

# MINUTES – 25<sup>TH</sup> JANUARY 2025

CODA INTERGROUP NORTH AND REGIONS (IN&R) QUARTERLY MEETING.

## SERVICE POSITIONS

Current service positions and person

Service position	Person	Service Start Date
Chair	Philip F	
Co-chair	Mari H	
Communications	Pete H	
Secretary (minutes)	Pete H	
Co-secretary	Serina	
Literature	Jane	
Co-literature	Carol	
Treasurer	Tina	
Retreats	Gillian	

## OPENING

Time meeting begins: 10:30

Script link: <https://sway.cloud.microsoft/z59hCgkC1f5d5g7c?ref=Link>

**Opening Prayer, Welcome, Preamble**

**12 steps, 12 traditions**

## CHECK IN

(Group membership, service positions, group check-in/health/attendance, establish voting members):

- Tina – Penmaenmawr Thursday meeting online and occasional face to face. Treasurer IN&R, retreat committee for noddfa retreats.
- Jane B - Penmaenmawr Thursday meeting online and occasional face to face. Literature secretary IN&R and NSC, retreat committee for noddfa retreats.
- David – GSR Liverpool meeting in person.
- Pete H – IN&R communications and secretary, noddfa retreat co-chair.
- Nicolle – Secretary Friday live meeting Newcastle.
- Philip F – Group rep for Penmaenmawr
- Carol – Stockton heath attendee, always online but alternating weeks hybrid. Co-literature secretary IN&R.
- Vicky – Penmaenmawr group and retreat committee.
- Karen – GSR for Thursday 1pm step meeting Newcastle. Up to 6 members, all service positions filled. Some struggles, sharing literature with another group. Had asked NSC to assist with a literature pack.
- Rob – GSR south Manchester group in person meeting, health meeting 10+ members. Aware of another group nearby struggling. Hope for another meeting starting.
- Gillian - Stockton heath member. IN&R and NSC member. Several world committees. Founders weekend committee.

Establish voting members:

11 voting.

**Apologies:**

Mari H.

#### RAISE 'ANY OTHER BUSINESS' ITEMS (AOB):

- Newcastle meeting literature pack.
- Rotation of service and record of when service positions were taken up.
- Founders weekend (if not covered elsewhere)
- Difficulty with connecting to wider CoDA service and notices.
- IN&R Service positions
- Newcomers literature packs
- CoDA Teen
- Hospitals and Institutions
- 2025 IN&R meeting dates

#### ANNOUNCEMENTS:

- Workshops and retreats –
  - Next Noddfa retreats 23<sup>rd</sup> – 25<sup>th</sup> May 2025, 31<sup>st</sup> October – 2<sup>nd</sup> November 2025. Places available [codanoddfaretreats@outlook.com](mailto:codanoddfaretreats@outlook.com)
  - CoDA founders speaker weekend in Manchester 17<sup>th</sup> – 18<sup>th</sup> May 2025 – pendulum conference Manchester. Concessions are available contact [northregion@codauk.org](mailto:northregion@codauk.org) for info or concessions.
- Literature workshop will be reading the new book "Growing up in CoDA" this afternoon 2-4:30 along with .
- 15<sup>th</sup> February – international sponsorship workshop <https://coda.org/event/3rd-annual-sponsorship-workshop/>
- Next UK NSC meeting 1<sup>st</sup> March 2025 - <https://codauk.org/1st-mar-2025-national-service-committee-agm/>
- 2025 Women's retreat in September, this year in Roehampton. Details will be release around April.
- There is a new CoDA app. Can be found in the app stores or linked from coda.org

#### BUSINESS (11:10)

##### TREASURER REPORT

Coda Intergroup North and Regions:

Financial report for 25.01.25

**B/F £1,713.16 @ 24/09/24**

##### **Paid in:**

£200.00 Donation from Didsbury group 04/10/24

£150.00 Donation from Birmingham group 08/10/24

£556.10 Retreat Literature, 7th and registration 27/10/24

£100.00 Donation from Didsbury group 05/11/24

£5000.00 NSC Donation for founders weekend 05/11/24

£3150.00 NSC Donation for founders weekend 07/11/24

£200.00 Donation from Birmingham group 03/12.24

£2122.21 PayPal – ticket sales for founders weekend 10/01/25

£671.00 Retreat (literature £353.50) 7th and registration (317.50) 19/01/25

**Total: £12,149.31**

##### **Paid out:**

£2.90 Ticket tailor 01/11/24

£5.19 Ticket tailor 02/12/24

**Total: £8.09**

**Balance @ 22/01/25 £ 13,854.38**

Intergroup North & Regions bank details for donations etc.

Name: IN&R

Type: Business account

Sort Code: 51-61-14

Account number: 71101667

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## LITERATURE REPORT

Report submitted for NSC meeting. Funds have been made available for the publisher to produce a ready stock of literature to make it more readily available for members and groups.

A good stock is being ordered for the Founders weekend.

Report will be included with the minutes.

Please contact Jane if anyone has questions about literature, supply, purchase, assistance. [ffynnon1@gmail.com](mailto:ffynnon1@gmail.com)

Proposal: send a literature pack to the Newcastle group.

Passed as already covered by previous vote in principle to support groups with literature.

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## IN&R RETREATS REPORT

Price and day visitor changes:

Weekend rate of £180

Day visitors must register with the committee and there will be a cost of £15 to Noddfa as well as the registration fee.

To book for meals as a day visitor it will be £35 per day.

2025 dates 23<sup>rd</sup> – 25<sup>th</sup> May 2025, 31<sup>st</sup> October – 2<sup>nd</sup> November 2025.

January 16<sup>th</sup> to 18<sup>th</sup> 2026

Suggestion of new additional venue – Minster Acres in county Durham – to consider for a retreat. well recommended.

Have emailed Salisbury – suggestions for when a retreat might be good during the year. Maybe March/April 2026 or July/august depending on availability.

If anyone has interest in starting weekend events, workshops etc please contact [northregion@codauk.org](mailto:northregion@codauk.org)

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## COMFORT BREAK

Philip F left. Vicky left

Voting 9.

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## FOUNDERS WEEKEND

Received donations from NSC towards concessions and costs for the retreat and expenses for the attending founders.

Gillian to establish contact and communication with attendees.

46 tickets sold so far. Lots still available. Of which 3 concessions. We have capacity for 200 and need at least 100.

Question from Gillian about looking to purchase a quantity of the inner child teddy bears to help raise additional funds to support concessions and retreat establishments.

Suggest a cost is identified.

Hotel is due £1500 next payment which will be paid when they contact the treasurer.

Final amount to be paid one month prior to the founders weekend.

Founders have booked their tickets and Gillian to arrange reimbursement.

A poster is being produced which will be shared online, by email, and messaging once available to raise awareness of the event.

Do we want items like traditions, steps, long serenity prayer, slogans, in large print around the room?

If booking a room with the pendulum to stay do mention the CoDA weekend for a discount on the room rate. Room stay includes breakfast.

**Founders will be talking through the steps and traditions.** There will be a fellowship evening on the Saturday.

For Concessions or enquiries contact either [northregion@codauk.org](mailto:northregion@codauk.org) [gilliancoda@gmail.com](mailto:gilliancoda@gmail.com) or call Gillian on +44 7792 236888

## ACTIONS FROM LAST MEETING / ONGOING SUB-COMMITTEES

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### UPDATE WEBSITE INFO ON IN&R AND PEOPLE TO SHARE IN ANNOUNCEMENT ABOUT INTERGROUP.

Website created and launched. Work in progress as time permits. Welcome additional assistance. Functional currently.

<https://codaukintergroupnorth.org/>

Pete to add brief information and signpost to [codauk.org](http://codauk.org) and [coda.org](http://coda.org) for foundation documents, media, and other CoDA content and state that the site intent is for announcements and functionality.

Pete to add a page about the literature stock and how to access it.

Please have a look at the site and provide feedback.

Important to share agenda and minutes.

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### GROUP CONTACT SUB-COMMITTEE REPORT.

contact groups and offer service

Mari, Hil, Pete H, Philip F, Serina

Activity to continue, welcome additional service.

## AOB ITEMS

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### NEWCASTLE MEETING LITERATURE PACK.

Agreed during the meeting.

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### ROTATION OF SERVICE AND RECORD OF WHEN SERVICE POSITIONS WERE TAKEN UP.

Treasurer has been in place for 2 years.

Current service positions. Need to confirm start date.

Service position	Person	Service Start Date
Chair	Philip F	
Co-chair	Mari H	
Communications	Pete H	
Secretary (minutes)	Pete H	
Co-secretary	Serina	
Literature	Jane	
Co-literature	Carol	
Treasurer	Tina	
Retreats and workshops	Gillian	

Action: to confirm people in service positions who have not been able to attend often want to continue in their service.

Rob willing to offer service with communications role.

Vote: unanimous

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#### DIFFICULTY WITH CONNECTING TO WIDER CODA SERVICE AND NOTICES.

Looking into increasing proactive sharing of information.

Recommend the IN&R whatsapp group have disappearing messages turned off so notices can be found from months previous. Actioned.

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#### IN&R SERVICE POSITIONS

Proposal: Tina to continue for 3<sup>rd</sup> year of treasurer service, will need someone to take this on next year.

Vote: unanimous

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#### NEWCOMERS LITERATURE PACKS

Carol to contact Jane about literature packs and availability of leaflets for newcomers.

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#### CODA TEEN

Contact Gillian for information or to be involved in CoDA Teen.

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#### HOSPITALS AND INSTITUTIONS

Would be a good service position.

Action: to ask NSC to have someone to attend the IN&R meeting, especially someone in a role or connection to H&I, PI, etc. Gillian to ask.

Hope to grow and collaborate in unity in support around H&I across the UK.

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#### 2025 IN&R MEETING DATES

5<sup>th</sup> April. Vote unanimous.

Chair or co-chair to send out agenda in advance of the meeting. (by 22<sup>nd</sup> March – 2 weeks prior).

12<sup>th</sup> July. Vote unanimous

**Date of next meeting(s):** 5<sup>th</sup> April (10:30-13:00), 12<sup>th</sup> July, later TBC

**Sign off/Confirm Minutes: Unanimous**

***Promises, Closing Prayer, Serenity Prayer***

**Time meeting ended: 13:00**