

CONSTITUTION

Name of the Group

The name of the Group is Slough Senior Citizens Group

Aims/Objectives of the Group

- To relieve poor health among older people (55+)
- To relieve the social isolation of older people (55+)
- To offer a befriending environment to the Group's members, to help them lead a happy, active retired life.

Activities to Achieve Aims

- Keeping abreast of current thinking and issues which are of concern to group members.
- Maintaining and developing contacts with relevant health professionals for the benefit of Group members.
- Arranging to provide information on health related issues, benefits, local leisure facilities and physical activity programmes, including gardening and horticultural activities.
- To arrange a variety of tours, short visits and retreats to afford members fellowship and relaxation.
- To organise training programmes in IT applications

The Committee

- The committee shall be referred to as the executive committee
- The committee shall appoint a Chairperson, a Treasurer, a Secretary and a Vice-chairperson.
- Total numbers of elected persons on the Executive Committee no less than 4 and not to exceed 10
- The Executive Committee shall be elected every two years by the group members, at the A.G.M.
- The Executive Committee shall be free to appoint 3 additional ex-officio members to serve on the committee.
- Ex-officio members shall not have the right to vote
- The Executive Committee reserve the right to co-opt committee members to replace members who retire mid-term. These committee members appointment will need to be ratified at the next Annual General Meeting
- Committee members shall not benefit from the work of the Group
- Committee members financial liability is limited the extent of the group assets (known as Slough Senior Citizens Group)