

Salisbury ACA Convention - 9-11 October 2026

Keeping IT Simple

Welcome to the 2024 ACA Salisbury Convention - Below is the schedule of events for the weekend. There are a selection of speaker meetings, shares on specific topics, and interactive workshops and sessions being held throughout the convention. Some sessions are space limited - please speak to someone on the registration desk to be added to the list

Date/Day	Time	Event	Cavell Room (90 people max)	Anderson Room - creative space (25 people max)	Hamilton Room (25 people max)	Tindall Room - (25 people max)
Fri 9 Oct	15:00	Convention opens Registration/literature sales				
Fri 9 Oct	16:30	Session 1	General ACA meeting - Strengthening My Recovery Q&A for Newcomers Secretary -	Free space for creative minds Arts/crafts available to attendees Journalling suggestions available		
Fri 9 Oct	18:00	Dinner				
Fri 9 Oct	19:30	Intro/Welcome/ Housekeeping	JJ - Intro to Salisbury 2026 Keeping it Simple			

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Fri 9 Oct	20:15	Session 2	Who Is The Adult Child/ False Self? Interactive session with all committee members	Free space for creative minds	Topic - Self-Care Secretary - Matt	Candlelit general meeting Not facilitated, but preamble/script/steps etc. will be made available
Sat 10 Oct	08:00	Breakfast				
Sat 10 Oct	09:00	Wellness activities - Walk around Salisbury and the cathedral?		Non Dominant Handwriting - facilitated session Facilitator - Becky	Guided meditation Facilitator - Paul	
Sat 10 Oct	10:00	Session 3	The Laundry List Traits Speakers - Gaby and Magda Secretary - Kathy	Using Art as a Tool for Recovery ‘The Resilience Shield - <i>Honouring Survival, Strength and Hope through Art</i> ’ Facilitator - Mandy Extended session 10:00-11:30	Topic - Service gets you well Secretary - Christian	

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Sat 10 Oct	11:15	Break/literature sales				
Sat 10 Oct	11:45	Session 4	Who is the Inner Child? Speaker - Rich Secretary - Alexander	Journalling - supported session Reflective session, reading from SMR, journal, share Facilitator - Amanda	Keeping It Simple Topic - Step work Speakers - Jay and Wayne	
Sat 10 Oct	13:00	Lunch/Literature sales				
Sat 10 Oct	14:15	Feelings check-in - Facilitator				
Sat 10 Oct	14:30	Session 5	Who is the Inner Teenager? Speaker - Moira Secretary - Becky	Free space for creative minds	Keeping It Simple - Topic - Fellow travelling Secretary - Amanda	Interactive poetry Facilitator - Helen
Sat 10 Oct	15:45	Break and literature sales				
Sat 10 Oct	16:15	Session 6	Who is the Critical Parent? Speaker - Anthony Secretary - Lorraine	Free space for creative minds	Keeping It Simple Topic - Exploring Creativity through Doodling Secretary - Yvonne	2 Way Prayer - Facilitator - TBC

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Sat 10 Oct	18:00	Dinner				
Sat 10 Oct	19:00	Suggested activity - Evening walk - meet in the foyer				
	19:30				Laughter in ACA fellowship Facilitator - Gaby	
Sat 10 Oct	20:00	ACAs Got Talent	ACA's Silent Skool Disco - Boris/Gary supporting?	Available for arts/crafts, journalling	General meeting - candlelit Not facilitated, but preamble, script, steps etc. will be made available	Breathwork Facilitator - Sarah Session runs for one hour only
Sat 10 Oct	21:30			Free space for creative minds	Bedtime stories - The Velveteen Rabbit (Bring your teddy!) Facilitator - Jay	

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Sun 11 Oct	08:00	Breakfast				
Sun 11 Oct	9:00	Wellness activity	Somatic movement session Facilitator - JJ	Getting in touch with your inner family - paper crafts with guided meditation Facilitator - Mandy		
Sun 11 Oct	10:00	Session 7	The True Self Speaker - Helen Secretary - Vicki		Keeping It Simple Topic - Spirituality Secretary - TBC	
Sun 11 Oct	11:15	Break and literature sales				
Sun 11 Oct	11:45	Farewell				
Sun 11 Oct	12:30	Convention closes				