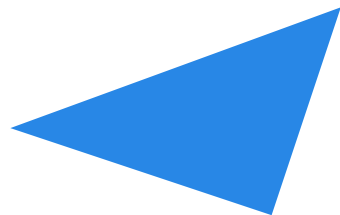




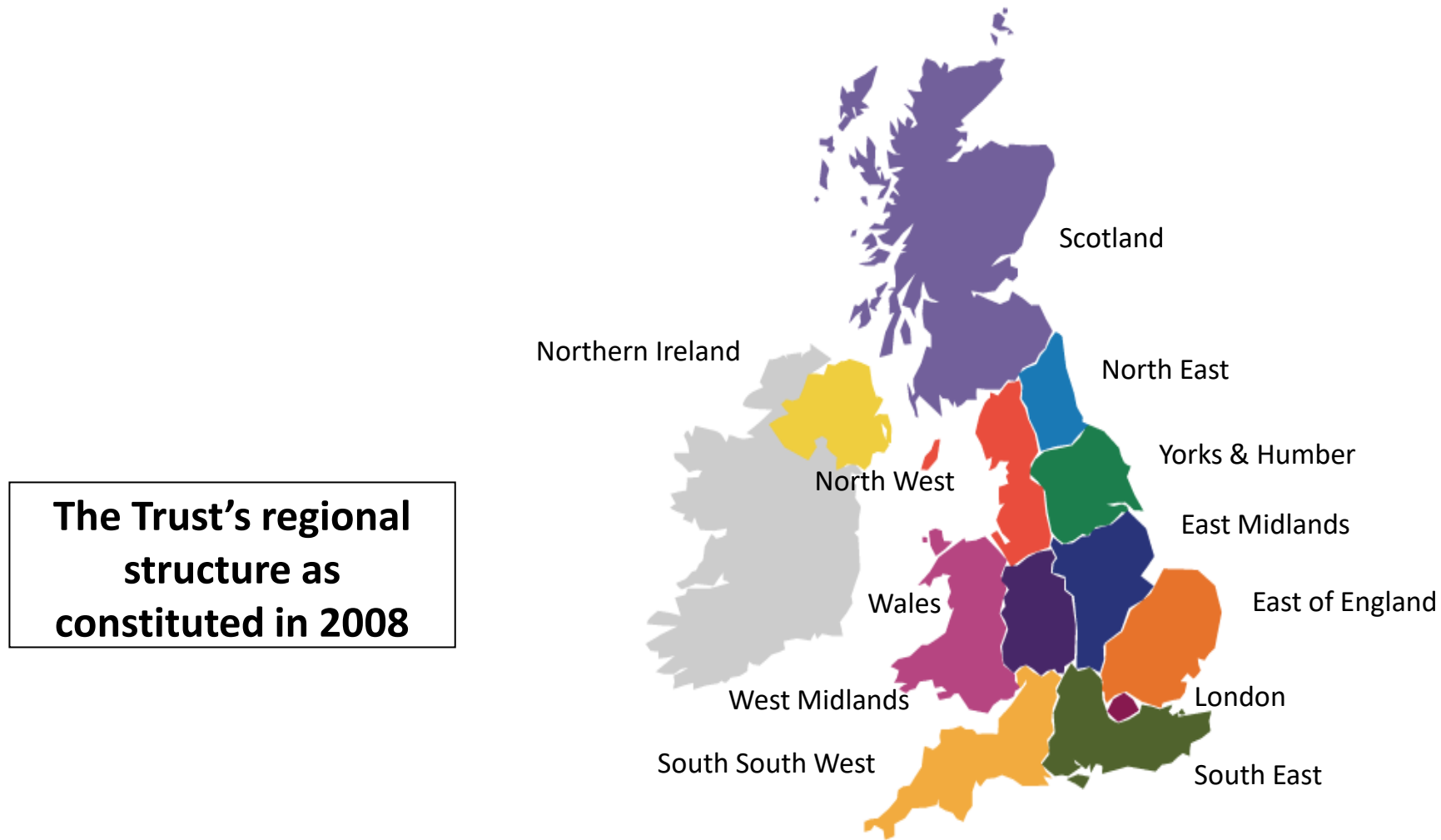
London Region of U3As

Introduction to London Region of U3As

Rev. 04 (17.05.2023)



U3a Regions and Countries



u3a Governance Structure

➤ Third Age Trust

- Registered charity
- Board of Directors (Officers/Regional Trustees)
- Chief Executive Officer/u3a Office (*not* Head Office or National Office)

➤ Countries/Regions

- Formal constituencies of Third Age Trust governance
- Each u3a a registered charity
- Each u3a belongs to just one Country/Region

LONDON REGION



North of Thames
28 u3as
15,103 members

South of Thames
16 u3as
10,785 members

44 u3as
25,888 members*

See also: [London Region Membership Statistics in Context](#)

*u3a Office data 2020 (excluding Associate members)

- No part in Third Age Trust governance
- Most Countries/Regions have several 'networks'
3 regional networks (London/N.Ireland/Scotland)
- Develop informally/organically for mutual support
- Names vary e.g. Network/Forum/Consortium/Cluster
- Membership by u3as voluntary
- Usually small areas but boundaries very varied
(may overlap each other/straddle region boundaries)
- u3as can belong to more than one 'network'

u3a 'Networks' cont'd

- About two thirds of u3as belong to a 'network'
 - Approx 80 such groupings in UK
 - Network Link: national network of 'networks'
<https://www.u3a.org.uk/advice/network-link#why-should-a-u3a-join-a-network>
 - Meetings twice per year, organised by Third Age Trust
 - Meetings attended by the Trust's Officers, Regional Trustees, Trust's Chief Executive Officer and u3a Office staff
 - Representatives of 'networks' throughout the UK invited
- “Opportunity to hear updates from Trust, other networks and to share best practice”

LONDON REGION OF U3As (LRU3A)

- A regional network - successor body to the Greater London Regional Forum first established 1994
- Same geographical area (London Region) but not part of the Trust's governance structure
- Exists for the mutual benefit of all London u3as and their members
- Network Affiliation Agreement with Third Age Trust (mutual support)
- Registered charity
- Executive Committee + u3a Delegates (2 per u3a)

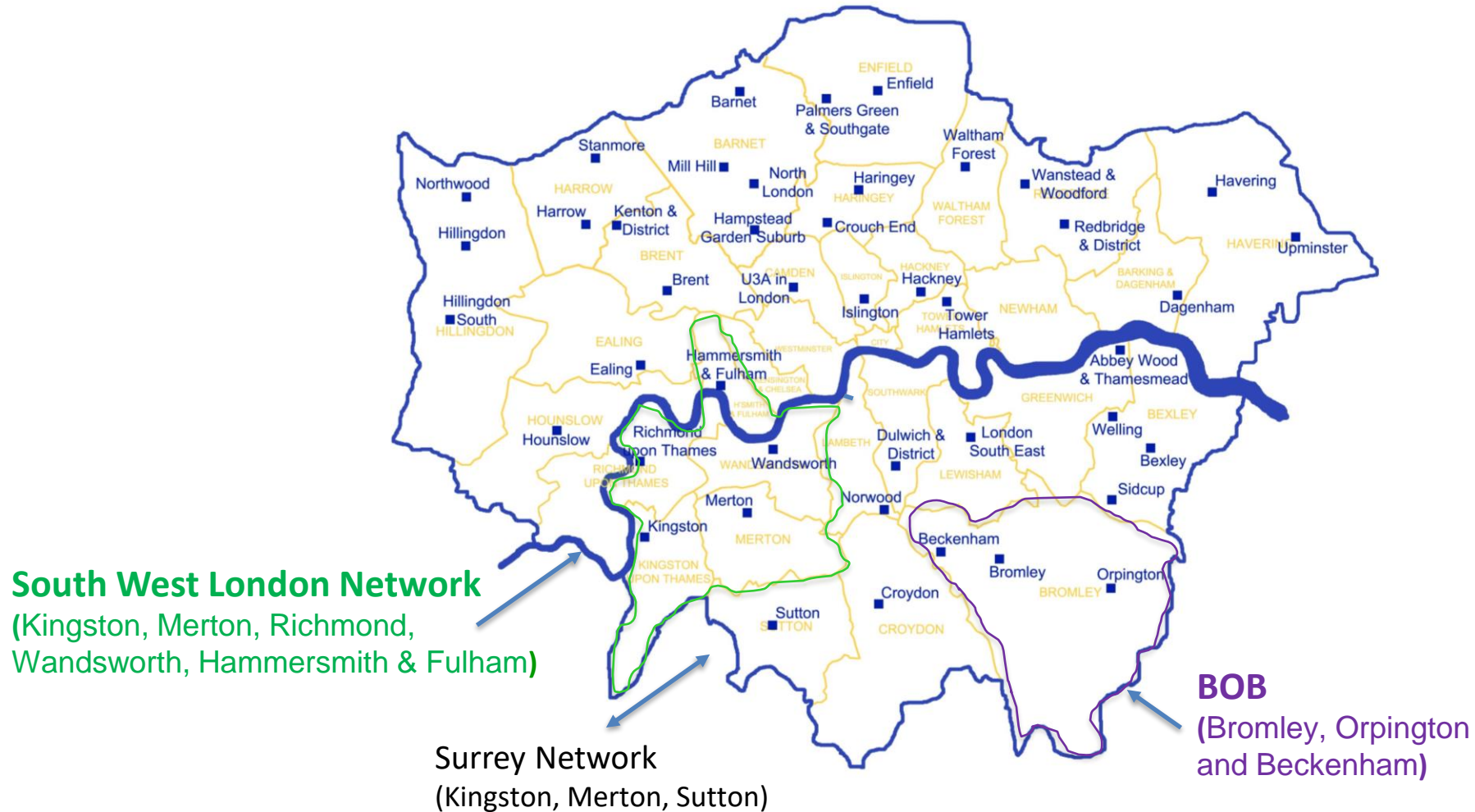
LRU3A Support for u3a committees

- Inclusive /no membership fee
 - A voice for London u3as
 - Communication with Trust Directors/u3a Office staff
 - Discretionary funding via Regional Trustee* for regional activities (*ex-officio member of LRU3A Executive Committee)
 - Workshops/speakers/peer groups/surveys/advice & best practice
 - Delegates forum/website/information & news updates/email alerts
 - Support for online meetings and AGMs
 - Regional publicity/influence/outreach & collaboration
 - Support for local networks
-

➤ Regional programme of activities:

- Talks programme
- Delegates meetings (with guest speaker and shared learning)
- Peer Support Groups (for support and cross learning)
- Summer School
- Shared Learning Projects

LONDON REGION: Local networks



Advantages of local 'networks'

- Smaller geographical area: Shorter distances to travel, easier to participate and share organisational workload
- Interest groups: easier to make up groups where subjects are less 'mainstream'/small numbers
- Shared Learning /Study days/Talks
- Social events e.g. friendly competitions (games/matches)
- Social events/Outings: vacant spaces filled more easily to cover costs
- Shared venues, equipment, funding and other resources
- Local interests, information/knowledge, and contacts
- Mutual support: sharing ideas, expertise, communications
- Shared publicity/outreach & collaboration with relevant organisations

Some useful u3a information sources

- u3a national website: <https://www.u3a.org.uk/>
[About u3a](#); [Map](#); [Advice & support](#); [Events](#) & other [learning activities/resources](#); [Sources](#); [National Newsletter](#); [Trust u3a](#); [Facebook](#), [Twitter](#), [YouTube](#), [Instagram](#)
- London Region of U3As: <https://u3asites.org.uk/london-region>
[Welcome/about](#); [Map](#); [Member u3as \(weblinks\)](#); [Events](#); [Delegates page](#); [Peer groups](#); [London Shared Learning](#); [Local u3a networks](#);
- Neighbouring regions/bordering networks:
 - South East Region <https://u3asites.org.uk/south-east/home>
 - East of England Region: <https://u3asites.org.uk/east-of-england>