

VE REPORT FOR CSC 2023

FROM UNITED KINGDOM INTERGROUP NORTH & REGIONS

BY

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Our Intergroup North & Regions in the United Kingdom was formed over 8 years ago and covers the wide area of the North of England as well as including the Midlands, North East England, North West England, the South West of England, as well as the whole of Scotland, the whole of Wales and all of Northern Ireland – a very large area indeed. We even have members from further afield who are always welcome.

UK Intergroup North & Regions (IN&R) came into existence as a result of our Annual Weekend January Retreats held at Noddfa, a lovely Retreat Centre on the North Wales coast, and the urgent need to communicate more closely on a more localized area remote from the London centric area of the South East of England.

IN&R meet every three months and we hold our business meetings on the morning of the third week of the month, four times a year. On that same day in afternoon, we hold our CoDA Conference endorsed Literature Workshop, where we read, study and share our experience, strength and hope of CoDA recovery.

We hold our Annual General Meeting each January, usually following our Winter Weekend Retreat, where in January 2024 we will be celebrating our 10th Anniversary since it's inauguration.

Our Noddfa Retreats in North Wales are so in demand that we now hold them three times a year in the Spring, Autumn and Winter. These Weekend Retreats are regularly oversubscribed.

These Retreats are a wonderful bedrock for Newcomers to CoDA, as well as established CoDA members, and deepen their understanding of the CoDA Steps & Traditions and familiarize themselves with the CoDA Conference endorsed Literature. The whole weekend is made up of 90 minute sessions, beginning on the Friday evening and conclude on the Sunday afternoon. They occupy three different rooms; one room dedicated to the Twelve Steps, and the other two rooms choose Topics, often from either the CoDA Booklets or the Co-Dependents Anonymous Book from Chapter Five and also incorporating the “In This Moment Meditation Book” readings.

On the Saturday night we have an evening of CoDA celebration of recovery.

The success of these weekend retreats has lead to greater CoDA fellowship and Recovery and has encouraged members to begin to explore giving service in CoDA and becoming a sponsor and setting up Step Study Groups.

These CoDA retreats have resulted in members having the confidence to begin new CoDA meetings in their local areas all over the UK and to reach the codependent that is still suffering.

When the pandemic struck, we conducted our weekend retreats on zoom and again the response was amazing.

Many CoDA groups are beginning to return to Face-to-Face meetings and some have gone hybrid, combining the two and keeping members connected also by using WhatsApp.

IN&R have helped set up and facilitate weekly workshops for the 30 Questions for working Steps 1-2-3; 40 Questions for working Steps 4 & 5 and workshops for working CoDA Twelve Steps & Twelve Traditions Workbook. We have also set up workshops for working Steps 6 & 7 with the assistance of the new “Making Choices in Recovery” Booklet and the CoDA (green) Workbook.

We also answer enquiries by text or email when newcomers first discover CoDA and want contact with a CoDA group in their area or want to start a new CoDA meeting.

Our IN&R have a policy of supporting new CoDA groups with CoDA Conference endorsed literature and can assist in initial rent etc. when necessary.

Also we are in the process of setting up, with the wonderful guidance of CoDA Hospitals & Institutions Committee (H&I), how to go about supplying of CoDA Conference endorsed literature to prisons, hospitals, women’s shelters and young offenders institutions, as well as assisting in overseeing CoDAteen meetings being introduced and supported by our Intergroup North & Regions and the strict safety measures and training required to facilitate these teenage-led CoDAteen meetings.

We also supply support for government initiative-led Twelve Step Workshops where CoDA are able to hopefully be joined by other fellowships, thus carrying the message of the CoDA programme to others and possibly the CoDAteen programme being introduced into schools.

We have a close relationship with our wonderful publishers in the UK, who are very up-to-date with any new printings of our CoDA Conference endorsed literature as soon as they are passed at CoDA Service Conference.

Our Goals for the Future are to continue communication with CoDA members in our Intergroup North & Regions, bringing CoDA recovery whilst encouraging service as an integral part of the CoDA programme, and passing on that which we have been freely given, getting the message across to doctors, nurses, therapist, counselors, teachers, colleges, universities, institutions and hospitals, gifting them the awareness that there is a programme of recovery for the still suffering codependent, be they adult or child, we have been freely given recovery from codependency.

We work closely with the National Service Committee (NSC) in the UK, who until recently we were joined with but, because of our extremely active Intergroup North & Regions expansion, we were gratefully endorsed this year with our own individual Voting Entity Region as UK Intergroup North & Regions by the Issues & Mediation Voting Entity Liaison (IMC Vel) and we are now a separate entity, overseeing and supporting many more groups in our region, having voice and vote, with the guidance of our Higher Power and informed Group Conscience.

However, with the presence of two Voting Entity areas within the United Kingdom, (NSC and now IN&R), we feel we can reflect a stronger voice internationally at our CoDA Service Conference 2023 and for the future of CoDA as a whole.

We are also reviewing steps to possibly support and form a charitable status for CoDA in the United Kingdom, together with the NSC in the UK in the near future, and continue to support our Sponsorship Workshops and create wider unity and co-operation within the CoDA World Fellowship.