

# FAN & FANonline



voice of the families anonymous  
fellowship

Spring 2014



**Our FAN-printer for years has suddenly closed down without warning due to retirement of owner; a decision has been necessary to make this edition possible. More inside on page 10. Ed.**

Be not angry that you cannot make others as you wish them to be, since you cannot make yourself as you wish to be. [Thomas a Kempis.](#)

Getting angry doesn't solve anything. [Grace Kelly.](#)

'Don't you want to be my new editor then?' [An insecure newsletter.](#)

Families Anonymous is a self-help organization for relatives & friends concerned about another's use of drugs or related behavioural problems

£1



# Greetings !

Dear All !

What have I included in this edition ?

- **Anger** is forever a latent part of all of us, but in our Fellowship we learn to use it as a force for good, rather than letting it take us over into negative territory.
- Contributions from the Groups, the **most important input** to this Newsletter – **your** response to the editor's requests for individual or group efforts
- Whose AGM is this anyhow?
- BoardWalk – what is going on with the FA Board
- All set for the 2014 UK Convention in Birmingham
- Call for Volunteers for the coming FA year.
- Selected Quotes and Clip Art

Hallo again everybody!

After a horrendous winter of storms and floods, with most areas of the country not escaping a good dose of either or both of these, I report that I am writing these last greetings in the 2013-2014 FAN-cycle in extremely pleasant weather which is marking the last days of winter, at least here on the South Coast – scene of nasty batterings not so long ago. I hope that you did not suffer too much where you are.

Spring will have arrived when you read this and with it the Convention period; a chance for us to meet and share again. Do think seriously about joining us! I must assume that there are some who wish to join us but cannot for various reasons which are not too hard to imagine. We will remember those in that predicament.

You will not notice it, but I am writing this edition of FAN on my new PC, the nearly 8 year-old one having given up the ghost, just at the time when I was about to send out the announcement of this Spring FAN! The firm that I bought the new one from failed to transfer my address book, so near-panic set in, my imagining this data to have been lost. The delay was only a few days, I am pleased to say. The outcome proves how efficient my new PC is. Whereas the old one would take minutes to search for phrases or even a single word that I had typed, and usually came up with a 'not found' result, the new machine inevitably comes up with a positive result in a split-second!

An example of this is the word 'venue'. We have to hold records for the Charity Commission, not only how many meetings FA UK has held, but also the number of places in which they were held. For that, I chose the word 'venue' and by entering it as a search request, I have the listings in a split-second. We now know that, from the time that our charitable company came into existence on 24 April last year until 31 December, we held 858 meetings in 46 venues. A new record has been started for 1 Jan to 31 Dec 2014 which reveals to readers that the FA accounting and reporting year has now become the calendar year, finishing with the outgoing and less practical 1 Feb to 31 Jan period.

I have chosen as the main theme for this FAN – **Anger**. A simple evil, a necessary evil, a clearing of the air, a positive force for growth? You decide! Do remember that your views about FA and FAN can be made known on these pages. Simply email [richard.jones813@ntlworld.com](mailto:richard.jones813@ntlworld.com) or contact the Office – see last page for details. Happy Spring Days! WLITF Richard – *Chair and outgoing FAN Editor*.

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## Anger as seen in 'Today A Better Way'



I was brought up in a home where everyone either blew up or smouldered. I was terrified of anger - afraid to be near it, or even accept its presence in my own heart. Anger meant rejection, bad feelings, shame and guilt

Through Families Anonymous, I have learned to accept the reality of my own anger as well as the fact that another person's anger cannot diminish me. Anger need not be a violent urge to lash out. Properly expressed, anger can be a force for good. If I am angry enough to say "no" once and for all to my addicted child's manipulation, my anger has changed things for the better.

Today I know how to say, "I feel angry right now. I'll talk with you about it after I've had a chance to think things through".

Anger itself is neither good nor bad. Like all our other feelings, anger just *is*. Ignored, it causes ulcers, high blood pressure, headaches and depression. Accepted calmly and honestly, properly channelled and expressed, anger can bring about healthy change.

***TODAY I WILL give up my fear of anger and let it work for good.***

[November 15 reading in *Today A Better Way*, © Families Anonymous].



Like many people in today's world, when required to write on a specific subject, I have turned to Wikipedia for some inspiration. Suggested synonyms for anger are wrath and indignation, although I would say that the word wrath is not much used these days. Few would argue that we are talking about an emotional reaction of someone regarding themselves as wronged, denied or offended. Anger may be utilized effectively when setting boundaries or, seen from the other side of the fence, to react against newly imposed boundaries. Reaction can be passive, tending to sweep the problem under the carpet, maybe only to manifest itself more strongly later on, and it can also show various levels of aggression from the outset.

But anger may not be ignited by an outside force or reaction. It might ignite or simply smoulder within. Whilst a parent might imagine that his/her children's anger is a reaction directed wholly and solely towards him/her, in the March 27 reading of TABW, it says that 'I realize that my drug-dependent children's anger usually has little to do with me and is often just their way of avoiding responsibility for their own actions. And often it is their own self-hatred being projected outward onto someone or something else.'

Unquestioningly accepting fate is negative for Malcolm X, below. He sees anger as a positive force for change.

"Usually when people are sad, they don't do anything. They just cry over their condition. But when they get angry, they bring about a change."

— [Malcolm X](#)

## More about Anger.....

There are forty-two references to anger in 'Today A Better Way'. I've just counted them and read again the readings highlighted in black in the index. I think I identify most with August 10th in which 'Today I will accept my anger as a reality and channel it constructively'. And also November 15<sup>th</sup> - 'Today I will give up my fear of anger and let it work for the good'.

I am what is known as the adult child of an alcoholic [for which there is a twelve step programme]. I fulfil most of the criteria which includes having a deep rooted anger, being quick to take offence and retaliate, and at certain points in my life I used alcohol myself to escape reality.

I joined FA eight and a half years ago when I realised I could no longer struggle with my elder son, who has learning problems, drinking and my younger son's heroin addiction. My introduction to the programme and sharing with other members how to live my own life without constantly despairing over my sons' addictions was an amazing relief, but most importantly I was able to look at my anger; not just at my sons but my own childhood and myself.

When I realised that my younger son was using cannabis at the age of fourteen and was also being used to sell the stuff by an adult, I went into anger overdrive which included getting up early one morning to daub DRUG DEALER in black paint on the door of known dealers. I was on a self-destruct mission which helped no one.

I still feel anger at the system in this country which puts drug addicts in prison and doesn't provide or offer the support and help they need. I think now, before I wade in with what I have to say on the subject, and as stated in the November the 15<sup>th</sup> reading, 'properly expressed anger can be a force for the good'.

A few years ago my son had his methadone prescription abruptly stopped as a 'punishment' for obtaining in one day a double dose by duplicity. The horror of the consequences of this made me terrified ...ranting for money, stealing, screaming in agony and despair. So, instead of picking up the phone to rant at the drug agencies involved, I pulled myself together. I sourced the email address of the county council's head of drug abuse agenda and wrote about the hell of living with a drug addict. I did end by saying that I would chain myself to the council offices should his methadone prescription not be re-issued. I would have carried this out and must have conveyed this, as my son got the prescription back. I like to think this was constructive anger and not just accepting the decision.

A little while ago a newcomer to a meeting asked - Why we didn't 'Rage' more against the drug policies of this country and I reflected that perhaps I have been worn down by the last seventeen years of living with addicts and was becoming apathetic. We do need to demand more from our politicians and the prison system. To be able to do this requires a steady and articulate way of thinking and talking, which I hoped my Higher Power will help me with. It is a personal choice to go forth and speak up, not that of FA.

I am asked by friends how I cope with my situation and I always say that, through FA I have learned to control my temper as best as I can, learned to have gratitude for what I do have and to live one day at a time.

WLITF Lesley

*I am pleased that Lesley confirmed the role of personal choice in what she wrote as I reached for Tradition Ten and the subject of outside issues. Thank you to Lesley for sharing with us. Ed.*

# HOW DO I LOVE THEE? LET ME COUNT THE WAYS.....

There are many ways to love your addict. Here are just some of the ways I did.

## Before FA

1. I bought or gave you everything you asked for, demanded or ordered.
2. I bailed you out of jail.
3. I hired your lawyer.
4. I paid your bills, bought your food, paid your rent.
5. I took you to, picked you up, I ran and fetched for your you. I was at your beck and call.
6. I covered up for you, lied, made excuses.
7. I dedicated my life to 'helping' you avoid life's pitfalls and rewards.
8. I treated you like the 'child' of mine you were: immature, unreliable, untrustworthy
9. I found articles and books for you to read so you'd stop using drugs.
10. I took you to doctors, counselors and rehabs so they could make you well.
11. I replaced all your stuff you lost or sold to buy your drugs.
12. I didn't report you to the police when you stole my money, VCR, TV, microwave, camera.
13. I stopped looking for the good in you and focused only on your negative behaviors.
14. I allowed my love for your children to make myself a doormat.
15. I lost all sense of what was 'appropriate' behavior for myself. I just acted on gut instinct and was often very wrong in my choices.
16. I operated on fear: fear that you would die of an overdose; fear that you would go to jail or prison.; fear that your children would be abused or neglected, or same way affected by your drug use.

## And Now, Since FA

1. I release you to the care of the Higher Power.
2. I tell you I love you enough to let you live life on life's terms.
3. I tell you I have confidence in you, that you can handle the problems in your life.
4. I do not meddle or interfere, or give you unsolicited advice.
5. I will not stand in the way of your hitting bottom.
6. I will not lie for you or make excuses.
7. I will not bail you out of jail or hire you a lawyer.
8. Anything I do for you will be because I have thought it over and consulted my Higher Power.
9. I will report you to the police, just like I would anyone else who steals from me.
10. I will attend my FA meetings so that I stay centered and strong in my recovery.
11. I will respect and support every attempt you make to achieve recovery.
12. I will give you the love, praise and respect you deserve.
13. I will see my part in the family illness of addiction and work to make changes in my attitudes and reactions, enabling and rescuing.

**FA members are encouraged to write his or her own list.**

With thanks to Valerie D., Torrance, California Group 121 #. 'The Twelve Step Rag' Jan- Feb 2000.

**The 2004 FA CONVENTION & AGM booking form is the last page of this  
FAN if you have not booked yet. Go on, treat yourself!**



# BoardWalk

BOARD MEETING HELD AT BATTERSEA OFFICE ON 30th  
NOVEMBER 2013 AND ON 1st MARCH 2014

- These were the third and fourth Board meetings rounding off the FA-year 2013-14, to be followed only by the AGM on 27 April 2014. I am writing this shortly before FAN is issued, in a completely different scenario to last year, when I wrote about 'the lap of the gods' concerning our company and charity registration. That water firmly under the bridge, our first Trustees' Report for calendar year 2013 has been the priority this time around. We are aware that having done it once, it is going to be much easier next year.



- A major concern early in 2013/14 was to find a new Treasurer to replace Diane. We are extremely grateful that Simon from Gants Hill Group answered our call and was co-opted onto the Board on 30 November. Now he has his feet firmly under the table and will be presenting our 2014/15 FA Budget at the AGM in April. Meanwhile Diane (Westminster) has ceased to be a Director of our company and encouraged by FAN, I am sure that all members will want to thank her for her selfless application to the job in hand. Well done, Diane!
- Thanks to Jan's (Cheltenham) and Sarah's (Hitchin) hard work, we are nearer the realization of our e-commerce shop to sell literature on the FA Website with debit/credit card facilities, although the 'cheque in the post' method will remain an option. All the relevant development of this facility by SKDA, our website designers, is complete. After some initial testing, this facility has been found to be fit-for-purpose, but there is still substantial work to be done, even though we have accepted our first payment through our PayPal account, albeit not e-commerce related and although a PayPal dummy interface is already installed. Showing our literature for sale on the website is a time-consuming task alone, with which Michael has been busying himself. Add to this the setting up of a new office-system to handle orders and queries, the writing of our Terms and Conditions, as well as extensive further testing, this time to include random users who know nothing about the system to see how they cope.
- Please take into account that this report is only a sketch of what happened at these two Board meetings, but that any member is welcome to receive full Minutes of these, or any other Board meeting or AGM, simply by asking the Office to email or post them a copy. Do get involved!
- All members of the Fellowship are reminded that they are more than welcome to come along and observe any Board meeting. This would entail a discussion with a Board member about the possible reimbursement of travel costs by FA to the person attending.

WLITF Richard - Chair and outgoing FAN Editor.

**Remember ! You are encouraged to ask for a Board discussion on any preoccupation you may have!**

**AGM - Sunday Morning: 27 April 2014**

## **ALL SET FOR THE 2014 FA UK NATIONAL CONVENTION & AGM**

Hilton Metropole, National Exhibition Centre,  
Birmingham.

**26 & 27 April 2014**



### **Michael sets the welcoming scene again -**

The 2014 FA Convention and AGM will take place in the Birmingham Metropole Hotel on April 26<sup>th</sup> and 27<sup>th</sup>. The Convention will take place on Saturday the 26<sup>th</sup> with the AGM on the Sunday morning.

This is an opportunity for meeting FA members from across the country, to listen to them sharing the meetings and workshops through the day.

We are not a big fellowship. This is our main convention of the year. There will be another convention later on this year, in Glasgow, but this is the one opportunity we have to come together as a fellowship.

I have attended a number of conventions over the years I have been in FA. They have without doubt helped in my recovery. Coming down from Aberdeen is always bit of a trek but it has always been worth the effort. Attending that first convention made me realize that there was more to FA than my local group. Listening to members from other groups always seems to put a different aspect to things.

Over the years I have met many members from other parts of the country. I can honestly say quite a number have become good friends, who have helped me through the difficult periods of my life in FA.

The convention can be a roller coaster of a day emotionally, but I have always come away feeling recharged. I really would urge all our members to come along. You will not be disappointed.

We have negotiated a particularly good rate of £65 per person/per night with the hotel for dinner, bed and breakfast for both the Friday and Saturday night.

I look forward to meeting you all in Birmingham next month.

WLITF Michael

The theme of this year's Convention is "Acceptance" and at the time of writing, we are looking for FA members who are willing to give a Share on this theme at the Saturday Convention. As in previous years, you could be a Parent, Partner or a Sibling sharing at different points of the proceedings during the day. If you would like to give some service back to FA by being willing to give one of the Shares, please contact the FA Office in London and they will contact the Convention Committee.

The Convention Committee urges those staying at the hotel on Saturday night, and all other voting and non-voting members, to attend the AGM on Sunday morning. But most of all, the AGM is the time for the membership, represented by its Group Delegates, to decide future policy and appoint the future Chair and Board members. Those who do not actively vote or make known their preferences to their Group Delegates, have no grounds for complaint at what is decided at the AGM.

**"Acceptance"**

**> THE VERY LAST PAGE OF THIS FANonline IS THE  
2014 CONVENTION-AGM BOOKING FORM**

## Whose AGM is this anyhow?

- Our AGMs from this year 2014 onwards will be combined AGMs of Families Anonymous UK and of The Service Office of Families Anonymous (UK Eire and Gibraltar) Ltd.
- The Board of Families Anonymous UK and the Trustees/Directors of The Service Office of Families Anonymous (UK Eire and Gibraltar) Ltd. consist of one and the same individuals. In short, our Board now represents both a Charitable Company Limited by Guarantee registered with Companies House and a Charity registered with the Charity Commission.
- Our Fellowship – Families Anonymous UK – remains the significant party and continues to be governed, as ever, by its By-Laws. Our members will still have to vote for any proposed changes in these By-Laws at AGMs.
- Those attending AGMs from now on will not notice any significant difference from AGMs of the past. Copies of official documents which may be distributed concerning the limited company (the Charity) will be made out in the company's name. Occasional reference to the company may be made at AGMs, only when and if relevant.
- Like any company, our charitable company is governed by its Articles of Association, which in turn reflect the requirements of the By-Laws of our fellowship, so that the two sets of governing documents complement each other.
- The FA members' 'yes' vote to seek charity status, resulted in the FA Board members' personal legal liability being limited to a token sum. Another advantage already with us is that HMRC allow us to claim at least 20 percent of individual members' (not groups') donations to FA through GiftAid. This is relevant for individual and standing order donations. Ask the FA Office for the relevant form(s).
- The 'yes' vote also enabled the continuing work on the PayPal facility to take place. This will become part of what will be the e-shop section of the FA website, allowing members and visitors to buy our literature with their debit and credit cards, although the cheque in the post method will still be available. FA members will also be able to donate online.

**AGM**  
Annual General Meeting



# THOUGHT ABOUT GIVING BOARD SERVICE?

There will be four FA Board vacancies to be filled at the 2014 AGM in April. Firstly, Website Chair because Michael will have completed his three years' service in that role. Secondly, myself, Richard, Chair, am now into my fourth year of FAN editing, which contravenes our By-Laws. I have to relinquish this role to give someone else the opportunity for growth and to give FAN new ideas and direction, after a fair induction period. Two other posts are also to be filled – Public Information (PI) Chair and Groups Co-ordinator Chair. The last pages of this FAN are meant to be unnumbered flyers showing the role-descriptions of the posts that will be vacant after the AGM or earlier.

This time last year I wrote about the fact that thinking of taking on a Board role can appear somewhat daunting. It might seem like taking a jump into the unknown. Do be assured that, members like you are already in place to soften any blow that you might fear. I would rather guess that, by taking the plunge, it would be an elating challenge facing you, rather than any sort of blow.



Speaking from personal experience, I can safely say that the closing words of the September 3 reading from TABW say it all as far as I am concerned-- 'TODAY I WILL give service for the good of the group, the total organization of FA, and most of all for myself'. I have absolutely no doubt about the major role that service has played in my recovery. I hope that some of you choose this option, sooner than later, in order to achieve these two results in one. Remembering that FA Board members are only FA members like any other, who are happening to do some Board service for a time, can be helpful. If it looks daunting, experience is likely to prove the opposite, once the bull is taken by the horns. The likely outcome is a sense of achievement.

In its Volunteering section, the FA website now shows the specific Board vacancies up for grabs at any given time, rather than being written in generalities. Obviously there are other ways to volunteer without being on the Board or living in London, and if you would prefer this option, please tell the Office and we will work out between us if there is something suitable, immediately or in the future. Not all our office volunteers live in, or even, near London.

So, it's over to you now. If you come forward, you won't regret it. But there is no obligation to 'come aboard', or even to come to London, with present-day communications technology. You can always stand back if you feel it is not for you after all. Only remember that Board members are 'ordinary' members doing a pay-back stint for three years; nothing more complicated. Thank you very much for reading these thoughts. *Ed.*

**YOUR CHAIR WILL BE WAITING FOR YOU! Just phone the Office to be put in touch with one of the present role-holders or a relevant Board member and have an informal conversation!**

**“Service to others is the rent you pay for your room here on earth.”**

Muhammad Ali [Cassius Clay] (born 1942); Boxer

## An FA Group discusses Anger

At a recent meeting of the Cheltenham FA group, our programmed topic for discussion was ANGER. By strange coincidence - or maybe by the work of the group Higher Power, our group had been selected at random to contribute to FAN on the subject of, yes you have guessed - Anger!

What is anger? It is an emotion, and like all emotions, it can be dangerous to suppress. Anger is very scary as it can be uncontrollable and when anger becomes rage it damages ourselves and everyone around us.

Addicts are often angry, it can be righteous or self- righteous. Anger is often justified by the addict, being angry with their loved ones and blaming others for their illness.

Wallowing in self-pity can often create anger.

We shared how FA had helped us manage our anger. We all agreed FA provides us with the tools to deal with our anger and that of others and not to fuel the ongoing cycle. We discussed how we could learn not to respond by escalation. You DO NOT have to have the last word! (What a hard lesson that one is to learn!). We now have the power and the tools to choose the right time and place to have a conversation, with our beloved addict, maybe outside the home on neutral ground.

"How important is it?".....we all felt it is important to express the emotion that is anger, but also choosing carefully how to express it and choosing sometimes just to let it go. The tools FA has given us have also been helpful in our lives generally. Sadly, when living with loved ones with the illness of addiction, anger in one form or another will always be present. It is always here, and that is why we always need to come back to FA.

With Best Wishes from Cheltenham Group

## OUR FAN-PRINTER FOR YEARS HAS CLOSED

A few days before the printing-press would be set in motion to produce this issue of FAN, I received an email from the FAN printers in Greenwich, saying apologetically that they were not in a position to print this SPRING 2014 FAN. It soon became apparent that the phone line was not working and that the website of old had disappeared. After some hours, a new website became apparent, managed by the owner of Creekside Press who had just retired and had closed the printing business down but was continuing selling a small range of books of which he is the author. So ended an era of co-operation of about six years which started when Jaki became FAN editor and chose Creekside Press, being local to where she lives. When I took over the editorship, I saw absolutely no reason to change, even though it was not local to me. I visited them to get to know them, after which email and phone took over. The rest is history.

So what on earth are we going to do, thought I, with the pre-convention edition needing to be printed pretty soon? As the number of hard copies of FAN that are sold is much, much lower than it used to be before the birth of FANonline, serious consideration was given to doing an in-house job by printing it ourselves at the FA office in Battersea. Even so, I then obtained a quote from a Brighton printer – where I live - who turned out much too dear, and Pronta.print Brighton said they could do the job but simply failed to provide the promised quote. I did not chase them, knowing all the time that we could do the most cost-effective job in-house. So, it's back to the D-I-Y solution. We know that we can rely on ourselves, at least! *Ed.*



from FAN March 1994  
Edition

## *Unhelpful Anger*

One day[at the end of 1993] I had a very painful experience which I would like to share. Painful though it was for our group as a whole and certainly for every individual, it brought home to us the importance of Tradition One and the unity of the group.

We had a Conscience Meeting. For several months, a member had been bringing a whole lot of stuff to the meeting which was beyond us to help her with. It got to the stage that each of us dreaded our meeting, instead of looking forward to that 'time out', as one member put it. I dreaded the phone ringing – we were phoning each other to say "Help – what do we do? Have you had it too?" A call at 3 a.m. finally convinced me that this very sick person wanted a whole lot more than I was able or willing to give. It was becoming exactly the same as living with an addict all over again. All our hard-fought-for serenity was being eroded and the group was 'on its knees'. Reading through Tradition One, it became clear to me that the Second Destructive Force was taking over.

Today we did it. I'm glad it's over: the accusations, the ranting and raging and unveiled anger that was expressed sickened us all. I happened to be 'in the hot seat' so a lot of it was directed at me personally, particularly as I had taken her initial crisis call. I had suggested only that she come to a meeting. I know no one can

make me feel anything I don't want to, but I still felt sick and angry, thoroughly wretched and close to tears. At this point, another member suggested closing the Conscience Meeting and 'getting into our Spiritual Meeting'. My relief was enormous as I felt I was floundering.

We had one of the best and most spiritual meetings I had ever experienced. Our sick member stormed out screaming and shouting. We had a few moments of silence and all just gulped. I felt overwhelming love – support and unity filled the room. Our Higher Power took over. We had done what had to be done for our group recovery and we started again in 1994 with restored strength and hope.

I pray that that sad, disturbed person will find recovery, with us perhaps when she is ready or through some other recovery programme.

I have just had a good long talk with my sponsor and feel much better. I also feel that Sue of Slough was with us; without her Twelve Traditions Book, we might not have had the strength to put 'Our Unity' first. Anon.

When angry, count to four; when  
very angry, swear.

Mark Twain

## This issue has focused on Anger

The content, unless specifically identified as from another source, is written entirely by FA members and represents each author's personal experience, strength and hope as part of their individual Twelve Step journey. Every editorial effort is made to ensure that the articles present a positive attitude "in spite of unsolved problems". Once again, if you read something that does not agree with your viewpoint, please try to apply what we read at meetings: "take with you that which you can accept and leave the rest. As before, active feedback is welcomed about any changes you, the membership, would like to see in this newsletter. You may, for instance, want the focus to be on particular aspect of our recovery?

## In the next Summer Issue

The focus will be on Gratitude. All contributions will be more than welcome! They certainly do not have to be about our focus subject. The more topics on offer the better!

Write a letter to the Editor, get something off your chest, or offer - perhaps the most valuable and important element in our fellowship – a share.

And, as usual, I will ask specific groups to take their turn to contribute. Each group is asked to make this special effort about every 30 months, so hardly too demanding! My records show that it must be the turn of these groups

for the Summer Issue: Glasgow Thurs., Leeds, West Bromwich and Gibraltar. If you can't think what to write about, I'll give you some suggestions. Together, we can work it out!



THE NATIONAL EXHIBITION CENTRE (NEC) IS A NATURAL FOCAL POINT

*Whichever part of the country we come from, the NEC should be our destination of choice in April!*

Families Anonymous  
The Doddington & Rollo Community Association  
Charlotte Despard Avenue  
London SW11 5HD  
Tel: 0845 1200 660 (Lo-Call)  
Fax: 020 7498 1990  
E-mail: [office@famanon.org.uk](mailto:office@famanon.org.uk)  
Web: <http://famanon.org.uk>

& USA (HQ), Canada, Gibraltar, Greece, Italy, India,



Mexico, Portugal, Russia, Spain, S. Africa.

# FAMILIES ANONYMOUS UK

## ROLE DESCRIPTION - WEBSITE CHAIR

**Purpose** – To manage the Families Anonymous website, such that it is in a fit for purpose condition and meets the needs of the fellowship.

### Method

- Implement any upgrades or changes to the Website or forum that are agreed by the UK Service Board.
- Liaise with the software engineers who designed the Website and Forum to carry out the above, or other such activities, for instance, security upgrades.
- Produce a rota for the website volunteers to give a continuous cover for the site.
- Along with the other volunteers carry out the tasks detailed below.
  1. Monitor the persons registering for use of the forum.
  2. Carry out the agreed registering procedure for the above.
  3. Monitor the forum for inappropriate posts.
  4. Update the WTF on the website as required.
  5. Update the website with news items etc., as required.

### Impending Developments

FA UK plans to enhance its website to allow the Fellowship to enter the field of e-commerce, enabling members and public to buy FA literature online by PayPal or debit/credit card, whilst also maintaining the cheque through the post option. Testing should start this November 2013, meaning that this activity will fall under the portfolio of the incoming Website Chair in conjunction with our website designers, SKDA.

### General duties of Board members:

- *Attendance at 3-hour Board meetings at our office in Battersea about 4 times a year, normally on Saturday mornings. If travel to London is not practical due to distance, Board members can dial in to the meeting.*
- *Participation in general Board business, mostly by email, as and when necessary, and occasional contact with groups allotted to you.*
- *FA will repay all agreed outlays that are necessary to perform all Board functions*

**Duration of Service:** A three-year period. *For the duration of service, an invitation will be extended for the applicant to become a Trustee of the FA charity and a Director of the FA Company limited by guarantee.*

**Could be interested?:** If you could be interested and would like to know more, why not get the phone number from the Office of the present role-holder and have an informal chat without obligation? The reality of learning gradually can be pleasing and is much less daunting and demanding than this role-description. might suggest! Surprise yourself!

Autumn 2013



# FAMILIES ANONYMOUS UK

## ROLE DESCRIPTION - FAN NEWSLETTER EDITOR

This is an opportunity for an FA-member to become our next FAN-editor and for the applicant to repay what FA has done for him/her; a chance to find enjoyment, creativity and support as an FA Board Member.

### Useful Skills and Attributes:

- Above all, enthusiasm, commitment and belief in self to do the job, given support and help until confident.
- Basic computer skills will be needed from the start but willingness to learn is paramount. Familiarity with Microsoft WORD 2010 an advantage, but not a requirement.
- Production of three editions of FAN per year, in spring, summer and autumn.

### Location

- Where the applicant lives is irrelevant, as the preferred and experienced FAN-printer can deliver anywhere; access to a Post Office, large envelopes and sellotape are necessary - but are on hand in the Office in Battersea.

### Role details:

- The role falls into two more or less natural parts – firstly the **editing and printing** of each FAN with members' contributions, fellowship news and the like, and secondly the **administration** of FAN-orders, physical distribution and FAN-matters on the FA website.

**Role-sharing option:** Because of the natural division of tasks just mentioned, it might be possible for two volunteers to share the FAN role. However, in the absence of a role-share arrangement, familiarization with the administration role before actual editing and printing, can make the total take-over more gradual and manageable. Familiarization with software in the months before taking on the editing and printing is possible.

### General duties of Board members:

- *Attendance at 3-hour Board meetings at our office in Battersea about 4 times a year, normally on Saturday mornings. Possibility for phone-conferencing for those living far from London.*
- *Participation in general Board business, mostly by email, as and when necessary, and occasional contact with groups allotted to you.*
- *FA will repay all agreed outlays that are necessary to perform all Board functions*

Getting involved in FA activities becoming familiar with the membership and groups induce thoughts as to what might go into the next FAN. Persuading members to write something for FAN takes some time but an effort has to be made in thinking what the main theme of the next edition will be and, subsequently building-up the document, page by page. This is an on-going process, ideas coming at unexpected times, such as in the shower, doing the shopping and the like. Because of this, the use of the virtual FAN-template is advisable, filling in the new edition, as and when ideas develop. Imagination will come into play, trawling the internet for relevant quotations and images to fit in with the emerging contents of the emerging FAN. It may also be the bringer of new and different editorial ideas.

**Duration of Service:** A satisfying and creative three-year period, equal to nine editions of FAN, a chance to serve The FA Fellowship and to be an integral part of its decision making process. *For the duration of service, an invitation will be extended for the applicant to become a Trustee of the FA charity and a Director of the FA company limited by guarantee*

**.Could be interested?:** If you could be interested and would like to know more, why not get the phone number from the Office of the present role-holder and have an informal chat without obligation? The reality of learning gradually can be pleasing and is much less daunting and demanding than this role-description might suggest! Surprise yourself!

Updated April 2014

# FAMILIES ANONYMOUS UK

## ROLE DESCRIPTION – PUBLIC INFORMATION [PI] CHAIR

This is an opportunity for an FA-member to become our PI Chair and for the applicant to repay what FA has done for him/her. A chance to find fulfilment and support as an FA Board Member!

### Useful Skills and Attributes:

- Enthusiasm, imagination, commitment and belief in self to do the job, given support and help until confident.
- Efficiency in email and general electronic communications.

### Location:

There is no requirement to attend the office for this role, although see below under general duties. As PI opportunities occur anywhere in the UK, delegation and follow-through with local members is important. The PI Chair might only be expected to attend when circumstances call for this and it is economically viable.

### Role details:

- The FA Board appoints the PI Chair and the PI Sub-Committee which currently includes Fellowship Liaison and Prisons, two areas where FA needs to extend a public face. There is generally no requirement specific to these roles to attend the office.
- The PI Chair role entails fostering the awareness of the Families Anonymous programme to the general public and to professionals working in the area of drug abuse and related behavioural problems; developing awareness of Families Anonymous to public agencies, the medical and legal professions, schools and school counsellors and other personnel at the local levels who might refer families or friends to Families Anonymous. The Committee will prepare announcements for newspapers, radio and television, maintaining anonymity of individual members, some of which will be appropriate for individual group use in their particular areas. All national announcements and national public speaking engagements shall be cleared through the PI Chair. They would include review of manuscripts written for national publication.

**Getting started:** At present there is no PI-specific volunteer on the Board and this function is being covered by other Board members. The induction of a new volunteer will therefore be looked after by other members of the Board.

### General duties of Board members:

- *Attendance at 3-hour Board meetings at our office in Battersea about 4 times a year, normally on Saturday mornings. Phone-conferencing available, if appropriate.*
- *Participation in general Board business, mostly by email, as and when necessary, and occasional contact with groups allotted to you.*
- *FA will repay all agreed outlays that are necessary to perform all Board functions*

**Duration of Service:** A satisfying three-year period, a chance to serve The FA Fellowship and to be an integral part of its decision making process. *For the duration of service, an invitation will be extended for the applicant to become a Trustee of the FA charity and a Director of the FA company limited by guarantee.*

**Could be interested?:** If you could be interested and would like to know more, why not get the phone the Office and have an informal chat without obligation? The reality of learning a new skill can be pleasing and is much less daunting and demanding than this role-description might suggest! Surprise yourself!

July 2013

# FAMILIES ANONYMOUS UK

## ROLE DESCRIPTION – GROUPS COORDINATOR CHAIR

This is an opportunity for an FA-member to become our Groups Coordinator Chair and for the applicant to repay what FA has done for him/her. A chance to find fulfilment and support as an FA Board Member!

### Useful Skills and Attributes:

- Enthusiasm, imagination, commitment and belief in self to do the job, given support and help until confident.
- Efficiency in email and general electronic communications.

### Location:

There is no requirement to attend the office for this role, although see below under general duties.

### Role details:

- The FA Board appoints the Groups Coordinator Chair and the Groups Coordinator Sub-Committee which currently includes New Group Liaison.
- The Groups Co-ordinator Chair acts as a liaison officer between all member groups and the Service Office, encouraging support from neighbouring groups, and co-ordinating the forming of new Intergroups and encouraging new groups.
- He/She is the principal contact between the Board and the groups, in addition to the specific Board member allocated to each group as detailed on the current FA Service Board List. As this is a new role, the Board as a whole will need to explore with the new Groups Coordinator how best to maintain contact and communication with the groups.
- FA's acquired Charity Status requires the Board to formally demonstrate annually that the fellowship is achieving its stated charitable objectives. The Group Coordinator Chair will play an active role concerning the input about the groups to be declared to the Charity Commission in conjunction with the whole Board, but especially with the Treasurer and Office Manager, both of whose records are held in the Office and are available for inspection.

**Getting started:** At present there is no Groups Coordinator volunteer on the Board and this function is being covered by other Board members. The induction of a new volunteer will therefore be looked after by other members of the Board.

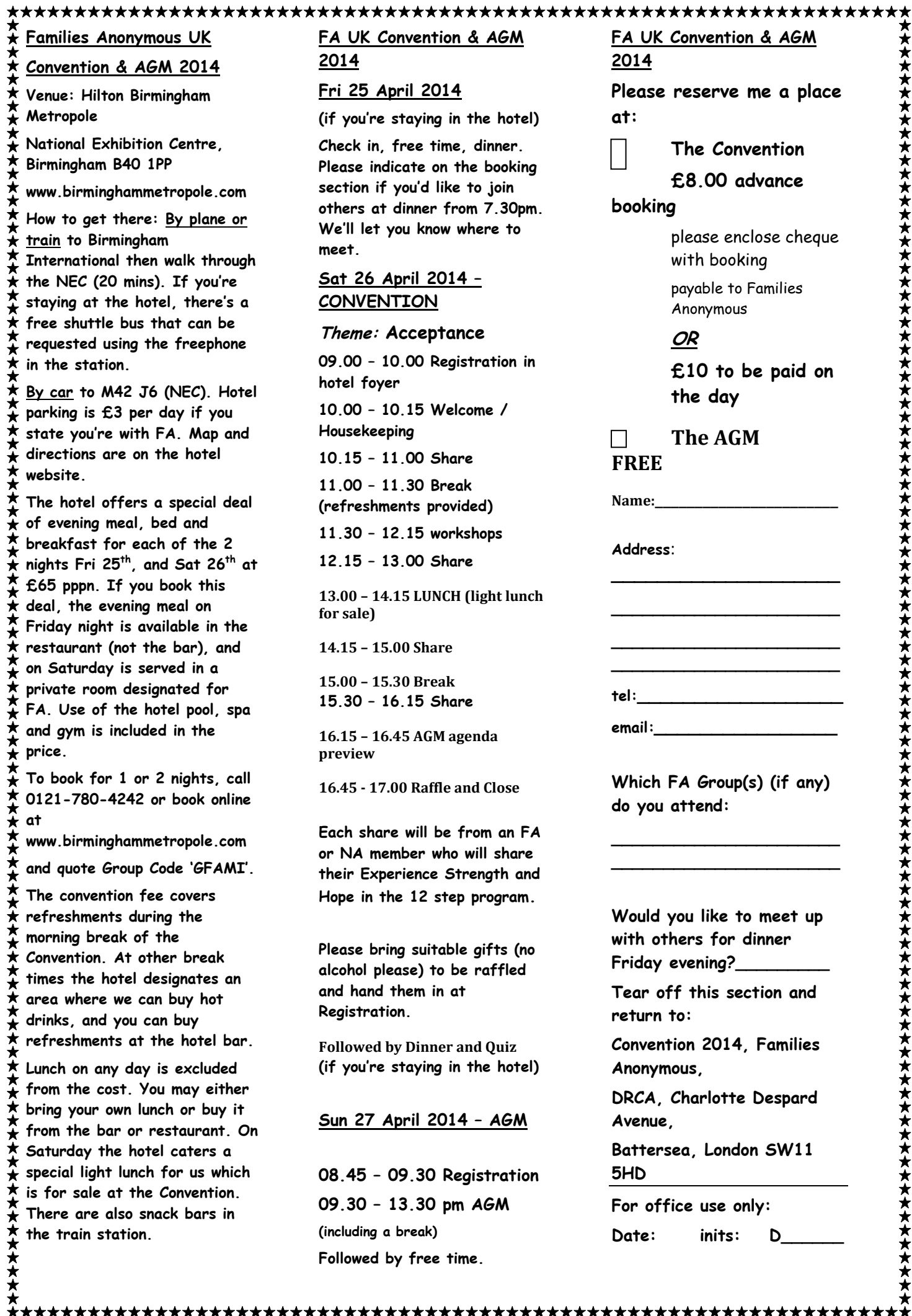
### General duties of Board members:

- *Attendance at 3-hour Board meetings at our office in Battersea about 4 times a year, normally on Saturday mornings. Phone-conferencing available, if appropriate.*
- *Participation in general Board business, mostly by email, as and when necessary, and occasional contact with groups allotted to you.*
- *FA will repay all agreed outlays that are necessary to perform all Board functions*

**Duration of Service:** A satisfying three-year period, a chance to serve The FA Fellowship and to be an integral part of its decision making process. For the duration of service, an invitation will be extended for the applicant to become a Trustee of the FA charity and a Director of the FA company limited by guarantee.

**Could be interested?:** If you could be interested and would like to know more, why not get on the phone to the Office and have an informal chat without obligation? The reality of learning a new skill can be pleasing and is much less daunting and demanding than this role-description might suggest! Surprise yourself!

July 2013



**Families Anonymous UK**  
**Convention & AGM 2014**

Venue: Hilton Birmingham  
Metropole  
National Exhibition Centre,  
Birmingham B40 1PP  
[www.birminghammetropole.com](http://www.birminghammetropole.com)  
How to get there: By plane or train to Birmingham  
International then walk through  
the NEC (20 mins). If you're  
staying at the hotel, there's a  
free shuttle bus that can be  
requested using the freephone  
in the station.  
By car to M42 J6 (NEC). Hotel  
parking is £3 per day if you  
state you're with FA. Map and  
directions are on the hotel  
website.  
The hotel offers a special deal  
of evening meal, bed and  
breakfast for each of the 2  
nights Fri 25<sup>th</sup>, and Sat 26<sup>th</sup> at  
£65 pppn. If you book this  
deal, the evening meal on  
Friday night is available in the  
restaurant (not the bar), and  
on Saturday is served in a  
private room designated for  
FA. Use of the hotel pool, spa  
and gym is included in the  
price.  
To book for 1 or 2 nights, call  
0121-780-4242 or book online  
at  
[www.birminghammetropole.com](http://www.birminghammetropole.com)  
and quote Group Code 'GFAMI'.  
The convention fee covers  
refreshments during the  
morning break of the  
Convention. At other break  
times the hotel designates an  
area where we can buy hot  
drinks, and you can buy  
refreshments at the hotel bar.  
Lunch on any day is excluded  
from the cost. You may either  
bring your own lunch or buy it  
from the bar or restaurant. On  
Saturday the hotel caters a  
special light lunch for us which  
is for sale at the Convention.  
There are also snack bars in  
the train station.

**FA UK Convention & AGM**  
**2014**

**Fri 25 April 2014**  
(if you're staying in the hotel)

Check in, free time, dinner.  
Please indicate on the booking  
section if you'd like to join  
others at dinner from 7.30pm.  
We'll let you know where to  
meet.

**Sat 26 April 2014 -**  
**CONVENTION**

*Theme: Acceptance*

09.00 - 10.00 Registration in  
hotel foyer

10.00 - 10.15 Welcome /  
Housekeeping

10.15 - 11.00 Share

11.00 - 11.30 Break  
(refreshments provided)

11.30 - 12.15 workshops

12.15 - 13.00 Share

13.00 - 14.15 LUNCH (light lunch  
for sale)

14.15 - 15.00 Share

15.00 - 15.30 Break  
15.30 - 16.15 Share

16.15 - 16.45 AGM agenda  
preview

16.45 - 17.00 Raffle and Close

Each share will be from an FA  
or NA member who will share  
their Experience Strength and  
Hope in the 12 step program.

Please bring suitable gifts (no  
alcohol please) to be raffled  
and hand them in at  
Registration.

Followed by Dinner and Quiz  
(if you're staying in the hotel)

**Sun 27 April 2014 - AGM**

08.45 - 09.30 Registration

09.30 - 13.30 pm AGM

(including a break)

Followed by free time.

**FA UK Convention & AGM**  
**2014**

Please reserve me a place  
at:

☐ **The Convention**  
**£8.00 advance**

**booking**

please enclose cheque  
with booking

payable to Families  
Anonymous

**OR**

**£10 to be paid on**  
**the day**

☐ **The AGM**  
**FREE**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

tel: \_\_\_\_\_

email: \_\_\_\_\_

**Which FA Group(s) (if any)**  
**do you attend:**

\_\_\_\_\_  
\_\_\_\_\_

**Would you like to meet up**  
**with others for dinner**  
**Friday evening?** \_\_\_\_\_

**Tear off this section and**  
**return to:**

**Convention 2014, Families**  
**Anonymous,**

**DRCA, Charlotte Despard**  
**Avenue,**

**Battersea, London SW11**  
**5HD**

**For office use only:**

**Date:**      **inits:**      **D**\_\_\_\_\_