



the
Odbfellows
SINCE 1810
making friends, helping people

events & news

Cambridge District
May - August 2018



King's College Chapel, seen from the Backs



Supper and Games Night - Thursday 21 June, 7.30pm - We hope you can join us

Welcome to this edition of your Events Diary and Newsletter for Cambridge District

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 from dining out to trips out plus lots of other activities.



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Contact Details

Rebecca Mundy

Telephone: 01223 351197

Email:
rebecca.mundy@oddfellows.co.uk

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

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 and we like to think that we can guarantee you a good time.

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. For more information visit www.oddfellows.co.uk or call 0800 028 1810 to speak to one of our team.

May 2018

Thursday 17 - The First Military Surgeon - Talk, 7.30pm

We welcome Carole Pook, who will be giving a talk entitled 'The First Military Surgeon' and who rose to the highest rank in the army. A fascinating talk and comes highly recommended. Refreshments will be served afterwards. **Address:** Oddfellows Hall, 131 Newmarket Road, Cambridge CB5 8HA. **Cost:** £4 for members, £5 for guests. Contact Rebecca on 01223 351197 or email rebecca.mundy@oddfellows.co.uk.



June

Thursday 21 - Supper and Games Night, 7.30pm

And now for something different. Tonight we will be having traditional fish and chips, or sausage and chips, or pie and chips, followed by assorted games. **Address:** Oddfellows Hall, 131 Newmarket Road, Cambridge CB5 8HA.

Cost: The cost will depend on your choice and will be notified with the meeting notice. We will start at 7.30pm prompt - please do not be late as your meal will get cold! Contact Rebecca on 01223 351197 or email rebecca.mundy@oddfellows.co.uk.



July

Thursday 19 - Ely Cathedral - Talk, 7.30pm

This evening we welcome Jan Munt, who will be talking about the building of Ely Cathedral illustrated by a model construction kit. She also talks of its current use in today's society. Refreshments will be served afterwards.

Address: Oddfellows Hall, 131 Newmarket Road, Cambridge CB5 8HA. **Cost:** £4 for members, £5 for guests. Contact Rebecca on 01223 351197 or email rebecca.mundy@oddfellows.co.uk.



August

Thursday 16 - Life in the Navy - Talk, 7.30pm

Tonight we welcome Mr William French - a Butler to Royalty, who will be talking about his career in the Navy. He then went on to become a Butler serving many notable people including the Royal family on the Britannia. This should be a fascinating talk and all are welcome. Refreshments will be served afterwards.

Address: Oddfellows House, 131 Newmarket Road, Cambridge CB5 8HA. **Cost:** £4 for members, £5 for guests. Contact Rebecca on 01223 351197 or email rebecca.mundy@oddfellows.co.uk.

Visit to Hampton Court Palace and Florimania 2018

On Saturday 10 March 2018, twelve members joined a Richmond's coaches trip to Hampton Court Palace and the Florimania 2018 Display. In 1494, Giles Daubeney, one of King Henry VII's most senior courtiers, leased Hampton Court and it is from this time that the earliest parts of the palace can be seen.

Thomas Wolsey acquired Hampton Court in 1514. He was the most dominant churchman and politician in the land having risen quickly from humble origins. By 1525 Hampton Court was truly a palace and Wolsey formally presented it to King Henry VIII. It is one of our Historic Royal Palaces and there are extensive grounds with some laid out as formal gardens.



Hampton Court



Florimania Singapore Arrangement

The Florimania Display was a series of flower arrangements set in the rooms of Henry VIII's Apartments. They were arranged by experts from the National Association of Flower Arrangement Societies. The theme was 'The Countries of the Commonwealth'. There were at least twenty-four arrangements. A most enjoyable day was had by all.

Do you have a story or great photograph to share?

Please send us your news stories! Or perhaps a picture with a caption! Email, post, hand in, or telephone Rebecca, (or any member of the Management Committee). We'd love to hear anything heart-warming, humorous, or simply very interesting!

Oddfellows Members

Do you need help?

None of us know what is around 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.



Cambridge Care and Welfare Team



Rosemary Monk
Welfare Visitor

Telephone:
01223 351197



Robert Monk
Welfare Visitor

Telephone:
01223 351197



Peter Jackson
Welfare Visitor

Telephone:
01223 351197

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. ****Citizens Advice is an independent advice agency and are solely responsible for all advice they provide.***

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 www.oddfellows.co.uk/benefits/care for care and welfare information

Ref: CCA5AD/0418

New Secretary Rebecca Mundy

Hello everyone, let me introduce myself, I'm Rebecca and I am your new Secretary for the Cambridge District Branch of Oddfellows. I live in Ely with my other half David and in our spare time we both volunteer as tour guides at Ely Cathedral where we get to meet people from all around the world and tell them the history of this wonderful building.

We are also both keen spectators of sports, particularly cricket, motor bike and horse racing which has taken us to many countries including Australia, Hong Kong and Argentina. However, the strangest experience was watching a cricket match, in the corner of a field, half way up a mountain in Austria! I'm very much looking forward to meeting you all over the coming months and learning what makes the Oddfellows special especially the Cambridge District Branch.



Rebecca Mundy

I also want to find out what type of events and trips you would like me to organise so please let me know by phone, email, or better still, come and have a chat, I am a big tea drinker (black, no sugar, if you're asking) and need very little excuse to put the kettle on! See you soon, **Rebecca**

How to get to... The Oddfellows Hall



There are bus stops directly outside Cambridge Oddfellows on Newmarket Road, serving bus routes 10, 11, 12, 17, 114, 196 and Citi 3. Parking on Abbey Road (round the corner) is free after 6pm.

meetings

Loyal Cambridge District Branch

Monday 21 May, Monday 18 June, Monday 16 July and Monday 20 August.

Starts at 7.30pm at the Oddfellows Hall, 131 Newmarket Road, Cambridge CB5 8HA. For details contact Rebecca Mundy.

Loyal Pythagoras Ceremonial Branch

Please contact the Secretary, Mike Park. 10 Matthew Parker Close, Landbeach, Matthew Parker Close, Landbeach, Cambridge CB25 9FB.

Telephone: 01223 860918 for future dates and further details of Branch meetings.

Summoned Meeting

The adjourned Summoned Meeting to discuss the Accounts will be held on **Monday 21 May 2018** in the Lodge Room, 131 Newmarket Road, Cambridge, commencing at 7.30pm.



Join the conversation @OddfellowsUK



Oddfellows-Cambridge



OddfellowsUK

Share the friendship – enjoy the rewards!

Refer a Friend

Did you know that the Society runs
a Refer a Friend scheme?

When the first friend you've recommended has joined, we'll send you a £10 Love2Shop voucher as a thank you. There are different reward levels, so you'd receive your next reward - £60 in Love2Shop vouchers - after recruiting five friends in total.*

To refer a friend, call Membership on
0800 028 1810, visit our Members' Area
at www.oddfellows.co.uk or fill in
a Refer a Friend form available
from your Branch Secretary.

Terms and conditions apply* The Refer a Friend offer cannot be used in conjunction with any other membership offer. For full terms and conditions, visit www.oddfellows.co.uk/offers.

www.oddfellows.co.uk





2018 to provide greater choice to members

Oddfellows membership has been refreshed for 2018 to provide greater choice for members.

What's changed?

You are now able to choose between two fantastic adult membership options and decide which benefit package is best suited for you:

Standard Membership – includes all the benefits and support our members value in times of need for only £25!

Membership with extra benefits – includes all the standard membership benefits listed, plus £30 Dental Benefit* every membership year and £30 Optical Benefit* every second membership year, all for just £35 a year. All other benefits will remain the same apart from the Funeral Benefit which has now ceased.

As of 1 January 2018, members can now choose which level of benefit they want when their membership comes up for renewal so watch out for details in your renewal letter. If you want more information about the new membership options, call 0800 028 1810 or visit www.oddfellows.co.uk/join

Standard Benefits

- Social events
- Active Travel Club
- Branch care & welfare support*
- Care & Welfare Helpline
- Oddfellows Citizens Advice Line
- Emergency Financial Aid (Household)*
- Money saving partner offers*
- 24/7 historical archive access*
- District event diaries and newsletters
- Monthly email newsletter

*Terms and conditions apply to all financial benefits. All Oddfellows benefits are non-contractual and may be withdrawn at any time without notice. Please visit www.oddfellows.co.uk/join for full list of Oddfellows member benefit terms and conditions or call 0800 028 1810 for more information. For benefits provided by a third-party, please check their individual T&Cs.



Unity Mutual

From March 2018 all of our insurance business will be rebranded under, 'Unity Mutual', to better represent the Oddfellows' values in the financial services sector, and to offer simple savings, investments and protection products to help families plan for the future.

The comprehensive rebrand will see Unity Mutual replace the current Schoolteachers Friendly Society and Druids Sheffield Friendly Society brand names, which the Oddfellows currently administers, and will include a new logo, positioning, and website. Following the launch there will be no changes to policy terms and conditions.

After successfully acquiring other friendly societies the Oddfellows has grown its Long Term Insurance Business over the last 10 years to accumulate assets of over £254m, with over 260,000 policyholders.

In addition to this, it has launched a number of new products and now offers a Junior ISA, Flexible ISA, Guaranteed Investment Bond, Tax-exempt Savings Plan and Sickness Income Plan.

“Following extensive research, we firmly believe that re-branding will help us to continue to better serve our policyholders and customers, enabling them to make more informed choices about saving, investment and insurance opportunities,” Steve Code, Oddfellows Insurance Director.

The new rebrand will further enable the Oddfellows to stand out within the competitive and expansive financial sector. Policyholders and customers will enjoy a different, not-for-profit approach that puts the customer first with superior customer service, and a dedicated website.

If you would like more details about our products and services, Unity Mutual or would like to get in touch call 0161 214 4650 or visit: www.unitymutual.co.uk.





De-stress your life – a brief introduction to Mindfulness

With modern life so fast and stressful, it isn't always easy to find a bit of peace and quiet. Whilst we cannot avoid the stresses of modern life, there are things we can do to help us de-stress. One way is through a technique called 'mindfulness'.

Mindfulness is about paying attention to the present moment, including our thoughts and feelings, and the world around us – by doing more of this we can improve our mental wellbeing. This awareness can help us enjoy life more, understand ourselves better and be more prepared for handling life's challenges. You will also be able to manage stress better, sleep more soundly and manage various physical health problems, such as chronic pain.

Although mindfulness originates from Buddhism, you don't need to be spiritual or have any particular beliefs to try it. Being 'mindful' is a skill that anyone can learn and is used by the NHS as a treatment for anxiety and depression.

For more information about health and wellbeing visit www.oddfellows.co.uk/health

Counted Breath Meditation

This simple meditation is one way of introducing mindfulness into your daily life, and can help you to 'switch off' and get to sleep at night. Here are the steps to follow:

- Move away from distractions such as mobile phones, television or computers
- Sit comfortably in a chair with your hands held loosely in your lap and both your feet on the floor
- Close your eyes and let your breathing settle into an even rhythm
- Start to breathe in and out more deeply and begin counting on each 'out' breath eg breathe in, breathe out – one, breathe in, breathe out – two
- If thoughts come into your mind and distract you, try not to engage with them, instead, restart your breath count from the beginning
- Try to get to ten breaths - if you make it, well done! If not, don't worry, just use this meditation technique regularly and your ability to focus on your breath should increase



Royale Surprise with Active Travel Club

The Active Travel Club (ATC) is available to every member and is a great way for you to travel places in good company. Through our partners, we offer members great discounts, upgrades and other money saving deals on a wide range of holidays and trips.

Oddfellows member Pat Brunner used ATC to book herself a great birthday break to Alvaston Hall in Cheshire and here she shares her experience with us...

What inspired you to go on this break?

I was looking for somewhere that I could go with my husband at short notice to celebrate my birthday. I had previously been on a brilliant weekend break to Nidd Hall with Brighouse Branch and Huddersfield Social Organiser Andrew Porter had said that he would arrange for me to receive the Warner Leisure late deal emails. The weather forecast was poor, so organised entertainment which we could take part in was perfect.

What was Alvaston Hall like?

I booked through Active Travel Club who found the nearest and best deal was for Alvaston Hall. I phoned the hotel and was offered a free upgrade to a Royale Suite - we booked it immediately. We also added a drinks package which gave us 10% off wine at dinner. Our suite was very spacious - definitely five star! We also had allocated parking. The meals were cafeteria-style so

hardly any queueing. We thoroughly enjoyed every meal. Lunch was not included, but snacks and light meals were available. The main entertainment was in the restaurant area and was very good, as was the alternative entertainment in one of the bars.

What were the highlights of the break?

During our stay we went to some of the quizzes, enjoyed a drink or a coffee in the bar and relaxed in our room. We particularly enjoyed an evening listening to a guitar duo singing in the bar. We also enjoyed a little retail therapy in the shop.

Do you have any tips for future Oddfellows travellers?

The grounds will be very attractive and in better weather there would be outdoor activities. If anyone is thinking of booking remember to mention Oddfellows Travel Club. The first offer we received was the rate on the Warner's website, which was slightly higher!

Active Travel Club Holidays and Breaks for 2018

The next holiday is the Scottish Highlands and Ireland Cruise from 21 May - 30 May 2018. 9 nights (full-board). From £1,039 per person.

For a full list of ATC holidays please visit www.oddfellows.co.uk/benefits/travel or call Mike Hall on 0161 832 9361 extension 2224 or email active@oddfellows.co.uk.

at a glance

May 2018

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Chester, Llandudno and Llangollen

15 to 19 October - 5 days

Staying at the 3 – star Beaufort Park Hotel, situated near the picturesque market town of Mold in North Wales. £309 per person – breakfast and evening meals included.

Set in the beautiful North Wales countryside, Beaufort Park Hotel is an independently run 3-star hotel situated. Five minutes' drive from the historic market town of Mold. It offers a restaurant, a bar and free WiFi in public areas. To book your place now call Ellen Smith on 01706 648126 and quote ODDFELLOWS.

All holidays are booked through third party travel companies and terms and conditions apply. Holidays are open to Oddfellows members and their guests only. For more information ask the reservations team when booking.

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. Registered Office Oddfellows House, 184-186 Deansgate, Manchester M3 3WB.

