








**NOMINATIONS FOR ELECTION TO EXECUTIVE COMMITTEE at the
ANNUAL GENERAL MEETING 17th OCTOBER 2025
Rev01-2**

Proposed and seconded nominations for election to LRU3A Executive Committee:

ROLE TITLE	CANDIDATE	PHOTO	SUPPORTING STATEMENT
Chair	Val Girling Palmers Green & Southgate Standing for election		<p>I worked in secondary education teaching art for 26 years. I then moved into consultancy work as an OFSTED inspector; an advisory teacher for foundation subjects across 12 schools in Luton and trained teachers with the Chiltern Training Group. It's about 7 years since I joined Palmers Green and Southgate u3a first as a Convenor, then as Groups Coordinator, Vice Chair and became Chair in 2021. As Convenor for several groups including book groups (3) film clubs (2) photography groups (2) and Mah Jong I am in regular contact with lots of members. I initiated and lead an Outreach Team which has effectively increased membership in the last three years by 60%. "I am passionate about lifelong learning and about maintaining a positive outlook on life. I have worked hard to make membership of my u3a inclusive, welcoming and supportive whilst also offering many opportunities for new and continued learning. In our third age we should embrace life and new challenges and look forward to each new day. The u3a can help members achieve that."</p>
Vice -Chair	Vacant		

Membership Secretary	Rikki Wallman Redbridge & District Elected 2023 Standing for re-election		Rikki started working with LRU3A January 2021 primarily to support the communications team especially the mail merge platform of Mailchimp. This developed into also assisting with the registration platform for events- Wufoo. It then seemed a logical step to become membership secretary in order to communicate with LRU3A to ensure their committee details were up to date. Rikki now leads in organising our walks and gallery visits.
Treasurer	John Bent Barnet Elected 2022 Standing for re-election		After being our Regional Trustee John has been our Treasurer last year. John has an accountancy background and hence is well qualified for this role.
Business Secretary	Maria Guest-Naharnowicz Welling Originally elected 2023 Standing for re-election but now in this role		I'm a relatively young retired teacher due to ill health. Member of Welling u3a for some 7 years+ , I was speakers secretary and vice chair then took over chair role for 3 years during Covid! As well as u3a voluntary work, I am Chair of Danson Youth Trust (involved since I was 18 years old)! I also work as a mentor in the NHS, mental health provision; exam Invigilator in 3 schools and work on every Christmas day with a charity preparing a scrumptious hot turkey dinner and Xmas pudding dessert for local vulnerable persons on their own! I can't sit still for long and I would have been diagnosed ADHD if it was available in 1964!
Events Coordinator	Vacant		

<p>Web Manager</p>	<p>Derek Harwood</p> <p>Elected 2021</p> <p>Standing for election in a new role</p>		<p>Derek was originally elected to the LRU3A Committee in 2018 as Webmaster, while also being Chair and Webmaster of Islington u3a. He has also been coordinating the London Region IT/Webmaster's and Treasurer's Peer Group. In the absence of a Chair, he agreed to take on the role of Vice Chair (North of Thames) but this year tenure period now comes to an end. He is also the Treasurer of the Third Age Trust. Derek has managed the migration of the LRU3A Website from 'Sitebuilder' to SiteWorks'. He is returning to the non-officer position of Web Manager to support the ongoing update to the LRU3A website.</p>
<p>General Member</p>	<p>Jane Fisher</p>		<p>I have been Chair of Merton u3a for about two and a half years, during which time I have strived to make our u3a inclusive and welcoming to all. I have also ensured that we are totally compliant with role descriptions for all committee members, and all of the roles that support the committee, as well as having all the mandatory policies. I am a Trust volunteer, trained as a presenter for Equality, Diversity and Inclusion. I am passionate about the u3a movement and personally, it has brought me new friends, joy and fulfilment.</p> <p>As my alter ego, I am an Animal Complementary Therapist, working mainly with horses these days – horses being my other passion!</p>
<p>General Member</p>	<p>Cariss Smith</p>		<p>I joined the u3a in 2012 after retiring from my project management role in the Home Office.</p> <p>I was part of Croydon's Committee for the maximum tenure of five years, in various roles including vice chair, business secretary and interest groups co-ordinator.</p> <p>I'm currently chair of Croydon's Travel team and also run several interest groups. I joined the London Region Events team in 2023, initially providing support for Summer Schools and more recently helping to organise study days and workshops.</p>