

CoDA UK - COVID-19 Statement

20th March 2020

Dear Fellow Members of CoDA,

The events of recent weeks have rather overtaken us.

As co-dependents we are well aware of the importance of fellowship and the need to continue contact whilst balancing the needs of each individual to honour their own issues around health and well-being.

The CoDA National Service Committee has been receiving many enquiries from members regarding COVID-19 (coronavirus) virus and how it might impact meetings.

While appreciating the concerns of the CoDA UK Community, CoDA has no opinion on outside issues so would encourage members to follow the advice given by their relevant governments and health services across Europe.

Regarding anonymity, groups are encouraged to co-operate with medical authorities. Therefore, if a member of a group is requested to supply names of members to relevant authorities for tracking COVID 19 spread, it is suggested that the Group hold a conscience about the dissemination of Group member identities.

Below are examples of the actions some groups are taking across the CoDA UK fellowship community: -

- Taking Local Health Authority advice to minimise spread e.g. hand washing, avoiding close contact, shaking hands, hugging, etc.
- Suggesting that members who think they may be at risk of having contracted the virus stay away from meetings until they are sure they are clear.
- We suggest that members who may be particularly vulnerable to the effects of the virus consider their safety before attending meetings.
- Members who need to isolate themselves can be supported through telephone calls or electronically, e.g. WhatsApp, Facebook, Skype, Zoom. We would encourage fellows to make themselves familiar with the extensive recovery resources on both the UK and the US website.

- Groups can contact premises' owners to find out if they intend to close the building and under what circumstances. Should groups close temporarily, they can send an email to: meetings@coda-uk.org as soon as possible to enable meeting details to be updated.
- Groups can make use of online facilities including <https://zoom.us/> , <https://www.freeconference.com/> or <https://www.webex.com/> to name a few example so to convert their regular face to face meetings to an ideally encrypted online format in light of the guidance on social isolation. Should your group do this please send an email with all relevant meeting details and how users can connect to: meetings@coda-uk.org Please consider the confidentiality / anonymity and vulnerability of our group members and issues around GDPR when implementing changes to your meeting format.
- Individuals can attend one of the many existing online meetings - a list of those meetings registered with <http://coda-uk.com/> are available at <http://coda-uk.com/meetings/?tsml-day=any>
- All the suggestions above are best discussed in advance so the group is prepared for any eventuality. As with most things, they are best facilitated by the group talking about them in a group conscience format with the guidance of their higher power.

These are extraordinary times for all of us so please utilise self-care to keep yourself safe.

In Love, Gratitude and Fellowship.

CoDA UK National Service Committee