# London Region of U3As

| MINUTES | |
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| Meeting Title: | **ANNUAL GENERAL MEETING & DELEGATES MEETING** |
| Date/ Time: | **Friday 16th October 2026, 1.30-4.30pm** |
| Venue: | **LIFT, 45 White Lion Street, Islington London N19PW** |

Present: See listing in Appendix 1

Apologies were received from: Maria Guest-Naharnowicz (Business Secretary)

| | TOPIC | ACTION BY |
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| 1.0 | **Welcome**: Val Girling (Chair) welcomed the attendees and thanked all for coming to the AGM/Delegates Meeting.<br>Val confirmed that she would be Chair for the AGM and introduced members of the LRU3A Executive Committee, John Bent (Treasurer) Derek Harwood( Web Master) Rikki Wallman<br>(Membership Secretary and Mailchimp Administrator, Jane Fisher (EDI) and Cariss Smith (General Member)<br>Val welcomed our Council Representatives, Jenny Wilson and Chris Bulford who are ex-officio members of the LRU3A Executive Committee. | |
| 2.0 | **Confirmation of a Quorum**: The Chair stated that the meeting was Quorate. | |
| 3.0 | **Minutes of the fourteenth AGM held on 17th October 2025** (previously disseminated): No errors were identified and acceptance of the Minutes was approved by all. | |
| 4.0 | **Matters arising from the above Minutes:** No matters arising. | |
| 5.0 | **Receive and Adopt Accounts for the period 1st September 2025 to 31st August 2026:**<br>The accounts had been previously disseminated. Net results for the year ended August 2026 show a surplus of £1432, compared to the previous year surplus of £2830. This is close to break event which, as a charity, is our Objective.<br>The Balance Sheet of 31stAugust remains healthy with £14.091 Reserves.<br>Adoption of the Accounts was proposed and unanimously accepted.<br>No questions from the floor. | |
| 6.0 | **Elect Officers and Committee Members to the Executive**<br>Nominations showed Val Girling continuing as Chair.<br>Derek Harwood, Rikki Wallman, John Bent, Maria Guest- Naharnowicz, Jane Fisher and Cariss Smith are all standing for re-election.<br>Neville Rowden was also standing to join the Executive Committee.<br>All were approved unanimously. | |

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| 7.0 | **Resolutions:** None received. | |
| 8.0 | **Trustees Annual report** (Previously disseminated): The Chair, Val Girling highlighted various points.<br>Membership overall for London Region continues to increase. It now stands at 24,859 in March 2026, up from 23,349 in March 2025. The average u3a size is 578.<br>Several u3as in the Region continue to grow. However some are seeing static or falling membership numbers. To ensure they are sustainable, these u3as are being supported by LRU3A Executive Committee and our two Council Representatives.<br><br>Like some individual u3as, we have struggled to recruit Committee members to fill gaps and find successors. However Executive Committee positions are stable tor the coming year. | |
| 9.0 | **Future Meetings**: In response to comments from some u3as asking for a review of the day chosen for regular Delegates Meetings, these were confirmed for 2027 as: -<br>• Tuesday 12th January (on Zoom)<br>• Friday 16th April Chairs Network day (face to face at LIFT), Islington)<br>• Thursday 15th July (on Zoom)<br>• Friday 5th October AGM & Delegates (face to face) | |
| 10.0 | **AOB**: Nothing was raised and the AGM was formally closed at 2:15pm. | |
| **DELEGATES MEETING** | | |
| 1.0 | **LRU3a Performance Review and Survey:**<br>Derek Harwood (Web Manager for LRU3A) opened the meeting by emphasising our Aims and Objectives, to support London u3a Committees and educational/social activities for all our members. Also to uphold and benefit from the work of the Third Age Trust by providing a voice for the LR of u3as at a National level.<br><br>Derek briefly outlined the results of a recent Performance Review against these Aims and Objectives. This Review was carried out partly by Self-Assessment and partly by a survey sent to all u3as in London Region.<br><br>A couple of amendments were made by the Committee to the Aims and Objectives to reflect 'life- long learning in a social context' and the need to support our two representatives Jenny Wilson and Chris Bulford on the National Council.<br><br>The response rate from the Survey was approximately 58% (36 surveys returned) The Status of most Aims and Objectives was measured as either Green or Amber with no major failures. Details will be posted on the website.<br><br>Val Girling (Chair) outlined the status of support visits undertaken in 2026 and gave details of those u3as (normally smaller ones in terms of membership) where it was felt a little more Regional support would be appropriate. Val also stressed benefits in helping to promote/communicate best practice/processes from 'successful' u3as. | |

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| | This was followed by lively round table discussions covering the following three Topics: -<br>a. Recruitment – Why do we need to recruit younger members and how do we do this?<br>b. Succession Planning How do we manage this planning in our Committees?<br>c. Review of the Shared Proactive guide 002. | |
| 2.0 | **Topic number 1 - Recruitment of Younger Members**<br>Suggestions and Comments<br><br>• Younger members can bring fresh ideas, energy and enthusiasm. They may be more prepared to try another Interest group if their first choice is unavailable or it no longer appeals.<br>• Currently the average age of members is 74 and rising.<br>• Family connections remain important for younger members<br>• They appreciate being asked to do things.<br>• Offer more physical activities within the total list of Interest Groups, ideally with different levels of ability i.e. Sport, Tai Chi, Walks etc.<br>• Less sedentary groups, but the cost of hiring venues especially for sports may be prohibitive.<br>• Need effective and pro-active Group Convenors(Group Leaders).<br>• Use of social media – Instagram considered more popular than Facebook. However research evidence shows it's the other way around for non- members. It needs technical skills and enthusiasm to keep it updated.<br>• Review the use of the word Retired and Retirement. However if it is not featured in search engines, the number of hits collapses.<br>• Take opportunities to increase visibility of u3a e.g. manning a stall at Community gatherings/events such as fetes.<br>• Reach out to large organisations/ companies who run Retirement courses to increase awareness of u3a | |
| 3.0 | **Topic number 2 - Succession Planning – Committees in Crisis**<br><br>• Spotting potential/Proactive targeting of possible successors, using coffee mornings, meetings of new members etc.<br>• Shadowing existing Committee members as an Assistant/Deputy<br>• Identify members with skills/experience to fill key roles, especially Chair, Treasurer and Web Manager/IT<br>• Offer of support from existing Committee member during any transition<br>• Off Committee members in order to introduce a potential recruit to joining the Committee.<br>• Advertising outside the u3a using Volunteering websites.<br>• Use of shared areas on Computers especially for key roles. List of key tasks/aide memoir although preferably write your own role description<br>• Specific meeting to get people on 'really useful group' just sending out a newsletter is not enough – needs personal approach<br>• How do you succeed someone who is seen as having been very successful. | |

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| 4.0 | **Topic number 3 – Review of Shared Practice Guide 002**<br><br>Each table reviewed the content of the existing Shared Practice Guide, annotating hard copies with comments and suggestions. These will be used to update the current version.<br><br>All Shared Practice Guides are available on the London Region website on the Sharing page. | |
| 5.0 | **Any Other Business:**<br>Chris Bulford (London Council representative) confirmed that National Office has listened to feedback regarding their workshops and has made some changes.<br><br>A workshop entitled Motivating Members to Volunteer is planned for 30th November at LIFT White Lion Street, Islington. u3as are encouraged to each send up to two committee members. Ordinary members will be welcome especially if they are interested in taking on a volunteering role. To register, contact Chris on chris.bulford@u3a.org.uk | |
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**APPENDIX 1:** u3as attending the AGM and Delegates Meeting on Friday 16th October 2026

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| | | **ATTENDANCE** | | | |
| | | **Present** | | **Apologies** | |
| | **LRU3A Committee & other posts** | | | | |
| | Chair | Val Girling * | 1 | | |
| | Vice-Chair | Vacant | | | |
| | Treasurer | John Bent* | 1 | | |
| | Communications Coordinator | Rikki Wallman * | 1 | | |
| | Secretary | | | Maria Guest-Naharnowicz * | 1 |
| | Membership Secretary | Rikki Wallman * | 1 | | |
| | EDI Coordinator | Jane Fisher | 1 | | |
| | Events | Cariss Smith * | 1 | | |
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| | London Region Council Reps | Jenny Wilson *<br>Chris Bulford * | 1<br>1 | | |
| | **London U3A Representatives** (Chair, Delegate, Other) | | | | |
| 1 | Abbey wood & Thamesmead | | 0 | | |
| 2 | Barnet | Jim Jenkins (Co-chair)<br>John Bent | 1<br>1 | | |
| 3 | Beckenham | Di Morgan (Chair) | 1 | | |

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| 4 | Bexley | Rosemary Case (Chair)<br>Carol Durnwell | 1<br>1 | | |
| 5 | Brent | | 0 | | |
| 6 | Bromley | Sandra Boden (Chair)<br>Angela Dowling (Sec) | 1<br>1 | | |
| 7 | Crouch End | Andrew Sich (Chair) | 1 | | |
| 8 | Croydon | Cariss Smith (O)<br>Jenny Wilson (Chair) | 1<br>1 | | |
| 9 | Dulwich & District | | | | |
| 10 | Ealing | Jill Stearn<br>Derek Atkinson (VC) | 1<br>1 | | |
| 11 | Enfield | | | | |
| 12 | Hackney | Ken Davison (Chair)<br>Liz Southcombe (Rep) | 1<br>1 | | |
| 13 | Hammersmith & Fulham | Amanda Court (D) | 1 | | |
| 14 | Hampstead Garden Suburbs (HGS) | | 0 | | |
| 15 | Harrow | Oscar Monteiro (Chair) | 1 | | |
| 16 | Havering | | 0 | | |
| 17 | Hillingdon | Pauline Rees (Chair)<br>Roger King (Rep) | 1<br>1 | | 1 |
| 18 | Hounslow | | 0 | | |
| 19 | Islington | Antonia Benedek (Chair)<br>Joy Bailey (Rep)<br>Chris Bulford (CR),<br>Derek Harwood (WM) | 1<br>1<br>1<br>1 | | |
| 20 | Kenton & District | Dick Nathan (Chair) | 1 | | |
| 21 | Kingston | | 0 | | |
| 22 | Merton | Linda Thompson (VC)<br>Jane Fisher (Chair) | 1<br>1 | | |
| 23 | Mill Hill | | 0 | | |
| 24 | Newham | Paul Chung (Chair)<br>Sharon Fell (GC) | 1<br>1 | | |
| 25 | North London | Michael Lewin (VC) | 0 | | |
| 26 | Northwood & District | Barbara Payne ( | 1 | | |
| 27 | Norwood | | 0 | | |
| 28 | Orpington | Neil Woodhouse (Chair) | 1 | | |
| 29 | Palmers Green & Southgate | Val Girling, (Chair) | 1 | | |
| 30 | Redbridge & District | Stuart Wallman (Chair)<br>Rikki Wallman ( LREx)<br>Elaine Mitchell (Trea) | 1<br>1<br>1 | | |
| 31 | Richmond | John Cadwell (Chair) | 1 | | |
| 32 | Sidcup & District | | 0 | | |
| 33 | South Hillingdon | | 0 | | |
| 34 | Stanmore & District | | 0 | | |
| 35 | SE London | Brenda Lobo (Co chair)<br>William Barry (Co chair) | 1<br>1 | | |
| 36 | Sutton Area | Sue Deans | 1 | | |

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| 37 | Tower Hamlets | Jean Maynard (Chair)<br>Vanda Green ( D) | 1<br>1 | | |
| 38 | U3A in London | | 0 | | |
| 39 | Upminster | | 0 | | |
| 40 | Waltham Forest | Christine Farnes (C) | 1 | | |
| 41 | Wandsworth | Michael McConigley (VC)<br>Penny Ryan | 1<br>1 | | |
| 42 | Wanstead & Woodford | Jan Martin (Chair)<br>Krystyna Derkacz (CVC) | 1<br>1 | | |
| 43 | Welling | | | Maria Guest-Naharnowicz (MS) | 1 |
| | | | 45 | | 1 |
| **TOTALS** | Registered = 43<br>Attended = 44<br>(2 that didn't register - 1 who wasn't eligible)<br>100% who registered attended; only 1 apology received.<br>u3as represented on the day: 27 out of 43 (63%). Good – highest for a while<br>u3as covered by apologies: 1<br>Attendance higher than last Delegates meeting. | | | | |
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*Duplicates not counted in totals