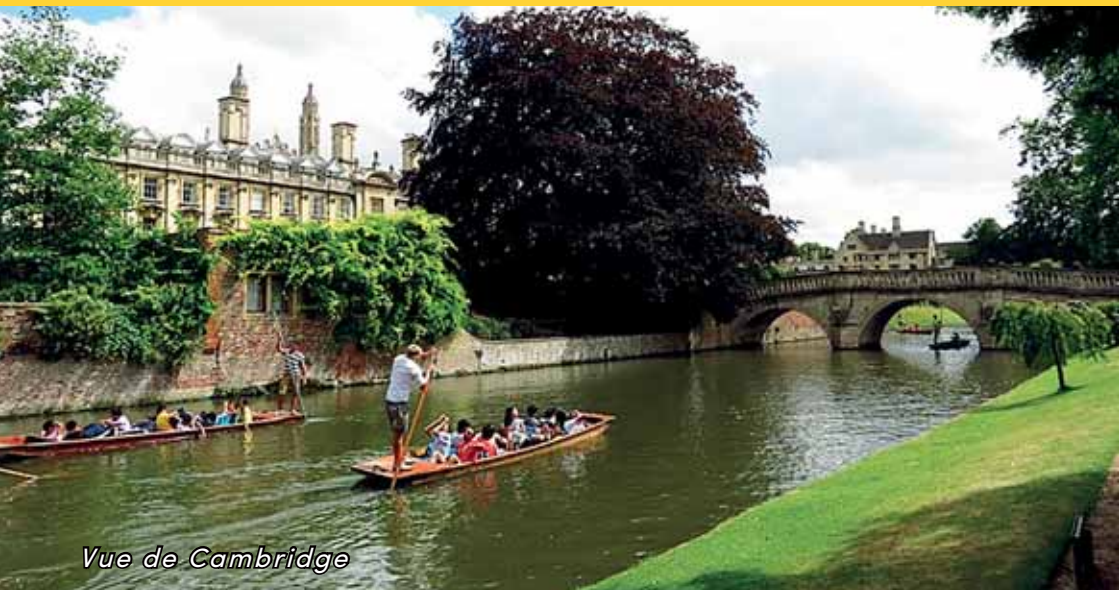


March – April 2020

# out & about

## Cambridge District



*Vue de Cambridge*



Dining Out



Games



Trips



Talks



Walks



Social



Quiz



Meetings



Music/Concerts



Coffee Morning/Afternoon Tea



*Welcome to Spring*

## Welcome to the 2020 spring edition of Out & About.

You will already have received your Spring newsletter giving you details of the upcoming events in Cambridge, and this Out & About will share with you lots of interesting articles and news about the Oddfellows Society – with a gentle reminder of the events left to come this spring.

During 2019/20, our outgoing Provincial Grand Master (Chairman), Marie Buckle, chose a Cambridge charity to support called Jimmy's, a 24 hour support and re-settlement centre for homeless men and women. At each event we have had a raffle in aid of the charity, however, the year is not finished yet so we will find out later in the year just how much was raised. In the meantime, any further donations to this worthy cause will always be gratefully received.

Don't forget that if there's anything that you would like to see in the Cambridge Courier newsletter or the

## Contact Details

**Secretary:** Linda Miller

**Telephone:** 01223 351197

**Email:**

[linda.miller@oddfellows.co.uk](mailto:linda.miller@oddfellows.co.uk)

**Address:**

Oddfellows Hall,  
131 Newmarket Road,  
Cambridge CB5 8HA.

summer edition of Out & About, or there's an event you would like me to put on, just let me know and I will try to accommodate it where possible.

And the most important thing to remember is whether you are a member or not, everybody is welcome at Oddfellows. Come on your own or bring a friend, but you are free to attend any event at any time and we will try our hardest to ensure that you have a good time.

**Linda Miller**

# March

THURS  
12

## Beetle Drive with Pie and Peas



6.30pm



£5



Beetle Drive - a quirky British party game that is entirely based on the roll of a dice, so no experience necessary. Come and have a go - be the first to make a full beetle!

Traditional refreshments will be pie and peas. Choose either chicken or vegetable pie plus mushy/garden peas.

Plus come and meet David! Fun games and food - what's not to like?

Please contact Linda on 01223 351197 or [linda.miller@oddfellows.co.uk](mailto:linda.miller@oddfellows.co.uk) for tickets and your choice of pie before Friday 6 March.

To be held at Oddfellows Hall, 131 Newmarket Road, Cambridge CB5 8HA.

# April

THURS  
16

## A History of the English Cottage Garden



2pm



£5



Do you ever wish your garden was more like a country cottage garden? Well, wish no more because Andrew Sankey, who is a member of The Cottage Garden Society, will be here to tell us about the history, sayings, superstitions and plants associated with cottage gardening.

So to give your garden a touch of historic magic, don't delay, buy a ticket today. Refreshments will be available. Book by Wednesday 15 April. To be held at Oddfellows Hall, 131 Newmarket Road, Cambridge CB5 8HA. Contact Linda on 01223 351197 or email [linda.miller@oddfellows.co.uk](mailto:linda.miller@oddfellows.co.uk).

# Meet your Cambridge Care and Welfare Team

**The Oddfellows looking after you**  
Care, Advice and Support



**We would like to introduce you to our friendly Welfare Visitor team who are here to help you.**



**Robert Monk**  
Welfare Visitor



**Rosemary Monk**  
Welfare Visitor



**Peter Jackson**  
Welfare Visitor

Have you been unwell or in hospital, or find it difficult to get out to Oddfellows meetings and would like a visit for a cup of tea and a chat?

Are you living on your own and would like someone to keep in touch through a chat on the phone?

Or do you just need a friendly 'listening ear' to offer a bit of support in a difficult situation?

You may just want to ask a simple question about any help available to you through the Oddfellows. Whatever your situation, our care and welfare team are here to do what they can to help – or to point you in the right direction – so do get in touch!

*All our Welfare Visitors receive induction training and ongoing support, as well as regular care and welfare information updates. They undergo screening appropriate to their role and carry a photo ID badge, so you can be reassured about who they are when they visit.*

To arrange for a Welfare Visitor to contact you, or for local help and information about Branch benefits or benevolence support, please ring Linda on **01223 351197** or email **[linda.miller@oddfellows.co.uk](mailto:linda.miller@oddfellows.co.uk)**.

# National Oddfellows Helplines



As well as the help available at your local Branch, you can also contact our free, confidential national helplines.

## 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@manchestercab.org](mailto:oddfellows@manchestercab.org)

Run by Citizens Advice for Oddfellows members, you can access free, confidential, independent advice on areas such as welfare benefits, money and debt, consumer problems, housing, and employment issues.

*Citizens Advice is an independent advice agency and is solely responsible for all advice provided.*

## 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, members 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.

Our Oddfellows care, advice, support services and benefits\* are available to all members from day one, except the convalescence and carer benefits which are available after two years of membership. If you would like more information ask your Branch Secretary for a copy of our '**Looking After You**' Care, Advice and Support booklet or visit our website page at

[www.oddfellows.co.uk/benefits/care/](http://www.oddfellows.co.uk/benefits/care/)

\*Terms and conditions apply to all benefits. All Oddfellows benefits are non-contractual and may be withdrawn at any time without notice. Call 0800 028 1810 for details or visit [www.oddfellows.co.uk/member-tcs](http://www.oddfellows.co.uk/member-tcs)





# Travel places with Friendly Faces

With group holidays, short breaks, exclusive discounts, travel offers and the opportunity to get to know other Oddfellows travellers, the Active Travel Club has something for everyone to enjoy.



## Fred. Olsen Cruise Lines

5% off your  
first booking  
over and above  
offers currently  
in the market.



## Haven Holidays

Save up to 10%  
on top of Haven's  
best prices  
through exclusive  
member benefits.



## Warner Leisure Holidays

Receive up to £350  
off selected rooms  
and an extra £10  
off per person.



## Travel Insurance\*

11% discount on  
[JustTravelcover.com](https://www.justtravelcover.com)  
insurance policies.

Check out the latest holidays at [www.oddfellows.co.uk/travel](https://www.oddfellows.co.uk/travel)  
Contact **0161 832 9361** or email [active@oddfellows.co.uk](mailto:active@oddfellows.co.uk)

**All holidays are booked through third party travel companies and terms and conditions apply.**

**Please ask for further details before booking.**

**Holidays are open to Oddfellows members and their guests.**

\*Oddfellows Support Services Limited will introduce members to the above organisation. Oddfellows Support Services Limited receives a commission payment for any introduction. Oddfellows Support Services Limited is registered in England and Wales, Company No. 8309175. Registered Office: Oddfellows House, 184-186 Deansgate, Manchester M3 3WB and is a non-regulated wholly owned subsidiary of The Independent Order of Oddfellows Manchester Unity Friendly Society Limited.

# Friendship and Social activities across the UK

At Cambridge 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 Cambridge 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.

# 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).

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## Lifting neighbourly spirit

### How well do you know your neighbours?

**Many of us are guilty of being caught up in our busy lives, forgetting to stop and say hello. We share so much with the people who live on our street, but often we barely know their names.**

A strong community spirit is something we actively encourage. Our ethos of making friends and helping people means that our members enjoy a strong support network to get them through the good, and the bad.

So why not spread that net of kindness a little wider, by extending your hand of friendship to those who live around you? If you notice that your neighbour lives alone, has a lot on their plate, or doesn't often get many visitors, then why not stop by to see if you can help? Colder seasons provide a great opportunity to drop a card through their door with your contact details for them to give you a call if they're ever in need of



*A little neighbourly spirit goes a long way*



a helping hand. Or, better still, extend the gesture with a knock on their door and a friendly hello.

You don't have to become their best friend, but being a friendly face and an ambassador for community spirit could be the lift your neighbourhood needs. I'm of the firm belief that you can never have too many social plans. Sometimes people just need someone to talk to, or someone to suggest getting out, so why not let them know about your Branch's local coffee mornings, the trips out and the wonderful benefits of membership? You can be sure they'll receive a warm welcome whenever they choose to come to an event.

Wishing you, your families and your neighbours a very happy and healthy 2020.

**CEO, the Oddfellows**



# Sharing is caring – thank you Pat!

**We love to recognise those who go above and beyond when recommending the Society to their friends. So we're pleased to share that Patricia Sexton, member of the King's Lynn Oddfellows, has achieved the Gold Refer a Friend Award.**



## **Congratulations, Pat!**

Thank you. I'm very grateful and proud to have reached this level. I really enjoy being a member of the Oddfellows, and I often volunteer for a lot of the social activities, to help them run as smoothly as possible.

## **When did you join the Oddfellows, and why?**

It was a friend who referred me, actually! Back in late 2016, I attended a few events with my friend Violet, and I decided to join in January 2017. I love the Oddfellows ethos of 'making friends, helping people', as it truly sums up what we do.

## **How many members have you referred?**

I've referred 23 new members so far, and I'm very blessed to have a wonderful and rather large circle of friends who have seen how happy Oddfellows makes me, before joining on my recommendation.

## **What's your favourite thing about the Oddfellows?**

My favourite thing about being a member is having the opportunity to meet so many lovely people, and with new members joining all the time, it's a lovely way to make some new friends. My husband, Richard, is also a member, so it's lovely to go to events as a couple as well.

## **What's the general response when you first tell people about the Oddfellows?**

Lots of people have heard of us, but they don't know what we do. I'll often show them a copy of our events diary and invite them along to the next coffee morning or talk. Usually, at the end of the event, they're keen to come to the next one!

## **Did you know we have a monthly e-newsletter?**

Featuring exclusive member offers, real life stories, advice and news, it's delivered direct to your email inbox once a month. If you don't receive this already, speak to your Branch Secretary, or call Membership on 0800 028 1810, so we can get you added to the mailing list.



## HA Andrews and the Lupus Trust

**For the next three years, the Oddfellows' HA Andrews Memorial Fund is supporting the Lupus Trust with its research into how Lupus develops, in order to find ways to prevent or cure this lifelong condition.**

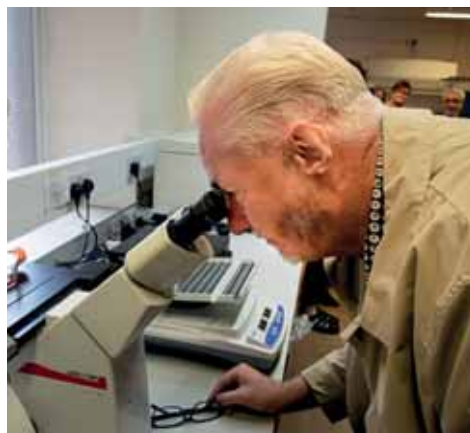
### So what is Lupus?

Lupus is an autoimmune disease in which antibodies, which usually work with the immune system to protect us from infection, instead attack the body and cause disease. It is not known why these antibodies are made in Lupus patients, or even how the system in healthy people stops this from happening.

The Lupus Research Team at Guy's Hospital recently identified an immune response pathway that is defective in patients with the most severe forms of Lupus. The HA Andrews Memorial Fund will support the team's research into understanding B-cell defects in Lupus patients, and what causes them.

### Why did we choose the Lupus Trust?

The Lupus Trust was suggested as a beneficiary of the HA Andrews Memorial Fund by members of Ware Lodge, Brian and Pamela Weavers. Their son, Paul, was diagnosed with the condition at just 17, and as there's no cure, he has lived with the effects ever since.



*Paul takes a closer look at the research*



*The Oddfellows' team is shown around the lab*

Paul now 53, says: "Lupus leaves me feeling constantly exhausted and the skin rashes which flare up occasionally have caused permanent scarring. Holidays are difficult, as I have to avoid the sunshine, and sand can irritate my skin. As a college lecturer, I try not to let it get in the way of anything I do. When I found out the Oddfellows was supporting the Lupus Trust, I was genuinely over the moon."



*The fund will support the addition of Bekki Velounias (pictured) to the research team*

When we visited the Lupus Trust, to present the first of three annual donations which will total £85,000, we spoke to Professor D'Cruz, Professor and Consultant Rheumatologist at Guy's Hospital, London. He's working closely with the research team and says: "This is a vital and very exciting piece of research into Lupus, so we are extremely grateful for the kind grant the Lupus Trust has received from the Oddfellows to fund the project for 3 years."



*CEO Jane Nelson and Grand Master David Randall at the lab*

Lupus is often called "the great mimic", as it can affect different parts of the body and is often misdiagnosed. It is currently unknown what causes Lupus, although studies have identified a definite genetic tendency, which may be triggered and become active. It isn't a contagious disease, but there isn't yet a cure, only treatments which help to control symptoms.

To learn more about Lupus, the Lupus Trust and the work they do, please visit [www.lupus.org.uk](http://www.lupus.org.uk)

# At a glance

## March

<b>Thurs 12</b>	Beetle Drive with Pie and Peas	6.30pm
<b>Mon 16</b>	District Branch Meeting	2pm

## April

<b>Thurs 16</b>	A History of the English Cottage Garden	2pm
<b>Mon 20</b>	District Branch Meeting	2pm

## Join the conversation @OddfellowsUK

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

Find us at:



CambridgeOddfellows



OddfellowsUK

## Business Meetings

Every Oddfellows Branch is run independently by a committee of members. Regular meetings are held to discuss matters such as Branch finances, membership and member support. Any member is welcome to attend these meetings, if you'd like to know more or come along to one, please contact the Branch Secretary. See below for further meeting details.

### Loyal Cambridge District Branch

**Monday 16 March and Monday 20 April.**

Starts at 2pm at the Oddfellows Hall, 131 Newmarket Road, Cambridge CB5 8HA. For further details contact the District Secretary Linda Miller on 01223 351197 or email [linda.miller@oddfellows.co.uk](mailto:linda.miller@oddfellows.co.uk).

### Loyal Pythagoras Ceremonial Branch

Please contact the Secretary, Mike Park on 01223 860918 for future dates and details of Branch meetings.

10 Matthew Parker Close, Landbeach, Cambridge CB25 9FB.

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