



# ADAPT

reaching out together

## AIMS

- To provide mutual support and friendship to people experiencing stress, anxiety and/or depression.
- To arrange regular meetings in a safe environment to share experiences, personal coping strategies and positive approaches to life
- To organise 'safe socials' - events and activities which build confidence, enhance well-being and reduce isolation

## MEMBERSHIP

- The group is not itself a crisis service but we will try to signpost those in distress to appropriate support.
- Membership is open to people who support the aims of the group and who live within travelling distance of our venue in Nottingham.
- Membership is deemed to be those people who fulfill the membership criteria and attend meetings regularly
- The membership of any member may be terminated if his or actions are deemed, by the group, to be detrimental to the well-being of the group or other members
- Every member shall have one vote at general meetings

## DECISION MAKING

- The members of the group will together, make decisions affecting the group by a simple majority vote
- Everyone will contribute in some way to the running of the group
- A Treasurer will be elected at the annual review of the group
- The annual review of the group will be chaired by a member of the group agreed by a simple majority vote

## FINANCES

- Any money obtained by the group shall be used only for the group
- Any bank accounts opened for or by the group shall be in the name of the group
- Any cheques issued shall be signed by two signatories agreed by the group

## DISSOLUTION

In the event of the group winding up, any assets remaining after all debts have been paid, shall be given to another local group with similar aims

DATE: 13/4/2010 SIGNED: *Mat Lawsthorne* *R. Helder*

*[Signature]*  
*Blundewood* *M. Hemming*