

# 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>	

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### Sunday

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Sunday 18:00 ~ 19:00	<b>I Can't, We Can</b> , The Back Room, Encompass, 19-21 Church Street, RUSHDEN, Northamptonshire, NN10 9YU	Physical, "Open to all", JFT, WA
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### Tuesday

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Tuesday 19:30 ~ 21:00	<b>Just For Today-We Do Recover</b> , The Nations Building, 42 Oxford Street, WELLINGBOROUGH, Northamptonshire, NN8 4JG	Physical, "Open to all" on request, BEG, BT, SPK, TOP, WA
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