

March - September 2020



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

out & about

Heart of Norfolk



Sheringham view from Beeston Hill



Music



Art/Crafts



Theatre



Dining Out



Health and
Wellbeing



Games



Day Trip



Meetings



Social



Talks



Coffee Morning/
Afternoon Tea



Cinema



We hope you can join us for one of our coffee mornings, the kettle is always on.

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:

Paula Grigglesstone

Telephone: 01362 696536

Email:

paula.grigglesstone@oddfellows.co.uk

Office Open: Monday,
Wednesday and Thursday

Address: Sirius, 63 Kings Road,
Dereham, Norfolk NR19 2AG

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.

March

THURS
12

Precious Possessions Interactive Social



7.30pm



Free



An opportunity to talk to the group about your most precious possessions, it may be a photograph or a memento from a passed event – your choice. What two material items would you pick up if your house was on fire? It would be lovely if you could share the stories behind them to your fellow members (please do not bring anything too valuable). We will hold a raffle for our charity of the year. Light refreshments will be provided. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.



THURS
19

Coffee Out and About at Yaxham Waters



11am



See below



Join us for a chat over a cuppa at Yaxham Waters Cafe. You can stay on for a bite to eat if you like or feed the ducks. We will hold a raffle for our charity of the year. You do not need to be a member to join in the fun. Your first hot drink will be paid for. Yaxham Waters Bistro, Dereham Road, Yaxham, Dereham NR19 1RF. Contact Paula on 01362 696536.

THURS
19

Annual Summoned Meeting



7.30pm



Free



All members are welcome to join us for our Annual Summoned Meeting. This is your opportunity to find out more about the running of the Branch including social events and care. Light refreshments will be provided after the meeting. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.

April

THURS
09

Charity of the Year Cheque Presentation



7.30pm



See below



Tonight we will be presenting our cheque to Dereham Meeting Point, which was our last charity of the year. The money will help to buy more games for their fabulous magic table. Playful interactive games will get us moving and having fun together. It is excellent for those with dementia but it creates moments of happiness for all ages. We will hold a raffle for our new charity and light refreshments will be served. Cost: Free for members, £1.50 (charitable donation) for all guests. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.

April

THURS
16

Coffee Out and About with Friends at Hamptons at the Barn



11am



See below



This month we are visiting Hamptons at the Barn. A perfect place to enjoy a hot drink or even stay for lunch. You will have an opportunity to browse their shop which sells glorious gifts and delectable Decor. We will hold a raffle for our charity of the year. Non-members are more than welcome to join us. Cost: Your first hot drink is provided free of charge. Hamptons at the Barn, Dereham Road, Bawdeswell NR20 4AA. Contact Paula on 01362 696536.

May

THURS
14

'The joy of tree drawing' analysis by Patricia Field



7.30pm



Members Free,
Guests £2.50



Symbolically trees are associated with our inner emotions. Patricia who is a trained Graphologist will give us an insight into personality and character traits shown from the way people may draw a simple tree (please note there will not be individual analysis). Teas and coffees provided. We will hold a raffle for our charity of the year. Non-members are always made very welcome. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.

May

THURS
21

Coffee Out and About with Friends at Pensthorpe Courtyard Cafe



11am



See below



This month we are visiting Pensthorpe Natural Park and will meet up in the Courtyard Cafe. If you have time do visit the wildfowl park or have a browse in the gift shop. Your first hot drink is free of charge and some of us may stay on for a bite to eat. Non-members are always made welcome. We will have a raffle for our charity of the year (donation of prizes gratefully received). Pensthorpe Courtyard Cafe, Fakenham Road, Pensthorpe NR21 0LN. Contact Paula on 01362 696536.



June

THURS
11

'Don't Let Pain Win' Talk by Neil Folker, Chiropractor



7.30pm



Members Free,
Guests £1



Dr Neil is a Chiropractor with 36 years experience and works at Norwich Spinal Health. They aim to help you keep doing what you love doing without the pain. We will hold a raffle for our charity of the year. Light refreshments will be provided. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.

THURS
18

Coffee Out and About with Friends at Cafe Verde, Mattishall



11am



Members: your
first hot drink is
free of charge



Join us for our monthly get together for a chat over a cuppa, or even stay on for lunch. Non-members are more than welcome to join us. We will hold a raffle for our charity of the year. South Green Park, 18 South Green, Mattishall NR20 3JY. Contact Paula on 01362 696536.

July

THURS
09

Fun Treasure Hunt and Games Night



7.30pm



Free



Join us for a fun filled night of games and treasure hunting. Non-members are made most welcome. We will hold a raffle for our charity of the year. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.



THURS
16

Coffee Out and About with Friends at the Olde Windmill, Cressingham



11.15am



See below



The Olde Windmill is a Rambling Village Inn built in 1650, the pub has been run by the same family for the past 55 years. We will meet up for a chat over a hot drink then most of us will stay on for a bite to eat. Non-members are more than welcome. We will hold a raffle for our charity of the year. Cost: Your first hot drink is free of charge. The Olde Windmill, Water End, Cressingham, Nr Thetford IP25 6NN. Contact Paula on 01362 696536.

August

THURS
13

Life in Medieval England - History Brought to Life



7.30pm



Members Free,
Guests £2.50



Mike Wabe will be in authentic costume and will talk about life in Medieval England from the point of view of a feudal peasant and a Sergeant Templar. We will hold a raffle for our charity of the year. Light refreshments will be provided. There is no need to book and you do not need to be a member to join us. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.

Have you seen our Facebook page?

Find us at Oddfellows. Please feel free to share with all your friends



OddfellowsUK

THURS
20

Coffee Out and About at Kings Café, Shipdham



11am



See below



Join our friendly group for a chat over a cuppa, or even stay on for lunch. This month we are visiting Kings Cafe in Shipdham. Your first hot drink is free of charge. Non-members are always made most welcome. Kings Cafe, Dereham Road, Shipdham IP25 7NA. Contact Paula on 01362 696536.



Forthcoming Events September - Friendship Month

THURS
10

Half Year Summoned Meeting



7.30pm



Free

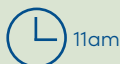


Members are invited to attend the Half Year Summoned Meeting. The agenda will be distributed during August 2020. Its your opportunity to find out more about the running of the District Branch. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.

September - Friendship Month

THURS
17

Friendship Month Get Together with our Friends at Dereham Meeting Point



11am



See below



To celebrate 'Friendship', we are joining the members of Dereham Meeting point. A great opportunity to meet new faces and interact with other members of the Dereham community.

Free coffee will be provided. A two course lunch (please pre-book) is available for a very reasonable price of £6. We will hold a raffle for our charity of the year. Book by Thursday 10 September. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.



ODDFELLOWS
FRIENDSHIP MONTH
1 - 30 SEPTEMBER



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**



**Haven
Holidays**



**Warner Leisure
Holidays**



**Travel
Insurance***

Check out the latest holidays at www.oddfellows.co.uk/travel

Contact **0161 832 9361** or email 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.

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Afternoon tea by the sea!

In sunny August a group of 10 of us went to the Dales Country House Hotel for afternoon tea. The weather was so lovely we sat outside in the garden. Sandwiches, scones - with cream of course and cakes galore which were all washed down with copious cups of tea.

Provincial Grand Masters (District Chairman) Annual Lunch

Our Provincial Grand Master (District Chairman) for 2019-2020 is Rosemary Fraser (pictured). This year she chose South Green Park Mattishall as the venue for our Sunday lunch. 48 people attended and we met up with members from around the region.



The service and food was excellent and the raffle for our appeal raised £138, the amount of donated prizes was astounding. Jake (Rosemary's grandson) also went round the table showing us his amazing card tricks. What a wonderful afternoon we had.



Heart of Norfolk Charity of the year

This year members have been avidly raising money for Dereham Meeting point. We have held regular raffles, hosted special events and joined the members at meeting point at their functions. At the end of the third quarter we have raised an astounding £1,961 and we still have until our annual meeting in March to increase this further.



We would like to thank all those that have contributed by buying raffle tickets, donating prizes and helping out at events - without you all we could not have achieved this. Several of us attended the launch of the 'magic table' and were emotional

when they saw the positive impact this equipment has, particularly on those with dementia.

We will have the opportunity of trying out the table for ourselves in April when we hold the presentation evening. For the forthcoming year 2020 - 2021 our Provincial Grand Master will choose a local mental health charity, who work in the local area to support people with learning difficulties and their families. This will be decided upon at our summoned meeting – so do come along.

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** or fill in the **Refer a Friend form** available from your Branch Secretary

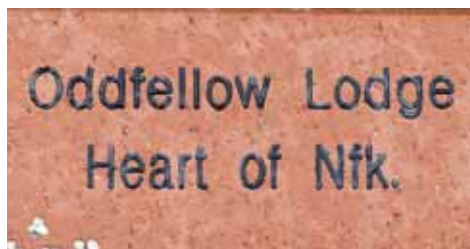


*Terms and conditions apply to the Refer a Friend offer. It cannot be used in conjunction with any other member offer. For full terms and conditions and for details of the rewards visit www.oddfellows.co.uk/offers.

Ref 1644

Visit to The Nook Hospice

You may remember we collected money for East Anglia's Children's hospices in 2019. We were invited on a guided tour of the new building The Nook, state of the art premises for Children who have life threatening conditions and a safe haven for their families.



The Nook opened to the children in September 2019. We were able to find our donated brick which had been laid within the garden path. It was a wonderfully informative afternoon and we really appreciate what an amazing job this charity does.

Obituary

Brother Geoffrey Vincent

Wednesday 26 December 1928 – Friday 17 January 2020

Brother Geoffrey was a Trustee of the Heart of Norfolk District Lodge, a Past Provincial Grand Master and Committee Member. Geoffrey had been a member since 1963 and throughout this time he and his late wife Diana played leading roles in the Fakenham Lodge, and subsequently for the District.

He will be remembered fondly by all who were lucky enough to have crossed paths with him, so smartly dressed, always cheerful and friendly. Our thoughts are with Richard and the family. May you rest in peace dearest Geoffrey.



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.

Jane Nelson

CEO, the Oddfellows



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.

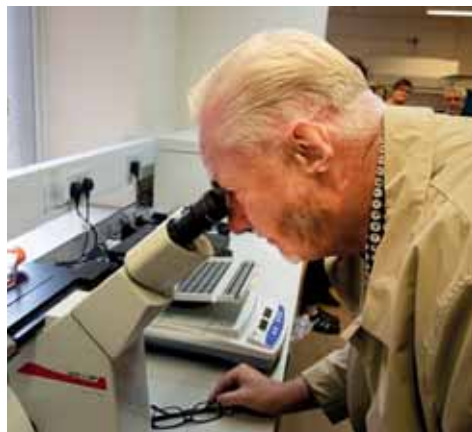
So what is Lupus?

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

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

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

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

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.



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 Paula on **01362 696536** or email **paula.grigglesstone@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@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

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

March 2020

Thurs 12	Precious Possessions Interactive Social	7.30pm
Thurs 19	Coffee Out and About at Yaxham Waters	11am
Thurs 19	Annual Summoned Meeting	7.30pm

April

Thurs 9	Charity of the Year Cheque Presentation (with the Magic Table)	7.30pm
Thurs 16	Coffee Out and About with Friends, Hamptons	11am

May

Thurs 14	'The Joy Of Tree Drawing' and analysis by Patricia Field	7.30pm
Thurs 21	Coffee Out and About with Friends, Pensthorpe	11am

June

Thurs 11	'Don't Let Pain Win Talk' by Neil Folker, Chiropractor	7.30pm
Thurs 18	Coffee Out and About with Friends, Café Verde	11am

July

Thurs 9	Fun Treasure Hunt and Games Night	7.30pm
Thurs 16	Coffee Out and About with Friends, Old Windmill	11.15am

August

Thurs 13	'Life in Medieval England' – History Brought to Life	7.30pm
Thurs 20	Coffee Out and About, Kings Café	11am

Forthcoming Events

September – Friendship Month

Thurs 10	Half Year Summoned Meeting	7.30pm
Thurs 17	Friendship Month Get Together	11am

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.
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