

OVEREATERS ANONYMOUS OF GREAT BRITAIN
(The National Service Board of OA in Great Britain)
BOARD MEETING MINUTES
Date: Saturday 18th January 2025
Time: 9 am
Venue: Zoom conference room

Attendees:

Hannah – Chair; Robbie – Comms Officer; Rachel – Treasurer; Rebecca – Secretary; Ghislain – Literature Liaison; Sharon – minute taker.

Agenda

1. Welcome

Hannah welcomed all to the meeting and opened with the serenity prayer.

2. Preamble, Traditions and Concepts

Preamble read by Robbie, Traditions read by Ghislain, Concepts read by Rachel.

3. Apologies

No apologies noted.

4. Brief Personal Shares

5. Notify Chair of Any Other Business

Hannah declared one item for AOB and Rebecca declared one ahead of the meeting.

6. Review and adopt agenda, agree ground rules.

The agenda was shared prior to the meeting and that along with the ground rules were agreed by all.

**7. Review and approve minutes of October Board meeting & AGM.
Ratify decisions of November and December board calls and update agreed actions.**

The minutes of the October Board meeting and AGM were approved by all and can be uploaded to the website – action for Robbie.

Actions 15.1 & 15.2 are to be carried over as Ghislain and Sarah are due to meet to discuss and renumbered as 7.1 & 2.

Action 18.1 is to be amended for Hannah who will have a conversation with Teresa on the safeguarding and employment policies, devise a concrete plan and add to the next board meeting as an agenda item now action point 7.3.

Action 19.1 is to be amended to add Rebecca as secretary to companies' house & for Rachel to sort her access to the account now action point 7.4.

Action 21.1 is to be carried forward and now numbered as action point 7.5.

One decision is to be ratified from the board calls – formally agree Rebecca as secretary. This was proposed by Hannah and seconded by Robbie and agreed by all.

Action Point 7.6: Hannah to set up her electronic signature on the NatWest bank account and Rachel to add Rebecca.

Action Point 7.7: Rachel to submit the TAR filings

Action Point 7.8: board members to send their bios to Robbie for the newsletter

Action Point 7.9: Hannah and Robbie to liaise with the volunteer with a view to them taking on the newsletter writing

Action Point 7.10: Rachel to process the payout to Red Dragon

Action Point 7.11: Hannah to respond to the London Inter Group (IG) emails

Action Point 7.12: Robbie to liaise with Rachel for World Service Business Conference (WSBC) rep expenses

All other actions have been completed.

8. Review company calendar

Action 8.1: to liaise with Teresa on whether the IG chairs and officers have been verified.

January calendar items:

Only outstanding report on handover is on literature liaison and is in hand with a meeting to be held with Sarah and Ghislain.

Action 8.2: Hannah to talk to Teresa on the risk assessment review.

Action 8.3: Ghislain to circulate the Zurich insurance renewal for 2025 to all board members and for board members to advise him of any suggested changes.

Action 8.4: Rebecca to book the venue for the June board meeting along with accommodation. Hannah to share meeting details once booked in Chairs of Intergroup WhatsApp group.

9. Reports

Chair report: no further questions

Secretary report submitted by Teresa produced one action.

Action 9.1: Rebecca & Hannah to read the Charitable Incorporated Organisation (CIO) information and cover in the next board meeting with a proposal.

Comms report: Robbie asked the board to reach out to their extended connections as there are vacancies for volunteers for Facebook and YouTube who will review the abstinence requirements for applications.

Action 9.2: Robbie to bring a proposal on abstinence requirements for social media volunteers to the February board call for a vote.

Treasurer report: it was agreed that headlines only to be reported going forward rather than in depth reports.

Literature Liaison: it was confirmed that Sarah is staying as Print Liaison Officer, but this is not a board position. Robbie updated the new board members on the historical losses and the steps that have been taken so far to bridge this.

10. Public Information and Professional Outreach Representative

Hannah volunteered to take on the role of Board representative on PIPO committee this was seconded by both Ghislain and Robbie and agreed by all.

Action 10.1: Robbie to add Hannah to the Back Channel WhatsApp group who can then be added to the main broadcast group chat.

11. WSCB 2025

Robbie asked the board for their support and trust, who usually agrees to the suggestions put forward by both him and our Region 9 contact. Should Robbie feel that further input is needed by the board, he will come for help at the monthly board call.

With the 2025 conference being online, costs are minimal (at \$249) and the timings of the conference (5-9pm) fit with his work schedule.

12. National Assembly 2025 (NA)

Hannah has emailed Frankie from Heart Of England IG about hosting the NA for this year with no response. Robbie has heard that it could be jointly hosted with North of England IG. The offer is to host with just a food package leaving delegates to arrange their own accommodation.

Action Point 12.1: Hannah to follow up with Frankie via text and to contact North of England with a joint proposition.

Plan B would be to put a broader call out for other intergroups or individual meetings to consider hosting the assembly. Should that call out be unsuccessful the board could host the NA online as a one-day event.

13. Literature Service Review

This was covered earlier in the meeting with a meeting still to be held with Ghislain and Sarah.

14. June face to face meeting

It was agreed by all to meet and use the same venue as before – The Priory, Birmingham and for board members to stay the night before.

15. Zoom – unsuccessful downgrade

Rachel advised the board that there are two licenses for Zoom and work is ongoing to cancel one, she will continue trying to sort and refer to Hannah if needed.

16. Logo permission

World Service have recently advised that our logo should be 'OAGB National Service Board' not just 'OAGB' as this is what our name is as registered with World Service. This leaves two options to move forward:

1. Change the logo on everything which is expensive and extensive
2. Try and change the name as registered with the World Service

It was agreed by all board members that World Service is unlikely to accept a change of name that doesn't include 'national service board' and therefore the logo must be changed. Agreed that the logo can be changed and will be used on flyers and printing moving forward rather than retrospectively changing already printed materials. Robbie advised that he knows a fellow who is a Graphic Designer and has offered service.

Robbie also suggested that the colours be kept to black and white as the rainbow logo is synonymous with the LGBTQ community.

Action Point 16.1: Rebecca to respond to the world service email and check on the use of acronyms.

Action Point 16.2: Robbie to reach out to the fellow to design logo options and provide proofs to bring to the board for voting on.

17. AOB

Rebecca asked if the timings of the monthly board calls can be changed. It was decided by all that the time of the board calls will be Sunday at 11am for one hour.

Next board calls – Sunday 16th February at 11am and Sunday 16th March at 11am

Next board meeting: Saturday 12th April at 9am.

Hannah advised the board that she received a phone call from a sponsor looking for advise on how to support their sponsee who had disclosed they will be taking weight loss injections.

It was agreed by all that it is not the place of the board to give advice on matters such as this. However, Rachel has been in a similar situation and is happy for her number to be passed on so she can direct them to focus groups.

18. CLOSE – serenity prayer

Action Table – January 2025

Item	Action	By Whom	By when
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7.1	Sarah to investigate the cost & presentation of leaflets 'focus on anorexia and bulimia' along with the sponsorship packs	Sarah & Ghislain	April board
7.2	Sarah to check on the new beginning and taste of a lifeline packs	Sarah & Ghislain	April board
7.3	Hannah to have a conversation with Teresa on the safeguarding and employment policies, devise a concrete plan and add to the next board meeting as an agenda item	Hannah	April board
7.4	Rachel to sort out her access to companies' house and add Rebecca as secretary	Rachel	Feb call
7.5	Robbie to add new board meeting dates to the website	Robbie	Feb call
7.6	Hannah to set up her electronic signature on the NatWest bank account and Rachel to add Rebecca to the bank account.	Hannah & Rachel	Feb call
7.7	Rachel to submit the TAR filings	Rachel	March call
7.8	All board members to send their bios to Robbie	All	Feb call
7.9	Hannah & Robbie to liaise with the volunteer regarding taking on the newsletter	Hannah & Robbie	March call
7.10	Rachel to process the Red Dragon payout	Rachel	Feb call
7.11	Hannah to respond to the London IG emails	Hannah	Feb call
7.12	Robbie to liaise with Rachel on the WSBC rep expenses	Robbie & Rachel	Feb call
8.1	to liaise with Teresa on whether the IG chairs and officers have been verified.	Rebecca	Feb call
8.2	Hannah to talk with Teresa on the risk assessment review	Hannah	Feb call
8.3	Ghislain to circulate the Zurich insurance renewal for 2025 to all board members and for board members to advise him of any suggested changes.	Ghislain	Feb call
8.4	Rebecca to book the venue for the June board meeting along with accommodation. Hannah to share meeting details once booked in Chairs of Intergroup WhatsApp group.	Rebecca & Hannah	March call
9.1	Rebecca & Hannah to read the CIO information and cover in the next board meeting with a proposal.	Rebecca & Hannah	April board
9.2	Robbie to bring a proposal on abstinence requirements for social media volunteers to the February board call for a vote.	Robbie	Feb call

10.1	Robbie to add Hannah to the PIPO Back Channel WhatsApp group who can then be added to the main PIPO broadcast group chat.	Robbie	Feb call
12.1	Hannah to follow up with Frankie of HOE IG via text and to contact North of England IG with a joint proposition as hosts for the NA 2025.	Hannah	Feb call
16.1	Rebecca to respond to the world service email regarding the logo and check on use of acronyms.	Rebecca	Feb call
16.2	Robbie to reach out to the fellow to design logo options and provide proofs to bring to the board for voting on	Robbie	April board

These minutes are a true and accurate record of the meeting.

Hannah C 25.01.25
 Chair Date