

OVEREATERS ANONYMOUS BOARD MEETING – GB

Saturday 12th June 2021

Held via Zoom Conference room

Attendees:

Sandra – Chair

Teresa – Secretary

Yvonne – visitor

Darren – South & East England IG Chair

Deborah – North of England IG Chair

Janet – Treasurer

Kevin – visitor

Heidi – North Wales, Red Dragon IG Chair

Linda – Alba IG Chair

Caroline – Literature Officer

Yashoda – South Coast IG Chair

Sara – Heart of England IG Chair

Liz – West of England IG Chair

Sharlotte – Caledonian IG interim Chair

Sharon – minute taker

Agenda

Meeting start: 10 am

1. Welcome

Sandra welcomed all to the meeting and advised participants the meeting would be recorded and led the group into a serenity prayer.

2. Preamble, Traditions, Concepts

Read by Darren, Deborah, and Teresa

3. Apologies

Charlotte – Communications Officer

4. Brief Personal Shares

5. Share on Concept 6

Led by Teresa.

6. Notification of any other business

Teresa asked to add query on peer-to-peer IG meeting to be held on the 25th and 26th June 2021. (Flyer circulated with Papers for today's meeting)

Caroline asked to add a question on pdfs.

7. Review and adopt agenda, agree ground rules.

Proposed by Sharlotte and seconded by Darren. Rules advised by Sandra.

8. Review minutes of last meeting (24th April 2021)

Action Table

Action	Responsible Officer	Progress
Amendments to Literature bank account	Janet	Ongoing
Update on Board calls		Addressed in this meeting
Add virtual meetings to the website	Charlotte	Ongoing
Set up meeting for transfer to QBO for Caroline to attend	Teresa	Completed
OAGB Policy reviews	Teresa	Completed
Communications to go out regarding Chic's resignation	Teresa/Sandra	Completed
Notification letters to IG Chairs	Teresa	Completed
Update job descriptions for Janet & Sandra		Ongoing
Annual appraisal with Deborah	Teresa/Sandra	Completed
Add EMBM info into the pack	Teresa	Ongoing
Update current Board member information	Teresa	Ongoing
Ensure recording of Jan Board meeting in absence of minute taker	Teresa	Completed
Annual Report for National Assembly pack follow up with Deborah	Teresa	Ongoing
Review the Board mailers for circulation	Sandra/Teresa/Charlotte	Ongoing

Ask via Whatsapp for volunteer phone liaison	Teresa	Completed
Investigate access of Canva account	Teresa	Completed
Talk to IG chairs for a sub committee re event flyers	Charlotte/Sandra	Ongoing
Create a summary of job role re event flyers to advertise & recruit	Sandra	Ongoing
Send out asking for comments before 7 th May deadline	Teresa	Completed
Share suggestions & quotes for accountants with Stella	Teresa	Completed
Costs to be gathered for elimination of spam mail	Charlotte	Completed
Action the costs and work needed to reduce spam	Charlotte	Ongoing
Start with Concept 6 at 12 th June meeting	Teresa	Completed
Send out invitation to fellowship inviting members to join new sub committee for literature service.	Caroline	Ongoing
Handover session with Caroline on Lit service & QBO	Teresa	Completed
Completed flyer & survey link to Charlotte	Sandra	Completed
Send Lit Service accounts to Janet	Teresa	Ongoing
Investigation on packing issues	Janet/Teresa/Sandra	Ongoing
Circulation of draft agenda	Sandra	Completed

9. Ratify decisions of Board call (13th May 2021)

Sandra explained that the Board keeps in contact with a monthly call, the action points are in the action table above, notes were proposed by Caroline and seconded by Janet.

10. Confirm Members/Directors/Trustee details

These are kept for Companies House; no changes were notified.

Action point: Sandra to check if Teresa's marital status is correct.

11. Reports

Chair/Co. Secretary – Sandra

This report was submitted via screen share for all to read.

Action: Janet to review the Board calendar due to new deadline for the Charity Commission.

Communications – Charlotte

This report was submitted via screen share for all to read.

Darren asked if there were any thoughts on expanding social media.

Action: social media discussion to be added to the agenda on next Board meeting to discuss with Charlotte.

WSBC report – Charlotte

This was not shared on the screen and no questions arose from the report.

Action: Teresa and Sandra to review the by law amendments made at WSO and see if there are any implications for OAGB

Literature Liaison – Caroline

This report was submitted via screen share for all to read.

Janet asked for an update on packers, Caroline confirmed there is one new packer with another in the pipeline.

Secretary Report – Teresa

This report was submitted via screen share for all to read.

Janet expressed her thanks. Linda asked if the new system for literature is now operational, Teresa confirmed that it is and online with QuickBooks.

Professional Outreach – Teresa

Three meetings have been held in consultation with NICE on weight management and a decision was made to attend a parliamentary group on the 12-step fellowship. The group are exploring the drive within universities for opportunities to set up OA groups and are currently liaising with two possibilities.

Guidelines are still to be confirmed but the hope is for weight management issues there will be encouragement to use OA, The subcommittee are looking to collate 100 stories from OA members for analysis and research.

Sharlotte is interested to hear more about Uni interaction as she has had affiliated meetings with Glasgow University and asked if there is a mailing list that she can join?

Teresa responded that she is waiting for a summary of work and a copy of the draft letter that will be sent and is happy to share.

Action Point: Teresa to update Sharlotte with progress on this matter.

Darren asked if the focus of NICE had been expanded to eating disorders. Teresa advised that the current focus is weight reduction as a medical model but when the reviews come up OAGB will have the opportunity to get involved with further consultation work with NICE.

Region 9 Rep report – Teresa

The IG Chairs were asked if they had a member ready or in discussion with to be the R9 region rep. Most either had someone or in discussion with someone for this position.

Treasurer Report – Janet

Screen shared for all to read through the report.

A discussion ensued around the proposal for a new accountant, two quotes have been received after comparing the two.

Proposal: appoint Verdant Accountants - all Board members agreed.

Janet shared the proposed budget for the next 12 months; Darren queried the reserve amount asking if it could be used for OAGB projects or passed to R9. Janet confirmed that this amount had not been reviewed for some time.

Action point: Sandra to add as agenda item at next Board meeting to review the reserve amount.

12. National Assembly 2021

- a) The survey sent out for feedback on the event being held virtually or face to face received a small response. A clear definition of virtual and hybrid was requested, Sharlotte advised they were on the oa.org website. A hybrid format would not be feasible for this year due to costs and complexity; the vote also had to be at this meeting due to time restraints.

Vote: in favour of face to face = 2, in favour of virtual = 9, abstain = 0

Outcome = National Assembly to proceed as virtual event.

- b) Business agenda items – the Board has proposed a motion to increase the number of Board members from 5 to 6.

Action point: Teresa to check back on minutes to see if this has been done formally.

- c) Friday night workshop topic – ideas were requested. Sharlotte suggested the Unity Passport, also strengths and weaknesses of virtual, hybrid and face to face meetings. Yashoda suggested diversity reflected in the 12 steps. Any further ideas to be put in the Whatsapp chat.

Action point: Sandra to add to the Board agenda to discuss.

- d) National Assembly packs – pack 1 to go out 31st August 2021; pack 2 last day in September. Darren asked when the bids for hosting next year need to be in, Teresa responded to be in August but will email a reminder in July for the 500-word bid and the closing date.

Action point: Teresa to email each IG chair for information to go in the packs.

- e) Update from Caledonian as hosts – Sharlotte with the vote outcome, the hotel is no longer needed and can proceed with the tech team and will try and replicate last year along with workshops and voices being heard to reflect diversity within the OAGB.
- f) Learnings from previous NA – Sandra asked for suggestions to improve on last year: Teresa suggested a WhatsApp group to get conversations going beforehand; Yashoda suggested a buddy-up system in advance of the NA; Debra suggested evening fun sessions to break down barriers and fears.
- g) Other NA items/questions – hosting the 2022 NA, Darren's hopeful to have a proposal in place after their next meeting in September; Heidi will finalise the Red Dragon bid in August for submission. Sandra advised bids can be put in for 2 years in advance so can include 2023.

13. OAGB Service Positions

Board Members

Attendees were asked if they or anyone in their IG's would be interested in coming forward to join the Board in October? Stepping down will be Sandra as Chair & Co. Secretary, Charlotte as Communications Officer and Janet as Treasurer. Any interested parties are welcome to shadow current members.

Phone rotation

Heart of England have had ownership of the phone since October 2020, another IG is needed to take over. Sharlotte advised several members of Caledonian have expressed interest in helping that would cover 3 months but will confirm with members before committing.

Comments arose where members struggled with some of the queries received by phone and were often web related.

Action point: Sandra to pick up at Board and contact with guidelines on how to deal with these conversations.

Literature Packers

One more packer is required if any IG chair has an interested member.

14. Intergroup Chairs

West of England – Liz reported the amalgamation with Devon & Cornwall is official. Finances are in a good position with funds at £2500. The group is robust and healthy with the Chair and all other positions filled.

North of England – Deborah reported they have 15 groups meeting mostly via zoom and a couple meeting face to face. Newcastle is working on a hybrid meeting. Chair and the PI are stepping down and the positions are up for election. They are looking into running a retreat in Yorkshire in April 2022. Communications are excellent with the groups but struggling with one or two with members not putting themselves forward for positions which were minuted and sent to the Board last September.

Southeast England – Darren reported they are financially sound with around £10k in savings and sent up £25k last year for R9, OAGB and World Service. Vacancies still exist for Vice Chair and Secretary and struggling to get an R9 and assembly rep.

Caledonian – Charlotte reported only in situ for 2 weeks. The IG is not in a strong position with 12 regular attendees out of 31 registered groups encouragement is being put out to participate. Focus is on the delivery of the NA. All key officers are in place with space for more. Sandra added, as previous chair, some of the registered groups maybe registered twice which is against the bye laws and will get ironed out.

North Wales, Red Dragon – Heidi reported they formed in Feb 2020 and recently appointed as Chair, also have a Secretary, Treasurer and PI Officer, with the secretary doubling up as Vice Chair. They have 5 groups inheriting Liverpool and Wrexham from the Northwest and hoping the sponsor numbers will improve. Financially good managing their own contributions and being able to send money upwards. WhatsApp has been beneficial for comms due to distance; zoom has accumulated members meeting twice a week and looking at face to face monthly. Phone meetings are being held for those with no high-tech skills or facilities.

Alba – Linda reported they have 5 associate groups with Linda in position since Feb 21. Meetings are held 4 times a year and they have Chair, Secretary, Treasurer and PI person. The meetings are held via zoom, with regular attendees and long-standing fellowship members. A WhatsApp group operates to share info. Finances are at £1300 with £1k being passed upwards.

Heart of England – Sara reported she has been in position since Nov 20 and have a Secretary, PI, R9, WBBC, Treasurer, chair of convention comms and chair of tech

comms. They have 21 registered groups with 19 being active and a new group starting up in Coventry. Tech works the website, social media and zoom. The 20th recovery convention is due 10th & 11th July 21 at the Hotel Metropolitan who have also taken the booking for 2022. The primary health conference has been postponed again but ready for 2022 when it happens. They have an active nostalgia group creating posters and letters going out to hairdressers, etc.

South Coast – Yashodha reported they have positions coming up including the Chair and Treasurer. Financially sound, WhatsApp is working well for comms and workshops are being held every couple of months. A potential merger is being looked at with the West of England IG.

15. OAGB Literature service update

Caroline reported she has concentrated on learning and understanding the literature service so far. The formation of a subcommittee will be investigated as certain aspects need time and attention. Janet added that this would be a good opportunity to look at enhancements of orders, acknowledgements, and dispatch. Teresa confirmed that acknowledgements and dispatch is dealt with within 24 hours and there is a functionality within QBO for an email series to be set up. Time will be spent with Deborah and packers to address issues to make it a smoother service with the hopes this will be in place before the convention. Courier costs will be discussed by the Board.

16. Professional Outreach update

Already addressed in earlier report.

17. Policies & Procedures

Teresa screen shared to show the October amendments and that national board members should maintain contact with their nominated IG and asked if this still exists and is it working? A query arose if the nominated IG no longer exists would they be affiliated with a new IG, the suggestion was that the member should report to their new IG to keep communications open with the OAGB. Sandra advised she attends and gives verbal updates rather than a report. Teresa invited IG chairs to send comments direct to herself.

18. Company calendar

May had been completed. June has been covered during this meeting. For July:

- IG Chairs to send Board bylaw amendments.

Action Point: Sandra to look at the licencing issues of Zoom for National Assembly.

19. AOB

Peer to peer liaison – Teresa sent out via email information on an event by an American IG and share their practise. Thoughts were requested on this being done for a UK IG – Sharlotte thought it would be helpful for new IG's and Chairs to gather experience.

Proposal – more regular time slots to meet with IG – vote = majority agreed

Proposal – to hold every 6 months – vote = majority agreed

Action point – Sandra to advise IG chairs following the July Board meet.

Caroline asked if the OAGB has a pdf licence to send out documents in pdf to stop editing, Sandra advised that document conversion is generally free.

Action point: obtain a quote for costs for conversion software for the July meeting.

Following the outcome of the vote on the NA a general discussion was held regarding the board members meeting physically during the period of National Assembly. Sharlotte advised that it might appear elitist. Teresa and Caroline advised of the difficulties they have had re joining the board, only virtually this year.

Action Point - Agreed to defer to July Board Zoom Call

Sandra advised she had been approached if they can provide a week's work experience for school for a young man with an interest in policies for charities. Teresa confirmed there are some outstanding and happy to suggest he find a model for those and articles of association exercise via email.

Proposal – to offer the week's experience – vote = 4 x yes

20. Close – Serenity Prayer

Sharon (Sarah White Associates) and
Teresa (OAGB Secretary)
5th July 2021