



London Region of U3As

MINUTES

Meeting Title:	DELEGATES MEETING
Date/ Time:	17th January 2025, 2.00-4.30pm
Venue:	On line with Zoom

Welcome & Previous Minutes:	
1.0	<p>Val Girling, LRU3A Chair, welcomed Jenny Wilson, who is London's Regional Trustee as well as one of our new Council Reps and to Chris Bulford, our second Council Rep. Both will be speaking later.</p> <p>Previous Minutes (18th October): No comments received, hence approved.</p>
Reports:	
2.0	<p>Some Reports had been previously issued to all u3as. Additional verbal reports were given at the meeting and have been included now in Appendix 1. Any questions arising are also recorded in Appendix 1.</p> <p>The Chair highlighted the current LRU3A network committee vacancies: Vice Chair. Also Peer Group Coordinators for Public Relations and Groups are required. But any other general help would also be welcome.</p> <p>Jenny Wilson reiterated how amazing the LRU3A events team were. The variety of walks, outings, museum visits and everything else was brilliant. London is lucky to have such a good team. Both Catherine Ware and Rikki Wallman are putting in a huge amount of effort to make the events so successful.</p>
News:	
3.0	<p>News from the Trust & Networks (see also Reports, Appendix 1): .</p> <p>Jenny Wilson and Chris Bulford are the representatives on the Council on behalf of London. This has fulfilled London's requirement.</p> <p>All u3a Chairs should have received notification of who the candidates are for Board positions. Iain Cassidy, CEO has sent the email to all Chairs with the voting links. There are 4 vacancies on the Board. The voting, candidate and election details are in the Events section on the TAT website. There is an invitation to the hustings on 5th February at 2pm. The voting for the Board finishes on the 21st February.</p>

Council Representatives Introductions (both reported):	
4.0	<p>London Region now has two Council Representatives. Both were asked to introduce themselves.</p> <p>Jenny Wilson, Croydon u3a Chair, and currently London’s Regional Trustee: From January 2024, as London Region had no Regional Trustee until October 2024. Jenny has been the London Regional Trustee since October 2024. She stated it was a great privilege. It was a lengthy induction process. 12 sessions, 11 online and 1 face to face.</p> <p>Since the beginning of November, Jenny has visited 5 u3a’s already; 3 on social occasions when she was able to circulate amongst the members and had all sorts of positive and only a few negative conversations. She has also visited 2 u3a committee meetings where they needed a bit of help, with guidance and advice. Jenny is happy to attend any u3a groups/meetings.</p> <p>Chris Bulford, Islingtonu3a Committee Member The national Council is a completely new body, it is hoped that it will become a key communication channel between local u3a’s and the national office. The Council will be fully formed and operational from April 2025. So more news to follow.</p> <p>Two main points to bear in mind are that the National Council as a volunteer body, has no staff whatsoever attached to it. All members have to work on their own initiative to make it best for the u3a’s. Chris has been in what is called ‘ start up situations’ before.</p>
Topic 2- Susannah Hodge- ‘ Learning opportunities provided by the `Trust ‘	
5.1	<p>Susannah is Head of Learning and Volunteering as a member of staff at the Trust. She had worked at the Trust for the past 3 years. The presentation given was about the learning opportunities provided national for all u3a members by the Trust. The presentation can be viewed on the LRU3A website here: Learning Presentation.</p> <p>The slides of Susannah’s talk as well as the updated learning leaflet will be sent out with the minutes of this meeting.</p>

5.2	<p>Questions or Points arising:</p> <p>JW- there is a broad range of talks on the website. Of course, these are all included in our membership.</p> <p>Also, Susannah is currently working in partnership with Ability Net. This provides support to older people on us in technology. They have agreed to do some workshops, some online events in partnership with us. Two sessions a month, on a range of different topics. One recently on staying safe online and scams.</p> <p>SH- Historically , in context, there has been huge amount of growth from the national office to this current situation. The opportunity to make so much learning online grew out of the result of COVID. Only in the last 6 months or so has the learning opportunities become part of my responsibility. So my role has changed, since I joined the trust. We had the resource library, where DVDs would be sent out, this was subsequently closed</p> <p>VG- Currently there is a list of speakers for London region, Catherine Ware has a database of speakers who have identified themselves for potential talks. Jo Livingstone maintained a list of London speakers. It is a priority to amalgamate all lists but ensure that the speakers’ details are all accurate , up to date and that only recommended talks are included on the website. It was felt there is a lot of talks out there, but not always worth the money. Easier to see what speakers offer via YouTube and the like. If you do use “find the speaker” online on the website, please give feedback to us about the speaker you used.</p> <p>The members applauded Susannah’s talk as it was very useful in understanding the range of learning opportunities available nationally.</p>
5.3	<p>Following the end of the presentation the audience was to be split into Break out Groups. They were asked to consider the following questions:</p> <ul style="list-style-type: none"> • Were you aware previously of the learning opportunities available nationally? • Do you cascade your awareness of these opportunities within your u3a? • How can you/did you integrate them into your local u3a • Are there any current gaps in the offering?

5.4	<p>Breakout Rooms Feedback/Plenary</p> <p>Room 1: the members felt the learning resource is amazing. As a new member, it is quite daunting. Impressed with everything on website, AI was utterly amazing. The resource does actually help enormously and takes a weight off the organisation. There is a whole list of activities which we can use, these details can be added to our newsletter, and this will help the Speaker Secretary.</p> <p>Room 2: felt that by informing members in whatever way we can, monthly meetings, newsletters, bulletins, emails etc. is a real advantage. Resources for painting or art or to go direct convener and tell them about it. So they might be able to use it for their groups. Group leaders have access to encourage every member. Communication is the key.</p> <p>Room 3: discussed what value for money, the u3a membership is. Huge benefits which memberships brings the individual member. The information goes into newsletters, particularly the London region information goes into our newsletters. If there is a time gap between when event is advertised and newsletter due to be published, a Beacon email will be sent to all members with a valid email address and is more personal. Due to COVID, more people are accessing IT, but it is their choice to access it. There are other members who thrive in everything, including Zooms. Others only want face-to face activities.</p> <p>Room 4: discussed the importance of communicating these matters, also issues around getting good and memorable speakers for the most part. No massive insights. We also discussed Summer School. Group enjoyed our discussions.</p> <p>Room 5: the conversation was about the extent of the learning offer and how much it is grown lately. Updates are received if you have registered or attended events. Insular nature of some u3a's was discussed. This is the barrier we face trying to get this information to general membership. We spoke about mentioning it at monthly meetings. The monthly meetings are an opportunity to make people aware of it by going through the group conveyers- what exactly is available to help to them on their groups.</p> <p>Room 6: Chris Bulford questioned – are we replicating locally what we are doing nationally? Might be too much overlapping. There is a lot of information available for all members to look at. Felt that to find the National U3a is hard, there isn't a link to it. Identified that TAT 'Third Age Trust' in search engine: would open up to the National u3a. Thought that average member does not link in their head- the TAT with the National U3a. Chris is going to investigate possibility of a link made to ensure that members are able to open the correct page, they want. Considered that a national link must be added so that members can actually get through from the u3a. Mentioned that although the national organisation has the list of speakers, not all recommended. Shared list of speakers used by local neighbouring u3a's.</p>
5.5	<p>Summarising:</p> <p>VG- Thanked all for their good feedback and interesting conversations. She suggested they take away the information and act upon Susannah's talk.</p>

Wrap Up & AOB

6.0

It was reiterated that if there are any volunteers out there who would like to step up or is interested in joining the Executive Committee for the London region please get in touch.

If you haven't got/had the link for registration for the Chairs meeting and you are here as a delegate; this is because the email is sent to Chair.

Delegates must check with their Chair to ensure that their u3a is registered to vote for the members of the national Board.

Ron from Wanstead & Woodford-asked about the role of a delegate which is on the website, but didn't work properly. The link has now been fixed.

Dates for next meetings:

- Next Year: Chairs networking event: 26th February.
- Thursday 17th April
- Friday 18th July
- Friday 17th October + AGM

(one of these is currently planned to be a face to face meeting)

APPENDIX 1 – REPORTS

(issued prior to the meeting and enhanced now with verbal delivery at the meeting):

EXECUTIVE COMMITTEE REPORTS:

TREASURER (John Bent):

Verbal report provided: LRU3A has a healthy surplus of £1900, £720 was the contribution that the Regional Trustee makes to pay for the Zoom licence. There is also a grant from Dagenham u3a of £750 which is because Dagenham u3a unfortunately has folded. There is a £500 grant from the (CAF) Charity Aid Foundation which we received. So, the £1900 surplus is a 'one-off' due to these triple grants and will not be repeated next year. Expected result for the year will be a deficit excluding those one-off grants.

Question from the audience– where does LRU3A get its money from? The Treasurer responded: It comes from u3a grants or our ticketed activities that we offer, like the Wellness Day, a visit to the Wallace Collection, the walks etc. All provide income once costs are taken. There was a surplus on the walks because a member led them and did not take a fee. Other times, when there is a professional guide, we make slightly less than 10% on our events. The Zoom licence is funded through our Regional Trustee. Any face-to-face meetings such as the AGM and Chairs event have to be funded by our activities.

PEER SUPPORT GROUP (PSG) COORDINATOR (Liz Day):

There are 5 peer support groups in the London region, 3 active peer support groups and 2 which are currently inactive. The 2 support groups which are not running now are the Group Co-Ordinators Support Group and the Communications Peer Support Group. Both ran for some years and were highly active and it is hoped that they can start again soon. A volunteer is needed to re-start these.

CHAIRS FORUM:

Upcoming events- the 5th group is the Chairs' Network Day. There was a bit of confusion because the Delegates Meeting and the Chairs Network were advertised together. Chairs Network Day is on Wednesday 26th February. Currently, there is 20 registrations, but only 10 out of 42 London u3a's are represented. This event is going to be focused on publicizing your u3a; finding new members for your u3a and meeting our new CEO, Iain Cassidy. It is important that we get all Chairs attending.

Val Girling and Jenny Wilson are organising the day. It will be held at LIFT centre, near Islington Angel tube station, a convenient location and includes lunch.

If a u3a Chair is not coming, any u3a member from that membership can attend. There should be a representative from every u3a in the London Region, whatever their role might be. You must be registered to have lunch provided.

The Chairs WhatsApp group is receiving minimal traffic. Last topic was sharing Speaker contacts.

GROUP COORDINATORS: Any volunteer to re-start this PSG?

WEBMASTERS PSG (Derek Harwood):

This PSG continues with regular meetings, the last one being held in November with reps from 10 London u3a's attending. The main items for that meeting included:

- Status of SiteWorks
- It Skills Training
- Open discussion

There were 22 London u3a's that were going through migration process from Site-builder to the new SiteWorks website software, including the LRU3A Regional network site. Most of the support for this effort came from the national volunteer team but this PSG offered support to the London web managers. All completed the task before the shutdown of Site-builder on 13th December.

LRU3A had arranged a further IT training programme in conjunction with AbilityNet. This had been oversubscribed with an average of 22 members attending each of the 4 sessions. A wide range of topics was covered in the programme and is hoped to be offered in February.

The popularity of this PSG is due to the opportunity of web managers to raise and discuss topics which they might be struggling with or considering.

London Region is now on SiteWorks and all updated. Several London u3as have migrated to SiteWorks. If there is any information you need or is missing, please contact Derek. The Shared practice guides are quite useful and used by several u3a's. It is all on the LRU3A website if you want more information.

We work with AbilityNet for our free IT training and that was in August last year. 80 attended. It is hoped to set up another programme with face-to-face training in March. Dates will be in our newsletter.

TREASURERS PSG (Derek Harwood):

This PSG continues with regular meetings, the last one being held in October with reps from 8 London u3a's attending. The main agenda items for that meeting included:

- Gift Aid update
- National Treasurers Forum
- Anything else. Open discussion

While none of the London u3a's had had their gift aid claim rejected by HMRC (yet), over 12 have had problems nationally. The national Trust has raised this issue with HMRC and there is general interest on progress. An update was provided to the PSTG – a letter has been submitted to HMRC to raise the issue and state the Trust's views on why the submitted claims were valid.

A recent development is forming of a Treasurers forum nationally to provide a means of support for u3a Treasurers. It has taken the form of a Facebook account (where Treasurers could send queries) and a 3 monthly Zoom session (where key topics are presented – the last one being on the update to the Beacon Finance module). Specific issues are also raised and shared at the PSG.

PUBLIC RELATIONS PSG (vacant): Any volunteer to re-start this PSG?

COMMUNICATIONS REPORT (Rikki Wallman):

Mailshots have been going out to Chairs and Delegates of London region, usually twice a month. These mostly have information to be cascaded to the membership of each LR u3a.

It is therefore important that all secretaries/chairs inform the London Region membership secretary (Rikki Wallman) mailchimpadvisor.lru3a@gmail.com as soon as there are changes to the committee, whether it be at the AGM or any time throughout the year. It is appreciated that after AGMs the information about committee is sent through the portal to the Trust. However as their database and that used by London Region is different, we cannot be passed these details due to GDPR. Hence the request for LR u3as to submit these details again. Please ensure that secretaries are aware of this and that they don't respond due to thinking it's a scam.

Mailshots also go out regarding LR events to members who have registered for online talks and also taken part in the events organised throughout 2024. This should ensure that members are notified through their own u3a's newsletter/monthly meetings etc and directly if they have previously registered for an event in 2024. London Region continues to use a 500 capacity zoom license as the online talks attract well over 150 members at most of the sessions.

Mailchimp is our communications platform and Wufoo our registration one. Although these, as shown previously, are not perfect, we have yet to find alternatives that suit our criteria.

There is a new member of the communications team being trained as cover on Mailchimp. Always on the lookout for help with communications. Please let me know if you would like any further information.

EVENTS REPORT (Rikki Wallman):

9th September saw two walks by Ian Fagelson-London's 3 historic Jewish Quarters. The original morning walk was overbooked so Ian kindly agreed, when asked, to repeat it in the afternoon. Capacity for both a.m. and p.m. 25 fully booked cost per walk £10.00 per person

30th September was a walk by Paul Baker – Spitalfields a guided walk. This was fully booked immediately but unfortunately Paul could not repeat it in the afternoon as he had other commitments. Capacity and registered 26. Paul is a u3a member, cost per walk £10.00 per person

9th October –Wellness Full Day. This was attended by 30 members (full capacity) cost £41.00 including lunch

17th October Black history month walk (capacity and registered 27) afternoon visit (capacity and registered 18) cost per walk/visit £10.00 per person

12th November –The Wallace Collection full day event capacity was 130, fully booked and paid for attendees 103 £38.00 no lunch

9th December Brandenburg Concert capacity 160 (increased from 130) paid attendees 125 cost £27.00 For these 5 walks/visits, the members heard about the event as follows

Previous summer school attendee 33% Online talks 17%

Own newsletter, meeting etc 37% Another u3a member 13%

For the Wellness Day

Previous summer school attendee 25% Online talks 8%

Own newsletter, meeting etc 55% Another u3a member 12%

10 out of the 30 members came from Palmers Green and Southgate Wallace Collection

Previous summer school attendee 25% Online talks 9%

Own newsletter, meeting etc 53% Another u3a member 13%

13 from outer London

Concert

Previous summer school attendee 18% Online talks 7%

Own newsletter, meeting etc 62% Another u3a member 13%. 9 from outer London Region

TOTAL REGISTRATIONS FROM EACH u3a FOR THE EVENTS SEPT-DECEMBER

Lilac indicates no registrations for any event

Yellow indicates the u3as supporting these events.

Quite a difference between the u3as supporting the walks/visits £10 per session as opposed to Wellness Day £41, Wallace Museum £38, and the Concert £27

I have left in Dagenham as they folded after the publicity went out. Newham not included yet as they have only just launched Brent and Hillingdon South have unsubscribed from LR communications and I have had no response in emailing them. Similarly with Abbey wood, many emails have gone unanswered

u3a	Ian am	Ian pm	Paul	C.M walk	CM visit	walks/visits	Wellness	Wallace	Concert	total
Abbey wood						0		0	0	0
Barnet	5	7		1		13	4	7	8	32
Beckenham			1			1		1	0	2
Bexley	1		1	1		3		0	2	5
Brent						0		0	0	0
Bromley	2		2	1		5	2	9	11	27
Crouch end						0	2	0	1	3
Croydon		1	1			2	1	7	11	21
Dagenham						0		0	0	0
Dulwich			3	1		4	2	3	5	14
Ealing			1			1		2	2	5
Enfield			1	1	1	3		0	0	3
Hackney	3					3		7	5	15
Hammersmith						0		3	0	3
HGS						0		0	1	1
Harrow	1	1	2	3	4	11	2	3	4	20
Havering						0		0	0	0
Hillingdon			1	3		4	1	1	1	7

Hillingdon South						0		0	0	0
Hounslow				1		1		2	3	6
Islington	2	1				3	1	8	5	17
Kenton				1	1	2		0	0	2
Kingston		1			1	2		6	3	11
Merton	2		1	3	1	7	2	4	6	19
Mill Hill	2	2	1			5		1	0	6
North London		2	1			3		1	2	6
Northwood	2	7	4	1		14		1	0	15
Norwood						0		1	1	2

Orpington				1		1		2	3	6
PGS	1	1	2	1	2	7	10	0	2	19
Redbridge				2	2	4	1	7	4	16
Richmond		1			1	2		9	7	18
Sidcup						0		0	1	1
SEL				3	2	5	2	1	12	20
Stanmore						0		0	0	0
Sutton					1	1		0	2	3
Tower Hamlets						0		1	0	1
u3a in London					1	1		2	1	4
Upminster	1		2			3		0	0	3
Waltham Forest					1	1		1	2	4
Wandsworth	2			1		3	2	1	1	7
Wanstead and Woodford						0		0	0	0

Welling	1		1			2		1	11	14
	25	24	25	25	18	149	32	92	115	388
Basingstoke								3		3
Chalfonts									2	2
Chorley Wood		1				1				1
Colchester								2		2
Farnham									1	1
Guildford									1	1
Lowerstoft								2		2
Norwich	1		1			2			1	3
Petersfield								1		1
Potters Bar								1		1
Shrewsbury									2	2
Tunbridge Wells									1	1
West Oxford									1	1
Wellingore								1		1
Wheathampstead								3		3
	1	1	1					13	9	25
GRAND TOTAL	26	25	26	25	18	152	32	105	124	413

UPDATE ON THE ENTIRE PROGRAMME FROM MAY TO DECEMBER

From the first walk in May to the Concert in December there were 498 individual members registered over a wide range of inclusive and diverse activities. The summer school 2023 had 246 registered. Surplus for the autumn walks £400 this was due to Paul Baker being a u3a member so could not charge, surplus from his walk was £270

Surplus from Wellness Day was just over £200

Surplus from Wallace collection £130

Surplus from Concert £170 approx

Surplus for the May-Aug walks/visits and NHM events £1170

Total surplus May-December £2070

This surplus is used to pay for our tools, Wufoo, Zoom and face to face AGM and Chairs Network Day

PLANS FOR 2025

7TH March Gilbert and Sullivan Music day-being organised by Catherine Ware

March Women's History Month- several walks and gallery visits in the pipeline to focus on the topic.

Mike Marriott putting this together with Rikki and Vivek

April 26th AI study Day, organised by Catherine Ware

April-September, many walks and gallery visits plans in progress. Mike, Rikki, and

Vivek October

Wellness Day Peter Chung, Carriss Smith TBC

Natural History Museum Sue Leigh and a couple of others that have said they would help

TBC Black History Month Walk/visits Mike Rikki Vivek

No discussion yet regarding repeating Wallace Collection or the Brandenburg Christmas concert with Philippa Bassett

These events are being organised by small teams, so not one person is responsible for overseeing it all. Patricia Gregory keeps the events team diary to ensure we do not overlap with events

OTHER LRU3A GENERAL NEWS:

The new SiteWorks LRU3A regional website is now operational at: <https://lru3a.u3asite.uk/>

NATIONAL GENERAL NEWS (Derek Harwood and John Bent):

Following the national AGM and u3a's voting in the forming of a Council, work has been progressing to find two reps for each national region. London has two nominations (Jenny Wilson and Chris Bulford). Voting for these will open on Monday 13 January 2025.

The National programme of workshops and talks continues. See details here.

The new Trust's CEO, Ian Cassidy has been visiting various u3a's around the country and getting to know how the u3a movement operates. He will be visiting London region and attending the LRU3A Chairs forum in February.

NETWORK LINK (Derek Harwood):

This forum offers a common discussion and support platform for all u3a networks, such as LRU3A.

The last Zoom meeting was held in October with over a 100 people attending. There were two main topics:

Running an event in your network: Pat Collard (Yorkshire and Humberside region) and David Ashton (South East region) shared their experience of organising events such as Summer Schools and the recent Festival. They presented a talk, explaining all the pitfalls, the requirements and the excitement in setting up an event, large or small. Other networks shared their experiences.

Artificial Intelligence for networks: Barry Clayton, AI Subject Advisor, discussed AI tools and how networks can utilise them. Then as usual, the meeting ended with a chance for networks to “Air and Share” and issues.

APPENDIX 2 – REGISTER

ATTENDANCE					
		<u>Present</u>		<u>Apologies</u>	
	LRU3A Committee & other posts				
	Chair	Val Girling *	1		
	Vice-Chair	Vacant			
	Treasurer	John Bent*	1		
	Learning Development Coordinator	Liz Day *	1		
	Communications Coordinator			Vivek Nanda *	1
	Secretary	Maria Guest-Naharnowicz *	1		
	Events	Rikki Wallman *	1		
	Talks Coordinator	Catherine Ware*	1		
	Guest: Susannah Hodge - learning opportunities	Susannah Hodge	1		
	London Region Trustee	Jenny Wilson *	1		
	London Region Local Networks:				
	BOB	See Bromley			
	SW London	No rep			
	London U3A Representatives (Chair, Delegate, Other)				
1	Abbeywood & Thamesmead		0		
2	Barnet	John Bent, Jim Jenkins	1 1		
3	Beckenham		0		
4	Bexley	Rosemary Case	0		
5	Brent		0		
6	Bromley		0	Angela Dowling (S)	1
7	Crouch End		0		
8	Croydon	Cariss Smith Jenny Wilson Joy Ellery	1 1 1		
9	Dagenham	Folded but was on original list	0		
10	Dulwich & District	Fiona Stack Liz Day	1 1		
11	Ealing	Derek Atkinson Jill Stern	1 1		
12	Enfield		0		
13	Hackney	Liz Southcombe	1		
14	Hammersmith & Fulham	Sue Adams	1		
15	Hampstead Garden Suburbs (HGS)		0		
16	Harrow		0		
17	Havering		0		
18	Hillingdon		0 0		
19	Hounslow		0		
20	Islington	Chris Bulford (D), Sally Fox (D), Derek Harwood	1 1 1	Vivek Nanda	1
21	Kenton & District	Dick Nathan	1		

22	Kingston		0		
23	Merton	Linda Thompson (VC) Catherine Ware	1 1		
24	Mill Hill		0		
25	Newham	Rosemary Jenkins	1		
26	North London	Michael Lewis	1	Michael Johns	1
27	Northwood & District	Rob Thomasson (C)	1		
28	Norwood	Judith Foskett	1		
29	Orpington	Sue Howe (S)	1		
30	Palmers Green & Southgate	Val Girling, Frances Halliday Ann Rayner	1 -1 1		
31	Redbridge & District	Denise Kaye Rikki Wallman	0 1		
32	Richmond		0		
33	Sidcup & District	Sandra Applegate (S)	1		
34	South Hillingdon		0		
35	Stanmore & District		0		
36	SE London	Timothy Crossley (Co-C)	1		
37	Sutton Area	Sue Deans	0		
38	Tower Hamlets	Vanda Green	1		
39	U3A in London	Barbara Stevens (T)	0		
40	Upminster		0		
41	Waltham Forest	Christine Farnes	1		
42	Wandsworth		0		
43	Wanstead & Woodford	Ron Prince	1		
44	Welling	Maria Guest-Naharnowicz	1		
TOTALS		Participants online at peak: some who had not registered) 33; 36 People registered: u3as represented on the day: 22 out of 43 (50%) Apologies received from members: 3 u3as covered by apologies: 3 u3as active: 22 (20+ 3); u3as inactive (no response): 17 Attendance up since last meeting.			

*Duplicates not counted in totals