



Overeaters Anonymous

North West Intergroup

'Back to Basics' Big Book Study

When: **Friday 12th Jun – Sunday 14th Jun 2015** Starts 2.30 pm on Friday, finishes after lunch on Sunday 2.00 pm.

Where: **Noddfa Centre, Conwy Road, Penmaenmawr, North Wales, LL34 6YF** www.noddfa.org.uk
Tel 01492 623473 Email: info@noddfa.org.uk

How much: **£94 for accommodation (2 nights) and meals (Friday Dinner, Saturday Breakfast, Lunch & Dinner & Sunday Breakfast and Lunch) at the centre – payable direct to the centre and £20 registration payable to NWIG** – Closing date 12th May. No further bookings accepted after this date.
Places booked on a first come, first served basis.
Payment for Noddfa – deposit £47 must be received by them by that date. Balance in cash at the weekend.
Payment for OA NWIG (£20) to be paid at the first session of the weekend.

Programme: There will be five study sessions of the Basic Text of the Big Book which will look at all Steps 1 – 12. There will also be intermittent personal working sessions in which attendees can do some in depth work on their steps if they so wish. You may want to attend with your sponsor. If appropriate, please make arrangements with your sponsor before the weekend with a view to sharing your Step 5 as soon as possible afterwards. The weekend starts Friday 12th at 2.30pm prompt and finishes Sunday 14th at 2.00pm. Please make sure you arrive on time with a packed lunch to have eaten and be ready for the first session. It is suggested that members participating in the weekend should have worked on their abstinence ahead of time and arrived at a personal food plan that fulfils their personal definition of abstinence for them. There will not be time over the weekend to look in detail at personal Step 1 / interpretation of abstinence.
For the sake of completion of the study it is required that members attend for the full weekend and all the sessions. Please bring a 'paper' copy of the Big Book with you (preferably 4th edition if you have a choice).

Food: Food is home - made simple fare, with sugar-free & white flour-free options available.
Fridges are available to share in communal areas.

For more information or to send in your application forms, please contact:
Email: (Noddfa) info@noddfa.org.uk and
(NWIG BB Booking Secretary) phil@manchester.com

BOOKING FORM – please complete and return to both email addresses above with the title 'OA NWIG Big Book Study Booking'	
Name:	<p>Payment Accommodation £47 non-refundable deposit to reserve your place payable by cheque to Noddfa Centre and posted to them. Balance of £47 to be paid in cash to Noddfa at the weekend.</p> <p>NB Numbers will be limited to 15 participants and 3 facilitators to ensure adequate involvement and accommodation.</p> <p>Payment OA NWIG Registration £20 to be paid in cash at the weekend.</p>
Address:	
Tel:	
Email:	
Dietary requirements. All meals are homemade. Sugar-free & white-flour-free meals are available upon request. Please contact Noddfa direct. There are shared fridges in communal areas.	
Any other requirements?	

Upon receipt of your booking form we will send confirmation of your payment along with instructions and additional information.