

April - June 2019
Spring Issue



the
ODDfELLOWS SINCE 1810
making friends, helping people

out & about

Making friends across Beds and Bucks District



Travel



Social



Games



Dining Out



Music



Talks



Quizzes



Tasting Event



Walk



Theatre



Meeting



Coffee Morning/
Afternoon Tea

www.oddfellowsbedsandbucks.co.uk



OddfellowsBedfordshireBuckinghamshire



Spring Time Sunday Lunch at The Woburn Hotel – Sunday 28 April

Welcome to the latest edition of your Events Diary and Newsletter for Beds and Bucks District.

Hopefully, members will find lots of information of interest contained within the pages of this latest edition of 'Out and About'.

We look forward to welcoming you to the events highlighted on these pages. Even if you're not a member we extend an invitation to you to attend any of the events listed – we think you'll enjoy them! Also, please consider entering our 'Spot the Ball' competition on page 20, you could win a £20 WH Smith Gift voucher!

A handwritten signature in blue ink, appearing to read 'Kevin'.

Contact Details

District Secretary:

Kevin Macan-Lind

69 High Street, Broom,
Beds SG18 9NA

Telephone: 07977 585972

Email:

kevin.macan-lind@oddfellows.co.uk

A bit about us...

The Oddfellows is a friendly society with Branches across the UK. Through friendship and social events, we help our members get more enjoyment out of life, and offer care, advice and support in times of need. We welcome everyone of all ages. Find out more and visit www.oddfellows.co.uk or call **0800 028 1810**.

Key: The coloured dates relate to our four Branches, see page 25 for details.

April 2019

MON 01 Grenville Branch Annual Summomed Meeting



Join members for their Annual Summomed Meeting. If the Oddfellow Hall is still in our hands we will meet there. Buckingham Library, Verney Close, Buckingham MK18 1JP. Contact Doreen on 01280 822399 nearer the time.

TUES 02 Bring Buy and Swap Jigsaw Puzzles



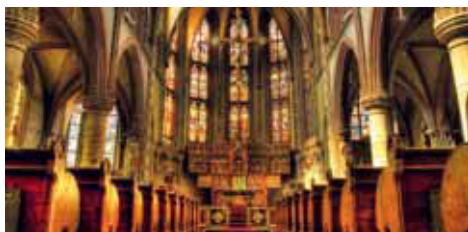
Love Jigsaw Puzzles? Come along and bring, buy and swap jigsaw puzzles. We will credit you 50p for your old puzzle when you buy another. All money raised will be donated to charity. Buckingham Library, Verney Close, Buckingham MK18 1JP. Contact Doreen on 01280 822399.



SUN 07 District Church Service



Everyone is cordially invited to attend the Beds and Bucks District annual church service followed by tea. There is a two course Sunday lunch on offer at the chapel. Meet at 12 noon for 12.30pm for lunch. We will look forward to seeing you! Finedon Independent Wesleyan Chapel, Affleck Bridge, Finedon, Northants NN9 5LZ. Please contact Ann on 01933 681000 for further information or Emily Ellis, Branch Secretary of the Victoria Branch on 01933 228538.



MON 08 Victoria Branch Annual Summomed Meeting



Annual Summomed Meeting. Come and join us for our annual business meeting. Glamis Hall, Goldsmiths Road, Wellingborough, Northants NN8 3RU. Contact Emily on 01933 228538.

April 2019

MON **15** **Albert Branch Annual Summomed Meeting**

⌚ 7.45pm

£ Free



Annual Summomed Meeting. Come and join us for our annual business meeting. Ickleford Village Hall, Arlesey Road, Ickleford, Hitchin SG5 3TG. Contact Helen on 07707 699513.

TUES **16** **Bedford Branch Meeting**

⌚ 7.45pm

£ Free



Regular monthly business meeting. All members welcome. Kingston House, 106a Bedford Road, Wootton, Beds MK43 9JB. Please contact the office on 01234 768914.

THURS **18** **Trip to Victoria and Albert Museum**

⌚ 1pm

£ £12



The V and A is running an exhibition about Mary Quant, the celebrated fashion designer who launched a fashion revolution. Book by Monday

1 April. Victoria and Albert Museum, Cromwell Road, London SW7 2RL. Contact Paul on 07761 250654.

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WED **24** **Victoria Social Branch**

⌚ 2pm

£ Free



Meet at the Bewitched Coffee Shop at Rushden Lakes for a walk around the lake. Bewitched Coffee Shop, Rushden Lakes, A45, Rushden NN10 6FH. Contact Emily on 01933 228538.

FRI **26** **Buckingham Garden Centre**

⌚ 11am

£ Free, but lunch payable



It's time to hit the Garden Centre again. Come and join members and friends at this family run garden centre. The garden centre has a good selection of shrubs and plants that are not commonly found elsewhere. We will lunch at the Gardeners Retreat Restaurant, which serves fresh home cooked food. Buckingham Nurseries and Garden Centre, Tingewick Road, Buckingham MK18 4AE. Contact Doreen on 01280 822399.

April 2019

SAT

27

Biggleswade Walk



10.30am



Free



Come and join us for a leisurely walk at Biggleswade. Meet at 10.15am at the Dan Albone Car Park. Contact Tim Gurney on 01767 314586 for more information.

SAT

27

Victoria Branch Brat Pack



7.30pm



Free



Do you know your Cadbury from Nestle? Chocolate tasting evening. Georges Dreams, 19 Sanders Road, Finedon Road Industrial Estate, Wellingborough NN8 4NL. Contact Emily on 01933 228538.

SUN

28

Spring Time Sunday Lunch at The Woburn Hotel



12 noon



See below



Our previous events at The Woburn Hotel have been very enjoyable and this is sure to be every bit as special. Join us to dine in lavish surroundings. Cost: £20 per person, £10 deposit required when booking. Meet at 12.30pm for 1pm. Book by Monday 1 April. The Woburn Hotel, 1 George Street, Woburn, Bedfordshire MK17 9PX. Contact Paul on 07761 250654.

TUES

30

Trip to the Flower Festivals in Lincolnshire



9.15am



TBC



Coach trip from Finedon. Ticket price to be confirmed - will include lunch. Visiting Three Churches Flower Festivals. Book by Monday 1 April. Flower Festivals, Gosberton PE11 4EW. Contact Emily on 01933 228538 to book your place.



May

THURS

02

Evenley Wood Garden



11am



£5 entry to the gardens



Join members as we visit this privately owned woodland garden again. Bring your own picnic and enjoy this beautiful setting. Evenley Wood Garden, Evenley, Northamptonshire NN18 5SH. Contact Doreen on 01280 822399.



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May

TUES **07** **Bring Buy and Swap** **Jigsaw Puzzles**

 10am

 Free



Love Jigsaw Puzzles? Come along and bring, buy and swap jigsaw puzzles. We will credit you 50p for your old puzzle when you buy another. All money raised will be donated to charity. Buckingham Library, Verney Close, Buckingham MK18 1JP. Contact Doreen on 01280 822399.

MON **13** **Victoria Branch Night**

 7.30pm

 Free



Branch night. Short business meeting followed by refreshments and a talk from Nene View Dairy. Georges Dreams, 19 Sanders Road, Finedon Road Industrial Estate, Wellingborough NN8 4NL. Contact Emily on 01933 228538.

THURS **16** **Self-Guided** **Architecture Tour,** **City of London**

 2pm

 Free



London is well known for iconic buildings so we are planning a walking tour to explore the best in the city. Walk takes approximately 90 minutes. Meet at St Pauls Cathedral, London EC4M 8AD. Contact Paul on 07761 250654.

SAT **18** **Croquet with** **Bedford Branch**

 10.30am

 £5



Join us for a game of croquet at the croquet club in Stoney Stratford. Always a great mornings entertainment. Please wear flat shoes and bring a packed lunch. Tuition available. Book by Friday 10 May.

Stoney Stratford Croquet Club, Ancell Trust Sports Ground, Ostlers Lane, Stoney Stratford Bucks MK11 1BN. Please contact the office on 01234 768914.



MON **20** **Albert Branch Meeting**

 7.30pm

 Free



Come and join us for our short business meeting. Oddfellows Hall, 8 Nuns Close, Hitchin SG5 1EP. Contact Helen on 07707 699513.

TUES **21** **Bedford Branch** **Meeting**

 7.45pm

 Free



Regular monthly business meeting. All members welcome. Kingston House, 106a Bedford Road, Wootton, Beds MK43 9JB. Please contact the office on 01234 768914.

June

MON 03 **Grenville Branch Meeting, Wear it Beat it**



June is Wear it, Beat it month hosted by BHF. Friends and members will wear red to our monthly meeting and hold a fun red only items charity auction. Come along and join in the fun whilst raising money for this worthwhile charity. Buckingham Library, Verney Close, Buckingham MK18 1JP. Contact Doreen on 01280 822399.



TUES 04 **Bring Buy and Swap Jigsaw Puzzles**



Love Jigsaw Puzzles? Come along and bring, buy and swap jigsaw puzzles. We will credit you 50p for your old puzzle when you buy another. All money raised will be donated to charity. Buckingham Library, Verney Close, Buckingham MK18 1JP. Contact Doreen on 01280 822399.



MON 17 **Albert Branch Meeting**



Come and join us for our short business meeting. Oddfellows Hall, 8 Nuns Close, Hitchin SG5 1EP. Contact Helen on 07707 699513.

TUES 18 **Visit to Preston Bissett Nursery**



Join friends and members at this lovely garden centre at Preston Bissett. Come and find whole gardens worth of plants and trees. There are bound to be a plant or two that had been launched at the Chelsea Flower Show. After browsing we can catch up with a cup of coffee and a slice of delicious cake. Preston Bissett Nursery, Bushey Lane, Preston Bissett, Buckingham MK18 4ND. Contact Doreen on 01280 822399.

June

TUES
18

Bedford Branch Meeting



7.45pm



Free



Regular monthly business meeting. All members welcome. Kingston House, 106a Bedford Road, Wootton, Beds MK43 9JB. Please contact the office on 01234 768914.

THURS
20

Trip to Ely Cambridgeshire



11am



Admission £9
Concessions £6



The historic city of Ely is home to one of the most important cathedrals in England and the perfect place for a day out. The Stained Glass Museum has recently re-opened. Ely Cathedral, Ely CB7 4DL. Contact Paul on 07761 250654.

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Advanced Notice

Stratford Upon Avon River Festival Saturday 6 July, 11am

For two whole days Stratford Upon Avon becomes the centre of the boating world so join us down by the river to eat, drink, shop and enjoy the festival. Stratford Upon Avon CV376BA.

Afternoon Meal

Sunday 4 August, 12.30pm for 1pm

Come and join us for a meal. Ticket price £25. The menu details will be sent out closer to the time. The Bedford Golf Club, Carnoustie Drive, Great Denham, Bedford MK40 4FF. Please contact the Bedford Branch for more details.

Mystery Tour

Sunday 11 August, 11am

Join us for a Mystery Tour to see some picturesque places. Details to be confirmed.

Harcourt Arboretum, Nuneham Courtenay, Oxfordshire

Thursday 12 September, 11am

Harcourt Arboretum boasts some impressive collections of trees including Acers and Conifers. Autumn always brings some spectacular colours so come along to enjoy the sight. Cost: Adults £5.45, Children under 16 free admission, concessions. Meet there at 11am. Transport can be arranged if numbers allow. Harcourt Arboretum, Oxford Lodge, Peacock Gate, Nuneham Courtenay, Oxford OX44 9PX.

For further information on the trip events please contact Paul on 07761 250654.

Oddfellows Summer Holiday

Discover the best of Hampshire's Coastline with Oddfellows members and friends at the Sinah Warren Coastal Hotel.

Situated on Hayling Island, Sinah Warren is a large, comfortable hotel surrounded by elegant gardens and spectacular view of Langstone Harbour.

**8 – 12 July 2019:
4 nights (half-board)**

Breakfast and three-course evening meals are included.

**Standard rooms from
only £280 per person**

With evening entertainment, activities and use of leisure facilities.



To book call Warner's on 0330 1009 772
(Booking reference 4272269) and quote ODDFELLOWS

Friendship and Social activities across the UK

At Beds and Bucks District Oddfellows we put on a range of social activities each month for us to enjoy together in friendship. We always welcome new people to come along and give us a try... No longer living in the Beds and Bucks District Branch? Why not check out the social activities being put on by the Branch nearest to where you are living...

Visit the Oddfellows Website (www.oddfellows.co.uk) and click on the events tab to search for local events. Alternatively, contact us, (details on page 2) and we can request that your local secretary gets in touch and sends you a copy of their Events Diary.



Grenville News

Mince Pie Tasting

Monday 3 December, Grenville members and friends enjoyed an evening of mince pie tasting and put their Christmas trivia to the test with

our Christmas quiz. It was a fabulous evening and a lovely way to polish off our last monthly meeting of the year.





Grenville Christmas Lunch

Lovely Christmas lunch. Nice to see so many members and friends of the Beds and Bucks District coming together. Food was lovely and we

raised £75 for the Provincial Grand Master's (District Chairman) charity. Thanks Sam for adding a touch of magic to the day.



Cheese and Wine

No dry January for members and friends of the Grenville Branch. We enjoyed a little wine and cheese to celebrate the first meeting of 2019. Cheers!



Model Aircrafts



Superb monthly meeting. Thank you Deputy Provincial Grand Master (Deputy District Chairman) Mick McStraw for treating us with your talk and demonstration on model aircraft.



Other Branch News

Good Luck Hazel

Hazel Walker retired from the Loyal Bedford Branch on Monday 31 December 2018. Hazel had been the Clerical Assistant at the Bedford Branch for 21 years! She will be missed by the members and staff of the Oddfellows. She was always a cheerful voice at the end of the telephone.

Hazel is looking forward to enjoying her retirement, spending more time with her lovely dog Alice, and having time to meet up with her friends. Thank you Hazel for all the service you have given to the Bedford Branch, you are an invaluable source of Oddfellows knowledge.



Jigsaw

Great morning at the Buckingham Library on Monday 5 February. Our monthly jigsaw puzzle bring and buy raised £18 to be donated to charity. If you have any jigsaws to donate please contact Grenville Branch Secretary Doreen Sams. Thank you.



Join the conversation @ OddfellowsUK

Share your news, start a conversation or simply stay up-to-date! If you're on Facebook or Twitter, make sure you've liked and followed our Oddfellows social media pages.

Find us at:



OddfellowsBedfordshire
Buckinghamshire

69th Annual Meeting of Beds and Bucks District

The annual meeting took place at Milton Keynes Village Hall on Saturday 26 January, where Adrian Taylor was installed as

the new Provincial Grand Master (District Chairman). A number of presentations were made on the day.



Ann Boyle, Immediate Past Provincial Grand Master (Immediate Past District Chairman), Adrian Taylor, Provincial Grand Master (District Chairman), and Mick McStraw, Deputy Provincial Grand Master (Deputy District Chairman).



Ann Boyle presented Margaret Lindsay with a Past Provincial Grand Master (Past District Chairman) certificate from Unity.



Adrian Taylor presented Ann Boyle with a cheque and a bar to acknowledge her efforts over the last year as Provincial Grand Master (District Chairman).

MS Therapy Centre Presentation

A presentation to the Past Provincial Grand Master's (Past District Chairman) charity, the Beds & Northants MS Therapy Centre, was made to their employee, Paula Priestly. A cheque was presented for the total amount raised of £1,967.

Paula then gave a short presentation about the MS Therapy Centre in Bedford. She listed the various treatments available to members there. This includes a gym, oxygen therapy chambers, APS pain management, a small swimming pool and the services of two MS specialist nurses. It costs £400,000 per annum to run the centre.



Paula thanked Beds and Bucks District for contributing towards the £1,967 over the last year 'which will really help'. Further information can be obtained at: <https://mscentrebedsandnorthants.com>

Bedford Branch Secretary left at the end of last year



After many years of sterling service, Bedford Branch Secretary Ailie Redman left her Oddfellows role and bade a sad farewell to members at Bedford's Christmas lunch at the end of November. We all wish Ailie well in the future and will look forward to seeing her at Oddfellows events again soon.

***Picture left:** Sue Doulton Smith presents Ailie Redman with her leaving gift and card at the Christmas lunch held at the Green Man, Stanford.*

Spotting the difference between collecting and hoarding

Many will have heard of hoarding, but are unsure of what it really means. There are TV shows, news articles and videos floating around on social media which aim to educate people about the problem, but more commonly, they just fuel misconceptions.

An estimated five per cent of the population has issues with hoarding, but only a small number of them seek assistance, despite services being available.

Hoarding disorder is a fairly new term, and it is classified as a distinct mental health condition, although often it can occur alongside other mental health issues. On the surface, it may just appear that somebody needs help clearing out or tidying up, but this sort of action can be hugely detrimental if the underlying issues are not addressed first.

So what's the difference between collecting and hoarding?

Collectors have a particular focus, and often buy, save or restore similar types of items such as vinyl records, coins, stamps or toys. Collections are carefully curated and displayed in an ordered way, to be enjoyed and shared with others.

On the other hand, hoarders acquire their items in a less selective way, and often don't properly store, use or even look at these things once retained, as their focus is always on getting more.



Hoarders often feel distressed at the thought of discarding items, regardless of their value, and this can often result in large areas of the home rendered useless due to being filled with clutter, such as the bedroom or kitchen. As the issue progresses, this can lead to health and safety hazards, difficulty leaving the house, deterioration of personal hygiene, low self-esteem and self-imposed isolation.

Getting help

Speak to your GP to get further information on how you might be able to access help for yourself or a loved one, or visit some of the useful websites below.

Hoarding UK, resources, support and helpline on 020 3239 1600 or visit <https://hoardinguk.org/>

Help for hoarders, information, support and advice, visit www.helpforhoarders.co.uk

Mind, call the Infoline on 0300 123 3393 or visit www.mind.org.uk/information-support/types-of-mental-health-problems/hoarding.



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 Kevin on **07977 585972** or email **kevin.macan-lind@oddfellows.co.uk**.

Oddfellows Advice Line

Call 0800 0149 821*

(free to callers from any landline or mobile number)

Monday - Friday, 9.30am - 4.30pm

Email: oddfellows@manchestercab.org



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



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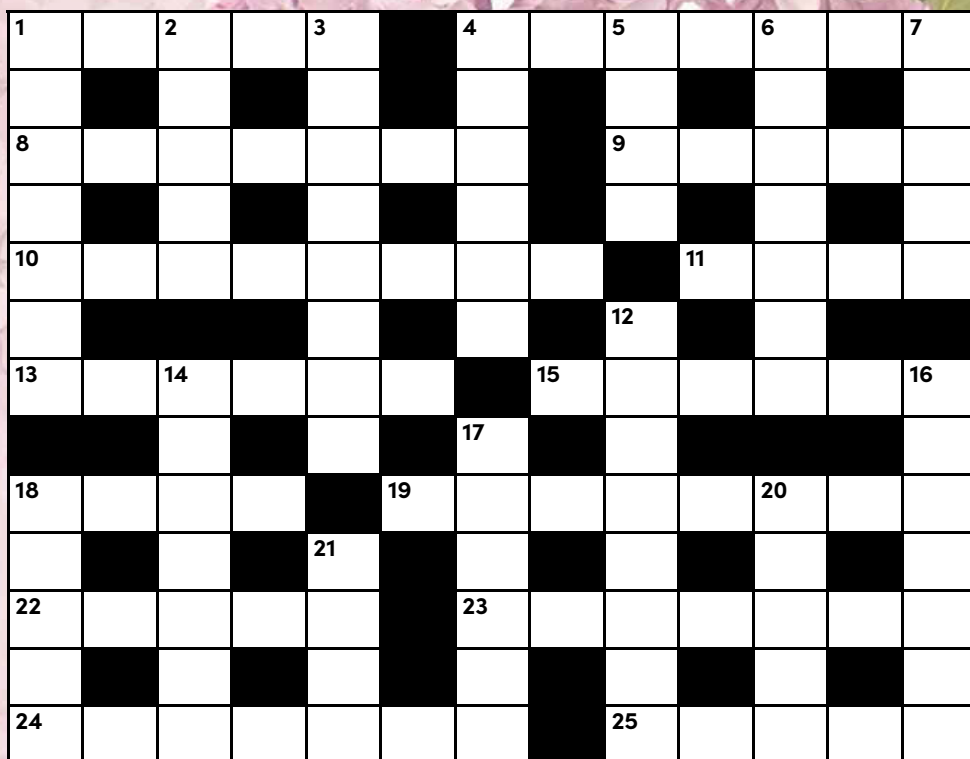
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CUA5/0219

Out and About Spring 2019 Crossword

Answers will appear in the next edition



Across

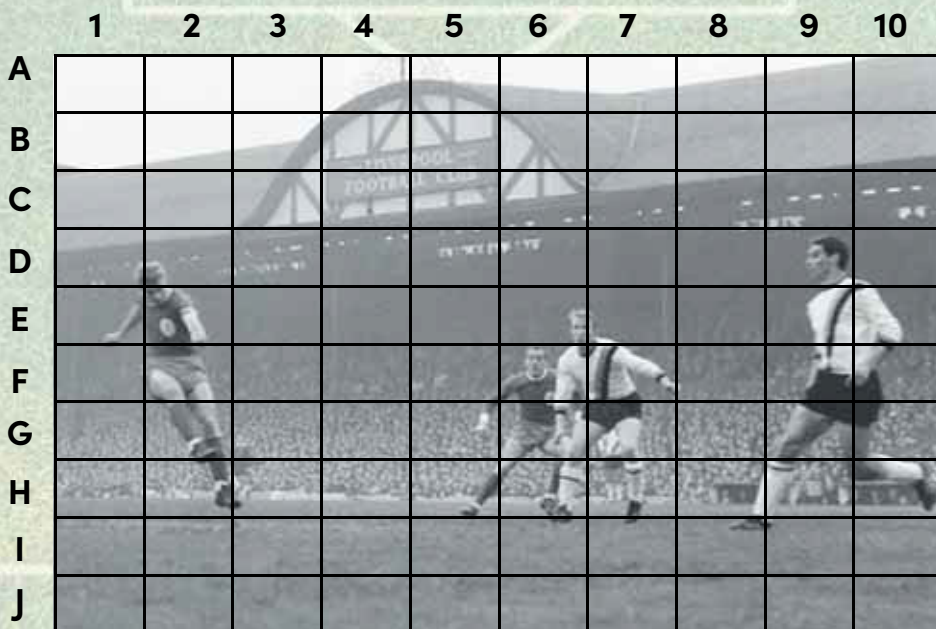
1. Direction (5)
4. Equilibrium (7)
8. Brass instrument (7)
9. Fruit (5)
10. Beamed (8)
11. Singing couple (4)
13. Kind of lake (6)
15. Movie house (6)
18. Large and scholarly book (4)
19. Precise (8)
22. Tooth (5)
23. Inactivity (7)
24. Family name (7)
25. Laconic (5)

Down

1. Notation cancelling a previous flat or sharp (7)
2. A regular route (5)
3. Seven-sided polygon (8)
4. Dairy product (6)
5. Jump (4)
6. Planet (7)
7. Choose by vote (5)
12. Venomous (8)
14. Risk taker (7)
16. Norm (7)
17. In operation (6)
18. Domesticates (5)
20. Theatrical performer (5)
21. Song for solo voice (4)

Spot the Ball Competition

Simply enter your suggestion for where the ball is (e.g. F2, J6 etc.) by 5pm on Monday 6 May 2019 by email to kevin.macan-lind@oddfellows.co.uk or by text to 07977 585972.



Terms and conditions for spot the ball competition

1. The competition is not open to employees of the Oddfellows Committee members, employees and agents of (Beds and Bucks District), their relatives and any connected persons.
2. The competition is open to all other people but limited to one entry per person.
3. Email your answer and your name to kevin.macan-lind@oddfellows.co.uk.
4. There is no age limit however if you are under 18 please include your date of birth along with your answer.
5. Competition deadline is 5pm on Monday 6 May 2019.
6. The winner will receive a £20 WH Smith gift voucher.
7. There is no cash alternative to the prize offered.
8. The name and county of the winner will be included within the next edition of Beds and Bucks Out and About. The winner may be expected to have their photographs taken for press or promotional purposes and their name published in Oddfellows newsletters and Facebook page.
9. The decision of the Committee of Management for the Beds and Bucks District is final and no correspondence will be entered into.
10. The name of the prize winner will be available by sending a self-addressed envelope to: Kevin Macan-Lind, 69 High Street, Broom, Beds SG18 9NA.
11. Entry into the competition will be deemed to constitute acceptance of these terms and conditions.



This quote recently caught my eye. Many of us are guilty of being caught up in the day-to-day. We often get so focused on the task at hand that our proverbial blinkers stop us from having a REALLY good look around.

I'm sure many of us could benefit from slowing down a little, to take stock of those daily pick-me-up moments – people asking how you are, having a coffee made for you, being at the bus stop at exactly the right time... Those simple things.

I must say that us Oddfellows are pretty good at making the most of the everyday. We need little excuse to get together. A cup of tea and a biscuit, or a chance to grab a lunch, usually does the trick. We're fortunate to have this opportunity to go along to one of our Branch events and spend time with others. Regular, friendly catch-ups, or just sitting with company, really does fuel happiness.

It saddens me that there are people out there who don't get the chance to spend time with others, and who don't have anyone to fall back on when times get tough.

It might be that they've had a change of personal circumstance and the people they used to mix with have moved on, or they just don't see them as often. It happens all too frequently, and it's shocking how quickly your confidence gets knocked and you drift into chronic loneliness.

If there's anyone you know that could do with some friendly company or support, please don't forget to mention the Oddfellows and welcome them to your next get-together. There's no hard sell in this at all. If they like it, then brilliant. If we're not their cup of tea, then they know we're here if they change their mind.

So for 2019, it's right for us to continue to celebrate the extraordinary things in our calendar – Friendship Month, AMC and our major HA Andrews Memorial Fund donation. But let's not forget to celebrate the wonderful everyday at the Oddfellows, too.

Thank you for every cup of tea shared, caring phone call made and idea given at a meeting. Thank you for each pot washed, new face welcomed and friendly email written. These little things make a huge difference to people's everyday lives and the running of our Society. Despite life's rush, rest assured, they do not go unnoticed.

I wish you and your families every happiness – big and small – for 2019.

Jane Nelson, CEO

Members of Distinction

Whether through the old Portraits Scheme, or the recently launched Making a Difference Award – we love to recognise and celebrate members who go over-and-above in their support of the Society and its work.

So thank you to three of Portraits 2018's final winners Gerald, Miriam and Adrian for everything you do for the Oddfellows. We appreciate it.



*Gerald Gordon Baxter
Nene and Welland District*

Meet Gerald, member of the Nene and Welland District, who was singled out for his long-standing support to the Society at many different levels – from local Branch through to International Conference.

Some of Gerald's notable positions held over his seven decades as an Oddfellow include Noble Grand and Vice Grand

for his Branch, Provincial Grand Master for his District, 28 years' service as a District and Branch Trustee, as well as Past President (1988-1989) at East Anglia Group Conference.

Reflecting on his 71-year relationship with the Oddfellows, Gerald shared: "I liked the idea of what Oddfellowship stood for – Friendship, Love and Truth.

"We all need friends that we can turn to when we need them. There are times when we all need support and the Oddfellows has been there for me and my family."



*Miriam Witcomb
Heart of England District*

The Oddfellows is very fortunate to have people such as Miriam in its membership. She embodies the Society's humanitarian spirit through her commitment to helping others.

Since joining in her 40s, Miriam has served as Noble Grand for Leigh and Knightly Branch, as well as Heart of England District Oddfellows Club President and Trustee.

However, what sets Miriam apart is her devotion to fundraising and volunteering. Year-round, she knits items to sell and organises regular tombolas to raise money for her Provincial Grand Master's chosen charities.

For over 20 years, she has provided fellow members with care and support in their times of need as Branch Welfare Officer.

In the words of her District Committee of Management, Miriam is 'a much loved member'. And as a Society, we couldn't agree more!

Introduced to the Oddfellows by his father at age 16, Adrian's constant energy has kept him incredibly busy and active in his District and regional group conference.

Since 2006, he has been a member of Beds and Bucks District Committee of Management, in which he serves as Trustee and second-time Deputy Provincial Grand Master. It was during his tenure as Provincial Grand Master in 2009 that his career reached new heights – as he undertook a charity indoor skydive for the East Anglian Air Ambulance. Other appreciated contributions include his time as Past Worthy Master of the Provincial Lodge of Past Grands, Midland Group



*Adrian Taylor
Beds and Bucks District*

Conference President and, while studying at university in Birmingham, attendance at monthly Branch meetings and District annual meetings.

Speaking about his time with the Oddfellows, he explained: "It provides excellent opportunities to be able to meet people at home and overseas. An example of this is when I travelled around Australia and New Zealand and visited Lodges in Brisbane and Wellington."

Well done and thank you to all our members who've featured as portraits over the years. We can't wait to continue celebrating members who go the extra mile in supporting our Society through a Making A Difference Award.



On your marks, get set, parkrun

There aren't many things left in life that are free, but one growing phenomenon that is completely gratis is parkrun.

The 5km community events take place in parks each Saturday morning, but parkrun is more than a way of keeping fit, it's a way of making friends, being part of a community, and even inspiration to travel the world.

Parkrun isn't a race. There are no winners, volunteer Tail Walkers ensure that nobody finishes last, and the emphasis is on regular participation rather than performance. There are more than 550 5km courses in the UK and 1,600 across the world, with more than 235,000 adults and juniors taking part on a good weekend globally. Additionally, there are 250 junior parkruns on Sunday mornings for 4-14 year-olds and their families that are 2k in distance.

You don't need to be a top athlete. At any event you will find parents with pushchairs, dog walkers and people who have never taken part in organised physical activity before. If you use a wheelchair, then you're also welcome,

but it's probably worth checking the individual course you fancy doing is accessible with the organisers before setting off.

The events have a great reputation for being friendly and often there's a catch-up after the event at a local café over tea.

It's easy to get started. Register on the website [**www.parkrun.org.uk**](http://www.parkrun.org.uk) and you will be given an individual barcode. Print it out and turn up at the event you fancy taking part in. The events all start at 9am in the UK, except for in Scotland and Northern Ireland where they kick off at 9.30am.

If you don't fancy walking or running, then volunteering at the events is a brilliant way to meet people and give back to the community. Each event is self-organising and has its own team of volunteers who would be very pleased to have an extra pair of hands.

Get in touch with your local parkrun to find out how you can volunteer
[**www.parkrun.org.uk/events/events**](http://www.parkrun.org.uk/events/events)

Branch Contacts

Bedford Loyal Bedford Branch

Contact the Office

The office can be contacted on Monday, Wednesday and Friday mornings.
Kingston House, 106a Bedford Road, Wootton, Beds MK43 9JB

Telephone: 01234 768914

Email: pat.flynn@oddfellows.co.uk

Meets on the third Tuesday each month at Kingston House, 106a Bedford Road, Wootton, Beds MK43 9JB at 7.45pm. If you would like to come along to any of our events or need more details please contact the Branch Secretary.

Buckingham Loyal Grenville Branch

Secretary: Doreen Sams

116 Pillow Way, Buckingham, MK18 7RQ.

Telephone: 01280 822399

Email: doreen.sams@oddfellows.co.uk

Meets on the first Monday each month at Buckingham Library, Verney Close, Buckingham MK18 1JP at 7pm. If you would like to come along to any of our events or need more details please contact the Branch Secretary.

Hitchin Loyal Albert Branch

Secretary: Helen Lindsey

8 Nuns Close, Hitchin, Herts SG5 1EP

Telephone: 01462 432321

Email: helen.lindsey@oddfellows.co.uk.

The Branch meets at 8 Nuns Close, Hitchin, Herts SG5 1EP on the third Monday of each month at 7.30pm. If you would like to come along to any of our events or need more details please contact the Branch Secretary.

Wellingborough Loyal Victoria Branch

Secretary: Emily Ellis

19 Sanders Road, Finedon Road Industrial Estate, Wellingborough NN8 4NL.

Telephone: 01933 228538

Email: emily.ellis@oddfellows.co.uk

The Branch meets at 19 Sanders Road, Finedon Road Industrial Estate, Wellingborough NN8 4NL on the second Monday of each month. We commence at 7.30pm with a short business meeting followed by an activity. The Branch also meets on one afternoon each month depending on the members choice of activity. If you would like to come along or need more details please contact the Branch Secretary. A warm welcome awaits you.

Variable Branch Meetings

Loyal Biggleswade Branch

Meets bi-monthly at 8pm. Venue to be confirmed. Further details from the Branch Secretary, Tim Gurney on 01767 314586, or the Provincial Corresponding Secretary.

Bedford Minor Degree Branch

Meets several times during the year, on a Thursday evening. This is a Ceremonial Branch which members can attend to take part in the traditional side of the Society. Further details from the Branch Secretary, Adrian Taylor on 01234 365980.

Beds and Bucks District, Provincial Branch of Past Grands

Meets about six times a year. Please note: only qualified members are eligible to attend. Further details from the Branch Secretary, Pat Flynn, 4 Hockley Court, Marston Moretaine, Beds MK43 0GD. Telephone: 01234 764742.

District website: www.oddfellowsbedsandbucks.co.uk

Please Note: Where a Branch meeting falls on a Bank Holiday, the meeting will be re-arranged. Please contact the relevant Branch Secretary for the amended date. Also, it is traditional to hold the Annual Summoned Meeting (AGM) during April, this may be at a different venue than normal. Please check the events pages or contact your Branch Secretary to check.

Share the love

Help your friends get more out of life..

Why not invite them to become an Oddfellow? The more you refer that join, the greater rewards you'll receive – starting with a £10 Love2shop voucher.*



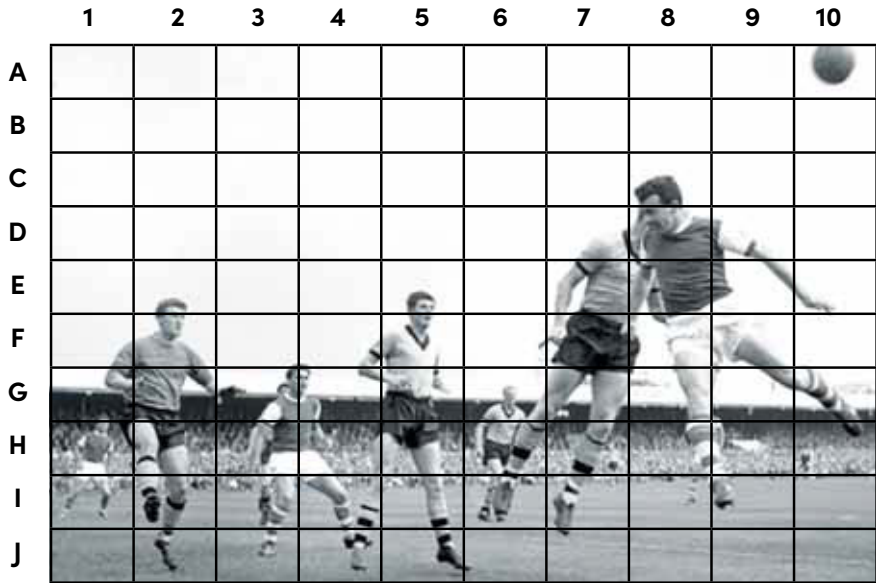
To refer a friend, call Membership on **0800 028 1810**, visit our Members' Area at www.oddfellows.co.uk or fill in a Refer a Friend form available from your Branch Secretary.

Terms and conditions apply*

The Refer a Friend offer cannot be used in conjunction with any other membership offer. For full terms and conditions, visit www.oddfellows.co.uk/offers.

Out and About Winter issue Spot the Ball and Crossword Answers

Answer to the winter Spot the Ball competition is 10A, congratulations to the winner Mr Alan Hartley, Pirton, Herts.



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At a glance

April 2019

Mon 1	Grenville Branch Annual Summoned Meeting	7pm
Tues 2	Bring Buy and Swap Jigsaw Puzzles	10am
Sun 7	District Church Service	3pm
Mon 8	Victoria Branch Annual Summoned Meeting	7.30pm
Mon 15	Albert Branch Annual Summoned Meeting	7.45pm
Tues 16	Bedford Branch Meeting	7.45pm
Thurs 18	Trip to Victoria and Albert Museum	1pm
Wed 24	Victoria Social Branch	2pm
Fri 26	Buckingham Garden Centre	11am
Sat 27	Biggleswade Walk	10.30am
Sat 27	Victoria Branch Brat Pack	7.30pm
Sun 28	Spring Time Sunday Lunch at The Woburn Hotel	12 noon
Tues 30	Trip to the Flower Festivals in Lincolnshire	9.15am

May

Thurs 2	Evenley Wood Garden	11am
Tues 7	Bring Buy and Swap Jigsaw Puzzles	10am
Mon 13	Victoria Branch Night	7.30pm
Thurs 16	Self-Guided Architecture Tour, City of London	2pm
Sat 18	Croquet with Bedford Branch	10.30am
Mon 20	Albert Branch Meeting	7.30pm
Tues 21	Bedford Branch Meeting	7.45pm

June

Mon 3	Grenville Branch Meeting - Wear it Beat it	7pm
Tues 4	Bring Buy and Swap Jigsaw Puzzles	10am
Mon 17	Albert Branch Meeting	7.30pm
Tues 18	Visit to Preston Bissett Nursery	10.30am
Tues 18	Bedford Branch Meeting	7.45pm
Thurs 20	Trip to Ely Cambridgeshire	11am