

# HGS u3a

## Notice of 2026 Annual General Meeting

### Agenda

**Notice is hereby given** that the 9<sup>th</sup> Annual General Meeting of HGS u3a will be held on **Thursday 23<sup>rd</sup> July at 2 PM at the Hampstead Garden Suburb Free Church, North Square, NW11 7AG.**

We need at least 10% of the members to attend to constitute a quorum so please diarise the date and time and participate in the AGM. If the meeting is not quorate, matters on the Agenda will be discussed informally and recommendations can be made to the Trustees but no formal vote on a resolution can be held.

If you cannot attend in person, please use the [Form of Proxy](#) to attend and vote as you wish. The Form is also attached to the email which sent this Notice.

The Constitution provides that if the meeting is not quorate, it will be adjourned to a new date and on the new date the members actually present will form a quorum even if less than 10% of the membership. If necessary, the date and time of the adjourned meeting will be announced and circulated to members.

#### AGM Agenda

1. Apologies
2. Quorum check
3. To receive and approve the Minutes of the 2025 Annual General Meeting – Resolution 1.
4. Trustees' Report
5. Treasurer's Report together with the Independent Examiner's Report
6. To receive the Annual Report and Financial Accounts for the year ending 31 May 2026.
7. Election of Trustees: To re-elect two current Trustees who retire by rotation, Carole Spiers (Chair) and Simon Freeman (Treasurer), to elect two Trustees who were co-opted during the year, Nedret McKinley and David Cavendish, and to re-elect a former Trustee, David Powers. Their brief CVs are set out below. – Resolutions 2
8. Members' Open Forum
9. AGM formally closed.

In addition to this document, the following documents are available prior to the AGM on the HGS u3a website

- [Minutes of the 2025 AGM](#)
- [Trustees' Annual Report & Financial Accounts](#)

# Brief CVs

## Carole Spiers

Carole's credibility is rooted in 25 years' success as CEO of a leading UK stress management consultancy. She is a well-respected authority on building resilience and improving health and wellbeing, a BBC guest broadcaster, and author of Show Stress Who's Boss! Carole is Chair of a stress and mental health charity, an international motivational speaker, and is regularly called upon by the national press and media for comment. She is the proud founder of International Stress Awareness Week.

Carole moved into HGS four years ago and joined HGS u3a immediately, marking a new and enriching chapter in her life. She has now served as Chair for three years, drawn by the resounding buzz of activities and the camaraderie within the group. Her energy and commitment reflect her unwavering belief in the value of u3a, and continue to drive her to lead the group with passion and purpose.

## Simon Freeman

Simon ran an online law publishing business that he co-founded over 25 years ago having practised as a barrister and then a solicitor variously in private practice and industry.

Currently, Simon is the Treasurer of HGS u3a, assists variously with AV at groups and events and with Ticket Tailor, helps run the Cinema Group, and has a minor role in Friday Shakespeare as well as being a member of a number of other groups.

## Nedret McKinley

Nedret is a retired chartered certified accountant with broad experience in different industries. She originally joined U3a for bridge but now enjoys quite a few activities. She volunteered regularly at her children's schools while raising her family. She was a member of the executive committee at a role modelling project where they visited a supplementary schools every weekend and talked about their professions in order to increase interest in further education and qualifications. She also enjoys once a week, for over two years, taking part in activities for children with additional needs and disabilities.

## **David Cavendish**

David has been an active member of the HGS u3a since 2021, enjoying bridge, yoga, theatre and the occasional walk. He became Secretary last summer and is pleased to stand for election as a Trustee at the forthcoming AGM.

David grew up in Lewisham but moved away after university and has lived in the Suburb for over 40 years now. He qualified as a Chartered Civil Engineer and later as a Chartered Structural Engineer and worked in the offshore oil industry for 25 years. He left that industry in 2000 and became Estate Manager at the Sternberg Centre on East End Road, where he worked for a further 23 years, before he retired, in 2023.

## **David Powers**

David Powers is a retired BBC journalist who specialised mainly in foreign affairs and spent nine years of his career in Japan. He was one of the founder members of HGS u3a in 2017 and has run its website ever since. David served on the u3a's inaugural steering committee, subsequently becoming a trustee until stepping down in 2025.

David enjoys travelling and photographing wildlife. He's also a regular runner and hopes to finish his fifth World Major Marathon in Berlin in September. In addition to running, he walks a lot, leading the HGS u3a's Thames Path walks, as well as health walks on Hampstead Heath, and is a volunteer walk leader for HF Holidays.