

## London Region AGM 17<sup>th</sup> October 2025

I had the opportunity to attend the AGM of the London Region of the u3a with our Vice Chair of Sutton, Sue Deans, which was held in Islington.

As well as the usual AGM items there were short presentations on aspects of the relevance of the London Region and I learned that as well as having their own Newsletter and special events, such as themed walks and concerts, they were keen to further improve the training that they offer for prospective as well as acting local committee members. The Chair of the u3a Council, Sue Russell, explained more about the responsibilities and roles for the Council in general and our two London representatives in particular and how they are anxious to hear from us about how we would like to see the organisation develop.

Additionally, LR executive committee are implementing a policy to reach out more to support local u3a groups with useful advice and new ideas. This is particularly useful for failing or dwindling groups but was also helpful generally for sharing the successful ideas from all the 60% represented. We heard that one of the limitations in common for local u3as was the size and cost of the premises for larger meetings. We also heard of interesting ways to attract new members - especially perhaps those not yet retired as they might not realise they were eligible to join u3a. We discussed ways that the u3a could improve its public profile to attract more members.

With all this in mind, it was very useful to have time given for small group discussion with the other attendees, which brought up new ideas that we could share.

I also heard about u3a's representation in a group of organisations called *Age-Friendly London*, working with the Greater London Authority to make a plan of action reflecting the needs of the older community. This is an ongoing project which will hopefully lead to some improvements in facilities and amenities in the London Area.

All in all, it was a stimulating and enjoyable session and a productive one!

Jenny Waller (Sutton u3a member)