

**OVEREATERS ANONYMOUS OF GREAT BRITAIN  
(The National Service Board of OA in Great Britain)  
BOARD & INTERGROUP CHAIRS' MEETING MINUTES**

**Date: Saturday 21<sup>st</sup> June 2025**

**Time: 10.30 am**

**Venue: The Priory Rooms, Quaker Meeting House, 40 Bull Street, Birmingham,  
B4 6AF**

**Attendees:**

Hannah C – Chair; Robbie – Comms Officer; Rachel – Treasurer; Rebecca – Secretary; Ghislain – Literature Liaison; Sharon – minute taker; Richard – Alba Intergroup Chair; Daisy – South Coast Intergroup Secretary; Frankie – Heart of England Intergroup Chair; Hannah B – Northeast England Intergroup Chair.

**Agenda**

**1. Welcome**

Hannah C, Chair, welcomed all to the meeting and opened with the Serenity Prayer.

**2. Preamble, Traditions and Concepts**

Preamble read by Daisy, Traditions read by Richard, Concepts read by Robbie.

**3. Apologies**

Hannah, as Chair, noted the apology from Caroline, Red Dragon Intergroup Chair.

**4. Brief Personal Shares**

**5. Notify Chair of Any Other Business**

There were two items declared for any other business:

- I. Discuss the request made for the June meeting to be hybrid from 2026.
- II. OA Rainbow

**6. Review and adopt the agenda and agree on ground rules.**

The agenda was shared before the meeting, and that, along with the ground rules, was agreed upon by all.

Hannah C advised that agenda item 12 will be an open discussion and structured as a group conscious.

**7. Review and approve minutes of April Board Meeting**

Rebecca shared these on the screen with her edits and requested that first use of acronyms are expanded, in line with guidance from World Service Office.

These were agreed upon by the board members as an accurate representation of the meeting.

**8. Ratify decisions of the May board call**

Following investigations into venues, structure, and capacity, it was decided that the 2025 National Assembly (NA) would be organised and hosted online by the Board.

This was agreed upon formally by all board members.

## **9. Review the Company Calendar and Board actions**

It was noted that many of the new or ongoing actions will be covered in this meeting.

*Action 9.1: Ghislain & Rachel to review the employment policy and bring a draft back to the board for approval.*

*Action 9.2: Hannah & Rebecca to finalise the risk assessment and bring it back to the board for ratification.*

## **10. Reports**

Chair Report: Richard asked for clarification on the attendance of children at meetings and if there is a safeguarding policy.

The reply was that all groups are autonomous, but World Service guidance is that minors are not permitted to attend, and this has been included in the newly approved Safeguarding Policy.

*Action 10.1: Circulate the new Safeguarding Policy to all Intergroups and groups and include it in the next newsletter.*

*Action 10.2: Robbie to review the website to ensure that there are no references to teens & Ghislain to check through the literature for any leaflets that could be contradictory to the new safeguarding policy.*

Secretary Report: Rebecca's main point was the change in logo on the request from the World Service Board, where 'National Service Board' must be included.

Communications / World Service Business Conference Report: A discussion was held on the resignation of fellows giving service, confirming that it is rotational, hence the current vacancies. This led on to how to retain the knowledge of previous members so as not to lose the expertise.

Treasurer/Company Secretary/Region 9 Rep Reports: Rachel pointed out that some larger amounts of monies received last year were due to Intergroup closures and therefore should not be considered a reliable source of income in the upcoming financial year.

There was a brief discussion on the proximity of the National Assembly and the Region 9 conference. It was suggested that the National Assembly be brought forward for 2026.

*Action 10.3: Hannah C to check the bylaws and legalities on moving the date for the National Assembly.*

Professional Outreach: No further queries raised.

Literature Liaison: A discussion on the procurement of coins was led by Hannah C with a suggestion on whether it would be worthwhile to manufacture these in the UK rather than purchase them from World Service.

*Action Point 10.4: Board members to have an offline discussion on the coins, their role, and obtaining quotes to have them made with the new logo in the UK.*

## **11. Intergroup Reports**

South Coast: This report was submitted by Mark, the Intergroup Chair, but Daisy attended the meeting as Secretary and was on hand to answer questions.

Rebecca asked for feedback from their BBC Radio interview, and Daisy confirmed that there was a good uptick in people and intergroup will continue with this.

Red Dragon: The board requested that any questions on this report be sent directly to the group; it was noted that this group is synonymous with their retreats and that they now have the Bristol group under their umbrella.

Heart of England: Frankie confirmed that they have a strong primary purpose with their annual convention, but they are struggling with volunteers to give service on the main board and currently need a treasurer. Due to this, they are not able to host a National Assembly until 2027 at the earliest.

Alba: Richard confirmed that records are sparse for this Intergroup, which is the only one in Scotland at present.

Northeast England: Hannah B asked for clarification on whether members bringing their children to meetings (as opposed to minor being members) was covered in the guidance from World Service and/or the new UK safeguarding policy. It was confirmed that each meeting is autonomous and that tradition 3 be observed in these instances.

Hannah B also talked about work to support men in OA and was informed about the pamphlet available and the website [www.oamen.org](http://www.oamen.org)

## **12. Discussion/National Service Board (NSB) Group Conscience**

This was a discussion led by Hannah C to cover the following points and invited the Board and attending intergroup representatives to reflect on the purpose and direction of and the evolving structure of Overeaters Anonymous Great Britain (OAGB) :

- What are the biggest issues facing OA in carrying our message to the compulsive overeater who still suffers? What are the issues locally, regionally, and nationally?
- What is the role of OAGB in addressing these issues over the coming years? What should our priorities be as an NSB?
- How does the changing number of intergroups and the changing service structure of OA impact these issues?

The questions raised by the attending members reflected on the following points:

### **Purpose and identity of OAGB**

- Some questioned the fundamental purpose of OAGB, its role to Intergroups, and whether current assumptions remain appropriate.
- Shared sense that post-COVID developments necessitate a 'stocktake' of priorities to ensure the NSB is being of service.
- The need to assess OAGB's function in supporting OA nationally and how to remain relevant in a changing service landscape was emphasised.

### **Structure and Service Model**

- It was noted that service positions can go unfilled, suggesting that the structure may be too formal and burdensome.
- Suggestions included exploring more regional or needs-based representation instead of the current board model.
- Concerns were raised about whether existing abstinence or step requirements for service are exclusionary, and if alternative models (e.g., service from day one in a small way) could be promoted.
- There was also a suggestion that sponsoring into service may be helpful to encourage more people to do service above group level.
- The NSB can support the service structure of OA to be more visible. **Cultural Challenges**
- Concerns were expressed that OA in the UK has become overly rule-bound, particularly concerning sponsorship and Step 12.
- **Autonomy and Traditions**
- An agreed role of OAGB is about upholding the traditions in the UK and being available to support and provide guidance on these to intergroups and individual groups alike.
- There was discussion on whether work on encouraging health meetings/12 step within could be a priority of the NSB and OAGB.
- The tension between Tradition 4 and Tradition 9 was discussed in the context of perceived inconsistency or confusion. The importance of upholding traditions while allowing for flexibility in local group practice was highlighted.

#### **Literature, Contributions, and Financial Practices**

- Questions were raised regarding the accuracy and communication of recent guidance around financial contributions and literature practices.
- There was some confusion around whether certain financial allocations were reserved or unreserved funds. Board clarified that we do not have reserved funds, however we can ringfence funds.

#### **Communication and Knowledge Management**

- Suggested that service bodies can be reliant on certain individuals with specific background and experience.
- There was a broad agreement on the need for the NSB to preserve and share knowledge from outgoing board members.
- A proposal was made to create a service sponsor list, or skills register, to better match fellows with those who have particular experience or skills relevant to different service opportunities (e.g. NA roles, website editing, legal, financial etc).
- There was agreement that a core role of OAGB/NSB was about storing and sharing intelligence about service and guidance from UK law / World Service Officer Agreed that OAGB can have a key role in supporting communications and coordination across the UK.

#### **Virtual vs. face-to-face meetings**

- The shift towards virtual meetings was recognised as significant, with some members reporting increased ease in volunteering and others highlighting the loss of traditional service roles.
- It was agreed that there is no one-size-fits-all answer; rather, virtual and in-person meetings should be treated as separate entities with differing strengths and challenges.

#### **Support for groups without intergroups**

- Concerns were expressed regarding the support available to meetings unaffiliated with any intergroup, particularly in areas where intergroups have folded.

- Examples were given of past efforts to reach out to such meetings, and suggestions were made to explore how OAGB might facilitate the formation of new intergroups.

### **Prioritisation and Budgeting**

- Members acknowledged the importance of prioritising activities before determining the annual budget.
- A proposal was made to use the next session to review financial summaries and begin the process of setting strategic priorities for the coming year.

### **National Role and Representation**

- Members reflected on OAGB's unique position as the National Service Board of Great Britain and what it means to represent the fellowship nationally.
- Questions were raised about how OAGB can best embody this role while maintaining group autonomy and a spirit of inclusivity.

### **13. Review and approve the annual report, budget, and accounts**

Rachel shared the current budget with the meeting, which has been calculated on an average of income and expenditure figures from the previous 3 years.

Rachel confirmed that there are no pots of money that are currently ring-fenced, and as there are no reserved funds, spending can be at the discretion of the board and group conscience. However, funds can be ring-fenced going forward, specifically for Public Information and Professional Outreach activities.

Suggestions for financial help in the future included supporting people with no access to IT, as well as those needing nursery care to attend meetings.

*Action 13.1: Rachel to re-jig the budget with the suggestions and requests made and seek agreement at the next board meeting to formalise.*

### **14. Proposals for Literature Service**

Ghislain confirmed that the previous agreement on printing as much in the UK as possible is the aim of the service, and some licenses have already been procured for printing, namely the '12 & 12' and the workbook.

Research is being undertaken to find reasonably priced printers. Licenses have already been received for some of the leaflets, but they have yet to get the license for 'New plan of eating'. These tasks are being shared between Ghislain and the literature administrator.

The aim of this is to reduce costs to the Literature Service and to start reducing the debt, as it currently runs at a loss.

It was suggested that the price rise for the 'where do I start' leaflet was too much, and this could be lowered and covered by an increase on the cost of the '12 & 12' book – this was agreed by all present.

### **15. National Assembly 2025**

Including potential bylaw amendments on:

- Quoracy
- Requirements for becoming board members in light of fewer Intergroups

- Voting of Intergroups and Individual groups

Rebecca asked for opinions on the timeline and content of the packs that are sent before the National Assembly. Suggestions included: sending of weblink to the information; condensing all into one single pack; renaming it to 'save the date' or something similar. Rachel suggested going one step further and including 'FAQ's' and one-page profiles.

Hannah C suggested that it be done this way for 2025 and then reviewed for future National Assemblies. Rebecca will work on the logistics.

Concerns were raised about quorum and board membership due to the reduction in active intergroups, and that the current bylaws do not fully address group representation or voting rights with some groups.

It was noted that two layers of representation are missing currently from unaffiliated groups to intergroups and then to the board. A suggestion of creating a new service role – Affiliate Liaison – on the board to represent the unaffiliated groups.

Communication methods for affiliated groups were discussed with a dedicated WhatsApp channel but acknowledged that it needs to be kept purposeful and not duplicative.

The discussion touched on the eligibility of board membership, especially the requirement of two years' service, and whether nomination routes are sufficient. This continued with an agreement that clearer FAQ's and guidance should be provided on how a member can gain service experience and join the board.

A suggestion was made to carry out a survey of members asking if they would consider joining the board, and to ask why not if it was a no.

It was highlighted that in previous board discussions, a list of potential bylaw amendments were identified that were mainly admin related and were designed to modernise and tidy up the bylaws. It was suggested and agreed that any that were non-controversial changes could be put forward as one item for approval at NA 2025.

Finally, Hannah C proposed simplifying and modernising the National Assembly format, with a focus on clarity and direct updates to the fellowship.

The date for the 2025 National Assembly was confirmed as the 18<sup>th</sup> of October.

*Action 15.1: Robbie to set up a WhatsApp channel for affiliated groups without intergroups.*

*Action 15.2: Robbie to send out a survey poll to fellowship members asking about considering board service.*

*Action 15.3: Write an FAQ document with guidance on how a member can gain service experience with a view to joining the board.*

*Action 15.4: Hannah C will review the bylaws around the National Assembly with a goal to strip out some of the restrictions, allowing more flexibility with hosting.*

## **16. National Assembly 2026**

Hannah B confirmed that Northeast England will put in a bid to host the National Assembly in 2026.

## **Change of Legal Status to Charitable Incorporated Organisation**

Hannah C advised the group that this change will be going through and timed to be in line with the accounts. This change will allow the organisation to be more streamlined. The target date for completion is 1<sup>st</sup> March 2026.

## **17. Any other business**

Hannah C had received a proposal that the annual June chairs meeting be hybrid. It was agreed that this meeting being face to face was of benefit and an alternative option would be to have a transport fund put in place to support any intergroup who wished to send a delegate but may struggle financially to do so.

Frankie gave the meeting an overview of the lesser-known OA Rainbow Service Board, whose structure is affiliated with the virtual region. They have workshops running on 19<sup>th</sup> & 20<sup>th</sup> July; however, the service body is very small and is looking for more support to prevent closure.

Frankie is looking for board assistance with the promotion of the group. and suggested an email to the service users with a poster, so anyone interested can sign up. There were queries on how and what can be shared, as this is not OAGB, it will be investigated as to how the board can support and share after double-checking the bylaws.

The meeting ended with a Serenity Prayer.

### **Date of next board meeting:**

Saturday 16<sup>th</sup> August 2025, 9 am

### **Action Table – June 2025**

Item	Action	By Whom	By when
9.1	Ghislain & Rachel to review the employment policy and bring a draft back to the board for approval.	Ghislain & Rachel	Aug board
9.2	Hannah & Rebecca to finalise the risk assessment and bring it back to the board for ratification.	Hannah & Rebecca	Aug board
10.1	Circulate the new Safeguarding Policy to all Intergroups and groups and include it in the next newsletter.	Robbie & Hannah	July board call
10.2	Robbie to review the website to ensure that there are no references to teens & Ghislain to check through the literature for any leaflets targeting children/teens.	Robbie & Ghislain	July board call
10.3	Hannah is to check the bylaws and legalities on moving the date for the National Assembly.	Hannah	Aug board

10.4	to have an offline discussion on the coins, their role, and obtaining quotes to have them made with the new logo in the UK.	All	September board call
13.1	Rachel to re-jig the budget with the suggestions and requests made, and seek agreement at the next board meeting to formalise	Rachel	Aug board
15.1	Robbie is to set up a WhatsApp channel for affiliated groups without intergroups.	Robbie	July board call
15.2	Robbie to send out a survey poll to fellowship members asking about considering board service.	Robbie	July board call
15.3	Write an FAQ document with guidance on how a member can gain service experience to join the board.	Hannah	Aug board
15.4	Review the content and timeline of the packs for the National Assembly and investigate how to improve the format	Rebecca	Aug board
16.1	Write an FAQ document with guidance on how a member can gain service experience to join the board.	Hannah	Aug board

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



25/08/25

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Chair

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Date