

# 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

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| 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>          |  |

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### Sunday

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|                         |   |  |
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| Sunday<br>13:00 ~ 14:15 | <b>Newcomers Just For Today Meeting</b> , Aspire - Peterborough, 102-104 Bridge Street, PETERBOROUGH, Cambridgeshire, PE1 1DY | Physical, "Open to all" on request, BEG, JFT, NP, NC |
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### Monday

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| Monday<br>19:00 ~ 20:00 | <b>Women's Meeting</b> , Aspire Recovery Service - Change Grow Live, 102-104 Bridge Street, PETERBOROUGH, Cambridgeshire, PE1 1DY | Physical, "Open to all" on request, BEG, BT, W, CT, NP, VU, SH, NC, WA |
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### Wednesday

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| Wednesday<br>19:30 ~ 20:45 | <b>Topic Meeting</b> , Aspire - Peterborough, 102-104 Bridge Street, PETERBOROUGH, Cambridgeshire, PE1 1DY | Physical, "Open to all" on request, BEG, TOP, CT, NP, NC |
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