

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*

*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.*



WWW.GAMBLERSANONYMOUS.ORG.UK

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

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

Opinions expressed may not necessarily be those of the fellowship.

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Editor's Message

This will be the fourth edition of New Life that I've edited for you good folks. I hope you've enjoyed them. Normally I'd mention that I'm short of material to share, but I don't want to bore you this time except to say that if anyone wanted to send in a contribution, I wouldn't say no. I leave it in your hands.

Hopefully you've had a chance to read the comeback issue of lets talk? Have you sent in your comments by email or post on the issues discussed? One difference between previous lets talks and this is I hope to put in as many replies as I can. So please, if you have a comment, share it!

I'd like to give thanks to Chris who's decided to step down from the New Life team this quarter.

It would be great to see as many of you at the AGM in Weston Super Mare this April (16th). I'm hopeful we'll be able to match and increase the 57 groups that attended last year in Portsmouth.

Finally I'd like to thank all those who make the New life what it is. Without your contributions the journal would cease to exist. Thankyou.

In unity

Ian, New Life / Lets Talk editor

newlife@gamblersanonymous.org.uk

lets.talk@gamblersanonymous.org.uk

PS. Anyone who wants an up to date copy of the guidance code, email the National Information officer (info@gamblersanonymous.org.uk)

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

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

Forthcoming Open Meetings

SHEFFIELD – Sunday 6th March at 7:30pm
Recognitions: Various from 1 to 29 years

NEWBURY PARK – Wednesday 16th March 2016 at 7:30pm
Recognitions: Brian 10 Years, Tony 9 Years, Mehmet 7 years, Frank 6 Years, Ashley 3 Years, Lucas 3 Years, Norman 1 Year, Bill 1 Year, Joe R 1 Year, Nasser 1 Year

SOUTHEND - Friday 18th March at 8.00pm
Recognitions: Lewis & Colin both 1 year, Geoff & Martin both 6 years, Ray 8 years, and Gary & Spencer both 9 years

PETER

Hello everybody my name is Peter; I am a compulsive gambler and haven't had a bet since my last meeting. Actually I haven't had a bet since June 11th 2008 in London, which is 7 years to the day tomorrow.

A couple of months ago I had some health and family problems writing a therapy of 25 pages. It was mostly 'frustrated soundings' and while it did me good, I don't really think it would benefit the room. I've chopped it down as best I can so please have some patience and I will get there.

Although I often had a bet on a Saturday, I believe now I wasn't always a compulsive gambler, but that the addiction was something that took hold of me in later life, probably in my mid-forties. I remember a specific period in my life when I lost my going out money playing brag in the pub 2 weeks running and my friend had to buy my beer. He did mention it at the same time but I laughed

it off. 5 years later when I admitted my addiction to him he said he knew that something had gone wrong.

If I had been a compulsive gambler earlier in my life, then I must have won an awful lot of money. This is something I don't remember now or I kept the addiction under control which is something I know I cannot now do.

I am a normal guy. I care, I feel, and I don't really think that I wanted to hurt anybody or be afflicted by my addiction. I have 25 years of dreams, memories and achievements with my second wife Julie, and nobody can ever take that away. Experiencing meeting someone, falling in love, saving up to get married, saving up to buy a house in Sutton Coldfield and dragging myself out of the gutter. Not only that but having children and giving them the chances that I never had in life. Living the dream as a normal life is what it was about for me. I gave everything I had to live it. My glass has always been half full and not half empty. I live life to the full with no regrets, more good things than bad things

and more happiness than sadness.

I want no more horror stories in my life. I want to move on and following the GA recovery program is my choice. GA and this room is my sanctuary. I believe in the theory of escapism for all people who have problems in life including drink, drugs, gambling, self-harm and self-destruction. Without a doubt I feel that I have some emotional problems and that my self destruct button was never far away.

Working on my character faults and defects is going to be a lifetime endeavour. Maybe my gambling was escapism or maybe it was a bug hiding in my head waiting to strike. I just don't know the answer for sure.

I have no reason, no excuse or explanation for being a compulsive gambler, other than I am and always will be. Whatever the reason it struck me with vengeance and an intensity that I had no control over, as it continued to destroy everything I knew.

Growing up wasn't easy. My dad was an alcoholic who had

an affair with the same woman for 30 years and my mum was a compulsive gambler who played bingo. I don't remember playing the slot machines on holiday because there were no holidays. My first holiday was when I was 23. Home life wasn't very happy. There was rarely food on the table unless she won and then it was normally fish and chips. Most of the time I was out with mates and ate food at their houses. I don't remember there being much love in my house but I do remember my dad being there after they divorced. He kept his children, 3 brothers and sister together, although in later years he often had to bail me out at the police station and visit me in prison.

I left home and got married to my first wife Dianne when I was 18. We were young and in love and it felt like the right thing for me. We had two children Rachael and Sarah, but I had no role model on how to be a husband and father, and consequently tended to put my mates first, as they had always been there for me. One day Dianne said she was pregnant again, but that "it's not yours" which are three words I will

never forget. She divorced me and got married to Colin who is still her husband now.

I met Julie, my second wife, and after 7 years together she agreed to marry me in 1990. I had grown up and took it seriously. Julie however, didn't like my mates. She didn't like me playing football on a Sunday or going out with them. Sometimes I don't think she liked me having an opinion. 7 years after she divorced me, I know she didn't and it's still the same now!

I used to see my daughters Rachael and Sarah most weeks with their two sisters Clare and Emma, but things changed after the wedding to Julie and I hardly ever saw them. Dianne and Colin moved house 3 times without telling me, but each time I found them. It was a father thing.

I don't remember gambling being a problem around that time. I worked 7 days a week and did lots of double shifts to make up my wages which mostly went back into the house. Then I found out that Rachael had won a competition in the local newspaper to get

married without telling me. I went and found them again, and Rachael told me that she had given birth to a baby boy, Kyle my grandson, but he'd died of meningitis aged 8 months. I'd never met him, never held him, never had chance to love him, but I find peace occasionally going and sitting by his grave.

My dad had been ill for a while and gradually got worse as he came close to dying. As the eldest of five children, I had to take the responsibility as I really don't think my brothers / sisters could cope. Julie wasn't very happy about my having to be there and losing time from work and the family home.

Julie's mum, Dolly had a stroke and died. She was the only 'mother' I ever really knew. They never involved me and I had to look after my children and it broke my heart. Going to the bookies on the way to the hospital, work or visiting Dad helped to distract me, especially as I was still able to get credit.

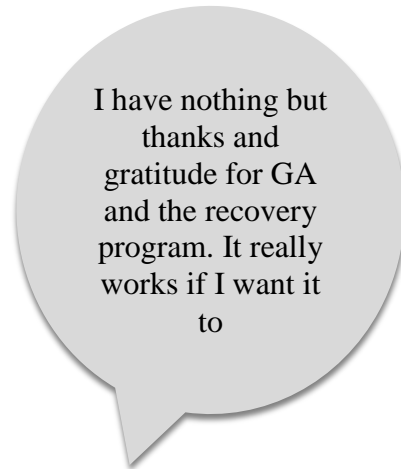
True escapism, lying, thieving and deceit became the norm. I was hooked on the long

slippery road to destruction and still gambling freely. Then in 2005 my dad died and I had to take responsibility again. I fell apart sorting everything but kept up a façade from my family. My best friend was gone and I couldn't do anything to save him. That was a bad year for gambling, lying, thieving and deceitfulness.

Eventually I had to tell Julie about the gambling debts and my addiction. After the initial shock and upset she chose to stick by me. We got a mortgage to pay off most of the debt, but I hadn't yet found GA. We did find a place called Aquarius, who told me to hand over my bank card and finances to Julie. I did this but was told I could still gamble within reason. I had £2 every week to gamble on football bets. Things went ok for a while and I was coping with the sickness.

Then Julie started to ask me to pick her dad up (Les) and take him to the bookies on the way. I had a big win on a football bet and told Julie that I had only won half of the amount and hid the rest. If I could go to the bookies then I could gamble as well. I soon lost the hidden

winnings and demanded my bank card back from Julie and compulsive gambling had me again.



The lies, thieving and deceit had returned and progressed until 2008. It had become too much for Julie when she said she didn't love me anymore and wanted a divorce. Her dad had given her some money to hold on to which I stole and gambled, and although I did pay it back, I didn't have a chance to say sorry to him. I will never be forgiven for that so I will have to pay for my sickness for the rest of my life.

A suicide attempt later and my addiction had taken me to a

lonely deep place. I thought my family would be better off without me. No more husband and father destroying their lives. I got a job and lived in a boarding house but was still gambling. Then one night I woke up after the horror of gambling away yet another week's salary. I was lost, alone and on my own with no one and nothing.

The next morning I spoke to the landlady, Elaine, who must have heard me in the night. She knew something was wrong having seen me in and out of the bookies all week when she was shopping. She suggested that I go to the GA meeting in the church hall across the road. That day I attended my first GA meeting. I was terrified, wondering what they'd think of me, but after I'd explained I was a compulsive gambler, they welcomed me warmly. They explained that I was no longer alone and that with a bit of effort I could stop gambling and turn my life around.

They gave me the address of Sutton Coldfield GA and I have attended there ever since. A couple of days later the

landlady told me that the police had been in touch because I had been reported missing and that I should phone my son, Thomas. When I did, he asked me to come back home as he wanted his dad, and I was happy to oblige.

It was too late for me and Julie though, and when she divorced me, I had to leave the house. Julie took the mortgage and it was the right thing for her and the kids at the time but I will always cherish our time together. I haven't had a bet since I came back from London some 7 years ago, and I can only say I hope this continues.

GA and the room work. I am no longer alone in this battle with this insidious destroying illness, and 7 years later, I hope it's here I stay. I have nothing but thanks and gratitude for GA and the recovery program. It really works if I want it to and there are no magic bullets or pills. I need to earn my recovery.

I also want to thank the members of this room for being there for me. The old ones, new ones, the ones who stayed and the ones who didn't. I have

never had a good reason NOT to come to a meeting and I've taken something from every one I've been to.

The biggest thank you must go to my son Thomas for being there for me when nobody else was and has been there every step of my abstinence and recovery. I have internet banking so he can oversee my finances; make sure I save enough for my bills, keeping the car on the road and guarding against complacency. It must have been a heavy burden to put on his shoulders having 'a no good dad', but he has excelled at it.

Although the father / son relationship is a bit reversed we have got really close. He has been off on his own adventure to university, but he still made time to ring me every day to ask how I was and how recovery was going. He excelled at university, has a good job, house, and lovely girlfriend. Well done son. I feel nothing but love, pride and admiration for you. I hope you feel you've got your dad back and I can make you feel the same back one day. My name

is Peter and I am a compulsive gambler.

Peter (Sutton Coldfield)

**17 YEARS OR 90 DAYS,
YOU TAKE YOUR PICK?**



17 years and I've decided to leave,
No longer wanting to lie or deceive,
A gambling world leaves a trail of destruction,
G.A is simple and the only solution.

Turn up each week and admit my remorse,
Receive guidance from addicts, who are living the course,
Skip weeks out and I'll pay the fine,
My life is a roller-coaster and I'm now in decline.

I've bet on anything from footy to squash,
Gambling hits everybody, common or
There is no answer when I'm in that bubble,
Stick with G.A or I'm simply in trouble.

The money I've lost, hurts a lot,
My babies unaware asleep in their cot,
But they will resent me, if I don't find support,
Or when they see me end up in court.

My head is spinning, totally unstable,
All I can see is the roulette table,
The ball starts to travel, could this be the spin,
A sickening feeling as I read 'No win'.

Friends unaware of my loss and pain,
So what do I do, I bet again,
Sleepless nights follow, red black, red black,
I finally wake up and still want to go back.

Is it the winning that I like to accomplish?
I'm supposed to be intelligent but I'm acting foolish,
I need to get out, where can I go?
A gut wrenching feel runs from my head to my toe.

A weekly pattern starts to emerge,
I receive my wage and then hit this surge,

Winning occurs, but it doesn't last,
Skint again, after one last blast.

I want to stop, I truly do,
But I still do that act to see me through,
I always talk about the bet that won,
Crawl back into my hole, when the monies all done.

Beating the postman, to open my mail,
My family unaware and I'm starting to derail,
This can't be normal; I'm not a bad guy,
I wake up in the night and begin to cry.

I need help, is there anyone there?
Turn up Thursday night, there's people that care.
Walk through the door and declare my story,
Everyone listens, there's the glory.

It's off my chest, I listen back,
To intelligent people, who understand the crack,
Everyone knowing the stories I reveal,
They want to help and make me heal.

I've now completed ninety days,
No longer lying or in the gambling haze,
Life has improved without a shadow of doubt,
I've accepted what I am, the lies are out.

To explain what I feel, is hard to say,
I now sleep in comfort, protected by hay,
I won't go back, I'm confident of that,
I smirk to myself as the post hits the mat.

I no longer have to worry or embellish,
I'm content with my lot, life's there to relish,
I'll come every week and read the preamble,
And just for today I will not GAMBLE!

John (Anonymous group)



A member of my Portsmouth GA group pointed out that the New life could use more stories

from the female perspective, so I decided to give you mine.

When turned 29 towards the end of 2012, I went for what was supposed to be a simple operation. After theatre I was informed I could no longer have children. To say I was devastated was an understatement. Come February 2013 and we are sat in a doctor's office applying for IVF. We got refused. Down and depressed, I turned to the good old fruit machines; while playing or should I say losing, it made me forget about all my problems. Little did I know it was making more problems!

When the bookies closed I would gamble online, anything to escape the open browser in my head. Many of the times I would not sleep due to playing the "fruities". When I ran out of money I started conning a man out of money. I would say the car's broken down or I needed it for rent when in fact I was gambling it all away. I never knew how much money I took from this man, and I never stopped to think about the consequences it would cause my family.

When this guy would not give me any more money, I started taking from the safe at work. Just a little to begin with, but before I realised a little had turned into a lot. Come August 2014 and I decided something had to change. I told the owner of my workplace and I told the man I took the money off the truth. I started attending the Portsmouth GA group in October 2014. My first meeting I was petrified, having no idea what to expect, but was welcomed with open arms and advice. To begin with I only told them bits. I was too scared to say any more. I was arrested mid December 2014 and charged with theft and fraud. By this time I knew everything had to come out. Again, I was not judged but helped through the next 7 months before being sentenced on the 29th June to 2 years & 8 months.

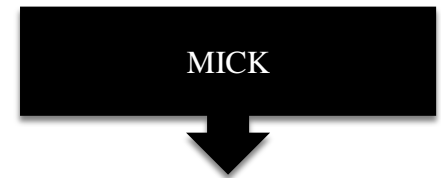
What I have gained during all this? Well the answer is everything thanks to the Portsmouth GA members. I nearly lost everything but they saved me.

My name is Rachel and I am a compulsive gambler. My last

gamble was October 14th and I feel like an absolute loser.

Thank you to Portsmouth GA. You are missed and I will see you again soon.

Rachel (HMP East Sutton Park)



"Trusting in our relationship"

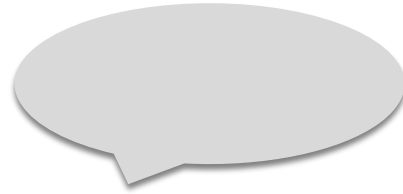
Pay day on the 24th July 2014, and I was sat in work trying to balance several credit card payments without Mary suspecting anything again. After trying for several hours I decided to get in the car and go for a drive. I found myself sitting at the edge of Trevil quarry. I sat there for what seemed several hours thinking before I suddenly thought that Mary didn't deserve this, and I didn't deserve such an easy way out.

It hit me "I can't do this anymore" and I knew it was time to make a change. I decided that I would request a

balance transfer statement from my bank, which I'd avoided for so long and had dreaded dropping through the post. I knew there would be a possibility of Mary opening it or that failing; I could leave it lying around for her to see.

A week later, I arrived home from work and low and behold Mary stood there with the statement in her hand. We were due to leave for a long weekend break the next morning. I said we could discuss it when we got back, but we ended up talking about it a lot while we were away, and I promised to get help. It had a really nice weekend to boot!

On the Monday at work I looked up the GA website and e-mailed the address. I explained I needed help and had tried to stop myself several times but with no joy. It was time to get serious, not only for me, but for my marriage. I loved Mary more than any words could say and the thought of losing her was going to be my driving force.



That night I told Mary about the credit cards and the debt on them. As we went through the statements the look of disappointment on her face was sickening. I knew this woman I'd shared more than half my life with, and I knew in her nature and loving heart that she would stand by me. I knew she would help and support me through whatever, as long as I was honest and willing to get help.

A week later I was attending my first GA meeting with Mary. I didn't talk much in the car on the way as I was wondering what was waiting for me in that room. We were met by Joe and his wife. I remember thinking I was lucky we were not alone as Rob and his wife were newcomers as well. Joe gave us a great talking to and really laid out the things we must do ASAP, and one of them was to get everything out in the open. As I've already said I told Mary about the cards, so we came into the main room and again I

got some great advice from Simon. In his experience he'd found it important giving up access to money and being honest with his wife. He said plainly that if I didn't 'tell all' it could come back and bite me later on in my recovery.

I knew I wanted to do this program. My life was at an all-time low and when it became time for me to speak, I decided to 'tell all'. I hit Mary again well below the belt by saying I had saved a credit card hidden away, which I knew had more on it than all the others put together. Again there was that look in her eyes!

We drove home and Mary was so supportive that I felt such a fool (I remember another member's therapy's saying – why had he not trusted his relationship) and remember thinking at the time why had I not done the same. I had been married for 24 years and should have trusted what I knew we have. What I do remember from that night is

GA UK fellowship Literature

Literature is available for both the Group and Individual members.

Literature for the group

Ideally contact your regional literature representative via your regional contact list.

If there are any issues, contact the National Service Officer (administrator) by email or postal address. (Contact details are at the front of this booklet)

Literature for the Individual or other

organisations, contact the NSO direct.

A full list of the literature available is available from your regional / national distributors.

Selected downloads are available on the GA website.

Group Meetings List

Visit www.gamblersanonymous.org.uk for the most up to date meetings information

KEY:

BH - Open bank holidays

GAM - GamAnon meeting available

WC - Wheelchair accessible

NORTHERN

BARNSLEY

Holden House, York Street,

Barnsley, S70 1BG

Saturday 10:30 to 12:30

BH - No, GAM - No, WC - No

BRADFORD

Community Arts & Resource

Centre, 17-21 Chapel Street, Little

Germany, Bradford, BD1 5DT

Friday 19:30 to 21:30

BH - Yes, except Xmas Day,

GAM - No, WC - Yes

CHESTERFIELD

Chesterfield Tontine Centre,

Tontine Road, Chesterfield, S40

1QU

Monday 19:15 to 21:15

BH - No, GAM - Yes, WC - No

DARLINGTON NORTH

Harrogate Hill Methodist Church,

Lowson Street, Darlington. DL3

0EY

Tuesday 19:00 to 21:00

1st Tuesday of month is a unity meeting

BH - Yes, GAM - No, WC - No

DARLINGTON WEST PARK

West Park Hospital, Edward Pease

Way, Darlington, DL2 2TS

Friday 19:00 to 21:00

Ask at reception for access to meeting room

BH - Yes, GAM - No, WC - Yes

DONCASTER

CVS Building 5, Trafford Court,

Trafford Way, Doncaster, DN1

1PN

Tuesday 19:00 to 21:00

Next to Doncaster railway station

BH - No, GAM - Yes, WC - Yes

GRIMSBY

Grange Community Centre,

Carnforth Crescent, Grimsby,

DN34 5EF

Tuesday 19:30 to 21:30

BH - No, GAM - No, WC - No

HUDDERSFIELD

New North Road Baptist Church,

New North Parade, Huddersfield,

HD1 5JU

Monday 19:30 to 21:15

Thursday 19:30 to 21:15

BH - Yes, GAM - 2nd Monday of

Month, WC - Yes

HULL

Wellington House, 108 Beverley

Road, Hull, HU3 1XA

Tuesday 19:30 to 21:30 (mixed

meeting)

Friday 19:30 to 21:30

BH - Yes, GAM - No, WC - Yes

LEEDS

West Park United Reform Church,

Spenn Lane, West Park, Leeds,

LS16 5BB

Tuesday 20:00 to 21:45

Thursday 20:00 to 21:45

1st Tuesday of month is a Unity

meeting

BH - No, GAM - Tuesdays Only,

WC - Yes

LINCOLN

Croft Street Community Centre,

Baggholme Road, Lincoln, LN2

5AX

Wednesday 19:00 to 21:00

BH - Yes, GAM - No, WC - No

MIDDLESBOROUGH

Salvation Army Citadel, Admiral

Way, Palister Park,

Middlesborough, TS3 8ET

Monday 19:30 to 21:30

BH - Yes, GAM - No, WC - Yes

NEWCASTLE PILGRIM

STREET

Destiny Church Offices, 4th floor,

Watson House, Pilgrim Street,

Newcastle Upon Tyne, NE1 6QE

Monday 19:00 to 21:00

Thursday 19:00 to 21:00

Saturday 10:00 to 12:00

Opposite Northern Goldsmiths

beside old Odeon Cinema

BH - No, GAM - No, WC - No

NEWCASTLE CENTRAL

Brunswick Methodist Church,

Brunswick Place, Newcastle, NE1

7BJ

Tuesday 19:00 to 21:00

BH - No, GAM - Yes, WC - No

OLDHAM

Link Resource Centre, 140 Union

Street, Oldham, OL1 1DZ

Tuesday 19:30 to 21:30

BH - No, GAM - No, WC - Yes

ROTHERHAM

Wellgate Court, 68 Wellgate,

Rotherham, S60 2LR

Wednesday 20:00 to 22:00

Building below Civic Centre

BH - No, GAM - Yes, WC - Yes

SCARBOROUGH

The Friends Meeting House,

Quaker Close, Woodlands Drive,

Scarborough, YO12 5QZ

Tuesday 20:00 to 22:00

BH - No, GAM - No, WC - Yes

SHEFFIELD CENTRAL

Room 49, Victoria Methodist

Church, Chapel Walk. Sheffield,

S1 2JB

Friday 10:00 to 11:30

*Chapel Walk across from the
Crucible Theatre*

BH - No, GAM - No, WC - No

SHEFFIELD WEST BAR

Croft House Settlement, Garden
Street, Sheffield, S1 4BJ

Sunday 19:30 to 21:30

BH - Yes, GAM - Yes, WC - Yes

STOCKPORT WEST

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

Sunday 19:30 to 21:30

BH - Yes - except Xmas Day,

GAM - No, WC - Yes

STOKE ON TRENT

St Saviours Church Hall, Ford
Green Lane, Smallthorne, ST6
1NX

Tuesday 20:00 to 21:30

*Opposite kebab house, parking at
rear of kebab house*

BH - No, GAM - No, WC - Yes

WAKEFIELD

Salvation Army Citadel, Vicarage
Street, Wakefield, WF1 1QX

Thursday 19:30 to 21:00

BH - No, GAM - No, WC - No

MIDLANDS & SOUTH WALES

BATH

Manvers Street Baptist Church,
Manvers Street, Bath, BA1 1JW

Thursday 19:15 to 21:15

*Meeting situated downstairs in
Southgate Room. Please look at
room board next to stairs.*

BH - No, GAM - No, WC - No

BIRMINGHAM KINGS HEATH

Kingsheath Community Centre,
Heathfield Road, Kings Heath,
Birmingham, B14 7DB

Monday 19:45 to 21:45

Thursday 19:45 to 21:45

BH - No, GAM - Thursdays Only,

WC - Yes

BIRMINGHAM QUINBORNE

Quinbourne Community Centre,
Ridgacre Road, Quinton,
Birmingham, B32 2TW

Monday 19:15 to 21:15

*This is on the 103 bus route from
Birmingham City Centre and
located across the road from the
Punch Bowl*

BH - No, GAM - No, WC - No

BIRMINGHAM COLMORE CIRCUS

The Priory Rooms, 40 Bull Street,
Birmingham, B4 6AF

Tuesday 19:00 to 21:00

BH - No, GAM - No, WC - No

BRISTOL CENTRAL

Broadmead Baptist Church, 1
Whippington Court, Bristol, BS1
3HY

Tuesday 19:15 to 21:15

Entrance at the beach of M&S

BH - No, GAM - Yes, WC - Yes

BRISTOL SOUTH

Victoria Park Baptist Church,
Sylvia Avenue, Bristol, BS3 5DA

Saturday 10:30 to 12:30

Newcomers and Weekend meeting

BH - No, GAM - No, WC - No

BROMSGROVE

The Methodist Centre, 19
Stratford Road, Bromsgrove, B60
1AS

Friday 19:45 to 21:00

*Enter at rear of church, through
small car park, at the top of
council car park*

BH - Yes - except Good Friday &

Xmas, GAM - No, WC - Yes

CARDIFF

City United Reform Church,
Windsor Place, Cardiff, CF10 3BZ

Thursday 19:30 to 21:30

*Towards eastern end of main
pedestrian shopping street - Queen
Street. Barclays Bank is on the
corner of Queen Street and
Windsor Place.*

BH - No, GAM - No, WC - Yes

COVENTRY

The Great Meeting House, 116
Holyhead Road, Coundon,
Coventry, CV1 3AE

Thursday 19:30 to 21:30

Sunday 19:00 to 21:00

Off ring road towards

Birmingham, beside block of flats

BH - No, GAM - Yes - except 1st

Thursday of month, WC - Yes

DERBY

Convent of Mercy, 11 Bridge
Gate, Derby, DE1 3AU

Monday 19:00 to 21:00

Thursday 19:15 to 21:00

BH - No, GAM - No, WC - No

GLOUCESTER

Raven Centre, Hare Lane,
Gloucester, GL1 2BB

Monday 20:00 to 22:00

Thursday 19:30 to 21:30 (steps
meeting)

BH - No, GAM - No, WC - Yes

LEICESTER

St Albans Church Hall, Weymouth
Street, Leicester, LE4 6FN

Monday 20:00 to 22:00

Wednesday 20:00 to 22:00

Saturday 10:00 to 12:00 (steps
meeting 1st Saturday of month)

*Access off Harrison Road, off
Melton Road, off Catherine Street.*

Buses - Centre

BH - No, GAM - No, WC - No

NEWPORT

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

NORTHAMPTON

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

NOTTINGHAM LENTON

Thomas Helwys Baptist Church,
Church Street, Lenton,
Nottingham, NG7 1SJ
Sunday 20:00 to 22:00
BH - Yes, GAM - Yes, WC - Yes

NOTTINGHAM SNEINTON

St Stephens Church Hall,
Windmill Lane, Sneinton,
Nottingham, NG2 4QB
Wednesday 19:45 to 21:45
*Meeting is held in building at top
of car park*
BH - No, GAM - No, WC - No

PENARTH

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

BH - No, GAM - No, WC - No

PETERBOROUGH

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

PONTYPRIDD

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

SOLIHULL

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

SUTTON COLDFIELD

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

SWANSEA

Quaker Meeting House, Pagefield
House, Page Street, Swansea, SA1
4EZ

Tuesday 19:30 to 21:30

Sunday 19:30 to 21:30

Opposite YMCA

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

TELFORD

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.*
BH - No, GAM - Yes, WC - Yes

WESTON SUPER MARE

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

WOLVERHAMPTON

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

ULSTER**ARMAGH**

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

BALLYBAY

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

BELFAST

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

CARNHILL

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

COLERAINE

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

CRAIGAVON

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

CREGGAN

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

DERRY

Methodist Church, 21 Carlisle
Road, Derry, BT43 6JJ
Wednesday 19:30 to 21:30
Saturday 13:30 to 15:00
BH - No, GAM - No, WC - Yes

DONEGAL

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

DUNDALK

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

DUNGANNON

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

LETTERKENNY

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

NEWRY

Girl Guide Hall, Dominic Street,
Newry, BT35 8BN
Monday 21:00 to 22:30
Wednesday 18:00 to 19:30
Friday 21:30 to 23:00
Saturday 10:00 to 13:00
BH - No, GAM - No, WC - No

OMAGH

Probation Offices, 11a High
Street, Omagh, Co. Tyrone, BT78
1BA
Monday 20:30 to 22:00
BH - No, GAM - No, WC - No

SOUTH COAST & WEST**BOURNEMOUTH**

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

BRIGHTON

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

BRIGHTON AND HOVE

St Phillips Church Hall, New
Church Road, Hove, BN3 4BB
Friday 20:00 to 22:00
BH - Yes, GAM - No, WC - Yes

CHICHESTER

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

EASTBOURNE

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

EXETER

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

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

JERSEY

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

PLYMOUTH

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

POOLE

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

PORTSMOUTH

Bucklands Community Centre,
Malins Road, Portsmouth, PO2
7BL
Thursday 19:45 to 21:45
BH - No, GAM - No, WC - No

SOUTHAMPTON

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

WORTHING

Sydney Walter Centre, Sussex Street, Worthing, BN11 1DS
 Tuesday 20:00 to 22:00
 BH - No, GAM - No, WC - Yes

SOUTHERN**ACTON**

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

AYLESBURY

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

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
 BH - No, GAM - No, WC - No

BARNET & FINCHLEY

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

BASILDON

Basildon United Reform Church, 6 Honey Pot Lane, Basildon, SS14 2JZ
 Tuesday 20:00 to 22:15
 BH - Yes - except Xmas, GAM - No, WC - Yes

BEDFORD

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

BEXLEY

Hurst Community Centre, Hurst Place, Bexley, DA5 3LH
 Thursday 19:45 to 21:30 (newcomers meeting)
 Friday 20:00 to 22:00
 BH - No, GAM - Yes - 1st Friday of month, WC - No

BISHOP STORTFORD

All Saints Church, Stansted Road, Hockerill, Bishop Stortford, CM23 2DY
 Monday 20:00 to 21:30

Entrance through red vestry door at rear of church

BH - No, GAM - Yes, WC - No

BOREHAMWOOD

Allum Hall Community Centre, 2 Allum Lane, Borehamwood, WD6 3PL
 Wednesday 19:00 to 19:50 (steps meeting)
 Wednesday 20:00 to 22:00
Almost opposite Borehamwood mainline station
 BH - No, GAM - No, WC - Yes

BRAINTREE

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

BRAMPTON

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

BRENTWOOD

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

CAMBRIDGE

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

CHELMSFORD

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

CLAPHAM

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

COLCHESTER

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

EASTCOTE & PINNER

St Lawrence Centre, 2a Bridle Road, Eastcote, Pinner, HA5 2SJ
 Thursday 19:00 to 20:00 (steps meeting)

Thursday 20:00 to 22:15
*Closest tube station is Eastcote -
10 min walk*

BH - No, GAM - No, WC - No

EDGWARE

The John Keble Church Hall, 142
Deans Lane, Edgware, HA8 9NT
Thursday 20:00 to 21:30

BH - No, GAM - No, WC - No

ENFIELD

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

BH - No, GAM - No, WC - No

GIDEA PARK

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

BH - Yes, GAM - No, WC - Yes

GUILDFORD

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

BH - Yes, GAM - Yes, WC - Yes

HACKNEY & LEYTON

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

BH - No, GAM - No, WC - No

HAINAULT

St Francis Community Hall, 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*

BH - No, GAM - No, WC - No

HAMMERSMITH

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

BH - Yes, GAM - No, WC - Yes

HERNE BAY

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

Thursday 19:30 to 21:30

BH - No, GAM - No, WC - No

HERTFORD

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

Tuesday 19:30 to 20:00

(newcomers meeting)

Tuesday 20:00 to 22:00

BH - Yes, GAM - No, WC - Yes

HIGH WYCOMBE

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

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

Sunday 20:00 to 22:00

BH - No, GAM - No, WC - No

IPSWICH

Friends Meeting House, 39
Fonnereau Road, Ipswich, IP1 3JH
Tuesday 19:30 to 21:30
BH - Yes, GAM - No, WC - No

KINGSTON

Richard Mayo Centre, Eden Street,
Kingston, KT1 1HZ
Monday 20:00 to 22:00
Thursday 19:30 to 21:30
Nearest station: Kingston
BH - No, GAM - No, WC - Yes

LINGFIELD

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

Opposite Victoria Club

BH - No, GAM - Yes, WC - No

LONDON CENTRAL

All Souls Clubhouse, 141
Cleveland Street, London, W1T
6QG

Monday 20:00 to 22:00

Tuesday 18:45 to 19:45

(newcomers)

Tuesday 20:00 to 22:00

Thursday 18:45 to 19:45
(newcomers/steps)

Thursday 20:00 to 22:00

Saturday 20:00 to 22:00

*Tube: Gt Portland Street or
Warren Street*

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

LONDON FOLEY STREET

Fitzrovia Community Centre, 2
Foley Street, London, W1 6DL
Wednesday 12:30 to 13:30
BH - Yes, GAM - No, WC - Yes

LONDON EALING

BROADWAY (POLISH LANGUAGE MEETING)

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

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

BH - No, GAM - No, WC - No

LONDON WEST END

Hinde Street Methodist Church,
Hinde Street, London, W1U 3JY
Monday 18:30 to 20:00
Saturday 14:30 to 16:30
*Room 2, Junction Hinde Street &
Thayer Street*

*Tube: Oxford Street or Bond
Street*

BH - No, GAM - No, WC - Yes

LOUGHTON

Loughton Baptist Church, 90 High Road, Loughton, IG10 4QU

Tuesday 19:45 to 20:00

(newcomers)

Tuesday 20:00 to 21:45

BH - No, GAM - Yes, WC - No

LOWESTOFT

North Lowestoft United Reform Church, London Road North,

Lowestoft, NR32 1HB

Thursday 20:00 to 22:00

Rear entrance opposite Police

Station

BH - No, GAM - Yes, WC - Yes

LUTON THURSDAY

Luton Central Baptist Church, 52a Park Street, Luton, LU1 3ET

Thursday 20:15 to 22:15

Junction 10, next to Matalan

BH - No, GAM - No, WC - No

LUTON TUESDAY

Our Lady Help Of Christians

Parish Hall, 52 Castle Street,

Luton, LU1 3AG

Tuesday 20:15 to 22:00

Entrance on Cumberland Street

BH - No, GAM - No, WC - No

MAIDSTONE

St Faiths Church Hall, Moncktons Lane, Maidstone, ME14 2PY

Monday 20:00 to 22:00

BH - No, GAM - Yes, WC - No

MILTON KEYNES

The Quaker Centre, 1 Oakley Gardens, Downhead Park, Milton Keynes, MK15 9BH

Tuesday 19:00 to 20:00 (steps

meeting)

Tuesday 20:00 to 22:00

BH - No, GAM - Yes - 1st & 3rd

Tuesdays, WC - Yes

NEW CROSS

Telegraph Hill Community Centre,

Kitto Road, New Cross, SE14

5TY

Tuesday 20:30 to 22:30

Entrance at side of church, top of

Kitto Road, off Pepys Road

BH - Yes, GAM - No, WC - Yes

NEWBURY PARK

St Teresas Church Hall, Eastern Road, Ilford, IG2 7HZ

Wednesday 18:30 to 19:15 (steps meeting)

Wednesday 19:30 to 22:00

Suffolk Road entrance, 10 mins

from Newbury Park tube

BH - Yes, GAM - No, WC - Yes

NEWMARKET

Newmarket Community Church, Unit 11, Studlands Park Avenue,

Newmarket, CB8 7EA

Monday 19:30 to 21:00

Access off Willie Snaith Road,

Unit 11 is on the left

BH - Yes, GAM - No, WC - No

NORWICH

St Mary Magdalen Church, Silver Road, Norwich, NR3 4TF

Wednesday 20:00 to 22:00

Half way up Silver Road on right from City End

BH - Yes - except Xmas, GAM -

No, WC - Yes

ORPINGTON

Anchor House, 5 Station Road,

Orpington, BR6 0RZ

Wednesday 19:45 to 21:45

Opposite Tesco

BH - No, GAM - No, WC - No

OXFORD

South Oxford Community Centre, Lake Street, Oxford, OX1 4RP

Tuesday 19:00 to 19:30

(newcomers - 1st & 3rd Tuesday of month only)

Tuesday 19:30 to 21:00

BH - No, GAM - No, WC - No

READING

Kennet Valley Free Church,

Building 2, Bless Others (Rooms 3&4), Carters Rise, Calcot,

Reading, RG31 7YT

Monday 20:00 to 22:00 (steps meeting - 2nd & 4th Monday of

month only)

Thursday 19:00 to 20:00

(newcomers)

Thursday 20:00 to 22:00

BH - No, GAM - Yes - Thursdays only, WC - Yes

ROMFORD

St Michaels Church, Main Road, Gidea Park, Romford, RM2 5EL

Wednesday 20:00 to 22:00

Meeting in Manley Room

BH - No, GAM - No, WC - No

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

BH - No, GAM - No, WC - Yes

SOUTHEND

Quaker Meeting House, 18

Dundonald Drive, Leigh on Sea, SS9 1NB

Friday 20:15 to 22:15

BH - No, GAM - Yes, WC - Yes

SOUTHGATE

Grovelands Priory Hospital, The Bourne, Southgate, N14 6RA

Sunday 17:30 to 19:30

Drive into priory and go straight down. Car park is on the right

BH - No, GAM - No, WC - No

ST ALBANS

Friends Meeting House, 7 Upper Latimore Road, St Albans, AL1

3UD

Thursday 20:00 to 22:00
Sunday 20:15 to 22:15
*No car park. Park in Upper
Latimore Road, Malborough Gate,
or Victoris Street*
BH - No, GAM - No, WC - Yes

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

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

STROOD
St Nicholas & St Mary Church,
High Street, Strood, ME2 4TR
Wednesday 20:00 to 22:00
*Parking at rear of Netto
supermarket in North Street*
BH - No, GAM - No, WC - No

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
BH - Yes, GAM - No, WC - Yes

UXBRIDGE
Christ Church Methodist & United
Reform Church, Refford 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*
BH - No, GAM - No, WC - Yes

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

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

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

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

Continued from page 8.

that I'd not felt such relief in years. Mary planned that we would go on-line and check all the cards and start getting them sorted. We did just that and I've never felt so sick doing so. I could see the disbelief on her face as the damage I had done was slowly coming to light. We had a hard, but much needed discussion on how together we were going to move forward. The following week, Mary got to meet the people in GAM-AMON. I remember sitting in the GA room and feeling so much better than the week before. I remember thinking it didn't feel right to do so in such a short space of time, but I did.

We came together at the end of the meeting for Kevin's first year pinning and listening to Kev's recovery. I think this was when I first thought 'If I'm going to have a chance of competing with this problem, then this is where I needed to be!' (Yes I meant competing as I don't think we can ever beat this thing)

I remember Mary saying in her own words, that even though I was a gambler and a liar, I was

still a real nice guy that she loved to bits!

So from here my GA story began. There are those members you know that are always going to give it to you straight and from the heart. Those members that can read you like a book and just put it in a way when you need it the most. It's not only what I have gained from you in this room, it's the support your wife's and partners have given to Mary, and I thank them all for that.

I've had some ups and downs along the way in the 12 months. My first therapy I did 6 weeks in, and I found it incredibly difficult looking back at my life as a gambler, and how I'd gone about it. I spent several days looking back, but it wasn't till I read it out in front of you all that it had a real effect on me.

After this I took the advice of the room to start telling family and friends. I started by telling my best friend and his wife, which didn't go down as well as I thought it would. Then came telling my Mum and Dad which went well. Mum was not surprised and was very happy

that I was doing something about it; however Dad who has his daily flutter, still tells me how his luck has been when I see him which Mum gives him earache about.

Then there was Christmas with the family knowing how all the lads love betting on the football, horses and playing cards and this was playing on my mind a bit. My brother, the best man at my wedding, was told by my Mum. She did this as he knew something was wrong with me and was expecting bad news about my health. We chatted and drank for a while. He was so proud of me for doing something about it and it made me question why I hadn't done something sooner – but as I hear in meetings, it wasn't my time till now! This turned out to be the best Christmas we've ever had together as a family.

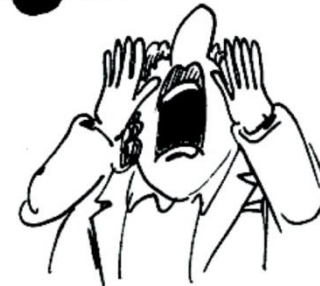
Then came telling Mary's brother and my sister in-law, who over the years I've not only become very close to, but we have attended several race meetings with as a family for birthdays. Sis always gets me to put her bets on at the meetings and the National so I had to do it. It doesn't sound

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

much but if you ever meet Mary's brother then you'd know how difficult this was going to be. One he loves and worships his little sister and two he's as straight as they come. They came down that weekend and I told them I had something I needed to tell them. One question that was put to me was - you only ever bet small when you were with us, little did they know when putting the group bets on I would slip mine on at the same time without them knowing. They were both fantastic; exactly as I thought my best mate would have been earlier and asking questions on how had I hidden it so well? How was I getting help and was it going well?

We spent a long time talking and after they both gave me a massive hug and told me they still loved me and were proud of me for getting help. Since then we have spoken several times on GA. He had remembered me going into the bookies with my nephew and hearing me say to the woman behind the counter on leaving "if you ever see this lad in here without me, throw him out". He never gave it a thought at the time.



I then made the decision to tell one of our niece's and her husband as they were coming to stay for a weekend. I took this decision as I thought her brother had the same illness as me, but I wasn't sure he was ready to say it. He had phoned me several weeks earlier at around 2 o'clock in the morning asking me to lend him some money. I refused and told him to tell his partner everything and we would be there to help if he needed us. I never heard anything from him until several weeks later when I had another call saying he had told her and she had gone mad.

Telling my niece was such a relief, not only for me but her as well. She and her husband had

their suspicions about her brother with some issues they'd had with him recently, and it turned out he'd got the money we had refused him from them! They seemed happy that she could now share it with someone. We sat for hours talking. He asked loads of questions as he too likes a gamble. I remember him saying to me "you will have a bet again though won't you"! I don't need to tell you my reply.

It's been a difficult year but the one thing I can say to you all is - I wouldn't have made it this far if it wasn't for the GA way and the support from Mary in this room, and a meeting I attended in Penarth for another pinning. Why this meeting you may ask? Well at the time, I was having some issues that were causing me to get complacent in my recovery. At this meeting which was different to ours, I got some great advice from some fresh faces. After that meeting I came back the following week to Cardiff and was volunteered to sit in the chairman's seat. This was a massive turning point for me in my recovery. I put a lot of thought into my topics and doing so got my

mind back on track. At the meetings as normal I got a great response from the room, and really good feedback from you all. Thank you.

Then on the 18th of June I was once again volunteered to do my therapy. It had been 10 months since my first one, and on Monday at work I had half-hour that day in my works calendar to sit and write this one. I started to remember things that I had done in the past and the main turning points in my life.

Suddenly I could see not only what I had forgotten and how ashamed I was, but also some of the damage and consequences those events had on Mary and my family. As Mary and I talked, I cried at some of the things that were coming back to me. I had sent a copy of the therapy to Mary that morning and her reply made it all worthwhile. To know she can see the mist clearing and I'm starting to understand what I've done over the year's means everything to me.

This meeting was one of the best that I've attended, not only for what I got out of the meeting, but what we all as a

group put into it. I must say that this was mainly down to the man in the chair who made the meeting. Opening the room up for discussion made the whole group contribute with their thoughts on what was already a very emotional night. Since this meeting we've listened to some great therapies together. One member gave his first therapy which was emotional for the whole group. Two weeks later another member gave his second therapy. These two stick with me because sometimes on those difficult days you need a reminder of how life can kick you when you're down. Then you see the passion, feeling and emotion these therapies generate; to see the change this room can and does make to us all, still takes some taking in. Then last week's meeting sitting listening to a young man spill all in front, of not only the group, but their partner. It was so inspirational and emotional, not only to me, but the group.

Well I've probably missed a lot out and got a lot missing or in the wrong order but forgive me. The first 3 months or so were a bit of a blur with the mist clearing and my life seemed to

be just flying by. As most of you know, I really struggled admitting and seeing the illness side of things until one day I read an article on the GA web page.

It's been a difficult but good year with no lies, no hiding from the mail man, no money to worry about and the clarity in my life is slowly coming back. Don't get me wrong even during the worst years of my gambling, Mary and I have shared some fantastic holidays and times together. For our 25th wedding anniversary we went to London for three days. I enjoyed it so much; not only for what it meant to us both, but the fact that while we were there I can clearly remember everything and did not worry about anything. I wouldn't change this feeling now for the world.

Well what a difference a year can make. On 24th July, Mary and I had a fantastic day out. The cricket was a wash out in Cardiff but we still had a great day and night in town. I am now in such a fantastic place but it still scares me to my bones that I know that one wrong turn, one moment of stupidity and it could

Gamblers Anonymous UK AGM 16th April 2016



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

**Look forward to
seeing you there**

**Make a date in your
diary**

**Salvation Army
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Carlton Street
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BS23 1UA**

all be back to square one. This time I know the difference would be I wouldn't be on my own.

I've saved the most important person till now; my Princess sitting here next to me. I could have written this whole thing about Mary and how she has got not only me through this year but herself. Mary's been with me on my recovery journey from the first meeting I attended till now. Some of the conversations have been hard to say the least. I've watch the most important thing in my life look at me with disbelief, disgust and tears in her eyes, which is something I never ever want to see again through gambling.

All of the above telling our family and friends; you have been there by my side putting my case with me, supporting me even when I can see the shock and disbelief in the faces of those we were breaking the news to.

Mary, you are the most supportive, wonderful women I've ever met; the one thing I'm sorry for is that I've introduced her to you all by letting her

down so badly. I mentioned earlier not trusting in our relationship and this is the one thing I've always known was solid and could get us through anything. I just never gave it a chance to do so till now.

As a group we've seen a couple of weddings this year. Thinking of the words that you and I said on that day 25 years ago means much more to me now than they ever did! Thinking about Mary and my life in GA over the last week, it was all there from day one of my married life – for better or worse, for richer or poorer in sickness and in health! The words must have come from somewhere. Looking at them closely, they fit into my recovery program like a glove.

Mary you are my best friend, my lover and my soul mate. You are and always have been there, not only for me, but for both our families and friends as well when they have needed you. You make time in your busy schedule for us all and I love you for that. I was blessed the day Jack gave your hand to me and said take care of her. You are my rock and the main reason I get up every morning

and say to myself just for today I will not gamble! I Love you.

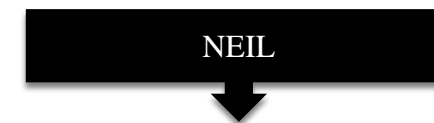
I'm going to leave you all with one thing as I did in my first meeting in the chair. Always remember not only for us as gamblers in our recovery program, but for those we Love and need to be there for us, those who are now in this room with us.

HOW – be Honest, Open and Willing, at all times.

Thank you all.

Onwards and upwards.

My name is Mick and I'm a compulsive gambler (Cardiff)



My name is Neil and I'm a compulsive gambler.

I'll try to keep it simple. I gambled for about 20 years. Dog racing, horse racing and football to start with, but that progressed on to everything you could bet on in a bookies.

Obviously I wasn't doing this with 'spare cash' so I got into a lot of debt. I got money from all the usual avenues. Borrowing from family and friends, credit cards and loans were used to the limit. I then borrowed money from a loan shark who was charging an almost unimaginable interest rate!

I was that desperate for money that I kept going back. I thought that when I won big, I'd be able to pay him off. What an idiot I was! So as I sat chatting with him, he said "Do you really want to borrow the money?" I paused for a second desperately wanting to say yes, but when I opened my mouth, the words "No thanks" came out. A moment of clarity, fate, divine intervention; call it what you want, but since that decision my life has changed for the better.

I went to my local GA meeting in Eastcote that night and have not had a bet in 3 and half years. I try to go to 2 meeting a week. Sometimes more sometimes less, but I always try to do at least one. Coming to GA has changed my life. That sounds corny I know, but

it's true never the less, and I'm not afraid to say it!

Doing the 12 steps is a massive help in my recovery and in my day to day life. I'm a very grateful member of GA and plan to be for a long time to come.

Thanks so much to all.

Neil (Eastcote)

PAUL

This is a poem about what I would do if I was the only person to turn up at a GA meeting.

Nobody turned up this week but me,
It's a good job I've got a key,
I'll let myself in and wait a bit,
There will certainly be plenty of places to sit

I'll sit and rest in my usual chair,
A meeting like this is really rare,
There will be no therapies to hear this week,

Because there's nobody in the hall to share

There's only me and I'm not talking,
I think I'll get up and do some walking,
I'll go and make myself a drink,
Then come back and have a think.

It's 8.30, so it's half time,
There's a pound in the collection, surely mine,
I'll take it home and give it to my wife,
She can buy a lottery ticket that could change our life,
I'm only joking because you must never forget,
A lottery ticket is still a bet!

Its nine o'clock I'll go around the hall,
How's your week been? I'll start with Paul!
My week's been normal, As normal as you can get,
Another seven days, without a bet.

Its 9.30, so I'll rise from my chair,
And say to myself the serenity prayer,
This must be the worst meeting I've had in my life,

I can't wait to get home and speak to my wife.

Paul (Chelmsford)

A LETTER FROM CHICHESTER

I have been suffering with serious depression over the last 8 years, but only told people a bit of what I was going through with my gambling illness.

I used to enjoy going to the bookies to watch racing and to have the odd bet. However in January 2013, my life descended into chaos when I became addicted to slot machines as a way of escaping the mental trauma in my life. I would lie to my wife about what I was doing.

I started to steal from my employer and was eventually caught and prosecuted. I got a conviction and a suspended sentence but I still kept gambling to hide away from my demons. I got another job over the Christmas period, but once again, stole money as I wanted

that big win I thought I was being promised. The next time I even had to spend a night in the police station. I just wanted to be locked away and the key thrown away! I felt bad when the magistrate told me she would add more to my suspended sentence. She also said I needed to get help to fight the depression and my gambling problem. Within a week I had to see my probation officer and she printed off the information about Gamblers Anonymous and told me to get there and get myself sorted.

I wrote to the fellowship to ask what I needed to do to join. A gentleman answered my letter and within a week I got the guts to enter my nearest meeting. I was scared, but I just wanted to please the probation officer so I turned up. Along with another member I received a wonderful welcome. I did feel a bit like a fraud, in that I was only doing to please others, but at least I turned up with a desire to stop gambling.

After week one I decided I wanted to return to the next meeting to give it a go. I read the books and realised the only way GA could help me was if I

wanted to do it for myself. I have now been going for nearly four years and I am learning so much about this addiction and how to stop. I am still under the doctor for my depression and still have so much to learn. I find it difficult speaking at meetings, so may not be the best member around, but I do try and pick things up.

Without GA, I cannot say I would still be here as the thought of suicide comes to mind frequently. I have tried taking pills, but I've now made friends in the fellowship that I can text if things get bad. I still hate to talk about the demons in my life, but thanks to Chichester GA I am still here. Even 2 years on, I'm still at the start of a journey, which I realise will take me the rest of my life to complete. Maybe one day I may even be of help to other members if I can sort my depression and demons.

My name is Adrian and I am a compulsive gambler
(Chichester GA)

FROM THE FORUM - DAN



Forum shares from Dan's Corner

I came to this forum in a different place to the majority of folks. I haven't had a bet since April 2007. In that time I have attended GA every week and for the last two years have been attending a second meeting we helped to set up. Business is booming!

I'm not blowing my own trumpet but I have had success in arresting my addiction.

I was very sick; my life in every aspect was unmanageable. I see that same sickness on here. Some are sicker than others, but that is just a matter of the time they have spent in the sickness of addiction. Final destination for addicts eventually may end in imprisonment, homelessness, a mental institution or death at their own hands. These are the facts of our illness.

I have witnessed this first-hand how this addiction can progress during my prison visits and

setting up GA meetings there. I know there's not a lot to do there but the meetings are always busy!

Homelessness centres are full of people whose lives have been ruined by gambling. If you ever get the time or chance to volunteer at a drop in centre and hear them tell their stories, it's truly time well spent!

Being sectioned can be the reality for some compulsive gamblers. When families can see no other way through the addiction, this can seem the only choice left to them.

Not the cheeriest of posts I agree! But this is the reality of our disease.

Do you want to reach one of these final destinations? I presume not.

Ask yourself are you doing everything you can? Does this have my full commitment or am I doing the minimum to get by? Do I post on here offering advice and not carry that advice into my own recovery? What can I do today to give myself the best chance to

change the path my life is taking?

Dan (Midlands region)