**BOARD UPDATES 18.6.16**

**Welcome to the latest news from the National Service Board of OAGB**

**BOARD MEETINGS THIS YEAR: NOTE CHANGE OF DATE OF AUGUST MEETING NOW 20TH NOT 27TH AUGUST, AT THE USUAL BIRMINGHAM VENUE, BELOW.** The recent meeting to which all Intergroup Chairs were invited was held on Saturday 18th June. The NSB was delighted that so many Chairs or their nominated representatives were able to attend. The next meetings are August 20th in Birmingham then Sunday 16th October at National Assembly in Glasgow; time 10 for 10.30-4pm.

**INVITATION TO MEMBERS TO ATTEND:** Come and see for yourself what goes on? The venue is **St Luke’s Church Centre, Great Colmore Street, Birmingham B15 2AT.** It’s about 10-15 minutes’ walk from Birmingham New Street station, and about 15-20 minutes from Moor Street station.

If you think you might stand for the Board in future, or you are just interested, it’s a good opportunity to find out more. (You do need to pay all your own travel expenses.) Please notify the Chair in good time before coming: we may need to book a larger room.

**And, might you be willing to take the minutes of this or the next meeting?** For information or to offer service, please contact Hilary on [secretary@oagb.org.uk](mailto:secretary@oagb.org.uk)

**WELCOME TO OUR NEW TEMPORARY CHAIR EMMA:** We regret to say that due to personal circumstances our Chair Linda has had to step back from this commitment for the time being. We are very grateful to her for all her service for the last 18 months. We are delighted to welcome Emma, vice chair of North of England Intergroup who has served on the Board on three separate occasions and in a range of roles. As well as Chair she has also picked up the role of Region 9 Rep, vacant since Rachel’s resignation, and will attend the R9 Assembly and Convention in the Netherlands at the end of October.

**BOARD BASICS UPDATED**: Emma, Temporary Chair and R9Rep: [chair@oagb.org.uk](mailto:chair@oagb.org.uk) Hilary: Secretary [secretary@oagb.org.uk](mailto:secretary@oagb.org.uk) Elena: Treasurer, Company Secretary and WSBC Rep: [treasurer@oabg.org.uk](mailto:treasurer@oabg.org.uk) Alan: Literature Liaison: [literature@oagb.org.uk](mailto:literature@oagb.org.uk) Communications: vacant: [communications@oagb.org.uk](mailto:communications@oagb.org.uk)

To publicise your event: [events@oagb.org.uk](mailto:events@oagb.org.uk) For General enquiries: [general@oagb.org.uk](mailto:general@oagb.org.uk)

**ESSENTIAL DIARY DATES:**

**31.7.16** Deadline for applications for **National Assembly** **funding assistance** for your group or Intergroup Representative to reach NSB Treasurer. Note: Later applications will only be accepted in exceptional circumstances.

**4.8.16** Deadline for any **proposed bylaw change** at National Assemblyto reach NSB Secretary

**11.8.16** Deadline to **register for Region 9 Assembly.**

**20.8.16 National Service Board** **meeting** Birmingham. **Applications to serve on the Board** which also need to be proposed by the candidate’s Intergroup, are welcomed in time for this meeting, sent to Chair and Secretary. They can also be submitted later, see below.

**28.8.16 Pack 1 for National Assembly** sent to Intergroup Chairs

**25.9.16 Applications to serve on Board** to reach Chair and Secretary now, to go in Pack 2.

**30.9.16 Pack 2** for National Assembly sent to Intergroup Chairs

**Friday 14th-Sunday 16th October: National Assembly and Convention Glasgow.**

NSB Meeting, Sunday 16th.

**Friday 28th-Sunday 30th October: Region 9 Assembly and Convention,** near Eindhoven, Netherlands.

**AND FOR NEXT YEAR: Friday 30th June-Sunday 2nd July: Heart of England Convention,** Hilton Metropole Hotel, Birmingham.  **Regular attenders will notice that this is a week earlier than the usual date.**

**JUNE BUSINESS**

**BIG WELCOME TO CHAIRS AND THEIR REPRESENTATIVES:** As well as Board members Alan, Elena and Hilary, and recently resigned member Rachel, those present included Suzi for North West IG; Sandra Chair of Caledonian IG, Region 9 Banker and Chair of the NA hosting committee, and Caledonian Treasurer Donna; Alison, Treasurer Devon and Cornwall IG; Elaine, Chair of South Coast IG; Caroline, Chair of South East England IG; Chris, Chair Heart of England IG; and Avery Chair South Wales IG.

**CO-OPTION OF EMMA TO NSB:** In Linda’s temporary absence from the Board, Emma’s offer of service as Temporary Chair was warmly welcomed and unanimously accepted. She will serve as long as needed but not past National Assembly weekend, when Board roles are re-allocated.

**LOOKING AHEAD: FUTURE OF THE NSB: NEW APPLICANTS WELCOME: ROOM FOR MORE!** Bearing in mind that there are 14 potential vacancies with only two maybe three existing Board members after NA, Chris said that the only way to make a real difference is to have as many new applicants as possible all at the same time. In the course of the meeting, both Caroline and Chris came forward as applicants. Sandra said Charles from Caledonian has already been proposed by the IG. And subsequently a fourth person has volunteered. Great news. More are welcome!

**INFORMATION FOR ANYONE CONSIDERING OFFERING BOARD SERVICE:** Quite a detailed set of factual information and suggestions was included in the last Board Updates, which can be accessed at oagb.org.uk, under NSB Downloads.

**HOW CAN WE WELCOME NEW APPLICANTS MORE EFFECTIVELY?** We attempted to roll out the red carpet and clarify the process with a detailed guide to Board application, included in the last Board Updates. This is now available in NSB downloads on the OAGB website.

**WELL, IS THE WORD ‘BOARD’ TOO FORMAL AND OFF-PUTTING?** Would something else sound more accessible, approachable and light-hearted? After all, current and previous NSB members generally speak warmly and cheerfully about their service. Suzi raised this point, and Sandra will draft a questionnaire to members to explore the options.

**NATIONAL ASSEMBLY INFORMATION:** National Assembly will be in Glasgow, hosted by Caledonian Intergroup, on **Friday 14th-Sunday 16th October**. The booking form and “Welcome Home”-themed flyer can be downloaded from oagb.org.uk>NSB>National Assembly. Very comprehensive detail includes alternative arrangements for lunches, and general enquiries phone and email contacts.

There is a bylaw amendment proposal in the pipeline from SEEIG. Any individual, group or Intergroup is able to propose a **resolution or bylaw amendment.** There is still time: proposals in writing on the standard form to [secretary@oagb.org.uk](mailto:secretary@oagb.org.uk) by **4th August deadline.**

Note: **Advance rail tickets** at reduced rates are currently available from some train companies.

**NATIONAL ASSEMBLY PLANNING:** Emma’s proposal to confirm the invitation to **Stella, Region 9 Trustee,** to attend, was agreed. This opens up the opportunity of Stella leading three hours of workshop time. Emma will liaise with her to see how best to integrate these into the timetable.The meeting gratefully accepted **Caroline’s offer to serve as centre mike.** (And subsequently, a minute-taker for the AGM has volunteered.) Still required: a minute-taker for Sunday NSB meeting there.

**INTERGROUPS WILLING TO BID TO HOST NATIONAL ASSEMBLY NEXT YEAR OR 2018:**

Alison and Chris will ask their IGs about possibly hosting NA in either of the next two years.

Devon and Cornwall or Heart of England? Sounds good…

**AND ABOUT REGION 9 ASSEMBLY AND CONVENTION:** Which IG’s are sending Representatives this year? One each from Caledonian, Heart of England, and North West. At least one, maybe two and a Board member from South and East England.

Following Rachel’s recent resignation from the Communications post, an NSB member is needed to attend. Emma volunteered to do so.

**A GREAT BIG THANK YOU:** to all members volunteering to serve in all these roles. Their courage and willingness and service enable us all to benefit from all this wonderful Fellowship. Thank you!

**ME AND MY JOB: PAM, FORMER BOARD MEMBER AND NOW A VOLUNTEER FOR THE LITERATURE SERVICE:** *Hello, my name is Pam and I m a compulsive overeater.*

*I served 4 years on the NSB as Literature Liaison Officer, chairing the Literature Committee. Towards the end of my term, the Print Liaison member had to step down and I took on this role, which I have held for 18 months. It’s been a steep learning curve, especially copyright rules. The Publications Dept. at World Service Office are very supportive. My emails usually start with “Sorry to trouble you again but…….” !! They have endless patience!*

*My job involves arranging the printing of the pamphlets and books produced in the UK; applying to WSO for a license to print if necessary; changing the wording from US to UK English, including copyright and OAGB details; and proof reading drafts, which in the case of a book, can be lengthy. Two OA members help with proof reading - invaluable. I liaise with Deborah our Administrator on the quantity to be printed and the final artwork is emailed to the printer who delivers direct to our Storage Unit.*

*I am often outside of my comfort zone but it has been really exciting and I have learnt many new skills. I gain so much satisfaction in holding a newly printed book or pamphlet in my hand, knowing that I have been part of the team responsible for having it printed in the UK! A good feeling!*

*It is always a privilege to be able to give service and to give something back in thanks for my truly wonderful new life. I thank you all for giving me that opportunity.*

*Pam*

**VOLUNTEERS NEEDED TO EXPAND AND REDEVELOP THE COMMUNICATIONS TEAM:** Rachel, just now standing down from serving on the NSB for Communications, gave her considered opinion that Comms is such a huge area that it requires **a much expanded team**. The few current volunteers are stretched to the limit, with no back up to cover absences. Step by Step has had to be discontinued; work is needed on the 07000 number; shares are being sent in to go on the website and there is no capacity to make this happen…

Right now Rachelis handing over to Emma. Rachel is willing to do some tasks as one of the volunteers. She was thanked for all her service.

There is no possibility of co-opting another member to replace Rachel at Comms, and so the vacancy will be filled from the new NSB at National Assembly.

Subsequently Emma asked for volunteers at Heart of England Convention, and several members responded. **More applicants, including a Board applicant to co-ordinate the team, will be welcome.**

**MORE INFORMATION ON WEBSITE… AND MINUTES-SHARING WITH INTERGROUPS:** Emma said that NSB minutes should be sent to all IG Chairs and Secretaries, and requested that IGs send a copy of their minutes tothe NSB Chair and Secretary.

**Minutes of the April NSB meeting** are now on the website under NSB Downloads.

The document on **Guidance regarding Children and Young People in Meetings** is also being put in Downloads. This is a very complex area. We would particularly draw your attention to paragraph 2 strongly suggesting that any group contacts their local Police Headquarters Criminal Records/ Information Dept to find out what the current regulations and advice are for your area.

**AROUND THE INTERGROUPS: South Wales:** has seven groups now, and focusing on abstinence.

**Heart of England:** now regularly establishing a presence staffing a stand at the national Primary Care Convention, enabled by sharing the costs with WSO and OAGB. HoE Convention plans going well (very good attendance, as it turned out.)

**South East England:** ran their second well-attended retreat at Belsey Bridge; and putting in a bid to host R9 Assembly and Convention next year. Have a website and phone-line; bringing a Bylaw amendment to NA. Have about 15-25 attendees at Intergroup and are reaching out to more groups not currently sending GSR’s.

**South Coast:** difficulty filling service positions but a new group has had start-up funding; prison outreach is beginning; planning Christmas retreat at Worth Abbey; a website is newly set up. There is outreach to the Guernsey group with funding for them to travel to one meeting a year and email contact. Website is www.oasouthcoast.wordpress.com and linked to OAGB site.

**Devon and Cornwall**: building up IG officers - was 2, now 6. They held a workshop on abstinence with 20 present.

**Caledonian:** Biggest thing is hosting NSA; please encourage members to register: [oagb.na2016@hotmail.com](mailto:oagb.na2016@hotmail.com) Organising events to welcome early –arrivers. IG has a new format given a month in advance to encourage discussion. Got advice from WSO on fundraising for particular things: doing sponsored bike-rides etc.

**North West:** Had no IG Chair for 4 months at the time of the meeting– but subsequently have welcomed their new chair, Caroline. A committee of 4 is working to involve members in NSA and build up sponsoring. Active PI is making links with universities; sending PI template to bariatric and other medical facilities; sent two speakers to Manchester LGBT Eating Disorder week (this being a mega issue in the gay communities.) Board is small but solvent and there is a core of dedicated members. They are planning to send a delegate to R9.

**A FINAL WORD: HOW ARE WE DOING?** Thank you for reading Board Updates. It is part of the move towards demystification of Board processes. Your feedback, opinions and suggestions would be appreciated. Send to [secretary@oagb.org.uk](mailto:secretary@oagb.org.uk) Thanks!