



South and East England Intergroup

INTERGROUP MINUTES

Saturday 12th Jan (2-5pm)

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

ATTENDANCE

INTERGROUP OFFICERS

OFFICER	NAME	EMAIL
Chair	Darren	chair@oasouthandeastengland.org.uk
Exec Secretary	Susie	secretary@oasouthandeastengland.org.uk
Telephone Officer	Karen	
Website Officer	Ali	
Social Media Officer	Charlotte	

GROUP REPS/VISITORS

MEETING	NAME	MEETING	NAME
Swiss Cottage	Simone	Leiston	Cathie
Kingston	Anne	Visitor	Caroline
Borehamwood	Terry	Soho (Sat)	Kara
Eltham	Natalie	Visitor	Maylee
East Finchley	Alex	Hinde St (Fri)	Rose
Kingsgate	Eileen		

Meeting opened: 2.00pm by the Chair, followed by the Serenity Prayer and a moment of silence for the still suffering compulsive eater	
Readings: Preamble: Simone, 12 Steps: Maylee, 12 Traditions: Anne, Healthy Meeting Preamble: Cathie, Purpose of Intergroup: Alex	
Appointment of Time Keeper: Simone	
Fellowship sharing time (30 minutes)	
Introductions	
Apologies: Linda (Vice Chair), Margaret (Treasurer), Juliet (NSB Officer)	
7th Tradition: £41.91	
Quorum (11) met – 11 voting members present	
	Action Points
Minute Approval	
Corrections and Amendments –	
None	
Matters Arising –	
4. Region 9 Rep - Three committees were PI, Translations and General, full information in R9 report which has been updated	
15. Susie and Karen to liaise re phone – donated phone not working but phonenumber still working	
17. WhatsApp group for the IG members to stay in touch between meetings – how will people know about if they want to join?	Anne - to create sign for sign-in table to let people know about the WhatsApp group
Susie proposed to accept minutes as accurate record of the meeting, Karen seconded.	
Motion passed	
Questions on Officer Reports	
Chair: No questions on report – question asked regarding some officers not completing reports for January. Some officers new to the role and just completing handovers.	
Vice Chair: No questions	
Executive Secretary: No questions	
Treasurer: Caroline (visitor) asked if it was correct that we had received so far all the money needed in contributions to cover our budget for next year, it was established we are about £600 down compared to this time last year, and about £1800 below our budgeted income for the financial year so far. Eileen asked how contributions to IG are made, it was explained by bank transfer or cheque, however the Chair explained that it is much quicker and cheaper for us to receive payments directly into the IG bank account	
Website Officer: No questions	
Newsletter Officer: Vacant	

<p>Telephone Officer: No questions</p> <p>NA Delegate: No questions</p> <p>NA Officer: No questions</p> <p>Region 9 Delegate: No questions</p> <p>Social Media Officer: No questions (covered later in agenda)</p>	
<p>Agenda Items</p>	
<p>Social Media Officer – Presentation Social Media Officer talked through and gave more information about the report that was sent out to group reps.</p> <p>Questions</p> <p>Will this be for within Fellowship or for reaching out? So far had been thinking about using for outreach rather than for people already in OA</p> <p>Why have used AA guidelines? They seem to be more advanced in producing guidelines for these things</p> <p>A simple exchange of ideas can become trolling, how will this be monitored to remain a safe place for people? Plan not to follow, retweet, endorse anyone so to stay away from any controversy. You can block people so that they are not able to post on our account, if they are malicious. However you can't edit/delete other people's comments</p> <p>If people don't want to follow the account due to anonymity, we are rely on hashtags for people to find us, so should it try to just direct people to the website? Yes, the aim is all Intergroup contact info will be provided</p> <p>Usually things that are published on behalf of Intergroup, eg on the website, are approved, however social media is about quick reactions. Is this a lot of responsibility for the social media officer? Social Media Officer could come up with a list of possible tweets and get approval from IG or Exec Board</p> <p>Re Instagram, could we use quotes instead of pictures? Using Instagram, it is easier to contact someone privately. The officer email address and other contact details will be added to Twitter profile</p> <p>Motion: Move to open a Twitter account with the account name Overeaters Anonymous South and East Intergroup, and the username @OASEEIG</p> <p>Proposed by Social Media Officer, Simone seconded</p> <p>Vote: 11 Pro, 0 against, 0 abstaining</p> <p>Social Media Officer to work on further proposals for discussion at the March meeting</p>	<p>Social Media Officer – to bring specific information to March meeting about how we will use Twitter account</p>
<p>Election to Officer Positions</p>	
<p>Recording Secretary: No candidates</p> <p>WSBC Delegate: No candidates</p> <p>Newsletter Officer: No candidates</p>	

<p>Service Projects 2019/20 – budgets?</p> <p>The Chair said that the Treasurer would like information about any ideas for projects/activities to run during the next financial year so we can allocate money in the Budget.</p> <p>Karen asked for a slot on the agenda to run an ideation session at the next IG meeting, to discuss possible projects or events</p>	<p>Karen – to send Darren a request for this to be added to March agenda</p>
<p>Steps, Traditions and Concepts Workshop</p> <p>Susie moved that Anne is elected as Steps, Traditions and Concepts Workshop Committee Chair. Cathie seconded</p> <p>11 voted in favour</p>	<p>Anne – to form a committee and work on a more detailed workshop proposal for March meeting</p>
<p>WSBC Special Meeting</p> <p>Caroline explained that even though we do not have a delegate attending WSBC this year, we can feed into the discussion process by completing the agenda questionnaire and sharing our views</p> <p>Susie moved that we do not have fellowship sharing time at the special meeting in February, seconded by Anne.</p> <p>9 in favour 2 abstentions</p> <p>Question - Do you have to have discussed all motions with group to come and vote in Feb? Down to each IG rep's discretion, probably not time to discuss all so act in the way that feels appropriate to you</p>	<p>Chair – to send out information about the motions to all group reps</p>
<p>AOB</p> <p>List of Chairs</p> <p>Could we have a list of people willing to do chairs so that those looking for speakers at that meeting can use it to find people able to come to their group?</p> <p>The Exec Sec said she would be willing to take this on as part of her role.</p> <p>Karen proposed that we create and maintain a list of people willing to chair at meetings within our Intergroup. Anne seconded.</p> <p>10 in favour, 1 abstaining</p> <p>Dropbox/Website</p> <p>The Dropbox folder has run out of space and we're not able to save web back ups on there, which are large files.</p> <p>Ali to investigate creating separate free Dropbox account for website backups, and if not possible then to set up a separate monthly paid account, to be reviewed in March</p> <p>Susie proposed, Cathie seconded</p> <p>11 in favour</p>	<p>Exec Sec – to create and send out flyer with information about the speaker list and how to join it, so so reps can take to meetings and ask people to sign up</p> <p>Website Officer – to set up either free or paid separate Dropbox account for web back ups, and to report back in March regarding how to manage this going forward</p>

