



# FoD U3A Newsletter

## April 2023

U3A Lunch Club  
for a meal and a chat!

You can sign up at this month's meeting on  
Wednesday 19 April at Lydney Town Hall  
or phone Jackie Chapman on 07735  
032208

26 April 2023 The Ugly Duckling,  
Lydney 12.30 for 1pm  
£15.00

All meals include:

Homemade cheese and Chive Roll with  
Netherend Farm Butter

Freshly Brewed coffee with Homemade  
Brandy Snap Biscuits

Menu

Thyme Roasted Breast of Chicken with  
Mustard Mash and chive Cream Sauce

served with Fresh Vegetables and Buttered  
New Potatoes

Battered Haddock with Hand Cut chips,  
Mushy Peas and Tartar Sauce

Provencal Vegetable, mixed bean and  
Spinach Casserole with Basmati Rice and

Sour Cream

Citrus Baked Ham, Free Range Eggs and  
Hand Cut chips

Caramel Sponge Pudding with Caramel  
Sauce and Warm Custard

Profiteroles with Chantilly Cream and Dark  
chocolate Sauce  
Fresh Fruit Salad

Welcome to the April newsletter for the Forest of Dean U3A.  
I hope you have all enjoyed the Easter weekend.

For our speaker this month we welcome Jim  
Richmond who will give us a talk on the history of  
Berry Hill Memorial Hut.

It's a good month for walking if that's your interest -  
the Chepstow Walking Festival begins on Tuesday  
April 11 and runs through to Sunday April 16 - [https://  
www.walksinchestow.co.uk/2023-walking-  
festival.html](https://www.walksinchestow.co.uk/2023-walking-festival.html) Other walking opportunities include  
Hotfooters, Strollers, and Coleford Welcomes Walkers.

The latest U3A podcast ( [https://www.u3a.org.uk/news/  
u3a-radio-podcast](https://www.u3a.org.uk/news/u3a-radio-podcast)) features a number of items of  
interest - finding out more about Hadrian's Wall and  
ways to live better in our later years - details below.

See you at Lydney Town hall at 2pm on Wednesday 19  
April to learn all about Berry Hill Memorial Hut!

Ken Syme

24 May 2023 The Fountain Inn,  
Parkend 12.30 for 1pm  
£15.00

- 3 Wye Valley Pork Sausages, Mashed Potatoes, Peas, Gravy (can be df)
- Pan Fried Chicken in Creamy White Wine and Stilton Sauce, Peas, Chips or New Potatoes (can be gf)
- 8 oz Gammon Steak, 2 Eggs, Chips and Peas
- Moroccan Tagine with Spiced Chick Peas, Sweet Potato, Courgettes, Apricots, Sultanas and Rice (v, df, gf)
- Vanilla Cheesecake and Red Berry Compote and Ice Cream
- Cappuccino Roulade with Chocolate Sauce and Ice Cream (gf)
- Apple Crumble with Custard or Ice Cream
- Fresh Fruit Salad (gf, df)
- 

(v = vegan, df = dairy free, gf = gluten free)

### Hadrian's Wall 10 May - "Off the Wall"

U3A members from all over the UK will descend on Hadrian's Wall on 10 May 2023 to celebrate the building of the wall and the influence that the wall has had on our creative lives. For more details see <https://www.u3a.org.uk/events/off-the-wall/off-the-wall-events-on-the-day?highlight=WyJvZmYiLCJ0aGUiLCJ3YXxslI0=>

### Walking in the Forest

Hotfooters - Thursday 20 April 10am

The Hotfooters walk on 20 April starts at 10.00 from the West Dean Centre, to include parts of the Bream Heritage Walk and a visit to the Devils Chapel and the Scowles before returning back to Bream. Contact Bob Garside ( [bob.garside1@btopenworld.com](mailto:bob.garside1@btopenworld.com) ) if you are interested in taking part.

Strollers - Monday 1st May 10am

Please phone the convener, Val Collett (Tel: 01594 369816) if you are hoping to attend, just in case it is necessary to cancel for some reason.

Linear Park Cinderford

Meet at 10am in the car park on the B4226 past the Dilke hospital at the bottom of the hill.

Coleford Welcomes Walkers - every Friday 10.30am

Meet by the Clock Tower, Market Place, Coleford GL16 8BQ

For further details, contact Debbie 07967 046159

### Skittles - Friday 21 April

The Skittles group is meeting on Friday 21 April with menu as follows:

- A) Sweet & Sour Chicken (chips/rice or 50/50)
- B) Beef Curry (chips/rice or 50/50)
- C) Cod chips & peas

New members are welcome, but booking with menu choices must reach Paul Milner by Tuesday 18 April.(contact details for Skittles Group on the FoD U3A website <https://u3asites.org.uk/forest-of-dean/page/47256>

### Future Lives

This is a UK-wide U3A group which shares information and resources on how we can improve our future lives.

U3A members can have their say, sharing information and ideas that will help us all live our best possible future lives. There's a series of free [online events](#) for U3A members, and a "Our homes for our future" [questionnaire](#) you can complete, as well as the chance to sign up to the [newsletter](#). For more details about the group, follow this link <https://www.u3a.org.uk/our-impact/future-lives?highlight=WyJmdXR1cmUiLCJsaXZpbmciXQ==>

If you have any queries regarding this newsletter, or would like to have something included in the next newsletter, which will be published on Monday 8th May, please email me at [ken.syme1957@icloud.com](mailto:ken.syme1957@icloud.com)

Copies of previous newsletters can be found on our website: <https://u3asites.org.uk/forest-of-dean/page/121533>