

ABOUT AA

AA has an estimated membership of over two million, attending more than 123,000 AA groups in approximately 180 countries. In AAGB, there are approximately 5,500 meetings, both face-to-face and online.

In 2025, a sample of 3,335 AA members from AAGB participated in a membership survey, which has been conducted since 1978 by the General Service Board.

AAGB carries out the survey to inform its members of current trends in membership characteristics. The survey also provides information about AA to the professional community and the general public, as part of AA's primary purpose, of helping those experiencing problems with alcohol.

WORKING WITH ALCOHOLICS

AA aims to improve communications with all who may be working with people who have a problem with alcohol. Many members have come to AA because of contact with a well-informed practitioner.

The survey provides insight and information that may help all those working in sectors such as healthcare, employment, the armed services, prison, probation, and social services.

We seek to co-operate with all in our attempts to reach those suffering with problems from alcohol. For more information please see the links.

“It must never be forgotten that the purpose of Alcoholics Anonymous is to sober up alcoholics.

There is no religious or spiritual requirement for membership. No demands are made on anyone.

An experience is offered which members may accept or reject. That is up to them.”

- Bill W (Co-founder)

AA PREAMBLE

Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions.

AA is not allied with any sect, denomination, politics, organisation or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes.

Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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For general information about AA in Great Britain, scan the QR code opposite or visit:

www.alcoholics-anonymous.org.uk

For general information about English speaking AA in Europe, scan the QR code opposite or visit:

www.alcoholics-anonymous.eu



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Alcoholics Anonymous

Great Britain
(AAGB)



Membership Survey 2025



Helping us to carry our message of recovery

AGE OF MEMBERS

Membership of AAGB is estimated to be 32,200

Under 30	6%
Age 31 - 40	15%
Age 41 - 50	25%
Age 51 - 60	27%
Age 61+	27%

AGE FIRST CAME TO AA

Under 30	27%
Age 31 - 40	28%
Age 41 - 50	24%
Age 51 - 60	18%
Age 61+	3%

GENDER OF MEMBERS



ETHNICITY

White	92%
Mixed	4%
Asian	1%
Black	1%
Other	2%

EMPLOYMENT STATUS

In work (full or part time)	63%
Unemployed	4%
Full-time student	3%
Retired	23%
Other	7%

MEETING ATTENDANCE

On average, how many meetings do you attend each week?

5+	20%
3 or 4	35%
1 or 2	40%
Less than 1	5%

INTRODUCTION TO AA

Existing group member	24%
Treatment centre	14%
Telephone helpline	8%
GP / health professional	12%
Internet / social media	13%
TV / radio	5%
Saw a notice about meetings	4%
Meeting Finder app	1%
Social media	1%
Al-Anon, Alateen or other 12-step programme	0.5%
Probation/ prison service	1%
'Chat Now' function / email	0.2%
Church or other clergy (Priest / Imam etc)	1%

LENGTH OF SOBRIETY

Less than 7 months	8%
7 to 12 months	7%
1 to 2 years	12%
2 to 10 years	36%
Over 10 years	37%



WHAT ASPECTS OF AA MEMBERSHIP SUPPORT YOUR RECOVERY?

Attending regular meetings	91%
Working the 12 Steps	86%
Acceptance	79%
Helping other people	79%
Service	75%
Sense of belonging	71%
Having a sponsor	71%
Finding a Higher Power	74%
Not feeling alone	79%
Having a home group	71%
Sponsoring others	49%

SPIRITUAL MATTERS

90% of members consider themselves 'spiritual', and 94% claim to have a 'higher power'. We asked what form their higher power takes:

Spiritual belief	57%
Nature	11%
Religious	15%
AA Group	6%
Other	11%

ADDITIONAL HELP

55% of members, had received treatment or counselling related to drinking before coming to AA. After coming to AA, 40% of members received treatment or counselling related to their drinking.

OTHER MENTAL HEALTH CONDITIONS

42% had been diagnosed with a mental health condition other than alcoholism. The most likely type of mental health condition other than alcoholism was depression.