



CONSTITUTION OF KEEP THE HEID

Our Mission: To empower men experiencing mental and/or physical ill health through support, education and shared experience.

2. OBJECTS The objectives of the Organisation will be:

- **a) Respect – We honour and value ourselves, each other and all those with whom we collaborate.**
- **b) Inclusion – We know that there is no such thing as an ‘average’ person man or boy. We respect the rich diversity of ages, cultures, languages and religions in our communities and the diversity of individuals within those communities.**
- **c) Empathy – We take a holistic person-centred approach. We are curious, we listen and we seek to understand the experiences and perspectives of all those who we work with.**
- **d) Equity – We prioritise our efforts towards those who are most at risk of poor health outcomes in our communities.**
- **e) To ensure that we are kept as a FREE group to all and only accept donations or grant funding to enhance the group.**

3. MEMBERSHIP

a) Membership of the Organisation will be open to all men over the age of 16 , regardless of nationality, political or religious beliefs, race or sexual orientation, who accept the aims of the Organisation.

b) Any person wishing to become a member must approach a group member and no one is ever excluded.

c) The Management Committee will never decline any membership unless unruly or unsavoury behavior is shown towards others.

d) Any member wishing to withdraw from membership must sign, and submit to the Organisation, a written notice. On receipt by the Organisation they will cease to be a member.

e) Any member may be expelled from membership by way of a resolution passed by majority vote at a general meeting providing at least 21 days' notice of the proposed resolution has been given, in writing, to the member concerned. The member will be entitled to be heard on the resolution at the general meeting at which the resolution is proposed.

4. HONORARY OFFICERS

a) At the Annual General Meeting, the Organisation shall elect a Chairperson, a Secretary, a Treasurer and any such Honorary Officers as the Organisation shall from time to time decide. Template Constitution v1.7 (Aug 2017) b) The Chairperson and the other Honorary Officers of the Organisation shall hold office until the conclusion of the next Annual General Meeting of the Organisation after their election, but shall be eligible for re-election. c) The Chairperson and other Honorary Officers shall be ex-officio members of any Sub-Committees of the Organisation.

5. MANAGEMENT COMMITTEE

a) Subject as hereinafter mentioned the policy and management of the affairs of the Organisation shall be directed by a Management Committee which shall meet not less than times each year and shall consist of not less than three or more than members.

b) The members of the Management Committee shall be elected at the Annual General Meeting of the Organisation, in accordance with clause (4) thereof.

c) Any casual vacancy on the Management Committee may be filled by the Committee. Any person appointed to fill such a vacancy shall hold office until the conclusion of the next Annual General Meeting of the Organisation and shall be eligible for re-election at that meeting.

d) The Management Committee may appoint Sub-Committees as considered necessary, and shall determine their terms of reference, powers, duration and composition. All acts and proceedings of such Sub-Committees shall be reported back to the Management Committee as soon as possible.

6. MEETINGS OF THE ORGANISATION

a) The Annual General Meeting (AGM) shall be held within fifteen months of the preceding AGM. Fourteen days' notice will be given to members in writing and/or by placing an advertisement in the local press. b) The Annual General Meeting will transact the following business:-

1. Minutes of the previous Annual General Meeting.

2. Consideration of the annual report provided by the Management Committee. 3. Consideration of the annual statement of accounts.

4. Election of Honorary Officers and Management Committee.

5. Appointment of Independent Examiners of accounts.

6. Any other competent business.

a) The Chairperson of the Organisation may at any time at his/her discretion, and shall, within fourteen days of receiving a written request by not less than 33% members having the power to vote and giving reason for the request, call a Special Meeting of the Organisation for the purpose of altering the Constitution or of considering any matter which may be referred to him/her by the

Management Committee for any other purpose. The proposed changes to the Constitution, or other matter to be considered at this Special Meeting, shall be distributed in writing to the membership at least 14 days prior to the date of the Special Meeting. Template Constitution v1.7 (Aug 2017) 7.

7. RULES FOR MEETINGS

- a) The quorum at a meeting of the Committee shall be not less than of the full members entitled to vote. The quorum at a meeting of the Organisation shall be of the agreed voting membership.
- b) Unless otherwise specified in this Constitution, all questions arising at any meeting shall be decided by a simple majority of those present and entitled to vote. In the event of a tie, the Chairperson has the casting vote.
- c) The minutes of the Committee Meetings shall contain a record of all proceedings, resolutions and decisions. These minutes should be available to the membership at all times.
- d) All decisions regarding shares, podcasts, interviews must be made as a committee decision so as not to damage the group or others in the process.

8. FINANCE

- a) Finance shall be raised by the Management Committee through fund raising events, , donations, legacies or grants.
- b) The Financial Year shall be 01/10/23-30/09/24 and every year thereafter.
- c) The Treasurer shall keep proper accounts of the finances of the Organisation through a ring fenced account at BLANTYRE SOCCER ACADEMY SCIO SC043613 (at present). At the end of the financial year the Treasurer will prepare an annual statement of accounts.
- d) The accounts shall be independently examined at least once a year by the Independent Examiners appointed at the Annual General Meeting.
- e) The independently examined statement of accounts shall be submitted by the Management Committee to the Annual General Meeting.
- f) None of the Organisation's assets may be distributed or otherwise applied (on being wound up or at any other time) except to further its objects.
- g) A bank account shall be opened in the name of the Organisation with a bank or building society as the Management Committee shall from time to time decide. The Management Committee shall authorise, in writing, three members of the Management Committee, one of whom shall be the Treasurer, to sign cheques on behalf of the Organisation. All cheques must be signed by not less than two of the authorised signatories, who cannot be related or resident at the same address.

9. ALTERATIONS TO THE CONSTITUTION

Alterations to the conditions may be proposed at the Annual General Meeting or at a Special General Meeting called for that purpose. Any such proposal to alter the Constitution must be given in writing to the Secretary at least 21 days before the meeting at which the proposed alteration is to be considered. The proposed alteration must be distributed, in writing, along with the official notification of the meeting to the membership at least 14 days before the meeting. Any alteration to the Constitution will require the approval of two-thirds of those present and eligible to vote. Template Constitution v1.7 (Aug 2017) 10. DISSOLUTION If the Management Committee, by a simple

majority, decide at any time, on ground of expense or otherwise, that it is necessary or advisable to dissolve the Organisation, it shall call a Special Meeting of the Organisation. Any assets remaining after the satisfaction of any proper debts and liabilities, shall be given or transferred equally to any charitable organisation with similar aims and objectives to the Organisation.

Adopted by its members at a meeting held on 25/10/23 (date)

_____ Signed: Eric Kielty (Chairperson) Name:

_____ Signed: David Rosling (Secretary) Name:

_____ Signed: Jimmy Whelan (Treasurer) Name: