

September 2024 - March 2025



the **ODDfELLOWS** SINCE 1810
making friends, HeLPing people

out & about

Heart of Norfolk



St Benet's Mill, Norfolk Broads, Norfolk - Photo by Steven Winter on Unsplash



Music



Art/Crafts



Online



Dining Out



Health and
Wellbeing



Games



Day Trip



Meetings



Social



Talks



Coffee Morning/
Afternoon Tea



Cinema



Lunch Time Social at the Goat Shed, Honingham – Wednesday 27 November

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

Contact: Monday, Wednesday and Thursday 9am – 4.30pm

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.

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 0 028 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

September - Friendship Month

ODDFELLOWS
FRIENDSHIP MONTH
1 - 30 SEPTEMBER



SUN
08

Provincial Grand Master's (Chairman) Friendship Afternoon Celebration



12 noon



£19-£34



Do come and join us at Glen Lodge, Bawburgh for our Sunday



lunch, meet at 12 noon for 12.30pm. More details on pricing and timings will follow, but should be in the region of £19 to £34 (depending on how many courses you choose). Non-members will be made most welcome. Glen Lodge, Marlingford Road, Bawburgh, Norwich NR9 3LU. Contact Paula on 01362 696536.

THURS
12

Members Half Year Meeting



7.15pm



Free



All members are welcome to join us for our Half Year Summoned Meeting. It is your opportunity to find out more about the running of the Branch and meet your committee. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.

MON
23

Friendship Coffee and Cake in Ovington



10.30am



Free



Do come along and join us for a coffee, 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 Saturday 31 August 2024. Ovington Village Hall, 5 Church Road, Ovington, Watton IP25 6RY. Contact Paula on 01362 696536.



October

THURS
10

Little Known Treasures in Norfolk - Churches by John Vigar



7.30pm



Members Free
Guests £5



Did you know there are 650 medieval churches in Norfolk? Professional Historian John will delight us by explaining paintings, sculpture and features which casual visitors to the churches may miss. Light refreshments will be served. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.

October

WED
30

Halloween Coffee and Lunch at Dereham Meeting Point



11am



£9



This month's coffee and lunch get together will be Halloween themed, so get your witches hats and broomsticks at the ready. We will join our friends at Dereham Meeting Point for coffee and a two course lunch, all for £9! Booking forms for the lunch will be available in due course. Book by Thursday 10 October 2024. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.



Photo by Heidi Kaden on Unsplash

November

THURS
14

Would I Lie to You? - Interactive Game



7.30pm



Free



Our take on the fun game 'Would I Lie to You?' Can you guess if someone's telling the truth? Or are you good at telling white lies? Why not come along and give it a try, it's sure to be a laugh. Light refreshments are provided. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.

WED
27

Lunch Time Eats and Drinks Social at the Goat Shed, Honingham



11am



First drink is free -
pay for your own food

This month we are back at the Goat Shed in Honingham. Tucked away in the Norfolk countryside just off the A47, a lovely place to visit. Do come and join us for a chat over a cuppa (your first hot drink is free), or perhaps stay on for a bite to eat. The Goat Shed, Colton Road, Honingham NR9 5DJ. Contact Paula on 01362 696536.



Goat Shed, Honingham

December

THURS
12

Christmas Party with Mr Mix-it

7.30pm

£ Members Free
Guests £2



Why not join us for our Christmas social - we will have Mr Mix-it entertaining us. Light refreshments will be provided and of course mince pies. Friends and family are made most welcome. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.

SUN
15

Join us for a Carol Service at Trinity Church, Dereham

10.30am

£ Free



We have been invited to join the congregation at Trinity Church for their annual carol service to celebrate Christmas. We will be hosting the refreshments in the church hall after the service. Free entry. Trinity Methodist church, Theatre Street, Dereham NR19 2EP. Contact Paula on 01362 696536.



Photo by David Beale on 12/11/2023

WED
18

Winter Wonderland Afternoon Tea - Out and About in Hingham

11.30am

£ £19 TBC



Our Christmas weekday coffee, lunch and chat will be a Lincoln's Tea and Coffee Shop. Why not pop in for a drink (your first one's free of charge) and stay for a winter wonderland afternoon tea (bookable). Situated in a pretty Norfolk Village by the green. Book by 27 Wednesday November 2024. Lincoln's Coffee Shop, The Fairlands, Hingham NR9 4HN. Contact Paula on 01362 696536.

Image by Ylanite Koppens from Pixabay



January 2025

THURS
16

New Years Catch Up Get-Together with Friends



7.30pm



Free



Its the start of the new year, so do come and join us for a catch up. Time to relax with friends after the hectic Christmas period. We will play a lighthearted letters game - can you pick a name/place no one else has? Light refreshments are provided and non-members made most welcome. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.

WED
29

Coffee and Lunch with Friends at the Sweetleaf Café, Dereham



11am



First drink is free
- pay for your
own food



We are staying local to Dereham and this month we will be in the Sweetleaf Café. Serving homecooked food from farm to fork. The Sweet leaf Café, 31 High Street, Dereham NR19 1DZ. Contact Paula on 01362 696536.



Sweetleaf Café

February

THURS
13

Handwriting Analysis with Patricia Field



7.30pm



Members Free
Guests £3



Interested in Graphology? Did you know you can tell someone's personality and character from the way they write. If you bring some old Christmas cards with you, you can have samples to refer to. Light refreshments will be served. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.



Image by Andrys Stienstra from Pixabay

WED
26

Drink, Chat and a Bite to Eat - Norski Noo's, Dereham



11am



First drink is free
- pay for your
own food



We are staying local to Dereham this month and visiting the café at Norski Noo's Gallery. Your first hot drink is free for members and non-members, light lunches and cakes are available to order. Norski Noo's Gallery Café, Georges Road (back of Iceland), Dereham NR19 2BX. Contact Paula on 01362 696536.

March

THURS
13

Annual Games Night - Cuddly Toy Racing and Bingo

⌚ 7.30pm

£ Bring some money
to pay for the
racing and bingo



It's that time of year when we hold a fun games night. How about shouting for your favourite cuddly toy in our racing game. Eyes down for bingo, will you be the person to get a full house! Sure to be a laugh, so do come along. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.

THURS
20

Members Summoned Annual Meeting

⌚ 7.15pm

£ Free



Calling all members! Do join us for our annual meeting which will commence at 7.15pm, its your opportunity to find out more about the running of the Branch. Dereham Meeting Point, St Withburga Lane, Dereham NR19 1ED. Contact Paula on 01362 696536.

Forthcoming vacancy for a new Branch Secretary

After initial training it will be based in an office space at your home
25 hours per week - some evening and occasional weekend work
Permanent position
Salary will be above the minimum wage and dependent on experience.



For more details please contact
paula.grigglestone@oddfellows.co.uk

Closing date
14 October 2024

Fundraising within the community 2024-2025

This year's appeal is our Dereham based charity Mid Norfolk Mencap. Mencap support individuals with learning disabilities to lead fulfilling lives. They help them get involved in the community and gain access to the same opportunities as other members of society. We have already raised (up to the end of July) £466 for this worthwhile cause. In the picture are some of our lovely volunteers helping with a Tombola at a Community day in the Queen Mothers Gardens.



Chairman's Charity 2023-2024

Our members selected a charity dear to our hearts for our appeal of the year LimbBo supports children with limb differences and their families. Through chatting, linking up with others and opportunity's for the children to meet others with limb differences. They put on activity days and parties and offer helpful adaptations such as bicycles and 3-d printed arms. We raised an astonishing £1665 for the foundation.



In the photo Rosemary Fraser our Provincial Grand Master (Chairman) is presenting the cheque to our youngest Junior member and his family who collected the cheque on behalf of LimbBo. We would like to extend our thanks to all members and their families who gave with great generosity during the year , by donating prizes for raffles and tombola's, bought tickets and helped on stalls.



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 Paula on **01362 696536**
paula.grigglestone@oddfellows.co.uk

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 **The Oddfellows**
since 1810
making friends, helping people
www.oddfellows.co.uk

Evenings of Friendship

During the last six months we have held a variety of evening socials from a relaxing beauty experience to heartfelt poetry readings written by members. A talk from Gill about her life with her guide dogs and Beverley who led us down an emotional path as we retraced her father's footprints from the time he was a liberator in 1944.

Saffron came and played music to the sounds of bird song and at our June event we recognised the anniversary of the D-Day landings with music from the era. As you

can see there is something for everyone, with friends and family being made most welcome.

I could be

Poem by Paula

I may be blind but you could help me see
I may be deaf but you could sign for me
I may be paralysed but you could carry me
I may be mute but you could speak up for me
I may be autistic but you could teach me
I may be sad because you do none of these
But I could be happy if my friend you'd be.

Online events you can enjoy

**from the comfort of your
own home...**

**Talks, coffee mornings, exercise
classes, quizzes, fun & games
and much more**

Visit oddfellows.co.uk/events

Need help to attend an online event? Just give your local Social Organiser or Branch Secretary a call or email events@oddfellows.co.uk

Check with your Secretary that we have your correct email on file so online and extra events can be highlighted to you via email on a regular basis.



OE/0122A5 V2

Regular chats over lunch and extra events

We have been out and about for our monthly Wednesday coffee mornings and tasted many a tasty scone and cakes of course! Or perhaps you would like a hot lunch to save you cooking. Members ventured out to Mattishall, Watton, Bawdeswell, Stansfield, Hingham and Highways Nursery. If you have any suggestions for places to lunch do let us know.



During the year we have visited theatres and cinemas, and saw 'The Neal Sands Show', An Agatha Christie play, a Cluedo play, Sister Act and attended the Dereham Band Concert. Your Secretary also attended the Annual Movable Conference (AMC) which was held in the not so sunny seaside town of Llandudno.

These types of extra events are put on during the year, so do let us have your email address if you would like to be kept up to date with activities Or you can check out the events section of the Oddfellows website for all events (including online) happening in your area.



Members meet in Llandudno for AMC

The late May Bank Holiday weekend in the beautiful North Wales coastal town of Llandudno was the setting for this year's Annual Movable Conference (AMC).

Hosted by Deeside Oddfellows, members from throughout the UK made the trip to reflect on the previous 12 months and discuss and vote on the course of the next, all presided over by the Grand Master (Chairman), Vale of York Oddfellows' Barbara Needham.



Business conducted, AMC Llandudno

As well as business, attendees enjoyed a range of social activities, with Oddfellows Brass putting on another wonderful performance.



Oddies on the coach to Portmeirion

Members also took part in a ceilidh at the welcome evening, graced the green at the annual Roy Harmer Memorial Bowls Tournament, took a day trip to Portmeirion and got all dressed up for the Farewell Dance.

Who should be our next major Fund recipient?

Our HA Andrews Memorial Fund provides major financial support over a two or three year period to a project or organisation involved in, or conducting, medical research in the UK.



The funding for Southampton University's Centre for Cancer Immunology, which was nominated by a member in Guernsey, is in its final year, so we're now open to suggestions on who to support from 2025.

If you've a suggestion of who we can support next, let us know. Go to www.oddfellows.co.uk/ha-andrews to find out more about the criteria, how to nominate and our deadlines.

Making a Difference Awards 2024

Five members have received national recognition for the brilliant and selfless work they put into making their Branch and the Society as wonderful as they can be.



Terry Rendle, Oswald Branch Enriching Lives Socially

This award celebrates Terry's contributions to the running of Oswald Branch's social events.

He regularly comes up with ideas for events, plans and advertises them, organises and purchases supplies, arranges



catering, sells tickets, physically arranges chairs and tables in the room, taxis people to and from, hosts and clears up after. All this at the age of 84.

"Socialising is so important as you get older," Terry said. "It keeps your brain busy and your body busy which means you might last a bit longer."

He added: "I was flabbergasted. I had to read the letter three times before I realised what I was reading."

Pat and David Lang, Three Counties Branch Achieving Together

The married couple from Didcot, Oxfordshire, joined the Oddfellows over half-



ago, and in that time have taken on many voluntary roles, including serving as Branch Chairman five times between them.

They are Welfare Visitors, regularly checking in on around 50 fellow members, and are well known for providing food for events and meetings. They are also responsible for an annual Christmas lunch event which, since 2009, has raised over £2,100 for the HA Andrews Memorial Fund.

David said: "It has never been about being rewarded. We love what we do, it's as simple as that.

Pat added: "I'm honoured. We have much to thank the Oddfellows for and have met so many lovely people."

Peter Coe, City of Norwich Branch

Working in the Spirit of Mutuality

As a mutual society, the Oddfellows is run by and for our members and this award seeks to recognise those who have gone the extra mile to assist in the running of their Branch and the Society as a whole.

Peter has gone several extra miles, having held a number of voluntary roles, including Branch and District Chairman,



and is still a member of the social committee to this day, helping to organise many wonderful events.

Peter said: "The Oddfellows is full of very, very friendly people. We all get on. I've made some very good friends here over the years.

"It's my life. It's what I do. The best thing I did was join the Oddfellows."

Claire Needham, Vale of York District

Giving Something Back

Lifelong member Claire has been recognised for the work she does to raise money and awareness for worthy causes.



She donated nearly £3,000 for Motor Neurone Disease Association and Martins House Children's Hospice having run the Rob Burrows Leeds Marathon last year, and has helped raise more than £30,000 through her role as Chairman of her workplace's Charity Committee.

Claire has also held positions on the Oddfellows' Benevolence Committee and Investigations Committee, making a positive difference to the lives of her fellow members.

"I was completely surprised and I feel really honoured," Claire said. "It's a really nice feeling. It's nice that other people think it's making a difference and it's having an impact."

The Oddfellows' CEO, Jane Nelson, said: "Each of the winners are fully deserving of this recognition and I'm very proud of all of them. They typify what it is to be an Oddfellow and the Society and their respective branches are lucky to have them."

Who is your local Branch star? Member nominations are now open for the 2025 awards. To find out more, visit www.oddfellows.co.uk/makingadifference.

Financial worries revealed



Unity Mutual, the Oddfellows' financial services brand, recently surveyed 2,000 people throughout the UK to uncover what's keeping them up at night when it comes to their finances. Here's what they discovered. Do any of these resonate with you?

Cost of living

The worry peaks for those aged 40-49, with 63% feeling the pinch, closely followed by those in their 50s and 60s (both at 62%).

Emergency planning

35% of those surveyed worry they don't have enough money set aside for emergencies like car repairs or medical treatments. Additionally, 28% fret about potential home repair costs.

Pension and retirement

Living on a tight pension is a reality for 22% of respondents, and 18% worry they aren't contributing enough to their pension pot. Many in their 60s regret not paying more into their pensions earlier.



Savings and financial planning

Only 39% of people have money in savings or investments, but this number jumps to 61% for those in their 70s. Yet, just a third have a financial life plan.

Stress and anxiety

Financial stress affects 58% of respondents. Those in their 60s and 70s are less worried compared to younger age groups, with only 35% and 27% respectively reporting anxiety.

Financial regrets

Over half (51%) have financial regrets, including not saving enough each month (46%) and spending on pointless things (43%). Interestingly, more than one in 10 (12%) wish they'd married someone with more money.

These findings show that, while financial worries are largely universal, planning and saving can make a significant difference, especially as we age. Whether you're setting up your first financial plan or adjusting your retirement strategy, it's never too late to take control of your financial future.

Go to www.unitymutual.co.uk to find out more.

Oddfellows members have access to a dedicated Citizens Advice Line. Its advisers can help you to find a way forward with any money or debt problems but are unable to give financial advice. Visit www.oddfellows.co.uk/citizens-advice to find out more.

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@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**

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At a glance

September 2024 - Friendship Month

Sun 8	Provincial Grand Master's (Chairman) Friendship Afternoon Celebration	12 noon
Thurs 12	Members Half Year Meeting	7.15pm
Mon 23	Friendship Coffee and Cake in Ovington	10.30am

October

Thurs 10	Little Known Treasures in Norfolk-Churches by John Vigar	7.30pm
Wed 30	Halloween Coffee and Lunch at Dereham Meeting Point	11am

November

Thurs 14	Would I Lie to You? - Interactive Game	7.30pm
Wed 27	Lunch Time Eats and Drinks Social at the Goat Shed, Honingham	11am

December

Thurs 12	Christmas Party with Mr Mix-it	7.30pm
Sun 15	Join us for a Carol Service at Trinity Church, Dereham	10.30am
Wed 18	Winter Wonderland Afternoon Tea - Out and About in Hingham	11.30am

January 2025

Thurs 16	New Years Catch Up Get-Together with Friends	7.30pm
Wed 29	Coffee and Lunch with Friends at the Sweetleaf Café, Dereham	11am

February

Thurs 13	Handwriting Analysis with Patricia Field	7.30pm
Wed 26	Drink, Chat and a Bite to Eat - Norski Noo's, Dereham	11am

March

Thurs 13	Annual Games Night - Cuddly Toy Racing and Bingo	7.30pm
Thurs 20	Members Summoned Annual Meeting	7.15pm

Front cover: St Benets Mill, Norfolk Broads, Norfolk - Photo by Steven Winter on Unsplash

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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