



Foggys "invisible illness" Support

07396 161265

info@foggys.net www.foggys.net

SMALL CHARITY CONSTITUTION

1 NAME:

The charity's name is Foggys ~ "invisible illness" Support.

2 THE PURPOSES OF THE CHARITY ARE:

- a) To promote and protect the physical and mental health of sufferers, of the following conditions, through the provision of financial assistance, support, education and practical advice, primarily:
- Arthritis
 - Chronic Fatigue Syndrome
 - Chronic Widespread Pain
 - Fibromyalgia
 - Irritable Bowel Syndrome
 - M. E. Myalgic Encephalopathy
 - Ménière's Syndrome
 - Myofascial Pain
 - Rheumatic Conditions
 - Seasonal Affective Disorder
 - Trigeminal Neuralgia
- b) To advance the education of the general public in all areas relating to the fore-mentioned conditions, where the general public includes – sufferers of the conditions, their friends, family and carers, medical and healthcare professionals; and the public at large.

With kind support from



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Classification:

What:

- General charitable purposes
- Disability

Who:

- Children / young people
- Elderly / old people
- People with disabilities
- Other charities or voluntary bodies
- Other defined groups
- The general public / mankind

How:

- Provide advocacy / advice / information

3 TRUSTEES:

The charity shall be managed by a Committee, who are appointed as and when vacancies occur.

4 CARRYING OUT THE PURPOSES:

In order to carry out the charitable purposes, the Trustees have the power to:

- a) raise funds, receive grants and donations
- b) apply funds to carry out the work of the charity
- c) co-operate with and support other charities with similar purposes
- d) do anything which is lawful and necessary to achieve the purposes

5 MEMBERSHIP:

The charity shall have a membership. People who support the work of the charity, can apply to become a member. Membership lasts April to April. The Trustees will keep an up-to-date membership list.

The Trustees may remove a person's membership if they believe it is in the best interests of the charity. The member has the right to be heard by the Trustees before the decision is made and can be accompanied by a friend.

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6 ANNUAL GENERAL MEETING:

- a) An AGM may be held every year. Minutes must be kept of the AGM.
- b) There must be at least 2 members present at the AGM.
- c) The Trustees shall present the annual report and accounts.

7 TRUSTEE MEETINGS:

- a) Trustees must hold at least 1 meeting each year. This may be via the internet, using Skype type programs.
- b) At least 2 Trustees must be present at the meeting to be able to take decisions. Minutes shall be kept for every meeting.
- c) If Trustees have a conflict of interest, they must declare it and leave the meeting while this matter is being discussed or decided.
- d) The Trustees may make reasonable additional rules to help run the charity. These rules must not conflict with this constitution or the law.

8 MONEY AND PROPERTY:

- a) Money and property must only be used for the charity's purposes.
- b) Trustees must keep accounts. The most recent annual accounts can be seen by anybody on request.
- c) Trustees cannot receive any money or property from the charity, except to refund reasonable out of pocket expenses.
- d) Money must be held in the charity's bank account. All cheques must be signed by 2 Trustees.

9 GENERAL MEETINGS:

If the Trustees consider it is necessary to change the constitution, or wind up the charity, they must call a General Meeting so that the Committee can make the decision. Minutes must be kept.

- a) Winding up - any money or property remaining after payment of debts must be given to a registered charity with similar purposes to this one.
- b) Changes to the Constitution - can be made at AGM's or General Meetings. No change can be made that would make the organisation no longer a charity.
- c) General Meeting - called on written request from a majority of members.
- d) Trustees may also call a General Meeting to consult the members.

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10 SETTING UP THE CHARITY:

This constitution was adopted on 1st March 2017 by the people whose signatures appear below:

<p>DEB COOKE</p> <p>SIGNED:</p>	<p>PRINT ADDRESS:</p>
<p>KATIE-ROSE GOODINGS</p> <p>SIGNED:</p>	<p>PRINT ADDRESS:</p>
<p>CHERYL HEYNE</p> <p>SIGNED:</p>	<p>PRINT ADDRESS:</p>
<p>CLARE STOW</p> <p>SIGNED:</p>	<p>PRINT ADDRESS:</p>

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