

### Monday

**12:30 - 13:45** – 'Beacon House Lunchtime', 90 - 91 East Hill, Colchester, CO1 2QN

**13:00 - 14:15** – 'We are not a glum lot', Methodist Church Hall  
Strathmore Avenue, Park Town, Luton, LU1 3NY

**19:30 – 20:30** – Friends Meeting House (Quakers), 28 Crawley Green Road,  
Luton, LU2 0QX

**19:00 - 20:00** – Share Meeting, Full gospel church, 60 high street south, Rushden,  
Northamptonshire, NN10 0FR

**19:00 - 20:00** – Hyndman Centre , Hospital Road, Bury St Edmunds, Suffolk,  
IP33 3JT

**19:00 - 20:00** – Stairway Project, 68 Humberstone Gate, Leicester,  
LE1 3PL

**19:00 - 20:30** – A Light in the Dark, Hampson Park Community, Hampson Park,  
Web Rise, Stevenage, SG1 5QU  
Meeting Notes: Open, Wheel Chair Access, Parking, Bus close by

**19:15-20.15** 'Big Book Study' Church Of St John the Evangelist, Mansfield Road,  
Nottingham, NG5 2DP

**19:30-20.30** 'Meet the Solution', Eaglestone Community Centre8, 8 Harrier Court,  
Milton Keynes, MK6 5BZ

**20:00 – 21:15** "Hope in Hoddesdon", St. Pauls Church, Hoddesdon  
EN11 8TR

**20:00 – 21:30** – Holy Rood Catholic Church Hall, Market Street (Entrance on Percy  
Road), Watford, WD18 0PJ

**20:00-21:30** 'The Truth, The Light, The Way', Hatfield Hyde Cricket Club  
King George V Playing Fields, Beehive Lane, Welwyn Garden City,  
AL7 4BP

### Tuesday

**11:00 - 12:00** – Women's Meeting, Grace Community Church, 62 Hydean Way,  
*Stevenage*, Hertfordshire, SG2 9XL

**12:00 - 13:00** – Baptist Church, Drayton Road (off Furzehill Road), Borehamwood,  
WD6 2DF

**19:00 - 20:15** – 'Big Book Reading', St. Marys Church, 82 West Street, Dunstable,  
LU6 1NY  
Meeting Notes: Share Meeting on last Tuesday of each month

**19:30 - 20:30** – Friends Meeting House (Quakers), 28 Crawley Green Road, Luton,  
LU2 0QX

**19:30 - 20:30** – Happy Joyous & Free, Salvation Army, William Booth Centre,  
Shadwell Street, Birmingham, B4 6HA

Meeting notes: O, WC Access, On-street parking, 5 min walk from Snow Hill  
Station, 15 min walk from New Street station, Any bus to City centre

**19:30-20.30** 'Big Book Study' Church Of St John the Evangelist, Mansfield Road,  
Nottingham, NG5 2DP

**19:30 - 21:00** – 'There Is a Solution' Big Book Study, The Mixing bowl, MIND,  
49-51 Russel Street, Kettering, NN16 0EN

**19:30 - 20:30** – BAC-IN, 202 Mansfield Road, Nottingham,  
NG1 3HX

**19:30 - 20:45** – Goffs Oak Gratitude Newcomers, Goffs Oak Methodist Church,  
Newgate Street Road, Herts, EN7 5SS

**19:30 - 21:00** – The Cloisters Hall, The Cloisters, Rickmansworth, Herts, WD3 1HL  
(NEW MEETING)

**20:00 - 21:30** – 'Archway To Freedom' - Step & Discussion meeting, The  
Fellowship Room, Hertford Methodist Church, Ware Road, Hertford, SG13 7DZ

**20:00 - 21:30** – 'Sunlight of the Spirit', Dagnall Street Baptist Church, St Albans,  
AL3 5EH

### Wednesday

**12:30 - 13:30** – Methodist Church Hall, 39-43 Strathmore Avenue, Park Town,  
Luton, LU1 3NY

**19:00 - 20:00** – 'CA DENS' (The Elms), Redbourne Road, Hemel Hempstead,  
HP2 7AZ (Big Red Building)

**19:30 - 20:30** – 'Hope Faith & Courage', Springfield House, High Street, Stevenage,  
SG1 3EJ

**19:30 - 21:00** – 'We Can Recover', Open Road 5 A Queen Street, Colchester,  
CO1 2PG

**19:30 - 20:30** – Hertford Newcomers, Spectrum CRI, Yeomans Court, Ware Road,  
Hertfordshire, SG13 7HJ

**20:00 - 21:00** – The Hub, 2-12 Victoria Street, Luton, LU1 2UA

**20:00 - 21:30** – 'Experience, Strength and Hope Meeting', CRI- Hertfordshire Drug  
and Alcohol Recovery Service, 18 Station Road, Watford, Herts, WD17 1JU

**19:30 – 21:00** – 'Hope Faith & Courage', Our Lady's Catholic Church Hall, 77  
Occupation Road, Corby NN17 1EE  
Guest speaker first Wednesday every month.  
Wheelchair accessible

**19:00 - 20:30** – Big Book Meeting, St Andrews Church, Roman Road, Lowestoft,  
Suffolk, NR32 2DG

**20:00 – 21:00** - Hobs Moat United Reformed Church  
37 Faulkner Road, Solihull, B928SD

### Thursday

**13:00 – 14:00** "Bridge to Normal Living", St Thomas & St Edward Church, St Pauls  
Way, Rochford Ave, Waltham Abbey, EN9 1SB (New Venue, as of 6<sup>th</sup> Sept) – ESSEX  
DISTRICT

**18:30 - 20:00** – Addaction, 71 High Street, Grantham, NG31 6NR

**19:00 - 20:00** – Spectrum, Wolsey Road, Hemel Hempstead, HP2 4TU (Open  
Meeting)

**19:00 - 20:30** – The Recovery Hub, 175 Felixstowe Road, Ipswich, Suffolk, IP3 8EB  
C, WC - Limited Parking Nearest train station: Derby Road, Ipswich  
(Ipswich/Felixstowe line) Number 4 bus - Bixley Rd stops - Dominos pizza on  
Felixstowe Rd.

**19:00 - 20:00** – Stairway Project, 68 Humberstone Gate, Leicester,  
LE1 3PL

**19:15 - 20:30** – 'The Lost & Found Group of Cocaine Anonymous'  
The Vestry on Christchurch Street (off Maids Causeway)  
Cambridge, CB1 1HT

**19:30 - 20:30** – Central Hall Methodist Church, Warwick Street  
Coventry, CV1 2HA

**19:00 - 20:00** – Derby Big Book, Newlife Church, Holmes Street Entrance (just off  
Normanton Road), Derby, DE23 6UU

**18:30 - 19:45** – "Blazing the Trail to Recovery" Quakers Friends Meeting House,  
5 Lansdowne Road, Bedford, MK40 2BY

**19:30 - 20:30** – Recovery Rocks, Trinity Centre, Fisher Mead  
Milton Keynes, MK6 2LA

**19:30 - 20:30** – A Quiet Peace' - Topics and Shares, The Chapel, St. Columbus  
Church, (opposite John Lewis), Downing Street, Cambridge, CB2 3HD

**19:30 – 21:00** "Newcomers Meditation", Westmill Community Centre, Bingham  
Road, Hitchin, SG5 2TG

**19:30 - 21:00** – 'Living in the Solution', St. Johns Church, Mill Street, Derby,  
DE1 3HZ

**19:30 - 21:00** – BB Study (Share on last Thurs of each month) Experience,  
Strength & Hope Discussion Meeting - Mind Building, Anchor House, 6-7 Regent  
Square, Sheep Street, Northampton,  
NN1 2NQ

**20:00 - 21:15** – 'A Quiet Peace Share & Meditation Meeting', Baptist Church,  
Drayton Road (off Furzehill Road), Borehamwood, WD6 2DF

**20:00 - 21:30** – 'Out from Under', Hertford Methodist Church, Ware Road, Hertford, SG13 7DZ

**19:30 - 21:00** – CRI Building, St. Martins House, 14 The Common, Hatfield, AL10 0UR

**19:30 - 21:00** – Stamford B2B Primary Purpose Group, Barn Hill Methodist Church, Upstairs Lounge (Rear Entrance), North Street Stamford, Lincolnshire, PE9 2ZS ([NEW MEETING](#))

**20:00 - 21:30** - 'There Is A Solution', Oasis House, George Street, High Wycombe, Bucks, HP11 2RZ

**20:00 – 21:30** "Hope, Faith & Courage", The Technical Institute, Baldock Road, Buntingford, SG9 9AA

#### Friday

**17:30-18.30** 'Step Share Meeting' Church of St John the Evangelist, Mansfield Road, Nottingham, NG5 2DP

**18:30-19:30** "Christ Church", Junction of High Street and Trinity Lane, Waltham Cross, Hertfordshire, EN8 7ED

**19:00 - 20:00** – St. Mathew's Church, Wenlock Street, Luton, LU2 0NQ

**19:15 - 20:30** – Candle Light Meeting, St Stephens Church (Opposite King Harry pub), Watling Street, St Albans

**19:30 - 21:00** – Stevenage CA, Hampson Park Community, Hampson Park, Web Rise, Stevenage, SG1 5QU  
Meeting Notes: Open, Wheel Chair Access, Parking, Bus close by

**19:30 - 21:00** – Victoria Centre, 46-50 Palk Road, Wellingborough, NN8 1HR

**20:00 - 21:30** – Chair Meeting, CRI Drug and Alcohol Recovery Services, 18 Station Road, Watford, WD17 1JU

**20:30 - 21:30** – 'Big Book Study', Hill Street Community Centre, *Rugby*, CV21 2NB

#### Saturday

**08:30-10:30** "Breakfast with the Boys"  
The Fellowship Room, Hertford Methodist Church, Ware Road, Hertford, SG13 7DZ "Closed and Non-Restrictive"

**09:00 - 10:00** – Bushmead Community Hub, Hancock Drive, Luton, LU2 7SF

**09:30 - 10:45** – Step 11 Saturday Spirit, Sams Coffee House (Upstairs), 132 Bevan Street East, Lowestoft, NR32 2AQ

**11:00 - 12:30** – CRI Building, Armstrong House, Norton Road, Stevenage, SG1 2LX

**18:00 - 19:00** – "Illusion of Power", Big Book Study Meeting, Full Gospel Church, 60 High Street, Rushden, Northamptonshire, NN10 0FR

**19:00 - 20:30** – 'A New State of Consciousness', St Mathews Church, Wenlock Street, Luton, LU2 0NQ

**19:30 - 20:30** – 'Problem as we see it', St Catherines Church, 69 Irving Street, *Birmingham*, B5 7BE (Helpline - 07380 291080) ([Open Meeting](#))

**19:30 - 21:00** – Christ Church New Road Ware Herts SG12 7BS (Entrance via left side of Church)

**20:00 - 21:30** – 'We Can Recover Clacton', Open Road, 132 Wellesley Road, Clacton on Sea, CO15 3QD

#### Sunday

**11:30-13:00** "Meditation Meeting", Graham House, Yeomans Court, Ware Road, Hertford, SG13 7HJ

**17:00 - 18:00** "Newcomers", Christ Church, Junction of High Street & Trinity Lane, Opposite Theobalds Grove Train Station, Waltham Cross EN8 7ED

**18:00 - 19:30** – 'Sunday Hatfield CA Meeting', CRI Building, St. Martins House, 14 The Common, Hatfield, AL10 0UR

**19:00 - 20:30** – 'Hope, Faith & Courage', Recovery Topic Sharing Meeting, Mind Building, Anchor House, 6-7 Regent Square, Sheep Street, Northampton, NN1 2NQ

**19:00 - 20:15** – Friends Meeting House (Quakers), 28 Crawley Green Road, Luton, LU2 0QX

Website: [www.centralukca.co.uk](http://www.centralukca.co.uk)

Online Meetings: [www.ca-online.org](http://www.ca-online.org)

WTF updates: [wtf@centralukca.co.uk](mailto:wtf@centralukca.co.uk)

## COCAINE ANONYMOUS Central UK Area

### MEETINGS LIST



## October 2018

COCAINE ANONYMOUS UK

**Helpline:** 0800 689 4732 (*mobile friendly*)