

50p - Vol 33 - Issue 9 – August/September 2016

*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***

[WWW.GAMBLERSANONYMOUS.ORG.UK](http://WWW.GAMBLERSANONYMOUS.ORG.UK)

**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.**

**Opinions expressed may not necessarily be those of the fellowship.**

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## Editors Message

There appears to have been a stalling of contributions of both New life and Lets Talk the last few months. Wondering why and whatever the reason, the fellowship hasn't been able to share the experience, strength and hope as it would wish. We've only just been able to put out this edition.

We've tried to spread the word down through the trustees, regular group emails and attending different meetings, but ultimately it comes down to members contributing their therapies, poems and drawings. It appears groups are finding it difficult to contribute a single new life / lets talk piece annually!!! That's all it would take. If every group in the fellowship did that, we'd probably be able to get a journal out every month or so.

I'd like to encourage any members who haven't previously written a therapy or haven't shared one in the last year to try writing one 'from the heart'. It can be therapeutic and helpful for your continuing recovery as well as being a source of information on meetings and contact details. Maybe you could take the opportunity to attend a different meeting you've never been to or attend a convention (see the details on the midlands one in this edition)?

I'd also like to point out the GA forum and chat to any that have previously missed it or aren't aware of what it does. There's a wealth of GA resources available online for GA members to use in between meetings. Maybe drop by and have a look? If you have any questions you can always ask any of the forum or chat moderators who would be happy to support you.

That being said, if you have any questions or queries, I am available at [newlife@gamblersanonymous.org.uk](mailto:newlife@gamblersanonymous.org.uk) and look forward to receiving future contributions soon. Don't be a stranger.

Ian S  
New Life 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

Please contact the 'New Life' editor with any news about any GA Open meetings or events –  
**[newlife@gamblersanonymous.org.uk](mailto:newlife@gamblersanonymous.org.uk)**

**Brentwood Thursday** 1<sup>st</sup> September 2016 Harry 1 year, Sean 3 years, Wayne 3 years, Lewis 4 years, Rob 4 years, Andy scaff 4 years, Mike 5 years, Danny 5 years

**Pensby Thursday** 8th September 2016 Ian 13 years

**Hertford Tuesday** 13th September 2016 Various recipients

## Struggling Alone

Ian - Pensby

If I'm struggling, my question to myself is Why?

Each of us is a struggling soul. I had to struggle with gambling and my illness for a long time before I found GA and the hope within. Eventually my struggling soul faced the realities of life. Some might call it my 'rock bottom' at that time.

If I face the trials of life alone with this addiction, I will fail.

It's a big reason why GA was set up. A fellowship that offers its members support through many layers that is based upon twelve itty bitty steps.

There's absolutely no reason why I should ever feel alone in GA.

If I do feel alone, the question I need to ask myself is, what I'm doing about it?

Am I using all the help GA offers?  
Do I put myself out to help other members in my group?

Do I have an awareness how GA works throughout the fellowship?

Do I realise how much work is done by those unheralded members who put in hours of work a month on our behalf?

Am I Struggling still?

Ian (Pensby)

## I Didn't Stop at 'Rock Bottom'

Terry W

My name is Terry W and I am a compulsive gambler.

Much is made of hitting your rock bottom before being ready to stop gambling and I have to say I didn't stop at any of my personal low points.

In 1994 I was briefly remanded in custody as I'd been committing fraud in order to make money to gamble. Not having a suitable address to be bailed to, I was put in a bail hostel with one of the conditions being that I pay my rent. I was gambling all my money and ran into arrears and was breached for this. While they found me a new bail hostel, I ended up in Bedford prison but once released, I went straight back to gambling. I had learnt nothing from the experience; I wasn't ready to stop gambling.

The 1990s were littered with similar experiences such as being assaulted on the street while begging after losing all my money gambling. I was taken to A & E and the following day I got a crisis loan from the DSS using the assault in order to replace the money lost, which I then promptly lost playing fruit machines.

There were times in the 1990s when I had only the clothes I stood up in and lived in hostels moving from town to town. This addiction cannot be solved geographically and my problems

always travelled with me. At times I got desperate. I wanted out, but there seemed no solution, so I attempted suicide. Luckily I got this wrong too!

In 1994 I ended up in Watford and got myself a place at Watford YMCA I still refused to stop gambling, running up debts and being threatened with eviction. I was lucky again two members of staff took control of my finances in order that I maintained my tenancy. I am eternally grateful to them and the love they showed me going above and beyond the call of duty. I moved into my own flat in 2000 and am still here today. I was lucky enough to be able to furnish the place, but again needed support to maintain my tenancy. The doctors assigned to my case would regularly suggest GA as a solution, but I went on gambling, ignoring their advice.

I met my old sponsor at St Albans meeting in 2004 and started regularly making meetings and looking at step 1. Yet I still hadn't surrendered and was suffering with complications from the gambling resulting in me being sectioned. I drifted away from GA and did not return for nearly 8 years in 2012 as the pain of gambling was getting to me again. The losses hurt more, the wins meant nothing, and the time in action was getting progressively worse.

I felt suicidal again, but I had so much to live for (and still do) that something had to change. Finally, my luck turned and I had the most wonderful nights gambling ever. If God sends me messages this one was loud and clear as every machine I played gobbled my money. I moved arcades as I often

did and ended up in Lewisham playing a machine that wouldn't give me back a tenth of what I had lost that night.

At 7.30am I ran out of money. I hear you ask how was this good luck? Well it was so bad that it forced me to make the hardest decision a relapsing fellow has to make. Do I want to end my life or am I prepared to do anything to stop? Well, staying in the addiction was not an option I wanted to consider. It hurt too much and I'd had enough pain. Suicide was quickly ruled out too as I had stuff I wanted to hold onto and I have personal experience of the effect that suicide has on the people left behind. A friend took her life and it destroyed the family she left behind. I did not want to put my family through this. Suicide is a selfish act, and if I attempt it, I am neither thinking of myself or those I would leave behind. The only sane decision I made in this moment of clarity was to walk out of the arcade and not return.

Gambling had won. I was utterly beaten. I had surrendered and now the gambling hole needed filling and I needed help and support to move beyond the havoc I had created. Thirteen days later, I returned to my local GA meeting and got the unconditional love and support that only comes from having been in my shoes. They took me by the hand and showed me that there was a life beyond the addiction and that if I was prepared to do anything to get abstinent that there was hope. I trusted their wisdom and continue to do so. My goal on the day I returned was simply not to place a bet that day

and repeat tomorrow. This simplicity has served me well.

In conclusion, I believe I reached a point where I wanted to do anything to stop. For me this was not at my lowest point. I had been in worse situations, with less to hold onto, but in that moment of clarity, I no longer wanted to continue gambling. By stopping, my life has improved as GA promised it would, and by staying stopped and making meetings, my recovery continues

In Unity  
Terry W

## Why Did I Do It?

Strood GA

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 one's 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

## Dear Darling, It's Over

Pete – Kings Heath

Dear darling, it's over.

It's time I moved on.  
You've been in my life for too long and too much damage has been done.  
I've given you so much and you've given so little back.  
What little you have given me, I soon gave you it back.

You were gone from my life for well over a year but I slipped and let you back in, but never again, this time it's different, this time I'm stronger.  
My friends, who's surnames I don't know, have made me realise I really don't need you anymore.

You can email me all you like but I won't read them.

I'm sure you won't really miss me, you don't care who loves you, men, women, old or young you want all of them to fall for you.

You're getting famous now, I hear you on the radio and see you on the TV all the time, you sponsor most sports, your appetite for lovers has no bounds.

I'm lucky, my family have had me back after our affair, I've got a second chance and I'll never let them down again.

I'll never forget you and I'm sure I'll think about you often, but I'll never go back to you.....ITS OVER!!

Pete, Kings Heath

## Bryan's Therapy Watford

My name is Bryan and I am a compulsive gambler. My first ever memory of anything was at the age of 4 being taught to play cards by my future Brother-in-Law. It wasn't snap or happy families that he showed me how to play but Pontoon, Brag and Poker. Not that I blame him or anyone else for how I turned out and anyway I was rubbish at cards.

I do believe that I was born a compulsive gambler or at least someone who would be susceptible to an addiction of some sorts. Although

there was some small gambling in and around me as I grew up, I don't think my problem was a learnt practice. I was born with either wires crossed in my brain or with something missing which initially I filled with gambling. I blame no one for how I ended up, including myself, although I do accept the responsibility for my actions.

As a kid I played cards for pennies at Christmas, the machines in the arcades when on holidays and occasionally was allowed to pick a horse when it was the Derby or the Grand National. None of these caused me any financial problems but I can recall the excitement that gambling brought into my life. My addiction was I believe waiting patiently for an opportunity to take over my life.

When I was 16 I started work and although not paid a lot, I had money over at the end of the month so I could afford to buy Christmas presents. I even had enough money to book a week's summer break in Caister Holiday Camp the year after. Even then my holiday money lasted the entire week so still no obvious problem. However not long after I was introduced to pubs and there I found you could play darts, bar billiards, dominoes or the machine. It didn't take me long to choose the machine to keep me company rather than my friends. It had begun. 17 years later I ended up in GA a broken man.

By the age of 18 I was stealing from the firms till and justifying it with "well they don't pay me enough to work there". No longer did I have money left over at the end of a month. When I thought the firm had found out about



the shortfall in the till I stopped, but subsequently realized they hadn't got a clue. I didn't stop gambling, for that wasn't my problem, I stopped nicking their money. I really don't have a clue how I managed to still play with less available funds but I must have managed somehow. My friends asked me to go on holiday the following year for 7 days in Estartit (Spain apparently) and I made some excuse. My reality was I couldn't afford the small amount required for the package holiday let alone the spending money. I was jealous when they came back nice and brown with stories of the holiday but I never thought I could have gone had I not been feeding the machines.

When I was 20 I started my first proper relationship and so my machine playing opportunities were limited but that wasn't a problem as I had discovered that sex was something to be even more excited about. One day I decided to tell her about the previous theft of money from my firm and how I had gotten away with it thinking that she would be impressed. She wasn't impressed at all so I told her I was only joking and never mentioned it again. We were engaged for 9 months but that ended which was a result because I got the ring back and sold it. That money didn't last long.

4 months later I was in another relationship which again overtook the excitement levels of gambling. I told her about my gambling and she told me in no uncertain terms that no one wins and that I should stop. I did stop. I stopped seeing her!

When I was 22 I changed jobs for the first time and coincidentally to a firm just 2 doors from a Bookmakers. Just before I saw out my notice at the old firm I had a bet on the Grand National that was 10 times my previous biggest stake and the horse Escargot duly won. This was at the time by far my biggest return and I thought this is so easy. Two days later believing I knew how to make money on the horses I managed to lose a quarter of my winnings. It was only a quarter but the amount of joy on the previous Saturday was countered by the amount of pain on the Monday. At this stage I was not a compulsive gambler or at least not one totally consumed by it. I gauged this by the fact that I still had the majority of my winnings left, but the pain of the loss meant it was a while before I tried it again.

However, within a year I became a compulsive gambler, not that I knew that at the time but only realized once I had stopped gambling some 12 years later. I remember the day well. I had already become a daily gambler but still not overpowered by it. It was Goodwood week and I went into the Bookies as I did every day at lunchtime and walked out without placing a bet. When I went back to work my boss asked what I had done and I told him nothing because I didn't fancy anything.

He said "but it's Goodwood, you have to have a bet at Goodwood." So I went back in and picked out 4 horses in a Yankee and low and behold the first 3 won at good prices so had a nice return. This nice return meant that I now had no choice other than to gamble because I had won when I

The Midlands Region is pleased to present our 2nd  
One Day Convention

# **A Second Chance**

**Saturday the 17<sup>th</sup> September 2016  
at Wolverhampton GA**

Doors open 10am, 11am Start till 17.00 pm

Please contact Darren for any more details  
Email: [g.a.wolverhampton@gmail.com](mailto:g.a.wolverhampton@gmail.com)

Guest speakers, Compulsive gamblers sharing  
experiences, strength & hope

Gam-Anon, family & friends all welcome.  
Refreshments & Buffet provided.

didn't fancy a thing. From that day for another 11 years I had to gamble on every race I could. I had crossed that invisible line. I don't blame my manager for my downfall either.

By the age of 24 I was in another relationship but because she was a virgin it took a while before we got it together, three years in fact! The first year we were together I went away for my first holiday abroad with 3 mates. I have no idea to this day how I managed to pay for it but can only assume that winners came at the time of the deposit, final payment and spending money. What I can remember is that it was July and 90/100 degrees and I was wearing only what clothes I had bought for me by girlfriend and relatives at Christmas and my Birthday. My Birthday is in January so I had long sleeved shirts and no shorts.

When I was 27 the time was right for us to go on holiday together and it was amazing. Yes, we made love but that wasn't the best bit. We went to Great Yarmouth first week in a flat and the second in the holiday camp. That fortnight the horse racing was on at Yarmouth racecourse and the local dog racing was on twice a week, there was a bookie on the campsite and when none of that was available there was of course the onsite arcades. Heaven or what!

The following year I was driving an old Austin 1100 which was coming up for its MOT and no chance of passing. I am sure because it literally had mushrooms growing in the foot well. My holiday was coming up but I did not have any spending money at all.

Got home from night out and I used to sleep in the front bedroom so when I heard the familiar sound of my car door I looked out of the window to see shortly afterwards whoever was in it drive away. Did I do what anyone else would do and call the police? No I went back to bed. Next morning got up went out, no car so it wasn't a dream, then bizarrely I walked around our block looking for the car before going back into the house to tell my parents my car had been stolen. Then managed to keep a serious face on when reporting theft to the police and my insurers. Six weeks later still not recovered so got paid out £300 for a pile of scrap. Result, I had my spending money. Only problem was after the holiday when my girlfriend and my parents questioned why I did not have money to buy a replacement car! I just got another loan so that solved that problem.

When I was 29 my girlfriend and I booked up to go to Tenerife and although again somehow I got money for the holiday I was a bit short when it came to getting appropriate clothing so I kept getting stuff from the bargain sections (Primark's weren't around then). I picked up a pair of shorts for just a quid, went home and showed my Mum who said they were underwear but I told her as usual she didn't know what she was talking about and these were the new style shorts. Well I wore them for 2 weeks in Tenerife and was well delighted with my bargain purchase until that is that Christmas when I unwrapped a few pairs of boxers which looked just like my shorts! I should have noticed the open flap at the front I suppose!

I was in the relationship with Cheryl for 8 years, whilst I was still living with my parents and her with her family. I proposed to her 3 times in the first 5/6 years but lucky for her she turned me down as she thought she was too young to settle down. During this relationship I met my then future wife at work. We got on well and whereas my girlfriend was good with money and not in debt, Sue was in debt due to living away from home and normal expenses. I was worried that Cheryl would one day decide that marriage would be a good idea and this would now be a problem because how would I be able to tell her about my money issues, let alone start saving for the wedding, house etc. So I did what I had to do I decided to dump the love of my life for someone who had their own room in a shared house which meant loads more opportunities to have sex but who would not be looking for a permanent relationship! The very worst part of our break up was that I chose to do it on Valentine day in 1985. That shows how much damage gambling had done to my mind. It also shows how I had become so self-centered that I did not care for anyone else other than myself.

Some years earlier, before I had become consumed totally by my gambling, my sister Joan had a gallstone operation and I visited her in hospital the night before. She looked really ill. The jaundice made her yellow. I cried as I left because I thought she was going to die, fortunately she recovered. Shortly after starting my relationship with Sue, many years later, Joan had to go into hospital again but this time for a triple heart by-pass operation and when I

visited her the night before she looked as if she was dying. I left there thinking that's OK that means that when my parents die I will inherit the whole house. I am now glad to say that my Sister got through that ordeal too.

Shortly afterwards Sue got a job elsewhere which meant I could get away with more gambling and also not to have to care too much about my appearance at work. I had a suit for every day of the year. It was a brown heavy one which was OK in the winter but a bit hot and sticky in the summer months. I remember every morning getting ready for work having to use a flannel to wipe away the white sweat marks under the arms and to try and cover the smell by spraying the jacket with deodorant! Eventually by the time I arrived at GA the arms of the jacket had rotted away.

Somehow our casual relationship quickly turned into a let's get engaged and buy a house. Not sure how this happened but as a result we came up with a plan to get rid of our debts by paying them off a bit each month but also to save a bit each month. I am sure she did it religiously and I had intentions of doing the same but you know how it is. I got behind with my payments and the saving just didn't happen. Whilst she was heading in one direction I was going in the opposite way until that was I decided to pray to God in whom I had no belief in whatsoever. I prayed for a winning run so I could pay off my debts and I would then stop gambling. Over the next couple of days I had an unbelievable run of fortune giving me

my biggest win ever. It was 6 ½ times more than I had ever won.

When I collected my fortune the next day I went straight to my bank and paid off all my debts. Not once did I thank God or think well now's the time to stop gambling or to put the extra I had won into the savings account. Why would I stop now that I have found the perfect way to make money and have funds to play up?

We got engaged and somehow purchased a house. Everything was going well in her mind and everything was going to be OK in my mind.

This will surprise no one reading this that 12 months after my big win not only did I have debts but also was so desperate to try to pay these off before she found out that I borrowed money from my employers. When I say "borrowed" they didn't know about the loan. Despite my fears that they might find out, I got away with it and carried on gambling. Six months later I had still not paid back the first "loan" and was back in debt. So I borrowed twice the amount this time with the intention of paying off the debt and using the other half to gamble my way out of trouble. That never happened because before I could cash the cheque my firm found out.

So my 7-year career was in tatters, as was my life. I got sacked and then I had to tell Sue which has to be the hardest thing I ever did because as I blurted out the horrible truth she just stood there in front of me with a look of total shock as her dreams were torn apart by each word. It was the worst

moment of my life, even worse than 3 hours earlier when being sacked. It would have been less painful to me had she screamed and shouted but she just stood motionless and speechless. That will forever be etched in my mind.

I believed that I had no future whatsoever and that suicide was the only answer. Not for the first time in my life, I was wrong.

Later that evening I made a call to the Samaritans who suggested I rang GA. I rang GA and the guy on the phone suggested I went to a meeting. 9 days later I arrived at my first meeting and they suggested I stopped gambling. I was 34 and I had never taken notice of any suggestions in my life up until this moment. I have been fortunate for I have not had a bet since coming to GA 02/07/87 thanks to the members I have met along the way and my ability to accept their suggestions which included my introduction to the 12 step recovery program. Without that I would, without doubt, have gone back to my old way of life years ago. Thank God I didn't. Thank God for GA.

Yours in GA

Bryan (Watford)

# GROUP MEETINGS LIST

## ALL MEETING INFORMATION CORRECT AS 02/08/16

### KEY:

**BH** - Open bank holidays

**GAM** - GamAnon meeting available

**WC** - Wheelchair accessible

## NORTHERN

### BARNSELEY

Holden House, York Street, Barnsley, S70 1BG

Saturday 10:30 to 12:00

BH - No, GAM - No, WC - Yes

### BLACKBURN

Salvation Army, Vicars Street, Blackburn, BB1 5BE

Wednesday 19:30 to 21:30

*Opposite Morrisons in town centre. Entrance by side door*

BH - No, GAM - Yes, WC - No

### BOLTON

Unitarian Chapel, Bank Street, Bolton, BL1 1TS

Friday 19:30 to 21:30

*Entrance opposite multi storey car park on Bow Street*

BH - No, GAM - No, WC - No

### BRADFORD

Community Arts & Resource Centre, 17-21

Chapel Street, Little Germany, Bradford, BD1 5DT

Friday 19:30 to 21:30

BH - Yes, except Xmas Day, GAM - No, WC - Yes

### CHESTERFIELD

Chesterfield Tontine Centre, Tontine Road,

Chesterfield, S40 1QU

Monday 19:15 to 21:15

BH - No, GAM - Yes, WC - No

### DARLINGTON NORTH

Harrogate Hill Methodist Church, Lowson Street, Darlington. DL3 0EY

Tuesday 19:00 to 21:00

*1st Tuesday of month is a unity meeting*

*Entrance through door on Bowman Street*

BH - Yes, GAM - No, WC - No

### DARLINGTON WEST PARK

West Park Hospital, Edward Pease Way,

Darlington, DL2 2TS

Friday 19:00 to 21:00

*Ask at reception for access to meeting room*

BH - Yes, GAM - No, WC - Yes

### DONCASTER

CVS Building 5, Trafford Court, Trafford Way, Doncaster, DN1 1PN

Tuesday 19:00 to 21:00

*Next to Doncaster railway station*

BH - No, GAM - Yes, WC - Yes

### HUDDERSFIELD

New North Road Baptist Church, New North

Parade, Huddersfield, HD1 5JU

Monday 19:30 to 21:15

Thursday 19:30 to 21:15

BH - Yes, GAM - 2nd Monday of Month, WC - Yes

### HULL

Wellington House, 108 Beverley Road, Hull, HU3 1XA

Tuesday 19:30 to 21:30 (mixed meeting)

Friday 19:30 to 21:30

BH - Yes, GAM - No, WC - Yes

### LEEDS

West Park United Reform Church, Spens Lane,

West Park, Leeds, LS16 5BB

Tuesday 20:00 to 21:45

Thursday 20:00 to 21:45

*1st Tuesday of month is a Unity meeting*

BH - No, GAM - Tuesdays Only, WC - Yes

### LINCOLN

Croft Street Community Centre, Baggholme

Road, Lincoln, LN2 5AX

Wednesday 19:00 to 21:00

BH - Yes, GAM - No, WC - No

### LIVERPOOL HUYTON

St Agnes Church, 82 Huyton Hey Road, Huyton,

Liverpool, L36 5SQ

Wednesday 20:00 to 21:30

BH - Yes, GAM - No, WC - Yes

### LIVERPOOL NORTH

Aintree Baptist Church, Longmoor Lane, Aintree,

Liverpool, L9 0EF

Thursday 19:30 to 21:30

*Next to Premier School of Dance and Drama*

BH - No, GAM - Yes - except last Thursday of month, WC - Yes

**MANCHESTER CENTRAL**

Friends Meeting House, 6 Mount Street,  
Manchester, M2 5NS  
Monday 18:00 to 19:00 (women preferred  
meeting)

Monday 19:00 to 21:00

Thursday 19:00 to 21:00

Friday 19:00 to 21:00

Saturday 10:00 to 11:00 (steps meeting)

Saturday 11:00 to 13:00

*Off Albert Square, facing rear of Central Library*

BH – No, GAM – No, WC – Yes

**MIDDLESBOROUGH**

Salvation Army Citadel, Admiral Way, Palister  
Park, Middlesborough, TS3 8ET

Monday 19:30 to 21:30

*1<sup>st</sup> Monday each month is a steps meeting*

BH - Yes, GAM - No, WC - Yes

**NEWCASTLE GEORGE STREET**

George Street Social Club, George Street,  
Newcastle-Upon-Tyne, NE4 7JN

Monday 19:00 to 21:00

Thursday 19:15 to 21:15

BH - No, GAM - No, WC - No

**NEWCASTLE CENTRAL**

Brunswick Methodist Church, Brunswick Place,  
Newcastle, NE1 7BJ

Tuesday 19:00 to 21:00

BH - No, GAM - Yes, WC – No

**NEWCASTLE BAMBURGH HOUSE**

Bamburgh House, Market Street, Newcastle, NE1  
6BH

Saturday 10:00 to 12:00

BH – Yes, GAM – No, WC – No

**OLD COLWYN**

Tan Lan Community Bay, 6 Tan-Y-Lan Road,  
Old Colwyn, Colwyn Bay, LL29 9BB

Tuesday 20:00 to 22:00

BH – No, GAM – No, WC – Yes

**OLDHAM**

Link Resource Centre, 140 Union Street, Oldham,  
OL1 1DZ

Tuesday 19:00 to 21:00

BH - No, GAM - No, WC – Yes

**PENSBY**

Pensby Library, Pensby Road, Pensby, Wirral,  
CH61 9NE

Thursday 19:00 to 20:45

BH – Yes, GAM – No, WC – Yes

**PRESTON**

St Wilfrids Church Hall, Chapel Street, Preston,  
PR1 8BU

Friday 19:30 to 21:30

*Off Fishergate. Parking around Winkley Square.*

BH – No, GAM – Yes, WC – Yes

**ROCHDALE**

High Level (Northern) Trust, Champness Drake  
Street, Rochdale, OL16 1PB

Wednesday 19:30 to 21:00

*Next to Red and Hot World Buffet*

BH – Yes, GAM – No, WC – No

**ROTHERHAM**

Wellgate Court, 68 Wellgate, Rotherham, S60 2LR  
Wednesday 20:00 to 22:00

*Building below Civic Centre*

BH - No, GAM - Yes, WC - Yes

**SCARBOROUGH**

The Friends Meeting House, Quaker Close,  
Woodlands Drive, Scarborough, YO12 5QZ

Tuesday 20:00 to 22:00

BH - No, GAM - No, WC - Yes

**SHEFFIELD CENTRAL**

Room 49, Victoria Methodist Church, Chapel  
Walk, Sheffield, S1 2JB

Friday 10:00 to 11:30

*Chapel Walk across from the Crucible Theatre*

BH - No, GAM - No, WC - No

**SHEFFIELD WEST BAR**

Croft House Settlement, Youth and Community  
Centre, Garden Street, West Bar, Sheffield, S1  
4BJ

Sunday 19:30 to 21:30

BH - Yes, GAM - Yes, WC - Yes

**STOCKPORT WEST**

Cheadle Heath Community Centre, Essex  
Avenue, Stockport, SK3 0JA

Sunday 19:30 to 21:30

BH - Yes - except Xmas Day, GAM - No, WC -  
Yes

## STOKE ON TRENT

St Saviours Church Hall, Ford Green Lane,  
Smallthorne, Stoke on Trent, ST6 1NX  
Tuesday 20:00 to 21:30  
*Opposite kebab house, parking at rear of kebab house*  
BH - No, GAM - No, WC - Yes

## WAKEFIELD

Salvation Army Citadel, Vicarage Street,  
Wakefield, WF1 1QX  
Thursday 19:30 to 21:00  
BH - No, GAM - No, WC - Yes

## MIDLANDS & SOUTH WALES

### BATH

Manvers Street Baptist Church, Manvers Street,  
Bath, BA1 1JW  
Thursday 19:15 to 21:15  
*Meeting situated downstairs in Southgate Room. Please  
look at room board next to stairs.*  
BH - No, GAM - No, WC - No

### BIRMINGHAM KINGS HEATH

Kingsheath Community Centre, Heathfield Road,  
Kings Heath, Birmingham, B14 7DB  
Monday 19:45 to 21:45  
Thursday 19:45 to 21:45  
BH - No, GAM - Thursdays Only, WC - Yes

### BIRMINGHAM QUINBORNE

Quinbourne Community Centre, Ridgacre Road,  
Quinton, Birmingham, B32 2TW  
Monday 19:15 to 21:15  
*This is on the 103 bus route from Birmingham City  
Centre and located across the road from the Punch Bowl*  
BH - No, GAM - No, WC - No

### BIRMINGHAM COLMORE CIRCUS

The Priory Rooms, 40 Bull Street, Colmore  
Circus, Birmingham, B4 6AF  
Tuesday 19:00 to 21:00  
BH - No, GAM - No, WC - No

### BRISTOL NORTH

Horfield Quaker Meeting House, 300 Gloucester  
Road, Horfield, Bristol, BS7 8PD  
Wednesday 20:00 to 21:30  
BH - No, GAM - No, WC - No

### BRISTOL CENTRAL

Broadmead Baptist Church, 1 Whippington  
Court, Bristol, BS1 3HY  
Tuesday 19:15 to 21:15  
*Entrance at the back of M&S*  
BH - No, GAM - Yes, WC - Yes

### BRISTOL SOUTH

Victoria Park Baptist Church, Sylvia Avenue,  
Bristol, BS3 5DA  
Saturday 10:30 to 12:30  
*Newcomers and Weekend meeting*  
BH - No, GAM - No, WC - No

### BROMSGROVE

The Methodist Centre, 19 Stratford Road,  
Bromsgrove, B60 1AS  
Friday 19:45 to 21:15  
*Enter at rear of church, through small car park, at the top  
of council car park*  
BH - Yes - except Good Friday & Xmas, GAM -  
No, WC - Yes

### CARDIFF

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. Barclays Bank is on the corner of Queen  
Street and Windsor Place.*  
BH - No, GAM - No, WC - Yes

### CHELTENHAM

Highbury Congregational Church, Priory Walk,  
Cheltenham, GL52 6DU  
Wednesday 19:30 to 21:30  
BH - No, GAM - No, WC - Yes

### COVENTRY

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, beside block of flats*  
BH - No, GAM - Yes - except 1st Thursday of  
month, WC - Yes

### DERBY

Convent of Mercy, 11 Bridge Gate, Derby, DE1  
3AU  
Monday 19:00 to 21:00  
Thursday 19:15 to 21:00  
*Next to St Marys Church*  
BH - No, GAM - No, WC - No

### GLOUCESTER

Raven Centre, Hare Lane, Gloucester, GL1 2BB  
Monday 20:00 to 22:00  
Thursday 19:30 to 21:30 (steps meeting)  
BH - No, GAM - No, WC - Yes



**LEICESTER**

St Albans Church Hall, Weymouth Street,  
Leicester, LE4 6FN  
Monday 20:00 to 22:00  
Wednesday 20:00 to 22:00  
*Access off Harrison Road, off Melton Road, off Catherine  
Street. Buses - Centre*  
BH - No, GAM - No, WC - No

**NEWPORT**

Church of Christ, East Usk Road, Newport,  
Gwent, NP19 7AG  
Monday 19:30 to 21:00  
BH - Yes, GAM - No, WC - Yes

**NORTHAMPTON**

Victoria Road Congregation Church, Victoria  
Road, Northampton, NN1 5ED  
Friday 20:00 to 21:30  
*Cyril Street entrance, off Billing Road*  
BH - No, GAM - No, WC - Yes

**NOTTINGHAM LENTON**

Thomas Helwyns Baptist Church, Church Street,  
Lenton, Nottingham, NG7 1SJ  
Sunday 20:00 to 22:00  
BH - Yes, GAM - No, WC - Yes

**NOTTINGHAM SNEINTON**

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*  
BH - No, GAM - No, WC - No

**PENARTH**

Lower Penarth Community Centre, Brockhill  
Way, Lower Penarth, CF64 5QD  
Tuesday 20:00 to 21:30  
*Behind the Spar shop*  
BH - No, GAM - No, WC - No

**PETERBOROUGH**

Brookside Methodist Church, Gunthorpe Road,  
Peterborough, PE4 7TG  
Tuesday 20:00 to 22:00  
BH - No, GAM - No, WC - Yes

**PONTYPRIDD**

Temple Baptist Church, Gelliwastad Road,  
Pontypridd, CF37 2BP  
Monday 19:15 to 21:00 (mixed meeting)  
BH - No, GAM - Yes - 2nd & 4th Mondays in  
month, WC - Yes

**SOLIHULL**

Solihull Centre, Oliver Bird Hall, Church Hill  
Road, Solihull, B91 3RQ  
Tuesday 20:00 to 22:00  
BH - No, GAM - No, WC - No

**SUTTON COLDFIELD**

Methodist Church Centre, 16 South Parade,  
Sutton Coldfield, B72 1QY  
Wednesday 19:30 to 22:00  
*Unity meeting 2nd Wednesday of month*  
BH - No, GAM - No, WC - No

**SWANSEA**

Quaker Meeting House, Pagefield House, Page  
Street, Swansea, SA1 4EZ  
Tuesday 19:30 to 21:30  
Sunday 19:30 to 21:30  
*Opposite YMCA*  
BH - No, GAM - Tuesdays only, WC - Yes

**TELFORD**

Salvation Army, Lion Street, Telford, TF2 6AQ  
Tuesday 19:15 to 21:15  
BH - No, GAM - Yes, WC - Yes

**WESTON SUPER MARE**

The Old Hall, Corpus Christi Church, 14  
Ellenborough Park South, Weston Super Mare,  
BS23 1XW  
Tuesday 19:30 to 21:30  
*Entrance from Walliscote Road, rear of car park*  
BH - No, GAM - No, WC - No

**WOLVERHAMPTON**

Friends Meeting House, 8b Summerfield Road,  
Wolverhampton, WV1 4PR  
Thursday 19:00 to 21:00  
*Behind doctors, parking on site*  
BH - No, GAM - Yes - 2nd & last Thursday of  
month, WC - Yes

**ULSTER****ARMAGH**

Malachy Centre, 19-21 Ogel Street, Armagh,  
BT61 7EN  
Monday 20:00 to 22:00  
BH - No, GAM - No, WC - No

**BALLYBAY**

Cuan Mhuire House, Corfad, Ballybay, Co.  
Monaghan  
Tuesday 20:00 to 21:30  
Sunday 20:00 to 21:30  
BH - No, GAM - No, WC - No

**BELFAST**

Ehsst Community Centre, South Link, Belfast,  
BT11 8GX  
Monday 20:00 to 21:30  
BH - No, GAM - No, WC - No

**CARNHILL**

Resource Centre, Racecourse Road, Carnhill,  
Derry, BT48 8BZ  
Monday 20:15 to 22:00  
*Follow signs to Buncrana*  
BH - No, GAM - No, WC - No

**COLERAINE**

Mountfern Adult Centre, Rugby Avenue,  
Coleraine, BT52 1JL  
Thursday 20:00 to 22:00  
BH - No, GAM - No, WC - No

**CRAIGAVON**

The Town Hall, 2-6 Union Street, Lurgan, Co.  
Armagh, BT66 8DY  
Wednesday 19:30 to 20:30  
BH - No, GAM - No, WC - No

**CREGGAN**

The Creggan Neighbourhood Assist, The Old  
Clinic, The Creggan, Co. Derry, BT48 9QE  
Wednesday 20:15 to 21:30 (steps meeting)  
BH - No, GAM - No, WC - No

**DERRY**

Methodist Church, 21 Carlisle Road, Derry, BT48  
6JJ  
Wednesday 19:30 to 21:30  
Saturday 13:30 to 15:00  
BH - No, GAM - No, WC - Yes

**DONEGAL**

Bill W Club, Above Simple Simons, The  
Diamond, Donegal Town  
Wednesday 20:00 to 22:00  
BH - Yes, GAM - No, WC - No

**DUNDALK**

The Community Service Centre, 15 Clanbrassil  
Street, Dundalk, Co. Louth  
Wednesday 20:00 to 22:00  
BH - No, GAM - No, WC - No

**DUNGANNON**

S.V.P. Shop, 27 Union Place, Dungannon, BT70  
1DL  
Tuesday 20:00 to 22:00  
Friday 20:00 to 22:00 (steps meeting)  
BH - Yes, GAM - Yes - Tuesdays only, WC - No

**LETTERKENNY**

The Pastoral Centre, Cathedral Car Park,  
Letterkenny  
Tuesday 20:30 to 22:00  
BH - No, GAM - No, WC - No

**NEWRY**

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 10:00 to 13:00  
BH - No, GAM - No, WC - No

**OMAGH**

Probation Offices, 11a High Street, Omagh, Co.  
Tyrone, BT78 1BA  
Monday 20:30 to 22:15  
BH - No, GAM - No, WC - No

**SOUTH COAST & WEST****BOURNEMOUTH**

St Michaels Church, Poole Road, Bournemouth,  
BH2 5QH  
Monday 19:30 to 21:30  
BH - Yes - except Xmas Day, GAM - No, WC -  
No

**BRIGHTON**

St John The Baptist Church, Bristol Road,  
Brighton, BN2 1AP  
Monday 20:00 to 21:30  
BH - No, GAM - No, WC - No

**BRIGHTON AND HOVE**

St Phillips Church Hall, New Church Road,  
Hove, BN3 4BB  
Friday 20:00 to 22:00  
*Church is on corner with Richardson Road*  
BH - Yes, GAM - No, WC - Yes

**CAMBORNE**

Camborne Parish Church, Camborne, TR14 7DF  
Friday 19:30 to 21:00  
*Meeting in small building around the back of the church,  
in the graveyard*  
BH - Yes, GAM - No, WC - Yes

## **CHICHESTER**

New Park Community Centre, New Park Road,  
Chichester, PO19 7XY  
Wednesday 19:30 to 21:30  
BH - No, GAM - No, WC - Yes

## **EASTBOURNE**

Community Wise, Ocklynge Road, Old Town,  
Eastbourne, BN21 1PY  
Thursday 20:00 to 21:30  
BH - No, GAM - No, WC - Yes

## **EXETER**

Palace Gate Centre, 3 Palace Gate, Exeter, EX1  
1JA  
Tuesday 19:30 to 21:30  
*Bottom of South Street*  
BH - No, GAM - Yes, WC - Yes

## **HAVANT**

St Faiths Church Hall, The Pallant, Havant, PO9  
1BE  
Tuesday 19:30 to 21:30  
*White building at rear of Bear Hotel car park*  
BH - No, GAM - No, WC - No

## **JERSEY**

St Pauls Centre, St Pauls Gate, Dumaresq Street,  
St Helier, Jersey, JE2 3RL  
Monday 17:30 to 19:00  
BH - No, GAM - Yes, WC - No

## **PLYMOUTH**

Quaker House Outreach Centre, 74 Mutley Plain,  
Plymouth, PL4 6LF  
Monday 19:00 to 20:30  
BH - No, GAM - No, WC - No

## **POOLE**

Sea View Centre, Croft Road, Poole, BH12 3LD  
Wednesday 19:30 to 21:30  
BH - Yes, GAM - Yes - 1st Wednesday of month,  
WC - Yes

## **PORTSMOUTH**

Buckland's Community Centre, Malins Road,  
Portsmouth, PO2 7BL  
Thursday 19:45 to 21:45  
*From M275 towards Portsmouth, take Northend Exit,  
2<sup>nd</sup> left at roundabout and 1<sup>st</sup> right into Malins Road*  
BH - No, GAM - No, WC - No

## **SOUTHAMPTON**

Friends Meeting House, 1a Ordnance Road, off  
London Road, Southampton, SO15 2AZ  
Sunday 19:30 to 21:30  
BH - No, GAM - Yes - 1st Sunday of month, WC  
- No

## **WORTHING**

Sydney Walter Centre, Sussex Street, Worthing,  
BN11 1DS  
Tuesday 20:00 to 21:30  
BH - No, GAM - No, WC - Yes

## **SOUTHERN**

### **ACTON**

St Marys Church, The Mount, Acton High Street,  
Acton, London, W3 9NW  
Tuesday 20:00 to 22:00  
*Opposite Morrisons supermarket*  
BH - No, GAM - No, WC - No

### **AYLESBURY**

Open Access Ramp, Training Centre, Training  
Room, 100a Walton Street, Aylesbury, HP21 7QP  
Wednesday 19:00 to 20:00 (steps meeting)  
Wednesday 20:15 to 22:15  
*Follow signs to Magistrates Court. Take service road off  
one-way section of Walton St. Next to Conservative  
Association.*  
BH - No, GAM - No, WC - Yes

### **BARNET & FINCHLEY**

St Pauls Church, 50 Long Lane, Finchley, N3  
2PU  
Monday 19:00 to 20:30 (steps meeting)  
Wednesday 19:45 to 22:30  
BH - No, GAM - No, WC - No

### **BARNET & FINCHLEY FRIDAY**

Blue Beetle Room, St Marys Church Hall, 26  
Hendon Lane, Finchley, N3 1TR  
Friday 19:45 to 22:30  
BH - No, GAM - No, WC - Yes

### **BASILDON**

St Andrews Church, 3 The Fremnells, Basildon,  
SS14 2QX  
Tuesday 20:00 to 22:15  
BH - Yes - except Xmas, GAM - No, WC - Yes

### **BEDFORD**

Chapter House, St Peter De Merton Church, De  
Parys Avenue, Bedford, MK40 2TP  
Wednesday 20:15 to 22:15  
BH - No, GAM - No, WC - No

**BEXLEY**

Hurst Community Centre, Hurst Place, Bexley,  
DA5 3LH  
Thursday 19:45 to 21:30 (newcomers meeting)  
Friday 20:00 to 22:00  
BH - No, GAM - No, WC - No

**BISHOP STORTFORD**

All Saints Church, Stansted Road, Hockerill,  
Bishop Stortford, CM23 2DY  
Monday 20:00 to 21:30  
*Entrance through red vestry door at rear of church*  
BH - No, GAM - Yes, WC - No

**BOREHAMWOOD**

Allum Hall Community Centre, 2 Allum Lane,  
Borehamwood, WD6 3PL  
Wednesday 19:00 to 19:55 (steps meeting)  
Wednesday 20:00 to 22:00  
*Almost opposite Borehamwood mainline station*  
BH - No, GAM - No, WC - Yes

**BRAINTREE**

Braintree & Bocking Community Association, 19-  
21 Bocking End, Braintree, CM7 3AH  
Tuesday 19:00 to 20:00  
BH - No, GAM - No, WC - No

**BRAMPTON**

Memorial Centre, Memorial Playing Field,  
Thrapston Road, Brampton, Huntington, PE28  
4TB  
Friday 19:30 to 21:00  
BH - No, GAM - No, WC - No

**BRENTWOOD**

United Reform Church, New Road, Brentwood,  
CM14 4GD  
Thursday 20:15 to 22:15  
*Via Copfold Road. Entry via gardens at rear.*  
BH - Yes, GAM - Yes, WC - Yes

**CAMBRIDGE**

The Meadows Community Centre, 1 St  
Catherines Road, Cambridge, CB4 3XJ  
Wednesday 19:30 to 21:00  
BH - No, GAM - No, WC - Yes

**CHELMSFORD**

Holy Trinity Church, Trinity Road, Springfield,  
Chelmsford, CM2 6HR  
Wednesday 19:30 to 21:30  
BH - Yes, GAM - No, WC - Yes

**CLAPHAM**

St Lukes Church, Corner of Thurleigh Road &  
Ramsden Road, Clapham South, SW12 8RQ  
Thursday 18:30 to 20:00  
*Ring Eagle Room buzzer. Meeting on 1st floor*  
BH - No, GAM - No, WC - Yes

**COLCHESTER**

The Kingsland Church Rooms, 86 London Road,  
Lexden, Colchester, CO3 9DW  
Monday 18:30 to 19:30 (steps meeting - 1st  
Monday of month only)  
Monday 19:30 to 21:30  
BH - Yes, GAM - No, WC - Yes

**EASTCOTE & PINNER**

St Lawrence Centre, Elsie Fischer Room, 2a  
Bridle Road, Eastcote, Pinner, HA5 2SJ  
Thursday 19:00 to 20:00 (steps meeting)  
Thursday 20:00 to 22:15  
*Closest tube station is Eastcote - 10 min walk*  
BH - No, GAM - No, WC - No

**EDGWARE**

Edgware Masorti Synagogue, Stream Lane,  
Edgware, HA8 7YA  
Thursday 20:00 to 21:30  
*Tube: Edgware*  
*Turn right out of tube station, right down alley after paddy  
power, press buzzer on door on left*  
BH - Yes, GAM - No, WC - No

**ENFIELD**

Trinity Church, Gentlemans Row, Enfield, EN2  
6PT  
Tuesday 20:00 to 22:00  
*Off Church Street*  
BH - No, GAM - No, WC - No

**GIDEA PARK**

Friends Meeting House, 7 Balgores Crescent,  
Gidea Park, RM2 6AB  
Monday 19:00 to 22:00  
*Off Balgores Lane, off Main Road*  
BH - Yes, GAM - No, WC - Yes

**GUILDFORD**

Winchester Room, Christ Church, Church House  
and Hall, 23 Waterden Road, Guildford, GU1  
2AZ  
Tuesday 19:30 to 22:00  
BH - Yes, GAM - Yes, WC - Yes

## HACKNEY & LEYTON

Emmanuel Church Hall, Hitcham Road, Leyton,  
E17 8HL

Monday 20:15 to 21:30

*Off Lea Bridge Road*

BH - No, GAM - No, WC - No

## HAINAULT

St Francis Community Hall, Rear of St Francis  
Church, 144 Fencepiece Road, Hainault, Illford,  
IG6 2LA

Thursday 20:00 to 21:30

*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  
building*

BH - No, GAM - No, WC - No

## HAMMERSMITH

Grove Neighbourhood Centre, 7 Bardmore Park  
Road, Hammersmith, W6 0DT

Wednesday 20:00 to 22:00

BH - Yes, GAM - No, WC - Yes

## HERNE BAY

North Room, Christ Church, William Street,  
Herne Bay, CT6 5BP

Thursday 19:30 to 21:30

BH - No, GAM - No, WC - No

## HERTFORD

Friends Meeting House, 50 Railway Street,  
Hertford, SG14 1BA

Tuesday 19:30 to 20:00 (newcomers meeting)

Tuesday 20:00 to 22:00

BH - Yes, GAM - No, WC - Yes

## HIGH WYCOMBE

Room 2, Bakers House, 41 Baker Street, High  
Wycombe, HP11 2RX

Sunday 19:00 to 19:50 (steps meeting)

Sunday 20:00 to 22:00

BH - No, GAM - No, WC - No

## IPSWICH

Friends Meeting House, 39 Fonnereau Road,  
Ipswich, IP1 3JH

Tuesday 19:30 to 21:30

*Fonnereau Road is next to Christchurch Park*

BH - Yes, GAM - No, WC - No

## KINGSTON

Richard Mayo Centre, Eden Street, Kingston,  
KT1 1HZ

Monday 20:00 to 22:00

Thursday 19:30 to 21:30

*Nearest station: Kingston*

BH - No, GAM - No, WC - Yes

## LINGFIELD

Lingfield & Dormansland Community Centre,  
The High Street, Lingfield, RH7 6AB

Thursday 20:00 to 22:00

*Opposite Victoria Club. Nearest mainline station is  
Lingfield 1/2 mile away*

BH - No, GAM - Yes, WC - No

## LONDON CENTRAL

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 Street*

BH - Yes, GAM - Yes - Thursdays only, WC -  
Yes

## LONDON FOLEY STREET

Fitzrovia Community Centre, Room 2, 2 Foley  
Street, London, W1W 6DL

Wednesday 12:30 to 13:30

BH - Yes, GAM - No, WC - Yes

## LONDON EALING BROADWAY (POLISH LANGUAGE MEETING)

Polish Church, 2 Windsor Road, Ealing  
Broadway, W5 5PD

Saturday 20:00 to 21:45

*Same building as Polish Restaurant*

**Please note:** *This is a Polish language meeting.*

BH - No, GAM - No, WC - No

## LONDON WEST END

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 Street & Thayer Street*

*Tube: Oxford Street or Bond Street*

BH - No, GAM - No, WC - Yes

## **LOUGHTON**

Loughton Baptist Church, 90 High Road,  
Loughton, IG10 4QU  
Tuesday 19:45 to 20:00 (newcomers)  
Tuesday 20:00 to 21:45  
BH - No, GAM - Yes, WC - No

## **LOWESTOFT**

North Lowestoft United Reform Church,  
London Road North, Lowestoft, NR32 1HB  
Thursday 20:00 to 22:00  
*Rear entrance opposite Police Station and County Courts*  
BH - No, GAM - Yes, WC - Yes

## **LUTON THURSDAY**

Luton Central Baptist Church, 52a Park Street,  
Luton, LU1 3ET  
Thursday 20:15 to 22:15  
*Junction 10, next to Matalan*  
BH - No, GAM - No, WC - No

## **LUTON TUESDAY**

Our Lady Help Of Christians Parish Hall, 52  
Castle Street, Luton, LU1 3AG  
Tuesday 20:15 to 22:00  
*Entrance on Castle Street*  
BH - No, GAM - No, WC - No

## **MAIDSTONE**

St Faiths Church Hall, Moncktons Lane,  
Maidstone, ME14 2PY  
Monday 20:00 to 22:00  
BH - No, GAM - Yes, WC - No

## **MILTON KEYNES**

The Quaker Centre, 1 Oakley Gardens,  
Downhead Park, Milton Keynes, MK15 9BH  
Tuesday 19:00 to 20:00 (steps meeting)  
Tuesday 20:00 to 22:00  
BH - No, GAM - Yes - 1st & 3rd Tuesdays, WC -  
Yes

## **NEW CROSS**

Telegraph Hill Community Centre, Kitto Road,  
New Cross, London, SE14 5TY  
Tuesday 20:30 to 22:30  
*Entrance at side of church, top of Kitto Road, off Pepys  
Road*  
BH - No, GAM - No, WC - Yes

## **NEWBURY PARK**

St Teresas Church Hall, Eastern Road, Ilford,  
IG2 7HZ  
Wednesday 18:30 to 19:15 (newcomers meeting)  
Wednesday 19:30 to 22:00  
*Suffolk Road entrance, 5 mins from Newbury Park tube*  
BH - Yes, GAM - No, WC - Yes

## **NEWMARKET**

Newmarket Community Church, Unit 11,  
Studlands Park Avenue, Newmarket, CB8 7EA  
Monday 19:30 to 21:00  
*Access off Willie Snaith Road, Unit 11 is on the left*  
BH - Yes, GAM - No, WC - No

## **NORWICH**

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*  
BH - Yes - except Xmas, GAM - No, WC - Yes

## **ORPINGTON**

Anchor House, 5 Station Road, Orpington, BR6  
0RZ  
Wednesday 19:45 to 21:45  
*Opposite Tesco. 50yds from war memorial roundabout*  
BH - No, GAM - No, WC - No

## **OXFORD**

South Oxford Community Centre, Lake Street,  
Oxford, OX1 4RP  
Tuesday 19:00 to 19:30 (newcomers - 1st & 3rd  
Tuesday of month only)  
Tuesday 19:30 to 21:00  
*Bottom of Lake Street. Turn right into car park around  
rear of building.*  
BH - No, GAM - No, WC - No

## **READING**

Kennet Valley Free Church, Building 2, Bless  
Others (Rooms 3&4), Carters Rise, Calcot,  
Reading, RG31 7YT  
Monday 20:00 to 22:00 (steps meeting - 2nd &  
4th Monday of month only)  
Thursday 19:00 to 20:00 (newcomers)  
Thursday 20:00 to 22:00  
BH - No, GAM - Yes - Thursdays only, WC - Yes

## **ROMFORD**

St Michaels Church, Main Road, Gidea Park,  
Romford, RM2 5EL  
Wednesday 20:00 to 22:00  
*Meeting in Manley Room*  
BH - No, GAM - No, WC - No

## **SOUTHEND**

Quaker Meeting House, 18 Dundonald Drive,  
Leigh on Sea, SS9 1NB  
Friday 20:15 to 22:15  
BH - Yes, GAM - Yes, WC - Yes

## **SOUTHGATE**

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*  
BH - No, GAM - No, WC - No

## **ST ALBANS**

Friends Meeting House, 7 Upper Latimore Road,  
St Albans, AL1 3UD  
Thursday 20:00 to 22:00  
Sunday 20:15 to 22:15  
*No car park. Park in Upper Latimore Road, Malborough Gate, or Victoria Street*  
BH - No, GAM - No, WC - Yes

## **STAINES (WRAYSBURY)**

Colne Room, Wraysbury Village Hall, The Green,  
Wraysbury, Staines, TW19 5NA  
Wednesday 19:30 to 21:30  
BH - No, GAM - No, WC - Yes

## **STEVENAGE**

Friends Meeting House, Cuttys Lane, Stevenage,  
SG1 1UP  
Thursday 19:30 to 20:00 (steps meeting)  
Thursday 20:00 to 22:00  
BH - No, GAM - No, WC - No

## **STROOD**

St Nicholas & St Mary Church, High Street,  
Strood, ME2 4TR  
Wednesday 20:00 to 22:00  
*Parking at church car park on Gun Lane*  
BH - No meeting but someone will be there between 20:00 and 21:00, GAM - No, WC - No

## **SWINDON**

Goreshill Community Centre, Chapel Street,  
Gorse Hill, Swindon, SN2 8DA  
Tuesday 19:00 to 21:00  
Wednesday 19:00 to 20:00 (newcomers meeting)  
Wednesday 20:00 to 21:00 (steps meeting)  
Sunday 13:30 to 15:30  
BH - Yes, GAM - No, WC - Yes

## **SWINDON SATURDAY**

The Community Room, Tesco Supermarket,  
Octal Way, SN1 2EH  
Saturday 08:30 to 09:30  
Enter through main store entrance, go past the tills and through booze section. The door will be in front of you.  
BH - No, GAM - No, WC - Yes

## **UXBRIDGE**

Christ Church Methodist & United Reform  
Church, Room 7, Redford Way, off Belmont  
Road, Uxbridge, UB8 1SZ  
Monday 19:00 to 19:50 (steps meeting)  
Monday 20:00 to 22:00  
*Uxbridge tube station. Use bus station exit. Redford way is next to Blockbusters*  
BH - No, GAM - No, WC - Yes

## **WATFORD**

Friends Meeting House, 150 Church Road,  
Watford, WD17 4QB  
Monday 20:00 to 22:00  
Friday 20:00 to 22:00  
*From St Albans Road into Langley Road then right into Church Road. 3/4 mile from Watford Junction station*  
BH - Yes, GAM - No, WC - Yes

## **WEMBLEY**

Kingsbury Baptist Free Church, 13 Slough Lane,  
Kingsbury, NW9 8QG  
Monday 20:15 to 21:45  
*Off Church Lane*  
BH - No, GAM - No, WC - No

## **WEYBRIDGE**

Canon Francis Meeting Room, Pax Building,  
Christ The Prince Of Peace Church, Portmore  
Way, Weybridge, KT13 8JD

## **WHITECHAPEL**

Booth House, Training Room, 153-175  
Whitechapel Road, Whitechapel, London, E1  
1DN  
Monday 19:00 to 21:00 (mixed meeting)  
Wednesday 19:00 to 20:30 (steps meeting)  
*Fully staffed reception where people sign in (First names only) then will be directed to the training room.*  
BH - No, GAM - No, WC - No

## **WIMBLEDON**

Room 7, William Morris House, 267 The  
Broadway, Wimbeldon, SW19 1SD  
Wednesday 20:00 to 21:30  
BH - Yes, GAM - No, WC - No

## Freedom

Raquel - Southgate

A year has passed  
Thought I would not last  
Gripped by gambling  
Always struggling

Life was full of misery and pain  
Wanted it to end, as I was going  
insane  
Hopeless and helpless, I entered the  
room.  
Thought my life, will be forever gloom.  
'Stick with it', they said and keep  
coming back  
Soon you'll find, your life is on track.

With the 12 steps and a sponsor to  
guide me the way  
My Higher Power will help, keep me at  
bay.  
This new found freedom, I treasure  
each day  
Once gripped by this illness but now  
saved just for today.

Just for today I will not gamble.

Raquel, Southgate  
(Forever grateful to GA and  
celebrating over a year of abstinence)

## Jack's Therapy

Herne Bay

Today marks a very special day for  
me. 3 years today was my last bet as

a compulsive gambler. It's been, and  
continues to be, a great journey.

The effects of gambling addiction in  
my life were unlimited bouts of pain,  
misfortune, lunacy and deprivation.  
This didn't just affect me it affected  
my friends, family and the closest  
people around me.

Gambling was a medicine I chose for  
many symptoms. I had an easy fix to  
resolve my life problems, my way of  
thinking and living and an escape  
away from reality.

I thought gambling had many  
promises, but hidden inside were  
major side effects!

I lost myself. I sold my soul to try and  
repair what I thought was the big  
problem. Money. It's a bottomless pit  
chasing the dream of winning millions,  
thinking that somehow that would  
repair me, but I couldn't have been  
more wrong.

The problem was me. The solution  
was me. Inevitably I needed to gain  
power to control this horrendous  
weakness, this intimidating path of  
self-destruction and soul destroying  
path to insanity.

As I reached the depths of despair, I  
looked at the end of me and saw no  
light. My perception of everything was  
unspeakably unimaginable. I played  
Russian roulette with my life. If I won  
it made no difference. It was a fuel  
that kept the fire burning. If I lost I  
would take more risks to get  
redemption. No matter which way I  
looked at it I was self-harming.  
Winning or losing made no difference.



## Colin's Therapy

It was in action where the insanity kept me. It took me 7 years of battling with myself in a GA group constantly in and out, up and down like Jack in a box to eventually realise that I have a behaviour problem.

How can you fix a car if there are no symptoms or defects? I thought I was normal! As long as I kept thinking that, I was never going to diagnose myself.

The best thing that happened to me was when I truly accepted that I was powerless, not just with gambling, but my whole life. This was the start of amazing revolutions in my head and perception. I worked my arse off to get well. I did everything to educate myself. I'd had enough of not being able to look myself in the mirror.

Today I am very well. Today I am gamble free. Why? I have educated myself and enabled myself to have a choice. I have seen myself for what I was and sculptured myself into what I was intended. Today I choose education and recovery over ignorance of the truth.

Thank you to all the people that have helped me along the way and continue to do so at a time when gambling adverts and online campaigning is on the high. I wish every compulsive gambler hope, and affected family member's best wishes for their continued, compassionate support.

Jack (Herne Bay)

Hello My name is Colin. I am a Compulsive gambler and haven't had a bet today or since my last meeting.

In fact, I haven't had a bet for the last 100 years. Impossible? Yes, and just as impossible as 20, 10, 5 or even 1 year would have sounded to me at my first meeting. Luckily they didn't tell me to stop gambling for any of those time periods. They just told me some of the things I could do the next day to make sure I didn't gamble that day.

I went to my first GA meeting on the 13<sup>th</sup> January 1996. I'd known I had a problem for some time before this but hadn't had the courage to do anything about it. After all if I stopped gambling what else would I do? There was nothing else. As far as I was concerned it was my life.

I could give you any number of war stories regarding my gambling and the sort of person that I had become but I will just mention a few that stand out. My mum came in one day and said that she had just been to the doctors and showed me the medication she had been given. It was to help her cope with the worry and stress that I was causing her. Her words as she waved the tablets in front of me were "You are killing me." I had an obvious solution to this problem. I went into town, drew some more money out on the credit card and gambled it. After all, if she was worried about my debts,

I had to win some money to clear them. This made perfect sense at the time! I lost of course.

Sometimes my mum would try to take things into her own hands. Every now and then I would find my credit cards missing from my wallet as she would have removed them when I was asleep. This was I now know trying to help me but seemed outrageous at the time. Once when she did this, I had been planning to place a large bet to clear my debts. The horse won and I then passed all responsibility for my problems on to my mum as it was her fault I hadn't been able to clear things. I'd throw this back at her any time she tried to get me to stop gambling. Another time, after searching the house for several days looking in the usual hiding places for my plastic, I overheard her talking to my brother and realised that he had them in his house so that I couldn't find them. How dare they! This was my property. I took the spare key that my mum kept in her house and searched my brothers' house and found my cards. When I returned home after losing yet more money the house was empty. Later on my brother came up and told me mum was at his house sobbing her heart out. I think he was restraining himself from beating the crap out of me for what I had done. He said that I had to sort myself out and until then I had to pack my things and go because of the way I was treating our mum. I made countless promises and played on all the usual heart strings and managed to talk my way out of being kicked out. I still did not stop gambling.

At my first GA meeting I immediately felt a great sense of relief. I wasn't the only one who had this problem. There were people in the room who had been off gambling for some time so maybe it worked? I can remember thinking that if they could do it then so could I. It gave me hope which was something I hadn't had before when it came to stopping gambling. Anyway, I decided to give it a few weeks and see what happened.

Meetings were a bit of a blur to start with but one of the early phrases I remember came from a man called Dr Jack, "Unconditional Surrender!" I had to accept that the bookies had beaten me and there was no way I could win my money back, even if I did what would be the point because I'd only lose it again.

I did manage to stop gambling, though to start with that was all I was doing. Another phrase I've heard describes it well; "white knuckle abstinence." I learnt how to minimise the risk of returning to gambling, I kept my access to cash to a minimum and willingly gave control of my Credit Cards to my mum. I don't think I've ever seen her as happy as when I told her I'd started coming to GA. I learnt to fill my time, which was harder as I'd had very little in my life apart from gambling.

To start with I spent many afternoons just sitting in a cinema watching a film. As my main form of gambling was the horses this was my danger period. When I was in a pub I'd try and stay well away from the fruit machine and if I found this too difficult

I'd just drink up and go home. Gradually I found more interests and better ways to spend my time. I worked in a bar on a Greek island for 12 summers, the first 7 of these was while I was gambling. There are no bookies on Corfu (one of the reasons I used to go in an attempt to limit losses) but cards were an easy substitute. Some summers I'd return home white because you don't get a tan sat in a bar playing cards all day.

When I stopped gambling I did all the things I was trying to win money for but had never done; water skiing when I fancied it, occasionally hiring out a speed boat with friends and generally having a good time. The book mentions the dream world of the compulsive gambler. My dream world was a reality when I stopped gambling. It is now 20 years since I stopped gambling. It still sounds as crazy as 100 years but it's true.

My life has changed immeasurably for the better. Where I either lived where I worked or stayed at my mums when I was unemployed, I now own a house. Where even normal bills would have been a crisis I can afford to pay for normal day to day things and also for the unexpected things that arise. I even go to the dentist now, just for a check-up. I think I went 14 years without going when I was gambling, paracetamol was cheaper. Where I dreamt of a big win to pay for luxuries, I had a fantastic wedding followed by a dream honeymoon in the Maldives. I've been back there since and will return again. I have great holidays. Again reality has surpassed my dream world.

Far better than the material things; where I had absolutely no self-respect, nor respect from my family, I have earned both. Where I very rarely had a girlfriend, I had a lot more pressing need for my time and money, I am married to a woman who I love and who loves me. Who would have loved me when I was gambling? When I visit my mum she is glad to see me as opposed to being relieved to see the back of me. My brother, the one who told me to get out of my mum's life, was best man at my wedding. He shook my hand and told me he was proud to be asked. Not as proud as I was, when he agreed to do it. The little things are important as well. I spend money on bird seed! I love walking the dog, whatever the weather.

It's not even just about the good stuff. I can see the benefits of recovery even in some of the smaller bumps or larger chasms that life throws at us.

Bills that would have been a disaster when gambling are now just the pain in the arse that they are to everyone else. These days my mum is ill and in a care home. The fact that recovery meant I was able to play a part in making sure she is in a good place means as much to me as anything else in recovery. My input into things was listened to because these days my family now respect my opinion.

I crashed my motorbike. What's good about that? Well these days I have fully comprehensive, no claims bonus protected insurance. Just as importantly I have all the right protective gear to wear on the bike.

When it's bloody freezing in the morning I know I've got heated handle grips!!

It is not just about stopping gambling though. 20 years ago I was an arse who gambled. If all I had done was stop gambling, I'd still be an arse. It's very much about trying to change character defects. All the lying, cheating, selfishness doesn't disappear unless you work at it.

Without being complacent, I am less likely to have a bet now than I was 20 years ago. It is due to the fact that I am a different person now to the one I was then. The meetings and literature have helped in this. Reading and thinking about the "just for today" stuff. Looking at the "things to watch for/ strive for", the Serenity Prayer, with or without the "god" word and lots of other things have helped remove or reduce some of the bad character traits I had then. I'm not a Saint. Not even the Pope or Mother Teresa could do all of the 'Just for Today's' all of the time. It's more about just trying to do things better. That's what it means when it says that GA is a spiritual programme.

I could not have stopped gambling without GA and I know that I could not stay off gambling without continuing to attend. I have seen many people stop coming to meetings thinking they have cracked it only to return in even deeper trouble than they were to start with. At my first meeting I thought if they can do it then so can I, they are no better than me. Now, when someone comes back, I think if it's happened to them it

could happen to me, I'm no better than them. That's why I keep coming. If I stopped coming to meetings I wouldn't have a bet tomorrow or next week. I might not have a bet for months, maybe even years. But I would have a bet. I know this because I am a Compulsive Gambler and there is still a part of me that would LOVE to have a bet.

I know we have to avoid our first bet. We are all different and I know some people might say they are afraid of having that first bet. I'm not. My recovery is now not based on fear; it's based on acceptance. I accept that I am a Compulsive Gambler and I accept that I can't gamble normally. Having accepted that fact, I have nothing to be afraid of.

The programme is called the GA Recovery Programme but I do not like to think of myself as a recovering Compulsive Gambler in the same way that I am not a recovering diabetic. Compulsive Gambling is an incurable illness and the worst thing that could happen to me would be thinking that I had recovered. I'd be as stupid in stopping going to meetings as I would be if I stopped taking my tablets for diabetes. I have and am continuing to recover as a human being and that is how I relate to the Recovery Programme.

I think it has also helped my recovery that I go to different GA meetings. Originally this was because of the shifts that I worked, now it is by choice. Each meeting is different and I get different things from different meetings. It also means that it is rare

that I don't get to one meeting a week. If something comes up on a particular night I just go to a different meeting. We are not members of Wednesdays GA, or Mondays, Tuesdays or whatever. We are members of the GA fellowship.

Recovery is a gradual process. After a year of not gambling I would have told you my life was fantastic. Now I know that it slowly gets better and better. It's a gradual thing, but with every year of not gambling I have found myself in a better position than the one before. Even now, after 20 years, my life is in a better position this year than it was last. Things don't always go to plan, but not gambling means we can deal with those things. I'm looking forward to this next year to see what else recovery has to bring.

20 years, or even one day without gambling seemed impossible to me when I first walked through the doors of my first meeting. It has only been possible one day at a time. A very small thing one day at a time, but it can turn into something life defining.

Life isn't about one day at a time though let's be honest. Read the definition of a mature person – we should plan things in advance, not rely on the spur of the moment. By not gambling one day at a time that allows us to plan other things. I can book a meal out on valentine's day because I know I won't be skint. I can book tickets for whatever in the future because I know I can budget for it properly.

It is very nice to have not gambled for this length of time, but our last bet isn't important any longer – it's our next bet we all have to avoid.

I have unconditionally surrendered to the bookies. They can keep my money but they are not going to have anymore of either my money or, more importantly, my time.

Finally, whilst I regret a lot of things I did when I was gambling, I wouldn't change a thing. If I hadn't done some of the things I've done, my life would have lead a different path. For a start I almost certainly wouldn't have worked in Corfu for 12 summers and so I would never have met Catherine. I wouldn't have my house, or my dog or enjoy watching the birds in my garden. I couldn't possibly want to change that. My past has led me to having a good life NOW and now is all I have to worry about. There's nothing we can do about our past so, as the Serenity Prayer tells us, without forgetting the lessons we have learnt, there is no point worrying about it. We can only affect our present. By affecting our present we can have a great, gambling free future.

My name is Colin and I am and always will be a compulsive gambler.

**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**

# Your New Life Needs YOU

please **CONTINUE** to  
contribute your stories

# Volunteers!



## **REQUIRED**



**Have you been on the website recently?**

**Did you know live chat is available for support 24/7?**

**Have you ever considered a recovery diary? Maybe keeping a record of how your recovery is going to look back on in the future?**

**Do you know that there is a forum where support and recovery diaries can be found?**

**Are you aware that online versions of popular literature and assorted documents are available?**

**All this and much more can be found online at  
[WWW.GAMBLERSANONYMOUS.ORG.UK](http://WWW.GAMBLERSANONYMOUS.ORG.UK)**



*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.*

