



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

SINCE 1810

Spring 2020 | Issue 15  
[www.oddfellows.co.uk](http://www.oddfellows.co.uk)

# St Marnock News and Views

News and views from your local friendship group

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## **Welcome to the latest edition of St Marnock News and Views**

It's a pleasure to bring you this Spring edition of our Newsletter and to extend a warm welcome to all our new members who will be receiving this publication for the first time.

We have had another busy six months filled with interesting events and friendly social meetings. As always, we look forward to welcoming new people to come along and join us at any of our events and hope everyone enjoys being part of our friendly society.

We are always looking for new ideas for events, if you have any suggestions or feedback please get in touch – our contact details are on the right.

**Amanda and Shirley**

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## Secret Strollers

In tandem with the East of Scotland's main programme, we also run a series of regular events hosted and managed by our members. These include the hugely successful 'Secret Strollers' walks run by Robert and Susan Arbuckle. Their goal is to discover smaller and more unusual locations for the group to visit.

As part of the recent 'Secret Strollers' programme, another of our members - Dolores Pia - enthusiastically led the group as a guest guide! Oddfellows appreciates the work of our volunteers enormously and we are so grateful for their input and support.



## 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).

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## What's been happening in the East of Scotland

**Our summer programme kicked off in style with a delicious Afternoon Tea - complete with views of Edinburgh Castle - on the sunny terrace of the renowned Tower restaurant.**

Later in July, a large group enjoyed a day out in the glorious Drummond Castle Gardens near Crieff. With lunch at the Barley Bree, this was a thoroughly enjoyable day in rural Perthshire. By contrast, a visit behind the scenes of the masonic temple at the Dunedin Halls prompted lively discussion.

August saw us heading down to the beautiful Borders with visits to Thirlestane Castle and Monteviot House. This turned out to be one of the highlights of the programme with two fascinating tours and an exceptional lunch at Provender in Melrose.

An overnight trip to Newcastle - in glorious sunshine - was voted a huge success. With visits to Beamish open air museum and Craggside House, delicious meals and an overnight stay at the exceptionally well-equipped Maldron Hotel, this was a trip to remember.





October saw us return to the wonderful Victorian Schoolroom followed by a visit to St Cuthbert's Church later in the month. St Cuthbert's is one of the City's landmark churches and we enjoyed a tour of the building combined with an exceptional lunch at Brazilian restaurant Fazenda.

Castle Mills proved to be a thoroughly enjoyable visit as we were led around the building by our delightful guide Judith. Once home to the North British Rubber Company, Castle Mills is now the base for a busy complex of studios, workshops, galleries, a shop and a cafe.

Leith Theatre opened its doors to us in November when we enjoyed a thoroughly entertaining tour in the company of



venue manager Ian. The theatre is a lively community arts venue and is currently spearheading a fundraising campaign to bring life to every part of the space.

Christmas Lunch at Dine restaurant was a big hit with over 40 people joining us for our special festive meal in lovely surroundings. This was a fitting celebration of Oddfellows in the East of Scotland - a growing group of like-minded people who enjoy spending time together.





## What's been happening in the West of Scotland

**It's been a busy six months with events growing in popularity as are our Glasgow Social Meeting. A highlight of our summer programme was a trip to Oban, where we spent a lovely sunny afternoon exploring the town and stayed overnight in the centrally situated Regent Hotel.**

Next day after an early breakfast, we travelled to Fort William where we boarded the famous Jacobite Steam Train and enjoyed the amazing sights and

sounds of the 'Greatest Railway Journey' to Mallaig.

In August we had a day trip to the beautiful Threave Gardens where we enjoyed a guided tour with Michael the head gardener who also kindly gave us an impromptu Q&A session. This was followed by a delicious afternoon tea at the Cally Palace Hotel.

Due to the popularity of our previous visit we returned for another tour of



**Top picture:** The Jacobite over Glenfinnan Viaduct by 96tommy and is licensed under the Creative Commons Attribution 2.0 Generic license.





Glasgow Central Station. After putting on their high viz jackets and hard hats our group were taken into the dark underground corridors of the iconic building where the guide told some interesting history and stories of the train station and its many passengers.

In September over sixty members from throughout the district came together for an enjoyable social afternoon at the Fenwick Hotel. We were served a lovely afternoon tea, and entertained by some of our talented member's and a fun musical magic show by Bill Simpson. Bill asked that his fee be donated to MS Scotland, a cheque for £400 was presented to him on the day.



Our next event was a day trip to the Kagyu Samye Ling Monastery in Eskdalemuir. On arrival we met with our guide Ani who openly told of his own personal journey of becoming a Monk and about his daily routine of worshipping, living



and working at the Monastery. During our visit we were allowed access to the main temple while prayers were being taken, also into the Stupa, used for meditation and storing ashes and other important Buddhist relics.

Our final event of the year was a Christmas Celebration at the Parkstone Hotel. We met for pre-dinner drinks and enjoyed a lovely three course dinner. Later we were entertained by impressionist 'Gerry Anderson' who had us all singing and clapping along to his hilarious and impressive cabaret performance which also included some audience participation.



# Convalescence and Carer Support

**When recovering after a hospital stay, an illness, operation, accident, bereavement or traumatic experience, or if caring for someone who is, it can be tough, and where we can, we want to be there for our members at such times of need.**

Our Convalescence and Carer benefits are available to members after two years of membership and can be accessed every other year if qualifying medically, or as a carer.

**Convalescence Home Benefit\*** offers a short break of up to two weeks (or two one-week breaks within 12-months of each other) to help you recover. Travel expenses at an agreed rate are also included, but we cannot pay travel expenses for the second week of the break if it is taken at a later date. Another Oddfellows member can also accompany you as a carer (using their own benefit entitlements) providing they too have been a member for a full two years or more.

The Society's four main partner facilities are Bridge House, Dawlish, Yorkshire Foresters Convalescent Home, Bridlington, Merton House Hotel, Ross-on-Wye and The Salfordian Hotel, Southport.

There may be a small excess for you to pay at some facilities and at certain times of year if our benefit allowance does not cover the full cost of the stay. Specialist facilities, offering personal or nursing care, are considerably more costly so a shorter stay may be appropriate. Any excesses will be highlighted to you prior to your stay and extra help may also be available towards this excess, such as from the Friendly Societies Convalescent Scheme.

**Convalescence Care Benefit\*** is for situations when a convalescence stay away from home is not suitable, for instance, if you are not well enough to travel or are undergoing treatment. Instead, we can help on a short-term basis with up to 30 hours care and support at home or in some circumstances, other services or equipment to support recovery.

Where possible, we use the services of our partner agency Home Instead Senior Care who provide a wide range of options such as personal care, companionship, home help or shopping. We normally need at least two weeks' notice to put these arrangements in place before a care service begins.

**Carer's Respite Benefit\*** is for the main carer of someone who is ill or disabled, and who needs a well-earned break. Your stay can be either in one of our partner convalescence facilities, a UK hotel or short UK package break of your choice, subject to our approval. Alternatively, we can pay for the person you care for to stay somewhere that provides the level of care they require, or arrange care for them at home.

Please contact your Branch Secretary for an application form. All bookings are made through the Oddfellows' Care and Welfare Department so you should not contact the facilities directly.

**\* Terms and conditions apply to all benefits. All Oddfellows benefits are non-contractual and may be withdrawn at any time without notice, call 0800 028 1810 for details or visit [www.oddfellows.co.uk/members-tcs](http://www.oddfellows.co.uk/members-tcs)**





# 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 Yvonne Rice on **01563 572727** or email **yvonne.rice@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](http://www.oddfellows.co.uk/benefits/care)  
for care and welfare information**

## 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 in need of



*A little neighbourly spirit goes a long way*



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**

# 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.





## 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)

# Monthly Social Meetings

Everyone is very welcome to come along to our regular monthly social meetings where the coffee/tea and cake is on us!

**East Coast** - Meeting second Tuesday of every month at 11.30am at the Turquoise Thistle, 51-59 York Place, Edinburgh. Please contact Amanda to book your place.

**West Coast** - Meeting last Monday of the month at 11am in the Café at the Royal Concert Hall or sometimes afternoon/evenings at Fenwick Hotel. An email/text will be sent when possible, to confirm details - if you do not have email or a mobile please contact Yvonne or Shirley for information.

## A date for your diary:

Monday 30 March - St Marnock District Annual General Meeting  
Fenwick Hotel at 7pm. Please confirm your attendance with Yvonne Rice.

# 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.



**Fred. Olsen  
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.

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# 2020 Group Holiday to Holland, Germany and Belgium

## Monday 23 to Friday 27 March

Glenton Holidays – Three Countries:  
Holland, Germany and Belgium



Based in Valkenburg, a lively Dutch town where you will find caves dating back to Roman times. A highlight of the holiday will be a visit to the soaring Tripoint Watchtower in Vaal which marks the main meeting point of the three countries. From here, we continue to the German spa town of Aachen. Another highlight included on the trip is a visit to Maastricht, a delightful metropolis that spans the River Meuse. Our base is the Hotel Walram, located close to the centre of Valkenburg

- **Ferry** – P&O North Sea Ferries, Hull/ Zeebrugge
- **Departure** – Monday 23 March
- **Days/Nights** – Five days / Four nights
- **Price** – £299 per person sharing twin/double. Single supplement £75 per person (limited availability)
- **Hotel** – Standard facilities including double/twin beds, television, desk, clock, radio hair dryer and en-suite bathroom with shower. Free wifi and access to hotel pool is included.
- **Cabins** – Single/twin inside (bunks), Low bed cabin supplement £10 per person, outside cabin supplement £40 per person
- **Basis** – Dinner, bed and breakfast at the hotel/ferry
  - Two hours free bar daily in hotel (selected drinks/times)
  - Free entrance to Holland Casino
  - Music night in hotel
- **Insurance** – Free holiday insurance option subject to individual health conditions

**Free Glenton Goody Bag**

**Book as soon as possible. Contact Shirley on 07748 328319.**

# Events Diary

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## March

### Thursday 19 – Bayes Centre

The £45 million Bayes Centre building was officially opened in October 2018 and is Edinburgh University's innovation hub for Data Science and Artificial Intelligence. The building has won the 'Large Project' Award at the 2019 Edinburgh Architectural Association Awards and is home to 650 researchers, students and external partners. Lunch is at award-winning Mother India's Café – one of the City's best loved restaurants. **Starts at the Bayes Centre, 47 Potterrow, Edinburgh EH8 9BT at 11.30am. Cost:** Tour – Free. Lunch £16 for full banquet meal. £5 lunch deposit. **To book, please contact Amanda as soon as possible.**



*Photo by Mark K Jackson.*

### Wednesday 25 – Day Trip: Antiques and Afternoon Tea

Our first stop is the Scottish Antiques and Arts Centre in Doune with plenty of time to browse an enormous selection of antiques and collectibles. Enjoy a light snack in Café Circe before we head to Cromlix Hotel for Afternoon Tea in the beautiful Drawing Room. Five Star Cromlix is set in 34 acres of secluded woodlands and garden grounds with its own chapel and house loch. We'll enjoy a tour of the hotel and gardens before settling down for Afternoon Tea. **Starts from Waterloo Place at 10am. Cost:** £40 (members), £43 (non-members) – includes tour, antiques visit, afternoon tea and transport. **To book, please contact Amanda as soon as possible.**



*Photo by Cromlix Hotel.*

## April

### Wednesday 15 – Mamma Mia, 2.30pm

Join us for an afternoon where we will get in the mood for the summer watching the ultimate feel good smash hit musical, Mamma Mia. Lunch at Baby Grand. **Book as soon as possible. Cost:** Tickets reduced group rate of £32.50.



## May

### Wednesday 13 – Chocolate Tasting at Iain Burnett, 9am

The Highland Chocolatier. We are heading north for a guided insight into the world of artisan gourmet chocolate and its craftsmanship. This will be followed by lunch at Inn on the Tay then a visit to House of Bruar. Coach travel from various pick-up points B. **Book by Friday 10 April. Cost:** £26pp includes coach travel, lunch payable on the day. £5 deposit required to reserve your place.



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