



WELCOME TO AA

Some helpful information and suggestions for new members



Southdown Intergroup

Get to as many meetings as possible

All meetings in our local area can be found on our website at: www.aa-gb.org/southdown

Click on the links for [ONLINE](#) meetings and [PHYSICAL](#) meetings.

For online meetings, it is suggested you edit your profile name to contain your first name and surname initial. You can join the meeting up to 30 minutes in advance of the meeting start time, just click on the highlighted word "JOIN".

Introduce yourself at meetings and collect telephone numbers

Introduce yourself at meetings using your first name and say that you are new to AA. This will ensure that you receive a warm welcome, and existing members are likely to give you their phone numbers (men for men, women for women). We often use the chat feature in Zoom for this. Write the names and numbers down as the chat window will disappear when the meeting ends.

Don't pick up a drink, pick up the phone instead

If you don't take the first drink, you can't get drunk. If you are tempted to pick up a drink, pick up the phone instead and talk to someone. Our AA members will be happy to talk with you. It is through helping you that they stay sober.

Find out more about AA and alcoholism

For general information about AA check out [THE MAIN UK AA WEBSITE](#)

There is a wealth of AA Literature that you can download or order online or buy at physical meetings.

We suggest you start by checking out the [NEWCOMER PACK](#) (online download - pdf)

To order books in print, here's a link to the [AA UK BOOK SHOP](#)

The main AA book is called 'Alcoholics Anonymous' and is often referred to as the 'Big Book'

Call our helpline: 023 9258 0776

If you are still struggling, have questions or need more support you are welcome to call our local area helpline where our friendly and sympathetic operators are happy to help 24/7.

Get a sponsor and start working the 12 steps

In time we suggest you get a sponsor to take you through the Big Book and guide you through the 12 steps. Feel free to discuss sponsorship with other fellowship members and the meeting chair who will be happy to offer advice and suggestions.

Remember drink never makes a problem go away or easier to solve, but if you don't pick up a drink,
one day at a time and keep coming to meetings, things will get better.

There are no dues or fees for AA membership, the only requirement for membership is a desire to stop drinking.