The Executive Committee, as set out in the Constitution, is the governing body of Islington U3A and its Board of Trustees for the purposes of charity law. It is responsible for the organisation and development of Islington U3A. All elected Committee members are Trustees. The Constitution provides for between 6 and 12 Committee members, who serve for one year until the next AGM, at which time they may stand for re-appointment subject to time limits on holding office.

The Executive Committee meets monthly. It also meets with all the Group Coordinators during the year to share ideas for development. Members of the Executive Committee assist at the Monthly Meetings (which are planned and organised by a separate group of volunteers), and also on various sub-committees and tasks.

At the 2023 AGM these members were elected:

- Chair: Paula Kahn
- Vice Chair: Helen Perkins
- Treasurer: Mary White
- Secretary: Alison Finlay
- Chris Bulford
- Margaret Orrell
- Joy Bailey
- Derek Harwood
- Barbara Nokes
- Katy Harper (co-opted December 2023)

These members of the Committee stood down at the November 2023 AGM:

- Sally Fox (resigned)
- Judith Altshul (resigned)

Committee members can take on specific responsibilities. For example these can include:

- Communications
- Events Coordinator
- Groups Coordinator
- Head of Volunteers
- Monthly Meetings Coordinator
- New Groups Coordinator
- Publicity
- Web Master

