

Gam Anon National Meeting Minutes

March 7, 2015

Heather opened the bi annual meeting of the Gam Anon National at 2pm on March 7, 2015 at Methodist Church, Nicolson Square Edinburgh.

The following persons were present:

Glasgow Monday 4 Heather Geraldine Patricia & Jacqui, Perth Tuesday 3 Margaret Janis & Murray, Glasgow Wednesday 3 Evelyn Ellen & Irene, Glasgow Thursday 4 Angela Marie Margaret & Jacqui, Dundee Thursday 3 Helen Anne F & Louisa S, Edinburgh Thursday 6 Sheena Susan H Susan M Kerry Margaret & , Kirkcaldy 1 Rosemary.

Total 24

Apologies from Perth Tuesday Sheila, Glasgow Wednesday Francis, Aberdeen Wednesday Dot, Dundee Thursday Diane, Edinburgh Thursday Lynne.

Glasgow Monday reported that they had aprox 15 members consisting of a 50/50 split of parents and partners.

Perth Tuesday reported that they were a small group of 4 members, recently losing a member as she had located to Glasgow. No new members for at least 6 months.

Glasgow Wednesday reported that they had between 14 to 20 members with long standing members making the largest majority. A good strong group with new members being made of predominately mums and dads. New members come and go at times.

Kirkcaldy Wednesday unfortunately had not had a meeting for at least 4 months and although at open meetings the invitation has been put out there appears for the time being at least to be no one interested.

Aberdeen Wednesday reported that they have 5 members and are meeting on the 1st and 3rd Wednesday of the month.

Glasgow Thursday reported to having 21 regular members with 4 regular visitors. They have 2 fathers with the majority of the new members being parents.

Dundee Thursday reported to having 8 to 9 regulars including newer members that are consistent in attendance. They have a dad attending also.

Edinburgh Thursday reported also to have 8 to 9 regulars with a 50/50 split of parents and partners. 1 dad attending. They have 3 or 4 newer members with 2 or 3 of them regularly attending but have lost a few also. They tend to find that when the GA equivalent stops attending the Gam Anon member does also.

The minutes of the last meeting were unavailable.

Secretary's Report

As previously reported there are 3 new books available from ISO. At present there is not a quotation for printing. Jacqui proposed obtaining quotes and emailing them to each group for approval allowing the printed version to be available at the next general. Vote to be taken at AOB

Jacqui had left ISO minutes from last spring on the front table for anyone to peruse. As GA printed the minutes off a vote to be taken to decide on reimbursement at AOB.

Jacqui informed the meeting that GA is revamping their website. It has been discussed the option to have a pop up that would direct people to our Gam Anon website. Further discussion lead to the importance of ensuring that the link went to Gam Anon Scotland.

Forms for the convention are also available for everyone on the front table with varying options for paying up and various amounts depending on choice of attendance.

Jacqui requested that anyone who would like to assist by being a pen pal to a member in a rural area let her know. Ellen explained how she kept in regular touch with a member on the islands for many years. The contact could be through various methods whatever suits best at the time.

I. Treasurers Report-

As of the 31st January There was £8170.00 in the ordinary account. In the Fixed Interest yearly account there was £5135.00 with the interest being applied in~Sep 2015.

It has been 2 years since there has been any money sent to America and a discussion of the importance of ISO was discussed. It was agreed that an amount was to be sent with an agreement to vote on the figure to be in AOB

Public Relation Officer Report

School Talks-Evelyn reported on the success of the work being carried out in local secondary schools. Although there was a poor response in numbers to the letters that had been sent out to Head Teachers, of the schools that had replied the feedback was very positive. There were completed questionnaires from the pupils as to how they found the talks useful on the table to be viewed. This round of talks was almost completed working alongside GA where able in order to provide a complete package to the pupils. This time Evelyn will email all the schools and be able to quote the success of this 1st round in the hope that more schools respond

Gam Anon in GA - Evelyn introduced Ellen's idea of Gam Anon members visiting GA meetings that did not have a Gam Anon meeting running alongside. It was felt that in order to do this there would be a cost and that this should be met by Gam Anon. Vote to be taken on reimbursement. To make best use and to support each other the possibility of car sharing was suggested. The benefits to be discussed such as having 2 people in a program aiding recovery.

BBC Radio-Evelyn was contacted by a producer of a 6 part series each one a different story talking about living with someone with challenging behavior and the effects on the family. Heather will be 'Sarah' talking on 'The Ripple Effects' Radio 4 with a provisional date of 20th May.

Evelyn requested that she be provided with a float in order to cover expenses of members who have volunteered to speak for Gam Anon out with their group. To be voted at AOB

Evelyn requested names to add to her list of volunteer speakers.

Any Other Business

Vote to go straight to print for new books without consultation from group secretaries- Passed

Vote to send ISO £300.00 - Passed

Vote on reimbursing travel expenses to members speaking at GA meetings and supporting new Gam Anon meetings - Passed

Vote on PRO holding a float - Passed

Ayr GA and Gam Anon folded after trying for 3 months

Gam Anon Website - There will be 2 administrators added to ensure the smooth running while Zoe's company will continue to host the website.

Kirkcaldy meeting to be removed from the website

Online meetings (virtual meetings) were discussed at length and agreed that guidelines from ISO prohibit this. However facetime/skype is being used for an existing member who cannot attend meetings due to ill health. To clarify, using facetime/skype is bringing an existing member in to an actual meeting with the agreement of the meeting.

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Discussion was lively with a consensus of opinion that encouraging gambling in under 18s was not appropriate. A member informed us that school fundraiser was 'James Bond casino theme while another members child attended a scouting event where a mock casino and betting on games was an activity. It was acknowledged that while Gam Anon as a group could not express an opinion it was discussed as to whether Gam Anon could increase its awareness programme to cover caregivers i.e. Teachers, youth leaders etc.

Meeting at this point was running half an hour late so questions were unfortunately cut short.

Date for next meeting 3rd October 2015 to be held in Bath Street Glasgow with Perth Chairing

