

CA Kent District Survey 2025

CA Kent District

30/11/25

Cocaine Anonymous Kent
Authored by: CA Kent PI and IT Committee

Introduction

This year, Kent District achieved a new record for survey participation with 219 responses. This is a strong increase from 136 responses in 2023 and it also surpasses our previous all-time high of 203 responses in 2019.

Thank you to every member who took the time to fill in the survey. Your input is what allows us to understand who we are serving and how well we are doing it.

These surveys give us an accurate, anonymised snapshot of our Fellowship, where we live, how we found CA, the substances that brought us here, meeting attendance, sponsorship, service levels and the areas where we can do better. They allow us to identify growth, spot trends and understand how the District can better support both groups and the newcomer.

Below is a comparison of 2023 vs 2025, question by question, focusing on growth, changes and notable trends. Followed by the raw data.

2023 vs 2025 Comparison

Q1. Where do you live

- **2023:** Strong clusters in Medway, Maidstone, Thanet, Tunbridge Wells / Tonbridge, Dover, Folkestone, Dartford, Sheppey and Bexley.
- **2025:** Maidstone is now the single largest area (38). Bexleyheath, Sheppey, Tunbridge Wells / Tonbridge, Medway and Dartford also show high numbers, with a broader range of smaller locations represented.

The Fellowship has continued expanding geographically. Maidstone shows the clearest growth.

Q2. How did you find out about CA

- **2023:** Mostly through a current member, followed by treatment or probation, then family/friends, then website search.
- **2025:** Current member (62) remains the largest route. Family/friends have grown significantly (58). Treatment/probation remains strong (43). Website search is stable (18).

Family and friend referrals have grown sharply, suggesting increased awareness outside the rooms. Current-member attraction continues to be the biggest driver of growth.

Q3. Do you have a home group

- **2023:** Around 85% had a home group.
- **2025:** 204 yes, 7 no, 8 currently looking.

Home-group commitment has risen to around 93%, showing stronger anchoring in the Fellowship.

Q4. Gender

- **2023:** 69.1% male, 29.4% female.
- **2025:** 61% male, 39% female.

The Fellowship is becoming more gender-balanced with a clear increase in female membership.

Q5. Age group

- **2023:** Largest band: 35–44, followed by 45–54 and 25–34.
- **2025:** 35–44 remains the largest (93), followed by 45–54 (59), 25–34 (38), with representation across all other age groups.

Membership continues to centre on ages 30–50. Growth is consistent across age groups.

Q6. Current employment status

- **2023:** Just over half employed, with notable numbers unemployed, unable to work and self-employed.
- **2025:** 90 employed, 56 self-employed, 39 unable to work, 20 unemployed, with a variety of other caring or retired roles.

A higher proportion of members report being in work (employed or self-employed). “Unable to work” remains a significant group.

Q7. Primary mind-altering substances – Detailed Breakdown

2023 Breakdown (136 responses)

- Cocaine: 110
- Alcohol: 109
- Crack cocaine: 22
- Marijuana: 23

- Ecstasy/MDMA: 19
- Prescription drugs: 33
- Heroin: 7

2025 Breakdown (219 responses)

- Cocaine: 171
- Alcohol: 161
- Marijuana: 62
- Prescription drugs: 45
- Crack cocaine: 44
- Ecstasy/MDMA: 42
- Ketamine: 28
- Heroin: 20
- Methamphetamine: 9

Trend Analysis

1. Cocaine remains the most reported substance with a significant increase.
2. Alcohol also rose sharply and remains close behind cocaine.
3. Marijuana, prescription drugs and crack cocaine show substantial increases.
4. Ketamine use has increased significantly
5. A wider range of substances is reported overall

Q8. Meetings per week

- **2023:** Most attended 1–2 meetings, then 3–4, then smaller numbers at higher frequencies.
- **2025:** 98 attend 1–2 meetings, 80 attend 3–4, 12 attend 5–6, and 5 attend 7 or more.

Meeting patterns remain consistent. Slight growth in mid-range attendance.

Q9. Types of meetings attended

- 2023: Mostly face-to-face, with some online and hybrid.
- 2025: 209 face-to-face, 65 online, 6 hybrid, 2 not attending.

Large increase in face-to-face attendance. Online attendance has also grown, suggesting long-term value in digital accessibility.

Q10. Do you currently have a sponsor

- **2023:** Around 94% reported yes.
- **2025:** 210 yes, 4 looking, 3 no.

Sponsorship levels remain very high and have risen slightly to approximately 96%.

Q11. How long have you been sober

- **2023:** Largest categories were around 1–2 years, 2–3 years and 5–10 years, with a mix of newcomers and long-timers.
- **2025:** Strong representation across all clean-time bands, with 5–10 years the largest single group and a notable rise in newcomers (0–30 days).

A healthy mix of newcomers, early recovery members and long-term sobriety. Strong pipeline from early recovery to long-term stability.

Q12. What service levels do you currently participate in

- **2023:** Predominantly group service, with smaller District/Area numbers and a group not in service.
- **2025:** 191 group, 44 District, 11 Area, 25 none.

Service levels remain broadly stable, with growth matching membership size. Group service is still the foundation.

Q13. What levels of service have you participated in historically

- **2023:** Not asked.
- **2025:** 206 group, 82 District, 24 Area, 8 never held service.

A very high proportion of members have prior service experience, indicating a strong service culture.

Q14 and Q15. District feedback, questions, concerns

2023 Themes

- Uncertainty about District's role and purpose
- Accessibility concerns (distance, transport, timing)
- Comments about attitudes, personalities and cliques
- Desire for more support, workshops and information
- Requests for clearer communication and more tradition-focused guidance

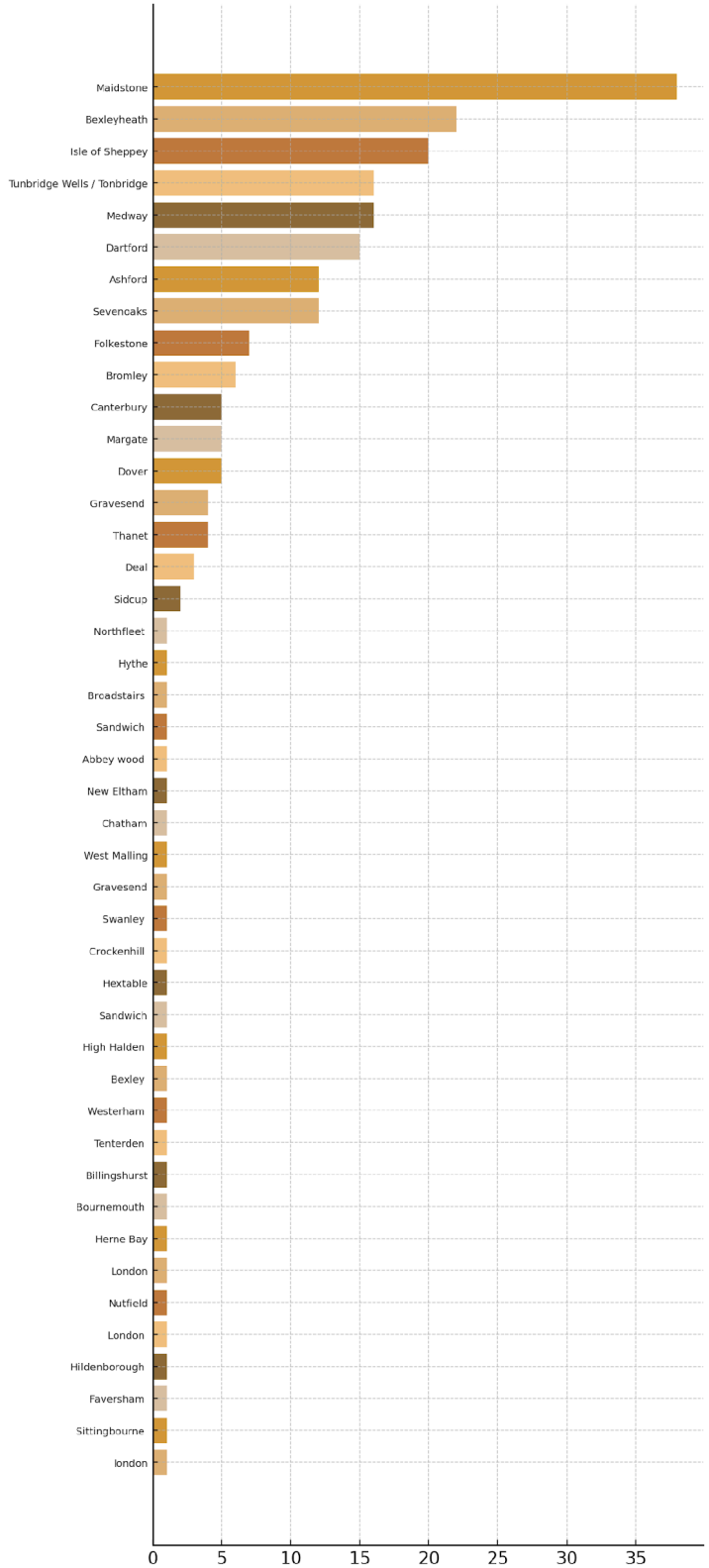
2025 Themes

- Strong desire for more transparency and accessible minutes
- Requests for District to visit groups more often and support GSRs
- Concern about tone, sarcasm and communication style at District
- Accessibility concerns remain
- Heavy emphasis from one member repeatedly mentioning ketamine groups
- Numerous comments praising District and expressing gratitude
- Calls for more workshops, PI support and training in service roles
- Importantly many members would like to participate in District: I'd like to / I am planning to: 46 / I don't know what's involved: 19/ I'm unable to get there: 11

Recommendations

1. Make the survey an annual practice to track year-on-year trends in membership, meeting attendance and service.
2. Survey period: run from 30 September to 21 November each year.

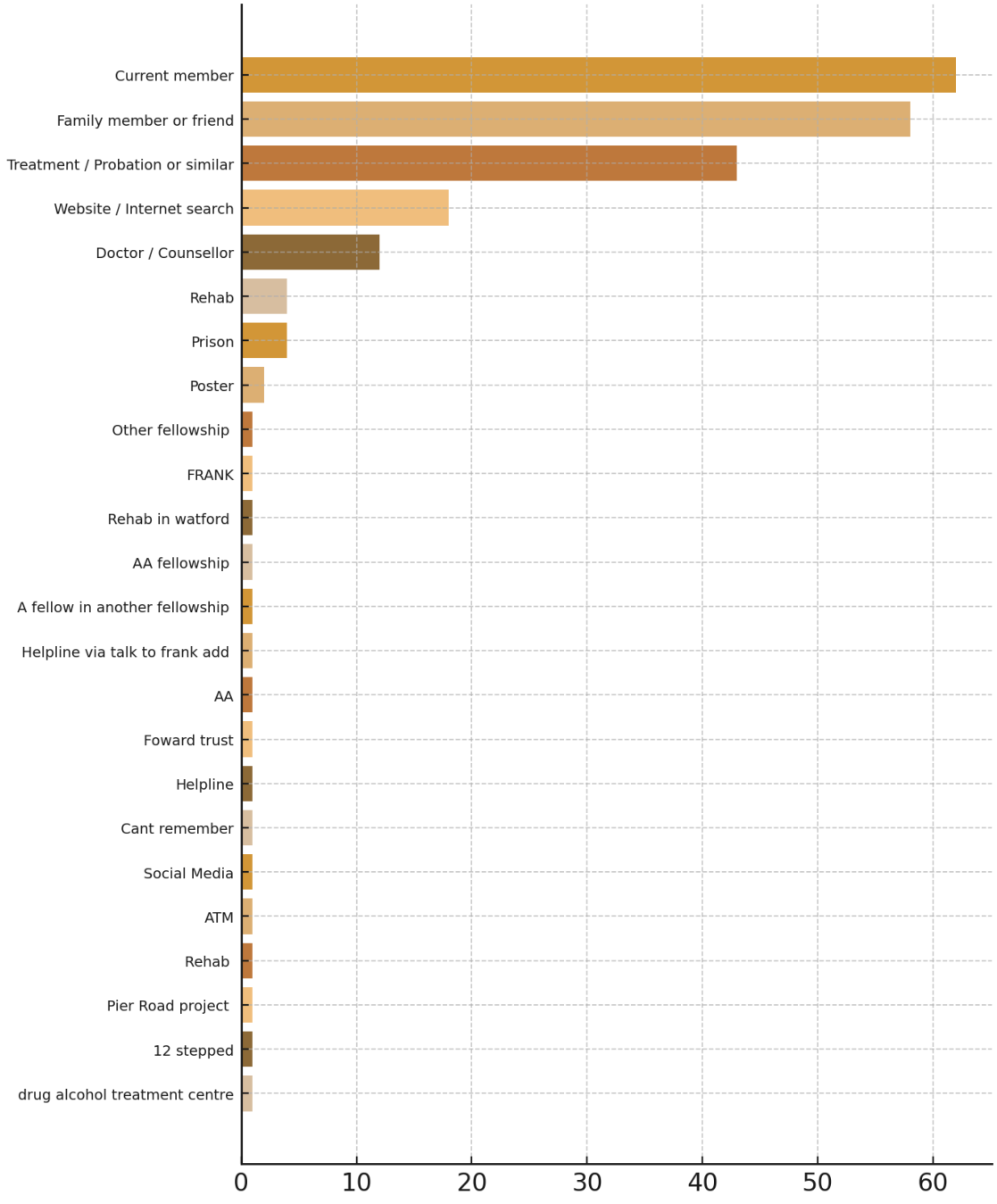
Q1. Question 1: Where do you live?



All responses:

- **Maidstone: 38**
- **Bexleyheath: 22**
- **Isle of Sheppey: 20**
- **Tunbridge Wells / Tonbridge: 16**
- **Medway: 16**
- **Dartford: 15**
- **Ashford: 12**
- **Sevenoaks: 12**
- **Folkestone: 7**
- **Bromley: 6**
- **Canterbury: 5**
- **Margate: 5**
- **Dover: 5**
- **Gravesend : 4**
- **Thanet: 4**
- **Deal: 3**
- **Sidcup: 2**
- **Northfleet : 1**
- **Hythe: 1**
- **Broadstairs : 1**
- **Sandwich : 1**
- **Abbey wood : 1**
- **New Eltham: 1**
- **Chatham: 1**
- **West Malling: 1**
- **Gravesend: 1**
- **Swanley : 1**
- **Crockenhill : 1**
- **Hextable: 1**
- **Sandwich: 1**
- **High Halden : 1**
- **Bexley : 1**
- **Westerham : 1**
- **Tenterden : 1**
- **Billingshurst: 1**
- **Bournemouth : 1**
- **Herne Bay: 1**
- **London: 1**
- **Nutfield: 1**
- **London : 1**
- **Hildenborough : 1**
- **Faversham : 1**
- **Sittingbourne : 1**
- **london: 1**

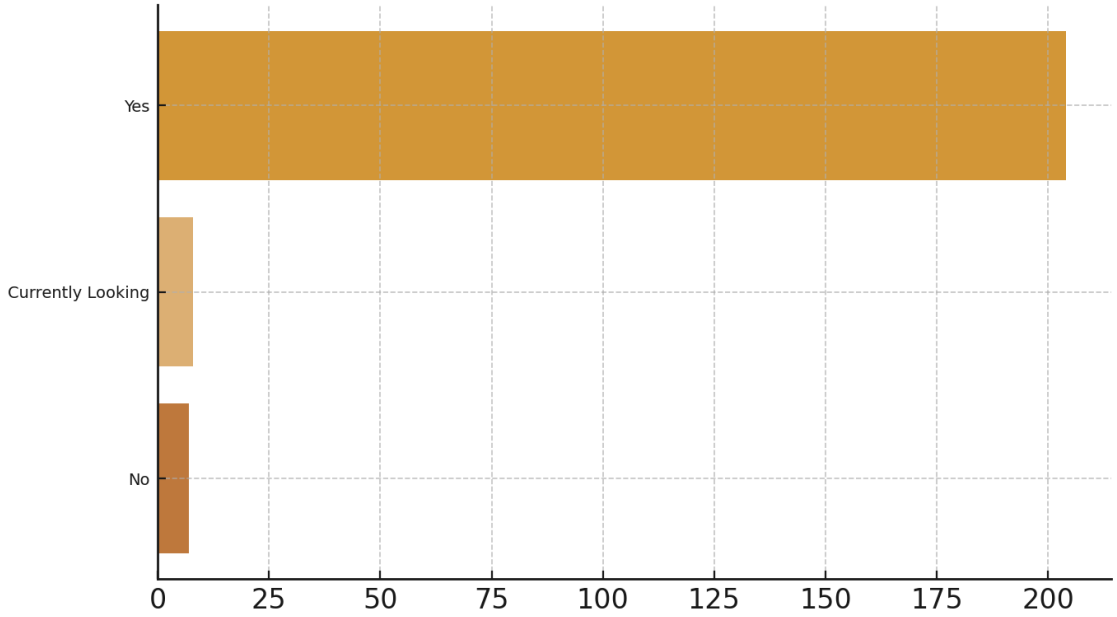
Q2. How did you find out about CA?



All responses:

- **Current member: 62**
- **Family member or friend: 58**
- **Treatment / Probation or similar: 43**
- **Website / Internet search: 18**
- **Doctor / Counsellor: 12**
- **Rehab: 4**
- **Prison: 4**
- **Poster: 2**
- **Other fellowship : 1**
- **FRANK: 1**
- **Rehab in Watford : 1**
- **AA fellowship : 1**
- **A fellow in another fellowship : 1**
- **Helpline via talk to frank add : 1**
- **AA: 1**
- **Forward trust: 1**
- **Helpline: 1**
- **Can't remember: 1**
- **Social Media: 1**
- **ATM: 1**
- **Rehab : 1**
- **Pier Road project : 1**
- **12 stepped: 1**
- **drug alcohol treatment centre: 1**

Q3. Do you have a home group?

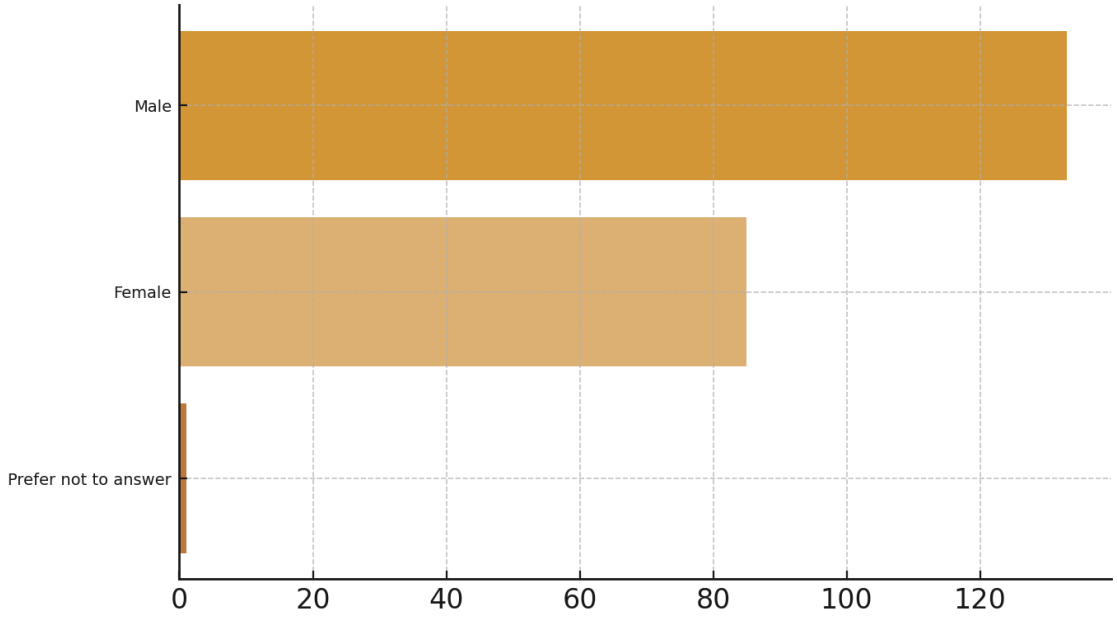


All responses:

Yes: 204 **No: 7**

Currently Looking: 8

Q4. What is your gender?



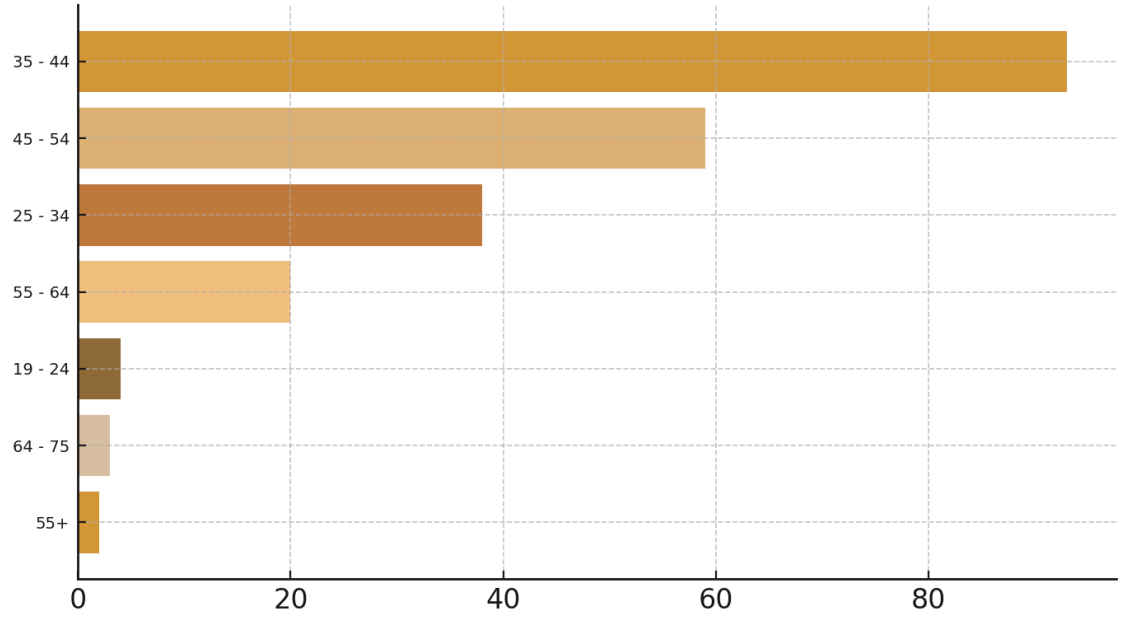
All responses:

Male: 133

Female: 85

Prefer not to answer: 1

Q5. What is your age group?



All responses:

35 - 44: 93

45 - 54: 59

25 - 34: 38

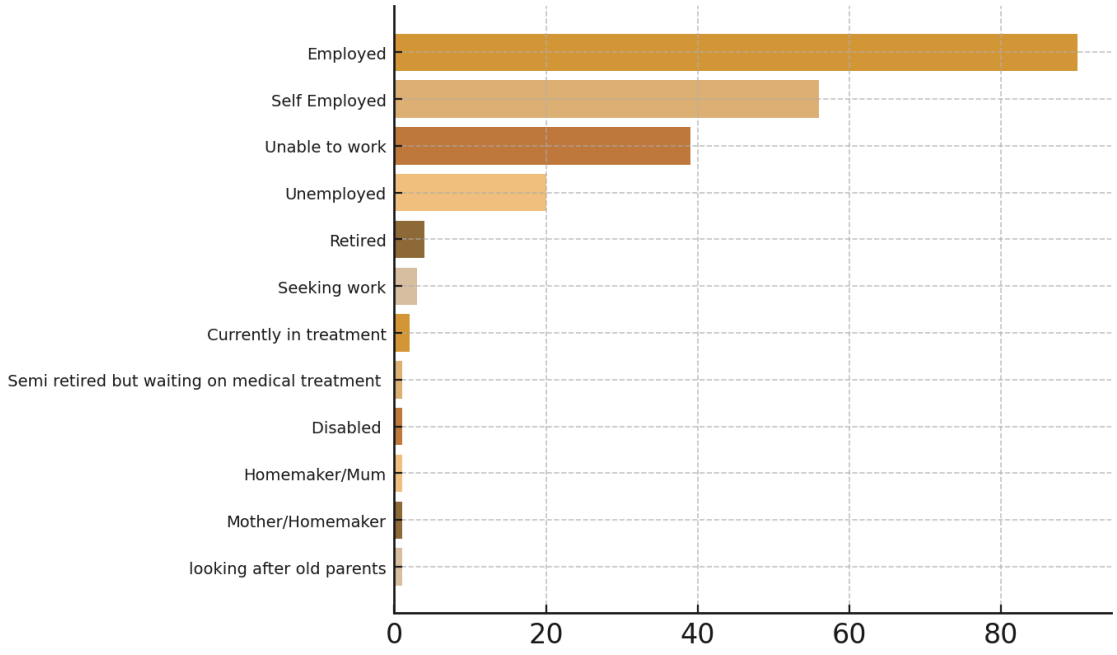
55 - 64: 20

19 - 24: 4

64 - 75: 3

55+: 2

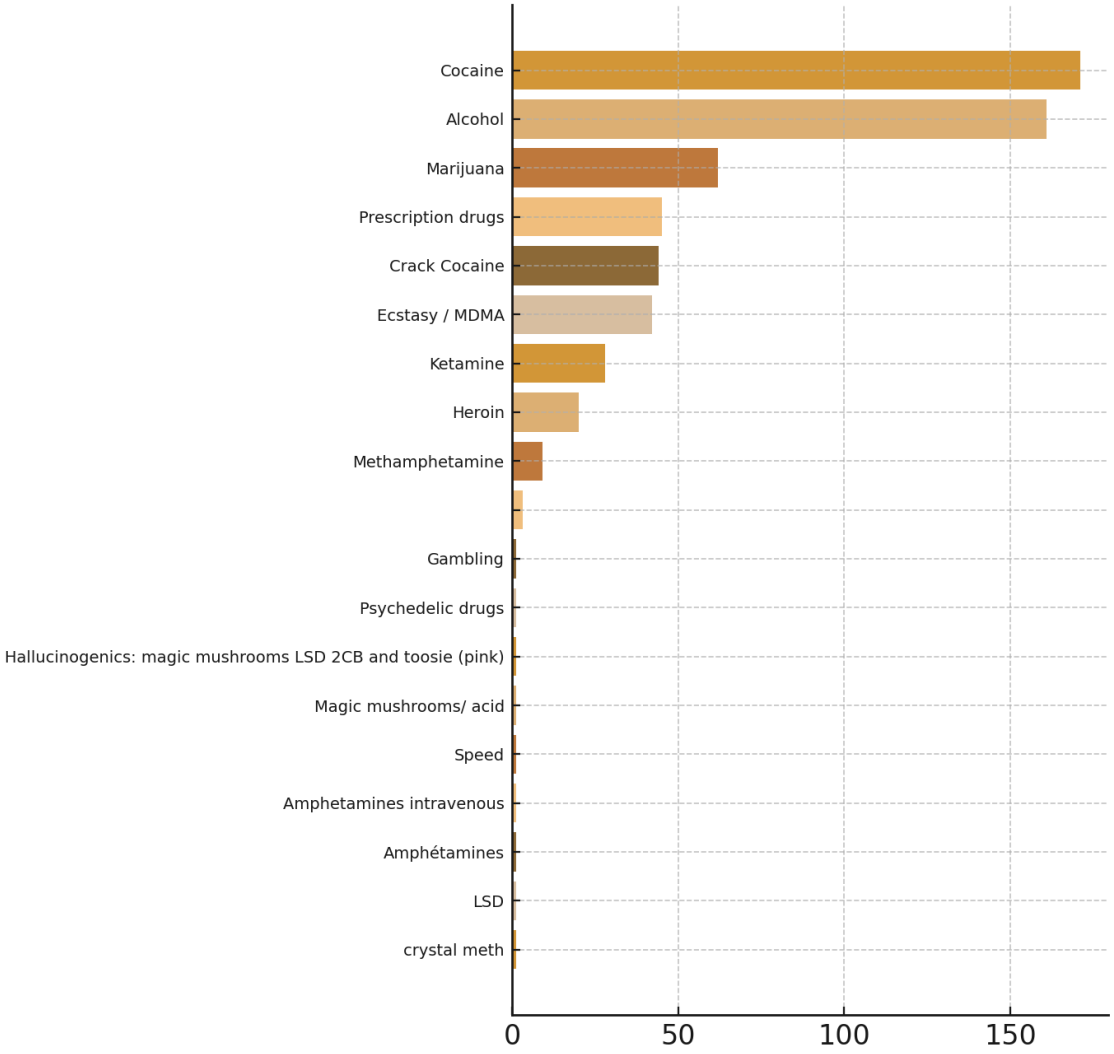
Q6. What is your current employment status?



All responses:

Employed: 90
Self Employed: 56
Unable to work: 39
Unemployed: 20
Retired: 4
Seeking work: 3
Currently in treatment: 2
Semi retired but waiting on medical treatment : 1
Disabled : 1
Homemaker/Mum: 1
Mother/Homemaker: 1
looking after old parents: 1

Q7. Which mind altering substances did you primarily use?



All responses:

Cocaine: 171
Alcohol: 161
Marijuana: 62

Prescription drugs: 45
Crack Cocaine: 44
Ecstasy / MDMA: 42
Ketamine: 28

Gambling: 1
Psychedelic drugs: 1
Hallucinogenics: magic mushrooms LSD 2CB and toosie (pink): 1
Magic mushrooms/ acid: 1
Speed: 1
Amphetamines intravenous: 1
Amphétamines: 1

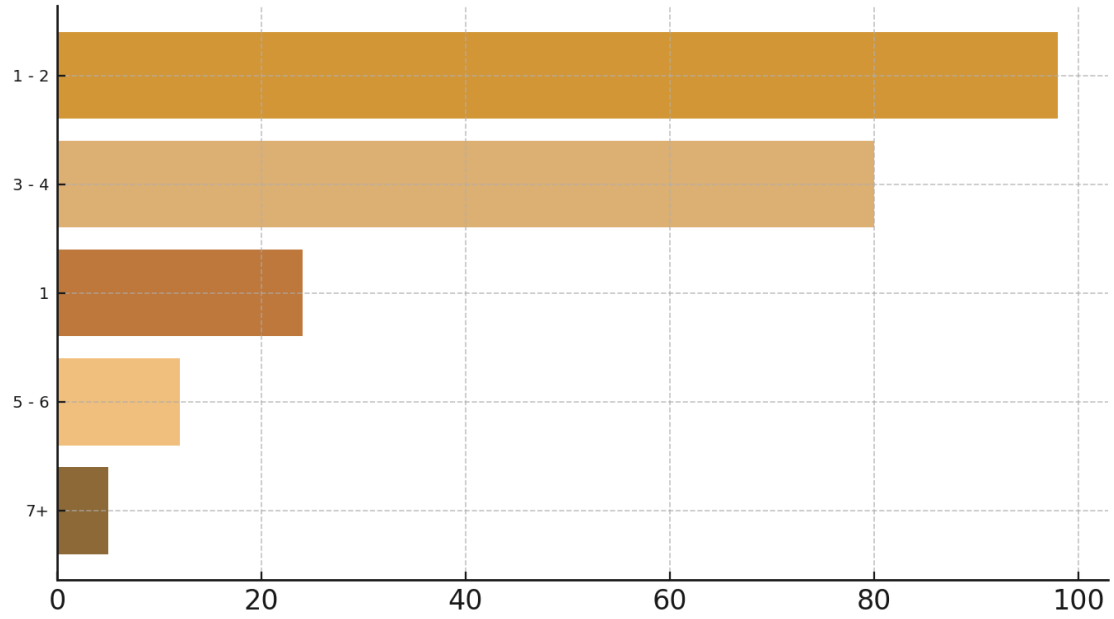
Heroin: 20

Methamphetamine: 9

LSD: 1

crystal meth: 1

Q8. On average how many meetings do you attend each week?



All responses:

1 - 2: 98

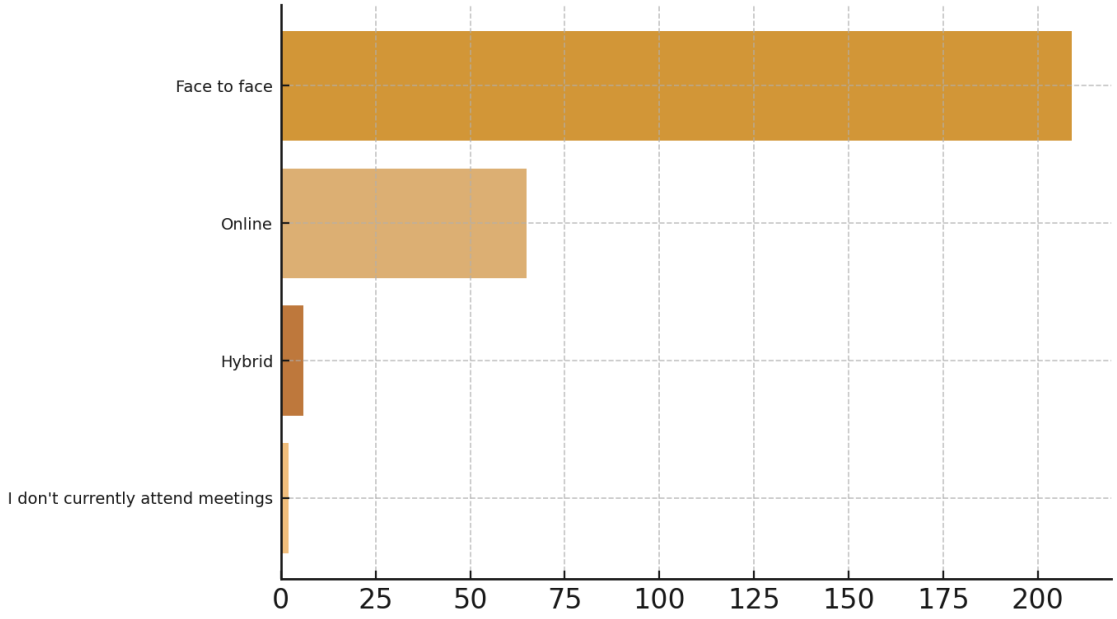
3 - 4: 80

1: 24

5 - 6: 12

7+: 5

Q9. What type of meetings do you attend? (please select all that apply)



All responses:

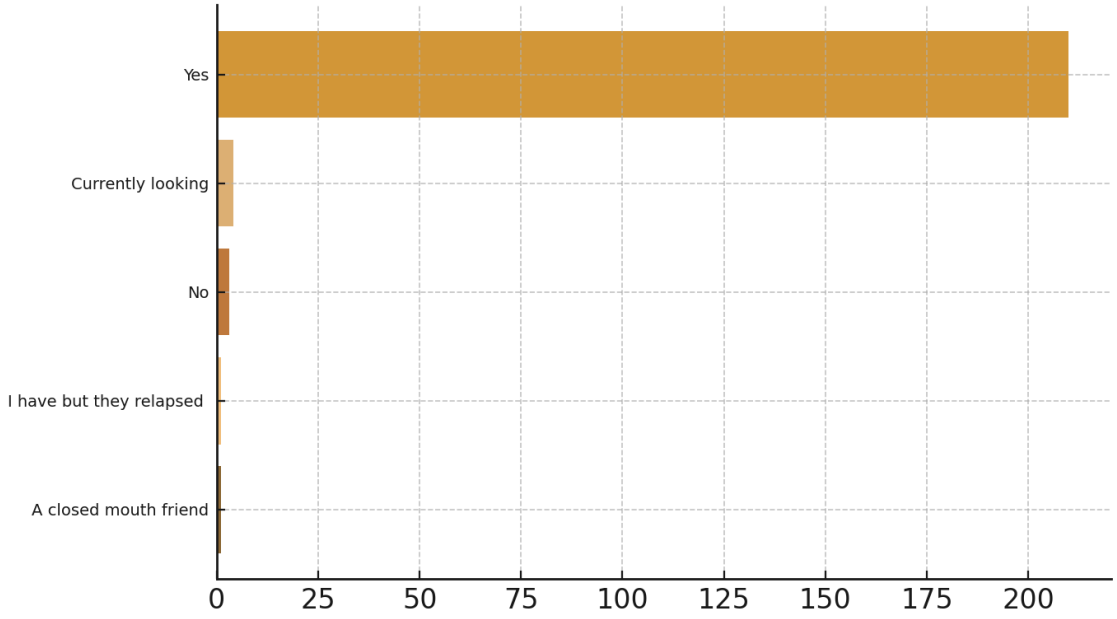
Face to face: 209

Online: 65

Hybrid: 6

I don't currently attend meetings: 2

Q10. Do you currently have a sponsor?



All responses:

Yes: 210

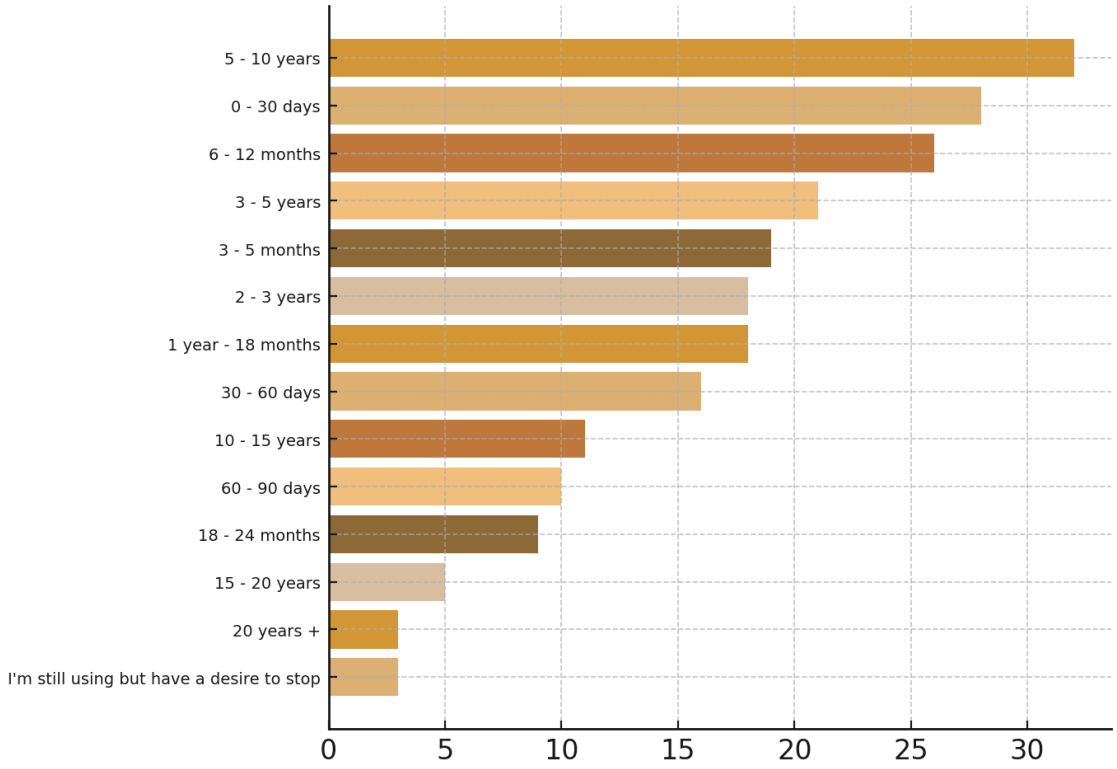
Currently looking: 4

No: 3

I have but they relapsed : 1

A closed mouth friend: 1

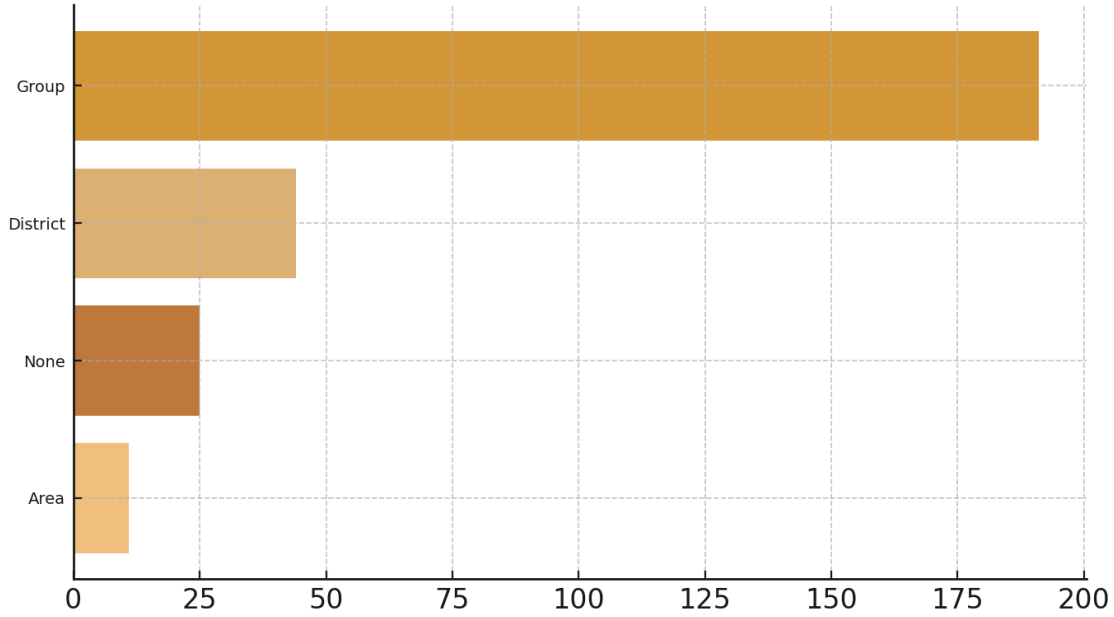
Q11. How long have you been sober for?



All responses:

5 - 10 years: 32
0 - 30 days: 28
6 - 12 months: 26
3 - 5 years: 21
3 - 5 months: 19
2 - 3 years: 18
1 year - 18 months: 18
30 - 60 days: 16
10 - 15 years: 11
60 - 90 days: 10
18 - 24 months: 9
15 - 20 years: 5
20 years +: 3
I'm still using but have a desire to stop: 3

Q12. What service levels do you currently participate in for CA?



All responses:

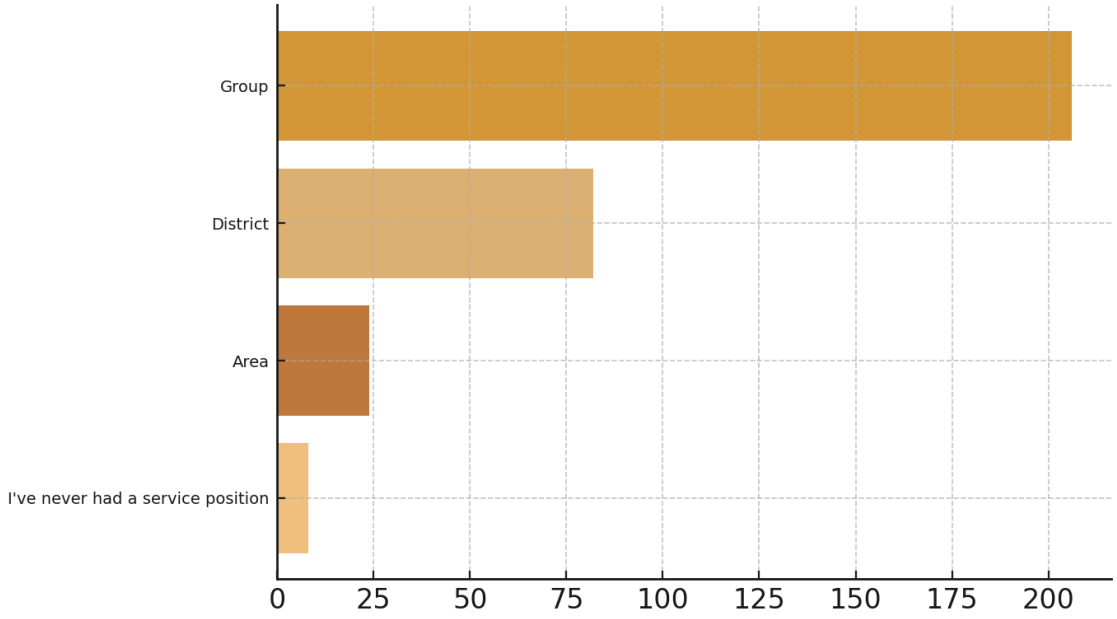
Group: 191

District: 44

None: 25

Area: 11

Q13. What levels of service have you participated in for CA?



All responses:

Group: 206

District: 82

Area: 24

I've never had a service position: 8

Q14. If you've never participated in service at District and or Area level, why not?



All responses:

I'd like to / I am planning to: 46

I don't know what's involved: 19

I'm unable to get there: 11

It's too far away from me: 8

I have a large young family so my time is very limited: 1

I have young children so on a time limit: 1

I have my son at weekends : 1

I have : 1

Haven’t bothered : 1

I have done higher service for years in AA & NA and am happy with my group service and allowing newer members the opportunity. : 1

Children : 1

Have attended several times over my recovery and not found it appealing or anything I had to offer wouldn’t fit : 1

I work every other sunday.: 1

I have my kids at the weekend : 1

Put off by experience at district: 1

I struggle to commit to attending district on sundays: 1

I'm an addict not a politician and I don't play well with others: 1

Can't due to work and family : 1

Only been to district once : 1

Not enough time : 1

I've only been working a program for 60ish days as I white knuckled for 3+ years: 1

I have 4 years clean time but I've only been working the program 3 months so I'm not ready yet: 1

Not enough clean time: 1

Too new : 1

Not for me : 1

My health can't garantwe i can be at meetin. No transport: 1

I have 3 autistic children so its hard to commit: 1

Work commitments at weekend: 1

I dont feel like i can help here: 1

Family commitments: 1

Sunday's are family time : 1

Time commitment : 1

Q15. How could the District better serve you / your group? Are there any questions, comments or concerns you'd like to add.

All responses:

- flockynockynihilipilification question.
- No it's all good
- I think the district is doing just fine
- Minimise repetitive nature of it, why is it asked about which service positions are or are not filled for each group by the GSR yet little help is then provided to help these struggling meetings unless they are put out as meeting of the month?
- More transparency, minutes should be more widely available. Online option to attend even if it’s to observe. Location should be more centralised
- Predatory behaviour should be addressed sufficiently
- Come along to different meetings meet the people introduce yourself some people cant get around to find new people
- Very happy and love what you do 🙏🏻
- Regular updates as so many groups don't have a GSR, workshops online & face to face, more outreach, events for newcomers
- Dsr could visit our meeting once maybe.
- There are lots of meetings so they must be doing something right.
- I think the district could have a prayer time to improve our conscious contact with God.
- Need later meetings. Leave at 5 in morning and often not back until 6pm. I'm often filthy when I get home as I'm a hard landscaper so I need a shower. By then all the meetings have already started
- Could be nearer to our area
- Addressing bullying and predatory behaviour
- I think there needs to be more ketamine groups!!!! I attend the one in Bromley on Tuesdays but ketamine needs more awareness!!!! It is worse than heroin was in the 80's and it's harder to get off ketamine than heroin!!! There's a substitute for heroin called methadone. There is no substitute for ketamine and it is fuxking up so many young people!!!
- More presence of district representatives at different groups
- I'm happy with the service you guys give as a district..
- I think we do an amazing job already
- More information readily available about what service positions actually entail within the committees and subcommittees at district and area.
- Im happy with how its run
- No

- There's only one ketemine group on a Tuesday in Bromley I think there needs to be more for ketemine maybe in bexleyheath its needs more exposure ketemine is worse than heroin was in the 80's it is fucking nasty and fucking people up of young ages if I can help anyone on my on my path to sobriety I will just think they need more groups about ketemine!!!!
- I’m not sure.
- Serve groups. Not the other way round. Always
- None that come to mind
- Members of DSC visit each meeting in Kent to offer support
- I’d like to see the language and terminology used at district to be more welcoming and cut the sarcasm at times as i know at times it’s made me reserved and prevented me from wanting to speak out due to worry of being shot down or ridiculed
- More support and help with PI at individual group level. Representatives from district attending GC's in district area to give tailored advice.
- There are only 1 ketamine group on a Tuesday in Bromley. I think there should be more ketamine groups if there was one in bexleyheath guaranteeing a filled up group!! Ketemine needs as much exposure as possible it's shit!!!
- As a regular attendee of district I’ve found it has served me well, I would encourage people to come down and have an experience, I can only do my recovery though
- its very good for me as im quite new, and its working so for that im extremely grateful
- Presentations now and then for all groups in district focus primary Purpose group engagement fulfilling Primary Purpose scheduling events to fulfill Primary Purpose for still suffering at Street level etc
- Very happy with the job district are doing 🙏🏼
- I think everything is working just fine, and has done for many years.
  If it ain't broke dont try and fix it
- Happy customer
- Maybe don’t strict meeting closer to our area
- More workshops online to help understand service positions
- The district does a fine job. The only thing I would say is that we should have a district prayer group
- None
- No
- Attend meetings sometimes to give us info
- No
- No more posters needed. Found meetings through rehab expensive way
- I don’t understand all stuff like that
- I don't know
- Early morning meetings

- More events for unity with adjoining districts to meet people from all areas
- None
- District could be done online
- In 2011/2012 this District took inventory and in support of its members moved its District meeting through realigning its centre based upon the outlying points to find the true geographical centre (to the nearest town). So of course it would support the highest obstacle to service being being able to access the point where it is specifically in this case distance to District. This District took inventory again but failed to address the centre being of most importance. Creating equality, currently there is no equality in East Kent, the district location does not support it. That's why there is talk in East Kent of a District that supports them. What's the old saying if Mohammed won't come to the mountain, the mountain will come to Mohammed, in this case we're building a new mountain for Mohammed, as we are suffering because of the ignorance and selfishness of the District not to address this. ILS
- District is a key to keeping groups running effectively and they do an outstanding job
- By Making sure that chairs in meetings stick to the talking the big book and steps and not waffle on about war stories and past using
- An amazing program run by love, those who have been sober for longer should be getting more involved in my opinion. Sharing the importance of the district at meetings helps raise awareness. Thank you to all those who do attend regularly and give service.
- There doing fine
- I think our district does brilliantly
- Maybe training for service positions like a course on how to use a computer
- Make more allowance for people that can't commit to attend district meetings on a Sunday and allowing reports to suffice
- Not very happy with my service in my home group in Margate.