

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*

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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Editor's Message

Hello everyone,

Welcome to the July/August issue of 'New Life', I sincerely hope that this issue finds you gambling free and in good health. First of all you will notice an appeal elsewhere in this issue for contributions to 'New Life'. Despite all of the compliments I received from group members from all over the country about how nice and refreshing the last issue looked, it appears that apathy is rife within our fellowship from top to bottom. Similar to the group meetings that we attend, without your contributions, therapies and stories then 'New Life' is nothing and will not survive. Like our meeting rooms where someone opens up the doors and sets up the chairs that you sit on and then probably makes the tea & coffee as well, this fellowship depends on your help. I could easily fill issue after issue of tales & stories from my gambling past, but after four or five issues I'm sure you'd all be pretty bored of reading about me. Lecture over and you know what you have to do! See you all in September,.

Pete H, New Life Editor

Noticeboard

Please contact the 'New Life' editor with any news about any up and coming GA Open meetings or events –

newlife@gamblersanonymous.org.uk

Sheffield Open Meeting

Saturday 5th July, 7.00pm for 7.30pm start
Sheffield Sunday, Croft House Settlement, Garden Street,
Sheffield, South Yorkshire S1 4BJ

North West GA Convention 2014

Saturday 2nd August 10.30 – 17.00
Salvation Army Hall, St. Anne Street, Chester CH1 3HU

Brian, Kings Heath GA

My name is Brian and I'm a compulsive gambler. I first said those words eight years ago when I went to my first GA meeting after gambling for approximately 40 years. In the last 8 years I have found an inner peace, that I didn't know was in me. For years I would go to the arcades to spend money, telling myself I would only spend a small amount say £30. Well three trips to the cash point saw me get another £100 plus out.

When I attended my first meeting I was nervous and yet hopeful. When that meeting had finished, and I'd shared my story, I felt like a new person.

Jon, Kings Heath GA

Dear All,

My friends, my name is Jon and I am a compulsive gambler and have not had a bet today, since my last meeting, or from when I first entered the GA meeting at Kings Heath on February 11th 1999 a broken and battered 24 year old.

My neighbour has asked me to pick her daughter up from school at the same time I pick my own daughter up, as she is having some dental treatment. Great to be trusted and have responsibility. Just from having that chat reminds me that I have been once to the dentists in 20 years. In spite of having a chipped molar and bottom front tooth chipped from when I had a glass table smashed over my head in my gambling days, there is a lack of interest in my unbalanced mind now to have regular check ups and make sure all is ok. Some sort of holding back; a sense of lacking self respect and worth.

I gambled from an early age, 5 year old, and I have fond feelings of horses names like Birds Nest, Little Owl, Wayward Lad and the likes. This was possible as my mother and father ran Gus Carter betting shops and then my father got his own bookies. I gambled every Saturday and Bank Holidays and even was board man on many

For eight years I have attended two meetings most weeks, and I feel for some four hours a week it's a small price to pay for giving me my sanity back.

I would say to people who want to stop gambling make that leap of faith, attend regular meetings, build bridges with those you love and have hurt and never be too proud to accept advice from other group members. I now can honestly say I like myself more, love my wife for what she has put up with in 34 years of marriage and look forward not only to each day, but to my meetings and hopefully helping a new member who comes through the GA door for the first time.

occasions in my early teens. Gambling first took hold at eleven where I would steal money to put in the video games and fruities. Anyway eventually my way of life took me away from Durham at 21 and into a GA room at 24 in Birmingham.

We all could write reams of material on the utter madness of our destructive ways when under the influence of our illness.

However, as always, compulsive gambling is not a financial problem but an emotional illness.

I am beginning to see just how ill I am and how fearful I am about putting it right.

15 years not gambling is some time to start addressing my character defects you would think. However gambling whilst growing up leaves some scars close to the bone. It has to. I cannot live the way I lived and not expect to have ingrained mind sets and behaviours.

I worked the 12steps with vigour in my first five years as if it was a competition to be normal before I hit my thirties. I made huge headway and strides into changing my personality and look and as a consequence found my soul mate and now have a family with her. In general I am very happy with my lot and in comparison I am elated at the miracle.

Sadly my unbalanced mind is not so used to feeling serene and happy and fulfilled all the while, and my lack of self worth still determines some of my actions. I have an addiction to chaos. Created by my upbringing by my illness.

In 15 years in the fellowship I have retrained into an entirely different career, fallen in love and started a family. The wrapper looks great but inside the filling hasn't quite set. In this 15 years I had a three year addiction to an online game, whereby my average game time was 8 hours a day. This digressed to an addiction to a games console and then eventually to cheating at chess online. On top of all of this is my current cannabis usage which is high.

Although I have eliminated the online addictions my cannabis use remains high. My unbalanced mind cannot handle normality, it feels soothed when I am gently destroying myself. My illness of course loves this, because if it can put other addictive things into my life then its hoping I will choose my addiction of choice. Gambling.

So what can I do to help myself anaesthetise the pain of confronting my afflictions and dealing with them? What can I do to maintain a happy, productive life? Riddled with fear, some showing obviously, other not so clear to see. Fear in GA stands for Fuck Everything And Run. So what do I do? Is it my self loathing that creates the ripples in my inner peace so that I remain never truly happy in my recovery? Do I need to allow myself to make mistakes and realise the 12-step recovery programme is a lifelong commitment and therefore learn to evaluate and not condemn myself as much?

As always, without question, my answers lie in the 12 steps.

Love, peace and harmony to you all. Jon.

Mick, Sheffield & Chesterfield GA

My name is Mick, I am a compulsive gambler and the date of my last bet was May 31st, 2013. Although through the fellowship of Gamblers

Anonymous we all find ourselves together, united in the hope and belief that we can stay gamble free, all our journeys to this point are different. This is my journey.

No one knows why we really can't stop gambling, I just know that I started gambling as a way of making a pretty horrible childhood that little bit better. I was abused, over 10 years from the age of 5 to 15 by my mother and her boyfriends – my glimmer of light at the end of the tunnel was the escape to my grandma and granddad's house, although threats of "if you tell. . . .we'll get you" rang in my ears and I kept the abuse secret. But the fun we had in the early days probably kept me from going mad.

The odd hand of "queenie" or "13 card brag" with the 3 egg cups full of 2p's and 1p's or a 5p round robin to go alongside my grandad's Saturday flutter or even when the travelling fun fair came – I dodged the rides and headed straight for the bright lights of the arcades where I could lose myself (along with whatever money I had!). I loved it, weekends were fantastic when I got to be with my grandparents.

While the demons of childhood haunted me day in, day out I saw an opportunity at 15 to make my own way in life. My mother thankfully left with the man who'd been abusing me, my dad's never been one to be able to talk about "that kind of stuff" and so I was gifted the chance to escape, to run away and that's exactly what I did. I managed to get myself set up with a little bedsit, paid for through my YTS money and the help my loving grandparents gave me. I kept in touch with them and my dad but wouldn't return home just in case my mum came back.

While I was on the YTS I used to nip into the arcades every now and then but at this stage my gambling wasn't so much a problem, just a little bit of fun. I worked my backside off dragging myself through the YTS, doing a job collecting glasses in a working men's club at night and also going to night school to get my HND in Business & Finance.

At 17 I got my first proper job – working for

Compass Credit on St Mary's Gate in Sheffield – rising from Office Junior up to Assistant Marketing Manager in a very short 3 years! I proved that hard work paid off and I was earning good money for a kid my age.

I remember in 1990 – my first “proper” grown up bet. The lads in the office were all older than me and they'd set up a sweepstake for the Cheltenham Gold Cup. I hadn't really got a clue as to what I was doing but they talked me in to putting £50 on whatever I drew out of the sweepstake, so I handed my money over and one of the lads nipped to Ladbrokes on London Road to put my bet on. I'd pulled out the 100/1 outsider Nortons Coin – and well, it won beating Toby Tobias and the legendary Desert Orchid. So at 18, I'd won £5000, I then thought this gambling lark was easy money, that I was unbeatable and there began my road of misery, upset and dishonesty.

The winnings didn't last long and it was soon a case as soon as I got paid, I gambled a good bit of it away, thinking that pretty soon I would hit it big again and sort everything out. Instead there I was each month skint, borrowing (and never paying back) money from my grandparents – soon to be just my grandma after my dear granddad passed away just before my 19th birthday. At 20 I had the choice to either take redundancy or move to Hull to work at an indoor cricket and football centre. I chose to move, I knew nobody and I worked all hours and the rest of the time I was either in a pokey little flat or in the betting office giving them my hard earned money. I hated it there, I lasted 9 months, I missed my grandma, I missed Sheffield – I was having nightmares about the past, I ended up moving back to Sheffield and I got a job pretty much straight away working for Demmy Racing and then Stanley Racing in Eckington. Gambling was banned in the shop, the security team were pretty strict about it too, fortunately for me (or unfortunately!) the betting shop manager stood my bets and I proceeded to empty my wage packet as soon as I got it, he was happy taking it too as it paid for countless holidays abroad, money towards a new car for him and he lapped it up and I just kept on giving!

18 months later I'd got myself out of the betting shop and got a pretty good job with HM Revenue & Customs. I worked up from the bottom again, starting at Administrative Assistant and going all the way up in 5 years to Executive Officer (and acted up to Higher Executive Officer) – I was one of the youngest and most successful staff trainers in the country and I enjoyed that part of my job – the other side of the job when I wasn't training was basically me putting companies out of business who couldn't pay their VAT. I was rewarded with my aggressive style, I was thought upon very highly and although I seemed to have the perfect job no one there knew about my gambling problems. I worked flexi-time and put that to use by starting at 7am and finishing at 7pm – taking 2-3 hours a day lunch breaks and gambling my brains out during that period. More often than not as soon as I got paid, I gambled it all, then spent the rest of the month living on a sack of potatoes, baked beans from Netto and whatever cheap food I could find in Morrisons!

All through this time I was lying to my grandma, telling her that I'd stopped gambling, telling her that my bills were too high and my grandma bailed me out month after month. Before I joined G.A. I put this down to my grandma being a softie but I'm now clear in my mind that I conned her at every opportunity and I'm ashamed of that.

I think we all hit many “bottoms” through gambling and we all bounce back up again, my G.A. friend Rob calls it the “tennis ball effect”. The first time I hit the bottom was after a particularly bad weekend of gambling (in the betting shop I used to work at!) – I managed to lose my months wages in about 2 hours and I'd got nothing left. I then threatened the manager (the same manager who used to take my bets from me) and told him I wanted my money back or there would be some major trouble for him. To his credit, he didn't phone the police (although I absolutely deserved it) instead he banned me for life from the betting shop – my friend Reg had seen how much I'd lost and also saw me mooch off home not knowing what the hell I was going to do now. I got about a mile from home and found a £20 note in my pocket, as with every gambler this

was my salvation, this was my way out – a £5 patent would be a good start so I headed back to the betting shop, realising as soon as I headed towards it that I was banned for life. I was in turmoil, my magical £20 that would sort everything out instead led me to the off licence where I bought a bottle of vodka. I went home, sat and had two hefty shots of vodka and took a couple of paracetamol, then another couple of shots and another couple of paracetamol, before I took another shot of vodka my front door burst open, in stormed my friend Reg who grabbed the bottle of vodka, launched it out of my door, flushed the tablets down the toilet and grabbed hold of me calling me many names, most of which were expletives. He said “never do this again, this is so selfish, this never happened, sort yourself out and never mention this day again”. I went and told my grandma what I’d done and she was in tears, real tears asking me why I was so stupid and that I’d end up killing her through worry if I carried on. I promised her that I’d go to Gamblers Anonymous and I did – in 1997 I went to the Chesterfield Meeting but after two sessions I managed to convince her that I was cured and within the month I was back gambling again!

Not to write 16 years of my life off (because I did plenty in these years) but let’s just say that I followed a very similar cycle of gambling, lying, conning, promising to stop, stopping for a while (sometimes up to 6 months at a time!)...but inevitably I could not stay stopped. My gambling problem just got worse and worse as time went on and I was doomed to just keep repeating this mess over and over. I honestly thought there was no way out – the nightmares of my childhood still caused me a lot of problems when I slept and the gambling caused me endless problems when I was awake. Then two things happened in a short space of time that would change my life.

I finally got counselling at 40 years old that helped me learn to cope with all the problems I’d had from 5 and upwards... I owe my sanity to the counsellor I saw, I had the opportunity to talk about my gambling problems with her but I was obviously not ready... Then I met Angie.

For all my adult life I never really trusted anyone other than my grandma (and granddad bless him) but I met Angie through Facebook – a friend of a friend who loved the fact I made her laugh and pretty soon we’d met up and our relationship got serious and we got close. Every weekend we’d meet at Sheffield train station and after 8 months she moved down from Leeds with her two daughters and we got a house together. I’d say for the most part of our relationship, I didn’t gamble (and that’s the truth!) but I did gamble twice HEAVILY which very nearly ended it all for us.

I could say I gambled because I was stressed taking on two children but in reality I think the inner gambler within me was just looking to get out and cause havoc. One evening Angie had gone to bed early, leaving me to work on some computers – I was actually working at emptying our bank accounts and gambling my brains out to online bookmakers. I’d lost everything we had saved, the current account, the lot. I went and told Angie what I’d done and unsurprisingly she went mental at me and told me to get out. I couldn’t blame her could I? I’d just broken our bond of trust and emptied the bank, my grandma found out what I’d done and had said she would “sort it out” but I was off on one and went out that night with the intention of doing myself in. I’d walked to a bridge near Rother Valley and I sat looking at it, thinking about jumping off it for ages, then I got a text from Angie telling me to come home. I knew I’d done wrong, as I’d done it many times before but this was different – I was affecting her life and the life of her two daughters. I was back home a couple of hours later and although it was late I’d found that my grandma was really worried about me and she wanted me to call her. So I did...no reply and I tried again...still no reply! My heart sank, my stomach was churning far worse than when I’d lost the money – I thought I had killed her with the shock of it all. I tried calling her again a few times and still no answer so I got the money from Angie for a taxi over to her bungalow, when I got there she was awake and said “I knew you’d come tonight!” It turns out she’d taken her hearing aids out and she couldn’t hear the phone from her bedroom. But for about 45 minutes I actually

thought I'd killed her. Surely this was the time I'd go to Gamblers Anonymous? Not quite... I did hold off gambling for a long time to be honest, but after a row between me and Angie, she agreed to let me have access to the money again and for one more time I let loose.

I'd been to Chesterfield and I can't even put this down to stress or anything – like most gamblers I just gambled to lose myself, I gambled for any reason and this day was no different. I'd just about done my half of the savings again – and I phoned her to confess – she told me two things

1. Don't bother coming home.
2. She'd moved everything out of the account and there was £500 left of mine... take it, spend it, do whatever you want with it... it's over

So I drew the £500 out, ran (yes literally ran) to Ladbrokes in Chesterfield which is 20 yards from the bank, hastily scribbled a bet for £500 on Trap 5 and then awaited my fate. Well the dog got knocked sideways at the first bend, 4 or 5 lengths behind the rest and at the final bend the remaining 5 dogs collided and Trap 5 came zipping past and won. Of course I thought by this winning and by me putting all the money back in the bank (and a good bit more) that Angie would forgive and forget and would just let me carry on being a destructive gambler and we'd all live happily ever after. I was wrong! I went home, she told me that I needed to get some help and she was going on holiday for a week with her daughters and she wanted me to talk to someone before she came back.

I looked on the Gamblers Anonymous website and found a meeting on the Friday in Sheffield where I met the secretary of that meeting (Rick) and two other members... and the rest is history.

As part of my recovery I no longer have access to money, I split from Angie for 6 months (not only gambling related but of course it played its part) but we are now back together and we work hard on our relationship – they say that true love can conquer all. I have been able to tell my grandma everything, she is 87 now and I wanted her to

know that I was trying to make amends for all the hurt, deceit and lies in the past.

I've attended at least one meeting a week for the last 11 months (I even text the group on my first holiday in 26 years!), sometimes 3 or 4 meetings a week, I've played an active part in the meetings, I've worked daily on my own recovery and I have formed a bond with the members and I would never have imagined me not gambling for this amount of time. The fellowship of G.A. has not only improved my life and showed me the benefits of not gambling, they've probably saved it too. I have made so many good friends too. With the backing of some of the senior Sheffield Sunday meeting I took it upon myself to re-open the Chesterfield Meeting that I had attended 17 years previously, ironically in the same building too. I feel honoured to be the secretary of that group and I feel proud to be running the same group that Bill did and he has been gamble free since 1976! I still attend both Sheffield Friday and Sunday groups, along with my Chesterfield Monday group which is growing steadily and if I get time I attend other groups in my region.

My name is Mick, I am a compulsive gambler, my last bet was May 31st 2013.

Andy, Hull GA

Some of you know my story, and others may not. We are all the same and all have this illness called compulsive gambling. I have had this illness since I was probably 12 years old I'd say. During my gambling world most of it is a blur and in this therapy I may have missed bits out, the days were the same old cycle and always ended up losing and causing pain to myself and my family.

The earliest memory of my gambling was when I was around 12-13 years old and it was going down to the arcade during my dinner break and blowing my £2 on the machines. Some days I would go back to school hungry and looking forward to going home for my tea! Other days I would be going back to school with pockets full of sweets. When I was about 14 I remember

going on family holidays to Cornwall, one day my brother and me went to an arcade centre and I blew £80 of my £120 holiday spending money in about an hour. Yes, at that age it was a lot of money and my mum and dad went mad. My mum still says she should have known then that I had a problem.

When I was about 16, I remember I started doing the Pools and Spot the Ball, looking forward to 5pm on a Saturday to see the football results. At this stage, I didn't think there was a problem, but I guess we never do. Those days I would go to the pub and buy a pint of orange and just stand at the fruit machine and slot my twenty pound notes in, even though I knew the jackpot had been paid out the night before. This is how I used to think and act.

I attended college and university, and as you would expect, I blew my grants on gambling rather than buying books and getting drunk, like all the other students. It heavily affected my grades I would say, as all I could think about was the 1.30 at Romford. After university I worked in a residential home just to get some money together, and to be honest I loved that job, it gave me great satisfaction, until I remembered that when I used to take a resident out, I would stop off via the bookies for 10 minutes and put my afternoon bets on. Not the right thing to do really, but my mind was just focussed on the gambling world. All my wages would go within 1 - 2 days from getting paid, this was the norm for the next few years, I knew nothing else. I attended the GA group on Wright Street at this time for around 5-6 weeks and I didn't want to be there, I was going to keep people quiet. I just wanted to gamble with my friends.

In my mid-twenties, I got really bad with the addiction and wouldn't think twice about slinging £400 on a 6/4 shot, I would gamble on dogs, horses, football, you name it. I did this with my friends before football and on my own at times in the evening. I used to love organising race trips, like Cheltenham, York and Doncaster, these trips I miss if I'm being honest,

but probably more for the piss-up and evenings we used to enjoy. I know that looking to the future that I can't go on these trips, and at first I found it hard to say no, but now it's easy because I always put my kids first. I was totally selfish looking back and only thought of myself. I always put gambling first, and in the depths of gambling I would rather spend my last note in the bookies than go out with my partner. Being what I was, I could always borrow money that night to take her out, it was either borrowing money from her or my parents. I had the best excuses to why I was skint, and I guess sometimes this drove me to do it more. It was an easy way out, and I hated the word no. So it was just easier to give me the money I needed.

Once my mum and dad went on holiday and I found a new credit card in the drawer, well this was pound signs to my eyes. Imagine the scene when in the cartoons, the characters used to have dollar signs in their eyes, this was me. I had a great idea to borrow £500 and pay it back the next day when I was in profit. Well nope, this happened for a further 10 days until the card was maxed out, I knew this was wrong, but I couldn't help doing it. At this time I was totally in the shit and I was always up first to get the mail to beat the postman so my dad couldn't find out. But one day the postman was early and my dad got the mail. Well I will never forget his face, it was filled with disappointment and anger. My mum and dad would constantly bail me out and I would still continue to gamble. I had no willpower to do this on my own. My mum was that scared she wouldn't pick up the house phone as she knew it was me looking for money.

My current job, I love, I have been here for 9 years now and work with great people. Good money and decent holidays. But before I attended GA again I would be on the odds checker website, watching racing via the internet on my pc and basically not doing my job. How could I stop something that I actually enjoyed, weird I know, but I actually loved gambling and to an extent I probably used to like the feeling when I lost. I speak to others

and they don't understand this, but I used to like getting paid then blowing it straight away, I couldn't get rid of the money fast enough. Well that's enough of the negatives and here is the positive side of recovery.

I attended GA again back on the 16th October 2010, this was my first day back in to the new life. I attended every Tuesday night then on. I had a bet on the 2nd April 2011, yes, I had a bet but I didn't see this as a massive dent in my recovery. It was a personal thing and I know how to deal with those situation now. My first year gamble free flew by and I have to give the group and Andy (the old chair of the group) a lot of credit for this. He helped me so much, listening to his advice and talking to others. Now I have done 3 years clean, my mind is clearer and I give a lot of thought about things and I never judge people straight away like I used to. It only seems like yesterday that I walked back through the door of GA. My life has changed so much, I have a wife to be, 2 lovely kids called Izzy and Ollie, both of whom I adore so much and they are my world. I have a nice house and 2 cars, just like a normal person on the street. I have a better social life now, as I play golf, darts and enjoy my football and Rugby League on the TV and at the KC. I owe a lot to the group as without this group I wouldn't be clean from gambling, I would be sat in Betfred with no kids or family. My advice is to attend as many meetings as you can, change your routine, involve GA in your routing, put barriers up, ban yourself from your demons, keep yourself busy, yes it's not the best time on a Friday to attend a meeting, but would rather be in there enjoying what I get out of the meeting than sat in a betting shop. People sometimes dwell on the past, this cannot be changed, follow the programme, attend meetings. Don't waste time looking for reasons why you gambled, life is too short as we all well know. My name is Andy, I'm a compulsive gambler and my last bet was the 2nd April 2011.

Dear Addictions

I have known you extremely well for so many years. You first entered my life as I purchased an eighth of resin from a classmate at school and playing the promenade slot machines at 13 years old. That means you've been part of my life for twenty-two years now. You've seen me grow and been with me through school, travel, university, relationships, work, life, many jobs and bands. You've been with me through all this and more. Sometimes we were inseparable to the point that we would hide away together or meet up in secret places without telling anyone.

As I grew older I shared you less and less with people. You used to be one of the gang, but I wanted you for myself more and more. Other times we didn't see each other for months or just occasionally. You must have been spending time with somebody else. I didn't mind, I knew you were still there if I needed you.

You've been and still are a big part of my social circles and there is no way I can live a life without seeing you, and even speaking sometimes.

So let me get to the point.

All the things you have promised me have never come true in the long term. Everything, every feeling, any joy, buzz of happiness is so short lived. What follows is loneliness, emptiness, lies, hurt, deceit and pain. You then make me more promises and say it can be fixed by the same means that started it.

With my mental state at these times, I trusted you again and again. I thought you were a friend. I consider myself a logical, clever and rational person yet I continued to trust you. I realise now that it was you who wanted me for yourself.

You isolated me more from my loved ones, friends and potential successes and

opportunities. You have given me emotions and experiences at great heights, but what I was left with was loneliness, fear and hate. You've taken too much from me for us to continue our relationship. I've been taken to the darkest places imaginable. I know you will not be happy about me ending our relationship with the love of my life still beside me now, or the support of my friends and family. You wanted to take these away from me. You almost succeeded.

You were there when I was gathering the washing line and the ladder to go to the woods to hang myself. You told me not to ask for help. I did. I called the Samaritans.

I'm tired of you now – absolutely exhausted. You've even been telling me to stop writing this letter

and tear it up. I am not going to do that.

The pain you have caused to others around me is evil and I will have it no longer. My fiancé deserves better and so do I.

I have a lot of work to overcome you and I know now you will always be there lurking in the shadows but when I feel uncertain I will raise my voice, if I feel incompetent I will remember past successes and if I feel poverty I will think of hard work and wealth to come. I'm now learning to love myself, help myself and escape into my own soul. I will ignore you addictions and I will win.

Goodbye and leave me alone.

G – Rotherham Group

GA Northwest Convention 2014

Hosted by Chester GA, Birkenhead GA & Wrexham GA

You are no longer alone...



Accept the hand of friendship

Saturday 2nd August 2014

10.30 – 17:00

Salvation Army Hall, St. Anne Street, Chester CH1 3HU

Invitations open to members of GA, Gam Anon & friends

Could you please confirm your attendance by email to:-

- 1an@sandanthread.co.uk
- Les.ChesterGA@googlemail.com

Or contact the following GA members:-

Ian Tel: 0759 114 9875

Mike Tel: 01948 830 609

Please note that there are restrictions to numbers.

GROUP MEETINGS LIST – JULY 2014

www.gamblersanonymous.org.uk/meetings

REGIONAL PHONE NUMBERS

MANCHESTER 0161 97 5000 – ULSTER – 0287 135 1329

NORTH EAST

BARNSELY 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, Lowson Street,
Darlington, DL3 0EY
Tuesday 19:30 to 21:30
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 MONDAY & THURSDAY

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

HULL MONDAY, TUESDAY & FRIDAY

Hull & East Yorkshire Mind Centre, 41-45 Beverley Road,
Hull, HU3 1XH
Monday 19:30 to 21:30 every fortnight (steps meeting)
Tuesday 19:30 to 21:30, Friday 19:30 to 21:30

LEEDS TUESDAY & THURSDAY

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

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 1EA
Monday 19:30 to 21:30, Thursday 19:30 to 21:30
newcastle@gamblersanonymous.org.uk

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

SHEFFIELD FRIDAY

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

ACCINGTON SATURDAY

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

BIRKENHEAD THURSDAY

YMCA, Hope Prospect, 56 Whetstone Lane,
Birkenhead
19:25 to 21:15

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, St.Annes Street, Newton,
Chester, CH1 3HU
Wednesday 19:30 to 22:00
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

Monday 18:00 to 19:00

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

The Rock Street Centre, Oldham, OL1 3UJ

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

STOCKPORT MEETINGS

Underhill Day Centre, Underhill,
Romiley, SK6 4BL
Tuesday & Friday 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

WIGAN MONDAY

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

WREXHAM MONDAY

Wrexham Salvation Army Centre, Garden Road,
Whosdsu, 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, Thrapston 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 21:30
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,
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
No meetings on Bank Holidays

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 Helwys 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, THURSDAY & SUNDAY

Quaker Meeting House, Pagefield House, Page Street,
Swansea, SA1 4EZ
Tuesday 19:30 to 21:30, Thursday 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 21:30

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 Clanbrasil Street,
Dundalk, County Louth
Wednesday 20:00 to 22:00

DUNGANNON TUESDAY & FRIDAY

St. Patricks Hall, Union Lane, Dungannon, BT70 1DL
Tuesday 20:30 to 22:00
Friday 20:30 to 22:00 (steps)

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

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 Prak

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

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 SATURDAY

Parish Centre, 117 Broadwater Road,
Worthing, BN14 8HT
Saturday 14:00 Beginners group

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

BARNET & FINCHLEY WEDNESDAY

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

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 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

BRENTWOOD THURSDAY

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

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, Clapham South, SW12 8RQ
Thursday 18:30 to 20:00 *Steps meeting*
Ring Eagle Room Buzzer. Meeting on 1st Floor

COLCHESTER MONDAY

Marks They Methodist Church, London Road,
Marks They, Colchester, CO6 1DZ
Monday 19:30 to 21:30 *steps meeting 18:30 to 19:30*
(1st Monday of every month)
colchester@gamblersanonymous.org.uk

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 19:30 to 21:00
Bus Route 150,167,247,462 Car park next to Church

HAMMERSMITH WEDNESDAY

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

HARLOW THURSDAY

Friends Meeting House,
1 Church Leys, Harlow, CM18 6BX
Thursday 20:00 to 22:00

HERTFORD TUESDAY

Friends Meeting House, 50 Railway Street,
Hertford, SG14 1BA
Tuesday 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, IG10 4QU
Tuesday 20:00 to 22:00
(19:30 for newcomers)
loughton@gamblersanonymous.org.uk

LOWESTOFT THURSDAY

North Lowestoft United Reformed Church,
Lowestoft, NR32 1HB
Thursday 20:00 to 22:00 R
ear 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,
Kent, ME14 2PY
Monday 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.Stephens Church, Manfred Road, Putney, SW15 2RS
Sunday 17:00 to 19:00
Tube: East Putney, Bus*37 & 337

READING MONDAY & THURSDAY

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

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

Royston Methodist Church Hall, Queens Road,
Royston, SG8 7AU
Thursday 20:15 to 22:15
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

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 MONDAY

Christ Church Methodist & United Reformed Church,
Refford Way, Uxbridge, UB8 1SZ
Monday 20:00 to 22:00 Underground: Uxbridge
uxbridge@gamblersanonymous.org.uk

WATFORD MONDAY

Friends Meeting House, 150 Church Road,
Watford, WD17 4QB, Monday 20:00 to 22:00

WEMBLEY MONDAY

Baptist Free Church, Slough Lane,
Kingsbury, NW9 8QG
Monday 20:15 to 22:00

WEST HAMPSTEAD SATURDAY

St.Vincent De Paul, 14 Quex Road, NW6 4PS
Saturday 14:00 to 16:00

WHITECHAPEL MONDAY

Booth House, 153-175 Whitechapel Road,
Whitechapel, E1 1DN
Monday 19:00 to 21:00
Training Room. Fully staffed reception,
sign in with first name only (not surnames)

WINCHESTER MONDAY

Friends Meeting House, 16 Colebrook Street,
Winchester, SO23 9LH
Monday 19:30 to 21:30

• All group details correct at time of going to print – 20th June, 2014 •

An informed decision to gamble

*When I first started going to GA
My urges never seemed to go away
They constantly drove me insane
From gambling I couldn't abstain*

*I kept gambling nearly every day
Blowing all my money away
I really was in a desperate state
My horrible existence I did hate*

*At GA, other CG's help I did seek
I needed to cope when I was weak
I had to find ways not to gamble
Life without a bet I had to handle*

*In GA, barriers were suggested to me
That could help me stay gamble free
Barriers that would be good to use
No one said 'do it' I had to choose*

*I decided to put barriers in place
Life became easier for me to face
I started to live my life gamble free
And I worked hard on my recovery*

*With them in place I felt okay
And from a bet I stayed away
The first bet I managed to avoid
If I went back I'd be very annoyed*

*If I did bet it wouldn't be a slip
But a decision to go on that trip
An informed choice to place the bet
So my stupid urges could be met*

*Barriers help me on difficult days
They are useful and coping ways
Stop me giving in to my inner voice
With them I make a good choice*

Michelle (Manchester)

LITERATURE

FOR THE GROUP

Welcome Letter (A5 card, @15p)

“Welcome to the Fellowship” letter to be given to new members. Advice to help understand Step 1.

Table Card (A5 folded card @ 15p; plastic @ £1)

Front reads: “Who you see, What you hear, STAYS HERE!” Back reads: “Advice for the person giving therapy.”

Handbook next edition in print now

Look after your new members A5 leaflet with guidance for looking after new members

Preamble to GA Meeting plus Serenity Prayer (A4 card @ 15p; plastic @ £1).

To display at meeting.

Posters (A4 and A5, FREE) For distribution in all suitable locations.

FOR THE MEMBERS

Questions and Answers

(A6 booklet @ 25p, first copy free). Affectionately known as the “GA Bible.”

The Twelve Steps of Recovery (A6 booklet, @ 50p)

Reprinted from the original American “Blue Book”, 3rd edition. Steps in full.

Climbing the Steps (A6 booklet @ 25p).

A personal journey through the Steps.

The Twelve Steps of Unity (A6 booklet @ 50p)

Reprinted from the original American “Blue Book, 3rd edition.”

The Steps discussed in full.

Deviations along the Road to Recovery

(A6 booklet @ 50p) A wealth of advice for the gambler and the gambler's partner to understand what is happening inside ourselves on the road to recovery.

Towards the first 90 days (A6 booklet @ 25p)

Some words of wisdom for the recovering compulsive gambler to help with the problems of the first 3 months.

Beyond 90 Days

(A6 booklet @ 25p) Further advice and guidance for Growth in Recovery

Who am I? (A6 booklet @ 25p)

A look at myself and my character, responsibilities and feelings. A guide to the “Moral” part of Step 4, the “Inventory” Step.

Be A Sponsor, Your Questions Answered. (A6 booklet @ 25p).

The focus of a member, or members, or the Group as a whole on the Recovery of an individual member.

Phone Cards (Credit card size @ 5p each / 50 for £1).

The Serenity Prayer and Just for Today with space for telephone numbers.

*To obtain literature: Members – through your GROUP; for GROUPS from the Regional Stockist;
ALL OTHERS by phone – 07958 731 008*

or by post from: NSO CVS Building, 5 Trafford Court, Off Trafford Way, Doncaster DN1 1PN

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.*

