



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

events & news

Capital of the Fens

June - December 2018



Elgoods Brewery, Wisbech



We hope you can join us at our events

Welcome to this edition of your Events Diary and Newsletter for Capital of the Fens District.

As a local Branch of a national membership organisation called the Oddfellows, we offer you a great opportunity to make new friends and enjoy a variety of activities.

We also provide our members with a range of advice and support services when you need them. We are basically a group of friends brought together through shared interest in socialising, making friends and helping people.

This issue features details of all our upcoming events from dining out to trips out plus lots of other activities.

Contact Details

District Secretary: Alison Adamson

Address: Acacia House,
1 Kings Road, Wisbech,
Cambridgeshire PE13 2PF

Telephone: 01945 465909

Email:
alison.adamson@oddfellows.co.uk

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

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.

Front cover: Elgoods Brewery, Wisbech by Theyellowtulip and is licensed under the Creative Commons Attribution-Share Alike 3.0 Unported license.

For further details or to book on any of the following events please contact Alison on 01945 465909 or email alison.adamson@oddfellows.co.uk.

June 2018

Tuesday 12 – Wisbech Coffee Morning at D'licious, 10.15am

Our venue for our coffee morning is D'licious, Old Market PE13 1NJ.

Tuesday 19 – Branch Meeting and Cheque Presentation, 7.30pm

Tonight Lynne Quibell will be making a cheque presentation to Kidney Research UK. This was the chosen charity for Lynne's year as Provincial Grand Master (District Chairman) which ended this March.

Address: United Reformed Church, The Crescent, Wisbech PE13 1EH.



July

Sunday 1 – EAGC Annual Barbecue, 3pm

Friends and families as well as members welcome to this event. The price includes food and drinks. There will be a raffle in aid of our President's appeal, all donations very much appreciated. Book by Saturday 23 June.

Address: 1 King's Road, Wisbech PE13 2PF. **Cost:** £7.50.



Thursday 19 – District Chairman's Fundraising Coffee Morning, 10.30am

Come and enjoy a coffee and chat. Home made cakes for sale and, of course, a raffle. All proceeds will go to our Chairman, Rosemary, charity appeal.

Address: 1 King's Road, Wisbech PE13 2PF. **Cost:** £2.

August

Sunday 12 – RNLI Lifeboat Day, 10am

Enjoy an entertaining day out meeting the crew and watching lifeboat action by the Sheringham and Cromer lifeboats, support their fundraising stalls and hear the Sheringham Shanty men. End the day with a service at the lifeboat station. **Address:** Sheringham Lifeboat Station, The Promenade, Sheringham, Norfolk NR26 8ZZ.



August

Sunday 19 – Summer Picnic in Sandringham Park, 3pm

Bring your own picnic, drinks and something to sit on. There is plenty of free parking nearby. Sandringham Visitor Centre and toilets are also close by. **Address:** Sandringham Park, Sandringham Estate, Sandringham, Norfolk PE35 6AB.



Tuesday 21 – Litteport Coffee Morning, 10.15am

Our regular Coffee Morning at YPL – come along and join us. First coffee free. Hear all the latest news. **Address:** YPL, Granby Street, Littleport CB6 1NE.

September – Friendship Month

Friendship Month Coffee Morning

Thursday 13 September, 10am

Address: Wisbech Library, 5 Ely Place, Wisbech PE13 1EU.

ODDFELLOWS
FRIENDSHIP MONTH
1 - 30 SEPTEMBER

Come and join us for a free coffee in the Library Meeting Room. Learn about the Oddfellows and our social activities. Also hear about welfare for all our members. The Meeting Room is on the first floor accessible by both stairs and lift. Plenty of free parking in nearby car parks.



Sunday 16 – Bowls at Littleport Bowls Club, 2pm

Everyone is invited to come along for a fun afternoon – even if you have not played before. A splendid afternoon tea is provided and if you require something stronger than tea, the bar will be open. A raffle will be held in aid of our Chairman's annual appeal. **Address:** Littleport Bowls Club, Hempfield Place, Hempfield Road, Littleport CB6 1NW.

Half Yearly Branch Meeting

Tuesday 18 September, 7.30pm

United Reformed Church, The Crescent, Wisbech PE13 1EH

At our half yearly meeting nominations will be received for officers etc. Ready for our annual meeting next March.

October

Wednesday 10 - Coffee Morning, 10.15am

Enjoy your first free coffee at this imposing venue which overlooks the river Nene on the South Brink. The cafe is in the Georgian room with beautiful plaster ceiling and fireplace, circa 1722. Friends, as well as members are very welcome. A chance for a chat and catch up. **Address:** Octavia's Cafe, Entrance Opposite Somers Road Car Park, Wisbech PE13 2RA.

Friday 19 - Sausage and Mash Supper with Slideshow, 7.30pm

Before our Sausage and Mash supper we will be entertained with a talk and slide show by Dr Eric Somerville entitled 'Opium Eating in The Fens in 19th Century'. This is one not to be missed. We will have a prize raffle as well. Book by Friday 12 October. **Address:** Three Holes Village Hall, Main Road, Three Holes, Upwell PE14 9JR. **Cost:** £8.



Wednesday 24 - Breakfast at D'licious, 9am

However you like your breakfast, large, small and anywhere in between, the choice is yours at this popular cafe. Very reasonable too. Book by Friday 19 October. **Address:** D'licious, Old Market, Wisbech PE13 1NJ. **Cost:** As per menu choice.

November

Peterborough Dogs and Dinner

Wednesday 7 November, 6.30pm

The Peterborough Greyhound Stadium, Fengate, Peterborough PE1 5BP

Enjoy a lovely three course meal with waiter service at a cost of £19.50 a head and then watch the racing from your table. All your bets and winnings are dealt with at your table. Early booking is essential and payment is required at the time of booking please. Book by Friday 28 September. **Cost:** £19.50.



Tuesday 20 - Litteport Coffee Morning, 10.15am

Our regular Coffee Morning at YPL - come along and join us. First coffee free. Hear all the latest news. **Address:** YPL, Granby Street, Littleport CB6 1NE.

December

Christmas Time Lunch



Sunday 2 December, 12.30pm

Beechwood House, Leverington Road, Leverington PE13 5DQ

Our Christmas time lunch is, once again, being held in this popular house. Enjoy a pre-dinner drink in the conservatory prior to lunch at 1pm. Tickets available for this three course meal, which includes tea or coffee. Early booking is advised as number are limited. Book by Saturday 10 November. **Cost:** £25.

Tuesday 18 - Christmas Social and Branch Meeting, 7.30pm

Our last meeting of 2018 and a chance to hear of events for the new year. Mince pies, coffee and teas served to end the evening. Everyone welcome.

Address: United Reformed Church, The Crescent, Wisbech PE13 1EH.

Sunday 23 - Christmas Carol Service, 6pm

The Oddfellows have been invited to St Georges Church, Littleport for their Christmas Carol Service, followed by refreshments Everyone welcome to this festive service. **Address:** St George's Church, Church Lane, Littleport, Ely CB6 1PS.

Share the friendship – enjoy the rewards!

Refer a Friend

Did you know that the Society runs a Refer a Friend scheme?

When the first friend you've recommended has joined, we'll send you a £10 Love2Shop voucher as a thank you. There are different reward levels, so you'd receive your next reward – £60 in Love2Shop vouchers – after recruiting five friends in total.*

To refer a friend, call Membership on **0800 028 1810**, visit our Members' Area at **www.oddfellows.co.uk** or fill in a Refer a Friend form available from your Branch Secretary.

Terms and conditions apply*

The Refer a Friend offer cannot be used in conjunction with any other membership offer. For full terms and conditions, visit **www.oddfellows.co.uk/offers**.





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 Alison on **01945 465909** or email **alison.adamson@oddfellows.co.uk**.

Oddfellows 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.

***Citizens Advice is an independent advice agency and are solely responsible for all advice they provide.**

Care and Welfare Helpline

Call 0800 0149 822

(free to callers from any landline or mobile number)

Monday to Thursday, 9am - 5pm, Friday, 9am - 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**

East Anglian Group Conference President's Reception and Lunch April 2018



Rosemary Richardson President EAGC.

Rosemary Richardson is also Provincial Grand Master (District Chairman) of our Branch.

Rosemary was delighted to greet Sue Doulton Smith (Term Director and Past Grand Master (Past Chairman of the Society)) and Steve as guests of honour at this luncheon held in Orton Hall Hotel, Peterborough.



Members from Bury St Edmunds.



Members from Midland Group Conference Mervyn Eaton and Amanda Norbury-Mountford.



Officers of the Conference.



Members enjoying lunch.

East Anglian Group Conference in May



*Your delegates, Quibell
(Immediate Past Provincial
Grand Master)
and Norgate (Provincial
Deputy Grand Master).*

Join the conversation @ OddfellowsUK

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

Find us at:



OddfellowsUK

Wood Green, The Animals Charity

The chosen charity by our Provincial Grand Master (Chairman) Sister Rosemary Richardson

Set in 52 acres of beautiful countryside, the Charity headquarters in Godmanchester, Cambridgeshire, is one of the largest rehoming centres in Europe and rehomes dogs, cats, field animals and small animals. There is a Coffee Shop and Refectory on site, together with the newly located Charity Shop is re-opening this June.

They take in animals of all shapes and sizes! As well as cats and dogs, they find loving new homes for thousands of chickens, rabbits, mice, guinea pigs, goats, sheep, ferrets and more!

They have a comprehensive website where you can find out lots more about the charity, which was started in 1924, at www.woodgreen.org.uk.

We will be holding several fund raising events during the year for our PGM's appeal. If you are unable to come along and would like to make a donation, please contact our District Secretary, Sister Alison Adamson (contact details inside the front cover).

May we offer our thanks to all those members and friends who have continued to support our chosen charities over the years.



2018 to provide greater choice to members

Oddfellows membership has been refreshed for 2018 to provide greater choice for members.

What's changed?

You are now able to choose between two fantastic adult membership options and decide which benefit package is best suited for you:

Standard Membership – includes all the benefits and support our members value in times of need for only £25!

Membership with extra benefits – includes all the standard membership benefits listed, plus £30 Dental Benefit* every membership year and £30 Optical Benefit* every second membership year, all for just £35 a year. All other benefits will remain the same apart from the Funeral Benefit which has now ceased.

As of 1 January 2018, members can now choose which level of benefit they want when their membership comes up for renewal so watch out for details in your renewal letter. If you want more information about the new membership options, call 0800 028 1810 or visit www.oddfellows.co.uk/join

Standard Benefits

- Social events
- Active Travel Club
- Branch care & welfare support*
- Care & Welfare Helpline
- Oddfellows Citizens Advice Line
- Emergency Financial Aid (Household)*
- Money saving partner offers*
- 24/7 historical archive access*
- District event diaries and newsletters
- Monthly email newsletter

*Terms and conditions apply to all financial benefits. All Oddfellows benefits are non-contractual and may be withdrawn at any time without notice. Please visit www.oddfellows.co.uk/join for full list of Oddfellows member benefit terms and conditions or call 0800 028 1810 for more information. For benefits provided by a third-party, please check their individual T&Cs.



Unity Mutual

From March 2018 all of our insurance business will be rebranded under, 'Unity Mutual', to better represent the Oddfellows' values in the financial services sector, and to offer simple savings, investments and protection products to help families plan for the future.

The comprehensive rebrand will see Unity Mutual replace the current Schoolteachers Friendly Society and Druids Sheffield Friendly Society brand names, which the Oddfellows currently administers, and will include a new logo, positioning, and website. Following the launch there will be no changes to policy terms and conditions.

After successfully acquiring other friendly societies the Oddfellows has grown its Long Term Insurance Business over the last 10 years to accumulate assets of over £254m, with over 260,000 policyholders*.



In addition to this, it has launched a number of new products and now offers a Junior ISA, Flexible ISA, Guaranteed Investment Bond, Tax-exempt Savings Plan and Sickness Income Plan.

“Following extensive research, we firmly believe that re-branding will help us to continue to better serve our policyholders and customers, enabling them to make more informed choices about saving, investment and insurance opportunities,” Steve Code, Oddfellows Insurance Director.

The new rebrand will further enable the Oddfellows to stand out within the competitive and expansive financial sector. Policyholders and customers will enjoy a different, not-for-profit approach that puts the customer first with superior customer service, and a dedicated website.

If you would like more details about our products and services, Unity Mutual or would like to get in touch call 0161 214 4650 or visit: www.unitymutual.co.uk.

*Source: 2017 Oddfellows Accounts

Unity Mutual, 30 Mather Avenue, Liverpool L18 5HT. Tel: 0151 724 1930 Fax: 0151 724 1971
Email: info@unitymutual.co.uk Web: www.unitymutual.co.uk

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De-stress your life – a brief introduction to Mindfulness

With modern life so fast and stressful, it isn't always easy to find a bit of peace and quiet. Whilst we cannot avoid the stresses of modern life, there are things we can do to help us de-stress. One way is through a technique called 'mindfulness'.

Mindfulness is about paying attention to the present moment, including our thoughts and feelings, and the world around us – by doing more of this we can improve our mental wellbeing. This awareness can help us enjoy life more, understand ourselves better and be more prepared for handling life's challenges. You will also be able to manage stress better, sleep more soundly and manage various physical health problems, such as chronic pain.

Although mindfulness originates from Buddhism, you don't need to be spiritual or have any particular beliefs to try it. Being 'mindful' is a skill that anyone can learn and is used by the NHS as a treatment for anxiety and depression.

For more information about health and wellbeing visit www.oddfellows.co.uk/health

Counted Breath Meditation

This simple meditation is one way of introducing mindfulness into your daily life, and can help you to 'switch off' and get to sleep at night. Here are the steps to follow:

- Move away from distractions such as mobile phones, television or computers
- Sit comfortably in a chair with your hands held loosely in your lap and both your feet on the floor
- Close your eyes and let your breathing settle into an even rhythm
- Start to breathe in and out more deeply and begin counting on each 'out' breath eg breathe in, breathe out – one, breathe in, breathe out – two
- If thoughts come into your mind and distract you, try not to engage with them, instead, restart your breath count from the beginning
- Try to get to ten breaths - if you make it, well done! If not, don't worry, just use this meditation technique regularly and your ability to focus on your breath should increase.



Royale Surprise with Active Travel Club

The Active Travel Club (ATC) is available to every member and is a great way for you to travel places in good company. Through our partners, we offer members great discounts, upgrades and other money saving deals on a wide range of holidays and trips.

Oddfellows member Pat Brunner used ATC to book herself a great birthday break to Alvaston Hall in Cheshire and here she shares her experience with us...

What inspired you to go on this break?

I was looking for somewhere that I could go with my husband at short notice to celebrate my birthday. I had previously been on a brilliant weekend break to Nidd Hall with Brighouse Branch and Huddersfield Social Organiser Andrew Porter had said that he would arrange for me to receive the Warner Leisure late deal emails. The weather forecast was poor, so organised entertainment which we could take part in was perfect.

What was Alvaston Hall like?

I booked through Active Travel Club who found the nearest and best deal was for Alvaston Hall. I phoned the hotel and was offered a free upgrade to a Royale Suite - we booked it immediately. We also added a drinks package which gave us 10% off wine at dinner. Our suite was very spacious - definitely five star! We also had allocated parking. The meals were cafeteria-style so

hardly any queueing. We thoroughly enjoyed every meal. Lunch was not included, but snacks and light meals were available. The main entertainment was in the restaurant area and was very good, as was the alternative entertainment in one of the bars.

What were the highlights of the break?

During our stay we went to some of the quizzes, enjoyed a drink or a coffee in the bar and relaxed in our room. We particularly enjoyed an evening listening to a guitar duo singing in the bar. We also enjoyed a little retail therapy in the shop.

Do you have any tips for future Oddfellows travellers?

The grounds will be very attractive and in better weather there would be outdoor activities. If anyone is thinking of booking remember to mention Oddfellows Travel Club. The first offer we received was the rate on the Warner's website, which was slightly higher!

Active Travel Club Holidays and Breaks for 2018

The next holiday is the Scottish Highlands and Ireland Cruise from 21 May - 30 May 2018. 9 nights (full-board). From £1,039 per person.

For a full list of ATC holidays please visit www.oddfellows.co.uk/benefits/travel or call Mike Hall on 0161 832 9361 extension 2224 or email active@oddfellows.co.uk.

From 1 January 2018

National membership has changed...

From your next renewal, you'll be able to choose from two types of membership £25 or £35 annually, offering different levels of benefits.

OPTION ONE

STANDARD MEMBERSHIP
with more in your pocket

£25 Annually



- ✓ Social events
- ✓ Active Travel Club
- ✓ Branch care & welfare support*
- ✓ Care & Welfare Helpline
- ✓ Oddfellows Citizens Advice Line
- ✓ Convalescence & carer support* (after 2 years of membership)
- ✓ Accidental Death Benefit*
- ✓ Benevolence Grant*
- ✓ Educational Awards* (after 5 years of membership)
- ✓ Emergency Financial Aid (Household)*
- ✓ Legal Aid Scheme*
- ✓ Money saving partner offers*
- ✓ Oddfellows news by email
- ✓ Orphan Gift Fund*
- ✓ 24/7 historical archive access*

OPTION TWO

MEMBERSHIP
with extra benefits

£35 Annually



All benefits listed opposite plus access to Optical and Dental benefits covering eye tests, glasses and contact lenses, dental check-ups and treatment.

- ✓ £30 Optical Benefit* every other membership year starting in year two
- ✓ £30 Dental Benefit* starting in year two
- ✓ Direct Debit option of two consecutive monthly payments of £18.50



**Friends = the
secret to a healthier,
longer life!**

*Terms and conditions apply to all financial benefits. All Oddfellows benefits are non-contractual and may be withdrawn at any time without notice. Read the full list of Oddfellows member benefit terms and conditions at www.oddfellows.co.uk/terms-conditions or call **0800 028 1810**.

For benefits provided by a third-party, please check their individual T&Cs at www.oddfellows.co.uk/offers

Borrowdale Tea Bread

This is a favourite of Janice Ovens, who is a member of our Management and Social Committees. She also serves on the Executive Committee of the East Anglian Group Conference.

Ingredient

- 300ml hot tea
(made with two tea bags)
- 360g mixed dried fruit
- 225g self raising flour
- 135g soft brown sugar
- 30g butter, softened
- 1 egg



Method

- Soak the mixed fruit into the tea overnight.
- Pre-heat oven to 140°C, Gas Mark 1.
- Add the flour, sugar and butter to the bowl containing the soaked mixed fruit and stir together.
- Add the egg and mix well.
- Place the mixture into greased and lined two lb loaf tin.
- Bake for 1 hour 30 minutes, until a skewer comes out clean.
- Serve sliced and generously buttered, with a slice of cheese if desired.

Branch Meetings

Meetings start at 7.30pm at Three Holes Village Hall, Main Road, Three Holes, Upwell, Wisbech PE14 9JR. All welcome.

Tuesday 17 July and Tuesday 16 October.

Branch business meetings start at 7.30pm at United Reformed Church, The Crescent, Wisbech PE13 1EH. All welcome.

Tuesday 19 June and Tuesday 18 December.

At a glance

June 2018

| | | |
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| Tues 12 | Wisbech Coffee Morning at D'licious | 10.15am |
| Tues 19 | Branch Meeting and Cheque Presentation | 7.30pm |

July

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|-----------------|--|---------|
| Sun 1 | EAGC Annual Barbecue | 3pm |
| Tues 17 | Branch Meeting at Three Holes Village Hall | 7.30pm |
| Thurs 19 | District Chairman's Fundraising Coffee Morning | 10.30am |

August

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|----------------|-----------------------------------|---------|
| Sun 12 | RNLI Lifeboat Day | 10am |
| Sun 19 | Summer Picnic in Sandringham Park | 3pm |
| Tues 21 | Littleport Coffee Morning | 10.15am |

September - Friendship Month

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|-----------------|---------------------------------|--------|
| Thurs 13 | Friendship Month Coffee Morning | 10am |
| Sun 16 | Bowls at Littleport Bowls Club | 2pm |
| Tues 18 | Half Yearly Branch Meeting | 7.30pm |

October

| | | |
|----------------|--|---------|
| Wed 10 | Coffee Morning | 10.15am |
| Tues 16 | Branch Meeting at Three Holes Village Hall | 7.30pm |
| Fri 19 | Sausage and Mash Supper with Slideshow | 7.30pm |
| Wed 24 | Breakfast at D'licious | 9am |

November

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|----------------|------------------------------|---------|
| Wed 7 | Peterborough Dogs and Dinner | 6.30pm |
| Tues 20 | Littleport Coffee Morning | 10.15am |

December

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|----------------|-------------------------------------|---------|
| Sun 2 | Christmas Time Lunch | 12.30pm |
| Tues 18 | Christmas Social and Branch Meeting | 7.30pm |
| Sun 23 | Christmas Carol Service | 6pm |

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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