



GREAT BRITAIN

IDEAS FOR PUBLIC INFORMATION

If you have any questions about doing PI in your area, please contact your local intergroup or the National PI Officer at: Public.information@oagb.org.uk

What you can do – individual PI

- Write into your local newspaper letters page describing your recovery and how OA has helped you, if there has been a recent related article, or for example at Christmas or Easter time – and end by providing contact details about OA.
- Respond in writing to articles in the national press or on a newspaper's website about eating problems/obesity and share your OA experiences.
- If there's a piece on the radio about weight problems/obesity/eating disorders, call in and talk about your experience of OA.
- Talk to your GP, practice nurse, any health care professional that you may encounter and tell them about OA and your experience of recovery.
- Tell anyone who asks you about your recovery - about yourself, what happened, what OA has given you and provide contact details. (Am I the best Big Book that anyone can meet?)

What your group or Intergroup can do – local PI

- Phone your local radio station or local paper and ask if they are interested in interviewing (anonymously of course) a couple of your members.
- Put up posters about OA or OAGB bulletin board cards in health centres, GP surgeries, shops, village halls, churches, libraries, children's centres, or any public notice board.
- Offer a couple of OA books to your local library to lend out, with meeting details inside.
- Host an open evening, invite local GPs, nurses, dieticians, psychiatrists, psychologists, Lifestyle coaches, etc, - have a panel of 3 OA speakers sharing their story then a Q&A.
- Offer your local dieticians department, eating disorder service, diabetic department, psychiatric or psychology department (anywhere where people with an eating disorder may go) a couple of members to come to their staff/education meetings and talk about OA.
- Approach your local paper about either a paid advert regarding the OA meeting, or a freebie slot in the 'what's on'/health/local groups or support groups section.
- Offer local treatment centres (or any place where addictions are treated), a panel of OA members to go and share with patients about their recovery.

- Contact your Local Medical Committee (GPs) and Primary Care Trust Practice Nurse Facilitator and ask to put a mention about OA in their newsletters. Also, your local PCT should be able to signpost you to their Lifestyle Coaches (NHS initiative for lifestyle change).
- Approach universities/colleges around freshers' week and take a stall to let students know about OA

What the National Service Board does – National PI

- Responds to national PI requests – from journalists wanting members to interview, information where necessary and feedback. These come via the email address on the website and the PI mobile phone.
- Approaches the media offering stories, information and features about OA. Approaches healthcare institutions offering literature and speakers for departmental meetings.
- Maintains a database of OA fellows who are willing to help with media interviews and/or speak in a healthcare environment.
- Responds to requests for quotes or opinions from OA regarding a current obesity or food related topic (usually declined).
- Updates national databases where OA is listed as a resource.
- Offers advice and support to Intergroups, groups and individual members about PI initiatives and questions they might have around PI and the 12 traditions.
- Encourages OA members to do PI via tools such as the PI Newsletter.

Doing PI

- Essential to be abstinent and well
- Good knowledge of anonymity, what it means, the Traditions, how they apply. If in doubt ask, it's like recovery, generally easier done in pairs.
- Use the resources available – www.oa.org has lots of PI info and help, so too the PI Service Manual and the Professional Outreach Manual for sale via OAGB Literature.
- Stick to your own experience – what you were like, what happened, what you are like now
- Don't offer opinions, always say this is not official OA policy but my experience
- Maintain your anonymity for your own spiritual strength
- Mention your weight loss (or weight gain if you were underweight) yes, it's not the main event here but it is what attracts most newcomers – and it is what most health care professionals measure recovery by
- It's ok to tell someone 'I can't answer that'—either because it feels uncomfortable, or you just don't know the answer. You can always get back to them another time.
- Get behind yourself and OA—we have a proven workable method which arrests our illness. It's maybe not for everyone but abstinence and the steps are what we do, it's what we offer, it's how we get well