

Iron Bridge, Exeter



the Oddfellows
SINCE 1810
making friends, helping people

events & news

Exeter District
January - June 2023



St Martin's Church and Mol's Coffee House near the Exeter Cathedral



Coronation Celebration – Monday 8 May

Welcome to the latest edition of the Exeter 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 – all are welcome and 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

Provincial Corresponding Secretary: Jennifer Pooley

**Address: 16 York Road,
Exeter EX4 6BA**

Telephone : 01392 272749

**Email:
jennifer.pooley@oddfellows.co.uk**

**Oxenham Branch
Secretary: Carole Hawkins
Telephone: 01392 468732**

**Cary Branch
Secretary: Adrian Hemming
Telephone: 01884 34834**

For further details see page 9.

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**.

events diary

For further details please contact the name at the end of each entry, contact details are on page 9 of the publication. All entries are subject to change.

January 2023

Tuesday 10 - Oxenham Branch, 2.30pm

Social meeting with business followed by refreshments. **Cost:** Free event.

Address: Oddfellows Hall, 16 York Road, Exeter, Devon EX4 6BA. Contact Carole on 01392 468732.

February

Wednesday 1 - Rougemont Branch, 2.30pm

Social meeting followed by refreshments and games - all welcome. **Cost:** Free event. **Address:** Oddfellows Hall, 16 York Road, Exeter, Devon EX4 6BA. Contact Jennifer on 01392 272749.

Tuesday 14 - Oxenham Branch, 2.30pm

Social meeting with business followed by refreshments. **Cost:** Free event.

Address: Oddfellows Hall, 16 York Road, Exeter, Devon EX4 6BA. Contact Carole on 01392 468732.

Valentines Fish and Chips Lunch

Saturday 18 February, 12.30pm

Oddfellows Hall, 16 York Road,
Exeter, Devon EX4 6BA



Join us for fish and chips with a Valentine twist. All welcome. Booking essential as places will be limited - also raffle in aid of the Chairman's charity 'Infocus'. Book by Friday 10 February.

Cost: £10 per person. Contact Andrew on 07926 080267 or Jennifer on 01392272749.

March

Wednesday 1 - Rougemont Branch, 2.30pm

Social meeting followed by refreshments and games - all welcome. **Cost:** Free event. **Address:** Oddfellows Hall, 16 York Road, Exeter, Devon EX4 6BA. Contact Jennifer on 01392 272749.

events diary

March

Tuesday 14 - Oxenham Branch, 2.30pm

Social meeting with business followed by refreshments. **Cost:** Free event.

Address: Oddfellows Hall, 16 York Road, Exeter, Devon EX4 6BA. Contact Carole on 01392 468732.

April

Wednesday 5 - Rougemont Branch, 2.30pm

Social meeting followed by refreshments and games – all welcome. **Cost:** Free event. **Address:** Oddfellows Hall, 16 York Road, Exeter, Devon EX4 6BA. Contact Jennifer on 01392 272749.

Tuesday 11 - Oxenham Branch, 2.30pm

Social meeting with business followed by refreshments. **Cost:** Free event.

Address: Oddfellows Hall, 16 York Road, Exeter, Devon EX4 6BA. Contact Carole on 01392 468732.

Spring Lunch

Saturday 15 April, 12.30pm

Oddfellows Hall, 16 York Road,
Exeter, Devon EX4 6BA

Due to the success of last years event we are holding our spring lunch. Open to all members and prospective members. Menu nearer the time. Book by Friday 31 March. **Cost:** £15 per

person. Contact Andrew on 07926 080267 or Jennifer on 01392272749.



May

Wednesday 3 - Rougemont Branch, 2.30pm

Social meeting followed by refreshments and games – all welcome. **Cost:** Free event. **Address:** Oddfellows Hall, 16 York Road, Exeter, Devon EX4 6BA. Contact Jennifer on 01392 272749.

Coronation Celebration

Monday 8 May, 12.30pm

Oddfellows Hall, 16 York Road,
Exeter, Devon EX4 6BA

We will be celebrating the Coronation of King Charles III with a BBQ and cream tea. All welcome. Booking essential for catering purposes by Monday 1 May. **Cost:** £5 per person. Contact Andrew on 07926 080267 or Jennifer on 01392272749.



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Tuesday 9 - Oxenham Branch, 2.30pm

Social meeting with business followed by refreshments. **Cost:** Free event. **Address:** Oddfellows Hall, 16 York Road, Exeter, Devon EX4 6BA. Contact Carole on 01392 468732.

June

Monday 5 - Paignton - Coffee and Catch Up, 11am

Join us for morning coffee in Paignton. Venue to be decided - all welcome. Booking essential by Monday 29 May. **Cost:** Free event. **Address:** Four Seasons Café, 345 Torquay Road, Paignton, Devon TQ3 2EP. Contact Andrew on 07926 080267 or Jennifer on 01392272749.



Wednesday 7 - Rougemont Branch, 2.30pm

Social meeting followed by refreshments and games - all welcome. **Cost:** Free event. **Address:** Oddfellows Hall, 16 York Road, Exeter, Devon EX4 6BA. Contact Jennifer on 01392 272749.

July

Wednesday 5 - Rougemont Branch, 2.30pm

Social meeting followed by refreshments and games - all welcome. **Cost:** Free event. **Address:** Oddfellows Hall, 16 York Road, Exeter, Devon EX4 6BA. Contact Jennifer on 01392 272749.

forthcoming events

August

Wednesday 2 - Rougemont Branch, 2.30pm

Social meeting followed by refreshments and games – all welcome. **Cost:** Free event. **Address:** Oddfellows Hall, 16 York Road, Exeter, Devon EX4 6BA. Contact Jennifer on 01392 272749.

Sunday 13 - Driving Treasure Hunt, 2pm

Join us for a local treasure hunt around part of Devon followed by a picnic at the finish – all welcome. Further details nearer the time. Book by Friday 4 August. **Cost:** Free event. **Address:** Oddfellows Hall, 16 York Road, Exeter, Devon EX4 6BA. Contact Andrew on 07926 080267 or Jennifer on 01392272749.

Friendship Month Get Together

Wednesday 6 September, 1pm

Oddfellows Hall, 16 York Road,
Exeter, Devon EX4 6BA

Join us for Friendship Month to meet old and new members also open for prospective members to find out more about the Branch and the Society in General. Book by Thursday 31 August.

Cost: Free event. Contact Andrew on 07926 080267 or Jennifer on 01392272749.

ODDFELLOWS
FRIENDSHIP MONTH
1 - 30 SEPTEMBER



September - Friendship Month

Wednesday 6 - Rougemont Branch, 2.30pm

Social meeting followed by refreshments and games – all welcome. **Cost:** Free event. **Address:** Oddfellows Hall, 16 York Road, Exeter, Devon EX4 6BA. Contact Jennifer on 01392 272749.

Tuesday 12 - Oxenham Branch, 2.30pm

Social meeting with business followed by refreshments. **Cost:** Free event. **Address:** Oddfellows Hall, 16 York Road, Exeter, Devon EX4 6BA. Contact Carole on 01392 468732.

forthcoming events

Autumn Lunch

Saturday 23 September, 12.30pm

Oddfellows Hall, 16 York Road,
Exeter, Devon EX4 6BA



Join us for a home-made two course lunch including a raffle in aid of the Chairman's charity 'Infocus' – all welcome. Booking essential as places will be limited by Saturday 23 September. **Cost:** £15 per person. Contact Andrew on 07926 080267 or Jennifer on 01392272749.

October

Wednesday 4 - Rougemont Branch, 2.30pm

Social meeting followed by refreshments and games – all welcome. **Cost:** Free event. **Address:** Oddfellows Hall, 16 York Road, Exeter, Devon EX4 6BA. Contact Jennifer on 01392 272749.

Tuesday 10 - Oxenham Branch, 2.30pm

Social meeting with business followed by refreshments. **Cost:** Free event. **Address:** Oddfellows Hall, 16 York Road, Exeter, Devon EX4 6BA. Contact Carole on 01392 468732.

Saturday 14 - Coffee, Cake and More, 1.30pm

Join us for refreshments at the hall, with a few surprises. Book by Friday 6 October. **Cost:** £3.50 per person. **Address:** Oddfellows Hall, 16 York Road, Exeter, Devon EX4 6BA. Contact Andrew on 07926 080267 or Jennifer on 01392272749.



November

Wednesday 1 - Rougemont Branch, 2.30pm

Social meeting followed by refreshments and games – all welcome. **Cost:** Free event. **Address:** Oddfellows Hall, 16 York Road, Exeter, Devon EX4 6BA. Contact Jennifer on 01392 272749.

Tuesday 14 - Oxenham Branch, 2.30pm

Social meeting with business followed by refreshments. **Cost:** Free event. **Address:** Oddfellows Hall, 16 York Road, Exeter, Devon EX4 6BA. Contact Carole on 01392 468732.

forthcoming events

Fish and Chips Supper

Friday 17 November, 12 noon

Oddfellows Hall, 16 York Road,
Exeter, Devon EX4 6BA



Join us for fish and chips supper with a raffle in aid of the Chairman's charity 'Infocus' – all welcome. Booking essential due to limited places by Friday 10 November. **Cost:** £10 per person. Contact Andrew on 07926 080267 or Jennifer on 01392272749.

December

Wednesday 6 - Rougemont Branch, 2.30pm

Join us for our Christmas celebrations followed by festive refreshments – all welcome. **Cost:** Free event. **Address:** Oddfellows Hall, 16 York Road, Exeter, Devon EX4 6BA. Contact Jennifer on 01392 272749.

Tuesday 12 - Oxenham Branch, 2.30pm

Social meeting with business followed by refreshments. **Cost:** Free event. **Address:** Oddfellows Hall, 16 York Road, Exeter, Devon EX4 6BA. Contact Carole on 01392 468732.

**Online events you
can enjoy**
from the comfort of
your own home...

Talks, coffee mornings, exercise classes,
quizzes, fun & games and much more

Visit oddfellows.co.uk/events
and enter 'Kelso' in the place name box



Need help to attend an online event? Just give your local Social Organiser or Branch Secretary a call or email events@oddfellows.co.uk

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Come say hello

Online open days

Thinking about becoming an Oddfellows member, but want to know more first?

Join us at one of our online zoom open days.

Designed to make you feel like you're amongst friends, these informed open days will give you a flavour of the Oddfellows.

- Find out what the Oddfellows is all about
- Be able to ask any questions
- Get to know us and have some fun

Unsure of how to use Zoom? Don't worry, just let us know by emailing events@oddfellows.co.uk and we'll show you how. **Membership costs from just £25 a year.***

17 January, 7pm

22 February 2pm

23 March 7pm

To register for one of the open days, visit: oddfellows.co.uk/opensdays*

Terms and conditions apply, for details visit www.oddfellows.co.uk/terms-conditions or call us on **0800 028 1810**.

Contact Details

Rougemont Branch

16 York Road, Exeter EX4 6BA.
Meetings held every first Wednesday at 2.30pm. February to December.

Secretary: Jennifer Pooley

Telephone: 01392 272749

Email: jennifer.pooley@oddfellows.co.uk

Cary Branch

Secretary: Adrian Hemming **Telephone:** 07789 136555.

Oxenham Branch

16 York Road, Exeter EX4 6BA.
Meetings held every second Tuesday at 2.30pm. September to May

Secretary: Carole Hawkins

Telephone: 01392 468732



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 Jennifer on **01392 272749** or email **jennifer.pooley@oddfellows.co.uk**

Oddfellows Citizens Advice Line

Call 0800 0149 821*

(free to callers from any landline or mobile number)

Monday - Friday, 9.30am - 4.30pm

Email: oddfellows@manchestercab.org



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

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

Care and Welfare Helpline

Call 0800 0149 822

(free to callers from any landline or mobile number)

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

Email: care@oddfellows.co.uk

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

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

Thank you for keeping each other's spirits lifted

When you're going through a tough time, joy can frequently feel in short supply.

Despite the challenges and upsets we've faced as a nation this past year, it has been reassuring to see so many instances of our members coming together to enjoy each other's company. When I look at our Facebook pages and see the comfort you give each other, and the happiness being cultivated, it never fails to make me smile.



I've been an Oddfellow for 27 years, which compared to many members is no time at all. However, over time you notice what brings us together as members and makes us such a powerful, collective force. We've a desire to make the most of our situation, and to improve the lives of those around us. And that is so special. There's a lot happening at the moment and so much of it is out of our control. But there is one thing we can influence – our wellbeing – by adding more mini-moments of peace or happiness into our days.



Please stick on some music that makes your heart sing. Call someone you haven't spoken to in a while. Bake something to share. Try something new. And, of course, make sure you pop one of our socials in your diary. Joy is infectious. You only need to share a smile to witness this. Even if you don't know them, they're likely to smile back and feel happier for it.

We've been sowing the seeds of friendship and support for over two centuries now, and I know I can count on you to continue to do this.

I know a little extra dose of happiness won't solve all our problems, but it will help us to cope with them better, and hopefully create a positive 'Oddies' chain reaction with those around us. We've been told to brace ourselves for difficult economic times, so I also want to remind you that we are always here and ready to help where we can. Thank you again for all that you do and for being such wonderful examples of Oddfellowship.

I wish you, your family and all those you care for good health, happiness and fortune for 2023.

**Yours always in friendship,
Jane Nelson, CEO, the Oddfellows.**

Help with the cost of living

It's a worrying time for everyone with rising household bills, food price inflation and dramatic increases in fuel costs. However, now is always the best time to seek guidance with maximising income, coping with bills and debts, and seeking help with mental and physical health issues.

Our colleagues from the Oddfellows Citizens Advice Line have shared information on help available, and ways in which we can alter our behaviour to save money.

Speak to your local council

Some people can access support from the “Household Support Fund” (also known as “welfare assistance”). Check your local council website to find out if you're eligible.

Budget your outgoings

Having a very clear picture of where your money is spent can help you identify any unnecessary spends, or highlight an opportunity to cancel or find a better deal on subscriptions.

Create a meal plan

Make a list of everything in your cupboards before writing a shopping list to avoid purchasing items you may already have tucked away.

Check your benefits

Some people may be entitled to unclaimed benefits or more than they currently receive. Check <https://www.citizensadvice.org.uk> or contact the Oddfellows Citizens Advice Line.

Sell your spares

It's never been easier to get rid of unwanted clothes, toys or unused items. Use websites such as eBay or Vinted to make a little money from items which would otherwise be sat around your home.

Be scam aware

There has been a huge increase in the number of scams happening, so be vigilant and if you're ever unsure, speak to a friend, family member, or the Oddfellows Citizens Advice Line for their input.

Other help available (qualifying criteria applies)

Such as the £400 Energy Bills Support Scheme, £150 Council Tax rebates, £650 Cost of Living Payment, £150 disability Cost of Living Payment and up to a £300 pensioner cost of living payment. Plus more help to be announced for 2023.

If you are worried about the cost of living, and would like more information, please call the Oddfellows Citizens Advice Line. The number can be found on the back of your membership card or call Membership on 0800 028 1810.

HA Andrews Memorial Fund



Representatives from the Oddfellows visited the Centre for Cancer Immunology to present the first installment of funding from the Society's HA Andrews Memorial Fund and discover how it will support developments in cancer research.

Immunology is a ground-breaking development in the fight against cancer. It offers less invasive treatment for patients, and the results so far are extraordinary.

The Centre, which opened at Southampton General Hospital in 2018, and is funded entirely by donations, is the most recent beneficiary of a gift from the HA Andrews Memorial Fund. The Fund will provide three years of support for a talented PhD student, Nur Zainal, whose research will focus on a specific gene which can potentially be manipulated to target cancer cells in a new vaccine.

Guernsey Oddfellows member, Eric Ferbrache, nominated the project for funding after learning about the Centre's work when it initially opened.

He said: "I personally think it is such a worthwhile project, and the research they are doing around how we can use our body's immune system to better treat different types of cancers is a great advancement. I'm so pleased that it was chosen for the most recent round of funding."

Dr Tim Fenton, Associate Professor in Cancer Biology at the University of Southampton, said: "Our proposal to study the role of RNA editing in cancer cells was selected from amongst a list of 27 submitted from different universities across the UK. We'd like to extend our gratitude to the Guernsey Oddfellows, who supported our application to the HA Andrews Memorial Fund."

Jane Nelson, CEO at the Oddfellows, said: "Sadly, many of our members and their families have been affected by cancer, which is why we are proud to support this incredible research with the HA Andrews Fund. Anything we can do to help the efforts to find a cure is hugely important to us."

We recently received a kind thank you note with a beautiful picture from His Majesty King Charles III, and wanted to share it with you.

When we heard about the death of Her Late Majesty Queen Elizabeth II, the Society sent a letter of condolence on behalf of the Oddfellows and its members.



Unity Mutual – here for you

At Unity Mutual, we believe looking after your finances shouldn't feel scary. It should feel achievable to anyone in any circumstance. Whether you're interested in a deposit on your dream home, saving to give your grandchildren a great start in life, or wanting to leave a little something to loved ones should the worst happen, we're here to help you achieve it.

We have a range of savings and insurance products that could work for you, such as a Junior ISA or Child Tax Exempt Savings Plan, which can offer your child, grandchild, niece or nephew a great head start into adulthood that will mean the world.

Or our new Over 50s Life Insurance Plan, so that when the time comes (hopefully a long time from now), the people you love

are taken care of. Visit our website: www.unitymutual.co.uk/oddfellows or call our friendly team on **0161 214 4628** for more information and the terms and conditions that apply to each product.

Keep a look out for the next Society News, where we will feature our individual products in more detail as part of our 'Introducing Series'.



Unity Mutual
FAMILY FRIENDLY FINANCE

*To view Unity Mutual's Guaranteed Investment Bond terms and conditions, go to www.unitymutual.co.uk/oddfellows/gib. If you're in any doubt about whether any Unity Mutual product is right for you, it's a good idea to talk to an Independent Financial Advisor (IFA). You can find a local financial advisor by visiting www.unbiased.co.uk. You may need to pay for a financial advisor's help, so make sure you ask them about their fees first.

At a glance

January 2023

Tues 10	Oxenham Branch	2.30pm
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February

Wed 1	Rougemont Branch	2.30pm
Tues 14	Oxenham Branch	2.30pm
Sat 18	Valentines Fish and Chips Lunch	12.30pm

March

Wed 1	Rougemont Branch	2.30pm
Tues 14	Oxenham Branch	2.30pm

April

Wed 5	Rougemont Branch	2.30pm
Tues 11	Oxenham Branch	2.30pm
Sat 15	Spring Lunch	12.30pm

May

Wed 3	Rougemont Branch	2.30pm
Mon 8	Coronation Celebration	12.30pm
Tues 9	Oxenham Branch	2.30pm

Introduce the Oddfellows to someone you know

Refer a friend today

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



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

Ref 1644

At a glance

June

Mon 5	Paignton - Coffee and Catch Up	11am
Wed 7	Rougemont Branch	2.30pm

July

Wed 5	Rougemont Branch	2.30pm
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Forthcoming Events

August

Wed 2	Rougemont Branch	2.30pm
Sun 13	Driving Treasure Hunt	2pm

September - Friendship Month

Wed 6	Friendship Month Get Together	1pm
Wed 6	Rougemont Branch	2.30pm
Tues 12	Oxenham Branch	2.30pm
Sat 23	Autumn Lunch	12.30pm

October

Wed 4	Rougemont Branch	2.30pm
Tues 10	Oxenham Branch	2.30pm
Sat 14	Coffee, Cake and More	1.30pm

November

Wed 1	Rougemont Branch	2.30pm
Tues 14	Oxenham Branch	2.30pm
Fri 17	Fish and Chips Supper	12 noon

December

Wed 6	Rougemont Branch	2.30pm
Tues 12	Oxenham Branch	2.30pm

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