



Forest of Dean U3A Newsletter May 2026

Lunch Club: contact Jackie
Chapman 07735 032208

The Ugly Duckling, Lydney

Wednesday 27 May 2026

12.30 for 1pm £19

MAIN

Thyme roasted breast of chicken with herb mash and mixed mushroom velouté;
Slow roasted belly pork with crackling spears, braised red cabbage, apple sauce and cider gravy;
Provençale vegetable, basil and mozzarella tartlet with dressed rocket and picante tomato sauce;

Fillets of red mullet with Dauphinoise potatoes, marinated vegetables and oriental glaze (All main courses served with fresh vegetables and new potatoes)

DESSERT

Butterscotch sponge pudding, macerated raisins, butterscotch sauce and warm custard

Fresh fruit salad

Light Pavlova meringue with citrus cream, honeyed orange segments and lemon curd

Freshly brewed coffee with homemade chocolate

Welcome to the May Newsletter!

This month I have included illustrations of the kind of events organised by Chepstow u3a which may be of interest to our members. Please let me know if you would want to participate in such events in the future.

Also included are details of a survey on concerns about “falling in older adults”. It is entirely up to you whether or not you choose to contribute to this survey. An information sheet will be provided with the mailing of this newsletter.

More cheerfully, there are the menus for the May and June lunches, and we can look forward to the talk on Wednesday May 20 by Jenny Mallin (winner of the “Best World Cookbook 2017” from the Gourmand World Cookbook Society) “Partition and my British Raj Family” - as usual at 2pm in Lydney Town Hall.

I look forward to seeing you all again after my very long absence!

Ken

to attend this fascinating talk of follow-up



The White Hart Inn, Cinderford
12.30 for 1pm £18

MAINS

Ham, Eggs, Peas and Chips;

Home-made Lasagne, Chips,
Garlic Bread and side salad;

Home-made Chilli, Mexican
Rice;

Scampi, Peas, and Chips;

Beetroot & Butternut Squash
Wellington (Vegan).

DESSERT

Chocolate Fudge Cake;

Victoria Sponge;

Fruit salad (vegan);

Sticky Toffee Pudding (Gluten
Free);

Apple Crumble

Chepstow u3a Events

Members may be interested to know that there is a dog walking group organised by Chepstow u3a, occasionally starting from Lydney Harbour.

The link below gives details of one which took place on May 12th:

https://chepstow.u3asite.uk/u3a_events/dog-walking-group-1-group-2-lydney-harbour/

I cannot recall anyone expressing interest in dog walking groups, but if any members would like me to explore with Chepstow if they would be willing for some of our number to participate, then I would be happy to do so. Please contact me by email ken.syme1957@icloud.com

Similarly, there is a natural history group in Chepstow which makes birdwatching visits to Lydney harbour – see link below for details of one such a visit - which may even be happening as you read this newsletter!

https://chepstow.u3asite.uk/u3a_events/visit-to-lydney-harbour/

Next month Chepstow u3a are holding a free recorder concert at 11 o'clock on 25th June in St. Mary's Church, Lydney

Survey on concerns about falling

Dr. Matt Hill of Leicester University is leading a study on concerns about falling in older adults. An information sheet is provided as a separate attachment to the email version of this newsletter. The study aims to understand whether witnessing or hearing about other people falling influences individuals all concerns about falling.

Data used in the survey is anonymised and always presented in aggregate form.

Please feel free to let me know what your own feelings would be about participating in such a survey, which is of course entirely voluntary.

Re-engage - for the over 75s

We have been contacted by Ailsa Guard, who is part of a charity called Re-engage (www.reengage.org.uk) which is dedicated to seeing people 75+ and offers free call companions, free activity groups and free monthly Tea Parties. I hope to arrange a brief talk from Ailsa when she can tell us a little more about her charity.

