

November 2023 – April 2024



O the
ODDfeLLows SINCE 1810
making friends, helping people

out & about

Making friends across King's Lynn and West Norfolk



Burnham Market, King's Lynn



Music



Art/Crafts



Theatre



Dining Out



Walks



Games



Day Trip



Meetings



Social



Talks



Coffee Morning/
Afternoon Tea



Quiz



Welcome to our latest edition of the Out and About, the events programme for the King's Lynn and West Norfolk Branches of Oddfellows. We are a group of friends brought together through our shared interest in socialising, making friends and helping people.

As the local Branch of a national membership organisation called the Oddfellows, we offer you a great opportunity to make new friends and enjoy a variety of activities. We also provide members with a range of advice and support services when you need them, see inside for details. We hold a wide range of events from our regular quizzes, days out, talks, walks and much more.

The list is endless and the choice is yours! If Out and About seems like just the thing for you and you'd like to find out more, please contact Alison Schultz (contact details above) who will be happy to have a chat.

We hope to see you at an event very soon! For more details about

Contact Details

For more details on any of the events listed contact

District Secretary: Alison Schultz

Address:

Oddfellows House
7 Lynn Road, Gaywood,
King's Lynn, Norfolk PE30 4PR

Development Officer:

Patricia Sexton
officer works Monday and Tuesday

Contact number: 01553 766819

Telephone: 01553 776030

Email: alison.schultz@oddfellows.co.uk

Office Open Hours: Monday
Tuesday and Thursday 9am-5pm.
Tuesday and Thursday
social events.

f Join our social network! You can find us on Facebook. You can now keep up-to-date with all the latest Oddfellows news for free through social media at Oddfellows Kings Lynn

becoming a member and the wide range of benefits available, please call our membership team on **0800 028 1810** or visit our website at **www.oddfellows.co.uk**.

Booking and Cancellations

Please remember the importance of early booking for all events to avoid disappointment or cancellation due to lack of support. Please note that a place is not guaranteed at any event until full payment has been received.

Regular Events - Dates can be found on the at a glance section

Seated Exercises

First Tuesday
of the month



2pm



£3.50 per person

Seated exercises with Patricia Sexton, a qualified instructor. Have a bit of fun whilst helping with your overall fitness and may be burn a few of them calories off with a lovely cuppa after with friends. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3SF. Contact Pat on 01553 766819.



Quiz with Roger Williamson

Second
Tuesday of
the month



2pm



£1 per person

Come join us at Reffley Community Hall, where we will be in groups of four answering the question and having a giggle with a refreshing cuppa served afterwards. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3SF. Contact Alison or Roger on 01553 776030 or Pat on 01553 766819.



Bingo

Third Tuesday
of the month



2pm



£3 per person



Monthly bingo with Roger and Sue Williamson, so its eyes down and look in for your chance to win. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3SF. Contact Susan on 01553 776030.

Talks or Games

Fourth and fifth
Tuesday of the month



2pm



Free

On the fourth and fifth Tuesday we meet at Reffley Community Centre, Reffley Hall, Reffley Lane, Kings Lynn PE30 3SF. We have a talk or games starting at 2pm and its free to join us. Contact Alison on 01553 776030.



Further events are being added,
see: www.oddfellows.co.uk/events

Thursday Events – Dates can be found on the at a glance section

Wildfowler Coffee Morning

First
Thursday
of month

⌚ 11am

£ As per menu

We have decided to go the first Thursday of the month to the Wildfowler, King's Lynn where coffee or tea will be served along with a selection of home-made cakes. Stay for lunch as they have an extensive menu. Wildfowler Public House, 28 Sutton Road, Terrington St Clements, King's Lynn PE34 4PQ.



Downham Coffee Morning

Second
Thursday
of month

⌚ 11am

£ As per menu

Downham coffee morning has two venues, we have decided to alternate between Downham Market Home and Garden Store as well as Baytree at Hilgay. Why not have a look around the shop afterwards and lunch with friends. Alison will be there for coffee and to answer any question. Downham Market Garden Centre, Stonecross Lane, Bexwell, Downham Market PE38 0AD or Baytree of Hilgay, Steels Drove, Hilgay, Downham Market PE28 0QH. Contact Alison on 01553 776030.

Thaxters Coffee Morning

Third
Thursday
of month

⌚ 11am

£ As per menu

Coffee morning at Thaxters, Dersingham. Come along and order what you wish it may be breakfast or stay for lunch whichever you want. Thaxters Garden Centre, 51 Hunstanton Road, Dersingham, King's Lynn PE31 6NA. Contact Alison on 01553 776030.



Coffee Morning and Lunch at Globe Public House

Fourth
Thursday
of month

⌚ 10.30am

£ As per menu

We have decided to go to Globe as its in the centre of town. Easy access from bus and boat. We can have breakfast, lunch or just a coffee the choice is yours. The Globe Hotel, Tuesday Market Place, Kings Street, King's Lynn PE30 1EZ. Contact Pat on 01553 766819.

Further events are being added, see: www.oddfellows.co.uk/events

November

TUES 28 Wiltshire Farm Foods Taster and Demonstration



Our local Wiltshire farm foods are coming to do a demonstration and taster day. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3SF. Contact Alison on 01553 776030 or Pat on 01553 766819.



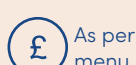
WED 29 District Meeting with a Christmas Get Together Afterwards



Come along to our District meeting followed by a Christmas get together. Gaywood Church Rooms, Gayton Road, Gaywood, King's Lynn PE30 4DZ. Contact Alison on 01553 776030 or Pat on 01553 766819.



THURS 30 Luncheon Club with Alison



Come join Alison at The Wildfowler for lunch, 12.30pm arrival with a 1pm lunch. Book by Thursday 23 November 2023. Wildfowler Public House, 28 Sutton Road, Terrington St Clements, King's Lynn PE34 4PQ. Contact Alison on 01553 776030.



THURS 30 Star of the West, Methwold Hythe



Star of the West Meeting hosted by Albert Eaglen. The Green Man Public House, 1 Whiteplot Road, Methwold, Hythe, Thetford IP26 4QP. Contact Alison or Albert on 01553 776030.

Further events are being added, see:

www.oddfellows.co.uk/events

December

SUN
10

Christmas Lunch at Knights Hill Hotel



1pm



As per
menu



Christmas lunch at Knights Hill.
12.30pm arrival with a 1pm lunch.
Book by Thursday 30 November 2023.
Knights Hill Hotel, South Wotton, King's
Lynn, Norfolk PE30 3HQ. Contact
Alison on 01553 776030 or Pat on
01553 766819.



TUES
12

Afternoon of Christmas Music with Richard Sexton



2pm



Free



Come have an afternoon of fun and
laughter with Richard on his Keyboard
hosted by Pat and Alison. Reffley
Community Centre, Reffley Hall,
Reffley Lane, King's Lynn PE30 3SF.
Contact Alison on 01553 776030 or Pat
on 01553 766819.



THURS
21

Panto at The King's Lynn Corn Exchange, Dick Whittington



1pm



£20



Panto time with King's Lynn Corn
Exchange Dick Whittington will be
the panto. We have a complete
row booked with two wheelchair
spaces with helpers booked, so
come along and enjoy the panto
with an ice-cream included.
Book by Thursday 30 November
2023. King's Lynn Corn Exchange,
Tuesday Market Place, King's
Lynn PE30 1JW. Contact Alison on
01553 776030.



January 2024

TUES
30

First Aid Talk



2pm



Free



We will have a talk this afternoon on
first aid. Please join us as we never
know when this skill will be needed.
Reffley Community Centre, Reffley
Hall, Reffley Lane, King's Lynn PE30
3SF. Contact Alison on 01553 776030
or Pat on 01553 766819.

February

TUES 27 Annual Summomed Meeting



Today is our Annual Summomed Meeting – your chance to find out what has been happening to our finances for the past 12 months. Tea or coffee and cakes will be served. Book by Tuesday 20 February 2024. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3SF. Contact Alison on 01553 776030 or Pat on 01553 766819.

THURS 29 Luncheon Club with Alison



Today we are at the Anvil Inn at Congham. A delightful country pub, where we can enjoy a two course lunch with friends. Book by Thursday 15 February 2024. Anvil Inn, St Andrew's Lane, Congham, King's Lynn PE32 1DU. Contact Alison on 01553 776030.



March

TUES 26 Easter Bonnet competition



A traditional Easter bonnet competition. Show off your skills and maybe win a prize! Hot cross buns will be served. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3SF. Contact Alison on 01553 776030 or Pat on 01553 766819.



April

WED 24 District Meeting



This evening we will have a short District meeting followed by cheque presentation to a representative from MIND which as you know has been Rogers chosen charity. Come and find out where your generous donations will be going. Gaywood Church Rooms, Gayton Road, Gaywood, King's Lynn PE30 4DZ. Contact Alison on 01553 776030 or Pat on 01553 766819.

April

TUES
30

Game of Hoy



2pm



Free



Ever played HOY before? A hybrid of bingo/cards. Come along and have some fun. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3SF. Contact Alison on 01553 776030 or Pat on 01553 766819.



Join the conversation @OddfellowsUK

Find us at **f OddfellowsKingsLynn**

REFER A FRIEND

Share the love and make someone smile



Why not make someone's day by telling them about the Oddfellows?

You might be surprised who would appreciate getting involved – membership brings lots of benefits and so much more*.

To refer someone you know and make their day, either fill in the Refer a Friend form available from your Branch Secretary, or call Membership on 0800 028 1810, or visit our Members' Area at www.oddfellows.co.uk

*Terms and conditions apply to the Refer a Friend offer. It cannot be used in conjunction with any other member offer. For full terms and conditions and for details of the rewards visit www.oddfellows.co.uk/offers.

Some of our past events...

Our walks have been very popular with lots of talking along the way. We have had some interesting talks, photo here of Emma Pickering who came to talk about the hedgehog hotel.

The coffee mornings at Terrington st Clements , Downham Market , Dersingham and Kings Lynn are always well supported, as has been the re commencement of our luncheon club,

which has taken us to local pubs and also the Golden Lion hotel in Hunstanton.

Regular events include : seated exercise, bingo, hoy and general knowledge quizzes.

All of the above are planned again for next 6 months.



Lunch at the Golden Lion hotel in Hunstanton



Photo of Emma from Hedgehog hotel



Coronation lunch

Some of our past events...



Downham market garden centre



Globe coffee morning



Hilgay at Downham



The Farmers Arms at Knights Hill Hotel



Coffee morning at Thaxters



Walk and walk picture



Coffee morning at Thaxters



Wildfowler coffee morning and lunch club

Paying your membership by Direct Debit

A new Direct Debit payment initiative was launched in January to try to make membership payments easier. So why choose Direct Debit?

- It is easy to set up, it can be done over the phone or online.
- You don't need to worry about renewing each year as the Direct Debit will automatically be taken upon your renewal date.
- You still have complete control because you can cancel whenever you want – you'll be notified of the payment 6-8 weeks in advance to give you plenty of time to make any changes.
- It's paperless and nothing has to go through the post, so no danger of it going astray.
- It is all done on a totally secure system.
- You can choose to make the membership payment over two consecutive months to help you manage your finances.
- Standard membership would be two monthly payment of £12.50 and extra benefits would be two monthly payments of £17.50.



Find out more by contacting **Membership Services** on **0800 028 1810**



the
Oddfellows SINCE 1810
making friends, helping people



The Oddfellows is the trading name of The Independent Order of Odd Fellows Manchester Unity Friendly Society Limited, incorporated and registered in England and Wales No. 223F. Registered Office
Oddfellows House, 184-186 Deansgate, Manchester M3 3WB.

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Meet the Grand Master

Vale of York Oddfellows' Barbara Needham was officially welcomed as the Society's Grand Master (Chairman) during the annual conference in May, a position she'll hold for two years.



The oldest of five in a close family, at weekends they would often travel around Yorkshire and go camping. It was during these trips she met Peter, a member of the Oddfellows since birth who would go on to become Grand Master himself.

Barbara joined the Oddfellows' Good Samaritan Lodge in Goole when she married Peter in 1973. "It was all arranged within four weeks," she said. "Nothing like the expensive events that happen today!"

"I borrowed my sister-in-law's wedding dress. Peter got a new suit. We catered ourselves in the local village hall. I think the wedding cost us £14, which is all you had to pay for the licence, and then we went away camping for our honeymoon."

Barbara and Peter would later welcome daughter Claire into the world, herself an Oddfellow, who would go on to have a successful accountancy career.

Barbara's career was in primary education, most notably a 30-year stint at a school

in Broughton where she ultimately became Head Teacher.

"It was something that I'd always wanted to do ever since I went to school. I never wanted to do anything else," Barbara said.

Despite representing the Society in a variety of roles, Barbara says that never in her wildest dreams did she anticipate becoming Grand Master.

"It's a great honour because you're just a custodian," she said. "Although you wear the chain and you're the figurehead, that's not what makes you an Oddfellow. What makes you an Oddfellow is what's in your heart."

"I just want to do my best, because the ethos of Oddfellows is what we should all live by. The whole world would be a better place if people looked after each other."

Find out all the ways you can get involved in the Society by visiting www.oddfellows.co.uk/society-involvement



Barbara Needham (middle right) with daughter Claire (left), husband Peter (middle left) and sister Vivienne (right).

Thanks for filling your September with friendship!

Jane Nelson, the Oddfellows' CEO, has reflected on another successful Friendship Month:

"Wow, what a brilliant Friendship Month we had! All our Branches have worked extremely hard to make each and every one of near 250 special taster events a great success.

"Be it coffee mornings, music events, walks, meals or games, we've loved seeing

the happy, smiling faces of people enjoying the benefits of friendship.

"To everybody who attended, hosted or volunteered at our Branches' Friendship Month events this year, I'd like to say a big THANK YOU! It's your hard work that ensures our continued success."

Take a look at some of the fun that's been had by some of our Branches!



Brighton and Sussex members enjoying a coffee morning.



Dog race night at Dorset and Yeovil.



Mitcham, Reigate and Crawley friends keeping cool from the sunshine.



A friendly game of badminton in Mid-Surrey.



Delicious pancakes at a Handforth and Altrincham event.



Too many friends to fit in a frame at Ipswich.



Relishing friendship and fresh air on a walk in Nottingham Trent.

Help with Lasting Power of Attorneys

Arranging a Lasting Power of Attorney (LPA) can seem daunting, so our Head of Care and Welfare, John Aitken (pictured right), has answered some frequently asked questions about them.



What is an LPA?

There are two types and you can do one or both:

A property and financial affairs LPA covers decisions about money matters, for example buying and selling property, dealing with bills and running bank accounts. You can start using this at any time.

A health and welfare LPA covers decisions about health and care matters including medical treatment, where someone should live and who they should have contact with. This can only be used once the person has lost capacity.

What is 'losing capacity'?

This means no longer having the understanding or mental faculties to make decisions. Once someone loses capacity it is too late to set up a Power of Attorney. If this were to happen, family members would need to apply to the Court of Protection to take control of their assets and finances, which can be a lengthy and costly process.

How do LPAs work?

The person making the application is the 'donor' and can give power to an 'attorney' to make decisions and take actions on their behalf.

The donor can choose multiple attorneys and specify which decisions they can make. If there is more than one attorney, the donor can specify whether they can act alone or must make decisions together.

The LPA must be signed either by a solicitor or someone else of the donor's choosing to certify the LPA and confirm that they understand and have not been pressured into it.

Family members can't do an LPA for someone. Like a will, people must do it for themselves with no coercion.

How much does it cost?

It costs £82 to register each type of LPA (so £164 in total) with the Office of the Public Guardian (OPG). People on means-tested benefits or a low income can get an exemption or reduction of this fee. If you choose to use a solicitor, their costs will need to be added.

For more advice on LPAs, including how to make an application and links to relevant websites, go to www.oddfellows.co.uk/news/help-with-lasting-power-of-attorneys





Oddfellows Members: Do you need help?

None of us know what is around the corner...

Local Care and Welfare Support

To request contact from a Welfare Visitor and for local help and information about Branch benefits and benevolence contact your Branch Secretaries on page 2.

Oddfellows Citizens Advice Line

Call 0800 0149 821*

(free to callers from any landline or mobile number)

Monday - Friday, 9.30am - 4.30pm

Email: oddfellows@citizensadvicemanchester.org.uk

Run by Citizens Advice for Oddfellows members, you can access free, confidential, independent advice on welfare benefits, money and debt issues, consumer problems, housing, fuel bills, employment issues and many other issues.

*The Oddfellows cannot provide legal advice and accepts no liability whatsoever for advice provided by Citizens Advice, which is an independent advice agency. If you have any queries about the advice you have received or wish to make a complaint then you should contact Citizens Advice directly. Citizens Advice operate a formal complaints process.

Care and Welfare Helpline

Call 0800 0149 822

(free to callers from any landline or mobile number)

Monday to Thursday, 9.30am - 4.30pm, Friday, 9.30am - 4pm

Email: care@oddfellows.co.uk

Run by the Oddfellows Care and Welfare Department, you can access information and guidance on issues such as accessing health and care services, supported housing, support for carers, and planning for later life. The helpline will try and identify any Oddfellows benefits or services in the community which may be of help to you.

**Visit our website page at www.oddfellows.co.uk/benefits/care
for care and welfare information**

Booking and cancellations

Please remember the importance of early booking for all events to avoid disappointment or cancellation due to lack of support. Please note that a place is not guaranteed at any event until full payment has been received.

**Online
events you
can enjoy**
from the comfort
of your own
home...



**Talks, coffee mornings, exercise classes,
quizzes, fun & games and much more**

**Visit oddfellows.co.uk/events
and enter 'Kelso' in the place name box**

Need help to attend an online event? Just give your local Social
Organiser or Branch Secretary a call or email events@oddfellows.co.uk

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Further events are being added, see: www.oddfellows.co.uk/events

At a glance

- see pages 3 and 4 for regular events info

November 2023

Thurs 2	Coffee Morning and Lunch at Wildfowler	11am
Tues 7	Seated Exercise with Patricia Sexton	2pm
Thurs 9	Coffee Morning and Lunch at Downham Garden and Home Store	11am
Tues 14	Quiz with Roger Williamson	2pm
Thurs 16	Thaxters Coffee Morning	11am
Tues 21	Bingo	2pm
Thurs 23	Coffee Morning and Lunch at Globe Public House	10.30am
Tues 28	Wiltshire Farm Foods Taster and Demonstration	2pm
Wed 29	District Meeting with a Christmas Get Together Afterwards	7pm
Thurs 30	Luncheon Club with Alison at the Wildfowler	1pm
Thurs 30	Star of the West, Methwold Hythe	7.30pm

December

Tues 5	Seated Exercise with Patricia Sexton	2pm
Thurs 7	Coffee Morning and Lunch at Wildfowler	11am
Sun 10	Christmas Lunch at Knights Hill Hotel	1pm
Tues 12	Afternoon of Christmas Music with Richard Sexton	2pm
Thurs 14	Coffee Morning and Lunch at Baytree of Hilgay	11am
Tues 19	Bingo	2pm
Thurs 21	Thaxters Coffee Morning	11am
Thurs 21	Panto at The King's Lynn Corn Exchange, Dick Whittington	1pm

January 2024

Tues 9	Seated Exercise with Patricia Sexton	2pm
Thurs 11	Coffee Morning and Lunch at Wildfowler	11am
Tues 16	Quiz with Roger Williamson	2pm
Thurs 18	Coffee Morning and Lunch at Downham Garden and Home Store	11am
Tues 23	Bingo	2pm
Thurs 25	Thaxters Coffee Morning	11am
Tues 30	First Aid Talk	2pm

At a glance

- see pages 3 and 4 for regular events info

February

Thurs 1	Coffee Morning and Lunch at Globe Public House	10.30am
Tues 6	Seated Exercise with Patricia Sexton	2pm
Thurs 8	Coffee Morning and Lunch at Wildfowler	11am
Tues 13	Quiz with Roger Williamson	2pm
Thurs 15	Coffee Morning and Lunch at Baytree of Hilgay	11am
Tues 20	Bingo	2pm
Thurs 22	Thaxters Coffee Morning	11am
Tues 27	Annual Summoned Meeting	2pm
Thurs 29	Luncheon Club at the Anvil Inn	12.30pm

March

Tues 5	Seated Exercise with Patricia Sexton	2pm
Thurs 7	Coffee Morning and Lunch at Wildfowler	11am
Tues 12	Quiz with Roger Williamson	2pm
Thurs 14	Coffee Morning and Lunch at Downham Garden and Home Store	11am
Tues 19	Bingo	2pm
Thurs 21	Thaxters Coffee Morning	11am
Tues 26	Easter Bonnet competition	2pm
Thurs 28	Coffee Morning and Lunch at Globe Public House	10.30am

April

Tues 2	Seated Exercise with Patricia Sexton	2pm
Thurs 4	Coffee Morning and Lunch at Wildfowler	11am
Tues 9	Quiz with Roger Williamson	2pm
Thurs 11	Coffee Morning and Lunch at Baytree of Hilgay	11am
Tues 16	Bingo	2pm
Thurs 18	Thaxters Coffee Morning	11am
Wed 24	District Meeting	7pm
Thurs 25	Coffee Morning and Lunch at Globe Public House	10.30am
Tues 30	Game of Hoy	2pm