



the ODDfELLOWS
SINCE 1810
making friends, helping people

events & news

Cambridge District

August - December 2017



Welcome to the autumn/winter edition of your Events Diary and Newsletter for Cambridge Branch of Oddfellows.

Get more out of life with Cambridge Oddfellows

With over 200 years of experience of creating opportunities for people to meet up and make friends, as well as supporting our members in times of need. We're a not-for-profit, mutual Society, run by our members for our members and run events and things to do in and around Cambridge. We have local Branches across Cambridgeshire in March and Cambridge.

We host regular inexpensive social events as well as one-off special activities like trips out and holidays.

Everyone is welcome to attend our events - you don't have to be a member!

Contact Details

District Secretary:

Susan Langley

Telephone: 01223 351197

Email:

susan.langley@oddfellows.co.uk

Address:

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

Office hours are:

Tuesday and Wednesday
8.30am to 5pm and Thursday
8.30am to 4.30pm.

Answerphone outside these times.

Hello!

My name is Heather and I am taking up the role of Events Organiser for Cambridge Oddfellows. I have a background in events, and just finished working for Cambridge Literary Festival - and, most recently, Wimpole History Festival, in case any of you were there! - and love putting on events and activities that people will enjoy.

I am really looking forward to meeting as many of you as possible and finding out what you want from the social side of things here at Oddfellows, and aside from that have a few ideas of my own!

In my spare time I am musical and literary, and enjoy playing the guitar



and reading books, but I also love the chance to get outside and see the sunshine. I was born in Wiltshire, but have now lived in Cambridge for four years and despite the lack of rolling hills have grown very fond of it.

diary

August 2017

Thursday 17 - Guide Dog Talk

A very interesting talk awaits you this afternoon with the chance to meet one of the guide dogs from Peterborough Guide Dogs. A light buffet will be available. Starts at 12.30pm at 131 Newmarket Road, Cambridge CB5 8HA. Cost: £5. **To be confirmed.**



September

Thursday 21 - Film Show plus Ploughman's Supper

September is Friendship Month and we will be celebrating this with a great film night where we will be showing a classic film. Join us for an evening of laughter with our film the Pink Panther starring Peter Sellers and David Niven. There will be a tasty ploughman's supper served during the evening too. Starts at 7.30pm at 131 Newmarket Road, Cambridge. Cost: £5.

ODDFELLOWS
FRIENDSHIP MONTH
1 - 30 SEPTEMBER



October

Thursday 19 - M R James - Stories of Ghosts and Witches.

Come along for an evening of ghost stories and witches from the author, M R James narrated by David Collings - 'The Fenstanton Witch' and 'The Wailing Well.' A buffet will be available during the evening. Starts at 7.30pm at 131 Newmarket Road, Cambridge CB5 8HA. Cost: £5.

November

Thursday 16 - Quiz and Games Night

We are having a quiz and games night come and test your knowledge. There will be cheese and wine available during the evening as well as a raffle. Starting at 7.30pm at 131 Newmarket Road, Cambridge CB5 8HA. Cost: £5.



December

Saturday 23 - Christmas Party with singer Dave Parry

Festive cheer for all please come along and celebrate with us. We have Dave Parry, a popular local singer, who has entertained us before. There will be the usual traditional buffet served. Starts at 6.30pm at Oddfellows Hall, 131 Newmarket Road, Cambridge CB5 8HA. Cost: £5.

Please contact the Secretary if attending events. Thank you.



Turkey & Tinsel



18 - 22 December 2017 4 nights, half board

Bodelwyddan Castle Hotel, Denbighshire, N Wales.
From £209 per person, feel like royalty and enjoy an early Christmas in this stunning Victorian setting.

To book call Warners on **0330 100 9772**
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.

ATC/T&T/Cambridge/0717

**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

A bit about us...

The Oddfellows is one of the largest and oldest friendly societies in the UK, with over 310,000 members and 132 Branches nationwide.

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. As a mutual and non-profit, our Society is run by our members for our members and raises thousands of pounds each year for good causes. We welcome everyone of all ages.

It costs £30 a year (£28 by Direct Debit) to join and become an Oddfellows member. To find out more, call 0800 028 1810, email membership@oddfellows.co.uk or visit www.oddfellows.co.uk

Bridge House, Dawlish, South Devon



Bridge House, Dawlish, South Devon is situated just over a mile from the sea front and train station and a short walk from the shops of this small and pleasant resort. The distinctive white house which dates back to 1793, enjoys a quiet and peaceful setting with views of gardens and stream. Bridge House has a fascinating history. It is said that

Dickens wrote part of Nicholas Nickleby while staying

here and Edward VII visited with his mistress Lily Langtry. In fact her ghost is reputed to have been seen on the upper floors (by men only!). Telephone number: 01626 866850. Website: www.rch.org.uk

BRIDGE
HOUSE

Peter Jackson's Charity Plant Sales

As is usual in the Cambridge District it is the serving Provincial Grand Master's (District Chairman) prerogative to select his or her charitable cause for which to raise funds during their year of office.

To this end as holder of that office for the 2017/18 period I have chosen Alzheimer's Research UK. There were two principal reasons for this choice, firstly it is carrying out a vast amount of research into this condition and secondly it seems that both Alzheimer's and Dementia are affecting younger and younger individuals.

To set the ball rolling so to speak my first fundraising event, bearing in mind

that I am a keen gardener, took the form of a plant sale. This is something that I had been planning from late 2016 when I ordered all the necessary seeds and sundries, it is perhaps worth noting that the majority of the plants were raised by myself from seed some 45 trays of plants together with various pot plants.

I held the sale at my home address on Saturday 20 May when it was supported by a good number of fellow members and also local residents. My target was to raise over £250 and I achieved this, thus I am indebted to all those who came along.

Peter Jackson



Charity Cheque Presentation to Camtrust



Camtrust
For lives less ordinary

The Cambridge Oddfellow's chosen charity for fundraising for 2016/17 was Camtrust. It was suggested by one of our members for the work the organisation does in the local community.

We received regular newsletters keeping us up to date with events and the wide variety of activities which they are involved with. These include Arts and Crafts,

Gardening, Cooking and Jam making, Refurbishing Bicycles, Learning about computers and cameras and many other subjects.

On Thursday 15 June, our past chairman Mrs Ann Parker and her husband Gordon went along with a couple of our members, Mr and Mrs Stamp and joined Camtrust members at a BBQ they were holding for one of their members who was retiring. At the event, they presented Camtrust with a cheque £401 from the Cambridge District. The funds had been raised at our social events and raffles.

Getting a good night's sleep



Healthy sleep habits can make a big difference to your quality of life. Try to keep the following six sleep practices on a consistent basis:

- 1.** Stick to the same bedtime and wake up time, even on the weekends. This helps to regulate your body's clock and could help you fall asleep and stay asleep for the night.
- 2.** Practice a relaxing bedtime ritual. A relaxing, routine activity just before bedtime conducted away from bright lights (including computers and electronic devices) helps separate your sleep time from activities that can cause excitement, stress or anxiety, all of which can make it more difficult to fall asleep, get sound and deep sleep, and remain asleep.
- 3.** If you have trouble sleeping, avoid naps, especially in the afternoon. Power napping may help you get through the day, but if you find that you can't fall asleep at bedtime, eliminating even short catnaps may help.
- 4.** Exercise daily. Vigorous exercise is best, but even light exercise is better than no physical activity.
- 5.** Assess your sleeping environment to establish the best conditions for you. Your bedroom should be cool – between 15-19°C. It should also be free from any sounds that may wake you. Check your room for noises or other distractions. This includes a bed partner's sleep disruptions such as snoring. Consider using blackout curtains, eyeshades, earplugs, 'white noise' machines, humidifiers, fans and other devices.
- 6.** Make sure your mattress is both comfortable and supportive. The one you have been using for years may have exceeded its life expectancy – about nine or 10 years for most good quality mattresses. Have comfortable pillows and make the room attractive and inviting for sleep.

Sleep is equally as important to our health as eating, drinking and breathing. It allows our bodies to repair themselves and our brains to consolidate our memories and process information.

Keep active, keep healthy



If you're aiming to be healthy, the latest research suggests it pays to be as active as possible. Regardless of age, activity levels can be as influential on health as giving up smoking or maintaining a balanced diet.

It can reduce your risk of major illnesses - such as heart disease, stroke, type 2 diabetes and cancer - by up to 50%. It can also lower your risk of early death by as much as 30%.

Thankfully, boosting activity levels in order to reap the dividends of a more active lifestyle doesn't have to be difficult...

How much activity? And how often?

It is currently recommended by the NHS that to derive health benefits, adults in the UK should aim for 150 minutes (or two and a half hours) of moderate aerobic activity a week.

This activity doesn't have to be all at once. It could be made up of 30 minutes of activity spread over five separate days.

Muscle strengthening activities

Maintaining muscle strength is important because it directly influences all daily movement as well as our ability to build and maintain strong

bones, to regulate blood sugar and blood pressure, and to help maintain a healthy weight.

Examples of muscle-strengthening activities for most people include:

- yoga
- lifting weights
- working with resistance bands
- doing exercises that use your own bodyweight, such as push-ups and sit-ups
- heavy gardening, such as digging and shovelling

Aerobic activity

A whole range of aerobic activities can help you towards the 150 minutes a week target. They include:

- running
- swimming
- riding a bike
- dancing (eg line dancing, ballroom, salsa, Zumba)
- playing tennis, badminton, squash or any sport

More moderate aerobic activity (such as walking or water aerobics) should raise your heart rate and make you breathe faster and feel warmer. When exercising at the required level you'll still be able to talk but you won't be able to sing the words to a song.

Though moderate physical activity such as brisk walking is safe for most people, health experts suggest that you talk to your doctor before you start an exercise programme if any of the following apply: you have heart disease, you have asthma or lung disease, or you have type 1 or type 2 diabetes.

Meet your Care Team

We would like to introduce you to our Cambridge Care and Welfare team. Our volunteer Welfare Visitors have received training for the role, including the help available to Oddfellows members.



They carry ID badges with their photos on, see overleaf, so you know who they are if they visit. If you would like a visit, for instance if you have been in hospital or unwell or find it difficult getting out to attend Oddfellows meetings, do get in touch. If you have any queries about care or welfare matters and the benefits available to members, do give us a ring.

For local help, or to request contact from a Welfare Visitor, please contact Susan Langley, Cambridge District Secretary on 01223 357797 or email susan.langley@oddfellows.co.uk

Our Branch covers a large area, but we will do our best to help.

No matter how big or small the problem, we are here to help, so do get in touch.

See overleaf details of our Branch Welfare Visitors.



Visit our website page at www.oddfellows.co.uk/CareAndAdvice for care and welfare information

Ref: CA5F/WV/1116



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Cambridge Care Team



Robert Monk
Welfare Visitor

Telephone:
01223 351197



Rosemary 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.



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.

Meetings planner

Loyal Cambridge District Lodge

Dates: 21 August, 18 September, 16 October, 20 November and 18 December at 7.30pm at the Oddfellows Hall, 131 Newmarket Road, Cambridge CB5 8HA.
For details contact the Secretary, Sue Langley on 01223 351197 or email: susan.langley@oddfellows.co.uk

Loyal Lord Hinchingsbrooke Branch

Due to the fact that this Branch has no secretary there will be no meetings until further notice.

Loyal Pythagoras Ceremonial Branch

Please contact the Secretary, Mike Park. 10 Matthew Parker Close, Landbeach, Matthew Parker Close, Landbeach, Cambridge. Telephone: 01223 860918 for future dates and further details of Branch meetings.

At a glance

August 2017

Thurs 17	Guide Dog Talk (TBC)	12.30pm
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