



GREAT BRITAIN

## IDEAS FOR PUBLIC INFORMATION

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If you have any questions about doing PI in your area, please contact your local intergroup or the National PI Officer at:

[Public.information@oagb.org.uk](mailto:Public.information@oagb.org.uk)

### **What you can do – individual PI**

- Write into your local newspaper letters page describing your recovery and how OA has helped you, if there has been a recent related article, or for example at Christmas or Easter time – and end by providing contact details about OA.
- Respond in writing to articles in the national press or on a newspaper's website about eating problems/obesity and share your OA experiences.
- If there's a piece on the radio about weight problems/obesity/eating disorders, call in and talk about your experience of OA.
- Talk to your GP, practice nurse, any health care professional that you come into contact with and tell them about OA and your experience of recovery.
- Tell anyone who asks you about your recovery - about yourself, what happened, what OA has given you and provide contact details. (Am I the best Big Book that anyone can meet?)

### **What your group or Intergroup can do – local PI**

- Phone your local radio station or local paper and ask if they are interested in interviewing (anonymously of course) a couple of your members.
- Put up posters about OA or OAGB bulletin board cards in health centres, GP surgeries, shops, village halls, churches, libraries, children's centres or any public notice board.
- Offer a couple of OA books to your local library to lend out, with meeting details inside.
- Host an open evening, invite local GPs, nurses, dieticians, psychiatrists, psychologists, Lifestyle coaches, etc, - have a panel of 3 OA speakers sharing their story then a Q&A.
- Offer your local dieticians department, eating disorder service, diabetic department, psychiatric or psychology department (anywhere where people with an eating disorder may go) a couple of members to come to their staff/education meetings and talk about OA.
- Approach your local paper about either a paid advert regarding the OA meeting, or a freebie slot in the 'what's on'/health/local groups or support groups section.
- Offer local treatment centres (or any place where addictions are treated), a panel of OA members to go and share with patients about their recovery.
- Contact your Local Medical Committee (GPs) and Primary Care Trust Practice Nurse Facilitator and ask to put a mention about OA in their newsletters. Also your local PCT should be able to signpost you to their Lifestyle Coaches (NHS initiative for lifestyle change).
- Approach universities/colleges around freshers' week and take a stall to let students know about OA.



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### **What the National Service Board does – National PI**

Responds to national PI requests – from journalists wanting members to interview, information where necessary and feedback. These come via the email address on the website and also the PI mobile phone.

Approaches the media offering stories, information and features about OA.

Approaches healthcare institutions offering literature and also speakers for departmental meetings.

Maintains a database of OA fellows who are willing to help with media interviews and/or speak in a healthcare environment.

Responds to requests for quotes or opinions from OA regarding a current obesity or food related topic (usually declined).

Updates national databases where OA is listed as a resource.

Offers advice and support to Intergroups, groups and individual members about PI initiatives and questions they might have around PI and the 12 traditions.

Encourages OA members to do PI via tools such as the PI Newsletter.

### **Doing PI**

- ✓ Essential to be abstinent and well.
- ✓ Good knowledge of anonymity, what it means, the Traditions, how they apply.
- ✓ If in doubt ask, it's like recovery, generally easier done in pairs.
- ✓ Use the resources available – [www.oa.org](http://www.oa.org) has lots of PI info and help, so too the PI Service Manual and the Professional Outreach Manual for sale via OAGB Literature.
- ✓ Stick to your own experience – what you were like, what happened, what you are like now
- ✓ Don't offer opinions, always say this is not official OA policy but my experience
- ✓ Maintain your anonymity for your own spiritual strength
- ✓ Mention your weight loss (or weight gain if you were underweight) yes it's not the main event here but it is what attracts most newcomers – and it is what most health care professionals measure recovery by.
- ✓ It's ok to tell someone 'I can't answer that' – either because it feels uncomfortable or you just don't know the answer. You can always get back to them another time.
- ✓ Get behind yourself and OA – we have a proven workable method which arrests our illness. It's maybe not for everyone but abstinence and the steps are what we do, it's what we offer, it's how we get well.