



**OVEREATERS
ANONYMOUS®**

South and East England Intergroup

MINUTES

07.01.2017> (2-5pm)

The Boardroom, Lower Ground Floor, Chelsea & Westminster Hospital, Fulham Road, London SW10 9NH

Attendees			
<u>IG Officers</u>	Name	Phone	Email
Chair	Peter		chair@oasouthandeastengland.org.uk
Executive Secretary	Stacey		secretary@oasouthandeastengland.org.uk
Treasurer	Mayu		treasurer@oasouthandeastengland.org.uk
Recording Secretary	Dee		recordingsecretary@oasouthandeastengland.org.uk
<u>IG Reps</u>	Name	Phone	Email
NO LIST OF ATTENDEES KEPT			

Agenda items	Action Points
<p>Meeting opened: 2.00pm Chair, Peter, opened the meeting.</p>	
<p>Readings: 2.05pm Preamble: Carolina, 12 Traditions: Vicky , 12 Concepts: Juliet, Purpose of Intergroup: Preya, Healthy Intergroup: Linda</p>	
<p>Introductions and 7th tradition: 2.10pm</p> <ul style="list-style-type: none"> • Apologies from Nita telephone secretary, Rachael Web officer unwell. • 7th tradition collated: £65.50 • Voting Members present 15 therefore quorum met (11). 	
<p>Minute approval 2.15pm</p> <ul style="list-style-type: none"> • Corrections and amendments • Proposal – The meeting moves to accept these minutes as an accurate record of the 2 July 2016 Intergroup meeting. Moved by Vicky, seconded by John. Motion: adopted. • Matters arising: Discussion around Item 7 and going to vote not debating : this to be brought forward at another meeting • Time keeper – Vicky volunteered. 	
<p>Officer reports 2.50pm</p> <ul style="list-style-type: none"> • Acting Chair – Peter: Clarification requested on why we had an acting Chair and not a permanent chair, Peter explained he will be full chair when he reaches his 1 year abstinence. No additions, no questions raised. • Vicky was asked about the flyer • Vice Chair – • Executive Secretary: Stacey: • Recording Secretary: • Treasurer – Mayu: Update the fraudulent claim has been stopped and monies returned. All expenses to be put in by March 2017. Clarification of what can be claimed, this is on the website. • Website officer -. Rachael not present • Newsletter officer – No additions or questions • Telephone officer - Nita not present: Confirmation required on if the phone is repaired, and how Nita is using the phone. It was raised that it would not be acceptable for officers to be calling out with their own phone as this would breach tradition 7 . A draft or proposal is required to be discussed at next meeting. • Region 9 and WSO – Holly: Question: What committee she is on at World Service which she responded young persons and there is an OA young persons 	

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<p>Facebook page set up as an outcome of this committee</p> <ul style="list-style-type: none"> • NA Delegate – Juliet: 12 Step Workshop and Study Guide now available, and New Beginnings: Stories of Recovery from Relapse is being discontinued 	
Agenda items: 3.04pm	
<ul style="list-style-type: none"> • Item 1 - Goal setting for 2017: there will be a database where OA members can put their names on it and make themselves available to carry out tasks even if they do not attend IG. • Proposer: Caroline: set up workshops to support people with learning new skills while achieving service. Do a 1 day event where we split into groups to learn new skills and offer service. <p>Peter proposed that in order to have sufficient time for the different proposals for tasks, time for discussion was reduced to 3 minutes than 5: Motion was carried by the majority.</p> <ul style="list-style-type: none"> • Proposer:To create a template for setting up a healthy meeting. On discussion the members advised there was already such a template available. • Proposer: Vicky: To offer improved teenager support. The group felt this may be challenging because of the need for DBS checks to work or support children <p>Break 20 mins.</p> <p>Continued with Goal setting and proposals for tasks:</p> <p>Proposer: Peter: card to put out in café with OA information, cards to be printed and sent out via IG and groups. There may be a map that when a card is placed in a café the café would be put on the map.</p> <p>On discussion it was felt cards would be better to place these in community settings eg Doctors, dentists, hairdressers. There are cards already available but it was felt they were not that inspiring.</p> <p>Proposer: Lea: strengthen 12 step within in the IG, to consider what can be done about attracting more IG reps from more of the Groups.</p> <p>Proposer: Mayu: Grass roots that there is a task force to contact the meetings to get updates and share information on what tasks are available at IG.</p>	

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<p>Proposer: Mayu: PI pack phase 2: Get feedback on PI pack and if it is getting used, and also finding out what other IG groups are doing.</p> <p>Proposer: Sheila: Professional Outreach: reaching out to hospital trustees, student counseling, attending national conferences to inform professionals of OA.</p> <p>Preference for the above tasks demonstrated through a secret vote and all voting members listed their 4 choices from the above list:</p> <p>Results in order of number of votes: 1) Grassroots, 2) cards in community, 3) setting up professional outreach and 4)service workshops.</p>	
<p>Item 2 –Intergroup wide public liability insurance required: All meetings and venues require public liability insurance, with some hired venues this is included however with others the groups have to individually set this up. Should we as an IG group look at this in more detail and see if it is more cost effective for us to purchase one public liability insurance that will cover all OA meetings, and other venues used.</p> <p>Proposer: Caroline.</p> <p>Seconded: Holly</p> <p>Passed by majority</p>	
<p>Item 3: To change the email provider of the officers accounts: Currently IG pay a charge for the service due again in April of £43.06. There is a lot of spam and it may be more cost effective to consider another provider as the current supplier requires additional cost to manage the spam. The spam takes up considerable time going through and we are at risk of missing an important email. GMAIL is one such provider who have better spam filters and no costs.</p> <p>Proposer: Peter</p> <p>Against: Holly asked have we looked at other providers and to put filters on. Keep same provider with spam control or an alternative WEB hosting server.</p> <p>Caroline asked IG group to look at all the options discussed above in more detail and bring a proposal with more information to the next IG meeting:</p> <p>Carried by Majority.</p>	
<p>Item 4: Endorse the Pleshey retreat :</p> <p>Proposer: Stacey</p>	

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<p>Seconded : Peter</p> <p>Carried by majority.</p>	
Any Other Business 4.50pm	
<ul style="list-style-type: none"> □ Caroline has a stock of OA literature and pens, can anyone store. John has storage and will take • • Caroline: Someone wants to know can they bring a child to IG, this to be discussed in the next meeting with an official proposal; 	
<p>Meeting Closes 5.00pm</p> <ul style="list-style-type: none"> • Next meeting to be held on Saturday 4th March 	

Glossary: Common abbreviations used in our documents

AOB	Any other business	OASEE	OA South and East England
GSR	General Service Representative (same as IR)	OASEE IG	OA South and East England Intergroup
IG	Intergroup	PI	Public Information
IR	Intergroup Representative (same as GSR)	PO	Professional Outreach
MP	Meeting Pack	R9	Region 9 (Europe, Africa & Middle East)
MS	Meeting Summary	TSW	Twelfth Step Within
NSB	National Service Board	WSO	World Service Office
NA	National Assembly	WSBC	World Service Business Conference
OAGB	OA Great Britain		

Useful website links

www.oasouthandeastengland.org.uk (*Our IG website*)

www.oagb.org.uk (*Our national website*)

www.oa.org (*The WSO website*)