



Welcome to the latest news and events from your OA National Service Board!

In this issue, find out about our first Board meeting since the National Assembly in October, meet our Public Information Officer Chris, and find out about some exciting OA events happening soon!

We'd love to have your suggestions for a new title for these updates – what would be your choice? Answers, inspirations and all feedback will be appreciated! Reply to Hilary on secretary@oagb.org.uk

OA Events

OA Phone Marathon "Sponsorship Success"

Nine experienced OAs from various regions will share their experience, strength, and hope about Sponsorship, with time for sharing.

Dial in on the day or look out for the podcast.

Sunday 12th March 2017 6.00-9.30pm

[Flyer](#)

OA South Wales Intergroup Workshop

"Honesty: Getting Real and Getting Well"

Saturday 18th March 2017 10.00am-12.30pm

United Reform Church, Cardiff

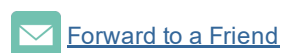
[Flyer](#)

OA Huntingdon Workshop - amended information

"Experience, Strength and Hope"

Saturday 25th February 2017

[Flyer](#) and *corrected* [parking information](#)



[Forward to a Friend](#)



Member survey - check your details!

OA will be conducting an **electronic member survey** later this year, and we are asking that all meetings review their secretary information, especially email addresses.

Updating your meeting information is easy. Go to [Find a Meeting](#) and click on [Edit an Existing Meeting](#).

The survey will enable OA to continue providing information about the OA program and strengthen OA's mission to foster a message of **hope, strength, and recovery** from compulsive overeating.

Save the date!

National Assembly 2017 will be hosted by North West IG at Cranage Hall, Cheshire **Friday 20th to Sunday 22nd October.**

Details of many more upcoming workshops and retreats can be found on our [OAGB Events Page](#)

News from around our Intergroups

Public Information newsletter: Find out about the Public Information work that's been going on in North West of England Intergroup in their new [PI newsletter](#)

Professional Outreach by Heart of England IG: Heart of England Intergroup will as in the last few years, have a stand at the Primary Health Convention at the National Exhibition Centre on 17th and 18th May. They have received £400 from OAGB towards the cost of the event, which attracts some thousands of health care professionals and raises the profile of OA to the professionals based around GP Practices, as well as midwives, chiropractors, occupational therapists.

West of England IG news: West of England Intergroup went temporarily on hiatus last year, but there is encouraging news that they have some members willing to give service at Intergroup level and hopefully will be up and running again in the near future. They met in January and are taking steps to reinstate the Intergroup this year.

Board News

LATEST NSB MEETING WAS HELD ON 28TH JANUARY 2017

All of us were able to attend. As we are a substantially new Board with the energy of members taking a fresh look at how processes and procedures, we had a very full agenda and lots of activity is in process. In many cases we are still exploring and reviewing. The full minutes are available to download here, or you can read some of the highlights below.

LATEST NEWS FROM OUR NATIONAL COMMITTEES:

Big congratulations to the **Step by Step Committee** who are on track to publish a new edition of our OAGB newsletter for distribution in March. How exciting!

The **Electronic Communications** committee is working

NSB Meetings 2017

Our Board Meetings will be in **Manchester** this year on Saturdays **1st April, 17th June (Chairs Meeting) and 19th August** at 10am for a 10.30 start. The venue is Methodist Central Hall, Oldham Street.

Come and see for yourself what goes on! 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 are requested to contact chair@oagb.org.uk if you plan to attend, as space is very limited. **And, might you be willing to take the minutes of this meeting?** If so, or for an informal chat about maybe doing so, please contact Hilary on secretary@oagb.org.uk

Me and My Job

INTRODUCING CHRIS, PUBLIC INFORMATION AND PROFESSIONAL OUTREACH OFFICER AND REGION 9 DELEGATE

Hi Fellow OAs - I was elected to the NSB in October 2016 and have taken up the roles of National Public Information/Professional Outreach Officer and Region 9 Rep. Before joining the Board I was Chair of the Heart of England Intergroup.

My job as National PI/PO Officer is to be the first port of call for national organisations, journalists, health professionals and others looking for information about OA. So far I've mostly been responding to email and telephone queries. To give you a flavour, over the past few months I spoken with a producer of a BBC2 documentary about bariatric

on making improvements to all aspects of communication. The webmail provision in particular is a problem due to excessive amounts of spam coming to the general@ address, and they are looking at options for tackling that to make sure all genuine enquiries are answered.

About the 07000-number: all options to improve the quality and length of the answerphone message have failed to make significant improvement as it is a very old system. It is used more than had been realised, and needs to be kept as it is publicised on all current OAGB Literature, and the cost of changing it would be excessive.

Volunteers to hold a phone and answer or respond to calls are needed. Are there individuals or Intergroups out there willing to take on the service of looking after an OAGB phone and responding the messages left by those wanting to know more about OA? If you are interested to know more, please contact Caroline at communications@oagb.org.uk

The **Public Information, Professional Outreach, Literature** and **12th Step Within Committees** are also defining their projects for the rest of the year.

BOARD ADMINISTRATOR RECRUITMENT PUT ON HOLD

The Recruitment Committee presented an outline of the likely process for recruiting an administrator to assist the work of the Board, as directed by group reps at the National Assembly in 2015. However, there were concerns that the time needed for conducting the recruitment and managing the administrator may actually significantly increase the workload of Board members.

The Board are considering several alternative ways of addressing the issue and we will keep you up to date with our progress.

NATIONAL ASSEMBLY: OUR INVITATION TO YOU

The Board agreed to send out an Invitation pack to all groups in March, to fire up enthusiasm for the Assembly and Convention! We felt that sending this information out earlier in the year would be useful for groups in planning their attendance.

surgery, an ITN/Channel 5 news produce about an item on eating disorders and a journalist writing for the in-house magazine of a large employer. Working alongside and supporting the PI & PO Committees the aim is to be as proactive as possible. If you are interested in being more involved in national PI or PO do please get in touch. We are always looking for people willing to speak with journalists and others and to join the Committees to help carry the message. If you are interested or would like further information please email me on public.information@oagb.org.uk

As Region 9 Rep I will be attending the Region 9 Assembly which is taking place in Reykjavik in November. Not much to report on that so far but will keep you updated!

Board Basics Updated

Sandra: Chair
chair@oagb.org.uk

Hilary: Secretary
secretary@oagb.org.uk

Alan: Literature Liaison
literature@oagb.org.uk

Lisa: Treasurer and Company Secretary
treasurer@oagb.org.uk

Chris: Public Information and Professional Outreach, also Region 9 Rep
public.information@oagb.org.uk

Communications and World Service Business Conference Rep: Caroline
communications@oagb.org.uk

To publicise your event:
events@oagb.org.uk

It will also contain

- The application form for requesting financial assistance to pay for travel and accommodation
- Information for Intergroups thinking about hosting future Assemblies
- Information for OA members thinking about standing for election to the National Service Board

Look out for it coming soon!!

A REMINDER TO GROUPS TO PLAN FOR NATIONAL ASSEMBLY AND CONVENTION 2017

National Assembly 2017 will be hosted by North West IG at Cranage Hall, Holmes Chapel, Cheshire Friday 20th-Sunday 22nd October. The venue can be viewed at www.cranagehallholmeschapel.co.uk Dinner, bed and breakfast will cost £67.50 for a shared room per day or £110 single occupancy. Registration for Assembly is £20 (Friday evening-Saturday) and £10 for Sunday's Convention.

All groups registered with a Great Britain-based Intergroup are entitled to and invited to send a representative to participate in the business and vote on their behalf. **If your group has not done this before, there is still time to start saving up each week.** Costs can be kept down by buying cheaper advance rail tickets, or car-sharing; sharing a room; staying only one night if this is feasible. and not necessarily staying for Sunday, which is an optional Recovery Day. Saving up is one of those small actions repeated regularly that add up to something big.

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 Thanks!

[forward to a friend](#)

Copyright © 2017 OA Great Britain, All rights reserved.

For general enquiries:
general@oagb.org.uk

ESSENTIAL DIARY DATES:

1 April 2017:
OAGB Board Meeting
Manchester (see above)

1-6 May 2017:
OA World Service Business Conference
"Growing OA Unity Worldwide"
Albuquerque, New Mexico, USA

17 June 2017:
Chairs Meeting OAGB Board Meeting
Manchester (see above)

Fri 30 June- Sun 2 July:
Heart of England Recovery Convention
Steps 4, 5 and 6: A Fearless and Searching Inventory. Hilton Metropole Hotel, Birmingham
Regular attenders will notice that this is a week earlier than the usual date

19 August 2017:
OAGB Board Meeting,
Manchester (see above)

Fri 20-Sun 22 October 2017:
National Assembly and Convention
Cranage Hall, Cheshire, including OAGB Board meeting on Sunday 22nd

1-5 November 2017:
Region 9 Assembly and Convention
Reykjavik, Iceland

MailChimp

[unsubscribe from this list](#) | [update subscription preferences](#)