Aims & Objectives
Guidance notes for Support Groups

All groups should have a set of aims & objectives. These help to clearly define what the group’s purpose is, what they are trying to achieve and also help prospective members to understand what the group is about.

The aims & objectives do not have to be too onerous but need to set out the group’s intentions in a clear and concise way and be agreed by everyone involved. They will also help to keep the group focused and can easily be reviewed and modified as the group evolves and grows.

Aims & objectives also help the group to appear more professional and this may be useful when working with local health professionals and hoping for new members to be referred.

As a general rule aims are ‘statements of intent’ and objectives are ‘specific statements about how that will be achieved’. When considering your aims & objectives, it would be worth considering the following questions:

- What do you want the group to do?
- What is the group’s purpose?
- What do you want it to achieve?

Remember to be clear & concise and ensure that everyone agrees with them.

An example of a support group’s aims & objectives could be;

**Aims**
To support men (and their wives, partners & families) affected by prostate cancer

**Objectives**
To provide information and support via monthly meetings, literature and expert speakers
To provide telephone support in between face-to-face meetings

Your group does not have to have a written constitution if it does not want to – a simple list of agreed guidelines, rules and values would be fine. Though remember that constitutions are sometimes asked for when applying for grants and funding. If you do decide to write a constitution, you may find our relevant guidance notes useful.