

October 2026 – April 2027



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

out & about

Heart of Norfolk



Windmill pump on Bure Marshes of Norfolk Broads



Music



Art/Crafts



Online



Dining Out



Health and
Wellbeing



Games



Day Trip



Meetings



Social



Talks



Coffee Morning/
Afternoon Tea



Cinema



Norwich on the Dark Side - Thursday 8 October

Welcome to the latest edition of your events diary and newsletter for Heart of Norfolk Branch of Oddfellows.

As a local Branch of a national membership organisation called 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 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.

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 - we like to think that we can guarantee you a good time.

Contact Details

Branch Secretary:

Lydia Cutting

Telephone: 01362 696536

Email:

Lydia.rosecutting@oddfellows.co.uk

Address: 31 Crown Road

Dereham, Norfolk NR20 4AE

f Heart of Norfolk Oddfellows

Social Organiser:

Nic Robinson

Telephone: 07498 378847

Email:

nicola.robinson@oddfellows.co.uk

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** or call **0800 028 1810**.

September - Friendship Month

ODDFELLOWS
FRIENDSHIP MONTH
1 - 30 SEPTEMBER



THURS
10

Vision Norfolk Talk



Vision Norfolk will be joining us to tell us about the amazing work they do supporting people with sight loss across the county. Come along and have a cuppa and a biscuit, while we learn about the support available and how they empower people with sight loss to live full, independent lives. Dereham Meeting Point, Jubilee Suite, St Withburga Lane, Dereham, Norfolk NR19 1ED. Contact Lydia on 01362 696536.

THURS
17

Half Yearly Meeting



This is your opportunity to get involved with the running of the Branch. Come along to our Half Yearly Meeting to find out how our Branch is run and have your say. Remember our Branch is run by members for the good of us all, so don't miss your opportunity to make sure the Branch is doing all it can for you. Dereham Meeting Point, Jubilee Suite, St Withburga Lane, Dereham, Norfolk NR19 1ED. Contact Lydia on 01362 696536.

WED
23

Whitwell Station Coffee Morning



Enjoy a trip out to Whitwell Station to visit The Sidings Café, where a warm welcome is guaranteed. They have a range of food available from cakes to hot meals and a garden if the weather is on our side. The station has a museum and shop, so why not pop in for a visit after the coffee morning and see what is on offer. Whitwell & Reepham Station, Whitwell Road, Reepham, Norfolk NR10 4GA. Contact Lydia on 01362 696536.



September

- Friendship Month

SUN
27

Glen Lodge Sunday Lunch

L 12.30pm

£ As per menu



Celebrate Friendship Month with us! Join us for a wonderful Sunday carvery lunch as we celebrate Friendship Month, hosted by our Chairman, Jo. This is the perfect opportunity to reconnect with old friends, make new ones and enjoy great company in the beautiful surroundings of Glen Lodge. Indulge in a delicious traditional carvery with your choice of: one course at £18.95, two courses at £26.45, or three courses at £33.95. Whether you're coming for the food, the friendship, or simply a relaxing Sunday afternoon, we'd love to see you there. Gather your friends, bring your appetite and join us for a memorable afternoon filled with laughter, conversation and great food. Book by Friday 4 September 2026. Glen Lodge, Marlingford Road, Bawburgh, Norwich, Norfolk NR9 3LU. Contact Lydia on 01362 696536 or Nicola on 07498 378847.

October

THURS
08

Norwich on the Dark Side

L 2.30pm

£ Members Free
Guests £3



This month's social meeting welcomes Paul Dickson, who will be joining us to share a fascinating talk on 'The Darker Side of Norwich: Crime, Punishment, Filth and Misery!' Paul has worked in the tourism industry in Norfolk for 37 years, beginning his career with the National Trust before becoming an independent PR practitioner. 11 years ago, he achieved a long-held ambition by qualifying as an official City of Norwich tourist guide. We'll be trying a slightly different format for this meeting, with plenty of time to enjoy a cup of tea or coffee and catch up with friends first. Paul will join us at 3.15pm to begin his talk. We look forward to seeing you there for an enjoyable afternoon of conversation, stories and a glimpse into some of Norwich's more mysterious history! Dereham Meeting Point, Jubilee Suite, St Withburga Lane, Dereham, Norfolk NR19 1ED. Contact Lydia on 01362 696536 or Nicola on 07498 378847.

October

MON 12 Coffee Morning at Ovington Village Hall

🕒 10.30am 💷 As per menu ☕

You're warmly invited to join us for a special coffee morning at Ovington Village Hall. Come along and enjoy delicious home-made cakes, freshly brewed tea or coffee, great company and the beautiful surrounding scenery. Whether you're catching up with friends or meeting new people, we'd love to welcome you for a relaxing and enjoyable morning. Ovington Village Hall, Church Road, Ovington, Watton, Norfolk IP25 6RY. Contact Lydia on 01362 696536 or Nicola on 07498 378847.



November

THURS 12 Murder, Sex and Mayhem in English Churches Talk by John Vigar

🕒 7.30pm 💷 Members Free
Guests £3 Q&A

John Vigar will be joining us again for another fascinating talk. Come along and find out about

'Murder, Sex and Mayhem in English Churches' – sure to be an intriguing delve into history. Refreshments and great company will be available. Dereham Meeting Point, Jubilee Suite, St Withburga Lane, Dereham, Norfolk NR19 1ED. Contact Lydia on 01362 696536 or Nicola on 07498 378847.



WED 28 Coffee Morning at Notcutts Garden Centre (October)

🕒 11am 💷 As per menu ☕

This month, we're taking our coffee morning on a trip to Notcutts Garden Centre! Join us for a relaxed morning with plenty of delicious cakes, sandwiches and lunches to choose from. After you've enjoyed a bite to eat, why not have a wander around the garden centre? It's the perfect opportunity to browse the beautiful plants, gifts and homeware or even get a head start on your Christmas shopping! We'd love for you to come along and enjoy a friendly morning out together. Notcutts Norwich Garden Centre, Daniels Road, Norwich, Norfolk NR4 6QP. Contact Lydia on 01362 696536 or Nicola on 07498 378847.



November

WED
25

Coffee Morning at The George Hotel

⌚ 11am

£ As per menu



This month, we're staying local and meeting up for our coffee morning at the historic The George Hotel in Dereham. Whether you fancy breakfast, lunch, a slice of cake, or simply a cuppa, there's plenty to choose from. It's the perfect opportunity to relax, catch up with friends, share your news and enjoy some good company in a lovely setting. The George Hotel, Swaffham Road, Dereham, Norfolk NR19 2AZ. Contact Lydia on 01362 696536 or Nicola on 07498 378847.

December

THURS
10

Christmas Get-Together



⌚ 7.30pm

£ Members Free
Guests £3



Join us for a festive evening as we celebrate the Christmas season together! It's the perfect opportunity to catch up with friends, share memories and enjoy some festive games, fun and laughter. We'll also be providing a selection of festive snacks, so come along, relax and enjoy the Christmas spirit. We look forward to celebrating with you! Dereham Meeting Point, Jubilee Suite, St Withburga Lane, Dereham, Norfolk NR19 1ED. Contact Lydia on 01362 696536 or Nicola on 07498 378847.

December

WED
16

Festive Lunch at Thetford Garden Centre - Lime Kiln Kitchen

⌚ 12.30pm

£ As per menu



This month, we're celebrating the festive season with a delicious Christmas lunch at Thetford Garden Centre. You'll be able to pre-order from their festive menu and enjoy a wonderful meal in a warm and welcoming atmosphere. Afterwards, take some time to browse the beautiful Christmas decorations, festive displays and gift ideas, or perhaps tick a few more names off your Christmas shopping list. Come along and enjoy good food, great company and a little festive cheer – we'd love to celebrate the season with you! Book by Monday 30 November 2026. Thetford Garden Centre, Kilverstone, Thetford, Norfolk IP24 2RL. Contact Lydia on 01362 696536 or Nicola on 07498 378847.



January 2027

THURS
14

Joyful January



⌚ 2.30pm

£ Members Free
Guests £3



Start the new year with a relaxing afternoon of games, good company and plenty of laughter.

It's the perfect chance to chase away the winter blues, catch up with friends and share your hopes and plans for the year ahead. We look forward to seeing you! Dereham Meeting Point, Jubilee Suite, St Withburga Lane, Dereham, Norfolk NR19 1ED. Contact Lydia on 01362 696536 or Nicola on 07498 378847.



2027

WED
27

Coffee Morning at Algy's Farm Shop & Café

⌚ 11am

£ As per menu



Join us for our first coffee morning of the new year at Algy's Farm Shop & Café. The café offers a light, welcoming and comfortable space, where we can gather to enjoy delicious home-cooked food, freshly brewed coffee and a selection of refreshing drinks. It's the perfect way to start the year – catching up with friends, sharing stories from the festive season and looking ahead to the exciting activities and events we have planned over the coming months. We'd love you to join us for a relaxed and friendly morning as we welcome the new year together. Algy's Farm Shop & Café, Bintree, Dereham, Norfolk NR20 5PW. Contact Lydia on 01362 696536 or Nicola on 07498 378847.

February

THURS
11

St Paul's Cathedral - An Unusual Guide

⌚ 7.30pm

£ Members Free
Guests £3



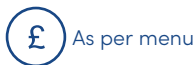
Join us for a fascinating talk by qualified St Paul's Cathedral guide Gary Powell, who will share some of the remarkable stories behind one of Britain's most iconic buildings. Discover intriguing tales of the people connected with St Paul's over the past 300 years, including famous heroes, artists and unexpected secrets that bring the cathedral's history to life. The talk will last around 45 minutes and will be followed by an opportunity to ask questions. Dereham Meeting Point, Jubilee Suite, St Withburga Lane, Dereham, Norfolk NR19 1ED. Contact Lydia on 01362 696536 or Nicola on 07498 378847.

February

WED 24 Coffee Morning at Pensthorpe



11am



As per menu



This month, we'll be enjoying our coffee morning surrounded by nature at Pensthorpe. Whether you're after a warming drink, a freshly prepared lunch, or a delicious treat, the café has something for everyone. Relax in the welcoming surroundings and take in the beautiful views, while catching up with friends. There's no admission ticket needed for the café, so you can pop in and enjoy the atmosphere. We'd love you to join us for a relaxing morning of good company, great refreshments and the beauty of nature. Pensthorpe, Fakenham, Norfolk NR21 0LN. Contact Lydia on 01362 696536 or Nicola on 07498 378847.

Image by Martin Pettitt from Bury St Edmunds, UK - Pensthorpe Nature Reserve Uploaded by Snowmanradio, CC BY 2.0, <https://commons.wikimedia.org/w/index.php?curid=6978732>

March

THURS 11 The Art of Mosaics



7.30pm



Members Free
Guests £3



This month, why not try your hand at making a mosaic coaster? Choose from a simple pattern or a colourful



spring flower and let your creativity flow. Mosaic art is the ancient craft of creating pictures and patterns using small coloured glass tiles. It's easy to have a go, wonderfully relaxing and great fun – no experience needed! Dereham Meeting Point, Jubilee Suite, St Withburga Lane, Dereham, Norfolk NR19 1ED. Contact Lydia on 01362 696536 or Nicola on 07498 378847.

WED 24 Coffee Morning at Mid-Norfolk Railway



11am



As per menu



We're delighted to be returning to the nostalgic Mid-Norfolk Railway for another of our popular coffee mornings. Enjoy a warm welcome with tea or coffee, along with a delicious selection of freshly baked scones and cakes. It's the perfect opportunity to relax, catch up with friends and share your news in the unique surroundings of this charming heritage railway. With spring just around the corner, it's a wonderful time to get together. We look forward to seeing you for a friendly morning filled with good company and conversation. Mid-Norfolk Railway, Railway Station, Station Road, Dereham, Norfolk NR19 1DF. Contact Lydia on 01362 696536 or Nicola on 07498 378847.

Coffee Mornings

The past six months of our coffee mornings have brought us together for fun, laughter, great conversation and, of course, some amazing cakes! We have thoroughly enjoyed spending time together and are looking forward to another exciting programme of coffee mornings at a wonderful mix of old favourites and new venues.

As we look ahead to Christmas, we are delighted to be planning a festive lunch at Thetford Garden Centre, where their spectacular café offers a warm and welcoming atmosphere alongside delicious food. We will also be visiting The George pub in Dereham and enjoying the beautiful surroundings of Pensthorpe.



Everyone is warmly welcome at our coffee mornings. Whether you are a regular or joining us for the first time, we would love you to come along. They are a wonderful opportunity to catch up with old friends, make new ones and enjoy good company together.

Socials at Meeting Point

Our evening socials have been a great success, with members enjoying a fantastic programme of historical talks.

Their popularity has inspired us to arrange even more for this programme, including talks on local history as well as fascinating places further afield. Alongside these, we have planned some more relaxed gatherings, including our Christmas party and an Easter craft session. We know that meeting times can make a difference, so we will be trialling an earlier start time of 2.30pm for our socials in October and January.



We hope this will make it easier for more members to come along and enjoy the events.

We are always keen to hear your ideas. If you have any suggestions about how we can encourage more members to attend our socials or make them even more enjoyable, please do get in touch. Your feedback is always welcome.

Introducing Nic

I joined Oddfellows in April this year as the Heart of Norfolk's Social Organiser, and what a wonderful welcome I've received. It has been a real pleasure getting to know so many of you at our coffee mornings, social evenings and fundraising events. Everyone has made me feel so at home.



This role marks a new chapter for me after more than 30 years working in health and social care. I'm now enjoying semi-retirement, which means I finally have a bit more time to tackle the ever-growing list of jobs in my garden (although I'm not sure the weeds have noticed!).

When I'm not gardening, you'll usually find me doing something creative—I love all things crafty—or being kept on my toes by my two very energetic (and slightly mischievous!) spaniels. They certainly make sure I get plenty of fresh air and exercise. One of the things that has really stood out to me is the warmth, friendship and sense of community within our Branch.

It's something very special, and I'd love to see even more people experience it. As we continue to grow our membership, your ideas and suggestions are so important in helping us create a varied, enjoyable and exciting programme of events that there's something for everyone.

So, if you have an idea for an activity, a place to visit or something you'd like us to try, I'd love to hear from you. Please don't be shy—come and have a chat with me at a meeting or coffee morning, or get in touch anytime. I look forward to getting to know even more of you over the coming months!

Care and Welfare and Volunteering

We would like to take this opportunity to remind all of our members about the help you can receive from the Branch in times of need. Alongside the dental and optical benefits, we also have convalescence benefits to help you in a facility or your own home following an injury or illness. We are also always here to help if you find yourself struggling with the cost of repeated hospital visits or funding equipment for health problems. Please don't hesitate to get in touch

with our secretary who can give you information about the benefits available to you and help you with any claims if needed.

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/member-tcs

Members take centre stage

Look out for some familiar faces this autumn!

Throughout October and November, the Oddfellows is running an upbeat new advertising campaign across the UK aimed at reaching the nation's retirees.

Built around the theme of 'real people, real joy, real experiences', the campaign shines a spotlight on the authentic friendships and shared laughter found within our local groups.

Member models

Members from Leeds, Derbyshire Peak, Mersey, Handforth and Altrincham, Mid-Staffordshire, Nottingham Trent, and Ormskirk and Southport Oddfellows all stepped forward to help.

They spent an exciting day at a professional studio shoot in Manchester working alongside an experienced production crew.

"It was such a fun day," said Andrea Jenner from Derbyshire Peak Oddfellows. "There was lots of laughter and interaction with Oddfellows from other areas."

Carol Pitchford from Leeds Oddfellows agreed, adding: "It was lovely to meet up with a crowd of strangers who then became friends."



Spreading the word

The adverts will be appearing on Facebook and Instagram, online via Rest Less and in upcoming print editions of Saga Magazine, Yours, and Woman's Weekly.

Spokesperson for the Oddfellows, Pam Casey, said: "We wanted the campaign to reflect the real people at the heart of our Society. Our groups are places where people can simply be themselves, enjoy real companionship, and feel genuinely supported."

How you can help

While we hope this campaign inspires more retirees to give us a try, as members, you're our best ambassadors. If you know someone who would benefit from our social events, travel opportunities or welfare support, please encourage them to head to www.oddfellows.co.uk/retirement to find out more.

Celebrating our 2026 Making a Difference Award winners

We are thrilled to announce this year's incredible Making a Difference Awards winners: Richard West of the Royal Berkshire Branch in the Reading District, and husband-and-wife duo Roger and Susan Williamson of the King's Lynn and West Norfolk District.

The Awards highlight the wonderful ways our members go above and beyond to ensure their branches are the best they can be for their fellow members.

Richard West: Reading's 'guardian angel'



Debbie Jex and Richard West

Presented with the 'Enriching Lives Socially' Award by Deputy Grand Master (Deputy Chair) Debbie Jex, 88-year-old Richard West helps to bring joy and positivity to his fellow members in all he does in organising and hosting social events.



Since joining the Reading District in 1992, Richard has worked tirelessly to build a varied and exciting social programme for his fellow members.

Alongside his late friend Doug Walters, Richard helped establish popular singing and exercise groups, and even relaunched a folded group in the nearby village of Pangbourne, which is now in its tenth year.

From coordinating monthly quizzes to organising glamorous annual trips to the Ascot Races, Richard pours his heart into everything he does.

For many, his efforts have been transformative. "We have a number of ladies who say the choir has become a lifeline for them," Richard shared. "I like seeing them enjoy themselves. You can see how it benefits them individually."

Debbie Jex is also Reading Oddfellows' Branch Secretary. She added: "I don't know where we'd be without Richard. His energy is boundless and his enthusiasm even more so. One member has even described him as a 'guardian angel'."

Roger and Susan Williamson: A wonderful team



(L to R) Roger Williamson,
Susan Williamson, John Mann
and Alison Schultz

The Oddfellows' Grand Master (Chair), John Mann, presented the 'Achieving Together' Award to Roger and Susan Williamson. Both in their 80s and Oddfellows members since 2008, the couple's commitment and kindness are renowned at their Branch.

Both take a seat on the King's Lynn Oddfellows' Committee of Management, ensuring members' voices are always at the heart of decision-making.

Roger, a Trustee and three-time Past Provincial Grand Master, hosts walks,

bingo sessions for up to 40 members, and a popular monthly quiz.

Meanwhile, Susan coordinates the kitchen, manages supplies, and runs the raffles.

The couple were incredibly modest about their win. "Initially, I thought it was a joke because the letter turned up on the first of April," laughed Roger.

Susan added: "We're only doing what anybody else would do, but it's nice to know that people appreciate it. To win the award together is special."

Branch Secretary Alison Schultz praised their selflessness, saying: "They offer friendship to so many in the way Oddfellows should, and treat everyone with consideration, kindness and compassion."

Shining examples

Richard, Roger and Susan are proof that our Society thrives because of the generosity and warmth of our members.

Thank you to all who go above and beyond to help and support others within their Branch.

You can find out more about
our Making a Difference Awards,
including previous years'
winners, at [www.oddfellows.co.uk/
makingadifference](http://www.oddfellows.co.uk/makingadifference).

It's never too early to talk about money

At Unity Mutual, the Oddfellows' financial services brand, we believe it's never too early to talk to the young people in our lives about their finances.



Today's younger generations have a lot to consider, with rising costs, student debt and spending temptations online. Simple chats about saving, budgeting and planning ahead can help young people feel more confident about money as they grow and become more independent.

Passing on more than money

Helping younger family members financially is wonderful, but sharing knowledge can be even more valuable.

Explaining different saving tips, how debt works, or pensions and retirement, gives younger generations practical lessons they may not hear elsewhere. Even small conversations can leave a lasting impression.



Don't wait to save

One way to encourage good saving habits is through a Unity Mutual Junior ISA*, which allows children to start saving and is a great way to introduce them to finances and investment.

Opened by a parent or guardian, family and friends can contribute up to £9,000 per tax year, with any growth free from UK tax. All the money saved belongs to them and once they reach the age of 18 can be put towards things like university costs, driving lessons, or even a deposit on their first home.

Making money conversations normal

The best financial lessons are often the simplest ones. Talking openly about saving for goals, comparing prices, or handling debt helps children develop healthy habits. Younger family members are more likely to feel confident about money if the adults around them discuss it calmly and honestly.



To find out more about Unity Mutual and the products we offer, visit www.unitymutual.co.uk or call 0161 214 4650.

*Terms and conditions apply to all our products. Capital at risk with investment products.

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 Lydia on **01362 696536** or email **lydia.rosecutting@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**

EDCWA50223

At a glance

September 2026 - Friendship Month

Wed 2	Coffee Morning at Mid-Norfolk Railway	10am
Thurs 10	Vision Norfolk Talk	7.30pm
Thurs 17	Half Yearly Meeting	7.30pm
Wed 23	Whitwell Station Coffee Morning	11am
Sun 27	Glen Lodge Sunday Lunch	12.30pm

October

Thurs 8	Norwich on the Dark Side	2.30pm
Mon 12	Coffee Morning at Ovington Village Hall	10.30am
Wed 28	Coffee Morning at Notcutts Garden Centre	11am

November

Thurs 12	Murder, Sex and Mayhem in English Churches Talk by John Vigar	7.30pm
Wed 25	Coffee Morning at The George Hotel	11am

December

Thurs 10	Christmas Get-Together	7.30pm
Wed 16	Festive Lunch at Thetford Garden Centre - Lime Kiln Kitchen	12.30pm

January 2027

Thurs 14	Joyful January	2.30pm
Wed 27	Coffee Morning at Algy's Farm Shop & Café	11am

February

Thurs 11	St Paul's Cathedral - An Unusual Guide	7.30pm
Wed 24	Coffee Morning at Pensthorpe	11am

March

Thurs 11	The Art of Mosaics	7.30pm
Wed 24	Coffee Morning at Mid-Norfolk Railway	11am