

April - July 2024



*O*<sup>the</sup> **DDfeLLows** SINCE 1810  
*making friends, helping people*

# *out & about*

## Oswestry Branch



Oswestry, Shropshire



Wellbeing



Art/Crafts



Dining Out



Walks



Games



Day Trip



Meetings



Social



Talks



Coffee Morning/  
Afternoon Tea



Quiz



*We hope you can join us for our social events*

Welcome to the latest edition of the Oswestry District Events Diary. Members of the District have organised a varied programme of events for you all.

This Events Diary is a handy guide for you to keep so that you know what is happening in our area.

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.

Remember to put the dates of interest in your personal diary. Alternatively, keep the Events Diary in a handy place - by the phone, fixed to the fridge or pinned to your notice board.

## Contact Details

**For more information or to book any events contact the Secretary**

**Secretary:**  
Viv Osborne  
07706 036305

### Event

**Contacts:**  
**Extend Classes:**  
Kath Barkley  
01691 828587



**Coffee Morning and Meals:**  
Arthur Cotterill 01691 671699

**Correspondence and benefit claims to Viv:**  
4 Breeze Hill Barns, Breeze Hill Farm, Chorley, Nantwich, Cheshire CW5 8JR

## 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. Find out more at [www.oddfellows.co.uk](http://www.oddfellows.co.uk) or call **0800 028 1810**.

# Regular Event

## Extend Exercise Class



2pm



£4



Every Monday  
Afternoon

It's fun, friendly and all for £4. Sit on a chair and get fit and toned with popular music and songs. The Memorial Hall, Oswald Room, Festival Square, Oswestry SY11 2EG. Contact Kath on 01691 828587.



## Learn, have fun, and stay in touch from home

Our online events  
are here to stay



To see what's coming up visit [oddfellows.co.uk/events](https://www.oddfellows.co.uk/events) and enter 'Ayr' in the place name search box

OE/0122A6

## Do you have a story or great photograph to share?

Please send us your news stories! Or perhaps a picture with a caption! Email, post, hand in, or telephone. We'd love to hear anything heart-warming, humorous, or simply very interesting!

Further events are being added, see: [www.oddfellows.co.uk/events](https://www.oddfellows.co.uk/events).

# April

THURS  
11

## Lunch at The Orangery, Derwen College



12.45pm



As per  
menu



Come and join us for lunch at The Orangery, Derwen College, Gobowen. for good food and even better company. There is also a garden centre and gift shop at the college, if you want to wander round and help lunch go down. Book by the day before. The Orangery, Derwen College, Whittington Road, Gobowen, Shropshire SY11 3JA. Please let Arthur know if you would like to attend on 01691 671699.



TUES  
30

## Coffee and a Quiz!



10.30am



Free



We're still on a Tuesday morning, but now have stretched to two hours so a bit more time for a coffee and a chat! Sometimes there is a raffle, but this time we're going to have a quiz, so bring a pen and your best general knowledge and maybe win a prize! We will be in the Festival Suite and although this room is upstairs, there is a lift for those who prefer it, and there are also facilities upstairs. Everyone is welcome, please come along and say hello. We'll see you in The Festival Suite, Memorial Hall, Festival Square, Oswestry SY11 2EG. Contact Vivienne on 07706 036305 for more information.

## Join the conversation @OddfellowsUK

Share your news, start a conversation or simply stay up-to-date! If you're on Facebook or Twitter, make sure you've liked and followed our Oddfellows social media pages.

Find us at OddfellowsUK OddfellowsUK

# May

THURS  
09

## Lunch at The Orangery, Derwen College



12.45pm



As per  
menu



Come and join us for lunch at The Orangery for good food and even better company. There is also a garden centre and gift shop at the college, if you want to wander round and help lunch go down. Book by the day before. The Orangery, Derwen College, Whittington Road, Gobowen, Shropshire SY11 3JA. Please let Arthur know if you would like to attend on 01691 671699.



TUES  
28

## Coffee Morning



10.30am



Free



We're still on a Tuesday morning, but now have stretched to two hours so a bit more time for a coffee and



a chat! Sometimes there is a raffle, sometimes we'll have a talk or a quiz. We've also moved rooms within the Memorial Hall, so we are now in the Festival Suite, which is a little more cosy. Although this room is upstairs, there is a lift for those who prefer it, and there are also facilities upstairs. Everyone is welcome, please come along and say hello. We'll see you in The Festival Suite, Memorial Hall, Festival Square, Oswestry SY11 2EG. Contact Vivienne on 07706 036305 for more information.

## REFER A FRIEND

# Share the love and make someone smile

To refer someone you know and make their day, either fill in the **Refer a Friend form** available from your Branch Secretary, or call Membership on 0800 028 1810, or visit our Members' Area at [www.oddfellows.co.uk](http://www.oddfellows.co.uk)



\*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



# June

THURS  
13

## Lunch at The Orangery, Derwen College



12.45pm



As per  
menu



Come and join us for lunch at The Orangery for good food and even better company. There is also a garden centre and gift shop at the college, if you want to wander round and help lunch go down.



Book by the day before. The Orangery, Derwen College, Whittington Road, Gobowen, Shropshire SY11 3JA. Please let Arthur know if you would like to attend, on 01691 671699.

THURS  
20

## RAF Cosford Air Museum and Battle of Britain Tour



9.45am



Entry Free, Coach and Tour £20



Join us for a day trip to the Royal Air Force Museum at Cosford and follow a guided Battle of Britain tour! There will be a coach pick-up from the Park Gates, Oswestry at 9.45am and a second pick-up from the old railway station/bus station at 9.50am, returning the same day and leaving Cosford at 4.30pm. This will give us plenty of time to enjoy a drink or a meal at their café, as well as wandering round the museum in addition to the guided tour of the Battle of Britain exhibits.



Entry is free, so the cost is for the coach travel and the tour. This will be payable by cash or cheque on the day. RAF Cosford, Lysander Avenue, Cosford, Shifnal TF11 8UP. Please contact Vivienne on 07706 036305 for more information and to book. We will need to provide confirmed numbers by Thursday 23 May.

# June

TUES  
25

## Coffee Morning



10.30am



Free



We're still on a Tuesday morning, but now have stretched to two hours so a bit more time for a coffee and a chat!

Sometimes there is a raffle, sometimes we'll have a talk or a quiz. We've also moved rooms within the Memorial Hall, so we are now in the Festival Suite, which is a little more cosy. Although this room is upstairs, there is a lift for those who prefer it, and there are also facilities upstairs. Everyone is welcome, please come along and say hello. We'll see you in The Festival Suite, Memorial Hall, Festival Square, Oswestry SY11 2EG. Contact Vivienne on 07706 036305 for more information.

TUES  
25

## Philip Caine, Author, Speaker and Raconteur



11.30am



Free



Following on from and as part of our coffee morning, we are delighted to welcome Philip Caine, author of the 'Jack Castle' and 'Shackleton Blister' series of adventure novels. Philip's career began in the hotel business, but developed in the oil industry and he spent 30 years in such diverse places as the North Sea, Algeria, Nigeria, Kazakhstan and Russia.



From 2007, he spent seven years in post war Baghdad, working with the American coalition and a further three years running oil services companies in Dubai. He retired in 2015 and began writing and public speaking, having since spoken at over 500 venues all over the UK and written nine adventure thrillers. Have a look at [www.philipcaine.com](http://www.philipcaine.com) for more details, but please do join us on Tuesday 25 June to listen to Philip telling us of his fascinating life and adventures. The Festival Suite, Memorial Hall, Festival Square, Oswestry SY11 2EG. Contact Vivienne on 07706 036305 for more information.

THURS  
04

## Day Trip to the Seaside!



9.30am



Members £18,  
Guests £20



Join us for a day trip to the traditional seaside town of Barmouth, located on the beautiful Welsh Coast. Barmouth is famous for its estuary views, miles of sandy beaches, traditional donkey rides (though we may pass on those!) and imposing railway bridge but it also has heritage links with Henry Tudor, the Titanic and the founder of the National Trust. Have a wander along the Heritage Trail and the Victorian High Street and browse amongst the galleries and gift shops. And of course, there is always the opportunity for a fish and chips lunch (mind the seagulls) and an ice-cream to follow.



A coach will pick-up from the park gates in Oswestry at 9.30am, followed by a second pick-up at the old railway station/bus station at 9.35am, returning from Barmouth to be in Oswestry for 5pm. Book by Tuesday 4 June. Barmouth, Welsh Coast LL42 1LU. Please contact Vivienne Osborne on 07706 036305 for more information and to book. We will need to confirm numbers by Tuesday 4 June, and the cost is to cover your coach travel.

THURS  
11

## Lunch at The Orangery, Derwen College



12.45pm



As per  
menu



Come and join us for lunch at The Orangery for good food and even better company. There is also a garden centre and gift shop at the college, if you want to wander round and help lunch go down. Book by the day before. The Orangery, Derwen College, Whittington Road, Gobowen, Shropshire SY11 3JA. Please let Arthur know if you would like to attend, on 01691 671699.





# July

TUES  
30

Coffee Morning



10.30am



Free



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Further events are being added, see: [www.oddfellows.co.uk/events](http://www.oddfellows.co.uk/events).

## Join the fun in Friendship Month

Make someone's day and invite them along to share the friendship fun.

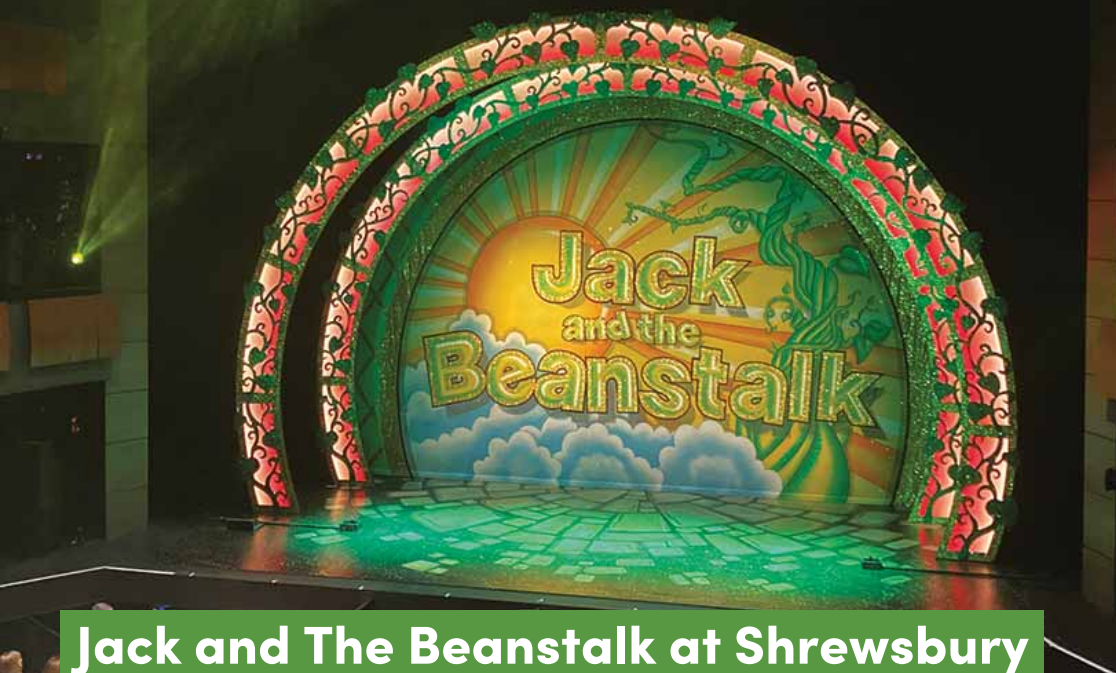
**All welcome**



ODDFELLOWS  
FRIENDSHIP MONTH  
1 - 30 SEPTEMBER



To see what's on and find out more about Friendship Month visit [www.friendshipmonth.com](http://www.friendshipmonth.com)



## Jack and The Beanstalk at Shrewsbury Severn Theatre - January 2024

**We had a fantastic time at the pantomime.... oh yes we did! Nineteen Oddfellows members, friends and family made the trek down to Shrewsbury Severn Theatre for the matinee performance on Saturday 6 January 2024.**

We battled through the floods, having to use the park and ride instead of the adjacent car park, which was under water, but that didn't dampen our enthusiasm as the show began and we were transported to the land of the giant at the top of the beanstalk.

The whole performance was exceptionally entertaining, very professional, and full of light and colour – and very very funny... as we had seats up in the circle, we felt fairly safe from the spotlight but were

happy to cheer and shout at the goodies and the baddies. Everyone had a great time, and we will definitely have another trip there for the festive season in 2024 - come along and join us, you know you want to really!



# Christmas Lunch at The Keys

## December 2023

**On Thursday 14 December, 20 Oswestry Oddfellows attended our Christmas Lunch at The Keys, St Martins near Oswestry. There was a set menu so everyone had already made their choices, and the service was swift and efficient.**

In fact the staff were all delightful and went out of their way to make us feel welcome. There was a lovely festive atmosphere as several other large groups were also having their Christmas get togethers, so there was a happy buzz of conversation.



Everyone agreed the food was delicious, and of particular mention was that every single person had their own dish of vegetables to accompany their main course, so no need to share! I am sure we will revisit The Keys, maybe even for Christmas lunch 2024, unless of course, you come up with an alternative suggestion. Maybe we'll see you there...

## Interested in volunteering?

Helping others is at the heart of being an Oddfellow and that's exactly what our wonderful volunteers do. There are lots of ways you can get involved as a volunteer, from one-off help to regular support.

### You can help us by:

- Welcoming members, guests and speakers at events
- Helping prepare refreshments
- Being the volunteer host at external events
- Organising events as part of a social committee
- Joining the Committee of Management
- Becoming a Volunteer Welfare Visitor or befriender.



To find out more, contact Viv by phone on **07706 036305** or email **[vivienne.osborne@oddfellows.co.uk](mailto:vivienne.osborne@oddfellows.co.uk)**

 **The Oddfellows** SINCE 1810  
making friends, helping people  
**[www.oddfellows.co.uk](http://www.oddfellows.co.uk)**

VA160423/v1

# Indoor Curling – our first ‘Have a Go’ day!

**We are very grateful to the Vale of York Branch for loaning us their indoor curling set for our Oswestry Oddfellows to have a go at this sport. Its very easy to take part, the most complicated bit was organising the teams but we got into a bit of a rhythm eventually.**

We had a really fun afternoon, with lots of laughter, and everybody who attended had a go at pushing the curling ‘stones’ from one end of the hall to the other – aiming for a bulls eye of course, but anywhere on the target would do. The ‘stones’ are actually discs on wheels, so they glide along the floor after being pushed using a stick – so how far they go and whether they reach the target depends on how many Weetabix you had for breakfast!

And then of course if you reached the target the next disc sent down might just push yours out of the way – no-one



wanted to risk sitting behind the target as some team members were better at aiming than others – there was lots of applause however, for those who were closest to the bullseye.



A lovely sociable way to spend a couple of hours with a cup of tea and a biscuit as an added bonus – I’m sure we’ll put this one on the calendar again later in the year.





## A Day in the life...

**Of Gillian Mansell, an active Oswestry Oddfellow and member of our Management Committee. Gillian shared a little bit of her busy life as farmer.**

"I have always lived in the countryside, having been in our present farm 37 years, with no lights, pavements or buses but I love it. Animals have always had priority and over time I have looked after ducks, chickens, guinea fowl, cats and dogs (as well as many cows!).

For some years we reared turkeys and delivered a lot to people's houses for their Christmas dinner. I love all animals and the farm is surrounded by tawny and barn owls, squirrels, weasels, egrets, loads of birds and this year I have actually seen a hedgehog with four babes which was great. Considering I live right out in 'the sticks', life is never boring, milking 360 cows and their calves.

On the morning of our last Committee Meeting I had to leave the family looking after five new calves born just that morning.

And living next door to an active army camp with the helicopters' training area almost overhead, and being on a flood plain means we sometimes have four miles of water in front of the farm – it encourages even more wildlife which is good, and means life is always hectic.



And then some years ago we had a television programme filmed on the farm but that's another story..."



# Bring friendship to your front room

**There are many reasons that might prevent you from being able to attend some of our events in person. A clash in the diary might mean something else takes priority, you might not be able to spare the cost this time, or perhaps you just want to stay close to home that day.**

We want people to enjoy the benefits of friendship no matter what. That's why branches all over the country host around 50 free online events each month, ranging from talks, arts and crafts and games, to exercise and meditation sessions. These online events are a great opportunity to catch up with familiar faces and meet new and interesting people from all corners of the country from the comfort of home. You might even discover a new favourite hobby.

## What's coming up online

We have some wonderful online events coming up and we'd love to see you there. Why not try our national online coffee morning? It takes place every Wednesday at 11am.

Join us on Zoom by going to [www.zoom.us/join](https://www.zoom.us/join) and entering meeting ID 988 3920 7187.



Anyone is able to attend an Oddfellows online event, no matter where they live or if they're a member or not. So spread the word.

All our online events are hosted on Zoom. If you haven't tried Zoom video-conferencing before and would like help on how to use it, let us know. You can come to me, or email the Events team on [events@oddfellows.co.uk](mailto:events@oddfellows.co.uk), with any questions and we'll help you get logged on and ready to join in.

To find out about all upcoming in-person and online events, including online events hosted by other branches, go to [www.oddfellows.co.uk/events](https://www.oddfellows.co.uk/events) or ask me to send you a list by email.

**Vivienne Osborne**  
Branch secretary

## Booking and Cancellations

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

# 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 Arthur on **01691 671699**.

## Oddfellows 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](mailto: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](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.

**Visit our website page at [www.oddfellows.co.uk/benefits/care](http://www.oddfellows.co.uk/benefits/care)  
for care and welfare information**

EDCWA50223

## Society-funded cancer research on track

**The Centre for Cancer Immunology, current beneficiaries of the Society's HA Andrews Memorial Fund, recently received its second donation instalment.**

The Centre, based at the University of Southampton, was chosen as the recipient of the £100,000 grant, split over three years, in 2022. The money is sponsoring the PhD studies of Nur Zainal, who is looking into a specific gene which it is believed can be manipulated to target cancer cells in a new vaccine.

### Nur's first year

The first year of Nur's studies has been spent preparing for the execution of her PhD project over the next three years. She has been learning appropriate techniques, skills and procedures, as well as being introduced to theories and connecting with relevant research groups.

Nur, who travelled to the UK from Malaysia with her family to undertake the PhD, said: "I believe the invaluable experiences and knowledge I have acquired over the past year have equipped me to be a more productive and capable student."



*Nur updating AMC last year*

"I would like to extend my heartfelt gratitude to the Oddfellows for their support in making my studies possible."

### On the right path

Some of Nur's work on 3D cell culture – growing cancer cells in a way that more closely resembles the environment they experience in our bodies than traditional 2D cell culture – is included in a manuscript which will be published in a major international journal, for which she will be listed as a co-author.

Dr Tim Fenton, Associate Professor in Cancer Biology, says Nur has "excelled during her first year", adding: "We hope that Nur's studies will lead to improvements in the design of cancer



*Dr Tim Fenton*

vaccines, which is a key theme in the work being undertaken at the Centre for Cancer Immunology here in Southampton."

### HA Andrews Memorial Fund

The Fund provides financial support to UK-based medical research projects or organisations. For more information about the Fund, and how you can donate, go to [www.oddfellows.co.uk/ha-andrews](http://www.oddfellows.co.uk/ha-andrews)

## Our fantastic four

**Congratulations to 2023's First Degree Course Educational Awards winners. George, Benedict, Jamie and Charlotte will each receive £3,600 over the next four years of their respective university courses to help ease the financial pressures of student life and create opportunities.**

### George LeBon

Heart of Norfolk  
Branch member

George began his studies at the University of Southampton in September 2023 – a four-year course in Computer Science with Cybersecurity.



His dream job is to become a “white hat hacker”, which he explained is someone who is “hired by companies to try and hack into their databases and report back the vulnerabilities”.

He says he and his family were overjoyed to discover he'd be receiving the funding and has thanked the Society, adding: “It will go towards buying textbooks so I can enhance my knowledge further and better understand the industry that I want to work in.”

### Benedict Weis

Leodis Branch member

Benedict hasn't yet decided what his ideal future job role might be. He is studying Aerospace Engineering at Queen's University Belfast and hopes a career path might become clearer over the next few years.

Since starting in September 2023, Benedict has joined the University's rowing club and the money will help him pay for training camps and trips, which he says will allow him to study more effectively without worrying as much about his finances.



“I would like to thank the Oddfellows for the award and just to say how grateful I am for it,” he said.

**Jamie Messett**

Loyal Lord Byron  
Branch member

Jamie started his first of four years of Chemistry at the University of Oxford's Balliol College in October 2023, and will put the money towards



learning materials. He would like his future to be in the pharmaceutical industry, but a PhD and a career in research is also a potential avenue.

He said: "Nobody should underestimate how valuable funding can be towards determining how well a student performs.

"I would like to thank everyone involved in helping me with this award, and also everyone involved with providing the funding."

**Charlotte Stevenson,**

Pride of Woolwich  
Branch member

Charlotte started her four-year course in Physics and Philosophy at the University of Oxford's Brasenose College in October 2023.

She is hoping to do a PhD in astrophysics and then continue researching within the field beyond that.



The funding will allow her to take part in unpaid research programmes during university holidays, covering the cost of travel, accommodation and food, as well as contributing to the cost of textbooks and other resources. She said: "This award will be an immense help throughout my degree and I'm so, so grateful to have received it."

Grand Master (Chairman) of the Society, Barbara Needham, said: "Ordinarily, we hand out three First Degree Course Educational Awards each year, but such was the strength of the applications of this year's winners that we felt they all deserved the financial boost. "I'm delighted for all four of them, and I wish them every success over the next few years at university and beyond."

For more information and T&Cs, visit [www.oddfellows.co.uk/educational-awards](http://www.oddfellows.co.uk/educational-awards)



## Striving for a greener future

**The Oddfellows is committed to being as green as possible. That's why we've been calculating and offsetting our annual carbon footprint since 1 April 2020.**

Between 1 April 2022 and 31 March 2023, 106.38 tonnes of CO<sub>2</sub>e was recorded as being produced through the operations of our Liverpool and Manchester offices and associated transport activities, which includes our financial services brand, Unity Mutual.

Although this figure is up 5.4% on the previous year, benchmarked against employee numbers, carbon emissions have remained almost constant (up 0.2%).



The Oddfellows' CEO, Jane Nelson, said: "Our focus is to keep learning through our assessments and to make incremental changes to the way we operate so we can bring our greenhouse gas emissions down and play our part in tackling climate change."

The Society's aim is to be Net Zero, where our carbon emissions are as low as possible. As a last resort, we have offset our 2022-23 carbon footprint by funding carbon dioxide-saving initiatives, including in Eritrea, Cambodia, Brazil, Bulgaria and India.

Jane added: "Climate change is real. It's the greatest environmental challenge we've ever faced. But there is hope, because we can all do something about it."

## Investing in futures

**Unity Mutual discovered a genuine interest in its children's savings accounts – a topic many grandparents and parents hadn't considered before – while at the 2023 Baby and Toddler Show in Manchester.**

The Junior ISA (JISA), offered in partnership with Mini First Aid to include a free paediatric first aid course\*, turned heads, especially when parents realised once they'd set it up, anyone could contribute.



*Unity Mutual at the Baby and Toddler show*

Unity Mutual's Head of Sales and Marketing, Abi Jones, said: "No more brainstorming gift ideas for that first birthday or Christmas – a shared investment in a secure future sparked enthusiasm. Because, sometimes, the best gifts are the ones that grow over time."

\*T&Cs apply.

# At a glance

## April 2024

<b>Mon 8</b>	Extend Exercise Class	2pm
<b>Thurs 11</b>	Lunch at The Orangery, Derwen College	12.45pm
<b>Mon 15</b>	Extend Exercise Class	2pm
<b>Mon 22</b>	Extend Exercise Class	2pm
<b>Mon 29</b>	Extend Exercise Class	2pm
<b>Tues 30</b>	Coffee and a Quiz!	10.30am

## May

<b>Thurs 9</b>	Lunch at The Orangery, Derwen College	12.45pm
<b>Mon 13</b>	Extend Exercise Class	2pm
<b>Mon 20</b>	Extend Exercise Class	2pm
<b>Tues 28</b>	Coffee Morning	10.30am

## June

<b>Mon 3</b>	Extend Exercise Class	2pm
<b>Mon 10</b>	Extend Exercise Class	2pm
<b>Thurs 13</b>	Lunch at The Orangery, Derwen College	12.45pm
<b>Mon 17</b>	Extend Exercise Class	2pm
<b>Thurs 20</b>	RAF Cosford Air Museum and Battle of Britain Tour	9.45am
<b>Mon 24</b>	Extend Exercise Class	2pm
<b>Tues 25</b>	Coffee Morning	10.30am
<b>Tues 25</b>	Philip Caine, Author, Speaker and Raconteur	11.30am

## July

<b>Mon 1</b>	Extend Exercise Class	2pm
<b>Thurs 4</b>	Day Trip to the Seaside!	9.30am
<b>Mon 8</b>	Extend Exercise Class	2pm
<b>Thurs 11</b>	Lunch at The Orangery, Derwen College	12.45pm
<b>Mon 15</b>	Extend Exercise Class	2pm
<b>Mon 22</b>	Extend Exercise Class	2pm
<b>Mon 29</b>	Extend Exercise Class	2pm
<b>Tues 30</b>	Coffee Morning	10.30am