

GAMANON MINUTES

GAM ANON
NATIONAL MEETING MINUTES.

Saturday 3rd
October 2015.

The meeting was held at St
Stephens Church, Renfield
Centre, Bath St Glasgow.

Murray from Perh Gamanon
chaired the meeting and
welcomed everyone.
Janis read Reflections on
readiness from the
Reflections Booklet.

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PRESENT.

Glasgow Monday. Patricia.
Ray, Pat, Elizabeth

Perth. Janis, Murray, Sheila

Glasgow Wednesday
Ellen, Frances, Evelyn, Linda.

Glasgow Thursday,
Jacqui, Heather, Agnes, Geraldine,
Morag.

Edinburgh. Sheena

Dundee, Helen, Laura

Glasgow Friday,

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Marie, Lorna, Jane,

Glasgow Saturday, Millie

Motherwell and Aberdeen no
representatives.

Total 25

Apologies. Dot(Aberdeen)

Rosemary, Carol,

Lynn(Edinburgh) Angela,

Marie(Thursday)

Diane, Anne, Louisa(Dundee)

GROUP REPORTS

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Glasgow Monday. Numbers down to 12-15 with a good mix of partners and parents. Meeting doing well.

Perth. Currently 4 regular members with new members coming and going at times.

Glasgow Wednesday. Report 16-17 members. New members are mostly parents.

Aberdeen. Were unable to send a representative to the meeting but it is reported that they have recently moved to new premises and have 10 members.

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Glasgow Thursday. Have a large meeting with 18-20 plus regular members made up of partners and parents.

Edinburgh. Meeting doing well some younger members returning. 10 regular members.

Dundee. Doing well 10 regular members a mix of parents and partners.

Glasgow Friday. Report 5 members with regular visitors and new members.

AVERAGE TOTAL MEMBERSHIP 87.

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The minutes of the previous meeting on March 7th 2015 were read and adopted.

SECRETARYS REPORT.

Jackie reported that her 2 year tenure is up in March and discussed the secretarys post that will soon be vacant.

Information about the role of secretary can be found in the Guidance Code but that mainly it involves keeping in touch

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with groups, email, phone and passing on information. The role is enjoyable and not too time consuming. Anyone interested in taking over next year?

The Gamcare link from our website has now been removed.

TREASURERS REPORT.

A current balance sheet was distributed to all members present.

Balance £7811.50. in ordinary account and £5184.60p in the fixed interest account.

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LDC REPORT.

Linda has resigned from this post and after some discussion Millie has volunteered to become LDC. Our literature is stored in the GA office in Rutherglen so the responsible person must be able to easily access the office.

PRO REPORT

Evelyn reports a poor response from schools this

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this year and also difficulties in getting volunteers for daytime talks. She also reports difficulties with communication with GA with regard to laising with them for school events. Evelyn feels let down by ppor responses and is finding it difficult to find new ideas she has chosen to resign as PRO in the hope that a fresh approach will be beneficial to the fellowship.

A considerable discussion followed regarding the way forward. There were no volunteers at the meeting for this post and we asked to

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discuss this at group level. It was suggested that it is everyone in Gamanons responsibility to spread the word and that it may be that individual groups could come up with ideas to do this in their local area.

We were reminded that Starter packs are available for new members.

AOB.

NATIONAL MEETING.

Costs for room hire and refreshments to be met by

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Gamanon Funds, The National committee will ensure provision of refreshments NOT the group chairing the meeting therefore members will not be required to provide "goodies".

The Aberdeen group is to be contacted regarding their involvement at the national meeting. Expenses can be met by Gamanon for travel/ budget hotel room costs if necessary to enable 2 representatives to attend the meeting.

RADIO INTERVIEW.

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Hard copies of BBC Radio 4 interview to be made and to be made available to groups.

MOTHERWELL MEETING.

There has been no response from attempts to contact this new group.

DISCUSSION.

The remainder of the afternoon was spent in discussing various aspects of the Gam Anon programme, accepting the programme in our life, bringing about positive

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changes and supporting our members to make positive changes. With encouragement and support from members to embrace the Gamanon Programme and begin working the 12 steps we gain increased self awareness, communication improves and we become able to share our experiences honestly with others. Lifestyle changes occur we let go of old habits, allow love and laughter into our life. We embrace the support from our Gamanon family, attend social events and support others. It was acknowledged that it can be challenging to accept the

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programme but that once we
are ready to accept these
changes in our lives the
rewards are priceless.!

NEXT MEETING.

Saturday 5th
March.2016 in DUNDEE.
GLASGOW WEDNESDAY to chair.