

# Constitution of Relaxation UK

## 1. Name

The name of the Charity is **Relaxation UK** (hereinafter called “the Charity”).

## 2. Objects

The objects of the Charity are for the public benefit to promote and protect the physical and mental health of the public, particularly through the provision of resources, virtual seminars, and education in relaxation and meditation techniques.

## 3. Membership (Closed Governance)

- (a) The voting membership of the Charity shall be limited to the Charity Trustees.
- (b) A person becomes a member only upon being appointed as a Charity Trustee.
- (c) Membership is terminated immediately if a person ceases to be a Charity Trustee.
- (d) The Trustees shall keep an up-to-date register of members (the Trustees).

## 4. Friends of Relaxation UK (Supporters)

- (a) The Trustees may create a non-voting category of supporters known as "**Friends of Relaxation UK**".
- (b) Admission as a "Friend" is open to any individual who supports the Charity's work. This includes, but is not limited to, individuals who join the Charity's official social media groups or subscribe to its digital resources.
- (c) No formal application process is required to become a Friend unless otherwise determined by the Trustees for specific programs.
- (d) "Friends" are beneficiaries of the Charity and **not** legal members. They have no voting rights at meetings and no legal liability for the Charity's actions or debts.

## 5. Institutional Friends

(a) The Trustees may admit any school, hospital, charity, company, or other body (whether incorporated or unincorporated) as an "**Institutional Friend**" of the Charity. (b) Institutional Friends are recognised as organisational supporters of the Charity's Objects. They are not legal members of the Charity and possess no voting rights at meetings. (c) The Trustees shall maintain a register of Institutional Friends and may determine any annual contribution or partnership criteria required for this status. (d) The Charity may, at its discretion, display the name or logo of an Institutional Friend on its website or in its digital publications to acknowledge their support. (e) Institutional Friend status may be withdrawn by a resolution of the Trustees if an organization's activities or values are found to be in conflict with the Charity's Objects or reputation.

## 6. Charity Trustees

(a) The Charity shall be managed by a Board of Trustees of at least two (2) and not more than seven (7) individuals. (b) The first Trustees are **Dr Stephen Palmer** and **Dr Siobhain O'Riordan**. (c) Future Trustees shall be appointed by a resolution of the existing Trustees.

## 7. Powers

In furtherance of the objects, the Trustees may: (a) Raise funds and receive donations (excluding any taxable permanent trading). (b) Collaborate with other charities and voluntary bodies. (c) Open and operate bank or fiscal hosting accounts (such as via *The Social Change Nest*). (d) Reimburse Trustees for reasonable out-of-pocket expenses incurred in the Charity's service. (e) Hold assets (including digital assets and company names) in trust for the Charity.

## **8. Meetings**

(a) The Trustees shall hold at least three (3) meetings per year. (b) A quorum for meetings shall be two Trustees. (c) Decisions shall be made by a simple majority vote. In the event of a tie, the Chair has a casting vote. (d) Minutes of all meetings must be kept, including meetings held via video conferencing.

## **9. Finance**

(a) The funds of the Charity shall be used solely to further the Objects. (b) Annual accounts must be prepared and made available to the Trustees and, where required by law, to the public.

## **10. Amendments & Dissolution**

(a) This Constitution may be amended by a two-thirds majority of the Trustees, provided no amendment makes the organization non-charitable. (b) If the Trustees decide to dissolve the Charity, any remaining assets after debts are paid must be given to another charity with similar objects.

**Revised on 17/02/2026**