

July - December 2017
Issue 2



the
ODDfelloWS SINCE 1810
making friends, helping people

out & about

Making friends across King's Lynn and West Norfolk



-  Afternoon Tea
-  Day Trip
-  Theatre/Concerts
-  Walks
-  Games
-  Dining Out
-  Social
-  Talks
-  Coffee Morning



Friendship Afternoon Tea - Tuesday 19 September

Welcome to the summer/autumn edition of the Out & About, the events programme for the King's Lynn and West Norfolk Branches of Oddfellows. We are a group of friends brought together through our shared interest in socialising, making friends and helping people.

As the 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 members with a range of advice and support services when you need them, see inside for details.

We hold a wide range of events from our regular quizzes, days out, bingo, walks and much more. The list is endless and the choice is yours! If Out & About seems like just the thing for you and you'd like to find out more, please contact Alison Schultz (contact details are on the next page) who will be happy to have a chat.

We hope to see you at an event very soon! For more details about becoming a member and the wide range of benefits available, please call our membership team on 0800 028 1810 or visit our website at www.oddfellows.co.uk.

A bit about us...

The Oddfellows is a not-for-profit friendly society that's been around for over 200 years. Our aim is to bring people together through our social events, as well as support our members with a range of benefits and services. The Society is run by our members for the members with over 310,000 members nationwide.

Front Cover: King's Lynn South Gate by Martin Pearman and licensed for reuse under this Creative Commons Licence.

Regular Events

Open Coffee Morning

Every first Thursday of the month

🕒 10.30am 🇔 Free

No need to book, just pop in, as everyone is welcome. Held at Oddfellows House, 7 Lynn Road, Gaywood, King's Lynn, Norfolk PE30 4PR.



Social Afternoon

Every third Tuesday of the month

🕒 2pm to 4pm 🇔 Free

Come along and learn new crafts or enjoy old ones as well as talks. Everyone welcome. We are always open to new ideas. Held at Reffley Community Hall, Reffley Lane, Kings Lynn, Norfolk PE30 3EQ.



Contact Details

For more details on any of the events listed contact

District Secretary: Alison Schultz

Address:
Oddfellows House
7 Lynn Road, Gaywood,
King's Lynn, Norfolk PE30 4PR

Telephone: 01553 776030

Email:
alison.schultz@oddfellows.co.uk

f Join our social network! You can find us on Facebook. You can now keep up-to-date with all the latest Oddfellows news for free through social media at facebook.com/Oddfellows-Kings-Lynn

Also visit our 'Meet Up' page at: www.meetup.com/Kings-Lynn-Friendship-Group

Monthly Luncheon

Every fourth Tuesday of the month

🕒 12.30pm 🇔 Cost as per menu



Come join us for our monthly luncheon. Venues have been set and menu available on the coffee morning in the office. Also via our monthly afternoon meeting. Violet and Pat are extremely well organised. Another way to meet friends. Contact Alison on 01553 776030.



July 2017

THURS
06

Coffee Morning in Office

 10.30am  Free



Enjoy a natter and coffee with Alison and her welfare team in the office. Oddfellows House, 7 Lynn Road, Gaywood, King's Lynn PE30 4PR. Contact Alison on 01553 776030.

SAT
15

Oddfellows Bowls Afternoon

 2pm  £2



Expertise in our group have kindly given up their time to teach those of us who would like to try. So, if you would like to come and see what we have to offer as a group, then join us at this event. Flat shoes are required. Refreshments will be served. Watlington Social Club, Watlington PE33 0HE. Contact Alison on 01553 776030.



TUES
18

Mystery Speaker

 2pm  Free



A lady is talking on living independently in later years. Come and see what she can offer us. Reffley Community Hall, Reffley Lane, Kings Lynn, Norfolk PE30 3EQ. Contact Alison on 01553 776030.

TUES
25

Luncheon Club with Friends

 12.30pm  As per menu



Violet Kendal and Pat Sexton have arranged a friendship lunch on the fourth Tuesday of each month. This months venue is The Crown Inn, Lynn Road, Gayton, Kings Lynn PE32 1PA. Pre-order needed with a £5 deposit. Contact Violet on 01553 631577 or Pat on 01553 766819.

WED
26

District Meeting and Quiz Night

 7.30pm  Free



District meeting, followed by a quiz. Guess who the quizmaster may be? Gaywood Church Rooms, Gayton Road, Gaywood, King's Lynn PE30 4DZ. Contact Alison on 01553 776030.



August

THURS
03

Coffee Morning in Office

 10.30am  Free



Enjoy a natter and coffee with Alison and her welfare team in the office. Oddfellows House, 7 Lynn Road, Gaywood, King's Lynn PE30 4PR. Contact Alison on 01553 776030.

August

TUES
15 Women of Kings Lynn

 2pm

 Free



Tricia McCarron from Trues Yard has agreed to come in and give us a talk on Women of Kings Lynn. If this is as fascinating as the talk on Trues Yard, we in for a real adventure. Reffley Community Hall, Reffley Lane, Kings Lynn, Norfolk PE30 3EQ. Contact Alison on 01553 776030.



TUES
22 Afternoon Tea

 2pm

 £9.50



Violet Kendal and Pat Sexton have arranged a afternoon tea today, so come along and join us. This months venue is The Grange Hotel, Willow Park, Kings Lynn PE30 3BP. Pre-order needed with a £5 deposit. Contact Violet on 01553 631577 or Pat on 01553 766819.

September

ODDFELLOWS
FRIENDSHIP MONTH
1 - 30 SEPTEMBER



SUN
03 Country Walk with the Committee

 10.30am

 Free



Come and meet new friends with a country walk, area as yet to be decided but we will decide on the morning. Meet at The Black Horse, Castle Rising PE31 6AG. Contact David Nobbs on 01553 810154.

TUES
05 Watlington Social Evening

 7.30pm

 Free



Join friends old and new at Watlington Sports and Social Club for our regular meeting. Tea and coffee will be served. There is a licensed bar available. Watlington Sports and Social Club, Watlington PE33 0HE. Contact David Nobbs on 01553 810154.

THURS
07 Coffee Morning in Office

 10.30am

 Free



Enjoy a natter and coffee with Alison and her welfare team in the office. Oddfellows House, 7 Lynn Road, Gaywood, King's Lynn PE30 4PR. Contact Alison on 01553 776030.



TUES
19

Friendship Afternoon Tea



Friendship Afternoon comes around really quickly. We will be having a cake competition to see who can make the best cake and of course we will enjoy a cup of tea. So, come on ladies and gents lets see who's the king or queen of the cakes? We also have a guest who will judge, you never know who this person may be. Reffley Community Hall, Reffley Lane, Kings Lynn, Norfolk PE30 3EQ. Contact Alison on 01553 776030.

WED
20

Methwold Branch Meeting



Join friends old and new at the Green Man Public House for our regular meeting. Tea and coffee will be served. There is a licensed bar available. The Green Man Public House, 1 Whiteplot Road, Methwold, Hythe, Thetford IP26 4QP. Contact Alison on 01553 776030.

TUES
26

Luncheon Club with Friends



Violet Kendal and Pat Sexton have arranged a friendship lunch on the fourth Tuesday of each month. This months venue is Ancient Mariner Inn, Golf Course Road, Old Hunstanton PE36 6JJ. Pre-order needed with a £5 deposit. Contact Violet on 01553 631577 or Pat on 01553 766819.



WED
27

District Meeting with Sausage and Mash Supper



District Meeting with sausage and mash, social event afterwards. Gaywood Church Rooms, Gayton Road, Gaywood, King's Lynn PE30 4DZ. Contact Alison on 01553 776030 for the booking form.



October

MON 02 Day Trip to Bruges City, Belgium

⌚ 4.30am

£ £50 per person



An early start to Belgium. Come with a group of friends to see a different culture and see all the sites Bruges has to offer. Early pick-up to travel to the lovely city of Bruges. Harrods Coaches are going to take us through the Euro Tunnel. Passport needed. Contact Alison on 01553 776030 for booking form.

THURS 05 Coffee Morning in Office

⌚ 10.30am

£ Free



Enjoy a natter and coffee with Alison and her welfare team in the office. Oddfellows House, 7 Lynn Road, Gaywood, King's Lynn PE30 4PR. Contact Alison on 01553 776030.



SUN 08 Lulu at the Corn Exchange

⌚ 7pm

£ £36.50 per person



Lulu is singing at the Corn Exchange, so come and join us to see the acclaimed singer, songwriter, actress, businesswoman, Grammy and Novello Award nominee - its all about the music. Kings Lynn Corn Exchange, Market Place, Kings Lynn, Norfolk PE30 1JW. Contact David Nobbs on 01553 810154.



October

SUN
15

Annual Sunday Lunch

🕒 12.30pm 💷 £15 per head 🍴



We have chosen this lovely surroundings of the barn again. With a guest speaker of Nigel Stock on How the Oddfellows was formed. Booking form on page 12. Meet at 12.30pm for a 1pm sit down. Knights Hill Barn, Kings Lynn, Norfolk PE30 5JP. Contact Alison on 01553 776030.

TUES
17

Work of the Samaritans

🕒 2pm 💷 Free 💬

Our local Samaritans are coming to chat on how to become a Samaritan and all the good work they do. Reffley Community Hall, Reffley Lane, Kings Lynn, Norfolk PE30 3EQ. Contact Alison on 01553 776030.

TUES
24

Luncheon Club with Friends

🕒 12.30pm 💷 As per menu 🍴

Violet Kendal and Pat Sexton have arranged a friendship lunch on the fourth Tuesday of each month. This months venue to be announced. Pre-order needed with a £5 deposit. Contact Violet on 01553 631577 or Pat on 01553 766819.



November

THURS
02

Coffee Morning in Office


🕒 10.30am 💷 Free ☕

Enjoy a natter and coffee with Alison and her welfare team in the office. Oddfellows House, 7 Lynn Road, Gaywood, King's Lynn PE30 4PR. Contact Alison on 01553 776030.



November

WED 15 Methwold Meeting and Social Evening

 8pm and then 9pm  Free



Join friends old and new at The Green Man Public House for our regular meeting, a social evening follows this meeting. Tea and coffee will be served. There is a licensed bar available. The Green Man Public House, 1 Whiteplot Road, Methwold, Hythe, Thetford IP26 4QP. Contact Alison on 01553 776030.

TUES 21 Christmas Traditions

 2pm  Free



June Barton is coming to show us lots of traditions of the past. We're also having the best mince pie competition, two mince pies each, shop or home-made for judging. Reffley Community Hall, Reffley Lane, Kings Lynn, Norfolk PE30 3EQ. Contact Alison on 01553 776030.





TUES 28 Luncheon Club with Friends

 12.30pm  As per menu



Violet Kendal and Pat Sexton have arranged a friendship lunch on the fourth Tuesday of each month. This months venue is Sandboy, Gayton Road, Kings Lynn PE32 1EP. Pre-order needed with a £5 deposit. Contact Violet on 01553 631577 or Pat on 01553 766819.

WED 29 District Meeting with Christmas Gathering



 7.30pm  Free



District meeting with gathering of friends to listen and sing carols. Gaywood Church Rooms, Gayton Road, Gaywood, King's Lynn PE30 4DZ. Contact Alison on 01553 776030.

December

TUES 05 Watlington Meeting and Social Evening

 7.30pm and then 8.30pm  Free



Join friends old and new at Watlington Sports and Social Club for our regular meeting, a social evening follows this meeting. Tea and coffee will be served. There is a licensed bar available. Watlington Sports and Social Club, Watlington PE33 0HE. Contact David Nobbs on 01553 810154.

December

THURS
07

Coffee Morning in Office



Enjoy a natter and coffee with Alison and her welfare team in the office. Oddfellows House, 7 Lynn Road, Gaywood, King's Lynn PE30 4PR. Contact Alison on 01553 776030.

WED
13

Christmas Lunch at Knights Hill in the Barn



Our venue will be Knights Hill Barn this year. Due to our large numbers, we have decided to go for the Barn area, so we are not squashed this year. Knights Hill Barn, Kings Lynn, Norfolk PE30 5JP. For menu and booking form please contact Alison on 01553 776030 for the booking form.

TUES
19

Christmas Afternoon Tea with Music



Christmas afternoon with afternoon tea and music. Reffley Community Hall, Reffley Lane, Kings Lynn, Norfolk PE30 3EQ. Contact Alison on 01553 776030.



THURS
21

Jack and the Beanstalk



Jack and the Beanstalk is our Christmas panto. Its time for Fe Fi Fo Fun with a giant of the panto this is being brought to you by the team that produced Cinderella and what a smash hit that was. Kings Lynn Corn Exchange, Market Place, Kings Lynn, Norfolk PE30 1JW. Contact Alison on 01553 776030.



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.

Scottish Highlands Steam & Malt Trail

12 – 16 October 2017

The Crianlarich Hotel, near Loch Lomond

From £525 - £900 per person (dependent on departure station)

With amazing views of the Highlands, this tour promises to be an action packed few days. Explore the West Highland Line, visit the Isle of Mull and ride the Jacobite Steam Train to Mallaig. Plus call in on two distilleries for a tour and a wee dram!

To book call Railtrail Tours
on 01538 382 323

First five bookings charged
no single supplement!

www.oddfellows.co.uk/ActiveTravelClub

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

Ref 1602

 **Active**
Travel Club

Everyone welcome!



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.



www.oddfellows.co.uk

Booking Form

Annual Sunday Lunch

Sunday 15 October, 12.30pm for 1pm
Knights Hill Barn, Kings Lynn, Norfolk PE30 5JP

Cost: £15 per person

Starters

Prawn and Smoked Salmon Cocktail
 served with Brown Bread and Butter

or

Tomatoe and Basil Soup
 served with roll and butter

or

Orange Juice

Main

Roast Beef served
 with Yorkshire Pudding

or

Baked Cod with a Herb Crumb

or

Chicken Bergere

(cream white wine and mushroom sauce)

or

Gruyere Cheese and Leek Tart

Dessert

Fruit Pavlova

or

Apple and Blackberry Crumble
 served with Custard

or

Lemon Cheesecake

Tea and coffee will be served

Please detach and send with a cheque payable to the Oddfellows to
 Alison Schultz, 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR.
 All bookings to be completed by Sunday 1 October please.

Name	Starter	Main	Dessert	£15 pp
Payment Total:				

Kings Lynn and West Norfolk Parkinson's Support Group



A chance meeting at a Town Hall function of two old friends, resulted in a cheque for £500 being presented to the Kings Lynn and West Norfolk Parkinson's Support Group.

David Nobbs, Immediate Past Provincial Grand Master (Immediate Past District Chairman) of the Oddfellows Kings Lynn and West Norfolk met up with old friend, Tony Elvin. Both had been members of the 7th Kings Lynn (South Lynn) Scout Group and talked over memories in the 1950s/60s. Tony's wife, Janet happened

to be secretary of the Kings Lynn and West Norfolk Parkinson's Support Group and is her husband's carer.

As last year Provincial Grand Master (District Chairman), David was allowed to nominate a local charity of his choice to receive their latest donation, he did not have to think twice, as David and Tony remarked on that night, they were in the right place at the right time.

The presentation took place at an Oddfellows social meeting and Janet gave an informative talk on what caring for a person with Parkinson's entails. More nerve wracking for Janet was being the judge in the Easter Bonnet Competition. She made her choice of the winner and runner-up from the large array of bonnets.

All the members listened intently to Janet's talk and were pleased to support a worthwhile cause.

Two of our members, Tony and Jean Whitehead celebrated their 58th wedding anniversary the night

we went to panto, so a lovely bunch of flowers was presented from all the friends of the Oddfellows.



Luncheon Club Meetings



Patricia Sexton and Violet Kendal

Members and friends of the Kings Lynn and West Norfolk District Branch have been meeting monthly at a Luncheon Club hosted at a range of venues around the District.

What started as an exciting idea between the two members Violet Kendal and Patricia Sexton has blossomed into a well attended regular event, with attendees discussing the possibility of a regular evening meet as well.

Branch Secretary, Alison Schultz said; "The idea came about during one of our coffee mornings. That in itself has steadily been gaining more attendees. We put the idea out there and used both our Facebook page and the Meet Up application, suggested by head office, to spread the message as far and wide as possible. This has led to a great deal of success in reaching would-be members, which we wouldn't have otherwise reached".

The next Luncheon Club is the fourth Tuesday of the month, if you would like to come to this meeting, or find out about future Luncheon Club locations, please contact the Branch Secretary Alison Schultz on 01553 776030 or follow and message us on Facebook/ Meet Up. Someone will respond within the hour on both pages.

Our Facebook page is  Oddfellows Kings Lynn and our Meet Up page is 'Kings Lynn Friendship Group'.

If you use either of these platforms please give us a follow.

Be part of a friendlier Society



Whether you want to make friends, try something new, or enjoy a little extra support from people that care - the Oddfellows is here for you. Discover how we can help you get even more out of life with our five great reasons to join.

Visit our new website at www.oddfellows.co.uk

AMC Southport 2017

This being my second Annual Movable Conference (AMC), I saw a lot of friends that I made last year, that made me most welcome again.

I would also like to thank Albert and Jacqui for attending with me, their guidance and valuable knowledge are greatly received.

This year saw changes of the membership, which will be put into force from January 2018.

The society itself motto wont change which is Friendship, Love and Truth.



Jacqui, Albert and Alison attending the AMC

Hope to see you all soon.

Alison Schultz

Oddfellows Members Do you need help?

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



Kings Lynn District Branch Care and Welfare

To request contact from a Welfare Visitor and for local help and information about Branch benefits and benevolence contact Alison on 01553 776030 or email alison.schultz@oddfellows.co.uk

**Oddfellows Advice Line Call
0800 0149 821***

Monday - Friday,
9.30am - 4.30pm

Email: oddfellows@manchestercab.org

**Care and Welfare Helpline Call
0800 0149 822***

Monday to Thursday, 9am - 5pm,
Friday, 9am - 4pm

Email: care@oddfellows.co.uk

*Free to callers from any landline or mobile number

www.oddfellows.co.uk/CareAndAdvice

Ref: CCA6AD/KL/0617

At a glance

July 2017

Thurs 6	Coffee Morning	10.30am
Sat 15	Oddfellows Bowls Afternoon	2pm
Tues 18	Mystery Speaker	2pm
Tues 25	Luncheon Club with Friends	12.30pm
Wed 26	District Meeting and Quiz Night	7.30pm

August

Thurs 3	Coffee Morning	10.30am
Tues 15	Woman of Kings Lynn	2pm
Tues 22	Afternoon Tea	2pm

September - Friendship Month

Sun 3	Country Walk with the Committee	10.30am
Tues 5	Watlington Social Evening	7.30pm
Thurs 7	Coffee Morning	10.30am
Tues 19	Friendship Afternoon Tea	2pm
Wed 20	Methwold Branch Meeting	8pm
Tues 26	Luncheon Club with Friends	12.30pm
Wed 27	District Meeting with Sausage and Mash Supper	7.30pm

October

Mon 2	Day Trip to Bruges City, Belgium	4.30am
Thurs 5	Coffee Morning	10.30am

October

Sun 8	Lulu at the Corn Exchange	7pm
Sun 15	Annual Sunday Lunch	12.30pm
Tues 17	Work of the Samaritans	2pm
Tues 24	Luncheon Club with Friends	12.30pm

November

Thurs 2	Coffee Morning	10.30am
Wed 15	Methwold Branch Meeting and Social Evening	8pm
Tues 21	Christmas Traditions	2pm
Tues 28	Luncheon Club with Friends	12.30pm
Wed 29	District Meeting with Christmas Gathering	7.30pm

December

Tues 5	Watlington Branch Meeting and Social Evening	7.30pm
Thurs 7	Coffee Morning	10.30am
Wed 13	Christmas Lunch at Knights Hill in the Barn	12.30pm
Tues 19	Christmas Afternoon Tea with Music	2pm
Thurs 21	Jack and the Beanstalk	6pm