

New

THE JOURNAL OF GAMBLERS ANONYMOUS



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

## Editor's Message

Welcome to the 3rd edition of New Life since I took over the editorial role.

I am finding it to be a highly rewarding and positive experience. Reading other compulsive gamblers therapies and passing them on to all who attend GA and those interested in finding out how GA works is reward in itself.

GA though is always in need of new therapies, letters, drawings and ways of communicating recovery. The aim is to publish a New Life every 3 months but this isn't always easy.

It's never too early or too late in recovery to share your experiences and it's good for the journal to represent those different ranges of abstinence / recovery.

We are still looking to publish details of local, regional and national events along with medallion / recognitions – so please let us know.

I hope you enjoy this edition. If it only helps one person to stay in recovery or encourages a member to help another in this fellowship, it's been worth it.

Please note none of this would be possible without Chris, Simon and Kerry who put a lot of effort in behind the scenes. An example in GA unity.

Ian S

New Life and Let's Talk Editor

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

## Forthcoming Open Meetings

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

**Acton Tuesday** 27th October at 8.00pm. Recognitions: Mick 2 years & Andy 7 years

**London Central Thursday** 29th October 2015 at All Souls clubhouse Cleveland Street London at 8pm in the usual meeting room, earlier meeting is not affected by the open meeting. Friends and family welcome.

**Preston Friday**, Friday 30th October 1945 – 21.45. Mick 3 years, Mike 2 years.

**Manchester Saturday** 21st November 11.00 - 13.00, Mark 3 years, Aaron 3 years, James 1 year, Martin 1 year, Phil 1 year.

**Stoke Tuesday**, Tuesday 15th December 19.30 onwards.  
Some members should have achieved 6 months of recovery.

**Stoke Tuesday**, 29th March 2016, 1930 onwards, Peter 10 years.

**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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## Anonymous

What is the spiritual recovery programme?

For me it is non-religious.

For me the spiritual recovery programme was about healing which could only happen once I admitted to myself I was in pain.

For me the spiritual recovery programme was about understanding and learning my emotional triggers which caused me to gamble.

For me the spiritual recovery programme was about learning from other people how to help myself.

For me the spiritual recovery programme was about understanding that I was not evil, bad, stupid or dumb.

For me the spiritual recovery programme was about me becoming healthy; not about who was right or wrong.

For me the spiritual recovery programme was about learning slow baby steps. Trying to become more mature, patient and tolerant with myself and other people.

For me the spiritual recovery programme was about me learning how dysfunctional I had become.

For me the spiritual recovery programme was learning to open up my mind and my heart.

For me the spiritual recovery programme was going to help me feel good about myself and my life today.

For me the spiritual recovery programme is about helping myself and others to recover through honesty, openness and a willingness to change.

Anonymous

## Bryan – Watford GA

My name is Bryan and I am a compulsive gambler. Gamblers Anonymous not only saved my life but helped change it for the better and for both I am truly grateful.

The only thing anyone promised me at my first meeting was that if I stopped gambling my problems would not get any worse. A simple statement that meant so much to me, I don't think I could have taken any more "worse stuff" as I was already suicidal.

Had anyone promised me 27 years of abstinence, a life that is without fear, a happiness which was never at this level even on the day of my biggest win, to be debt free, to really enjoy the company of others and for others to like me for my honesty I would have thought them to be insane and I may well have walked away from GA at that time. But these are just a few statements which are true about my recovery today.

When did this miracle start? Well I had gambled pretty much every day for 17 years before coming to GA and I stopped from my first meeting, so the abstinence started 02/07/1987.

The rest, the actual recovery bit, took much longer.

I recognise now that I got in the way of my own recovery, but at the time I was as oblivious to there being a problem as I was when I gambled.

After a year of not gambling I truly believed that I was doing brilliantly in my recovery whereas my wife of just 9 months had a completely opposite opinion. At that moment I was convinced I was right and she was mistaken until she told me that the last 12 months had been worse than our previous time together when I was gambling. I was shocked that she wanted a divorce!

I know members who struggle to stop gambling but for me, that was the easy bit.

I just had to stop.

Changing the person I was into the person I am today did not happen automatically but it has taken years and it is still very much a work in progress. I am not the finished product, I never will be and I am glad of that. I am glad because it means I do not have to become the "perfect" person that I thought I could become once I stopped gambling. Instead of striving for something which is not achievable, I now strive for progress instead and as a result I avoid disappointment and frustration.

For those ready to start their recovery let me tell you this is not easy but it is worth it. I struggled in GA with the recovery aspect for a long time for many reasons.

I thought I was OK with my ego, my inability or unwillingness to listen, my inability or unwillingness to talk openly.

I wanted to do it my way dealing with my dishonesty, shame, guilt, fear, procrastination, laziness etc.

Someone told me GA's a simple programme for complicated people and I thought that's why I was struggling, I was too complicated.

After a couple of years getting nowhere and being extremely unhappy, I read in the "Who am I?" booklet a question that asked me to honestly say whether I would like me as a friend.

After much thought I decided I would not like me as a friend. I felt this was a huge step forward in my recovery because once I had come to this conclusion I knew I needed to either change or gamble.

Gambling would certainly take away the way I was feeling as it was a strong anaesthetic but

instead I decided I needed to change. When I started my programme of change, I began to feel better about myself.

This change really accelerated once I learned to forgive myself for what I had done in the past. I read somewhere that it is impossible to start a new chapter in life if I continue to read the previous chapter over and over.

I learned that although I must remember the past, so as to avoid repeating it, I do not need to live there.

This gave me freedom by removing guilt from my mind. Next step was to find the courage to live in the present and when I did that my fear went away. I stopped worrying about what was around the corner. Once I stopped feeling guilt and fear my mind found some peace and serenity, and for those yet to experience this, it is a wonderful feeling and well worth the hard work needed to get there.

It is said that the programme is an education without graduation and that is true. GA recovery is a lifetime program and the more I work at it the better my life becomes. I often say if I stop learning from going to my meetings, I would stop going.

I have no intention of that, just as I have no intention of placing that first bet but I also know that being a compulsive gambler my brain is wired up differently from those who are considered normal.

As far as I know there is no operation that I can have to re-arrange my wiring, so I have to accept this, get on with it and carry on going to meetings.

Bryan – Watford

## A day in the life of a compulsive gambler

At 4am I can't sleep in my bed  
The thoughts of gambling whirling around my head

A hard month at work there's money to be made  
I check my online banking my wages have been paid

I sit in my kitchen the iPad pages I read  
A gambling website, I have an addiction to feed

I owe 3 months' rent and bounced all direct debits

In serious debt and very little credits

I feel numb out of control; I must gamble again

I know the outcome is misery and pain

I know I will lose and every horse will get beat

I know I will be angry, I've already accepted defeat

It's this insidious addiction, it's overwhelming greed

As I sit in the kitchen the form I read

There's 5 race meetings that's far too many  
I'm the first customer in the bank; I draw out every penny

I now have the power the cash is my stake  
The dream world kicks in; how much money I will make

No bills paid and dodging the post  
In a cafe, full English and the racing post

First race 2pm; time is going slow  
Adrenaline running from top to toe

I enter the greyhound trap five  
In front at the last bend; I feel alive  
Usual outcome my bet goes down  
Sitting in the bookies with a forlorn frown

The next 3 hours I'm like a madman in a cage  
Compulsive gambling screaming with rage

My personality horrific; my blood red face

I'm right in action; big bets every race

I scream at the jockey as he's to blame  
Then the 4.05 at Newbury I do exactly the same

I'm a thief, I'm a liar, I'm totally corrupt  
I'm a horrible person, nasty and abrupt

I seek the action; I crave a winner  
I'm a messed up gambler; I'm a total sinner

Another horse lost I punch the door  
Unshaven dirty cloths and my chin on the floor

I count the cash I've got. I realise I'm beat  
Another months wages, it's utter defeat

My last few quid on the machine I bet  
First on black jack then roulette

As I press the button waiting for red  
Reality kicks in; question 20 pops in my head

The roulette spins the confidence I lack  
The ball slows down and lands on black

I walk out the door I feel the pain  
Walking home in the pouring rain

I get to my bed sit with debt in my post  
The fridge is empty, just beans on toast

Out comes the iPad, 3 pay day loans  
I list on e-bay my television and phones

The loan is transferred ; I'm now gambling online  
A life of misery, pain and crime

A day of gambling; I hunted that thrill  
But every penny gone now I feel so ill  
This evil addiction takes everything away  
The remorse, the guilt, every single day

I feel angry , repulsed ,I'm totally insane  
Another months wages, yes I feel the pain

The insane thing is, I knew how I would feel  
The day of a gambler, I just need to heal

**Nick 1 Wrexham**

## The simple way to the 12 steps

1. There's a power that will kill me.
2. There's a power that wants me to live.
3. Which do I want? (If you want to die, stop here. If you want to live, go on.)
4. Using examples from your own life, understand that selfishness, dishonesty, resentment, and fear control your actions.
5. Tell all your private and embarrassing secrets to another person.
6. Decide whether or not you want to live that way anymore.
7. If you want your life to change, ask a power greater than yourself to change it for you. (If you could have changed it yourself, you would have long ago.)
8. Figure out how to make right all the things you did wrong.
9. Fix what you can without causing more trouble in the process.
10. Understand that making mistakes is part of being human (When you make a mistake, fix it, immediately if you can.)
11. Ask for help to treat yourself and others the way you want your higher power to treat you.
12. Don't stop doing 1 through 11, and Pass It On!!

**Posted by Michael C on the GA website**

## Gambling in society

When I first started to attend meetings at GA, I struggled to give up gambling straight away

Whilst in the actual meetings I was all right. Outside of them there was a constant fight

As everywhere I went gambling was there and it certainly was, a major cross to bear

It just seemed to be constantly in my face. And trying to deal with it I felt like a nutcase

I had a problem with recovery and a lot of anxiety. I wanted all gambling to go away from society

It's not the gambling industry's fault that I gamble. But my gambling I'm just not able to handle

For in society, gambling was not going away. And I needed to cope with it's presence there each day

I needed to be able to walk out and cope  
At GA meetings I found I gained a lot of hope

Attending meetings I heard others speak  
And their advice and support I did seek

I learnt about a triangle to help me each day. Money, Access and Time (MAT) I say

Every day I leave my house I think of MAT  
And with it my addiction, I am able to combat

With MAT gambling no longer causes me strife. And with it I am certainly living a better life

**Michelle (Manchester)**

## The truth behind it.

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

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

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

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

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

I'm pushing bets to alleviate the burden.

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

I'm a drug that never ends well.

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

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

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

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

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

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

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

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

GA is your antidote.

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

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

## Author Anonymous

## Anonymous

Family and compulsive gambling. Is there help around?

When I think back to my early days in GA, my family didn't have much hope.

They'd seen me repeatedly try to stop and repeatedly fall back into the addiction.

Why was this time going to be any different?

After all I'd tried counselling, drugs, therapy and anything else I could think of.

They always tried so much to understand me as a compulsive gambler.

They researched into the illness and discovered it was an addiction and searched for the best ways to help me and themselves.

The first truth they discovered was the only person who could help me was me.

I had to want to stop. This was incredibly frustrating for them to see and yet not be able to make any positive changes.

They accepted I had a very serious illness that wasn't going away but they loved me and wanted to protect me the best they could.

As a compulsive gambler I needed to want to stop before I could be helped, but they were in a position to protect themselves so they could be there for me when I woke up.

They got support and on-going advice through many sources.

There's a lot of help available in the UK for compulsive gamblers and their families. Some is better than others. A simple internet search for brings much of it up.

Now my relationship with my family is very different.

We communicate with honesty which isn't always easy but it's a far cry from the past.

I know I'm not cured and this addiction is still there and will always be, but I accept it as a part of my life in the same way I accept having medical illnesses and overcoming them.

Having a gambling addiction doesn't have to be a life sentence. It can be a positive learning experience that helps addicts to learn more about themselves.

That's where the GA recovery programme can come in.

## Anonymous



Hello my name is Yeung and I am a compulsive gambler. My last bet was on the 24th June 2014.

I recently did a couple of therapies explaining how I got through my first year in GA and although I can't recall exactly what I said, I thought it would be useful for me to recall and share it with you.

Last year, I walked into my first GA meeting literally 24 hours after attempting to commit suicide. I felt then that it was my only way of escaping from the troubles I had caused to myself and those around me. The debts, the lies, the shame and incredulity at the mess I made of my life bore down on me like a ton of bricks. I just wanted it all to end.

It seems unbelievable to me now, but for seven and a half years, I spent every waking moment in the pursuit of gambling. Whether it be rationalizing, lying, stealing or simply working, every action I took had a purpose to aid my gambling. Every word out of my mouth fed the extraordinary lengths to hide my gambling dream world from friends & family. It was killing me.

Hours after I was discharged from hospital, I walked into my first GA meeting and ever since it has been a revelation that has taken me on a roller coaster journey into the depths of my soul. It wasn't easy to face what I found there.

How did I pass the first year of abstinence and what did I learn during the year? The first three months of therapies essentially involved unloading all the destruction I had done in action. I was shocked at the similarities in behaviour all those in the fellowship seemed to share. Listening to the honesty of others therapies brought about a great impetus and righteous fire to stay away from any thoughts of gambling and making promises never to gamble again.

As recommended by more experienced members, I went to more than one meeting a week and this helped me to cope with errant thoughts that popped up. At first I had the mistaken impression that I could go to GA for a few months and be cured forever. I thought I was not nearly as bad as some I had met. I learned later that compulsive gambling is a serious long term mental illness that needs repeated treatment for years, most likely in my case for the rest of my life. It does get easier with time, but I know that I am just one bad decision away from ruining my life beyond saving. Vigilance and repetition of the GA method that has worked so well for me are the keys to my survival.

The key thing that helped me the most was attending the GA meetings. Regular attendance is essential. I don't know why it is so effective or how it works, but it does. It was an incredibly stressful time for me and the therapies I gave, whether I made sense or not, whether I prepared something or not, helped me to unburden myself.

The blessed relief I felt in vocalizing, thinking and relating to my problems and relating to others was wonderfully effective.

After a year, I dare say that the repetition of this therapeutic behaviour every week without fail also had a more subtle mental associative effect. I was connecting gambling with GA instead of acting on my gambling impulses.

Nowadays whenever I feel depressed, bored, frustrated or worried about money I don't think about gambling much at all.

Instead I think about going to GA sharing with my fellows about how I feel. Repetition is the key here. I try to make every meeting I can and go to others in the area whenever I feel vulnerable.

I use the phone list to call a member in good times as well as emergencies.

I know that I didn't always feel this way about GA and for a while I even questioned whether GA was helping me.

I now realize that those are the subtle ways in which the compulsive illness tries to encroach into my life again.

The soul searching that happened for me was both a blessing and a curse. The year went by dredging up all sorts of memories in action that had me ashamed and depressed. Some were enlightening giving me an insight into myself that I would never have gotten otherwise. Some were so embarrassing it was difficult to cope with them.

Although I occasionally delve into my life before I started gambling to try to understand what happened to me.

Those thoughts are hit and miss as far as helping me is concerned.

Many are far too painful to recall and reliving them in my head has a tendency to get in the way of being the functioning, productive person I need to be to work hard and pay off my debts.

That was the thing with having time on my hands; reminiscing about the past did lead me down to some places I was not ready to visit, and when in this weakened state I would struggle to rationalise my gambling experiences.

So the #2 thing that helped me the most was being mentally and physically occupied.

Dealing with the debts first, consolidating them, writing letters to creditors and such was not easy but once done, it was another load off my mind. When I wasn't working flat out, I filled my spare time with little projects such as around the house, for my family or simply for pleasure. I got back the pleasure of reading books and the self-esteem from keeping the house tidy. I did have some intentions to get physically fitter, but that's still in the planning stage at the moment.

Joking aside, the fact that I was so busy trying to sort out my life instead of running away from my problems helped me to stop gambling and from triggering a relapse during the first six to nine months.

Shortly before my first year of abstinence I started going to the "Steps" meetings.

I have heard many times that abstinence is just the start on this road to recovery and real changes to my destructive behaviour and defective personality were necessary to continue this journey.

It's too soon for me to give any real insights into the efficiency of this program, but so far, it has made very positive differences to the way I view myself and interact with others. Listening to other therapies can be a mixed bag of experiences, but I always urge myself to be as patient, kind, compassionate and understanding of the other members in just the same way they were to me.

I would recommend to anyone to chair a meeting after a couple of months because it has the effect of focusing the attention on the speaker and can be a highly effective learning experience.

So the #3 thing that helped me get through the first year was absorbing the GA experience. The essence of GA experience I see as the members, literature and processes. Thanks to the gentle nudging from the older members I chaired a meeting after 3 months. I read the literature they recommended and met some truly wonderful people who shared their wisdom with me.

As with most things in life, you get out of it what you put in. And unlike the world of gambling, a little bit of effort, a little bit of courage can reap huge rewards in the quality of one's life.

*(continued on page 20)*

# GROUP MEETINGS LIST

www.gamblersanonymous.org.uk/meetings

## NORTH EAST

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### BARNSELEY

Holden House, York Street, Barnsley, S70 1BG  
Saturday 10:30 to 12:30

### BRADFORD

Community Arts & Resource Centre, 17-21 Chapel Street,  
Little Germany, Bradford, BD1 5DT  
Friday 19:30 to 21:30

### CHESTERFIELD

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

### DARLINGTON NORTH

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

### 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

### DONCASTER

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

### GRIMSBY

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

### HUDDERSFIELD

New North Road Baptist Church, New North Parade,  
Huddersfield, HD1 5JU  
Monday 19:30 to 21:15  
Thursday 19:30 to 21:15

### HULL

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

### LEEDS

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

### LINCOLN

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

### MIDDLESBOROUGH

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

### NEWCASTLE ELDON SQUARE

Training Room, Eldon Leisure, High Friars, Eldon Square,  
Newcastle Upon Tyne, NE1 7XY  
Monday 19:00 to 21:00  
Thursday 19:30 to 21:30

### NEWCASTLE CENTRAL

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

### ROTHERHAM

Wellgate Court, 68 Wellgate, Rotherham, S60 2LR  
Wednesday 20:00 to 22:00  
Building below Civic Centre

### SCARBOROUGH

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

### 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

### SHEFFIELD WEST BAR

Croft House Settlement, Garden Street,  
Sheffield, S1 4BJ  
Sunday 19:30 to 21:30

### WAKEFIELD

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

## NORTH WEST

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### ACCRRINGTON

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

### BIRKENHEAD

YMCA, Hope Prospect, 5 Whetstone Lane, Birkenhead.  
Thursday 18:45 to 20:45  
Through Main Entrance at side of building. GA is located  
in the cafe on the ground floor

### BLACKBURN

Salvation Army Buildings, Vicars Street,  
Blackburn, BB1 5BE  
Wednesday 19:30 to 21:30  
Opposite Morrisons in town centre. Not Salvation Army  
main doors, entrance by side door.

### BLACKPOOL

St Kentigerns Parish Centre, 25 Newton Drive,  
Blackpool, FY3 8BT  
Wednesday 19:30 to 21:30  
Behind No. 3 pub at Devonshire Square.

### BOLTON

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

### BURNLEY

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

### CHESTER

Salvation Army, Chester Corps, St Annes Street,  
Newtown, Chester, CH1 3HU  
Wednesday 19:30 to 21:30

### CREWE & NANTWICH

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

### LIVERPOOL CENTRAL

Sharp, 17 Rodney Street, Liverpool, L1 9EF  
Wednesday 19:15 to 21:15 (steps meeting)  
Friday 19:00 to 21:15  
Saturday 19:30 to 21:00 (mixed meeting)  
Sunday 18:30 to 20:00

### LIVERPOOL PIER HEAD

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

### LIVERPOOL NORTH

Aintree Baptist Church, Longmore Lane, Aintree,  
Liverpool, L9 0EF  
Thursday 19:30 to 21:30  
Next to Premier School of Dance and Drama.

### LIVERPOOL EAST

St Michaels Church Presbytery, 1 Horne Street,  
Liverpool, L6 5EH  
Tuesday 20:00 to 22:00  
Horne Street is off West Derby Road. Church rooms at  
back and side of church.

### LIVERPOOL HUXTON

St Agnes RC Church, 82 Huyton Road, Huyton,  
Liverpool, L36 5SQ  
Wednesday 20:00 to 21:30 (steps meeting)

### MANCHESTER MEETINGS

The Friends Meeting House, 6 Mount Street,  
Manchester, M2 5NS  
Monday 19:00 to 21:15  
Tuesday 18:30 to 21:15  
Thursday 19:00 to 21:15  
Friday 19:00 to 21:15  
Saturday 10:00 to 11:00 (steps meeting)  
Saturday 11:00 to 13:00  
Off Albert Square facing rear of central library

### MANCHESTER - WOMEN PREFERRED MEETING

The Friends Meeting House, 6 Mount Street,  
Manchester, M2 5NS  
Monday 19:45 to 19:00  
Off Albert Square facing rear of central library

### OLD COLWYN

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

### OLDHAM

Link Resource Centre. 140 Union Street,

Oldham, OL1 1DZ  
Tuesday 19:30 to 21:30

### PRESTON

St Wilfrids Church Hall, Chapel Street, Preston, PR1 8BU  
Friday 19:45 to 21:45  
Parking around Winkley Square. Entrance through gates  
outside church entrance then the building opposite the  
church doors.

### ROCHDALE

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

### ST HELENS

St Helens Deafness Resource Centre, 32-40 Dentons  
Green Lane, Dentons Green, St Helens, WA10 2QB  
Thursday 19:00 to 21:00

### STOCKPORT EAST

Underhill Day Centre, Chichester Road, Underhill,  
Romiley, Stockport SK6 4BL  
Friday 20:00 to 22:00

### STOCKPORT WEST

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

### STOKE ON TRENT

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

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

### WREXHAM

Wrexham Salvation Army Centre, Garden Road,  
Rhossdu, Wrexham, LL11 2NU  
Monday 19:15 to 21:30

## MIDLANDS & SOUTH WALES

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### 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.

### 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

### 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

## **BIRMINGHAM COLMORE CIRCUS**

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

## **BRISTOL CENTRAL**

Broadmead Baptist Church, 1 Whippington Court,  
Bristol, BS1 3HY  
*Tuesday 19:15 to 21:15*  
*Entrance at the back of M&S*

## **BRISTOL NORTH**

Horfield Quaker Meeting House, 300 Gloucester Road,  
Horfield, Bristol, BS7 8PD  
*Wednesday 19:00 to 21:30*

## **BRISTOL SOUTH**

Victoria Park Baptist Church, Sylvia Avenue,  
Bristol, BS3 5DA  
*Saturday 10:30 to 12:30*  
*Newcomers and Weekend meeting*

## **BROMSGROVE**

The Methodist Centre, 19 Stratford Road,  
Bromsgrove, B60 1AS  
*Friday 19:45 to 21:00*  
*Enter at rear of church, through small car park, at the top of council car park*

## **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.*

## **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*

## **DERBY**

Convent of Mercy, 11 Bridge Gate, Derby, DE1 3AU  
*Monday 19:00 to 21:00*  
*Thursday 19:15 to 21:00*

## **GLOUCESTER**

Raven Centre, Hare Lane, Gloucester, GL1 2BB  
*Monday 20:00 to 22:00*  
*Thursday 19:30 to 21:30 (steps meeting)*

## **LEICESTER**

St Albans Church Hall, Weymouth Street,  
Leicester, LE4 6FN  
*Monday 20:00 to 22:00*  
*Wednesday 20:00 to 22:00*  
*Saturday 10:00 to 12:00 (steps meeting 1st Saturday of month)*  
*Access off Harrison Road, off Melton Road, off Catherine Street. Buses - Centre*

## **NEWPORT**

Church of Christ, East Usk Road, Newport, Gwent,  
NP19 7AG  
*Monday 19:30 to 21:00*

## **NORTHAMPTON**

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

## **NOTTINGHAM LENTON**

Thomas Helwys Baptist Church, Church Street,  
Lenton, Nottingham, NG7 1SJ  
*Sunday 20:00 to 22:00*

## **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*

## **PENARTH**

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

## **PETERBOROUGH**

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

## **PONTYPRIDD**

Temple Baptist Church, Gelliwastad Road,  
Pontypridd, CF37 2BP  
*Monday 19:15 to 21:00*

## **SOLIHULL**

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

## **SUTTON COLDFIELD**

Methodist Church Centre, 16 South Parade,  
Sutton Coldfield, B72 1QY  
*Wednesday 19:30 to 22:00*

## **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*

## **TELFORD**

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. Blue door with wheelchair ramp at side of building.*

## **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*

## **WOLVERHAMPTON**

Friends Meeting House, 8b Summerfield Road,  
Wolverhampton, WV1 4PR  
*Thursday 19:00 to 21:00*  
*Behind doctors, parking on site*

## **ULSTER**

### **ARMAGH**

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

### **BALLYBAY**

Cuan Mhuire House, Corfad, Ballybay, Co. Monaghan  
*Tuesday 20:00 to 21:30*  
*Sunday 20:00 to 21:30*

### **BELFAST**

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

### **CARNHILL**

Resource Centre, Racecourse Road, Carnhill,  
Derry, BT48 8BZ  
*Monday 20:15 to 22:00*

### **COLERAINE**

Mountfern Adult Centre, Rugby Avenue,  
Coleraine, BT52 1JL  
*Thursday 20:00 to 22:00*

### **CRAIGAVON**

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

### **CREGGAN**

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

### **DERRY**

Methodist Church, 21 Carlisle Road, Derry, BT43 6JJ  
*Wednesday 19:30 to 21:30*  
*Saturday 13:30 to 15:00*

### **DONEGAL**

Bill W Club, Above Simple Simons, The Diamond,  
Donegal  
*Wednesday 20:00 to 22:00*

### **DUNDALK**

The Community Service Centre, 15 Clanbrassil Street,  
Dundalk, Co. Louth  
*Wednesday 20:00 to 22:00*

### **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)*

### **LETTERKENNY**

The Pastoral Centre, Cathedral Car Park, Letterkenny  
*Tuesday 20:30 to 22:00*

### **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*

### **OMAGH**

Probation Offices, 11a High Street, Omagh,  
Co. Tyrone, BT78 1BA  
*Monday 20:30 to 22:00*

## **SOUTH COAST & WEST**

### **BOURNEMOUTH**

St Michaels Church, Poole Road, Bournemouth  
*Monday 19:30 to 21:30*

### **BRIGHTON**

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

### **BRIGHTON AND HOVE**

St Phillips Church Hall, New Church Road,  
Hove, BN3 4BB  
*Friday 20:00 to 22:00*

### **CHICHESTER**

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

### **EASTBOURNE**

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

### **EXETER**

Palace Gate Centre, 3 Palace Gate, Exeter, EX1 1JA  
*Tuesday 19:30 to 21:30*  
*Off South Street*

### **HAVANT**

St Faiths Church House, The Pallant, Havant, PO9 1BE  
*Tuesday 19:30 to 21:30*  
*White building at rear of Bear Hotel car park*

### **JERSEY**

St Pauls Centre, St Pauls Gate, Dumaresq Street,  
St Helier, Jersey, JE2 3RL  
*Monday 17:30 to 19:00*

### **PLYMOUTH**

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

### **POOLE**

Sea View Centre, Croft Road, Poole, BH12 3LD  
*Wednesday 19:30 to 21:30*

### **PORTSMOUTH**

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

### **SOUTHAMPTON**

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

### **WORTHING**

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

## **SOUTHERN**

### **ACTON**

St Marys Church, The Mount, Acton High Street,  
Acton, W3 9NW



Tuesday 20:00 to 22:00  
Opposite Morrisons supermarket

#### **AYLESBURY**

Open Access Ramp, Training Centre, Training Room,  
100a Walton Street, Aylesbury, HP21 7QP  
Wednesday 19:00 to 20:00 (Steps Meeting in Cafe)  
Wednesday 20:15 to 22:15

#### **BARNET & FINCHLEY**

St Pauls Church, 50 Long Lane, Finchley, N3 2PU  
Monday 19:00 to 20:00 (Steps meeting)  
Wednesday 19:45 to 22:30

#### **BARNET & FINCHLEY FRIDAY**

Blue Beetle Room, St Marys Church Hall, 26 Hendon  
Lane, Finchley, N3 1TR  
Friday 19:45 to 22:30

#### **BASILDON**

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

#### **BEDFORD**

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

#### **BEXLEY**

Hurst Community Centre, Hurst Place, Bexley, DA5 3LH  
Thursday 19:45 to 21:30 (newcomers meeting)  
Friday 20:00 to 22:00

#### **BISHOP STORTFORD**

All Saints Church, Hockerill, Stansted Road, Bishop  
Stortford, CM23 2DY  
Monday 20:15 to 22:15  
Entrance through red vestry door at rear of church

#### **BOREHAMWOOD**

Allum Hall Community Centre, 2 Allum Lane,  
Borehamwood, WD6 3PL  
Wednesday 19:00 to 19:50 (steps meeting)  
Wednesday 20:00 to 22:15  
Almost opposite Borehamwood mainline station

#### **BRAINTREE**

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

#### **BRAMPTON**

Memorial Centre, Memorial Playing Field, Thrapston  
Road, Brampton, Huntingdon, PE28 4TB  
Friday 19:30 to 21:00

#### **BRENTWOOD**

United Reform Church, New Road, Brentwood,  
CM14 4GD  
Thursday 20:15 to 22:15  
Via Coptfold Road. Entry via gardens at rear.

#### **CAMBRIDGE**

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

#### **CHELMSFORD**

Holy Trinity Church, Trinity Road, Springfield,

Chelmsford, CM2 6HR  
Wednesday 19:30 to 21:30

#### **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

#### **COLCHESTER**

The Kingsland Church Rooms, 86 London Road,  
Lexden, Colchester, CO3 9DW  
Monday 19:30 to 21:30

#### **EASTCOTE & PINNER**

St Lawrence Centre, 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

#### **EDGWARE**

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

#### **ENFIELD**

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

#### **GIDEA PARK**

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

#### **GUILDFORD**

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

#### **HACKNEY & LEYTON**

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

#### **HAINAULT**

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

#### **HAMMERSMITH**

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

#### **HERNE BAY**

North Room, Christ Church, William Street,  
Herne Bay, CT6 5BP  
Thursday 19:30 to 21:30

#### **HERTFORD**

Friends Meeting House, 50 Railway Street,  
Hertford, SG14 1BA  
Tuesday 19:30 to 20:00 (newcomers meeting)  
Tuesday 20:00 to 22:00

#### **HIGH WYCOMBE**

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

#### **IPSWICH**

Friends Meeting House, 39 Fonnereau Road,  
Ipswich, IP1 3JH  
Tuesday 19:30 to 21:30  
Saturday 10:00 to 12:00

#### **KINGSTON**

United Reform Church, Eden Street, Kingston, KT1 1HZ  
Monday 20:00 to 22:00  
Room 22, 1st floor

#### **LINGFIELD**

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

#### **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

#### **LONDON FOLEY STREET**

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

#### **LONDON EALING BROADWAY**

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

#### **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

#### **LOUGHTON**

Loughton Baptist Church, 90 High Road,  
Loughton, IG10 4QU  
Tuesday 19:45 to 20:00 (newcomers)  
Tuesday 20:00 to 21:45

#### **LOWESTOFT**

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

#### **LUTON THURSDAY**

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

#### **LUTON TUESDAY**

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

#### **MAIDSTONE**

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

#### **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

#### **NEW CROSS**

Telegraph Hill Community Centre, Kitto Road,  
New Cross, SE14 5TY  
Tuesday 20:30 to 22:30  
Entrance at side of church, top of Kitto Road,  
off Pepys Road

#### **NEWBURY PARK**

St Teresas Church Hall, Eastern Road, Ilford, IG2 7HZ  
Wednesday 19:30 to 22:00  
Suffolk Road entrance, 10 mins from Newbury Park tube

#### **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

#### **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

#### **ORPINGTON**

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

#### **OXFORD**

South Oxford Community Centre, Lake Street,  
Oxford, OX1 4RP  
Tuesday 19:30 to 21:00

#### **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)  
Thursday 19:00 to 20:00 (newcomers)  
Thursday 20:00 to 22:00

#### **ROMFORD**

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

#### **ROYSTON**

Royston Methodist Church Hall, Queens Road,  
Royston, SG8 7AU  
Thursday 20:15 to 22:15 (1st & 3rd Thursday's only)  
Only a short walk from Royston railway station

**SOUTHEND**

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

**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

**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

**STAINES**

Colne Room, Wraysbury Village Hall, The Green,  
Wraysbury, Staines, TW19 5NA  
Wednesday 19:30 to 21:30

**STEVENAGE**

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

**STROOD**

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**

Goreshill Community Centre, Chapel Street,  
Gorse Hill, SN2 8DA

Tuesday 19:00 to 21:00

Wednesday 19:00 to 20:00 (newcomers meeting)

Wednesday 20:00 to 21:00 (steps meeting)

Saturday 10:00 to 12:00

Sunday 13:30 to 15:30

**UXBRIDGE**

Christ Church Methodist & United Reform Church,  
Redford Way, 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

**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

**WEMBLEY**

Baptist Free Church, 13 Slough Lane,  
Kingsbury, NW9 8QG  
Monday 20:15 to 21:45

**WHITECHAPEL**

Booth House, Training Room, 153-175 Whitechapel Road,  
Whitechapel, London, E1 1DN  
Monday 19:00 to 21:00 (mixed meeting)  
Fully staffed reception where people sign in (First names  
only) then will be directed to the training room.

**WIMBLEDON**

Room 7, William Morris House, 267 The Broadway,  
Wimbledon, SW19 1SD  
Wednesday 20:00 to 21:30

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

**Tricks of the mind...**

Oh how my mind - plays tricks  
Tells me I'll be ok - having a fix  
To go and place - 'just one bet'  
Then I can stop - without regret

I listen to my strong inner voices  
And I make - some shite choices  
I gamble - gamble - and gamble  
Soon my addiction I can't handle

I wish - I hadn't - gambled at all  
As I'd made - a really stupid call  
I can't gamble - normally again  
As it causes me - so much pain

Urges - are sneaky and unkind  
Playing tricks - within my mind  
I'll try to ignore them in my head  
And make better choices instead

**Michelle (Manchester)**

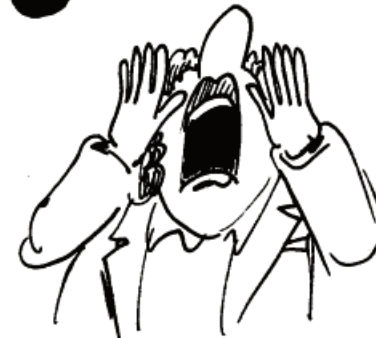
**Question:** How can the New Life magazine be published without new material?

**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

One of the most effective things I did was take the advice of other members about putting barriers in place.

Perhaps this is the first thing I should have written down as it undoubtedly helped in the first few months, but now that I think of it, the barriers became less important to me as I started to take control of my recovery.

After all, I live surrounded by advertising and media that glamorises and romanticises gambling which no amount of barriers can hide. Since I cannot change the world the best that I can do is change myself to be stronger with GA.

So the #4 thing that helped me get through the first year was putting barriers in place. In my case it was deleting everything related to my gambling from all of my electronic devices - phone, hard drives and laptop. Then placing the control of my bank/credit cards into my mum's hands and cleansing my working environment of anything that could potentially remind me of gambling.

I was careful with alcohol and avoided places where I may have been susceptible to triggers, with their almost indescribable ability to create tantrum-like frustrations, of wanting to place a bet.

Months later, I would still find receipts and notes from my days in action which I strangely found hard to throw away. I recognized that unwillingness to bin them as the illness trying to find a foothold in my life again.

Abstinence did not change my life instantly. My problems are almost the same as when I started GA. I still have debts, I have no money to splurge on luxuries, I still have sudden pangs of desire to gamble and the anguish I caused to people in my life still haunt me today. On the positive my bills get paid on time, I am not terrified to look at what the postman has left on the doormat every morning and I

can sleep at night.

I no longer live in a nightmare of my own making. I've learned the value of money honestly earned. Of being steady, of being modest and I even appreciate living a "boring" life without the hysterics, delusions and excitement that being in action brought to my life.

I am a million times better off than I was at that first meeting and it is not an exaggeration to say that GA saved my life.

#### Yeung, Meeting anonymous

#### Stephen – Pontypridd

My name is Stephen and I am a compulsive Gambler, my last bet was in 2004.

I started gambling as a young boy, going to the seaside with my parents playing the penny slots machine in the arcades, although at the time it wasn't an addiction, it was the start to my gambling addiction.

Later on in my life, I managed to find myself full time employment as a caretaker's assistant in a local comprehensive school and I was in a long term relationship with my girlfriend. Things turned for the worse from here, as my girlfriend passed away suddenly and unexpectedly in my arms one night on a weekend.

I found it really difficult to come to terms with what had happened, and the only way I could deal with it was to gamble. At the beginning it was a way for me to meet new people as well as to socialise. At the time it was the best place to go to take my mind off losing my girlfriend. My gambling addiction deteriorated from here. I found myself playing bingo and playing the slots machines every night of the week spending my hard earned cash.

*(continued on page 22)*

## Gamblers Anonymous UK AGM 16th April 2016



**Not just any AGM.  
This can be a day  
out for the family.  
Beautiful sandy  
beaches, a pier and  
places to visit.**

**Look forward to  
seeing you there**

**Make a date in your  
diary**

**Salvation Army  
Citadel  
Carlton Street  
Weston Super Mare  
BS23 1UA**

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My gambling went out of control big time could not stop myself I don't know why I could not stop before it was too late

To feed my addiction, I stole money from a local community centre, as I was a treasurer I had easy access to the funds and I thought at the time I wouldn't get caught and I would have been able to pay it back before anyone recognised that money was missing from the account.

This was a huge mistake that led to me getting arrested at my place of work. This resulted in me being taken down the police station for questioning. As a result of this, I was summoned to court to face the consequences of my actions. I was informed by my solicitor to expect the worse possible outcome, as my actions were quite serious. Although I was told this, I was fortunate, and given another chance in life to get things under control and to sort my life out for the better. I had two year's probation and was given a one year suspended sentence as a result of what had happened. And good progress

I had to face all this on my own, as my family had no idea that I had an addiction never mind a court hearing, until my name appeared in the local newspaper.

This was a big shock to them, but once they knew about my problem, they gave me the support I needed to help me get my life back on track.

The final straw to all this, was when my employer discovered what I had done as they too had seen the newspaper article. As a result of this the head master called me into his office to tell me that because I had brought the school names into disrepute, he had no choice but to suspend me from my work. I had a three month suspension and after that I was

dismissed from my role after 25 years of hard work and dedication. Although I had been dismissed, I thought I had the right to challenge this decision, so I got in contact with my trade union to see if anything could be done about it. The trade union managed to appeal the decision twice, but to no avail.

As I was now out of work, I needed to find something positive to do to keep all my negative thoughts at bay. I contacted the local college to see what courses were available, and soon enrolled on a C.L.A.I.T computer course. Then as a direct result of engaging with the college, I managed to get a volunteer placement as a volunteer administrative assistant. This helped me build my confidence back up and to have faith in my abilities again. To make sure my gambling problem didn't get to an unmanageable level I found a meeting in Cardiff where likeminded people like me had the same problem. This helped me to get any issues off my chest and to seek advice from people who were going through the same problem as me. I found this group very beneficial to me, so over a period of time I grew a fond friendship with one of the attendees in the group and this person was called Peter. Due to the success that the group had on myself and Peter, we decided to set up other GA groups across our local area, to help people like ourselves move away from their gambling problems. I am now the secretary of the Pontypridd GA group and absolutely love having this role.

I am now very active in my local area doing volunteer work at my local shop and helping people back into work and doing social media at my local church which I am a very active member

**Stephen GA Pontypridd**

## George – Enfield GA

With the help of the fellowship, following the twelve step recovery programme and friends in GA, I have abstained from gambling for a long time.

The meeting I attend at Enfield tries to adhere to the principles of GA by not criticizing other member therapies, not recounting actual gambling commentaries and most importantly not mentioning amounts of money wagered. I think the last point is crucial as one amount, seemingly small to one person, can mean life or death for another.

Imagine a new member on benefits living week to week on government handouts and having lost everything hears a therapy where the person talking is describing vast losses. Apart from the ego aspect of the therapy, (that's nothing, look how much I lost and how much I wagered), it could put the new member in the position of thinking they are in the wrong place were even experienced members could be drawn into competing therapies.

This brings me to some New Life articles which have mentioned amounts wagered and lost.

Could the editor just blank out the amounts?

## George (Enfield)

*(Editors reply – I've looked through the contributions I've approved and one in particular slipped my attention. Was I to edit it again, I would do it differently. I very much appreciate your share and question.)*

## Glenn – Plymouth GA

Here is my story.

I couldn't figure it out why this was happening to me.

I was just having a run of bad luck, just one more bet and it will all come good. Have I not studied the form? Yes, I have considered every possible variation and done my homework. Now is the time to prove to the rest of the world that I am the best gambler ever seen.

The outcome is all too predictable but it was never my fault. It was always someone else's fault and so it continued. It took too much effort and my gambling progressed onto other forms. The result was always the same. Yet my gambling was the only normal thing in my life, or so it seemed. I know now that it left me hollow, insane & alone.

Gambling is an animated world. I was free to experiment with new roles which allowed me to temporarily adopt a new identity. The Gambler was much better than that frightened man that woke each morning afraid and petrified. His waking hours were spent constantly trying to solve problems or situations that hadn't happened.

I had escaped into a fantasy world, where I was animated by a different set of motivations which was a world apart from the mundane, miserable life I was subjected to. As a result of this, I lost all sense of time and became absorbed in my gambling. I became a creature of sensation, but not truly aware of what was going on outside my gambling bubble. After a period of time, it wasn't about wining; it was about remaining in the bubble for as long as possible. For I had no desire, to return to the mundane world of humanity, or so I thought!

Being a compulsive gambler is like having sex with a Gorilla. The control and choice is with



the Gorilla! In other words I was powerless over gambling. I was licked, beaten, battered and bruised yet I came back for more. Once I started I couldn't guarantee how much I would bet. I had lost the power of choice. I could not even bring into my mind with sufficient force the memory of the suffering and humiliation caused by my own hands even a week ago.

I was without defence against my first bet.

Whilst my will power was non-existent when it came to gambling, my self-will was very much alive. I could not hide, postpone, or evade the day I was eventually pushed through the doors of Gamblers Anonymous.

That was the day I found a place where I could fit in. It was there I learned how to skip through my problems and live in the solution. Until I'd got enough beaten out of me, did I lower my resolve just enough to make it possible. It took some time, as I was so full of myself, but I made room for God's Grace.

I made mistakes. I talked and gave advice and opinion on matters I thought I understood. I decided to work the programme by myself. This is what human beings with my illness try to do. We try to figure it all out by ourselves. It is the equivalent of trying to fine tune a formula one car with a sledge hammer! You are OK for a while, until you realise you are responsible for the car and you have to push it around Silverstone. It is only when you come to the realisation that you need the help of a mechanic that your life will change beyond recognition.

My recovery was brought about by a progressive character change that could not be accomplished through will power alone.

God

Please help me set aside everything I think I know about myself.

My disease, the 12 steps, and especially you;

So I may have an open mind and a new experience of all these things.

Please let me see the truth.

**Glenn (GA Plymouth)**

**Terry W**

### **"Darkest Days"**

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

I went to a large meeting in New York City recently and didn't have the opportunity to share so I thought I would send you my share on the nights topic 'darkest days'

It's the spring of 2012 and I am gambling recklessly as I always did. I'd relapsed in the summer of 2006 and hadn't made a meeting in over 5 years, although nearly everyone around me was begging me to return to meetings, I stubbornly refused. I really believed there was no hope for me and that I would never be able to get abstinent so I decided I would not try to and therefore things got progressively worse. Finding 24 hour arcades when I didn't have to stop meant there was no check on my behaviour and in time I was gambling sometimes 48 hours without a break. I would sulk if could not play a certain machine and would pick fights with people in the establishments for no reason.

It's ironic how I never took responsibility for my actions but it was never down to me. It was because this person had been rude to me or the arcade manager had 'fixed' the machine. I wouldn't have gone in if it hadn't been raining and other such deluded thoughts. Today such thoughts seem crazy, but I always played the

blame game and guess what, my actions were never my fault

As 2012 began, gambling was getting more and more painful and the excuses were getting less and less acceptable to me. I had no money most of the time and this added to my pain. Still, I refused to return to GA and things continued to get worse. I thought 'maybe just one big win and everything will be ok'

Being that I have been around GA for over 20 years, I now know better. I cannot stop at a win or at a defeat. I just cannot stop but I was also not prepared to stop trying so things continued to spiral out of control.

I was insane with this addiction and on several occasions considered suicide. The gambling was really hurting now and I was not enjoying it. Thinking back to earlier in my life, yes I was still a compulsive gambler unable to stop, but at times I enjoyed the action at least for a while. Now I wasn't even enjoying it and I still played day after day!

I bumped into another friend in recovery in March 2012 and he said "COME BACK!!" He told me how GA was changing his life and how it would do the same for me but still I self-harmed with this addiction for another 6 weeks.

Finally I had my "luckiest night" gambling ever it was unreal. I lost on every machine I played and it was so painful. I wasted another sleepless night chasing the impossible dream of gambling making it pay, and I felt AN UTTER FAILURE.

I WAS AN UTTER FAILURE, and yet unknown to me, I had taken my first tentative steps on my journey of recovery. The final machine I played kept 'killing' me and every time it did it said "I THINK YOU HAVE HAD ENOUGH"

It was a small stakes non licensed machine

and I still could not leave. I had to play just one more game until eventually I went skint. It was 7.30 in the morning of the 13th May 2012 and I had a choice. I could wait until my bank opened and get my last few pounds out over the counter at 9am so I know to the minute when I last placed a bet. I had a moment of clarity I said "ENOUGH!!!" and went home as fast as my legs would take me.

I sat on my hands for 13 days (the 14th day was payday) until I decided to return to GA. My only goal was not to put myself through the pain when I got paid. I was tearful upon my return, but my sponsor welcomed me with a hug and I knew I was in the right place. "Welcome back to GA Terry, welcome home why have you left it so long?" The important thing was I felt the addiction was no longer 'home' but GA was and remains so to this day. My goal remains nice and simple. That today no matter what happens, no matter how I feel, I will not place a bet, no matter what.

I am blessed that to date I have not placed a bet since that 'lucky' night in 2012. It was my darkest moment, but it was necessary for me to reach that point so I never forget and continue to take the steps I do daily.

Maybe you could share what brought you to GA? What lengths did you have to go to before reaching out for GA?

Look forward to reading your shares; they really help me.

In unity

**Terry W**

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## LITERATURE

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### FOR THE GROUP

#### Visiting a GA member in Prison today

I went to see a GA member in prison today, it was a humbling experience I have to say

Even though we had never met before In 'GA unity' - we connected - for sure

In a room the two of us had a meeting We talked about our own gambling I had taken in - some GA literature Which we read through together

It was good to verbally declare With another gambler in there We shared our therapies in the GA way And lots of things - we had to say

I left the prison after my visit there And suddenly inside I became aware That I had committed - so many crimes And got away with them - many times

I could have been caught and sent inside The realisation of this - I was teary eyed From the prison - I was lucky to walk free It could have been - this member visiting me

I will go and visit the prison on another day, it's such a great experience I have to say. As we both gained a lot from our meeting. To support each other against gambling

**Michelle (Manchester)**

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#### Freedom

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 on 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 a year of abstinence)*

#### 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.*

