

Alcoholics Anonymous Cornwall Intergroup
Minutes of Meeting held on
Sunday, 15th November 2015 at Epiphany House, Truro TR1 3DR

1. The meeting opened with Preamble, Traditions and Declaration of Unity.
2. Welcome and introductions.
3. Register of attendees and apologies (see Appendix 1)
Head count of those who carry a vote = 21 members.
4. Minutes from last meeting and matters arising:
No matters arising.
5. Group Reports:
 - **HELSTON WEDNESDAY** - this group needs support as it is struggling because of low attendance.
 - **TRURO FRIDAY** - this group will be celebrating its 3rd anniversary on Friday 20th November. Doors will open early and there will be refreshments and speakers. The meeting will also be open on this occasion.All other group reports are in Appendix 2.
6. Conference Matters :
It was agreed to accept Holly's offer to attend the January Intergroup meeting and go through the Conference Questions.

7. Intergroup Officers' Reports:

Chair – Barny :

Nothing to report.

Vice-Chair- Rob :

Nothing to report.

Treasurer –Val:

As you can see, I've tweaked the accounts and finally found a way of doing them that makes sense to me. I am now including 'unpaid cheques' in the accounts in order to reconcile the accounts with the bank statement. This means that I have to deduct from the current accounts any cheques listed as unpaid in the previous accounts. It makes sense to me and hopefully will make sense to you as I explain it.

We currently have a bank balance of £2291.97 - before today's donations and expense claims. Given that PI have a lot of Roadshow expenses at the moment, I am hesitant to donate to Region and would appreciate your views. I have stopped listing the individual PI expenses as it became too unwieldy with some things being paid from their float and other things directly from Intergroup. The PI expenses for September - November were £2028.22

All expenses receipts pertaining to these accounts are available in the red folder if anyone wants to have a look.

The insurance has been paid. We are currently insured for 54 groups. Sally has the documentation in electronic form if anyone needs proof of insurance for their venue. The policy is due for renewal on August 31st, 2016.

I have been in touch with Sam F. about paying for the website directly from the Intergroup account. She gave me the user name and password to try and get into the account and change the payment information. Unfortunately, I was unable to do this nor could I contact anyone. I left a message but so far haven't heard anything back. Sam F said she would like to pay the annual charge of £12 for the domain name as a contribution to intergroup. She is also willing to carry on paying the hosting costs which I reimburse her for periodically. It's not very satisfactory but I haven't yet figured out another way to deal with it. Any ideas appreciated.

I wonder if someone would volunteer to redesign the expenses form or at least design a new one that isn't specifically for travel and accommodation? Also, it would be helpful to have 2 on a page on the website and for them to be more accessible (easier to find).

****And finally, it came to my attention recently that the address given on the national website for the Hayle meeting was completely wrong - a private home in fact. I contacted GSO and they changed it right away but it's really worth checking that your group's information is correct.**

Following the above report intergroup discussed the amount deemed appropriate for its prudent reserve. In the past this has been set as 3 month's running expenses. However due to, at times, quite extreme fluctuations in expenditure (for example the current PI Roadshow expenses) it is difficult to calculate a mean average over the year that will suffice. It was therefore decided to review the reserve on a bimonthly basis and adjust it accordingly.

It was mentioned that the amount of PI Roadshow expenditure was high; in response it was agreed that it is neither appropriate nor possible to put a price on a person's life. It is by passing the message to a wider professional audience, which is the purpose of these events, that lives may be saved and those suffering from alcoholism may be relieved of their suffering. It is our primary purpose in action.

Nick agreed to modify the current expenses form.

Secretary - Sally:

Please ensure that all new GSRs /Officers pass their contact details to me; also any changes. If I do not have this information I cannot send you your minutes etc plus any other relevant communications. Also can you please make sure that you request hard copies of the minutes etc if you need them.

Could all changes to Group contact details that are required for the National Where to Find (not our local WTF) especially if a Group has closed down, be sent to me so that I can inform GSO. Note also ** above in the Treasurer's report; all groups need to check their details on the national website.

Convention – Liz C:

Plans are ongoing. The venue is as for last time. The final date has yet to be fixed but will probably be in May.

Where to Find – Emma R (absent):

My apologies for not being able to attend on this occasion.

I have produced the amended Where to Find (on festive red paper) and submitted a receipt for the purchase of the paper in the sum of £14.98. I am grateful to Jim for delivering these to Intergroup for me.

There are now 53 meetings on the Where to Find.

It would be very helpful to me if, when notifying me of a new meeting, you provide a postcode and sufficient information as to the whereabouts of the meeting that people will be able to find it. I'm afraid I don't have the time (nor is it my responsibility) to chase for details if what you have given me is insufficient. Mostly I am given very clear instructions so please don't think I am griping at you all!!

I have bundled up the Where to Finds for the various meetings. I have kept these bundles relatively small (except for Thurs lunch Truro which I know needs heaps). I see lots of bundles of unused Where to Finds at the meetings I attend which leads me to think that I am overprinting. I have cut back a bit. If you know that your meeting is one that has run out of WtFs in the past please grab a few extras from the "Spares" bundle. I think we ought to be mindful of the fact that many people now refer to the internet for meeting details. When I recently offered a newcomer a paper WtF he seemed to think I was prehistoric! **As there will be a fresh lot printed in just 2 month's time I would be very grateful if GSRs could perhaps let me have a realistic estimate of how many WtFs they really need each time they are printed. I honestly believe that the meetings I attend need no more than 10. Perhaps you could just drop me an email? (emmandpops@gmail.com)**

I have updated the Where to Find for outside agencies and printed off 150 - also on red.

P.I. - Erika:

A busy 2 months - preparation for Roadshows, making up packs and arranging cover for each presentation. Four Roadshows are now complete thanks to great teamwork from PI committee members. Five more to go! So far there have been about 120 attendees. There has also been a lot of support from AA members. I want to stress the invaluable help given by the former ECLO Sam F who has stepped into the breach with regards to problems with electronic communications.

Treliske Nurses have also had an information session this month.

Following the above report several points were made: that there is now more of a need for AA members to attend these Roadshows as there are now a lot more professionals attending; Haydn spoke enthusiastically of his very positive personal experience of attending as an AA member at the Newquay Roadshow; Barny reminded us of the need to ensure that we have strong groups carrying the AA message to pass to these newcomers - **and the need for taking Group Inventory.**

AA Awareness Roadshow - the remaining dates/venues are as follows:

- 20th Nov Truro
- 24th Nov St Austell
- 25th Nov Penzance
- 26th Nov Redruth
- 27th Nov Falmouth

Please note that all the above are on the website. Jim emphasized the fact that guests tend to attend these events because of personal recommendations.

GSRs please alert your groups to the dates of the "AA Roadshow" in your area and invite any professionals with whom you have personal contact to the Roadshow. If anyone is interested in helping out contact any member of the PI Committee.

Jim said there were a huge number of professionals registered to attend the **St Austell Roadshow on 24th November** and **AA members are especially encouraged to come to this one** to ensure every professional has the opportunity to talk informally with an AA member.

Employment Liaison Officer - John H :

Not much to report, getting the message out there so they have the information to refer to when a situation arises. Most people won't get in touch unless they come across a problem with a member of staff to be honest.

Looking at doing a number of things with Job Centres but that is work in progress and I have a number of other ideas for approaching institutions.

Archives – Benjamin (absent):

No report received.

Share - Shirl B.

Newly in post. Gratitude to all.

- Audio Shares on CDs - by subscription £12 pa.
- Can purchase any Share by Bank Transfer.
- Conventions - Share stand available. Contact details (by request) available for Jenny (GSO).
- Calendars and Diaries available from GSO.

Many thanks - I will contact groups individually in the near future.

Telephone Liaison Officer/12th Step List –Edward (absent):

Jim gave a verbal report as to the current situation; Edward has just come home from hospital and Jim has been doing everything he can to keep the system going. However he is not in a position to continue in this 'emergency' capacity. Therefore it is important that we find an assistant for Edward ASAP. Edward has created an excellent and highly efficient Telephone Responders' system and it is vitally necessary that we keep that system going - again it's our primary purpose. Many, if not most, of us made our first approach to AA via the telephone.

Jim highlighted a couple of points that he has noticed:

- the Flexi Responders' List needs expanding - Jim found it was quite difficult to find cover for shifts
- there are 2 current vacancies - Friday and Saturday night shift starting on 20th and 21st November respectively on a 3 weekly cycle.

There appears to be a bit of a problem at the moment when using mobiles and the new telephone number in that calls can be routed to and from other geographical areas; several responders have encountered this.

GSRs please bring to the attention of your group the importance of finding an assistant TLO as soon as possible. This is a vital part of our primary purpose. Those who already do telephone duty may be particularly interested in helping out if Edward is unwell.

Probation Liaison - Di :

TRURO MAGISTRATES' COURT - I report that we have successfully attended Truro Magistrates' Court every Monday morning through the active participation and commitment of members to passing the message onto alcoholics and their families who find themselves in Court due to alcohol related offences. In my experience I have found not only does the offender benefit from AA being present, but also their families and friends who appreciate that there is somewhere for alcoholics to go to receive help and their families can find support through Al-Anon.

I am also aware that AA presence in Court is acknowledged by the Magistrates, Court officials, Probation, Addaction and Twelve Companies who utilise our experience regularly. I have not yet attended Court and not been asked to share my experience with someone.

LINKS WITH OTHER AGENCIES -

C.A.S.S. - Court Advisory Support Service invited us to join them at Kingsley Village for their 10th birthday. Both AA and Al-Anon attended. This offered everyone the opportunity to liaise and network with other agencies involved with alcoholic related problems.

COSGARNE HALL - Cosgarne Hall is a charity that offers support and accommodation to people in Cornwall. The residents are of various ages and from a variety of backgrounds, many of whom suffer from addiction or mental illness. I have spent time with the manager who was very interested in AA and what we could offer the residents. I also understand that he has enrolled to attend the St Austell Roadshow.

FRESH START - Fresh Start is an establishment for persons who are leaving prison on licence, serving the final stages of their sentence within the community, enabling them to be rehabilitated back into the community. One of the staff has requested if an AA member could give a 10 minute share at the end of a Monday morning meeting, when and if they have residents whom they consider have alcohol related problems and would benefit from attending AA.

Overall, in order to maintain AA's ongoing service to court, I feel there is a need for those who participate in the Court rota to be recompensed for their travel expenses as quickly as possible. Everyone has financial restraints and I won't feel so guilty asking for cover.

Following the above report a float of £250 to cover travel expenses for court volunteers was proposed by Val (Treasurer), seconded by Rob (Vice Chair) and unanimously agreed. Julian offered any support that he can give as he has had professional connections with the outside agencies mentioned in Di's report.

Electronic Communications Liaison Officer – vacant:

Despite repeated efforts from several members it has not been possible to contact Graham so it can only be assumed that we do not have an ECLO in post.

It was emphasized that the website has in the past been excellent but now, sadly, is beginning to unravel with out of date and thereby misleading information still posted. It gives an unpolished impression of AA to anyone referring to it and this is something that needs to be addressed ASAP. A recently sober member has expressed an interest in helping out as he has professional expertise in this area. Nick has agreed to contact the member concerned and to work with him in updating the website.

GSRs please draw your group's attention to this vacancy and the importance of filling the post as soon as possible.

Armed Services L.O. – Haydn:

Things are going well. We are in contact with RNAS Culdrose - HMS Seahawk. We have had a very good response from their Medical Centre. We are now awaiting a literature pack from GSO to send to the Medical Centre at the Naval Air Station. From then on who knows?

Region Report - Liz C, Allan O (Seb - absent):

Nothing really to report as there has been no Regional Assembly since September. Next one is on December 6th. If any group has a matter that they wish raised at Region please get your GSR to contact one of the Region Reps.

Rob reported that £13,000 has now been forwarded from South West Region to GSO.

8. **Rotation of Officers** - see all details of vacancies and Officers' rotation dates on the accompanying Agenda at Item 9.
GSRs please note the urgency of filling the post of ASSISTANT TELEPHONE LIAISON OFFICER and ELECTRONIC COMMUNICATIONS LIAISON OFFICER . We also need a Vice Chair (from January 2016) and the post of Secretary will need shadowing ideally from March 2016.
9. **Elections** -
There were no elections.
10. **AOB:**
A GSRs' vote was taken on the suggestion that we appoint a Young Persons' Liaison Officer (see minutes from September and Conference Report 2015). A young person for the purposes of AA means someone who was aged 30 or under when they joined AA. The vote was:
in favour - 14
against - 3
abstaining - 2.
We therefore will be seeking a Young Persons' Liaison Officer - see Agenda Item 9.
11. **Intergroup Inventory** - see attached sheet for the responses.
It was decided that a copy of the Inventory Questions would be circulated with the minutes for any group to use if so wished. Copies will also be circulated with the September 2016 minutes so that GSRs and Intergroup Officers have sufficient time to really think about the questions prior to taking the inventory.
GSRs please note that a copy of the Inventory Questions is attached should your group wish to use it as a guide for your own Group's Inventory.
12. **Next Meeting : The next meeting will be held at 10am on January 17th 2016 at St Mary's Parish Centre, St Mary's Rd. Bodmin PL31 1NF**
13. **Tradition 7**
14. **REFRESHMENTS FOR NEXT MEETING - Camelford Sunday SETTING UP ROOM - all early arrivals!**
15. **Resentments:** none mentioned
16. **Close :** the meeting closed with the Serenity Prayer.

Barny	Chair
Sally R	Secretary
Val R	Treasurer/GSR Hayle Wed
Rob D	Vice Chair
Liz C	Convention Convener/ GSR Tuckingmill Thurs
Haydn M	ASLO/GSRPenzance Tues
Shirl B	Share
Raymond H	Alt GSR Callington
Erika B	HLO
Allan O	Region Rep/GSR Helston Wed
Di H	Prob LO/GSR St Austell
John H	ELO/Alt GSR Chacewater
Julian S-P	GSR Hayle Fri
Di B	GSR Newlyn Thurs
Jim W	GSR Newquay Sun
Mark M	GSR Newquay Tues
Nick R	GSR Perranuthnoe
Rachel N	GSR Redruth Sun
Pip F	GSR St Mawes
Phil A	GSR Truro Thurs
Marion W	GSR Wadebridge Wed
Steve O	GSR Wadebridge Fri

Apologies

Emma R	WTF LO
Edward B	TLO
Sebastian	Region Rep
Marian S	GSR Camelford Sun
Dan	GSR Liskeard Mon
Andy	GSR Liskeard Sat
Kim	GSR Camborne Sat

Observers

Jess C Penzance
Ashley Chacewater

Appendix II

Group Reports:

Camborne Sat	Strong well attended group with usual attendance of 35 to 50, including a good number from Bosence Farm, who are here every week. We have a healthy mix of long term and more recent sobriety. All service positions are filled.
Camelford Sun	Camelford continues to be supported by a small core of regulars and the occasional visitor. We are looking for shares and should anyone be interested please can they contact me in the first instance. We remain at St Thomas' Church for the foreseeable future. Camelford will be supplying the refreshments for the January Intergroup meeting which will be held at St Mary's in Bodmin. The room has been booked.
Chacewater Sunday	The group has been going a while now and has a good core group. Now that it's settled and found its feet, the group has decided that we go into the new WTF coming up so we have given Emma the details. This is an audio study group meeting and we study the Three Legacies - 12 Steps - 12 Traditions and the 12 Concepts to greater understanding of alcoholism. We listen to an audio of the Step or Tradition first and then share our own perceptions of what we have just listened to. the meeting is open at all times and all are welcome to come and join. The group is

starting to build a prudent reserve and the pot is always well contributed. It is a relaxed meeting and the room is often filled with laughter which is always great to hear. We alternate between Steps and traditions each week and then have a session on the Concepts at the end of the full rotation. We will also be having some audio talks by Bill W on the history of AA, the history of the Big Book and a number of others on how it all started. The meeting starts at 11am and finishes at 12.40 pm. if you would like to know more you can call 07831341000.

Chacewater Mon	Meeting still going strong with attendance between 20 - 24 on a regular basis with a good home core group. There is a strong prudent reserve and the pot is always well donated. The rent goes up in January by a pound a session which considering it hasn't risen in the last three years that's very fair.
Hayle Wed	Meeting is quite strong with an average attendance of 10-12. There is a lot of good long-term recovery and it is well attended by women. We read from Living Sober and are solution focused. Newcomers are very welcome. We've moved into a smaller room for the winter so it's pretty cosy. Our rent is quite high but we've managed a donation this month.
Helston Wed	Being one of the oldest meetings in Cornwall it is struggling loads to meet the rent. An average of 5 regular members with the odd person who is visiting. As for the positions within the group chair, treasurer and literature are the positions taken.
Newlyn Thurs	I report all service positions covered. Good attendance - sometimes visitors, regulars and residents from Bosence Farm. I have handed in our group donation of £30.
Newquay Sun	Meeting averages 20+ for a Big Book (reading) meeting. The service positions are all filled. A warm welcoming, centred but intimate meeting. Visitors are often in attendance and are always welcome.
Newquay Tues	Popular well attended Step and Tradition meeting. Good variety of sobriety, newcomers always welcome. All service positions are filled and we regularly donate to Intergroup.
Penzance Sun	We are holding our own. Could do with more support. A good sober meeting.
Penzance Tues	Good meeting attended by 10-15 people. Holding our own but no donation this time.
Redruth Sun	The group continues to have a healthy membership and is self supporting/financially viable. The group is reviewing its location because the present room being used has very poor acoustics making it difficult to hear shares etc. One service position (Treasurer) - being covered, by two other group members, but extended time away from Cornwall coming up for one of them, so need for an appointment becoming more urgent. A relatively small pool of longer term more permanent members with the necessary experience consider this their home group, whilst the group has a regular turnover of 'new' members attending from a local 12 step residential facility. The group always welcomes attendance by any newcomer or visitors to the area. All meetings are open.
St Austell Wed	A strong meeting with a good core group of members with various lengths of sobriety. All service positions have rotated and are full. At the last group conscience a strategy for dealing with difficult behaviour was agreed. We have an extensive library and the Secretary's position rotates monthly. All other positions are longer.

St Mawes

A small group with 4-5 regular members. Visitors are especially welcome. We are self supporting and make regular donations to intergroup.