



UK SMART Attendee Info Sheet – SA6

SA6: List of local UK SMART on-line meetings on BBB and Zoom which accept attendees from outside their area

(Release Version 2.0)

Below is a list of local UK SMART Recovery meetings on the BBB and Zoom platforms which are open to all SMART Recovery attendees (no matter your location). This information was correct at time of last update (20th July 2020).

Each local meeting listed will have its own meeting agreement, developed by the facilitator and regular attendees. This may include the requirement for attendees to identify themselves in some way. Identifying yourself could mean you will be asked to type in a name or identifier. Or a local meeting may require you to switch on your microphone or camera and identify yourself. Many meetings using cameras require you not to engage in any behaviour on camera that may be viewed as addictive behaviour, and so triggering to others attending. This may include eating, smoking, and vaping or drinking from something that may look like a beer can or wine glass. Each meeting is different but please follow the guidance of the individual local meeting when you join.

Our Adobe Connect meetings differ in some respect. Unlike our 'local' meetings on BBB and Zoom, they do not allow camera use and there is no requirement to identify yourself in any way. Some attendees prefer this. We try to cater as much as possible for the different options. More information about the Adobe Connect meetings and all our on-line meetings can be found on the following page:

<https://smartrecovery.org.uk/online-meetings/>

Please contact support@smartrecovery.org.uk or jasonp@smartrecovery.org.uk for more information, or call 0330 053 6022. You may also get in touch with your area VRC (Volunteer Regional Coordinator) for support on this and other matters. (Apologies for an error in the second email address, above, on a previous release of this document.)



Monday Mornings

Epsom SMART

Time: Mondays at 10.00 am - 11.30 am

Facilitated by Paul/Matt

<https://training.smartrecovery.org.uk/mod/bigbluebuttonbn/view.php?id=536>

Monday Evenings

Sussex SMART (East and West Sussex)

Time: Mondays at 7:00 pm - 8:30 pm

Facilitated by Craig

<https://training.smartrecovery.org.uk/mod/bigbluebuttonbn/view.php?id=579>

Tuesday Mornings

North Wales SMART

Time: Tuesdays at 11:00 am - 12:30 pm

Facilitated by Graham

<https://training.smartrecovery.org.uk/mod/bigbluebuttonbn/view.php?id=561>

Tuesday Afternoons

Kent SMART (based in Gravesend)

Time: Tuesdays at 2.30 pm - 4:00 pm

Facilitated by Caron

<https://training.smartrecovery.org.uk/mod/bigbluebuttonbn/view.php?id=566>



Wednesday Mornings (Early)

Central London SMART

Time: Wednesdays at 8.00 am – 9:30 am

Facilitated by Jason

<https://zoom.us/j/94145171862?pwd=dkRxeDc3ZXd4bm1XbjUzbE5kUGk1Zz09>

Meeting ID: 941 4517 1862

Password: 169166

Dial by your location

+44 131 460 1196 United Kingdom

+44 203 481 5237 United Kingdom

+44 203 481 5240 United Kingdom

+44 208 080 6591 United Kingdom

+44 208 080 6592 United Kingdom

+44 330 088 5830 United Kingdom

Wednesday Mornings

Chelmsford SMART

Time: Wednesdays at 10:00 am - 11:30 am

Facilitated by Hayley/Michael

<https://training.smartrecovery.org.uk/mod/bigbluebuttonbn/view.php?id=540>

Wednesday Evenings

North Wales SMART

Time: Wednesdays at 6:00 pm - 7:30 pm

Facilitated by Graham

<https://training.smartrecovery.org.uk/mod/bigbluebuttonbn/view.php?id=561>

Wednesday Evenings

London Sutton SMART

Time: Wednesday at 6:00 pm - 7:30 PM

Facilitated by John/Paul

<https://training.smartrecovery.org.uk/mod/bigbluebuttonbn/view.php?id=535>



Thursday Afternoons

North Wales SMART

Time: Thursdays 1:00 pm to 2:30 pm

Facilitated by Graham

<https://training.smartrecovery.org.uk/mod/bigbluebuttonbn/view.php?id=561>

Friday Mornings (Early)

London and Southeast England SMART

Time: Fridays at 8:00 am - 9:30 am

Facilitated by Jason

<https://zoom.us/j/94145171862?pwd=dkRxeDc3ZXd4bm1XbjUzbE5kUGk1Zz09>

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Friday Mornings

Woking SMART

Time: Fridays at 10.00 am - 11.30 am

Facilitated by Steve

<https://training.smartrecovery.org.uk/mod/bigbluebuttonbn/view.php?id=541>

Friday Afternoons

North Wales SMART

Time: Fridays 3:00 pm to 4:30 pm

Facilitated by Graham

<https://training.smartrecovery.org.uk/mod/bigbluebuttonbn/view.php?id=561>



Saturday Mornings

London Greenwich (Charlton) SMART

Time: Saturdays at 11.00 am - 12.30 pm

Facilitated by Don/Dawn

<https://training.smartrecovery.org.uk/mod/bigbluebuttonbn/view.php?id=539>

Saturday Evenings

London and Southeast England SMART

Time: Saturdays at 7:00 pm - 8:30 pm

Facilitated by Jason

<https://zoom.us/j/94145171862?pwd=dkRxeDc3ZXd4bm1XbjUzbE5kUGk1Zz09>

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