



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

Summer 2020
www.oddfellows.co.uk

Derbyshire Peak News and Views

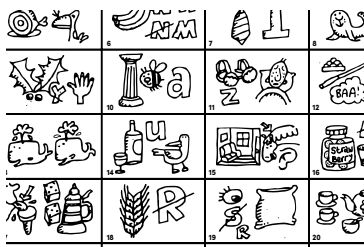
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Refer a Friend



Countries of the World



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A warm welcome to this first newsletter which we are sending to all our members.

The Management Committee hope that you have all been coping during this very difficult time for everybody. Obviously as we have had no social events during this period it has been difficult to communicate with you all. The two Welfare Officers Nancy Bradley and myself with Meryl and Toni have been contacting older members by telephone to check on their welfare. This has been successful and on the basis of the feedback I have received, most welcome.

The Oddfellows nationally have continued to provide helpline assistance to members and I have asked Toni to include the telephone numbers for these services in the newsletter.

Obviously the Management Committee have been unable to meet during this lockdown but we have been able to take a small number of decisions on the basis of telephone conversations and votes.

Contact Details

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

District Secretary:

Meryl Caunt

T: 01246 273076

E: meryl.caunt@oddfellows.co.uk

Social Events Organiser:

Toni Siddall

T: 01246 273076

E: toni.siddall@oddfellows.co.uk

Address:

126 Saltergate,
Chesterfield S40 1NG



OddfellowsDerbyshirePeak

Meryl your Secretary and Toni as Social and Development Organiser have worked from home during this period and there has been lots for them to be getting on with. I want to thank them both for their commitment and hard work.

The recent announcement by our Prime Minister sees us moving forward to more

normal contact with family and friends and I look forward to a time when the Management Committee can meet again and to social events where I can meet some of you. I send you all fraternal greetings and my advice to stay safe.

Peter Wilkinson
Chairman of the Branch

Still here for you

We'd like to remind you that we are still here for you. Just because we can't get together in person that doesn't mean we aren't at the end of the phone or email.

If you need us then just let us know and we will do all we can to support you in these scary times. We very much look forward to seeing you all again very soon. As always, we'd like to request that if you have any ideas for social events in the future then please let us know and we will try our best to accommodate your interests. In the meantime, we leave you with the words of Her Majesty The Queen,

"We should take comfort that while we may have more still to endure, better days

will return: we will be with our friends again; we will be with our families again; we will meet again".

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

Please make sure we have the correct contact details for you! We want to be able to contact you via post, phone or email you. Have your details recently changed? Please let Meryl or Toni know. Thank you!

Is there someone you know who'd enjoy what we do?

Refer a friend today

To refer a friend, call Membership on **0800 028 1810**, or visit our Members' Area at **www.oddfellows.co.uk** or fill in the **Refer a Friend form** available from your Branch Secretary

*Terms and conditions apply to the Refer a Friend offer. It cannot be used in conjunction with any other member offer. For full terms and conditions and for details of the rewards visit www.oddfellows.co.uk/offers.

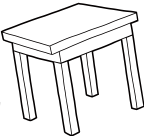
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Wordsearch

See page 12 for answer



pillow



table



picture



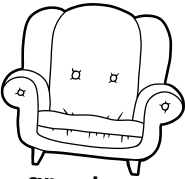
lamp



plug



fan



armchair



stool

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b	y	a	k	v	p	k	n	e	c	g	o	i	a	f	n	d	o						
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g	j	i	o	t	w	f	t	u	s	r	c	s	r	p	l	u	g						
b	y	r	l	n	l	r	a	r	o	o	h	t	f	i	p	w	e						
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f	r	c																f	c	s			



mirror



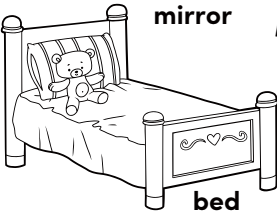
highchair



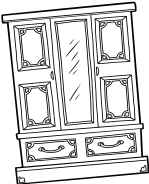
chair



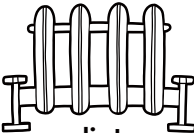
sofa



bed



wardrobe



radiator





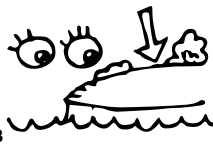

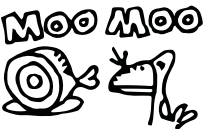













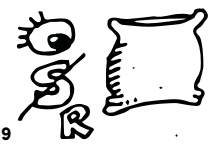


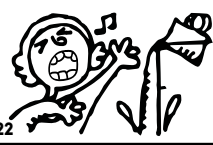






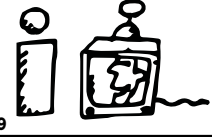



nightstand

Provided by Thames Valley's Leading Creative Agency

Question (Answers on page 12)	Write your answers in the box below
1. Performer Farrokh Bulsara is better known by which name?	
2. The Manic Street Preachers come from which country?	
3. What animal is the cartoon character 'Duggee'?	
4. On April 10th 1912, the Titanic set sail on its maiden voyage from which UK port?	
5. In which year did Ipswich Town Football club win the FA Cup?	
6. What is the official county flower of Suffolk? Cowslip/Oxlip/Primrose	
7. What is the main grape variety used to produce red burgundy wine?	
8. In the 'Wind in the Willows', what animal is Ratty?	
9. What is the anagram of CoronaVirus?	
10. The Soldiers Song is the National Anthem of which EU country?	
11. Into which sea does the River Nile flow?	
12. In which country was Rudyard Kipling born?	

Countries of the World

See page 12 for answers

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<div>29</div> 	<div>30</div> 	<div>31</div> 	<div>32</div> 

Heart and Parcel ideas for staying at home

Heart and Parcel offer you their collection of 10 tried and tested foodie activities to try out whilst self-isolating at home:

1. Restock, Revitalise and Clear! Sort out that spice drawer, sharpen those knives, reorganise the pans - look at all the little jobs you wanted to embark on but couldn't do before.
2. Connect through Food. Take photos of your food and send to family and friends. This is about conversation starters and sharing recipes whilst going about your day.
3. Revisit Recipe Books. Go through old recipe books, supermarket food magazines and any old dog-eared notebooks to try out any recipes that you were too busy to try previously.
4. Get Smart with Waste. Keep an eye out in your kitchen for any food that is about to go to waste. Have a look online and see how you can make something delicious.
5. Batch Cook. This can be a very satisfying task. Get out old containers, set aside some time to look through all cupboards, fridge, veg boxes and see what meals you might be able to make. Big one pot recipes work well, stews, soups, pies, dumplings! Once you've filled all the containers, you can freeze them until you need them for ease.
6. Make simple food with few ingredients. One of their learners had some leftover dough and decided to make flatbread out of it. So useful!
7. Come Dine with Me. Have a dinner party with food and nice drinks with your friends. There are so many different video platforms you can use including Zoom and Skype, WhatsApp, FaceTime and Facebook Messenger. Book in a time, cook a nice dinner and enjoy the moment with your loved ones!
8. Explore Different Food Lifestyles. Get curious about expanding your culinary skills with food cooking and lifestyle videos.
9. Practising Gratitude. This point is not necessarily food related, but can definitely help with feeling more satisfied with what you have. Everyday write three things you are grateful. Research has shown the hugely positive impact in reducing dissatisfaction with exercising this character trait. It could be written down to yourself or could be a shared group with friends. Three things. This could be as simple as that first cup of tea in the morning, to cooking with a new spice or having a nice phone call with a friend.
10. Cooking as a Family. Cooking with others can be a really rewarding experience, to pass on memories and to bond. It's also great for life skills! Making dumplings together are a great way to pass the time learn a few different cooking techniques and eat together afterwards.





A guide to spotting misinformation and finding trustworthy support



During the current coronavirus emergency we are receiving a lot of information, much of it online. By trying to support each other, many of us are passing information on to our family and friends. However, if it is unverified, it might do more harm than good.

Here we explain how to spot misinformation and where to find reliable sources of guidance and support.

Coronavirus is having a huge impact on daily life and it is important not to be misled by inaccurate news stories and misinformation. Unfortunately, such false information is being widely circulated on the internet and social media, often with good intentions, by friends and family online.

Examples of misinformation include claims that coronavirus was spread by 5G mobile technology, that the virus can be detected by holding your breath and cured by gargling water for 15 seconds. These claims are not true but are the sort

of things coming from sources claiming to be 'experts'.

Use the 'SHARE' checklist
To help spot false information, the government has published a checklist called 'SHARE'.

It provides five easy steps to identify whether information is reliable or not:

Source – Rely on trusted sources for medical and safety information.

Headline – Always read beyond the headline to the end of the story.

Analyse – Check the facts. If it sounds unbelievable, it very well might be.

Retouched – Does the video or image look altered? Watch out for misleading pictures and videos. They might be edited, or show an unrelated place or event.

Error – Look out for mistakes, typos and other errors. It might mean the information is false. Official guidance is always carefully checked.

Trustworthy online sources of information and support


- Government advice, gov.uk/coronavirus
- Medical advice, nhs.uk/conditions/coronavirus-covid-19/
- Fact checking, fullfact.org/health/coronavirus/

Trustworthy helplines

Older people	Age UK	0800 055 6112
	Independent Age	0800 319 6789
	The Silver Line – telephone befriending	0800 470 80 90
Health and social care	Patients Association	0800 345 7115
Mental health	Mind	0300 123 3393
	Samaritans	116 123
Bereavement	Cruse	0808 808 1677

Emoji Fun

Below you will find some emojis which with a little imagination are the names of countries. See if you can work them all out, the clue is to say what you see. If you are really struggling then the answers can be found at the bottom of the page. We'll start you off - number one is 'Bras' 'ill', so the Country is Brazil.

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 

Writing Letters

Would you like to write to another Derbyshire Peak Branch member?

In the days of mobile phones, email and text messages, letter writing feels like something from the past. But don't you think the art of writing a letter and receiving a letter in the post offers an experience that modern technology cannot touch. Letters create a connection that modern, impersonal forms of communication will never approach. With that in mind and with many of us staying safe in our homes, how would you like to write a letter to another Derbyshire Peak Branch member? Why not become a pen pal friend?



If you are interested please do let Meryl or Toni know. We will only share postal information with your prior permission. We can also provide help with paper and stamps if you need it!

Answers for Countries of the World on page 6

- | | | | |
|----------------|--------------|-------------------|-----------------|
| 1. Canada | 9. Holland | 17. Liechtenstein | 25. Hungary |
| 2. West Indies | 10. Columbia | 18. Bali | 26. North Korea |
| 3. Iceland | 11. Brazil | 19. Iraq | 27. Cambodia |
| 4. Russia | 12. Cuba | 20. China | 28. Sweden |
| 5. Mozambique | 13. Wales | 21. Belgium | 29. Italy |
| 6. Bahamas | 14. Portugal | 22. Singapore | 30. Hong Kong |
| 7. Taiwan | 15. Romania | 23. Bahrain | 31. Botswana |
| 8. New Zealand | 16. Japan | 24. India | 32. Grenada |

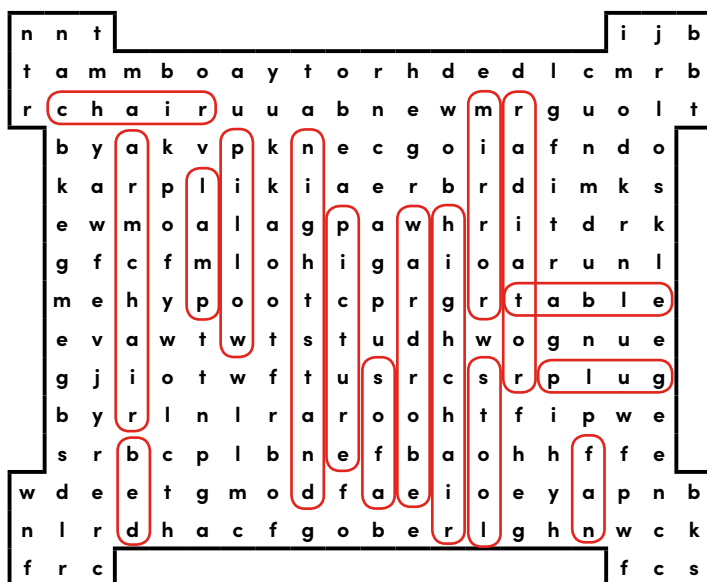
Answers for page 5 questions

- | | |
|----------------------------|-------------------|
| 1. Freddie Mercury | 7. Pinot Noir |
| 2. Wales | 8. Water Vole |
| 3. Dog | 9. Carnivorous |
| 4. Southampton | 10. Ireland |
| 5. 1978 (beat Arsenal 1-0) | 11. Mediterranean |
| 6. Oxlip | 12. India |

Emoji Fun Answers on page 11:

- Brazil
- Wales
- Belgium
- Chile
- Finland
- Thailand
- Iceland
- Seychelles
- Oman
- Madagascar

Wordsearch on page 4



Time to say “Thank you!”



It's true that lights shine brightest on the darkest of days as, since the start of the Coronavirus pandemic, we've witnessed countless acts of kindness and the best of humankind.

Jane Nelson, CEO, says, “Oddfellows has its own very special brand of friendship which goes a long way in helping our members through some difficult times, and these past few weeks have been extremely difficult for so many people. We are incredibly proud of each and every one of our Branches and all our volunteers for the fantastic way that they all rose to the challenge, and we can't thank them enough for their efforts.”

As with other local organisations supporting older or vulnerable people, including many who live alone or who

are shielding, our volunteers make a huge difference to the scale of help we can offer, such as making welfare check-in calls, organising essential shopping and providing company through befriending and online events.

Once again, our most heartfelt thanks go to the individuals who have given their time freely to be a friend to those in desperate need. We will not forget your kindness, and we hope that their example continues to inspire many others to offer their help where possible, long into the future.

Interested in becoming an Oddfellows member volunteer? Speak with your Branch Secretary, or take a look at www.oddfellows.co.uk/benefits/social/volunteering/

Our emergency appeals

At times of crisis, the Society has always looked for ways to help. Which is why, when our friends in Australia were fighting against bush fires at the end of 2019, our members rallied to offer their support.



Reflecting on the donations, Oddfellows CEO Jane Nelson said: “Thank you again to all who have contributed to the Appeals, and for enabling those in need to receive the support they so desperately need, as well as to draw comfort from the knowledge that they have not been forgotten.”

We're pleased to tell you that the total amount raised by our members was £7,600. This money has gone directly to those affected, to help rebuild communities and provide valuable support.

We also launched our Coronavirus Emergency Appeal, in support of The Silver Line and the National Emergencies Trust's critical work during the pandemic. Both organisations work hard to ensure help and comfort is provided to those who desperately need it.



We'd love to see you at our online events

Just because you aren't able to come along to our usual face-to-face events at the moment, doesn't mean that you should have to miss out on all of the fun!

Lots of our Branches are hosting online events, open to members from across the country, through Facebook Live or Zoom video conferencing. Don't have a smartphone or a computer with a camera? There's a phone-in option as well, so it's accessible to all.

Whether you're looking for exercise motivation with our Seated Yoga class, hosted by Swansea and Bridgend, or you'd like to test your general knowledge with Ipswich's weekly trivia quizzes, there is something for everyone. If you're struggling to get set up on Zoom, our Branches are on hand to help.



Give your local Social Organiser a call and they can talk you through the process. It's a free-to-use video conferencing tool, and it's a great way for you to stay in touch with your fellow members.

Facebook is another option. Lots of Branches have their own Facebook page updated regularly with events, news, fun quizzes and a little bit of humour to keep us smiling through these tough times. If you haven't liked your local Oddfellows page yet, get in touch with your Branch Secretary to ask for the link.

Oddfellows Travel Unveiled

Despite there being restrictions on how and where we can travel at the moment, we're busy behind the scenes creating a brand-new line-up of short breaks, longer trips and cruises for 2021 under the new name Oddfellows Travel (formerly Active Travel Club).

Rest assured, we're still working with our trusted third-party travel partners, Fred. Olsen, Warner Leisure Hotels, Haven and Leger Holidays who are ABTA and ATOL

protected, so you can be confident your booking is in good hands.

When you're thinking about taking your next trip, don't forget to look at what we have to offer. Whether you're a foodie, a culture vulture or a history buff, we hope to have a holiday that you'll love.

Visit Oddfellows Travel at www.oddfellows.co.uk/travel

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 Meryl on **01246 273076** or email **meryl.caunt@oddfellows.co.uk**

Oddfellows Citizens Advice Line

Call 0800 0149 821*

(free to callers from any landline or mobile number)

Monday - Friday, 9.30am - 4.30pm

Email: oddfellows@manchestercab.org



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

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

Care and Welfare Helpline

Call 0800 0149 822

(free to callers from any landline or mobile number)

Monday to Thursday, 9.30am - 4.30pm, Friday, 9.30am - 4pm

Email: care@oddfellows.co.uk

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

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

The Oddfellows is the trading name of The Independent Order of Odd Fellows Manchester Unity Friendly Society Limited, incorporated and registered in England and Wales No. 223F.
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