

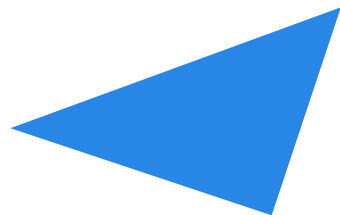


London Region of U3As

LRU3A Performance Review - 2026

1. Highlights from our LRU3A self assessment
2. Highlights from the Member Survey – your views
3. Support Visit status/ highlights

October 2026
Rev. 02



PURPOSE:

A review of how we, the LRU3A Executive Committee, are performing. Are we meeting the published LRU3A Aims & Objectives?

METHOD:

By a self assessment by the Executive Committee and by a Member Survey.

METHOD:

Use a ‘traffic light’ scoring system against each of our published Aims & Objectives These are::

- To support all u3as in the London Region in the advancement of life long learning in a social context.
- To support the exchange of experience and knowledge amongst u3as, and with the Third Age Trust.
- To encourage and support u3a growth and development in the London Region.
- To support the overall aims and objectives of the u3a movement and the Third Age Trust.
- To promote the equality, diversity and inclusion of members
- To ensure the network is sustainable
- To support the London Council Representatives

(above is updated version after feedback from Member Survey)

LRU3A Performance Review – Self Assessment

RESULTS:

(this is just to show you method used)

TOPIC OR ASPECT	METHOD OR TARGET	SCORE (1 TO 5)	COMMENT / ACTION
a) To support all u3as in the London Region in the advancement of education and, in particular, the education of older people and those who are not in full time employment.			
Delegates meetings with Guest Speakers to educate/ present on a specific subject	4 a year		
Walks and Talks programme. Now continuous	Average twice a month. Always over subscribed.		
Regular IT Skills Training with AbilityNet	Normally twice a year		
Others?			
b) To support the exchange of experience and knowledge amongst u3as, and with the Third Age Trust.			
Delegates meetings to include time for sharing between u3as			
Peer Support Groups established to share / and help roles	Only 2 currently operating		PSG for GCs/GLs to be re-started
Chairs forum	Once a year		
Website advertises national events			Could do more.
Mailchimp Mailshots issued advertising national events			Could do more
c) To encourage and support u3a growth and development in the London Region.			
CRs and Chair support this initiative. Membership figures for London are: 2024 = 22494 2025 = 23349 2026 = 24859 (6.5% growth)	Add figures from current Annual Returns		Annual figures updated. Shared with EC and uploaded to website. Support Visit schedule developed and being implemented.
Consider u3a gaps in London coverage and how they can be filled			Support visits being held. Being reviewed and follow up actions arising.

LRU3A Performance Review – Self Assessment

d) To support the overall aims and objectives of the u3a movement and the Third Age Trust.			
Website sort of does this			Look to post more about national events
Any other method?			Any other method?
e) To promote the equality, diversity and inclusion of members			
We have a dedicated EC member to promote and support u3as in this objective			
How many u3as have taken up the support offered? Is that sufficient / do we have a target to measure against?	Add figures		Jane following up
f) Ensure LRU3A is sustainable			
Have a Trustee succession plan in place. Continue to look for successors.			No particular action. Keep a look out for possible candidates.
Ensure we have a sustainable financial model	Talks & Walks cover all ongoing expected costs		
Ensure good communications in place to highlight the value LRU3A offers to London u3as	At least one newsletter per month		
g) Support to our Council Representatives			
Provide adequate support to CRs as required and requested			
Have a mechanism in place to feed views of London u3as to our CRs			This can come through our Delegates meeting and the Chairs Networking event.

RESULTS SUMMARY:

STATUS	July 2026	Sept 2026	Oct 2026
Green	8	10	10
Amber	8	8	8
Red	2	0	0

Since July we've been working through the results, hence the improving 'score'. Similar points raised in the Member Survey so we've now amalgamated the 'Ambers' with results from the Member Survey.

METHOD:

Survey issued to all London u3as.

There were 36 completed survey forms from 25 London u3as (58% of u3as represented).

Most were single response from each u3a (but Wandsworth provided 4 responses).

SUMMARY of FINDINGS:

Most of you felt we were doing a good job!

Some suggestions for improvement (in the areas that follow below).

Some lack of knowledge (of what we do currently).

FINDINGS, AREAS FOR IMPROVEMENT:

Generally, the feedback was positive – most u3as felt we are doing a good job! Thank you!

There were some suggestions for improvement and there was some lack of awareness on what we currently offer. These were:

FINDINGS, AREAS FOR IMPROVEMENT:

- More ‘support’ (in various ways). Some weren’t aware of our current ‘Support Visits’ initiative. They suggested / wanted visits.
- Suggested more ‘role’ support and ‘training’. Didn’t seem aware of our Peer Support Groups or the national training workshops. Need to see if we can start other PSGs.
- Need to improve our communications about these.
- Some subject requests: to be covered by our ongoing Delegates Meeting topics programme.
- Some wanted more communication – either by Facebook or a Newsletter or by more meetings.

FINDINGS, AREAS FOR IMPROVEMENT:

- We've a list of actions arising which we'll be working through over the next few months.
- A key element to many of your points relate to our current 'Support Visits' (see next)

PURPOSE: As per our Objectives, ‘To support all London u3as’
Initially targeted support was to:

The 7 London u3as with a falling membership number (by greater than 5%):

- Abbey Wood & Thamesmead
- Brent
- Hillingdon
- Northwood & District
- Norwood
- Upminster
- Welling

The 3 other London u3as with a falling membership number (by less than 5%):

- Harrow
- Redbridge
- Sidcup

The 6 London u3as with membership under 100:

- Abbey Wood & Thamesmead (39)
- Brent (50)
- Hounslow (93)
- Newham (77)
- Norwood (39)
- South Hillingdon (56)

STATUS:

29 initial visits held (by Chair and our Council Reps)
4 follow up meetings held. Others planned.

Most visits were welcomed. Even if some started with some hostility.

Main issues were:

- Didn't know what LRU3A did or could offer (initially)
- Believed they had no issues (until pointed out)
- Some awkward committee members (blockers)
- Did appreciate specific suggestions and guidance

Do you want/ need a 'Support' visit?

XXXXXXXXXXXXXX

Questions?

- Members in this region report particularly positive outcomes in lifelong learning, improved wellbeing and staying mentally and physically active.
- Feedback also highlights the positive impact u3a has on improving members' lives and helping to reduce feelings of loneliness and isolation.

Indicators	Regional results	National average
u3a has improved my life in some way	95%	95%
u3a gives me opportunities to keep learning and stay curious	93%	90%
u3a has expanded my social connections	78%	79%
My sense of wellbeing has improved since joining u3a	81%	77%
u3a has helped me stay mentally and physically active	74%	66%
u3a has reduced my feelings of loneliness and isolation	47%	45%