



Forest of Dean U3A Newsletter March 2026

Lunch Club: contact Jackie
Chapman 07735 032208 or sign up
at monthly meeting.

The Cross, Aylburton

Wednesday 25 March 2026 12.30 for
1.00pm Menu £16

MAINS

Chef's Beef lasagne with garlic
ciabatta bread;

Wholetail Scampi with chips and
peas;

Hunter's chicken with buttered
new potatoes and coleslaw;

Grilled halloumi and sweet chilli
salad.

DESSERT

Ice cream selection;

Apple crumble and custard;

Double chocolate brownie and
ice cream;

Lemon meringue roulade and
pouring cream

Welcome to the March Newsletter!

It is with great sadness that I have to report the death of Pam Craven on Sunday 1st March. Pam will be known to many of you as one of the organisers of our monthly lunches. As has been previously reported in this newsletter, she also did significant fundraising work for charity, and still found time to produce an amazing range of handcrafted greetings cards. She kept going through illness and was a regular at our monthly meetings. Pam will be much missed but not forgotten.

In this newsletter you'll find details of the talk by Ben Nicholls on Wednesday 18th March when he returns to give us more stories about his research into his family history. Shortly after that we have the skittles evening on Friday 20th March – it's always the third Friday of the month - at the Bilson Inn, Cinderford with an excellent meal available for £13.

You can also read about our book group and there's an opportunity to win a £100 John Lewis voucher by completing a u3a survey. As usual, you'll find details of the lunches scheduled for this month and April.

Ken

to attend this fascinating talk of follow-up



The New Inn, Viney Hill

Wednesday 22 April 2026

12.30 for 1pm £16

MAINS

Fish and chips;

Chicken curry with chips or rice
or half-and-half chips/rice;

Shepherd's Pie with
vegetables;

Nut Roast with vegetables and
chips

DESSERTS

Apple Pie with custard

Fresh Fruit Salad

New York Cheesecake

Chance to win a £100 John Lewis voucher

u3a are running a survey to find out what people get from u3a, what makes involvement easier or harder, and how u3a fits into your life. Feedback will be shared with u3as to help ensure u3a remains welcoming, flexible and sustainable.

Please take a few minutes to complete the short survey and you can be entered into a prize draw to win a **£100 John Lewis voucher**

[Take the u3a survey here](#)

Book Group meet up on the third Tuesday of each month from 10.00am for a couple of hours in the home of one of our members. We are a bunch of like-minded people (ie curious and appreciative of good writing which we acknowledge may come in many forms) who enjoy sharing our opinions on the books chosen by us. Each year, each person in the group recommends a text that they have personally enjoyed and they think would merit discussion in the group. Consequently we end up with a range of different genres where we sometimes get pushed out of our comfort zone, enriching our experience.

Some examples of novels read over the last year are:

The Word is Murder - Anthony Horowitz

Klara and the Sun - Kazuo Ishiguro

Conclave - Robert Harris

A Calamity of Souls - David Baldacci

Spies - Michael Frayn

The List of Suspicious Things - Jennie Godfrey.

I am looking forward to revisiting Persuasion by Jane Austen and The Lincoln Highway by Amor Towles in the upcoming months as well as discovering some new to me authors.

Susan McIntosh - Book Group Convenor.

**"The Devil's Daughter and Me" - Ben Nicholls
18 March at 2pm Lydney Town Hall**

Ben Nicholls writes:

"It turns out I'm descended from the devil which explains a lot! Having discovered my own family history, it's been enlightening to find out I'm in good company. Let me show you the underside of Victorian respectability through the eyes of some of my ancestors with a devilish streak. There's Aaron who broke with his religion to be with the woman he loved. And Caroline whose passions for a dashing Parisian left her in disgrace. Then we'll travel to Mexico City and see what the Inquisitors make of my non-conforming relatives there. And finally, we'll meet the Devil's daughter herself..." - This is a follow-up to Ben's talk in February last year "Finding my Grandad's Global Family".