

November 2026 - April 2027



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

out & about

Making friends across King's Lynn and West Norfolk



Music



Art/Crafts



Theatre



Dining Out



Walks



Games



Day Trip



Meetings



Social



Talks



Coffee Morning/
Afternoon Tea



Quiz



Panto at the Corn Exchange – Sleeping Beauty – Monday 21 December 2026

Welcome to our latest edition of the Out and About, the events programme for the King's Lynn and West Norfolk Branch 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, talks, walks and much more.

The list is endless and the choice is yours! If Out and About seems like just the thing for you and you'd like to find out more, please contact Alison Schultz (contact details above) 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

Contact Details

For more details on any of the events listed contact

District Secretary: Alison Schultz

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

Assistant Secretary: Jonathan Schultz

Telephone: 07564 834292

Email: alison.schultz@oddfellows.co.uk

Opening Hours: Monday Tuesday and Thursday 9am-5pm. Tuesday and Thursday social events.

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 Oddfellows King's Lynn

range of benefits available, please call **Alison** on **07564 834292** or email alison.schultz@oddfellows.co.uk or our membership team on **0800 028 1810** or visit our website at www.oddfellows.co.uk.

Regular Events - Dates can be found on the at a glance section

Seated Exercises

First
Tuesday



2pm



£4 per person

Seated Exercises with qualified teacher Trina Lee who founded Noise & Chance school of dance and has been serving the community for over 25 years. Trina puts us through our exercises all seated and explains why we are doing these exercises. With a lovely cuppa afterwards with friends. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3EQ. Contact Alison on 07564 834292.

Quiz with Roger Williamson

Second
Tuesday



2pm



£2 per person

Come join us at Reffley Community Hall, where we will be in groups of four answering the questions and having a giggle. We'll have a refreshing cuppa served afterwards. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3EQ. Contact Jonathan on 07802 483792 or Roger on 07835 985148.

Bingo

Third
Tuesday



2pm



£3 per person

Bingo monthly with Jonathan Schultz as your caller. So its eyes down to get a look in for your chance to win. Good luck! Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3EQ. Contact Jonathan on 07802 483792 or Alison on 07564 834292.

Talks or Games

Fourth Tuesday



2pm



Free

On the fourth Tuesday we meet at Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3EQ. We have a talk or games starting at 2pm and its free to join us. Contact Alison on 07564 834292.

Pétanque or French Boules

First
Wednesday
(Weather permitting)



11am



Free

Jonathan Schultz has kindly said he's happy to run this event for our members. Come along to Knights Hill and play this game on the shingle area at Knights Hill. We have some boules, but if you have some please bring along. The game is adaptable for wheelchair users. If you so wish, you can stay for lunch with friends after the game, just book your own table. Please note that if it is raining this event will not take place. Knights Hill Hotel, South Wootton, King's Lynn, Norfolk PE30 3HQ. Contact Jonathan on 07802 483792.

Walks Around King's Lynn

Third
Wednesday



10.30am



Free

Meet at venue in town, information on monthly sheet, if not call Jonathan/Roger. Advertised in the windows off, 7 Lynn Road, Gaywood, King's Lynn PE30 4PR. Contact Jonathan on 07802 483792 or Roger on 07835 985148.

Thursday Events - Dates can be found on the at a glance section

Coffee Morning and Lunch at Wildfowler

First
Thursday

⌚ 11am

£ As per menu

We have decided to go on the first Thursday of the month to the Wildfowler, Terrington St Clements where coffee or tea will be served. Why not stay for lunch with friends as there is an extensive menu at a reasonable prices. Wildfowler Public House, 28 Sutton Road, Terrington St Clements, King's Lynn PE34 4PQ. Bus stop directly outside venue. Contact Jonathan or Alison on 07564 834292.



Thaxters Coffee Morning and Lunch

Third
Thursday

⌚ 11am

£ As per menu

Coffee morning at Thaxters, Dersingham. Come along and order what you wish, it may be breakfast or stay for lunch, whatever you want. Thaxters Garden Centre, 51 Hunstanton Road, Dersingham, King's Lynn PE31 6NA. Bus stop directly outside venue. Contact Jonathan or Alison on 07564 834292.



Downham Coffee Morning and Lunch

Second
Thursday

⌚ 11am

£ As per menu

Downham coffee morning has two venues, we alternate between Downham Market Home and Garden Store as well as Baytree at Hilgay. Why not have a look around the shop afterwards and lunch with friends. Alison and Jonathan will be there for coffee and to answer any questions. Downham Market Garden Centre, Stonecross Lane, Bexwell, Downham Market PE38 0AD or Baytree of Hilgay, Steels Drove, Hilgay, Downham Market PE28 0QH. Contact Jonathan or Alison on 07564 834292.

Coffee Morning and Lunch at Globe Public House

Fourth
Thursday

⌚ 11am

£ As per menu

We have decided to go to The Globe, as it's in the centre of town. Easy access from bus and boat, have breakfast, lunch or just a coffee - the choice is yours. The Globe Hotel, Tuesday Market Place, Kings Street, King's Lynn PE30 1EZ. Contact Jonathan or Alison on 07564 834292.

November 2026

TUES
24

Making Christmas Tree Decorations



2pm



Free



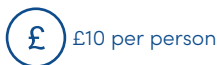
Come make your own Christmas decoration. Helen and friends will be there to help you. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3EQ. Contact Jonathan on 07802 483792 or Alison on 07564 834292.

WED
25

Christmas Party



7pm



£10 per person



Come join us for our Christmas party food from Morrison, that will be served first, then music will be played by a surprise guest. Christmas jumper competition with a raffle, both will be held on this evening. Book by Wednesday 4 November 2026. Gaywood Church Rooms, Gayton Road, Gaywood, King's Lynn PE30 4DZ. Contact Jonathan on 07802 483792 or Alison on 07564 834292.

THURS
26

Star of the West Meeting



7.30pm



Free



These are held in a public house and is ran by David Thomas. The Green Man Public House, 1 Whiteplot Road, Methwold, Hythe, Thetford IP26 4QP. If you wish to attend please let David know on 07564 834292.

December

SUN
06

Christmas Lunch at Knights Hill



12.30pm



£25



Come join us and the members of Capital of the Fens for our Christmas lunch with Christmas jumper competition. Wrapped raffle prizes required on the day. Book by Thursday 19 November 2026. Knights Hill Hotel in the barn, South Wooton, King's Lynn, Norfolk PE30 3HQ. Contact Jonathan on 07802 483792 or Alison on 07564 834292.



December

MON
21

Panto at the Corn Exchange - Sleeping Beauty



1pm



£21 per person
including ice-
cream



Well with another year coming to an end we have our local Panto at 1pm, meet in the foyer. Book by Monday 23 November 2026. Corn Exchange King's Lynn, Tuesday Market Place, King's Lynn PE30 1JW. Contact Jonathan on 07802 483792 or Alison on 07564 834292.

February

TUES
23

Annual Summoned Meeting



2pm



Free



This is our business meeting to agree 2026 accounts and to elect committee members to the committee and attending the Annual Movable Conference (AMC). Book by Tuesday 16 February 2027. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3EQ. Contact Jonathan on 07802 483792 or Alison on 07564 834292.

March

TUES
23

Easter Games and Fun Afternoon



2pm



Free



Come and join us for games afternoon. Bring your decorated Easter bonnets and Easter jumper as there be a competition, where our Provincial Grand Master (Chairman) will be judging. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3EQ. Contact Jonathan on 07802 483792 or Alison on 07564 834292.



January 2027

TUES
26

Line Dancing Demonstration



2pm



Free



Come and join in the fun with Kyra, who with some of her group will demonstrate line dancing, so why don't you join in if you wish. Reffley Community Centre, Reffley Hall, Reffley Lane, King's Lynn PE30 3EQ. Contact Jonathan on 07802 483792 or Alison on 07564 834292.

March

TUES 30 **Jacks at Woodlakes for Breakfast**



11am



£5 deposit.
As per menu



Come along to the lovely Jacks at Woodlakes for a spot of breakfast with friends. Cost as per menu, £5 deposit required at booking. Book by Tuesday 16 March 2027. Jacks at Woodlakes, Woodlakes Leisure Park, Holme Road, King's Lynn PE34 3PX. Contact Jonathan on 07802 483792 or Alison on 07564 834292.



April

TUES 27 **An Introduction to British Sign Language**



2pm



Free



Come along and learn how to sign.

A worthwhile event. Reffley Community Centre, Reffley Hall, Reffley

Lane, King's Lynn PE30 3EQ. Contact Jonathan on 07802 483792 or Alison on 07564 834292.



April

WED 28 **Cheque Presentation to Norfolk Blood Bikers**



7pm



Free



Presentation of our cheque to Norfolk Blood Bikers with a talk. Money raised throughout the year will be

presented tonight with tea and cakes served. South Wootton Hall, Church Lane, South Wootton, King's Lynn PE30 3LJ. Contact Jonathan on 07802 483792 or Alison on 07564 834292.



THURS 29 **Lunch at The Woolpack Inn**



12.30pm



As per menu



Come along with friends and enjoy a two course set menu at the Woolpack Inn. £5 deposit required at time of booking. Book by Thursday 15 April 2027. Woolpack Inn, Terrington St John, Wisbech PE14 7RR. Contact Jonathan on 07802 483792 or Alison on 07564 834292.

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.

Some of our past events...

A couple of pictures of our quiz winners





Blood Bikes talk and charity for 2026-2027.



Coffee morning at Hilgay Garden Centre.

French Boules at Knights Hill



Friendship Month at The Wildfowler Coffee Morning



Coffee at Thaxters Garden Centre.

Friendship Month Bingo



Globe Coffee Morning



Members talk.



Reminiscence talk.

Members enjoying the owls





Trina teaching us seated exercises



Tipsy Tea Pot Afternoon Tea



Our trip to Holt garden centre and trip to Wells next to the sea



Town walks with Roger and Jonathan with talks on local places



Members take centre stage

Look out for some familiar faces this autumn!

Throughout October and November, the Oddfellows is running an upbeat new advertising campaign across the UK aimed at reaching the nation's retirees.

Built around the theme of 'real people, real joy, real experiences', the campaign shines a spotlight on the authentic friendships and shared laughter found within our local groups.

Member models

Members from Leeds, Derbyshire Peak, Mersey, Handforth and Altrincham, Mid-Staffordshire, Nottingham Trent, and Ormskirk and Southport Oddfellows all stepped forward to help.

They spent an exciting day at a professional studio shoot in Manchester working alongside an experienced production crew.

"It was such a fun day," said Andrea Jenner from Derbyshire Peak Oddfellows. "There was lots of laughter and interaction with Oddfellows from other areas."

Carol Pitchford from Leeds Oddfellows agreed, adding: "It was lovely to meet up with a crowd of strangers who then became friends."



Spreading the word

The adverts will be appearing on Facebook and Instagram, online via Rest Less and in upcoming print editions of Saga Magazine, Yours, and Woman's Weekly.

Spokesperson for the Oddfellows, Pam Casey, said: "We wanted the campaign to reflect the real people at the heart of our Society. Our groups are places where people can simply be themselves, enjoy real companionship, and feel genuinely supported."

How you can help

While we hope this campaign inspires more retirees to give us a try, as members, you're our best ambassadors. If you know someone who would benefit from our social events, travel opportunities or welfare support, please encourage them to head to www.oddfellows.co.uk/retirement to find out more.

Celebrating our 2026 Making a Difference Award winners

We are thrilled to announce this year's incredible Making a Difference Awards winners: Richard West of the Royal Berkshire Branch in the Reading District, and husband-and-wife duo Roger and Susan Williamson of the King's Lynn and West Norfolk District.

The Awards highlight the wonderful ways our members go above and beyond to ensure their branches are the best they can be for their fellow members.

Richard West: Reading's 'guardian angel'



Debbie Jex and Richard West

Presented with the 'Enriching Lives Socially' Award by Deputy Grand Master (Deputy Chair) Debbie Jex, 88-year-old Richard West helps to bring joy and positivity to his fellow members in all he does in organising and hosting social events.



Since joining the Reading District in 1992, Richard has worked tirelessly to build a varied and exciting social programme for his fellow members.

Alongside his late friend Doug Walters, Richard helped establish popular singing and exercise groups, and even relaunched a folded group in the nearby village of Pangbourne, which is now in its tenth year.

From coordinating monthly quizzes to organising glamorous annual trips to the Ascot Races, Richard pours his heart into everything he does.

For many, his efforts have been transformative. "We have a number of ladies who say the choir has become a lifeline for them," Richard shared. "I like seeing them enjoy themselves. You can see how it benefits them individually."

Debbie Jex is also Reading Oddfellows' Branch Secretary. She added: "I don't know where we'd be without Richard. His energy is boundless and his enthusiasm even more so. One member has even described him as a 'guardian angel'."

Roger and Susan Williamson: A wonderful team



(L to R) Roger Williamson,
Susan Williamson, John Mann
and Alison Schultz

The Oddfellows' Grand Master (Chair), John Mann, presented the 'Achieving Together' Award to Roger and Susan Williamson. Both in their 80s and Oddfellows members since 2008, the couple's commitment and kindness are renowned at their Branch.

Both take a seat on the King's Lynn Oddfellows' Committee of Management, ensuring members' voices are always at the heart of decision-making.

Roger, a Trustee and three-time Past Provincial Grand Master, hosts walks,

bingo sessions for up to 40 members, and a popular monthly quiz.

Meanwhile, Susan coordinates the kitchen, manages supplies, and runs the raffles.

The couple were incredibly modest about their win. "Initially, I thought it was a joke because the letter turned up on the first of April," laughed Roger.

Susan added: "We're only doing what anybody else would do, but it's nice to know that people appreciate it. To win the award together is special."

Branch Secretary Alison Schultz praised their selflessness, saying: "They offer friendship to so many in the way Oddfellows should, and treat everyone with consideration, kindness and compassion."

Shining examples

Richard, Roger and Susan are proof that our Society thrives because of the generosity and warmth of our members.

Thank you to all who go above and beyond to help and support others within their Branch.

You can find out more about
our Making a Difference Awards,
including previous years'
winners, at [www.oddfellows.co.uk/
makingadifference](http://www.oddfellows.co.uk/makingadifference).

It's never too early to talk about money

At Unity Mutual, the Oddfellows' financial services brand, we believe it's never too early to talk to the young people in our lives about their finances.



Today's younger generations have a lot to consider, with rising costs, student debt and spending temptations online. Simple chats about saving, budgeting and planning ahead can help young people feel more confident about money as they grow and become more independent.

Passing on more than money

Helping younger family members financially is wonderful, but sharing knowledge can be even more valuable.

Explaining different saving tips, how debt works, or pensions and retirement, gives younger generations practical lessons they may not hear elsewhere. Even small conversations can leave a lasting impression.



Don't wait to save

One way to encourage good saving habits is through a Unity Mutual Junior ISA*, which allows children to start saving and is a great way to introduce them to finances and investment.

Opened by a parent or guardian, family and friends can contribute up to £9,000 per tax year, with any growth free from UK tax. All the money saved belongs to them and once they reach the age of 18 can be put towards things like university costs, driving lessons, or even a deposit on their first home.

Making money conversations normal

The best financial lessons are often the simplest ones. Talking openly about saving for goals, comparing prices, or handling debt helps children develop healthy habits. Younger family members are more likely to feel confident about money if the adults around them discuss it calmly and honestly.



To find out more about Unity Mutual and the products we offer, visit www.unitymutual.co.uk or call 0161 214 4650.

*Terms and conditions apply to all our products. Capital at risk with investment products.

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 your Branch Secretaries on page 2.

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@citizensadvicemanchester.org.uk



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.

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

At a glance

- see pages 3 and 4 for regular events info

November 2026

Tues 3	Seated Exercises	2pm
Wed 4	Pentanque or French Boules	11am
Thurs 5	Coffee Morning and Lunch at Wildfowler Public House	11am
Tues 10	Quiz with Roger Williamson	2pm
Thurs 12	Coffee Morning and Lunch at Downham Garden and Home Store	11am
Tues 17	Bingo with Jonathan Schultz	2pm
Thurs 19	Thaxters Coffee Morning	11am
Tues 24	Making Christmas Tree Decorations	2pm
Wed 25	Christmas Party	7pm
Thurs 26	Coffee Morning and Lunch at The Globe Hotel	11am
Thurs 26	Star of the West Meeting	7.30pm

December

Tues 1	Seated Exercises	2pm
Thurs 3	Coffee Morning and Lunch at Wildfowler Public House	11am
Sun 6	Christmas Lunch at Knights Hill	12.30pm
Tues 8	Quiz with Roger Williamson	2pm
Thurs 10	Coffee Morning and Lunch at Baytree of Hilgay	11am
Tues 15	Bingo with Jonathan Schultz	2pm
Thurs 17	Thaxters Coffee Morning	11am
Mon 21	Panto at the Corn Exchange - Sleeping Beauty	1pm

January 2027

Tues 5	Seated Exercises	2pm
Thurs 7	Coffee Morning and Lunch at Wildfowler Public House	11am
Tues 12	Quiz with Roger Williamson	2pm
Thurs 14	Coffee Morning and Lunch at Downham Garden and Home Store	11am
Tues 19	Bingo with Jonathan Schultz	2pm
Thurs 21	Thaxters Coffee Morning	11am
Tues 26	Line Dancing Demonstration	2pm
Thurs 28	Coffee Morning and Lunch at The Globe Hotel	11am

At a glance - see pages 3 and 4 for regular events info

February

Tues 2	Seated Exercises	2pm
Thurs 4	Coffee Morning and Lunch at Wildfowler Public House	11am
Tues 9	Quiz with Roger Williamson	2pm
Thurs 11	Coffee Morning and Lunch at Baytree of Hilgay	11am
Tues 16	Bingo with Jonathan Schultz	2pm
Thurs 18	Thaxters Coffee Morning	11am
Tues 23	Annual Summoned Meeting	2pm
Thurs 25	Coffee Morning and Lunch at The Globe Hotel	11am

March

Tues 2	Seated Exercises	2pm
Wed 3	Pentanque or French Boules	11am
Thurs 4	Coffee Morning and Lunch at Wildfowler Public House	11am
Tues 9	Quiz with Roger Williamson	2pm
Thurs 11	Coffee Morning and Lunch at Downham Garden and Home Store	11am
Tues 16	Bingo with Jonathan Schultz	2pm
Wed 17	Walks Round King's Lynn Town	10.30am
Thurs 18	Thaxters Coffee Morning	11am
Tues 23	Easter Games and Fun Afternoon	2pm
Thurs 25	Coffee Morning and Lunch at The Globe Hotel	11am
Tues 30	Jacks at Woodlakes for Breakfast	11am

April

Thurs 1	Coffee Morning and Lunch at Wildfowler Public House	11am
Tues 6	Seated Exercises	2pm
Wed 7	Pentanque or French Boules	11am
Thurs 8	Coffee Morning and Lunch at Baytree of Hilgay	11am
Tues 13	Quiz with Roger Williamson	2pm
Thurs 15	Thaxters Coffee Morning	11am
Tues 20	Bingo with Jonathan Schultz	2pm
Wed 21	Walks Round King's Lynn Town	10.30am
Thurs 22	Coffee Morning and Lunch at The Globe Hotel	11am

At a glance

- see pages 3 and 4 for regular events info

April

Tues 27	An Introduction to British Sign Language	2pm
Wed 28	Cheque Presentation to Norfolk Blood Bikers at the new venue of South Wooton Hall	7pm
Thurs 29	Lunch at The Woolpack Inn	12.30pm

Monthly handout given for extra events

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**.

Online events you can enjoy from the comfort of your own home...

Talks, coffee mornings, exercise classes, quizzes, fun & games and much more

Visit oddfellows.co.uk/events

Need help to attend an online event?

Just give your local Social Organiser or
Branch Secretary a call or email
events@oddfellows.co.uk

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