

Constitution

Rural Rest Community Group

Aims of Rural Rest

To be decided by and built upon by the group in open discussion

Some simple suggestions to be discussed:

To pioneer continued outdoor health and wellbeing in North Lanarkshire and be of public benefit to society.

To appropriate neglected, unused or surplus public land/property by way of lease, transfer or other ownership mechanism.

To improve the habitat and health value of parks, greenspace and enhance eco potential by utilising it for proactive wellbeing, confidence and mental health withing North Lanarkshire's diverse society.

To secure funds to create, maintain and expand Rural Rest's facility infrastructure be it parks, greenland or where applicable merge with existing urban facilities settings or surplus possibilities within North Lanarkshire estates.

To campaign for improving the existing green and accessible outdoor space facilities in North Lanarkshire and identify potential wellbeing spots to develop.

To explore and endeavour to train and inform others publicly of proven methods to improve typical health issues to work with traditional national health methods.

To encourage and provide heath practitioner suggested non medicated treatments and therapies. (Mobility, physio, relaxation therapy, counselling among many others)

Any other aims Rural Rest wants can be added continually.

- Powers

To further these aims, Rural Rest may exercise the following powers (Again to be discussed)

To employ a management structure to oversee the day to day running and continually delivering and furthering Rural Rest's mission.

To become a charitable, CIC, Social enterprise, not for profit or other public benefit entity.

To raise funds, enter contracts, fulfill contract requirements, receive contributions, donations and otherwise.

To own/lease buildings and land.

To bring together representatives of voluntary and statutory organisations, government departments and individuals.

To provide services for private and public partners

To produce Press/Social media Content/Leaflets/posters to publicise Rural Rest's activities

To hold meetings

To pay the necessary expenses involved in running Rural Rest

To employ staff

To undertake any other lawful activity to further Rural Rest's aims.

Note: Any part of this document can be deleted, amended or added to, or additional parts added to it at the next AGM. Details of the proposed changes should be circulated with the notice of the AGM.

Decisions deemed important to Rural Rest's immediate development or delivery can be made by notification to the secretary then to the group members for a more proactive decision making process when needed.

- Membership

Simple code of conduct to be agreed.

Membership of Rural Rest shall be open to all persons in sympathy with the group's aims and willing to abide by the group's constitution.

Each member will have one vote and will be eligible to stand for election onto the committee.

Rural Rest will have activism at its core.

It will continually campaign and work with government, national or local, be non-party-political and will be committed to non-discriminatory practices and equal opportunities.

- Management Committee

The group shall elect a committee structure of Chair, Secretary, Treasurer.

Members who will consult with management regarding of the groups policy and strategy. They shall be elected to serve for one year after which time they may stand for re-election.

The Chair will have a casting vote in the event of a tie.

Only founding members will have complete voting rights

New voting members to be considered on merit

The committee will have the power to co-opt members if it wishes to use this power.

The committee will meet a minimum of twice a year. The quorum level will be set at five members.

From amongst the committee, a chairperson, a secretary and a treasurer will be selected. Other members may be appointed to undertake particular responsibilities within the group

- Meetings

General meetings will be held as often as necessary and at least twice a year.

An Annual General Meeting (AGM) of the group shall be held every year in the month of July.

All members shall be notified not less than fourteen days before the meeting.

An agenda will be circulated.

Business of the AGM will include electing the committee.

Reporting on the activities during the year Amendments to the constitution and approval of the group's accounts.

An Extraordinary General Meeting (EGM) can be held at the chair's discretion or by a written request to the chair of not less than 10 members.

The meeting shall be called within twenty-one days of such a request and appropriate measures taken to inform all members. An Extraordinary General Meeting should only consider the business specified in the request.

- Finances

Any money raised shall be used to further the aims of Rural Rest.

A bank account will be opened in the name of the group

The account will require two signatures on any cheque or other bank document (except paying in slips).

There will be four signatories available to the treasurer for signing cheques.

The group shall decide the signatories to any account set up in the name of the group.

A simple written note of the group's financial position, will be produced and available at committee meetings.

A statement of accounts verified by a competent person who is independent of the group shall be tabled at the AGM

No member shall derive any financial benefit from the group, except for payment of employed work or services.

No money will be paid out in the name of the group without a receipt being presented.

Amendments to the constitution

If amendment(s) to the constitution are necessary, members will be informed in writing and given the opportunity to consider and vote on the amendments. The amendment(s) will be made if there is a two-thirds majority vote of members.

- Dissolution

If the committee, by a simple majority, deem it advisable to dissolve the group, it shall call a meeting of all the members of the group, giving not less than 14 days notice. If such a decision is confirmed by a majority of those present, then all the assets of the group shall be transferred to another local voluntary group or community group with similar aims.

Adopted on theday of 20. ..

Signed (Chair)

Signed (Treasurer)

Signed (Secretary)