



The Association of Hypnotherapy & Stress Management! Registered at Companies House (Incorporated in England & Wales) (Registration Number 03707691) Registered with the Office of the Information Commissioner (Registration Number Z 7278352)

Minutes of AGM of Association of Hypnotherapy & Stress Management – Held 13th October 2021.

Present were:- Alex Evison (Chair & Treasurer); Gill Hines (Membership Secretary); Steve Thresh (Company Secretary); Laurence Nicholas; Marilyn Upton.

Apologies received from Dawn Stanford.

Minutes of last AGM.

These were read and agreed as a true and accurate record.

Election of Directors

Alex Evison formally retired as director in accordance with the Association's Memorandum and Articles of Association. No other candidates had indicated an intention to stand and Alex agreed to stand again and continue as Chair and Treasurer. Alex was formally re-elected as director unanimously by the members present.

Annual Accounts

Alex went through the accounts as at 31 March 2021, highlighting the continued savings being made from utilising Zoom instead of face to face meetings. Despite operating for a year in Covid-19 the Association has made an overall surplus income of £166 in 2021 as compared with the previous year when it was a net deficit (loss) of £312. Gross operating income increased in 2021 to £479 as opposed to last years figure of £49, whereas expenses reduced from £959 to a figure this year of £479. Alex highlighted that the income and expenditure figures both being £479 was purely coincidental and he confirmed he has checked them and they are both correct.

Those present confirmed they had seen the accounts and Steve Thresh formally proposed the accounts be adopted by the meeting and this was unanimously approved by the members present. Alex will now arrange to lodge them with Companies House and the Inland Revenue.

Annual Report

The Annual Report was tabled and read out to the meeting in full by Alex. A brief discussion ensued around progress to date and whether the use of Zoom would continue. It was agreed that as the

future remains uncertain owing to Covid-19 and that it was likely that Zoom would continue at least over the winter months, although, as Alex reminded the meeting, the cost savings from Zoom usage meant that as and when face to face meetings became more acceptable, they may continue to be less frequent with Zoom being so cost and time effective.

The sad loss of Stef Dziuba in June was mentioned and although, technically this was not a feature of the financial year under discussion, it was felt appropriate to minute the thanks of the membership for all the hard work Stef had given to our group in the past. He will be missed.

It was noted that work on the Toolbox project continues and that a lot of time has been spent on our learning how to make our own updates to the website. We now have a domain name in place and a website set up, although at this stage it only shows a welcome page advising it is under construction. Those members who may have recently viewed the existing website would note that, for instance, in the last two months we have added four new articles and this work is continuing. The updated version of our Code of Conduct, Practice and Ethics has also been added to the website. Marilyn expressed the thanks of the membership for the work done by the Council of Management in progressing this.

Other matters

Alex advised the meeting that, as a matter of course, he produces monthly profit and loss accounts and balance sheets so that the Council of Management can keep up to date with the financial position. Steve Thresh confirmed this and that we remain aware of upcoming expenditure, such as the fee due to the Office of the Information Commissioner is due in the very near future and we have monies retained in the bank accounts to meet these costs.

Marilyn was asked about her use of Google advertising and she said that it was proving much more worthwhile than say Yell and Marilyn will be continuing to use Google advertising. Google is reimbursed on a pay per click basis so that the more responses you get, then the higher the Google fee but in turn this should be offset by the increased income from these contacts. You can also set a budget you want to pay for the advertising so that Google restricts it to within your budgeted costs. Marilyn did find at first she had the set too large an area that the advertising went out to and got queries from people too far away to be practical but she amended this and it is working very well for her.

The meeting was advised that provisionally, subject to possible change at a later date, the date for next year's AGM has been arranged for 12 October 2022.