

March – August 2019



the **ODDfELLOWS** SINCE 1810
making friends, helping people

out & about

Heart of Norfolk



Huts on the beach, Wells-next-the-Sea, Norfolk



Music



Art/Crafts



Theatre



Dining Out



Health and
Wellbeing



Games



Day Trip



Meetings



Social



Talks



Coffee Morning/
Afternoon Tea



Cinema



We hope you can join us for one of our events!

Welcome to the latest edition of your events diary and newsletter for Heart of Norfolk District of Oddfellows.

As a 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 our members with a range of advice and support services when you need them. We are basically a group of friends brought together through shared interest in socialising, making friends and helping people.

This issue features details of all our upcoming 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.

Front cover: Norfolk Coast Path by Evelyn Simak and licensed for reuse under this Creative Commons Licence.

Contact Details

Branch Secretary:
Paula Grigglesstone

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Email:
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Office Open: Monday,
Wednesday and Thursday


Address: Sirius, 63 Kings Road,
Dereham, Norfolk NR19 2AG

Everyone is welcome at Oddfellows events. Even if you are not a member, we want to extend an invitation to you and your friends to attend any of our events that take your fancy - we like to think that we can guarantee you a good time.

March 2019

TUES 12 Sue Parry Presentation on The Bethnal Green Tube Disaster

 7.15pm


 Members £1.50
Guests £2.50



This historical talk is in remembrance of those who lost their lives at the Bethnal Green Tube Station disaster in March 1943. Sue Parry will tell us the story. Non-members are more than welcome to join us. We will have light refreshments and a raffle. York Place Residents Lounge, at the Post office end of Quebec Street, under the archway opposite the Town Council office, Dereham NR19 2AA. Contact Paula on 01362 696536.

THURS 21 Coffee with Friends at the George Hotel, Dereham

 11.15am

 First hot drink
is free



Do come and join our friendly group for a chat over coffee or even stay for lunch. The George Hotel is conveniently situated close to Dereham Market place. Non-members are very welcome. The George Hotel, Swaffham Road, Dereham NR19 2AZ. Contact Paula on 01362 696536.



THURS 21 Members Annual Summoned Meeting

 7.30pm

 Free




All members are welcome to join us for our annual meeting. This is your opportunity to find out more about the running of the Branch from social events, finance and care. We will also be electing our new Provincial Grand Master (District Chairman). Light refreshments will be provided after the meeting. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.

April

THURS 11 Cheque Presentation to (EACH) and Introduction to Dereham Meeting Point

 7.30pm

 Members Free
Guests £1.50



Judy Sykes from the Children's Hospice will collect the donations we have raised. We will also have an introduction from Dereham Meeting Point, our new appeal for 2019. Shonette the centre Manager will tell us how the Centre helps the Dereham community including those suffering with dementia and their carers. Do bring a plate of nibbles - sweet or savoury to share, this will go down nicely with a cuppa. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.

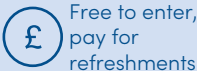
April

THURS 18 Coffee Morning at Bawdeswell Garden Centre



Do join us on our regular out and about coffee morning. This month we are visiting the ever popular Bawdeswell Garden Centre. What could be better retail therapy as well as a free first hot drink! Some of the group may also stay on for lunch. Non-members are more than welcome. We will hold a raffle for our charity of the year (Donated prizes are always welcome). Bawdeswell Garden Centre Cafe, Norwich Road, Bawdeswell, Norfolk NR20 4RZ. Contact Paula on 01362 696536.

FRI 19 Easter Fun and Fish and Chip Lunch



Celebrate Good Friday in traditional style with a cuppa and hot cross bun. Then it will be fun for all ages with raffle and quiz. Why not take a look at our second hand jewellery stall. We will have a fish and chip lunch around 12.30pm (you will need pay and pre-order in advance). All the profit from today will be donated to our charity of the year - Dereham Meeting Point Book by Friday 12 April. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Rosemary on 01362 853453.

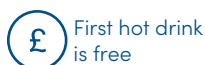
May

THURS 09 Beetle Drive Family Fun Evening



Its time for some family fun with our beetle drive, a chance to move around the room and meet different faces. Roll a dice and you can add to your beetle, the first one to complete the task is the winner! Light refreshments are provided and we will hold a raffle for our charity of the year. Non-members of all ages are welcome to come along. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.

THURS 16 Coffee Out and About at The Folly Tearoom, Holt



This month we will be having coffee at The Folly. A venue filled with vintage romance tucked away in the lovely town of Holt. Some of us may stay for a bite to eat. Don't forget your first hot drink is free and you don't need to be a member to join us. We will hold a raffle for our charity of the year. The Folly Tea Rooms, Hoppers Yard, Bull Street, Holt NR25 6LN. Contact Paula on 01362 696536.



June

THURS
13

An Evening of Mystery and Intrigue 'A slice of Murder'

7.30pm

£ Members Free
Guests £1.50



Are you an amateur sleuth? Then this is your chance to win a prize if you can deduce the murderer from amongst the cast played by the social committee and members. We will hold a raffle in aid of our charity of the year (prize donations are gratefully received). There will also be light refreshments provided. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.



THURS
20

Coffee Out and About at the Reepham Crown

11.15am

£ First hot drink
is free



Come and join us for a chat over a coffee or maybe stay on for lunch. This month we are visiting Reepham and will be in The Crown. Non-members are always made very welcome. We will hold a raffle for our charity of the year. The Crown, 90 Ollands Road, Reepham NR10 4EJ. Contact Paula on 01362 696536.

July

THURS
11

Head Body Legs Drawing for fun and consequences Family Fun Evening

7.30pm

£ Free



An evening of fun games for everyone. You don't need to be Picasso to play our light-hearted drawing game or suffer any consequences! We will have light refreshments and hold a raffle for our charity of the year. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.



THURS
18

Coffee Out and About at the Mermaid Inn Elsing

12 noon

£ First hot drink
is free



Join our social group for a free hot drink at our monthly coffee morning. The Mermaid is a 16th century Norfolk village country pub. Non-members will be made very welcome. We will hold a raffle in aid of our charity of the year. Some of us may stay on for lunch The Mermaid Inn, Church Street, Elsing NR20 3EA. Contact Paula on 01362 696536.

August

THURS
08

'That Rings a Bell'
by Mike Wabe



7.30pm



Members Free
Guests £2.50



Mike Wabe is the Town Crier for Watton. He will deliver an interesting, humorous and informative presentation on the unique history surrounding Town Criers. Light refreshments will be provided. We will hold a raffle in aid of Dereham Meeting Point. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.



THURS
15

Coffee Out and About
at the Brisley Bell



11.15am



First hot drink
is free



Everyone is welcome to attend our monthly coffee morning and your first hot drink is free. This month we are visiting the Brisley Bell which overlooks the village common. Some of us may stay on for a bite to eat. We will hold a raffle in aid of our charity of the year. The Brisley Bell, The Green, Brisley NR20 5DW. Contact Paula on 01362 696536.

Forthcoming Events

September

ODDFELLOWS
FRIENDSHIP MONTH

1 - 30 SEPTEMBER



SUN
08

District Chairman's Annual
Lunch at South Green Park



12.30pm



See below



Join us for our annual celebratory lunch, a chance to catch up with friends old and new. This year we are attending South Green Park on the outskirts of Mattishall. Please contact Paula for a menu, there is a choice of two or three courses. We will hold a raffle for our charity of the year (donations of prizes gratefully received). Cost: Two Courses £17, Three Courses £20. Book by Thursday 15 August. South Green Park, 18 South Green, Mattishall NR20 3JY. Contact Paula on 01362 696536.



Forthcoming Events September

THURS 12 Half Yearly Summoned Meeting



7.30pm

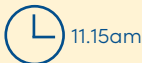


Free

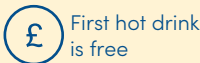


All members are welcome to join us for our half year meeting. This is your opportunity to find out more about the running of the Branch including social events and care. Light refreshments will be provided after the meeting. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.

THURS 19 Friendship Month Coffee Morning



11.15am



First hot drink
is free



Do you want to make new friends? Then this is your opportunity to meet our group for a chat over a cuppa. Its open house at The George, Dereham and your first hot drink is provided free of charge. Some of us may stay on for lunch. We will hold a raffle for our charity of the year. The George Hotel, Swaffham Road, Dereham NR19 2AZ. Contact Paula on 01362 696536.



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**.



Social Gatherings and Talks

In January, we had a wonderful evening to celebrate the New Year. A Musical evening with Alan Sissons. He played well known tunes on his amazing instrument - a very ornate Accordion. We had a chance to sing along with songs from all eras.

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.



Christmas Party



We had a fun Christmas party with entertainment from Patsy Rose. Patsy sings and also plays the guitar. We sang and danced



the night away. We were then ready for the lovely festive refreshments supplied by our hard working social committee.

Provincial Grand Masters (District Chairman) Annual Luncheon



Our Provincial Grand Master (District Chairman) for 2018-2019 is Elizabeth Smith (pictured) This year she chose the Swaffham George Hotel as the



venue for our annual Sunday lunch. We enjoyed a delicious lunch and had a chance to catch up with friends old and new.



Heart of Norfolk charity of the year

Last year, we selected East Anglia's Children's Hospices (EACH) as our appeal. The charity is dedicated to providing care to families with children who have life threatening conditions.

They are raising funds to build a new hospice - The Nook. We were lucky enough to be offered a guided tour of the hospice in Quidenham, Norfolk. We have raised over £700 so far from our regular raffles and would like to thank all members for their support in buying tickets or donation of prizes. Our 2019 charity will be Dereham Meeting Point, a community hub offering activities for all, but with an emphasis on helping those with dementia and their carers.





Coffee Mornings with Friends

Throughout the year we have held monthly coffee mornings. These are very popular and many of us now stay on for lunch. Our Friendship Month event was held at the George Hotel Dereham.

Guests are always made very welcome just look out for the sign on the table. This year we will be visiting other venues within in our area so hopefully we will come to a place close to where you live. Don't forget your first hot drink is provided free of charge.



Visit to Dunbheagan Gardens



We have visited some gardens this year one of which was Dunbheagan in Westfield, Dereham. The gardens were a joy as was the weather and the



cream tea was to die for. Check out our online events listing for more outings planned this year.

Friendship and Social activities across the UK



At Heart of Norfolk 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 Heart of Norfolk District Area?

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 the page 2) and we can request that your local secretary gets in touch and sends you a copy of their Events Diary.



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.

**Sinah Warren Coastal Hotel,
Ferry Road, Hayling Island,
Hampshire, PO11 0BZ**

To book call Warner's on 0330 1009 772

(Booking reference 4272269) and quote ODDFELLOWS

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.



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)



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 Paula on **01362 696536** or email **paula.grigglesstone@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**

At a glance

March 2019

Tues 12	Presentation on the Bethnal Green Tube Disaster	7.15pm
Thurs 21	Coffee with Friends at the George Hotel, Dereham	11.15am
Thurs 21	Members Annual Summoned Meeting	7.30pm

April

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Thurs 18	Coffee Morning at Bawdeswell Garden Centre	11am
Fri 19	Easter Fun and Fish and Chip Lunch	10.30am

May

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Thurs 16	Coffee Out and About at The Folly Tearoom, Holt	11am

June

Thurs 13	An Evening of Mystery and Intrigue 'A slice of Murder'	7.30pm
Thurs 20	Coffee Out and About at the Reepham Crown	11.15am

July

Thurs 11	Family Fun Evening	7.30pm
Thurs 18	Coffee Out and About at the Mermaid Inn Elsing	12 noon

August

Thurs 8	'That rings a bell' by Mike Wabe	7.30pm
Thurs 15	Coffee Out and About at the Brisley Bell	11.15am

Forthcoming Events

September – Friendship Month

Sun 8	Annual Lunch at South Green Park, Mattishall	12.30pm
Thurs 12	Half Yearly Summoned Meeting	7.30pm
Thurs 19	Friendship Month Coffee Morning at the George Hotel	11.15am