

Physical Activities Association for Mature Older Adults  
(P.A.A.M.O.A.)

**CONSTITUTION**

**1. The purpose of the Association – The Aim.**

To co-ordinate and administer a variety of opportunities that will encourage and empower older adults to become involved in physical activities that will have a positive impact on the quality of their physical and mental health, and social lives.

**2. What will the Association do to help meet its Aim?**

- I. Spread awareness of the Association and disseminate information on activities and opportunities that the Association co-ordinates and supports for mature older adults.
- II. Work in partnership with local organisations to co-ordinate and organise a variety of physical activities that meet the differing needs of mature older adults.
- III. To work closely with the Sports Development & Training Unit to meet the training and empowerment needs that will support the development of activities for mature older adults.
- IV. To keep abreast of developments and needs within the ever growing programme of activities and prepare sponsorship proposals aimed at gaining support for the developing programme of activities for mature older adults.
- V. To secure support for the Association and its aims from the Gibraltar Sports & Leisure Authority, the Gibraltar Health Service, the Ministry for Family and Social Affairs and the Private Sector.
- VI. To empower mature older adults to have an ownership on the direction of the programme.
- VII. To agree and draw up a development plan on an annual basis in partnership with the Sports Development and Training Unit, aimed at identifying the work which needs to be done to support existing activities and new opportunities that the Association would like to develop.

### **3. Who can be members of the Physical Activities Association for Mature Older Adults?**

- I. Residents of Gibraltar over the age of 55 who by virtue of their citizenship are able to take advantage of the physical and sporting opportunities provided and supported by the Government of Gibraltar and this Association.
- II. Membership of the Association will be determined by those who fill out the health-screening questionnaire in September of each year.
- III. Members pay no annual subscription fee. However, should the charity not achieve the necessary funding required, a subscription fee will need to be imposed on members. This amount, to be determined by the Committee, will be sufficient to cover the cost of the instructors to deliver the planned classes in the forthcoming financial year.

### **4. Management of the initial Association.**

The Association was initially made up of a caretaker committee whose prime aims were to: -

- Draw up the Associations draft constitution as a working document for approval or otherwise at an EGM.
- To arrange the administration of the first AGM whereby a committee of democratically elected members will be invited and voted in to stand on the committee.
- To work in partnership with the Sports Development & Training Unit and the Seniors Citizens Association in the interim period to meet the new and growing demands for physical activities initiatives for mature older adults in Gibraltar.

### **5. Management of the Association.**

- I. The AGM of the Association will be held annually in September of each year.
- II. The Quorum of 25 members is required to hold an AGM.
- III. The first AGM will invite members to stand for a one-year period in order to help set up the Association.
- IV. Thereafter, at the AGM, voted in committee members will be invited to stand for a two-year period. Five members voted in, in year one and four members initially asked to stand for one year and thereafter for a two-year period. Staggered membership ensures that there is continuity of membership and not all members will ever leave at one time.
- V. A maximum of nine committee members will be voted onto the committee at any one time. Nominations for election to the committee must be proposed and seconded. Election shall be by ballot paper, or show of hands as deemed on the day by

the Chairperson. Should a ballot be considered, appropriate voting forms will be provided by the committee and two persons from the membership present shall be entrusted to count the ballot papers.

- VI. Roles of committee to include:
  - Chairperson
  - Secretary
  - Treasurer
  - Other roles to be decided by committee on an as needed basis
- VII. Maximum number of those under the age of 60 to sit on the committee at any one time to be 1/3 or a total of three.
- VIII. People with specialist skills can be co-opted onto the committee to give advice on specific issues. These members will be invited onto the committee in an advisory capacity and the standing committee will decide if they have voting rights or not.
- IX. Co-opted members will be asked to stand for an agreed period of time, not longer than a year.
- X. Finances – the Treasurer shall keep proper accounting procedures which will be subject to inspection by the committee and members of the Association at all times.
- XI. The Quorum required for an EGM is 25 members.
- XII. A request for an EGM must come from at least 25 members.
- XIII. If a committee member resigns between elections then other members of the committee will decide on the course of action to take as and when the situation arises.
- XIV. The committee will meet once in August to prepare for the AGM. The AGM will take place in September each year. In addition to this the committee will meet at least once every two months to discuss progress.
- XV. The quorum to take committee decisions must be at least five committee members including at least one official i.e. Chairperson, Secretary or Treasurer. In the event of the Chairperson being absent from a meeting, the remaining members will elect a chairperson for the meeting.
- XVI. If there is a vote that takes place during a committee meeting and the vote leaves the group evenly split for and against, the Chairperson will have a second casting vote.
- XVII. Any changes in the Constitution must be approved at an EGM or at an AGM if the changes happen just before an AGM is planned.

## **6. Charging policy for activities organised by the Physical Activities Association.**

- I. The committee will decide charging policy for activities whereby specialist tutors or leaders are required.
- II. Sponsorship will be sort on an ongoing basis to try and reduce costs to seniors.

- III. Those under the age of 60 may be required to meet specialist tutors costs.
- IV. In situations whereby members have financial hardship, the Association will look at the charging policy for specialist instructors and make concessions on a case by case basis.
- V. Aqua-aerobics / aqua-fit/ water exercise fees will be set **only** to cover the cost of specialist instructors and first aiders if required.

**7. If the Association goes out of existence.**

- I. If the Physical Activities Association for Mature Older Adults were to go out of existence then all assets to be given over to the Senior Citizens Association.

**8. The Constitution.**

- I. The Constitution was presented to the membership on 05/12/08 and accepted as a working document to form the basis of the Association and its business. Its final approval took place at the AGM held on 16<sup>th</sup> September 2009, at GASA.

This Constitution was put together by the Physical Activities Association for Mature Older Adults.

First amendments 15/09/09 - MST  
 Second amendments 16/09/09 – AD  
 Third amendments 23/09/14 - SB

The Trustees have signed this document below as a true and ratified copy of the P.A.A.M.O.A. Constitution, as unanimously approved by the membership at the AGM on 23<sup>rd</sup> September 2014.

Signed.....

Date.....

Amelia Segui, Chairperson P.A.A.M.O.A.

Signed.....

Date.....

Susan Boulter, Secretary P.A.A.M.O.A.