



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

# events diary

## Handforth and Altrincham District

February - July 2020



*The White Bear, Knutsford*



Welcome to the first six months of the 2020 Events Diary for the Handforth and Altrincham Branch of The Oddfellows.

As a local Branch of the national membership organisation the Oddfellows, we offer you a great opportunity to make new friends and enjoy a variety of activities. We also provide our members with a range of advice and support services when you need them.

We have arranged an exciting calendar of events for the beginning of 2020 so you can meet up with friends and to make some new ones.

**Front cover:** The White Bear, Knutsford by Richard Slessor and licensed for reuse under the Creative Commons Licence.

## Contact Details

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High Legh, Knutsford,  
Cheshire WA16 6LY

**Everyone is welcome at Oddfellows events. Even if you are not a member, we extend an invitation to you and your friends to attend any of our events that take your fancy - you'll receive a warm welcome and a good time.**

## A bit about us...

The Oddfellows is a friendly society with Branches across the UK. Through friendship and social events, we help our members get more enjoyment out of life, and offer care, advice and support in times of need. We welcome everyone of all ages. Find out more at [www.oddfellows.co.uk](http://www.oddfellows.co.uk) or call 0800 028 1810.

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. Registered Office: Oddfellows House, 184-186 Deansgate, Manchester M3 3WB

From coffee mornings, lunches, talks, day trips and music! We're spoilt for choice with things to do this year, so get your diary out and book now to meet up with friends at our great events.

The Odeon Silver Cinema in Northwich, Baron Quays screens a movie with tea/coffee and biscuit beforehand for £3 each (show times to be confirmed the week before) every Tuesday and Thursday (11am or 2pm) Please let Sharon know if you'd like to meet up with friends. Address: Baron Quays, Northwich CW9 5FT.



## February 2020

# Chinese Extravaganza at the Altrincham Garrick

**Saturday 1 February, 1.30pm**

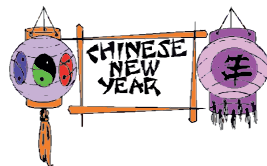
Barrington Road, Altrincham  
WA14 1HZ



Welcome in the Year of the Rat with a spectacular line up of dazzling Chinese acrobatics, music and dance in Altrincham. Please check with Sharon for tickets.

## Monday 3 - Chinese Lunch at the Choy Hing Village in Grappenhall, 12 noon

'Kung Hei Fat Choi' Celebrate 2020's year of the rat with us and enjoy a superb tasty, value for money three-course Chinese lunch for £8.50 per person. Please book with Sharon. **Address:** 97 Knutsford Road, Warrington WA4 2NS.



## Monday 10 - Coffee Morning at Dunelm's Coffee Shop in Altrincham, 10.30am

Join us for a piece of cake and freshly ground coffee before having a look around the shops. Please book with Sharon. **Address:** Bridgewater Retail Park, Altrincham WA14 5PZ.

## Monday 17 - Theatre Trip to the Altrincham Garrick to see 'Jeeves & Wooster in Perfect Nonsense, 7.30pm

Expect an outrageously inventive evening of fast paced comedy, dramatic car chases, heinous heists, swooning lovelies and the odd, very odd, newt impersonation. Tickets are £9 each, please check with Sharon for tickets.

**Address:** Barrington Road, Altrincham WA14 1HZ.

**February 2020**

## **Snowdrop Walk at Rode Hall**

**Tuesday 25 February, 11am**

Scholar Green ST7 3QP

Join us to celebrate spring at this spectacular display of snowdrops for a perfect morning stroll followed by homemade cake or soup/bacon bap and a coffee. Please book with Sharon by the week before. Costs: £5 per person plus lunch (payable on the day).



**Thursday 27 - Lunch at The Old Broken Cross in Northwich, 12 noon**

Making you feel warm and welcome at this country pub with a great value for money menu. Please book with Sharon by the week before. **Address:** Northwich CW9 7EB.



## **March**

**Monday 2 - Branch Meeting and Annual Summoned Meeting at Cranage Village Hall, 11am**

Meeting starts at 11am prompt, with coffee served beforehand at 10.45am. Our Annual Summoned Meeting follows at 12 noon, which all members are invited to attend and copies of the 2019 accounts will be available. Please let Sharon know if you are coming. **Address:** Knutsford Road, Cranage CW4 8EQ.

**Monday 2 - Theatre Trip to the Altrincham Garrick to see 'When the Rain Stops Falling', 7.30pm**

Alice Springs in the year 2039. A fish falls from the sky and lands at the feet of Gabriel York, it still smells of the sea... That is how this compelling family saga begins. A play that transports us back and forth in time from one generation to another from 1959 to 2039, from London to Australia. Tickets are £9 each, please book with Sharon by 20 January.

**Tuesday 10 - Coffee Morning at The Picturedrome in Macclesfield, 11am**

Macclesfield's oldest cinema has been taken over by the team behind Altrincham's Market House. Opened at the end of last year, this historic building has been transformed into a bustling canteen with nine kitchens. We will meet at 11am and pick where to eat from. Please book with Sharon. **Address:** Chestergate, Macclesfield SK11 6DW.

## March

### Ukulele Sing-Along

**Monday 23 March, 11am**

Lostock Grahnam Community Centre, Stubbs Lane,  
Northwich CW9 7PU



We've arranged for a fun morning of old time favourite songs with the Lostock Ukes, come along and join in and sing-along, with coffee and cake provided - a fun time is guaranteed. Members of the group are from the local community and they play for free but ask for donations to St Luke's Hospice. Please book with Sharon.



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### Thursday 26 - Lunch at Bistrot Pierre in Altrincham, 12 noon

Join us for freshly prepared French food in Altrincham and enjoy the popular Prix Fix lunch menu from £9.95 (one course) or £12.95 (two courses). Please book with Sharon the week before. **Address:** 63 George Street, Altrincham WA14 1RJ.

### Monday 30 - Theatre Trip to the Altrincham Garrick to see 'The Lady in the Van' by Alan Bennett, 7pm

Adapted from Alan Bennett's own short story, this play is based on his real-life experience with an elderly homeless old woman living in his front garden for 15 years. Tickets are £9 per person, please book with Sharon by Monday 17 February.

## April

### Wednesday 1 - Pot Luck Event at High Legh Village Hall, 12 noon

Please bring your favourite dish - savoury or sweet or Easter themed to share, it'll be lots of fun again and a chance to meet up with friends. Refreshments provided and a fun game of charades as requested as well!! Please let Sharon know if you are coming and what you plan to bring with you. **Address:** West Lane, High Legh WA16 6LR.



## April

### **Monday 6 - Coffee Morning at Arighi Bianchi in Macclesfield, 10.30am**

Lovely coffee and cake in the Café Bar at Macclesfield's finest home furniture store and a chance to look around afterwards. Please book with Sharon by the week before.

**Address:** The Silk Road, Macclesfield SK10 1LH.



## Holistic Talk

### **Monday 20 April, 11am**

Stubbs Lane, Northwich CW9 7PU

We have arranged for a relaxing and interesting holistic talk by Natalie Kitchen from Northwich, who is trained in aromatherapy, reflexology and reiki healing which aims to treat the entire body rather than just the physical problem. Natalie will give us a talk along with free, informal consultations and massages along with cake and coffee, it'll be a fun event so please book with Sharon if you'd like to come along.



### **Monday 20 - Theatre Trip to the Altrincham Garrick to see 'A Streetcar Named Desire' by Tennessee Williams, 7.30pm**

One of the greatest American plays - a timeless masterpiece. Tickets are £9 each, please book with Sharon by Monday 9 March.

### **Wednesday 22 - Lunch at Altrincham Market, 11am**

Join us for lunch at the amazing Altrincham Market, we'll grab a table at 11am and you can pick lunch from any one of the 10 independent quality food traders. Please let Sharon know if you are coming. **Address:** Market Street, Altrincham WA14 1PF.



### **Tuesday 28 - Coffee Morning at Paterson's Café in Northwich, 10.30am**

Join us at this new Café Bar in Northwich for modern breakfast or coffee and American pancakes or waffles. Please book with Sharon. **Address:** 287 Manchester Road, Northwich CW9 7NE.





## May

### **Tuesday 5 - Lunch at The Quayside in Northwich, 12 noon**

Join us for a fabulous value Senior Citizens Lunch - main, pudding and pot of tea for £5.99 per person. Please book with Sharon. **Address:** 129 Witton Street, Northwich CW9 5DY.



### **Monday 11 - Lunch at Fairways Garden Centre in Sutton, Macclesfield, 12 noon**

Meeting in Macclesfield for lunch - you can choose off the daily specials board or soup, jacket potatoes, sandwiches or paninis and a chance to look around the beautiful plants for your summer garden as well. Please book with Sharon.

**Address:** Bullocks Lane, Macclesfield SK11 0HE.



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## Tour of Roberts Bakery

### **Wednesday 13 May, 1pm**

Rudheath Northwich CW9 7RQ

We have arranged a guided tour of one of Cheshire's most iconic factories. From the grocery shop which opened 130 years ago by Robert Roberts to today when the two businesses, Roberts Bakery and Little Treats employs 900 people and more than two million loaves a week can be seen rotating in the cooling towers. Please book with Sharon asap as there are strict health and safety requirements and a health form to be completed beforehand. The tour starts with a walk around the Little Treats Bakery followed by Roberts Bakery and ending with a talk on the Roberts Family history.



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### **Monday 18 - Branch Meeting in the Meeting Room at Timperley Sports and Social Club, 11am**

Meeting starts at 11am prompt, with refreshments served beforehand at 10.45am and all members are invited to attend. Please let Sharon know if you are coming. **Address:** Stockport Road, Timperley, Altrincham WA15 7LU.

## May

### **Monday 18 - Theatre Trip to the Altrincham Garrick to see 'The Producers', 7.30pm**

A new Mel Brooks musical, Broadway producer Max Bialystock is desperate to get to the top of his profession after a string of flops and finding an ally in mousy accountant Leo Bloom they set out to produce the worst musical ever to hit Broadway, - what can possibly go wrong? Tickets are £9 each, please book with Sharon by Monday 18 March.

### **Thursday 21 - Lunch at Aspire Restaurant in Altrincham, 12.15pm**

Back to our favourite college with lovely lunches prepared by the students. Please book with Sharon by the week before. **Address:** Trafford College, Manchester Road, West Timperley, Altrincham WA14 5PQ.



## June

### **Monday 1 - Coffee Morning at Flora Tearooms, Henbury, 10.30am**

Toasted teacakes and cake at Flora and a chance to look around the gift shop and garden centre afterwards. Please book with Sharon by the week before. **Address:** Chelford Road, Macclesfield SK11 9PQ.



### **Tuesday 9 - Coffee Morning at Dobbies Garden Centre in Timperley, 10.30am**

Trying out the new diner since Dobbies took this garden centre over from Wyevale last autumn - please join us and let Sharon know if you are coming. **Address:** Green Lane, Timperley Altrincham WA15 8QP.

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## Lunch Time Piano Recital in Alderley Edge

### **Wednesday 17 June, 1.30pm**

Alderley Edge Methodist Church, Alderley Edge SK9 7DU

Recommended by a member, please join us to listen to a piano recital by the students from Chetham's School of Music, and join us beforehand for a light lunch from 12 noon. **Cost:** £6 for the concert.





## June

# Wizard Narrowboat Trip - Book Now

**Tuesday 23 June, 9.40am**

Stockton Heath, Warrington WA4 6LE

We have arranged for a leisurely narrowboat cruise on the beautiful Bridgewater Canal, stopping at The Barn Owl pub for lunch. The boat is owned by the Warrington Disability Partnership and the boat is crewed by their friendly and experienced volunteers.



The boat is fully accessible, with an accessible toilet and kettle on-board, so we'll have a cup of coffee or tea as we cruise along. Departing from Thorn Marina at Stockton Heath. **Cost:** Approximately £10 per person (plus meal payable at pub), please book asap as the boat only holds 10 people, if there is more interest we will put another trip on the following day. Arrive at the Marina at 9.45am to depart at 10am, lunch at 12 noon and returned back to the Marina at approximately 4pm.

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## Monday 29 - Lunch at The Antrobus Arms in Stretton, 12 noon

Join us for a lovely lunch at this friendly family-run pub with a great value Seniors Menus for £10.95 for two courses and £12.95 for three courses. Have a look at the fabulous menu online and please book with Sharon by the week before. **Address:** Warrington Road, Stretton CW9 6JD.



## July

## Wednesday 1 - Coffee Morning at Earlams Café in Styal, 10.30am

Join us at this community café and store for a morning breakfast barm or crumpet/teacake all prepared by volunteers, it's essential to book with Sharon the week before so we can book a table and let them know how many people are coming. **Address:** Altrincham Road, Styal SK9 4JE.



## July

### **Monday 6 - Coffee Morning at West Park Café in Macclesfield, 10.30am**

Coffee and cake in the sunny park! Please join us at this hidden gem with great cakes. Please book with Sharon.

**Address:** Prestbury Road, Macclesfield SK11 3BJ.



### **Thursday 9 - Brunch at The Lavender Barn Tea Room in Dunham Massey, Altrincham at 11am**

Join us for this week's slice of cake or freshly made scone and coffee at this lovely family-run tea room with beautiful country views. Please book with Sharon. **Address:** School Lane, Dunham Massey, Altrincham WA14 4TR.



### **Monday 13 - Lunch at The Riverside in Acton Bridge, 12 noon**

We've got a summer month full of coffee mornings and lunches to get together, so hopefully you can make it to one of them near you. This week we have found a fabulous country pub next to the River Weaver, with amazing 2-for-1 deals on all main meals. Please book with Sharon by the week before. **Address:** Acton Bridge Northwich CW8 3D.



### **Monday 27 - Branch Meeting at Cranage Village Hall, 11am**

Meeting starts at 11am prompt, with coffee served beforehand at 10.45am and all members are invited to attend. Please let Sharon know if you are coming.

**Address:** Knutsford Road, Cranage CW4 8EQ.

## 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](http://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](http://www.oddfellows.co.uk/offers).

Ref 1644

# At a glance

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## February 2020

<b>Sat 1</b>	Chinese Extravaganza at Altrincham Garrick	1.30pm
<b>Mon 3</b>	Chinese New Year Lunch in Grappenhall	12 noon
<b>Mon 10</b>	Coffee Morning at Dunelm Coffee Shop in Altrincham	10.30am
<b>Mon 17</b>	Theatre Trip to the Altrincham Garrick to see 'Jeeves & Wooster in Perfect Nonsense'	7.30pm
<b>Tues 25</b>	Snowdrop Walk at Rode Hall	11am
<b>Thurs 27</b>	Lunch at The Broken Cross in Northwich	12 noon

## March

<b>Mon 2</b>	Branch Meeting and Annual Summoned Meeting in Cranage Village Hall	11am
<b>Mon 2</b>	Theatre Trip to the Altrincham Garrick to see 'When the Rain Stops Falling'	7.30pm
<b>Tues 10</b>	Coffee Morning at Picturedrome in Macclesfield	11am
<b>Mon 23</b>	Ukulele Sing-Along in Northwich	11am
<b>Thurs 26</b>	Lunch at Bistrot Pierre in Altrincham	12noon
<b>Mon 30</b>	Theatre Trip to the Altrincham Garrick to see 'The Lady in the Van'	7pm

## April

<b>Wed 1</b>	Pot Luck Event in High Legh	12 noon
<b>Mon 6</b>	Coffee Morning at Arighi Bianchi in Macclesfield	10.30am
<b>Mon 20</b>	Holistic Talk in Northwich	11am
<b>Mon 20</b>	Theatre Trip to the Altrincham Garrick to see 'A Streetcar Named Desire'	7.30pm
<b>Wed 22</b>	Lunch at Altrincham Market	11am
<b>Tues 28</b>	Coffee Morning at Paterson's Café in Northwich	10.30am

## May

<b>Tues 5</b>	Lunch at The Quayside in Northwich	12 noon
<b>Mon 11</b>	Lunch at Fairways Garden Centre in Macclesfield	12 noon
<b>Wed 13</b>	Tour of Roberts Bakery in Northwich	1pm
<b>Mon 18</b>	Branch Meeting in the Meeting Room at Timperley Sports and Social Club	11am

# At a glance

## May

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<b>Thurs 21</b>	Lunch at Aspire Restaurant in Altrincham	12.15pm

## June

<b>Mon 1</b>	Coffee Morning at Flora Tearooms in Henbury	10.30am
<b>Tues 9</b>	Coffee Morning at Dobbies Garden Centre in Altrincham	10.30am
<b>Wed 17</b>	Lunch Time Piano Recital and Lunch in Alderley Edge	1.30pm
<b>Tues 23</b>	Canal Trip on the Bridgewater Canal and Lunch	9.45am
<b>Mon 29</b>	Lunch at The Antrobus Arms in Stretton	12 noon

## July

<b>Wed 1</b>	Coffee Morning at Earlams in Styal	10.30am
<b>Mon 6</b>	Coffee Morning at West Park Café in Macclesfield	10.30am
<b>Thurs 9</b>	Brunch at The Lavender Barn in Dunham Massey	11am
<b>Mon 13</b>	Lunch at The Riverside in Acton Bridge	12 noon
<b>Mon 27</b>	Branch Meeting at Cranage Village Hall	11am

## Travel places with Friendly Faces

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



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Cruise Lines**



**Haven  
Holidays**



**Warner Leisure  
Holidays**



**Travel  
Insurance\***

Check out the latest holidays at [www.oddfellows.co.uk/travel](http://www.oddfellows.co.uk/travel)  
Contact **0161 832 9361** or email [active@oddfellows.co.uk](mailto:active@oddfellows.co.uk)

All holidays are booked through third party travel companies and terms and conditions apply.  
Please ask for further details before booking.

Holidays are open to Oddfellows members and their guests.

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



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# Handforth and Altrincham News and Views

News and views from your local friendship group

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**Coffee Mornings**



**Lunches**



## Welcome to the latest edition of the Handforth and Altrincham News and Views

Dear members

Welcome to the spring issue of your newsletter. It's full of happy photographs of the wonderful events which we've enjoyed over the last six months.

We enjoy a variety of fun events with lots of laughs, interesting and informative talks and visits, ensuring there's usually something going on every week of the year and you'll always be made to feel welcome.

We've got lots more exciting events planned for 2020, look out for the new Events Diary and we hope to see you at lots of events in there.

**Sharon Hulse-Cottle**



**Follow Handforth and Altrincham Oddfellows**  
**OddfellowsUK**  
**OddfellowsHandforthAltrincham**

## Contact Details

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

**District Secretary:**  
Sharon Hulse-Cottle

**Address:**  
8 Venables Way,  
High Legh,  
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Cheshire,  
WA16 6LY

**T:** 01925 758117

**E:**  
[sharon.hulsecottle@oddfellows.co.uk](mailto:sharon.hulsecottle@oddfellows.co.uk)



# The Gathering at Tatton Park

Wonderful visit to Tatton Park last summer to see 'Gathering' by Susie MacMurray, a stunning installation using hand-sewn red velvet balls and barbed wire, hanging from the staircase hall in the mansion. Created to celebrate the 20th anniversary of Art Fair Cheshire and to raise funds for East Cheshire Hospice.



## Amazon Visit

We enjoyed a fascinating visit last year to the Amazon fulfilment centre at Manchester Airport. Very kind and knowledgeable staff showed us what happens after you click 'buy' on Amazon.co.uk.



## Talk on the Manchester Ship Canal



On its 125th year anniversary last year, we had a wonderful talk on the Manchester Ship Canal and Wilbraham Egerton of Tatton Park who said 'it shall be so' and agreed to join the Board of the MSC and make

it happen. Opened by Queen Victoria in 1893, at 36 miles long, giving Manchester a port and dug entirely by hand. Thank you to all our lovely members who braved the rain and joined us at High Legh Village Hall.

## The Danny Visit



A wonderful visit to The Danny (The Daniel Adamson) a 1903 steamship with a unique story, it was lovely to see such a large group of friends old and new. A remarkable survivor and part of our maritime history.

## AIB Walk



Thank you Val, our friend and Altrincham in Bloom volunteer for walking us around the stunning displays last summer and congratulations to AIB who were awarded 'Outstanding in It's Your Neighbourhood' Awards and Gold in all their Britain in Bloom entries last year.

## Pot Luck Event

We had a wonderful Pot Luck event last year, with lots and lots of delicious food brought and lots of people chatting and laughing and making new friends. Date for your diary - Wednesday 1 April for our



Easter Pot Luck event at High Legh Village Hall, this time with charades!



# Making Friends and Helping People

The Oddfellows motto is 'Making Friends and Helping People' and Handforth and Altrincham members are wonderfully kind and generous, over the last six months they have collected boxes of maltesers supporting the Chaplaincy at Styal Prison and collected all this food for Hampers of Hope, a local charity providing help and care packages for local people in need. We will be joined by Julie from Hampers of Hope at our Macclesfield coffee morning on Monday 1 June at Flora Tearooms to talk around their work, all year around.



Please contact Sharon if you would like to knit a chick.

Thank you to our very generous Handforth and Altrincham members, coming together for Friendship Month last September, to support the World's Biggest Coffee Morning and raising money for Macmillan Cancer Support.



Handforth and Altrincham members knitted these lovely panda bears last year for Pandas4Pandas, a campaign whose aim is for all Cheshire Police cars to have panda bears in them to give to children in need of emotional support and reassurance.

Any knitters, this year we are supporting Francis House Easter Chick Knit (their annual appeal where knitted Easter chicks are filled with a crème egg and sold to raise funds for Francis House).



## Christmas Events

### Lunch at Bramley Farm

We all enjoyed a three course Christmas meal at Bramley Farm in Altrincham in December with 31 members, new friends and guests and the biggest puddings we've ever seen.



### Coffee morning at Flora Tearooms in Henbury

Festive coffee mornings were held in December, mince pies and lots of chatter at Angie's at Flora Tearooms. We enjoyed looking around the magical Christmas gift shop afterwards and came away with lots of decorations, gifts and flowers.



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## Lunches

**We celebrated Friendship Month 2019 with a special lunch at The Swan in Knutsford last September, with lots of friends, old and new.**

We always enjoy a fabulous Chinese lunch at the Choy Hing Village in Grappenhall - so please join us on Monday 3 February for our next lunch at the Choy Hing to celebrate 2020 Chinese year of the Rat.

We enjoyed an amazing lunch at The Barn Owl in Lymm on the Bridgewater Canal in the autumn, a fabulous home-made lunch with brilliant service and lots of lots of friends to enjoy it with.



## Book Now

**We have a wonderful canal day trip in the new Events Diary but you'll have to book quickly as places will go fast - a cruise on the Bridgewater Canal on the Wizard narrowboat, stopping for lunch at The Barn Owl on Tuesday 23 June (there is a maximum of 10 people), if we have lots of interest we'll put on the following day as well.**



# Coffee Mornings

**Great to see so many Northwich friends at ABDA Coffee Shop in the Autumn. Our Northwich friends will be happy to see that we are meeting monthly in Northwich this year, so we look forward to seeing you there.**

Wonderful seeing friends at Fryer's Garden Centre last summer in Knutsford. Friendly chat over coffee, toasted teacakes and a look at the beautiful plants outside.



Fantastic coffee morning at Morley Tearooms in Wilmslow with lovely, fun people.



Fabulous sunny coffee morning at West Park café in Macclesfield last summer. We are meeting up every month in Macclesfield this year, please see the Events Diary and hope to see you there.



## Visit to Safety Central

Thank you to Safety Central for an amazing visit. We left with masses of sensible but life-saving tips and advice to stop you from coming to harm in your home, on the road and in the community - advice like 'test it Tuesday' to test your fire alarm every week.

## Lifting neighbourly spirit

### How well do you know your neighbours?

**Many of us are guilty of being caught up in our busy lives, forgetting to stop and say hello. We share so much with the people who live on our street, but often we barely know their names.**

A strong community spirit is something we actively encourage. Our ethos of making friends and helping people means that our members enjoy a strong support network to get them through the good, and the bad.

So why not spread that net of kindness a little wider, by extending your hand of friendship to those who live around you? If you notice that your neighbour lives alone, has a lot on their plate, or doesn't often get many visitors, then why not stop by to see if you can help? Colder seasons provide a great opportunity to drop a card through their door with your contact details for them to give you a call if they're ever



*A little neighbourly spirit goes a long way*



in need of a helping hand. Or, better still, extend the gesture with a knock on their door and a friendly hello.

You don't have to become their best friend, but being a friendly face and an ambassador for community spirit could be the lift your neighbourhood needs. I'm of the firm belief that you can never have too many social plans. Sometimes people just need someone to talk to, or someone to suggest getting out, so why not let them know about your Branch's local coffee mornings, the trips out and the wonderful benefits of membership? You can be sure they'll receive a warm welcome whenever they choose to come to an event.

Wishing you, your families and your neighbours a very happy and healthy 2020.

**CEO, the Oddfellows**





# HA Andrews and the Lupus Trust

**For the next three years, the Oddfellows' HA Andrews Memorial Fund is supporting the Lupus Trust with its research into how lupus develops, in order to find ways to prevent or cure this lifelong condition.**

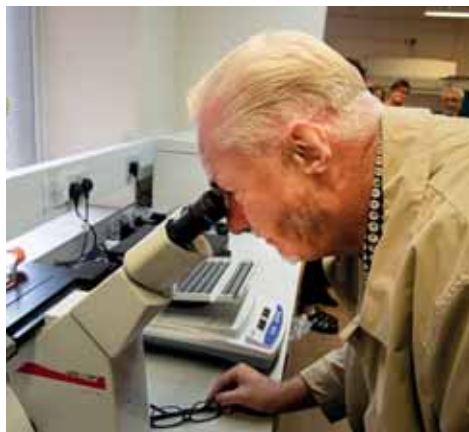
## So what is Lupus?

Lupus is an autoimmune disease in which antibodies, which usually work with the immune system to protect us from infection, instead attack the body and cause disease. It is not known why these antibodies are made in lupus patients, or even how the system in healthy people stops this from happening.

The Lupus Research Team at Guy's Hospital recently identified an immune response pathway that is defective in patients with the most severe forms of lupus. The HA Andrews Memorial Fund will support the team's research into understanding B-cell defects in lupus patients, and what causes them.

## Why did we choose the Lupus Trust?

The Lupus Trust was suggested as a beneficiary of the HA Andrews Memorial Fund by members of Ware Lodge, Brian and Pamela Weavers. Their son, Paul, was diagnosed with the condition at just 17, and as there's no cure, he has lived with the effects ever since.



*Paul takes a closer look at the research*



*The Oddfellows' team is shown around the lab*

Paul now 53, says: "Lupus leaves me feeling constantly exhausted and the skin rashes which flare up occasionally have caused permanent scarring. Holidays are difficult, as I have to avoid the sunshine, and sand can irritate my skin. As a college lecturer, I try not to let it get in the way of anything I do. When I found out the Oddfellows was supporting the Lupus Trust, I was genuinely over the moon."



*The fund will support the addition of Bekki Velounias (pictured) to the research team*

When we visited the Lupus Trust, to present the first of three annual donations which will total £85,000, we spoke to Professor D'Cruz, Professor and Consultant Rheumatologist at Guy's Hospital, London. He's working closely with the research team and says: "This is a vital and very exciting piece of research into lupus, so we are extremely grateful for the kind grant the Lupus Trust has received from the Oddfellows to fund the project for 3 years."



*CEO Jane Nelson and Grand Master David Randall at the lab*

Lupus is often called "the great mimic", as it can affect different parts of the body and is often misdiagnosed. It is currently unknown what causes lupus, although studies have identified a definite genetic tendency, which may be triggered and become active. It isn't a contagious disease, but there isn't yet a cure, only treatments which help to control symptoms.

To learn more about lupus, the Lupus Trust and the work they do, please visit [www.lupus.org.uk](http://www.lupus.org.uk)

# Sharing is caring – thank you Pat!

**We love to recognise those who go above and beyond when recommending the Society to their friends. So we're pleased to share that Patricia Sexton, member of the King's Lynn Oddfellows, has achieved the Gold Refer a Friend Award.**



## Congratulations, Pat!

Thank you. I'm very grateful and proud to have reached this level. I really enjoy being a member of the Oddfellows, and I often volunteer for a lot of the social activities, to help them run as smoothly as possible.

## When did you join the Oddfellows, and why?

It was a friend who referred me, actually! Back in late 2016, I attended a few events with my friend Violet, and I decided to join in January 2017. I love the Oddfellows ethos of 'making friends, helping people', as it truly sums up what we do.

## How many members have you referred?

I've referred 23 new members so far, and I'm very blessed to have a wonderful and rather large circle of friends who have seen how happy Oddfellows makes me, before joining on my recommendation.

## What's your favourite thing about the Oddfellows?

My favourite thing about being a member is having the opportunity to meet so many lovely people, and with new members joining all the time, it's a lovely way to make some new friends. My husband, Richard, is also a member, so it's lovely to go to events as a couple as well.

## What's the general response when you first tell people about the Oddfellows?

Lots of people have heard of us, but they don't know what we do. I'll often show them a copy of our events diary and invite them along to the next coffee morning or talk. Usually, at the end of the event, they're keen to come to the next one!

## Did you know we have a monthly e-newsletter?

Featuring exclusive member offers, real life stories, advice and news, it's delivered direct to your email inbox once a month. If you don't receive this already, speak to your Branch Secretary, or call Membership on 0800 028 1810, so we can get you added to the mailing list.



# 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 Sharon on **01925 758117** or email **sharon.hulsecottle@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](mailto: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](mailto: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.