

MENTAL HEALTH NORTH DORSET
HELP AND PEER SUPPORT

CONSTITUTION

1. **Name**

The name of the Association shall be 'Mental Health North Dorset Help and Peer Support' hereafter referred to as the 'Association'.

2. **General Purposes**

The Advancement of Health and the Saving of Life (Suicide Prevention) including the relief of mental health suffering as well as the promotion of mental wellbeing.

To promote such purposes as are charitable according to the law of England and Wales for the benefit of the public in North Dorset and beyond by: promotion of any general charitable purposes for the benefit of residents having mental health difficulties without distinction of age, sex, sexual orientation, race, religion, disability, diagnosis or political view.

3. **Objects**

- The relief of isolation and loneliness.
- The relief of ignorance of the support and help available to those having mental health difficulties
- The breakdown of the stigma attached to mental illness
- The relief of hardship by the provision of free advice and assistance.
- The relief of mental health suffering of persons resident in North Dorset and over the border in surrounding counties by the provision of peer support for such persons.
- To assist the recovery of people who are unwell due to mental illness.

4. **Powers**

In furtherance of the objects but not otherwise, the Management Committee may exercise the power to:

- I. Organise Peer Support Groups and other social and informative events within the area of North Dorset and the adjacent counties of Wiltshire and Somerset.
- II. Keep a list of Membership of the Association comprising of those who subscribe to the newsletter and those who complete a Registration Form.
- III. Maintain a website providing signposting, news, information, help and a showcase for art in its broadest sense from those organisations and individuals affected by mental health difficulties.
- IV. Promote the needs of those who have, or care for someone who has mental health problems by working in partnership with other organisations.
- V. Invite and receive donations and raise funds where appropriate, to finance the work of the Association and to hold bank accounts to manage such funds.
- VI. Publicise and promote the work of the Association and organise meetings, events and training where appropriate.