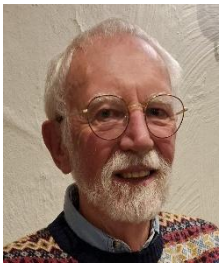
Lymington u3a Newsletter
Nov - Dec 2026

From our Chairman, John Ward



It seems just a very short time ago that I was wandering around in a short-sleeved shirt, shorts and sandals and looking for some shade. Today as I write this it is cold and rainy weather with a fierce wind blowing – ought to be autumn but feels like early winter.

Time to think about indoor activities and with more than 50 Interest Groups to choose from in Lymington u3a we have plenty of choice. Golf, Walking and Petanque are certainly more fun on a fine day than in the rain, but that still leaves a lots of indoor activities to keep our minds occupied. These do, of course, rely on our Group leaders to organise and convene these meetings and when any particular Group is full for a prospective member to set up another similar Group. Reading is good example of this proliferation with four active Groups now; and there are five varieties of French and seven versions of History currently on offer.

Unfortunately this is not true for Garden Appreciation. For at least 14 years this has been probably our most popular and successful Group with a waiting list for members and activities including outings, socials and speaker meetings. Their committee intend to step down at the end of March next year and as I write this there is no one offering to take it on.

As Sue Curant, the Group's secretary, has said to me this will be the end of a 14-year era and a great loss to Lymington u3a. If you think you might be willing to help keep the Garden Appreciation Group running or would like to find out more about what is involved please let me know. Speak to me at one of our monthly talks or discussion meetings or send an email to me at chair@lymingtonu3a.org and I will pass your message on to Sue.

John Ward

New Year Lunch – don't miss out!

While New Year may seem a long time ahead, Peter and Pat Bloe have very kindly agreed to organise the Lymington u3a Annual Lunch again on **Friday 8th January at South Lawn Hotel, Milford on Sea at 12 for 12.30 pm**, and they need to know who wants to attend and whether there is someone with whom you would like to sit, also your menu choices and whether you have any food allergies.

If you have not already booked, online booking is still open and tickets are **NOT** refundable, though there may be a waiting list and so you may be able to sell your ticket to another member if you are unable to go.

There are only 50 places available so do not delay in applying! The cost of £42.04 per head (which includes tips and coffee with a mince pie, and the booking fee) must be paid **by 30th November at the latest.** To pay please click **HERE** .

To make your menu choices, please click on this link **HERE** and complete the simple form. Here is the full menu:

Starters:

- Celeriac, Leek and Truffle **Soup**, Toasted Walnuts and Croutons
- Smoked **Fish Assiette**, Salmon, Trout and Mackerel Pâté, Cucumber, Fennel and Beetroot Remoulade
- Confit Duck, Pork and Pancetta **Terrine**, Cranberry and Red Chutney, Garlic and Sage Pesto

Main courses all served with seasonal vegetables:

- Roast Breast of **Turkey** and Stuffing, Roast Potatoes, Pigs in Blanket, Honey Roast Roots, Gravy
- Slow Cooked Beef **Steak**, Braised with Tomato, Rosemary and Mushroom Sauce, Horseradish Mash
- Fillet of **Bass,** Crushed Parsley Potato, Samphire and Shellfish Bisque
- Sweet Potato, Spinach & Brie **Roulade** Baked in Puff Pastry, Red Wine Thyme Jus

Desserts:

- Treacle & Christmas Pudding **Tart**, Brandy Sauce and Clotted Cream Ice Cream
- Chocolate Orange **Profiteroles**, Cointreau Sauce, Mandarin Coulis
- Baked Vanilla **Cheesecake**, Lemon & Passionfruit Curd, Chantilly Cream

Please book early to be sure of a place. Please help any u3a friends who are not online by booking for them. If you have any questions please contact organisers Peter and Pat Bloe,
email: patandpeter7072@gmail.com, tel: 01590 676704.

Activities open to all our members:

Monthly Speaker Meetings

Held on the first WEDNESDAY afternoon of the month in the St Thomas Church Hall (except in July). We start at 2.15 for 2.30 pm. Free teas afterwards and time to chat.

Wednesday 4th November

Natural Flood Management

Member Peter Hebard will talk about how we can manage water to the best effect for all in the Forest, for both flood and drought, ecology and economy, livestock, businesses and residents through neighbourly cooperation and good husbandry at no extra cost.

Wednesday 2nd December

'How did that happen?' My journey from teenage army cadet to world class Opera Star!

Colin Judson is a sought-after tenor who studied at the Guildhall School of Music and Drama. He has been a frequent soloist at many opera houses across Europe including The Royal Opera House Covent Garden, Glyndebourne Festival Opera, Opera de Paris, Teatro del l'Opera in Rome and English National Opera.

The Monday Discussion - for stimulating, sometimes challenging discussion – just what u3a is for



The Monday Discussion takes place on the third Monday morning of the month at 10 am prompt in the Gates Hall at the Lymington Centre. Coffee / tea free of charge with chat until 10.15 am. We then watch an interesting short TED talk video together and then discuss it in sociable small groups. Here are the next topics:

Monday 16th November

Why social health is key to happiness and longevity

You know it's important to take care of your physical and mental health. But what about your social health? Social scientist Kasley Killam shows how feeling a sense of belonging and connection has concrete benefits to your overall health — and explains why it may be the missing key to living a longer and happier life.

Monday 21st December

How doodling unlocks your imagination

Artist Joe Whale used to get in trouble for doodling in class, until a local restaurant let him cover an entire wall with his artwork … and the internet took notice. He traces his unlikely beginning to a bigger story: your imagination is a muscle, and it weakens when you hand it off to AI. Through a live doodling demo, he shows in real time what it looks like to let a thought become a drawing, one line at a time.

Coffee mornings

Come and join us for a sociable chat from 10 am in the Solento Lounge (formerly Barclays Bank). Our coffee mornings are held on the **second and fourth Wednesday mornings** of the month. All members are welcome.



News from the Groups:

Tim and Sue Norris, our Group Co-ordinators, tell us that the following groups reported vacancies in October and there may still be spaces:
Creative Writing
Cribbage
Current Affairs 1
Food and Friends
Golf
Painting
Petanque
Philosophy
Science and Technology
Spanish Intermediate

A Jigsaws group is in formation at the moment.

Monthly 'open' groups, **Walking, Lunch Club and French Chat in the Café (all levels)** always have spaces. If you are interested in any of the above and would like to know more (where and when the groups meet etc), then look on the website – just search for **Lymington u3a** and go to **Groups** or click **HERE .**

If there is something else that interests you that's not listed, or the group you would like to join is full, do please talk to us, as the situation changes all the time in existing groups, or we can help you to set up a new group.

The Lunch Club meets once a month on different days of the week at various venues (usually a pub) for a meal and a chat.

All are welcome, either every month or on the odd occasion. The practical maximum number for a group lunch is up to 30, which usually works out, but if not booking is on a 'first come' basis.

To receive information about forthcoming lunches please contact organiser **Cheng Wood:**
Tel: 01590 673213 / 07940 851242 OR come to the monthly meetings at St Thomas Church Hall on the first Wednesday afternoon of the month.

Walking Group

The Walking Group meets on the first Monday of each month for walks of about 5 miles, sometimes with optional lunch afterwards. For more information or to receive details of each walk please contact Trevor Norton via the Walking group page on the website.

Free online talks, workshops and courses – good for dark winter days!

u3a members can access a wide range of free online talks, workshops and courses through their membership. Most sessions are led by fellow members, sharing their expertise, with additional talks from notable speakers and organisations.

All events are bookable via Eventbrite. Please ensure you can attend when booking and cancel if you're unable to make it so others can participate. Events are exclusively for u3a members. Sign up to the events mailing to get our monthly online events straight to your inbox. Click **HERE** to sign up.

NEW! National u3a short breaks

To read about this new national u3a venture, offering 2 – 4 night breaks just for u3a members, click **HERE** .

Mar 2027 'Aviation Heritage'

April 2027 'Going Wild in Dartmoor'

May 2027 'Wine Lovers Unite'.

Future Lymington u3a outings:

No further trips are currently planned because no members have come forward to organise such events. Please get in touch if you would like to plan a trip for us – we will help and support you.