Living with mental health CIC
66 Harris Avenue, Lowestoft NR32 4BD
M: 07477659906
E: john@livingmentalhealth.com
W: https://www.livingmentalhealth.com

Living With Mental Health CIC

Constitution

Date Formed: 30 July 2025

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1. **Name**

The organisation shall be known as Living With Mental Health CIC (Community Interest Company).

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2. **Legal Structure**

Living With Mental Health CIC is registered as a Community Interest Company under the Companies Act 2006, operating for the benefit of the community and not for private profit.

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3. **Mission Statement**

Living With Mental Health CIC exists to support individuals experiencing mental health challenges, raise awareness of available support services, and create meaningful opportunities for people to take part in projects, trips, and wellbeing activities. Since 2018, the founders have taken part in life-changing projects, and the organisation aims to offer others the same opportunities.

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4. **Aims and Objectives**

1. To improve wellbeing and quality of life for people experiencing mental health challenges.

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2. To provide accessible activities, workshops, and projects that offer social connection, respite, and personal growth.

3. To raise awareness of mental health services, support pathways, and community resources.

4. To create safe, inclusive, non-judgemental environments where individuals feel heard, valued, and supported.

5. To work with partners, organisations, and professionals to expand support options.

6. To reduce stigma surrounding mental health across communities.

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5. **Activities**

The CIC may provide, but is not limited to:

Community workshops and support sessions.

Social trips and wellbeing activities.

Mental health awareness campaigns.

Peer-support opportunities.

Training, education, and resources.

Online and in-person support initiatives.

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6. **Community Benefit**

All activities shall be carried out to benefit individuals experiencing mental health challenges. Any surplus income will be reinvested into the CIC's services, resources, and community support.

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7. **Membership**

7.1 Eligibility

Membership is open to anyone who supports the aims of the CIC.

7.2 Rights

Members may:

Take part in activities.

Attend general meetings.

Vote on key decisions.

7.3 Responsibilities

Members are expected to:

Support the values and aims of the CIC.

Treat all participants with respect.

Follow organisational guidelines.

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8. **Board of Directors**

8.1 Role

The Board of Directors shall oversee governance, decision-making, and strategic direction.

8.2 **Minimum Directors**

The CIC shall have at least one director, as legally required.

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8.3 **Responsibilities**

Directors must:

Act in the best interests of the community.

Ensure financial transparency and compliance.

Maintain safeguarding, confidentiality, and ethical standards.

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9. Meetings

9.1 Annual General

9.1 Quarterly trustee meetings

9.2 Weekly Board meetings

Policy Review

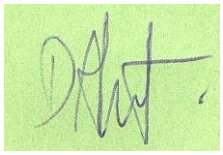
This policy will be reviewed annually, or earlier if changes in legislation or best practice require it.

Adopted on: 30.07.2025

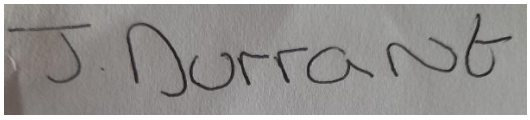
Review due: 30.07.2026

Directors of Living with Mental Health CIC

David Robertson 20.11.2025

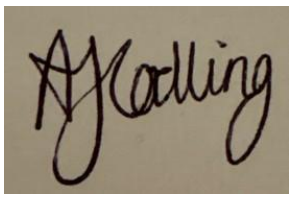


John Durrant 20.11.2025

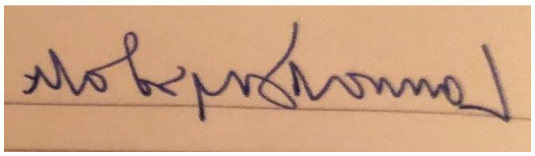


Trustees of Living with Mental Health CIC

Abby Codling 20.11.2025



Laura Drysdale 20.11.2025



Paul Sawyer 20.11.2025

