

MINUTES

Saturday 8 January 2011 (2-5pm)

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

Attendees			
<u>IG Officers</u>	Name	Phone	Email
Chair	Kate		chair@oasouthandeastengland.org.uk
Vice Chair	Reshma		vicechair@oasouthandeastengland.org.uk
Executive Secretary	Alex		secretary@oasouthandeastengland.org.uk
Treasurer	Ceri		treasurer@oasouthandeastengland.org.uk
Professional Outreach Officer			outreach@oasouthandeastengland.org.uk
Website Officer	Patrick		web@oasouthandeastengland.org.uk
Telephone Officer			telephone@oasouthandeastengland.org.uk
World Service Officer	Patrick		worldservice@oasouthandeastengland.org.uk
National Assembly Chair	Francene		spiralingspirit@gmail.com
	Angela		
<u>IG Reps</u>	Name		Email
Chelsea/ Sun 11:00	Reshma		
Kennington/ Sun 17:30	Amy		
Limehouse/ Sun 6.30pm	Catherine		
London W1 (Hinde Street)/Mon 12 :30	Uz		
London W1/ Tue 18 :30	Deborah		
Chelsea/ Thurs 7pm	Mat		
St Mary Le Bow / Thurs 18:00	Ceri		
Eltham/ Thu 20:00	Caroline		
Wimbledon / Sat 08:30	Alex		
London W1 / Sat 12:45	Lucy		

	Action points
Meeting opened: 2:00pm	
Chair Welcome The Chair welcomed everyone to the IG meeting and in particular any guests who were attending in response to the Intergroup requesting IR and officers to 'Bring A Friend To Intergroup' to find out how it worked.	
Readings Preamble: Aileen • 12 Traditions: Deborah • 12 Concepts: Caroline Purpose of Intergroup: Ceri	
Apologies Officers: Sam (NSB Rep), Catherine (Recording Secretary), Louisa (Mail Officer), Charlie (New & Existing Group Support Officer), Mary (PI Groups) Reps: Mia (Putney), Phillipa (Chelsea and Westminster/Saturday)	
7th Tradition: Exx.xx collection Ceri gives this to us later on	
Quorum: Voting Members present 16. Quorum met (11)	
Minute Approval	
November 2010 Corrections & amendments: <ul style="list-style-type: none"> Ceri asked why the contact details had been removed, and it confirmed that it was for anonymity. However, it was felt that IG Officers and Reps required this information so that the IG could contact each other about matters. It was agreed to put this information back on the minutes circulated to IG Officers and Reps and the copy for the web would not have this information January minutes were updated. Proposal: The meeting votes to accept these minutes as an accurate record of the November IG meeting. Proposed by: Ceri Seconded by: Reshma Vote: Passed Matters arising: <ul style="list-style-type: none"> P1. The Contact information for IG Officers and Reps was requested and agreed to be placed on the minutes going to the IG and to leave out on the web copy P1. Amy IG Rep should read Kennington not Southwark as meeting has moved P3. Caroline has organised for speakers to go to the Caprio Clinic each month, she is the contact and this is a contact from Eating Disorders conference Dropbox – Deborah requested help with amending her entry on Dropbox P5. Ceri had contacted Hinde Street Church regarding the meeting debt and will continue to resolve this issue. P5. Wisbeck meeting is has spelling error, should be <u>WISBECH</u> 	Sec. To add contact information for IG Officers and Reps to minutes circulated to members of IG and remove contact information to the minutes being placed on the web. Sec. Contact information to be added to minutes Sec. Update minutes Alex. Liaise with regarding Dropbox information Ceri. To liaise with the HInde Street Church
Officers' Reports	<i>All Officer Reports appear in full in the Meeting Pack.</i>
Chair: Kate <ul style="list-style-type: none"> Highlighted that one of the aims this year was to obtain an update to 	<ul style="list-style-type: none"> Request members to take flyer

date email contact for each meeting. It is envisaged that when all the contact information was collected it could be used to contact them directly with information and encourage contact with the IG. She handed out a flyer to each person present and asked them to take them to meeting they attended and ask them to give a contact for this group. The group liked the flyer but was not happy about the quote as it was not OA approved and it was agreed that the quote should be removed before being given to groups, so that it did not encourage groups to use outside literature and quotes in their meetings.

- In addition Francene handed out a list of all meeting, from the OA website and asked all those present to put a name to all the groups they attend so that we can send information to them regarding this.
- **Elections for Region 9 reps** would be at the May IG meeting and she tasked those present to think about standing. Requirements for post, abstinence for 6 months and have worked at IG.
- **OG GB** was looking for someone with experience of working on the Eating Disorder Conference to work with one of the NSB Officers to a manual on this topic

Vice Chair: Reshma

- No questions

Executive Secretary: Alex

- Surbiton meeting has closed

Recording Secretary: Catherine - Not present – apologies

Treasurer: Ceri

- Contacted closed group at Hinde Street.
- Sent a paper to the IG Board on Treasurer matters
- Delegate account not on report, she will add this for the next meeting

PI Media Officer:

- Vacant.

PI Groups Officer: Mary

- Sent PI poster out to the IG, but it was reported that no one had received them.

Professional Outreach Officer: Vacant

New & Existing Group Support Officer: Charlie - Not present – apologies

Loner Support Officer: Uz

- Handover to take place.

Website Officer: Patrick

- Updated IG on the situation of the problems with meeting list. This was being updated and it was hoped would be fully operational soon. It was reported that some web browsers were having problems with the website.
- Has put instructions on the website on how to update your groups and confirmed that a video would soon be available.

to groups and to remove quote at top.

- Members placed their name by groups they attend
- Members think about election for Region 9
- Interested member with experience to contact Chair for more information

- **Treasurer:** To circulate paper to IG and add Delegate List to Treasurer report

- Contact Mary and ask her to send Posters again

Mail Officer: Louisa

- She was now receiving mail.

Telephone Officer

- **Vacant**

World Service Officer: Patrick

- Thanked the group for their work on the WSO motions.

Region 9 Rep: Patrick

- There would be elections at the May IG meetings to elect two representatives. Requirements – 6 months abstinence and experience of working at IG level.

NSB Reps: Jacqueline

- She was working on a PI Initiative for the autumn, date yet to be confirmed, for between 60 to 80 people. She asked for ideas of who to contact and a venue.
- She was going to work with the PI group with the Strategic plan committee later in the meeting.

National Assembly 2012 – Francine

- Announced meeting after the intergroup, 17.00 to 17.45
- Caroline and Ceri to design flyer, Reshma was not hotel liaison, Deborah to work on content of the conversion.

Break: 3:30-3:45pm

Group Reports: Group Reports are not minuted unless specifically requested.

- Meeting closed:
Surbiton (Sunday 11am) Closed

Agenda Items

Proposal for sponsorship workshop – Saturday 15th or 29th September 2012

- Agreed to hold the workshop in Hinde Street venue and produce flyer
- To give financial contribution of £118 for room hire and stationery

Proposed ? seconded ? Group agreed to hold workshop

Elections of vacant posts – this did not happen as there were no nominations

St Neots Workshop – It was announced that there was a workshop on 14 April called Spring Into Action, details on the loop and please let your groups know.

Use of AA Literature in OA Meetings - AA has requested, that if OA uses their literature in their meetings could they please use it in its original form.

- That is to say from the AA Big Book, for example the promises, and keep God and not change it to Higher Power.
- They were happy for OA to change Alcoholic to Overeater and AA to OA. For further information look at article in Step by Step fourth quarter 2011 edition, available on the OA GB website.
- This request does not change the paragraph in the Invitation To You OA reading.
- Patrick was requested to ask for more information when he went to WS.

- Caroline to confirm room with Hinde Street and design flyer.

- **Sec** sent out article with papers for the next meeting
- **Patrick** to bring issue up at WS

New Berkshire Meeting

The meeting has written to IG to request funding of £70 for a new meeting and that they would repay IG when they had funding. It was felt that if we funded them it would create a precedent that meeting would start to expect IG to fund all new meetings and pay off all debt, which is not the policy of the IG.

The group debated the issue and it was put to a vote and it failed.

Chair to contact the contact with outcome.

Jacqueline to request Finance Committee at NSB to consider budgeting for meeting who require funding e.g. start up groups or those who close with debt.

Men's meeting – this meeting is struggling and has requested for support from men

- **Chair** to contact new Berkshire meeting with news of failed funding

Who? Contact: NSB contact finance committee with suggestions

- **AOB**

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- **4 – 5pm OA Strategic Plan Work.**

Alex apologised for not sending out the notes of the four meetings with the meeting pack.

The four groups reported on the progress they had made.

Committed Services Bodies

- Sent out a flyer inviting OA members to the Intergroup and that a

number of members had come.

- Circulated a list of meetings in the OASEE IG and asked IR's and Officers to place their name next to meetings they attended so that the group could contact that group with information and in turn they could email back the group via special intergroup email account with up to date information. was going to be set up for members to email back their
- The group circulated a draft tent card on how to update group information on the website.
- The group would carry out an inventory for each group which they could fill in and send back to the special email account.

Finance

- Sent a copy of the finance report to members of the OG IG Board
- The group was working on producing a tent card on how much money it costs to run OA
- The group looked into putting together a fundraiser at National Assembly. Examples of this would be a Raffle and merchandise

PI and PO Awareness

- The group discussed the potential PI event and it was decided that it would be a good idea to focus on Health Care Professional
- The Group suggested that each group should have a PI representative.

Strong Meetings

- As a group they have suggested a workshop on Sponsorship.
- IG voted to support the event financially.
- The group would now go ahead book the room at the Hinde Street
- The group would work on producing a flyer for the event.
- See attached notes from each group.

Meeting closed: 5:00pm

Glossary:

Common abbreviations used in our documents

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

Useful website links

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

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

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