1**
"Big Book Study, Changing Lives,
Walmgate, York, YO1 9UA

++C.A. DUBLIN

Helpline Number: 087 317 4989

Website: www.caireland.info

Email: cocaineanonymousdublin@gmail.com

C.A. SCOTLAND

Helpline Number: 0141 959 6363

Website: www.cascotland.org.uk

Email: info@cascotland.org.uk

C.A. MEETINGS ONLINE

On line meetings run 24/7 and are email based.

Please visit www.ca-online.org to subscribe.

In the spirit of Tradition Six, C.A. is not allied with any sect, denomination, politics, organization or institution.

For meetings outside the UK please check our website www.cauk.org.uk or call the Helpline.

The Twelve Steps of Cocaine Anonymous

1. We admitted we were powerless over cocaine and all other mind-altering substances - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

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The Twelve Traditions of Cocaine Anonymous

1. Our common welfare should come first; personal recovery depends upon C.A. unity.
2. For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for C.A. membership is a desire to stop using cocaine and all other mind-altering substances.
4. Each group should be autonomous except in matters affecting other groups or C.A. as a whole.
5. Each group has but one primary purpose - to carry its message to the addict who still suffers.
6. A C.A. group ought never endorse, finance, or lend the C.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every C.A. group ought to be fully self-supporting, declining outside contributions.
8. Cocaine Anonymous should remain forever non-professional, but our service centres may employ special workers.
9. C.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Cocaine Anonymous has no opinion on outside issues; hence the C.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, television and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

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"We're Here and We're Free"™




Online C.A. Meetings

- Hope, Faith & Courage - General discussion
- Steps Online - Study of the Twelve Steps
- The Study - Book Study
- There is a Solution - Men's meeting
- Sisters in Sobriety - Women's meeting

Cocaine Anonymous meetings online

www.ca-online.org
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- 
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