

DATE

Dear Coda UK Member,

As a member of Co-Dependents Anonymous UK, and your trusted servant who has been invested with the service position of Chairperson of your National Service Committee, I am writing to you to engage with you on the subject of the future of CoDA UK and detail how your Step 7 voluntary contributions have been spent. This letter was prompted by a conversation with a fellowship member that pointed out to me this week that some groups in the London and South East Region still have concerns about the spending of 7th tradition monies. This is something I was tasked with addressing in 2017 when we set up the North region in CoDA.

Back in 2017, I established that the members of our committee were few and the structure was limited, probably mainly due to the nature of the age of our fellowship. We are under 30 years old in this country. We are much smaller and younger than other many other 12 step groups in the UK and we do not have any full time staff and rely on members giving us their time in service. This means that things take time to do and, whilst this slowness might be frustrating to members, the only way it will improve is if we have more members willing to do service, and more funds to enable us to employ staff.

What have we achieved?

1) Banking

The first order of business was to untangle and gain access to the 2 bank accounts which were mandated to the former Treasurer who had in effect left the fellowship. This was resolved, and we have put in place policies and procedures to ensure that CoDA funds do not come under the control of only one person.



2) Website

The second order of business was sorting out the relationship with the publisher who also controlled the CoDA UK website. Whilst the support of our infrastructure by the publisher, who provided all our literature, saved our website in 2018/19 when the website commitment did not renew the hosting, and did not communicate clearly with the NSC, it is clearly not ideal to have the CoDa UK website being controlled & maintained by people outside of the fellowship. We recognise that previous decisions had been made pragmatically in the past by the CoDA National Service Committee owing, again, to a lack of resource and time.

We now have our own brand new CoDA UK website (www.codauk.org), thanks to the tremendous efforts of some newly elected members of the communications and website committees. This work is being supported by the legacy transfer of the old website from the publishers alongside the transfer of the hosting which is in progress.

This is a huge step forward for our fellowship and i am extremely grateful to all to have made this possible.

3) Covid 19 and going virtual

Extraordinary efforts by the Communications and Meeting secretaries have ensured all UK meetings have switched to virtual meetings. The team have also worked tirelessly to ensure communications remain up to date and thus everyone is able to remain connected during this most difficult time.

4) Ken and Mary workshops

Two successful Ken and Mary workshops were staged in London and Liverpool over weekends in October 2019. These required underwriting all of the upfront costs but has more than broken even. A subcommittee was required to organise the events and was largely down to the, again, extraordinary efforts of one or two members of the NSC.

5) Insurance cover for meetings

The negotiation and finalisation of insurance to cover individual meetings for Public and Personal Liability has been down the extraordinary efforts of an individual on the NSC.





6) Retreats

Successful retreats have been run in various locations throughout the year which is only possible due to the considerable efforts of various members of the NSC who run the bookings site and account for the monies etc.

7) Sponsorship workshops

Sponsorship workshops have been successfully run which are due to the considerable efforts of two members of the NSC.

8) Accountable NSC

A regular programme of meetings, four times a year, has been established. Minutes are published of these meetings and include a Treasurer's report for financial visibility and accountability to the membership. Appendix Two has the latest update of the fellowship monies prepared by your Treasurer for the last National Service Committee meeting on May 2nd, 2020.

There is also attendance at the world annual CoDA meeting to ensure our voice is heard and so that we can hear views from around the CoDA world.

9) Re-establishment of a London and South East Regional meeting

A London and South East regional meeting has been re-established to provide a focus for more than 50 meetings in the south to come together. This enables and encourages cross site learning as well as an opportunity to voice needs which can be passed on to the NSC.

10) Supporting new meetings

We continue to provide support funding to new meetings that have started in the UK.

Summary and the resources we have at the NSC

In summary, we have been very busy and we are not a big group. As detailed in Appendix 3, there are 9 members of the fellowship who serve on the NSC acting as trusted servants on your behalf to serve you in a variety of ways and to ensure that we are following all of the fellowships traditions



but mainly Tradition 5; “Each group has but one primary purpose; to carry the message to the co-dependent who still suffers.”

We serve in the following roles: Chair, Secretary, Treasurer, Literature Secretary, Communications Lead, Website team lead and website team members, GDPR representative, World Service Representative and Sponsorship Secretary.

All trusted servants are equal, and no position is “higher” than any other. We are all simply human beings in recovery, doing our best to carry the message.

Plans for the future

This is where we need your help and support. In short, we need 3 simple things from you:

- Your ideas
- Your willingness to do service
- Your Step 7 contributions to enable us to undertake more activities

Your ideas:

What do you believe we need to focus on to ensure the continuing health of our fellowship in the UK?

Please discuss this topic in your local meeting Conscience Sessions and share your ideas by sending them to:

webmaster@codauk.org

Some ideas which have already been contributed and are contained in Appendix One.

Your willingness to do service:

There is always a requirement for more people to do service at National, Regional, and Local levels.

For service on the NSC we have found that those who have had at least 12 months in the fellowship and who have worked the Steps are best able to contribute. We would ask for people to be prepared to commit to coming to the committee 3 times over a 12-month period, (we meet 4 times



a year at the quarterly meetings). This regular attendance allows us to build relationships and thus helps us support all our recoveries.

Your Step 7 contributions to enable us to undertake more activities:

[FOR DEBATE AND CHECK ASSUMPTIONS AND NUMBERS WITH NSC MEMBERS]

Our funds stand at some £8,000 at National. These have not changed significantly over the last year.[check].

As you would expect we live within our means however with no idea of a level of Tradition 7 contributions we can expect to receive in a year we cannot make any plans with confidence.

~~In short, if we were able to increase this to £50,000 and to feel confident of a regular contribution, we could undertake many more activities and carry the message even more effectively to those who still suffer. To put this in context we have approximately 100 meetings in the UK of which 20 are well established and sizeable meetings.~~

~~To achieve some financial certainty it would require each of the larger meetings to be able to contribute about £750 PA to National and the smaller meetings to contribute about £200 PA. This would generate approximately some £30,000 PA. This level of funding would allow us to make longer term plans rather than piecemeal plans. I would hope that this would not be an unachievable amount given most meetings are weekly and the larger meetings have more than 15 people attending on average.~~

Guidance is contained in the CoDA Fellowship Service manual regarding the payment of funds by local meetings to CoDA Regionally, Nationally, and Internationally. This states that local consciences should decide what funds to pass to these other CoDA entities that serve them after withholding a prudent reserve (2-3 months typical expenditure).

Once we have heard from you as to the projects you want to achieve to carry the message, we will in a future newsletter be able to provide you with an idea of the funds we will require.



Please do keep sending your Tradition 7 contributions without them and your willingness to do service if none of this is possible. We serve you and the newcomers, not the other way around.

Conclusion

I am hopeful that this letter could become similar to the AA's Grapevine Magazine in order to communicate more clearly what is happening across the fellowship in the UK and Internationally, initially on a quarterly basis.

If you feel as though you could serve in any capacity either in your local region or nationally please feel free to contact :

webmaster@codauk.org

And finally, the names of those doing service on the NSC are contained at Appendix Three.

In fellowship,

Tony



Appendix One: Current Ideas In Progress

Public Information

We have a small team working on a public information poster campaign for the final quarter of this year (mainly dependant on whether therapy centres reopen) and the communications team are working to put together events online during the current situation with the changing environment over the past few months. They, and we, see this as a great opportunity to connect with people nationally and help people get through the steps of the programme.

Rough estimate based on a mail out and follow up call of 1000 letters to therapists and health care professionals – say £5000.

Workshop/Programme Support

We keep hearing the recurring theme that “there are no sponsors” and see this as an opportunity to change that culture moving forward and help people recover from Co-Dependency. *If you were able to get on the sponsorship workshop organised by the NSC Sponsorship Secretary and her small team on [May 16th] then we hope you enjoyed that experience.???* The communications team are now looking to build a small team to do a national event online over the summer hopefully (and improve communications in the future) where people can go through the steps in an online workshop by bringing some of their step-work to the group. This event is under discussion and if you keep your eyes on your GSR inboxes or get yourself on the fellowship email list, if not there already, information will be with you shortly. Ideally, we need an events team as well to support the development of national events like the Ken and Mary Workshop we put on last year, a Vice Chair, Vice Secretary and Vice Treasurers from both the North and South Regions.

Rough estimate based on one online meeting and one in person meeting in London and Liverpool – say £2000 to be covered by LSER and North funds.

National Phone Line

The Northern Region have requested a feasibility study into a National Phone line which would take about 6 months to do (by volunteers of course) that would open up communications with the fellowship further and support any public information campaigns as well as support new and old



members alike by keeping them connected to real actual people. Whilst we appreciate phones are machines, they enable the connection of “live voices” and we hope it will be an improvement if we get the go ahead from you to do this. This will of course cost quite a bit of money and is one of the main possible outlays for 2021.

Hard to estimate as we have not done this before – we will start modestly with volunteers to respond to the calls (we will need your help!) and then if we experience positive feedback and demand we will move to a more permanent arrangement as with other 12 step fellowships – initial budget say £5000.

London and South East region

The London South East Region met for the first time officially in 3 years at a café near Waterloo Station in April and was scheduled to meet again before the physical distancing requirements due to the Covid 19 outbreak. They will be meeting online again shortly and, again, details will be communicated by the trusted servants in that region. All 55 groups in the London and South East Region are encouraged to contribute to healthy communications across the region. We are aware there are some concerns about travel time into London from some people on the South Coast and in the further parts of the South East that might be nearer to France than London, but we encourage you all to connect and do all that you can to stay connected at all time for the benefit of your and others recovery. We will do everything we can to support you with the programme of recovery given so freely to us by other members who have gone before us.

The LSER has funds of £8000 after an in depth analysis performed by our new treasurer.



Website update and development

Once we have oversight of all the hosting for our website we will establish CODA UK NSC email addresses and other features and benefits in line with the coda.org website in the USA, with the hope of further connecting the fellowship in the UK, Ireland, Europe and possibly Russia and the Middle East.

We have also identified the need for CoDA UK to be able to capture the history of each office holder of the NSC regardless of who holds office at any one time. This will require us to set up email addresses for each of the office holders on the NSC which hopefully will be completed by the end of 2020.

As you would expect the Website will need to be maintained and also our CoDA domain secured plus CoDA email addressed set up and hosted and backed up.

Initial estimate say £2000pa



Appendix Two: NSC Treasurer Report

To be inserted



Chair:	Tony	Manchester
Secretary:	Alison	Bournemouth
Treasurer:	Bruno	Chiswick
Literature Secretary:	Gillian	Stockton Heath
Communications Lead:	Dipak	Watford
Website:	Pete	Bournemouth and Poole
GDPR:	Guy	Guildford
World Service Representative:		
Sponsorship Secretary:	Hilary	Kingston
[Role]:	Kate	[Location]