



CONSTITUTION

1. Name

The group shall be known as **Extra Cover**.

2. Purpose

Extra Cover exists to provide a relaxed, welcoming and supportive community environment where people can connect with others, spend time around cricket and the local community, and take time away from the pressures of everyday life.

The group aims to support wellbeing through:

- conversation and peer support
- social connection
- light physical activity
- practical projects
- cricket-related activities
- routine and community involvement

Extra Cover is intended to be informal, inclusive and pressure-free.

Guiding Principle

“No pressure. No judgement. Just somewhere to turn up.”

3. Activities

The group may organise:

- weekly meetups
- walks and social activities
- cricket nets and casual games
- practical projects around the cricket club
- refreshments and informal gatherings
- fundraising or awareness activities
- online communication through WhatsApp or social media

Meetups are currently planned to take place weekly at Frocester Cricket Club or other suitable community locations.

Attendance is voluntary and members may participate as little or as often as they wish.

4. Membership

Membership is open to anyone who supports the purpose and values of **Extra Cover**.

By joining the WhatsApp group or attending activities, members agree to:

- treat others with respect
- help maintain a safe and welcoming environment
- follow group rules and guidance
- understand that phone numbers are visible within the WhatsApp group
- respect the privacy and confidentiality of others

Membership may be withdrawn by the group administrators if a member behaves in a way that places others at risk or repeatedly breaches group rules.

5. Equality and Inclusion

Extra Cover welcomes people from all backgrounds.

The group will not tolerate:

- racism
- sexism
- homophobia
- transphobia
- bullying
- harassment
- intimidation
- abusive or threatening behaviour

Everyone should feel safe, respected and included.

6. Safeguarding and Wellbeing

Extra Cover is a peer-support community group and not a professional counselling or medical service.

Group organisers and volunteers:

- are not acting as therapists or healthcare professionals unless separately qualified
- may encourage members to seek professional support where appropriate
- may contact emergency services if there is an immediate concern for someone's safety

Confidentiality should be respected wherever possible, except where there is a serious risk of harm to a member or another person.

7. Group Administration

The group shall be overseen by a small team of volunteer administrators responsible for:

- managing the WhatsApp group
- organising activities
- supporting a positive environment
- handling safeguarding concerns
- making decisions in the best interests of the group

Decisions should be made fairly and with consideration for the wellbeing of members.

8. Finance

Any funds raised or donated to **Extra Cover** shall be used only to support the aims of the group, including:

- refreshments
- equipment
- activities
- wellbeing initiatives
- promotional materials
- venue or project costs

A simple record of income and expenditure should be maintained by the organisers.

9. Amendments

This constitution may be updated or amended by agreement of the group administrators following consultation with members where appropriate.

10. Dissolution

If **Extra Cover** ceases to operate, any remaining funds or assets should be donated to a local community, wellbeing or charitable organisation chosen by the administrators.
