

Mind in Mid Herts

(the 'Company')

Minutes of the Annual General Meeting of the Company held
on Wednesday 2 November 2022 at 4pm at The United Reform Church, Church Road, Welwyn
Garden City, Hertfordshire, AL8 6PS

Directors' Present Paul Ronald (Chair)
 Danielle Adams
 Mary Compton
 Sandy-lee Connolly
 Isaac Kenyon
 Neil Margereson
 Rachel Simpson
 Claire Wilkinson

Apologies Narcis Balalau, Ian Callaghan, Shona Davies, Alexis Ernst

1. Welcome & Quorum

The Chair welcomed all those who were able to join the Annual General Meeting (the 'AGM'). There being a quorum present, the Chair declared the meeting open.

2. Life as a Trustee and Solo Peaks Challenge

Isaac Kenyon shared thoughts on his journey of being a trustee over the last 3 years and his most recent solo peak challenge involving running the Welsh 3 peaks (218km) to raise funds for the charity. The three peaks challenge was specifically chosen because it was undertaken in isolation, carrying heavy equipment through all-weather which was often likened to the burden of mental health and encouraging people not to be alone but to reach out and get help.

3. Formal business of the meeting

The Notice of Meeting (the 'Notice') dated 3 October 2022 was taken as read. It was confirmed that no questions on the Statement of Accounts or any other business of the meeting had been received from members.

All resolutions as set out in the Notice had been put to a vote by asking members to complete their proxy forms in advance of the AGM. The results of the proxies were set out below:

Ordinary resolutions	Votes For	%	Votes Against	%
Statement of Accounts	14	93%	1	7%
Election of Mary Compton	14	93%	1	7%
Election of Claire Wilkinson	14	93%	1	7%
Election of Rachel Simpson	14	93%	1	7%
Re-election of Ian Callaghan	14	93%	1	7%
Re-election of Sandy-lee Connolly	14	93%	1	7%
Re-election of Isaac Kenyon	15	100%	0	0%

The Chair provided an update on the Chair's report and Treasurer's report.

4. Presentation to volunteers

Awards were presented to Christine and Jacqui as 'Unsung hidden heroes' for the contribution and invaluable support to the charity.

5. Aim High Personal stories

A number of service users shared their personal stories on their journey to recovery. David Hook, Anjali Rundles, Gillie Ivory and Wenderlynn Bagnall

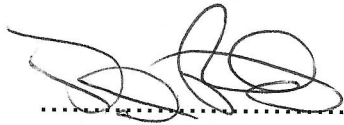
6. Service showcase

Hilary Taylor provided an overview of the new accident and emergency link project that had recently opened at Lister Hospital. The project aimed to provide emotional and practical support to individuals in A&E who are experiencing a mental health crisis. This involves offering practical support around navigating and feeling comfortable in A&E, provide coping strategies whilst in house and signposting or offering onward referrals to other mental health services and agencies post A&E. Since opening on 26 July, the team have covered 18 shifts and provided service to 58 individuals.

7. Close

The Chair thanked all for participating, thanked all at Mind in Mid Herts for all their work and contribution throughout the year and to Sharn and Steph for organising the AGM. A special thanks to Alexis Ernst, Trustee and Treasurer who would be stepping down from the board with effect from the close of the AGM.

The meeting closed at 6:20pm.

A handwritten signature in black ink, consisting of several loops and flourishes, positioned above a horizontal dotted line.

CHAIR