

September 2025 - March 2026



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

out & about

Heart of Norfolk



Happisburgh Lighthouse, North Norfolk coast, taken at Golden hour by chris-spalton



Music



Art/Crafts



Online



Dining Out



Health and Wellbeing



Games



Day Trip



Meetings



Social



Talks



Coffee Morning/
Afternoon Tea



Cinema



Welcome to the latest edition of your events diary and newsletter for Heart of Norfolk Branch 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 shared interest in socialising, making friends and helping people.

This issue features details of all our upcoming events.

Contact Details

Branch Secretary:

Lydia Cutting

Telephone: 01362 696536

Email:

Lydia.rosecutting@oddfellows.co.uk

Contact: Monday to Thursday
9am-2pm

Address: 31 Crown Road
Dereham, Norfolk NR20 4AE

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

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**.

September - Friendship Month

ODDFELLOWS FRIENDSHIP MONTH

1 - 30 SEPTEMBER



MON 01 Coffee and Cake at Ovington Village Hall

10.30am Free

Do come along and join us for a coffee and chat and perhaps a slice of cake! As its Friendship Month. We are joining in with the lovely people at Ovington Village Hall. Book by Thursday 14 August 2025. Ovington Village Hall, 5 Church Road, Ovington, Watton IP25 6RY. Contact Lydia on 01362 696536.



THURS 11 Half Year Members Meeting

7.30pm Free

Today is your opportunity to find out more about the business element of the Branch. Meet your committee and give you a flavour of what happens behind the scenes. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Lydia on 01362 696536.

WED 24 Coffee and Lunch at the Horkey, Bawdeswell

11am First drink is free

It's Friendship Month, so a great opportunity to come



along to our regular coffee morning and enjoy time with our friendly group. This month we are going to The Horkey Kitchen, set in a converted barn conveniently situated between Dereham and Bawdeswell. Home cooked cakes and light lunches to delight your taste buds. Non-member are always made most welcome. The Horkey Kitchen, Dereham Road, Bawdeswell NR20 4AA. Contact Lydia on 01362 696536.

October

THURS 09 Mid Norfolk Food Bank Talk

7.30pm Free

Come and hear an interesting talk from the Mid Norfolk Food Bank about the important work they do helping the local community. Drinks, light refreshments and some wonderful company will be available. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Lydia on 01362 696536.

October

WED 22 Coffee and Lunch at Nottcutts



Join us for our monthly coffee morning, this month we are at Nottcutts in Norwich. Get together with friends for a light bite and maybe take a wander round the garden centre. First drink is on us. Nottcutts Norwich, Daniels Road, Norwich NR4 6QP. Contact Lydia on 01362 696536.



WED 29 Dereham Meeting Point Lunch



We will be joining our friends at Dereham Meeting Point for a lunch this week. Come along to enjoy a delicious meal cooked in house (cost around £8), or just have a coffee and a chat with friends old and new. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Lydia on 01362 696536.



November

THURS 13 Quiz Night



Join us for a Heart of Norfolk quiz night. Test your knowledge in several fun rounds with prizes for the winners! Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Lydia on 01362 696536.



WED 26 Coffee Morning at Café Verde



Our coffee morning this month is at Café Verde in Mattishall. A lovely café with great cake and lunches for all to enjoy. Come along and join us for some chat over a free drink and why not stay on for some lunch. Café Verde, South Green Park, Mattishall NR20 3JY. Contact Lydia on 01362 696536.



December

THURS
11

Christmas Party



7.30pm



Free



Let's get into the festive spirit with music, food and maybe even a little dancing! Bring along some food to share and maybe something a little festive to wear and enjoy a night of fun with your friends. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Lydia on 01362 696536.



WED
17

Christmas Lunch at Bawdeswell Garden Centre



11am



First drink is free



Let's celebrate the festive season by getting together for lunch at Bawdeswell Garden Centre. Enjoy a wander around the shop and pick up a couple of presents, then join us to get really into the Christmas spirit. As always we will buy your first drink then you could enjoy a delicious lunch. Book by Monday 1 December 2025. Bawdeswell Garden Centre Café, Norwich Road, Bawdeswell, Norfolk NR20 4RZ. Contact Lydia on 01362 696536.

January 2026

THURS
15

CPR and AED Training from East Anglian Air Ambulance



7.30pm



Free



The East Anglian Air Ambulance will be joining us to provide community training on giving CPR and the use of defibrillator devices that are now in use



in communities. This is an amazing opportunity to learn some life saving skills from trained professionals. You are able to get as involved as you feel comfortable with in the training and should pick up some great tips in case you ever find yourself in an unthinkable situation. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Lydia on 01362 696536.



January 2026

WED 28 Coffee Morning at Bramleys Café & Cakery

🕒 11am £ First drink is free ☕

Our first coffee morning of the new year is at Bramleys Café & Cakery situated next to Toftwood Garden Centre. The café is known for an amazing selection of delicious cakes and superb lunches. Come along and join us in shaking off the cold in this lovely venue. Bramleys Café & Cakery (near the garden centre), Shipdham Road, Toftwood NR19 1NP. Contact Lydia on 01362 696536.

February

WED 25 Coffee and Lunch at The Goat Shed

🕒 11am £ First drink is free ☕

Coffee and lunch in February is at The Goat Shed in Honingham, where you can enjoy some



delicious dishes and a trip to see the goats and cows. The restaurant is set in a fantastic farm shop with a butchery and bakery, so why not do a little shopping while you're here? The Goat Shed, Colton Road, Honingham NR9 5DJ. Contact Lydia on 01362 696536.

February

THURS 12 Fun and Games

🕒 7.30pm £ Free 🎲

An opportunity to have some fun and play some games in a relaxed evening. We'll be playing beetle drive and lots of fun paper games, so do come along and join in. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Lydia on 01362 696536.



March

THURS 12 Talk on Elizabeth Fry by Georgette Vale

🕒 7.30pm £ Members Free, Guests £3 🗣️

This month we will be having a talk on Elizabeth Fry from the wonderful Georgette



Vale. Hear about the fascinating life of prison reformer Elizabeth and the work she did. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Lydia on 01362 696536.

March

WED 25 Coffee Morning at Holt Garden Centre



11am



First drink is free



We're heading over to Holt Garden Centre for our March coffee morning. A lovely place for some shopping and to enjoy coffee and lunch with friends. The café has beautiful views over the stunning local countryside and has an in-house bakery if you fancy a sweet treat. Holt Garden Centre, Holgate Hill, Kelling, Holt NR25 7ER. Contact Lydia on 01362 696536.



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.

Interested in volunteering?

Helping others is at the heart of being an Oddfellow and that's exactly what our wonderful volunteers do. There are lots of ways you can get involved as a volunteer, from one-off help to regular support.

You can help us by:

- Welcoming members Guests and speakers at events
- Helping prepare refreshments
- Being the volunteer host at external events
- Organising events as part of a social committee
- Joining the Committee of Management
- Becoming a Volunteer Welfare Visitor or befriender.



To find out more, contact Lydia on **01362 696536**
lydia.rosecutting@oddfellows.co.uk

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 **THE Oddfellows** SINCE 1810
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www.oddfellows.co.uk



Fundraising

Last year's Provincial Grand Master's charity was Mid Norfolk Mencap and we were thrilled that they were able to join us at one of our socials so we could present them with the money we had raised.

After a year of fundraising by our dedicated members we had managed to raise £1305 which was accepted by Melanie along with one of her colleagues and two of their service users.

They are hoping to put the money towards some wonderful enrichment activities and will hopefully update us soon.

This year's appeal is on behalf of the Motor Neurone Disease Association and we have made a wonderful start. Along with our usual raffles and generous donations from our members we also ran a very successful tombola stall at Dereham Day at our local High School.

Evening Socials

Once a month we come together at Dereham Meeting Point to enjoy a range of activities together with friends.

Over the last six months this has included an amazing party to commemorate the 80 year anniversary of VE day where we enjoyed music, dancing and lovely food; fascinating talks from the Dogs Trust on the work they do and John Vigar on "Bedroom, Banquets and Balls in Country Houses" and a brilliant Sea Shanty Workshop.



We also do some more casual nights where we get together to chat and play games together such as cuddly toy bingo and our charity shop auction.



Coffee and Lunch Out and About

We also host a monthly coffee morning which we host in a variety of local cafés around our region.

Recently we have visited some favourites in Mattishall and Dereham as well as trying out some new venues suggested by our members including Pensthorpe and The Bug Parc in Lenwade.

We all enjoy getting together for coffee and cake or to stay on for a delicious lunch.

We invite anyone who wishes to find out more about our Branch to come along and meet our friendly members and your first drink is on us!

Paula's Retirement

You may have seen in our last newsletter that Paula retired at the end of March as the secretary for your Branch.

We are pleased to say that we had a wonderful lunch to celebrate all the hard work she had done for the lodge which was attended by many members and that she seems to be settling in to retirement nicely.

She is still attending socials and enjoying having some more time for herself. Our new secretary Lydia has settled in to the role and is available should you need any help.



Bring friendship to your front room



We understand that life can get busy – a diary clash, travel costs, or simply the need for a quiet day at home can all make attending events in person a challenge.

But no matter the reason, we believe everyone should be able to enjoy the warmth of friendship and community. That's why Branches across the country host around fifty free online events every month. From inspiring talks and creative arts and crafts sessions to fun games, gentle exercise, and calming meditation – there's something for everyone.

These online gatherings are a wonderful way to reconnect with familiar faces and meet new friends from all over the UK – all from the comfort of your own home. Who knows? You might even discover a new passion along the way!

What's coming up online

We have lots of national online events that all our members can enjoy, the events below are just a flavour.

Tuesday 16 September, 7pm Alzheimer's and Brain Health

Register in advance for this meeting at www.oddfellows.co.uk/online-events/

Or use this link to register directly:

<https://us06web.zoom.us/join/register/oxCrOFbiTCuoSpIlfNfUAfg>

Tuesday 28 October, 7pm "Ghostly Tales to be Told"

with Dr. Ann Featherstone

Register in advance for this meeting at www.oddfellows.co.uk/online-events/

Or use this link to register directly:

<https://us06web.zoom.us/join/register/EKOUbmO2TpG6xCFslwzApA>

Anyone is able to attend an Oddfellows online event, no matter where they live so spread the word.

All our online events are hosted on Zoom. If you haven't tried Zoom video-conferencing before and would like help on how to use it, let us know. You can come to me, or email the Events team on events@oddfellows.co.uk, with any questions and we'll help you get logged on and ready to join in.

To find out about all upcoming in-person and online events, including online events hosted by other branches, go to www.oddfellows.co.uk/events or ask me to send you a list by email.

Yours Branch Secretary Lydia Cutting

Scarborough hosts the nation's Oddies



For the 20th time in more than 200 years the Society's Annual Movable Conference (AMC) was held in beautiful Scarborough, hosted by Vale of York Oddfellows.

Members representing their Branches converged on the seaside town from

all corners of the country to assess the previous 12 months and to decide on the direction of the next.

There was change at the top, as South London Oddfellows' John Mann replaced Vale of York Oddfellows' Barbara Needham as Grand Master.

As well as business, attendees enjoyed a range of social activities, including indulging in the delights of an Oddfellows Brass performance, the annual Roy Hamer Memorial Bowls Tournament, and a day trip to Whitby and Scarborough Fair.

Final update from HA Andrews Memorial Fund recipients

Nur Zainal, who's PhD at the University of Southampton has been supported by the HA Andrews Memorial Fund, and Professor of Cancer Biology Tim Fenton (pictured), addressed the Society's annual conference as three years of funding comes to an end.

"My PhD – made possible by the generous support of the Oddfellows – has made some significant contributions to cancer research," said Nur. "My ultimate goal is to find ways to prevent or overcome drug resistance, and my model will let us run

the pre-clinical studies needed to move promising strategies toward the clinic."

Tim added: "Until recently, we did not understand enough about how our immune system recognises and responds to tumours, or about how tumours learn to switch off our immune responses to deploy cancer vaccines effectively. This is changing rapidly, and cancer vaccines hold great promise for kinder, more effective therapy, though significant challenges remain."



Making a Difference Awards 2025

The Oddfellows is full of remarkable people, none more so than the six winners of this year's Making a Difference Awards. They have been nationally recognised for their selflessness and dedication to making their Branch and wider Society as good as they can be.

For more information about the Awards, including how to nominate someone for 2026, visit www.oddfellows.co.uk/makingadifference.

Jean Logan, Nene and Welland Oddfellows

Enriching Lives Socially

This award celebrates Jean's contributions to the running of the Branch's social events. She's key to coming up with new ideas, organising and hosting events, and making sure everyone has a good time.

"Socialising keeps your brain busy and keeps you active and keeps you younger.

You can sit on the sofa and watch telly all day long but I'm a doer. I'm always up and about."



On winning the award, Jean, from Bourne, Lincolnshire, says she had to read the letter twice, adding: "You've got so many branches all over the country and I end up as the overall winner. It was a nice surprise."

Gordon and Kath Hinett, North Wales and Chester Oddfellows

Achieving Together

The married couple from Conwy, North Wales, have been recognised for their teamwork and commitment to improving the lives of members.



As a Welfare visitor, Gordon regularly assists members however they might need, be that giving lifts to appointments or events, or going to the shops for them. Kath takes the lead on organising social events such as trips to the cinema, the theatre or a day out somewhere.

Kath says they could've been knocked down with a feather when they learnt they'd won. Gordon added: "We don't do it to get rewarded. We do it because we love doing it."

Chris Sargeant, Nene and Welland Oddfellows

Working in the Spirit of Mutuality

Chris, from Pinchbeck in Lincolnshire, has been highlighted for her passion and dedication for her Branch and the Society as a whole.



Having held almost every role possible locally and represented Nene and Welland Oddfellows on regional and national committees, Chris said: "Oddfellows gives to me as much as I give to it. You get to know people. I've friends all over the country through Oddfellowship. I love it, absolutely love it."

She added: "How proud was I that someone had thought I was worthy of this Award?"

Ann Kight, Nottingham Trent Oddfellows

Giving Something Back

Nottingham-based Ann's selfless commitment to raising money for worthy causes, both in connection with her Branch and of her own accord, is why she has been singled out for praise.

"I've been doing it about 10 years, if not more," she said. "I reckon I've raised around £10,000."

"I've always had the motto of, 'if you go through life and behave and you help somebody on your way you've done your job'."



She added: "You do things because you do them, not for awards. To get an award is a bonus."

Barry Bedford, Nene and Welland Oddfellows

Giving a Helping Hand

Barry, from Peterborough, has been recognised for his dedication to looking after his fellow members and being counted on when it matters, or in times of need. He's been known to give members lifts to and from events and the shops, and has assisted in all manner of DIY projects, including clearing driveways, repairing doors, decorating and gardening.



He said: "I am very proud of what they think I've achieved. It's the way I live my life and always have done and if that transforms into helping other people then I'm thankful."

Incredible total raised for good causes



Brownsea Oddfellows raised £1,608.50 for the Dorset and Somerset Air Ambulance.

members. We know that money is tight for many people, but they still dig deep and have compassion for those in need.

“It’s what binds us as Oddfellows – caring for people’s welfare and looking out for the needs of others. This humanitarian spirit makes me feel incredibly proud to be part of the Society. Where we can help, we must.”

Giving back to our communities has always mattered to us. Last year, our branches and members donated over £163,000 to good causes.

Jane Nelson, CEO of the Oddfellows, said: “Every year, when we work out the collaborative total, I’m astounded by the generosity of our Branches and their

Find out more about how the Society gives back to its communities, including information about our support for the RNLI, Oddfellows Brass, our Orphan Gift Fund and HA Andrews Memorial Fund, at www.oddfellows.co.uk/about/giving-back

Welcoming Tees Mutual to the Oddfellows



In February, we announced the completion, by transfer of engagements, of Tees Mutual.

The acquisition was approved and agreed on by Tees Mutual's members and their Board. Both the Oddfellows and Tees Mutual share a similar ethos and complementary values. This is the Society’s sixth acquisition since

2007 and follows the last transfer of engagements in 2021.

Jane Nelson, CEO of the Oddfellows, said: “Tees Mutual has been providing life and savings products to the people of Teesside and South Durham for well over a century.

“We are both passionate about mutuality and are pleased to be able to provide Tees Mutual members with a secure future.”



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 Lydia on **01362 696536** or email **lydia.rosecutting@oddfellows.co.uk**

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

September 2025 - Friendship Month

Mon 1	Friendship Month Coffee and Cake at Ovington Village Hall	10.30am
Thurs 11	Half Year Members Meeting	7.30pm
Wed 24	Friendship Coffee and Lunch at the Horkey, Bawdeswell	11am

October

Thurs 9	Mid Norfolk Food Bank Talk	7.30pm
Wed 22	Coffee and Lunch at Nottcutts	11am
Wed 29	Dereham Meeting Point Lunch	11am

November

Thurs 13	Quiz Night	7.30pm
Wed 26	Coffee Morning at Café Verde	11am

December

Thurs 11	Christmas Party	7.30pm
Wed 17	Christmas Lunch at Bawdeswell Garden Centre	11am

January 2026

Thurs 15	CPR and AED Training from East Anglian Air Ambulance	7.30pm
Wed 28	Coffee Morning at Bramleys Café & Cakery	11am

February

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