

MINUTES OF GAM-ANON NATIONAL UNITY MEETING

SATURDAY 15 APRIL 2023

GREYFRIARS CHARTERIS CENTRE, PLEASANCE, EDINBURGH

1. Welcome and Introductions (Josephine in the Chair from Edinburgh).

Held in the usual manner.

2. Reading of the Snowglobe by Josephine, Edinburgh.

3. Attendance: Anne, Louisa, Vicci (Dundee Thursday); Josephine, George, Margaret, Barry, Kerry, Ronnie, Carol, Audrey, George M, Lynn, Kate, David, Anne, John, (Edinburgh Thursday); Marion (Glasgow Monday); Ellen, Ann Marie, Linda, Frances, Donnella, Evelyn (Glasgow Wednesday); David, Millie (Glasgow Saturday); Margaret Mary, Sheila (Perth Tuesday).

Apologies: Susan (Aberdeen), Craig, Susan (Edinburgh), Jacqui (Glasgow Thursday), Murray (Perth), Rosemary (Kirkcaldy).

4. Previous Minutes from 12 November 2022: Approved.

George requested to resend previous Minutes as certain groups did not receive.

5. Group Reports

Ardrossan: 3/4 regular members. No communication received by George.

Glasgow Monday: average 8 members, 1 new member recently.

Paisley Tuesday: 10 regular members

Perth Tuesday: 6 members, 3 or 4 attending on Zoom.

Aberdeen Tuesday: no communication received by George.

Glasgow Wednesday: 12 strong members, but recovering group attendance after Covid has been difficult.

Edinburgh Thursday: average 14 members regularly attending, 3 new members recently, one of which had come along after receiving advice from GP.

Glasgow Thursday: 6 regular members and doing well.

Dundee Thursday: 6 members, mums and dads in group.

Glasgow Friday: no communication received by George.

Glasgow Saturday: 9 members, going well, but again keeping members is difficult.

No **Kirkcaldy** meeting – Rosemary is a floating member who communicated by email to George that she was unable to attend due to a fall.

East Kilbride: it is believed that this meeting is no longer open.

6. Secretary's Report (George)

George did not have a lot to report.

There has been no movement with the web site, so there needs to be much more discussion on the way forward.

The Secretaries meetings have been well attended, but George is still struggling with some group secretaries not answering emails. To that end, a list of secretaries emails has been compiled (copies on table) and members were asked to check this list in case any email addresses had changed.

Posters have now been updated with the QR code.

There is going to be a forthcoming Convention in Swindon. Information will be sent out.

7. Treasurer's Report (Murray)

Murray was not in attendance at the meeting, but had prepared copies of the Gam-Anon Income and Expenditure Sheet for members of each group to take away. Gam-Anon has £15973 in the bank.

Nothing significant to report, except to note that income continues to be well below pre-pandemic levels (£500 against £1542 for 6 months to 31/3/20).

8. PRO Report (Barry)

(a) WhatsApp Support Group – Live Chat: Barry reported that the group consisted of 65 volunteers, two-thirds GA to one-third Gam-Anon, with 1,500 calls per year to the Live Chat, of which 300 were for Gam-Anon support.

Sheila and Christine, Perth have now volunteered to offer support. Glasgow volunteer numbers are smaller so more volunteers are required. Anyone wishing to volunteer please speak to Barry.

George reported that the Live Chat site had not been working properly and no weekly statistics reports had been issued. George to investigate.

(b) Police Scotland Trial: Barry reported that the GamFam group pilot compulsive gambler support programme running in Renfrewshire and Inverclyde and Dumfries & Galloway is going well. The trial is 6 months duration and there will be an update meeting soon.

(c) CAB/Samaritans/RCA Trust: All have been written to by Barry suggesting entering into discussions if that might be a possibility.

CAB, who have 63 bureaus, have responded and are interested. Information, such as Gam-Anon posters, web site details and Gam-Anon and GA 20 questions, has been compiled so that CAB can set up a training session. A presentation by Gam-Anon is to be put together and Barry will take names of members willing to contribute to the presentation.

(d) Women's Aid: Contact still to be made. Members felt that it was very important to get them on board if possible.

(e) Advertising/Awareness: Barry will start to move this forward. George asked for members to share their stories for input to the website as last postings were 2013. A discussion followed on how important it is to share your story for the benefit of others, whether from a long-standing or new member, the implications of compulsive gambling for all family members are still the same.

9. A.O.C.B.

A discussion of moving forward on updating the web site followed and George reiterated again that he would like more stories submitted for the web site. At present, Zander is the webmaster, but George would like more information on gaining access to the site and what that would entail.

A vote of meeting attendees was taken and carried for George to contact Zander for more information.

A member to replace the out-going Treasurer, Murray, was requested. Sheila S, Perth Tuesday, volunteered to fill the position. A vote of meeting attendees was taken and carried unanimously.

10. Date of Next Meeting

Date and venue to be set for November 2023, Glasgow Saturday in the Chair.

The meeting was closed with the Serenity Prayer.