

## GAM-ANON SCOTLAND NATIONAL UNITY MEETING

26 Oct 2024

PERTH METHODIST CHURCH, SCOTT ST, PERTH

### NOTES OF BUSINESS MEETING

- 1) Welcome and Introductions by Christine from Perth who was Chairing.
- 2) **ATTENDANCE:** Jaqui (Glasgow Monday), Murray, Sheila, Christine, Margaret Mary (Perth), Anne F, Diane, Louisa, Nikki (Dundee), Susan, Margaret, George (Edinburgh), Janis (Glasgow Friday), Millie, David (Glasgow Saturday), Linda, Ellen, Frances, Annmarie (Glasgow Wednesday). **APOLOGIES:** Elizabeth, Rae, Marian, Jane Elizabeth, Val, Jennifer, David, Josephine, Barry, Doreen, Amanda, Fiona, Rosemary Ally-Jayne. No attendance or correspondence from Paisley, Aberdeen or Glasgow Thursday. Questions re whether these meetings are still going.
- 3) **MINUTES OF PREVIOUS MEETING:** Proposed by Murray, seconded by Millie
- 4) **SECRETARY'S REPORT:** George: Quiet 6 months, G struggling to get answers to emails. Put paper round with emails that he has for updating. All checked and all as we believe them to be. G has contacted one company about website. Expenditure of £3.5K been approved but maintenance questioned. GA Member who did the Gam-Anon UK website also been suggested. George to contact. G has sent posters round everyone. Mixed reaction but they were national design. Looking at leaflet/booklet for distribution. **ACTION 1)** G to contact the 4 groups that we have received no correspondence from to ask if still operating. If no response agreement the details will be removed from website. **ACTION 2)** G to contact website designers to check cost of maintenance and to contact GA Member (Mike) to get quote and idea of timeline and if there would be a delay with Mike to proceed with other contractor. All agreed this needs done as soon as possible.
- 5) **PRO REPORT:** George delivered in Barry's absence: Been in contact with CAB, Samaritans and RCA Trust to let them know about Gam-Anon. BBC Action line now has link to Gam-Anon National and NHS Inform should now be linking to Gam-Anon Scotland. Also looking to make contact with Women's Aid groups. Need more volunteers for the What'sApp group, to be able to respond well to people in all areas. Barry offers his own zoom account for Secretaries meetings. Reminded that there is a Gam-Anon account that Perth currently uses for hybrid zoom meetings.
- 6) **TREASURER'S REPORT:** Sheila from Perth  
Apologies from Sheila for leaving documents at home. Currently around £10K in savings account and £3.5K in current account. During year £800 paid in and we are not hearing from any of the groups that they need help eg with rent although most groups are noting that rents have increased.
- 7) **GROUP REPORTS**  
Glasgow Monday: 9 regular members and 3 occasional  
Perth Tuesday: 6 core in the room, 1 core on zoom, 3-4 occasional on zoom and in room  
Glasgow Wed: 15-16 regular plus 6 new members in last few weeks  
Dundee Thursday: 6 regular  
Edinburgh Thursday: 12-16 regular, mainly parents, 1 new member recently  
Glasgow Friday: 5 regulars, 3 new members (who are attending multiple Glasgow meetings)  
Rutherglen Saturday: 9 core members, attendance normally 4-5.  
Sheila looked at member numbers in 2019 to compare to now. Membership down significantly from c125 to c50 now.

- 8) **VIRTUAL/ZOOM MEETINGS:** Margaret Mary suggested we change the email address to make it more generic, ie Gam-Anon Scotland rather than Perth, in case the regionality was putting people off. There was much discussion around the advantages and disadvantages of offering zoom meetings and it was agreed that younger people are accustomed to zoom and it may be a good alternative for those who cannot make a meeting. It was suggested and agreed (with the provision that we encourage attendance at physical meetings wherever possible) that we try to make people more aware of the zoom meeting in the hope that the numbers increase and a zoom meeting becomes a stand-alone event for people who can only make zoom and people who might want an extra meeting at times of crisis. It was also agreed that the email address could be for enquiries as well (not just for someone wanting zoom login details) and MM will monitor and report back. This could be the way to get people to contact who could then be guided towards meetings.

**ACTION:** MM to change email address and give note to George to ensure change is updated on the website. Email address also to be added to the website as a contact mechanism.

- 9) **OFFICE BEARERS:** Discussion round how to encourage people to become Office Bearers. George and Barry been office bearers now for almost 6 years and this is unfair. Millie also needs to resign from Literature Distribution Coordinator next year. **ACTION:** Look at all Office Bearer positions at next meeting.
- 10) **DONM:** 12<sup>th</sup> April 25. Chaired by Glasgow Monday: Venue Rutherglen. Format for these two groups to decide. All said they enjoyed the format but the full day may have put off some people from attendance.