

January - June 2020  
Issue 1



*O*<sup>the</sup> **DD**fellows SINCE 1810  
making friends, helping people

# *out & about*

**Canterbury District Oddfellows**



*Whitstable Castle*



Games



Quiz



Dining Out



Coffee Morning/  
Afternoon Tea



Travel



Crafts



Social



Meetings



Talks



Culture



Walks



Wellbeing



*Relaxing and Historical Trip along the River Stour - Wednesday 13 May*

## Contact Details

**Secretary:** Sammie Rayson

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15 Orange Street,  
Canterbury CT1 2JA.

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[sammie.rayson@oddfellows.co.uk](mailto:sammie.rayson@oddfellows.co.uk)



## Welcome to the latest edition of your Events Diary and Newsletter for Canterbury District of Oddfellows.

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 a shared interest in socialising, making friends and helping people.

**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 takes your fancy - we like to think that we can guarantee you a good time.**

## Key

### Canterbury

Contact Sammie Rayson on 01227 452517.  
Oddfellows Hall, 15 Orange Street, Canterbury, Kent CT1 2JA.

### Whitstable

Contact Dorothea Laver on 01227 452517.  
Oddfellows Hall, 15 Orange Street, Canterbury, Kent CT1 2JA.

### Folkestone

Contact Alex or Allyson Edwards on 01303 278796.  
Oddfellows Hall, 10 Broomfield Road, Cheriton, Folkestone, Kent CT19 4DH.

# Regular Events

## Canterbury Friendly Pop In on Mondays

Alternate Mondays



2pm to  
4pm



Free



13 January	20 April
27 January	4 May
10 February	18 May
24 February	1 June
9 March	15 June
23 March	29 June
6 April	

Come along and enjoy a refreshing cup of coffee or tea and a nice natter each fortnight. This is your time to share news and views with others and to widen your social circle. If you enjoy any arty crafts, knitting, sewing, painting or perhaps a favourite poem, do bring them along and share. If not, just bring yourself! We welcome new faces and of course, old friends. For members it is also the opportunity to discuss any aspect of your membership with Branch staff. Please contact Sammie for any further information and encouragement.

**Address:** Oddfellows Hall, 15 Orange Street, Canterbury, Kent CT1 2JA.

## Meet our new Social Organiser Kirstey Beckett

Hello Members!

**My family and I have recently moved to live by the coast near Westgate-on-Sea and enjoy beachy walks with our dog. Throughout my life I have been fortunate enough to have had a career spanning education and events organising.**



On a personal level my passion lies in the arts, antiques and old fashioned sweets! Over the past couple of years I have run an old fashioned sweetie stall at events from my little vintage caravan (Miss Holly Dolly), so if you ever need a quarter of Army & Navy or Sherbert Pips then I am your woman!

I look forward to seeing you at forthcoming events and getting to know you, but most of all I want to know how can I be of service to you, so please do not hesitate to contact me at [kirstey.beckett@oddfellows.co.uk](mailto:kirstey.beckett@oddfellows.co.uk) with events that you wish to see on the calendar.

# January 2020

SAT  
04

## Coffee and a Natter Folkestone



10.30am



As per menu



During the winter months, we are going to meet at various coffee shops in Folkestone for our



popular Coffee and a Natter Mornings. Book by Friday 3 January. Ganmac Cafe, 121 Sandgate Road, Folkestone, Kent CT20 2BL. Contact Allyson on 01303 278796.

TUES  
14

## Talk by Sue Linge Whitstable



7pm



Free



Interesting talk by Sue Linge on the aim of the Over 60's Centre in Whitstable. Free tea and biscuits. Non-members are most welcome and no need to book. Over 60's Centre, Waterloo Road, Whitstable, Kent CT5 1BP. Contact Dorothea on 01227 452517.



TUES  
21

## Life as a Cathedral Organist and Coffee Morning Canterbury



10.30am



Free



This morning get ready for a rare treat! We welcome David Flood (Director of Music at



Canterbury Cathedral) to our monthly get together. David is one of the Cathedral's most respected organists and will share with us more about the music of the Cathedral and his love of music. There will be an opportunity to ask questions and next time you visit the Cathedral, you will be able to fully appreciate and enjoy the musical aspect. Best Western Abbots Barton Hotel, 36 New Dover Road, Canterbury, Kent CT1 3DU. Contact Sammie or Dorothea on 01227 452517.

# February

SAT  
01

## Coffee and a Natter Folkestone



10.30am



As per menu



During the winter months, we are going to meet at various coffee shops in Folkestone for our popular Coffee and a Natter Mornings. Book by Friday 31 January. Laurielle's Cafe, Town Walk, Folkestone, Kent CT20 2AD. Contact Allyson on 01303 278796.

# February

TUES  
11

## Wooden Horse Racing Whitstable

7pm

£ Free



A popular activity with lots of laughs. Not taken seriously with laughable returns. Free tea and biscuits. All



welcome. Over 60's Centre, Waterloo Road, Whitstable, Kent CT5 1BP. Contact Dorothea on 01227 452517.

THURS  
20

## SERV Kent Blood Runners Talk and Coffee Morning Canterbury

10.30am

£ Free



SERV (Kent) is a charity that provides free transportation of blood, blood products, samples, equipment, medicines and other essential items to and from hospitals in Kent, Demelza House, Ellenor Hospice, patient addresses and the Kent Air Ambulance. A team of volunteers work around the clock, 365 days of the year. Graham Perrin has volunteered for SERV (Kent) for 12 years. This morning he will tell us more about this invaluable charity, how they came into existence and what they do. We think you will find this a stimulating and very interesting talk. We look forward to seeing you there! Best Western Abbots Barton Hotel, 36 New Dover Road, Canterbury, Kent CT1 3DU. Contact Sammie or Dorothea on 01227 452517.

# March

SAT  
07

## Coffee and a Natter Folkestone

10.30am

£ As per menu



During the winter months, we are going to meet at various coffee shops in Folkestone for our popular Coffee and a Natter Mornings. Book by Friday 6 March. Ganmac Cafe, 121 Sandgate Road, Folkestone, Kent CT20 2BL. Contact Allyson on 01303 278796.

TUES  
10

## Talk by Charlotte Perriss - Community Warden Whitstable

7pm

£ Free



Come and meet Charlotte Perriss, our local Community Warden for Canterbury and Swale. She will advise on how to avoid scams and her interesting and varied role in the community. Free tea and biscuits - no need to book. Everyone welcome. Over 60's Centre, Waterloo Road, Whitstable, Kent CT5 1BP. Contact Dorothea on 01227 452517.





# March

TUES  
17

## Flying for Life - A Fascinating Talk about the work of Mission Aviation Fellowship (MAF) Canterbury



10.30am



Free



We much look forward to welcoming you to another friendly meet-up, the chance to socialise over coffee and listen to our guest speakers, Michael and Joy Hawthorne, who will talk about the work of the Mission Aviation Fellowship (MAF).



MAF is a Christian organisation, operating 27 programmes in developing countries to reach the world's forgotten people, those living out of sight, out of mind and out of hope. With land access denied by inaccessible terrain due to natural disaster, war or economic crisis, thousands of communities are completely isolated.

Operating around 131 light aircraft, MAF's pilots fly into more than 1,400 remote destinations. Whether landing in deserts or jungles, on lakes, rivers, tracks or roads, MAF planes transport essential medical care, food, water, relief teams and church workers to those in desperate need.

About the speakers: Michael and Joy Hawthorne have supported MAF for well over 50 years. This morning they share their knowledge and understanding of an organisation who brings practical help, spiritual hope and physical healing to thousands of men, women and children.

Best Western Abbots Barton Hotel, 36 New Dover Road, Canterbury, Kent CT1 3DU. Contact Sammie on 01227 452517.

# April

SAT  
04

## Fish and Chip Lunch Folkestone



Join us for a fish and chip Lunch followed by a game of bingo. Book by Thursday 2 April. Odd Fellows Hall, 10 Broomfield Road, Cheriton, Folkestone CT19 4DH. Contact Allyson on 01303 278796.

TUES  
14

## Our Popular Fish and Chip Supper Whitstable



Our ever popular fish and chip supper. A most enjoyable meeting of the Branch, where everyone is welcome to join us for a fee of £5.50. A time to relax and chat with a quiz or some bingo to round off the evening. Booking required by Tuesday 7 April please. Limited spaces so book early to save disappointment. Over 60's Centre, Waterloo Road, Whitstable, Kent CT5 1BP. Contact Sammie or Dorothea on 01227 452517.

THURS  
16

## The Marlowe - Everyone's Theatre - Talk and Coffee Morning Canterbury



Fiona Banks is Producer of the Marlowe Theatre's 'Everyone's Theatre' programme, working with artists and audiences across Kent to engage and involve them with the work of the Marlowe and to embed world class arts projects across the region. Fiona will touch on the history of the theatre and its vision for the future. There will be a chance to ask Fiona questions and to find out about up and coming productions. Best Western Abbots Barton Hotel, 36 New Dover Road, Canterbury, Kent CT1 3DU. Contact Sammie on 01227 452517.

# May

MON  
04

## Film Evening Folkestone



Do come along and join us for our ever popular film evening. Popcorn and choc-ices will be served during the film. Odd Fellows Hall, 10 Broomfield Road, Cheriton, Folkestone CT19 4DH. Contact Allyson on 01303 278796.



# May

TUES  
12

## Silly Prize Bingo Whitstable



7pm



Free  
20p a game



A casual get together with some laughs. 20p a game with funny prizes. Tea and coffee provided. All welcome. Over 60's Centre, Waterloo Road, Whitstable, Kent CT5 1BP. Contact Dorothea on 01227 452517.

WED  
13

## Relaxing and Historical Trip along the River Stour

Save the date



TBC



£10



Settle back and enjoy a gentle trip along the River Stour in traditional Cambridge punts with the Canterbury Punt Company. Sebastian and his friends will be on hand to point out places of historic interest, such as Greyfriars and the East Bridge Hospital and information about Christopher Marlowe and much, much more...



Staff are specially trained to provide assistance getting into and out of boats. There are a few steps down to embark but with care and assistance, this shouldn't be difficult. Sebastian tells us that his oldest passenger was.

The boats have cushions and blankets to ensure your comfort and there is a café on site where you can purchase a range of refreshments to take on the boat with you. The tours take 40-45 minutes.

**Cost:** £10 per person (normally £12.50). Each boat takes 8-10 people. A deposit of £5 is payable when you book with the remainder payable on the day. Please book by Thursday 30 April.

Numbers are limited. If the weather is inclement, we'll consult with you and re-schedule.

**Address:** We will meet at Oddfellows Hall at 15 Orange Street at 10.45am and walk the short distance (five minutes) to the café and embarkation point at Water Lane.



# May

TUES  
19

## A Medieval Life Story - Talk and Coffee Morning Canterbury



10.30am



Free



Join us for what promises to be a stimulating and lively morning! After his successful talk in July, Alan Bradshaw returns to Abbots Barton with his medieval friend - an individual he has created who will enliven us with sayings and phrases we know today, but we often have no idea where they come from.



Alan will use his historical skill and 50 years of experience in metal detecting, to paint the pictures of his friend's life from birth to death.

Best Western Abbots Barton Hotel, 36 New Dover Road, Canterbury, Kent CT1 3DU. Contact Sammie on 01227 452517.

# June

MON  
01

## An Evening of Flower Arranging Folkestone



8pm



Any flowers that you wish to bring



One of our members, Anne Winsett will give us a demonstration of flower arranging. There will be an opportunity for us to have a go too. Odd Fellows Hall, 10 Broomfield Road, Cheriton, Folkestone CT19 4DH. Contact Allyson on 01303 278796.



# June

TUES  
09

## Great British Eccentrics Whitstable



7pm



Free



A talk by Paul Robbins combining new and interesting information about some of the great events in British history with humour and an emphasis on the people that helped shape our country. Everyone welcome. Tea and coffee provided. No need to book. Over 60's Centre, Waterloo Road, Whitstable, Kent CT5 1BP. Contact Dorothea on 01227 452517.



## City of Canterbury Branch

### Find out more about what we do...

We would be very pleased to welcome you to our evening meetings. These are held on



alternate Mondays. The purpose of these meetings is to share and discuss the business of the Branch, including our benevolence grants, finances, social planning, care and welfare development, publicity and volunteering opportunities. There is a social element too - a nice cuppa and the chance to make new friends. You might even find yourself the lucky winner of the raffle!

THURS  
18

## Age Concern Sandwich - the Past, Present and Future - Talk and Coffee Morning Canterbury



10.30am



Free



Age Concern, Sandwich is a charity supporting the over 50s of Sandwich and surrounding villages. This morning we welcome Jane Goring and Tracey Ward, both Chief Officers of Age Concern, Sandwich. They job share. We shall discover the history behind the charity, the services it provides and how it has grown over the years and the uncertain future ahead regarding funding. Best Western Abbots Barton Hotel, 36 New Dover Road, Canterbury, Kent CT1 3DU. Contact Sammie on 01227 452517.



# Oddfellows Summer Holiday

Join with other  
Oddfellows and  
enjoy a wonderful  
break at this classic  
country house, set in  
splendid parkland.

**6 – 10 July 2020:**  
**4 nights (half-board)**

Standard room from £321 per person  
Signature room from £361 per person

Warner Cricket St Thomas Hotel,  
Chard, Somerset TA20 4DD



**To book call Warner on 0330 1009 772**  
(Booking reference 4373341) and quote ODDFELLOWS

All holidays are booked through third party travel companies and terms and conditions apply. Holidays are open to Oddfellows members and their guests only. For more information ask the reservations team when booking.



## Summer Puddings and Bingo

We came together for our August favourite, Puddings and Bingo. We all had our main courses at home and brought our favourite puddings to share. As you can see, many calories were consumed that evening. Our diets started on the Tuesday!



## Hand in Hand Social Branch Dinner

In October, we held our Annual Dinner at the Folkestone Indoor Bowls Club. Thirty six members and friends joined us from as far afield

as Canterbury and Maidstone. We had a wonderful meal together followed by a musical interlude with Gavin Bull while we chatted.





# Friendship Month



# Roman Chariots and Musket Balls

Alan Bradshaw's talk at Abbots Barton Hotel, Canterbury



**It was lovely to welcome Alan Bradshaw to our Abbots Barton Hotel, Canterbury, coffee morning on Tuesday 23 July and the talk was very well received.**

Alan is the Resident Speaker of Medway History Finders and has been metal detecting for around half a century. He has a treasure trove of experience which he was glad to share with us. Alan was able to not only explain what he had found but to put it in its historical context. We learned obscure but exciting facts. For instance, railway track sizes in the UK and USA are always 4ft 8.5 inches. This measurement was also used in the design of stage coaches in the 17th Century so they wouldn't tip up. But Alan traced the measurement back further to Roman chariots. Bringing us right up to date, he reported that a space rocket booster uses the same measurement.

So a line can be traced from today's rockets all the way back to Roman times!

Alan showed us a fascinating assortment of coins, most of which were not valuable but were important as through them the age of a site can be dated. We also saw a display of buckles dating from the 13th Century through to Victorian times plus a large display of medals and military buttons, mostly from the First and Second World Wars.

There were also a number of wax seals used in correspondence. Generally these were very small, but if the owner was rich, their crest was invariably included in semi-precious stones and they were made of pure gold. Alan had found such a seal in his son-in-law's field.

Alan reported finding lots of musket balls and bullets. One bullet was designed by an officer called Claude-Etienne Minie. It made a distinct noise as it whizzed by. From that bullet comes the term, 'Moaning Minnie'.







Alan also found plenty of snuff boxes and related the little known fact that the term 'Not to be sneezed at' arose from an amusing fact, namely.... if an audience was interested in a talk, they remained silent so as to enjoy what they were hearing.



However, if the talk was dull, they took snuff and by their gargantuan sneezes, disrupted the talk!

Pictures are of Alan Bradshaw with some of his finds - coins and button memorabilia.

## STOP PRESS!

### Save the date - Tuesday 19 May

I am pleased to report that Alan will be back to talk to us again at Abbots Barton on Tuesday 19 May. Alan will draw on his 50 years of experience in metal detecting to create the medieval life story of an individual from birth to death using the sayings or phrases that individual would have used during their lives.

## Whitstable Coastwatch

Picture right: Matthew presenting the cheque for £950 to Whitstable Coastwatch on Tuesday 17 September. This money was raised entirely by our members at various coffee mornings during the year and hopefully will go some way towards the rebuild of the vandalised station last year. Thank you everyone.



# The Sound of Music comes to Canterbury

## Anne Cattoor's passion for singing and her thrilling trips around the world



*Anne Cattoor*

**Anne's passion for singing and love of music thrilled all those attending our Coffee Morning at the Abbots Barton Hotel in Canterbury on Thursday 20 June. Anne is a former head teacher and an engaging speaker. We thought it would be nice if we shared some of Anne's talk with you.**

All her life, since age 3, Anne has had a passion for singing. She was born with a voice and it wasn't long before she joined a choir - the Whitley Bay Girl's Choir. One day a kind person offered to support her with the gift of singing lessons. Her tutor was Ted Liddell, a North of England singer who sang opera and oratorios (large scale musicals).

One morning Anne and her friends were taken by coach to the wilds of Northumberland and sang in a radio show. Her interest in music was steady. When the famous contralto singer Kathleen Ferrier died, a competition was set up in her honour. Anne, who was then just 17, entered the competition and sang at the City Hall in Newcastle. She reported that her mother did not have much confidence in her, sitting at the back of the hall. Anne made it as one of the regional finalists and her mother began to realise that she could sing!

Over a lifetime Anne's love of music and, in particular, the opera has been an abiding interest. She gave us a taste of her thrilling cruises to many parts of the world and those cities particularly famed for the opera. For instance, in Verona she found herself in the middle of an amphitheatre. Open six weeks every year, 20,000 people attend. On the first night of a new production, there is an electric atmosphere with the ladies wearing gorgeous dresses and glittering jewels. Anne sat with her





husband, Maurice, and friends on the stone steps (first having rented a cushion ~ she explained that the profits go to the Red Cross). Anne saw three productions over three visits, including *Aida*, a very moving and dramatic opera with an Egyptian theme. Each year the birth of Verdi is celebrated in a unique way. Everyone is given a birthday candle and as soon as the overture is played, 20,000 lights are lit and gradually burn out as the performance progresses.

The opera singers have no microphones, so they find other ways to communicate. To mark the beginning and end of each Act, someone comes in dressed in costume, bangs a huge gong and bows. The principal opera singer in *Aida* was Jose Cura from South America ~ one of Placido Domingo's pupils.

Other memorable tours included two trips to London to see *Underneath the Arches* with Roy Hudd and Christopher Timothy. In Act 2, there was an incredible surprise appearance ~ Chesney Allen (who was there to celebrate his 80th) came onto the stage and sang *Underneath the Arches*. Enjoying himself but commenting that he was 'too old', he died just two weeks later. What a lovely way to go!

There was also a memorable trip to Austria as part of a coach tour. It was Christmas time and would you believe, the coach got stuck in the snow. The hotel staff were obliged to come down on sledges to rescue people and escort them to the mountain top. After that, there was a wondrous Christmas Eve with everyone walking down to the local convent. As there was no electricity at the convent, each person held a big candle which provided light for the evening. At the stroke of midnight, a window opened and a girl played 'Silent Night' on the harp. This echoed out across the valley.

Anne also spoke about her memorable trips to the Christmas Spectacular at Thursford, Odessa, the city on the Black Sea, her river cruise in Moscow and her special treat trip to the Lido Cabaret Show in Paris where she stayed for one night at the prestigious George V Hotel. *La Boheme* by the beautiful lake in Torri del Lago, the home of Puccini, was another unforgettable opera. It was a beautiful evening, the sky inky black. Everyone was told that there was to be a total eclipse of the Moon that night. In the middle of the opera, the Moon began to appear, until it shone out big and yellow.

Finally, this year, Anne much enjoyed her trip to the Marinsky Theatre, St Petersburg, Russia where she even sat in the Czar's box!

We welcomed many lovely members and we are featuring photos of Anne as well as some of the members attending.

Thank you, Anne, for a lovely talk!

# Oddfellows Orphan Gift Fund – making a difference to children’s life

## Nina’s Story



*Nina (centre) with Nathaniel and Rhiannon. They bravely scaled the 02 building in London on Tuesday 13 August – quite an achievement! Their tag line is “Get Over It! And we did! It was a really great day”.*

**Oddfellows supports its members and friends in a rich variety of ways to make life more interesting and fulfilling. One of these ways is through its Orphan Gift Fund. The Fund was set up to look after its young members and members’ children who have lost one or both parents. The Gift Fund is made possible by donations from individuals and Branches. It also supports young people with any items they may need to take up an apprenticeship or first job.**

Elizabeth Medler had a chat with Oddfellows member, Nina, who sadly lost her husband, Royston, in June 2016.

**Elizabeth:** Nina, I am so sorry for your loss, but I understand that you have two delightful children, Rhiannon and Nathaniel, who are benefiting from Oddfellows Orphan Gift Fund. Is that right?

**Nina:** Yes. Royston had been a member of Oddfellows for years, when he died it was just one of the organisations I notified. I was amazed to find out about the benefits available to us, and have been really grateful for the support I have been offered, financial and personal.

**Elizabeth:** How did you go about applying to the Fund? Did your local Branch assist?

**Nina:** When I contacted the Lodge, the branch Welfare Officer, Mrs Laver, advised and assisted me. It was nice to find support in an unexpected place, and at a difficult time.

**Elizabeth:** Did you apply for help with specific items for Rhiannon and Nathaniel?

**Nina:** Yes – I have had help to buy school uniforms and to help fund music lessons. Rhiannon has always shown a natural aptitude for music and I wanted to encourage this. Music has helped her greatly since her father died, so this support is invaluable.

**Elizabeth:** Has the help you received through the Fund made a difference to you and the children?

**Nina:** Of course, and it makes us feel supported on more than just a

financial level, we have discovered new friends.

**Elizabeth:** Thank you, Nina, for taking the time to share this with me and I do wish you and Rhiannon and Nathaniel lots of success in the future.

## Would you like to donate to the Orphan Gift Fund?

### 100 years of the Oddfellows' Orphan Gift Fund

**In 1919, the Society created the Orphan Gift Fund to help its members cope with the aftermath of World War One, and today - a 100 years on - it continues to support young Oddfellows, as well as members' children who have lost one or both parents through death or desertion.**

If you feel able to contribute to this inspiring Fund, we would be most grateful for your help. Contributions can be made by cheque payable to 'The Oddfellows' and sent to The Orphan Fund c/o The Oddfellows,

Oddfellows House, 184-186 Deansgate, Manchester M3 3WB.

To benefit from this Fund, the child or one of the parents must have been a member at the time of loss or desertion, and it is a benefit of membership from day one.

If you would like to chat further in confidence, please contact the Branch Welfare Officer: Dorothea Laver at Canterbury Oddfellows on 01227 452517.

## Fish and Chip Supper

In July, we enjoyed our ever popular Fish and Chip Supper together. The fish and chips were delicious and after supper we had a couple of fiercely fought games of bingo!





# Folkestone Churches

Local Historian, Vince Williams concluded his series about the history of all the churches in Folkestone. Some churches still exist, while others disappeared many years ago. There were also churches that we had

never even heard of. Particularly interesting was the fighting that broke out when the Salvation Army first set up their citadel in the town. It was a thoroughly interesting and enjoyable evening.



## Film Evening

We thoroughly enjoyed our film, *Fisherman's Friends*. It was a film based on a true story about a fast-living, cynical London music executive, who heads to a remote Cornish village for a stag weekend. He is pranked by his boss into signing a group of shanty signing fishermen.

Danny Mays becomes the ultimate fish out of water as he struggles to gain the respect or enthusiasm of the unlikely boy band and their families, who value friendship and community over fame



and fortune. As Danny is drawn deeper into the traditional way of life, he is forced to re-evaluate his own integrity and ultimately questions what success really means.



## Oddfellows memorial unveiled at the National Memorial Arboretum

**Sixty-two Branches donated funds to establish a stunning new memorial to honour Oddfellows war heroes who died in battle. It stands in Staffordshire's National Arboretum, Britain's largest site of remembrance containing over 300 war memorials.**

The inscription on the 6ft, blue granite memorial reads: *"In memory of the many members of the Oddfellows who gave their lives in defence of their country. We will always remember them."*

*Founded in 1810, the Oddfellows has a long history of caring for its members, their families and supporting worthy causes. During the First and Second World Wars, the Society's lodges paid the contributions of the members who were fighting, so their families would continue to be looked after. The Oddfellows established the Orphan Gift Fund after the First World War to care for the children of members orphaned as a result of the conflict.*

*The Fund still exists today and is part of the Society's mission to improve lives by making friends and helping people".*

Jane Nelson, CEO said: "This memorial stands as testament to how our Society

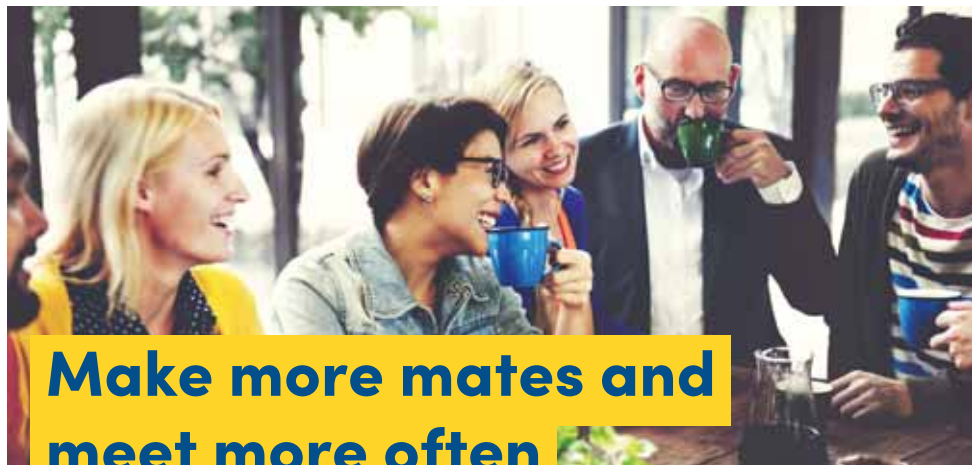


*Reverend Bruce Nicole delivering the service to members from across the UK*

still feels incredibly indebted to those members who serve our country. Thank you to all the Branches who made this memorial a reality. Its setting at the National Arboretum makes this tribute feel even more significant, being part of a community of others who we will never forget".

If you would like to visit our memorial, it can be found near the wild meadow and Millennium shelter. There are also a number of volunteers at the Arboretum who are more than happy to help you find your way around.

To find out more, visit: [www.thenma.org.uk/](http://www.thenma.org.uk/)



## Make more mates and meet more often

**We recently discovered that almost half of adults with significant friends (48%) only get together with them less than once a month.**

Our research also shows that a fifth (20%) of GB adults, aged 55 and over, go for at least six months without being socially active. That includes attending things like social events, going to church, or simply grabbing a coffee with a friend.

But by contrast, 83% of the Oddfellows' own members say they spend time with a significant friend once a month or more, with 50% saying they see their good mates at least once a week.

We know how much regular company is essential to living a happier life. In fact, some would say that spending time with friends is as important as eating healthily or exercising. Friends aren't just there to socialise with, they provide support and comfort in times of need.

Most of us make our friends through work, family or education. As we age and our life changes, we have less access to these everyday social opportunities, which can contribute towards social isolation in a huge way.

The YouGov study found that 21% of adults haven't met anyone who became a significant friend in over 10 years. 43% of adults cited work as a place they've met significant friends, followed by during their school and university years (37%), through mutual friends (26%) and through family or children (15%).

If you know somebody who might be in need of a friend, or would benefit from coming along to your next local Oddfellows event, why not bring them along? You can be sure of a warm welcome at your local Branch, and you could really make a difference to somebody's life.

## Another BRR-illiant Cruise with the Oddfellows' Active Travel Club



*Our members weren't afraid to get up close and personal with some massive icebergs!*

**With our Active Travel Club, you can explore a variety of different places with friendly faces. Here, Wendy Atkins from the Ipswich Branch of the Oddfellows shares her account of their most recent trip to Iceland and Greenland.**

Greenland has a land mass of around one-third the size of Australia, and a total population of just 56,000, which is about the size of Kettering or Macclesfield, and has an average August temperature of 11 degrees Celsius. However, the 16-night Fred. Olsen cruise more than made up for the lack of sunshine. The diary was to be jam-packed with Ukelele lessons, singing in the choir, drawing, dancing and crafting, to name a few! And if that wasn't enough, three quizzes every day would certainly keep us on our toes.

As we left Dover on 7 August, the Captain changed course, due to a large storm about to hit the South-West of England.

So instead of a bumpy start across the Atlantic, we enjoyed calm waters and sunny days as we journeyed up the North Sea, making the most of the ship's activities. We then spent two days in Reykjavik, wandering at leisure, visiting museums and checking out some of the incredible 'moonscape' scenery.

We travelled onto Greenland and the spectacular scenery of Prins Christian Sund, with its craggy peaks, imposing glaciers, waterfalls and icebergs.

Whilst in Greenland, we visited three communities; Qaqortoq (a small village nestled on the edge of the Qoorow Ice Fjord), Narsarsuaq (the site of a WWII USAF air base), and Nanortalik, where the local choir entertained us, and the open air museum gave us an insight into life throughout the seasons. We were extremely fortunate to visit in beautiful weather. It's hard to imagine what life is like there during the harsh winters.

The trip was an amazing experience, and the pictures don't do the sights justice. You'll have to come along with us next time to see for yourself! Thank you to Fred. Olsen Cruise Lines for making such a memorable trip possible.

Where is the Oddfellows Active Travel Club off to next? You can see all of our upcoming holidays at [www.oddfellows.co.uk/travel](http://www.oddfellows.co.uk/travel), alternatively call Wendy on 01473 251 867, or email [wendy.atkins@oddfellows.co.uk](mailto:wendy.atkins@oddfellows.co.uk)

# Quick Guide to Bereavement Support

**Our members often tell us they have joined the Society to make new friends after losing a partner. It is natural for the impact of a bereavement to cause feelings of loss and grief. However, similar feelings can also arise if a loved one develops dementia, or moves into care.**

Bereavement and loss are complex experiences and it's different for everyone. At first, thoughts and feelings can be chaotic and overwhelming, and common feelings include shock, disconnect, anxiety, anger, irritation, guilt and intense sadness. Knowing how to respond when a friend or family member is grieving is difficult. We may feel the need to 'make things better' or fear saying the 'wrong thing'. We've shared some of the ways to support someone experiencing a loss.

*Listening* - By telling their story, the weight of their loss can slowly become easier to bear.

*It's not about you* - Some people may not want to talk right now.

*Acknowledgement* - Take the initiative and make contact, be kind and acknowledge the situation.

*Practical help* - Think about how you can help once the initial crisis is over.

*Honesty* - It's best to be honest about what support you can realistically offer such as visiting or calling.

*Be sensitive* - Always balance honesty with sensitivity, so bear in mind the bereaved person feels.

*Be in for the long haul* - Try to stay in contact when other people have drawn back.

## Practical steps

There are things that a bereaved person can do to help them through the grieving process. These include:

- Getting plenty of sleep
- Eating healthily
- Being kind to themselves
- Avoiding alcohol or other substances
- Keeping an active routine
- Finding small things to feel better, like flowers or short walks

## Useful links:

*Cruse Bereavement Care* - call 0800 808 1677 or visit [www.cruse.org.uk](http://www.cruse.org.uk)

*Samaritans* - 116 123, or visit [www.samaritans.org](http://www.samaritans.org)

*The Silver Line* - 0800 470 80 90 or visit [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

*The Compassionate Friends* - 0345 123 2304 or visit [www.tcf.org.uk](http://www.tcf.org.uk)

*Child Bereavement UK* - 0800 02 888 40 or visit [www.childbereavementuk.org](http://www.childbereavementuk.org)



# 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 Dorothea on **01227 452517** or email **dorothea.laver@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](mailto: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](mailto: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](http://www.oddfellows.co.uk/benefits/care)  
for care and welfare information**

# Branch and District Business Meetings

We regularly hold meetings in your area and all members and prospective members are welcome to attend. The purpose of the meetings is to share and discuss the business of the Branch, including our benevolence grants, finances, social planning, care and welfare development, publicity and volunteering opportunities.

This is a fine opportunity to get to know other members and committee members, as well as make new friends. Following the business meeting, time permitting, most evenings are rounded off with a drink, biscuit and chance to socialise. Our meetings are generally quite informal round the table discussions and we invite all members to come and find out more.

## Canterbury District

**Secretary:** Dorothea Laver, Oddfellows Hall, 15 Orange Street, Canterbury CT1 2JA.

**Telephone:** 01227 452517 **Email:** dorothea.laver@oddfellows.co.uk

The District has two meetings a year. These meetings are for representatives of the Branches of the District.

## City of Canterbury Branch

Meeting in Canterbury City Centre - all meetings starts at 6.30pm

**Secretary:** Sammie Rayson

**Meeting Address:** Oddfellows Hall, 15 Orange Street, Canterbury CT1 2JA.

**Telephone:** 01227 452517 **Email:** sammie.rayson@oddfellows.co.uk

Monday 6 January

Monday 20 January

Monday 3 February

Monday 17 February

Monday 2 March

Monday 16 March

Monday 30 March

Monday 27 April

Monday 11 May

Monday 8 June

Monday 22 June

## 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](http://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](http://www.oddfellows.co.uk/offers).

Ref 1644



# Social Events At a glance

## January 2020

<b>Sat 4</b>	Coffee and a Natter (Folkestone)	10.30am
<b>Mon 13</b>	Canterbury Friendly Pop In on Monday	2pm
<b>Tues 14</b>	Talk by Sue Linge (Whitstable)	7pm
<b>Tues 21</b>	Life as a Cathedral Organist and Coffee Morning (Canterbury)	10.30am
<b>Mon 27</b>	Canterbury Friendly Pop In on Monday	2pm

## February

<b>Sat 1</b>	Coffee and a Natter (Folkestone)	10.30am
<b>Mon 10</b>	Canterbury Friendly Pop In on Monday	2pm
<b>Tues 11</b>	Wooden Horse Racing (Whitstable)	7pm
<b>Thurs 20</b>	SERV Kent Blood Runners Talk and Coffee Morning (Canterbury)	10.30am
<b>Mon 24</b>	Canterbury Friendly Pop In on Monday	2pm

## March

<b>Sat 7</b>	Coffee and a Natter (Folkestone)	10.30am
<b>Mon 9</b>	Canterbury Friendly Pop In on Monday	2pm
<b>Tues 10</b>	Talk by Charlotte Perriss - Community Warden (Whitstable)	7pm
<b>Mon 16</b>	Branch Meeting	6.30pm
<b>Tues 17</b>	Flying for Life - A fascinating talk about the work of MAF (Mission Aviation Fellowship) by Michael and Joy Hawthorne	10.30am
<b>Mon 23</b>	Canterbury Friendly Pop In on Monday	2pm

## April

<b>Sat 4</b>	Fish and Chip Lunch (Folkestone)	1pm
<b>Mon 6</b>	Canterbury Friendly Pop In on Monday	2pm
<b>Tues 14</b>	Our Popular Fish and Chip Supper (Whitstable)	7pm
<b>Thurs 16</b>	The Marlowe - Everyone's Theatre - Talk and Coffee Morning (Canterbury)	10.30am
<b>Mon 20</b>	Canterbury Friendly Pop In on Monday	2pm

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# Social Events At a glance

## May

<b>Mon 4</b>	Canterbury Friendly Pop In on Monday	2pm
<b>Mon 4</b>	Film Evening (Folkestone)	7.30pm
<b>Tues 12</b>	Silly Prize Bingo (Whitstable)	7pm
<b>Wed 13</b>	Relaxing and Historical Trip along the River Stour	TBC
<b>Mon 18</b>	Canterbury Friendly Pop In on Monday	2pm
<b>Tues 19</b>	A Medieval Life Story - fun facts, sayings and phrases - Talk and Coffee Morning (Canterbury)	10.30am

## June

<b>Mon 1</b>	Canterbury Friendly Pop In on Monday	2pm
<b>Mon 1</b>	An Evening of Flower Arranging (Folkestone)	8pm
<b>Tues 9</b>	Great British Eccentrics (Whitstable)	7pm
<b>Mon 15</b>	Canterbury Friendly Pop In on Monday	2pm
<b>Thurs 18</b>	Age Concern Sandwich - The Past, Present and Future - Talk and Coffee Morning (Canterbury)	10.30am
<b>Mon 29</b>	Canterbury Friendly Pop In on Monday	2pm

## Friendship and Social activities across the UK

At Canterbury Oddfellows we put on a range social activities each month for us to enjoy together in friendship.

We always welcome new people to come along and give us a try...

### No longer living in the Canterbury Area?

Why not check out the social activities being put on by the Branch nearest to where you are living...

Visit the Oddfellows Website ([www.oddfellows.co.uk](http://www.oddfellows.co.uk)) and click on the events tab to search for local events. Alternatively, contact us, (details on page 2) and we can request that your local secretary gets in touch and sends you a copy of their Events Diary.

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.