



## **11<sup>th</sup> October Minutes 2015 – YMCA Marlboro Street, Cork City**

**Welcomed:** Welcomed to the Southern Area meeting by Bert M. at 3pm on 11<sup>th</sup> October 2015.

**Apologies:** Niamh O

**Readings:** The concepts read by Claire A

**Attendance:** Paul N (Webmaster), Bert McC (Chairperson), Claire A (GSR Women's meeting), Shauna K (Limerick member), Marc C (GSR We Do Recover), Darragh M (Member), Caroline (GSR Cahir), Paulie C (Member), Anthony K (GSR Limerick), James O'M (GSR), Dermot M (GSR), Jenny (Member), Dara (GSR), Yvonne K (Events & Fundraising Chairperson), Therese (Vice Chairperson), Michelle W (ASR), Tony K (Treasurer), Patrick S (H&I Chairperson / GSR), John F (GSR Ballincollig), Cailim F (GSR Solas – Sat), Jamie B (Outreach Chairperson), Pam W (GSR), Dylan I (Phone Chairperson / GSR), Mairead B (Literature Alt), Ciaran H (Literature Chairperson), Tasha F (Area Secretary)

### **Sub Committee Reports**

**Treasurers report October 2015:** Tony K Treasurer

#### **Prudent Reserves:**

Convention Committee (Yearly):	€3,000.00
Fundraising Committee (Yearly):	€1,000.00
PR Committee (Per Month):	€ 500.00
H&I Committee (Per Month):	€ 300.00
Area Expenses (Per Month):	€ 300.00
Outreach (Per Month):	€ 100.00
GSR Travel Expenses (Per Month):	€ 100.00
Rent for Office (Per Month):	€ 100.00
Phone & Office (Credit per month):	€ 20.00
Southern Area Prudent Reserve:	€5,420.00

#### **Regional Breakdown of €9,000.00 Prudent Reserve:**

6 Regional Meetings Per Year @ €400.00 each:	€2,400.00
Public Liability Insurance Certificate:	€1,400.00
Regional Delegate Expenses for Year:	€1,200.00
Regional Convention Prudent:	€4,000.00
Total Regional Prudent Reserves:	€9,000.00

## **Southern Area Business Meeting 11<sup>th</sup> October 2015**

Opening Balance: €6,272.20

Opening Working Balance: € 852.20

Group Donations: + €1,125.00

Total: €1,977.20

Expenses: - €1,648.47

Closing Working Balance: € 328.73

Lodgement to Bank: € 576.53

No donation made to region in order to prioritise our own prudent reserves.

**Public Relations:** Report sent by Brendan O'B

Chairperson needed, Paul N. (Webmaster), Peter H. (Social Media Advertisement), Paul J. (Poster Distribution Campaign).

The PR presentation to Cork Simon Community will be taking place on Friday October at 2pm. The WIT presentation will be going ahead on the 14th of October, thanks to the Waterford group for all their work in organising this.

CIT have been in contact with us regarding another PR presentation, and there has also been a request from a secondary school in Fermoy.

Expenses for the month are €61 for posters, to be paid to Patrick S.

**Webmaster's report:** Paul N

The Southern Area Website (<http://nasouth.ie>) is going well, with a smaller number of visitor's every day, about 10 average. Most people searching for NA Ireland go to the Regional website <http://www.na-ireland.org>

Expenses: The yearly domain registration fee for the domain name "nasouth.ie" for October 2015 – October 2016 has been paid, at cost of €61.

The new Android app for NA Ireland is available to download. Search NA Ireland on Google Play Store or go to the end of any page on [www.na-ireland.org](http://www.na-ireland.org) to download. The iPhone version should be available early next year.

Any Irish speaker that will be available on the app will have given permission for their recording to be made available on the app. Future convention committees should also include a request for permission to make recording available on app. We plan to have the speakers from all future NA events available on the app, as soon as they are available.

Please direct any requests for changes on the meeting lists to me.

Thanks – Paul N.

## **Phone Report:** Dylan I. (Chair)

The helpline received 19 calls this month, the breakdown of these calls are as follows

Two members looking for meetings. Member rang from Roscrea informed me their having an open public meeting and asked me to inform Area. The same member from Roscrea meeting informed me their Thursday night meeting is now changed to 6:30pm and also asked me to inform Area of this information.

Three professionals rang the phone. One of these was Eddie Brennan from Portlaoise Prison, looking for meetings to go into the Prison. Another one of these calls was from Ann Jordan from the Traveller Visibility Group Corks Local Drug Task Force ringing on behalf of a client. Call from John from Red Cross Organisation in Cork looking for NA to do a talk i passed this information on to PA.

One concerned family/friend rang on behalf of a girl in treatment looking for support, girl contacted the phone and I passed on a female member's number.

Seven new comers rang the phone looking for meetings and support was facilitated. One of these members was from the Muslin Religion she cannot attend meetings without her husband who is not an addict i brought this to Area and was directed on how to handle this situation.

Four calls from Northern Area and Two calls from Eastern Area.

## **Literature Report:** Ciaran H. (Chair), Mairead (Literature Alt.)

Literature would like to propose establishing a literature reserve in order to best facilitate the requirements for GSR's attending area given that there have been a number of occasions where by the stock of literature has not been enough to satisfy demands on the day. Added to this the time it takes to order from Dublin can sometimes be a bit long. Based upon an inventory of the stock we have suggested demand following figures are suggested in order to at least pilot this new approach. The Literature Committee welcomes any further input and suggestions from the area in order to best meet needs of the groups in the Southern Area and ultimately the newcomer.

### Books

Basic Text x 10	€130
JFT Book x 5	€ 70
Step Book x 2	€ 24
Total:	€224

### Pamphlets

The group x 20	€10.00
For those In Treatment x 22	€11.00

Na Groups & Medication x 15	€ 7.50
Principles & Leadership x 21	€10.50
For Young Addicts by Young Addicts x 10	€ 5.00
Social Media & Our Guiding Principles x 22	€11.00
Just For Today x 10	€ 3.30
Living the Program x 10	€ 3.30
Sponsorship x 15	€ 4.95
One Addicts Experience of Recovery x 17	€ 5.61
For the Newcomer x 10	€ 3.30
Self – Acceptance x 10	€ 3.30
An Intro to NA Meetings x 10	€ 3.30
<b>Total:</b>	<b>€ 82.06</b>

#### Anniversary Key Rings

JFT x 50	€32.50		
30 Days x 30	€19.50		
60 Days x 30	€19.50		
90 Days x 30	€19.50		
6 Months x 30	€19.50		
9 Months x 30	€19.50		
1 Year x 20	€13.00		
18 Months x 20	€13.00		
Multiple Years x 20	€13.00	<b>Total:</b>	<b>€221.00</b>

#### Medallions

2 Years x 3	€12		
5 Years x 2	€ 8		
6 Years x 2	€13		
8 Years x 2	€ 8		
9 Years x 1	€ 2		
10 Years x 1	€ 2		
11 Years x 1	€ 2		
14 Years x1	€ 2		
17 Years x 1	€ 2		
18 Years x 1	€ 2		
20 Years x 1	€ 2		
<b>Total:</b>	<b>€57</b>	<b>Proposed reserve of €616.56</b>	

**Hospitals & Institutes (H&I):** Patrick S. (Chair); Vice chairperson Joe E; Secretary;

Positions to be filled **St. Helens second meeting secretary**

#### H& I Group Reports:

Bruere Men  
 Sec: Tom H, Brendan  
 Speakers: Pa, Brendan  
 No. Meetings: 2  
 Expenses: € €30  
 Average Attendance: 25  
 Group Report: All going well

#### Bruree Women

Sec: Aileen

Speakers: Elizabeth M, Tasha F

No. Meetings: 1

Expenses: €20

Average Attendance: 18

Group Report: Meeting going very well continued to be escorted in and out.

#### St. Helens

Sec: Stephen, Dara D

Speakers: James O, Gerry

No. Meetings: 2

Average Attendance: 0

Group Report: Misunderstanding as to time of the meeting when we arrived the group residents were in the middle of watching champions league, the nuns apologised

#### Cara Lodge

Sec: Joe E

Speakers: Patrick

No. Meetings: 1

Expenses: None

Average Attendance: 3

Group Report: Meeting going well.

#### Tabor Lodge

Sec: Paddy C, Aishling

Speakers: Ben J, Pam W, Kieran

No. Meetings: 2

Expenses: € 40 for August

Average Attendance: 16

Group Report: Group going well but need literature.

#### Ceim Eile House

Sec: Vicky

Speakers: Tasha F

No. Meetings: 1

Expenses: €40

Average Attendance: 10

Group Report: Meeting going well, rationale for meeting in Ceim Eile by Pat M as reply to question from area PR

#### 5b

Sec: Rebecca

Speakers: Lisa

No. Meetings: 1

Average Attendance: 1

Group Report: In the last 3 months only 1 person has showed up.

#### Farnanes

Sec: Mairead

Speakers: Annmarie M, Jennifer D

No. Meetings: 1

Average Attendance: 25  
Group Report: Going well, Literature needed.

Cork Prison  
Sec: Anthony,  
Speakers: Mike I  
No. Meetings: 1  
Average Attendance: 3  
Group Report: Anthony again asks for members to put their names forward for prison speakers. 0876720566. 3 names gone for clearance this month

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 11am

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

**New H&I Number: 0874592117**

## **Group reports:**

### **Cork City**

**Georges Quay:** Women's Meeting Monday 6.30-7.45  
Average Attendance: 8 – 10  
Group Report: Meeting going well, all positions filled

**Rutland Street:** Men's Meeting Monday 7pm  
Group Report: Just making rent

**Hillside Solas:** Monday 8.15pm & Saturday 8pm  
Average Attendance: 20  
Group report: Meeting running well, could do with more home group members. Needs treasurer & GSR.  
Donation: €50

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

**Trinity:** Tuesday 8.00pm  
Average Attendance: 35 / 40  
Group report: All positions filled, meeting going very well.

**Churchfield:** Wednesday 6.30  
Average Attendance: 10  
Group report: Going Well.  
Donation: € 20

**G.F Strength & Hope** Wednesday 8pm and Sunday 2pm  
Average Attendance: 20  
Donation: €230

**La Verna** Thursdays 8.00pm

Average Attendance: 35

Group report: Started 7<sup>th</sup> Tradition after the chair, due to people leaving early. It's working well.

Donation: €35

**Dominican Centre:** Friday morning 11.30 - 12.30

No Report this month

**Rutland Street:** We Do Recover South Parish Community Centre Cork Friday & Sunday 8.00pm

Average Attendance: 30

Group Report: Group going very well. Positions are full.

Donation: €100

Group Contact Details: wedorecover@nasouth.ie

**Dominican Centre:** Saturday 3.00pm

Average Attendance: 25

Donation: €60

Group Report: New sec is Alister M, All positions filled, meetings going very well.

## **Cork County**

**Fermoy:** Thursday 8.00pm

Average Attendance: 6 - 12

Group report: Support needed

Donation: €65

**Skibbereen:** Friday 8.00pm

Average Attendance: 5

Donation: €100

Group report: All positions filled, small but steady attendance, great senses of unity.

**Youghal:** Nagle House Friday 8.00 Sunday 12.00- 1.00

No report this month

## **Kerry**

**Tralee Community Development:** Monday; Thursday & Saturday 8.00pm

No Report this month

**Our Lady & St. Brendan's Pastoral Centre,** The Presbytery, Upper Rock Street, Tralee:

Tuesday & Wednesday 1.30-2.45pm

**John Street, Dingle:** Tuesday 7:30 PM

Average Attendance:

Group report: Getting quiet lately

Donation: €20

Contact Tor 0872220853 or Bert 0831246634)

**Killarney Pastoral Centre:** Tuesday 8:00 PM & Thursday 7.30PM

Average Attendance: 6

Donation: €20

Group report: Meeting picking up a small bit, Thursday meeting closed for the moment. Meeting needs support.

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

**Talbot Grove:** Sunday 8:00 PM  
Average Attendance: 10 including residents  
Donation: €30  
Group report: Meeting going well.

## **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  
Average Attendance: 20  
Group report: Group is struggling with funds due to high number of lads still in treatment. St. John to take over Just For Today meetings

**Edmund Rice Centre:** Thursday 7.00PM

## **Limerick**

**Henry Street & St. John's:** Monday; Wednesday & Friday 8.30PM and Mon, Tues & Thurs 11am also Sat 12.15 Med & meeting at 1pm and Sun 6.30pm  
Average Attendance: 15  
Group Report: All is well. Because the group meets in two separate venues there will be a decision made to create 2 separate groups and dissolve current group.

**Abbeyfeale:** Monday 8.00PM  
No Report this month

## **Tipperary**

**Nenagh:** Monday & Thursday 8.30PM

**Clonmel:** Tuesday Friday & Sunday 8.30PM

**Aisleri Cahir:** Wednesday 8.30PM  
Average Attendance: 10 - 15  
Group report: Going good, Support not needed  
Donation: €20

**Roscrea:** Saturday 5PM

## **Clare**

**Clare Ennis Friary:** Monday & Thursday 8.30PM; Saturday 9.00PM / **Shannon town, Clare:** Sunday 8.30PM / **Bushy Park, Ennis, Co. Clare:** Friday 8:30 PM / **Ennis Friary:** Monday & Thursday 8.30PM; Saturday 9.00PM  
Average Attendance: 10  
Group Report: New Clare meetings. Tuesday night 8pm Ennistymon (rear of church)



Wednesday night 830pm Shannon Respond hall Rineanna.

### **Old business:**

Positions that need to be urgently filled: **ASR Alternate; Convention Chair & PR Chairperson**

Proposal to be made for literature reserve to be increased

Paul N. who serves under the Public Relations Committee as the Webmaster, wishes to clarify something from last month's area, the webmaster is not a position on the area. It is a subcommittee of the PR committee.

### **New business:**

- Congratulations to the following members who were voted into the position as follows: Vice Chair Therese , Events & Fundraising Yvonne K. Phone Chairperson Dylan I and ASR (Area Service Representative) Michelle W.
- It was agreed at area that a reserve of total stock for the Literature would be €1,500.00; €1,000.00 was approved to go towards this reserve.
- €20.00 Approved to buy new phone for H&I

### **Any Other Business:**

Through the phone report the following dilemma was brought up; about a female wanting to attend a meeting in Cork but due to religious/cultural reasons she has to have her husband (a non-member / non addict) present., it was agreed by members that a meeting would have to be changed to an open meeting through consensus of the group attendees: in other words if the couple were to present themselves it would have to be brought up for discussion with the meeting attendees to see if consensus is reached to turn the meeting into an open meeting?

The 30<sup>th</sup> Irish Regional Convention Committee would like to remind people of the 3 day convention in the Brandon Hotel on 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> of November 2015. They are really looking forward to seeing everyone joining together in "Celebrating Recovery" in Narcotics Anonymous.

**Next Area Meeting is Sunday the 8<sup>th</sup> of November 3pm at the Tralee Regional Convention, Brandon Hotel, Co. Kerry.**