

# UKNA Meeting List



Helpline - 0300 999 1212

Website - [www.ukna.org](http://www.ukna.org)

**Open to addicts only** meetings are for addicts only & those who suspect they have a problem.

**"Open to all"** meetings welcome everyone addicts or non addicts.

**"Open to all" on request** meetings allow non addicts to turn up early & ask if it's okay to sit in.

## Meeting Formats

Audio Only - <b>AO</b>	<b>PI</b> - Pitch/Electric Share
Beginner/Newcomer - <b>BEG</b>	<b>PW</b> - Pets Welcome
Book Study - <b>BK</b>	<b>QA</b> - Questions & Answers
Basic Text - <b>BT</b>	<b>RA</b> - Restricted Access
Candlelight - <b>CAN</b>	<b>SH</b> - Share meeting
12 Concepts - <b>CPT</b>	<b>SMOK</b> - Smoking
Creche - <b>CR</b>	<b>SPAD</b> - Spiritual Principle A Day
Chit - <b>CT</b>	<b>SPK</b> - Speaker
Children Welcome - <b>CW</b>	<b>STEP</b> - Step
Discussion/Participation - <b>DISC</b>	<b>SWG</b> - Step Working Guide Study
LGBT+ - <b>GL</b>	<b>TA</b> - Transcript Available
Illness - <b>IL</b>	<b>Ti</b> - Timer
IP Study - <b>IP</b>	<b>TOP</b> - Topic
It Works Study - <b>IW</b>	<b>TRAD</b> - Tradition
Just For Today Book Study - <b>JFT</b>	<b>VAR</b> - Format Varies
Living Clean Study - <b>LC</b>	<b>VO</b> - Video Optional
Literature Study - <b>LIT</b>	<b>VR</b> - Video Required
Men - <b>M</b>	<b>VU</b> - Venue unavailable on public holidays
Meditation - <b>MED</b>	<b>W</b> - Women
No children - <b>NC</b>	<b>WA</b> - Wheelchair Accessible
No pets - <b>NP</b>	<b>Y</b> - Young People
Parking Available - <b>PA</b>	

Downloaded at 02/04/2023 - 01:19  
Only correct at the time of download.

© Copyright 1980 - 2023

## Sunday

Sunday 11:30 ~ 13:00	<b>Vange Experience</b> , Open Road Visions Ltd, 13 Southview road, Vange, BASILDON, Essex, SS16 4ER	Physical, "Open to all" on request, BEG, NP, BK, WA
Sunday 18:30 ~ 20:00	<b>Chelmsford Sunday Group</b> , Room at the top of the stairs, Open Road Chelmsford, 107-109 New London Road, CHELMSFORD, Essex, CM2 0PP	Physical, "Open to all", DISC, SPK, SH
Sunday 19:00 ~ 20:30	<b>Living Clean</b> , Elm Park Assembly Hall, 108 Eyhurst Avenue, ELM PARK, Essex, RM12 4RA	Physical, Open to addicts only, PA, WA
Sunday 19:00 ~ 20:30	<b>Stepping Out Of Sunday</b> , Quaker Hall, 18 Dundonald Drive, LEIGH-ON-SEA, Essex, SS9 1NB	Physical, Open to addicts only, BT, STEP

## Monday

Monday 19:30 ~ 21:00	<b>Clean at Clarence</b> , 573 Southchurch Road, SS12PN, SOUTHEND ON SEA, Essex, SS1 2PN	Physical, "Open to all", SPK, PW, WA
Monday 19:30 ~ 21:00	<b>Colchester Monday</b> , Upstairs Buzzer 2, Bluebell Centre, Bluebell Resource Center, Highwoods, COLCHESTER, Essex, CO4 9YN	Physical, "Open to all", BT, IP, LC, SPK, STEP, VU, PA, WA
Monday 19:30 ~ 21:00	<b>Our Primary Purpose</b> , St Mary's Centre, St. Marys Church, Church Street, DUNMOW, Essex, CM6 2AE	Physical, "Open to all" on request, VAR, PA
Monday 20:00 ~ 21:30	<b>Basildon Monday</b> , Salvation Army Basildon, Cherrydown West, BASILDON, Essex, SS16 5AP	Physical, "Open to all", BEG, SH, PA

## Tuesday

Tuesday 18:15 ~ 19:30	<b>Dagenham Tuesday meeting</b> , Meeting room, CGL St Luke's Service, Dagenham Road, DAGENHAM, Essex, RM10 7UP	Physical, "Open to all", JFT, WA
Tuesday 19:15 ~ 20:45	<b>S.P.A.D</b> , Ground Floor, Brentwood Baptist Church, 91 Kings Road, BRENTWOOD, Essex, CM14 4DR	Physical, "Open to all", CW, SPAD, WA
Tuesday 19:30 ~ 21:00	<b>The Road To Recovery</b> , Open Road, 5a Queen Street, COLCHESTER, Essex, CO1 2PG	Physical, "Open to all", VAR, SH, WA
Tuesday 19:45 ~ 21:15	<b>The Cuckoo's Nest</b> , STARS, STARS, 25 - 27 Weston Road, SOUTHEND ON SEA, Essex, SS1 1AS	Physical, Open to addicts only, SPK, TOP, NP

---

## Tuesday

---

Tuesday 20:00 ~ 21:10	<b>New Beginnings</b> , Open Road Chelmsford, Mansard House, 107-109 New London Road, CHELMSFORD, Essex, CM2 0PP	Physical, "Open to all", BEG, DISC, SPK, TOP, PA
--------------------------	---	--

---

## Wednesday

---

Wednesday 19:30 ~ 21:00	<b>Wednesday Freedom Group</b> , Little Burstead Village Hall, Laindon Common Road, Little Burstead, BILLERICAY, Essex, CM12 9TJ	Physical, "Open to all" on request, LIT, WA
----------------------------	--	---

Wednesday 19:30 ~ 21:00	<b>Wednesday Phoenix Meeting</b> , The Loft Room, Leigh Road Baptist Church, Marguerite Drive, LEIGH-ON-SEA, Essex, SS9 1NN	Physical, "Open to all" on request, BEG, CAN, DISC, SPK, TOP, NC
----------------------------	---	--

Wednesday 20:00 ~ 21:30	<b>Chelmsford 12 Steps to Freedom Meeting</b> , Open Road Chelmsford, Mansard House, 107-109 New London Road, CHELMSFORD, Essex, CM2 0PP, <b>Zoom</b> <a href="https://meetings.ukna.org/meeting/chelmsford-12-steps-freedom-meeting/link">https://meetings.ukna.org/meeting/chelmsford-12-steps-freedom-meeting/link</a>	Hybrid, Open to addicts only, DISC, SPK, STEP, NP, NC, VO
----------------------------	--	---

---

## Thursday

---

Thursday 19:30 ~ 21:00	<b>Chigwell Narcotics Anonymous Meeting</b> , St. Paul's Church, Arrowsmith Road, CHIGWELL, Essex, IG7 4NZ	Physical, "Open to all", STEP, SH, SPAD, WA
---------------------------	---	---

Thursday 19:30 ~ 21:00	<b>Newcomers Eeeting ESH</b> , Southend Treatment and Recovery Service, Forward Trust, 25 - 27 Weston Road, SOUTHEND-ON- SEA, Essex, SS1 1AS	Physical, "Open to all", BEG, SPK, NP, SH, PA
---------------------------	--	---

Thursday 19:30 ~ 21:00	<b>Next Chapter</b> , Church Hall, St John the Evangelist, St John's Way, CORRINGHAM, Essex, SS17 8WU	Physical, Open to addicts only, BT, WA
---------------------------	--	--

Thursday 19:45 ~ 21:15	<b>All Saint's Candlelit Meeting of NA in Chelmsford</b> , All Saints Church, Springfield Green, CHELMSFORD, Essex, CM1 7HS	Physical, "Open to all", CAN, VAR, SH
---------------------------	--	---------------------------------------

---

## Friday

---

## Friday

Friday 19:00 ~ 20:30	<b>Friday Night Fellowship</b> , Upstairs, STARS (Southend Treatment And Recovery Service), 25-27 Weston Road, SOUTHEND-ON-SEA, Essex, SS1 1AS	Physical, "Open to all" on request, SPK, SH
Friday 19:00 ~ 20:30	<b>Recovery by the Sea</b> , Frinton Free Church, Connaught Avenue, FRINTON-ON-SEA, Essex, CO13 9PW	Physical, Open to addicts only, BEG, BT, BK, PA
Friday 19:15 ~ 20:30	<b>Living Clean Step Meeting</b> , Main Hall, Salvation Army Basildon, Cherrydown West, BASILDON, Essex, SS16 5AP	Physical, Open to addicts only, STEP, SH, BK, PA
Friday 19:15 ~ 20:45	<b>The Friday Night Reality Check Home Group</b> , Open Road Mansard House, New Writtle Street, CHELMSFORD, Essex, CM2 0FY	Physical, "Open to all", BEG, TOP, NC, PA
Friday 20:00 ~ 21:30	<b>Just for Today</b> , Front Main Room, St John the Evangelist, 8A Victoria Avenue, GRAYS, Essex, RM16 2RP	Physical, "Open to all", BEG, DISC, GL, NP, PA, WA

## Saturday

Saturday 11:00 ~ 12:30	<b>Southend Saturday Step Meeting</b> , St Alban's Church, St John's Road, Westcliff, SOUTHEND-ON-SEA, Essex, SS0 7JZ	Physical, "Open to all" on request, BEG, SPK, STEP
Saturday 19:00 ~ 20:30	<b>"Clean on Saturdays"</b> , Open Road Chelmsford, Mansard House, 107-109 New London Road, CHELMSFORD, Essex, CM2 0PP	Physical, Open to addicts only, SPK, NP, SH, NC
Saturday 19:00 ~ 20:30	<b>One Step Beyond</b> , Open Road, 132a Wellesley Road, CLACTON-ON-SEA, Essex, CO16 3QD	Physical, "Open to all", BEG, BT, LIT, SPK, STEP, NP, WA