

Report from OA 60th Birthday Committee

Our committee had a conference call shortly after the last IG meeting, and split into two subcommittees to work on our main ideas – one to work on putting on a series of workshops and the other to work on a public information event to reach out to healthcare professionals.

Please note, this committee is open to new members and very happy to receive any offers of service to help plan and run the projects below! Please contact the Vice Chair, Linda, at vicechair@oasouthandeastengland.org.uk if you'd like to know more!

Workshop Subcommittee

Our plan is to hold 3-4 workshops through 2020, one in central London on or near the actual date of OA's birthday, followed by some workshops in areas outside of London and then possibly a final workshop in London towards the end of the year.

January Workshop

Suggested date for workshop – Saturday 18th or Sunday 19th January (Sunday is the actual birthday, but Saturdays can be better for travel as generally less planned works/closures)

Suggested theme – Celebrate Recovery!

The first workshop theme would be centred around celebrating gratitude for recovery, how OA has changed our lives and the gifts of recovery eg abstinence, connection with Higher Power. Perhaps a roleplay/skit showing life if OA had never been founded, then the contrast with how life is with OA. We could have a celebration/birthday party theme, with fun activities and could decorate the hall. We could also look back in some way at OA's beginnings and Rozanne's story.

Location

We'd like to be as central as possible, to make travel easier for people travelling in from outside London as well as travelling across London, and will look at making it as accessible as possible, eg looking for a venue near a Tube station with step-free access and making sure the venue is accessible.

Timing

We suggest a full day workshop to make the most of the day.

Workshops outside of London

It was previously discussed that as part of the birthday party celebrations, we'd like to reach out to the groups in the IG to make sure they are aware of the 60th birthday celebrations, and at the same time use it as an opportunity to make sure we have up to date contact information for groups.

Our suggestion would be:

- Send a copy of the email below to all groups outside of central London for which we have contact information, asking them to confirm receipt

- Make a list of all the groups who do not respond to the email, and all those which we don't have contact information for
- A group of IG volunteers would then try to make contact with the group, eg following up on the email sent, or using the contact phone number given for the group on the OA website, with the intention of making sure that the group receive the information about the birthday events and trying if possible to confirm details of someone in the group willing to receive IG information, if the group do not have an IG rep

Suggested text for email to groups

Dear fellows of the [meeting name] OA group,

As you may be aware, next year celebrates the 60th anniversary of the founding of our fellowship - the first ever OA meeting took place on 19th January 1960!

One of the ways our Intergroup will be marking this anniversary is to run a series of workshops throughout the year which will be organised by the OA 60th Birthday committee.

The first workshop will take place in January in London, but for some of the workshops later in the year, we'd like to get out of London and run them in other parts of our Intergroup area - and this is where we need your help!

We are asking for meetings to let us know if you would like one of the Intergroup workshops to take place in your area - most of our committee members are based in London, so we need your help to work out where else the workshops should be held.

We're ideally looking for places which have good transport links, and which have more than one OA group in relatively close proximity, so that as many people as possible have the opportunity to attend

Our committee will organise the workshops, but we'd appreciate any help your group would be able to give with finding a suitable venue and giving service on the day.

If you'd like to suggest a workshop location, please get in touch with us on ?? by ??, and we'll then consider all the suggestions we've had and let you know where the chosen locations will be!

Thanks for your help,

The OA 60th Birthday Committee

*PLEASE NOTE You are receiving this email as you are currently listed as the Intergroup rep or group contact for an OA meeting within the South and East Intergroup area. If this is correct, please could you pass on this information to your group, and also **email us back to let us know you are still happy to be the Intergroup contact for your meeting**. If you are no longer the Intergroup rep/group contact for your group, please let us know and if possible, provide contact information for someone who is willing to be the new contact.*

Professional Outreach Subcommittee

The PI subcommittee have been working tougher via email to discuss ideas for how to reach out to healthcare and allied professionals regarding OA. The main discussion at present is regarding the viability of putting on our own event which professionals are invited to, or whether to offer to run practice-based or hospital-based events for GPs, doctors, nurses, therapists etc.

The subcommittee will have had their next conference call by the time of the Sept IG meeting, so will give a more detailed report during the meeting.