

May - October 2025



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DDfelloWS SINCE 1810
making friends, helping people

out & *about*

Making friends across King's Lynn and West Norfolk



Music



Art/Crafts



Theatre



Dining Out



Walks



Games



Day Trip



Meetings



Social



Talks



Coffee Morning/
Afternoon Tea



Quiz



Petal Tea Room – Tuesday 29 July, we hope you can join us!

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

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

Assistant Secretary: Jonathan Schultz

Telephone: 07564 834292

Email: alison.schultz@oddfellows.co.uk

Opening 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 King's 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**.

Regular Events

Dates can be found on the at a glance section.

Wellbeing Exercises

First Tuesday

🕒 2pm 💷 £3.50 per person

Wellbeing Exercises with Kate Lewis, a qualified instructor. Have a bit of fun whilst helping with your overall fitness and may be burn a few of those calories off with a lovely cuppa afterwards with friends. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3EQ. Contact Susan or Alison on 07564 834292.

Rogers Town Walks

Second Tuesday

🕒 10.30am 💷 Free

Roger Williamson has kindly agreed to continue with our walks for our members. Venues to be confirmed. Please contact Roger on 07835 985148 or Jonathan on 07564 834292.

Quiz with Roger Williamson

Second Tuesday

🕒 2pm 💷 £2 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 3EQ. Contact Alison on 07564 834292 or Roger 07835 985148

Bingo

Third Tuesday

🕒 2pm 💷 £3 per person

Bingo monthly with Jonathan Schultz as caller, so its eyes down and look in for your chance to win. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3EQ. Contact Alison or Jonathan on 07564 834292.



Talks or Games

Fourth Tuesday

🕒 2pm 💷 Free

On the fourth Tuesday we meet at Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3SF. We have a talk or games starting at 2pm and its free to join us. Contact Alison on 07564 834292.



Pétanque or French Boules

First Wednesday
(Weather permitting)

🕒 10.30am 💷 Free

Jonathan Schultz has kindly said he is happy to run this event for our members. Come along to the Knights Hill Hotel and play this game on the shingle area. If you so wish, you can stay for lunch with friends after the game, just book your own table. Knights Hill Hotel, South Wooton, King's Lynn, Norfolk PE30 3HQ. Contact Jonathan on 07564 834292.

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

Coffee Morning and Lunch at Wildfowler

First
Thursday

⌚ 11am

£ As per menu

We have decided to go the first Thursday of the month to the Wildfowler, where



coffee or tea will be served. Stay for lunch as they have an extensive menu. Wildfowler Public House, 28 Sutton Road, Terrington St Clements, King's Lynn PE34 4PQ. Contact Jonathan or Alison on 07564 834292.

Downham Coffee Morning and Lunch

Second
Thursday

⌚ 11am

£ As per menu

Downham coffee morning has two venues, we 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 questions. Downham Market Garden Centre, Stonecross Lane, Bexwell, Downham Market PE38 0AD or Baytree of Hilgay, Steels Drove, Hilgay, Downham Market PE28 0QH. Contact Jonathan or Alison on 07564 834292.

Thaxters Coffee Morning and Lunch

Third
Thursday

⌚ 11am

£ As per menu

Coffee morning at Thaxters. 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 Jonathan or Alison on 07564 834292.



Coffee Morning and Lunch at Globe Public House

Fourth
Thursday

⌚ 11am

£ As per menu

We have decided to go to The Globe Hotel, as its in the centre of town, easy access from bus and boat. 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 Jonathan or Alison on 07564 834292.

May 2025

TUES
27

Craft Afternoon with Kathleen

L 2pm

£ Free



A craft afternoon with Kathleen. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3SF. Contact Alison on 07564 834292.

THURS
29

Lunch with Alison at The Anvil

L 12.30pm

£ £17 per person



Come along to The Anvil and enjoy a lunch with friends only 30 places. Book by Thursday 15 May. Anvil Inn, St Andrews Lane, Congham, King's Lynn PE32 1DU. Contact Alison on 07564 834292 or Roger on 07835 985148.



June

TUES
24

Jo Sands and Drumming Event

L 2pm

£ Free



Jo Sands is known in the local area for her artwork and drumming sessions. Today she will bring instruments for us to use and look at as well as having a go. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3SF. Contact Jonathan on 07802 483792 or Alison on 07564 834292.



THURS
26

Star of the West Meeting

L 7.30pm

£ Free



Star of the West meeting. These are held in a public house and is ran by Albert Eaglen. If you wish to attend please let Albert know. The Green Man Public House, 1 Whiteplot Road, Methwold, Hythe, Thetford IP26 4QP. Contact Alison on 07564 834292 or Albert on 07564 834292.

July

TUES
22

Lily and Oddfellows

L 2pm

£ Free



Lily as an organisation that helps people live independently in later life will come along. Also Alison will be talking about the benefits you get with being a member of the Oddfellows. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3SF. Contact Alison or Jonathan on 07564 834292

WED
30

An hour with Charles Dickens

L 7pm

£ Free



We invite you to spend an hour with costumed characters from Mr Charles Dickens novels. A talk on Mr Dickens' life and stories from some of the characters. Come along and enjoy this Dickensian hour. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3SF. Contact Jonathan on 07802 483792.

TUES
29

Petals Tea Room

L 2pm

£ £7 per person



Come along and join us for a Hollyhock cream tea or Primrose cream tea at Petals Tea Room. Book by Tuesday 15 July. Petals Tea Room, 61 Manor Road, Dersingham, King's Lynn PE31 6LH. Contact Alison or Jonathan on 07564 834292.

MON
18

Coach Trip to Sheringham

L 9.30am

£ £12.50



Meet at Tesco Gaywood to go on this trip. Book by Friday 1 August. 7 Lynn Road, Gaywood, King's Lynn, Norfolk PE30 4PR. Contact Alison or Jonathan on 07564 834292.



Photo by Harry Borrett

August

TUES
26 **Norfolk Fire Service**

 2pm

 Free



Norfolk Fire Service will be along to give a talk on fire safety in your home. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3SF. Contact Alison or Jonathan on 07564834292

September

WED
17 **Friendship Sausage and Mash Supper**

 6.30pm

 £11



Get together with friends for a sausage and mash supper served by Van Pelts. Bring your own drink and glasses, there are vegetarian sausages on offer too. Book by Monday 25 August. Gaywood Church Rooms, Gayton Road, Gaywood, King's Lynn PE30 4DZ. Contact Alison or Jonathan on 07564834292



Photo by anokarina

September

ODDFELLOWS
FRIENDSHIP MONTH

1 - 30 SEPTEMBER



TUES
23 **Susan Osborne**
Charity Talk on
Scotty's Little Soldiers

 2pm

 Free



Come along and hear about how we can all help this wonderful charity. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3SF. Contact Alison or Jonathan on 07564834292



THURS
25 **Star of the West**
Meeting

 7.30pm

 Free



Star of the West meeting. These are held in a public house and is ran by Albert Eaglen. If you wish to attend please let Albert know. The Green Man Public House, 1 Whiteplot Road, Methwold, Hythe, Thetford IP26 4QP. Contact Alison on 07564 834292 or Albert on 07564 834292.

September

TUES
30

Friendship Meal at The Woolpack Inn



12.30pm



£12.95



ODDFELLOWS
FRIENDSHIP MONTH
1 - 30 SEPTEMBER



FRIENDSHIP
MONTH
EVENT
Join the fun

Come along and order on the day what you would like, no pre-order necessary. Book by Tuesday 16 September. Woolpack Inn, Terrington St John, Wisbech PE14 7RR. Contact Alison or Jonathan on 07564 834292

October

TUES
28

Shanty Workshop



2pm



Free



Please note that this is more than just a talk and the idea is to get everyone involved. Come along and see what we are doing, presented by Stuart Green. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3SF. Contact Alison or Jonathan on 07564 834292

THURS
30

Breakfast with Alison



10.30am



TBC



Come and join us for breakfast, details to be advised. Book by Thursday



16 October. Venue to be confirmed. Contact Jonathan on 07802 483792 or Alison on 07564 834292.

October

SUN
26

Annual Sunday Lunch



12.30pm



£25



Come along to Knights Hill Great Barn to celebrate with our Provincial Grand Master (Chairman) Susan in her year of office. Menu available. Book by Friday 10 October.

Knights Hill Hotel, South Wooton, King's Lynn, Norfolk PE30 3HQ. Contact Alison or Jonathan on 07564 834292



Some of our past events...



Christmas lunch with family and all members of the Oddfellows.



Christmas with the family at Worzals.



The Jive.

Church Farm



Pétanque



Wildfowler.



Delna and her special birthday flowers.



A talk on the holly wreath making by Helen Marshall and look who won the raffle.



Our 2025 Chairman Susan and her Deputy Roger.



Our new Chairman has found Paddington in Norwich.



At the panto.



Play Your Cards Right.



Thaxters coffee morning.



Poppy wreath laying by Susan.



Our monthly Joan Havey quiz with March 2025 winners.



Roger and Sue enjoying their holidays.



Bingo time with King's Lynn Oddfellows.



Wellbeing exercises.

Oddfellows Travel: Destination Mystery

In November last year, 16 Oddfellows and three friends boarded a cruise ship with no idea of its destination.

With six mystery ports scheduled in 11 days, there was a lot to pack in, and there was plenty to keep them entertained on board: interesting talks, a murder mystery, craft sessions, quizzes and a drinks party.

Port one

Dawn broke on day two, revealing Gijon in northern Spain as the first destination. Some set out on organised excursions while others explored independently.



Port two

An overnight hop delivered our travellers to their second secret Spanish stop – Ferrol.

Wendy, an Ipswich Oddfellows member and cruise host, said: “It was an interesting port, not well known to many regular passengers. There was a mix of interesting architecture and maritime history – the naval museum was a must.”

Port three

The ship next docked in Porto, Portugal, where the group were greeted by a broad

esplanade and a sweeping sandy beach, and they discovered a thriving fish market.

Port four

Back in Spain, the fourth port was a warm, sunny Malaga. “It was amazing,” said Wendy. “The cathedral was well worth a visit, also the Roman amphitheatre.”

Port five

The Spanish odyssey and Roman themes continued at the penultimate stop in Cadiz.

“The sea defences were testament to the city’s position close to the entrance of the Mediterranean,” Wendy said.

Port six

Having worked out their next stop, Wendy said: “Lisbon wasn’t quite such a mystery, but a delight nevertheless. The highlight was a lift ride to see magnificent views over Lisbon and the River Tejo.”

Surprises and celebrations

Before returning, the Oddfellows crew received a mystery gift bag containing souvenirs from Spain and Portugal, Fred. Olsen gifts and chocolates, and celebrated a member’s birthday with cake provided by the chef and singing waiters.

See Oddfellows Travel’s 2025 group holiday schedule, including a cruise to Iceland in July, by visiting www.oddfellows.co.uk/travel

Trio receive university funding

Congratulations to the latest recipients of our First Degree Course Educational Awards: Lillie Buckley, Edward Smith and Torsten Ellis.

Easing the pressure

Each year, a selection of Oddfellows members heading to university for the first time are chosen to receive a non-repayable bursary of £900 per year for the duration of their studies.

Jane Nelson, CEO of the Oddfellows, said: "I'm delighted that the Society can play a part in enhancing Lillie, Edward and Torsten's university experiences.

"Attempting to budget finances alongside studying is as tough as it's ever been but this funding from our Educational Awards will help to ease those stresses as they embark on this exciting stage in their lives."

Each year, our Fraternal Board chooses who will receive the funding, based on the applications received.

Grand Master (Chairman) of the Society, Barbara Needham, added: "I'm so proud that we are able to give the younger generation a bit of a financial boost, which will help them to take these all-important next steps on their way to making their mark on the world.

"I wish them every success over the next few years and beyond."

Lillie Buckley, Nottingham Trent Branch member

Lillie started studying Veterinary Science at the University of Bristol in September 2024.



She says the funding will allow her to purchase a new laptop for doing her university work, as well as helping to cover travel costs for work placements which she'll complete as part of her studies.

She said: "When I found out I would be receiving the funding, I was extremely happy and honoured to have been chosen. I want to say a huge thank you to the Oddfellows, as this will help support me throughout my degree and I can't wait to see what the future holds.

"I am loving the course so far. We've learnt lots of interesting things. In the future I would like to be a small animal vet, however I am keeping an open mind as I love cows!"

Edward Smith, Erewash Valley Branch member

Chemical Engineering student Edward began his course at the University of Manchester in September 2024.

He plans to follow his studies with a chartership while working as a Process Engineer. A Process Engineer designs, optimises and manages the processes used to transform raw materials into finished products in manufacturing or chemical plants.

“I felt very proud, honoured and relieved to receive extra funding to help with my studies,” he said. “I would encourage all eligible students to have a go at applying for this award.”



Edward says the money will go toward purchasing books and other learning materials.

Torsten Ellis, Derby Derwent Valley Branch member

Torsten has been reading Theoretical Physics with Mathematics at Lancaster University since October 2024.



He says the funding will allow him to budget better when purchasing learning materials, such as textbooks, and taking part in extra-curricular activities.

He added: “It felt great to learn I had been chosen for the funding. I was also somewhat relieved as it means I will have to worry less about my finances over the course of each year.

“My modules are split between the physics and maths departments, which is great because I’ll get a rich understanding of both and I’m looking forward to next year when I can pick modules and advance my understanding of both fields.”

Unity Mutual: Seasonal scam spotting



With tax season coming to a close, scammers start to move their attention to new opportunities.

As new financial scams emerge, people get targeted in different ways. Our financial services brand, Unity Mutual, has assessed what to watch out for in the coming months.

April to May: The tax refund scam

With key tax deadlines passing, fraudsters may take advantage of taxpayers hoping for a refund. You may receive emails, phone calls or text messages claiming you're due reimbursement.

Verify any tax-related communication through official government channels before responding to avoid being caught out.

Summer scams: Holidays, events and ticket fraud

From June to August, scammers often aim to exploit the excitement of summer holiday planning by offering fake 'not to be missed' deals on accommodation and flights, often through unofficial websites.

Concert and sporting event fraud is also on the up, and attempts to sell fake tickets on social media platforms are becoming increasingly common. Avoid these traps

by booking through reputable travel agencies and official events websites.

August to September: Back to school scams

As students and their families prepare for a new school year, fraudsters like to create fake offers for school supplies, loans and student rental accommodation.

If an offer seems too good to be true, verify it with official sources before taking action.

Stay vigilant year-round

While some scams are season-specific, fraudsters are always on the lookout for their next victim.



Stay informed, be sceptical of unsolicited requests for money or personal information, and always verify who you're dealing with before taking action.

For more financial tips and resources visit www.unitymutual.co.uk/knowledge-hub
To view Unity Mutual's range of family friendly financial products* visit www.unitymutual.co.uk/oddfellows

For more information call 0161 214 4628.

*Terms and conditions apply

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**

At a glance

- see pages 3 and 4 for regular events info

May 2025

Thurs 1	Coffee Morning and Lunch at Wildfowler	11am
Tues 6	Wellbeing Exercises with Kate Lewis	2pm
Wed 7	Pétanque or French Boules	10.30am
Thurs 8	Coffee Morning and Lunch at Downham Garden and Home Store	11am
Mon 12	Walks Around King's Lynn Town	10.30am
Tues 13	Quiz with Roger Williamson	2pm
Thurs 15	Thaxters Coffee Morning	11am
Tues 20	Bingo	2pm
Thurs 22	Coffee Morning and Lunch at Globe Public House	11am
Tues 27	Craft Afternoon with Kathleen (Old stager meeting)	2pm
Thurs 29	Lunch with Alison at The Anvil	12.30pm

June

Tues 3	Wellbeing Exercises with Kate Lewis	2pm
Wed 4	Pétanque or French Boules	10.30am
Thurs 5	Coffee Morning and Lunch at Wildfowler	11am
Mon 9	Walks Around King's Lynn Town	10.30am
Tues 10	Quiz with Roger Williamson (Prince of Wales meeting)	2pm
Thurs 12	Coffee Morning and Lunch at Baytree Hilgay	11am
Tues 17	Bingo	2pm
Thurs 19	Thaxters Coffee Morning	11am
Tues 24	Jo Sands and Drumming Event	2pm
Thurs 26	Coffee Morning and Lunch at Globe Public House	11am
Thurs 26	Star of the West Meeting	7.30pm

July

Tues 1	Wellbeing Exercises with Kate Lewis	2pm
Wed 2	Pétanque or French Boules	10.30am
Thurs 3	Coffee Morning and Lunch at Wildfowler	11am
Tues 8	Quiz with Roger Williamson	2pm
Thurs 10	Coffee Morning and Lunch at Downham Garden and Home Store	11am

At a glance - see pages 3 and 4 for regular events info

July

Mon 14	Walks Around King's Lynn Town	10.30am
Tues 15	Bingo (Old stager meeting)	2pm
Thurs 17	Thaxters Coffee Morning	11am
Tues 22	Lily and Oddfellows	2pm
Thurs 24	Coffee Morning and Lunch at Globe Public House	11am
Tues 29	Petals Tea Room	2pm
Wed 30	An hour with Charles Dickens (District meeting)	7pm

August

Tues 5	Wellbeing Exercises with Kate Lewis	2pm
Wed 6	Pétanque or French Boules	10.30am
Thurs 7	Coffee Morning and Lunch at Wildfowler	11am
Mon 11	Walks Around King's Lynn Town	10.30am
Tues 12	Quiz with Roger Williamson (Prince of Wales meeting)	2pm
Thurs 14	Coffee Morning and Lunch at Baytree Hilgay	11am
Mon 18	Coach Trip to Sheringham	9.30am
Tues 19	Bingo	2pm
Thurs 21	Thaxters Coffee Morning	11am
Tues 26	Norfolk Fire Service	2pm
Thurs 28	Coffee Morning and Lunch at Globe Public House	11am

September - Friendship Month

Tues 2	Wellbeing Exercises with Kate Lewis	2pm
Wed 3	Pétanque or French Boules	10.30am
Thurs 4	Coffee Morning and Lunch at Wildfowler	11am
Mon 8	Walks Around King's Lynn Town	10.30am
Tues 9	Quiz with Roger Williamson	2pm
Thurs 11	Coffee Morning and Lunch at Downham Garden and Home Store	11am
Tues 16	Bingo (Old stager meeting)	2pm
Wed 17	Friendship Sausage and Mash Supper (District meeting)	6.30pm
Thurs 18	Thaxters Coffee Morning	11am

At a glance

- see pages 3 and 4 for regular events info

September - Friendship Month

Tues 23	Susan Osborne Charity Talk on Scotty's Little Soldiers	2pm
Thurs 25	Coffee Morning and Lunch at Globe Public House	11am
Thurs 25	Star of the West Meeting	7.30pm
Tues 30	Friendship Meal at The Woolpack Inn	12.30pm

October

Wed 1	Pétanque or French Boules	10.30am
Thurs 2	Coffee Morning and Lunch at Wildfowler	11am
Tues 7	Wellbeing Exercises with Kate Lewis	2pm
Thurs 9	Coffee Morning and Lunch at Baytree Hilgay	11am
Mon 13	Walks Around King's Lynn Town	10.30am
Tues 14	Quiz with Roger Williamson (Prince of Wales meeting)	2pm
Thurs 16	Thaxters Coffee Morning	11am
Tues 21	Bingo	2pm
Thurs 23	Coffee Morning and Lunch at Globe Public House	11am
Sun 26	Annual Sunday Lunch	12.30pm
Tues 28	Shanty Workshop	2pm
Thurs 30	Breakfast with Alison	10.30am

Monthly handout given for extra events

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 at www.oddfellows.co.uk or call **0800 028 1810**.

Join the conversation @OddfellowsUK

Find us at  **OddfellowsKingsLynn**

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.
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