

MINUTES of GAM ANON UNITY MEETING  
SATURDAY 27<sup>th</sup> APRIL 2024  
ST ANDREWS CHURCH  
2-6 KING STREET  
DUNDEE  
DD5 2JB

**1. Welcome and introductions**

Val in the chair from Dundee

**2. Reading**

Gam-Anon Unity from 52 Gam-Anon Meditations

**3. Attendance**

Ellen, Janis, Sheila, David (Glasgow); Millie, Rosemary, Diane, Louisa, Murray, George, David (Edinburgh); Barry, Margaret, Shona, Vicki, Anne, Val

**4. Apologies**

Francis (Glasgow Wednesday); David (Rutherglen); Jennifer (Dundee); Nikki (Dundee); Marion (Glasgow Monday); Jackie (Glasgow Thursday)

**5. Minutes of Previous Meeting**

Minutes were approved

**6. Group Reports**

**Glasgow Wednesday:** 13 regular attendees

**Glasgow Friday:** 5 regular attendees

**Perth:** 7 regular attendees with one member on Zoom and one new member.

**Rutherglen:** 9 attendees, they had couples attending.

**Kirkcaldy:** No members but Rosemary goes to Conventions.

**Edinburgh Thursday:** 16 members, strong group usually with 10-11 attendees, mostly parents. 1 new member.

**Dundee:** 7 attendees, 5 mums and two partners and one newish member.

**Paisley:** This group hold their meetings fortnightly.

**Glasgow Thursday:** This group meets once a month.

As there was no response from **Ardrossan** or **Aberdeen**, we are not sure what the situation is with these groups.

## 7. **Secretary's Report**

George stopped secretaries monthly Zoom meetings due to lack of attendance in 2023. It has been a quiet six months. George spoke about an incident regarding a breach of anonymity where a person spoke openly about a G.A. member's attendance at meetings. It did not involve any Gam-Anon members, but it was suggested to bring up the importance of anonymity at our meetings.

## 8. **P.R.O. Report**

**GAMFAM** with police, no update

**C.A.B:** Barry will keep in touch with staff regularly.

**Samaritans:** Good feedback, lots of UK coverage. Barry contacts them twice a year.

**R.C.A. Trust:** New family support workers. Not a lot of feedback, Barry will write to them.

## 9. **Treasurers Report**

Collection for the previous six months was £670.00. When making a payment to the Treasurer can you please text Sheila, so she knows which group the money is coming from.

## 10. **Website**

Very little communication now from Zander. The website needs to be updated as it is approximately twelve years old. This is the first place people go to for information and it is important to the word out about Gam-Anon. Since the Unity meeting George has been in discussions with a website design couple he feels could do a good job for Gam-Anon. More information on this to follow.

## 11. **Gam-Anon Support (WhatsApp Group)**

The support line was quiet until New Year but much more active now. Any Gam-Anon member who would like to help can. The following points were raised:

- Should we have surnames of Gam-Anon members, and it was agreed that it should be first names only followed by the members meeting.
- Please do not pick up the call if you are unable to talk to the person straight away.
- Ask which area the caller is from so a Gam-Anon member from that area can call the person who needs help straight away or text them to arrange a time to phone.
- It is important that only Gam-Anon members talk to the families of gamblers.
- Barry will update the guidelines and send them to the group secretaries.

## **12. A.O.B.**

Margaret Mary – Generic emails

It was discussed at length to have a generic email address on the website to enable the first contact to be with a Gam-Anon Member. Margaret Mary has offered to monitor. Once this generic email has been tested on the website it will be added to the posters.

The question was asked “do we need posters done professionally” and everyone agreed the answer was – no. It was suggested that a QR code and meeting details were put on the posters. An Edinburgh member has succeeded in getting posters on the noticeboard in a G.P.’s surgery. As compulsive gambling is an illness Practice Managers could be persuaded to put them on the notice board or better still on the TV screens in the waiting room as most people look at this when waiting for their appointment. Posters to be laminated by each group and the cost will be met by Gam-Anon.

## **Gam-Anon Awareness**

G.A. Groups and members are strong but Gam-Anon has only Approximately eight meetings. Some G.A. members have never heard a Gam-Anon speaker. Suggestions about this included

could we have a “pop up” on Gam-Anon awareness on the table at G.A. meetings.

Approach radio stations.

Could we have “pop ups on phones.

If our Gam-Anon and G.A. meetings are in the same building, we could suggest joint meetings.

Encourage Gam-Anon members to attend G.A. Pins.

Encourage new members in Gam-Anon to speak at joint meetings, pins etc.

Unfortunately, we had no time left to discuss the topic which was “How to keep our meetings fresh for us and new members”.

It was suggested that we extend the length of the meetings by half an hour or have three meetings per year.

Could we have a separate Zoom meeting for business only or should we have the secretarial meetings every three months?

No decisions on these topics were made.

Date of next meeting

November – Perth

Meeting closed at 4.15pm with the SERENITY PRAYER.