

**OVEREATERS ANONYMOUS GREAT BRITAIN**  
**BOARD MEETING MINUTES**  
**Saturday 15<sup>th</sup> January 2022**  
**9 am – 1 pm**  
**Held via Zoom conference room**

**Attendees:**

Teresa – Chair/Company Secretary  
Stella – Treasurer  
Kevin – SCIG Chair  
Heidi – North Wales IG Chair  
Hannah – S&E IG Chair  
Charlotte – Communications/WSBC Rep  
Trish – NE IG Chair

**AGENDA**

**1. Welcome**

Chair welcomed all to the meeting and invited all to introduce themselves.

**2. Preamble, Traditions, Concepts**

Preamble read by Kevin, Traditions ready by Heidi and Concepts read by Stella.

**3. Apologies**

Received from West of England IG Chair, Sharlotte Caledonian IG Chair and Sarah HOE Chair.

**4. Brief personal shares**

**5. Notify Chair of any other business**

Stella requested two items to be addressed – anonymity in service and national service board members.

**6. Review and adopt agenda, agree ground rules**

Agenda had been circulated prior to the meeting start and agreed by all, Chair advised attendees the meeting is being recorded for minuting purposes. Ground rules agreed.

**7. Review minutes of October 2021 AGM**

Held on 17<sup>th</sup> October 21 after the national assembly, no issues raised, and they were found as true and accurate.

**Action Table**

	<b>Action</b>	<b>Responsible officer</b>	<b>Outcome</b>
1	Subscription of support to NC for voluntary organisation	Teresa	Completed
2	Discrepancies in QB and bank account to be investigated	Teresa	Completed
3	Removal of personal data from website	Charlotte	Completed

4	Contact each IG for a geographical description with all meetings under their umbrella for the website	Teresa	Ongoing
5	Update current Board member information – need to check companies house website	Teresa	Ongoing
6	Send out invitation to the fellowship inviting members to join a new subcommittee for literature service – Charlotte to look after the lit service	Teresa	Completed
7	Check on Teresa's marital status at companies' house	Teresa	Completed
8	Look in drop box for guidance on how to deal with phone queries	Charlotte	Completed
9	Organisation of meeting with all packers – to be held in February		Completed
10	Follow up with bank on status of online banking application	Teresa/Stella	Ongoing
11	Update records at companies' house	Sandra	Completed
12	Job description for world service delegate to be completed	Charlotte	Ongoing
13	Obtain a quote for the addition of a GB map to the website	Charlotte	Completed
14	Actively co-opt two new board members for next board meeting	All	Ongoing
15	Stella to be added to main and literature bank accounts	Teresa	Completed
16	Stella to have access to QB	Teresa	Completed
17	Stella to get access to PayPal and another member to get access & will gather info needed to implement	Stella	Completed
18	Train Stella on drop box and email	Teresa	Completed
19	Set up Stella with treasurer email account	Charlotte	Completed
20	Log ins to be shared with Stella	Janet	Completed
21	Advise Deborah of her line manager	Teresa	Completed
22	Make up flyer for recruiting in co-opting board members		Completed
23	Plan of action to update budget for PI	Stella	Completed
24	Update by laws with virtual meetings as agreed in Motion A of the NA	Teresa	Completed
25	Update website with hosts for 2022 NA	Charlotte	Completed
26	Contact Caledonian IG for feedback	Teresa	Completed
27	Action all amendments at companies' house	Sandra	Completed
28	Draft minutes of NA to be circulated with committee	Teresa	Completed
29	New board to go out in comms and board meeting dates to be added to website	Charlotte	Completed
30	Thank you to be given to all those listed in the board calendar following NA	Teresa	Completed
31	Draft annual report to be discussed for filing	Teresa	Completed

32	Details of Red Box to be sent to Charlotte for potential new website host	Teresa	Completed
33	Minutes of 2020 NA to be added to website & all 2021 board meetings	Charlotte	Completed
34	Discuss spec for a website refresh to send out to tender to 3 companies	All	Completed
35	Teresa to send all contact details of IG's to Charlotte for updating on website	Charlotte	Completed
36	Develop plan for admin worker	Teresa	Completed
37	Motion to review the regions	All	Completed
38	PO Committee animated video to be shared when completed with NICE	Teresa	Ongoing
39	Invite to food addiction international conference & request further details	Teresa	Ongoing
40	Twitter and FB account to be sent to board members	Charlotte	Completed
41	Secretary's email to be automatically forwarded to Chair	Charlotte	Completed
42	Charlotte to contact Redbox to take over hosting of website	Charlotte	Completed
42	Discuss with Sandra specifications of improved website	Charlotte	Completed
43	Stella to ask OA friend in US to give feedback on website	Stella	Completed
44	Remove Janet from accounts when Stella has access	Stella	Ongoing
45	Increase storage on chair's email account	Charlotte	Completed
46	Forward accountants report to board members	Janet	Completed
47	Process to be agreed with literature admin & packers	Teresa	Ongoing
48	Debit card to be ordered	Stella	Completed
49	Stella to investigate if previous chair will be charged for zoom fee	Stella	Ongoing
50	Annual report to be signed off at June Board meeting	Teresa	Completed
51	Annual report to be published on website	Charlotte	Ongoing
52	IG Chairs to be advised how we sign off annual report	All	Completed
52	Continue conversations with Redbox	Charlotte	Ongoing
53	Motion to be sent to WSBC for 2022	Teresa/Stella	Completed
54	Advertise for admin worker and interview in Feb	All	Ongoing
55	Agreement of expenses for board members	All	Ongoing
56	Editorial for education magazine/website	All	Ongoing
57	Check companies house for correct listing of directors	Teresa	Ongoing
58	Message out on IG Chair WhatsApp to attend WSBC virtually	Teresa	Ongoing

59	Discuss financial implication due to drop in literature sales	Teresa/Stella	Ongoing
60	Search for a cheaper insurance quote for literature service and transportation	Stella	Ongoing

### **8. Ratify decision of board call (11<sup>th</sup> November 21)**

Co-option of board members to be dealt with in AOB.  
All other items incorporated into the action table.  
No further queries or comments were raised.

### **9. Ratify decisions of board call (9<sup>th</sup> December 21)**

Agreement was made to make this board meeting virtual.  
All relevant items incorporated into the action table.  
No further queries or comments were raised.

### **10. Confirm members/directors/trustee details**

All details remained the same.

### **11. Reports**

#### **Chair/Company Secretary – Teresa**

Chair talked through her report and no questions were raised.  
The report as Company Secretary was talked through with one action point arising.

**Action Point:** *Check companies house to see if the directors are listed correctly (point 57)*

#### **Communications**

Charlotte talked through the communications report.  
Hannah offered her support with twitter, zoom bombing through promoting meets on twitter and the website as her IG has a new site. Teresa requested a conversation and asked her to send details to herself or Charlotte.

Stella expressed that she thought the initial costings for a new website were expensive for the charity but thanked Charlotte for dealing with this so far.

No decision was to be made at this meeting and others will be contacted for quotes.

#### **WSBC report**

Charlotte talked through this report and a discussion ensued around the possibility of sending delegates to the WS meeting virtually. It was clarified that 75 virtual attendees can attend – 15 from North America and 60 from the rest of the world.

**Action point:** *Message to be put out to the IG Chairs WhatsApp to attend the WSBC virtually (point 58)*

#### **Literature Liaison**

Teresa talked through her report. Stella raised the issue of sales being 15% down over the last year.

**Action point:** *Arrange a conversation for Teresa and Stella to discuss financial implications with the drop in sales (point 59)*

It was acknowledged that a drop in sales could be contributed by few face to face meetings; suggestions to sell via Amazon and implement e-books. Difficulty in being able to buy was noted along with rumours of long waiting times. Teresa confirmed that standards are in place to counteract that, and Stella will highlight in her report if the literature service folded it would mean importing literature from America with a 3 month wait.

### **Professional Outreach**

Teresa talked through her report where she chairs a monthly meeting with a NICE consultation.

### **R9 Rep**

Teresa talked through her report and no questions were raised.

### **Treasurer**

Stella talked through her report.

Teresa asked if it would be worth changing the end of financial year to 31<sup>st</sup> March like other organisations?

Stella advised it was changed to 28<sup>th</sup> Feb for ease of reporting at the NA and did not think there would be any benefit from a tax view.

## **12. Reports from Intergroups**

### **Kevin – SCIG**

- First meeting of 2022 not yet been held
- Struggling to get people to help in service
- Difficulties in abstinence are being experienced

### **Trish – NEIG**

- First meeting of 2022 to be held in February
- Finances are healthy
- WhatsApp and email groups are working well to keep contact
- The northeast and northwest regions joined up in 2021 to form NEIG
- Difficulties with abstinence and people in service were echoed

### **Hannah – S&EE IG**

- First meeting of 2022 has been held
- Zoom bombing has been experienced with virtual meetings and better systems to prevent this are being looked at
- Contributions were invited for their newsletter

### **Heidi – NWIG**

- Some groups have become dormant due to covid, and others are struggling with membership however Bangor are looking at setting up a new group
- Biggest strength is WhatsApp to keep in contact as spread over long distances
- Saturday morning meetings are pulling in more members
- New by laws are being proposed and a copy will be submitted to the board
- Problems also being experienced with members taking up service

## How can NSB and IG Chairs work together?

Chair invited a discussion with all attendees about the board and IG chairs working together. With following points being highlighted:

- Write an article about doing service
- Remind members of the OA tools and how they relate to an individual's recovery
- Promote workshops about giving service

Notes were made and being circulated separately.

### 13. Developing criteria for PI/PO spending

£5k has been provided for PI and PO initiatives as agreed at NA and thoughts were asked as to how grants are to be allocated with following suggestions:

- Any initiative has to spread over more than one IG
- Applications should not exceed £1k
- Create a consistent form for bids
- Bids to be submitted to [nsb@oagb.org.uk](mailto:nsb@oagb.org.uk)

Allocation of surplus funds needs to be checked against the original motion. One bid has been received by the proposer of the motion which will be reviewed.

### 14. OAGB annual return – national assembly pack 2

Deferred due to lack of time and taken off the agenda – agreed by all.

### 15. WSBC Questionnaire

Agreed to deal with via WhatsApp and the annual return will be sent out to all IG chairs.

### 16. Company calendar review

December calendar: WSO has been registered; Item 2 has been verified; item 3 has been completed.

January calendar: Items 1a & 1b have been done; item 1c & 1d outstanding; item 1e completed.

Item 2 – in hand with a conversation due and all agreed to invite an R9 trustee.

**Action point:** Stella to shop for a cheaper insurance quote for the literature service (item 60)

Item 4 – to be dealt with in the next board call. Item 5 – to be done.

### 17. AOB

Stella raised an issue with anonymity in service where a break in anonymity had been made with reference to a person's life was included in emails which is a breach of the OAGB rules.

Stella raised an issue with the NSB where the number of board members cannot dip below 3 and the struggles of people giving service in all areas and how the NSB should function going forward.

Meeting closed with a serenity prayer at 12.53pm