



CoDA UK

National Service Committee  
(NSC)  
Voting Entity

2023 Report



# CoDA UK NSC officers

<https://codauk.org/coda-contacts/>

<https://codauk.org/service/>

Chairperson - Andy B

Vice chair - vacant/ service needed

Secretary - Bryony E

Communications - Kate F

PI/H&I - Kate F, Sam B

Delegates - Emma W, Rochelle S

Delegate/Treasurer/Insurance - Rochelle S

Alternate delegate - Kate F

Website team - Bryony E, Kate F, Pete H, Rochelle S, Sam B

Meetings list co-ordinator - vacant (Bryony E), service needed

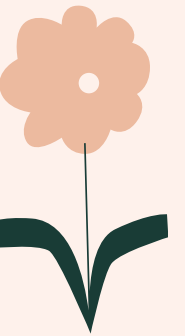
Literature sec - Jane

Sponsorship rep - vacant, service needed



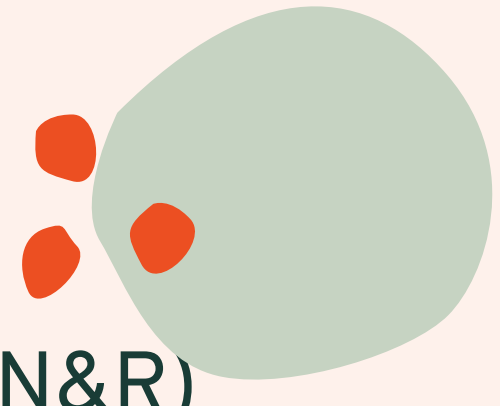
## What is the National Service Committee and its remit?

- The NSC are the trusted servants of CoDA UK
- NSC meets quarterly to discuss issues raised by groups and matters affecting CoDA as a whole
- Groups and regions can raise issues with the NSC and send along a Group Service Representative (GSR)
- All members of CoDA UK are welcome
- Elected committee and GSRs only, do vote
- The NSC acts on concerns brought by the membership through group GCs or at regional level





# About us



## CoDA UK, National Service Committee and UK intergroups

### LONDON AND SOUTH EAST REGION (LSER)

- The London and South East Region while currently without a working committee, has existed to serve theoretically over 50 groups in the London and South East areas, and between 2020 and 2022 was running a very successful GSRs forum.
- The end of 2022 saw LSER officers having to rotate out of service, and due to a lack of participation in members coming forward, had to close again as a committee.
- Following this closure and following the lead of North Region, a dedicated group of members in the LSER region started holding quarterly service workshops. These workshops aim to foster and demystify both Service and the Service Structure.
- The group is currently working through the booklet: The 12 Service Concepts - Alive & Strong, and invites speakers. Events feature visits from group service representatives, plus a section dedicated to bringing news and experiences from members attending.
- We thank the LSER for their dedication in bringing focus to the subject of Service and look forward to seeing a committee at the LSER soon and in HP's time.

### INTERGROUP NORTH & REGIONS (IN&R)

- Intergroup North & Regions, formerly known as North Region which serves UK groups and members located in the geographical areas of Scotland, Wales, Northern Ireland, and also the South West of England, has in 2023 become a registered Voting Entity.
- IN&R has a full working committee and holds quarterly Literature Workshops as well as hosting in-person weekend gatherings and retreats.
- CoDA in the UK now contains two voting entities (NSC and IN&R) which has increased voting at world level from 2 to 4 votes. This development is testament to a growing UK wide fellowship.
- In terms of governance, representation, and service structure, having two VEs may call both entities to question and examine their respective purposes, remits and objectives how best to serve groups in the UK.
- We thank IN&R for their dedication to service, and we thank our collective HPs in guiding us in our endeavours to carry the message of recovery to co-dependents who still suffer both in the UK and our wider CoDA fellowship.

# LOCATION AND MEETINGS



## UK MEETINGS

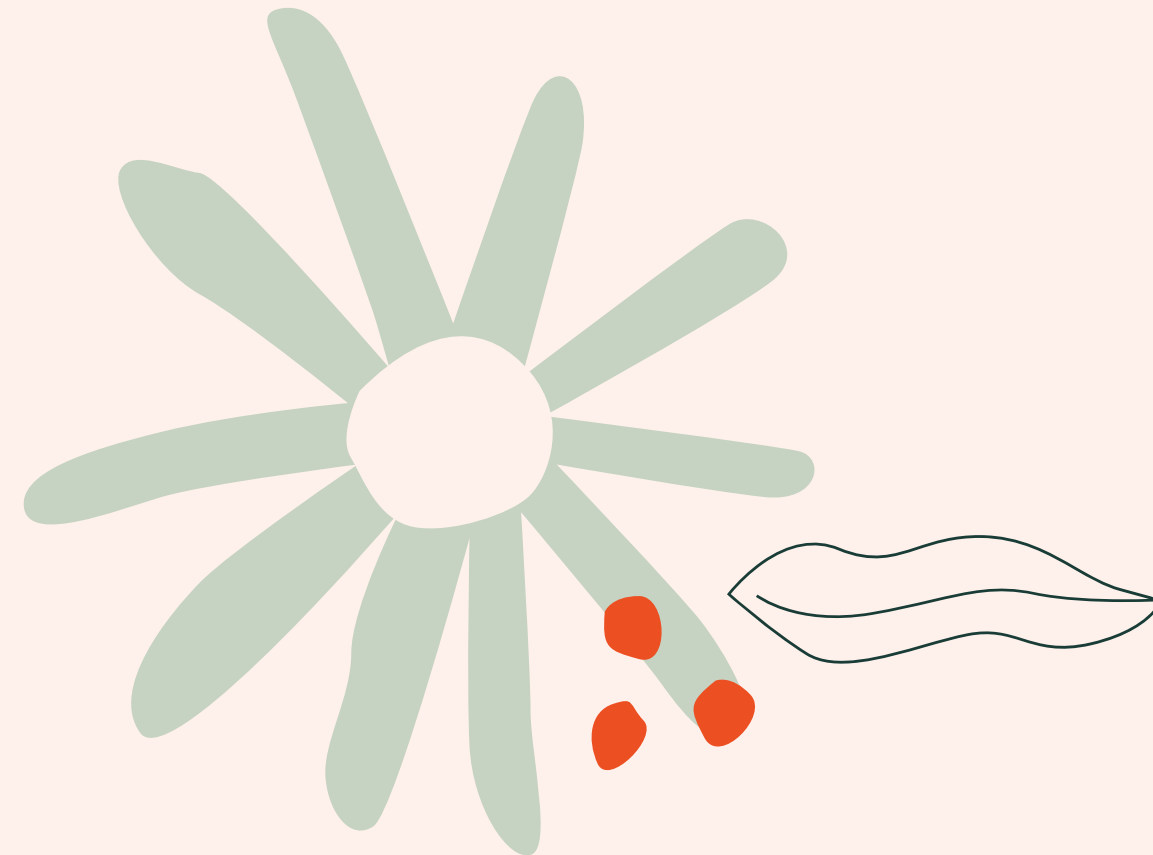
- In-person 55
- online 64
- Total 119

## NEW IN 2023

- 14 new in-person
- 1 hybrid
- 14 new online

## SPEAKER SERIES

Run by **Codependence Matters Saturday Speaker Series Committee (CMSS)** which started up at the beginning of the pandemic, weekly speaker/workshops meetings take place online every Saturday attracting between 90-100 members from all over the world. Audio recordings are uploaded to the CoDA UK website. <https://codauk.org/uk-speaker-series-recordings/>



And thus we grow....



# Reaching across borders



Communications (inside and beyond UK) sharing resources with members across:

Chad, Delhi, Greece, Northern Ireland, Oklahoma, Arizona, Paris, South Wales...

Network of Events & Workshops  
Reaching members in:

UK, Brazil, Croatia, Estonia, France, Ireland, Italy, Hong Kong, Kenya, South Africa, Spain, Switzerland, Turkey, USA...

Step Group Support & Web Reach  
Members joining from:

UK, Costa Rica, Egypt, France, Kenya, Netherlands, Switzerland, USA...



# Looking back – Goals and Accomplishments



## Public Information / Hospitals and Institutions / Comms

This year has seen a growing visibility of CoDA UK outside the fellowship, due to fieldwork carried out by our Public Information /H & I committee. We have been invited to attend UK National Health Service units, UK prisons, private rehabs, refuges, have taken part in a number of visible recovery fairs that came out of an 'all party parliamentary group' inviting CoDA participation, and have also been invited for interview by the BBC.

There have been many email queries from counselling professionals wishing to refer their clients to CoDA, and from newcomers wishing to instruct their therapists to utilise the CoDA program to augment their own therapy.

## Website and Speaker Library

The WELCOME information for newcomers on the website is in 12 different languages, representing the extent of the international reach of many of our online meetings. We have a library of speaker recordings, details of events, sponsorship workshops, how to set up new meetings and service positions available at the NSC and LSER.

## Retreats / Service Workshops

Transatlantic CoDA Royale Committee together with Codependence Matters Saturday Speaker meeting collaborated on a service convention in March 2023, which included speakers from around the CoDA world talking on Service. Numbers shown on the website were the highest we'd ever seen.

## Sponsorship/Step groups

Quarterly Sponsorship Workshops throughout 2022 and 2023. WhatsApp groups set up by members to facilitate connections for sponsorship and co-sponsorship. Outreach groups set up by members in service. Step Groups where members self-organise. Written guidelines in line with CoDA principles used as helpful templates to new autonomous WhatsApp groups starting up.

## Literature

NSC has this year earmarked an amount out of our annual budget to the purchase and distribution of literature for literature packs for hospitals and institutions and recovery fairs to be distributed within the year to 2024.

## Workshops

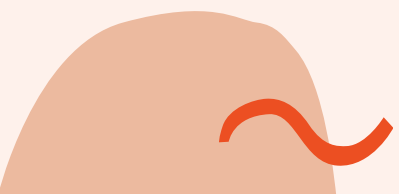
London and South East Region runs quarterly service workshops. East Kent group of meetings has been holding online conventions, 2 or 3 per year. IN&R hold in-person retreats which are always oversubscribed.

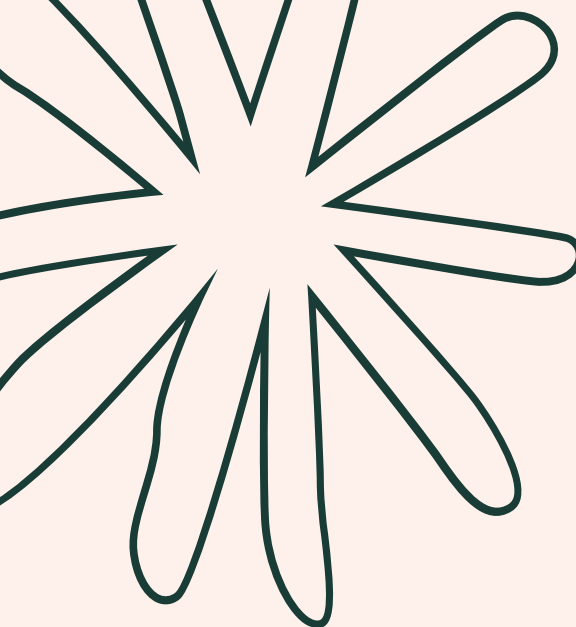
## Working Groups

More work has been done around the fellowship changing its legal structure to become a Charitable Incorporated Organisation (CIO) which will mean we will emerge out of the process with a set of ByLaws for CoDA UK which are in the process of being written

## Insurance

NSC has purchased a group Public Liability Insurance policy which all groups and retreats can make use of, for a small contribution.





# Looking Forward - Goals and Objectives for the Coming Year



## SERVICE

- There is a serious lack of service with many vacancies, especially online
- Service can appear to be boring and scary
- Develop enticing ways to increase participation at the Intergroup level
- Putting on service workshops
- Running polls on the website and on WhatsApp
- Using Carrying The Message - Living the Twelfth Step pamphlet in meetings

## LEGAL STRUCTURE

- Registering CoDA UK as a Charitable Incorporated Organisation (CIO)
- Creating CoDA UK ByLaws

## PUBLIC INFORMATION

- PI continues to reach out to professionals
- Answering email inquiries from professionals

## LITERATURE

- Literature packs for all new meetings, events and institutions

## HOSPITALS & INSTITUTIONS

- H & I is growing a database, reaching out to codependents in locations with no access to meetings

## TREASURY AND FINANCE

- Add more service roles to form a finance team

## RECOGNISING THE NEED FOR NEW INTERGROUPS

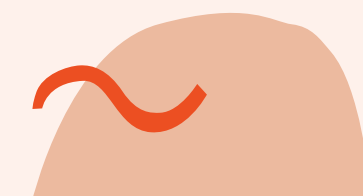
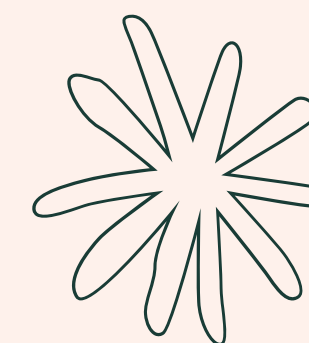
- Virtual/online CoDA, groups on platforms such as WhatsApp, Telegram, etc

## EVENTS

- Members centred around the East Kent meetings are hoping to join in service to put on face-to-face events, a retreat in Salisbury, and a convention

## FELLOWSHIP STRUCTURE

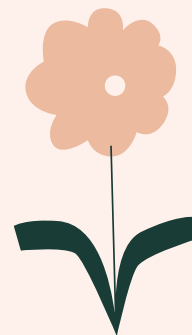
- Voting Entities of CoDA UK, establishing new boundaries



# Summary



Members in active service in the UK are reaching and supporting the still suffering co-dependent in as many ways as the imagination would stretch. We welcome experience strength and hope from all of our fellow CoDAs at the CSC in how to attract members into service, without sacrificing Unity and our Common Welfare. Our hope is that we can all move purposefully together in compassion, community, collaboration, creativity and connection, remembering our shared spiritual aim whilst trying to put principals before personalities.



# THANK YOU!

## EMAIL

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## WEBSITE

<https://codauk.org>

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