

# OUL Cabout

### **Ipswich Branch**

Make friends with the Oddfellows





**Travel** 



Games





Meetings



Talks



Walks











Theatre Coffee Morning/Afternoon Tea



## Hello and welcome to your Autumn Events Diary.

Just where did the last six months go? It only feels like yesterday since I wrote my last 'welcome' in the summer events magazine. However, here we are and while it's been an excellent summer full of fun, I'm really looking forward to the next six months as we head into the autumn and winter period.

Within this magazine you'll find a varied programme of events, all with opportunities to meet with other Oddfellows members and share a warm smile this winter.

We have so much planned and I can't wait to sit down and share it with you. Our events range from insightful speakers to coffee mornings and more.

Did you know, as a member of Ipswich Oddfellows you have a wealth of member benefits available to you? To find out more please head to our website https://www.oddfellows.co.uk or alternatively don't forget the office is always on hand should you need any help or assistance. We are just a

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**Oddfellowslpswich** 

call away. The office is open Monday to Wednesday 8.30am to 12.30pm.

I'll see you soon!

Martin Social Organiser

# Join the conversation OddfellowsUK

Share your news, start a conversation or simply stay upto-date! If you're on Facebook, make sure you've liked and followed our Oddfellows social media pages. Find us at

f OddfellowsUK

## **Weekly Events**

#### **Activity Morning Kurling and Boccia**



£

£ ) Members £2.50, Guests £3.50



Every Thursday

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



## Zoom-In for Fun on Friday







Free

Online

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



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

#### Zoom-In for Live@5 Weekly Quiz











Chase away those Sunday night blues by joining us for our weekly Sunday Zoom with friends. This is the quiz that's just for fun with no score keeping. They're simply to keep your brain ticking over and/or an excuse to get together and share a smile and a laugh. Zoom Meeting ID:

542 724 7603. **Contact** Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.



## Regular Coffee Morning

#### **Coffee Morning at Cookie Barista**







Second Tuesday

Whether catching up with old friends or making new ones, it's always nice to do it over a good cuppa, so join us for a monthly coffee morning at Cookie Barista. Cookie Barista pride themselves on being based in Suffolk and supporting local business with their coffee blended and roasted locally in Halesworth, Suffolk. All are welcome. Cookie Barista, 50 Hamilton Road, Felixstowe IP11 7AI. Contact Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.

11 November 2025 9 December 2025

13 January 2026 **10 February 2026**  10 March 2026 14 April 2026

#### Coffee Morning at Honey + Harvey





10.45am (£) As per menu



Wednesday

New day, new time, new venue, same excellent event and friendly faces! Join us on the first Wednesday of each month for our monthly coffee morning at Honey + Harvey in Woodbridge. Whether catching up with old friends or making new ones, it's always nice to do it over a good cuppa. Honey and Harvey, 56 Thoroughfare, Woodbridge IP12 1AL. Contact Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.

5 November 2025 3 December 2025

7 January 2026 4 February 2026

4 March 2026 1 April 2026

#### **Coffee Morning at Oddfellows Hall**





£ ) Members £2.50, Guests £3.50



Last Friday

Our popular coffee mornings are mornings not to be missed. Whether catching up with old friends or making new ones, it's always nice to do it over a good cuppa (tea is also available!). All are welcome at our coffee mornings and for £2.50 (£3.50 if you are a guest), you can have as many cups of coffee and biscuits as you like. Great value and a great time. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. Contact Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.

**28 November 2025** 30 January 2026

**27 February 2026** 27 March 2026

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

#### **Bingo**



£

Free entry with books available at a cost on the day



Monday or Tuesday

Eyes down, it's bingo! We may not be offering mega prizes, but we do offer fun, chat and laughter! A winning formula. Entry is free with books available at cost on the day. All are welcome with refreshments served. **Contact** Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.



Tuesday 11 November 2025, 10.30am Monday 8 December, 2025 2pm Monday 5 January, 2026 10.30am Tuesday 10 February, 2026 2pm Monday 2 March 2026, 10.30am Tuesday 14 April, 2026 2pm

#### **Activity Morning: Chair Exercise Session with ActivLives**



10.30am



Members £5, Guests £6



First and Third Monday

Come and join us for an active morning of chair exercise led by ActivLives. Chair exercise is designed with the over 50s in mind but all abilities and ages are welcome. A fun morning that will get the heart pumping. **Contact** Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562 to register your interest.

1 December 2025

15 December 202512 January 2026

26 January 2026 9 February 2026

23 February 2026

23 March 2026

#### **Crafty Fellows**



2pm

£ Members £2, Guests £3



First Tuesday

Unleash your inner craftiness and join us at our craft sessions on the first Tuesday of the month. Under the expert guidance of group leader Teresa, follow along and learn something new or bring your own craft and join in the chat. Refreshments included and all are welcome. Please note, in addition to the scheduled event pricing there may also be a minimal cost for any craft materials. This cost will be advertised nearer the event. **Contact** Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.

4 November 2025 6 January 2026 3 February 2026 3 March 2026 7 April 2026

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

#### **Zoom-In for Busy Fingers Crafts and Chat**







Online



What project will Teresa have for us? This is an online get-together making simple things and also to help our hand-eye coordination. We use materials which are easily available. Most importantly we have a laugh! Zoom Meeting ID: 542 724 7603. To find out what materials you may need, call Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.

11 November 2025 9 December 2025 13 January 2026 10 February 2026 10 March 2026 14 April 2026

## November 2025



## Out for Lunch - Bramford Cock



) 12 noon

£ As per



Out for Lunch is one of the highlights of our diary and in November we are heading to the Bramford Cock, The Street, Bramford IP8 4ED. Due to how popular this event is booking essential, so please call Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.





## Talk by IWM Project (Ipswich War Memorial)





£3 suggested Donation to RBL



Join us for a morning with the IWM project. The aim of the project is to digitally preserve images and create profiles on the individual Ipswich men and women who sadly lost their lives in both World Wars and up to the present day, giving a greater understanding to the sacrifice of so many. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. To book a place or for more information please contact Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.



## November 2025



#### Wine Tasting Evening -Which wine should you have this Christmas?





Members £12 Guests £15



Kevin Marrable returns with a wine tasting evening. He will guide us through a choice of wines to suit all budgets and tastes in time for Christmas. A small selection of cheeses will be provided to complement the wine. A £5 deposit will be required upon booking. Book by Friday 7 November 2025. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. To book a place or for more information please contact Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.



#### Charles Garland - Dad's Army - The Nation's favourite Comedy





Members £10



It may have been 48 years since the BBC Comedy Dad's Army ended but the sitcom still has a place in the nation's heart. Join us for fun morning with ex-BBC Producer Charles Garland with his 'Dad's Army' talk. Charles tells the 'behind the scenes' stories of how the programme came to exist, with personal memories of the writers and cast members. A £5 deposit is required when booking. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. To book a place or for more information please contact Contact Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.



#### **Activity Afternoon: Square Dancing**







loin us for a brilliant morning as square dancing comes to Ipswich Oddfellows. Join us for a do-si-do around the hall.



All are welcome and refreshments will be served. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. Contact Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.



#### Christmas Market **Trip to Norwich**





Members £23 Guests £25



Join our host Sherry Harrow, as we head to Norwich for a Christmas Market shopping trip. The coach will be departing Oddfellows Hall at 10am and will be departing Norwich at 4pm. We have 19 places available on the coach and payment is required when booking to secure your place. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. To book a place or for more information please contact Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.

## November 2025 December



#### **Members Meeting**



1.30pm



200

The Branch is run by its members for members and this is your chance to hear how the Branch is run and to have your say as well, as upholding some of the Oddfellows' traditions. Don't be shy, come and get involved. All members will be welcome. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. Contact Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.

## December



Christmas Carols with **Ipswich Signing Choir** 







Christmas isn't Christmas without our traditional start to the festive season with our friends from the Ipswich Signing Choir. Bring along your friends and your singing voices and join us for a selection of Christmas Carols. Afterwards, we'll enjoy a festive mince pie... well it is the season after all. As with previous years, we will once again be holding a collection raising funds for the choir. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. Contact Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.



#### Christmas Lunch at Chefs' Whites







Join us at Chefs' Whites for our Oddfellows Christmas celebration lunch. A areat chance to enjoy the company of other



Oddfellows members to help celebrate Christmas while savouring some excellent food. Pre-order your menu choices. Costs: £23 for two courses and £28 for three courses. Guests: £25 for two courses and £30 for three courses. Chef's White Restaurant, Suffolk New College, Rope Walk, Ipswich IP4 1LT. To book a place or for more information please contact Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562 by Monday 10 November 2025.



#### **Christmas Beetle Drive**



10.30am

Members £1.50



Join us for our Christmas beetle drive. Never played beetle? It's really easy and it's a great way of breaking the ice and getting to share smiles and jokes with friends or with someone vou've just met. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. Contact Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.

## December



#### Activity Morning – Kurling and Boccia – Christmas Jumper Day



10.15am



Members £2.50 Guests £3.50



Join us for some light exercise and a friendly competitive morning with plenty of laughs and



friendly banter! Kurling is played with sticks and stones (no ice!) while Boccia is a seated version of boules. Refreshments will be served and all are welcome. As this is the last Thursday get together before Christmas, this event will be our annual Christmas jumper day. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. Contact Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.



#### Online: Zoom-in for Fun on Friday Boxing Day Special



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Join us for a special Boxing Day gettogether over Zoom with Friends. A fun, lively evening with party games and chat. All are welcome so grab any friends and let's get together. All welcome, member or not and it's free! Zoom Meeting ID: 542 724 7603. Contact Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.

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#### Online Zoom - Say Goodbye to 2025 with our New Years Eve party









It's New Year
Eve so get
comfortable,
grab your
favourite
refreshment
and join us
for a New



Year Eve party over Zoom. A fun, lively evening with party games and chat. All are welcome so grab any friends and let's get together. Zoom Meeting ID: 542 724 7603. **Contact** Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.

## **January 2026**



#### **Out for Lunch**



**–)** 12 noon





Out for Lunch is one of the highlights of our diary. The venue will be announced nearer the time, so please contact the event host or keep an eye on our Facebook page for more information. Please note due to the event being very popular booking is essential. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. **Contact** Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.

## January 2026 February



#### **Members Meeting**



1.30pm





The Branch is run by its members for members and this is your chance to hear how the Branch is run and to have your say, as well as upholding some of the Oddfellows' traditions. Don't be shy, come and get involved. All members will be welcome. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. **Contact** Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.

## **February**



Genealogy-Researching your Family History



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Join Sherry Harrow

Members £3 Guests £4



for a session on researching your family history. Sherry will guide you on how to put together your family tree. Hints and tips on where to find the best records and more. An interesting morning with refreshments served. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. To book a place or for more information please contact Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.



#### Race Afternoon in aid of St Elizabeth Hospice



1.30pm



£5 Entrance Only



Join us for an Oddfellows' race afternoon in aid of St Elizabeth Hospice. Dress for the royal enclosure or come as a



stable hand for the afternoon. Either way, you'll be greeted with a glass of fizz on arrival. Race Cards £5 (entrance). Bet (not compulsory) £1. Sponsor a Horse for £2. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. Contact Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.

# 15

#### **Sunday Afternoon Tea**





Members £6



Our afternoon tea has all the ingredients needed to be a scrumptious afternoon. Join us for sandwiches, cakes and as many cups of tea as you can manage, along with warm smiles and stories to last the afternoon. Join us for this fun and popular event. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. To ensure we don't run out of cakes, please book before the event by calling Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.

## **February**



**Annual General Meeting with Free** Fish and Chip Lunch







The Annual General Meeting is a chance for all members to be involved in the running of the Branch; to hear reports from the Committee and to vote on proposals. Members will also support the installation of the new Officers for the forthcoming year. Coffee will be served at 10.30am. Business starts promptly at 11am and lunch will be served at 12.30pm approximately. It is important that you register your attendance so that you receive the relevant papers ahead of the meeting and so we can also order your fish and chips. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. Contact Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.

## March



**Out for Lunch** 





Out for Lunch is one of the highlights of our diary. The venue will be announced nearer the time, so please contact event host or keep an eye on our Facebook page for more information. Please note due to the event being very popular booking is essential. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. Contact Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.

## March

Fun Quiz, Games and Chips in aid of the **Eden Rose Project** 



Members £7.50



Come and join us for a fun quiz, games, and chips in aid of the Eden Rose Project.



We'll have a guiz and other games before enjoying a delicious fish and chips meal (included in the price). We welcome teams of up to six, but we can also assign teams on the day, so all are welcome as we raise money for a worthy cause. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. Call Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562 to book your place and place your fish and chips order.

#### **Members Meeting**



1.30pm



The Branch is run by its members for members and this is your chance to hear how the Branch is run and to have your say, as well as upholding some of the Oddfellows' traditions. Don't be shy, come and get involved. All members will be welcome. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. Contact Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.

## March



#### From Pet Shop to Show Bench - My Journey With Budgies



10.30am





For over 20 years, Martin has been passionate about breeding and showing exhibition budgerigars, winning best junior in the area four years in a row before moving into the adult section and picking up rosettes awards. In this talk he will share how he first become involved in the hobby, how the hobby has evolved and the key differences between exhibition and pet budgerigars. Martin will also detail how and why he selects his breeding team and how he prepares and trains his show team. A free event and everyone is welcome. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. **Contact** Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.

## **April**



#### **Sunday Afternoon Tea**







Our afternoon tea has all the ingredients needed to be a scrumptious afternoon. Join us for sandwiches, cakes and as many cups of tea as you can manage, along with warm smiles and stories to last the afternoon. Join us for this fun and popular event. Oddfellows Hall, 37 High Street, Ipswich IP1 3QH. To ensure we don't run out of cakes, please book before the event by calling Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562.





# Learn to paint and unleash your artist with Sunflower Artistry





Unleash your inner artist as Sarah Underhay from Sunflower Artistry joins us once again for her popular

morning. Whether you are a seasoned painter or a first-time creator, this event is perfect for all skill levels so don't miss your chance to discover the joys of painting. Oddfellows Hall, 37 High Street, lpswich IP1 3QH. Please call Lynne or Sherry on 01473 251867 or our Social Organiser Martin on 07474 361562 to secure your place.

#### The Oddfellows throw a Life-Line

During 2024, Wendy Atkins, then chairman of Ipswich Oddfellows co-ordinated fundraising events to support the Felixstowe Lifeboat. She said "the sea is good for our well-being, and I admire those who volunteer to crew lifeboats to save lives and aid those in distress".

Wendy added "members of the local Oddfellows raised £2,000 through various events including raffles, a race evening, bring and buy sales, and a special afternoon tea courtesy of Fred.Olsen Cruise Lines. Members were very generous and we were thrilled with the total".

Four members were able to attend the Felixstowe Lifeboat open day to present the money.

Izzy, Crew member, said "A huge thank you to Ipswich Oddfellows for their incredibly generous donation to Felixstowe Lifeboat. As an independent Lifeboat charity, we rely entirely on donations like this and the dedication of our volunteers to keep our lifeboat running. Each launch comes with operational costs, and support from local organisations like Oddfellows makes all the difference. Your kindness helps us stay ready to respond whenever we're needed at sea"

If you spot the lifeboat while visiting the coast, don't forget to give the crew a big wave!

For information regarding the Felixstowe Lifeboat, and ways to support please visit felixstowelifeboat.org.uk



Photo: L-R Harry Cook (crew) Kevin Marrable (Ipswich Oddfellows Trustee) Teresa Marrable (President Oddfellows East Anglia Region) Chris Pell (chairman Felixstowe Lifeboat) Pete Cowan (vice chair) Marie Worley (secretary) Wendy Atkins (Ipswich Oddfellows Chairman 2024) Paul Atkins and Clive Garnham (Shore Support).

### **Online Events**

It's been another brilliant period for our online events that continue to go from strength to strength! However, don't just take our word for it. Read on to find out what Oddfellow member Peggy Ayers thinks of our online events.

"A few years ago I joined Oddfellows purely for the Zoom Meetings. I had a friend who kept telling me about these meetings that she attended and as I was interested she gave me Wendy Atkins' phone number and the rest is history, as they say. My mobility is not very good so to be able to sit in my own home and enjoy the company of other people on screen is brilliant.

The selection of meetings available is very varied and I would suggest there is something for everyone. Some meetings are weekly and some monthly. I expected to do quizzes, but was surprised to find that there is a craft group once a month on a Tuesday morning run by Teresa where we produce many clever and pretty items. Teresa is patient with all of us and we all end up having made something presentable and often useful - such as the pen/pencil holders - with plenty of chat and laughter involved too. I have also listened to many interesting talks; for example - Jack The Ripper, and origins of The Green Man. Fun on Fridays is always very entertaining and we can never be sure what fun Wendy has in store for us with the Friday and Sunday Zoom evenings. We've had Rudolph racing, pig racing and even online events over the Christmas



period ensuring no-one needed to feel like they were alone.

People from all over the UK attend the events and we all feel like friends. I have been lucky enough to meet some of them who have travelled to events here in Ipswich. I have also been lucky enough to meet a very lovely lady who lives near to me so we often have a cuppa together and put the world to rights.

The Zoom events have certainly enhanced my life and I thoroughly enjoy them.

A very big thank you to all concerned."

#### Peggy

#### A Much Loved Friend Remembered

It was extremely sad for us to learn about the passing of our much-loved friend and member, Margaret Clarke, affectionately known as 'Queenie', in May 2025 at the grand old age of 97. 'Queenie' had been with Oddfellows for nearly 15 years and was the widow of Frank Clarke who, like his father before him, had also been a member.

She and Frank married in 1947 and had two children, one of whom, Angela, is a popular member of Oddfellows and regularly attends events here in Ipswich.

'Queenie' was well-travelled, having family in America who she would visit when she was able, plus she had a beach hut in Felixstowe and a tourer caravan which was used regularly at weekends. She was very active and had lots of hobbies, and her door was always open to anyone ever fancying a cuppa.



She will be very much missed at Oddfellows, and our love and thoughts go out to her family.

### **Dennis Cross - MBE**

We would like to introduce you to Dennis. Dennis has been with Oddfellows for nearly nine years and is a popular member. What most people don't know is that Dennis is an MBE, which he was awarded in 1982.

Dennis joined the Royal Air Force in April 1953 and, after training, was posted to Germany. He served in several countries in the Middle East and the Far East – Singapore, Hong Kong and Malaya to name a few.

Dennis doesn't talk much about his award or his time in service and is very humble. He doesn't know who nominated him or, indeed, why, but we know that, whatever the reason, it is well-deserved!

Thank you Dennis for serving your Country.





#### The land of fire and ice!

Iceland was the destination for the final Oddfellows Group cruise in July.

32 members and friends joined the Borealis (Fred.Olsen Cruise Lines) in Dover. They came from across the country from Stockport in the north to Southampton in the south, and of course Ipswich.

The sea was kind to us and there wasn't a ripple to be seen as we headed north passing the Orkney Islands to the Faroe Islands. Our first stop was Torshavn, an interesting town with strong Danish links. Parts of the island were blanketed in thick fog but some lucky passengers found the sun on the other side of the island!

There were four ports of call in Iceland - a country of contrasts; a mix of city life and picturesque villages. There was outstanding scenery from lava beaches, waterfalls, glaciers, hot springs and plopping pools. Icelandic wildlife was in abundance especially magnificent whales and birds.

# Kitchen Launch It's officially open!

In June we officially opened our brand new extended kitchen, marking the first step in our wider refurbishment plan. A ribbon-cutting ceremony took place in front of members, with Oddfellows director Sheila Martland and Chairman Ian Hayles doing the honours.

The new kitchen includes an extra two metres of space, a dishwasher and an instant boiling water dispenser, oven and more, providing much needed upgrades to our hall's facilities.

Former Chairman Wendy Atkins, who played a key driving role in the project, commented, "At last we can boast about our new extended kitchen, a facility which brings our hall into the 21st century. We hope that it will be of great benefit to both members and guests".



While current Chairman Ian Hayles added; "This is an exciting development for our Ipswich Oddfellows Branch and shows a real commitment to the members here in Ipswich while being just the start of a refurbishment development plan for the Ipswich Oddfellows Hall".

We thank Sheila once again for kindly doing the honours and cutting the ribbon.

Martin

## **Notice of Annual General Meeting**

Join us on Saturday 28 February 2026 for a review of the year's business, approve the accounts and install the officers for 2026/2027. This is a formal occasion and there will be a ceremonial element to the meeting.

Refreshments will be served from 10.30am with business starting promptly at 11am.

It is important that you register your attendance in order for you to receive all the relevant papers ahead of the meeting.

Free fish and chips will be served at the end of the business meeting and must be pre-ordered by contacting the office on 01473 251867. Book by Sunday 8 February 2026.

## **Events Round Up**

# Coffee Morning Felixstowe and Woodbridge

Through the spring and summer we launched two brand new coffee mornings designed to get out and about in our great county of Suffolk. The first is our coffee morning in Woodbridge held at the lovely Honey + Harvey in Melton, with the second being held at the Cookie Barista in Felixstowe.

It's been a real pleasure getting out and about in Suffolk and we've seen some success with the groups, particularly in Felixstowe, growing each month. We've even been fortunate enough to welcome three people to the group who weren't Oddfellows members.

Keep an eye out for our next coffee morning in either location or, if you're feeling really adventurous, come along to both. You'll find an expertly created cup of coffee and some great company.

#### **Crafty Fellows**



Our new monthly Crafty Fellows sessions have been becoming increasingly popular with members. So far we have made kusudama flowers, tried out needle felting, cross-stitch and made flowers from paper napkins. If you enjoy crafts come along to one of sessions for an afternoon and try out something new, or bring along a craft of your own. There's always a good amount of chat to be had and, of course, tea and biscuits.

#### **Chair Exercise**



Members have enjoyed our regular Chair Exercises run by Julie from ActivLives. Julie puts us through our paces with exercises designed to help fall prevention by helping maintain strength, balance, co-ordination and flexibility to help our members to do everyday tasks and continue to do the things that they enjoy doing.

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



#### May 2025 A very special VE Day Afternoon Tea

In May, 40 members gathered together to commemorate VE Day, in a hall decorated with the Union Flag. Many members dressed up in war time attire, so we were joined by a selection of Land Girls, 40s housewives and a spiv or two!

We ended the afternoon joining those from across the nation with a wartime special Live @ 5 Quiz where those in the room took part competing against those taking part in our weekly quiz online via Zoom.

#### **Secret Life of Plants**

What a fascinating and absorbing morning we had in May when Jim Paine delivered an excellent presentation on the Secret Life of Plants. Jim took us all the way back to when plants started to emerge and took us on a journey through the evolution of plants and trees fascinating us with the secret lives they lead. Did you know, for example, that trees talk to each other to regulate the temperature around them? An enjoyable, well explained presentation flew by and those who attended were all eager to ask questions over a cup of tea.



# June 2025 Ipswich Community Police Team

Over 20 members joined us in June as the Ipswich Community Policing Team, led by PC Pennock, came for a Q&A morning. The members all had opportunities to put across their concerns and questions on policing in the town with subjects ranging from how the Police tackle anti-social behaviour, e-scooter riders and more. Each question was answered in depth, informing the members of the work their police team undertakes and sometimes the pressures of the job in trying to tackle those problems. Thank you again to PC Pennock.

#### July 2025 Walk ground Needham

In July, Ipswich Oddfellow members braved the weather and were rewarded as the rain cleared and the sun shone for our walk around Needham Lake. An enjoyable walk with lots to talk about was coupled with some nature observing as we took a breather to sit lakeside. We followed this up by retreating into the onsite café for a well-deserved cup of tea and slice of cake. A really enjoyable summer's morning.

## British Divers Marine Life Rescue



In July we had a visit from Claire Flint, who is a Volunteer Medic for the British Divers Marine Life Rescue charity. Claire spoke about her work helping to rescue and rehabilitate marine wildlife (mainly seals) on the Suffolk coast and what (and what not!) to do if you ever find injured mammals on the beach. An interesting and informative morning.

#### August 2025 Sea Shanty

What an absolutely brilliant morning! My own personal review of our Sea Shanty morning with Stuart Green; members came together for an interactive sing-song as Stuart led us through the history of sea shanties each with their own story to tell. Props were used, laughs were had and it's a morning I'll certainly be getting back into the Ipswich Oddfellows diary. It was such good fun!

#### A bit about us...

The Oddfellows is a not-for-profit Friendly Society that's been around for over 200 years. Our aim is to bring people together through social events, as well as supporting our members through a range of benefits and services. The Society is run by our members for our members. For more information visit www.oddfellows.co.uk or call 0800 028 1810 to speak to one of our team.

# **Society News**



www.oddfellows.co.uk

# Unity Mutual: A brand-new website and exciting Oddies member benefits

Unity Mutual, the financial arm of the Oddfellows, is delighted to have launched a brand-new website.

The fresh design reflects its updated brand identity, but more importantly, it has been built with accessibility and inclusion at its heart – a continuation of the Oddfellows' ethos.



Whether looking for information on savings, investments or life insurance, the new site is easier to use, clearer to navigate and designed so that everyone can get the most from it.

Unity Mutual has partnered with Recite Me to introduce a full suite of accessibility tools, allowing visitors to customise their browsing experience. These include a text-to-speech function, styling features and translation options, which ensure their online services are available to all—

including those who may face barriers due to disability, neurodivergence or limited English language ability.

James Gilliver, Chief of Operations at Unity Mutual, explained: "Accessibility is extremely important to us at Unity Mutual. Our new website reflects our promise to inclusivity, ensuring all customers can access information in the way that best meets their needs."

"But it's not just about accessibility. We've also worked hard to make our content clearer and more engaging, so you can feel confident in understanding your financial choices. Our aim is to empower you and your family to make informed decisions about saving for the future."

An extra reason to take a look is that Oddfellows members can currently benefit from special Guaranteed Investment Bond rates, available exclusively through Unity Mutual.

To see the new website, its new accessibility features and for more information about its products and rates, go to www.unitymutual.co.uk/oddfellows, and discover how Unity Mutual can help build a brighter financial future.

Society News Issue 31

## Thank you for saying 'yes' to friendship

This Friendship Month, we've been encouraging people to say 'yes' to trying new things, making new friends, and discovering all the brilliant things happening at our Branches throughout the nation.

It's safe to say, September 2025 has been another fabulous celebration of friendship. The Oddfellows' CEO, Jane Nelson, said: "Friendship Month 2025 has once again demonstrated what the Oddfellows is all about, and I'm thankful of every single

person up and down the country who had been a part of it."

"Saying 'yes' to trying new things can be daunting, but you've all done an excellent job of showing how positive it is to be a part of friendship groups like ours. So, thank you for saying 'yes' to helping make your Friendship Month events a success, whether that's organising events, serving cups of tea, or simply making people feel welcome and comfortable. It all adds up to another wonderful Friendship Month."





Society News Issue 31



Derbyshire Peak Oddfellows



Cambridge Oddfellows



Heart of the West Oddfellows



Concord Oddfellows



Halifax Oddfellows



Sudbury Oddfellows

Society News Issue 31

## **Application deadlines approach!**

Whether it's enhancing careers or highlighting fantastic people, the Oddfellows has a number of ways we can give our members a boost – but we can only do so if we hear about them.

Deadlines for applications to be submitted for two of our wonderful schemes are fast approaching – the Apprenticeship Educational Award and the Making a Difference Awards.

#### Apprenticeship Educational Awards



Each year, the Oddfellows grants up to three Apprenticeship Educational Awards, which consist of £250 per year for the duration of the apprenticeship.\*

Eligible members must apply via their Branch. If you, or someone you know, has been an Oddfellows member for five or more years, which includes Young Oddfellows membership, and started or plan to start an apprenticeship in 2025, get in touch with your Branch Secretary.

The Branch's deadline for submitting applications for consideration is **Wednesday 31 December 2025.** 

\*Each case is reviewed on personal merit. For previous recipients' stories, details on eligibility and how to apply, visit www.oddfellows.co.uk/educational-awards

#### **Making a Difference Awards**



Want to shine a light on those special people at your Branch who go above and beyond? Every Branch has them, so make sure we hear about their brilliance.

Any member can nominate a fellow member, so if there are people at your Branch who make a difference, speak to your Branch Secretary to find out how you can nominate them.

The deadline for Branches to submit their shortlist is **Saturday 31 January 2026**, so get your nominations in as soon as possible so they can be considered.

To find out more about our Making a Difference Awards, the categories, nomination process and the prior winners, go to

www.oddfellows.co.uk/makingadifference

If you've missed these deadlines this time don't worry, just make a note for next year!



None of us know what is around the corner...

#### **Local Care and Welfare Support**

To request contact from a Welfare Visitor and for local help and information about Branch benefits and benevolence contact Lynne Wyatt on **01473 251867** or email <code>ipswich.branch@oddfellows.co.uk</code>.

## Oddfellows Citizens Advice Line Call 0800 0149 821\*

(free to callers from any landline or mobile number) Monday - Friday, 9.30am - 4.30pm

Email: oddfellows@citizensadvicemanchester.org.uk



Run by Citizens Advice for Oddfellows members, you can access free, confidential, independent advice on welfare benefits, money and debt issues, consumer problems, housing, fuel bills, employment issues and many other issues.

\*The Oddfellows cannot provide legal advice and accepts no liability whatsoever for advice provided by Citizens Advice, which is an independent advice agency. If you have any queries about the advice you have received or wish to make a complaint then you should contact Citizens Advice directly. Citizens Advice operate a formal complaints process.

## Care and Welfare Helpline Call 0800 0149 822

(free to callers from any landline or mobile number) Monday to Thursday, 9.30am - 4.30pm, Friday, 9.30am - 4pm **Email:** care@oddfellows.co.uk

Run by the Oddfellows Care and Welfare Department, you can access information and guidance on issues such as accessing health and care services, supported housing, support for carers, and planning for later life. The helpline will try and identify any Oddfellows benefits or services in the community which may be of help to you.

Visit our website page at www.oddfellows.co.uk/benefits/care for care and welfare information EDCWA50223

## At a glance

#### November 2025

Mon 3	Out for Lunch - Bramford Cock	12 noon
Tues 4	Crafty Fellows	2pm
Wed 5	Coffee Morning - Woodbridge	10.45am
Mon 10	Talk by IWM Project (Ipswich War Memorial)	10.30am
Tues 11	Zoom: Busy Fingers Crafts and Chat	10am
Tues 11	Bingo	10.30am
Tues 11	Coffee Morning - Felixstowe	10.30am
Fri 14	Wine Tasting Evening – Which wine should you have this Christmas?	7pm
Mon 17	Charles Garland – Dad's Army – The Nation's favourite Comedy	11am
Wed 19	Activity Afternoon: Square Dancing	2pm
Fri 21	Christmas Market Trip to Norwich	10am
Tues 25	Members Meeting	1.30pm
Fri 28	Coffee Morning	10am

#### **December**

Mon 1	Activity Morning: Chair Exercise Session with ActivLives	10.30am
Tues 2	Christmas Carols with Ipswich Signing Choir	2pm
Wed 3	Coffee Morning - Woodbridge	10.45am
Mon 8	Bingo	2pm
Tues 9	Zoom: Busy Fingers Crafts and Chat	10am
Tues 9	Coffee Morning - Felixstowe	10.30am
Wed 10	Christmas Lunch at Chefs' Whites	12 noon
Mon 15	Activity Morning: Chair Exercise Session with ActivLives	10.30am
Wed 17	Christmas Beetle Drive	10.30am
Thurs 18	Activity Morning - Kurling and Boccia - Christmas Jumper Day	10.15am
Fri 26	Online: Zoom-in for Fun on Friday Boxing Day Special	7pm
Wed 31	Online Zoom- Say Goodbye to 2025 with our New Year Eve Party	<i>7</i> pm

## At a glance

#### January 2026

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Bingo	10.30am
Crafty Fellows	2pm
Coffee Morning - Woodbridge	10.45am
Activity Morning: Chair Exercise Session with ActivLives	10.30am
Zoom: Busy Fingers Crafts and Chat	10am
Coffee Morning - Felixstowe	10.30am
Out for Lunch	12 noon
Members Meeting	1.30pm
Activity Morning: Chair Exercise Session with ActivLives	10.30am
Coffee Morning	10am
ary	
Genealogy- Researching your Family History	10.30am
Crafty Fellows	2pm
Coffee Morning - Woodbridge	10.45am
Race Afternoon in aid of St Elizabeth Hospice	1.30pm
Activity Morning: Chair Exercise Session with ActivLives	10.30am
	Crafty Fellows Coffee Morning - Woodbridge Activity Morning: Chair Exercise Session with ActivLives Zoom: Busy Fingers Crafts and Chat Coffee Morning - Felixstowe Out for Lunch Members Meeting Activity Morning: Chair Exercise Session with ActivLives Coffee Morning  Arry Genealogy- Researching your Family History Crafty Fellows Coffee Morning - Woodbridge Race Afternoon in aid of St Elizabeth Hospice

# Tues 10 Zoom: Busy Fingers Crafts and Chat 10am Tues 10 Coffee Morning - Felixstowe 10.30am

Tues 10 Bingo 2pm

Sun 15Sunday Afternoon Tea4pmMon 23Activity Morning: Chair Exercise Session with ActivLives10.30am

Fri 27 Coffee Morning 10am
Sat 28 Annual General Meeting with free fish and chip lunch 10.30am

#### March

Mon 2	Bingo	10.30am
Tues 3	Crafty Fellows	2pm
Wed 4	Coffee Morning - Woodbridge	10.45am
Mon 9	Out for Lunch	12 noon
Tues 10	Zoom: Busy Fingers Crafts and Chat	10am
Tues 10	Coffee Morning - Felixstowe	10.30am

## At a glance

#### March

Fri 13	Fun Quiz, Games and Chips in aid of the Eden Rose Project	
Tues 17	Members Meeting	1.30pm
Mon 23	Activity Morning: Chair Exercise Session with ActivLives	10.30am
Wed 25	From Pet Shop to Show Bench - My Journey With Budgies	10.30am
Fri 27	Coffee Morning	10am

#### **April**

Wed 1	Coffee Morning - Woodbridge	10.45am
Tues 7	Crafty Fellows	2pm
Sun 12	Sunday Afternoon Tea	4pm
Tues 14	Zoom: Busy Fingers Crafts and Chat	10am
Tues 14	Coffee Morning - Felixstowe	10.30am
Tues 14	Bingo	2pm
Sat 18	Learn to paint and unleash your artist with Sunflower Artistry	10.30am



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

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