

OVEREATERS ANONYMOUS FOR GREAT BRITAIN – AGM MINUTES
(The National Service Board of OA in Great Britain)
Date: Sunday 23rd October 2022
Time: 9 am to 1 pm
Held: Windsor Marriott Hotel

Attendees:

Caroline, Robbie, Mel, Sarah (remote), Emilia (visitor), Catherine (observer), Teresa, Joanna

Agenda

1. Welcome

Teresa welcomed all board members and visitors who will not be involved in discussions unless asked for input.

2. Preamble, Traditions, Concepts

Preamble read by Robbie; Traditions read by Caroline; Concepts read by Mel.

3. Brief Personal shares

3 Minute personal shares.

4. Apologies

Charlotte, Stella, Alex

5. Notify Chair of Any Other Business

Review of OAGB - Teresa.

6. Review and adopt agenda, agree ground rules

New members welcomed and encouraged to be transparent, honest, and to serve with others in mind. Work to strengths, and discuss job roles, utilise higher power in these decisions. Teresa to reflect on current tasks and projects underway and if continuity is required in any roles. Privileged to have a board of 6.

Housekeeping from the NA was adopted with the raising of virtual hands in voting.

Agenda was agreed with no changes and adopted by the Board.

7. Review minutes of last meeting (June 2022)

Minutes will be draft until ratified by Stella and Charlotte

8. Confirm members/directors/trustee details and ensure company secretary finalises documentation for new board members/trustees

9. Ratify new board members

Confirmed Sarah – Teresa to get Sarah's name on companies' house and charity commission. Sarah (SE) believes she may need to be confirmed by Intergroup. Caroline (SE), Robbie (SE) and Mel (WOE), Alex (SE) will require ratifying by their intergroup chair and secretary. Mel to call an emergency meeting to meet obligation. Sarah, Robbie and Mel have meetings in 2 weeks.

10. Job role allocation for next year

Job roles to be confirmed once other board members are ratified.

Company secretary role – consider to outsource role for continuity.

New members – please submit your strengths, interests, and availability and then we can assign job roles.

Only 1 board member currently active and ratified (Teresa).

R9 Rep : Mel

All other positions to be decided at next meeting

Chair -

Treasurer -

Secretary -

Communications -

Company Secretary -

WSBC -

Action point – Teresa to send form for strengths, vision and availability for OAGB jobs.

11. Bank & PayPal Signatories

Signatory roles agreed by unanimous vote.

Action Point: *Teresa to advertise with job roles*

12. Support for new officers/handovers

Handovers for new roles will be agreed.

Mel does not need R9 rep handover as currently serving as R9 rep for intergroup.

Whatsapp group to be used for support and questions.

Email accounts to be issued when job roles assigned.

13. Dropbox/email etiquette

Following actions have been added to the action table:

- Review use of and simplify dropbox.
- Access to dropbox via OAGB email account for security and anonymity purposes.
- Once job roles agreed handovers and training can take place with current board members in place until December 31.

14. Members/Directors Reports (questions only)

Chair/Company Secretary – Teresa

No questions.

Communications/R9/WSBC – Charlotte

Is WSBC in person? Yes

Literature/Secretary/PO –

No questions on literature or secretary reports.

Treasurer – Stella

No questions.

15. Financial Report/Budget update

16. Matters arising from NA

Ratify changes agreed in principle (only 1 vote possible).

Treasurer best practice agreed in principle (only 1 vote possible).

Joanna suggests - Emergency by-law to be reviewed, re-worded and agreed for ratification next year. – this to be discussed at January meeting

17. National Assembly Hosts 2023

Discussions to be held around reorganising NA moving forward.

18. Review and learning points from Assembly

All were invited for input and recorded on a flipchart.

- Value of face to face, remote not human enough, new board members is evidence, inspires service, broader networking capabilities.
- Trickle down affect of green dots experience
- Take homes delivered by Joanna (recorded in NA minutes)
- Bringing service to life
- I put my hand in yours – project onto screen
- Screen behind presenters – try to avoid.
- Literature table – promotion and bringing it to life.
- Round tables enable fellowship.
- Food, tea, and coffee well received, and hotel staff brilliant.
- Organising committee done great job.
- National Assembly tool kit / review of hosting
- Standardised forms / online bookings, booking process.
- Videos to explain processes for green dots
- Highlight important points for those with learning disabilities to focus on.
- Review of pack 1 and pack 2, cumbersome for usage.
- Use of social media to improve direct contact with members.
- Zoom bitesize sessions to explain what is NA.

Action Point: Contact delegates / representatives for experience, what can be learned, and how to move forward.

Mel to check with R9 their processes and reason for FOC conference.

19. Dates and location for NSB meetings 2022/23

Teresa advised new board members that NA will be 20th, 21st, 22nd October 2023.

Board have a 3-4 hour meeting Jan, Apr, Jun, Oct on a Saturday morning.

14th January 9-13 – agreed

15th April 9-13 – agreed

17th June 9-13 – agreed (usually face to face)

19th August 9-13 – agreed

AGM 22nd October.

Also meet for 1 hour via Zoom once a month, generally done on a Thursday. Agreed to do at 9am Saturday morning moving forward.

19th November 8.30-9.30am – agreed

10th December 9-10am – agreed

11th February 9-10am – agreed

11th March 9-10am – agreed

13th May 9-10am – agreed

8th July 9-10am – agreed

9th September 9-10am – agreed

20. Company Calendar review

Action Points:

- Teresa to distribute company calendar to new board members.
- Minutes to be written by Gavin, reviewed by Teresa, then distributed.
- Point 10 WS contributions to be actioned by Teresa.
- Secretary to action points 11 and 12 – 11 update service body positions, and 12 update quick book and paypal signaturies and accounts.

21. Review of OAGB Board

Pat (Telford) arrives as observer.

Teresa – all attendees to write down 3 things to improve OAGB.

Sarah

1. More Sustainable (roles, what to do, not to do)
2. Seeking more feedback from groups / intergroups
3. Audio shares – podcasts?

Caroline

1. Moral transparent literature service
2. Connection for fellows / groups / intergroups to OAGB
3. Available service position for every fellow.

Joanna

1. Outsourcing functions not needed by OA member, remove beurocratic barriers
2. New / improved / varied ways to communicate with Groups and Intergroups / members – NSB workshops / meetings. Increase / improve social media. Bitesize videos / zooms to explain NSB and NA. National level 24/7 rotating OA Meeting or regular meeting times for newcomers.
3. OAGB run whatsapp to post board updates and messages.

Robbie

1. Simplify internally and to newcomer what is NSB / OAGB. Transparency.
2. Visibility to newcomers
3. OAGB Meeting list

Catherine

1. Improve communications
2. Up to date documents and streamlined
3. Remove reliability of personal experiences in service roles. Simplify roles / outsource complicated roles, handovers etc.

Mel

1. Structured communication (news)
2. Asking membership what they want
3. PO, coordinated across the country. Website updates. Podcasts. Board member introductions.

Pat

1. Carry the message – both f2f and virtual are important
2. Elite feel to NSB – remove that. Turn up to regular meetings. Have a glossary.
3. Linking intergroup websites under OAGB umbrella.

Teresa

1. Simplify
2. Delegate
3. Outreach / Connect

Volunteers

They are in Silos. Need to work collaboratively with them. Training sessions.

Methodology and Implementation.

Sarah – start with simplify, then delegate then connection. Find feet with board roles before undertaking tasks. Then each board member takes 1 small task each.

Mel – Theme and remove duplications. Prioritise them. Break down to tasks. Allocate and **get support**. Track progress.

Pat – do we have knowledge and support on the group, get tasks out to members via face to face connection.

Catherine – prioritise 3 or 4 quick wins, like outsourcing secretary job. Then prioritise into necessary / needed / like to have. Board members then project manage rather than do.

Joanna – 2 board members per topic, and delegate tasks to others.

Actions – What's app group create – QR code – and manual sign up.

22.AOB

Teresa thanked all board members and expressed her joy in working with new board.
Teresa thanked board admin for his work.

Meeting ended with a serenity prayer.