

Delegate Pack

OAGB National Assembly 2025



Dear OA fellows, groups and Intergroups,

Thank you for your fellowship and service this year, we look forward to speaking with you all on the 18th October.

Find enclosed a pack of information which we suggest you read in advance of the National Assembly, and have it easily accessible you on the day. You will need the information enclosed to participate in the meeting and be fully informed to vote.

If you are attending on behalf of an affiliated meeting or intergroup we suggest discussing this pack and the motions being voted on with your group in advance of the assembly.

Serving on your behalf

Hannah, Ghislain, Rachel, Rebecca and Robbie



Other links you may find helpful for the Assembly:

- [Glossary](#) - a detailed glossary of the terms and acronyms used during the National Assembly
- [Frequently Asked Questions \(FAQ's\)](#) – information about National Assembly and OA service more widely.
- [Volunteering Information](#) – information about the ways to volunteer and give service to support OA in Great Britain.
- [Application to join the Board](#) – at the time of publication we have not had any candidate seeking election to the board. We may have some late applications and we will share those with registered attenders to National Assembly.
- [The current by-laws](#) – these may be helpful for the motions regarding proposed changes to our bylaws.

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1 Agenda - OAGB National Assembly 2025

Registration		Organising Committee	8.30
Voting delegates to enter the Zoom room by 8.45am			
Session: 'Background and How Today Will Work'		Hannah, Charlotte, Alexandra	9:30
Should be attended by all voting delegates, observers welcome			
Including breakout discussion and 10 minute Q&A			
Comfort Break			10:20
National Assembly starts			10:30
1. Welcome, 7 th Tradition and Housekeeping		Hannah	
2. Serenity Prayer, Preamble, 12 Steps, 12 Traditions, and 12 Concepts		Volunteers	
3. Establish Quorum (25% of Groups and Intergroups)		Hannah	
• Voting permission of non-affiliated meetings			
4. Agreement of Agenda		Hannah	
5. Approval of Minutes from 2024 Assembly		Hannah MRC	
6. Appointment of Minutes Review Committee for 2025 Assembly		Hannah	
7. Appointment of Timekeeper		Hannah	
8. Introduction of NSB Officers, Parliamentarian and Centre Mic person		Hannah	
Morning Business Session			
9. Review of Standing Rules and Parliamentary Procedure		Charlotte	11:00
10. Board & Paid Worker Reports – questions only (4 mins allotted to each)		NSB	11:05
Serenity Prayer		All	11:50
Comfort Break			11:55
11. NSB Officer Elections (voting)		Hannah	12.05
12. Motions (voting)		Hannah	12:25
• In accordance with the standing rules, Bylaw Amendments B and C are to be voted on as a Consent Agenda			
OA Promise "I put my hand in yours..."		All	12:55
Lunch break	Submit Emergency New Business motion(s)		13:00
Re-Assemble			13:55
<i>(Must have any emergency business motions in writing to nsb@oagb.org.uk at this stage)</i>			
Afternoon Business Session			14:00
13. Serenity Prayer, 7 th Tradition & Preamble		Volunteers	
14. Motions - continued (voting)		Hannah	14:05
Serenity Prayer			
Comfort Break			15:30
15. 2026 National Assembly bid (voting)		TBC	15:40
16. Intergroup Reports – Questions on Reports only (4 mins allotted to each)			15:50
17. Breakouts for fellowship		Robbie	16:10
18. Questions from the Board to the Assembly		Robbie	16:35
19. Any Other Business		Hannah	17:00
20. 7th Tradition & Thanks		Hannah	17:25
Close (OA Promise)		All	17:30

2 Minutes of the 2024 National Assembly

OVEREATERS ANONYMOUS GREAT BRITAIN

MINUTES OF 39TH NATIONAL ASSEMBLY

Date: Saturday 19th October 2023

Time: 10am to 4.30pm

Venue: Venue Cymru, Llandudno, LL30 1BB

Abbreviations used:

NSA = National Service Assembly of Overeaters Anonymous Great Britain

IG = Intergroup

OAGB = Overeaters Anonymous Great Britain

NSB = National Service Board of OAGB

WSBC = World Service Business Conference of Overeaters Anonymous

WSO = World Service Office of Overeaters Anonymous

Agenda

1. Welcome

NSB Chair – Teresa, as acting Chair, welcomed everyone to the 39th National Assembly with a call to order and a short moment of silence. The theme this year is 'keeping it simple'.

2. Housekeeping

Heidi from Red Dragon explained the housekeeping issues.

3. Serenity Prayer, Preamble, 12 Steps Traditions, 12 Concepts

Serentiy Prayer was delivered in Welsh and English.

'Duw dyro imi dangefedd I dderbyn y pethau na allaf eu newid, gwroldeb I newid y pethau a allaf, y doethineb I wybod y gwahaniaeth.'

Preamble by Tim; 12 Steps read by Hannah and then Lowri-Ann in Welsh; 12 Traditions by Julie and then Lowri-Ann in Welsh; Concepts by Owain

4. Establish Quorum

25% from groups and IG's are required to establish quorum. With 149 groups in 5 intergroups and 4 board members, there are 158 potential voters, by Friday evening there were 40 voting members and 4 board members, the minimum needed is 40, *the meeting was declared quorate.*

There was a request to give voting rights to Charlotte from the Greenwich zoom meeting, which is affiliated to the OA Virtual IG UK Europe & Beyond (OAUKEB), this was discussed by the board and recommend that Charlotte from Greenwich Virtual Meeting be a voting delegate. The chair read out the correspondence on this matter. *This was agreed by overwhelming majority.*

There was one objection; that it would be inappropriate for the group to have votes in multiple areas and therefore receive multiple votes.

The answer to this concern is found in sub part B in the bylaws of WSO and OAGB a group or service body may have participating rights if approved by the service body. Although the request is for voting rights it is valid and in order within the scope of the OA bylaws.

A voting card was issued to Charlotte. Hence there were 44 voting delegates and 1 visitor with voting rights.

5. Agreement of Agenda

Chair advised that the agenda was supplied in pack 2, pages 2 and 3.
The agenda was agreed unanimously.

6. Approval of minutes from 2023 Assembly

These were proposed by Teresa (Chair) and agreed *unanimously*.

7. Appointment of Minutes Review Committee for 2024 Assembly

Sarah, Mel and Hannah from Clapham were agreed as minutes review committee members.

8. Appointment of Timekeeper

Frankie volunteered as timekeeper for the morning business.

9. Introduction of NSB Officers, Minute Taker, Parliamentarian and Centre Mic person.

Teresa introduced herself as acting Chair and Secretary and welcomed the other assembly officers:

Mel – Treasurer, Company Secretary and R9 rep
Robbie – Communications Officer and WSBC delegate
Sarah – Literature Liaison Officer

Sharon – professional minute taker

Alexandra – Centre Mic

Charlotte – Parliamentarian

Red Dragon IG – Organising Committee for National Assembly.

10. Review of Special Rules of Order and Parliamentary Procedure

Charlotte (Parliamentarian) referred to the rules of order and guidelines provided in pack 2, page 47 along with the parliamentary procedure.

11. Board & Paid Workers Reports – questions only

Secretary Report – Teresa

One question was asked with no amendments to the report.

Treasurer Report – Mel

Two questions were asked with no amendments to the report.

Company Secretary Report – Mel

No questions asked.

Communications – Robbie

Two questions were asked with no amendments to the report.

Literature Liaison – Sarah

Three questions were asked with no amendments to the report.

Literature Admin – Deborah with Sarah taking questions

One question was asked with no amendments to the report.

Professional Outreach/Public Information – Ellen with Maria taking questions

Two questions were asked with no amendments to the report.

Region 9 Delegate – Mel

Two questions were asked with no amendments to the report.

World Service Business Conference delegate – Robbie

Two questions were asked with no amendments to the report.

12. NSB Officer Elections

The chair explained the voting process by secret ballot. Tellers were appointed they were Hannah B, Lucy and Owain.

This was carried out as a secret ballot.

Candidate A – Ghislain (attended via zoom)

His application was submitted in the NA pack and 3 questions were asked.

Candidate B – Robbie

His application was submitted in the NA pack and 3 questions were asked.

Candidate C – Hannah

Her application was submitted in the NA pack and 3 questions were asked.

Following the first vote, the tellers found some spoilt voting slips.

Proposal by Julia R: to have a recount for Candidate A as there was some confusion for some in the voting process and think it fair on the candidate recognising that the meeting is only just quorate.

This was seconded by Caroline P.

Hannah B: spoke as con – asking whether or not to use the result to give an indication if it is worth proceeding with a fresh vote bearing in mind the timeframe.

Charlotte spoke a parliamentary qualifying question – asking if a recount would be necessary and are there enough votes to elect

5 minutes were given for questions. Teresa advised that there is a clear outcome with the original vote and decided that a fresh vote would be repetition of labour.

Vote: for a recount = 0 and against = unanimous therefore the proposal was defeated.

Teresa thanked the tellers, Hannah, Lucy and Owain for their assistance in collating the votes.

Candidate A – Ghislain – was elected with a clear majority of 37 and welcomed to the board.

Candidate B – Robbie – was elected with a clear majority of 41 and welcomed to the board.

Candidate C – Hannah – was elected with a clear majority of 41 and welcomed to the board.

13. Motions

Chair advised that one motion was made which was stated in pack 1, page 5. Pros and cons of the motion will be discussed before lunch and the questions and voting take place in the afternoon session.

Proposer = Sarah, Seconder =Mel

Motion: We are proposing that we limit our stock to books and leaflets that we can print in the UK on licence. That we seek to increase the range of books and leaflets that we publish in the UK.

Belle proposed that the standing orders procedure be amended for questions to be asked first before pros and cons for the motion are delivered.

This was seconded by Fajed.

The assembly recessed at 1pm at this point for lunch so that pros and cons on this motion can be addressed in the afternoon.

14. Serenity Prayer & Preamble

Chair welcomed everyone back to the meeting and led the serenity prayer. The preamble was read by Pat.

The meeting remained quorate.

15. Appoint an afternoon timekeeper

Veronica volunteered as the afternoon timekeeper.

16. Special Rules of Order Review

Charlotte reminded all attendees of the special rules of order and recapped on queries that had been raised during the morning session.

17. Emergency Motion Submitted

The Chair advised that an emergency motion had been submitted. This motion wanted the removal of the wording "familiarity with the Concepts" from the criteria for nominations to the board. *The chair ruled that this was not an emergency motion.*

18. Agenda

The Chair sought consent for swap agenda items 17 and 18 around – this was agreed with a unanimous decision.

19. Motions

Proposal to suspend the special rules of order so that questions can be asked about the motion before the debate.

Belle spoke for a motion to change the standing order on motions, this was seconded by Fajed.

Cons – 3 cons were received on this motion.

Belle then asked that the motion be withdrawn. *The request to withdraw the motion to suspend the standing orders was agreed unanimously.*

The original motion was revisited.

Motion: We are proposing that we limit our stock to books and leaflets that we can print in the UK on licence. That we seek to increase the range of books and leaflets that we publish in the UK.

Richard proposed an amendment to the motion which was reworded as:

'We are proposing that we print in the UK on license but in a non-exclusive way so small quantities can be purposed from WSO if opportunity and finance allow. That we seek to increase the range of books and leaflets that we publish in the UK.'

Seconded by Sarah. Richard spoke pro. There were no cons, and one question asked.

The assembly voted in favour of the amendment with a unanimous decision.

The assembly voted in favour of the amended motion unanimously.

The motion as amended was carried.

20. Intergroup Reports (questions on reports only)

Alba Intergroup (Richard) – 3 questions were asked.

Heart of England (Frankie) – 2 questions were asked

North of England (Hannah B) – 2 questions were asked

Red Dragon (Maria) – 3 questions were asked

South Coast (Daisy) – 3 questions were asked

Chair thanked all the IG chairs and representatives for their service.

21. National Assembly bids 2025

With no bids being submitted prior to the NA, the Chair reiterated that any host could do so with responsibility for the venue only, not accommodation.

Frankie, from Heart of England, will go back to consult with their intergroup to potentially host the 2025 NA.

22. Discussion

Chair suggested that discussion be held on the literature to publish in the UK, suggestions that had added to the board during the assembly and gave a background on the work that had been done to date by Sarah.

The suggestions were taken away by the board who will work out a viable mechanism and work on a demand basis.

23. AOB

Heidi from Red Dragon flagged up payments but unable to trace the relationship of the payment and payee. Chair advised that if any cannot be reconciled then they are to go to the 7th tradition.

24. 7th tradition and thanks

The meeting was concluded by congratulating first time attendees (the green dots), on graduating and thanking Red Dragon for hosting, and acknowledging their hard work. Meeting closed with a serenity prayer.

Teresa
Acting Chair for National Assembly 2024

3 Standing Rules for the 2025 Virtual National Assembly

1) Registration and Credentials Report

- a) Each representative must be registered with the secretary.
- b) Representatives will rename themselves for all sessions, using the following protocol:
 - i) Board Members **B Name – Board Position**
 - ii) Representative **R Name – Intergroup or Group Name**
 - iii) Parliamentarian **P Name – Parliamentarian**
 - iv) Center Mic **CM Name – Center Mic**
 - v) Visitors **V Name**
- c) At the beginning of the Assembly and when directed by the chair, a report on the number of voting representatives will be made.

2) General Guidelines

- a) An email will be sent to all registrants, at least 8 hours before each meeting. The email will include
 - i) The time and location of the meeting
 - ii) Login credentials including any access code needed to connect to the meeting.
- b) The electronic room will be scheduled to open at least 15 minutes before the start of each meeting.
- c) Votes shall be ballot. Business may also be conducted by unanimous consent.
- d) Each member is responsible for their own connection to the online meeting; no action shall be invalidated on the grounds that the loss of, or poor quality of, a member's individual connection prevented participation in the meeting.
- e) The chair may request to disconnect or mute a member's connection if it is causing undue interference with the Assembly. The chair's decision to do so shall be announced during the meeting and recorded in the minutes.
- f) All members of the assembly are expected to have their camera on during all sessions of the assembly, unless given an exception by the chair.
- g) Participants wishing to speak must, raise their electronic hand, be recognised by the chair, and must then give their name and Intergroup, Group Name or position.
- h) Representatives wishing to ask a point of personal privilege, point of order, parliamentary inquiry or point of information will direct their question to the Centre Mic, via the zoom chat feature, who will then raise with the Chair where appropriate
- i) Only voting members may engage in debate, ask questions, or propose amendments.
- j) These Standing Rules may be amended at any time during a meeting through a motion from the floor; it requires the motion to be seconded, debated, and a majority vote.

3) Communications

- a) Photographs and recording by audio or video are not allowed in all sessions, with the exception of the recording made for the creation of the minutes. Any exception must be approved by the assembly.
- b) There will be no smoking, eating, or chewing gum, with the camera on during any session of the assembly.
- c) The chair will designate a Parliamentarian who will advise and support the Chair and Representatives in Parliamentary procedure, assist in the creation of motions or amendments, and provide any guidance on any need that lies within the scope of Parliamentarian.

- 4) **Quorum** – 28 shall constitute a quorum at all business meetings of the Assembly.
- 5) **Consent Agenda** – The Chair may present a Consent Agenda consisting of matters which are considered to be noncontroversial in nature and unlikely to require debate. The chair will determine the matters that will be placed on the Consent Agenda. Any voting member may request that an item from the Consent Agenda be removed and considered separately within the main agenda. The Consent Agenda shall require a two-thirds vote for adoption.
- 6) **Reports**
 - a) Representatives may ask questions of any reports.
 - b) Four minutes are allotted for questions of each report.
 - c) Representatives may ask one question with a follow-up if the answer is not clear to the representative.
 - d) Representatives may ask another question if there is time remaining and all those wishing to ask a question have had an opportunity to do so.
- 7) **Motions**
 - a) Debate will be limited to up to six speakers; no more than three pro (including the maker or their designee, who will speak first) and three con.
 - b) Participants will be asked to indicate if they would like to speak pro or con by raising their electronic hand.
 - c) If more than three participants wish to speak on one side of a motion, and at least two participants wish to speak on the other side, breakout rooms will be opened.
 - d) In the breakout rooms, participants on each side will decide among themselves who will speak pro and who will speak con to the motion.
 - e) A representative must be recognised by the chair before speaking and must then give their name, role, and Intergroup or Group Name.
 - f) All debate must be relevant to the matter under consideration.
 - g) All remarks must be addressed to the chair.
 - h) The chair will call on the representatives to speak in order, first pro (beginning with the maker or designee), then con, alternating until all speakers have been heard. Each speaker will be limited to two minutes.
 - i) After the pro and con speakers, a further ten minutes will be allowed for questions to the chair. This time may be extended by a majority vote or without objection. A voting member is allowed one question per motion, with one follow-up question if they require clarification.
 - j) Thereafter the vote will be taken by a show of virtual hands.
- 8) **Amendments**
 - a) Proposed amendments will be submitted via the chat to the Centre Mic.
 - b) Amendments will be considered proposed when advised as in order by the Parliamentarian.
 - c) Amendments can be proposed until the chair declares voting on the motion.
 - d) To save time on a simple amendment to an admissible motion, the chair may ask the assembly if there is any objection.
 - e) Debate will be limited to four speakers; no more than two pro (including the maker or designee, who will speak first and begin by reading the motion) and two con.
 - f) Each speaker will be limited to two minutes.
 - g) Following the debate, questions to the Chair shall be limited to ten minutes. This time may be extended by a majority vote or without objection.

- h) A motion to close debate is in order only after five minutes have passed and requires a two-thirds vote.
- i) If any motion is subject to three or more legitimate amendments, it shall be referred to an ad hoc Reference Committee. The Reference Committee shall consist of:
 - i) the proposer of the original motion,
 - ii) the proposers and seconders of the subsequent amendments, and
 - iii) the Assembly Chair's appointed chairperson of the committee.
 - iv) The Parliamentarian and Centre Mic shall sit on the Reference Committee in an advisory capacity.
 - v) Any OA member may attend the Reference Committee and shall have voice but no vote.
 - vi) After meeting, the Reference Committee will recommend a motion to the Assembly.
 - vii) No motion may be referred to the Reference Committee more than once.
 - viii) Once a motion has been returned from the Reference Committee, no further amendments will be in order.

9) Emergency New Business

- a) Emergency New Business will be submitted to the Chair by the deadline set by the Chair.
- b) Criteria for qualifying as Emergency New Business
 - i) The motion refers to new business only and not to Bylaw Amendments.
 - ii) The matter is of an urgent nature and is important to OA, Region 9 or OAGB as a whole, and not considering the motion immediately would likely be detrimental to the welfare of the OA, Region 9 or OAGB.
 - iii) Emergency New Business Motions must receive a majority vote of the assembly in order to be brought to the floor.
 - iv) A two-thirds vote is required to adopt Emergency New Business Motions.

10) Elections

- a) A representative will ask only one question of each nominee. Such questions must be related to information presented in that nominee's application or directly related to the qualifications for the role.
- b) The total time allotted to each nominee's question and answer period will be ten minutes following the completion of a presentation of no more than five minutes by the nominee.
- c) Nominees will be elected by ballot of the representatives present and voting at the time of the election.
- d) A majority vote will elect.

Please Note: As required by proper parliamentary procedure, a vote will be taken at the first business meeting officially adopting these rules. A two-thirds vote is required for adoption, and amendments are in order.

4 NSB Officers and Paid Workers Reports

4.1 Chair - Hannah

This past year has been a whirlwind and has gone by far quicker than I expected. It has been more than I expected – more of a challenge and more of a reward too.

Having been a Chair of an intergroup before, I had a certain expectation of what the role would entail. However, at the start, I found the pressure and responsibility of being Chair overwhelming. The legal structure and size of OAGB resulted in me putting pressure on myself unnecessarily. I felt I had big shoes to fill from my predecessors and that I didn't know what I was doing. I procrastinated and put off my tasks only exacerbating the problem – classic addict behaviour!

What has turned this around for me has been firstly my fellow board members. We have leaned on each other, shared expertise and reminded each other that our titles on the Board are administrative only; we all do this together, in recovery and in service. Just because I am Chair does not mean that my fellow board members cannot step up and help me. Just as I am always willing to lend a hand to literature, treasurer, communications or secretary activities. This collaboration has strengthened my recovery and reminded me why I love giving service above group level – community.

The other thing that has turned this around for me is giving myself the time and patience to get myself up to speed on what *needs* to happen. Stripping back some of the processes and activities that don't work for me or the new board members. Really getting back to the basics of what we should be doing as a board to make sure we are truly being of service to this fellowship.

I have massively enjoyed talking to fellows throughout the year on what they think we should be doing at OAGB. Understanding what people value and what they need from their National Service Board has lit that service spark in me. I am bursting with ideas for 2026 but need to be careful that I don't do the other classic addict behaviour and now over-commit and go too far! But this is why I am so grateful to have my fellows to keep me grounded.

Looking forward, I am feeling much more settled in my role now and looking forward to working with more fellows across Great Britain. Together we recover.

4.2 Secretary - Rebecca

I'm writing this after yet another week of receiving huge support and love from my fellow board members. Since joining the board in January, I've faced challenges in my personal life - both difficult and exciting. Challenges I simply would not have navigated before recovery.

Particularly over the last 12 months of recovery, my life has gotten very full. I know more about what I want, and I'm saying yes to those things – including service on this board.

For those of you who attended the NA last year, you may notice I was not elected at the assembly, rather appointed by board members by way of exception. At that time, I had little service experience beyond group level. Still, I approached the opportunity with openness,

something I am only able to do now in programme. I honestly offered up what I had to give, and allowed something greater than myself to decide whether it was enough.

Self-acceptance does not come easily to me, and being on the board gives me regular opportunities to practice it! Can I remove the judgement and offer what I have today? The answer is, with the support of my fellows and my HP, I can.

I'm using this report to remind myself why I serve on this board. It's because I want;

- OA to reach the newcomer, and for the fellowship to thrive - so I can stay well too
- More meetings, and meetings to stay healthy, so I continue can access them
- An accessible and affordable literature service in the UK
- More chances to identify my defects and practice the opposite virtues (I find there is nothing quite like service to shine a light on my fears, resentments etc!)

I'm looking forward to more connection to my fellows in the UK, and to better understanding how the NSB can support groups and intergroups in what they need to keep this fellowship strong. Thank you all for your service and your fellowship.

4.3 Company Secretary – Hannah / Rachel

The company secretary role is responsible for ensuring OAGB fulfils its legal requirements as a charity registered in the UK.

With new board members joining last year, we have updated both Companies House and the Charity Commission with the required details.

The 2023/24 annual returns to Companies House and the Charity Commission were submitted on time. The 24/25 annual returns are being worked on currently. The deadline for submission to Companies House is the end of November and the deadline for the Charity Commission is the end of December.

As agreed in previous assemblies, we had planned to change OAGB's legal structure to a Charitable Incorporated Organisation (CIO) this calendar year. However, with the changing of board members, and with our financial year running from February, we ran out of time at the start of the year and were unable to do this for 2025. We are therefore preparing now to have all the required documentation ready for us to submit our CIO application in 2026 on the first day of our financial year.

This move to a CIO will simplify our processes and result in us being more efficient as a Board and able to prioritise carrying the message. Once we move to being a CIO there will only need to be one set of returns, and we will no longer need to have a Company Secretary role on the Board.

4.4 Treasurer – Rachel (including financial statements)

I took on the Treasurer role on because it suits my skill set. I love spreadsheets, I've worked in charity finance, and I find numbers reassuring. Plus, it feels like a healthier way to use my addict tendency than obsessively counting calories. The role has been daunting at times, with lots of step 10s around the vagaries of financial institutions. What I've learnt, though, is that I

don't have to do it alone. I'm so grateful for the thorough handover from the previous treasurer, who spent days working with me whilst I got a handle on things. With her help, the support of the board and plenty of shared wisdom, I'm starting to get on top of things. Working collaboratively with the team is one of the pleasures of this service.

I want to thank every individual, group and intergroup for your 7th Tradition contributions and literature purchases. Without you, none of this works — it all adds to our capacity to carry out our primary purpose.

Looking ahead, I'd like to make OAGB's finances as clear and easy as possible for everyone to understand. I'd would love some feedback on what information you'd find most useful and how you'd like it presented.

Last Financial Year (1st March 2024 – 28th February 2025)

Table 1 below shows how we did during the last financial year. The figures are provisional, as our accounts are currently being reviewed by Verdant Accountants Ltd., our accountants. The final accounts will be filed by the deadline of 30th November 2025. When this is done, we will then send any surplus to Region 9 and World Service.

Notes

- *Income* – We received £27,860 during the year, compared to an income of £19,050 in 2023/24 and more than was budgeted for. However, this was mainly due to 2 intergroups folding during the year and some of their remaining funds being donated to OAGB. Also, some of the money groups previously donated to intergroup was sent directly to OAGB. Without these amounts, contributions were down on previous years.
- *Expenditure*
 - We were able to send delegates to the Region 9 Assembly in Athens & the WSBC in the USA.
 - The PIPO expenditure looks unusually high this year because it includes two substantial payments (£8,000 and £8,900). The £8,000 relates to costs from the previous year, so while the accounts show it as part of this year's expenditure, it was already provided for and does not mean we went over budget. The adjustment line in the accounts balances this.
 - Our literature service is a key function of OAGB as a National Service Body and is one of the most important ways we give service to those who affiliate to us and to the compulsive overeater who still suffers in Great Britain. As the Assembly may be aware, the literature service has run at a deficit for some time. Additionally, the costs of importing literature from WSO have recently increased substantially. At last year's conference the decision was made to prioritise printing in the UK where we can. However there is a transition period while this is organised (see literature report below). In the meantime, the Board have decided the priority for our surplus is to support our literature service rather than sending to Region 9 or WSO.

(report continued on next page)

Table 1

INCOME AND EXPENDITURE	Budget for 1 Mar 24 - 28 Feb 25	Actual 1 Mar 24 - 28 Feb 25	Actual Mar 23 - 29 Feb 2024
Contributions Received			
Group	7000	12808	6,606
Intergroup	11500	11756	7,125
Anonymous	500	0	3,243
Other (Individual contributions, NA Surp)	2000	3077	1,876
Bank Interest	200	219.35	200
	21200	27860	19,050
EXPENDITURE			
Board National Assembly expenses	3000	4885	531
Board Meeting expenses (incl IG chairs)	800	1440	295
Professional Minute Taker	1250	1719	1248
Board Expenses other	350	0	273
Room Hire	400	0	387
National Assembly delegate support fund	3000	2117	0
N.A. R9 Trustee, Parl'n and Centre Mic	800	123	150
WSBC+Region 9 delegates costs	3500	2414	4092
Post office address fees	150	208	150
Telephone	180	78	164
GB Wide Public Information Initiatives	2600	16900	4800
Other Public Information costs	0	0	0
Professional Exhibitors	0	0	0
Website Update Professional Support	500	348	150
Website Host & Domain Name	200	0	124
Depreciation	0	0	0
Legal and professional and reg office	2500	3700	13
Reporting accountants fees	1400	1260	1170
Bank charges	100	0	72
New Physical Meeting Support	0	0	0
Sundries	100	152	0
	20830	35344	13619
OAGB Budget Surplus/Deficit for year before adjustments	370	-7484	5,431
Adjustments		8000	
OAGB Budget Surplus/Deficit for year before Contributions to WSO & R9.		516	

4.5 Communications Officer - Robbie

This is my third year of what I hope will be a four-year term as Communications Officer for the National Service Board. Each year has presented different challenges while also offering a wealth of experience, strength, and hope to my personal recovery.

My first year felt like being a rabbit caught in the headlights. I spent most of that year learning the ropes, asking for lots of help, and trying to be kind to myself when the “not enough” voice kicked in - which was daily at times.

During the second year, I grew in confidence and no longer felt the fear of doing service at this level, although that fear did occasionally rear its head. Working as part of a team and having regular monthly meetings with the other board members allowed me to voice my concerns and receive plenty of support.

My third year has brought a different set of challenges. To practice rigorous honesty, I have at times found it difficult to motivate myself with my service duties this year. I have beaten myself up for what I deemed to be “not doing enough,” and in that mindset the old “not enough” voice crept back. I started to question whether I was doing enough, whether my work was serving the OAGB community well, and whether my service was good enough.

Thankfully, once again the support of the rest of the Board—the kind, loving space they have created, and the regular meetings where I get to witness their vulnerability - has shown me that I am enough, and that the service I do is enough. I feel loved, supported, and appreciated, and I am so grateful to be able to serve in this capacity for OAGB.

Below is a list of some of the tasks I have undertaken over the last year, followed by more detailed updates on our social media (which is doing extremely well), the newsletter, and the email responder team.

Board Service

- Attending monthly Board meetings and calls
- Attending the June Board Meeting in Birmingham, where we also welcomed Chairs/Officers from Intergroups across Great Britain

Managing the OAGB Website

- Moving our entire system (website, emails, and domain) to a new web host: <https://www.34sp.com>
- Fixing anomalies and making back-office updates
- Updating the news and events page
- Maintaining the media library
- Posting regular updates on the National Assembly 2025 page

Managing Email Inboxes

- Setting up new accounts
- Closing old/unnecessary accounts
- Managing inbox space/allowance
- Managing email passwords and security
- Resolving an email security issue with our hosting company (no risk to the Fellowship)
- Assisting with onboarding new members to their email account

New OAGB Website

- Progress has been slower this year while I worked on other projects, but the site is moving forward.

- Laura (our Social Media Coordinator) and I have met regularly to discuss font size and colour, page layouts, content, and futureproofing—all while being mindful of avoiding duplication of efforts.
- The main page is nearly finished, and we are steadily populating the other pages and updating the media library.
- I have found this part of my role most challenging, but with the help of my Higher Power, my sponsor, and Laura, I feel we are getting there. Stay tuned!

Communications

- Responding to incoming messages via the website “Contact Us” page

Volunteers

The role of Communications Officer relies heavily on volunteers, whose service is vital in helping the NSB run smoothly. I'd like to personally thank every volunteer who has so beautifully supported not only the Board but the entire Fellowship of OAGB, often quietly in the background.

Email Responder Team: Suzi, Brenda, Harriet

Social Media Team: Laura, Andy

Email Responder Team Update

Our team is on the front line of OAGB, acting as the first point of contact for anyone emailing via the website. We currently have an excellent team of three volunteers answering general enquiries and forwarding specialised requests to the relevant Board members.

OAGB Social Media Update

This year the social media team lost a few members, which impacted posting frequency and engagement. Even so, we continue to have a strong online presence. We have just appointed a new YouTube Officer, and I am hopeful we will recruit more volunteers in the coming months.

Open positions:

- Facebook Officer
- Instagram Officer
- WhatsApp Officer (managing the *Together We Can* group)
- News & Events Officer
- Newsletter Officer

Requirements for all positions mentioned:

- At least three months of current continuous abstinence
- At least one year in OA
- Working the OA steps with a sponsor
- Understanding of the Twelve Traditions

I am more than happy to discuss these positions with anyone interested and will provide training and support. This service has been some of the most rewarding work I've done in recovery.

Annual Recap on Social Media

- Instagram – <https://www.instagram.com/oagbofficial>
 - Followers: 398 (25% increase on last year)
- Facebook – <https://www.facebook.com/OvereatersAnonymousGB/>
 - Followers: 3,069 (6% increase on last year)
- WhatsApp Group – <https://chat.whatsapp.com/IEwbHp4rAR94qw6fCofNY5>
 - 535 members (204% increase on last year)
- YouTube - https://www.youtube.com/channel/UC18mSc_afmD9TOWU9M0UT4w
 - 31 subscribers to date
 - 39 shares posted
- OAGB Email Loop / Newsletter Update
 - Current active subscribers: 1,616 (up 1% on last year)

God willing, I will be able and willing to complete my fourth and final year in this service role through 2025/2026. My focus will be on finishing and refining the new website, which I am very excited about.

Thank you all for allowing me to be of service in this way, one day at a time.

In loving fellowship,

Robbie, OAGB Communications Office

4.6 Literature Liaison Officer - Ghislain

It has been a year since I took service as the Literature Liaison Officer for OAGB. It has been a busy year and felt like I had to hit the ground running. The emphasis has been predominantly to continue the work of the previous officer and get stock to suitable levels. This is being achieved both through orders from WSO and printing here in Great Britain. Things are still not where we would like them to be, but we are committed to keep driving forward to make substantial progress.

Below are some of the key features from the year:

- From the taking on the role I have regular weekly meetings with our Literature Administrator which has allowed me to get my head around the role better and witness the challenging job the Literature Administrator does. She has been instrumental solving various issues and the general day to day running of the service. She has also helped in the capacity of print liaison as the role is currently vacant.
- To bring some stock back available on our online shop, we put an order through to WSO for some of the popular literature and those have been selling smoothly. We have printed new copies of the 12 Steps and 12 Traditions of OA Second Edition, the 12 Steps and 12 Traditions workbook. We have printed a sample copy of the Body Image, Relationships and Sexuality book, between me and the Literature Administrator we have checked and found pages where American English was still and to comply to our license those need to be rectified before we could print in bulk. It is exciting to know in the coming weeks we will finally be having the book available in our online store. We are currently waiting for a sample copy of the “For Today” after some difficulties with the artwork to start with, we are now in position of printing it and making available on our online store. The aim is to print as many OA literature possible here in Great Britain. With that in mind I put the question to WSO if we could get a license which will allow us to print any literature by WSO here in

Great Britain. This has been taken to a WSO board to be discussed and I am awaiting the outcome of the discussion.

- o Since taking on the role, a volunteer packer who has given years of excellent service handed in their service position. We are grateful for their service for the many years in the role. Two new packers have since joined and all the packers are doing a tremendous job. We are very grateful for the service and dedication of these fellows without whom OAGB literature service couldn't run. On behalf of OAGB THANK YOU for your service.
- o Back in July we run a literature table at the annual Heart of England convention in Coventry. I was alongside some of our amazing packers, and we sold a fair bit of literature which meant the message was being carried throughout the weekend. It was clear how much literature is important and thus the significance of the work being done by OAGB in that regard.
- o With the price increase by WSO on literature and postage as well the taxes OAGB has had to review its prices. The literature service has been running at a loss for several years. The aim is to get to a point where the service will be able to support itself. We still have some time to go before that is possible. The price review has been presented to intergroup chairs back in June at the in-person board meeting in Birmingham. Some useful suggestions were made by Intergroup chairs. These were considered and acted upon. We will continue reviewing price moving forward of course with the absolute aim to always keep in mind affordability for members of the fellowship. With the World Service business being held online this year we couldn't take advantage of our delegate bringing back some stock as per last year, but we hope we will be able to take advantage of the opportunity next year when WSBC will be in person in Albuquerque.
- o The in-person board meeting in Birmingham in June was the first time the new board got to meet face to face. It was an extraordinary moment to finally be in the same room and get to know each and spend some time not necessarily talking about business. This was the night before the actual board meeting with the Intergroup chairs. Meeting the various intergroup chairs was an absolute highlight too.

This was my first year in the role, though it has been challenging at times I am very grateful for the opportunity to be of service. I am grateful to my Higher Power that I get to be of service with the fellows on the board as I wouldn't have been able to do this first year with their support. We are still in need of volunteers and one crucial one is a "Print Liaison", a service that will allow both myself and the Literature Administrator to focus more on other things. Some members of the board met fellows at the Heart of England convention who expressed interest to help. From those interests we have been able to investigate other printers to compare prices with our current printer who has been doing an amazing job for us. I am very pleased to report that the quotes we received from three different printers were not as good as what our current printer is giving us. It has been a useful process to establish the fact that the OAGB is using the best options for third parties' services.

We hope for the coming year to have some clarity about where we are heading regarding licenses, and the aim will be continuing to print as much literature here in Great Britain to reduce cost which in turn to help the literature service become viable and self-sufficient. It has been an honour to serve this first year on the board and with my Higher Power's help and guidance along with the support of the fellowship we can move the literature service where it needs to be.

Yours in loving fellowship, Ghislain

4.7 OAGB Paid Worker - Literature Administrator

The following notes are evidenced in the below Statement of Activity Comparison Report comparing the current financial year Mar2024/Feb2025 & the previous financial year Mar2023/Feb2024

Total Sales Mar2024/Feb2025 £13,300 (Mar2023/Feb2024 £18,195)

Sales figures overall are down £4,895, 26.9% on last year, the decrease in sales is mainly due to not having stock of several books usually printed in the UK and some items usually purchased from WSO.

Rather than increase our prices a decision was made by the previous National Service Board to purchase less from World Service and print all books we currently hold licenses for and to apply for licenses to print further titles here in the UK. However, this has proved difficult to accomplish resulting in poor stock levels.

Note - The Literature Service is mainly funded by the printing of the books we currently have licenses to print in the UK.

Cost of Goods Sold Mar2024/Feb2025 £7,555 (Mar2023/Feb2024 £12,147)

The costs of goods sold are down this year by £4,592, a breakdown of these costs is listed on the Statement of Activity Report.

Convention Sales - Reduction of £295 in costs of attending Conventions due to a reduction in the amount claimed to attend the Birmingham Convention in 2024.

All other Costs of Goods Sold are in-line with expectations given the overall reduction in sales, the reduction in sales of stock purchased from World Service and increase in sales of stock printed here in the UK as a percentage of total sales.

Stock Shrinkage Mar2024/Feb2025 £-47 (Mar2023/Feb2024 £43)

This represents the net result of our stocktake and stock movements throughout the year.

Gross Surplus/Profit

Gross Surplus/Profit as a Percentage of Total Sales has increased 9.95% on last year showing that we are moving in the right direction but this has not compensated for the overall loss in sales.

Total Expenditure Mar2024/Feb2025 £10,908 (Mar2023/Feb2024 £8,713)

The figures as listed on the attached report are incorrect with the salaries expense as related to the Literature Service showing understated 2023/2024 by £1,088.68 due to amendments resulting in duplicated journals that I understand were actioned to correct an error regarding NSB Board Admin employee. We have sought advice from an Accountant on entries to correct the Literature Service account ledgers in our accounting software but as yet no instruction has been given and further advice will be sought to correct this.

Actual Total Expenditure Mar2024/Feb2025 £10,908 (Mar2023/Feb2024 £9,802)

The total expense figure has increased by 11.29% on last year this is due to an increase Payroll Expenses, Bank Charges and the usual expected increases in our other expenses which are all in-line with expectations.

A breakdown of all expenses is listed on the Statement of Activity Report.

General Overview Mar2024/Feb2025 Deficit/Loss £5,163 (Mar2023/Feb2024 Deficit/Loss £3,715)

Note - The Actual Total Expenditure Figure has been used to calculate the above Deficit/Loss figure above for 2023/2024.

It has again been a very difficult year for the Literature Service. The Deficit this year is mainly due to the decrease in sales and is most likely the result of poor stock levels. It is essential that OAGB print all the books here in the UK we currently hold licenses for. The situation although dire once again in 2024/2025 is being addressed, we have recently increased our prices, work is ongoing to increase printing here in the UK and it is hoped to order more items from World Service in the near future to improve our stock levels. It should be noted that we have increased our Gross Profit as a percentage of total sales which is a move in the right direction but this has not compensated for the loss in sales. Therefore, we also need to increase sales and it is hoped increasing our stock levels will accomplish this. Also, there is scope to reduce our expense in relation to storage and it is planned to progress this in 2025/2026.

There have been several setbacks and delays in the printing process with the new Print Company as they are not as adept as the previous Print Company at amending our artwork. Increased artwork amendments are being required on all items printed in the UK due to a change requested by World Service to the OAGB Logo. Sarah the previous NSB member for Literature planned to stay on as Print Officer but sadly had to step down from the role, I would like to thank Sarah for her support and all the service she has given to the Literature Service and the OA Fellowship. I would like to thank Ghislain too who along with being NSB member for Literature is now heading up printing here in the UK and despite the difficulties progress is being made and we look forward to printing additional titles here in the UK in the coming months.

Again, this year I send a huge thank you to our volunteer Packers for their dedication. We welcome Liz and A.J. this year who along with Suzy all give up their time to support the Literature Service and in doing so the wider fellowship in the UK. Thanks go to Richard too who after several years of excellent service stepped down this year. I would also like to thank Robbie NSB Communications again this year for all his help and support with various IT problems we have had with our Online Shop. It has been a pleasure working with you all in these still challenging times.

I offer my apologies to the fellowship for the sometimes-slow replies to emails. I have found this year to be challenging workwise and personally but I hope to be able to respond promptly to you all in future.

It is important when looking to the future to consider, despite the many challenges we have had to contend with during 2024/2025 and are currently contending with this financial year the Literature Service sold 4,849 items of OA Literature which will have been distributed throughout the UK in 2024/2025. Therefore, the OA message of recovery in written form has reached a possible 4,849 people who suffer with compulsive eating and probably many more as items are passed on.

It is very important that we retain a viable Literature Service as it is essential that easy access to OA Literature at a reasonable cost is provided to help promote the growth of OA here in the UK. The NSB, all the Literature Volunteers and myself are all committed to this aim. Sadly, we have had to raise our prices this year If we have any chance of being viable in the current year. It is important to note we have not increased our prices overall for many years. As always it is important that OA members support the Literature Service in the UK by obtaining their literature from OAGB when possible, rather than from other sources as ***our future really does depend on our sales.***

Deborah Salt - September 2025

(report continued on next page)

Statement of Activity OAGB Literature 1 March 2024 – 28 February 2025

DISTRIBUTION ACCOUNT	TOTAL	
	MAR 1 2024 - FEB 28 2025	MAR 1 2023 - FEB 29 2024 (PY)
Income		
Sales	0	0
OAGB	739.75	1,164.07
OAGB RD	9,876.25	11,217.29
Postage & Packing Top Up Income	686.20	478.50
WSO	1,998.19	5,335.91
Total for Sales	£13,300.39	£18,195.77
Total for Income	£13,300.39	£18,195.77
Cost of Sales		
Cost of Goods Sold	0	0
Convention Sales	404.12	699.18
OAGB	332.52	516.20
OAGB RD	2,664.31	3,435.33
PayPal Fees	298.04	290.86
Postage & Delivery of Goods S'd	1,691.63	2,149.45
Royalties to WSO	721.32	786.53
Stock Transfer Costs OAGB RD	79.79	197.65
SumUp Fees	22.17	22.54
WSO	1,388.75	3,998.25
Exchange Rate Difference		-10.90
Stock Transfer Costs OAGB		19.75
Total for Cost of Goods Sold	£7,602.65	£12,104.84
Stock Shrinkage	-47.03	43.13
Total for Cost of Sales	£7,555.62	£12,147.97
Gross Profit	£5,744.77	£6,047.80
Expenses		
Bank Charges	107.50	47.00
Insurance	411.54	401.76
Miscellaneous	70.95	
Payroll Expenses	0	0
Taxes		
Wages	7,344.95	5,593.46
Total for Payroll Expenses	£7,344.95	£5,593.46
Postage - Administration Costs	46.19	66.60
Postage - Stock Transfer Costs	108.26	
Printing and Stationery	154.29	118.77
Software	691.19	600.19
Storage - Rental	1,820.01	1,716.00
Telephone & Fax	153.40	144.00
Travel		26.00
Total for Expenses	£10,908.28	£8,713.78
Net Operating Income	-£5,163.51	-£2,665.98

DISTRIBUTION ACCOUNT	TOTAL	
	MAR 1 2024 - FEB 28 2025	MAR 1 2023 - FEB 29 2024 (PY)
Other Income		
Contribution to Lit Service		40.00
Total for Other Income	0	£40.00
Other Expenses		
Net Other Income	0	£40.00
Net Income	-£5,163.51	-£2,625.98

4.8 Region 9 Assembly Delegate – Rachel (October 2024)

Region 9 serves as a vital bridge across Europe, the Middle East, Africa, and Western Asia, helping members stay connected and carry the OA message with unity and inclusivity. Its work includes translating OA literature, supporting intergroups and virtual service bodies, and ensuring that everyone—regardless of language or location—can access the programme.

In October/November 2024, this took the practical form of holding the Assembly and Convention in Athens as a hybrid event, enabling members to join either in person or online. A fully translatable webpage was created to make materials available in more than 80 languages. Representatives from 17 countries attended, including the previous OAGB Region 9 rep. Over three days, the Assembly agreed a number of important changes: there will now be two Region 9 assemblies each year (a full one in the autumn and a shorter online spring session); a modest registration fee will help cover costs; and clearer guidelines were set for how virtual and unaffiliated service bodies can take part. The Assembly also launched a project to explore cultural and social barriers to recovery across our diverse region.

I attended the first Region 9 Spring Assembly in May. Formal business was limited. There was one motion to allocate £1500 from the digital budget to the World Service ‘Find a Meeting’ fund, which was passed. Breakout groups considered how Region 9 committees can contribute to the region’s strategic aims. I attended the Nuts & Bolts Committee workshop, where we focused on making Region 9’s bylaws, policies, and procedures more accessible. Many members find the formal language daunting, so we discussed ways to simplify and clarify documents without compromising their integrity. This included ideas for better formatting, plain-language summaries, and supporting newcomers to service who might otherwise be put off by complex documents.

I have registered to attend the next Assembly and Convention in October 2025 in France.

4.9 WSBC Delegate – Robbie (April 2025)

This year’s World Service Business Conference was held entirely virtually. I found this format extremely challenging at times, but with the support of fellow delegates I was able to remain present and take part fully in the business of OA, including voting on the motions before us.

Despite the distance, I gained a great deal from the week. The online format highlighted both the challenges and the opportunities of being a truly worldwide fellowship. It was inspiring to see delegates from every Region able to participate who might not otherwise have been able to travel.

I was also elected Delegate Co-Chair of the Young Adults Committee, serving alongside Blair as Trustee Co-Chair. Our committee has an important role in helping OA carry the message to younger members, and I am looking forward to working with Blair and the team to move this forward again this year.

I remain grateful for the chance to represent the OAGB National Service Board and to contribute to the global service structure of OA.

God willing, I will be able to attend the WSBC 2026 face to face in Albuquerque for my final year of service in this role before I rotate out of the position.

WSBC 2025 REPORT

- The minutes, all speeches, presentation/discussion items, committee reports, workshop reports, names of delegates and trustees, bylaws, and the Business Conference Policy Manual can be found in the [Final Conference Report](#)
- A full list of everything WSBC can be found [HERE](#)
- There were:
 - **199 voting delegates**
 - **twenty-seven countries present**
 - **seventeen languages represented.**

5 Board Member Applications

As at the date of this document, we have not received any applications for members to join the board.

6 Motions For Voting

Please see below for the motions for voting



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GREAT BRITAIN NATIONAL SERVICE ASSEMBLY 2025 BYLAW AMENDMENT A

MOTION: Move to amend the Bylaws of the National Service Assembly of Overeaters Anonymous Great Britain by amending as follows:

CURRENT WORDING	PROPOSED WORDING
<p>OAGB Bylaws part 3, subsection b</p> <p>3. Procedures</p> <p>b) The National Service Assembly will be called at least once a year and may be held in person or virtually. When held in person, the Assembly will always be held in an easily accessible location with varied transport links. The National Service Board will encourage at least two Intergroups to bid to host the Assembly each year. Bids must have the approval of the respective Intergroup meeting. The National Service Board will ask the Assembly to consider both the fairness of the rotation of service and cost implications when choosing the National Assembly host.</p> <p>A special meeting of the Assembly may be called at any reasonable time at the request of at least one third of the members.</p> <p>An Intergroup may also choose to bid to host the Assembly two years in advance.</p>	<p>OAGB Bylaws part 3, subsection b</p> <p>3. Procedures</p> <p>b) The National Service Assembly will be called at least once a year and may be held in person or virtually. When held in person, the Assembly will always be held in an easily accessible location with varied transport links.</p> <p><u>The Assembly can be hosted by a group, groups, or one or more intergroup. All hosting bodies must be affiliated with OAGB. Any hosting bid must be approved by all hosting bodies prior to submission.</u></p> <p>The National Service Board will encourage at least two Intergroups to bid bids to host the Assembly each year. Bids must have the approval of the respective Intergroup meeting. The National Service Board will ask the Assembly to consider both the fairness of the rotation of service and cost implications when choosing the National Assembly host. <u>The National Service Board will be empowered to make decisions on how the Assembly</u></p>

	<p><u>should be hosted in the event that no hosting body is appointed.</u></p> <p>A special meeting of the Assembly may be called at any reasonable time at the request of at least one third of the members.</p> <p><u>An Intergroup A hosting body</u> may also choose to bid to host the Assembly two years in advance.</p>
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SUBMITTED BY: The OAGB National Service Board

INTENT: to allow individual groups to also host the National Assembly either in person or online.

IMPLEMENTATION: Update the bylaws document, update any related template or example documents.

COST: Nil.

RATIONALE: As more intergroups have closed in the UK over the last few years, not only do we have less intergroups available to host the National Assembly, but we also have more individual groups directly affiliated to OAGB who may have individuals looking to gain experience of service above group level.

While the NSB is available to host in the event of nobody else being available, this is likely to result in more assemblies being held online and without the benefit of face to face fellowship. Reliance on the Board hosting may also mean that we hold less national conventions face to face.

There are many benefits to people other than Board members hosting the National Assembly and we want to make it as flexible as possible for anyone who is willing to give service to do so.

We have used language that mirrors what is written in Bylaws part 2, subsection b which lists who is able to attend and vote in the National Service Assembly.



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**GREAT BRITAIN
NATIONAL SERVICE ASSEMBLY 2025
BYLAW AMENDMENT B**

MOTION: Move to amend the Bylaws of the National Service Assembly of Overeaters Anonymous Great Britain by amending as follows:

CURRENT WORDING	PROPOSED WORDING
<p>OAGB Bylaws part 5, subsection d</p> <p>5. Formation of the National Service Board of Overeaters Anonymous Great Britain</p> <p>b) Candidates seeking election to the National Service Board shall have at least one year of current abstinence and at least two years of service beyond the group level at the time of election. Intergroups and groups may also choose to set additional qualifications for candidates asking them for nomination. If a candidate for the Board is from a group not affiliated with any Intergroup, but affiliated with OAGB then they need to be nominated by two separate OA groups.</p> <p>Permission for any exception in qualifications for valid reasons, if deemed credible by the Board, may be received by application in writing.</p>	<p>OAGB Bylaws part 5, subsection d</p> <p>5. Formation of the National Service Board of Overeaters Anonymous Great Britain</p> <p>b) Candidates seeking election to the National Service Board shall have at least one year of current abstinence and at least two years of service beyond the group level at the time of election. Intergroups and groups may also choose to set additional qualifications for candidates asking them for nomination. If a candidate for the Board is from a group not affiliated with any Intergroup, but affiliated with OAGB then they need to be nominated by two separate OA groups <u>which are also affiliated with OAGB</u>.</p> <p>Permission for any exception in qualifications for valid reasons, if deemed credible by the Board, may be received by application in writing.</p>

SUBMITTED BY: The OAGB National Service Board

INTENT: to clarify that anyone looking to become a member of the National Service Board will need to be nominated by a group or intergroup affiliated with OAGB.

IMPLEMENTATION: Update the bylaws document, update any related template or example documents.

Cost: Nil.

RATIONALE: This provision to allow groups to nominate Board members in the absence of an intergroup, was originally added to our bylaws to allow fellows who wish to give service but who live in one of the areas of Great Britain without an intergroup the opportunity to still do so. There has been a number of intergroups who have closed over the last 5 years, and therefore an increase in the amount of groups not served by an intergroup. It is our intention to ensure that those who have the required experience and skills to join the Board are still able to do so regardless of whether their geographical location within Great Britain is served by an intergroup.

However, we believe it is important that only those meetings that have a vote at the OAGB National Assembly are also given the ability to nominate Board members. We do not believe that a meeting affiliated with another service board, which would not have any other right to vote on matters impacting OAGB and our fellowship, should be permitted to nominate a person to the Board.

We do not believe restricting nominating meetings to those affiliated with OAGB will create undue restriction on those wishing to give service nor go against the spirit of the bylaws as they currently are.



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**GREAT BRITAIN
NATIONAL SERVICE ASSEMBLY 2025
BYLAW AMENDMENT C**

MOTION: Move to amend the Bylaws of the National Service Assembly of Overeaters Anonymous Great Britain by striking as follows:

CURRENT WORDING	PROPOSED WORDING
OAGB Bylaws part 2, subsection a	OAGB Bylaws part 2, subsection a
2. Membership	2. Membership
a) Membership of the Assembly:	a) Membership of the Assembly:
For the purposes of these bylaws, the two main categories of membership of the Assembly will be defined as follows:	For the purposes of these bylaws, the two main categories of membership of the Assembly will be defined as follows:
i) An OA Group	i) An OA Group
Overeaters Anonymous Great Britain endorses the definition and composition of an OA group in Overeaters Anonymous, Inc. Bylaws, subpart B, Article V, section 1 and 2, as written and as it may be amended by a future World Service Business conference, as follows:	Overeaters Anonymous Great Britain endorses the definition and composition of an OA group in Overeaters Anonymous, Inc. Bylaws, subpart B, Article V, section 1 and 2, as written and as it may be amended by a future World Service Business conference, as follows:
Section 1 – Definition	Section 1 – Definition
These points shall define an Overeaters Anonymous group:	These points shall define an Overeaters Anonymous group:
<ol style="list-style-type: none"> 1. As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA service. 2. All who have the desire to stop eating compulsively are welcome in the group. 	<ol style="list-style-type: none"> 1. As a group, they meet to practice the Twelve Steps and Twelve Traditions of Overeaters Anonymous, guided by the Twelve Concepts of OA service. 2. All who have the desire to stop eating compulsively are welcome in the group.

3. No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).
4. As a group they have no affiliation other than OA.
5. It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

Section 2 – Composition : -

1. A group may be formed, as set forth in Article V, Section 1, by two or more persons meeting together, either
 - a. in the same physical location (land-based);
 - b. through some form of electronic device (virtual); or
 - c. both (hybrid)
2. Groups compose the service bodies set forth in Articles VI hereof.
3. Affiliation/Participation
 - a. A group may affiliate with only one Intergroup or service board through the registration process.
 - b. Unaffiliated groups that are not ready to form a service body or new groups without any intergroup or national service board in their language may affiliate with an intergroup or national service board that supports groups in their language including translation of OA literature
 - c. Any group or service body may participate in the activities (including voting) of another service body with their permission.

ii) An Intergroup

OAGB endorses the definition and composition of an Intergroup in Overeaters Anonymous, Inc. Bylaws, subpart B, Article VI, sections 1 and 3, as written and as it may be amended by a future World Service Business conference, as follows:

Section 1 Composition: -

Intergroups are composed of two or more groups that have formed a service body for the purpose of supporting and representing these groups that are affiliated with it. Each state/province/country may have at least one service body (intergroup or national service board). In a state/province/country having only one group, that group may function as an intergroup.

3. No member is required to practice any actions in order to remain a member or to have a voice (share at a meeting).
4. As a group they have no affiliation other than OA.
5. It has affiliated as an Overeaters Anonymous group by registering with the World Service Office.

Section 2 – Composition : -

4. A group may be formed, as set forth in Article V, Section 1, by two or more persons meeting together, either
 - a. in the same physical location (land-based);
 - b. through some form of electronic device (virtual); or
 - c. both (hybrid)
5. Groups compose the service bodies set forth in Articles VI hereof.
6. Affiliation/Participation
 - a. A group may affiliate with only one Intergroup or service board through the registration process.
 - b. Unaffiliated groups that are not ready to form a service body or new groups without any intergroup or national service board in their language may affiliate with an intergroup or national service board that supports groups in their language including translation of OA literature
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<p>state/province/country having only one group, that group may function as an intergroup.</p> <p>Section 3 Affiliation and Participation: -</p> <p>For the purpose of registration and World Service Business Conference representation:</p> <p>An Intergroup may affiliate with one National Service Board if it exists, shall be affiliated with one region, and may participate in one or more language service boards. If the Intergroup affiliates with a national service board, that intergroup may choose to affiliate with the national service board's region or choose to remain in the currently assigned region.</p> <p>Any group or service body may participate in the activities (including voting) of another intergroup, national service board, language service board, and/or special focus service board, and region with their permission</p>	<p>Section 3 Affiliation and Participation: -</p> <p>For the purpose of registration and World Service Business Conference representation:</p> <p>An Intergroup may affiliate with one National Service Board if it exists, shall be affiliated with one region, and may participate in one or more language service boards. If the Intergroup affiliates with a national service board, that intergroup may choose to affiliate with the national service board's region or choose to remain in the currently assigned region.</p> <p>Any group or service body may participate in the activities (including voting) of another intergroup, national service board, language service board, and/or special focus service board, and region with their permission</p>
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It is further moved to amend the Bylaws of the National Service Assembly of Overeaters Anonymous Great Britain by striking and renumbering as follows:

CURRENT WORDING	PROPOSED WORDING
<p>OAGB Bylaws part 2, subsection b and c</p> <p>2. Membership</p> <p>b) The National Service Assembly will consist of the following persons:-</p> <ul style="list-style-type: none"> i) One Intergroup Representative (IR) elected by every Intergroup existing within the geographical area of Great Britain. ii) One National Service Representative (NSR) from each OA group in Great Britain iii) Members of the National Service Board. <p>It is recommended that Assembly representatives and alternate representatives are elected at the same time.</p> <p>If a National Service Representative or Intergroup Representative is elected by the Assembly to the National Service Board of OAGB, then the group or Intergroup concerned will be entitled to elect another Representative. If a member is elected to the National Service Board of OAGB they cannot sit as a member of another service body, but may serve as a delegate on behalf of the NSB to any service body that the NSB is affiliated to or participates with.</p>	<p>OAGB Bylaws part 2, subsection b and c</p> <p>2. Membership</p> <p>b) The National Service Assembly will consist of the following persons:-</p> <ul style="list-style-type: none"> i) One Intergroup representative (IR) elected by <u>each group and every</u> Intergroup <u>affiliated to OAGB</u> existing within the geographical area of Great Britain. ii) <u>One National Service representative (NSR) from each OA group in Great Britain</u> iii) Members of the National Service Board. <p><u>It is recommended that Assembly representatives and alternate representatives are elected at the same time.</u></p> <p><u>If a National Service Representative or Intergroup Representative is elected by the Assembly to the National Service Board of OAGB, then the group or Intergroup concerned will be entitled to elect another Representative.</u> If a member is elected to the National Service Board of OAGB they cannot sit as a member of another service body, but may serve as a delegate on behalf of the NSB to any service body that the NSB is affiliated to or participates with.</p>

<p>Whenever possible, Representatives will be elected at least three weeks before the Assembly meets, and they will register at least two weeks before the Assembly. The Secretary of the Assembly will normally be the Secretary of the National Service Board.</p> <p>The Booking Secretary of the hosting Intergroup will supply to the Board Secretary two hard copies of the list of registered Representatives and visitors including the names of the groups or service bodies they represent, prior to the start of the Assembly.</p> <p>c) Each Representative will serve for a minimum of two consecutive years, and in addition to attending the Assembly will serve the Assembly between meetings.</p>	<p>Whenever possible, Representatives will be elected at least three weeks before the Assembly meets, and they will register at least two weeks before the Assembly. The Secretary of the Assembly will normally be the Secretary of the National Service Board.</p> <p>The Booking Secretary of the hosting Intergroup will supply to the Board Secretary two hard copies of the list of registered Representatives and visitors including the names of the groups or service bodies they represent, prior to the start of the Assembly</p> <p>c) Each Representative will serve for a minimum of two consecutive years, and in addition to attending the Assembly will serve the Assembly between meetings.</p>
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Further moved to amend the Bylaws of the National Service Assembly of Overeaters Anonymous Great Britain by striking as follows by striking as follows:

CURRENT WORDING	PROPOSED WORDING
<p>OAGB Bylaws part 3, subsection a</p> <p>3. Procedures</p> <p>c) The Assembly will be conducted in a manner which is democratic in spirit and action. Wherever possible, agreement will be reached by general consent, but if there is no agreement, a vote will decide the issue. Voting will be in line with the voting procedures set out in the relevant sections of these Bylaws (Section 3 (e), 5 (f) & Section 6 (d). Votes can be cast by people legally entitled to vote (i.e. excluding blanks or abstentions). The number of abstentions will not be recorded, unless the chair wishes to check that a quorum is present. Normal rules of parliamentary procedures will be followed in all cases to which they are applicable and in which they are not inconsistent with these bylaws, the Overeaters Anonymous Inc. Bylaws Subpart B or any special rules of order this Assembly may adopt. The spirit will always prevail over the letter of the law.</p>	<p>OAGB Bylaws part 3, subsection a</p> <p>3. Procedures</p> <p>a) The Assembly will be conducted in a manner which is democratic in spirit and action. Wherever possible, agreement will be reached by general consent, but if there is no agreement, a vote will decide the issue. Voting will be in line with the voting procedures set out in the relevant sections of these Bylaws (Section 3 (e), 5 (f) & Section 6 (d). Votes can be cast by people legally entitled to vote (i.e. excluding blanks or abstentions). The number of abstentions will not be recorded, unless the chair wishes to check that a quorum is present. Normal rules of parliamentary procedures will be followed in all cases to which they are applicable and in which they are not inconsistent with these bylaws, the Overeaters Anonymous Inc. Bylaws Subpart B or any special rules of order this Assembly may adopt. The spirit will always prevail over the letter of the law.</p>

Further moved to amend the Bylaws of the National Service Assembly of Overeaters Anonymous Great Britain by striking as follows by striking as follows:

CURRENT WORDING OAGB Bylaws part 3, subsection d and e	PROPOSED WORDING OAGB Bylaws part 3, subsection d and e
<p>3. Procedures</p> <p>d) The Assembly will</p> <ul style="list-style-type: none"> i) receive reports from the National Service Board of Overeaters Anonymous Great Britain and discuss and comment on them. ii) discuss important themes affecting OA service in Great Britain as a whole, which falls within the four purposes of the Assembly as stated in Item 1 and make recommendations for action to the groups and Intergroups where necessary. iii) give clear instructions to the National Service Board of Overeaters Anonymous Great Britain, expressed in the form of resolutions. <p>e) In the case of recommendations under item 3. (d) (ii), no such recommendations will be binding of any group, but will be suggestion only. No recommendations or instruction made under item 3. (d) (ii) or 3. (d) (iii) will be in violation of the Twelve Steps and Twelve Traditions and Twelve Concepts of OA.</p>	<p>3. Procedures</p> <p>d) The Assembly will</p> <ul style="list-style-type: none"> i) receive reports from the National Service Board of Overeaters Anonymous Great Britain and discuss and comment on them. ii) discuss important themes affecting OA service in Great Britain as a whole, which falls within the four purposes of the Assembly as stated in Item 1 and make recommendations for action to the groups and Intergroups where necessary. iii) give clear instructions to the National Service Board of Overeaters Anonymous Great Britain, expressed in the form of resolutions. <p>e) In the case of recommendations under item 3. (d) (ii), no such recommendations will be binding of any group, but will be suggestion only. No recommendations or instruction made under item 3. (d) (ii) or 3. (d) (iii) will be in violation of the Twelve Steps and Twelve Traditions and Twelve Concepts of OA.</p>

Further moved to amend the Bylaws of the National Service Assembly of Overeaters Anonymous Great Britain by striking as follows by striking as follows:

CURRENT WORDING OAGB Bylaws part 5, subsection c	PROPOSED WORDING OAGB Bylaws part 5, subsection c
<p>5. Formation of the National Service Board of Overeaters Anonymous Great Britain</p> <p>c) Any person elected to serve on the National Service Board will be required to become a Trustee of Overeaters Anonymous Great Britain. Trustees of Overeaters Anonymous Great Britain will be subject to Section 72 of the Charities Act 1993 (Appendix II). It will be the responsibility of the nominee to ensure this</p>	<p>5. Formation of the National Service Board of Overeaters Anonymous Great Britain</p> <p>c) Any person elected to serve on the National Service Board will be required to become a Trustee of Overeaters Anonymous Great Britain. Trustees of Overeaters Anonymous Great Britain will be subject to Section 72 of the Charities Act 1993 (Appendix II). It will be the responsibility of the nominee to ensure this</p>

Further moved to amend the Bylaws of the National Service Assembly of Overeaters Anonymous Great Britain by striking as follows by striking as follows:

CURRENT WORDING OAGB Bylaws part 5, subsection m	PROPOSED WORDING OAGB Bylaws part 5, subsection m
<p>5. Formation of the National Service Board of Overeaters Anonymous Great Britain</p> <p>m) Matters of principle or fundamental policy will be submitted for a postal vote by the Assembly</p>	<p>5. Formation of the National Service Board of Overeaters Anonymous Great Britain</p> <p>m) Matters of principle or fundamental policy will be submitted for a postal vote by the</p>

<p>Representative. National Service Representatives and Intergroup Representatives will be given at least four weeks' notice before submitting their votes to the Secretary of the Board, and the results of any such vote will be provided by the Secretary for the Board members and the next Assembly.</p>	<p>Assembly Representative. National Service Representatives and Intergroup Representatives <u>for each group and Intergroup affiliated to OAGB</u> will be given at least four weeks' notice before submitting their votes to the Secretary of the Board, and the results of any such vote will be provided by the Secretary for the Board members and the next Assembly.</p>
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Further moved to amend the Bylaws of the National Service Assembly of Overeaters Anonymous Great Britain by striking as follows by striking as follows:

CURRENT WORDING OAGB Bylaws part 8	PROPOSED WORDING OAGB Bylaws part 8
<p>8. Minutes Review Committee</p> <p>The Assembly appoints a Minutes Review Committee each year, comprised of the National Service Board Secretary, two National Service Board members, and two group or Intergroup representatives, who will work with the Secretary to review the minutes shortly after the Assembly. This committee will then be able to recommend approval of the minutes to the subsequent National Assembly.</p>	<p>8. Minutes Review Committee</p> <p>The Assembly appoints a Minutes Review Committee each year, comprised of the National Service Board Secretary, two National Service Board members, and two group or Intergroup representatives, who will work with the Secretary to review the minutes shortly after the Assembly. This committee will then be able to recommend approval of the minutes to the subsequent National Assembly.</p>

SUBMITTED BY: The OAGB National Service Board

INTENT: to update and simplify the Bylaws by

1. removing duplication and/or unnecessary additions, and
2. better reflecting current practice, language and technology.

We intend for the bylaws to be easier to understand and therefore more accessible to the newcomer as a result of these changes.

IMPLEMENTATION: Update the bylaws document, update any related template or example documents.

COST: Nil.

RATIONALE: Reasons for the changes are as follows:

- Duplication of text from OA World service bylaws (part 2, subsection a) – the OA Inc. bylaws are readily available online and duplication of their wording in our own bylaws is unnecessary. Additionally, should the OA Inc bylaws change, the proposed wording means OAGB would not need to make any further bylaw amendments in order to align.
- Ensure voting rights of virtual groups (part 2, subsection b) – the current bylaw drafting is contradictory and could imply that only physical meetings in Great Britain have the

right to vote in the Assembly. We have proposed alternative wording to make it clearer that it is groups and Intergroups which are affiliated that can vote.

- Titles not reflective of current practice (part 2 subsection b, part 5 subsection m, Part 8) - Representatives at assembly often call themselves different titles other than 'Intergroup Representative' or 'National Service Representative'. Having service titles in the bylaws which are no longer widely understood or used by the fellowship may be confusing and is unnecessary. We are proposing to remove these titles to make this more inclusive of the service titles that groups and intergroups choose to use.
- Membership of assembly not reflective of current practice (part 2, subsection c) – the bylaws as currently written are only applicable where a group/Intergroup elect a representative to serve a term longer than one year, which is not in keeping with current practice.
- Duplication of text from elsewhere within the bylaws (part 3, subsection a) – the bylaws do not need to say that the voting procedures come later in the same document. It is also not necessary to clarify that votes will only be cast by the people eligible to cast them.
- Recommendations to groups or intergroups (part 3, subsection d and e) – guidance or any other recommendations to groups or intergroups is not a requirement and therefore unnecessary in our bylaws. Our policies are better placed for recommendations of this nature. Additionally, we are not aware of the assembly itself giving a recommendation to a group or intergroup in recent years and bylaw provisions doing so are therefore also not reflective of current practice.
- Board membership not reflective of current practise (part 5, subsection c) - NSB guidance documents state that the Board will check with all nominees to confirm that they meet the legal requirements to become a Trustee of the charitable organisation, not the nominee themselves. This is in line with UK legal requirements that require current Board members to check nominees are suitable to be a trustee.
- Technology not reflective of current practise (part 5, subsection m) - the current Bylaws require some votes to be done by post or for some resources to be provided in paper. This is not reflective of current practise and new wording has been suggested to give greater freedom on the format with which these matters could be achieved.



**OA GREAT BRITAIN
NATIONAL SERVICE BOARD**

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**GREAT BRITAIN
NATIONAL SERVICE ASSEMBLY 2025
PROPOSAL D**

MOTION: Move to amend the Bylaws of the National Service Assembly of Overeaters Anonymous Great Britain by amending as follows:

CURRENT WORDING	PROPOSED WORDING
<p>OAGB Bylaws part 5, subsection f</p> <p>f) The Assembly will consider each candidate for his/her qualifications to serve on the Board. In addition to his/her previous record of service to the Fellowship, and faithful adherence to the Twelve Steps and Twelve Traditions of OA, and familiarity with the 12 concepts. The Assembly will consider each candidates' particular skills and background knowledge and experience, in order to ensure that the best qualities available for Board service are selected.</p> <p>The final election will take place at the Assembly, which the nominee must attend, other than in very exceptional circumstances.</p>	<p>OAGB Bylaws part 5, subsection f</p> <p>f) The Assembly will consider each candidate for his/her qualifications to serve on the Board. In addition to his/her previous record of service to the Fellowship, and faithful adherence to the Twelve Steps and Twelve Traditions of OA, and familiarity with the 12 concepts. The Assembly will consider each candidates' particular skills and background knowledge and experience, in order to ensure that the best qualities available for Board service are selected. The Assembly will consider each candidate's qualifications to serve on the Board, including previous service to the Fellowship and a demonstrated understanding of the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA as they relate to Board responsibilities.</p> <p>The final election will take place at the Assembly, which the nominee must attend, other than in very exceptional circumstances.</p>

SUBMITTED BY: Isabella McC (Belle)

INTENT: To encourage more people in the fellowship to learn and adopt the concepts and their principles when giving service.

IMPLEMENTATION: Update the bylaws document, update any related template or example documents.

COST: Nil

RATIONALE: OA approved literature on the concepts suggest that all service bodies should read and use the concepts at all levels of service. The concepts are of equal importance to the steps and traditions. It is therefore crucial for OAGB Board members to adhere to them, being faithful to them is not enough.

******COMMENT FROM ASSEMBLY CHAIR******

This proposal had previously been found to be out of order under the principle that is was not able to be enforced or enacted. We have since worked with the fellow who brought forward the motion and have changed the proposed wording. This new wording is now consistent with Roberts Rules and as such we are including this amended version of the motion for the assembly's consideration.

7 National Assembly Bid For 2026

As at the date of this document, we have not received any applications for hosting National Assembly 2026.

8 Intergroup Reports

8.1 Alba

The Intergroup meets on Zoom as well as in person. Positions Held are;
Chairperson - Claire, unanimously elected on 9th August 2025.

Secretary

Treasurer

PI Officer

Virtual Space Officer

Job Descriptions for each role have been discussed at recent IG meetings for clarity of those holding the positions and for any members who may wish to give service at a future date. These meetings have proved to be a bonding experience for new board members.

We did experience difficulties with lack of attendance and some personality clashes that led to new members being in place. This was challenging for the board but offered us opportunities to learn more about traditions and concepts especially newer members who were less familiar. There has been a renewed interest by members and we have now been able to fill positions that were previously vacant.

Groups - There have been a few meeting closures but also one new group which opened on 16th August in Glasgow. All groups are supported by Intergroup especially new groups.

7th Tradition – We are financially viable and hold a prudent reserve.

Public Information – Chair has agreed to provide a contact number for public enquiries, serving the ALBA regions.

Virtual Space – Zoom and WhatsApp are the main platforms used for groups. We are considering an Intergroup Zoom license as our ratified bylaws now cover the whole of Scotland.

Unity Day - This was a success and board intend to hold annually followed by the AGM.

National Assembly- We will have at least one board member attend the NA although we anticipate more attendees.

8.2 Heart of England

As at the date of this document, we have not received a report from Heart of England.

8.3 North of England

I can't quite believe my term as intergroup chair is almost up, I will be rotating out of service in September at our AGM after 2 years in post.

Service positions

According to our by-laws, we have three essential service positions and these are all currently filled – Chair, Treasurer and Secretary. There was a small time at the beginning of the year after the AGM where we were concerned we wouldn't have anyone to give service as a treasurer but a wonderful trusted servant has stepped up which we are incredibly grateful for. In addition to these posts, we have a four other roles: vice-chair, vice-treasurer (with a plan to train up ready to give service as treasurer), PI and Regional 9 Representative. At the moment we have a vice-chair and myself as region 9 representative. We do not have a PI fellow at the moment although I am hopeful one will step forward at the September AGM and we don't have a vice treasurer, there is time still for us to find someone to take over this role as it is a while before the new treasurer rotates out of service. A special thank you as well to the previous people who have given service who are sponsoring others into the roles, I hope this tradition continues as it only strengthens the intergroup.

Groups

We have 16 current groups within the North of England IG which is an increase of 1 from last year and 4 total from the year before. Although some have folded in this time as well. Many of these groups are still virtual with only a few returning F2F. As is tradition in NEIG we help each of the new meetings with financial assistance and a number of them have already given the assistance money back through Trad 7 donations so we can continue to help groups to open up in the future. As an intergroup we are committed to supporting new and existing groups with any ESH or requests. As has been a theme across the groups and intergroups, some groups are struggling to fill service positions such as treasurer, secretary and hosts (for virtual meetings). We have a strong set of skills in the intergroup and fellows who are willing to give service training and assisting others with zoom security and the like. We also get regular requests around help supporting men and newcomers, we have told all of our groups about the men's intergroup which has helped fellows feel they can support newcomers better.

Meetings

As an intergroup, we meet quarterly to discuss business matters. We cover a large geographical area so have continued to meet three times in the year via zoom and to have one face to face meeting for our September AGM. This allows fellows to have fellowship and for us to run an afternoon workshop after the AGM although this may or may not go ahead this year due to fellows changing commitments. Most recently this was a workshop on writing to wellness and was well attended. We have amended the months intergroup happens though in order to equalise it across the months rather than it being uneven across the year. The terms of reference have also been amended to gender neutralise our chairman phrasing in line with the unity with diversity policy.

We have an active WhatsApp group where we share information including zoom meetings and various other OA activities. We manage an email circulation list. We are grateful to the national WhatsApp group for providing so much good information for us to share.

Finances

Expenditure in the quarter up to our last meeting amounted to £400, with an income of £1051.54, mainly thanks to a very generous donation from this year's Ilkley retreat.

Ilkley Retreat

The popular Ilkley retreat ran again in April this year and is booked for next year as well. Topic –The tools. All would be welcome – flyer to be distributed before the end of 2025. Myself the treasurer and the Ilkley Retreat team met to discuss funding of assisted places and came to a group conscience we could move forward with, and while this doesn't bind future committees, it does give future trusted servants the experience, strength and hope we have found.

8.4 Red Dragon

Reg number 09673

Groups affiliated are Wrexham, Bangor, Cardiff, Bristol, Nth Cornelly & Liverpool and there is regular attendance from most reps at our quarterly meetings.

Group reports

Cardiff –good attendance - bank balance of £374.70 – made donation to IG and another to OAGB. Their Sending a Rep to National Assembly

Wrexham – Regularly has 7 attendees and are encouraging signs of new life. The group has plans for a local retreat day. Financial position is good and will be arranging tradition 7 to IG at next group conscience. Sending a rep to go OAGB NA.

Liverpool - 2 to 4 regulars which makes filling service positions difficult. F2F meetings have ceased. They have been pleased to welcome newcomers occasionally, but these have not returned. Useful suggestion for encouraging additional attendance came from the IG Reps to circulate a poster on the WhatsApp groups that members are part of at the suggestion of the Treasurer.

North Cornelly – Group has a steady core of 4 people meeting in person weekly but needs to grow. Putting out posters and plan to continue until the end of July; then might move to online meetings. She will take the above suggestion given by IG members to the group in the hope attendance will improve. Finances are adequate with a prudent reserve of 3 months rent and an allocation to send a rep to National Assembly.

Bangor –Face 2 F meetings takes place on first Wednesday of the month with hybrid capability in the Meeting Room. Other Wednesday meetings are online at 7 pm. Encouraging growth with usually 6 to 8 members and 10 last week. Financial position is healthy with Trad 7 income of £90 monthly. Rental payment of c.£135 is due in December 2025. Group conscience was held in February - another one needed soon at which we will allocate Trad 7 donations.

Bristol – A thriving group meeting online based in Bristol with a core of around 7 or 8 and many joining from overseas who are giving active service (mainly the from the USA). Financially struggling but are working to meeting their next zoom bill. Sending a rep to OAGB Assembly. Filling treasurer position is difficult and 7th Tradition causes concern because of how much Paypal take when payments are not in sterling. Concerned about support for Region as many of these members are not resident in Region 9.

IG Finances

Yes, we have a healthy reserve of 6 months operating costs. The Treasurer has helped the Rep for R9 Assembly to apply for assistance and also the Delegate to WSC next year. The Treasurer presented a provisional budget for the coming year. Our primary sources of income are from offering retreats, tradition 7 contributions and sale of RD merchandise.

Service positions These are all filled except for a lead on PI. There is regular attendance from most of the group reps.

General update

IG is very active and our retreat at Nodffa was very successful.

Intentions for coming year we implemented decision to have an IG website but decisions on content and use are still to be made

To have our May 2026 AGM in person

Offer groups an IG sponsored zoom

Planned events for coming year 12 Step Within event

Founder's day meeting content for groups

Retreat associated with our F2F AGM

Items we asked Reps to bring to their groups

encourage all members and groups to remember to pass tradition 7 to Intergroup whenever possible to enable us to continue to actively participate in national assembly, region assembly and the world service business conference; representing the needs of the compulsive eaters of Wales and Borders

More 12th Step Within work which will support group recovery and increase 7th tradition

Proposing a Tradition 7 message for groups to mention 7th in Conscience Meetings and

suggest a figure of £40 per month to donate to Intergroup for IG to be fully self supporting

Suggesting groups calculate into their expenses for the month, to include contributions to IG

Also to request individual members continue to make their tradition 7 contributions to their groups AND to set up a standing order of eg £7.50 to the Intergroup account.

We include in any pricing of Retreats or workshops a 10% surplus intended for fundraising purposes.

Since WSBC is in person in 2026 the opportunity to sell Red Dragon merchandise is there again; please consider this as an option.

Meeting formats to be adjusted to allow time (a minute silence?) for people to make Trad7 payments

Outline to our groups what their IG does with their money – AD to prepare statement to use.

8.5 South Coast

South coast intergroup continues to do well. We have all of the key positions filled but struggle to fill a few of the less key ones.

We have recently had three new groups affiliate with us from outside of our geographical region. We have made it clear to the new groups that we can not rename the intergroup to accommodate them due to the website that we have been growing over the last couple of years. Our website officer has built and maintains the SCIG site and we have a tremendous amount of activity on it....

We have had a good year with our public information and Kevin our PI rep has spearheaded several initiatives and also managed to get two spots on our local BBC radio station talking about his experience with eating disorders and recovery from it, he was supported both times by another experienced member.

Our finances are in a healthy state, donating to both region 9 and OAGB on a regular basis. We were fortunate to be able to financially support our region 9 rep attending the conference in Greece last year. We also supported two members going to the national convention in Wales.

We are extremely lucky to have a wonderful group of people committed to serving SCIG and OA as a whole.

My apologies for not being able to attend in person but our secretary Daisy has very kindly agreed to represent us. Have a wonderful day.

Mark, SCIG Chair