

HIGHLANDS

INVERNESS: THE ROOM

For the Right Reasons (Behind Charity Shop) 13.00 MONDAY
38-40 Grant Street, Inverness IV3 8BS mtgs 'open' on request

FORT WILLIAM

Health Centre, Camaghael, (opp High School). 18.00 MONDAY
PH33 7AQ \$ = Full wheelchair access.

INVERNESS 12 STEP RECOVERY

Haugh Court Residents Hall, Haugh Court, Haugh Rd 19.30 MONDAY
IV2 4TD All mtgs 'open'.
\$ = Full wheelchair access.

INVERNESS: NESS BANK

Ness Bank Church, Ness Bank 20.00 MONDAY
IV2 4SF

NAIRN

St Columbas Church Hall, Queen St. 20.00 MONDAY
IV12 4AA \$ = Full wheelchair access.

WICK RECOVERY

The Haven, Bankhead Rd, beside railway station 20.00 MONDAY
KW1 5LB 1st Mon each month 'open'.
\$ = Full wheelchair access.

DINGWALL: RECOVERY

St James Church Hall, Castle St. 20.00 MONDAY
IV15 9JS 'Open' mtgs on request.
@ = Full wheelchair access.

SKYE PORTREE

ARMS Centre, MS Therapy Centre, Unit 8B, Lisigarry 20.00 MONDAY
Dunvegan Rd IV51 9EG \$ = Full wheelchair access.

INVERNESS: Friars Street Group

Church of God Hall, Friars Street, Inverness 12.30 TUESDAY
IV1 1RJ

INVERNESS BIG BOOK STUDY

Charleston Academy Community Centre, General Booth 19.00 TUESDAY
Kinmylies IV3 8ET 'Open' mtgs on request.
\$ = Full wheelchair access.

INVERNESS RAIGMORE HOSPITAL

Centre for Health Science, Old Perth Rd 19.30 TUESDAY
IV2 3UJ 'Open' mtgs on request.
\$ = Full wheelchair access.

THURSO

Stepping Stones, Riverside Rd (next to British Legion). 20.00 TUESDAY
KW14 8BU @ = Full wheelchair access.

FORT WILLIAM: BIG BOOK

Montrose Centre, Montrose Ave, Inverloch 20.00 TUESDAY
PH33 6LX

SKYE BROADFORD

Committee Rm, Village Hall, Broadford, (door to right of 20.00 TUESDAY
entrance) IV49 9AQ 'Open' mtgs on request.

BLACK ISLE MUNLOCHY

Knockbain Free Church, Millbank Rd, Munloch, Black Isle. 20.00 TUESDAY
IV1 3YH @ = Full wheelchair access.

INVERNESS SPECTRUM CENTRE

First Floor, Spectrum Centre, Farriline Park. 12.30 WEDNESDAY
IV1 1LS 'Open' mtgs on request.

ARDGAY

Church of Scotland Hall, Church St, Ardgay, Sutherland. 20.00 WEDNESDAY
IV24 3BS @ = Full wheelchair access.

ARISAIG

St Mary's RC Church. 20.00 WEDNESDAY
PH39 4NH Last Wed each mnth 'open'.

INVERNESS BRUCE GARDENS: RECOVERY

Bruce Gardens Centre, Bruce Gardens 20.00 WEDNESDAY
IV3 5EN \$ = Full wheelchair access.

INVERNESS TOWN

Mission Hall, Madras St. 20.00 WEDNESDAY
IV2 4HQ 1st Wed each mnth 'open'.

INVERNESS CRAIG DUNAIN

The Seminar Room, New Craigs Hospital, Leachkin Rd. 20.00 WEDNESDAY
IV3 8NP Last Wed each mnth 'open'.
\$ = Full wheelchair access.

KINGUSSIE	20.00	WEDNESDAY	
Caberfeidh House, High St PH21 1HR			
	\$ = Full wheelchair access.		
KYLESTROME	20.15	WEDNESDAY	
Estate Office, 1st Right after Kylesku Bridge going north toward Scourie IV27 4TL			
	Last Wed each mnth 'open'.		
Inverness: Friars Street Group	12.30	THURSDAY	
hurch of God, Friars Street, Inverness IV1 1RJ			
LAIRG	20.00	THURSDAY	
Church Hall, Church of Scotland, Churchill Rd. IV27 4BL			
	'Open' mtgs on request.		
STRATHPEFFER	20.00	THURSDAY	
Church of Scotland Hall, Main St IV14 9DL			
	'Open' mtgs on request.		
INVERNESS ST NINIANS	20.00	THURSDAY	
St Ninians RC Church Hall, Culduthel Rd. IV2 4AN			
	\$ = Full wheelchair access.		
INVERNESS	20.00	THURSDAY	
Inshes Church, Inshes Retail Park, Inshes, 14 Castlehill Gardens, (Opp Matalan) IV2 5DL			
	\$ = Full wheelchair access.		
FORT WILLIAM BELFORD	20.00	THURSDAY	
Belford Hospital, Belford Rd PH33 6BS			
	April - Oct all mtgs 'open'.		
	\$ = Full wheelchair access.		
DULNAIN BRIDGE	20.00	THURSDAY	
Old Church Hall, Curr Rd PH26 3PA			
SKYE: KENSALEYRE	20.00	THURSDAY	
Church of Scotland, Kensaleyre. IV51 9XF			
	Ring contact to check mtg is running.		
THURSO: JOINT MEETINGS (BOOK/STEPS	20.00	THURSDAY	
Stepping Stones, Riverside Rd (next to British Legion). KW14 8BU			
	@ = Full wheelchair access.		
WICK: STEPS TO FREEDOM	18.30	FRIDAY	
The Haven, Bankhead Rd, beside railway staton KW1 5LB			
	Last Fri each month 'open'.		
	\$ = Full wheelchair access.		
THURSO	20.00	FRIDAY	
Stepping Stones, Riverside Rd (next to British Legion). KW14 8BU			
	Last Fri each mnth 'open'.		
	@ = Full wheelchair access.		
TAIN	20.00	FRIDAY	
St Duthus School, Academy St. IV19 1ED			
	@ = Full wheelchair access.		
KYLE OF LOCHALSH	20.00	FRIDAY	
Church of Scotland Hall, Church Rd. IV40 8HU			
	Last Fri each mnth 'open'.		
BOAT OF GARTEN	20.00	FRIDAY	
St Columba Church Hall, Boat of Garten. PH24 3BN			
INVERNESS TOWN	20.00	FRIDAY	
Mission Hall, Madras St. IV2 4HQ			
INVERNESS BRUCE GARDENS: RECOVERY	20.00	FRIDAY	
Bruce Gardens Centre, Bruce Gardens IV3 5EN			
	Last Fri each mnth 'open'.		
	@ = Full wheelchair access.		
INVERNESS SPECTRUM CENTRE	12.30	SATURDAY	
First Floor, Spectrum Centre, Farriline Park. IV1 1LS			
	'Open' mtgs on request.		
SKYE PORTREE ALTERED ATTITUDES	18.00	SATURDAY	
Meeting Room, Portree Hospital IV51 9BZ			
	\$ = Full wheelchair access.		
FORT WILLIAM RECOVERY	19.00	SATURDAY	
Fort William Baptist Church, Belford Road, Fort William PH33 6ER			
	\$ = Full wheelchair access.		
SKYE KYLEAKIN	19.00	SATURDAY	
Kyleakin Church of Scotland Hall, Mause Lane IV41 8PH			
	All mtgs 'open'.		
	\$ = Full wheelchair access.		

AVIEMORE: CARE & SHARE	20.00	SATURDAY	
St Andrews Church, Main Rd. PH22 1RZ			Last Sat each mnth 'open'.
ULLAPOOL	20.00	SATURDAY	
St Martins Church, 2 Mill St. IV4 7AU			'Open' mtgs on request. @ = Full wheelchair access.
WICK ROAD TO RECOVERY	20.00	SATURDAY	
The Haven, Bankhead Rd, beside railway station KW1 5LB			\$ = Full wheelchair access.
INVERNESS CRAIG DUNAIN	20.00	SATURDAY	
The Seminar Room, New Craigs Hospital, Leachkin Rd. IV3 8NP			Last Sat each mnth 'open'. \$ = Full wheelchair access.
INVERNESS BEECHWOOD	14.00	SUNDAY	
Beechwood House, 69/71 Old Perth Rd. (Dining Room). IV2 3JH			'Open' mtgs on request. @ = Full wheelchair access.
FORT WILLIAM	15.00	SUNDAY	
Kilmalie Church Hall, Glenloy St. PH33 7NG			'Open' mtgs on request.
SKYE DUNVEGAN: AFTERNOON	15.00	SUNDAY	
Community Hall, Dunvegan. IV55 8NA			1st Sun each mnth 'open'. @ = Full wheelchair access.
ACHARACLE	18.00	SUNDAY	
Mingarry Hall, Mingarry PH36 4JX			'Open' mtgs on request. \$ = Full wheelchair access.
INVERNESS: STEP & TRADITIONS	19.00	SUNDAY	
Bruce Gardens Centre, Bruce Gardens IV3 5EN			'Open' mtgs on request. \$ = Full wheelchair access.
INVERGORDON	19.30	SUNDAY	
St Ninians Episcopal Church, High St. IV18 0JZ			1st Sun each mnth 'open'. @ = Full wheelchair access.
LOHCARRON	20.00	SUNDAY	
Church of Scotland Hall, Main St. IV54 8YB			1st Sun each month 'open'. @ = Full wheelchair access.
INVERNESS CULLODEN	20.00	SUNDAY	
Culloden Barn Church, Culloden. IV2 7AB			Last Sun each month 'open'. @ = Full wheelchair access.
GOLSPIE	20.00	SUNDAY	
Admin Dept, Lawson Memorial Hospital. KW10 6SX			

MORAY

ELGIN	19.30	MONDAY	
New Elgin Hall, Land St, New Elgin. IV30 6BL			\$ = Full wheelchair access.
FORRES MULTI-MTG	19.30	MONDAY	
Nurses Home, Leancoil Hospital, St Leonards Rd IV36 2RE			
ELGIN WEST END HOSPITAL	18.00	TUESDAY	
Committee Rm 4 Dunbarney House, Dr Gray's Hospital. IV30 1SN			Last Tue each mnth 'open'. \$ = Full wheelchair access.
ELGIN MORAY	19.30	TUESDAY	
County Buuildings (old building), High Street Entrance, IV30 1BX			@ = Full wheelchair access.
DUFFUS	20.00	WEDNESDAY	
Duffus Kirk Hall, Hopeman Rd, Duffus, Nr Elgin. IV30 5RR			
KEITH RECOVERY	20.00	WEDNESDAY	
North Church Hall, Mid St. AB55 5BN			
ELGIN: TRINITY LUNCHTIME	13.00	THURSDAY	
Trinity Church, North St. IV30 1TY			@ = Full wheelchair access.
ELGIN BIG BOOK STUDY	18.00	THURSDAY	
Room 3, Dunbarney House, Dr Grays Hospital IV30 1SN			'Open' mtgs on request. \$ = Full wheelchair access.

ELGIN

Moray Resource Centre, Maisondieu Rd.
IV30 1RX

19.00 FRIDAY

'Open' mtgs on request.
\$ = Full wheelchair access. ? = Facilities for

BUCKIE

Seafield Hospital, Buckpool.
AB56 1SF

20.00 FRIDAY

'Open' mtgs on request.
\$ = Full wheelchair access.

LOSSIEMOUTH

Baptist Church Hall, James Sq.
IV31 6AE

20.00 SATURDAY

ELGIN TRINITY CHURCH

Holy Trinity Church, Trinity Place.
IV30 1TY

19.00 SUNDAY

'Open' mtgs on request.
\$ = Full wheelchair access.

ORKNEY**KIRKWALL**

Orkney Blide Trust, 54 Victoria St.
KW15 1DN

19.00 TUESDAY

STROMNESS

Yole Club, behind Stromness Museum, Alfred Street.
KW16 3DF

19.00 WEDNESDAY

KIRKWALL KING STREET

Church Hall, King St
KW15 1JF

19.00 THURSDAY

'Open' mtgs on request.
\$ = Full wheelchair access.

KIRKWALL KING STREET

Church Hall, King St
KW15 1JF

18.00 SATURDAY

'Open' mtgs on request.
\$ = Full wheelchair access.

WESTERN ISLES**ISLE OF LEWIS: STORNOWAY**

Haldane Site, Francis St.
HS1 2NF

20.00 MONDAY

@ = Full wheelchair access.

ISLE OF LEWIS: STORNOWAY WESTERN

Western Isles Hospital, MacAulay Rd.
HS1 2AF

20.00 MONDAY

1st Mon each mnth 'open'.

ISLE OF LEWIS: STORNOWAY

Haldane Site, Francis St.
HS1 2NF

20.00 TUESDAY

@ = Full wheelchair access.

ISLE OF LEWIS: NESS

The Habost Clinic, Habost, Port of Ness.
HS2 0TG

20.30 TUESDAY

\$ = Full wheelchair access.

ISLE OF UIST: BENBECULA

Council Buildings, Balivanich, Benbecula
HS7 5LA

20.00 WEDNESDAY

ISLE OF LEWIS: BRAGAR

Bragar Daycare Centre, Doune Park, Bragar, Isle of Lewis.
HS2 2BW

20.00 WEDNESDAY

@ = Full wheelchair access.

ISLE OF LEWIS: STORNOWAY

Haldane Site, Francis St.
HS1 2NF

20.00 WEDNESDAY

@ = Full wheelchair access.

ISLE OF LEWIS: STORNOWAY BIG BOOK

AA bldg behind Museum, top of Francis St.
HS1 2NF

19.00 THURSDAY

\$ = Full wheelchair access.

ISLE OF LEWIS: STORNOWAY

Haldane Site, Francis St.
HS1 2NF

20.00 THURSDAY

@ = Full wheelchair access.

ISLE OF HARRIS TARBERT

Old Social Work Office, Tarbert.
HS3 3BG

20.00 THURSDAY

\$ = Full wheelchair access.

ISLE OF LEWIS: STORNOWAY WESTERN

Western Isles Hospital, MacAulay Rd.
HS1 2AF

20.00 FRIDAY

ISLE OF LEWIS: STORNOWAY

Haldane Site, Francis St.
HS1 2NF

20.00 FRIDAY

@ = Full wheelchair access.

ISLE OF LEWIS: STORNOWAY: TWELVE	14.30	SATURDAY
Lifestyle Centre, Town Hall, Point St. HS1 2XF		All mtgs 'open'.
ISLE OF LEWIS: STORNOWAY MANOR	20.00	SATURDAY
St Columbas Church, Lewis St. HS1 2JF		@ = Full wheelchair access.
ISLE OF LEWIS: STORNOWAY YOUNG	20.00	SATURDAY
Haldane Site, Francis St. HS1 2AF		@ = Full wheelchair access.
ISLE OF HARRIS: LEVERBURGH	20.00	SATURDAY
Nurses Clinic, Lever Terr HS5 3TU		
ISLE OF LEWIS: STORNOWAY	20.00	SUNDAY
Haldane Site, Francis St. HS1 2AF		@ = Full wheelchair access.