



THE
Oddfellows
SINCE 1810
making friends, helping people

Summer 2019 | Issue 2
www.oddfellows.co.uk

King's Lynn News and Views

News and views from your local friendship group

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Welcome to the latest edition of the Kings Lynn News and Views

This is your newsletter so if you have any ideas for items please send them in. Maybe you have a favourite recipe, joke or a celebration that you would like to share with other members? Why not write about a social event you've attended or send in photos?

All items will be gratefully received. Any member wishing to contribute an article should please send them to me (details on the right). I look forward to hearing from you.

The Editor

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Contact Details

For more details about any of the events listed, membership and the wide range of benefits available, please call:

District Secretary: Alison Schultz
T: 01553 776030
E: alison.schultz@oddfellows.co.uk

Editor: Patricia Sexton

Address: Oddfellows House,
7 Lynn Road, Gaywood,
King's Lynn, Norfolk P30 4PR

Office Open Hours: Monday
from 10am to 3pm, Tuesday and
Thursday 9am to 11.30am



OddfellowsKingsLynn



Walks from the office

Every other month, we have a walk from the office, lead by Richard Flowers and myself.

It's surprising just how many different directions you can take once you come out of the office door, as you will see from the photos, there is plenty of nature in good old Gaywood. We normally leave at 10.30am and walk for about an hour. I am delighted that each time we go we have

more people joining us. For those who don't fancy doing the walk but would like an hour or so out, Alison is in the office and would be pleased of your company.

We the walkers are ready for a cuppa on our return, so anyone wishing to 'man' the kettle, please come along.

Pat Sexton

Coffee Mornings

Our coffee mornings are very popular, so we have decided to hold these two Thursdays per month. Make a date in your diary second and fourth Thursday of the month. Coffee in the office at 10.30am to 11.30am.





Luncheon Club

As you all know, our luncheon club has been a great success and for that reason we are going to hold two lunches per month These being the second and fourth Tuesday, They will be held at the same venue with the same menu, so if one event is full you will be able to come along to the other if you so wish.

Having done this event for the past two and half years, Violet and I are going to retire from this particular activity.

However, Alison will be hosting with the help of two volunteers, remember our motto - Member Helps Member.

Alison will have the menu, which will be available at any of our social events or even the office.

We will however to save time ask each person for a £5 deposit when ordering.

Pat Sexton



Presentation of Cheque



It was difficult to choose a charity to receive the King's Lynn and District Oddfellows' Branch annual charity donation on behalf of members.

There are so many worthy causes to support. However, the Rev Julie Boyd's initiative to use the St Faith's Church

Bungalow and gardens to create a drop-in centre and cafe as a meeting place for local support groups, seemed a very good idea.

Oddfellows members agreed, and kindly supported raffles to boost the donation.

Importantly, West Norfolk MIND will have free use of the facilities for the first three years once the transition of the building has been completed.

St Faiths covers a huge area with more than 26,000 people within the surrounding area. It will provide a valuable meeting place for vulnerable people in a convenient, accessible location.

The Rev Julie was very pleased to receive our donation and has agreed to visit an Oddfellows' meeting in a years' time to let us know how things are going.

Social Afternoons

On Tuesday 19 March, we had an excellent talk from John Hayes from the Gaywood Valley Conservation Group. I don't think that any of us realised just what a great work these lovely people do for our local environment. We have lots of other events planned for this year, see our Out and About Diary.

Pat Sexton



Weekend School



On Friday 22 March, Alison, Sandy, Violet and myself attended a weekend seminar at the Cheltenham Chase Hotel, Brockworth, near Cheltenham in Gloucester.

We had a fabulous weekend, great to meet with other Branches and learn so much from each other and the tutorials were excellent. As social organisers Violet and myself were happy to spend a great deal of the weekend getting and sharing ideas, whilst Alison and Sandy's time was spent in their respective roles of Branch Secretary and Committee of Management, and also Welfare Officers.

These weekends which are organised by Unity are very well put together and although they are tiring, I must say the accommodation and meals were fabulous.

Pat Sexton

Welfare

Look at our lovely Tony enjoying his all day breakfast. Alison and Pat also enjoyed theirs! This is just one of the many things that we as Welfare Visitors do, so if we can help you in anyway please give Alison a call in the office.



**More Volunteers needed for this important role
Remember our motto....
Member Helps Member**

Quiz Night

Held on the first Wednesday evening of the month, our lovely Quiz Master, John Bell has certainly stirred up the old grey matter! But we also have lots of fun and laughter which is what our friendship group is all about. Teams of four or five. From

July, non-members will be charged at increased rate but all the money donated will be placed back in prizes. Bar food will be available. But most of all a big thank you to John Bell and Sandy Evans for hosting.





Trip to Thursford

On Monday 15 April, 45 of us had a great day out at Thursford Steam Museum. So much to see and do, with the steam engines, mechanical fair ground organs and nice shops to have a browse around, along with a well stocked cafe.

A 'behind the scenes' tour was offered, for a maximum of 20 people and we soon filled that out! Those who went on this said it was great to have an insight as to how the show is produced, a look at the different props, lights and costumes. At

2pm we all gathered for a half hour show, listening and watching Robert Wolfe playing the mighty Wurlitzer, needless to





say Alison lead the singing! Following on from this, for those who wished to, time for a ride on the galloping horses and Alison lead the way on the horses.

After a nice cuppa and a final amble around we all boarded our coach for the return journey to King's Lynn.

Pat Sexton



Seated Exercises

Well what can I say other than this is going from strength to strength. Please note that this event has been changed to the first Tuesday of the month.

I am amazed and very proud at how hard this lovely group of people work to keep them selves fit and active, and to improve their muscle strength, balance and flexibility, whilst having a bit of fun and lots of laughs.

We have some great photos and videos, please ask Alison to show you them on her phone (our very own David Bailey)!



Pat Sexton

Annual Movable Conference



Saturday 25 May saw many delegates arrive in Southport for our Annual Movable Conference (AMC). Albert and I were there from our Branch but unfortunately due to ill health our lovely friend Jacquie McClean was not able to join us this year. After collecting our Deputies pack, we were all invited to the Grand Master's Ball. Fun was had by all.

On Sunday at 11am there was the church service and this was followed by the wreath laying. At 3pm the Oddfellows Brass Band played for us all. The evening saw the East Anglia Group Conference function

- Anglian Night. Nearly 100 people attended this and again great fun was had by everyone.

Then onto business on Monday 27. Yes, we did start our conference on a Bank Holiday, but as a wise man said many many years ago, when people worked they only needed to have three days holiday, so hence that is why we still work the Bank Holiday.

We debated rules and saw great success for many other Branches but for us, here in King's Lynn we were the winners of the **Refer a Friend** award, which is for the highest percentage of adult membership. I was so pleased to receive this award on behalf of King's Lynn and West Norfolk District Branch.

All that is left to say is let's keep up the good work and thank you to all those members who make my job so worthwhile.

Alison

A few words about The Star of the West Branch

The Star of the West Branch meet at The Green Man Methwold Hythe, where there is ample parking Dates can be found in the out and about – Events Diary.

Apart from a small business meeting at the start , the meetings are purely informal and social. Ran by Albert Eaglen. The Star of the West Branch has ran from the 19th century.

Future Events

Hog Roast and Barbecue

We are having a hog roast/barbecue on Wednesday 31 July at the Gaywood Church Rooms, Gayton Road, King's Lynn. Meet at 7pm for 7.30pm.

Cost: £9. 50 per person.

This price includes tea/coffee, but if you would like anything else to drink, please feel free to bring your own.

For the sweet tooth people, please feel free to bring your own dessert or even something to share with your friends. After we have eaten, there will be live 60's music with Richard Sexton on the keyboard.

Wroxham Coach Trip

Monday 2 September

Our next coach trip for this year will be to Wroxham

We will leave Tesco car park in Gaywood at 9am.

We have a choice for you as to what you would like to do. You can either come just for the coach ride to Wroxham, where there is lots to see and do, whether you fancy a walk around the shops, or sitting by the river and watching the boats go by, or something to eat / drink in one of the river fronted hotels.



Cost for **COACH ONLY** £7.50 per person.

All of the above, plus a cruise on the broads (see attached leaflet) at £17.50 per person (we have provisionally booked 35 tickets for this).

OR a tour around miniature world (awaiting leaflets on this) at £17.50 per person (we have provisionally booked 15 tickets for this).

Refreshments and toilets are available at both venues.

Alison and Pat hope you can join us.

Oddfellows Members: Do you need help?

Local Care and Welfare Support

To request contact from a Welfare Visitor and for local help and information about Branch benefits and benevolence contact Alison on **01553 776030** or email **alison.schultz@oddfellows.co.uk**.

Our Three Welfare Visitors



Christine Prime



Sandy Evans



Patricia Sexton

Both on hand at most coffee mornings and social events throughout the month.

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

184,000 reasons why we LOVE our members...

Our Branches work tirelessly to fundraise for some fantastic causes. Whether it's a bake sale to fund cancer research, or a coffee morning to purchase some much-needed equipment for their local hospital, every single penny counts.

In 2018, Oddfellows Branches raised over £184,000 for good causes – all of which could not have been achieved without the support of our members and wider community! Every cupcake sold, each raffle ticket purchased, they all add up to make real, tangible differences to people's lives across the country.

Congratulations to everybody involved in any and all fundraising activities. Please continue to keep up the good work and dig deep wherever you can! If you can't spare a little bit of cash, maybe you could help in different ways?

There's always a need for an extra pair of hands, whether you're rounding up the troops, baking some delicious goodies, or tidying up after an event – your time is just as valuable to charity fundraisers as any money you're able to donate.



North Gloucestershire District Branch present Cheltenham hospital with £6,640.



HA Andrews Memorial Fund presents University of Bradford with £29,000



Ormskirk & Southport District Branch present Southport Offshore Rescue Trust with £775



Oddfellows raise £2532 for the British Heart Foundation

Oddfellows Brass: Music to our ears!



The Oddfellows Brass band has been a huge part of our identity for 38 years, after it was first established as 'Unity Brass' in 1981.

Founded by the personable and talented Rob Boulter, the band has members of all ages and musical tastes! They perform a huge range of music, from traditional tunes and film scores to chart toppers and original pieces, arranged and composed by the players.

Each year, they put on eight astounding performances for the Oddfellows, travelling up and down the country to ensure members and the public have the opportunity to enjoy the music. This year, Oddfellows Brass will be performing at the following locations:

Southport – Sunday 26 May

Hosted by: Ormskirk & Southport District Branch

Location: Southport Floral Theatre & Convention Centre, Promenade, Southport PR9 0DZ

Call **01695 424149** or email

bonita.hesketh@oddfellows.co.uk

Liverpool – Saturday 29 June

Hosted by: Mersey District Branch

Location: Childwall Sports and Science Academy, Queens Road, Liverpool L15 6XZ

Call **0151 639 2777** or email

margaret.hughes@oddfellows.co.uk

Leamington Spa – Saturday 3 August

Hosted by: Heart of England District Branch

More details to follow

Oldham – Saturday 7 September

Hosted by: South East Lancashire

District Branch

Location: King William IV, Saddleworth Parish Council Civic Hall, Uppermill,

Lee Street OL3 6AE

Call **01457 876 870** or email

sheila.kendall@oddfellows.co.uk

Bourne – Saturday 21 September

Hosted by: Nene and Welland

District Branch

Location: Bourne Corn Exchange, 3 Abbey Road, Bourne, Lincolnshire PE10 9EF

Email **andrew.spencer@oddfellows.co.uk**

Norfolk – Saturday 12 October

Hosted by: Trafalgar Branch

Location: St Nicholas Church, Market Place, North Walsham, Norfolk NR28 9BT

Call **01692 407852** or email

angela.batson@oddfellows.co.uk

Hartlepool – Saturday 26 October

Hosted by: Cleveland and Durham District

Location: St Hilda's Church, Church Close, Hartlepool TS24 0PW

Call **01642 655685** or email

david.smith@oddfellows.co.uk

If you'd like to see Oddfellows Brass performing in a location near you, let your Branch Secretary know!

Valuable Oddfellows artefact rescued “just in time”!

Clearing out a home often unearths surprises, as members Harold and Jackie Houghton found when they were collecting a pile of discarded items from a relative’s home in Manchester.

“We checked to make sure there wasn’t anything important left in the pile. Jackie spotted a watch in one of the boxes and she knew I would be interested in taking a look,” explained Harold. Having realised they might have an interesting (time)piece of history on their hands, Harold and Jackie visited a horologist (a clock maker), to service the watch.

Harold said: “It wasn’t until we moved to Llandudno that I heard any mention of the Oddfellows again. I spotted an advert for a local meeting in Deganwy, so we went along to find out what it was about. We actually joined whilst we were there!” Our resident Oddfellows historian,



Paul Eyre, commented: “The watch is an example of the type of presentation made to a past officer or secretary, usually to mark long service, in the first half of the 19th century. These would have been individually produced and painted by a local craftsman of the time, so this pocket watch is truly a unique piece.”

Harold wanted to return the watch to its roots, so he and Jackie visited Manchester’s central office to hand-deliver the watch to the CEO and Secretary of the Order, Jane Nelson.

Jane said, “It’s wonderful that this watch has brought Harold and his wife to the Oddfellows. We love it when our members share their history with us, and we’ll be displaying Harold’s kind donation alongside some of our other important historical artefacts.”

Sharing is caring

Who do you know who'd love to share the benefits of Oddfellows membership? From fun and friendly events through to care and welfare support, you're more than just a number with the Oddfellows – you're part of our family.

Last year, over 700 members joined the Oddfellows after being referred by one of their friends. Sharing the experiences you've had with the Oddfellows could truly make a big difference to somebody else's life? When you refer a friend, not only will they receive the amazing care and support from our community, but they'd have the chance to make some great new friends. If you have somebody in mind, bring them along to the next Branch event, so they can enjoy the benefits of membership for themselves!

When you refer your first friend, we'll send you a £10 Love2shop voucher as a thank you – perfect for buying your pal a coffee, or grabbing a bite to eat. As you encourage more of your friends to join, you'll move



up through our Bronze, Silver and Gold referrer levels. And once you've referred 40 friends, we'll send you a whopping £250 in Love2shop vouchers, which could pay for a much-needed break away!

So if you'd like to share your Oddfellows membership with some of your nearest and dearest, or anyone you think could benefit, pick up one of our new Refer a Friend leaflets from your local Branch, or call Membership on 0800 028 1810.

*T&Cs apply, please see our website for details: [www.oddfellows.co.uk / terms-conditions](http://www.oddfellows.co.uk/terms-conditions)

Barry Bedford becomes our FIRST-EVER Platinum-Plus member

It's no secret that Barry Bedford, from Nene and Welland District is our most successful current member when it comes to recruitment. To thank Barry for all his hard work, we're rewarding him with £10 worth of Love2shop vouchers for every new member he introduces to the Oddfellows moving forward. Well done, Barry!

July - December 2019
Issue 4



*O*the
ODDfeLLows SINCE 1810
making friends, helping people

out & about

Making friends across King's Lynn and West Norfolk



Oxburgh Hall - viewed from the west



Music



Art/Crafts



Theatre



Dining Out



Walks



Games



Day Trip



Meetings



Social



Talks



Coffee Morning/
Afternoon Tea



Quiz



Monday 2 September – Coach Trip to the Norfolk Broads at Wroxham

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 are on the next page) who will be happy to have a chat.

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

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.

Regular Events

Quiz Night

Every first
Wednesday
of the month

7pm

Members £2
Non-members £3

Come and join us for our regular quiz night. Deers Leap, 361 Wootton Road, Kings Lynn, Norfolk PE30 3AZ.

Open Coffee Morning

Second and
fourth Thursday
of the month

10.30am

Free

No need to book, just pop in, as everyone is welcome. Held at Oddfellows House, 7 Lynn Road, Gaywood, King's Lynn, Norfolk PE30 4PR.

Social Afternoon

Every third
Tuesday of
the month

2pm to
4pm

Free

Come along and learn new crafts or enjoy old ones as well as talks and games. Everyone welcome. We are always open to new ideas. Held at Reffley Community Hall, Reffley Lane, Kings Lynn, Norfolk PE30 3EQ.

Seated Exercises

First Tuesday
of the month

2pm

£3

We will be holding our seated exercise session at the Reffley Community Hall. The classes are to help with your mobility and flexibility and possibly burn a few calories in the process, whilst having fun. Held at Reffley Community Hall, Reffley Lane, Kings Lynn, Norfolk PE30 3EQ.

Contact Details

For more details on any of the events listed contact

District Secretary: Alison Schultz

Address:

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

Telephone: 01553 776030

Email:

alison.schultz@oddfellows.co.uk

Office Open Hours: Monday
from 10am to 3pm, Tuesday
and Thursday 9am to 11.30am



Join our social network! You can find us on Facebook.

You can now keep up-to-date with all the latest Oddfellows news for free through social media at Oddfellows Kings Lynn

Also visit our 'Meet Up' page at:
www.meetup.com/Kings-Lynn-Friendship-Group

Monthly Luncheon

Second and
fourth Tuesday
of the month

12.30pm

Cost as per menu

Due to the volume of members wanting to go to the luncheon club

we are now holding two per month Please book via Alison in the office, you can telephone on office number or send an email alison.schultz@oddfellows.co.uk.



July 2019

TUES

02

Seated Exercises



2pm



£3



We will be holding our seated exercise session at the Reffley Community Hall. The classes are to help with your mobility and flexibility and possibly burn a few calories in the process, whilst having fun. These are run by a qualified instructor Patricia Sexton. Alison on 01553 776030 or Pat on 01553 766819.

WED

03

Quiz Night



7pm



Members £2
Non-members £3



Come and join us at our quiz night on the first Wednesday of the month. Teams will be divided on the night, so there is equal numbers. A host will be with you as well as a quiz master. You can book direct with Deers Leap for a two course meal at a reduced rate, call them to book. Contact Alison on 01553 776030 for further details.

TUES

09

Lunch with Friends



12.30pm



As per
menu



Alison is this month organiser of the lunch. Pre-order needed with a £5 deposit. Venue to be confirmed at coffee mornings or by notice in the office window. Contact Alison on 01553 776030 or email alison.schultz@oddfellows.co.uk.



THURS

11

Coffee Morning in Office



10.30am



Free



Come to the office for a catch up with Alison and her Welfare team. Bookings being taken for all events as well as the advice service. So much going on. Contact Alison on 01553 776030.



? **QUIZ** ?
? **TIME** ?

July 2019

TUES
16

Social Afternoon with a Demonstration from Hands for Hounds



2pm



Free



Louise Wilkes will be coming to give us a demonstration on the benefits of a massage may help dogs. Your welfare dog, Frank will be taking part in this activity so come see him. Contact Alison on 01553 776030.

TUES
23

Lunch with Friends



12.30pm



As per
menu



Alison is this month organiser of the lunch. Pre-order needed with a £5 deposit. Venue to be confirmed at coffee mornings or by notice in the office window. Contact Alison on 01553 776030 or email alison.schultz@oddfellows.co.uk.

THURS
25

Coffee Morning in Office



10.30am



Free



Come along to the office to see Alison for a natter along with a cup of coffee. Booking being taken for Luncheon Club. Contact Alison on 01553 776030.



MON
29

Walks from Sandringham Visitors Centre



10.30am



Free



We have decided to hold walks from the Sandringham Visitors Centre. The surrounding area has lots of walks on firm grounds, which is easier for our members. Richard Flowers and Patricia Sexton are your guides. Contact Pat on 01553 766819.

July 2019

WED
31

Hog Roast and BBQ with Music (District)



We are having a hog roast/barbecue at the Gaywood Church Rooms.

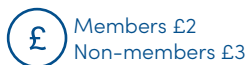


Meet at 7pm for 7.30pm. Cost includes tea/coffee, but if you would like anything else to drink, please feel free to bring your own. For the sweet tooth people, please feel free to bring your own dessert or even something to share with your friends. After we have eaten, there will be live 60's music with Richard Sexton on the keyboard. Please bring along a friend. Book by Tuesday 16 July. Contact Alison on 01553 776030.

August

WED
07

Quiz Night



Come and join us at our quiz night on the first Wednesday of the month. Teams will be divided on the night, so there is equal numbers. A host will be with you as well as a quiz master. You can book direct with Deers Leap for a two course meal at a reduced rate, call them to book. Contact Alison on 01553 776030 for further details.



August

TUES
06

Seated Exercises



We will be holding our seated exercise session at the Reffley Community Hall. The classes are to help with your mobility and flexibility and possibly burn a few calories in the process, whilst having fun. These are run by a qualified instructor Patricia Sexton. Alison on 01553 776030 or Pat on 01553 766819.

THURS
08

Coffee Morning in Office



Come to the office for a catch up with Alison and her Welfare team. Bookings being taken for all events as well as the advice service. So much going on. Contact Alison on 01553 776030.

August

TUES 13 Lunch with Friends



12.30pm



As per menu



Alison is this month organiser of the lunch. Pre-order needed with a £5 deposit. Venue to be confirmed at coffee mornings or notice in the office window. Contact Alison on 01553 776030 or email alison.schultz@oddfellows.co.uk.



TUES 20 Social Afternoon with Mystery Objects



2pm



Free



Francess Earl has agreed to bring his Mystery Objects from long ago, so come see what he brings! Contact Alison on 01553 776030.



THURS 22 Coffee Morning in Office



10.30am



Free



Come along to the office to see Alison for a natter along with a cup of coffee. Booking being taken for Luncheon Club. Contact Alison on 01553 776030.



TUES 27 Lunch with Friends



12.30pm



As per menu



Alison is this month organiser of the lunch. Pre-order needed with a £5 deposit. Venue to be confirmed at coffee mornings or notice in the office window. Contact Alison on 01553 776030 or email alison.schultz@oddfellows.co.uk.



September - Friendship Month

MON
02

Coach Trip to the Norfolk Broads at Wroxham

🕒 9am

£ See below



Our next coach trip for this year will be to Wroxham. We will leave Tesco car park in Gaywood at 9am. We have a choice for you as to what you would like to do. You can either come just for the coach ride to Wroxham, where there is lots to see and do, whether you fancy a walk around the shops, or sitting by the river and watching the boats go by, or something to eat/drink in one of the river fronted hotels. Cost: Coach only: £7.50 per person. All of the above, plus a cruise on the broads (see attached leaflet), £17.50 per person (we have provisionally booked 35 tickets for this). Or a tour around miniature world (awaiting leaflets on this), £17.50 per person (we have provisionally booked 15 tickets for this). Refreshments are available at both venues. Alison and Pat wish you can join us. Please complete the booking form available in the office. Book by Monday 19 August. Alison on 01553 776030 or Pat on 01553 766819.

TUES
03

Seated Exercises

🕒 2pm

£ £3



We will be holding our seated exercise session at the Reffley Community Hall. The classes are to help with your mobility and flexibility and possibly burn a few calories in the process, whilst having fun. These are run by a qualified instructor Patricia Sexton. Alison on 01553 776030 or Pat on 01553 766819.

TUES
03

Walington Meeting (Prince of Wales)

🕒 7.30pm

£ Free



David Nobbs will be hosting this meeting. A small group of people come to this venue but we welcome more to attend. Once a small business meeting takes place, then a social event takes place after. Anyone within this area can attend. At Walington Sports and Social Club, Walington, Kings Lynn PE33 OHE. Contact Alison on 01553 776030.



September - Friendship Month

WED 04 Quiz Night



7pm



Members £2
Non-members £3



Come and join us at our quiz night on the first Wednesday of the month. Teams will be divided on the night, so there is equal numbers. A host will be with you as well as a quiz master. You can book direct with Deers Leap for a two course meal at a reduced rate, call them to book. Contact Alison on 01553 776030 for further details.



TUES 10 Lunch with Friends



12.30pm



As per
menu



Alison is this month organiser of the lunch. Pre-order needed with a £5 deposit. Venue to be confirmed at coffee mornings or notice in the office window. Contact Alison on 01553 776030 or email alison.schultz@oddfellows.co.uk.



THURS 12 Coffee Morning in Office



10.30am



Free



Come to the office for a catch up with Alison and her Welfare team. Bookings being taken for all events as well as the advice service. So much going on. Contact Alison on 01553 776030.

TUES 17 Social Afternoon - Friendship Afternoon with a Pub Theme



2pm



Free



Old fashion pub games and music will be going on today with old fashioned snacks. Come see what we have to offer as a group, this is in the name of Friendship, Love and Truth. Contact Alison on 01553 776030.

September - Friendship Month

WED 18 Methwold Meeting (Star of the West)



Albert Eaglen will be your host for the evening. Come and join us for a natter and make new friends. The Green Man Public House, 1 Whiteplot Road, Methwold Hythe, Thetford IP26 4QP Contact Alison on 01553 776030.

TUES 24 Lunch with Friends



Alison is this month organiser of the lunch. Pre-order needed with a £5 deposit. Venue to be confirmed at coffee mornings or notice in the office window. Contact Alison on 01553 776030 or email alison.schultz@oddfellows.co.uk.



WED 25 Sausage and Mash Supper (District)



Come along to our annual event. Kings Butcher are supplying us with this meal, booking forms in the office. Book by Tuesday 10 September. Contact Alison on 01553 776030.

THURS 26 Coffee Morning in Office



Come along to the office to see Alison for a natter along with a cup of coffee. Booking being taken for Luncheon Club. Contact Alison on 01553 776030.



MON 30 Walks from the Office



We have decided to hold walks from the office. The surrounding area has lots of walks on firm grounds, which is easier for our members. Richard Flowers and Patricia Sexton will be your guide. Alison and Janet Flowers will man the kettle. Contact Alison on 01553 776030.



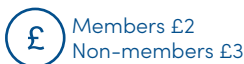
October

TUES 01 Seated Exercises



We will be holding our seated exercise session at the Reffley Community Hall. The classes are to help with your mobility and flexibility and possibly burn a few calories in the process, whilst having fun. These are run by a qualified instructor Patricia Sexton. Alison on 01553 776030 or Pat on 01553 766819.

WED 02 Quiz Night



Come and join us at our quiz night on the first Wednesday of the month. Teams will be divided on the night, so there is equal numbers. A host will be with you as well as a quiz master. You can book direct with Deers Leap for a two course meal at a reduced rate, call them to book. Contact Alison on 01553 776030 for further details.



TUES 08 Lunch with Friends



Alison is this month organiser of the lunch. Pre-order needed with a £5 deposit. Venue to be confirmed at coffee mornings or notice in the office window. Contact Alison on 01553 776030 or email alison.schultz@oddfellows.co.uk.



THURS 10 Coffee Morning in Office



Come to the office for a catch up with Alison and her Welfare team. Bookings being taken for all events as well as the advice service. So much going on. Contact Alison on 01553 776030.



October

TUES
15

Members Day



2pm



Free



Last year we had a very successful members day where three of our members got up and gave us a very in-depth talk on their life's. We would like to revisit that today so come along and hear what interesting members we have. Reffley Community Hall, Reffley Lane, Kings Lynn, Norfolk PE30 3EQ. Contact Alison on 01553 776030.

TUES
22

Lunch with Friends



12.30pm



As per menu



Alison is this month organiser of the lunch. Pre-order needed with a £5 deposit. Venue to be confirmed at coffee mornings or notice in the office window. Contact Alison on 01553 776030 or email alison.schultz@oddfellows.co.uk.

THURS
24

Coffee Morning in Office



10.30am



Free



Come along to the office to see Alison for a natter along with a cup of coffee. Booking being taken for Luncheon Club. Contact Alison on 01553 776030.



SUN
27

Annual Sunday Lunch



12.30pm



£20



Come and join us for our delicious Sunday lunch served by Knights Hill Hotel with magnificent surroundings. Menu and booking form available at all events and in the office. Book by Thursday 10 October. Contact Alison on 01553 776030.



November

TUES

05

Seated Exercises



2pm



£3



We will be holding our seated exercise session at the Reffley Community Hall. The classes are to help with your mobility and flexibility and possibly burn a few calories in the process, whilst having fun. These are run by a qualified instructor Patricia Sexton. Alison on 01553 776030 or Pat on 01553 766819.

WED

06

Quiz Night



7pm



Members £2

Non-members £3



Come and join us at our quiz night on the first Wednesday of the month. Teams will be divided on the night, so there is equal numbers. A host will be with you as well as a quiz master. You can book direct with Deers Leap for a two course meal at a reduced rate, call them to book. Contact Alison on 01553 776030 for further details.



TUES

12

Lunch with Friends



12.30pm



As per menu



Alison is this month organiser of the lunch. Pre-order needed with a £5 deposit. Venue to be confirmed at coffee mornings or notice in the office window. Contact Alison on 01553 776030 or email alison.schultz@oddfellows.co.uk.



THURS

14

Coffee Morning in Office



10.30am



Free



Come to the office for a catch up with Alison and her Welfare team. Bookings being taken for all events as well as the advice service. So much going on. Contact Alison on 01553 776030.

TUES

19

Social Afternoon Talk about Fraud



2pm



Free



Lisa Auker from Natwest bank will be coming to give us an talk about what's happening in the world of fraud and how careful we need to be. Contact Alison on 01553 776030. Held at Reffley Community Hall, Reffley Lane, Kings Lynn, Norfolk PE30 3EQ.

November

WED 20 **Methwold Meeting (Star of the West)**

 8pm

 Free



Albert Eaglen will be your host for the evening. Come and join us for a natter and make new friends. The Green Man Public House, 1 Whiteplot Road, Methwold Hythe, Thetford IP26 4QP. Contact Alison on 01553 776030.

TUES 26 **Lunch with Friends**

 12.30pm

 As per menu



Alison is this month organiser of the lunch. Pre-order needed with a £5 deposit. Venue to be confirmed at coffee mornings or notice in the office window. Contact Alison on 01553 776030 or email alison.schultz@oddfellows.co.uk.



WED 27 **West Norfolk District Meeting - Mind Talk (District)**

 7pm

 Free



West Norfolk Mind are coming to give us a talk on mental awareness. Gaywood Church Rooms, Gayton Road, King's Lynn PE30 4DZ. Contact Alison on 01553 776030.

THURS 28 **Coffee Morning in Office**

 10.30am

 Free



Come along to the office to see Alison for a natter along with a cup of coffee. Booking being taken for Luncheon Club. Contact Alison on 01553 776030.



December

MON 02 **Walks from the Office**

 10.30am

 Free



We have decided to hold walks from the office. The surrounding area has lots of walks on firm grounds, which is easier for our members. Richard Flowers and Patricia Sexton will be your guide. Alison and Janet Flowers will man the kettle. Contact Alison on 01553 776030.



December

TUES 03 **Walington Meeting (Prince of Wales)**

⌚ 7.30pm

£ Free



David Nobbs will be hosting this meeting. A small group of people come to this venue but we welcome more to attend. Once a small business meeting takes place, then a social event takes place. Anyone within this area can attend. At Walington Sports and Social Club, Walington, Kings Lynn PE33 OHE. Contact Alison on 01553 776030.

WED 04 **Quiz Night**

⌚ 7pm

£ Members £2
Non-members £3



Come and join us at our quiz night on the first Wednesday of the month. Teams will be divided on the night, so there is equal numbers. A host will be with you as well as a quiz master. You can book direct with Deers Leap for a two course meal at a reduced rate, call them to book. Contact Alison on 01553 776030 for further details.

THURS 12 **Coffee Morning in Office**

⌚ 10.30am

£ Free



Come to the office for a catch up with Alison and her Welfare team. Bookings being taken for all events as well as the advice service. So much going on. Contact Alison on 01553 776030.

TUES 17 **Annual Christmas Lunch**

⌚ 12.30pm

£ £22



Come and join us for our annual Christmas lunch. Menu and booking form at the office. Book by Thursday 28 November. The Barn Knights Hill, South Wooton Road, Kings Lynn PE30 3HQ. Contact Alison on 01553 776030.



THURS 19 **Christmas Panto Aladdin**

⌚ 6pm

£ £17.50



West Norfolk's biggest and best Genie-us of a pantomime. Come and join us to watch this panto its all great fun. Book by Monday 4 November. Corn Exchange, Tuesday Market place, Kings Lynn PE30 1JW. Contact Alison on 01553 776030.





Travel places with Friendly Faces

With group holidays, short breaks, exclusive discounts, travel offers and the opportunity to get to know other Oddfellows travellers, the Active Travel Club has something for everyone to enjoy.



Fred. Olsen Cruise Lines

10% off your
first booking
over and above
offers currently
in the market.



Haven Holidays

Save up to 10%
on top of Haven's
best prices
through exclusive
member benefits.



Warner Leisure Holidays

Save up to 10%
on top of Haven's
best prices through
exclusive member
benefits.



Travel Insurance*

10% discount on
JustTravelcover.com
insurance policies.

Check out the latest holidays at www.oddfellows.co.uk/travel
Contact **0161 832 9361** or email active@oddfellows.co.uk

All holidays are booked through third party travel companies and terms and conditions apply.

Please ask for further details before booking.

Holidays are open to Oddfellows members and their guests.

*Oddfellows Support Services Limited will introduce members to the above organisation. Oddfellows Support Services Limited receives a commission payment for any introduction. Oddfellows Support Services Limited is registered in England and Wales, Company No. 8309175. Registered Office: Oddfellows House, 184-186 Deansgate, Manchester M3 3WB and is a non-regulated wholly owned subsidiary of The Independent Order of Oddfellows Manchester Unity Friendly Society Limited.

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Oddfellows Members: Do you need help?

Local Care and Welfare Support

To request contact from a Welfare Visitor and for local help and information about Branch benefits and benevolence contact Alison on **01553 776030** or email **alison.schultz@oddfellows.co.uk**.

Our Three Welfare Visitors



Christine Prime



Sandy Evans



Patricia Sexton

Both on hand at most coffee mornings and social events throughout the month.

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

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:



OddfellowsKingsLynn



Friendship and Social activities across the UK



At King's Lynn Oddfellows we put on a range 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 King's Lynn 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 front page) and we can request that your local secretary gets in touch and sends you a copy of their Events Diary.

At a glance

July 2019

Tues 2	Seated Exercises	2pm
Wed 3	Quiz Night	7pm
Tues 9	Lunch with Friends	12.30pm
Thurs 11	Coffee Morning in Office	10.30am
Tues 16	Social Afternoon with a Demonstration from Hands for Hounds	2pm
Tues 23	Lunch with Friends	12.30pm
Thurs 25	Coffee Morning in Office	10.30am
Mon 29	Walks from Sandringham Visitors Centre	10.30am
Wed 31	Hog Roast and BBQ with Music (District)	7pm

August

Tues 6	Seated Exercises	2pm
Wed 7	Quiz Night	7pm
Thurs 8	Coffee Morning in Office	10.30am
Tues 13	Lunch with Friends	12.30pm
Tues 20	Social Afternoon with Mystery Objects	2pm
Thurs 22	Coffee Morning in Office	10.30am
Tues 27	Lunch with Friends	12.30pm

September - Friendship Month

Mon 2	Coach Trip to the Norfolk Broads at Wroxham	9am
Tues 3	Seated Exercises	2pm
Tues 3	Walington Meeting (Prince of Wales)	7.30pm
Wed 4	Quiz Night	7pm
Tues 10	Lunch with Friends	12.30pm
Thurs 12	Coffee Morning in Office	10.30am
Tues 17	Social Afternoon - Friendship Afternoon with a Pub Theme	2pm
Wed 18	Methwold Meeting (Star of the West)	8pm
Tues 24	Lunch with Friends	12.30pm
Wed 25	Sausage and Mash Supper (District)	7pm
Thurs 26	Coffee Morning in Office	10.30am
Mon 30	Walks from the Office	10.30am

At a glance

October

Tues 1	Seated Exercises	2pm
Wed 2	Quiz Night	7pm
Tues 8	Lunch with Friends	12.30pm
Thurs 10	Coffee Morning in Office	10.30am
Tues 15	Social Afternoon with a Talk from Jeff Hoyle	2pm
Tues 22	Lunch with Friends	12.30pm
Thurs 24	Coffee Morning in Office	10.30am
Sun 27	Annual Sunday Lunch	12.30pm

November

Tues 5	Seated Exercises	2pm
Wed 6	Quiz Night	7pm
Tues 12	Lunch with Friends	12.30pm
Thurs 14	Coffee Morning in Office	10.30am
Tues 19	Social Afternoon	2pm
Wed 20	Methwold Meeting (Star of the West)	8pm
Tues 26	Lunch with Friends	12.30pm
Wed 27	West Norfolk - Mind Talk (District)	7pm
Thurs 28	Coffee Morning in Office	10.30am

December

Mon 2	Walks from the Office	10.30am
Tues 3	Walington Meeting (Prince of Wales)	7.30pm
Wed 4	Quiz Night	7pm
Thurs 12	Coffee Morning in Office	10.30am
Tues 17	Annual Christmas Lunch	12.30pm
Thurs 19	Christmas Panto - Aladdin	6pm