

## MINUTES OF GAM-ANON NATIONAL UNITY MEETING

2<sup>nd</sup> November 2019

St Andrews Church Hall, King Street, Dundee

### 1. Welcome and Introduction (Jennifer in the Chair from Dundee)

Welcome given - reading by Jennifer – ‘Lessons ‘ from Gamanon Meditations

Apologies: Elizabeth (Glasgow Monday), Rae (Glasgow Monday), Pat (Glasgow Monday), Anne (Glasgow Monday), Wendy (Aberdeen)

### 2. Approval of Previous Minutes - Approved

### 3. Group reports

**Glasgow Monday:** average 12-13 regular members, plus 6 regulars who attend when childcare allows. 2 new members in the last month.

**Perth Tuesday:** 6 regular members, a lot of new members who attend for 1 week only.

**Aberdeen Tuesday:** 4-6 regular members, mostly partners but also parents attend.

**Glasgow Wednesday:** 23-25 with a few visitors. Lot of partners and parents. A few new members in the last few weeks.

**Dundee Thursday:** 12-15 members until recently, lost some of the new members. New parent and partner recently.

**Edinburgh Thursday:** 12-17 members, mostly parents with some partners. Some new members – problem keeping younger members.

### 4. Secretary Report.

- George thanked Anne and Margaret for help during the handover, and Murray for the way he has carried out his role as treasurer.
- First role was uploading Spring unity meeting minutes onto the website.
- Spring minutes from executive secretary and board of directors included change to welcome in “GamAnon way of Life” – this has been distributed to all secretaries and is being sent out by Milly.
- Executive secretary Regina K is standing down, a replacement is currently being sought.
- Friendship meeting in August had around 50 members in attendance – been suggested it should be a regular event.
- GA/Gamanon Conference is at Glynhill Leisure Hotel Friday 24<sup>th</sup> to Sunday 26<sup>th</sup> September. Details of packages are available.
- George was approached by GA member re Stirling University’s drama group making a film. It would be acted by actors.

## **5. Treasurers Report**

- Murray provided accounts to 1<sup>st</sup> October.
- There has been a loss this year largely due to £1600 spent reprinting of books. £3500 cash in and £4500 out.
- There is £10,000 in term deposit account, £5000 in current account.
- Agreed to send £1000 to ISO.
- Murray has served 2.5 years as treasurer but to allow for continuity he has kindly agreed to stay on for 3<sup>rd</sup> year. Thanks were given by meeting.

## **6. PRO report**

- Barrie asked for more volunteers to help with PRO work – already has Shelia from Perth, Reanna from Dundee, Lynn from Edinburgh.
- Aim to get Public Service Announcement recorded and distributed using few people with mix of accents.
- Would like to have the Gamanon name known at University support groups. Jennifer advised best to go through Student Unions and Student Services Department.
- Whats App group – now 62 names on the group. Will find out who is all involved and which group they belong to. Encourage more members to join to try to get all groups represented. Decided there is not a need to post on group saying 'I can't take this call'.
- Sheila mentioned Women's Aid – could Gamanon be involved in training days for staff.

## **7. Continuation of Friendship Meeting**

- Vote on whether to have a regular Friendship Meeting – agreed to have one annually.
- Cost was paid for by Murray - £470 for food and rent. Agreed this cost should continue to be met by national for few years and look at it again. Expenses to be paid for travel at each groups discretion.
- George to ask group secretaries whether Saturday or Sunday meeting is best.

## **8. A.O.C.B**

- Anne mentioned new members envelope – some had been handed to GA group for new GA members to take home. Agreed all groups should be doing this.
- Was asked if a 'hearing loop' could be paid for from group funds for use at national meetings. Was pointed out that the hall should be able to provide this through the Disability Act.

## **9. Details of Next Meeting – Saturday 25<sup>th</sup> April in Perth 2-4pm. Chair - Perth**

## **10. Topic of Discussion – “How do we cope with our defects of character if they resurface”**