



the ODDfellows SINCE 1810
making friends, helping people

Spring/Summer 2020 | Issue 4

www.oddfellows.co.uk

Bradford News and Views

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Welcome to the latest edition of the Bradford District News and Reviews

This is your newsletter so if you have any ideas for items please send them in. Maybe you have a favourite recipe, joke or a celebration that you would like to share with other members? Why not write about a social event you've attended or send in photos?

All items will be gratefully received. Any member wishing to contribute an article should please send them to me (details on the right). I look forward to hearing from you.

Janet Booth
Branch Secretary

Contact Details

For more details about any of the events listed, membership and the wide range of benefits available, please call:

Branch Secretary: Janet E Booth
Address: 2 Red House Gardens,
Menston, Ilkley LS29 6PZ
Telephone: 01943 878864
Email:
janet.booth@oddfellows.co.uk

Assistant Secretary:
Maureen Holloway
Telephone: 01274 580230

Social Co-Ordinator:
Emma Marshall
Telephone: 07432 047213
Email:
emma.marshall@oddfellows.co.uk

Catering Co-ordinator: Sam Henry
Telephone: 07940 025397
Email:
samantha.henry@oddfellows.co.uk

Welcome to our new Catering Coordinator

Samantha (Sam) Henry joined the Bradford Oddfellows in February 2020, the second of our newcomers. Sam (under the superb guidance of Janet) is here to continue with the high standard of food our members are used to. Sam comes from a background of catering, with many years of experience within the food industry.

On a personal level, Sam has a lovely husband, Chris and five children and loves travelling and spending time with her family.



Is there someone you know who'd enjoy what we do?

Refer a friend today



To refer a friend, call Membership on **0800 028 1810**, or visit our Members' Area at **www.oddfellows.co.uk** 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



My Next Chapter

Twelve people attended the five week 'My Next Chapter' (sessions to help you to think and plan for what's next in life) course, that we facilitated last year. Participants were a mixture of Oddfellows members and guests.

The sessions ran fortnightly at Carlton House. Accredited coach and facilitator Bev Morton helped participants to explore life opportunities going forward in life.



We had very positive feedback about the course and it was a useful way of exposing non-members to Oddfellows friendship and hospitality.

Friendship Month 2019

We had a very successful Friendship Month last year and we are already planning events for this year. Details will be available in the next events diary. Please come along and join the fun. Why not bring along a friend and introduce them to your Oddfellows friendship group?



Llandudno Trip, October 2019



Hydro Hotel Llandudno

We had a good turnout for our October weekend break in Llandudno at the Hydro Hotel. We travelled with Dewhirst coaches as usual with Philip

driving. A very pleasant journey and good excursions.

Whilst away we made a total of £322.50 for our Provincial Grand Master's (Chairman) charities through three raffles, five donations and 'Guess the chocolates in the tub' competition. Thank you to all who contributed including other guests staying at the hotel.

Although we have had to cancel our planned weekend break to Scarborough in May our autumn break to the Auckland Hotel, Morecambe on Friday 9 October 2020 is still going ahead. Further details will be available in our next events diary.

New monthly cuppa and chat District wide coffee mornings

We are aware that we have members across the District many of whom cannot make it to our regular events in Bradford and Shipley so we are extending our friendship socials out into the community to reach out to more members.

The coffee mornings will happen monthly and are planned for Keighley, Wrose, Tong, Cleckheaton and Wilsden. With a special cuppa, chat and lunch planned for Friendship month at Guiseley. Join us for a friendly cuppa

and chat at one of our planned coffee mornings, the first drink is on us! Come along and share some quality time with friends. Details will be available in our next events diary.



Our 2020 Chairman - Sue Jones

A warm welcome from me, Sue Jones. I became the Provincial Grand Master (Chairman) for 2020 on Friday 13 March at the Annual Summoned Meeting. I hope I will do a good job in supporting and representing you at all Oddfellows events I attend.

I joined Oddfellows Tree of Life Branch, 10 years ago and have always been made to feel very welcome. I soon became involved in the various committees of both Branches and believe that has helped me to feel very involved with the running of our District Branch. I find it interesting to see the work that has to be done to keep us going.

I originally started work for the Federal Government of Aden as a copy typist (that sounds a lot grander than it was and I was a rubbish typist). On returning to Britain I did various jobs which included shop work, book keeping and apple picking. I gave up work just before my son, Robert, was born in 1980, but have done a few voluntary jobs since then. I have five grandchildren ranging in age from 22 to 8 and help with my youngest ones as much as I can. I live with my daughter, Claire, her husband, Mike, and their two children, Charlie and Lorelei, who several of you will have met at Lunch Club. My other grandchildren, Sam, Becky and



Harry, are not local but I get to see them often. I also have a step-son, Gary, and a step-daughter-in law Jo.

I would like to congratulate Bob for his year as Provincial Grand Master and for his fundraising.

My chosen charity for this year is The National Autistic Society which helps people with autism. I will do my best to raise as much money as possible for this charity and I am sure I can count on all your support in doing so.

Join the conversation @OddfellowsUK

Find us at:



Bradford



OddfellowsUK



Visit to Capital of the Fens

Our Social Coordinator Emma took the opportunity to drop in to an Oddfellows Coffee Morning at Littleport during a visit to Cambridgeshire in February. The

Capital of the Fens Oddfellows were a very friendly bunch and made Emma, her partner Steve and her sister Marlene very welcome.

Principle Trust Cheque Presentation

On Thursday 27 February 2020, our outgoing Chairman, Bob Campbell, presented a cheque for £2,280 to his charity The Principle Trust Children's Appeal. Clare Campbell from the Principle Trust attended to receive the cheque and joined us for an evening of entertainment from Johnny Dee. Bob was also thanked for the donations of food that have been made to The Trussell Trust over the past year.





Oddies Wanderers Gentle Walks

Bradford Oddfellows regularly have a short walk as part of Friendship month and this idea has been extended by Emma (our Development and Social Coordinator) to be a regular monthly event for members to be active 'out and about' with friends. We started with a walk around Coppice Pond at St Ives Estate

(where we followed a sparkling fairy trail; although this might have been for a school trip and not us).

Just a couple of us turned out for the walk around Haworth in November although we were joined by a local wood worker who showed us



the signs he had carved for the village. I did not attend the special evening walk to see the Christmas Lights at Harlow Carr but have been told that it was a 'magical and romantic' evening. The New Year started with a walk around Cliffe Castle Park and our numbers swelled to eleven. This was followed by a guided walk with ten members in February around Denso Marston Nature Reserve where one of our members, Steve, is

warden. Many ideas for similar outings have been put forward by members but we may not actually manage the suggested trek to Top Withens (reportedly the setting for the Emily Bronte book Wuthering Heights) way up on the moors in nearby Bronte country!

Ross Northage
Bradford Oddfellows Member



Everyone should do what they can to stop coronavirus spreading

You should have all received a letter explaining that, in line with current Government's recommendations, we have made the hard and regretful decision to cancel all our Events and Meetings until at least 1 July 2020. We will be posting out our new events diary once we are ready to start up events again. Please do take care and heed the Government's advice. Your health and well-being are our main consideration



These are very worrying times for everybody and many people feel confused by the advice been given. We will try to give some clear information here based on information given by the NHS. Current advice is that everybody should be trying to reduce social interaction in order to stay safe and reduce the transmission of coronavirus (COVID-19). This is not just to protect yourself, but to prevent the disease from spreading and helping the NHS to cope. This is known as social distancing. If you do go out, keep your distance.

This is very important if you are specifically at risk:

- aged 70 or older (regardless of medical conditions)
- are pregnant

- under 70 with an underlying health condition (i.e. anyone instructed to get a flu jab as an adult each year on medical ground)
- have a weakened immune system

So what steps should you be taking to stay safe?

Do

- Wash your hands with soap and water often – do this for at least 20 seconds, always wash your hands when you get home or into work
- Use hand sanitiser gel if soap and water are not available
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze, put used tissues in the bin immediately and wash your hands afterwards
- Avoid contact with anyone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough. (Anybody displaying these symptoms should self-isolate and try to avoid all contact with other people)
- Avoid non-essential use of public transport, varying your travel times to avoid rush hour, when possible. Only travel on public transport if you need to

- Work from home, or spend as much time as possible at home
- Avoid large gatherings, and gatherings in smaller public spaces such as pubs, cinemas, restaurants, theatres, bars, clubs
- Avoid busy places like supermarkets. Some of the major supermarkets are setting up special quieter shopping times for those at risk. But where possible do your shopping on line or get somebody to do your shopping for you
- Avoid large gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media
- Use phone, on line services, or apps to contact your GP surgery or other NHS services.

Don't

- Do not touch your eyes, nose or mouth if your hands are not clean
- Do not have none essential visitors to your home, including friends and family. Where you need regular contact with family/friends limit contact and follow advice on increasing hygiene, regular handwashing, avoid touching surfaces, avoid touching your face.

How to you look after yourself?

Understandably, you may find that social distancing can be boring or frustrating. You may feel low, worried or have problems sleeping and you might miss being outside with other

people. At times like these, it can be easy to fall into unhealthy patterns of behaviour which in turn can make you feel worse.

There are simple things you can do that may help, to stay mentally and physically active during this time such as:

- Try to stay active/do simple exercises in the home (even if it is just some spring cleaning)
- Spend time doing things you enjoy – this might include reading, cooking, gardening, other indoor hobbies or listening to the radio or watching TV programmes
- Avoid continuously watching the news
- Try to eat healthy, well-balanced meals, drink enough water
- Let in fresh air, get some natural sunlight if you can, or get outside into the garden
- Go for a walk outdoors, avoid crowded spaces and stay more than two metres from others
- Draw on support you might have through your friends, family and Oddfellows during this time. Try to stay in touch with those around you over the phone, by post, or online. Let people know how you would like to stay in touch and build that into your routine. This is also important in looking after your mental wellbeing and you may find it helpful to talk to people about how you are feeling.

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Remember it is OK to share your concerns with others you trust and in doing so you may end up providing support to them too.

How we can help you?

- While our social events are on hold until 1 July, we remain open to support you over the phone and on email. You can call us for advice, to talk over something that is worrying you, or simply to chat. Nothing is too small. We will also be fulfilling membership benefit claims as standard.
- For those of you who are in the immediate Bradford and Shipley areas, we are hoping to be able to provide a safety net if you are struggling with your shopping. This is still in a discussion phase, however if you may need this type of assistance, please phone Janet on 01943 878864. Please do leave a message if there is no answer!
- In addition if you would like regular phone calls for social contact, please do let Janet know. We are arranging for our Welfare Visitors, staff and volunteers to provide this service.

The National Autistic Society



Our provincial Grand Master (Chairman), Sue Jones, has chosen The National Autistic Society as her charity this year.

The National Autistic Society was founded in 1962 and is the UK's leading charity for autistic people and their families. Their goal is to help transform lives, change attitudes and create a society that works for autistic people

What is autism?

Autism is a lifelong, developmental disability that affects how a person

communicates with and relates to other people, and how they experience the world around them.

The National Autistic Society is the UK's largest provider of specialist autism services. Their trained staff and volunteers bring passion and expertise to the lives of 100,000 autistic people every year. Supporting people with autism in education, in the community, at work and at home. They are a charity and rely on donations to be able to provide support including:

- 100 local branches (England, Northern Ireland, Scotland and Wales)
- Diagnostic service
- Helpline
- Autism services directory

Art and Crafts

Following the success of our Festive Stained Glass Workshop in December we are now looking at planning more 'arty' sessions. We are planning a Stem Flower Felting Workshop for July (all being well), details will be in our next events diary. We also have plans for bath bomb making sessions, decorative wood burning and possibly chocolate truffle making. We are always looking for new ideas so if you fancy having a go at something let us know and we can try and see what we can arrange.



Contact Emma on 07432 047213 or email emma.marshall@oddfellows.co.uk



Members Survey

Since starting my job in June last year I have noticed that only a small percentage of our local members come to events that we organise.

We have been trying a few new things over the past year, some have worked well others have not. Given the current situation this seems like a good time to review our local events so we decided

to send out a survey to all members to collect your views and ideas about how we can improve and diversify the events that we put on. Please take time to fill in and return the survey, it will help us with our planning.

Thank you

Emma
Development and Social Coordinator

Spring Cleaning Tips

A few spring cleaning tips from Ragan, one of our volunteers. We can't always afford the expensive brand name cleaners so here are a few tips using items you may have in the house.

Vinegar	<ul style="list-style-type: none">• Put a bowl of dilute vinegar in your microwave and heat on high for two minutes to break down dirt, disinfect and remove smells• Use dilute vinegar in a spray bottle to wipe and sanitise surfaces/including door knobs• Wipe windows/glass with dilute vinegar to remove greasy stains.
Bicarbonate of soda	<ul style="list-style-type: none">• Cleans plastic including garden furniture. Either soak in mixture of four tablespoons of bicarb to two pints warm water. Or sprinkle on a damp cloth to wipe down furniture.• Wipe out fridges to remove food odours. You can put some in a dish in the fridge to absorb odours.• Mix half a cup of bicarb with quarter cup of salt and pour down plug hole. Follow by adding a cup of heated vinegar (it will foam and bubble) cover with plug for 15 minutes. Then run hot water to rinse.
Baby oil	<ul style="list-style-type: none">• Wipe down stainless steel appliances then wipe over with baby oil to bring out the shine and protect the surface.• Wipe down plastic waste bins then wipe over with baby oil to make them look like new.• Get rid of dust on wooden furniture by applying a small amount of baby oil to a clean rag and wiping in circular motions
Lemon	<ul style="list-style-type: none">• To clean wooden cutting boards (do not soak in water). Wipe over to remove any excess food then rub with a cut lemon or lemon juice to remove ingrained germs. Wipe with a damp cloth to remove excess lemon.• Rub a lemon over the inside of plastic containers. Or rinse with lemon juice to help remove stains and smells.• Remove lime scale by soaking kettle etc. in lemon juice leave for 15 minutes then rinse out thoroughly.



Oddfellows Members: Do you need help?

None of us know what is around the corner...

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.

Local Care and Welfare Support

To request contact from a Welfare Visitor and for local help and information about Branch benefits and benevolence contact Janet on **01943 878864** or email janet.booth@oddfellows.co.uk

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

Convalescence and Carer Support

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

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

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

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

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

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

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

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

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

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

A huge thank you to our big-hearted Branches!

In 2019, our Branches and their members collectively raised a staggering £155,000 for good causes and charities. What a wonderful bunch you are!

And this is on top of support being given to other causes such as the RNLI, the HA Andrews Memorial Fund, which has supported various UK medical research projects since 1971, and the Oddfellows' Orphan Gift Fund.

Jane Nelson, Oddfellows CEO, shares how proud she feels to be part of a Society that continually looks at ways it can give back to the community. She says: "You can't go a week on social media without seeing a big cheque being handed over by a Branch to a local charity or good cause. It's so heart-warming to see. And



Prostate Cancer UK received £1,500 from Tunbridge Wells Branch.

then finding out that these kind gestures have amounted to over £155,000, it's simply fantastic. Thank you all for digging deep and doing the best you can to help others in need."

Photos show just a few of the causes that have received your help in 2019.



KIND received £150 from Mersey Branch.



British Heart Foundation received over £1,300 from Great Berkhamstead Branch.

Find out more about how the Society is giving back to its communities at www.oddfellows.co.uk/about/giving-back

Financial help to progress your studies and your career



Lisa Sutlow (pictured), a Leodis Branch member and winner of a 2019 First Degree Course Educational Award says: “The Award has allowed me to cut down the hours I work, meaning I can have quiet time during the day to focus on my studies.

I want to be a great example to my two daughters, Isabelle and Harriet, to show them you can achieve anything with hard work and passion. I can't wait to become an occupational therapist, being able to make a difference and help someone every day.”

Are you soon to start your first apprenticeship or your first degree course at university? Remember, all members with five years' continuous membership are invited to apply for an Oddfellows Educational Award. These awards are open to all eligible members, regardless of age.

First Degree Course Educational Award

Each year, we grant up to three First Degree Course Educational Awards consisting of £900 per year for the duration of a student's first degree programme.* To apply, applications should be made via your Branch around April, with judging taking place in September.

Apprenticeship Educational Award

Each year, we grant up to three Apprenticeship Educational Awards consisting of £250 per year for the duration (maximum three years) of a member's apprenticeship.* To apply for the 2019 Apprenticeship Educational Awards, applications should be made via your Branch no later than 31 March 2020 for consideration in April 2020. For the 2020 Apprenticeship Awards, you need to apply via your Branch around September 2020. Judging will take place in February 2021.

*Young Oddfellows membership is taken into consideration. To check your eligibility and to see the full terms and conditions of this benefit, go to www.oddfellows.co.uk/member-tcs.

Say hello to our newest travel offer partner – Leger Holidays!

We're delighted that Leger Holidays is now offering Oddfellows members an exclusive 5% discount* on any booking with them!

Fully bonded with ABTA/ATOL, they've 35 years in the travel business, and offer escorted tours of Europe and worldwide by luxury coach, rail, cruise and air.

Door-to-door service

We're also thrilled that Leger Holidays now offers a door-to-door service on all coach holidays, whatever the duration. This is great news if struggling to get to coach pick-ups has put you off in the past.

*T&Cs apply. To redeem the offer, you need to quote a special discount code when booking.



To access this, log into the members' section of **www.oddfellows.co.uk**, and go to the travel offers page. Alternatively, call **0161 832 9361** and ask to speak to the Active Travel Club team, or email **travel@oddfellows.co.uk**. Please check Leger Holiday's terms and conditions before booking. You can find them at **www.leger.co.uk**.

Receive news of Warner's last-minute offers by email



We're just one of a few organisations who still gets sight of Warner Leisure Hotel's list of last-minute offers. And we're happy to forward it on to any member who'd like to see it. The email's sent weekly by our Active Travel Club team and features discounts on breaks happening in the following few weeks.

If you're up for a bit of spontaneity and want to receive a copy, send your name and Oddfellows membership number to **travel@oddfellows.co.uk** with the subject 'Late Deals'.

Remember, you can unsubscribe at any time and we will never share your details with any third parties without your consent. That's a promise.

Getting the right social care support – challenging refusals, diversions and delays

It's an all too common conversation over our Care and Welfare Helpline. Members, and their families, want to find out what social care support they're entitled to and, having requested or had a needs or carer's assessment from their local council, they're facing refusals, diversions or delays.

"We often find that members are having to deal with such setbacks during times of crisis," said Andrea Libman of the Oddfellows' Care and Welfare team. "This makes it more likely to be confused about what you're entitled to, know where you're up to with decisions, and what you're to do next.

"My single biggest piece of advice is to find out about your entitlements. We can help you with that. Secondly, it's to get support if you need it, to help you make progress."

How to take positive action

- **Keep notes.** From day one, keep a record of who you spoke to, what they agreed to do, any deadlines and the date and time of the call. This will help you to know where things are up to.
- **Get decisions in writing.** Social services should write to you about any decisions they make, such as a care and support plan, the outcome of a financial assessment to determine care cost contributions, or a decision about a disabled facilities grant for home adaptations.



- **Make a complaint.** If you can't informally resolve a complaint, use the council's official complaint process. When submitting a complaint, it's essential to set out each issue clearly, explain what has or hasn't happened and what outcomes you're seeking.
- **Contact the Local Government and Social Care Ombudsman.** If you're not satisfied with the outcome of your complaint, escalate it to the Ombudsman. If you pay for your own care, you can take your complaint to the Ombudsman if you've exhausted your care provider's complaints process.

Are you in this situation and need some support? We'll help where we can. Call the Care and Welfare Helpline on **0800 0149 822**. Lines are open from 9.30am to 4.30pm Monday to Thursday and 9.30am to 4pm on Friday. The 0800 number is free to call from landlines and mobiles. You can also email care@oddfellows.co.uk.