

INTERGROUP AND AGM MINUTES

Saturday 7 May 2016 (2-5pm)

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

IG Officers		
IG Officer	Name	Email
Chair	Caroline	chair@oasouthandeastengland.org.uk
Vice Chair	Rosemary	vicechair@oasouthandeastengland.org.uk
Treasurer + Acting Rec. Sec.	Mayu	treasurer@oasouthandeastengland.org.uk
Website Officer	Lesley	web@oasouthandeastengland.org.uk
Outreach Committee Chair	Sheila	outreachchair@oasouthandeastengland.org.uk
IG Reps		
Meeting Description	Name	
Stevenage, The Living Room, SG2 0DJ, Sun, 14.30	Nita	
Reading, Berkshire RG1 4BW, Mon, 19.00	Kathleen	
London (Spitalfields), E1 5JQ, Tues, 07.30	Lea	
Borehamwood, Hertfordshire WD6 3PJ, Weds, 20.00	Gregory	
Waltham Cross, EN8 7JR, Thurs, 18.45	Judith	
London (Spitalfields) E1 5JQ, Fri, 18.00	Lesley	
London (Hendon) NW4 2AA, Sat, 10.00	Vicky	
Beaconsfield HP9 2JW, Mon, 19.30	Dee	
St Albans, AL3 6DJ, Tues, 19.30	Claire	

Agenda items	Action Points
<p>Meeting opened 2.00pm by the Chair with a moment of silence for the still suffering compulsive eater followed by the serenity prayer</p> <p>Chair welcomed IRs attending for the first time and ensured they had a newcomer pack.</p>	
<p>Readings Preamble: Dee; 12 Traditions: Vicky; 12 Concepts: Nita; Purpose of Intergroup: Greg; Healthy Intergroup: Judith.</p>	
<p>Introductions All IG members present introduced themselves.</p> <p>Apologies Rachael (Executive Secretary), Holly (World Service Officer), Juliet (Telephone Officer), Emma (Newsletter Officer)</p>	
<p>7th Tradition £40.10 collected by the Treasurer.</p>	
<p>Committee work 14.15 – 15.00</p>	

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The committees and their purpose were introduced by the Chair and then the meeting moved into the committee meetings.	
Agenda resumes 15.00	
Quorum IG quorum is 11 voting members. 13 voting members- quorum met.	
Minute Approval 15.00	
<p>Corrections and Amendments noted.</p> <ul style="list-style-type: none"> □ Amendment of attendee list to show Treasurer dialing in by phone □ Date change needed on page 5 to reflect correct date. <p>The meeting moves to accept these minutes with agreed amendments as an accurate record of the 5 March 2016 SEEIG meeting.</p> <p>Moved by: Kathleen Seconded: Nita</p> <p>Proposal: Adopted</p> <p>Matters Arising: None</p>	Treasurer to make agreed edits to March 2016 IG minutes.
Officers' Reports 15.05	
<p><i>All Officer Reports appear in full in the Meeting Pack.</i></p> <p>Chair: Update provided by the Chair on Pleshey retreat endorsement. After holding a group conscience the 7th tradition will now go to OAGB as only half of the members are from SEEIG. No questions.</p> <p>Vice Chair: Update provided by the Vice Chair requesting all attendees to provide dates for SEEIG calendar. No questions.</p> <p>Executive Secretary: Update provided by the Chair on significant work done by the Executive Secretary to address problems with officers receiving emails and the need to continue our efforts to obtain contact information for all groups. No questions.</p> <p>Recording Secretary: No additions. No questions.</p> <p>Treasurer: Update provided by the Treasurer on formal complaints to the bank for processing errors and delays being completed and £250 compensation awarded. Question raised by Claire on why 7th tradition payments from the St. Albans group were not shown on the records. Agreed for Treasurer to work with the local meeting treasurer to trace payments.</p> <p>Website Officer: No additions. Question raised by Lea on being able to provide feedback on the website. The Chair informed of upcoming actions related to this topic by the Website Officer. Suggestion made to document the ideas and pass these on to the Website Officer.</p> <p>Newsletter Officer: No additions: Question raised by the Vice Chair on whether further information could be obtained on trends in addition to point in time statistics on website hits. Treasurer commented that even if it was difficult to trend against expectations, it would be low effort to trend against prior statistics, for example providing quarterly statistics over the last two years. Agreed for Vice Chair to talk to Newsletter officer to discuss ideas.</p> <p>Telephone Officer: No additions. No questions.</p> <p>Region 9 Rep: No additions. No questions.</p> <p>World Service Officer: Update provided by Chair on behalf of World Service Officer based on email sent from the World Service 2016 event.</p> <ul style="list-style-type: none"> □ Proposal from SEEIG adopted to insert the words "and others" into the proposed changes to the statement on public media. The relevant paragraph will now read: "members of Overeaters Anonymous using social media are responsible for maintaining their own personal anonymity, and respecting the anonymity of other OA members." □ Proposal from SEEIG defeated on bylaw amendment 4. The main cons were that there was no guarantee that the money saved would be spent in a way to benefit the fellowship internationally, that as a worldwide fellowship the Region Chairs Committees (RCC) autonomy. RCC shouldn't be limited to meeting in North America, and that the proposed change 	<p>Treasurer to liaise with St. Albans treasurer to trace 7th tradition payments.</p> <p>Lea to liaise with Website Officer to incorporate suggestions on changes to the Website in the upcoming proposal.</p> <p>Vice Chair to liaise with Newsletter Officer on potential of providing trends on newsletter.</p>

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<p>would compromise the Region Chairs Committees autonomy.</p> <p>Outreach Committee Chair: No additions. No questions.</p> <p>12th step within committee chair: No additions. No questions.</p>	
<p>Break 15.25 to 15.40</p>	
<p>Agenda Items 15.40</p>	
<p>Item 1: Election of Recording Secretary</p> <p>No nominations put forward. The Chair informed that again we would need a stand-in for the July meeting. Judith suggested that we could advertise the roles to our local groups. The Chair commented that this was part of the normal activities to request IG reps to always promote open positions locally. The Outreach Committee Chair commented that they had done this role previously and it was one of the easier roles and therefore a good way to get introduced to IG business and a good way to have new members join SEEIG. The Chair reminded everyone that you need to have experience in IG but only for at least two meetings, including the one you would be seeking to be voted in on.</p>	<p>All IG representatives to promote open roles.</p>
<p>Item 2: Election of Region 9 representative</p> <p>The Chair informed that we have enough budget to send two representatives. The event will be in the Netherlands and so the costs are low. The Chair also added that we should nominate an alternate attendee as best practice so we avoid losing funds should we need to cancel attendance by any individual should their circumstances change at short notice. The Outreach Committee Chair suggested that we need to be informed of the dates of the event as that will help potential nominees decide if they can commit to the role. This was then confirmed as 26-28 October 2016.</p> <p>Nomination for Holly sent in by proxy. Nomination read out by the Vice Chair to the group. Yes: 12, No: 0, Abstentions: 1. Nomination approved.</p> <p>Judith commented on considering the additional open role and to come back to the group accordingly.</p>	
<p>Item 3: Intergroup budget</p> <p>The Treasurer informed the open item was to discuss how much of the current £7592 surplus for Fiscal Year 2015/16 could be sent across to the other bodies as per the agreed percentages 37% to OAGB, 44% to WSO and 19% to Region 9. It was agreed to defer this discussion until we had determined from the next agenda item if we would be looking to hosting upcoming Region 9 events.</p>	
<p>Item 4: Proposal to host R9 Assembly and Convention</p> <p>Vicky informed the group regarding this topic to host these upcoming events in either 2017 or 2018. Initial comments made by the group included it could give good PR for OA locally in the UK.</p> <p>Question was raised as to the cost. The group was informed that delegates pay the cost of their guest room and the event running costs through a delegate fee. All profits from the workshop would go to SEEIG whereas all profits from the assembly would go to R9. It was expected that the assembly would be for around 25 people but the convention would be considerably more.</p> <p>Question raised whether we would have time to work on this when we are already unable to resource existing activities. Comment was made that based on previous experience these events can typically take around 8 people and that we have 13 months ahead of us to organize resources. Additional comments were made that it seemed odd to not have our representatives for some of our key roles but to have the support to host an event.</p> <p>The Chair commented that we can now move to a vote. Proposal put forward by Vicky to look into hosting events over the next couple of years. Proposal seconded by Mayu. Yes: 8, No: 1, Abstentions: 4. Therefore motion carried to start research.</p>	

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<p>Item 3 revisit: Intergroup budget</p> <p>The group picked back up the discussion on the surplus for Fiscal Year 2015/16 now that the discussion had been held on hosting assembly and conventions. After various different suggestions on how much of the surplus to keep back for event hosting, it was agreed that the group did not have enough data to make an informed decision despite being keen to pass on the surplus to other groups as quickly as possible. It was agreed to research costs and to bring this information to the next IG meeting.</p>	<p>Vicky to research hosting costs and to liaise with the Treasurer to review and bring this information back to the next IG meeting.</p>
<p>Item 5: National Assembly</p> <p>The Chair informed the group that The OA National Assembly 2016 will be held this year in Glasgow from 14-16 October. We will need to discuss the benefits to your group of sending a rep, and the options available for funding. It was important that groups started to discuss this at their local meetings. There was also a delegate assistance fund for groups struggling to send people. Estimates were £130 for room and food. Travel costs would be in addition to this.</p> <p>Question was raised as to whether there was a leaflet for the event. It was explained that it would be released soon. In the meantime preliminary information was available on their website. Lea mentioned that the Shoreditch group had started saving for this event six months ago and that some groups may be too late to raise the funds and that they should start as soon as possible.</p> <p>Question was raised as to who would be attending the event on behalf of SEEIG. It was suggested that this could be done as part of the discussions later in the year on obtaining nominations for our normal roles, however this could be too late. It was suggested if in our July meeting further discussion could be held to inform the group on the nature of the open role at the National level. The Vice Chair suggested that the board could work up a proposal.</p>	<p>Vice Chair to liaise with the board on coming up with information to the IG in July on the nature of the national role.</p>
<p>Item 6: Email etiquette</p> <p>The Chair informed the group following on from the IG inventory last year, it was suggested that we have some guidelines as an IG to advise officers on their use of email for IG work. We will be discussing the contents of the attached document and voting on whether or not to adopt these guidelines.</p> <p>The Chair asked the group if attendees were ready to vote on the proposal as it stood now. 9 people said they were ready to vote now. The proposal was put forward by the Vice Chair and seconded by Judith. Yes: 8, No: 1, Abstentions: 0. Motion carried.</p>	<p>Chair to liaise with the Executive Secretary to update SEEIG guidance documentation.</p>
<p>Item 7: Proposed changes to doing Intergroup business</p> <p>The Chair informed the group of the purpose of the discussion to address issues with lack of time at IG meetings to bring up topics and to effectively discuss them. Four ideas generated by the board were provided with the information pack for the group's consideration.</p> <p>Initial comments made</p> <ul style="list-style-type: none"> □ We seem to have a lot of admin and not much time for any other business. The Chair commented on how requests for agenda topics should be made prior to a meeting to then be brought to the main group as a proposal □ Question raised on why the submitter box was blank on the form. It was explained by the Chair that the proposals were written on a template form and submitted by the Board on behalf of the group 	

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<p><u>Proposal 1</u></p> <p>Proposal made by Nita to extend meeting time by 30 minutes. Seconded by Lesley. Number wanting to debate: 7. Number ready to move to vote: 6. Comments made by the group provided below for the debate.</p> <p>Pros</p> <ul style="list-style-type: none"> <input type="checkbox"/> We tend to run out of time to discuss topics that people are passionate about. <input type="checkbox"/> Avoids building large backlog of topics <input type="checkbox"/> Delays are significant. Irony that this is the proposal is to give us more time, but it itself was delayed. At the Borehamwood meeting Greg mentioned he had to explain that we had deferred it which was hard to justify. We can always propose to get rid of the backlog. <input type="checkbox"/> Remember this issue in January and it is ironic that we can benefit from this, but yet it is deferred. It is now May and it would have helped. <p>Cons</p> <ul style="list-style-type: none"> <input type="checkbox"/> We have limited time available for service, we can't always keep extending our hours. <input type="checkbox"/> Becomes hard to concentrate after more than three hours. <input type="checkbox"/> Travel becomes more difficult as we move to later in the day, especially in Winter <input type="checkbox"/> There will always be agenda topics that need to be deferred. <input type="checkbox"/> We want to make intergroup attractive. Like the way we run the meeting, would prefer to remove committee time. <p>Yes: 3, No: 10, Abstentions: 0. Motion declined.</p>	
<p><u>Proposal 2</u></p> <p>Proposal made by Judith to remove time for committee meetings from SEEIG meetings. Seconded by Vicky.</p> <p>Amendment to proposal made by Lea to change committee time to 10 minutes and seconded by Danielle.</p> <p>Cons: Ten minutes is not enough time to effectively discuss any topics. Proposal to amend withdrawn by Danielle. Motion to amend failed.</p> <p>Vice Chair commented that the group move forward with the debate. Number wanting to debate =5, Number ready to vote = 5. Chair cast the vote to debate to break the tie.</p> <p>Pros:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Committees can function better outside the room, in person, by phone, etc. to get a lot more done. The committees can talk outside and get more time to get things done. <input type="checkbox"/> A lot of PI work has done on skype, emails and phone to prove it can work. <input type="checkbox"/> It really focusses on people that want to do the work. Often at the IG meeting people can just debate and don't follow through on actions. <p>Cons:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Risk that committee work would not happen outside main IG meeting. <p>Yes: 10, No: 2, Abstentions: 0. Motion carried.</p>	
Any Other Business	
None	
Meeting closes: 5 pm	
Chair closes meeting with the serenity prayer.	
Next meeting	

Agenda items	Action Points
Next scheduled IG meeting: Saturday 2 July 2016 2-5pm	

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)

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