

March - August 2026
Issue 16



Othe SINCE 1810
ODDfELLOWS
making friends, helping people

out & about

Brighton and Sussex



Games



Music



Day Trip/
Travel



Wellbeing



Quizzes



Talks



Coffee
Morning



Dining
Out



Walks



Sports



Films



Meetings



Oddfellows Sussex Wide Petanque Competition! - Monday 8 June

Hello and Welcome to the Spring/Summer Edition of Out and About

Our New Social Organiser for West Sussex

Just a little introduction from myself, my name is Sue and I am the New Social Organiser for the West Sussex Area.



I may have already met some of you at our Monday Morning Cuppa events. I plan to arrange some exciting activities in Bognor and surrounding area, with Janet and Mick still hosting in Worthing, Denise with the regular Worthing Walkers. I am so looking forward to meeting you all during 2026.

Do come along to the wonderful events in this book, Jodie and I are working closely together to offer you all a mix of brilliant fun activities. Check out the regular updates on the Oddfellows Facebook page for all the latest events and more.

Sue

Contact Details

Social Organisers

Sue Hart

Telephone: 07344 084880

Email: sue.hart@oddfellows.co.uk

Jodie Gregson

Telephone: 07365 929623

Email:

jodie.gregson@oddfellows.co.uk

f OddfellowsBrightonSussex

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.

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.

West Sussex Social Branch Events

Our Worthing Branch meets from 7pm to 9pm every fourth Tuesday of the month at The Quaker Meeting House, Rear of 34 Mill Road, Worthing, West Sussex BN11 5DR. Worthing events are shown in an green box throughout this diary.

Social Contact

Sue Hart

Telephone: 07344 084880



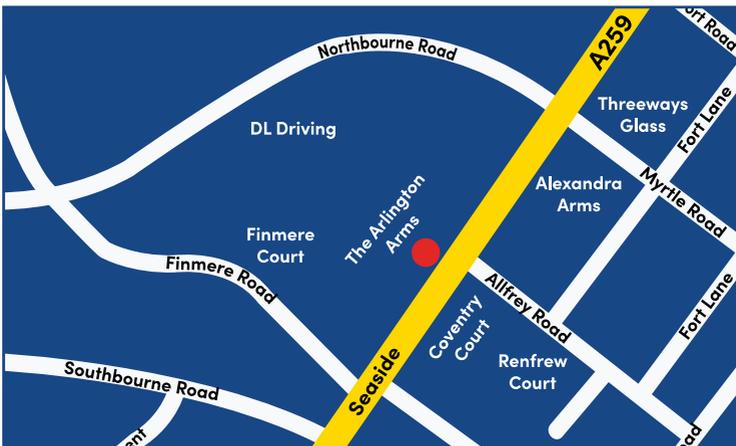
East Sussex Social Branch Events

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 an orange box throughout this diary.

Social Contact

Jodie Gregson

Telephone: 07365 929623



East Sussex Regular Events

East Sussex Book Club at Fuego Lounge



10.30am



As per menu



Various Mondays
of the month

Do you enjoy reading? Is it a hobby you have forgotten and would like to re-visit? Are you interested in discovering new books and sharing your thoughts with others? We are pleased to bring the 'East Sussex Book Club' to Lewes. Look forward to meeting people with similar interests, join in with friendly discussions on this month's book choice. Come find us at Fuego Lounge in a relaxed, comfortable environment. Non-members welcome. Fuego Lounge, Unit 1, The Old Courthouse, Lewes, East Sussex BN7 2FS. If interested please contact Jodie on 07365 929623.

9 March
13 April

11 May
15 June

13 July
10 August

Exercise for All



2pm



£5



Fortnightly on
Wednesday

Join our fortnightly exercise classes. Movement made fun with a variety of chair based exercises taught by a qualified instructor. A great chance to meet new people and have fun. Sovereign Court, 21 Wannock Road, Eastbourne BN22 7JQ. Contact Jodie on 07365 929623.

4 March

15 April

27 May

8 July

19 August

18 March

29 April

10 June

22 July

1 April

13 May

24 June

5 August

Tai Chi



9.30am



Members £5, Guests £7



Every Friday

Gentle, safe and relaxing, Tai Chi is perfect for any age. Improve balance, flexibility and strength while calming your mind. No experience needed. Join us and enjoy better health, confidence and well being. Two class options available: 9.30am standing class for those who are more comfortable on their feet and 10.30am for a chair based class designed for people with mobility or balance concerns. Classes also available in Peacehaven. Special rate for Oddfellow members. Woodingdean Community Centre, Warren Road, Brighton BN2 6BA. Contact Jodie on 07365 929623.

West Sussex Regular Events

Monday Morning Cuppa at Bonito Lounge



Various Mondays
of the month

Do come and join us at The Bonito Lounge for our regular 'Cuppa' morning. There will be a warm welcome for all members and friends. Find our table, grab a cuppa and join the chat. Bonito Lounge, 1 London Road, Bognor Regis PO21 1PQ. If you would like us to look out for you, call Sue on 07344 084880.

2 March

1 June

3 August

20 April

6 July

Monday Morning Cuppa at Establo Lounge Rustington



Various Mondays
of the month

Do come and join us at The Establo Lounge Rustington for our regular 'Cuppa' morning. There will be a warm welcome for all members and friends. Find our table, grab a cuppa and join the chat. Free three hours parking at the back of shops. Establo Lounge Rustington, 1-5 Ash Lane, Rustington BN16 3BU. If you would like us to look out for you, call Sue on 07344 084880.

16 March

18 May

13 July

17 August

West Sussex Book Club at Bonito Lounge



Various Tuesdays
of the month

Do you enjoy reading? Is it a hobby you have forgotten and would like to re visit? Are you interested in discovering new books and sharing your thoughts with others? We are pleased to bring the 'West Sussex Book Club' to Bognor Regis. Look forward to meeting people with similar interests, join in with friendly discussions on this month's book choice. Come find us, upstairs at Bonito Lounge in a relaxed, comfortable environment. Non-members welcome. Bonito Lounge - Upstairs, 1 London Road, Bognor Regis PO21 1PQ. To book a place please contact Sue on 07344 084880.

24 March

19 May

21 July

21 April

23 June

18 August

West Sussex Regular Events

Worthing Walkers



10.30am



Cost of refreshment



**Third Tuesday
of the month**

Our Worthing Walkers Group, led by Denise, meets on the third Tuesday of each month for a stroll somewhere within easy reach of Worthing. Nothing too strenuous. We meet in all winds and weathers, but always end with refreshments. Everyone is welcome and all our walks are dog friendly. The venues will be notified to members earlier in the month and will also be advertised on Facebook. Various locations, to be confirmed. For more information please contact Denise on 07765 532811.

**17 March
21 April**

**19 May
23 June**

**21 July
18 August**

Other Regular Events

Coffee Morning at Al Campo Lounge



10.30am



As per menu



**First Thursday
of the month**

Do come and join us at Alcampo Lounge for our regular coffee morning. There will be a warm welcome for all members and friends. Al Campo Lounge, 84-86 London Road, Brighton BN1 6JF. If you would like us to look out for you, call Jodie on 07365 929623.

**5 March
2 April**

**7 May
4 June**

**2 July
6 August**

Marina Monthly Lunch Club



12 noon



As per menu



**Second Thursday
of the month**

Come and join us at The West Quay for our regular monthly lunch. We meet downstairs so it is accessible to all. The food is good and there is lively conversation with Oddfellow friends. Parking is free at the marina and buses run frequently from the centre of town. The West Quay, The Boardwalk, Brighton Marina BN2 5WA. Contact Jodie on 07365 929623 or Judith on 07840 287733.

**12 March
9 April**

**14 May
11 June**

**9 July
13 August**

March 2026

TUES
03

Chinese New Year Meal at Baan Sai



6pm



As per menu



Chinese New Year celebrations start on 17 February and finish on 3 March, so come along and welcome the year of the 'Horse'. This small, local restaurant has a superb two courses for £12.95 deal or order from the main menu. Situated on the South Coast Road, it's easy to find with on street parking nearby and a bus stop right outside. Book by Friday 27 February. Baan Sai, 314 South Coast Road, Peacehaven BN10 7EJ. Contact Jodie on 07365 929623.



MON
09

East Sussex Book Club - The Salt Path at Fuego Lounge



10.30am



As per menu



This month book is The Salt Path - Raynor Winn. Just days after Raynor learns that Moth, her husband of 32 years, is terminally ill, their home is taken away and they lose their livelihood. With nothing left and little time, they make the brave and impulsive decision to walk the 630 miles of the sea-swept South West Coast Path, from Somerset to Dorset, via Devon and Cornwall. Based on a true story, make your mind up, was it all true? Read the book then watch the documentary on Sky. Book by Friday 6 March. Fuego Lounge, Unit 1, The Old Courthouse, Lewes, East Sussex BN7 2FS. If interested please contact Jodie on 07365 929623.

MON
09

Line Dancing



12.15pm



£6



Come along and join in with Denise and her group from the Sussex Stompers for an hour session of line dancing. Suitable for beginners, have a bit of fun and exercise. All abilities welcome. Session starts at 12.30pm and £6 payable on the door. Don your hat and cowboy boots! Meet Sue at the entrance at 12.15pm. West Meads Community Centre, 6A The Precinct, Bognor Regis PO21 5SB. Please contact Sue if interested on 07344 084880.



March 2026

TUES
10

Lunchtime Concert at the Chichester Cathedral



12.45pm



Donation



During March, each week talented performers come from across the UK and occasionally overseas, to delight audiences with music from Beethoven to Chopin, Elgar to Mozart and more. Today's offering is Clara Hope-Simpson, cello and Phillip James Leslie, piano. Fanny Mendelssohn Sonata o Fantasia in G minor. Dvořák Silent Woods Brahms Sonata in E minor. Meet the Social Organiser outside the main entrance at 12.45pm to be seated for the concert to start at 1.10pm. Although this is a free activity, there is a suggested donation of £7 at the event. Why not stay and have refreshment afterwards in the cathedral café? Good bus routes and train service into Chichester. Parking close by. Everyone welcome. Chichester Cathedral, West Street, Chichester PO19 1PX. Please contact Sue on 07344 084880 for more information.

TUES
17

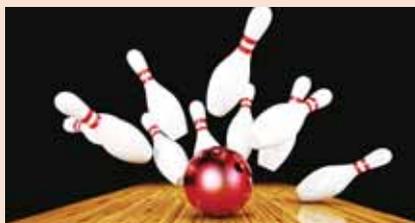
Eastbourne Bowling



2pm



TBC



Join us for a game or two of tenpin bowling, a relaxed, enjoyable way to spend an afternoon. Book by Saturday 14 March. Tenpin Eastbourne, Broadwater Way, Hampden Park, Eastbourne BN22 9PZ. Contact Jodie on 07365 929623.

TUES
24

West Sussex Book Club - The Salt Path at Bonito Lounge



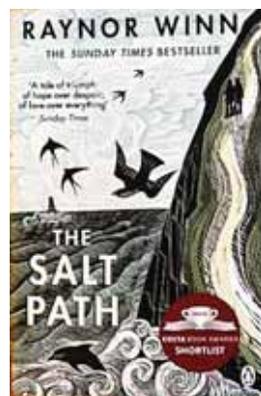
3pm



Cost of refreshment



This month book is The Salt Path - Raynor Winn. Read the book then watch the documentary on Sky. See page 7 for book synopsis. Bonito Lounge - Upstairs, 1 London Road, Bognor Regis PO21 1PQ. To book a place please contact Sue on 07344 084880 by Tuesday 17 March.



March 2026

TUES
24

How big will it grow? Sunflower Potting and Growing Competition



7pm



£3



Join the Sunflower Challenge and compete for the tallest bloom. Add a little sunshine to your summer by potting some seeds this evening at the Quaker Meeting House. Take the pot home to nurture and grow to great heights. Entry fee £3 includes seedlings, potting compost and colourful pot. Prize for tallest bloom by September. Photo evidence must be submitted. Come along for the evening, pot your seeds while chatting and exchanging gardening tips with fellow members. Non-members are welcome to take part. Competition date Tuesday 22 September. Quaker Meeting House, Rear of 34 Mill Road, Worthing, West Sussex BN11 5DR. Reserve your pot by contacting Sue on 07344 084880.

THURS
26

Dine Around Friendship Club at The Dolphin & Anchor



12 noon



As per menu



Dine Around Friendship Club - friendship, conversation and a warm welcome at the heart of Oddfellows. Come with us and discover new venues across West Sussex on the last Thursday of the month. Good food, great conversations and a warm friendly welcome. A different location each month, meeting new and old friends and enjoying time together. Bring a guest everyone is welcome. The Dolphin & Anchor - good bus routes, close to the station and parking nearby. The Dolphin & Anchor, 9 West Street, Chichester PO19 1QD. Contact Sue on 07344 084880 for more details (some venues will be pre-bookable).

THURS
26

Uckfield Coffee Morning

NEW
Venue



10.30am



As per menu



Come and join us for a coffee morning at The Court Yard Coffee Shop as Oddfellows meets in Uckfield. Get to meet other Oddfellow members and relax with some good company. Court Yard Coffee Shop, Post Office Court, 75 High Street, Uckfield TN22 1AP. Contact Jodie on 07365 929623.



March 2026

TUES 31 RNLI - Selsey Lifeboat Visitors Centre Talk

L 11am

£ £5 Donation



As seen on TV documentary 'Saving Lives at Sea! Come and see the Shannon ALB boat from the gantry, find out about the Selsey Lifeboat launches, crews, historic coast and fascinating waters. Enjoy a talk and video presentation by one of their knowledgeable volunteers who work at the visitors centre. Discover the importance of Selsey and the surrounding area during the Second World War. The 51 bus stops right outside the station. There is no parking on site as access is needed at all times by the crew. Off street parking and car parks are nearby. Although this is a free activity, the RNLI are a registered charity and there is a suggested donation of £5 - places are limited. Everyone welcome (disability accessible). Selsey Lifeboat Station, Kingsway, Selsey PO20 0DL. Please contact Sue for more information or to book a place on 07344 084880 by Tuesday 4 March.

April

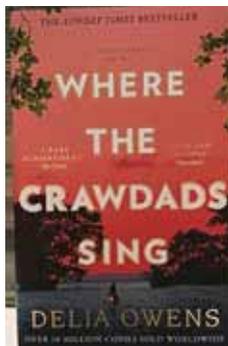
MON 13 East Sussex Book Club - Where The Crawdads Sing at Fuego Lounge

L 10.30am

£ As per menu



This month book is Where The Crawdads Sing - Delia Owens. Seen the film? Now read the book. See page 11 for book synopsis. Book by Monday 6 April. Fuego Lounge, Unit 1, The Old Courthouse, Lewes, East Sussex BN7 2FS. If interested please contact Jodie on 07365 929623.



MON 13 Movie Night at Picturedrome Cinema, Bognor Regis

L 6pm

£ As per cinema cost



This Grade II listed building originally built in 1885 now houses four movie screens with digital projectors and Dolby Digital surround sound. Offers not only the latest blockbusters, but live events from the National Theatre, Royal Ballet and the Royal Opera, something for all tastes. Tonights choice, timings and cost to be confirmed. Look out for Oddfellows emails and Facebook postings for more details. Find us opposite the train station, on a good bus route and with parking nearby. Costs vary depending on event. Picturedrome Cinema, 51 Canada Grove, Bognor PO21 1DW. Contact Sue on 07344 084880.

April

TUES
14

Pottery Painting with Tierra Pottery Studio



10am



£25



Join us for a relaxing morning painting your own piece of pre-made pottery. Choose



from mugs, plates and various shapes. Cost includes, glazing and firing, tea or coffee and biscuits. Book by Thursday 2 April. Tierra Pottery Studio, 9 Cornfield Lane, Eastbourne BN21 4NE. Contact Jodie on 07365 929623.

FRI
17

Hotham Park Petanque (Boules)



2pm



Free



However you pronounce it please come along and try out a relaxed game of petanque (boules) at the Hotham Park Pitch. Located near the Adventure Golf Course within this beautiful park setting. Enjoy this taster session, a bit of fun and a little warm up before the June competition. Everyone welcome. Suitable for all abilities. Parking available and on bus route. Meet at the café at 1.45pm. Hotham Park Café, Hotham Park House, Bognor Regis PO21 1HN. Contact Sue on 07344 084880.

TUES
21

West Sussex Book Club - Where the Crawdads Sing at Bonito Lounge



3pm



Cost of refreshment



This month book is Where The Crawdads Sing - Delia Owens. For years, rumours of the 'Marsh Girl' have haunted Barkley Cove, a quiet town on the North Carolina coast. So in late 1969, when handsome Chase Andrews is found dead, the locals immediately suspect Kya Clark, the so-called Marsh Girl. Seen the film? Now read the book. Bonito Lounge - Upstairs, 1 London Road, Bognor Regis PO21 1PQ. To book a place please contact Sue on 07344 084880 by Tuesday 14 April.

TUES
21

Eastbourne Hall Games Evening



7pm



Free



Join us for our regular monthly meet at the Eastbourne Hall. This time we will have a games night, bingo, Flip7, Play Your Cards Right etc... and we will have a raffle (donations gratefully received). Refreshments available. St Andrews Parish Hall (next to the Arlington Arms Public House), 360 Seaside, Eastbourne BN22 7RY. Contact Jodie on 07365 929623.



April

MON 27 Monday Morning Cuppa at the Old Barn Garden Centre Café

🕒 10.30am 💷 As per menu ☕

Come along to Old Barn Garden Centre Café for our regular 'Cuppa' morning. There will be a warm welcome for all members and friends. Find our table, grab a cuppa and join the chat. Oddfellow members and friends welcome. Free parking on site. Old Barn Garden Centre Café, Worthing Road, Dial Post, Horsham RH13 8NR. If you would like us to look out for you, call Sue on 07344 084880.



THURS 30 Eastbourne Pétanque

🕒 10.30am 💷 Free 🎲

A relaxed chance to have a go, brush up your skills and enjoy some fun. No experience needed, all welcome! A practice session if you are coming to our Sussex competition in June. Helen Garden, King Edwards Parade, Eastbourne, East Sussex BN20 7XL. Contact Jodie on 07365 929623.



TUES 28 Sip and Paint Evening at the Meeting House

🕒 7pm 💷 £6 🎨

Sip and Paint Evening with local artist - Sue Shephard. Join us for a creative evening where you'll paint your own master piece in a guided session with a lovely local artist Sue Shephard. No prior painting experience is necessary, this is about having fun, relaxing and discovering your artistic flair. Included in this activity is a glass of Prosecco or white wine, art supplies and your own fantastic work of art to take home. Cost: £6 includes art materials and drink. Places need to be booked by Tuesday 7 April. Non-alcoholic drink is available. Quaker Meeting House, Rear of 34 Mill Road, Worthing, West Sussex BN11 5DR. Contact Sue on 07344 084880.



April

THURS
30

Dine Around Friendship Club at The Walnut Tree



12 noon



As per menu



Dine Around Friendship Club – friendship, conversation and a warm welcome at the heart of Oddfellows. Come with us and discover new venues across West Sussex on the last Thursday of the month. Good food, great conversations and a warm friendly welcome. A different location each month, meeting new and old friends and enjoying time together. Bring a guest everyone is welcome. The Walnut Tree Runcton – light bites menu. Bookable and parking on site. Book by Thursday 16 April. The Walnut Tree, Vinnetrow Road, Runcton, Chichester PO20 1QB. Contact Sue on 07344 084880 for more details (some venues will be pre-bookable).

May

TUES
05

Brighton Pétanque



11am



Free



Make the most of Preston Parks newly refurbished petanque court. A relaxed chance to have a go, brush up your skills and enjoy some fun. No experience needed, all welcome! A practice session if you are coming to our Sussex competition in June. Then we can head to the café for refreshments. Preston Park, Brighton BN1 6SD. Contact Jodie on 07365 929623.



WED
06

Stroll Around Hotham Park and Afternoon Tea



1pm



As per menu



Come and join us for a slow stroll around the lovely surroundings at Hotham Park, Bognor and afterwards treat yourself to an afternoon tea at the café. Meet at the café at 1pm – weather dependent (if it's raining then we may just opt for the tea!). Hotham Park Café, Hotham Park House, Bognor Regis PO21 1HN. Contact Sue on 07344 084880.



May

Andrew Huggett / Polegate Windmill / CC BY-SA 2.0

SUN
10

Willingdon/Polegate Windmill Open Day

🕒 11am

£ Free



Celebrate National Mills weekend with a visit to Willingdon/Polegate Windmill. There will be Morris dancing, displays, teas and cakes available. Entry is free so come along for a lovely day out. Willingdon/Polegate Windmill, Park Croft, Willingdon BN26 5LB. We will meet at the entrance at 11am, let Jodie know on 07365 929623 if you are coming along, so she can look out for you.



MON
18

Mewsbrook Park Petanque (Boules) - Littlehampton

🕒 2pm

£ Free



However you pronounce it please come along and try out a relaxed game of petanque (boules) at the Mewsbrook Park Pitch.



Located near the Splash Park within this beautiful park setting. Enjoy this taster session, a bit of fun and a little warm up before the June competition. Everyone welcome. Suitable for all abilities. Parking available. Meet at the café at 1.45pm. Mewsbrook Park Café, Mewsbrook Park, Hendon Avenue, Rustington BN16 2LX. Contact Sue on 07344 084880.

MON
11

East Sussex Book Club - The Silent Patient at Fuego Lounge

🕒 10.30am

£ As per menu



This month book is The Silent Patient – Alex Michaelides Alicia Berenson lived a seemingly perfect life until one day six years ago. When she shot her husband in the head five times. Since then she hasn't spoken a single word. It's time to find out why. Book by Friday 8 May. Fuego Lounge, Unit 1, The Old Courthouse, Lewes, East Sussex BN7 2FS. If interested please contact Jodie on 07365 929623.

TUES
19

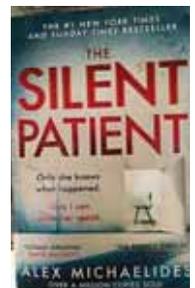
West Sussex Book Club - The Silent Patient at Bonito Lounge

🕒 3pm

£ Cost of refreshment



This month book is The Silent Patient. See left for book synopsis. Bonito Lounge - Upstairs, 1 London Road, Bognor Regis PO21 1PQ. To book a place please contact Sue on 07344 084880 by Tuesday 12 May.



May

TUES 26 Worthing Social Branch Events



Our Worthing Branch Meets from 7pm to 9pm every fourth Tuesday of the month at the Quaker Meeting House. We will host various events during the year so please check the website, emails and Facebook posts for more information. Quaker Meeting House, Rear of 34 Mill Road, Worthing, West Sussex BN11 5DR. Contact Janet on 07753 677274 or Sue on 07344 084880 for more information.



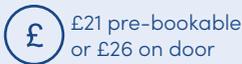
THURS 28 Dine Around Friendship Club at The Waverley Pub



Dine Around Friendship Club - friendship, conversation and a warm welcome at the heart of Oddfellows. Come with us and discover new venues across West Sussex on the last Thursday of the month. Good food, great conversations and a warm friendly welcome. A different location each month, meeting new and old friends and enjoying time together. Bring a guest everyone is welcome. The Waverley Pub - light bites menu available - good bus routes and parking nearby. The Waverley Pub, Marine Drive West, Bognor Regis PO21 2QA. Contact Sue on 07344 084880 for more details (some venues will be pre-bookable).

June

THURS 04 Chichester Cathedral Festival of Flowers



Festival of Flowers is a celebration of nature and artistry with over 50,000 flowers



that transform the cathedral with colour, scent and wonder. If you are a passionate gardener or just love flowers then this event is just for you. Meet outside the main foyer at 10.45am - there is a café on site for refreshments. Tickets are pre-bookable £21 or on door £26. Chichester Cathedral, West Street, Chichester PO19 1PX. We can book this on your behalf, please contact Sue on 07344 084880 for more information by Thursday 7 May.

June

MON
08

Oddfellows Sussex Wide Petanque Competition!



10.30am



£2



Join us at the first Sussex wide Oddfellows Petanque competition. Meet fellow members from around the county, enjoy a bit of friendly rivalry and a great day out with plenty of laughs. No experience needed, so even if you've never played before come along and give it a go. Held at Beechurst Gardens, it has a bus stop right outside and is 10 minutes from the train station. There is also a Harvester restaurant on site, so we will head there afterwards for lunch. Oddfellows members and friends welcome. Who will walk away with the trophy? Book by Monday 1 June. Beechurst Gardens, Butlers Green, Haywards Heath RH16 4BB. Contact Jodie on 07365 929623.

MON
15

East Sussex Book Club - The Kite Runner at Fuego Lounge



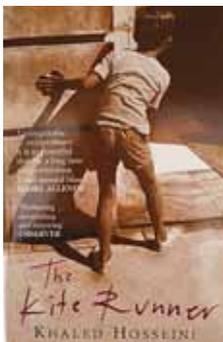
10.30am



As per menu



This month book is *The Kite Runner* - Khalid Hosseini Afghanistan, 1975. See page 17 for book synopsis. Book by Friday 12 June. Fuego Lounge, Unit 1, The Old Courthouse, Lewes, East Sussex BN7 2FS. If interested please contact Jodie on 07365 929623.



TUES
16

Lino Printing Workshop Eastbourne



7pm



£10



A creative workshop designing and making lino-prints, the two hour session includes all



materials and equipment. Refreshments available. Please confirm attendance so that we can get the correct amount of materials. Book by Tuesday 9 June. St Andrews Parish Hall (next to the Arlington Arms Public House), 360 Seaside, Eastbourne BN22 7RY. Contact Jodie on 07365 929623.

June

THURS
18

Lunch at the Lido



12 noon



As per menu



A light lunch at this stunning venue on the seafront. Relax with friendship and chilled vibes. Regular buses from the town centre stop outside. Book by Thursday 11 June. Saltdean Lido-Deco Café and Restaurant, Saltdean, Brighton BN2 8SP. Contact Jodie on 07365 929623.



TUES
23

West Sussex Book Club - The Kite Runner at Bonito Lounge



3pm



Cost of refreshment



This month book is *The Kite Runner* - Khalid Hosseini Afghanistan, 1975: Twelve-year-old Amir is desperate to win the local kite-fighting tournament and his loyal friend Hassan promises to help him. But neither of the boys can foresee what will happen to Hassan that afternoon, an event that shatter their lives. After the Russians invaded and the family is forced to flee to America, Amir realises that one day he must return to Afghanistan under Taliban rule to find the one thing that his new world cannot grant him: redemption. Bonito Lounge - Upstairs, 1 London Road, Bognor Regis PO21 1PQ. To book a place please contact Sue on 07344 084880 by Tuesday 16 June.

TUES
23

Bingo and Chips at Quaker Meeting House



7pm



£10 fish and chips plus £1 per game



Do you fancy an evening of good fun and prizes? Come along and enjoy a fish and chips supper then grab your bingo card, eyes down and each game wins the cash pot. Fish and chips supper needs to be ordered. Guests are welcome. This event is pre-bookable and payment must be made to reserve your space. Quaker Meeting House, Rear of 34 Mill Road, Worthing, West Sussex BN11 5DR. Contact Janet on 07753 677274 or Sue on 07344 084880 for more details.



June

THURS
25
Dine Around Friendship Club at Hotham Park Café

 12 noon  As per menu 

Dine Around Friendship Club – friendship, conversation and a warm welcome at the heart of Oddfellows. Come with us and discover new venues across West Sussex on the last Thursday of the month. Good food, great conversations and a warm friendly welcome. A different location each month, meeting new and old friends and enjoying time together. Bring a guest everyone is welcome. Hotham Park Café – good bus routes and on site parking. Hotham Park Café, Hotham Park House, Bognor Regis PO21 1HN. Contact Sue on 07344 084880 for more details (some venues will be pre-bookable).

MON
29
Monday Morning Cuppa at the Old Barn Garden Centre Café

 10.30am  As per menu 

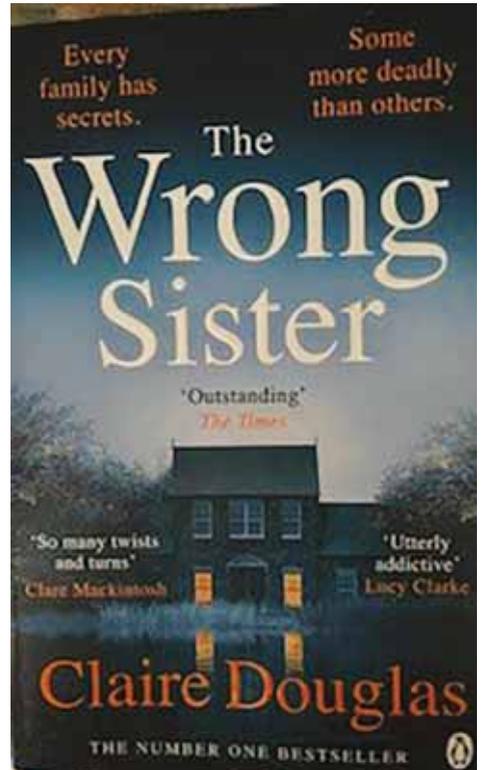
Come along to Old Barn Garden Centre Café for our regular ‘Cuppa’ morning. There will be a warm welcome for all members and friends. Find our table, grab a cuppa and join the chat. Oddfellow members and friends welcome. Free parking on site. Old Barn Garden Centre Café, Worthing Road, Dial Post, Horsham RH13 8NR. If you would like us to look out for you, call Sue on 07344 084880.

July

MON
13
East Sussex Book Club - The Wrong Sister at Fuego Lounge

 10.30am  As per menu 

This month book is The Wrong Sister – Claire Douglas You’ve known her all your life... Or have you? See page 19 for book synopsis. Book by Friday 10 July. Fuego Lounge, Unit 1, The Old Courthouse, Lewes, East Sussex BN7 2FS. If interested please contact Jodie on 07365 929623.



July

THURS
16

Sunset and Supper at Pagham Beach



7pm



As per menu



Bring your chair, something to drink, then order supper from Small Fry Fish and Chips. Relax as the sun sets on



Pagham Beach. It's the simple things in life that bring us pleasure, good food, good company and beautiful surroundings. Weather permitting, so watch the forecast during the day. Meet outside the café at 7pm. Pagham Beach Café, 2 Beach Road, Bognor Regis PO21 4SX. Contact Sue on 07344 084880.

TUES
21

West Sussex Book Club - The Wrong Sister at Bonito Lounge



3pm



Cost of refreshment



The Wrong Sister - Claire Douglas
You've known her all your life... Or have you? Tasha and sister Alice look alike, but they couldn't be more different. Yet each trusts the other with her life. So when Tasha is in need of a holiday, Alice offers to stay at home with the kids. Tasha knows they're in safe hands. She couldn't be more wrong.
Bonito Lounge - Upstairs, 1 London Road, Bognor Regis PO21 1PQ. To book a place please contact Sue on 07344 084880 by Tuesday 14 July.

TUES
21

Eastbourne Hall



7pm



TBC



Join us for our regular monthly meet at the Eastbourne Hall. Entertainment to be confirmed. St Andrews Parish Hall (next to the Arlington Arms Public House), 360 Seaside, Eastbourne BN22 7RY. Contact Jodie on 07365 929623.



TUES
28

Worthing Social Branch Events



7pm



Free



Our Worthing Branch Meets from 7pm to 9pm every fourth Tuesday of the month at the Quaker Meeting House. We will host various events during the year so please check the website, emails and Facebook posts for more information. Quaker Meeting House, Rear of 34 Mill Road, Worthing, West Sussex BN11 5DR. Contact Janet on 07753 677274 or Sue on 07344 084880 for more information.

July

THURS
30

Dine Around Friendship Club at the Old Barn Garden Centre Restaurant



12 noon



As per menu



Dine Around Friendship Club – friendship, conversation and a warm welcome at the heart of Oddfellows. Come with us and discover new venues across West Sussex on the last Thursday of the month.

Good food, great conversations and a warm friendly welcome. A different location each month, meeting new and old friends and enjoying time together. Bring a guest everyone is welcome. The Old Barn Garden Centre – on site parking. Book by Thursday 16 July. Old Barn Garden Centre Restaurant, Worthing Road, Dial Post, Horsham RH13 8NR. Contact Sue on 07344 084880 for more details (some venues will be pre-bookable).



August

MON
10

East Sussex Book Club - The Names at Fuego Lounge



10.30am



As per menu



This month book is The Names 'Florence Knapp a debut novel exploring how one pivotal choice - a baby's name' fractures a family's life into three distinct alternate realities, following the son as Gordon (abused by his father), Bear (named by his sister), or Julian (chosen by his mother), each path revealing different themes of abuse, love, destiny and self-determination over 35 years. Book by Friday 7 August. Fuego Lounge, Unit 1, The Old Courthouse, Lewes, East Sussex BN7 2FS. If interested please contact Jodie on 07365 929623.

TUES
18

West Sussex Book Club - The Names at Bonito Lounge



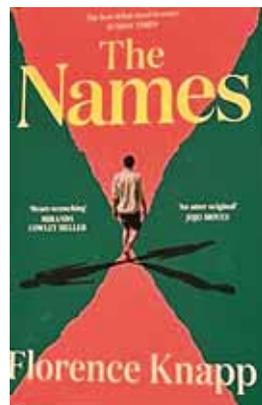
3pm



Cost of refreshment



This month book is The Names. See left for book synopsis. Bonito Lounge - Upstairs, 1 London Road, Bognor Regis PO21 1PQ. To book a place please contact Sue on 07344 084880 by Tuesday 11 August.



August

TUES
18

Fish and Chips - Eastbourne



7pm



As per
menu



Always a favourite, fish and chips at the hall followed by a few games. Please remember to bring six 20ps for the 'Left, Right, Middle' game. We will also have a raffle (all donations gratefully received) and refreshments available. St Andrews Parish Hall (next to the Arlington Arms Public House), 360 Seaside, Eastbourne BN22 7RY. Contact Jodie on 07365 929623.

THURS
27

Dine Around Friendship Club at Marine Gardens Restaurant



12 noon



As per
menu



Dine Around Friendship Club - friendship, conversation and a warm welcome at the heart of Oddfellows. Come with us and discover new venues across West Sussex on the last Thursday of the month. Good food, great conversations and a warm friendly welcome. A different location each month, meeting new and old friends and enjoying time together. Bring a guest everyone is welcome. The Marine Gardens Restaurant - light bites available. Bookable and parking nearby. Book by Thursday 6 August. Marine Gardens Restaurant, Marine Gardens, West Parade, Worthing BN11 5EF. Contact Sue on 07344 084880 for more details (some venues will be pre-bookable).

TUES
25

Tax, Care and Toy Boys Talk by Speaker from Co-Op Estate Planning



7pm



Free



Tonight we welcome Julie Pullinger from Co-Op. She will introduce the issues and subjects important to you, such as Protecting the family's nest egg, inheritance tax, lasting power of attorney and other steps to plan for your future. The talk lasts around 30 minutes with a question and answer session for a further 15 minutes. Is this of interest to you and your friends and family? Everyone welcome. Quaker Meeting House, Rear of 34 Mill Road, Worthing, West Sussex BN11 5DR. Please contact Sue on 07344 084880 for more details.

Message from your Secretary

Hello Members,

As I write this, the district is in the throes of finding yet another secretary. Trudy, our lovely former secretary decided quite suddenly that the job was not after all what she wanted to do and resigned her post. As a result, I find myself, once again, trying to hold the fort whilst your committee recruits a replacement. However, I am happy to report that it will not be very long before a new incumbent is in place and I can go back to my garden.

You already know that Jodie Gregson, our Social Organiser in the east, was recruited shortly before the last “Out and About” went to print and I am happy to report that she now has a colleague in the west of the district and that is Sue Hart. Your committee are confident that between the two of them our Social Organisers are going to liven up our social provision across the district and this “Out an About” issue is the start of that. I am sure we all wish the two of them every success and look forward to a bright and entertaining future.

Additionally, we now have a new Telephone Befriender, Trevor Scales operating in our District. Trevor is keen to expand his role and so if any of you would welcome a call for a chat, just use the contact details opposite and we can put you in touch.

Finally, we face an ongoing battle to attract new blood to our Committee of Management. We are all volunteers but the ravages of age do inevitably catch up with us all. This year, Judith Lawson, a long standing committee member has decided to step down. We are all grateful to her for the insight and wisdom she has shown over the years but would ask you all to think whether you could spare a few hours every couple of months to help us continue the important work that she has been part of. If so, just contact any of us and we'll help you to get involved.

Best Wishes to you all.

Michael Porter
Trustee

Some of our recent events...





We take photos at our events, if you don't wish to be in it please let us know.



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 Janet on **07753 677274** or email janet.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@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**

Friendship: the constant that carries us forward A message from our CEO, Jane Nelson

Another year has passed by so quickly at the Oddfellows, and it reminds me how fast life moves. However, in a hurried world, friendships really do slow the pace and bring us back to what truly matters.

Life for each and every one of us feels richer in good company. Even between get-togethers, friendships keep us hopeful. They anchor us through life's ebb and flow – deepening our joy in good times and supporting us in challenging ones. True friends celebrate our successes, steady us when we falter, and offer a sense of belonging.

Life may change, but lasting friendship remains a constant that grounds us, making everything a little brighter. And whether near or far, genuine connections help us navigate life with resilience, laughter, and warmth.

Remember every friendship begins with a simple moment of connection, and we all have the power to create new ones or welcome others into our community who seek companionship. Please always stay open to new friendships in 2026 and nurture the ones you treasure.

If you're a member and see a new face at one of our social events, offer that warm welcome we're known for. A friendly chat, a check-in, or an introduction can ease first-visit nerves and help turn a new space into a familiar one. These small acts show that we want people with us for the long run.

Throughout 2026, let's hold on to what gives our Society its strength – the belief that shared friendship creates a place where people feel supported, valued, and at home.

Friendship is the bedrock of our Society. So together, let's continue building a welcoming community where every friendship can begin.

This will be my last turn of year message to you all as of course I retire in May. I want to thank each and every one of you for your support and friendship over the years and I wish you, your friends and your families a very happy and healthy 2026.

Yours in friendship,

Jane Nelson, CEO, the Oddfellows

A warm welcome to Simon, our CEO Designate

In October 2025, the Society appointed Simon Gallimore as Chief Executive Officer Designate. He's currently working alongside Jane Nelson, our CEO, ahead of assuming full responsibilities in May 2026. Read more at: www.oddfellows.co.uk/news/welcoming-our-new-ceo-designate



Talented trio win Educational Awards

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

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

Jane Nelson, CEO of the Oddfellows, said:

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

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

Melanie Healey, Humber Wolds Branch

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

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

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

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



Will Stevenson Pride of Woolwich Branch

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



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

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

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

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

Emma Corbin Worcester Branch

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



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

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

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

"It's an increasingly relevant subject, considering topics such as climate change and geopolitics," Emma added.

More about our Educational Awards

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

2026: Time to make a financial plan



a proud part of the Oddfellows

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

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

Where to start?

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

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

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

Start saving

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

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

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

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

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

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

Get in touch

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

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

Terms and conditions apply to all products.

Find out more

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

At a glance

Weekly Events

Every Friday Tai Chi 9.30am

March 2026

Mon 2	Monday Morning Cuppa at Bonito Lounge	10.30am
Tues 3	Chinese New Year Meal at Baan Sai	6pm
Wed 4	Exercise for All	2pm
Thurs 5	Coffee Morning at Al Campo Lounge	10.30am
Mon 9	East Sussex Book Club - The Salt Path at Fuego Lounge	10.30am
Mon 9	Line Dancing	12.15pm
Tues 10	Lunchtime Concert at the Chichester Cathedral	12.45pm
Thurs 12	Marina Monthly Lunch Club	12 noon
Mon 16	Monday Morning Cuppa at Establo Lounge Rustington	10.30am
Tues 17	Worthing Walkers	10.30am
Tues 17	Eastbourne Bowling	2pm
Wed 18	Exercise for All	2pm
Tues 24	West Sussex Book Club - The Salt Path at Bonito Lounge	3pm
Tues 24	How big will it grow? Sunflower Potting and Growing Competition	7pm
Thurs 26	NEW Venue Uckfield Coffee Morning	10.30am
Thurs 26	Dine Around Friendship Club at The Dolphin & Anchor	12 noon
Tues 31	RNLI - Selsey Lifeboat Visitors Centre Talk	11am

April

Wed 1	Exercise for All	2pm
Thurs 2	Coffee Morning at Al Campo Lounge	10.30am
Thurs 9	Marina Monthly Lunch Club	12 noon
Mon 13	East Sussex Book Club - Where The Crawdads Sing at Fuego Lounge	10.30am
Mon 13	Movie Night at Picturedrome Cinema, Bognor Regis	6pm
Tues 14	Pottery Painting with Tierra Pottery Studio	10am

At a glance

April

Wed 15	Exercise for All	2pm
Fri 17	Hotham Park Petanque (Boules)	2pm
Mon 20	Monday Morning Cuppa at Bonito Lounge	10.30am
Tues 21	Worthing Walkers	10.30am
Tues 21	West Sussex Book Club - Where the Crawdads Sing at Bonito Lounge	3pm
Tues 21	Eastbourne Hall Games Evening	7pm
Mon 27	Monday Morning Cuppa at the Old Barn Garden Centre Café	10.30am
Tues 28	Sip and Paint Evening at the Meeting House	7pm
Wed 29	Exercise for All	2pm
Thurs 30	Eastbourne Petanque	10.30am
Thurs 30	Dine Around Friendship Club at The Walnut Tree	12 noon

May

Tues 5	Brighton Petanque	11am
Wed 6	Stroll Around Hotham Park and Afternoon Tea	1pm
Thurs 7	Coffee Morning at Al Campo Lounge	10.30am
Sun 10	Willingdon/Polegate Windmill Open Day	11am
Mon 11	East Sussex Book Club - The Silent Patient at Fuego Lounge	10.30am
Wed 13	Exercise for All	2pm
Thurs 14	Marina Monthly Lunch Club	12 noon
Mon 18	Monday Morning Cuppa at Establo Lounge Rustington	10.30am
Mon 18	Mewsbrook Park Petanque (Boules) - Littlehampton	2pm
Tues 19	Worthing Walkers	10.30am
Tues 19	West Sussex Book Club - The Silent Patient at Bonito Lounge	3pm
Tues 26	Worthing Social Branch Events	7pm
Wed 27	Exercise for All	2pm
Thurs 28	Dine Around Friendship Club at The Waverley Pub	12 noon

At a glance

June

Mon 1	Monday Morning Cuppa at Bonito Lounge	10.30am
Thurs 4	Coffee Morning at Al Campo Lounge	10.30am
Thurs 4	Chichester Cathedral Festival of Flowers	11am
Mon 8	Oddfellows Sussex Wide Petanque Competition!	10.30am
Wed 10	Exercise for All	2pm
Thurs 11	Marina Monthly Lunch Club	12 noon
Mon 15	East Sussex Book Club - The Kite Runner at Fuego Lounge	10.30am
Tues 16	Lino Printing Workshop - Eastbourne	7pm
Thurs 18	Lunch at the Lido	12 noon
Tues 23	Worthing Walkers	10.30am
Tues 23	West Sussex Book Club - The Kite Runner at Bonito Lounge	3pm
Tues 23	Bingo and Chips at Quaker Meeting House	7pm
Wed 24	Exercise for All	2pm
Thurs 25	Dine Around Friendship Club at Hotham Park Café	12 noon
Mon 29	Monday Morning Cuppa at the Old Barn Garden Centre Café	10.30am

July

Thurs 2	Coffee Morning at Al Campo Lounge	10.30am
Mon 6	Monday Morning Cuppa at Bonito Lounge	10.30am
Wed 8	Exercise for All	2pm
Thurs 9	Marina Monthly Lunch Club	12 noon
Mon 13	East Sussex Book Club - The Wrong Sister at Fuego Lounge	10.30am
Mon 13	Monday Morning Cuppa at Establo Lounge Rustington	10.30am
Thurs 16	Sunset and Supper at Paghams Beach	7pm
Tues 21	Worthing Walkers	10.30am
Tues 21	West Sussex Book Club - The Wrong Sister at Bonito Lounge	3pm
Tues 21	Eastbourne Hall	7pm
Wed 22	Exercise for All	2pm

At a glance

July

Tues 28	Worthing Social Branch Events	7pm
Thurs 30	Dine Around Friendship Club at the Old Barn Garden Centre Restaurant	12 noon

August

Mon 3	Monday Morning Cuppa at Bonito Lounge	10.30am
Wed 5	Exercise for All	2pm
Thurs 6	Coffee Morning at Al Campo Lounge	10.30am
Mon 10	East Sussex Book Club - The Names at Fuego Lounge	10.30am
Thurs 13	Marina Monthly Lunch Club	12 noon
Mon 17	Monday Morning Cuppa at Establo Lounge Rustington	10.30am
Tues 18	Worthing Walkers	10.30am
Tues 18	West Sussex Book Club - The Names at Bonito Lounge	3pm
Tues 18	Fish and Chips - Eastbourne	7pm
Wed 19	Exercise for All	2pm
Tues 25	Tax, Care and Toy Boys Talk by Speaker from Co Op	7pm
Thurs 27	Dine Around Friendship Club at Marine Gardens Restaurant	12 noon

Booking and Cancellations

Please remember the importance of early booking for all events to avoid disappointment or cancellation due to lack of support. Please note that a place is not guaranteed at any event until full payment has been received.

Data Protection

Please note that we can only contact members by the methods they have agreed – eg email, letter, phone etc. It has come to our notice that several members are not receiving our regular emails but would like to. If this applies to you, please contact Janet Porter – contact details on page 2 and advise her so she can update your records.