



## **June Minutes 2015**

**Apologies:** Patrick S. (GSR Waterford); Brendan O (PR Chair);

**Attendance List:** Bert M. (Chair); Michelle W.(Secretary); Colin P.(ASR); Anoushka M. (GSR Trinity); Joe E.(H&I Chair: GSR Skibbereen); Pam W.(Literature Chair); Tony K. (Convention Chair); John M (Treasurer); Dermot M. (GSR Killarney); Donnacha (GSR La Verna); Noel M. (GSR Men's group); Cailim F. (GSR. Solas Saturday); Claire A. (GSR Women's Meeting); Jamie B. ( Outreach Chair & treasurer We do Recover ); Paul J. (PR Poster distributions); Dylan I. (GSR GF & Secretary Solas); Tasha F. (H&I Secretary); Anthony K. (GSR Limerick); Rebecca M. ( Vice Chair); Thomas F. (GSR Waterford);

## **Southern ASR report June 2015**

The regional committee confirmed the next regional committee meeting will be held in cork the Sunday after the southern area convention. The location has yet to be confirmed but will most likely be in the Oriel house hotel from 12 till 5 pm.

About the planned regional workshop for the southern area convention, the committee agreed in principal to the RD's doing the workshop but unfortunately the regional delegates were not present to confirm their availability. Other members of the regional committee and ASRs were also encouraged to attend.

The committee gave permission strength and hope group to use of the regional phone line link up for world unity day.

### **Old business**

Bank account details for the regional donations account are not yet available. We hope to have them by the July meeting.

The PR committee needs to know which meetings is wheelchair accessible.

The regional AGM will be held next month as there was not a quorum present this time.

The Irish region will apply to host the winter European delegates meeting in 2017. This is a small event and would be a good opportunity for fellowship development.

The Irish service office is currently looking for new premises which will give us more space to store the NA archive expand and provide meeting spaces for our various committees. Thus far the main stumbling block has been the cost of rent in a city centre location. ISO committee will have a meeting with a senior city council official to discuss finding more affordable space.

Also to remind anyone that all positions at region are available for election at the next meeting.

The expenses for the last region meeting came to €525

The working balance for the region is €2400 (€2600 short of the prudent reserve).

Travel expense €40. In loving action Colin P.

## **Sub Committee Reports**

### **Treasurers report:** John M

Opening balance: €2654.84

Donations: €279.65

Expenses: €261

Prudent reserve: €2200

Working balance: €23.49

Donation for region €450

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

There was no subcommittee meeting this month, as it had to be cancelled due to personal reasons. A literature order has been placed for the upcoming PR presentation at the Ballincollig one day convention. Although the order is quite sizeable, it was limited to NA literature that would be of interest and use to professionals, and anything that will not be used on the day can be used for future PR engagements.

Next month invitations will be sent out to professionals in the area, and volunteers will be needed to fold letters and fill envelopes. Thanks to Caroline L for sticking up some NA posters in Cahir. If you would like to get posters for your meeting/area, please contact myself or Paul J.

Next subcommittee meeting will take place on Tuesday 30th June in the NA office on Marlboro Street at 7pm, all are welcome to attend.

Expenses for the month €84.15 (to be paid directly to Pam/Mairead for literature).

Brendan O'Brien

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

Total sales € 282.30

Total ordered € 282.30

Balance nil

Expenses € 10 for printing

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

### 1.1 Outreach Programme

Youghal : Date Attended 15-05-2015

- Youghal meeting attended as part of outreach programme
- Cost of €15 in fuel
- Attendance 12 people in attendance. Additional 5 came from the Cork delegation. Said to be the largest meeting in recent times. Average attendance is around 4 members as a result they are struggling to maintain the meetings
- Feedback from the meeting: In need of NA literature and general support in the form of members. Greatly buoyed by the attendance of the Cork delegation and the Cork members felt positive from the reception they received
- Driver : Andrew M
- Attendees From Cork Jamie B, Mark C, Tony H & Martin F

Tralee – Date attended 21 -05 -2015

- Attended by 5 member from Cork
- Attended by 6 members from Tralee
- Cost €30 in fuel
- Total attendance was 11 members
- 4 hour round trip
- Driver : Anto
- Attendees from Cork Jamie B, John F, Paul J & Lee O'B
- Feedback from the meeting: The meeting went well and they were happy to see some fresh faces. The homegroup itself are struggling from a lack of member and the lunchtime meeting is closing. General service is an area that needs to be improved. There is also a requirement for NA Literature

### 1.2 Summary of Co Cork Groups

Fermoy

- Fermoy Attendance 11 regular member attending

### 1.3 Munster Area

- Tipperary - Matty to arrange a visit through a personal contact
- Waterford - status update – doing well
- Limerick - status update – doing well
- Tralee – Update - Lunchtime meeting is set to close
- Killarney- Update – remains pretty stable
- Dingle – update – 6 members which is considered strong given the area
- Skibbereen – Update – 6 consistent member

- Kerry – In need of support things have degenerated in terms of numbers, number of meetings

#### 1.4 Planned outreach activity for months ahead

- Aiming for 1 to 2 outreach visits per month depending on travel and availability of drivers
- Estimated monthly investment is €60
- Ideally we'd like to attend the following Tralee, Youghal plus one additional unfunded trip

#### 1.5 Action Points following Meeting

- Martin L to complete a single calendar of all meetings and circulate to subcommittee
- Matty to arrange Tipperary trip
- All expenses are to be recorded based on Mileage recorded

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

The NA phone has received 13 calls this month, the breakdown of these calls are as follows: Members looking for time, dates and locations of meetings 5. Three of these were from eastern area seems to be a problem with phone in this area maybe ASR can mention this at region.

2 organisations rang the line. A family support worker from Coolock Drugs Task Force, Dublin seeking assistance for a client just out of treatment who was unable to contact Eastern Area helpline. Was able to put her in contact with a member who is a friend and lives in the area. Also Martin a counsellor at Cuan Mhuire, Bruree rang looking to get the large posters of the Twelve Steps and the Twelve Traditions of NA to place in a new meeting room in the centre. He also stated that the number of NA meetings held every week is to be increased in Bruree, is not sure if H&I or Area is aware of this?

5 calls from family members or concerned friends. One from a father here in Waterford who wished to attend meeting with son, St Johns group has decided to hold an open meeting on the 19/6/2015 to facilitate this.

4 calls from new comers looking for advice and people just back from relapse, a number of these calls where return calls from me after receiving messages on phone.

Expenses: €30; €20 for new book which was already received from area, €10 for phone credit.

Other business. The NA contacts book is outdated and a lot of the numbers for people who have volunteered to support newcomers are no longer in use or members can no longer offer this support for different reasons. For this reason Dylan and I have decided to update the contact book that accompanies the phone. We are asking 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.

## **Events & Fundraising**

### Southern area service learning day 2015 final report

The southern area held its first service learning day this March gone by. The aim of this service learning day was to gather as many members who are interested in carrying the message and to share our experience so that we can better achieve this goal of reaching the addict who still suffers.

A number of topics were discussed these mainly focused on the how we do service well and how we can do it better.

The full detail of the report will be attached to the area minutes.

I would like to thank all who attended and suggest that we do this on an annual basis.

Rent €100

Food €550

Printing €100

Tea and coffee €50

DJ equipment €200

Total expenditure €1000

Total income €1800

Total funds raised €800

On the basis of the cost of running a fundraiser I would like to suggest that we use some of the funds raised to expand the prudent reserve for fundraising. Colin P.

## **Convention Report**

Convention Committee: Chairperson: Tony K.; Treasurer: Dara D.; Secretary: Anoushka M.;

Design & Entertainment: Cyril R.

Convention Committee Meeting No. 4: 2<sup>nd</sup> June, 2015

### Agenda carried over from 19<sup>th</sup> May, 2015:

- Confirm speakers and for Workshops 1,3,4 and 6
- Confirm MC's for Clean time Countdown and general MC for the day
- Further discuss Moment of Reflection

### **Speakers for Workshops:**

Workshop no. 1: *Hospitals and Institutions*: Andy has confirmed that he has speakers organised from Dublin to speak at this meeting.

Workshop no. 2: Speakers confirmed

Workshop no. 3: TBC

Workshop no. 4: Secretary and one speaker confirmed

Workshop no. 5: Confirmed

Workshop no. 6: Secretary and speakers confirmed

### **Moment of Reflection:**

There will be a Moment of Reflection held on the night of the convention to remember members in the Southern Area who have passed away. The committee are in the process of gathering a list of names of members who are no longer with us and would also welcome names from members who like to have someone included in the list that they would like remembered.

### **New Business:**

- Marathon meeting committee, security committee and registration committee service members have all been confirmed.
- Induction for all members partaking in service for the convention will go ahead. Service committee members will be invited to the next Convention Committee meeting for induction.
- Banquet tickets *and* hands will be stamped on the night
- Talk around maintaining agenda on the day – Tony and Anoushka will be looking after the time management
- Bookings are slow – however there have been a lot of enquiries with the hotel.
- There was a delay with getting the letters and posters for the convention out to all groups in Ireland. However, this has been rectified and they will be posted out early next week.
- The dates for the next three committee meetings will be on the 16<sup>th</sup> June, 30<sup>th</sup> June and the 7<sup>th</sup> July and will be held in Anoushka's house. All welcome

## **Treasurer's Report:(Fundraiser)**

<i>Prudent Reserve:</i>	€2000.00
<b><u>Paid to Date:</u></b>	
Hotel Deposit for room hire	€250.00
DC Graphics printing of 2000 flyers	€220.00
DC Graphics Posters	€180.00
DC Graphics Banquet tickets	€100.00
DC Graphics Address labels	€200.00
DC Graphics Convention letter	€30.00
Envelopes for postage 9 x 25 packs @€4.99 ea.	€44.91
184 x Postage stamps @ €1.20 ea.	€220.80
350 Lanyards @ .82c ea.	€290.00
<i>Total Paid to Date</i>	<i>€1535.71</i>
<b>Balance Prudent Reserve</b>	<b>€464.29</b>

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

### **Group Reports:**

No. Meetings: 2

#### **Bruree Women**

Expenses:

Sec: Aileen W

Average Attendance:

Speakers: Yvonne, Sarah T

Group Report:

No. Meetings: 1

#### **Arbour House**

Expenses: None

No meeting

Average Attendance: 20

#### **St. Michaels**

Group Report: Going well.

No meeting

#### **Cara Lodge**

#### **Cork Prison**

Sec: Joe E

Sec: Anthony M

Speakers: Seamus, Kevin

No meeting this month

- **Vice chairperson for H&I Committee needed urgently**
- Secretary's needed for Cork prison
- Cork Prison meeting could do with speakers from the Southern Area.
- If you would like to get involved 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 10am. Contact: Joe Chairperson: 087 415 0813

Expenses List	
Tabor Lodge: Paddy C, Aishling	30
Ceimele: Joanne	20
Total	50

[hospitals.institutions.nasouth@gmail.com](mailto:hospitals.institutions.nasouth@gmail.com)

## **Group Reports**

### **Cork City**

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

Average attendance: 10

Any other business: have not received the NA Convention (? Fundraiser event details) in post

Group report: meeting going well, rent up to date, financially just being able to pay rent and buy literature, and can't contribute a donation as funds are low. **Treasurer Position needs to be filled.**

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

Average Attendance: 8

Group report: Eddie M.

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

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

**Trinity:** Tuesday 8.00pm No report

**Churchfield:** Wednesday 6.30

Average Attendance: 10

Group report: meeting going well, rent paid.

Donation: €20

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

Average Attendance: 20

Group Report: NA world unity day is confirmed at Ballyphehane Venue.

Donation: €40

**La Verna** Thursdays 8.00pm



Average Attendance: 35

Group report: needs clean time support, meeting going well. Positions need filling : GSR alternate & Tea Secretary.

Donation: €39.65

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

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

Friday & Sunday 8.00pm

Average Attendance: 20

Group Report: group going well

Donation: € 60

**Dominican Centre:** Saturday 3.00pm

Average Attendance: 15

Group report: Matthew R. is the new secretary, attendance and donation slightly increased, **GSR needed.**

**Hillside Solas:** Saturday 8pm

Average Attendance: 12

Group Report: would appreciate if members with long term clean time would support this group.

Donation: €50

## **Cork County**

**Fermoy:** Thursday 8.00pm No report

**Skibbereen:** Friday 8.00pm

Average Attendance: 6

Group report: all positions filled.

**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

Average attendance : 3

Group report: All positions filled; Group is struggling and may need to drop another meeting.  
Rent is in arrears €145.00. Many thanks for the literature and key ring donation received.

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

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

Group report: continuing as usual

Average Attendance: 4

Donation: €10

Contact Tor 0872220853 or Bert 0831246634)

**Killarney Pastoral Centre:** Tuesday 8:00 PM

Group report: meeting going OK needs a bit of help from Outreach.

Average Attendance: 6

**Talbot Grove:** Sunday 8:00 PM

Average Attendance: 8 including residents

Group Report: meeting going well, rent is up to date.

Donation: €20

## **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: meeting going well, all positions are filled.

Any other business: Group met to discuss organising a Public Information Day, will contact PR Chair to discuss help from PR & will provide more information at next area regarding dates venue of the day.

Average Attendance: 14

**Edmund Rice Centre:** Thursday 7.00PM

Group Secretary: Darragh, M (new secretary as of last group meeting, group thanks to Keith, F for his service) .Group report: All going well at meeting, rent paid prudent reserve 1 months' rent in place, good relationship with facility group is growing and becoming part of peoples routine. No other issues with the meeting.

Average attendance: 9

Donation: Group decided to donate surplus to help support St Johns group to pay rent arrears.

## **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: all is well, all positions filled

Average Attendance: 12

## **Tipperary**

**Aiséirí:** Wednesday 8.30pm

Group report: meeting going well

Any other business: GSR Caroline L. has consulted with the Clonmel NA meeting and will represent them also as GSR in coming months.

## **Clare**

**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:

Secretary: various; Treasurer: Enda M; GSR: Mairead B

Group Report: Group going well.

Average attendance: 10

Group Announcements:

Please note sat night meeting starts at 8.30pm. Please amend this in area minutes. [Friary hall, Bushy Park and Shannon meeting are all wheelchair friendly.](#)

Donation: no donations this month as we just have enough to cover the rent. As regards funding in general, we note that since we put a donation bowl on display in meetings, our funds have increased.

Any other business: On the issue of GSR's not attending area, personally I would find it a big time commitment to travel to Cork once a month. 2 to 3 hour drive one way. I also realise I could go now and then but at the moment it's not easy. I have announced at our group con. That the GSR position is up for renewal but no takers at the moment.

## **Any other business:**

- H&I want to know if would it be possible to bring members from a treatment centre to meetings, also can't give out there number for members in a centre, was suggested that the helplines number is given out with the list of numbers of volunteers in each area.
- Ask local groups through GSRs to contact there groups to see if people are willing to do that if they would have a male and female number on the meeting list.
- Increase prudent reserve for fundraising from €500-1000

## **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.

- 26<sup>th</sup> July Irish Regional meeting will be held in Cork.
- Discussion of the prison meeting being held by inmates and getting another 2 secretaries on board. Putting a panel together and maybe a subcommittee. 12 months clean time.
- Also the issue was raised of the few GSR's attending the southern area; out of a minimum of 24 GSR's in the southern area, 11 were present at area. Some counties never attend area, an attending member pointed out that this could be due to the cost of travelling to Cork especially a long distance. All GSR's are encouraged to attend area.
- Proposed that funding be made available to enable GSRs representing one or multiple NA groups located more than three hours travelling distance by car or public transport from Cork city to attend monthly meetings of southern area. This provision is to be made available only to GSRs who represent groups that have insufficient resources to be able to provide travelling expenses from their own group funds.
- It would be appreciated if non 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

### **New business:**

- 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.
- 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.
- ASR Alternate can be filled by vice chair
- feed back from GSR's if meetings are wheelchair accessible please.

**Next area will be 12<sup>th</sup> July 3pm at the YMCA Marlboro Street, Cork.**