

## 9<sup>TH</sup> ANNUAL GENERAL MEETING

Friday 23<sup>rd</sup> October 2020 14.00 – 14.40

Online Zoom Meeting (login from 13.30)

|   | <u>Present</u>                                | <u>Apologies</u> |
|---|---|------------------|
| <b>Committee &amp; other posts</b>                |   |                  |
| Chair   | Catherine Ware                                |                  |
| Vice-Chair, North                                 | <i>vacancy</i>                                |                  |
| Vice-Chair, South                                 | Jenny Wilson (elected)*                       |                  |
| Secretary   | <i>vacancy</i>                                |                  |
| Treasurer   |   | Jim Jenkins      |
| Learning Coordinator                              | Liz Day                                       |                  |
| Communications Coordinator                        | Vivek Nanda                                   |                  |
| Webmaster   | Derek Harwood                                 |                  |
| Events Coordinator                                |   | Libby Barton     |
| Research Ambassador                               | Jo Livingston*                                |                  |
| SLP Coordinator                                   | Jo Walters                                    |                  |
| <b>Third Age Trust</b>                            |   |                  |
| Regional Trustee                                  | John Bent                                     |                  |
| Third Age Trust Volunteer – Development Committee | Michaela Moody                                |                  |
| Third Age Trust Volunteer (Raising the Profile)   | Alison Edwards                                |                  |
|   |   |                  |
| <b>U3A Representatives</b>                        |   |                  |
| Abbeywood & Thamesmead                            | (V) Victor Lambert                            |                  |
| Barnet  | (V) Rosemary Mayes +<br>Joanna Tambouridou    |                  |
| Beckenham   | (V) Maureen Marshall + Sally Stalley          |                  |
| Bexley  | Jo Livingston*                                |                  |
| Brent   |   |                  |
| Bromley   | (V) Sandy Boden                               |                  |
| Crouch End  | (V) Sally Whitaker                            |                  |
| Croydon   | (V) Jenny Wilson*                             |                  |
| Dagenham  | (V) Dagenham                                  |                  |
| Dulwich & District                                | (V) Rona Black + Angela Brown                 |                  |
| Ealing  | (V) Derek Atkinson + Phil Broomsgrove         |                  |
| Enfield   |   |                  |
| Hackney   | (V) Janice Brunsdon + Barry Blinko            |                  |
| Hammersmith & Fulham                              | (V) Sue Adams                                 |                  |
| Hampstead Garden Suburbs                          | (V) Daphne Berkovi + Margaret Harris          |                  |
| Haringey  |   |                  |
| Harrow  | (V) Mike Allen + Anne Gerrard +<br>Lynn Dorff |                  |
| Havering  |   |                  |

|                             | <b><u>Present</u></b>   | <b><u>Apologies</u></b>            |
|-----------------------------|---|------------------------------------|
| Hillingdon                  | (V) Rodney Scott  |                                    |
| Hillingdon South            |   | Marion Howell,<br>Annette Kerrison |
| Hounslow                    | (V) Pamela Crampton   |                                    |
| Islington                   | (V) Chris Bulford   |                                    |
| Kenton                      | (V) Diana O'Reardon   |                                    |
| Kingston                    | (V) Linda Foreman   |                                    |
| Merton                      | (V) Jon Sheppard  |                                    |
| Mill Hill                   | (V) June Burton   |                                    |
| North London                | (V) Edmond Cohen + Michael Johns                                      |                                    |
| Northwood & District        | (V) Rob Thomasson   |                                    |
| Norwood                     | (V) Brenda Whitaker + Judith Foskett                                  |                                    |
| Orpington                   | (V) William Steer   |                                    |
| Palmers Green & Southgate   |   |                                    |
| Redbridge                   | (V) Lennart Christensen   |                                    |
| Richmond                    | (V) Norma Cook  |                                    |
| Sidcup                      | (V) Sandra Applegate  |                                    |
| South East London           | (V) Lena Ghose + Simon Turner   |                                    |
| Stanmore                    |   | Anna Churnin                       |
| Sutton Area                 | (V) Joy Robinson  |                                    |
| Tower Hamlets               |   |                                    |
| U3A in London               | Naomi Stuart  |                                    |
| Upminster                   |   | Courtney Moita, Chris Marvin       |
| Waltham Forest              | (V) Barbara Humm + Dorrit Opoye<br>Jane Harrington + Christine Farnes |                                    |
| Wandsworth                  | (V) Kelly Jones   |                                    |
| Wanstead & Woodford         |   |                                    |
| Welling                     | (V) Maria Guest-Naharowicz  |                                    |
| <b>TOTALS</b>               | <b>34 (77%) LR U3As represented altogether</b>                        |                                    |
| Note: * dual entry de-duped | <b>32 Voting Delegates (73% of U3As) (2 no Voting Delegate)</b>       |                                    |
|                             | <b>22 additional LR U3A members present = 54 altogether</b>           |                                    |
|                             | <b>10 U3As not represented (of which 3 sent apologies)</b>            |                                    |

## MINUTES:

During registration, Voting Delegates were requested to rename themselves by putting a V in front of their U3A name, followed by their own name, in order to facilitate the voting polls. A mock poll was organized.

Chair Catherine Ware (CW) welcomed all present, saying that the AGM would be recorded.

All relevant papers were available to be viewed online as links on the Delegates page of our website.

1. **Confirmation of a Quorum:** Constitutional requirement: 5 member U3As  
With 32 of the total 44 member U3As represented by Voting Delegates, a quorum was confirmed.
2. **Adoption of Minutes of AGM 1st Nov2019:** 28 votes: Yes 83%/Abstain 17%
3. **Matters Arising:** None
4. **Resolutions:** None received

- 5. Adoption of Financial Accounts 1/9/2018 – 31/9/2019:** The accounts were presented by the Chair in absence of Treasurer and adopted unanimously. 31 votes: Yes 100%
- 6. Election of Independent Examiner of Accounts (Chris Feldman):**  
28 votes. Elected by 97% Yes, 3% Abstain.
- 7. Chair's Annual Report:** The Chair referenced her report to the meeting, which had been sent out with the Agenda and comprehensively explained London Region's activities and progress throughout the year. The report made specific reference to the challenges posed by the Covid19 pandemic and provision of regional training and support in Zoom videoconferencing to help U3As to keep connected and active. Support for U3A committees included workshops and peer group networks. Planned educational/social activities such as the Summer School had to be cancelled, but a series of successful online talks had been organised. Administrative support was given by LRU3A to the national High Street Project which had its origins in London.
- 8. Election of Officers and other Trustees to the Executive Committee 2020-2021**  
The following were elected unanimously:

|                              |               |            |
|------------------------------|---------------|------------|
| Vice Chair (South of Thames) | Jenny Wilson  | Elected    |
| Treasurer                    | Jim Jenkins   | Re-elected |
| Learning Coordinator         | Liz Day       | Re-elected |
| Communications Coordinator   | Vivek Nanda   | Elected    |
| Webmaster                    | Derek Harwood | Re-elected |
| Events Coordinator           | Libby Barton  | Re-elected |
- There were no nominations for Chair, or Secretary, or Vice Chair (North of Thames) so the committee will need to co-opt as appropriate.
- 9. Regional Trustee Comments:** John Bent thanked all of the Committee for their joint efforts and progress, including the both the former Vice Chair (North) and Secretary who had retired for health reasons. He also thanked London Region U3As for re-electing him to the Board of the Third Age Trust as London Region Trustee for a fourth year.
- 10. Next Delegates Meetings 2021:** Fridays 14.00-16.00 via Zoom  
January 29<sup>th</sup> April, April 23<sup>rd</sup>, July 9<sup>th</sup>, October 22<sup>nd</sup>.
- 11. AOB:** News update reports to be disseminated with the Minutes.

### **Recordings and archival documents**

The AGM was recorded and uploaded to the [Delegates page](#) of the London Region website, along with relevant papers. The AGM was followed by three thought-provoking presentations and discussions facilitated by Liz Day. These were also recorded and uploaded to the website along with the PowerPoint presentations.

## **Guest Speakers:**

### **1. Dame Phillipa Russell DBE: A New Narrative on Ageing – Are we ready for the 100 Year Life? Partnerships, Participation or Purdah?**

Phillippa is a Trustee of SEEFA, the S.E. England Forum on Ageing which is part of EngAgeNet whose mission is to promote the positive voice of older people, and to ensure that this voice is listened to by Government, policy makers and the business community.

Phillippa described ageing as an inter-generational issue and spoke of the need to bridge intergenerational divides. Later life should be more than a comfortable retirement, and she called for 'age activism' as exemplified in Japan where older people become involved as effective influencers on national and local policy. Solidarity matters, so she recommended working in partnerships and creating an 'all-age Recovery Plan' post-Covid and encouraging debate about common issues.

Several key roles were identified for U3A: supporting social, physical, and digital connections across generations – learning new skills and learning to speak up. Bridging the inter-generational gap through volunteering, mentoring, buddying, encouraging debates.

### **2. John Bent, London Region Trustee: London – an Age Friendly City?**

In 2018 the Mayor supported an initiative for London to become an Age Friendly City, which is an initiative of the World Health Organisation that aims to encourage policies, services, and structures to support older participants in urban environments. There are 8 criteria ('domains') which need to be met for qualification -- Manchester and Leeds have been successful.

About 120 charities and government bodies concerned with different issues affecting older people in London have come together to form the London Age Friendly Forum. The Third Age Trust is represented by Sam Mauger, and London Region by John Bent.

An Action Plan was presented to the Greater London Authority (GLA) in March 2020 and positively received. A number of points were accepted by the GLA. However, as a result of the devastating effect of Covid 19, the GLA has formed the London Recovery Board. This has 8 general mission statements but there is no mention of older people. The challenge is to ensure the Age Friendly agenda is not lost. John pointed out that the Freedom Pass was under threat and the Age UK campaign to save travel concessions for older Londoners.

### **3. Professor Marvin Formosa: U3A' 5<sup>th</sup> Decade – Quo Vadis?**

Marvin joined us via Zoom from Malta where he is Associate Professor at the Dept of Gerontology and Dementia Studies, Faculty for Social Wellbeing, at the University of Malta. He has a broad international understanding of ageing and U3A. Whilst acknowledging the achievements of U3A as a movement, he also made a number of astute observations on the barriers and tensions that exist and which need he feels attention if the movement is to prosper. He felt that there is a danger of older citizens sitting back and not being involved with issues such as ageism, social justice, active citizenship, and social change. U3As tend to be inward looking and rather homogeneous (e.g. white, middle class, Anglo/European, feminized, and disconnected from society by age segregation) and rather apolitical. He recommended outreach and partnering with other relevant organisations (public and private) to achieve a wider participation amongst other groups of older people such as veterans, prisoners, ethnic minorities, disabled people, and more intergenerational activity.

Our guest speakers have offered us a challenge. We hope that these presentations will be shared by London U3As with their members, so that they engage with these issues and work out for themselves what issues they are best placed to influence and how that fits with their primary purpose as a Learning organization.

# NEWS UPDATE October 2020

## 1.1. Executive Committee

Thank you to all who have offered to stand as Trustees of the Committee for the forthcoming year. Welcome to Jenny Wilson who, in addition to her role as Chair of Croydon U3A, has agreed to join the LRU3A Committee as Vice-Chair (South of Thames).

Many thanks also to Chris Feldman who has agreed to continue as Independent Examiner of our Accounts. And to John Bent for continuing to stand as London Region Trustee for another year.

### 1.1.1. Succession planning

Our Secretary (Frank Rowe) and Vice-Chair, North of Thames (William Smith) have stepped down for health reasons. Having completed the 3-year term as Chair of LRU3A, Catherine Ware has stepped down as required by the Constitution.

In order to continue as a viable registered charity and not lose ground on the level of regional support that has been developed, we are urgently seeking to co-opt volunteers for these roles for the coming year:

Chair

Vice-Chair (North of Thames)

Minutes Secretary

Please consider doing a turn on the Committee if only for a year – you would be joining an experienced, friendly, and supportive team, expand your horizons, find it personally rewarding. Please contact any member of the Committee for further information if you are interested or can recommend someone suitable.

## 1.2. Peer Group Networks

Many thanks also to all steering groups and participants in the Peer Group Networks to share information, discuss issues, share best practice, and provide mutual support. Further information is available on the [Sharing page](#) of LRU3A website.

1.2.1. IT/Webmasters: (LRU3A Ctee link : Derek Harwood) Last meeting held on 17th August where the following was on the agenda: Use of Social Media, YouTube, Managing digital photos. However under AOB we also had a useful discussion on experiences and plans for online AGMs. Also now discussing implications of new National Brand Guidelines on our local websites

1.2.2. Treasurers: The LRU3A Ctee link, William Smith, resigned for health reasons. Nothing to report at present. In the meantime, please contact Regional Trustee John Bent.

1.2.3. Groups Coordinators: (LRU3A Ctee link: Liz Day) The last meeting on 7<sup>th</sup> October was attended by 20 members. Discussions included Groups Coordinator role descriptions, working with Group Convenors and Committees, induction, and succession planning. Michaela Moody gave a PowerPoint presentation entitled '[Planning for the Future – Beyond Lockdown](#)', outlining the Terms of Reference and recommendations of the Third Age Trust's Beyond Lockdown Working Group. See also [After Meeting Discussions](#)

1.2.4. The next meeting in January will be looking Group Convenor handbooks.

1.2.5. Newsletter Editors etc.: The LRU3A Committee is in discussion with Liz Drury with regard to a Workshop on 4th December. Details to follow.

### 1.2.6. Support Package for London Peer Group Networks

The LRU3A Executive Committee is offering a standard support package to each network following the launch and establishment of their Steering Group. This includes,

amongst other things, use of the LRU3A Zoom Pro account and technical support thus avoiding the need for venue hire costs or purchase of an additional Zoom account.

### **1.3. LRU3A Educational/Social Events**

1.3.1. Summer talks August-September: With the help of the Summer School Committee, a series of 5 free fortnightly talks was organised from end of July to September.

- Francis Beckett – ‘The Wit and Wisdom of Clement Atlee’, July27
- Alan Freeland: ‘The Art & Architecture of Islamic Spain’, Aug 10
- Dick & Lisa Robinson: ‘Edith Appleton – Nurse at The Front’, Aug 27
- Alistair Griffiths (RHS) – ‘Gardening in a Changing Climate’, Sept7
- Jo Livingston – ‘Do You Want to Write your Life Story?’, Sept21

The programme was partly to make up for lack of Summer School, and partly as an attempt to engage more U3A members in the use of Zoom, since the two surveys we conducted for Chairs/Delegates (June) and Groups Coordinators (July) indicated that groups that embraced the new technologies were doing much better than those who were not.

The talks were all timed for Mondays from 17.00-18.00 to avoid clashes with peak use of our Zoom account, interest groups and other activities. Each talk was preceded by some instruction in the use of Zoom. Two of the talks used Zoom polls to enable some audience participation. Registrations for each talk ranged from about 200-400. No-shows averaged about 40% (which not abnormal for free events). Audience feedback was very positive, both in the Chats and in follow-up emails. All talks were recorded and the recordings plus presentations shared in the [Talks Archive](#) on our website.

1.3.2 Family History Talks October: Because it was not possible to hold the planned Study Day in person, four sessions have been hosted online during October in conjunction with The National Archives, The London Metropolitan Archive, and Richard Dyer, the U3A national Subject Adviser on Genealogy. They have been well attended, with more participants than we could have accommodated at the LMA as originally planned. Feedback has been very positive. As above, recordings are shared in the Talks Archive.

1.3.3 Winter Talks November- March: Following the popularity of the Summer Talks the Sub-Committee is organising a similar series of fortnightly online talks as something to look forward to as the evenings draw in. The [Winter Talks Flyer](#) covers November-December and has been uploaded to the [Events](#) page of our website

Nov 3: Sheila Kanani: The Fate of the Universe

Nov 16: Carolyn Steel - Sitopia

Nov 30: Alan Freeland - Art and Architecture of The Silk Roads

Dec14:Quiz

### **1.4. News from individual U3As**

1.4.1. Shared talks: We are most grateful to individual U3As for sharing their online talks on a regional basis. These have been publicized via Mailchimp as well as the Events page of LRU3A website:

a) Ealing U3A

- Florence Nightingale - The Visionary Planner Aug 13
- Universal Basic Income and the Corona Crisis, Sept 24
- Shakespeare on Stage and Page, Oct 8

b) Palmers Green & Southgate U3A

- The History & Highlights of Kew Gardens (2 parts: Oct 5<sup>th</sup> and Dec 7<sup>th</sup>)
- The History of English Gardens Nov 2<sup>nd</sup>

1.4.2 Hampstead Garden Suburb: We now have over 40 Interest Groups, all online now via Zoom, and members are still joining. We are holding a New members welcome on

Zoom. Our Group leaders and members have embraced the new technology. Facilitating Groups by Zoom has also ensured that groups, prior to lockdown, with limited space, can now take an unlimited number of members, which has proved very successful. One example is a lady who is wheelchair bound but is able to attend the Singing for Pleasure Group, because it is conducted by Zoom. This resonates with our intention to ensure that our U3A is inclusive and accommodates all members' needs. Despite Covid we have still managed to sustain our U3A and strive to expand our programme. I also write regularly for our local Suburb News, and there is always a column for our U3A.

## **1.5. News from local U3As networks**

### **1.5.1 Greater London South East Network:**

We recently hosted an on-line forum for members of our Network where we discussed Risk Assessments and the Covid 19 situation, and how it was affecting our own U3A activities. We prepared a PowerPoint presentation providing a general overview of the process of Risk Assessment. We found that most member U3As were coming to terms with the new restraints and were running increasingly larger numbers of Groups online.

## **2. Third Age Trust**

### **2.1. Network Link Meeting 13<sup>th</sup> October**

Network Link is chaired by national Vice-Chair Hilary Jones. The national semi-annual meetings are an opportunity for the Board and National Office to communicate with U3As via Networks, which provide support to U3As but operate outside the governance structure of the Trust. There are about 70 networks around the country. Papers relating to all Network Link meetings are filed on the Networks page of LRU3A website.

Next meeting: 9th February 2021.

Because this was an online meeting, two representatives were permitted per network rather than the usual limit of one. Derek Harwood and Liz Day represented the London Region of U3As.

Click here to listen to the recording of the full meeting on YouTube.

Key topics included

- the new U3A brand guidelines (see Brand Centre on national website),
- the Trust AGM and 50p increase in basic U3A subscription
- the Pathfinder recruitment initiative
- the Trust U3A
- "Planning for the Future – Beyond Lockdown"
  
- Peer group networks: LRU3A had asked that this topic be added to the agenda to find out how many exist around the country and how they operate. We know of a few, such as Nottinghamshire Network and Northumbria Region Derek gave a brief presentation on the subject – "Peer Group Networks" -- and was subsequently asked to produce a guide to share with other networks. If anyone has any ideas, experience, or advice, please email Derek via the Contacts page.

### **2.2. Winter Learning Programme**

National Office has developed an exciting programme of varied learning opportunities running from October to March. Click here to see the programme disseminated mid-October, but several options may be sold out. Keep an eye on the national website – the Learning and Events pages.

### **2.3. The Diary Project**

The project is soon to be published as a book entitled 'U3A in the Time of Corona'. Details of how to order it will be made available in due course. The original resource will be stored at the Mass Observation Archive at the University of Sussex.

## **2.4. Research**

### **2.4.1. National High Street Research Project**

On 15<sup>th</sup> July, Peter Cox (North London U3A) gave an online presentation to London U3As about his proposed research project entitled 'The State of the High Street'. It has now become a 2-year national research project, starting with a survey in September to capture baseline data on the effect of the Covid-19 pandemic during summer lockdown. Several LRU3A members have been providing administrative support through the project steering group, led by Michaela Moody, former national Vice Chair now leading several national initiatives.

Over 500 U3A members throughout the UK registered to take part in the September survey. Members of London Region U3As were amongst the most numerous despite being a small region. Click here to read the 1<sup>st</sup> [Newsletter](#). It is estimated that data and photos have been submitted for around 20,000 premises. These are now being assembled into a large database by Vivek Nanda, LRU3A Communications Coordinator. Analysis of survey findings will be presented to the Trust Board with a strategic plan for further research in 2021. This will include longitudinal studies of changes and impact on local communities, as well as a national series of SLPs and other learning activities by various interest groups. The aim is to publish a report to coincide with the U3A 40<sup>th</sup> birthday celebrations in 2022.

### **2.5.2 Shared Learning Projects:**

- i. Guardian Newspaper Foundation - Clive Sanger Notebooks. This is another London-based SLP that has become national, led by Jennifer Simpson. The project, organised with [The Guardian News and Media Archive](#) involves transcription of the Pitman shorthand notebooks of Clyde Sanger who worked as an African correspondent for The Guardian in the 1960s. Thirty U3A volunteers from different parts of England are transcribing individual notebooks. They are in touch with each other by Zoom and email to compare notes and support each other. The project ends 31<sup>st</sup> December 2020.
- ii. The Cary Ellison Theatre project. Carey Ellison was a talent scout who worked for 'Spotlight'. His [programme notes](#) cover theatre performances around the UK from the 1950s to the 1980s. The first phase of the project which ended 1<sup>st</sup> October involved several volunteers from across the UK undertaking research, remotely, into the history of local theatres. The findings will feature on The Kingston University archives website. Further plans involve research into the programme notes by London volunteers -- on hold until next year because of access and travel restrictions.

For further information about Shared Learning Projects see the [SLP page](#) in the Learning section of our website.