

June - December 2024



O^{the} **DD**fellows SINCE 1810
making friends, helping people

out & *about*

Cambridge District



Cambridge Old Town



Dining Out



Games



Trips



Talks



Walks



Social



Quiz



Meetings



Music/Concerts



Coffee Morning/
Afternoon Tea



Friendship



*Thursford Matinee and Lunch -
Monday 25 November*

Dear Member

Welcome to the latest Cambridge District events diary. Inside you will find an outline of each event, what it is, when it is, and where it is and what time it is, and unless otherwise stated, all the events are free.

With this year being the 80th anniversary of D-Day we have several events surrounding that. The first will be 'One of Our Own' on Thursday 27 June about Squadron Leader Vic Ekins who flew in the Battle of Britain and then on Thursday 22 August we have Richard Gibbons coming back to talk to us about D-Day and the subsequent aftermath in Normandy. Following those talks we will be visiting the National Memorial Arboretum, in this special year, on 19 September, where a land train will take us around the different sections of the Arboretum allowing you to see as many of the memorials as possible in the time allowed.

Alongside the theme of heroes we also have three other heroes of a different kind: Jane, who is a married mother of three and a doctor, who decided that her very young son would live a better life in Nepal; Warren who is blind - will be telling us a bit more about that and his work with the RNIB; and

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f CambridgeOddfellows

Lucy, the first female bomb disposal officer—living life in the fast lane! As if that's not enough we also have two very different talks about historic mansions in this area; a talk about taxes and wills; two tea parties and two Christmas parties!

And finally to end the year on an entertainment high, I have once again managed to obtain tickets to the Thursford Christmas Spectacular, with lunch at Fakenham Racecourse, in November. This is well worth a visit and more details can be found further on in the diary. If you fancy either trip, please contact me as soon as possible to secure your place as tickets are limited. Any feedback about any of the events will be gratefully received.

I hope you find something within these pages to tickle your fancy, and if you do, we would be delighted to welcome you in, whether you come on your own or come with a band of friends. What have you got to lose? New friends could be sitting right next to you at one of our events!

Looking forward to hearing from you.

Linda

June 2024

THURS
13

The Many Layers of Anglesey Abbey



2pm



Free



According to their national strategy for 2025, the National Trust is 'committed to promoting and preserving those places of natural beauty and historic interest, for which it has the privilege to be responsible for the benefit of the nation, for everyone, forever'. One of those buildings is Anglesey Abbey, just on the outskirts of Cambridge in Lode - a beautiful building, gardens and Lode Mill, believed to have been founded by Henry I in 1135 as the Hospital of St Mary. We'd love for you to join us to hear Helen Ackroyd tell us a bit more about the history of this building, the grounds and how they plan to look after it for future generations to come. Refreshments will be available. Oddfellows Hall, 131 Newmarket Road, Cambridge CB5 8HA. Contact Linda on 01223 351197.



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THURS
27

One of Our Own



2pm



Free



The remarkable story of Battle of Britain pilot Squadron Leader Victor Ekins MBE DFC. The enthralling story of a young man who found himself



at the epicentre of one of the biggest turning points in recent history - The Battle of Britain. Guided by the diaries that he meticulously kept throughout his wartime experience and that lay unread for over 80 years, Victor Howard Ekins' story is one of duty, loss, friendship and love. Refreshments will be available. Trinity Free Church, Buttsgrove Way, Huntingdon, Cambridgeshire PE29 1LY. Contact Linda on 01223 351197.

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.

July

THURS
11

A Glimpse of Eternal Snows



2pm



Free



Set against the backdrop of one of the most colourful countries in the world, 'A Glimpse of Eternal Snows' is an inspiring story of courage and love. It's an exciting tale of Himalayan highs and monsoon lows, of cultural complexities, unexpected wildlife, rugged terrain, vivid colour, and superstition. Today Jane Wilson-Howarth, (Author, Doctor, Wife, Mother) will be here to give us a taste of her experiences of life with her husband and three young boys in Nepal. Refreshments will be available. Oddfellows Hall, 131 Newmarket Road, Cambridge CB5 8HA. Contact Linda on 01223 351197.



Village and mountains in Nepal.

THURS
25

Hemingford Grey Manor



2pm



Free



The Manor is a Norman property in the village of Hemingford Grey, Cambridgeshire situated on a bend of the River Great Ouse. It was built in the 1130s and is one of the oldest continuously inhabited houses in Britain - often claimed as the oldest, although this is disputed. Much of the original house remains intact despite various changes over nine centuries. Today it is owned by Diana Boston, who will be coming to give us a potted history of this Norman beauty. Refreshments will be available. Trinity Free Church, Butts Grove Way, Huntingdon, Cambridgeshire PE29 1LY. Contact Linda on 01223 351197.



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August

THURS
08

Seeing Differently



RNIB is committed to helping blind and partially sighted people. Eyesight is one of those things that we take for granted everyday, but how do you cope with life if you can't see well or at all? You turn to the RNIB. The Royal National Institute of Blind People is a UK charity helping almost two million people in the UK with sight loss. Today Warren will be with us, along with his support worker and trusty computer to tell us a bit more about the work the charity does and how he copes with daily life in a 'sighted' world. Refreshments will be available. Oddfellows Hall, 131 Newmarket Road, Cambridge CB5 8HA. Contact Linda on 01223 351197.

THURS
22

D-Day and Normandy Aftermath



On Tuesday 6 June 1944, the Allies launched the much-anticipated invasion of Normandy, France, on land, sea and in the air. D-Day was the start of Allied military operations which would ultimately liberate Western Europe, defeat Nazi Germany and end the Second World War. Join us to hear Richard Gibbons give an atmospheric account of the build-up to D-Day, the plans for the invasion, the landings, the campaign in the Bocage and the subsequent aftermath. Refreshments will be available. Trinity Free Church, Butts Grove Way, Huntingdon, Cambridgeshire PE29 1LY. Contact Linda on 01223 351197.

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 Linda by phone on 01223 351197 or email linda.miller@oddfellows.co.uk



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September

THURS
19

Trip to National Memorial Arboretum



9am



£33.50



Join us for this awesome day out to National Memorial Arboretum and why not bring a friend along with you too? Richmonds Coach from Trumpington P&R, Cambridge (9am – aims to be back by 6.30pm) plus entry to NMA £27, Land train £6.50. Bring your own lunch or buy at the NMA. Booking is essential and tickets must be booked early to avoid disappointment. Book by Wednesday 21

August. National Memorial Arboretum, Croxall Road, Alrewas, Staffordshire DE13 7AR. For more details and to book tickets please call Linda 01223 351197.

ODDFELLOWS FRIENDSHIP MONTH

1 - 30 SEPTEMBER



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Afternoon Tea Parties

This year we are having two afternoon tea parties

Our first one will be in Cambridge
Oddfellows Hall, 131 Newmarket Road,
Cambridge CB5 8HA
Thursday 12 September, 2pm

And our second one will be in Huntingdon
Trinity Free Church Hall, Buttsgrove Way, Huntingdon PE29 1LY
Thursday 26 September, 2pm

Don't be shy – bring your friends and come along for a cuppa and a piece of cake. No strings, just friendship.

ODDFELLOWS FRIENDSHIP MONTH

1 - 30 SEPTEMBER



Contact Linda on 01223 351197.



October

THURS
10

A Real-life Action Woman



2pm



Free



Meet Lucy Lewis - a real life action woman. Having joined the army in 1989 as a Royal Engineer, she went on to become the first woman to operate as a bomb disposal officer. In 2018, she was still making history by becoming the only female Marshal to be appointed at the University of Cambridge in its 809-year history. We'd be delighted if you'd come along to listen to and meet this fascinating icon. Refreshments will be provided. Oddfellows Hall, 131 Newmarket Road, Cambridge CB5 8HA. Contact Linda on 01223 351197.

THURS
24

Tax, Care and Toy Boys



2pm



Free



There comes a moment when we stop and think maybe we should make a will, but where do you start? To help to guide you and give you information to consider, a speaker from Co-Op Legal Services will be here to tell you some of the pitfalls to will writing and then answer any questions you may have (or will make an appointment separately to discuss your questions). Refreshments will be available. Trinity Free Church, Butts Grove Way, Huntingdon, Cambridgeshire PE29 1LY. Contact Linda on 01223 351197.



REFER A FRIEND

Share the love and make someone smile

To refer someone you know and make their day, either fill in the **Refer a Friend form** available from your Branch Secretary, or call Membership on **0800 028 1810**, or visit our Members' Area at **www.oddfellows.co.uk**

*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

November

THURS
14

Late Autumn Lunch



12 noon



Pay for what you eat and drink



With winter bearing down on us, bringing with it the mad Christmas rush and the cold new year, why not extend the warmth of late autumn just a little bit and come with us for a late autumn lunch. Book by Tuesday 12 November. Venue to be confirmed. Contact Linda on 01223 351197.



MON
25

Thursford Matinee and Lunch



10am



£92



Coach trip includes fare, entry ticket and two course meal. £92 each. Leave at 10am. Includes a turkey Christmas lunch at Fakenham Race Course. Carry on to Thursford for a matinee performance of the Christmas Spectacular – the largest Christmas show in the country! Arrive back in Cambridge about 7.15pm. Tickets must be booked early to avoid disappointment. Book by Thursday 24 October. The Thursford Collection, The Street, Fakenham, Norfolk NR21 0AS. To book please call Linda on 01223 351197 or email on linda.miller@oddfellows.co.uk.



THURS
28

Huntingdon Christmas Party



2pm



Free



Details to follow. Book by Tuesday 12 November. Trinity Free Church, Buttsgrove Way, Huntingdon, Cambridgeshire PE29 1LY. Contact Linda on 01223 351197.



December

THURS
12

Cambridge Christmas Party



2pm



Free



Details to follow. Book by Tuesday
26 November. Oddfellows Hall, 131
Newmarket Road, Cambridge CB5 8HA.
Contact Linda on 01223 351197.



Branch Meeting

This will be the District Branch meeting where we discuss all the matters of running the Branch. All members are welcome to attend. Starts at 2pm on Wednesday at Oddfellows Hall, 131 Newmarket Road, Cambridge CB5 8HA. Contact Linda on 01223 351197.

19 June
17 July

21 August
18 September

16 October
20 November

18 December

Learn, have fun, and stay in touch from home

Our online events are
here to stay



To see what's coming up visit oddfellows.co.uk/events and enter 'Ayr' in the place name search box

OE/0122A6

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?

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!

Our Welfare team 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.

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**.

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@citizensadvicemanchester.org.uk

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

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/

*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

Society-funded cancer research on track

The Centre for Cancer Immunology, current beneficiaries of the Society's HA Andrews Memorial Fund, recently received its second donation instalment.

The Centre, based at the University of Southampton, was chosen as the recipient of the £100,000 grant, split over three years, in 2022. The money is sponsoring the PhD studies of Nur Zainal, who is looking into a specific gene which it is believed can be manipulated to target cancer cells in a new vaccine.

Nur's first year

The first year of Nur's studies has been spent preparing for the execution of her PhD project over the next three years. She has been learning appropriate techniques, skills and procedures, as well as being introduced to theories and connecting with relevant research groups.

Nur, who travelled to the UK from Malaysia with her family to undertake the PhD, said: "I believe the invaluable experiences and knowledge I have acquired over the past year have equipped me to be a more productive and capable student."



Nur updating AMC last year

"I would like to extend my heartfelt gratitude to the Oddfellows for their support in making my studies possible."

On the right path

Some of Nur's work on 3D cell culture – growing cancer cells in a way that more closely resembles the environment they experience in our bodies than traditional 2D cell culture – is included in a manuscript which will be published in a major international journal, for which she will be listed as a co-author.

Dr Tim Fenton, Associate Professor in Cancer Biology, says Nur has "excelled during her first year", adding: "We hope that Nur's studies will lead to improvements in the design of cancer



Dr Tim Fenton

vaccines, which is a key theme in the work being undertaken at the Centre for Cancer Immunology here in Southampton."

HA Andrews Memorial Fund

The Fund provides financial support to UK-based medical research projects or organisations. For more information about the Fund, and how you can donate, go to www.oddfellows.co.uk/ha-andrews

Striving for a greener future

The Oddfellows is committed to being as green as possible. That's why we've been calculating and offsetting our annual carbon footprint since 1 April 2020.

Between 1 April 2022 and 31 March 2023, 106.38 tonnes of CO₂e was recorded as being produced through the operations of our Liverpool and Manchester offices and associated transport activities, which includes our financial services brand, Unity Mutual.

Although this figure is up 5.4% on the previous year, benchmarked against employee numbers, carbon emissions have remained almost constant (up 0.2%).



The Oddfellows' CEO, Jane Nelson, said: "Our focus is to keep learning through our assessments and to make incremental changes to the way we operate so we can bring our greenhouse gas emissions down and play our part in tackling climate change."

The Society's aim is to be Net Zero, where our carbon emissions are as low as possible. As a last resort, we have offset our 2022-23 carbon footprint by funding carbon dioxide-saving initiatives, including in Eritrea, Cambodia, Brazil, Bulgaria and India.

Jane added: "Climate change is real. It's the greatest environmental challenge we've ever faced. But there is hope, because we can all do something about it."

Investing in futures

Unity Mutual discovered a genuine interest in its children's savings accounts – a topic many grandparents and parents hadn't considered before – while at the 2023 Baby and Toddler Show in Manchester.

The Junior ISA (JISA), offered in partnership with Mini First Aid to include a free paediatric first aid course*, turned heads, especially when parents realised once they'd set it up, anyone could contribute.



Unity Mutual at the Baby and Toddler show

Unity Mutual's Head of Sales and Marketing, Abi Jones, said: "No more brainstorming gift ideas for that first birthday or Christmas – a shared investment in a secure future sparked enthusiasm. Because, sometimes, the best gifts are the ones that grow over time."

*T&Cs apply.

Our fantastic four

Congratulations to 2023's First Degree Course Educational Awards winners. George, Benedict, Jamie and Charlotte will each receive £3,600 over the next four years of their respective university courses to help ease the financial pressures of student life and create opportunities.

George LeBon

Heart of Norfolk
Branch member

George began his studies at the University of Southampton in September 2023 – a four-year course in Computer Science with Cybersecurity.



His dream job is to become a “white hat hacker”, which he explained is someone who is “hired by companies to try and hack into their databases and report back the vulnerabilities”.

He says he and his family were overjoyed to discover he'd be receiving the funding and has thanked the Society, adding: “It will go towards buying textbooks so I can enhance my knowledge further and better understand the industry that I want to work in.”

Benedict Weis

Leodis Branch member

Benedict hasn't yet decided what his ideal future job role might be. He is studying Aerospace Engineering at Queen's University Belfast and hopes a career path might become clearer over the next few years.

Since starting in September 2023, Benedict has joined the University's rowing club and the money will help him pay for training camps and trips, which he says will allow him to study more effectively without worrying as much about his finances.



“I would like to thank the Oddfellows for the award and just to say how grateful I am for it,” he said.

Jamie Messett

Loyal Lord Byron
Branch member

Jamie started his first of four years of Chemistry at the University of Oxford's Balliol College in October 2023, and will put the money towards



learning materials. He would like his future to be in the pharmaceutical industry, but a PhD and a career in research is also a potential avenue.

He said: "Nobody should underestimate how valuable funding can be towards determining how well a student performs.

"I would like to thank everyone involved in helping me with this award, and also everyone involved with providing the funding."

Charlotte Stevenson,

Pride of Woolwich
Branch member

Charlotte started her four-year course in Physics and Philosophy at the University of Oxford's Brasenose College in October 2023.

She is hoping to do a PhD in astrophysics and then continue researching within the field beyond that.



The funding will allow her to take part in unpaid research programmes during university holidays, covering the cost of travel, accommodation and food, as well as contributing to the cost of textbooks and other resources. She said: "This award will be an immense help throughout my degree and I'm so, so grateful to have received it."

Grand Master (Chairman) of the Society, Barbara Needham, said: "Ordinarily, we hand out three First Degree Course Educational Awards each year, but such was the strength of the applications of this year's winners that we felt they all deserved the financial boost. "I'm delighted for all four of them, and I wish them every success over the next few years at university and beyond."

For more information and T&Cs, visit www.oddfellows.co.uk/educational-awards

At a glance

June 2024

Thurs 13	The Many Layers of Anglesey Abbey	2pm
Wed 19	Business Meeting	2pm
Thurs 27	One of Our Own	2pm

July

Thurs 11	A Glimpse of Eternal Snows	2pm
Wed 17	Business Meeting	2pm
Thurs 25	Hemingford Grey Manor	2pm

August

Thurs 8	Seeing Differently	2pm
Wed 21	Business Meeting	2pm
Thurs 22	D-Day and Normandy Aftermath	2pm

September - Friendship Month

Thurs 12	Friendship Afternoon Tea Party at Oddfellows Hall	2pm
Wed 18	Business Meeting	2pm
Thurs 19	Trip to National Memorial Arboretum	9am
Thurs 26	Friendship Afternoon Tea Party at Trinity Free Church Hall	2pm

October

Thurs 10	A Real-life Action Woman	2pm
Wed 16	Business Meeting	2pm
Thurs 24	Tax, Care and Toy Boys	2pm

November

Thurs 14	Late Autumn Lunch	12 noon
Wed 20	Business Meeting	2pm
Mon 25	Thursford Matinee and Lunch	10am
Thurs 28	Huntingdon Christmas Party	2pm

December

Thurs 12	Cambridge Christmas Party	2pm
Wed 18	Business Meeting	2pm

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