

IDEAS FOR REGIONAL ACTIVITIES

The list below is intended to assist discussions at the Delegates Meeting on 20th April about the sort of regional activities London U3As would consider useful.

Please discuss with your committees. Feel free to ignore these and add your own ideas. If you can't attend the April meeting please email your ideas to catherine@the-wares.co.uk

**Please prioritise by assigning number
3 (high) 2 (moderate) 1 (low) 0 (no interest)**

1.	Presentations/Discussions at Delegate meetings	Priority	Willing to help
	i. Data Protection		
	ii. Volunteering – methods to get more members to volunteer in your U3A		
	iii. National Office ‘Volunteers’ – presentation by Sophie Welling, Advice & Volunteering Manager at National Office		
	iv. Membership growth (e.g. optimal size; good ideas to grow membership)		
	v. International exchanges – presentation by NEC sub-committee on international relations plus Surrey Network		
	vi. Resources -- Subject Advisers & Resource Centre		
	vii. Talk by Tracey Crouch, Minister for Loneliness		
2.	Regional delivery of national workshops as mentioned in national email newsletter 19 th January		
	i. Running your U3A		
	ii. Growing your U3A		
	iii. Interest Groups matter		
	iv. Finance		
	v. Communication		
3.	Regional Workshops (run by London Region of U3As)		
	i. Public speaking/presentations		
	ii. Research follow-up workshops		
	iii. Developing university partnerships		
	iv. Strategic planning		
	v. Inclusion/Diversity		
	Cont'd overleaf 		

4.	Peer networking events		
	i. Chairs/Vice chairs		
	ii. Business Secretaries		
	iii. Treasurers		
	iv. Business Secretaries		
	v. Membership Secretaries		
	vi. Webmasters		
	vii. Newsletter Editors		
	viii. Communications/Publicity officers		
	ix. Interest group convenors – by subject		
5.	Study Days		
	i. Cultural study days e.g. music; theatre; film		
	ii. Science/health study days		
	iii. Current affairs study days		
6.	Working Parties/Sub-Committees		
	i. International exchange programme		
	ii. Universities/research collaboration		
	iii. Intergenerational projects		
	iv. Community volunteering projects		
7.	Social events		
	i. LR 'Mastermind' or 'University Challenge'		
	ii. Sports/Keep-fit event		

Other ideas/comments: