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| A person smiling at the camera  Description automatically generated | **Helen Gibson**  Helen has recently joined the Climate Group as Senior Governance Manager and has previously held various senior governance roles within the not-for-profit sector across both global and UK regulatory environments for over 10 years; including at Plan International, Chatham House and Amnesty International. She is also working towards becoming a Chartered Governance Professional.  Many years ago, Helen also worked in Mental Health for the NHS.  At Amnesty, she volunteered as a Peer to Peer Psychological First Aider and has an interest in supporting mental health and wellbeing initiatives in the workplace.  She lives in Luton with her family and is looking forward to supporting the work of MiMH. |
| Profile photo of John Blain | **John Blain**  John is a lawyer with over 30 years’ experience in a commercial practice in London during which time he led teams advising on large scale and complex litigation. He was also responsible for establishing the Mental Health network at his firm.  John lives in St Albans with his family and is very much looking forward to helping this important charity continue to thrive in order to meet the increasing demand in this essential area. |