



## **July Minutes 2015**

**Apologies:** Anoushka M. (GSR Trinity); Rebecca M. (Vice Chair); Claire A. (GSR Women's Meeting). Dermot M (Killarney GSR); Cailim F. (GSR. Solas Saturday); Tasha F. (H&I Secretary); Thomas F. (GSR Waterford);

**Attendance List:** Bert M. (Chair); Michelle W.(Secretary); Joe E.(H&I Chair: GSR Skibbereen); Tony K. (Convention Chair); John M (Treasurer); Donnacha K.(GSR La Verna); Jamie B. (Outreach Chair & treasurer We do Recover ); Dylan I. (GSR GF & Secretary Solas); Anthony K. (GSR Limerick); Patrick S. (GSR Waterford); Brendan O (PR Chair); Caroline L. ( GSR Aisieri); Mark C. (GSR we do recover); Mairead B. (Vice Literature); Evan B.( Sec Dominican Centre); Lee O (Member);Dee H. (member: standing in for Women's Meeting); Gerry L ( treasurer Solas)

## **Sub Committee Reports**

**Treasurers report:** John M

Opening balance: €149  
Donations: €759  
Expenses: €500  
Prudent reserve: €2,270  
Working balance: €110

**Public Relations:** Brendan O'B. (Chair), Paul N. (Webmaster), Peter H. (Social Media Advertisement), Paul J. (Poster Distribution Campaign).

We have organised two speakers for the PR presentation that will take place as part of the one day convention in Ballincollig. A letter of invitation has been drafted and will be sent out to professionals in the Munster area.

Thanks to Tasha F and the Limerick group for sticking up posters in Limerick this week. A request for posters has come from Clare groups.

Expenses for this month: 31.50 stamps;

03.00 envelopes;

€34.50 total.

Next subcommittee meeting; Tuesday 28th July in YMCA offices Marlboro Street, at 7 pm.

## **Literature Report:** Pam W. (Chair); Mairead B. (Literature Alt.)

Total sales € 161.56

Total ordered € 161.56

Any other business: need to find out who looks after the recycling as it is collecting. We need a dongle for internet access for the new on line shop cost €40 & an additional cost of €2 euro per day usage. We now have a step by step manual for ordering on line.

## **Outreach Report** Jamie B. (Chair) Martin L. (Secretary)

### 1.1 Outreach Programme

Youghal: Date Attended 19-06-2015

- Cost of €15 fuel
- Attendance 11 people in attendance. 6 from Youghal 5 from Cork. Good meeting the Youghal group were happy to see new faces.
- PR material required for next Visit
- Driver : Calium F
- Attendees Lee B, Sean L, Ben J & Jamie B

FERMOY – Date attended 25-06-2015

- Attended by 4 member from Cork; Attended by 4 members from Fermoy
- Cost €15 in fuel
- Driver : Alan
- Attendees from Cork Jamie B, Lee O & Andrew M
- Feedback from the meeting: They have a handful of consistent members and the meetings seemed to be reasonably well run.

Fermoy Trip (Unpaid)

- Undertaken by Barry H at his own expense. Barry to be thanked for his service

TRALEE- 27-06-15

- Driver Andrew M
- Attendees : Tony H, Jamie B, Lee O & John F
- Cost €40
- Attendance – 4 local members plus 5 from Cork – 9 in total
- Meeting went very well. Members were delighted to have visitors. Appreciated fresh sharing experiences. Would hope to return for a visit in the next 4-8 weeks.
- They are struggling for numbers
- PR material posters were passed on to support their efforts

### 1.3 Action Points following Meeting

- Matty is arranging a trip to Youghal circa 1<sup>st</sup> week in August
- Martin L committed to a Thursday trip to Youghal before mid Aug

### 1.4 Total Expenses: €70

## **Phone report:** Patrick S (Chair) Dylan, I. (Vice Chairperson)

The Helpline has received 16 calls this month. The breakdown of these calls are as follows:

- 6 members looking for times and locations of meetings, again a number of these were from Eastern Area still seems to be a problem getting through. Both myself and Dylan feel this is something the ASR should bring up at Region.
- 1 addiction worker from Cork called on behalf of a client to establish what supports NA could offer her client in regards to this person becoming drug free.
- 1 caller rang looking for advice on how to contact NAR- ANON.
- 3 family members or concerned friends of addicts contacted the helpline.
- 5 new comers contacted the phone-line Dylan arranged for all of these to be accompanied to a meeting by other members from the contact lists in the phone-book.
- 9 of the calls were out of hours calls which were contacted once the phone was switched on, 3 of these did not answer or return calls.

Expenses: €10 for phone credit.

Any other business: Dylan has expressed that he feels that the NA helpline would be better served if we switched over to a deal which provides free calls to all networks for a set amount each month, as the majority of the ten euro was used returning one call which was cut off when the call credit ran out, Dylan then had to call back from his personal number. Will bring this issue up at next Area business meeting as similar has happened previously.

## **Events & Fundraising No Report**

## **Convention Report**

Convention Committee: Chairperson: Tony K.; Treasurer: Dara D.; Secretary: Anoushka M.;  
Design & Entertainment: Cyril R.

### **Convention Committee Meeting 7<sup>th</sup> July, 2015**

Attendance: Tony K: Anoushka M: Dara D: Cyril R: Olivia H: Trevor B

1. Gilli O'C has taken responsibility for the Remembrance List. The Convention Committee are compiling a list of members who have passed away and who will be remembered on the day in a presentation which is being designed by Cyril R
2. The committee has arranged to collect the framed copies of the Steps, Traditions and NA banner from the SASC office. These will be used by the Committee for the Convention Event
3. The Committee are hoping to get the DJ equipment set up the night before the convention
4. The raffle prizes have been finalised. There are some excellent prizes on offer that cater to both sexes. The Committee would strongly encourage members to purchase raffle tickets on the day so as not to miss out on these great prizes. The prizes include football tickets, spa vouchers, an overnight stay in a Talbot hotel of your choice, to name just a few

5. The NA signs from Ballincollig Trophy Centre have been ordered and will be ready for collection on the 20<sup>th</sup> July.
6. 250 Registration tags have been ordered from DC Graphics.
7. The Convention Committee met with sub-committee members who are partaking in service on the day. Olivia H, Trevor B and Matty R have all been briefed on their roles for the day.
8. A set of gift edition books and basic texts have been ordered from Andy in Dublin
9. A soccer match has been arranged for members who wish to partake on the day. See Cyril R for more info.
10. The Committee would strongly advise members to book their banquet tickets via the hotel ASAP. Members are reminded that these will not be available on the day. Please make sure members pass this info on, so as to avoid disappointment on the day
11. All information regarding booking of rooms and banquet tickets can be found on Convention flyers.
12. The Committee are really looking forward to sharing the One Day Convention Event with members from around the country – Keep spreading the word!!!

### **Vice chair report:**

I called all the sub-committee's and got through to the following.

Niamh - Events and Fundraising: I asked her to submit a report for the month - even if it was just to say something - as she hasn't sent one in 3 months - and told her you were struggling to get the sub-committee's reports in so that you could compile the minutes. We had a conversation about fundraising and she made me aware that she had been in touch with some of the lads from Cork - Jamie and another guy - about possibly having a boxing event. I offered my assistance in helping her follow up on this and she declined. I did mention something to Jamie about this in my phone call to him. Haven't heard from her since.

Jamie - Outreach: There was some confusion about whether there was a GSR for Fermoy. It seems that they now have a GSR. The lads have been to Tralee Meeting and on one occasion slipped their minds to mention that they were there as part of the outreach team. They left posters for them to put up but when they came back a second time they were not up, I think! There may be an issue with the premise putting up Na Literature and there are other things happening in the building. I suggested the lads make sure the posters are put up in the town - but this doesn't seem to be an option. Bit confused about this - will need to give Jamie another call time make sure I've got the facts right.

Brendan - couldn't get through to him - by call or text

Patrick - Phone Chair and Dylan - Vice Chair: I've spoken to the lads about the issues and concerns they have been having with the phone and these issues can be brought up at area. About getting a bill pay phone so the person manning the phone doesn't have to call the person back when the credit runs out and also that they are giving out their personal number so they could get phone calls randomly and inappropriately which can be unsettling.

There are some calls coming through from Eastern Area. The ASR - Colin - can bring this issue to the next Region Meeting - if it is decided it is necessary.

Colin - ASR:I attended Region on behalf of Colin. He will attend the next meeting. I send him information about what I did at the last meeting and that I voted and that was it. He will compile the report once he receives it from Region.

Joe - H&I - Chair All is well as far as I can remember. I'll give him a ring again before Area to make sure there is no pending issues that I can help him with.

Tash –H&I Secretary? I have been in touch with Tash and will try and get through to her in the next few days.

Bert - Chair:I have been liaising with Bert on what needs to be done along with Michelle and he has pointed me in the direction of who I could call to help him in his job, if he feels any of the subcommittees are struggling or need extra help. He suggested I give all the Chair's a courtesy call which I did.

**H&I:** Joe E. (Chair 0874150813); Natasha F. (Secretary 086 077 6991)

**Group Reports:**

### **Bruree Men**

Sec: Tom H, Brendan

Speakers: Tom C. Mick N. Mark W. Gary

No. Meetings: 2

Expenses: 75

Average Attendance: 27

Group Report: Going very well

### **Bruree Women**

Sec: Ashley W

Speakers: Tasha F, Shauna K

No. Meetings: 1

Expenses: €15

Average Attendance: 18

Group Report: Meeting going very well

### **St. Helens**

Sec: Joe E, Stephen

Speakers: Ber, Jake K

No. Meetings: 2

Average Attendance: 16

Group Report: Good

**St. Michaels** No. Meetings:

Group Report: No Report

### **Cara Lodge**

Sec: Joe E

Speakers: Seamus

No. Meetings: 2

Average Attendance: 3

Group Report: Going well

### **Tabor Lodge**

Sec: Paddy, Aishling

Speakers: Brian F, Natasha, Julia, Declan

No. Meetings: 2

Expenses: €20

Average Attendance: 18

Group Report: Good

### **Ceimele House**

Sec: Pat M

Speakers: Morgan

No. Meetings: 1

Expenses: 45

Average Attendance: 9

Group Report: Good

### **5b**

Sec: Rebecca

Speakers: Damien

No. Meetings: 1

Average Attendance: 1

Group Report: Good

**Arbour House** No Meeting

### **Farnanes**

Sec: Mairead

Speakers: Kerry, Jenny

No. Meetings: 1

Average Attendance: 20

Group Report: Good

**Cork Prison**

Sec: Anthony

Speakers: Brendan, Gerry

No. Meetings: 2

Expenses: None

Average Attendance: 4

Group Report: Anthony again asks for members to put their names forward for prison speakers.0876720566.

- Many thanks Brendan for his service in Bruree
- Vice chairperson for H&I Committee needed urgently
- Total expenses €165
- If you would like to get involved in prison service could you please submit two passport photos, current address, past 10 year address's and date of birth. Clean time 1 year, male speakers. Meeting is weekly on Friday mornings at 11am. Contact: Joe Chairperson: 087 415 0813

Two enquiries came to the attention of H&I.

1. Kasia Stubba, a worker from the Simon Community Cork asked if someone from NA could give herself and perhaps her fellows a description of what NA was about. Since I gathered that she was not interested in an open meeting but more about an NA profile I feel that this is more for Public Information. I will give her number and details to PI representative for that purpose
2. Had a request from staff of Bruree for 12 Step and Tradition Posters for closed meeting .As it is not H&I meeting, but we do go into the institution for open meetings I would relay request to Area and have H&I cover costs of €12 in Literature account.

Expenses List	
Bruree – women: Ashley	15
Tabor Lodge: Paddy, Aishling	20
Ceimele: Pat	45
Literature	85
Total	€165

hospitals.institutions.nasouth@gmail.com

## **Group Reports**

### **Cork City**

**Georges Quay:** Women's Meeting Monday 6.30-7.45

Average attendance: 8

Any other business: meeting going well

Group report: **Treasurer Position needs to be filled.**

Donation: €12

**Rutland Street:** Men's Meeting Monday 7pm

Average Attendance: 10



**Hillside Solas:** Monday 8.15pm No report-no **GSR position needs filling urgently.**

Average Attendance: 15

Donation: €270

**Eason's Hill:** Tuesday 6.15pm No report

**Trinity:** Tuesday 8.00pm No report

**Churchfield:** Wednesday 6.30

Average Attendance:

Group report: rent paid

Donation: €37

**G.F Strength & Hope** Wednesday 8pm and Sunday 2pm

Average Attendance: 20

Group Report: NA unity day went well, it was valuable in bringing the group together

Donation: €100

**La Verna** Thursdays 8.00pm

Average Attendance: 35

Group report: no secretary for a month now; all other service positions filled. Meeting going well-  
needs clean time support

Donation: € 55

**Dominican Centre:** Friday morning 11.30 - 12.30 No report **GSR needed**

Average attendance: 9

Donation: €90

**Rutland Street:** We Do Recover South Parish Community Centre Cork

Friday & Sunday 8.00pm

Average Attendance: 20

Group Report: group going well, attendance is picking up, funds are still a little low.

Group Announcements: Francey got voted in as new secretary; Andrew M. got voted in as Vice Treasurer, all positions are filled.

Any other business: NA sports/fun day. Group wants to organise days out, needs approval from area to announce this in NA related announcements.

Donation: € 50

**Dominican Centre:** Saturday 3.00pm

Average Attendance:

Group report: **GSR needed.**

**Hillside Solas:** Saturday 8pm

Average Attendance: 18

Donation: €50

### **Cork County**

**Fermoy:** Thursday 8.00pm No report

**Skibbereen:** Friday 8.00pm

Average Attendance: 6

Group report: all going well.

**Youghal:** Nagle House Friday 8.00 No report: **GSR needed.**

### **Kerry**

**Tralee Community Development:** Monday; Thursday & Saturday 8.00pm No report

**Our Lady & St. Brendan's Pastoral Centre:** The Presbytery, Upper Rock Street, Tralee: Tuesday & Wednesday 1.30-2.45pm No report

**Listowel:** Friday 8:00 PM No report

**John Street, Dingle:** Tuesday 7:30 PM & Friday 8.30

Group report: all going well in Dingle

Average Attendance: 4

Contact Tor 0872220853 or Bert 0831246634)

**Killarney Pastoral Centre:** Tuesday 8:00 pm No report

**Talbot Grove:** Sunday 8:00 PM No report

### **Waterford**

**Waterford City:** St John's Monday 6.00PM; Tuesday 8.00PM; Friday 8.00PM Saturday 1.00PM & Sunday 8.00PM & St **Francis:** Wednesday 8.00PM

Group report: all going well, numbers steady.

Any other business: Along with Just for today group members in Waterford would like to invite area to locate to Waterford for the following area.

Average Attendance: 22

**Edmund Rice Centre:** Thursday 7.00PM

Group report: group going well, numbers steady, invite sent to area to come to Waterford.

Average attendance: 6

### **Limerick**

**Abbey field:** Monday 8.00PM No Report

**Henry Street; Br Russell House:** Monday; Wednesday & Friday 8.30PM; & **St John's Church:** Saturday 12.15 & 1PM; Sunday 6.30PM

Group report: meeting attendance is good at all 8 meetings

Average Attendance: 15

### **Tipperary**

**Aiséirí:** Wednesday 8.30pm

Group report: all going well, need Outreach support please

Any other business: filling positions. Handling of Colonel/Cahir a little disheartening

Average Attendance: 11

Donation: €25

### **Clare** No reports

**Shannon town, Clare:** Sunday 8.30PM:

**Clare Ennis Friary:** Monday & Thursday 8.30PM; Saturday 8.30PM and

**Bushy Park, Ennis, Co. Clare:** Friday 8:30 PM:

### **Any other business:**

- the continued discussion regarding travelling expenses for GSRs traveling long distances. Especially from groups which may not have sufficient funds to be able always to pay expenses. After discussion it was moved that funds be made available from area to pay traveling costs for GSRs from Waterford and Tipperary groups. This consideration to apply only when the local groups are short of funding as described above.
- Waterford extended an invitation to area to meet in the city. Area agreed that the invitation be accepted and that August's meeting should take place at a venue to be arranged by the Waterford groups.

### **Old business:**

- Meetings that have service positions that need filling are: **Women's Meeting** Treasurer; **Hillside Solas** (Monday) GSR; **Dominican Centre** (Friday) Secretary & GSR; **Dominican Centre** (Saturday) GSR needed; **Youghal**: GSR needed. Any groups with service positions that need filling please outline in reports.
- Patrick S (Phone chair has requested that: all GSR's ask members of their groups with the suggested clean time and who are willing and able to offer support if they would like to put their numbers in the book. It is hoped that the book will be updated each year from now on and a member can ring at any time and ask for their number to be removed. The book is being updated as we speak so if GSR's could bring names and numbers to next Area meeting it would be much appreciated.
- It would be appreciated if none attending GSR's would send in a report.
- A proposal to have a fund to travel to area. Are you experiencing difficulty getting here?  
Suggesting a car pooling service
- Also GSRS can contribute donations to area through NA account, but please contact southern area to leave a message to say if you have deposited money. [munsterarea@hotmail.com](mailto:munsterarea@hotmail.com)
- Paul N. will coordinate with John M (Treasurer) to get an on line account for NA
- Donnacha offered to help with communications between Clare groups and area, as the position of GSR is available and no one has filled the position. As he visits the area sporadically he has offered to relay messages; literature & monies.
- Feedback from GSR's if meetings are wheelchair accessible please.

## **New business:**

- The subject of meetings needing clean time support was brought up by Mark O and Jamie , it was expressed that groups are lacking in attendance by members with clean time and consequently the group suffers as there is a lack of experience being shared at meeting. A request was put that members with a substantial number of years please remember that groups need support, if attendance of meetings is reducing please come back and support NA.
- The IRCNA convention committee meeting will be held the day after the southern area convention in the Oriel house hotel at 10 am. Members are encouraged to attend, to get involved in the upcoming regional convention in November, service positions need to be filled, and all are welcome.
- 26th July Irish Regional meeting will be held in Cork, the day after southern area convention in the Oriel house hotel at 12 pm. all are welcome.
- IRCNA 30 NEWS - for the convention in November we are hoping to make a film celebrating the last 29 conventions. We are asking members to make short films (on their phones is fine) all clips should be kept short max 10 seconds each. We are inviting members to upload them to the google drive address – [IRCNA2015@gmail.com](mailto:IRCNA2015@gmail.com). Deadline for video clips is 01/09/2015 So please consider answering the questions below - if you wish include your name and home group. Sample questions: What was your best Irish Regional Convention? And why? What

would you like to see at the next convention? What in particular about the Irish conventions

that keeps you coming back? If you have served at a convention what made it special for you?

- To all GSRs to avail of literature on Sunday the 9th of August the shop opens at 11am at the Cork YMCA Marlboro Street.

**Next area will be 9<sup>th</sup> August 3pm at St John's church, Parnell St., Waterford (contact Patrick S. if you have problems with directions 0851615784)**