



**The Association of Hypnotherapy & Stress Management! Registered at Companies House (Incorporated in England & Wales) (Registration Number 03707691)**  
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## **Minutes of the Annual General Meeting (AGM) of the Association of Hypnotherapy & Stress Management – Held 17<sup>th</sup> November 2025.**

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

Apologies were received from Laurence Nicholas prior to the meeting, and during the meeting John Lucas sent an email to Gill apologising that he was not attending as he had flu.

No proxy voting forms have been received.

### **Minutes of last AGM.**

The minutes of the last AGM held on 4<sup>th</sup> October 2024 had already been distributed and read by those attending. These were proposed as a true and accurate record by Marilyn, seconded by Gill and no one opposing.

### **Election of Directors**

Steve Thresh formally retired as director in accordance with the Association's Memorandum and Articles of Association. No other candidates had indicated an intention to stand. Steve agreed to stand again and continue as Director and there being no other candidates Steve was re-elected, unopposed, by the members present.

### **Annual Accounts**

A copy of the draft year end accounts, as at 31 March 2025, had already been distributed and Alex asked if all those present had seen the accounts and whether there were any questions.

Marilyn queried the change in administrative costs, which were £419 in 2023/2024 and had increased to £452 in 2024/2025. Alex explained that the costs for using Zoom had increased from £144 to £156 and legal and professional fees, such as Companies House and the Information Commissioners Office increased from £48 to £69.

Steve proposed the accounts be adopted as a true and accurate record and Gill seconded this. Alex confirmed these will in due course be submitted to Companies House and HMRC so that any tax liability can be paid.

### **Annual Report**

Everyone had been supplied in advance with a copy of the annual report and Alex read this out to the meeting. Within this it was explained that previous proposals for trying to gain new members had been interrupted by health issues affecting each of the directors, and Alex offered a short background to these.

The report again referred to our proposed membership recruitment campaign.

Marilyn queried the type of recruitment campaign the board was proposing to use once it is commenced. Alex explained that we were using a list of existing CNHC members as they already meet our own criteria for membership and we would send a series of emails to them with an invitation to join. The emails would point them to our website so that they could get more information.

Steve added that Alex is going to work on an additional page on the website containing some examples of the information available to members as this would not normally be available to them as non-members. The intention is to take portions of our existing information pages and put them onto this new information page in the hope that non-members will find this sufficiently enticing to approach us for membership. Steve said that we already have a substantial list of potential approaches and we are continuing to add to these.

Marilyn thought this was a good way of proceeding and mentioned the need to improve our Google ranking. Marilyn uses a company who assist others with this and only charges about a third of the fees that Google charge but she understood that at the present the Associations finances would not cover this additional cost. However, Alex went on to say that if our membership campaign was successful, then in a years' time we may approach Marilyn for further details as an increased membership will improve our financial standing to meet additional costs such as this.

Alex pointed out that with the impending Christmas and New Year celebrations it was not worthwhile starting the campaign until the new year.

### **Other BUSINESS**

No other business arose, so the date of the next AGM was discussed.

### **Next AGM**

After a short discussion, from which it was agreed it would be best to avoid the first half of October, Alex suggested provisionally setting the date as Monday 21<sup>st</sup> September 2026. This would allow time should there be a need to move the date on, without interfering too much with some of the annual year end returns we are required to submit. This date was provisionally agreed.