
Social Anxiety West

Constitution

Last amended 8th February 2010

1. Title

The Group shall be called the 'Social Anxiety West', formally known as 'The West of England Social Anxiety Support Group'.

2. Aims and Objectives

The aim of the group is to support its members by:

- Offering support to people with social anxiety.
- Providing a safe environment in which members can provide each other with emotional support.
- Providing a variety of opportunities for members to engage in social activities and build relationships.
- Providing relevant information on social anxiety.
- Providing an opportunity, through facilitator-led sessions, for members to explore and overcome difficulties involving social anxiety.
- Finding opportunities to promote and increase awareness of the group and its activities.

3. Powers

To further the above aims and objectives the group may:

- Hire venues suitable for the above.
- Obtain, collect and receive monies and funds by way of contributions, donations, grant awarding bodies, subscriptions and any other lawful method towards the group's activities and for the good of support group members.
- Procure equipment and materials for use within the confines of the group.

4. How the Group is Run

Membership

- Sufferers and ex-sufferers of social anxiety.
- Membership of the group shall be open to any individual who is aged 18 years or older (16 for the Sunday group), and is a previous or current sufferer of social anxiety, without regards to disability, political or religious affiliation, race, sex or sexual orientation.
- Membership is free, although voluntary donations are welcome.
- All members are expected to abide by the group rules as agreed by the committee.
- A record of the number of new members and total amount donated by members shall be kept by the session facilitator.
- Any personal details of members collected by the group shall remain strictly confidential.

5. Finance

- All monies received by or on behalf of the group shall be applied to further the aims and objectives of the group and for no other purpose.
- Any bank account opened for the group shall be in the name of the group.
- Any cheques issued shall be signed by the treasurer and one other nominated member of the committee.
- The group shall ensure that its accounts are independently examined every year.

7. The Committee

- The committee will accept a maximum of seven members who must be regular attendees of group sessions.
- New members can join the committee after having attended eight or more non-social sessions.
- A minimum of four people will need to be present for a committee vote to take place.
- A minimum of three people must vote in favour of a motion for it to be carried.
- If committee members are absent from group sessions or committee meetings for six or more months then they will be sent a letter asking if they wish to continue being part of the committee.
- If no reply is received within one month from the letter being sent then they will be removed from the committee membership list.

6. AGM

- The constitution will be reviewed annually and amended if necessary.