

Consultation On Proposed Changes To Our Objects

Our [Memorandum and Articles of Association](#) include the agreed statement of our charitable purposes, our Objects. As a registered charity we must ensure that everything we do furthers our charitable objects. The Memorandum and Articles of Association were last updated in 2012. The Objects are a section within the Articles of Association identifying the scope and bounds of the Centre's operations.

The Trustees recently reviewed our Objects to ensure that they accurately reflect our activities and areas of focus, which by their nature change over time, and as recommended by the Charity Commission. The Trustees propose to make a few changes in order to:

- Make it explicit that we are able to carry out activities which are designed to prevent mental illness as well as to relieve mental illness;
- Reflect that our work incorporates the practice of, and research into, all psychological and other appropriate methods of therapy and support for mental illness, rather than having a specific focus on psychoanalytical methodologies;
- Reflect that we also, currently and seek to in future, work with and support varied community organisations (including schools, youth clubs and community groups) to facilitate diverse approaches to support mental health as part of a collective and collaborative approach;
- Reflect current language in the field of psychological therapy

As well as updating our Objects the Trustees have also taken the opportunity to update some of the procedural and administrative aspects of the Articles. This includes measures intended to increase the opportunity for a more diverse pool of Trustee candidates by removing potential financial barriers to participation. We intend to apply for permission to make **loss of earnings payments** where required, rather than relying upon the current option to make individual applications to the Charity Commission when/if a need arises. A process of individual applications might put off some potential Trustees from applying and in use the application process might cause delays to payments or might be considered stigmatising to the individual concerned. The proposed circumstances for payment, addressing EDI concerns, are where *reasonable financial compensation is required to secure or retain the services of a Trustee who might otherwise struggle to play a full Trustee role*.

Similarly, we are going to provide more clarity about permitted expenses a Trustee may claim. Providing a Trustees expenses policy and clarifying the current wording for out of pocket expenses payable in our Articles, to ensure Trustees could claim **care and other support costs**, might encourage greater diversity amongst applicants to the Board. The intended change is to 5.2.2 Reimbursement of reasonable out-of-pocket expenses (including *but not limited to* hotel, travel costs, *costs for care for dependants whilst carrying out trustee duties, provision of special transport, equipment or facilities for a trustee with a disability or communication support to allow a trustee to participate in trustee meetings*).

The Trustees have received detailed legal advice on the proposed amendments to the Objects and Articles. To make these changes, we need to obtain the consent of the Charity Commission and we will shortly apply for this consent. Before we do so, the Trustees want to ensure that all our stakeholders have an opportunity to comment.

Any feedback or comments

The Trustees welcome your thoughts on the proposed changes. If you have any comments [please use this online form](#) to submit them, or you can email Ros Bidmead directly ObjectsConsultation@annafreud.org if you prefer. The responses will be reviewed and considered by the Trustees before they submit their application to the Charity Commission to make any changes to the Objects.

Response deadline

The deadline for any response is noon on Monday **6th December 2021**

Proposed wording

You can read the proposed Objects wording below, with changes to the existing wording highlighted in **bold**.

The objects of the Charity are:

3.1 the promotion for the public benefit of **the prevention and** relief of mental illness or disorder and the protection and preservation of mental and emotional health, **in particular but without prejudice to the generality**, by the means of:

3.1.1 the practice of and research into **psychological** psychoanalytic and other appropriate methods of therapy **and support for infants**, children and adults; and

3.1.2 training child and adolescent **and adult** psychological therapists ~~psychotherapists and psychoanalysts~~;

3.1.3 supporting communities to facilitate diverse approaches to support the mental health and well-being of infants, children, young people and parents and carers

3.2 the advancement of education for the public benefit, in particular but without prejudice to the generality, by:

3.2.1 providing training and education **programmes** in the field of mental health;

3.2.2 carrying out research in the field of mental health; and

3.2.3 by establishing, maintaining and supporting educational institutions including free schools and academies.

Send your responses by noon, Monday 6th December.

Via the anonymous [online form](#)

Or via email to ObjectsConsultation@annafreud.org if you prefer

Thanks

The Exec Team

9th November 2021