



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 2.3)

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 (23rd of August 2020). For completeness, included in the list are the national UK SMART Recovery meetings on Adobe Connect and Zoom. We have also included the meeting for Veterans and armed forces serving personnel.

Please note, 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. Also, meetings using cameras require you not to engage in any behaviour on camera that may be viewed as addictive behaviour, and so perhaps 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 National Adobe Connect and National Zoom meetings differ in some respects. Unlike our 'local' meetings on BBB and Zoom, 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, National Zoom meetings and international 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 Community Coordinator or VRC (Volunteer Regional Coordinator) for support on this and other matters.



Monday Mornings (Early)

National meeting on Adobe Connect at 8:00 am - See <https://smartrecovery.org.uk/online-meetings/>

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>

Monday Evenings

National meeting on Adobe Connect at 8:30 pm - See <https://smartrecovery.org.uk/online-meetings/>

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>

Tuesday Evenings

National meeting on Adobe Connect at 7:30 pm - See <https://smartrecovery.org.uk/online-meetings/>



Wednesday Mornings (Early)

National meeting (Formerly 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

0131 460 1196 (UK)

0203 481 5237 (UK)

0203 481 5240 (UK)

0208 080 6591 (UK)

0208 080 6592 (UK)

0330 088 5830 (UK)

Find your local number: <https://zoom.us/j/ajOTtI7Dn>

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 Afternoons

Bath and Northeast Somerset

Time: Wednesdays 5:00 pm to 6:30 pm

Facilitated by Toby, Gavin and James

<https://training.smartrecovery.org.uk/mod/bigbluebuttonbn/view.php?id=577>

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>

For any veteran or serving armed forces personnel only

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

<https://zoom.us/j/98343222178?pwd=SDlqWTBlb0hJT1VpSForVk5pcHozQT09>

Meeting ID: 983 4322 2178

Passcode: 943225

Wednesday Evenings

National meeting on Adobe Connect at 7:30 pm - See <https://smartrecovery.org.uk/online-meetings/>

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>

Thursday Evenings

National meeting on Adobe Connect at 7:30 pm - See <https://smartrecovery.org.uk/online-meetings/>



Friday Mornings (Early)

National Meeting (Formerly London and Southeast England SMART)

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

Facilitated by Jason

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

Meeting ID: 941 4517 1862

Password: 169166

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0203 481 5240 (UK)

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0208 080 6592 (UK)

0330 088 5830 (UK)

Find your local number: <https://zoom.us/j/ajOTtI7Dn>

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>

Friday Evenings

National meeting on Adobe Connect at 7:30 pm - See <https://smartrecovery.org.uk/online-meetings/>



Saturday Mornings (Early)

National meeting on Adobe Connect at 8:00 am - See <https://smartrecovery.org.uk/online-meetings/>

Saturday Mornings

Bath and Northeast Somerset

Time: Saturdays 10:00 am to 11:30 am

Facilitated by James, Toby and Gavin

<https://training.smartrecovery.org.uk/mod/bigbluebuttonbn/view.php?id=577>

Saturday Evenings

National meeting (formerly London and Southeast England SMART)

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

Facilitated by Jason

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

Meeting ID: 941 4517 1862

Password: 169166

Dial by your location

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0203 481 5240 (UK)

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0208 080 6592 (UK)

0330 088 5830 (UK)

Find your local number: <https://zoom.us/u/aiOTtI7Dn>

Sunday Evenings

National meeting on Adobe Connect at 6:30 pm - See <https://smartrecovery.org.uk/online-meetings/>