

March - August 2023
Issue 10



O^{the}DDfELLOWS SINCE 1810
making friends, helping people

out & about

Brighton and Sussex



Jack and Jill windmills built in 1765 at Clayton Mills, Sussex



Games



Music



Day Trip/
Travel



Wellbeing



Friendship
Month



Quizzes



Talks



Coffee
Morning



Dining
Out



Meetings



Chichester Canal – Saturday 12 August

Welcome to the latest edition of your Out and About Magazine for Brighton & Sussex Branch

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 from dining out to trips out plus lots of other activities.

Contact Details

Branch Secretary: Lynne Allard

Address:

7 Inglewood Drive, Aldwick,
Bognor Regis PO21 4JX

Telephone: 01243 265360

Email:

lynne.allard@oddfellows.co.uk

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 and we like to think that we can guarantee you a good time.

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



OddfellowsBrightonSussex

Message From Our Secretary

I've now been in post for just over a year and what a year it's been! I've been very fortunate to meet so many of you, our lovely members and over the next few months hope to meet many more. We've had some fantastic events including the Chichester Cruise on a wideboat, many, many lunches and teas and of course our 200th birthday celebration. When sending out the invitations for our 1822 lunch, we included a questionnaire asking you what we could do better and of course we've taken notice! We hope there's something for everyone in this edition but it's still work in progress so please keep sending me your ideas.



There was a prize draw for sending in your questionnaire and I'm pleased to say that Marion Brooke was the lucky winner of a gift voucher.

It's great when members offer to hold an event or start a group and I'm pleased to tell you that two will be starting very soon. One is a Walking Group and the other a Creative Writing Group. Details of both are in this newsletter. Finally -we need your e-mail addresses so that we can contact you between the Out and About magazines. Please email me with your details if you don't already receive my regular e-mails and I'll add you to the list.

I hope you enjoy this edition of our magazine. Best wishes.

Lynne

Oddfellows Writers Group

Do you write poetry, stories, memoirs, blogs etc? Would you like to share your writing with fellow writers? Let's have some ideas about a group sharing work online, perhaps via the District's Facebook page or maybe face to face via Zoom? Just a few thoughts and some guidelines needed to start us off.



Please jot down your suggestions and email them to lynne.allard@oddfellows.co.uk for the attention of Wendy Funnell.

Worthing Social Branch Events

Our Worthing Branch meets from 7pm to 9pm every fourth Tuesday of the month. It meets at the Methodist Church Hall, Bury Drive, Goring-by-Sea, BN12 4XB. Worthing events are shown in the green box.

Social Contacts

Janet Porter

Telephone: 01903 504492



Eastbourne Social Branch Events

Our Eastbourne Branch social group usually meets from 7pm to 9pm every third Tuesday of the month at St Andrews Church Hall (next to Arlington Arms), 360 Seaside, Eastbourne, East Sussex BN22 7RY. Eastbourne events are shown in the orange box.

Social Contacts

Stephen Mackenzie

Telephone: 07932 308815

George Ellis

Telephone: 01323 486391



Regular Events

Worthing Walkers



Third Tuesday
of the month

We're setting up our first walking group in the District and as the name suggests, one of our members, Denise who lives in Worthing has volunteered to organise the group on the third Tuesday of each month. The first walk will be on Tuesday 18 April starting at 10.30am, meeting at the Sea Lane Café Car Park in Worthing, walking on the sea front and stopping for refreshments at Marine Gardens and then walking back. Please contact Denise on 07765 532811 to find out details of the walk.

18 April
16 May

20 June
18 July

15 August

Marina Monthly Lunch Club



Second Thursday
of the month

Our regular monthly get together at Brighton Marina. Oddfellows members and friends are all welcome to join us. The food is good and won't break the bank and there is always lively conversation. There is free parking at the marina and regular buses from the centre of Brighton. The West Quay, The Boardwalk, Brighton Marina, Brighton BN2 5WA. If this will be your first visit and you would like us to look out for you, just let us know by contacting Janet or Michael on 01903 504492. We would be very pleased to meet you.

9 March
13 April

11 May
8 June

13 July
10 August

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 oddfellows.co.uk/events and enter 'Kelso' in the place name search box

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March 2023

TUES
07

Roving Lunch in Bognor Regis



12 noon



As per
menu



We've eaten at The Hatters before and enjoyed it so much that we are going back! All members and friends are welcome to join us, especially those we haven't met before. No need to book, just come along and you'll have a warm welcome. The Hatters Inn, 2-10 Queensway, Bognor Regis PO21 1QT. Contact Michael on 01903 504492.



SAT
25

Annual Summoned Meeting



2.30pm



Free



All members are invited to join us for our Annual General Meeting. This is a chance to hear how the District is faring financially, decisions the District Committee have made on your behalf and to ask any questions you may have. A cream tea will be provided after the meeting, so please let the District Secretary or your Social Organiser know if you will be attending. Book by Monday 20 March. St Andrews Parish Hall (next to Arlington Arms Public House), 360 Seaside, Eastbourne BN22 7RY. Contact Lynne on 01243 265360 or Steve on 07932 308815 or Janet on 01903 504492.

TUES
21

Beetle Drive Plus



7pm



Free



Being one of our popular events, tonight we will be holding a beetle drive plus three rounds of our 20p game. Please bring along nine 20p pieces each. Once again you could be on to a winner, but you have to be 'in it to win it'. A fun evening for all and no experience needed! There will be our usual raffle so your donations would be greatly appreciated. Refreshments will be available, so do come along and support us. Please bring a friend, we would love to meet them. St Andrews Parish Hall (next to Arlington Arms Public House), 360 Seaside, Eastbourne BN22 7RY. Contact Lynne on 01243 265360 or Steve on 07932 308815.

March 2023

TUES
28

It happened in Worthing - 200 years ago!



7pm



Members £1
Guests £2



We are very pleased to welcome Chris Hare, who has written many books on the history of Worthing and Sussex as well as folklore topics and runs a heritage company called History People UK. Worthing officially became a town in 1803 and experienced rapid growth and social conflict.

There was a big struggle over ownership of The Steyne and in 1830, the town was in the grip of the 'Swing Riots'. Chris will explain how people enjoyed themselves, the 'sports' that were held on the sands and the tumultuous revels on Bonfire Night. He will also talk about smuggling in Worthing at that time and separate the fact from fiction.

For this event only, there will be a small charge. Everyone is welcome to attend, refreshments will be served and we shall have a raffle. Goring-by-Sea Methodist Church Hall, Bury Drive, Goring-by-Sea BN12 4XB. Contact Janet on 01903 504492.

April

TUES
04

Lunch at The Swiss Cottage



12 noon



As per
menu



Today we will be returning to Shoreham-by-Sea for a lunch at the Swiss Cottage Pub. The venue in Old Shoreham Road is just a short walk from both the main shopping area and the station. It also has good car parking so ideally placed for drivers and non-drivers alike. It would be very helpful if you could let us know in advance if you are intending to come so that we can reserve tables. The Swiss Cottage, 34 Old Shoreham Road, Shoreham-by-Sea BN43 5TD. Contact Michael on 01903 504492.

TUES
18

Lunch at The Rodmill



12 noon



As per
menu



Today we invite you all to join us at The Rodmill for lunch together. We met here for our Christmas get together and all those that joined us thoroughly enjoyed the meal. The menu is extensive, so something to suit all pockets, tastes and dietary requirements if needed. As the table will have to be booked well in advance, we would appreciate a call if you would like to join us. The more the merrier! We look forward to seeing you all. The Rodmill, 1 Rangemore Drive, (opposite Eastbourne District General Hospital), Eastbourne BN21 2QP. Contact George on 01323 486391 or Steve on 07932 308815.

April

WED
19

Walk in the Park, Haywards Heath



2.30pm



As per menu



This will be the first afternoon walk we have attempted, so we would love to get this venture off to a flying start. Haywards Heath is the venue because we have not had an activity for local members for many years and we'd like to rectify that. We will meet up at the entrance to Victoria Park opposite RR Stephenson Jewellers. After a gentle walk around the park we will, being Oddfellows, adjourn to a convenient café for afternoon refreshments. All are welcome, so bring a friend and if you can let us know you are coming that would be helpful. Victoria Park, 120 South Road, Haywards Heath RH16 4LR. Contact Michael on 01903 504492.

TUES
25

Worthing Astronomers



7pm



Free



We were asked to arrange a talk on astronomy and we are grateful to Worthing Astronomers for enabling us to fulfil that request. Worthing Astronomers are a friendly, community minded group of enthusiastic astronomers, who enjoy both observing and photographing the night sky. They like to encourage new people into the hobby and support them in getting to grips with the basics. Any questions you have will be happily answered. We shall have refreshments as well as our usual raffle and 'give and take' library. Goring-by-Sea Methodist Church Hall, Bury Drive, Goring-by-Sea BN12 4XB. Contact Janet on 01903 504492.



May

TUES
02

Roving Lunch in Eastbourne



12 noon



As per menu



This is a return visit to Eastbourne and we hope to see as many of you attending this year. The venue in Cornfield Road is close to the station and bus routes and has reasonable car parking close by. The venue is large and if the weather is fine, you can even sit outside in the sunshine. Why not bring a non-Oddfellow friend with you? All are welcome and we love to show what a friendly bunch we are. Wetherspoons Cornfield Garage, 21-23 Cornfield Road, Eastbourne BN21 4QD. Contact Michael on 01903 504492.

May

TUES
16

Martello Towers Talk



7pm



£1 per person



Tonight, Kevin Gordon, a local historian and former police officer will be revealing details of The Crumbles Murders. Kevin said, "I first became interested in The Crumbles Murders when I was given a copy of the original scenes of crime photographs and I have since, obtained further original photographs and a transcript of the trial". It starts with... "Within the space of four years, two murders rocked the genteel seaside town of Eastbourne and indeed the rest of the UK..." You'll have to come along and join us for the rest of the story. Mmmmmm! Interesting. There will be a small charge of £1 per person this evening. There will be our usual raffle so your donations would be greatly appreciated. Refreshments will be available so do come along and join us, bring a friend we would love to meet them. St Andrews Parish Hall (next to Arlington Arms Public House), 360 Seaside, Eastbourne BN22 7RY. Contact George on 01323 486391 or Steve on 07932 308815.

WED
17

Chichester City Walls Walk



2.30pm



As per menu



Not everyone is aware that the city walls in Chichester offer a great opportunity to see our lovely Sussex city from a different perspective. Today, we will meet up at Eastgate on East Street just next to the old Shippams building PO19 1JL. We will walk as much of the 1.5 miles city walls route as we can manage and then hope to end up in the Buttery at the Crypt for tea and a cake. If you could let us know that you are attending, then we will know to look out for you. Eastgate Square, Chichester. Contact Michael on 01903 504492.

TUES
23

Beetle Drive



7pm



Free



A very popular game that requires no previous experience. Just shake the dice and when the numbers allow, draw your beetle! We shall have refreshments as well as our usual raffle and 'give and take' library. Please remember that we always welcome donations for our raffle, which funds our social evenings and paperback books for our library, the proceeds of which go to our charity of the year. Goring-by-Sea Methodist Church Hall, Bury Drive, Goring-by-Sea BN12 4XB. Contact Janet on 01903 504492.

June

TUES
06

Roving Lunch in Horsham



12 noon



As per menu



A return to the Lynd Cross today and we would be very happy to see our local members and visitors to this central location in the town. The venue is close to the bus terminus and convenient for town centre car parking. Why not come and enjoy the company of other Oddfellows and perhaps combine that with a browse around some of Horsham's extensive shopping facilities. The Lynd Cross, 1 Springfield Road, Horsham RH12 2PG. Contact Michael on 01903 504492.

WED
14

Putting in Arundel



2.30pm



See below



Join us this afternoon for a game on the 18 hole putting green in the shadow of Arundel Castle



followed by tea and cakes in their café. Visitors are provided with clubs, balls and a scoring card. No need to book, just come along. If the weather is bad we shall still be there but just having afternoon tea! Cost: £6 per adult, £5.50 for children/concessions. Refreshments as per menu. Mill Road Leisure and Café, Mill Road, Arundel BN18 9PA. Contact Michael on 01903 504492.

TUES
20

Afternoon Tea at Eastbourne Pier Tea Rooms



2pm



As per menu



This will be a new venture for the group, so we hope you will all come along and join us. Afternoon tea at Eastbourne Pier Tea Rooms! If you prefer, just have a 'cuppa' and a cake or scone with clotted cream and jam. The choice is yours. Do come along and join us, bring a friend we would like them to join us as well. Please let us know well in advance as we will have to make a booking. If you decide at the last minute to join us we would be pleased to see you. Eastbourne Pier Tea Rooms, Grand Parade, Eastbourne BN21 3EL. Contact George on 01323 486391 or Steve on 07932 308815.

TUES
27

Caricatures



7pm



Free



We are very pleased to welcome well known caricaturist Bob Bond this evening. He will entertain us with tales of his experiences as a cartoonist and caricaturist and may well do quick sketches of our members! We shall have refreshments as well as our usual raffle and 'give and take' library. Goring-by-Sea Methodist Church Hall, Bury Drive, Goring-by-Sea BN12 4XB. Contact Janet on 01903 504492.

July

TUES
04

Roving Lunch in Littlehampton



12 noon



As per
menu



Once again we are returning to The George in Surrey Street today for lunch. This is a really nice lunch venue and is very close to all transport links and car parking facilities. If you feel like it, you could combine the visit with a gentle saunter along the River Arun to the beach and take in some fresh sea air. As always we will welcome members and non-members alike, so please bring a friend if you would like to. The George Inn, 14-18 Surrey Street, Littlehampton BN17 5BG. Contact Michael on 01903 504492.

TUES
18

National Coast Institution



7pm



£1 per person



Tonight, we welcome David Crozier who will give us a very interesting talk as part of HM Coastguards, The National Coastal Institution (NCI) is an asset of HM Coastguards. They staff 58 safety lookouts around the coast of England and Wales and are all volunteers. Their declared mission is to assist in the preservation of life at sea and around our coastlines.



There are currently over 2,600 trained watchkeepers and the charity will celebrate its 30th anniversary next year. There will be a small charge of £1 per person this evening. There will be our usual raffle so your donations would be greatly appreciated.

Refreshments will be available so do come along and join us. Please bring a friend, we would love to meet them. St Andrews Parish Hall (next to Arlington Arms Public House), 360 Seaside, Eastbourne BN22 7RY. Contact George on 01323 486391 or Steve on 07932 308815.

July

WED
19

Towner Gallery and Tea in Eastbourne



2.30pm



As per menu



Another first today, our first Art Gallery visit. The Towner Gallery is at Devonshire Park, College Road in Eastbourne. Admission today is free and this is an opportunity to see some interesting and thought provoking art works. Afterwards, we hope to take some afternoon refreshments either in the Towner Café itself or on the terrace adjacent to it. We'd love to see you there. The Towner Gallery, College Road, Eastbourne BN21 4JJ. Contact Michael on 01903 504492.

August

TUES
01

Roving Lunch in Burgess Hill



12 noon



As per menu



Today, we are back in Burgess Hill for lunch. The venue is at the Martlets Shopping Centre in Church Walk and is easily accessible for buses and trains, also convenient for car parking. We have a number of members who live within easy reach of this venue and would love to meet up with them in person, so why not come along and join us? If you would like to bring a friend then we will be happy to see them. The Six Gold Martlets, 49-51 Church Walk, Burgess Hill RH15 9BQ. Contact Michael on 01903 504492.

TUES
25

The Busker Organ



7pm



Free



We are very pleased to welcome Neville Bridle, who will bring along his McCarthy 20 Note Busker Organ. He will play us a tune and tell us the organ's history, how he came to own it and how he restored it. Neville is also a volunteer at Amberley Museum which preserves the rural transport, industrial and communications history of the south of England and provides a very good day out. He will be happy to answer all our questions. As usual, we shall have refreshments and a raffle. Goring-by-Sea Methodist Church Hall, Bury Drive, Goring-by-Sea BN12 4XB. Contact Janet on 01903 504492.



August

SAT
12

Chichester Canal



2pm



Adult £17, Children £10



Due to the very successful trip last year, we are repeating our two hour cruise on The Chichester Canal with a cream tea. First bookings will be for members only and if spaces available, will then be offered to friends. Young Oddfellows are very welcome. Adults £17 each including cream tea, children £10 each including squash and cake. Meet at 2pm in the Chichester Basin for

2.30pm departure. Booking and enquiries to Lynne by Wednesday 12 July. Chichester Canal, Canal Basin, Canal Wharf, Chichester PO19 8JD. Contact Lynne on 01243 265360.



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TUES
15

Lunch at Wetherspoons Cornfield Road



12 noon



As per
menu



Today, we will meet at Wetherspoons in Cornfield Road. Its always been a popular choice to 'Wine and Dine' together. We look forward to seeing as many of you as possible. Please let us know if you will be joining us by Friday 11 August. Bring a friend we would love to meet them. Wetherspoons, Cornfield Road, Eastbourne BN21 4QD. Contact George on 01323 486391 or Steve on 07932 308815.



August

WED
16

Stroll Along the Prom in Bognor Regis



2.30pm



As per menu



This is a chance to fill your lungs with fresh sea air and get some gentle exercise. The walk is very flat and a mile each way. We're meeting at the front of Bognor Pier on the promenade at 2.30pm (car parking and buses nearby) and will walk easterly towards Felpham, where we will stop for refreshments at The Beechcroft Hotel before



making our way back to Bognor Pier. For those who wish to walk further, the promenade continues eastwards for another mile or so towards Elmer. There is a good bus service if anyone would like to only walk one way. Bognor Pier, The Promenade, Bognor Regis PO21 1JN. Friends very welcome but please ring Lynne on 01243 265360, so we can look out for you.

Image by Peter Trimming and licensed for reuse under the Creative Commons Licence.

TUES
22

Head for the Lifeboats!



7pm



Free



It's 9pm and you are on a cruise. Suddenly the call goes out "The ship is sinking, everyone head to the lifeboats". You may be in the gym, having dinner with the captain in all your finery, playing roulette in the casino, or have turned in early after a busy day. Come along this evening, in whatever you are wearing when you hear the terrible news. No time to grab anything, come as you are! A frightening event for the cruisers, but fun for all of us. Please bring along a snack that you managed to grab to share in the lifeboat, drinks will be provided. We would also like to hear your experience of cruise holidays, we hope you have never had to take to the lifeboats! We shall have our usual raffle and 'give and take' library. Goring-by-Sea Methodist Church Hall, Bury Drive, Goring-by-Sea BN12 4XB. Contact Janet on 01903 504492.

Message From Our Chairman

Hello Everyone

At our Annual General Meeting in March this year I am hoping to be elected as your Provincial Grand Master (Chairman). I was recruited by my Father in Law in 1984 when The Cliftonville Lodge in Hove was threatened with closure due to falling numbers. Sadly the lodge closed and, many years later, we are still fighting the same battle to retain and increase membership so that we remain viable. After some time spent as your District Secretary I understand just how important this task is and, if elected, I will be dedicated to that cause.

Of course, we can't expect to increase membership if we don't have much to offer so in this first 'Out and About' of 2023 we are increasing the number of events and trying to spread them further across our district. This is to try and provide something within easy reach for as many of our members as possible. A number of events in this magazine result from members' suggestions and I would encourage you all to think hard about what you would like to see in our social programme and let us know.

Much of our district is in direct contact with the sea so, as a former Navy man,



my chosen District Charity for the year will be the RNLI whose lifesaving work we see at first hand every day. Let us show how much we, in Brighton and Sussex value them.

Finally, I would like to take this opportunity to thank you all for the support and friendship you gave me during my time as your District Secretary. It made the job a pleasure to undertake. In a recent members' survey, the main reason members gave for being a part of this society was the friendship they received. I certainly endorse that sentiment and encourage all of you to remember why we are Oddfellows, which is for "Making Friends and Helping People".

Michael Porter
Provincial Grand Master (elect)



Congratulations to our two authors!

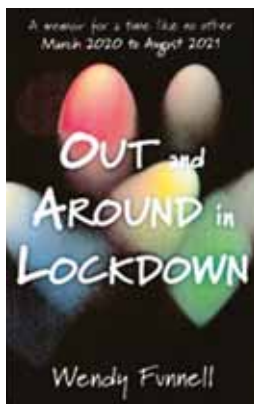
If you also have written, drawn, made, something which we can all share, please let us know. We'd love to celebrate with you!

Out and Around in Lockdown

Out for exercise in Lockdown Wendy walked the silent streets of Worthing, passed closed cafés and empty buses. How then to Unlock? As

a diarist, she began to record this unique period and wrote a series of blogs for friends with humour and purpose.

Now in book form, her blogs trace Wendy's own strategies and struggles and gives details how in Worthing and beyond



we worked our way through 'this year of foul disease' until, deservedly, we could again enjoy the company of others safely happily. Lockdown had been Unlocked! A book which will age better than most of us!

RRP £9.99 from usual suppliers (also available as ebook). ISBN 978 1803132 006 or direct from the author: £10 includes post and package

Those Valiant Men

John was 10 years old in 1956 and home from school having dinner when an RAF Vickers Valiant bomber crashed 200 yards from his house in Southwick. Why? How?



Memories of that day haunted John for years until he resolved that what had happened must be explained, remembered and recorded as part of his extensive research and includes both background information and the memories of the co-pilot, who was injured but survived.

RRP £10 published by The Southwick (Sussex) Society, available from usual suppliers ISBN 978 1916404 526.

Driving Miss Daisy

Driving Miss Daisy offers a safe, friendly and reliable driving and companion service for anyone who is unable to drive but wishes to remain independent. They will collect you, drive you to and from your destination and provide assistance as you require. All drivers DBS checked, private hire licensed, first-

aid accredited and trained to assist with your mobility, giving you peace of mind. Vehicles can accommodate wheelchairs and trips include doctor, hospital, hairdresser appointments etc., plus trips to the vet or shopping. Call 0333 014 6211 for further details or see their website www.drivingmissdaisy.co.uk

Listening Books

Listening Books in a UK charity providing an audio book lending service to adults and children who cannot read or hold a book due to illness, disability learning or mental

health conditions, such as anxiety and depression. See website www.listening-books.org.uk for further information and to view the full catalogue.

Re-Cycled Spectacles

I expect like me you have a drawer of out of date spectacles – not any more as I've taken mine to Boots Opticians and placed them in their collection bin. I could have gone to Specsavers! (or Vision Express) as alongside many

independent opticians they all work with charities that provide optical training and sight care for people in developing countries.

Lynne

Are you a parent, grandparent, aunt or uncle?

Have you arranged Junior Oddfellows Membership for your youngster? If not, why not?

For just £10 a year your young person will receive a birthday card and a £10 voucher at Christmas

and you will be starting them on the road of what you enjoy as an Oddfellow member. They will of course also be able to join you on our outings/events. Don't delay, sign them up today!

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 Michael on **01903 504492** or email **michael.porter@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@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

Thank you for keeping each other's spirits lifted

When you're going through a tough time, joy can frequently feel in short supply.

Despite the challenges and upsets we've faced as a nation this past year, it has been reassuring to see so many instances of our members coming together to enjoy each other's company. When I look at our Facebook pages and see the comfort you give each other, and the happiness being cultivated, it never fails to make me smile.



I've been an Oddfellow for 27 years, which compared to many members is no time at all. However, over time you notice what brings us together as members and makes us such a powerful, collective force. We've a desire to make the most of our situation, and to improve the lives of those around us. And that is so special. There's a lot happening at the moment and so much of it is out of our control. But there is one thing we can influence – our wellbeing – by adding more mini-moments of peace or happiness into our days.



Please stick on some music that makes your heart sing. Call someone you haven't spoken to in a while. Bake something to share. Try something new. And, of course, make sure you pop one of our socials in your diary. Joy is infectious. You only need to share a smile to witness this. Even if you don't know them, they're likely to smile back and feel happier for it.

We've been sowing the seeds of friendship and support for over two centuries now, and I know I can count on you to continue to do this.

I know a little extra dose of happiness won't solve all our problems, but it will help us to cope with them better, and hopefully create a positive 'Oddies' chain reaction with those around us. We've been told to brace ourselves for difficult economic times, so I also want to remind you that we are always here and ready to help where we can. Thank you again for all that you do and for being such wonderful examples of Oddfellowship.

I wish you, your family and all those you care for good health, happiness and fortune for 2023.

**Yours always in friendship,
Jane Nelson, CEO, the Oddfellows.**

Help with the cost of living

It's a worrying time for everyone with rising household bills, food price inflation and dramatic increases in fuel costs. However, now is always the best time to seek guidance with maximising income, coping with bills and debts, and seeking help with mental and physical health issues.

Our colleagues from the Oddfellows Citizens Advice Line have shared information on help available, and ways in which we can alter our behaviour to save money.

Speak to your local council

Some people can access support from the "Household Support Fund" (also known as "welfare assistance"). Check your local council website to find out if you're eligible.

Budget your outgoings

Having a very clear picture of where your money is spent can help you identify any unnecessary spends, or highlight an opportunity to cancel or find a better deal on subscriptions.

Create a meal plan

Make a list of everything in your cupboards before writing a shopping list to avoid purchasing items you may already have tucked away.

Check your benefits

Some people may be entitled to unclaimed benefits or more than they currently receive. Check <https://www.citizensadvice.org.uk> or contact the Oddfellows Citizens Advice Line.

Sell your spares

It's never been easier to get rid of unwanted clothes, toys or unused items. Use websites such as eBay or Vinted to make a little money from items which would otherwise be sat around your home.

Be scam aware

There has been a huge increase in the number of scams happening, so be vigilant and if you're ever unsure, speak to a friend, family member, or the Oddfellows Citizens Advice Line for their input.

Other help available (qualifying criteria applies)

Such as the £400 Energy Bills Support Scheme, £150 Council Tax rebates, £650 Cost of Living Payment, £150 disability Cost of Living Payment and up to a £300 pensioner cost of living payment. Plus more help to be announced for 2023.

If you are worried about the cost of living, and would like more information, please call the Oddfellows Citizens Advice Line. The number can be found on the back of your membership card or call Membership on 0800 028 1810.

HA Andrews Memorial Fund



Representatives from the Oddfellows visited the Centre for Cancer Immunology to present the first installment of funding from the Society's HA Andrews Memorial Fund and discover how it will support developments in cancer research.

Immunology is a ground-breaking development in the fight against cancer. It offers less invasive treatment for patients, and the results so far are extraordinary.

The Centre, which opened at Southampton General Hospital in 2018, and is funded entirely by donations, is the most recent beneficiary of a gift from the HA Andrews Memorial Fund. The Fund will provide three years of support for a talented PhD student, Nur Zainal, whose research will focus on a specific gene which can potentially be manipulated to target cancer cells in a new vaccine.

Guernsey Oddfellows member, Eric Ferbrache, nominated the project for funding after learning about the Centre's work when it initially opened.

He said: "I personally think it is such a worthwhile project, and the research they are doing around how we can use our body's immune system to better treat different types of cancers is a great advancement. I'm so pleased that it was chosen for the most recent round of funding."

Dr Tim Fenton, Associate Professor in Cancer Biology at the University of Southampton, said: "Our proposal to study the role of RNA editing in cancer cells was selected from amongst a list of 27 submitted from different universities across the UK. We'd like to extend our gratitude to the Guernsey Oddfellows, who supported our application to the HA Andrews Memorial Fund."

Jane Nelson, CEO at the Oddfellows, said: "Sadly, many of our members and their families have been affected by cancer, which is why we are proud to support this incredible research with the HA Andrews Fund. Anything we can do to help the efforts to find a cure is hugely important to us."

We recently received a kind thank you note with a beautiful picture from His Majesty King Charles III, and wanted to share it with you.

When we heard about the death of Her Late Majesty Queen Elizabeth II, the Society sent a letter of condolence on behalf of the Oddfellows and its members.



Unity Mutual – here for you

At Unity Mutual, we believe looking after your finances shouldn't feel scary. It should feel achievable to anyone in any circumstance. Whether you're interested in a deposit on your dream home, saving to give your grandchildren a great start in life, or wanting to leave a little something to loved ones should the worst happen, we're here to help you achieve it.

We have a range of savings and insurance products that could work for you, such as a Junior ISA or Child Tax Exempt Savings Plan, which can offer your child, grandchild, niece or nephew a great head start into adulthood that will mean the world.

Or our new Over 50s Life Insurance Plan, so that when the time comes (hopefully a long time from now), the people you love

are taken care of. Visit our website: www.unitymutual.co.uk/oddfellows or call our friendly team on **0161 214 4628** for more information and the terms and conditions that apply to each product.

Keep a look out for the next Society News, where we will feature our individual products in more detail as part of our 'Introducing Series'.



Unity Mutual
FAMILY FRIENDLY FINANCE

*To view Unity Mutual's Guaranteed Investment Bond terms and conditions, go to www.unitymutual.co.uk/oddfellows/gib. If you're in any doubt about whether any Unity Mutual product is right for you, it's a good idea to talk to an Independent Financial Advisor (IFA). You can find a local financial advisor by visiting www.unbiased.co.uk. You may need to pay for a financial advisor's help, so make sure you ask them about their fees first.

At a glance

March 2023

Tues 7	Roving Lunch in Bognor Regis	12 noon
Thurs 9	Marina Monthly Lunch Club	12 noon
Tues 21	Beetle Drive Plus	7pm
Sat 25	Annual Summoned Meeting	2.30pm
Tues 28	It happened in Worthing - 200 years ago!	7pm

April

Tues 4	Lunch at The Swiss Cottage	12 noon
Thurs 13	Marina Monthly Lunch Club	12 noon
Tues 18	Worthing Walkers	10.30am
Tues 18	Lunch at The Rodmill	12 noon
Wed 19	Walk in the Park, Haywards Heath	2.30pm
Tues 25	Worthing Astronomers	7pm

May

Tues 2	Roving Lunch in Eastbourne	12 noon
Thurs 11	Marina Monthly Lunch Club	12 noon
Tues 16	Worthing Walkers	10.30am
Tues 16	Martello Towers Talk	7pm
Wed 17	Chichester City Walls Walk	2.30pm
Tues 23	Beetle Drive	7pm

June

Tues 6	Roving Lunch in Horsham	12 noon
Thurs 8	Marina Monthly Lunch Club	12 noon
Wed 14	Putting in Arundel	2.30pm
Tues 20	Worthing Walkers	10.30am
Tues 20	Afternoon Tea at Eastbourne Pier Tea Rooms	2pm
Tues 27	Caricatures	7pm

At a glance

July

Tues 4	Roving Lunch in Littlehampton	12 noon
Thurs 13	Marina Monthly Lunch Club	12 noon
Tues 18	Worthing Walkers	10.30am
Tues 18	National Coast Institution	7pm
Wed 19	Towner Gallery and tea in Eastbourne	2.30pm
Tues 25	The Busker Organ	7pm

August

Tues 1	Roving Lunch in Burgess Hill	12 noon
Thurs 10	Marina Monthly Lunch Club	12 noon
Sat 12	Chichester Canal	2pm
Tues 15	Worthing Walkers	10.30am
Tues 15	Lunch at Wetherspoons, Cornfield Road	12 noon
Wed 16	Stroll Along the Prom in Bognor Regis	2.30pm
Tues 22	Head for the Lifeboats!	7pm

Forthcoming Events in September – Friendship Month

Tuesday 5 - Roving Lunch, Hove, 12 noon to 2.30pm

We are returning to Hove for lunch today and we have a new venue. It is on the north side of Church Road, just East of George Street. The Modelo Lounge is a lively place with a varied menu and we know that those who join us will feel comfortable. Members and friends are all welcome and we hope to see you there. Address: 145 Church Road, Hove BN3 2AE.

September Friendship Month Additional Activities.

The additional activities for this month will be published in the next Out and About magazine which will be circulated to members during August 2023. Rest assured there will be several further opportunities to welcome other Oddfellows and introduce friends and family to our society.