



# FoD U<sub>3</sub>A Newsletter

## March 2023

### Lunch Club

**Orepool, Sling 22 March 2023**

12.30pm for 1.00 pm

£12.00

Menu

- Salmon and Leek  
Fishcake with Chips
- Salmon and Leek  
fishcake with Potatoes
- Ham, Egg and Chips
- Cottage Pie and  
Vegetables
- Brie and Cranberry Tart,  
Chips and Salad
  
- Sticky Toffee Pudding  
and Custard
- Baileys Cheesecake
- Medley of Ice Cream
- Fresh Fruit Salad

Welcome to our March newsletter! We are now officially in Spring, so perhaps it's time to get the walking boots on and explore the beautiful Forest of Dean countryside. On Wednesday March 15 at 2pm at Lydney Town Hall our talk will be "Who knew where walking would lead?" with Debbie Sturgess from Coleford Welcomes Walkers - see link [here](#) There are different walking paces from Strollers and Hotfooters to the Chepstow Walking Festival next month (April 11 to April 16) - for details see <https://www.walksinchepstow.co.uk/2023-walking-festival.html> Pages 3 & 4 of this newsletter provide a checklist of these walking options.

If a more leisurely stroll round the garden is what appeals, there are details on the following page of the "By Arrangement" National Garden Scheme.

Perhaps an evening at the theatre? From 29th March to 1st April the Cotswold Playhouse in Stroud will host performances of 'Ladies on the Costa', a series of 5 female-perspective monologues set on the Costa del Sol - tickets are available for £13 through their website: <https://www.cotswoldplayhouse.co.uk/whats-on>.

Remember we have an excellent lunch club run by Jackie Chapman (0773 5032308) - for details of the next two lunches scheduled see the column on the left.

Ken Syme



### **The Ugly Duckling, Lydney**

26 April 2023 12.30pm for  
1.00pm £15.00

Menu

All meals include:

- Homemade cheese and Chive roll with Netherend Farm Butter
- Freshly Brewed Coffee with Homemade Brandy Snap Biscuit
  
- Thyme roasted Breast of Chicken with Mustard mash and Chive Cream Sauce with Fresh Veg and Buttered New Potatoes
- Battered Haddock with Hand Cut Chips, Mushy Peas and Tarter 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

For further details or to book please ring:

Jackie Chapman 07735 032308

## **A word from the National Garden Scheme**

My name is Simone Seward and this year I have been asked to promote gardens open By Arrangement for the National Garden Scheme, Gloucestershire.

We offer your members the opportunity to visit a wide range of gardens with a wealth of garden experiences in some truly wonderful settings. By Arrangement gardens open for a more personalised visit on a pre-arranged date giving groups the option to select the most convenient time for them.

The idea of visits is proving popular with u3a gardening, photography and painting groups as well as walking groups and those visiting rural churches and historic sites who might like to combine a garden visit with their specialist interest day out. To add to the visit some garden owners also offer refreshments so that clubs might enjoy a garden venue for their summer social.

I hope that your groups will find the link attached the inspiration to get together and arrange a wonderful day out and enjoy some of Gloucestershire's glorious gardens! We can also offer your gardening groups talks so please get in touch if you're interested.

Simone Seward

Gloucestershire NGS By Arrangement Gardens Co-ordinator

<https://ngs.org.uk/gloucestershire-by-arrangement/>

[Tel: 01242 573733](tel:01242573733)

## **Kurling**

Kurling played at Lydney Town Hall on 9th February

We had 15 players turn up and started with the Blues v Reds and after

2 rounds the Blues ended up winners 62 to 37. Next was the Championship

and Ann Henderson came out the winner with 15 and Paul Milner second with 13

and Sheila Windmill third with 12. The K.O. followed and after 5 rounds

Paul Milner became the winner with Dot Thorpe runner up.

Thanks to all who helped with the teas and Kurling and hope to see you

all this month Friday 10th March.

Ron Vaughan



## Strollers Programme March - October 2023

Convener Val Collett  
Tel: 01594 369816

As strollers walks are all over the Forest of Dean please phone me if you are hoping to come. Just in case I have to cancel for some reason.

1 hour stroll starting at 10am on the first Monday of the month

Monday 6th March Coleford

Meeting in car park by the railway museum for walk to Milkwall and back.

Monday 3rd April Cannop Ponds

Meet at the Stone Works on the Parkend to Cannop Road.

Monday 1st May Linear Park Cinderford

Meet in the car park of the B4226 pass the Dilke hospital at the bottom of the hill.

Monday 5th June Lydney Park and Lake

Meet in the Bathurst Park car park at the end of Bathurst Park Road.

Monday 3rd July Cyril Hart Arboretum

Meet in the car park on the B4226 200 yards from Speech House towards Cinderford.

Monday 7th August New Fancy

Meet in the car park off the road towards Speech House from the Parkend to Blakeney Road.

Monday 4th September Lydney Harbour

Meet in the car park at the end of the lane.

Monday 2nd October Stain Glass Window

Meet in the Speech House Woodlands car park on the B4226 pass the Arboretum car park on opposite side of the road towards Cinderford.

## Hotfooters Programme March - August 2023

Convener Bob Garside

E-mail [bob.garside1@btopenworld.com](mailto:bob.garside1@btopenworld.com)

All the walks will start at 10.00. It would be helpful if walkers can confirm their attendance by emailing me ([bob.garside1@btopenworld.com](mailto:bob.garside1@btopenworld.com)) this will enable me to control the numbers of walkers

16 March 2023 Starting from St Pauls Church Parkend.  
The route will follow some good paths through the forest to Upper Forge and return via Brockhollands

20 April 2023 Starting from the West Dean Centre Bream  
The route will follow sections of the Bream Heritage Walk including passing through Parkhill in closure

18 May 2023 Starting from Newerne Street Car Park Lydney  
The route will follow some good paths through the Lydney Park Estate where hopefully there will be the chance to see some blue bells.

15 June 2023 Starting from the Swan Road car park Lydney.  
Route to follow

20 July 2023 Starting from Parkend Sports Field opposite the Memorial Hall.

Route to follow

17 August 2023 VOLUNEER REQUIRED I am not available to lead a walk therefore would anyone like to lead a walk for me.

## Chepstow Walking Festival

The programme for Chepstow Walking Festival 2023 (11th to 16th April) has been launched, to find out what's in store this year click [here](#).

The popular Chepstow Walking Festival is now in its 11th year has a packed programme of walks and fringe events led by experienced walk leaders, some specialists in their field. You may make a number of discoveries and learn more about the area.