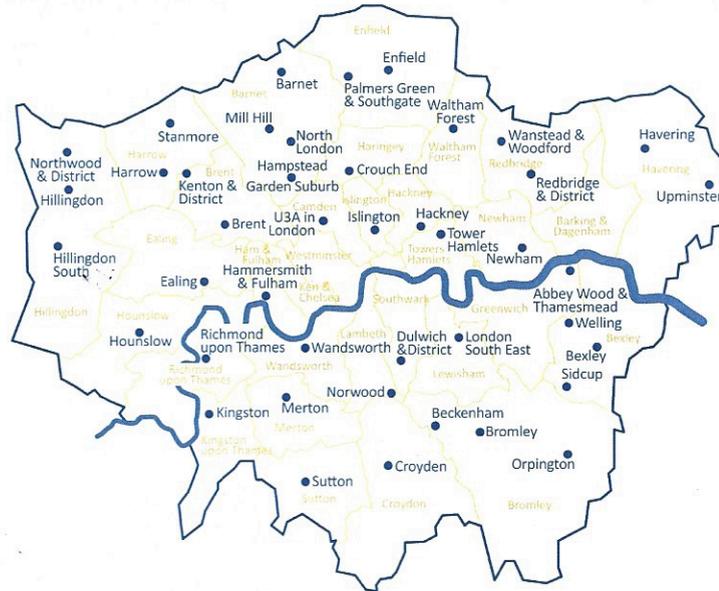


WHAT IS THE LONDON REGION OF U3As (LRU3A)?

We are a network of all the 43 u3as based in Greater London.

WHO'S A MEMBER?

Separate membership of LRU3A is not necessary. If you are a member of a London u3a, you are also a member of LRU3A.



EXTRA BENEFITS

Apart from enjoying the activities your local u3a can offer, what can LRU3A offer you?

This is threefold:

- 1 We provide support to all London u3as and their committees
- 2 We provide events for all London u3a members to attend
- 3 We provide a communications link to the national u3a movement



FURTHER INFORMATION

You can find out more about LRU3A on our website: <https://lru3a.u3asite.uk> This displays information about our 'Peer Support Groups' about our 'Sharing' support documents and our 'Events' activities.

Principles of u3a: To understand the general ethos of u3a please have a look here: [u3a Principles](#).

You can find out more about the forming of the u3a movement on the national website but you can also read about us here: [LRU3A History](#).

For an audible form of what the u3a Movement is all about, have a listen here: [u3a Song](#)

Val Girling, Chair of LRU3A:



Latest Notices

[Walking the Rainbow](#)

THE NATIONAL u3a MOVEMENT

The London Region is one of 12 regions and nations that make up the UK wide u3a movement

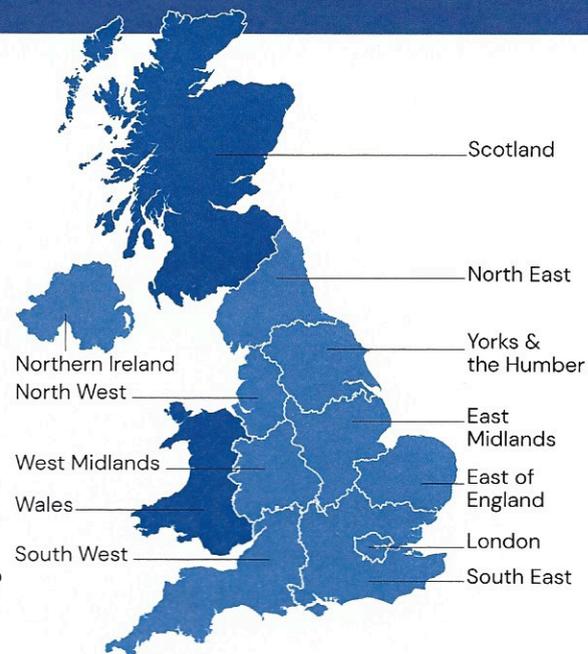
WHO'S A MEMBER?

If you are a member of a London u3a, you are then also a member of the national organisation

EXTRA BENEFITS

Apart from enjoying the activities your local u3a can offer, what can being a member of the national movement offer you? This is twofold:

- 1 It provides support to all u3as and their committees (this includes eg a help line, guidance documentation, workshops)
- 2 It provides online events (talks) online interest groups



WHAT WE OFFER



Local Learning Groups

With over 1,000 u3as across the UK you will never be too far from a group of like-minded learners



Learn Online

Our exciting schedule of online learning activities complements the local offer and connects members across the UK



Interest Groups Online

This online only u3a activity has an eclectic selection of groups you can join, all from the comfort of your own home

GET INVOLVED



Sources Blog

The u3a blog is dedicated to sharing, inspiring and learning



Radio Podcast

Our monthly podcast showcases the amazing things happening across the u3a movement



Events & Workshops

Inspiring events and online workshops provide information and support to u3as

FURTHER INFORMATION

You can find out more on the national website: <https://www.u3a.org.uk>