

~ MINUTE ~

Gamanon – Scotland, Scottish Unity Meeting,

St Andrews Hall, 2 King Sreet, Dundee

15th June 2013

1. Chair:
Dundee
2. Reading:
Poem – “A prescription for success” – from Past and Present : page 32
3. Members Present:
Dundee; *Zoe, Anne, Louisa, Diane, Helen, Val, Dave*
Edinburgh; *Sheena*
Glasgow (Monday); *Patricia, Jaquie*
Glasgow (Wednesday); *Francis*
Perth; *Shiela*
4. Apologies:
Edinburgh; *Carol, Lynn*
Kirkcaldy; *Rosemary*
Glasgow (Monday); *Elizabeth, Gina, Jaquie, Geraldine, Ray, Marie*
Glasgow (Wednesday); *Evelyn, Ellen, Linda*
Glasgow (Thursday); *Margaret, Jaquie, Agnes, Georgie*
5. Group reports:
Perth; 4 regular members (sometimes x6)
Dundee; 8 or 9 regular members (More parents than partners)
Edinburgh; 9 regular members and visitors (younger members due to online gambling)
Glasgow (Monday); Good strong mixed meeting
Glasgow (Wednesday); Min 20 members (mixed group, including children of compulsive gamblers)
6. Secretary report:
 - i) New Gamanon and G.A in Ayr (Thursday @ 7.30pm, Ayr Community Church, 59 John Street, Ayr, KA8 0BS). Hall rent is £20 per week and new group requesting assistance from Gamanon to help with payment.
 - ii) Discussion if unity meetings should be held twice a year, rather than the current 3 meetings a year

iii) Gamanon information care data has been updated

7. Treasurers report:

No report

8. PRO report:

- i) Sheila asked if the Gamanon poster could be laminated and enclosed with the G.A information, which is sent monthly to GP surgeries in Scotland, to raise awareness of compulsive gambling. Cost would be £20 per month for service.
- ii) Would members be willing to give talks to professional groups, Schools etc outside their geographical area, on the effects of living with a compulsive gambler
- iii) Each group asked to look for community events in their local area, who may welcome a Gamanon speaker (could be a joint talk with a G.A member) and report this to the next unity meeting.

9. A.O.C.B:

- i) The Gamanon website is now online <http://www.gamanonscotland.org>.
- ii) Zoe is the site webmaster and has asked individual members to submit therapy's which will be added to the website. Please note the site is not intended for 24/7 contact, the 24hr phone line remains the best crisis contact point. However the site is checked regularly and all enquiries will be responded to as soon as possible thereafter
- iii) Zoe is leaving Dundee in July to move to Spain. Zoe is however happy to continue to maintain the web site. If anything needs to be added or changed on the site use the "contact us" link on the top right of the home page to send message to Zoe.
- iv) Zoe is keen to set up a Gamanon meeting in Spain and is to contact Linda for literature
- v) It was agreed the current Gamanon looks "tired" and Zoe agreed to look at a more professional poster which could be downloaded as a PDF
- vi) All thanked Zoe for her hard work and she will be missed by the Dundee group and the fellowship in Scotland.

10. Topics for discussion:

i) Can we ever be worry free?

Louisa opened up this discussion and the general view was that most of us still worry but they do not last as long as before and by working our Gamanon programme we now have the tools to face problems and deal with them in a positive manner.

ii) Does the mask ever truly disappear?

Zoe opened up this discussion to say that wearing a mask can be a positive thing to allow us to have a good. The general view was to use the mask in a positive and not to use it to hide and not deal with situations.

11. Agenda items for not meeting:

i) Volunteers for speaker to go out into the community

ii) 2 or 3 unity meetings each year?

12. Collection:

Collection - £25 / Hall rent - £24

13. Date of Next Meeting:

5th October – Edinburgh

~ Meeting closed with the Serenity Prayer ~