



Cannabis
Spice & Legal
Highs Group

WHO WE ARE & WHAT WE DO

We are a user led abstinence based group, which means we agree collectively to reduce, but ultimately stop the use of cannabis, spice and legal highs within our membership.

We recognise the damage our drug misuse can do to ourselves and those around us and we choose to seek help from others who have recovered successfully from serious addictions. We have no affiliation to other mutual aid groups such as NA (Narcotics Anonymous) and SMART (Self-Management and Recovery Training) but we do support and commend their work. We often refer our members to both meetings and others. We strongly believe that no one system works for everyone and we encourage our members to experience and embrace many different recovery systems, activities and communities.

We are not a cannabis appreciation society and we do not advocate legalisation. We do however acknowledge the particular CBD health benefits and call for greater and more accessible transparent research. Similarly, we recognise the failure of subsequent governments to sufficiently support appropriate treatment and recovery programmes.

We have achieved many levels of success within our membership, our groups have produced and maintained many years of clean-time. We have done this by creating a series of local meetings in a safe, confidential, non-judgmental and supportive environment, where members can rebuild their lives together.

Our meetings are held in modern purpose-built community or designated meeting spaces. All our venues follow the same group rules and procedures.

The meetings are open, meaning anyone can attend but we follow a strict policy of confidentiality in terms of what is said by our members and the identities of those who attend. Each meeting is hosted by an experienced nominated facilitator and supported by senior members. Smoking and vaping is not permitted at any of our venues along with drugs and paraphernalia.

All members must make a commitment to not using on the day of the meeting.

Membership is free and must be voluntary, we are not a part of any DRR (Drug Rehabilitation Requirement) scheme ordered by the courts, although we do support our members in such cases where regular attendance and participation can be demonstrated. Membership is earned by attending 4 meetings.

Continued attendance is based on mutual respect and a desire to stop using.