

New

THE JOURNAL OF GAMBLERS ANONYMOUS

Life



*When Anyone, Anywhere
Reaches out for Help,
I want the Hand of GA
Always to be There,
And for That
I AM RESPONSIBLE*

Editor's Message

Is it ever too late to attend a GA meeting?

Its a question I hear a lot. Sure we all have different answers for it too? I'd say there is a point it's too late but that's when I'm six foot under, until then I can still walk through the doors.

I'm not saying it's easy. Far from it. GA's not an easy answer for this addict but what GA offers me is a programme of recovery that I can work to the best of my ability a day at a time. 12 simple steps worked in order with a sponsor by my side.

Even when I'm in GA's walls I'm still not off the hook. I hear some members say the first 21 days are the hardest, and to those who experience that, I am so happy. Problem is this progressive illness doesn't really go away but it can be abstained. Its why the poem "I am addiction" is so powerful to me. It's a reminder that however far away I think my next bet is, I'm only ever a day away.

GA as a fellowship offers me as much help as I can take. From meetings, to the previously mentioned 12 steps, sponsorship and not forgetting the simple act of welcoming that new person in the door with hope.

I hope I never say it's too late to attend a GA meeting. I hope no one else in GA ever feels that either.

Ian S
New Life and Let's Talk Editor

An open meeting is where GA members and their friends and family gather to congratulate periods of abstinence from gambling. Every group holds an open meeting at least once per year. Get **YOUR** open meeting noticed. Go to the website and click on submit an open meeting and fill out the form.

Forthcoming Open Meetings

Please contact the 'New Life' editor with any news about any GA Open meetings or events – newlife@gamblersanonymous.org.uk

Wolverhampton Thursday, Thursday 9 July at 7.00pm – Jackie 6 years, Darren 3 years, Mandy 3 years, Adam 2 years, Ross, Mike, Chris, Daniel, Bessie 1 year

Romford, Wednesday 22 July at 8.00pm – Recognitions for Jamie & Priscilla 1 year, Dean 2 years & Mike 4 years

Aylesbury Wednesday, Wednesday 15 July at 8.15pm – Andy 6 years

Wigan Monday, Monday 27 July 2015 19.00pm – 21.00pm – Scott 6 years, Graham 4 years, Anthony I 3 years, John6 2 years, Willow 1 year

Swindon, Wednesday 5 August at 19.00pm – Phil 18 years, Nas 15 years, John 13 years, Nigel 10 years, Leo 2 years

Hertford, Tuesday 25 August at 7.15pm – Recognitions 8 (various)

Please see the GA website for more upcoming GA Open Meetings

Gamblers Anonymous is a fellowship of men and women who have joined together to do something about their own gambling problem and to help other compulsive gamblers to do the same.

This journal is written by compulsive gamblers who want to share their experiences.

Opinion expressed may not necessarily be those of the fellowship.

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GA WORKS. Today my life has changed so much it is hard to believe where and who I am today, sat at home with my wife and kids watching television, talking about school, work etc ... and feeling completely at ease with myself as opposed to living my life in the fast lane pretending to be some kind of big shot when really I was a big mug! Today I am a changed man, a completely different person and character to the one who walked through the doors over five years ago. What happened? GA is what happened and the power of recovery. Going to my meetings every week taught me how to stop gambling by listening and taking on board some simple advice, advice which I still use to this day. Then going to my steps meetings taught me how to change me! The ego, and to control my character defects.

Today not gambling is relatively easy (not being complacent) however changing me is a monumental task as my list of character defects seems endless. However through regular meetings, listening to more experienced members, reading the twelve steps and more importantly a belief in a higher power I have the one thing we all need – hope. Also I have learnt that a little daily progress is a massive step in the right direction. Today I am walking down a tunnel towards the light one step at a time, rather than the other way, which leads to pain and misery and the horrors of my past.

Today I am happy with my lot and eternally grateful for all that is good in my life, my wife, my kids, my job, my home etc ... and most important of all GA – because without GA none of this would be possible. However in a moment of insanity all this could be lost for the sake of a bet, therefore it is a no-brainer for me never to gamble again. Through working at my recovery and recognition of my higher power who restores me to a normal way of thinking and living (sanity) I can live my life on my terms and not allow my illness to control my life and send me to an early grave. Although I still have issues – anger, impatience,

resentment etc ... I can learn to control these emotions because I recognise that these negative feelings will send me back to the bookies and my life as I know it today will be over! Today I am grateful for the support I get from the group and everyone I have met in the fellowship. I am also touched by the support I have received from my wife who has stood by me from day one and tried to understand what goes on in my head. As a father of two beautiful daughters I want my girls to be proud of me and not ashamed, I want them to do all the things other kids do clubs, sports, trips etc... I know today my kids can achieve their potential live their dreams as long as I stay clean. GA and the recovery programme are there for all who want it and have a desire to stop gambling. If you are ready, embrace GA, get involved where you can, change your life forever and pass the message on – GA WORKS.

Thanks GA. Shaun

Terry W

My Prayer

As I reach this point in my journey I am glad that my experiences have brought me here, it was not by chance that I found GA, my gambling led me, its destruction and despair pushed me to seek a solution, and this is it, today I accept my compulsive gambling exactly as it was, no matter what today holds for me a return to gambling will lead me back to that turmoil and destroy my life so today I give myself to this program with total abandon leaving behind those days when I hoped gambling would solve all my issues...it never did and never will, I am healing with each moment away from this addiction and I pray for the strength to continue this journey, some days are easy others a struggle but each second free from the obsession to gamble is a gift not to be tossed away amongst resentment and reservation, no matter how bad things are right now there is a new life for me filled with happiness and freedom and as I continue to abstain from gambling I am moving towards this 7th December 2014 **Terry W**

The rope of hope in GA

----- (“”)----- (“”)-----

*Gambling - sure had a grip on me
And I wanted - to be gamble free
But giving up - was really hard
As I felt - confused and scared*

*My whole life - was out of control
And I fell down - a gambling hole
I stooped - to a rock bottom low
How to cope? - I didn't know*

*From the hole - I had to get out
But doing that - I had my doubt
I'd tried to do it - on my own
But in the darkness - I felt alone*

*I decided to go - and attend GA
As I was in - a desperate way
I needed to learn - how to cope
Going to GA - was my only hope*

*In a terrible state - I went to GA
I really didn't have - much to say
I mainly listened - to others there
Sitting nervously - in my chair*

*GA for me - was my last resort
I really needed - a lot of support
Other members - helped me a lot
Support and wisdom I got*

*One thing - freely given to me
Was hope - for my recovery*

*Hope that I too - could be
Like others - gamble free*

*It felt like - a rope was there
Just dangling - in the air
I could grab onto it - or not
Or in the hole - I'd stay and rot*

*I chose to reach out for it
At first - I really felt like shit
I had to hold on - for dear life
To let go - I'd have strife*

*The rope was - a mighty length
And I didn't have - much strength
I could see - a rock bottom below
And stupidly - I let go*

*I tried to learn - from my mistake
And the rope again - I did take
My higher power - helped me
With the rope and my recovery*

*For me - the rope is a lifeline
Holding onto it - now feels fine
There's a supportive GA friend
At the rope's other end*

Michelle (Manchester)

*After a bet... upsets
and sweats*

*I have
should've
could've
and would've*

*I have
regrets*

*I have
tears
arrears
and fears*

*I need
less stress
less mess
And to assess*

*I need
just for today
live in the day
and the GA way*

*I need
to work daily
to be gamble free
and GA recovery*

**Michelle
(Manchester)**

The truth behind it.

"I promise you riches and glory, but only leave broken promises, empty bank accounts and destroyed relationships.

It may be gradual or it may be quick but I'll make you my play thing, my little puppet as I jump you up and down till you've lost all in town.

I will try and trick you into thinking you are normal and soon that I don't exist, and when that is so you've let me free to take your dough.

I will be there when you're frustrated, angry at the slow pace of life and promise a quick fix and if you go along with me, I'll smash you up once again, all the way till you can't pretend.

I destroy families, dreams, jobs, lives at the spin of the wheel, the turn of a card, the roll of the dice, the price on a horse, the wagering on stocks, endless ways to get you to gamble your monies, and the more you use me the worse it gets.

I'm pushing bets to alleviate the burden.

I'm saying I'm plugging the gaps in your life's jigsaw, but the raw truth realised too late can saw through the bone, as I'm selling lies and deceit and robbers on repeat.

I'm a drug that never ends well.

I will always be there to open a dialogue, any time you feel despair, if you're impatient, needing a way out through jaded means, you'll find me there.

I care how much you need that money; I really do, the more you think you need it the more evil I think I'll do.

First it starts as fun, then it turns sour, after that I'm looking to entrap you with that rare win that almost lasted longer than the time it takes to earn a real wage.

I'll turn on you in a dime when the grapes stop making wine.

You can't afford to go on holiday, forget you pay me, you can't afford to action your dreams, forget you pay me, you'll have to borrow when you're supposed to be providing, you need that money in your account to hide the loss, forget you pay me!

I'm the devil incarnate; I'm anything you want me to be, but your friend.

I'm as clever as you, I'm you but the dark side of the sun, I'll block out your shine and if you let me make you mine, by feeding off your impatient time, I'll bleed you dry till you'll feel you can't get by.

This doesn't have to happen to you ever again.

GA is your antidote.

Regular members have stayed off for decades, never gambled again, the only thing that really keeps the illness in prison, is making the most of GA, attend it and work it regularly knowing life is only one day at a time.

For those working the programme, can and do achieve such great things, so no matter where you are, keep strong and positive, for if you miss your therapy the joker in the pack will do more than give you a slap."

Author Anonymous

JJ & All at Herne Bay

In August 2013, after yet another heavy loss, I decided to quit gambling and started attending the nearest group to me which was Maidstone. Living in Herne Bay, Kent, this was a return trip of some 64 miles every Monday. I did, however, attend regularly and found great strength from within the group to fight my addiction.

One morning in April 2014 things were to change dramatically. One Tuesday morning, after getting home late from GA again, my wife Jean, with some passion, declared "I don't know why you don't open your own group here". Strangely, this suggestion hit me like a sledgehammer as it had never occurred to me before, even though virtually the whole of East Kent was devoid of any GA groups, the nearest being Maidstone or Strood. Historically, there had been failed groups in Ashford and Canterbury and it seemed to me that with such a massive catchment area, there must have been an urgent need for a group nearer to East Kent. (Take a look at the GA website map and you will note our little flag all on it's own)

I therefore decided to do something about this and spoke to Ray and John at the following Monday's Maidstone meeting to see how I should go about setting this up. They did warn me, however, that it can sometimes take years to get a group going and he reminded me that he had experienced this during the early years at Maidstone. I completely ignored this as I was so bullish that the demand was already there, I convinced myself that all that was required was to set up a group.

Taking Ray's advice, I contacted Martin, the Secretary of Southern Region, sent him all the relevant paperwork which was presented at the next regular committee meeting and I was delighted to get confirmation that we had been approved. At the same time I found a suitable venue at the local church who were really supportive as they viewed the group as a benefit to the local community. I managed to

get the local newspaper to print an article which was circulated across Kent the week before opening.

The group had it's first meeting on the 5th June 2014 at St Andrews Church Herne Bay, at which we had 6 people attend. The 3 founders who supported me throughout being Andy (Treasurer & formerly Maidstone), Toni and Jason (formerly Strood).

We continued at St Andrews for 6 weeks with varying numbers but always low. The church then approached us during this period and asked if we would consider changing our meeting venue to Christ Church as it was more convenient for them. We therefore swapped venue and are now located in the North Room Christ Church, which is a good size room with all facilities.

Our attendances varied from 2 to 6 per week, so the collections did not cover our rent and our finances were dire, but the founders were determined not to throw in the towel as we always believed there was a need in East Kent for struggling gamblers.

We had a really bad patch just before Christmas but we are now in March and I am delighted to report that since Christmas, we have grown to a regular attendance of 9 to 10, (12 last Thursday, our record) with very few dropping out and also 4 apologies.

The moral of this story is NEVER give up on what you think is right. There have been new members who have really benefitted from GA's help, that we have been able to provide and they are really grateful for the fellowship and the 12 steps. We are also grateful for the support received from the Region and Christ Church.

Long may it continue.

Best wishes to all,
JJ & All at Herne Bay.

John – Ipswich GA

My Name is John and I am a compulsive gambler. I have come to accept that by being a compulsive Gambler I cannot over time gamble normally and that nothing else really matters in my life apart from being a part of the gambling world.

Personally up until today I have never gambled on line, would not understand the so-called crack cocaine machines in betting shops nor scramble down town to the local amusement arcades, however put me into a dog track or horse racing environment and I would feel energised and untouchable from life.

I have recovered today from the obsession of mind that gambling brought, the everyday occurrence of wanting to gamble even with very little money as an ante. I no longer have my life dictated to by my need to gamble. That is the greatest release from my compulsive addiction, a gift to walk a free man and participate in my life.

My recovery is based on my spiritual condition, expectations and acceptance of what and who I am on a daily pathway.

My problem centres in my mind; I have not gambled since November 2006 but to me what recovery time has gone before today is irrelevant,

It's about my spiritual condition today, I have never cracked my addiction, after all does it not tell us that it's the greatest obsession of every abnormal gambler to gamble normally and that many pursue the addiction into total Hell or death.

Fortunately I have been able to sit within GA rooms and hear recovery and despair. Up to today I have never gambled whilst attending GA.

My first meeting was in 1989 at the age of 25, staying in GA for a few years but after abstinence from meetings I went back to

gambling. This has happened on a couple of occasions.

I am a member of the Ipswich GA groups. I will be attending Scotland Convention this year and talk most days with GA members which enhances my recovery. I no longer burn with a shame and guilt nor have fear stalking every corner of my being.

I now have the ability to give and receive love which quenches my soul; something I did not possess in my early life, only selfish and self-seeking acts was what I knew.

I do not want to go back to the obsession of mind like before, nor have to live in denial to myself and my family and friends. We all suffer from a monster that destroys anything good that comes into our lives but for today we don't have to live with that monster any more.

Yours in the Fellowship

John, Ipswich GA

Dave – Strood GA

I can't understand people who say "I owe my life to G A" do their two hours a week and then just walk away, that's not working the programme, they're simply not betting a weekly injection is all that they're getting.

There's more to it than that but they are too blind to see how their lives could be changed, how good it can be being there for others instead of just thinking about you admitted step one, but can't see past step two.

The programme means changing your life, trying to put something back forget number one, forget I'm alright Jack, be of service at your meeting or simply write to New Life it just never happens, complacency's rife.

Yours in recovery Dave/Strood
(aka Dave/Bexley)

I look at what I've lost, the pain and the debt, the people I've hurt, but I still want to bet,

Gamblers anonymous regular 16 years, I've witnessed suicide, poverty and tears,

Week after week meeting after meeting, I've had death threats bankruptcy and a serious beating,

I've lost jobs, my family my house and home, on the street with 4 carrier bags, a brush and a comb,

I've lived rough, had hunger and total pain, slept under a tree freezing cold in the rain,

I've stole I've cheated I've thieved I've lied, I have screamed I've shouted and many times cried,

Walked home 10 miles totally soaking wet, all for one reason, to put on a bet,

The addiction has taken everything; today I'm just beat, no more ladders to climb, I have glue on my feet,

As I read the 20 questions there's one in my head, yes question 20, am I better off dead,

I have 2 choices, only 2 today, question 20 or fight the addiction away,

I've been fighting him all my life and he always seems to win, do I fight on more or eat food out of a bin,

Have I got it inside me for one last fight? Is the tunnel pitch black or a glimmer of light?

I think of Winston Churchill's speech never never, I say it over again never ever ever

Micky in rocky, like an angel on your shoulder and you're going down, I sit with tears, and a separate frown,

I look in the mirror; I see the same face, the gambler inside, another horse race,

I look at my daughters, the presents and card, I look at my life so desperate so hard, if I give in now the addiction will smirk, another one gone the coward less burke,

It makes me insecure, nervous inside, but wherever I am, there's nowhere to hide,

The buzz it gives me nothing else comes near, but a 2 minute high, then a life of fear,

Do I get a hosepipe, tablets or a rope, or fight this bastard and get some hope,

The darkness of addiction, the turmoil the fear, but I'm going to fight you, you bastard until my mind is clear

Today is day 8, and I know there's a long path, but Mr Addiction I'll have the last laugh.

Nick (Wrexham)

My name is Matt and I am a compulsive gambler.

Adjacent to a picturesque country road, in Wirral, stands a huge sandstone farm building. It's a beautiful part of the world and - on a sunny day - it's probably as good a spot to die as any. I'd chosen this place.

If a driver were to lose control at high speed, veering into the wall, there would be no uncertainty about the result. The verdict would be recorded as accidental death. Life insurance would be paid out. No one else would get hurt.

An insurance windfall might come in useful to the driver's family, given that in the aftermath they might learn of credit card debts, perhaps loans too. They might also wonder how such amounts could possibly have been accumulated, but I'm getting ahead of myself.

Go back several years: Things are going well at home and at work. A friend introduced me to sports betting and it seems I've got a talent for it. Maybe I'm spending more than I'd like, but it's just a hobby, not a problem. Friends will joke that it's all I ever talk about but that's ok. It's my thing and I'm good at it.

Another year on: Now I have an i-phone. I'm spending hours playing online slots games I can win big in seconds. Sometimes I do. Sports betting is for suckers. Losing streaks happen now and then, but that's ok because I know that if I keep raising the stakes enough times then I'll eventually win it back.

It's a computer after all and has fixed pay-outs. I'm not walking away a loser. I am a lucky person.

Another year on: Whoever invented the smart phone needs shooting. I've smashed my handset in a fit of rage after an unbelievable losing streak at slots. I can't receive texts - but that's ok as I really don't text friends any more.

My weekends are about slots now. Gambling is the problem and the solution.

I don't look at my bank statements. Everyone has debts. I can gamble myself out of this hole and I don't need anyone's help. In truth, maybe I couldn't face asking for help... The best option is to win enough to get out.

Another year on: Everything's much worse. I've decided on a suitable way out - the sandstone wall. I set my affairs in order, tidy and vacuum the house. I want to leave a note of some kind but I can't have my family thinking it was suicide. Anyway, the insurance might not pay out in that event.

Ten minutes later: Note - If you have just set off for an important appointment with a large stone wall, one of the most frustrating things that can happen is for a rain shower to descend, causing you to accidentally skid, crash your car into a random tree (at relatively low speed) somehow wrighting off the car and being scorched by an air bag. So, I stand at the side of the road, covered in air bag dust, like an idiot, and I wait for the police. Is this good luck or bad luck? I don't know. My mind is in bits.

On later arriving back home to my (unusually tidy) living room, I picked up the phone and call my dad. I confessed to the gambling although not to the other plan. I broke down and wept - like we do - and it was awful - like it probably always is.

I didn't attend GA then. I didn't understand the concept. The shame I felt was surely so absolute that I wouldn't need a programme. My dad helped me with debts, although I kept some hidden.

Another couple of years and of course the gambling returned, harder than ever. It spiralled out of control and I began thinking about the sandstone wall again, but this time my family would know it was suicide and would be devastated. So I confessed again. It was

worse second time around. This time I turned to GA.

Before going to my first GA meeting, I had expected to find desperate, tortured souls; broken people with no hope. I expected to attend for one evening and make excuses not to return.

Instead, I found people who had turned their lives around and who would inspire me to work towards understanding and controlling the addiction. Everyone at GA seemed to know my life better than I did myself.

Every meeting becomes a reality check. Every day now feels like a privilege. The idiotic decisions I've made in the past are becoming more distant each day that I don't have a bet. I'm 4 months in and counting, thanks to my group and the programme. It's not a long time but life is good and a while back I hadn't imagined I would ever think that again. I believe I'm slowly but surely recovering into the decent person I remember once being.

I drive past my lucky tree most days. It's a good reminder of the selfish idiot I am capable of being. If anyone tries to cut it down, I'll be up there in a flash, like Swampy, staging a sit in protest (and possibly throwing handfuls of crap at people from above).

But I digress. I've got some catching up on life to do and a programme to stick to. I feel like I'm in good company on that score. Stay lucky.

My name is Matt (Chester) and I'm a compulsive gambler.

Here we sit all as one

Some with feelings that are still numb

We've fought that demon ADDICTION the terror and the fright

The reality of our lives... still searching for that light

GA Guildford opened its doors, 1 year ago today

There are those in their recovery, still living, also, 'Just For Today'

Continue to come to these rooms, no matter how you feel

For the Unity we all find here, is nothing more than real

Honesty, to each other, however hard that seems

Understanding that 'world' we want, is just an UNTOUCHABLE DREAM

Looking deep within ourselves, changing that person we had become

Accepting this programme is forever, and... what's done is done

I have so much to thank you all for, from the bottom of my heart

To GA as a fellowship, I am so proud to be a part

My name is Debbie... As you all know

She is now a better person... I shall never let go.... 'Just for today, I did not gamble'

Debbie (Guildford)

GROUP MEETINGS LIST

www.gamblersanonymous.org.uk/meetings

NORTH EAST

BARNESLEY SATURDAY

Holden House, York Street, Barnsley, S70 1BG
Saturday 10:30 to 12:00
Barnsley@gamblersanonymous.org.uk

BRADFORD FRIDAY

Community Arts & Resource Centre,
17-21 Chapel Street, Little Germany, Bradford, BD1 5DT
Friday 19:45 to 21:30
bradford@gamblersanonymous.org.uk

CHESTERFIELD MONDAY

Chesterfield Tontine Centre, Tontine Road,
Chesterfield, S40 1QU
Monday 19:15 to 21:15

DARLINGTON TUESDAY

Harrowgate Hill Methodist Church, Lawson Street,
Darlington, DL3 0EY
Tuesday 19:00 to 21:00
1st Tuesday of month is a unity meeting

DONCASTER TUESDAY

CVS Building 5, Trafford Court, Trafford Way,
Doncaster, DN1 1PN
Tuesday 19:00 to 21:00
Next to doncaster railway station

GRIMSBY TUESDAY

Grange Community Centre, Carnforth Crescent,
Grimsby, DN34 5EF
Tuesday 19:30 to 21:30

HUDDERSFIELD WEDNESDAY STEPS FORTNIGHTLY ADDRESS AS BELOW FOR MONDAY & THURSDAY MEETINGS

HUDDERSFIELD MONDAY & THURSDAY

New North Road Baptist Church, New North Parade,
Huddersfield, HD1 5JU
Monday 19:30 to 21:30, Thursday 19:30 to 21:15
Huddersfield@gamblersanonymous.org.uk

HULL TUESDAY & FRIDAY

Wellington House, 108 Beverley Road,
Hull HU3 1XA
Tuesday 19:30 to 21:30, Friday 19:30 to 21:30

HULL MONDAY STEPS THIS METING IS NOW CLOSED

LEEDS TUESDAY & THURSDAY

West Park United Reform Church, Spenn Lane,
West Park, Leeds, LS16 5BB
Tuesday 20:00 to 21:45, Thursday 20:00 to 21:45

LINCOLN WEDNESDAY

Croft Street Community Centre, Baggholme Road,
Lincoln, LN2 5AX
Wednesday 19:00 to 21:00

MIDDLESBOROUGH MONDAY

Salvation Army Citadel, Admiral Way,
Palister Park, Middlesbrough, TS3 8ET
Monday 19:30 to 21:30

NEWCASTLE MONDAY & THURSDAY

Destiny Church, 4th Floor Watson House,
Pilgrim Street, Newcastle Upon Tyne,
Tyne & Wear, NE1 1QE
Monday 19:00 to 21:00, Thursday 19:30 to 21:30
newcastle@gamblersanonymous.org.uk
Opposite Northern Goldsmiths/Next to Old Odeon

NEWCASTLE TUESDAY

Brunswick Methodist Church, Brunswick Place,
Newcastle, NE1 7BJ
Tuesday 19:00 to 21:00

ROTHERHAM WEDNESDAY

Wellgate Court, 68 Wellgate,
Rotherham, S60 2LR
Wednesday 20:00 to 22:00 Building below Civic Centre
rotherham@gamblersanonymous.org.uk

SCARBOROUGH TUESDAY

The Friends Meeting House, Quaker Close,
Woodlands Drive, Scarborough,
East Yorkshire, YO12 5QZ
Tuesday 20:00 to 22:00

SHEFFIELD FRIDAY

Victoria Methodist Church, Chapel Walk, Sheffield,
S1 2JB, Chaple Walk Across from the Crucible Theatre
Friday 10:00 to 11:30 Meeting in Room 49
sheffield@gamblersanonymous.org.uk

SHEFFIELD SUNDAY

Croft House Settlement, Garden Street,
Sheffield, S1 4BJ
Sunday 19:30 to 21:30
sheffield@gamblersanonymous.org.uk

WAKEFIELD THURSDAY

Salvation Army Citadel, Vicarage Street,
Wakefield, WF1 1QX
Thursday 19:30 to 21:00

NORTH WEST

ACCRINGTON SATURDAY

Maundy Relief, 36 Abbey Street,
Accrington. BB5 1EN
Saturday 13:00 to 15:00

BIRKENHEAD THURSDAY

YMCA, Hope Prospect, 56 Whetstone Lane,
Birkenhead
18:45 to 20:45
through Main Entrance at side of building. GA is located
in the café on the ground floor

BLACKBURN WEDNESDAY

Salvation Army Buildings, Vicars Street,
Blackburn, BB1 5BE
Wednesday 19:30 to 21:30

BLACKPOOL WEDNESDAY

St.Kentigerns Parish Centre, 25 Newton Drive,
Blackpool, FY3 8BT
Wednesday 19:30 to 21:30

BOLTON FRIDAY

Unitarian Chapel, Bank Street, Bolton, BL1 1TS
Friday 19:30 to 21:30
Entrance opposite multi storey car park on
Bow Street

BURNLEY THURSDAY

The Salvation Army, Richard Street,
Burnley, BB11 3AJ
Thursday 19:00 to 21:00

CHESTER WEDNESDAY

Salvation Army, Chester Corps, St.Annes Street,
Newton, Chester, CH1 3HU
Wednesday 19:30 to 21:30
chester@gamblersanonymous.org.uk

CREWE & NANTWICH THURSDAY

Wells Green Methodist Church, 1 Brookland Avenue,
Wistaston, Crewe & Natwich, CW2 8EL
Thursday 19:30 to 21:30

LIVERPOOL WEDNESDAY, FRIDAY, SATURDAY & SUNDAY

Sharp, 17 Rodney Street, Liverpool, L1 9EF
Wednesday 19:15 to 21:15, Friday 19:00 to 21:15
Saturday 19:30 to 21:00, Sunday 18:30 to 20:00
LiverpoolSunday@gamblersanonymous.org.uk

LIVERPOOL MONDAY

Our Lady & St.Nicholas Church, Chapel Street,
Pier Head, Liverpool, L2 8TZ
Monday 19:15 to 21:15
Side entrance in old Churchyard, opposite
Thistle Tower Hotel
liverpoolmonday@gamblersanonymous.org.uk

LIVERPOOL THURSDAY

Aintree Baptist Church, Longmoor Lane, Aintree, L9 0EF
Thursday 19:30 to 21:30

LIVERPOOL TUESDAY

St.Michaels Church Presbytery, 1 Horne Street,
Liverpool, L6 5EH
Tuesday 20:00 to 22:00

LIVERPOOL WEDNESDAY STEPS

St.Agnes RC Church, 82 Huyton Road, Huyton, Liverpool,
L36 5SQ
Wednesday 20:00 to 21:30
Please note this is a steps meeting

MANCHESTER MEETINGS

The Friends Meeting House, 6 Mount Street,
Manchester, M2 5NS
Mon, Tues, Thurs, Fri 19:15 to 21:15
Sat 11:00 to 13:00
Manchestertuesday@gamblersanonymous.org.uk

MANCHESTER – WOMEN PREFERRED MEETING

The Friends Meeting House, 6 Mount Street,
Manchester, M2 5NS
Monday 18:00 to 19:00
sec.manchesterwomenpreferred@outlook.com

MANCHESTER SATURDAY STEPS

The Friends Meeting House, 6 Mount Street,
Manchester, M2 5NS
Saturday 10:00 to 11:00
Please note this is a steps meeting
(off Albert Square, facing rear of central library)

OLD COLWYN TUESDAY

Tan Lan Community Bay, Tan Lan Road, Old Colwyn,
Colwyn Bay, LL29 9BB
Tuesday 20:00 to 22:00

OLDHAM TUESDAY

Link Building, 140 Union Street, Oldham, OL1 1DZ
Tuesday 19:30 to 21:30

PRESTON FRIDAY

St.Wilfrids Church Hall, Chapel Street,
Preston, PR1 8BU
Friday 19:45 to 21:45
Parking around Whinkley Square

ROCHDALE WEDNESDAY

St.Wilfrids Church Hall, Chapel Street,
Preston, PR1 8BU
Friday 19:45 to 21:45
Parking around Whinkley Square

STOCKPORT FRIDAY

High Level (Northern) Trust, Great George Street
Rochdale OL16 1PQ
Wednesday 19:30 to 21:30
Near the Rochdale Observer. Junction with Drake Street

STOCKPORT TUESDAY / SUNDAY

Cheadle Heath Community Centre, Essex Avenue,
Stockport, SK3 0JA
Tuesday 20:00 to 22:00, Sunday 19:30 to 21:30

STOKE ON TRENT TUESDAY

St.Saviours Church Hall, Ford Green Lane,
Smallthorne, ST6 1NX
Tuesday 20:00 to 21:30
Opposite kebab house, parking at rear of kebab house

ST. HELEN'S

St. Helen's Deafness Resource Centre
32-40 Dentons Green Lane, Dentons Green
St. Helen's, Merseyside WA10 2QB
Thursday 19:00 to 21:00

WIGAN MONDAY

Hallgate House, Frank Street, Hallgate,
Wigan, WN1 1HP
Monday 19:30 to 21:30

WREXHAM MONDAY

Wrexham Salvation Army Centre, Garden Road,
Whosdu, Wrexham, LL1 2NU
Monday 19:15 to 21:30

MIDLANDS & SOUTH WALES

BATH THURSDAY

Manvers Street Baptist Church, Manvers Street, Bath,
Bath and North East Somerset BA1 1JW
Thursday 19:15 to 21:15
bath@gamblersanonymous.org.uk

BIRMINGHAM MONDAY & THURSDAY

Kingsheath Community Centre, Heathfield Road, Kings
Heath, Birmingham, B14 7DB
Monday 19:45 to 21:45, Thursday 19:45 to 21:45
Family and Friends Meeting on Thursday only
birmingham@gamblersanonymous.org.uk

BIRMINGHAM MONDAY QUINBORNE

Quinborne Community Centre, Ridgacre Road, Quinton,

Birmingham, B32 2TW
Monday 19:15 to 21:15
No Friends And Family Meeting

BIRMINGHAM TUESDAY
The Priory Rooms, 40 Bull Street,
Birmingham, B4 6AF
Tuesday 19:00 to 21:00

BRAMPTON FRIDAY
Memorial Centre, Thrapstone Road, Brampton,
Huntingdon, Cambridgeshire, PE28 4TB
Fridays 19:30 to 21:00

BRISTOL TUESDAY at 7.15 (GamAnon)
Broadmead Baptist Church, 1 Whippington Court,
Bristol BS1 3HY Entrance at the back of M&S
bristoltuesday@gamblersanonymous.org.uk

BRISTOL WEDNESDAY
Horfield Quaker Meeting House, 300 Gloucester Road,
Horfield, Bristol, BS7 8PD
Wednesday 19:00 to 21:30
No Family and Friends Meeting

BRISTOL SATURDAY
Victoria Park Baptist Church, Sylvia Avenue,
Bristol, BS3 5DA
Saturday 10:30am to 12:30pm
Newcomers and weekend meeting

BROMSGROVE FRIDAY
The Methodist Centre, 19 Stratford Road,
Bromsgrove, B60 1AS
Friday 19:45 to 21:00
Except Good Friday & Xmas
Enter at rear of Church, through small car park,
at the top of council car park
bromsgrove@gamblersanonymous.org.uk

CARDIFF THURSDAY
City United Reform Church, Windsor Place,
Cardiff, CF10 3BZ
Thursday 19:30 to 21:30
Towards eastern end of main pedestrian
shopping street – Queen Street
cardiff@gamblersanonymous.org.uk

COVENTRY THURSDAY & SUNDAY
The Great Meeting House, 116 Holyhead Road,
Coundon, Coventry, CV1 3AE
Thursday 19:30 to 21:30, Sunday 19:00 to 21:00
Off ring road towards Birmingham, besides block of flats

DERBY MONDAY & THURSDAY
Convent Of Mercy
11 Bridge Gate, Derby, DE1 3AU
Monday 19:00 to 21:00, Thursday 19:00 to 20:45

GLOUCESTER MONDAY & THURSDAY
Raven Centre, Hare Lane, Gloucester, GL1 2BB
Monday 20:00 to 22:00, Thursday 19:30 to 21:30

LEICESTER MONDAY & WEDNESDAY
St.Albans Church Hall, Weymouth Street, Leicester,
LE4 6FN
Monday 20:00 to 22:00, Wednesday 20:00 to 22:00
(Steps only 1st Sat Month), Steps Sat 10:00 - 12:00
No meetings on Bank Holidays
Access off Harrison Rd, off Melton Rd, off Catherine St.
Buses - Centre

NEWPORT MONDAY
Church of Christ, East Usk Road, Newport,
Gwent, NP19 7AG
Monday 19:30 to 21:00
newport@gamblersanonymous.org.uk

NORTHAMPTON FRIDAY
Victoria Road Congregation Church, Victoria Road,
Northampton, NN1 5ED
Friday 20:00 to 21:30
Cyril Street Entrance, off Billing Road

NOTTINGHAM SUNDAY
Thomas Helwyns Baptist Church, Church Street Lenton,
Nottingham, NG7 1SJ
Sunday 20:00 to 22:00

NOTTINGHAM WEDNESDAY
St.Stephens Church Hall, Windmill Lane, Sneinton,
Nottingham, NG2 4QB
Wednesday 19:45 to 21:45
Meeting is held in building at top of car park

PENARTH TUESDAY
Lower Penarth Community Centre, Brockhill Way,
Lower Penarth, CF64 5QD
Tuesday 20:00 to 21:30
Behind the Spar shop

PETERBOROUGH TUESDAY
Brookside Methodist Church, Gunthorpe Road,
Peterborough, PE4 7TG
Tuesday 20:00 to 22:00

PONTYPRIDD MONDAY
Temple Baptist Church, Gelliwastad Road,
Pontypridd, CF37 2BP
Monday 19:15 to 21:00
No meetings on Bank Holidays
pontypridd@gamblersanonymous.org.uk

SOLIHULL TUESDAY
Solihull Centre, Oliver Bird Hall, Church Hill Road, Solihull,
B91 3RQ
Tuesday 20:00 to 22:00

SUTTON COLDFIELD WEDNESDAY
Methodist Church Centre, 16 South Parade,
Sutton Coldfield, B72 1QY
suttoncoldfield@gamblersanonymous.org.uk
Wednesday 19:30 to 22:00

SWANSEA TUESDAY & SUNDAY
Quaker Meeting House, Pagefield House, Page Street,
Swansea, SA1 4EZ
Tuesday 19:30 to 21:30, Sunday 19:30 to 21:30

TELFORD TUESDAY
Suite 3, The Court, Church Street, Wellington,
Telford, TF1 1DG
Tuesday 19:15 to 21:15
On Church street, take first left then first right
into car park
telford@gamblersanonymous.org.uk

WESTON SUPER MARE TUESDAY
The Old Hall, Corpus Christ Church, 14 Ellenborough Park
South, Weston Super Mare, BS23 1XW
Tuesday 19:30 to 21:30
Entrance from Walliscote Road, rear of car park

WOLVERHAMPTON THURSDAY
Friends Meeting House, 8b Summerfield Road,
Wolverhampton, WV1 4PR
Thursday 19:00 to 21:00
Behind Doctors, Parking On Site

WORCESTER MEETING IS NOW CLOSED

ULSTER

ARMARGH MONDAY
Malchy Centre, 19-21 Ogel Street,
Armagh, BT61 7EN
Monday 20:00 to 22:00

BALLYBAY TUESDAY & SUNDAY
Cuan Mhuire House, Corfad, Ballbay, Co.Monaghan
Tuesday 20:00 to 21:30 Sunday 20:00 to 21:30

BELFAST MONDAY
Ehssr Community Centre, South Link, Belfast,
BT11 8GX
Monday 20:00 to 21:30

CARNHILL MONDAY
Resource Centre, Racecourse Road, Carnhill,
Derry, BT48 8Bz
Monday 20:15 to 22:00

COLERAINE THURSDAY
Mount Vern Adult Centre, Rugby Avenue,
Coleraine, BT52 1JL
Thursday 20:00 to 22:00

CRAIGAVON WEDNESDAY
The Town Hall, 2-6 Union Street, Lurgan,
Co.Armagh, BT66 8DY
Wednesday 19:30 to 20:30

CREGGAN WEDNESDAY
The Creggan Neighbourhood Assist, The Old Clinic,
The Creggan, BT48 9QE
Wednesday 20:15 to 21:30

DERRY WEDNESDAY & SATURDAY
Methodist Church, 21 Carlisle Road,
Derry, BT48 6JJ
Wednesday 19:30 to 21:30
Saturday 13:30 to 15:00

DONEGAL WEDNESDAY
Bill W Club, The Diamond, Donegal
Wednesday 20:00 to 22:00

DUNDALK WEDNESDAY
The Community Service Centre, 15 Clanbrassil Street,
Dundalk, County Louth
Wednesday 20:00 to 22:00

DUNGANNON STEPS FRIDAY
Address as below
Friday 20:00 to 22:00

DUNGANNON TUESDAY & FRIDAY
S.V.P. Shop, 27 Union Place, Dungannon, BT70 1DL
Tuesday 20:00 to 22:00

LETERKENNY TUESDAY
The Pastoral Centre, Letterkenny
Tuesday 20:30 to 22:00

NEWRY MEETINGS
Girl Guide Hall, Dominic Street, Newry, BT35 8BN
Monday 21:00 to 22:30
Wednesday 18:00 to 19:30
Friday 21:30 to 23:00
Saturday 11:30 to 13:00

OMAGH MONDAY
Probation Offices, 11a High Street, Omagh,
County Tyrone, BT78 1BA
Monday 20:30 to 22:00

ROSSKEEN FRIDAY NEWCOMERS
42 Rosskeen Park, Hazlebank, Derry, BT48 0RH
Friday 20:30 to 22:00 (Newcomers)

SOUTH COAST & WEST

BOURNEMOUTH MONDAY
St.Michaels Church, Poole Road, Bournemouth, Dorset
Monday 19:30 to 21:30

BRIGHTON MONDAY
St John The Baptist Church, Bristol Road, Brighton,
BN2 1AP
Monday 20:00 to 21:30

BRIGHTON & HOVE FRIDAY
St.Phillip's Church Hall, New Church Road, Hove,
BN3 4BB
Friday 20:00 to 22:00

CHICHESTER WEDNESDAY
New Park Community Centre, New Park Road,
Chichester, PO19 7XY, Wednesday 19:30 to 21:30

EASTBOURNE THURSDAY
Community Wise, Ocklynge Road, Old Town,
Eastbourne, BN21 1PY
Thursday 20:00 to 21:30

EXETER TUESDAY
Palace Gate Centre, 3 Palace Gate,
Exeter, EX1 1JA
Tuesday 19:30 to 21:30
Off South Street
exeter@gamblersanonymous.org.uk

HAVANT TUESDAY
St Faith's Church House, The Pallant, Havant, PO9 1BE
Tuesday 19:30 to 21:30
White building at rear of Bear Hotel Carp Park

JERSEY MONDAY
St Pauls Centre, St Pauls Gate,
Dumaresq Street, Jersey
Monday 17:30 to 19:00
jersey@gamblersanonymous.org.uk

PLYMOUTH MONDAY
Quaker House Outreach Centre, 74 Mutley Plain,
Plymouth, PL4 6LF
Monday 19:00 to 20:30

POOLE WEDNESDAY
Sea View Centre, Croft Road, Poole, BH12 3LD
Wednesday 19:30 - 21.30

PORTSMOUTH THURSDAY

Bucklands Community Centre, Malins Road,
Portsmouth, PO2 7BL
Thursday 19:45 to 21:45

SOUTHAMPTON SUNDAY

Friends Meeting House, 1a Ordnance Road,
Southampton, SO15 2AZ
Sunday 19:30 to 21:30

WORTHING TUESDAY

Sydney Walter Centre, Sussex Street,
Worthing, BN11 1DS
Tuesday 20:00 to 22:00

SOUTHERN**ACTON TUESDAY**

St.Mary's Church, The Mount, Acton High Street,
Acton, W3 9NW
Tuesday 20:00 to 22:00
Opposite Morrisons Supermarket

AYLESBURY WEDNESDAY

Open Access Ramp, Training Centre, Training Room,
100a Walton Street, Aylesbury, Bucks HP21 7QP
Wednesday 20.15 to 22:15

AYLESBURY STEPS WEDNESDAY

Open Access Ramp, Training Centre, The Café,
100a Walton Street, Aylesbury, Bucks HP21 7QP
Wednesday 19.00 to 20.00

BEXLEY FRIDAY

Hurst Community Centre, Hurst Place, Bexley DA5 3LH
Friday 20.00 to 22:00

BARNET & FINCHLEY WEDNESDAY

St.Pauls Church, 50 Long Lane, Finchley, N3 2PU
Wednesday 19:45 to 22:30

BARNET & FINCHLEY STEPS MONDAY

St.Pauls Church, 50 Long Lane, Finchley, N3 2PU
Monday 19:00 to 20:00

BISHOP STORTFORD MONDAY

All Saints Church, Hockerill, Stansted Rd,
Bishop Stortford, Herts, CM23 2DY
Monday 20.15 to 22:15
Entrance through red vestry door at rear of the church

CLAPHAM MONDAY

St Lukes Church, Corner of Thurleigh Road & Ramsden
Road, Clapham South, London, SW12 8RQ
Wednesday 20.15 to 22:15

FINCHLEY FRIDAY

Blue Beetle Room, St Mary at Finchley
26 Hendon Lane, Finchley,
London, N3 1TR
Friday 7.45pm to 10.30pm

BASILDON TUESDAY

Basildon United Reformed Church, 6 Honey Pot Lane,
Basildon, SS14 2JZ
Tuesday 20:00 to 22:00

BEDFORD WEDNESDAY

Chapter House, St.Peter De Merton Church,
De Parys Avenue, Bedford, MK40 2TP
Wednesday 20:15 to 22:15

BEXLEY THURSDAY & FRIDAY

Hurst Community Centre, Hurst Place, Bexley,
DA5 3LH
Thursday 19:45 to 21:30 (beginners meeting)
Friday 19:45 to 21:30

BISHOPS STORTFORD MONDAY

All Saints Church, Hockerill, Stansted Road,
Bishops Stortford, CM23 2DY
Monday 20:15 to 22:00 19:00 to 20:00 (steps Meeting)
Entrance through red vestry door at rear of church

BOREHAMWOOD STEPS WEDNESDAY

Allum Hall Community Centre, 2 Allum Lane,
Borehamwood, Herts WD6 3PL
Wednesday 19:00 to 19:50
Almost opposite Borehamwood Mainline Station

BOREHAMWOOD WEDNESDAY

Allum Hall Community Centre, 2 Allum Lane,
Borehamwood, WD6 3PL
Wednesday 20:00 to 22:15 Almost opposite
Borehamwood Mainline Station
borehamwood@gamblersanonymous.org.uk

BRAINTREE TUESDAY

Braintree & Bocking Community Association
19-21 Bocking End, Braintree, Essex CM7 3AH
Tuesday 19:00 to 20:00

BRENTWOOD THURSDAY

United Reformed Church, New Road,
Brentwood, CM14 4GD
Thursday 20:15 to 22:15
Via Coptfold Road
brentwood@gamblersanonymous.org.uk

BURY ST. EDMUNDS THURSDAY

The Centre, St John's Street, Bury St. Edmunds,
Suffolk, IP33 1SN
Thursday 19:30 to 21:30

CAMBRIDGE WEDNESDAY

The Meadows Community Centre,
1 St.Catherines Road, Cambridge, CB4 3XJ
Wednesday 19:30 to 21:00

CHELMSFORD WEDNESDAY

Holy Trinity Church, Trinity Road, Springfield,
Chelmsford, CM2 6HR
Wednesday 19:30 to 21:30

CLAPHAM THURSDAY

St Lukes Church, Corner of Thurleigh Road & Ramsden
Road, Clapham South, London, SW12 8RQ
Thursday 18:30 to 20:00
Ring Eagle Room Buzzer. Meeting on 1st Floor

COLCHESTER MONDAY

The Kingsland Church Rooms, 86 London Road, Lexden,
Colchester, Essex, CO3 9DW
Monday 19:30 to 21:30 steps meeting 18:30 to 19:30
(1st Monday of every month)

EASTCOTE / PINNER THURSDAY

St.Lawrence Centre, 2a Bridle Road, Eastcote,
Pinner, HA5 2SJ
Thursday 20:00 to 22:15
Closest tube is Eastcote (10 min walk)
eastcote@gamblersanonymous.org.uk

EDGWARE THURSDAY

The John Keble Church Hall, 142 Deans Lane,
Edgware, HA8 9NT
Thursday 20:00 to 22:00

ENFIELD TUESDAY

Trinity Church, Gentlemans Row,
Enfield, EN2 6PT, UK
Tuesday 20:00 to 22:00
Off Church Street

GIDEA PARK MONDAY

Friends Meeting House, 7 Balgores Crescent,
Gidea Park, RM2 6AB
Monday 19:30 to 22:00
Off Balgores Lane

GUILDFORD TUESDAY

Christ Church, 23 Waterden Road, Guildford,
Surrey, GU1 2AZ
Tuesday 19:30 to 22:00

HACKNEY / LEYTON MONDAY

Emmanuel Church Hall, Hitcham Road,
Leyton, E17 8HL
Monday 20:15 to 21:30
Off Lea Bridge Road

HAINAULT THURSDAY

St.Francis Community Hall, 144 Fencepiece Road,
Hainault, IG6 2LA
Thursday 19:45 to 21:45
Bus Route 150,167,247,462
St Francis Church is situated on the A123, Fencepiece
Road in Hainault. there is a car park next to the church
building

HAMMERSMITH WEDNESDAY

Grove Neighbourhood Centre, 7 Bradmore Park Road,
Hammersmith, W6 0DT
Wednesday 20:00 to 22:00

HARLOW THURSDAY STEPS

Friends Meeting House,
No. 1 Churchleys, Tendring Road, Harlow, CM18 6BX
Thursday 19:30 to 20:15

HARLOW THURSDAY

Friends Meeting House,
No. 1 Churchleys, Tendring Road, Harlow, CM18 6BX
Thursday 20:15 to 22:30

HERNE BAY THURSDAY

North Room, Christ Church, William Street,
Herne Bay, Kent CT6 5BP
Thursday 19.30 to 21.30

HERTFORD TUESDAY

Friends Meeting House, 50 Railway Street,
Hertford, SG14 1BA
Tuesday 20:00 to 22:00

HIGH WYCOMBE FRIDAY

St Andrews House, St Andrews Church,
Hatters Lane, High Wycombe, Bucks, HP13 7NJ,
Next to St. Andrews Church
Friday 20:00 to 22:00

IPSWICH TUESDAY & SATURDAY

Friends Meeting House, 39 Fonnereau Road,
Ipswich, IP1 3JH
Tuesday 19:30 to 21:30 Saturday 10:00

KINGSTON MONDAY

United Reformed Church, Eden Street,
Kingston, KT1 1HZ
Monday 20:00 to 22:00
Room 22, First Floor

LINGFIELD THURSDAY

Lingfield & Dormansland Community Centre,
The High Street, Lingfield, RH7 6AB
Thursday 20:00 to 22:00
Opposite Victoria Club

LONDON CENTRAL MEETINGS

All Souls Clubhouse, 141 Cleveland Street, London, W1T 6QG
Monday 20:00 to 22:00,
Tuesday 18:45 to 19:45 (newcomers)
Tuesday 20:00 to 22:00
Thursday 18:45 to 19:45 (newcomers/steps)
Thursday 20:00 to 22:00,
Saturday 20:00 to 22:00
Tube:Gt.Portland Street or Warren St.

LONDON WEDNESDAY

Fitzrovia Community Centre, 2 Foley Street,
London, W1 6DL
Wednesday 12:30 to 13:30

LONDON EALING BROADWAY SATURDAY

Polish Church, 2 Windsor Road,
Ealing Broadway, W5 5PD
Saturday 20:00 to 21:45

LONDON WEST END MONDAY & SATURDAY

Hinde Street Methodist Church, Hinde Street,
London, W1U 3JY
Monday 18:30 to 20:00, Saturday 14:30 to 16:30
Room 2 Junction Hinde and Thayer St.
Tube: Oxford St or Bond St

LOUGHTON TUESDAY

Loughton Baptist Church, 90 High Road,
Loughton, Essex IG10 4QU
Tuesday 20:00 to 21:45
(19:45 to 20:00 for newcomers)
loughton@gamblersanonymous.org.uk

LOWESTOFT THURSDAY

North Lowestoft United Reformed Church,
Lowestoft, NR32 1HB
Thursday 20:00 to 22:00
Rear entrance opposite Police Station

LUTON THURSDAY

Luton Central Baptist Church, 52a Park Street,
Luton, LU1 3ET
Thursday 20:15 to 22:15 Junction 10, next to Matalan

LUTON TUESDAY

Our Lady Help Of Christians Parish Hall,
52 Castle Street, Luton, LU1 3AG
Tuesday 20:15 to 22:00 Entrance on
Cumberland Street

MAIDSTONE MONDAY

St.Faiths Church Hall, Moncktons Lane, Maidstone
Kent, ME14 2PY
Monday 20:00 to 22:00

MILTON KEYNES STEPS TUESDAY

The Quaker Centre, 1 Oakley Gardens,
Downhead Park, Milton Keynes, MK15 9BH
Tuesday 19:00 to 20:00

MILTON KEYNES TUESDAY

The Quaker Centre, 1 Oakley Gardens,
Downhead Park, Milton Keynes, MK15 9BH
Tuesday 20:00 to 22:00

NEW CROSS TUESDAY

Telegraph Hill Community Centre, Kitto Road,
SE14 5TY
Tuesday 20:30 to 22:30
Entrance at side of Church, top of Kitto Rd,
off Pepys Road
newcross@gamblersanonymous.org.uk

NEWBURY PARK WEDNESDAY

St. Teresa's Church Hall, Eastern Road,
Ilford, IG2 7HZ
Wednesday 19:30 to 22:00
Suffolk Road Entrance 10 mins from Newbury
Park Underground

NEWMARKET MONDAY

Newmarket XChange, Unit 11, Studlands Park Avenue,
Newmarket, CB8 7EA
Monday 19:30 to 21:00
Access of Willie Snaith Rd, Unit 11 is on the left

NORWICH WEDNESDAY

St. Mary Magdalen Church, Silver Road,
Norwich, NR3 4TF
Wednesday 20:00 to 22:00
Half way up Silver Road on right from City End
norwich@gamblersanonymous.org.uk

ORPINGTON WEDNESDAY

Anchor House, 5 Station Road,
Orpington, BR6 0RZ
Wednesday 19:45 to 21:45
Opposite Tesco

OXFORD TUESDAY

South Oxford Community Centre, Lake Street,
Oxford, OX1 4RP
Tuesday 19:30 to 21:00
19:00 for newcomers – (Every 1st and 3rd Tuesday)
Last meeting every month is an open meeting

PUTNEY SUNDAY

St Stephen's Church, Manfred Road, Putney, London
SW15 2RS. Nearest tube - East Putney,
Bus routes 37 & 337
Wednesday 17.00 to 19.00
Opposite Tesco

READING MONDAY & THURSDAY

Kennet Valley Free Church, Building 2, Bless Others
(Rooms 3&4), Carters Rise, Calcot, Reading, RG31 7YT
Monday 20:00 to 22:00 (steps) Thursday 20:00 to 22:00

READING THURSDAY NEWCOMERS

Kennet Valley Free Church, Building 2, Bless Others
(Rooms 3&4) Carters Rise, Calcot, Reading, RG31 7YT
Thursday 19:00 to 20:00

ROMFORD WEDNESDAY

St Michael's Church, Main Road, Gidea Park,
Romford, RM2 5EL
Wednesday 20:00 to 22:00
Meeting in Manley Room

**ROYSTON THURSDAY
1ST & 3RD THURSDAY'S OF EVERY MONTH**

Royston Methodist Church Hall, Queens Road,
Royston, SG8 7AU
Thursday 20:15 to 22:15
Only a short walk from Royston Railway Station

SOUTHEND FRIDAY

Quaker Meeting House, 18 Dundonald Drive,
Leigh on Sea, SS9 1NB
Friday 20:15 to 22:00

SOUTHGATE SUNDAY

Grovelands Priory Hospital, The Bourne,
Southgate, N14 6RA
Sunday 17:30 to 19:30
Drive into priory and go straight down. car park is
on the right

ST. ALBANS THURSDAY & SUNDAY

Friends Meeting House, 7 Upper Latimore Road,
St.Albans, AL1 3UD
Thursday 20:00 to 22:00 Sunday 20:00 to 22:00
Meeting is in small meeting room No car park.Park in
upper Lattimore Rd, Malborough Gate or Victoria Street
stalbans@gamblersanonymous.org.uk

STAINES WEDNESDAY

Wraysbury Village Hall, The Green,
Wraysbury, TW19 5NA
Wednesday 19:30 to 21:30
Colne Room **PLEASE NOTE:** This meeting is closed
until further notice due to flooding

STEVENAGE THURSDAY

Friends Meeting House, Cuttys Lane, Stevenage,
Herts, SG1 1UP
Thursday 20.00 to 22.00

SOUTHEND FRIDAY

Friends Meeting House, Cuttys Lane, Stevenage,
Herts, SG1 1UP
Thursday 20:00 to 22:00

STROOD WEDNESDAY

St. Nicholas & St. Mary Church, High Street,
Strood, ME2 4TR
Wednesday 20:00 to 22:00
Parking at rear of Netto Supermarket in North Street

SWINDON MEETINGS

Goreshill Community Centre, Chapel Street,
Gorse Hill, SN2 8DA
Tuesday 19:00 to 21:00
Wednesday 19:00 to 20:00 (beginners)
Saturday 10:00 to 12:00 Sunday 14:00 to 16:00

UXBRIDGE STEPS

Monday 19.00 to 19.50
ADDRESS AS MONDAY MEETING

UXBRIDGE MONDAY

Christ Church Methodist & United Reformed Church,
Refford Way, Uxbridge, UB8 1SZ
Monday 20:00 to 22:00 Uxbridge Station on underground.
Use bus station exit. Redford Way is next to Blockbusters.
uxbridge@gamblersanonymous.org.uk

WATFORD MONDAY & FRIDAY

Friends Meeting House, 150 Church Road,
Watford, WD17 4QB, Monday 20:00 to 22:00
From St Albans Rd into Langley Rd then right into
Church Rd, 3/4 mile from Watford Junction station.

WEMBLEY MONDAY

Baptist Free Church, Slough Lane,
Kingsbury, NW9 8QG

WIMBLEDON WEDNESDAY

Room 7, William Morris House, 267 The Broadway,
Wimbledon, London SW19 1SD
Wednesday 20.00 to 21.30 to 19.50

• All group details correct at time of going to print •

Your New Life Needs You - please CONTINUE to contribute your stories

Volunteers!



REQUIRED

Question: How can the New Life magazine be published without
new material?

Answer: With more contributions from you - the GA fellowship -
it's your magazine - please fill it with your new material - **Thank You**

Paul – Birmingham GA

My name is Paul and I'm a compulsive gambler and I have not had a bet for 7 years and 6 months.

I had my first bet at the age of 14. I use to go to my friend's house on a Saturday afternoon where I would have a 10p Yankee, which is a bet of singles doubles and trebles on 4 horses. We used to get his brother to put our bets on for us. My first horse won and I was so excited I couldn't wait for the next race. Another winner in my 2nd race, then 3rd race won at 33/1. This was too easy I thought and was waiting for one more for four winners, but it fell at the 1st fence, I was gutted but still won about £30. Roll on next Saturday I thought, I did this bet every Saturday but never won again. I got a job as a paper boy and was spending my paper round money every Saturday. I was then thinking of a way to put my own bets on and how to get in the bookies at the age of 15. At school we had an one afternoon a week where we could go and do a sport of our choice during school hours so I either played golf or snooker. It didn't take long before I missed a few weeks and started going to the bookies instead. I would go in my school uniform with my coat zipped up to the chin so they wouldn't notice. This worked a treat so I did this more often.

At the age of 16 I got myself a part time job at local supermarket working Friday afternoon and all day Saturdays. All the lads on Saturday would have a go on a football coupon so I started joining in too. It was great spending all afternoon listening to the radio for the scores. I started laying out about £5 a time on this, I had couple of wins but nothing big usually one team letting me down but was a great buzz checking the coupon.

At the age of 17 I was offered a full time job there which I took. I was on about £110 a week. What would I spend all this extra cash on?

I started having driving lessons and soon

enough passed my test. I wanted to buy a car so got one on finance for £500. Payments were about £25 a week so had plenty of money to pay for it.

I then found out about a bet called the placepot, which was getting a horse placed in all 6 races at one meeting. Something cheap but could bet on every race and every day. So there I was every hour every day listening for results on the radio. How many times I got through to 6th race and my horse would fall at the last fence, what a joke I thought and would be wound up for rest of the day. In between races I would then pop into the bookies during the afternoons and lunch breaks and put more bets on dogs and horses and then eventually start spending my days off there too.

By this stage I was going to the local dog track Tuesday, Friday and Saturdays nearly every week. I loved it even though my money was gone by the end of the night.

It got to the point that I needed more money. So what I would do was go into the bank and withdraw my wages over the counter and then go to cashpoint before they took the money out of my account. An extra £110 to spend that week. I would blow the lot and come the following Friday I would have no cash as my wages covered my overdrawn balance.

At the age of 21 I was offered a job with Royal Mail as a postman. It was great. I was earning twice the money and could earn more doing overtime and finish for lunchtime and have all afternoon in the bookies if I wanted to. I had probably only been in the job a couple of months and was doing between 70 to 80 hours a week.

With all the gambling going on I started to miss payments on my car and also owed money to the bank for a loan I had to fix the car. Also owed money to Littlewoods catalogue by this time as it was one way to buy clothes and still have wages to spend on my gambling.

I was still living at home while this was going on and even told my mum I hadn't been paid some weeks and could I pay double rent next week. Its what gamblers do to carry on gambling and tell lies.

I remember one day someone came to the house from the finance company while I was out because I had missed payments on my car. My parents went mad but it didn't stop me from gambling.

I ended up with 3 county court judgements to my name over a space of a few months. I had to go to court then to agree a repayment of the debt. I was paying about £25 a week for the 3 debts which was great as I had more money spare again. My girlfriend Jenny would ring the bookies asking for me, I would get them to say I wasn't there as you do when you're a compulsive gambler and then had my mum ringing them too. I remember a few times Jenny and my mum walking in looking for me. It made my heart sink and was so embarrassing but didn't stop me carrying on. There were days where I would have to pick Jenny up from her parents to go out and most times I would be late. Always making excuses as to where I was and what I was doing. I would say I didn't have much money and end up back at my parents' house watching TV instead of going out for meals or going to the cinema and doing things couples do. This went on for a few years and I would always find an excuse why I was late all the time.

My 21st birthday was coming up and we arranged a Saturday night up town with friends. I spent all my money on the dogs that morning. I was so depressed afterwards. What a nightmare. What would I tell Jenny now? I left it to the last minute to say something, so I told her I lost my money at the cashpoint. Think she really knew deep down what I had done so we ended up stopping in and me letting my friends down and feeling sorry for myself.

Jenny has always stuck by me and we

eventually got a flat together. It was great. I thought this would be one way to stop gambling by spending money on the flat. Well it didn't stop me. My problem was that I still had my own wages paid into my account and Jenny had hers in her account. She would pay some bills and I would pay some too. She would ask how much I earned each week but I would always say a lot less so had money to gamble with. She would never see a wage slip or even ask to see it so was great for me. There would be weeks when I would spend the rent money but would always get it back on track over the month with the occasional win.

I could never see a problem and Jenny didn't really notice that I did, as I would always have an excuse to cover it up.

In August 97 we got married so money was tight for a while as I knew we needed to save for this to happen. I did more overtime then to cover the cost of my gambling. We had such a great wedding day but even deep down I was wondering why she would want to marry a compulsive gambler. It was because she couldn't see that I was one because you cover that up.

We moved out of our flat and bought our first house. It was great. I spent lots of hours decorating and less time in the bookies but I knew that I couldn't just stop gambling. I needed that fix for the day so what better way than gamble from home, online betting. I opened credit card accounts online and started to bet with them. It was great as I didn't have to use my wages to gamble with. I racked up debts of £5000. This went on for months.

Telling my wife was the worst thing ever. I ended up writing a note telling what I had done and I would understand if she wanted me to leave. She stood by me and we managed to get a loan to pay them off, but GA was still not mentioned at this time. Debts cleared and I could start with a clean slate.

It didn't stop me gambling though as I was still in charge of my own wages. I then got another credit card online but didn't have to have statements through the post so was easy to hide from her.

I had a limit of £1,000 on it which over 6 months increased to £8,000. I was just paying the minimal monthly payments back each month and then spending them once cleared.

Things got worse at home and we weren't getting on, it got to the point where I decided to move out. Jenny went along with it but didn't expect me to go through with it. Anyway I did.

Jenny helped me get my flat sorted. She was great with it all. I then decided to sign the house over to her as I felt I didn't deserve any of it after what I had spent gambling and didn't want her to lose it because of my gambling. I even signed divorce papers as she could have done a lot better than me and find someone who didn't gamble. I had my 3 year old son round in the week and every other weekend. Even when he was there he had to watch Sky Sports news on TV or watch the teletext.

The only difference of being on my own was I didn't have access to the internet. I then had to rely on phone betting and the teletext. The gambling just got worse. I could go and bet and not worry about getting home and facing the music. I would bet on sporting events that ran throughout the night and stay awake checking the teletext for the results. It was killing me. I would have many sleepless nights then go to work at 5 in the morning till 6.30 at night. I was so depressed. I wouldn't speak to anyone or answer my phone. I then had to get another loan of £1,000 as I had missed some rent and other bills, I applied for the loan and got it and was so relieved, the thing with gamblers you can always find a way of getting money.

So do I pay my bills or try and win money with

that loan? You try and win money that's what gamblers do. I couldn't go on like this, I ended up writing yet another letter to Jenny saying I can't go on anymore and I need your help. I told her I wanted to come home and be a family again.

I moved back home and got things back on track. We stopped the divorce going through and gave it another go. One thing was wrong with all this, I had gone back home but still had my own money, still able to gamble. We then found out Jenny was expecting our 2nd child. We were over the moon. The gambling did ease but I was just spending my wages and not any more on credit cards so got away with it again.

Leo was born on 24th July 2007. As some of you know Leo was born with a condition called charge syndrome. He has heart and bowel problems and was profoundly deaf, at 9 weeks old needed heart surgery. This tipped me over the edge again. I had some money to clear a debt and ended up gambling it between Leo having 2 operations over a space of 4 weeks.

That was it, time to sort the gambling problem out this time, I couldn't carry on like this anymore. I decided to do the right thing and ring GA. One of the hardest things I have ever had to do. Even harder was actually turning up to a meeting.

But it has been the best thing I have ever done, not only not gambling for 7 years I have had to cope with my son Leo having 6 major operations. Going under general anaesthetic 20 plus times. I missed about 5 months of meetings in my first year of coming here. I have had my moments where I could have easily gone out and gambled to switch off from it all but I didn't, I was given advice at my 1 year pinning that the 2nd year was going to be harder and can easily get complacent. I took this advice on board and it has stuck with me since that night as a reminder.

I still have limited access to money, my wages were being paid into my wife's account but now a joint account but still get receipts for things I do buy.

Not having any money when you first stop gambling is so hard but it's the only way to stop and has its rewards. I would recommend this to any new member because you are only seconds away from temptation by not doing this. I can't change the past for what I have done but am now changing for the future years ahead.

In my 2nd and 3rd years of GA things have been so different. Leo has spent only a few weeks in hospital so I have had more time for meetings and being a proper family life. Have cleared about £8,000 of debt. Have bought a new car. Had a conservatory built, had family holidays and spent money on my hobbies, golf and fishing and spent money on the family.

Have also passed my level 1 and part of level 2 British sign language course. None of this would have been possible if I was still gambling.

My 4th year of coming we bought a touring caravan and now spend as much time as we can down in Brean. Last year we bought a newer one at last as our finances are much better.

The past year has been another testing one, not from gambling but for health reasons, as for myself for the past 3 years I have been suffering with short-term memory loss and have a mild cognitive impairment. I've also missed a quite a few meetings due to this.

I've have been through numerous tests but still waiting for a diagnosis 3 years down the line. A lot of the members here have heard my story but I wanted to do my pin more for the new members more than for myself as I know it's good for them to hear stories like mine and why

we have to attend each week.

I still take one day at a time and am so proud of myself of what I have achieved but know I still have a long way to go in my recovery. I wish I did this years ago but we all think that, I don't think anybody comes here till they hit rock bottom and only you yourself will know when that times has come, you need willpower and determination to stop gambling. It's not a short-term fix and you will never be cured. You will always be a compulsive gambler even when you stop.

I have done it now and don't want to go back that way of life again.

Even if you can't make a meeting it's still important to stay in touch with the group as it's very easy to slip away and not come back as I have seen happen to others over the past 7 and a half years. I am determined to be gambling free for the rest of my life and by doing that I need to come to GA.

I would like to thank my wife Jenny and all my friends in the GA room for great support. Also Gam Anon for all the support and advice over the past 7 and half years.

My name is Paul, I am compulsive gambler and have not a bet for 7 years and 6 months.

Paul (Birmingham)

Darkness descending into the tragic ambitions of a gambler

I knew long before the further deterioration of my gambling that it kills people. I sort of understood with my gambling like many others that I was playing a game for very high stakes, and you might not actually have a choice over your fate.

You like to think you control the odds by your deluded judgement or the skill you think it involves. I am haunted by gambling and I literally mean it controls my waking hours.

As a gambler I thought it was worth risking literally everything and I did, I spent my life gambling. If it hasn't been for money, its been for my freedom, my dreams and hopes. I have always wanted that big win exactly how big I could never tell you. Gambling has fascinated me for as long as I can remember and as I am an addict no doubt it is the same for many others.

Gambling has a sort of hypnotic power for me, but along with that, my gambling has always had a truly intimidating edge. It is a constant presence around me. If you look at me with this addiction I just look like any other person but I hide away like a plant that never gets the sun.

I do not grow within my fellowship I am just there. With a gambler the highs and lows can change with breath taking speed. Gambling is insane as there is no middle with it, well there is not with me and that heightens the sense of danger with my gambling, because really it is like this I could be that person being normal and following that addiction like I have for years or make a change, gambling has killed so many people through the ages, gambling can be fascinating and frightening, I see people around me smiling, vibrant happy people but you do not see that whilst I am gambling and while I am being haunted by it.

My gambling has been commented as an obsession for the mentally deranged i.e. myself. I try to gamble to get me to some sort of safety or so I thought. Gambling addiction is a very controversial tragedy, gamblers have died for so long and the killing fact of it is that it is in full view of those people that you love, my gambling has always and will always be a suicidal challenge. Gamblers are ambitious people trying for that dream world win, we don't feel like we ever have to justify ourselves to anyone else. We go and gamble and it doesn't matter if other people think we are stupid or irresponsible, we just don't care. Confidence and hope does not protect you from gambling and what this proves is my gambling is every bit as frightening as any other addiction. The risk with gambling is always present.

I have made many attempts at stopping and messed up every time. Gambling calls me, there is so much psychological baggage with gambling and you can't get it out of your head, well I can't.

Gambling plays quite a strange game on you, my addiction is there either to be fed or beaten, it gets in my head, if you work at this addiction although it can be frightening you can get rid of the fear. I have only recently realised how obsessive I have become, I don't recognise my former self. I am just this virtually driven person who is totally obsessed with gambling.

You think this is worth risking everything, every happiness, you could ever have. Gambling is always a menacing presence with me. It's can only take one slip with gambling and you can lose everything. The big win seems within your grasp and sometimes gambling has been something I haven't wanted to give up lightly. As a young man I like to think I control the odds with my judgement which isn't exactly true. When I realised I have to stop gambling. I don't think people actually understood gambling has been such a big part of my life, it has been a passion and when the time to stop came, and I realised it was over, this will be a long hard

rehabilitation. When I attend meeting something changed and my gambling is never the same again. I can't see the path ahead at this time, gambling stopped me dead in my tracks, my dreams had gone and everything has changed. My abstinence hangs in the balance a lot of the time, anticipation of progress on the one side and disappointment of failure on the other. You're trying for all your worth to beat something you have held so desperately onto.

Repeatedly trying to beat the mind obsession.

There is that moment when gambling stops and the urge is that great to gamble, you have to accept it is over and it gradually dawns upon you that this addiction could be fatal. The piece of brilliance gambling seems when you are in action has trapped you gambling urges have a horrible sense of expectancy, it is about to happen, it is about to happen, then all hell is let loose! It is an unsettling feeling and you simply disappear back into the addiction. There is one option left now, stopping!! You don't ever want to contemplate. If you can stop and it is a big if, you have a chance of beating this, every time you gamble you are limiting your options, it is suicidal so you have no other choice, it is a very serious situation, you walk right on the edge of things with gambling. And there is a fine line between success and disaster, between life and death, and walking on the edge of that gives you a completely different perspective on life. With his addiction even when things are going great, you always have that part in the back of your mind saying 'WATCH OUT, WATCH OUT!'

When you are lost in addiction, you can just seem overwhelmed by the loneliness of the situation. Addiction takes you in a sort of assiduous way as it can creep through you slowly shutting everything down and turning things off inside you.

Your just incredibly alone but recovery

improves and the process of gambling makes me think too much about what I am doing and the price I am paying for this.

You do something with a passion but it is killing people and nearly myself, despite all the time I have done I have realised my love affair with gambling has cooled. I don't want to risk it all any more so my attempt at stopping had to happen. Every day can seem like an impossible task. Luck won't beat this addiction but making an effort is important. All I can do is try.

I know what strength of mind it takes to stay bet free. It can be painfully slow but you can beat it hour by hour, minute by minute. When you can be at the absolute limit because sometimes you have a feeling of very little hope, but if you don't try you are finished. You have to make the effort. Just never give up despite anything that has happened to you because you desire to be bet free.

If you are going to risk all this hardship and pain and your life everything on a bet for a dream that won't happen. It is actually a completely illogical thing to do and not a rational thing to do. I don't have my morality any more. You can never say never but I am trying with a passion to stop now. When you are young, if you are lucky enough you will have someone that tells you everything will be okay, and as a child no matter how bad you feel you believe the. When you grow up you realise things might not be alright and can't be made better but this addiction can be beaten and you can come out the other side. Things manifest with this addiction so if you are having problems with this addiction, don't pretend everything's ok. It takes more strength to say you aren't and to make use of the support system free yourself on a daily basis.

Carl

Birkenhead

Why did I do it? Why me? Why my head?

Imprisoned by gambling, and I'd rather
be dead.

I look out of my window and what do I see?
Normal folk getting on with life, a
mystery to me!

My whole world is five reels spinning

If only I could turn the clock back to the
beginning

Outside my world, babies are born. Loved
ones die
Wars are fought. Children cry.

Lovers get married and kids do chores.
Planes take off for distant shores.

But I'm in my zone. My safe place.
No compassion on my zombie face.

I was warned it would be this way.
I listened, believed, but screwed up today.

And yesterday, and the day before
Each worse than the last, losing more

My partner asks for support, my family
needs advice
But I am useless like this, I'm not even
nice.

A business endeavour, a hard fought
dream,
Slipping back into the sand, with my
self-esteem.

Yes, I'm a prisoner but you won't see
my bars
They are in my head, along with the scars.

So this is me, out of control,
The person I hate on a downward roll

Strood GA group

When you get what you want in your
struggle for self
And the world makes you king for a day
Just go to the mirror and look at yourself
And see what that man has to say.

For it isn't your father, or mother, or wife
Whose judgment upon you must pass
The fellow whose verdict counts most in
your life, is the one staring back from the
glass.

He's the fellow to please, never mind all
the rest,
For he's with you clear up to the end
And you've passed your most dangerous,
difficult test

If the guy in the glass is your friend.

You may be like Jack Horner and chisel a
plum and think you're a wonderful guy
but the Man in the glass, says you're
only a bum if you can't look him straight
in the eye.

You may fool the whole world down the
pathway of years, and get pats on the
back as you pass, but your final reward
will be heartache and tears

If you've cheated the man in the glass.

Darren (Wolverhampton)

LITERATURE

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God

*Grant me
the Serenity to
accept the things
I cannot change,
Courage to change
the things I can
and Wisdom to
know the difference.*

