



Worcester Source

Spring 2017

Visit our website www.oddfellows.co.uk

Message from the Secretary

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

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

Secretary: Sandra Loynes

Address: 3 Windsor Avenue,
Worcester WR2 5LZ

Telephone: 01905 422591

Email:
sandra.loynes@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.

Worcester District Annual Lunch

On Sunday 2 October 2016, we once again held Worcester District Annual Lunch at Worcestershire County Cricket Club in the Graeme Hick Pavilion. 57 members and guests from Heart of England, Derby, Burton-on-Trent, and Beds & Bucks Districts attended and enjoyed a three course lunch followed by tea or coffee and after dinner mints. A lovely afternoon was had by all.



Silver line

Silver Line is a charity set up by Dame Esther Rantzen in 2013. Esther suffered intense loneliness after the death of her husband, setting up this charity so that people who were lonely could pick up the telephone and have a chat with a friendly person.

Since 2013, there have been over one million calls to Silver Line and 90% have been from people who live on their own. If you know of someone who might be glad of this service then write down this number 0800 470 80 90 and pass it to them. Calls are free and confidential.

Message from your Provincial Grand Master

Hello everyone, by the time you read this I will be nearing the end of a very enjoyable and rewarding year as Provincial Grand Master (District Chairman) of Worcester District.

Enjoyment has been supplied by the many Branch social meetings and District events that I have attended. I found the Remembrance Day Service at Worcester Cathedral particularly rewarding and felt a real sense of pride when laying a wreath at the Memorial on behalf of the Worcester District.

It is also a rare opportunity for the Oddfellows to be represented within the wider community and hope the privileges we receive that day will continue for many years to come.

Talking of the future, we are continually reminded of the need to recruit new members for our survival, and there is no doubt that this is a very important issue. Equally important however, is the need to ensure that our existing members are looked after and enjoying their membership to the full. Thanks therefore must go to your Management Committee who work very hard to that end.

If you know of a family member or friend who may be interested in joining the Oddfellows, please contact our Secretary, Sandra Loynes.

Thank you and may I take this opportunity to wish the Deputy Provincial Grand Master (Deputy District Chairman) Ken Link all the very best in his year as your new Provincial Grand Master (District Chairman).

Victorian Worcester at Work McKenzie and Holland Railway Signal Engineers



McKenzie and Holland opened their factory, the Vulcan Iron Works in 1862 on a four acre site situated on both sides of the Worcester to Birmingham canal.

Few people will remember them, but what they developed has had a major impact on our lives. Their specialty was a railway signalling system that was so vital that it is used all over the world.

When you consider the thousands of trains that travel at high speed all over the United Kingdom and abroad, then the risk of serious accident is apparent. The fact that there is an exceptionally low death rate due to accidents is due, in no small measure, to the services of McKenzie and Holland. Wherever a complicated system of rails exists, be it in England, Australia, India, Egypt or Argentina, then the engineers have good reason to bless the interlocking system produced by McKenzie and Holland.

The mere act of moving a signal lever, for a train to pass, locks and the makes immovable all the points over which the train must pass. This admirable system developed by the Worcester firm have provided some of the largest installation of its kind in the world.

Newcastle Station signalling system contains 524 interlocking levers. Number 1 signal box contains 244 levers and the cabin is over 80 feet long. At Liverpool Street Station, London there are two large signal boxes. The west box contains 240 levers and the east box has 136 levers and over 1,000 trains pass in and out of the station daily.

In their heyday McKenzie and Holland employed over 600 workers, making them one of the largest employers in Worcester. Walter Holland served as Mayor of Worcester in 1891 to 1892 and he was also a Justice of the Peace and Deputy Lieutenant of the County.

Unfortunately, McKenzie and Holland are no longer with us but they have left a legacy that lives on to this day.

Obituaries 2016/2017

**Memories Comfort you
For Memories are Treasures
That time cannot destroy**

John Neville Chater

Patricia Williams

James Taylor

H Appleton

Roy Dyson

Joseph Peter Waddoup

RE Nowell

Ivor Chapman

Peter J Downhams

Eric Wilson

Evelyn Darke

Shirley Heavens

Celebrations 2017

On the 30 March 1957 the lovely June Lavinia Link married the handsome Albert James Potter at the charming little chapel of St Giles, Heightington, near Bewdley. They have a daughter, Lynn and a granddaughter Amy.



**Jim and June Potter
will be celebrating their
60th (Diamond) Wedding
Anniversary on the Thursday
30 March 2017**

**If you have a special birthday
or any other celebration
please let me know so that it
can be included in this section
of our newsletter.**

Burton-on-Trent Dinner Dance

On Saturday 12 November 2016, Provincial Grand Master (District Chairman), Jeff Loynes represented Worcester District at Burton-on-Trent's Annual Dinner Dance at their hall on All Saints Road, Burton-on-Trent. District Secretary, Sandra Loynes, Past Provincial Grand Master (Past District Chairman), Ron Fryer and Hazel Fryer also attended.



Remembrance Service

Sixteen members attended this year's Remembrance Service at Worcester Cathedral on Sunday 13 November 2016 to watch our Provincial Grand Master (District Chairman) lay a wreath on the war memorial on behalf of the Oddfellows. Following the service everyone enjoyed a lovely carvery lunch at the White Hart, Fernhill Heath, Worcester.



100 Club 2016

Date	No	£10	No	£5
August	18	Nora Childs	43	Jim Potter
September	5	Roy Bilboe	21	David Fryer
October	1	Pat Badham	36	Pam Maclean
November	58	Mervyn Eaton	55	Benny Lea

The December draw was done at the Christmas dinner held at the Royal Oak, Broadwas and the winners are as follows:

Money	No	Name
£50	20	David Fryer
£25	1	Pat Badham
£15	33	Sandra Loynes
£10	7	Neil Bilboe
£5	29	Margaret King

Congratulations to all winners in 2016 and good luck to everyone who takes part in the 100 club in 2017.

Fernhill Heath Christmas Lunch

Twenty-five members attended Fernhill Heath's annual Christmas lunch at the Royal Oak Broadwas, where everyone enjoyed a three course carvery lunch - many thanks to Molly for organising it.



Something to make you laugh

A pharmacist walked into his shop to find a man leaning against the wall.

"What's wrong with him?", he asked his assistant.

"He came in for cough syrup, but I couldn't find any, so I gave him an entire box of laxatives".

"You idiot", said the chemist. "You can't treat a cough with laxatives".

"Of course you can", the assistant replied.

"Look at him..... he daren't cough now!"



Getting a good night's sleep

Healthy sleep habits can make a big difference to your quality of life. Try to keep the following six sleep practices on a consistent basis:

1. Stick to the same bedtime and wake up time, even on the weekends. This helps to regulate your body's clock and could help you fall asleep and stay asleep for the night.
2. Practice a relaxing bedtime ritual. A relaxing, routine activity just before bedtime conducted away from bright lights (including computers and electronic devices) helps separate your sleep time from activities that can cause excitement, stress or anxiety, all of which can make it more difficult to fall asleep, get sound and deep sleep, and remain asleep.
3. If you have trouble sleeping, avoid naps, especially in the afternoon. Power napping may help you get through the day, but if you find that you can't fall asleep at bedtime, eliminating even short catnaps may help.
4. Exercise daily. Vigorous exercise is best, but even light exercise is better than no physical activity.
5. Assess your sleeping environment to establish the best conditions for you. Your bedroom should be cool – between 15-19°C. It should also be free from any sounds that may wake you. Check your room for noises or other distractions. This includes a bed partner's sleep disruptions such as snoring. Consider using blackout curtains, eyeshades, earplugs, 'white noise' machines, humidifiers, fans and other devices.
6. Make sure your mattress is both comfortable and supportive. The one you have been using for years may have exceeded its life expectancy – about nine or 10 years for most good quality mattresses. Have comfortable pillows and make the room attractive and inviting for sleep.

Sleep is equally as important to our health as eating, drinking and breathing. It allows our bodies to repair themselves and our brains to consolidate our memories and process information.



Oddfellows Members Do you need help?

None of us know what is round the corner... whether you just have a quick query, need a listening ear or access to specialist advice - we will do our best to help our members.



Worcester District Branch Care and Welfare

To request contact from a Welfare Visitor and for local help and information about Branch benefits and benevolence contact

Sandra on 01905 422591 or email sandra.loynes@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.



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/CareAndAdvice for care and welfare information

Ref: CCADWS/0217