

May - August 2026



the
ODDFELLOWS SINCE 1810
making friends, helping people

out & about

Ipswich Branch



Travel



Games



Social



Meetings



Talks



Walks



Dining Out



Online



Quizzes



Theatre



Coffee Morning/Afternoon Tea



A warm welcome to your latest Out and About Magazine

We are finally coming out of the winter months and hopefully an enjoyable and warmer few months now lie ahead.

You will find this magazine to be slightly shorter than normal; covering just the next four months.

While the magazine may be shorter, we are still jam packed with an excellent range of events for you all to get involved with and enjoy.

We have events such as our regular Chair Exercise morning with Julie from ActivLives, which is designed to be gentle but also get us active. We'll be learning CPR when the East Anglian Air Ambulance visit us in July for a free morning, and we've the return of our popular Beetle Drive to name just three of our many events coming up over the summer.

This diary provides us with plenty of opportunities to meet with other Oddfellows members, and continue to build friendships.

Did you know, as a member of Ipswich Oddfellows you have a wealth of

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 **OddfellowsIpswich**

member benefits available to you? To find out more, head to our Oddfellows website or alternatively the office are always on hand should you need any help or assistance. We're just a phone call away.

Price Review

Members and Friends, as I am sure you are all aware within your own household bills, sadly, everything is costing more these days. So, following a recent price review, our first in a number of years, you may find some events have had a slight price increase starting from May 2026. We have tried to keep this increase to a minimum.

I hope you have a great spring and early summer and I hope to see you soon.

Martin Lambert

Weekly Events

Activity Morning Kurling and Boccia



10.15am



£3



Join us for some light exercise and a friendly competitive morning with plenty of laughs and banter! Kurling is played with sticks and stones (no ice!) while Boccia is a seated version of boules. Refreshments will be served and all are welcome. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. **Contact** Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.

Every
Thursday



Zoom-In for Fun on Friday

Every
Friday



7pm



Free



Online

It's FriYAY and time for our fun weekly Zoom on Friday.

From bingo to beetle drives, quizzes to puzzles, there are so many games and so little time! Log in and join in as various hosts lead us in a variety of activities - with fun being at the top of the agenda. Come and join this fun group made up of members from all four corners of our great nation. All welcome, member or not, and it's free! Zoom Meeting ID: 542 724 7603. **Contact** Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.



Zoom-In for Live@5 Weekly Quiz

Every
Sunday



5pm



Free



Online



Chase away those Sunday night blues by joining us for our weekly Zoom quiz. It is a fun, relaxed way to keep your brain sharp, enjoy a few laughs and connect with other people from the comfort of your home. Zoom Meeting ID: 542 724 7603. **Contact** Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.



Regular Coffee Morning

Coffee Morning at Cookie Barista



Second
Wednesday

Whether catching up with old friends or making new ones, it's always nice to do it over a good cuppa, so join us for a monthly coffee morning at Cookie Barista. Cookie Barista pride themselves on being based in Suffolk and supporting local with their coffee blended and roasted locally in Halesworth, Suffolk. Cookie Barista, 50 Hamilton Road, Felixstowe IP11 7AJ. **Contact** Martin or Lynne on 01473 251867.

13 May

10 June

8 July

Coffee Morning On The Road



Third
Wednesday

Coffee mornings hit the road! Join us for our coffee mornings being held across the area. Locations ranging from garden centres to superstores to quiet little tea rooms. All venues will be announced closer to the date on www.facebook.com/OddfellowsIpswich/, weekly update and at all events. To register your interest please call Martin or Lynne on 01473 251867.

20 May

15 July

Coffee Morning at Oddfellows Hall



Last Friday

Our popular coffee mornings are mornings not to be missed. Whether catching up with old friends or making new ones, it's always nice to do it over a good coffee (tea is also available!). All are welcome at our coffee mornings and for £3 (£4 if you are a guest), you can have as many cups of coffee and biscuits as you like. Great value and a great time. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. **Contact** Martin or Lynne on 01473 251867.

29 May

26 June

31 July

28 August


Join the conversation @OddfellowsUK

Find us at  OddfellowsUK

Regular Events Oddfellows Hall, 37 High Street, Ipswich IP1 3QH.

Bingo

 10.30am
or 2pm

 Free entry with books available
at a cost on the day



Monday or Tuesday



Eyes down, it's bingo! We may not be offering mega prizes, but we do offer fun, chat and laughter! A winning formula. Entry is free with books available at cost on the day. All are welcome with refreshments served. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. **Contact** Sherry or Lynne on 01473 251867.

Tuesday 5 May, 10.30am
Monday 1 June, 2pm

Monday 6 July, 10.30am
Tuesday 11 August, 2pm

Activity Morning: Chair Exercise Session with ActivLives

 10.30am

 Members £6, Guests £7



Various Monday

Come and join us for an active morning of Chair Exercise led by ActivLives. Chair Exercise is designed with the over 50s in mind, but all abilities and ages are welcome. A fun morning that will get the heart pumping. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. **Contact** the office on 01473 251867 (Monday-Wednesday) to register your interest.

18 May
8 June

22 June
20 July

3 August
17 August

Crafty Fellows

 2pm

 Members £3, Guests £4



First Tuesday

Unleash your inner craftiness and join us at our craft sessions on the first Tuesday of the month. Under the expert guidance of group leader Teresa, follow along and learn something new or bring your own craft and join in the chat. Refreshments included and all are welcome. Please note, in addition to the scheduled event costs, there may also be a minimal cost for any craft materials. This cost will be advertised nearer the event. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. **Contact** Teresa or Lynne on 01473 251867.

5 May
2 June

7 July
4 August

Regular Events

Oddfellows Hall, 37 High Street, Ipswich IP1 3QH.

Zoom-In for Busy Fingers - Crafts and Chat



10am



Free



Second
Tuesday

What project will Teresa have for us this month? This is an online get-together making simple things to help our hand-eye coordination. We use materials which are easily available. Most importantly we have a laugh! Zoom Meeting ID: 542 724 7603. To find out what materials you may need, call our us on 01473 251867.

12 May

9 June

14 July

May 2026

MON

11

Out for Lunch



12 noon



As per
menu



Out for Lunch is one of the highlights of our diary. The venue will be announced nearer the time, so please contact event host Sherry on 01473 251867 or keep an eye on our Facebook page for more information. Please note due to the event being very popular, booking is essential.



TUES

12

Members Meeting



1.30pm



Free



The Branch is run by its members for members and this is your chance to hear how the Branch is run and to have your say as well as upholding some of the Oddfellows traditions. Don't be shy, come and get involved. All members will be welcome. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. **Contact** Lynne on 01473 251867.



June

WED
17

Beetle Drive Game

10.30am

Members £2
Guests £2.50



Join us for beetle drive. Never played beetle drive? It's really easy and it's a



great way of breaking the ice and getting to share smiles and jokes with friends or with someone you've just met. All are welcome and refreshments will be served. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. **Contact** Martin or Lynne on 01473 251867.

TUES
30

Out for Lunch

12 noon

£ As per menu



Out for Lunch is one of the highlights of our diary. The venue will be announced nearer the time, so please contact event host Sherry on 01473 251867 or keep an eye on our Facebook page for more information. Please note due to the event being very popular, booking is essential.



WED
24

Fraud Awareness Morning with Suffolk Police and Suffolk Trading Standards

10.30am

£ £1



Join us for an informative Fraud Awareness morning in partnership with Suffolk Police and Suffolk Trading Standards. This presentation will focus on fraud prevention, helping you spot common scams, protect your personal information and stay one step ahead. Attendees will receive scam awareness packs and helpful leaflets to take away. It's a great opportunity to learn practical tips, ask questions and gain peace of mind in an increasingly digital world. We hope you can join us. Refreshments will be served and booking isn't essential. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. **Contact** Lynne on 01473 251867.



July

TUES
14

Members Meeting - Half Yearly Meeting

10.30pm

£ Free



The Branch is run by its members for members. This is your chance to hear how the Branch is run and to have your say as well as upholding some of the Oddfellows traditions. Don't be shy, come and get involved. All members will be welcome. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. **Contact** Martin or Lynne on 01473 251867.

MON
27

CPR Training with the East Anglian Air Ambulance

10.30am

£ Members Free
Guests £1



Join us for a one hour session with the East Anglian Air Ambulance covering the basics of CPR and AED use for someone in cardiac arrest.



The session will cover the following to ensure everyone is confident in performing lifesaving interventions: the Chain of Survival, the difference between a heart attack and a cardiac arrest DRSABC (Primary survey), practical CPR and AED use. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. To book your place please call the office on 01473 251867.

August

MON
10

Lasting Power of Attorney presentation from LPA

10.30am

£ Members Free
Guests £1



Join us for an informal morning focused on understanding Lasting Power of Attorney (LPA). An experienced LPA expert from LPA Made Simple



will explain what a Lasting Power of Attorney is, why it's important and how to put one in place. There will also be plenty of opportunity to ask questions. So whether you are planning ahead or just starting to explore your options, this session is designed to give you a better understanding of the process in a relaxed setting with refreshments being served. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. While booking isn't essential, if you would like to book please call 01473 251867.

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.

A Much Loved Member Remembered

The members of Ipswich Branch were sad to hear about the death of Hilary Norman, formerly Hilary Jarvis.

Hilary joined the Oddfellows in 1973. After joining the Committee of Management, she became responsible for the ceremonial elements of the Branch and oversaw the delivery of various ceremonies. This involved monitoring the progression of members through the various stages from initiation to the highest office of the Branch.

Hilary herself progressed through the ranks and became Noble Grand Master of the May Tollemache Lodge in 1984, the Gippeswyck/Orwell Lodge in 1997 and the

Provincial Grand Master (Chairman) of the Ipswich District in 2002, 2006 and 2009.

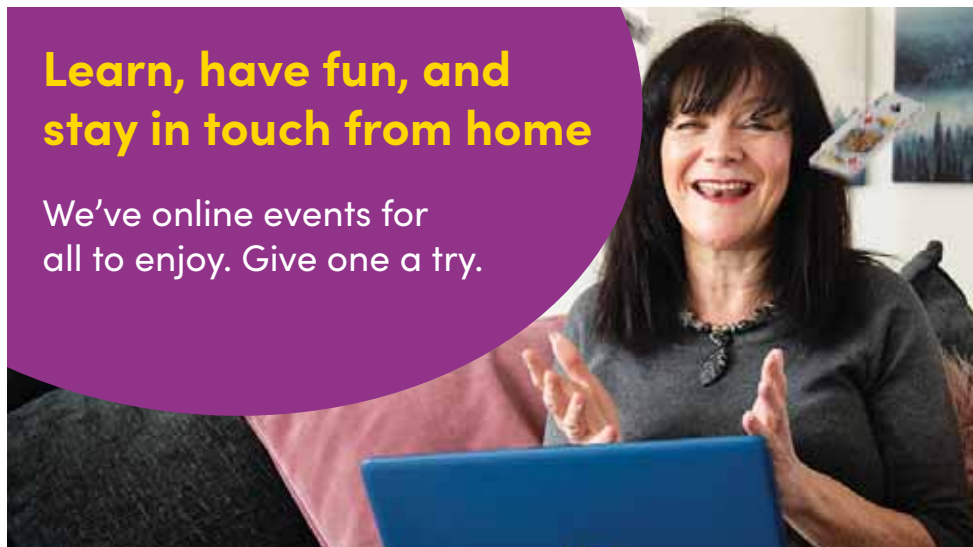
She served as a Branch Trustee, an important and invaluable role in the running of the Branch, for several years.

Hilary represented the Branch at the Oddfellows' Annual Conference on a number of occasions. She was a well-respected member of the Branch and Committee of Management and was a District representative at the East Anglian Group Conference.

The District extends its sympathy to the family at this difficult time.

Learn, have fun, and stay in touch from home

We've online events for all to enjoy. Give one a try.



To see what's coming up visit www.oddfellows.co.uk/events

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Events Round Up

Out for Lunch

We have had several lunch dates since the last Events Diary, the next one being in May. November last year saw us frequenting a popular haunt when we visited the Bramford Cock and in January this year we went to another favourite, the Claydon Crown. These lunches were all well attended and it was lovely to see members enjoying good food and company.



Coffee Morning (Ipswich)

Coffee Mornings continue to be a popular event. At the coffee morning last October, we held a craft sale to raise funds for the previous Chairman's charity, St Elizabeth Hospice. A total of £84 was raised, a good amount to be included in the overall total.



Beetle Drive

In December we held a fun 'Christmas Beetle Drive' in the hall that was well attended by the members. Beetle drive is an interactive game that always gets those in attendance chatting and laughing and of course moving as winners move round the room. As it was Christmas, the aim wasn't to draw a beetle but to instead draw Rudi the Rudolph. Members who were first to shout 'Reindeer' each got a gold chocolate coin as a prize before other Christmas related prizes were given to the overall winners, including a mini-Christmas pudding for the person who sadly finished in last place with their overall score!

We'll be sure to get more beetle drives in the diary as members continue to enjoy these events.



Christmas Celebration

On Tuesday 16 December we held our annual Christmas celebration lunch at Chefs Whites. Members were treated to a delightful two or three course meal with the food being absolutely excellent. It was brilliant seeing so many members join us and the laughter in the room really spoke of the friendships we have within the society. A raffle was held to raise funds for our Chairman Ian's chosen charity - St Elizabeth Hospice with a range of prizes on offer. The final amount raised was £211.

Out for Coffee

We continued holding coffee mornings around the county in Felixstowe and Woodbridge. Both set in beautiful locations in local businesses that offer excellent coffees, teas, cakes and more.

While Felixstowe will be continuing, we have made the decision to change Woodbridge to a 'Coffee on the Road' event where we will tour the local area every other month. Locations will be announced nearer the time. Be sure to follow us on Facebook or join our email list so you get all the up-to-date information.

Talk by the Ipswich War Memorial

Back in November, we had a very interesting talk by Ipswich War Memorial (IWM) Project, telling us about how profiles are created and stored on the individuals who unfortunately lost their lives during WWI and WWII. They also spoke about some of the people whose names are included on the war memorials in Christchurch Park. It certainly brings to home the sacrifices made by so many.



Charles Garland - Dad's Army

Also in November, we had a visit from Charles Garland, ex-BBC producer and director, who regaled us with tales from his days of working on that great comedy 'Dad's Army'. He spoke about the cast and crew, and we were privileged to learn more about what went on behind the scenes. A fun morning was had by all.



Norwich Christmas Coach Trip

Last year, we arranged a coach trip to Norwich to catch up with Christmas shopping and to see the lights. The weather was very kind to us, and all those who attended boarded the return coach with bags of goodies! A good session all round!



Signing Choir

In December, we had a visit from the Signing Choir, run by our lovely member Pearl Kerridge. This event is always well received and denotes the start of Christmas at Oddfellows. 30 members attended, and several joined in with signing, which I'm sure was appreciated by the choir. We look forward to next December's visit.



Chair Exercise

Members have enjoyed our regular 'Chair Exercise' run by Julie from ActivLives. Julie continues to put us through our paces with exercises designed to help fall prevention by helping to maintain strength, balance, co-ordination and flexibility.



We have fun stretching with and without latex exercise bands and play games to help co-ordination, all set to music. A nice calming relaxation exercise completes the enjoyable and highly worthwhile morning.

Crafty Fellows

Our 'Crafty Fellows' event continues to prove popular with the members with some excellent designs being created over the winter such as our beautiful tulip creation.

If you enjoy crafts please come along to one of our sessions on the first Tuesday of each month. There's always a good amount of chat to be had with tea, biscuits and the chance to create something new each time.

Online Events

Congratulations Ipswich Branch!

Yes, we've reached a milestone with our online Zoom events – it's six years since 'Live@5' (Sunday tea-time quiz) began closely followed by 'Fun on Friday' (a mix of games and puzzles) were launched. Not one session has been missed. In addition to our weekly meets, Teresa hosts 'Busy Fingers' on the second Tuesday morning of each month. She patiently leads us through a simple craft project. You'd be surprised what can be achieved in an hour with a sheet of A4 or page from a magazine!

Wendy and her team of volunteers have continued to entertain members and friends from across the country – North Wales to Norfolk and Scotland to Isle of Wight and anywhere in between. Even Christmas and New Year sessions are celebrated and have helped to fill a void for those on their own. New participants are always welcome and will soon be caught up in the friendly banter. If you'd like to give us a try and don't know how to access Zoom, then **please** ask! The code we use is **542 724 7603**. There's a whole new world to be explored!



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 Lynne Wyatt on **01473 251867** or email ipswich.branch@oddfellows.co.uk.

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**

Thousands raised for Hurricane Melissa relief efforts by Oddfellows branches

The Oddfellows has donated £10,000 to support the Jamaica Red Cross' Hurricane Melissa Emergency Appeal.

Thanks to the generosity of Oddfellows branches across the UK, and with additional support from central funds, the donation will help communities affected by the devastating storm rebuild their lives.

Hurricane Melissa, a Category 5 hurricane, made landfall in Jamaica on 28 October 2025. The strongest hurricane ever to strike the island, it caused catastrophic damage and impacted nearly 1.9 million people.

Essential supplies

The funds have been sent to the Jamaica Red Cross, via the International Federation of Red Cross and Red Crescent Societies (IFRC), to support ongoing emergency relief and recovery efforts. This includes providing essential supplies, shelter, and longer-term assistance to those whose homes and livelihoods were affected.

Pam Casey, spokesperson for the Oddfellows, said: "When communities are devastated by disasters of this scale, the need for swift and compassionate support is critical. We are incredibly proud of our branches for coming together to raise these funds.

"Every contribution helps people to access shelter, food, and vital services as they begin the long process of rebuilding.



"Supporting this appeal reflects the very best of Oddfellowship – standing alongside others in times of greatest need."

The Oddfellows extends sincere thanks to everyone who contributed to the appeal and helped make this support possible.

Find out more

Further information about the Jamaica Red Cross' Hurricane Melissa Emergency Appeal can be found at www.ifrc.org/emergency/jamaica-hurricane-melissa

You can also learn more about how the Oddfellows raises money for good causes on our website at www.oddfellows.co.uk/about/giving-back

To find out how you can get involved with fundraising initiatives Oddfellows branches are conducting locally, speak to your Branch Secretary.

Talented trio win Educational Awards

We're proud to announce our 2025 First Degree Course Educational Award winners: Melanie Healy (Humber Wolds Oddfellows), Will Stevenson (Pride of Woolwich Oddfellows) and Emma Corbin (Worcester Oddfellows).

Each winner will receive a non-repayable bursary worth £900 per year for the duration of their studies, which can go towards anything from text books and vital equipment to helping out with rent, bills and other practical items.

Jane Nelson, CEO of the Oddfellows, said:

It fills me with pride each year when we announce the winners of the First Degree Course Educational Awards, and I'm sure that Melanie, Will and Emma will work hard and have a wonderful university experience.

University is an exciting time, but it can also be quite stressful. I hope this money will go some way to help reduce some of the financial pressures that are a reality of being a student.

Melanie Healey, Humber Wolds Branch

In October 2025, Melanie began her Asian and Middle Eastern Studies course at the University of Cambridge. The four-year course will begin with learning Arabic language skills from scratch, building up her existing French language skills and looking at French Literature.

She says she is hoping to put the money towards travelling to French and Arabic-speaking countries for internships and exchanges to help sharpen these skills.

Melanie said: "I was delighted when I found out that I'd been chosen to receive the funding, and I would like to thank the Oddfellows for the grant."

Although unsure what her career plans are at this stage, Melanie says she "would definitely like to work in a role that allows me to use my language skills".



Will Stevenson
Pride of Woolwich Branch

Will started reading Geography at the University of Durham’s Trevelyan College in Autumn 2025, where modules cover



topics such as climate change, physical geography, human geography, geographical research and geographies in crisis.

The money, he says, will go towards the social aspects that university life has to offer, such as the Durham University Big Band.

Will said: “Hearing I was a recipient of the award was incredibly exciting, and I am extremely thankful to the Oddfellows for the trust and generosity they have offered me.”

Will also hasn’t mapped out his career plans at this stage, but says that’s one of the reasons the course appealed to him, given “the breadth of Geography and its wide application”.

Emma Corbin
Worcester Branch

Unbeknownst to either, Emma and Will have ended up on the same Geography course at the University of Durham.



Emma plans to put the money towards learning materials and field trips.

“I felt extremely grateful and lucky when I was picked as one of the successful candidates from what would have been many amazing applications,” she said. “I would like to say how thankful I am. It is a great opportunity to have an award like this available.”

Emma too hasn’t decided which direction she wants her career to take, but thinks her chosen course will provide her with a range of opportunities.

“It’s an increasingly relevant subject, considering topics such as climate change and geopolitics,” Emma added.

More about our Educational Awards

Each year, our Fraternal Board chooses who will receive the Educational Awards funding, based on the applications received from members. To learn more about the awards, including the Apprenticeship Educational Award, eligibility and how to apply, visit www.oddfellows.co.uk/benefits/care/educational-awards.

2026: Time to make a financial plan



a proud part of the Oddfellows

The year might have only just started, but we all know how quickly the calendar can flip. One minute it's spring, and the next we're wondering where the mince pies have gone.

Taking a little time now to think about your finances before the new tax year starts in April can make life feel calmer and more organised.

Where to start?

A financial plan doesn't have to involve spreadsheets or complicated formulas. It can simply start with a few questions, like: 'What do I want to save for? Am I prepared for life's surprises? Could my money be working harder for me?'

For some Oddfellows members, the focus might be on simply enjoying life or planning for the future. Others may also be thinking about the younger people in their lives – children, grandchildren, or that teenager who changes career ambitions daily.

Small, regular contributions now could grow into something meaningful later.

Start saving

Lucky for Oddfellows members, our financial services arm, Unity Mutual, is close at hand.

Unity Mutual is a regulated provider of ISAs and other savings and investment

products, which means they follow strict rules designed to protect our members.

Unity Mutual's Guaranteed Investment Bonds, including two, three and five year terms, offer fixed-rates for savers with a lump sum to invest, and Oddfellow members can benefit from preferential rates.

Alternatively, ISAs are a tax-efficient way to save or invest, whether you're building up funds to enjoy retirement or looking to help give your child a confident step into adulthood.

ISA Products available from Unity Mutual for Oddfellow members include a Lifetime ISA, a Flexible ISA and a Junior ISA, and you can also make the most of the Adult and Child Tax-Exempt Savings Plans.

Get in touch

And the good news? You don't have to figure it all out by yourself. Unity Mutual is happy to chat with you about your goals, big, small, or somewhere in between.

Our friendly staff can provide information on what is available to you. They'll talk through things in plain English, not financial jargon, so you can make decisions confidently and comfortably.

Terms and conditions apply to all products.

Find out more

Visit www.unitymutual.co.uk or call us for a chat on 0161 214 4650.

At a glance

May 2026

Tues 5	Bingo	10.30am
Tues 5	Crafty Fellows	2pm
Mon 11	Out for Lunch	12 noon
Tues 12	Zoom-In for Busy Fingers - Crafts and Chat	10am
Tues 12	Members Meeting	1.30pm
Wed 13	Coffee Morning - Felixstowe	10.30am
Mon 18	Activity Morning: Chair Exercise Session with ActivLives	10.30am
Wed 20	Coffee Morning On The Road	10.30am
Fri 29	Coffee Morning - Ipswich	10am

June

Mon 1	Bingo	2pm
Tues 2	Crafty Fellows	2pm
Mon 8	Activity Morning: Chair Exercise Session with ActivLives	10.30am
Tues 9	Zoom-In for Busy Fingers - Crafts and Chat	10am
Wed 10	Coffee Morning - Felixstowe	10.30am
Wed 17	Beetle Drive Game	10.30am
Mon 22	Activity Morning: Chair Exercise Session with ActivLives	10.30am
Wed 24	Fraud Awareness Morning with Suffolk Police and Suffolk Trading Standards	10.30am
Fri 26	Coffee Morning - Ipswich	10am
Tues 30	Out for Lunch	12 noon

July

Mon 6	Bingo	10.30am
Tues 7	Crafty Fellows	2pm
Wed 8	Coffee Morning - Felixstowe	10.30am
Tues 14	Zoom-In for Busy Fingers - Crafts and Chat	10am
Tues 14	Members Meeting - Half Yearly Meeting	1.30pm
Wed 15	Coffee Morning On The Road	10.30am
Mon 20	Activity Morning: Chair Exercise Session with ActivLives	10.30am

At a glance

July

Mon 27	CPR Training with the East Anglian Air Ambulance	10.30am
Fri 31	Coffee Morning – Ipswich	10am

August

Mon 3	Activity Morning: Chair Exercise Session with ActivLives	10.30am
Tues 4	Crafty Fellows	2pm
Mon 10	Lasting Power of Attorney presentation from LPA	10.30am
Tues 11	Bingo	2pm
Mon 17	Activity Morning: Chair Exercise Session with ActivLives	10.30am
Fri 28	Coffee Morning – Ipswich	10am

Interested in volunteering?

Helping others is at the heart of being an Oddfellow and that's exactly what our wonderful volunteers do. There are lots of ways you can get involved as a volunteer, from one-off help to regular support.

You can help us by:

- Welcoming members, guests and speakers at events
- Helping prepare refreshments
- Being the volunteer host at external events
- Organising events as part of a social committee
- Joining the Committee of Management
- Becoming a Volunteer Welfare Visitor or befriender.



To find out more, contact Lynne by phone on **01473 251867** or email lynne.wyatt@oddfellows.co.uk

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www.oddfellows.co.uk

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