

May - August 2024



O^{the} **Oddfellows** SINCE 1810
making friends, helping people

out & about

Nottingham Trent District



Members out for coffee at Attenborough Nature Reserve



Sports



Art/Crafts



Dining Out



Meetings



Walks



Games



Day Trip



Wellbeing



Social



Talks



Coffee Morning/
Afternoon Tea

Welcome to the latest edition of your Events Diary for Nottingham Trent District Oddfellows.

Spring is here and Summer is on its way and we have been having some great events, you will see photos and captions at the end of this booklet showing what a great time we have. If you are not yet a member then come along to an event, we operate on a 'try before you buy' system, so you can come along to see if we are what you are looking for. We hope you like the events we have organised so far this year for you? In this diary we have included an Events Planning Meeting and you are all invited to come along and give your ideas on what future events you would like us to organise and to make any other suggestions about our District. We are a member based organisation, run by the Members for the members so your input is really important to us.

We are a group of friends brought together through shared interest in socialising, making friends and helping people and we have a great time whilst doing it! We also provide our members with a range of advice and support services when you need them.

I am pleased to say that we have joined up with Derbyshire Peak for some of their events, Denby Pottery visit being one of them. See page 21 for details of some of their



Sunday 28 July – Sunday Lunch on the Nottingham Princess, we hope you can join us!

Contact Details

For more information or to book any events contact the Secretary

Secretary: Karen Pye-Smith

Address:

64 Coles Way, Grantham NG31 7GB

Telephone: 01476 979572

Mobile: 07921 821866

Email:

karen.pye-smith@oddfellows.co.uk

Dates are subject to change. Please call to confirm your attendance.

Please leave a message if booking contact unavailable

forthcoming events which you might be interested in, I have included their walks as Derbyshire is a beautiful place for walking, contact Karen to book.

Disabled Access – Please contact Karen who can advise you on details of disabled access at your events and meetings.

May

THURS
02

Prince of Peace Branch

7.30pm

£ Free



This is a friendly Branch which opens with Ritual and talking about current items each month and light refreshments on arrival, some months there will be a speaker or quiz. All welcome, open to non-members. Dunkirk and Old Lenton Community Centre, Montpelier Road, Dunkirk, Nottingham NG7 2JY. Contact Carol on 0115 9725837.

FRI
03

Rag Wreath Making

11am

£ Members £5,
Guests £6



Join us for a tutorial in Wreath rag making with Sue Whitworth. All materials supplied to make a pretty and colourful wreath for Summer. Please book in good time as places are limited to 10. Book by Saturday 20 April. The Nottingham Mechanics, 3 North Sherwood Street, Nottingham NG1 3EZ. Contact Karen on 01476 979572.



SAT
04

Colwick Country Park Walk

10.30am

£ Walk Free,
cost of lunch



Join us for a guided walk with Karen, meeting at The Fishing Lodge. This route skirts both the Trout Lake and West lake out to Colwick Hall, then returns after about three miles (5km) in all. If all in favour, we can stop halfway for coffee and cake at Colwick Hall. Access: Off the main Colwick Loop Road, turn into Mile End Road. A small car park exists at the end of River Road (first turning right) by The Fishing Lodge. For the disabled or elderly, other car parking further inside costs about £2 at The Fishing Lodge. We will take lunch following the walk at a local hostelry. Book by Wednesday 1 May. Colwick Country Park & Marina, The Fishing Lodge, River Road, Colwick, Nottingham NG4 2DW. Contact Karen on 01476 979572.

May

THURS
09

Muston to the Mucky Duck Walk



10.30am



Walk Free,
Cost of lunch



Park your car in Muston Village outside the church where we will all meet and we will walk along the Old



Mineral Line to the Mucky Duck at Woolthorpe. We will take lunch at the Mucky Duck or The Chequers at Woolthorpe. This is a flat walk of approximately four miles. Muston Church, Church Lane, Muston, Nottingham NG13 0FD. Contact Karen on 01476 979572.

FRI
10

Dine Around the World - Kayal Restaurant



7pm



As per
menu



Join us for another gastronomic adventure at Kayal, which offers a cuisine that is very unusual and different from the rest. Cooking in Kayal is all about tradition, aromas and spices, offering gastronomic opportunities to those willing to experiment with the local cuisine of Kerala. Go to www.kayalrestaurant.com for more information. Book by Wednesday 1 May. Kayal Nottingham, 8 Broad Street, Nottingham NG1 3AL. Contact Karen on 01476 979572.

WED
15

CoffeeFellows New Social

New
Event



11am



See below



We are starting up a new group in Beeston! Meet at Beeston Social for a complimentary coffee and Beeston brownie. Come along and meet some new friends or catch up with old friends. The café is next to Beeston Tram and the Bus Interchange or you can park for three hours in Tesco nearby or Sainsbury's which is a five minute walk away. It is next to Beeston's State of the Art ARC Cinema. So there is the option of catching an early afternoon screening - Senior (65+) is £7. Some months we will be taking the Silver Screen showing on a Thursday with a screening at 1pm for £5 (Senior 65+) and complimentary tea or coffee served before the film. Book by Friday 1 May. ARC Cinema, 2 Station Road, Beeston, Nottinghamshire NG9 2WJ. Contact Karen on 01476 979572.



THURS
16

Civil War Museum Trip with Optional Lunch



11am



See below



Join us for a trip to The National Civil War Centre. The centre allows you to explore one of the most fascinating times in UK history, sweeping you into a remarkable story of superstitions, serious sibling rivalry and seismic change which has affected the country we live in today. See the realities of 17th century life through the eyes of people who lived it in the stunning galleries.

Optional lunch can be taken afterwards. Cost: £8 for adult, 30% discount for English Heritage members. Free for Newark and Sherwood District residents. Book by Thursday 9 May. National Civil War Centre 1, 4 Appletongate, Newark, Nottinghamshire NG24 1JY. Contact Sandra on 07447 573004.

TUES
21

Beginners Golf at Sudbrook Moor Golf Club



11am



£14



Following the great success of our last beginners golf session, join us once again for an opportunity to learn how to play golf at the delightful Sudbrook Moor Golf Club in Carlton Scroop. Nothing too serious so even if you have never held a golf club before you will be most welcome. Following coffee and introduction in the clubhouse, there will be a practice session on the driving range. A light lunch will be provided and then in the afternoon a chance to test your skills in a putting competition. All equipment will be provided and thanks to the generosity of the golf club the fee for the day will be only £14 inclusive of refreshments.

Please make sure that you bring flat soled shoes or trainers and protective clothing in case of inclement weather. Book by Wednesday 1 May. Sudbrook Moor Golf Club, Charity Street, Carlton Scroop, Grantham NG32 3AT. Contact Karen on 01476 979572.

TUES
21

Energise your life as we enter summer with Tai Chi!



1.30pm



Free



Join us for a wonderful class of Tai Chi, taught by one of our members, Shelagh Grandpierre, longstanding teacher and honorary president of the Tai Chi Union of Great Britain

(TCUGB). Fill yourself with new reserves of energy and inner calm. Renowned for the positive effect on the body, mind and spirit, Tai Chi practice improves circulation and strengthens your whole body. Let go of your concerns and become stronger both mentally and physically. The flow of chi throughout the body reduces stress and strengthens bones and muscles, leading to a feeling of wellbeing. Other benefits include greater endurance and patience, greater balance and coordination, confidence and inner peace.

Experience for yourself the art of Tai Chi and discover what this health giving art can do for you. Anyone can learn and the class will be suitable for men and women of all ages and fitness levels/abilities. You are never too old or too young. All welcome! Learn with us flowing Tai Chi movements, techniques for better balance and some guided relaxation methods in this special session for Oddfellows members.

Book by Tuesday 14 May. Grantham Tennis Club & Gym, Gonerby Hill Foot, Grantham NG31 8HU. Contact Karen on 01476 979572.

THURS
23

Denby Pottery Tour



9.30am



£13 to be confirmed for 2024



Tour begins at 10.30am. Tickets approximately £13 but to be confirmed for 2024. A 60-90 minute tour of the famous Denby Pottery factory with walking and stairs involved. Go behind the scenes of the working pottery to meet the skilled craftspeople at work. Followed by a visit to the café for lunch. If you can't manage the tour there are options to paint a pot or watch a presentation. Book by Wednesday 1 May. Denby Pottery Village, Derby Road, Ripley DE5 8NX. Contact Karen on 01476 979572.

May

FRI
31

Architects of Air at Lakeside Arts, Nottingham



11am



TBC



This experience sounds amazing, it will certainly be a first for me.

The first reaction is often one of delight at the unexpected beauty of the light. The light of the day, transmitted by the translucent coloured parts of the luminarium, is surprising in its luminosity and makes a direct impact on the senses.

The luminarium's pneumatic environment, in its organic purity, provides a utopian vessel to contain light's radiant brilliance and subtle hues. Through labyrinthine tunnels and cavernous domes visitors move in a medium of saturated colour, in a world apart from the normal and everyday, accompanied by a gentle sensory soundscape.

Visitors try to put their experience into words – comparing the experience to like walking through a stained glass window, a futuristic space station, or like being inside a gigantic strange breathing organic but comforting creature. There are 2 cafes nearby. Parking is extremely limited so please allow extra time if driving, and use the trams and buses where possible. I have bought 8 priority access tickets so we won't have to queue too long. Cost is £6 for priority access ticket.

Book by Wednesday 15 May. University Park, Lakeside Arts, Nottingham NG7 2RD. Contact Karen on 01476 979572.

June

THURS
06

Prince of Peace Branch



7.30pm



Free



This is a friendly Branch which opens with Ritual and talking about current items each month and light refreshments on arrival, some months there will be a speaker or quiz. All welcome, open to non-members. Dunkirk and Old Lenton Community Centre, Montpelier Road, Dunkirk, Nottingham NG7 2JY. Contact Carol on 0115 9725837.

June

FRI
07

The Woolly Tellers



11am



Free



The Woolly Tellers began with the Story Tellers of Nottm at the Ye Olde Trip to Jerusalem several years ago. They take a subject, and bring it to life, creating atmosphere and giving it a reason. Come along for what will be a very interesting talk, this time about Music Halls and the Victorian Culture and how they fitted into the Industrial City of Nottingham in that period. The speaker, Mick Whysall, has given me an overview and it really is interesting and educational! We usually take lunch in the cafe at the Mechanics following the event, it serves well priced food. The talk is a free event. Book by Saturday 1 June. The Nottingham Mechanics, 3 North Sherwood Street, Nottingham NG1 3EZ. Contact Karen on 01476 979572.



SAT
08

University Park to Wollaton Hall and Lake Walk



10.30am



Walk Free,
Cost of lunch



Join us for one of our enjoyable walks from University Park to Wollaton Hall and Lake. Meet at the Pavilion Café, University Park for a four mile walk on good pathways. There will be some walking up inclines and some steps are anticipated. Lunch afterwards at a suitable local venue at approximately 12.30pm. You are welcome to join us for lunch, booking two weeks in advance please. Please book by Saturday 25 May. Pavilion Café, Lakeside Arts Centre, University Park, Nottingham NG7 2RD. Contact Karen on 01476 979572.

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

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June

THURS
13

BBC Gardeners' World Live 2024



10.30am



Members £24,
Guests £26



We have purchased tickets for this event, meeting place to be confirmed. Car share to the event available. This is a fantastic show for the summer filled with garden inspiration, expert advice, tip-top shopping, live entertainment and much more! I can take four people in my car and pre-booking at the car park is available three months before the event. Book by Wednesday 15 May. National Exhibition Centre, Birmingham, West Midlands B40 1NT. Contact Karen on 01476 979572.



TUES
18

Flower Arranging with Sue



11am



£5



Join us once again for a flower arranging tutorial with Sue. You will be provided with fresh flowers and materials to make a transportable table decoration and you will be taken through the process step by step. Please bring along a pair of scissors. Please book in good time as it is limited to 10 attendees. Book by Saturday 1 June. Southwell Bowls Club, Bishops Drive, Southwell NG25 0GD. Contact Sandra on 07447 573004.

WED
19

CoffeeFellows New Social



11am



See below



New
Event

We are starting up a new group in Beeston! Meet at Beeston Social for a complimentary coffee and Beeston brownie. Come along and meet some new friends or catch up with old friends. The café is next to Beeston Tram and the Bus Interchange or you can park for three hours in Tesco nearby or Sainsbury's which is a five minute walk away. It is next to Beeston's State of the Art ARC Cinema. So there is the option of catching an early afternoon screening - Senior (65+) is £7. Some months we will be taking the Silver Screen showing on a Thursday with a screening at 1pm for £5 (Senior 65+) and complimentary tea or coffee served before the film. Book by Friday 7 June. ARC Cinema, 2 Station Road, Beeston, Nottinghamshire NG9 2WJ. Contact Karen on 01476 979572.



June

MON
24

Cotgrave Country Park Walk



11am



Cost of lunch



With its rolling hills, lakes, ponds and woodlands old and new, Cotgrave Country Park is a great place to visit, explore and enjoy. It has developed around the Cotgrave Colliery that closed in the 1990s. Meet at the car park where we can decide on one of four waymarked walks of varying difficulty. All the walks can be followed by wooden posts with colour coded bands. Following the walk we can take lunch at The Shepherds Stonehouse Restaurant NG12 2JZ which serves good priced food. Car Park, Cotgrave Country Park, Hollygate Lane NG12 3HE. Contact Karen on 01476 979572.



THURS
27

1620s House and Garden at Donington Le Heath



11am



See below



Donington le Heath Manor House Museum, now 'The 1620s House and Garden at Donington le Heath' is a surviving example of a manor house built over seven hundred years ago in Donington le Heath, near the town of Coalville, Leicestershire. Visitors can see the beautifully restored period rooms and talk to the volunteers about the history of the house. The gardens are laid out in early 17th century style. There is The Old Bar Tea Room for drinks, home-made cakes, soup and also to pick up a gift or souvenir from the gift shop. Cost: £5.95 for adult, £5 for concession (60+). Tickets give unlimited re-admission for 12 months. For more info: <https://1620shouse.org.uk/> Book by 20 June. The 1620s House and Garden, Manor Road, Coalville United Kingdom, Leicestershire LE67 2FW. Contact Karen on 01476 979572.

Further events are being added, see: www.oddfellows.co.uk/events.

June

FRI
28

Dine Around The World - Paste Thai Restaurant



7pm



As per menu



Paste Thai is situated in the heart of Lace market, Nottingham, and offers contemporary Thai cuisine. 16-20a Carlton Street, Nottingham NG1 1NN. Contact Karen on 01476 979572.

July

FRI
05

Energise your life in summer with Tai Chi!



1.30pm



Free



Join us for a wonderful class of Tai Chi, taught by one of our members, Shelagh Grandpierre, longstanding teacher and honorary president of the Tai Chi Union of Great Britain (TCUGB). Fill yourself with new reserves of energy and inner calm. Renowned for the positive effect on the body, mind and spirit, Tai Chi practice improves circulation and strengthens your whole body. Let go of your concerns and become stronger both mentally and physically. The flow of chi throughout the body reduces stress and strengthens bones and muscles, leading to a feeling of wellbeing. Other benefits include greater endurance and patience, greater balance, coordination, confidence and inner peace. Experience for yourself the art of Tai Chi and discover what this health giving art can do for you. Anyone can learn and the class will be suitable for men and women of all ages and fitness levels/abilities. You are never too old or too young. All welcome! Learn with us flowing Tai Chi movements, techniques for better balance and some guided relaxation methods in this special session for Oddfellows members. Book by Monday 1 July. Grantham Tennis Club & Gym, Gonerby Hill Foot, Grantham NG31 8HU. Contact Karen on 01476 979572.

July

THURS
04

Prince of Peace Branch



7.30pm



Free



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July

SAT
06

Welbeck Estate Walk



10.30am



Free



Meet in the courtyard for a lovely walk around the Welbeck Estate which is one of the great traditional landed estates, nestled within Sherwood Forest in Nottinghamshire. There is an art gallery, garden centre and shops. For those wanting to do a longer walk there is the option to take the Cuckney Water Meadows walk which is a scenic countryside walk through fields to the nearby village of Cuckney, with views of the picturesque Cuckney water meadows and Grade I listed church.

The walk includes a range of surfaces, with some slight inclines, fields, country road crossings, steps and uneven stretches. Lunch will be taken following the walk at a venue of our choice. Book by Monday 1 July. Welbeck Estate, Worksop S80 3LL. Contact Karen on 01476 979572.

TUES
09

Sweet Peas at Easton Walled Garden



11am



£10



Join us for a golden opportunity to visit this hidden gem. Once the site of an extravagant stately home, the landscape owes a lot to the Tudor and Jacobean period being created over 400 years ago. Unfortunately, Easton Hall fell into disrepair during the Second World War and was eventually demolished in 1951. The gardens revival began in 2001 and led by Lady Ursula Cholmeley with the help of family and friends restoration work began and is now one of the finest walled gardens in the UK.

The gardens extend to 15 acres and include magnificent displays of orchids, roses, sweet peas and irises. Our visit will coincide with the flowering of the sweet peas of which there are over 50 varieties. As well as the garden, there is a lovely tea shop serving home-made refreshments, a conservatory and a well stocked garden shop.

This is an event not to be missed. Book by Tuesday 2 July. Easton Walled Gardens, Easton, Nr Grantham NG33 5AP. Contact Karen on 01476 979572.

THURS
11

Peak Sightseer Open Top Bus Tour



7.45am



See below



This tour has been highly recommended. Sit back and enjoy the scenery from a grandstand view as the open top bus takes you to some of the Peak District National Park's most popular destinations including Chatsworth House, Bakewell and Hassop Station for the Monsal Trail. You can hop on and hop off as many times as you'd like for a jam-packed day exploring the Derbyshire Peaks. Grantham members take the 7.54 train from Grantham to Chesterfield. Other members get on the same train to Chesterfield at Nottingham Station at 8.40am.

We then take the Peak Sightseer Bus at Chesterfield Station for a great trip. Return Train (Norwich train) Chesterfield at 17.42 hours arriving in Nottingham 18.33 hours and Grantham 19.11 hours. Sue, our leader has done this many times before so she can guide us! A full loop takes approx 60 minutes.

Cost: Adult day tickets £6/ ENCTS card day tickets £4/ Group day tickets of five people, cost £15. Book by Monday 1 July. Peak Sightseer Open Top Bus Tour, Baslow Nether End, Baslow, Bakewell DE45 1SR. Contact Karen on 01476 979572.

MON
15

Yoga for all abilities



1.30pm



Free



After the success of yoga sessions in Nottingham with Lindsay Nash, we have been asked to do another one. All abilities welcome and no experience necessary and this type of yoga can be adapted to all capabilities and can be seated throughout. This really is a fun session and you will leave feeling thoroughly relaxed and uplifted.

Book by Monday 1 July. Grantham Tennis Club & Gym, Gonerby Hill Foot, Grantham NG31 8HU. Contact Karen on 01476 979572.



July

TUES
16

Rummikub and Other Games



11am



Free



Join us again for a great morning of board games including Rummikub, which is a fun game to play and great way to relax. Complimentary refreshments available. Book by Monday 1 July. Southwell Bowls Club, Bishops Drive, Southwell NG25 0GD. Contact Sandra on 07447 573004.

THURS
18

Events Planning Meeting



10.30am



Free



We hope you like what events we have organised so far this year for you? Now it is time to get our next lot of events organised and booked, but we can only do this with your help and suggestions - these events are for you. We would like you to bring along ideas for new events or rebook old ones. We have booked a venue half way between Grantham and Nottingham and we can take lunch after the event. There is a free public car park on Newgate Street NG13 8FD. We have organised this event on Market Day so you can treat yourself to a look round. Book by Monday 1 July. The Buttercross (Wetherspoons), Market Place, Bingham, Nottinghamshire NG13 8AP. Contact Karen on 01476 979572.

SUN
21

Sunday Lunch at The Welby Arms, Allington



1pm



£14.95-£16.95
for main course



Join us for Sunday lunch at this popular country pub with a friendly and welcoming atmosphere. The reviews are great so you shouldn't miss out on this one! They have said it would help if we pre-order so please go to: <https://thewelbyarmsallington.com/dining>. Sunday topside of beef - £16.95, leg of pork - £14.95, turkey breast - £14.95, honey roasted gammon - £14.95. Desserts are on the board on the day and there is a selection of starters. Please let me know what you want to order by Monday 1 July. The Welby Arms, The Green, Allington, Grantham NG32 2EA. Contact Karen on 01476 979572.



July

THURS
25

CoffeeFellows New Social

New
Event



11am



See below



We are starting up a new group in Beeston! Meet at Beeston Social for a complimentary coffee and Beeston



brownie. Come along and meet some new friends or catch up with old friends. The café is next to Beeston Tram and the Bus Interchange or you can park for three hours in Tesco nearby or Sainsbury's which is a five minute walk away. It is next to Beeston's State of the Art ARC Cinema. So there is the option of catching an early afternoon screening - Senior (65+) is £7. Some months we will be taking the Silver Screen showing on a Thursday with a screening at 1pm for £5 (Senior 65+) and complimentary tea or coffee served before the film. Book by Friday 12 July. ARC Cinema, 2 Station Road, Beeston, Nottinghamshire NG9 2WJ. Contact Karen on 01476 979572.

FRI
26

The Jive Aces at Peggy's Skylight, Nottingham



6.30pm



£20 for entry
and band



We thought we would give Peggy's Skylight and try in this diary, we have booked



a dining table for 7pm which guarantees us a dining seat. Purchase of the meal is in addition to the entry fee. However the meals are affordable: <https://peggysskylight.co.uk/menu>. We will be entertained by the Jive Aces, renowned worldwide for their high-energy spectacular showmanship, their viral video 'Bring Me Sunshine' and for being the first jive band to reach the final rounds of Britain's Got Talent, The Jive Aces have firmly established themselves the UK's No.1 Jive and Swing band. Book by Monday 1 July. Peggy's Skylight, 3 George St, Nottingham NG1 3BH. Contact Karen on 01476 979572.

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 where necessary.

July

SUN
28

Sunday Lunch on the Nottingham Princess



12 noon



Members £25,
Guests £27



Join us for another one of our lovely cruises on the Nottingham Princess. 12 noon for boarding at 12.30pm. The cruise takes in the views of the historic city of Nottingham between Holme Pierrepont and Wilford Church. You will enjoy a lovely two course Sunday lunch, main and dessert. Meals are served to the table with a generous helping of hospitality by the friendly staff. Informative live commentary and a companion cruise map are also included so that you can follow your journey and pick out the historical and local points of interest. At the racecourse roundabout which is on Daleside Road, follow the signs for Racecourse Park & Ride, passing Nottingham Racecourse on your left. Continue down Racecourse Road for approximately 1/4 mile and you will find them situated on the right hand side.

Book by Monday 1 July. Princess River Cruises, The River Lodge, Princess Park, Racecourse Road, Colwick, Nottingham NG2 4RF. Contact Karen on 01476 979572.

August

THURS
01

Prince of Peace Branch



7.30pm



Free



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FRI
02

Yoga for all abilities



11am



Free



Come along for a truly enjoyable, relaxing and uplifting yoga session with Lindsay



Nash. This session is suitable for all abilities and you can be seated throughout. Book by Monday 15 July. The Nottingham Mechanics, 3 North Sherwood Street, Nottingham NG1 3EZ. Contact Karen on 01476 979572.

August

SAT

03

Skylarks Nature Reserve loop from Holme Pierrepont



10.30am



Free



Join us for a beautiful 2.9 mile walk around the Skylarks Nature Reserve at Holme Pierrepont. Park in the car park. We shall take lunch in a nearby pub or restaurant following the walk, please let Karen know if you will be taking lunch for booking purposes. Holme Pierrepont Visitor Car Park, Adbolton Lane, Nottingham NG12 2LU. Contact Karen on 01476 979572.



THURS
08

Go Quest Adventure Nottingham



10.30am



Cost of meal



Meet at the Left Lion in front of the Council House in Old Market Square for the Go Quest Adventure. The End Location: Ye Olde Trip to Jerusalem. Distance 1.8 miles. Approximate time to complete 2.5 to three hours.

Go Quest Adventures is turning the streets of Nottingham into an Adventure Playground! The Nottingham Quest is a fun, challenging and engaging way to explore the city centre from a whole different perspective. It's like no treasure hunt you've done before. Following the free quest there is the option to take lunch or afternoon tea (depending on timings of the quest) at St James' Hotel which is close to The Trip to Jerusalem. This has all the makings of a great day out! <https://goquestadventures.com/find-a-quest>.

If you don't fancy the quest, you are most welcome to come along for meal. Book by Thursday 1 August. The Council House, The Old Market Square, Nottingham NG1 2DT. Contact Karen on 01476 979572.

August

SAT 10 National Justice Museum



11am



Over 60's
£10.95



Join us for a visit to the National Justice Museum. We have booked a guided tour which takes around 60 minutes taking you around the Gaol. Meet amazing, costumed characters from Nottingham's history in the Grade II listed Shire Hall. Explore the Victorian Courtroom, Georgian Gaol and ancient cells – all spread over five fascinating floors. Be inspired by exhibitions on themes of social justice and discover our captivating collection. Experience justice and the law like never before. There are performances throughout the day. We will take lunch in a nearby hostelry following the visit. Cost: Over 60's £10.95 (tour subsidised by Oddfellows). Book by Thursday 1 August. The National Justice Museum, High Pavement, Nottingham NG1 1HN. Contact Karen on 01476 979572.



TUES 13 Visit King Richard III Visitor Centre



11am



Over 60 £10



Following the discovery of remains in the car park in Aug 2012, Leicester City Council purchased an old school building and have created a state of the art visitor centre that would tell the story of the remarkable finding of the remains of King Richard III. They have received 50 Awards since opening. Lunch can be taken at the award winning White Boar Café. <https://kriii.com/> Cost: £10 for Annual Price Pass on the day Over 60. Book by Thursday 1 August. King Richard III Visitor Centre, 4A St Martins, Old Town, Leicester LE1 5DB. Contact Karen on 01476 979572.

August

MON 19 Flower Arranging with Sue

L 1.30pm

£ £5



Join us for a flower arranging tutorial with Sue. You will be provided with fresh flowers and materials to make a transportable table flower decoration and you will be taken through the process step by step. Please bring along a pair of scissors. Numbers restricted to 10, so please book early to secure your place. Book by Thursday 1 August. Grantham Tennis Club & Gym, Gonerby Hill Foot, Grantham NG31 8HU. Contact Karen on 01476 979572.



TUES 20 Soirée Gastronomique at Bistrot Pierre

L 7pm

£ Members £24, Guests £25.95



Join us for this six course menu which embraces all that's great about French dining. The menus are designed to allow you to enjoy a leisurely and relaxed evening, savouring delicious, fresh and seasonal dishes in the beautiful bistro. Book by Thursday 1 August. Bistrot Pierre, 13-17 Milton Street, Nottingham NG1 3EN. Contact Karen on 01476 979572.

THURS 22 Bowling at Wyndham Park Bowls Club

L 2pm

£ £3



Join us once again for some great fun bowling at Wyndham Park Bowls Club. Instructions will be given if needed. Please wear flat soled shoes/trainers. We are always made very welcome and complimentary coffee, tea and biscuits are provided. See you there for some bowling fun! Book by Thursday 1 August. Wyndham Park Bowls Club, 3 Hill Avenue, Grantham NG31 9BA. Contact Karen on 01476 979572.



TUES 27 Truth or Lie Game

L 11am

£ Free



Join us for a fun game of Truth or Lie. In this game, everybody takes a turn saying three statements out loud. Two of them must be facts about themselves or truths and the third should be a believable lie. The goal of the game is for everybody to pick out which of the statements is the lie. Complimentary refreshments available. Book by Tuesday 20 August. Southwell Bowls Club, Bishops Drive, Southwell NG25 0GD. Contact Sandra on 07447 573004.

Forthcoming Event

November

SAT
23

Free Concert by Southwell Based String Quartet, Highly Strung



2.15pm



free



The Chairman of Over The Rainbow (OTR) Independent Parkinson's Support Group has kindly invited all Nottingham Trent District members (and their wives, husbands, partners) to a concert to raise funds for their group. All our members are invited Free of Charge! The concert is expected to last about one hour and will be performed by the Southwell based String Quartet, Highly Strung. All those attending are asked to arrive no later than 2pm.

Oddfellows members and their husbands, wives, partners are invited to the concert as guests of Over The Rainbow Parkinsons Support Group free of charge.

It is envisaged that there will also be a raffle and light refreshments, so please ensure you bring along some cash! The Old Schoolroom, Main Street, Edingley, Newark, Nottinghamshire NG22 8BE. Contact Karen on 01476 979572.



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**.

Derbyshire Peak Events

Rambling On Walking Group, Friday 3 May, set off 10.30am

Roughly one hour walk at a steady pace and a visit to a nearby café. Walk FREE – café pay for what you order.



Best Foot Forwards Walking Group Friday 17 May, 10am

2 – 2.5 hours walk at a good pace followed by lunch at a nearby pub or café. Walk FREE – Café pay for what you order.

Denby Pottery Tour, Thursday 23 May, tour at 10.30am

Tickets approx £13. A 60–90 minute tour of the famous Denby Pottery factory with walking and stairs involved. Followed by a visit to the café for lunch. If you can't manage the tour there are options to paint a pot or watch a presentation.

Rambling On Walking Group, Friday 7 June, set off 10.30am

Roughly one hour walk at a steady pace and a visit to a nearby café. Location to be confirmed. Walk FREE – café pay for what you order.

Summer Lunch 2024 Sunday 9 June

Held at the Best Western Leewood Hotel in Buxton. There will be a three course meal with coffee, table quiz and raffle in aid of The Brain Charity. Invitations will be sent out before the event – price to be confirmed.

Best Foot Forwards Walking Group, Friday 21 June, 10am

2 – 2.5 hours walk at a good pace followed by lunch at a nearby pub or café. Location to be confirmed. Walk FREE – café pay for what you order.

Coach trip to Whitby Sunday 30 June

Leaving Chesterfield Town Centre at 8am with possible pick up in Bolsover at 8.30am. Returning at 5pm. £24 per person. Please book your place as soon as possible.



**For all of these events, contact
Karen on 01476 979572 for further
information.**

Recent events at Nottingham Trent



District Officers Lindsay, Anna and Ann installed at the recent AGM. Congratulations!



James, Sue and Anna received their Purple Lecture certificates. This makes them eligible to attend the Annual Moveable Conference and to become Chair or Vice Chair on the Committee, if any members are interested in knowing more about joining the committee or taking their lectures, please let Karen know



Ann Kight had done a fantastic job of fundraising £2214 for PASIC, Cancer Support for Children and Young People, we presented a cheque to them at our recent AGM



What a lovely happy photo of Jane Nelson receiving her gift from us for speaking at our recent Chairman's Annual Lunch



Members had great fun at our recent Easter Rag Wreath Making Tutorial



Ann and Terry Kight at her Chairman's Lunch



Jane and Graham Nelson and Karen and Ann at Ann's Lunch



We all had a fantastic meal and great time at a recent visit to Anoki Indian Restaurant



Another one of our lovely walks at Kelham



Lots of fun being had one of our Yoga sessions presented by Lyndsay



Karen and her daughter attend the Poole and Yeovil District weekend and met up with some lovely Oddfellows from a Distant District

Recent events at Nottingham Trent



Yet another fabulous flower arranging session



Richard having fun with his flower arranging



A great African Drumming Session with Andy Harris, Power of Drums



More Fun at Drumming



A great meal at The Embankment following Long Alley Skittles



Another one of our lovely walks, we turn out in all weathers



*Members playing Rummikub,
we love Rummikub!*



*Members taking their minor lectures
at the Prince of Peace Lodge*



A great day out walking with friendship and fun at Woodland Waters

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**



*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

The Oddfellows is the trading name of The Independent Order of Odd Fellows Manchester Unity Friendly Society Limited, incorporated and registered in England and Wales No. 223F.
Registered Office: Oddfellows House, 184-186 Deansgate, Manchester M3 3WB

Meet your Nottingham Trent Care and Welfare Team

The Oddfellows looking after you
Care, Advice and Support



We would like to introduce you to our friendly Care and Welfare team who are here to help you.



Anna Gregory
Welfare Visitor



Karen Pye-Smith
Welfare Visitor



Ann Kight
Welfare Visitor



Gillian Allsopp
Welfare Visitor



Elizabeth Lee
Welfare Visitor

Have you been unwell or in hospital, or find it difficult to get out to Oddfellows meetings?

Are you living on your own and would like someone to keep in touch through a chat on the phone? Or do you just need a friendly 'listening ear' to offer a bit of support in a difficult situation? You may just want to ask a simple question about any help available to you through the Oddfellows. Whatever your situation, our care and welfare team are here to do what they can to help – or to point you in the right direction – so do get in touch!

Our Welfare team receive induction training and ongoing support, as well as regular care and welfare information updates. They undergo screening appropriate to their role and carry a photo ID badge, so you can be reassured about who they are.

To arrange for a member of the Welfare team to contact you, or for local help and information about Branch benefits or benevolence support, please ring Karen on **01476 979572** or email **karen.pye-smith@oddfellows.co.uk**.

We are currently looking to increase our team of welfare visitors, if you are interested please contact Karen on 01476 979572.

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.



Nur updating AMC last year

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."

"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

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

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 CO₂e 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

May 2024

Thurs 2	Prince of Peace Branch	7.30pm
Fri 3	Rag Wreath Making	11am
Sat 4	Colwick Country Park Walk	10.30am
Thurs 9	Muston to the Mucky Duck Walk	10.30am
Fri 10	Dine Around the World - Kayal Restaurant	7pm
Wed 15	CoffeeFellows New Social	11am
Thurs 16	Civil War Museum Trip with Optional Lunch	11am
Tues 21	Beginners Golf at Sudbrook Moor Golf Club	11am
Tues 21	Energise your life as we enter summer with Tai Chi!	1.30pm
Thurs 23	Denby Pottery Tour	9.30am
Fri 31	Architects of Air at Lakeside Arts, Nottingham	11am

June

Thurs 6	Prince of Peace Branch	7.30pm
Fri 7	The Woolly Tellers	11am
Sat 8	University Park to Wollaton Hall and Lake Walk	10.30am
Thurs 13	BBC Gardeners' World Live 2024	10.30am
Tues 18	Flower Arranging with Sue	11am
Wed 19	CoffeeFellows New Social	11am
Mon 24	Cotgrave Country Park Walk	11am
Thurs 27	1620s House and Garden at Donington Le Heath	11am
Fri 28	Dine Around The World - Paste Thai Restaurant	7pm

July

Thurs 4	Prince of Peace Branch	7.30pm
Fri 5	Energise your life in summer with Tai Chi!	1.30pm
Sat 6	Welbeck Estate Walk	10.30am
Tues 9	Sweet Peas at Easton Walled Garden	11am
Thurs 11	Peak Sightseer Open Top Bus Tour	7.45am
Mon 15	Yoga for all abilities	1.30pm
Tues 16	Rummikub and Other Games	11am
Thurs 18	Events Planning Meeting	10.30am
Sun 21	Sunday Lunch at The Welby Arms, Allington	1pm
Thurs 25	CoffeeFellows New Social	11am
Fri 26	The Jive Aces at Peggy's Skylight, Nottingham	6.30pm
Sun 28	Sunday Lunch on the Nottingham Princess	12 noon

At a glance

August

Thurs 1	Prince of Peace Branch	7.30pm
Fri 2	Yoga for all abilities	11am
Sat 3	Skylarks Nature Reserve loop from Holme Pierrepont	10.30am
Thurs 8	Go Quest Adventure Nottingham	10.30am
Sat 10	The National Justice Museum	11am
Tues 13	Visit King Richard III Visitor Centre	11am
Mon 19	Flower Arranging with Sue	1.30pm
Tues 20	Soirée Gastronomique at Bistrot Pierre	7pm
Thurs 22	Bowling at Wyndham Park Bowls Club	2pm
Tues 27	Truth or Lie Game	11am

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

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 Karen on 07921 821866 or email karen.pye-smith@oddfellows.co.uk

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

www.oddfellows.co.uk