

January - June 2020  
Issue 5



*O* the  
ODDfeLLows SINCE 1810  
*making friends, helping people*

# *out & about*

**Making friends across King's Lynn and West Norfolk**



*Kings Lynn Town Hall*



Music



Art/Crafts



Theatre



Dining Out



Walks



Games



Day Trip



Meetings



Social



Talks



Coffee Morning/  
Afternoon Tea



Quiz



*We hope you can join us  
for our coffee mornings,  
the kettle is always on!*

Welcome to our latest edition of the Out and About, the events programme for the King's Lynn and West Norfolk Branches of Oddfellows. We are a group of friends brought together through our shared interest in socialising, making friends and helping people.

As the 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 members with a range of advice and support services when you need them, see inside for details. We hold a wide range of events from our regular quizzes, days out, talks, walks and much more.

## Contact Details

**For more details on any of the events listed contact**

**District Secretary:** Alison Schultz

**Address:**

Oddfellows House  
7 Lynn Road, Gaywood,  
King's Lynn, Norfolk PE30 4PR

**Telephone:** 01553 776030

**Email:**

alison.schultz@oddfellows.co.uk

**Office Open Hours:** Monday  
from 10am to 3pm, Tuesday  
and Thursday 9am to 11.30am



Join our social network! You can find us on Facebook.

You can now keep up-to-date with all the latest Oddfellows news for free through social media at Oddfellows Kings Lynn

Also visit our 'Meet Up' page at:  
[www.meetup.com/Kings-Lynn-Friendship-Group](http://www.meetup.com/Kings-Lynn-Friendship-Group)

The list is endless and the choice is yours! If Out and About seems like just the thing for you and you'd like to find out more, please contact Alison Schultz (contact details above) who will be happy to have a chat.

We hope to see you at an event very soon! For more details about becoming a member and the wide range of benefits available, please call our membership team on 0800 028 1810 or visit our website at [www.oddfellows.co.uk](http://www.oddfellows.co.uk).

# Regular Events

## Seated Exercises

First Tuesday  
of the month



2pm



£3.50 per person

We will be holding our seated exercise session at the Reffley Community Hall. The classes are to help with your mobility and flexibility and possibly burn a few calories in the process, whilst having fun. These are run by a qualified instructor Patricia Sexton. Held at Reffley Community Hall, Reffley Lane, Kings Lynn, Norfolk PE30 3EQ. Contact Alison on 01553 776030 or Pat on 01553 766819.

## Monthly Luncheon

Second and  
fourth Tuesday  
of the month



12.30pm



As per menu

Pre-order needed with a £5 deposit. Venue to be confirmed at coffee mornings or notice in the office window. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. For further information please see page 18. Contact Alison on 01553 776030.

## Quiz Days with Waterside (Starting in March)

Third  
Thursday  
of the month



11am



Free

Come and join us for our regular quiz. We have formed a friendship with Waterside Housing Scheme this is ran by Free Bridge Waterside, off Columbia Way, Kings Lynn, Norfolk PE30 2NA. Contact Alison on 01553 776030.

## Coffee Morning

Second Thursday  
of the month



10.30am



Free

We are holding our coffee morning in the office on the second Thursday of the month. Come along to make bookings, fill in any forms needed and see our Welfare team. Also to have a good natter about the world in general while drinking coffee with friends. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030.

## Coffee Morning with Crafts

fourth Thursday  
of the month



10am



Free

Our new event, instead of a plain coffee morning, we added a twist, bring your own arts and crafts. Knitting, sewing, painting or colouring. Over a good old cuppa with friends, the Welfare team will be attending, so anyone in need can have a natter to them. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030.

## Walks from the Office

First  
Monday  
of the month



10.30am



Free

Every other month we have a walk from the office. This is a Monday and is led by Richard Flowers and Patricia Sexton. Walks start at 10.30am duration approximately one hour. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030 or Pat on 01553 766819. We have meeting in the following places so check through booklet: Methwold Hythe, Watlington and Denver Windmill.

# January 2020

TUES  
07

## Seated Exercises with Patricia



2pm



£3.50 per  
person



We will be holding our seated exercise session at the Reffley Community Hall. The classes are to help with your mobility and flexibility and possibly burn a few calories in the process, whilst having fun. These are run by a qualified instructor Patricia Sexton. Contact Alison on 01553 776030 or Pat on 01553 766819.



TUES  
14

## Lunch with Friends



12.30pm



As per  
menu



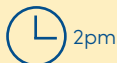
Alison will have details in the office, via social events or email. All



you have to do is write name, menu, date on envelope, pop a £5 deposit in and give back to Alison. For those of you in need of a lift we do offer a buddy up scheme. We meet at the office for 11.30am and then returned to office after the meal. If you need a lift write 'LIFT' on the envelope so Alison can organise cars. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030.

TUES  
21

## Social Afternoon with Jim Taylor



2pm



Free



I'm sure many of you remember Taylors seeds of Kings Lynn. Come and join us at the Reffley Community Hall, where Jim Taylor will personally give a talk of the history of this renowned business. Refreshments will be served with home-made cakes or biscuits from our members. Reffley Community Hall, Reffley Lane, Kings Lynn, Norfolk PE30 3EQ. Contact Alison on 01553 776030.

THURS  
23

## Coffee Morning with Crafts in the Office



10am



Free



Our new event, instead of a plain coffee morning, we added a twist, bring your own arts and crafts. Knitting, sewing, painting or colouring. Over a good old cuppa with friends, the Welfare team will be attending, so anyone in need can have a natter to them. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030.

# January 2020

MON  
27

## Walks from the Office



10.30am



Free



Every other month we have a walk from the office. This is a Monday and is led by Richard Flowers and Patricia Sexton. If you don't feel like walking, please still come along and join Alison for a chat and a cuppa in the office. Walks start at 10.30am duration approximately one hour. Free refreshment at the office afterwards. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030 or Pat on 01553 766819.



TUES  
28

## Lunch with Friends



12.30pm



As per menu



Alison will have details in the office, via social events or email. All you have to do is write name, menu, date on envelope, pop a £5 deposit in and give back to Alison. For those of you in need of a lift we do offer a buddy up scheme. We meet at the office for 11.30am and then returned to office after the meal. If you need a lift write 'LIFT' on the envelope so Alison can organise cars. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030.

# February

TUES  
04

## Seated Exercises with Patricia



2pm



£3.50 per person



We will be holding our seated exercise session at the Reffley Community Hall. The classes are to help with your mobility and flexibility and possibly burn a few calories in the process, whilst having fun. These are run by a qualified instructor Patricia Sexton. Contact Alison on 01553 776030 or Pat on 01553 766819.

TUES  
11

## Lunch with Friends



12.30pm



As per menu



Alison will have details in the office, via social events or email. All you have to do is write name, menu, date on envelope, pop a £5 deposit in and give back

to Alison. For those of you in need of a lift we do offer a buddy up scheme. We meet at the office for 11.30am and then returned to office after the meal. If you need a lift write 'LIFT' on the envelope so Alison can organise cars. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030.





# February

THURS  
13

## Coffee Morning in the Office



10.30am



Free



We are holding our coffee morning in the office on the second Thursday of the month. Come along to make bookings, fill in any forms needed and see our Welfare team. Also to have a good natter about the world in general while drinking coffee with friends. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030.



TUES  
18

## Social Afternoon with our version of The Mart



2pm



Free



Roll up, roll up for the fun of the fair, as Lynn Mart comes to us at Reffley Community Hall. Who will be our dignitaries to officially open the proceedings? Come and join us there. Refreshments will be served. Reffley Community Hall, Reffley Lane, Kings Lynn, Norfolk PE30 3EQ. Contact Alison on 01553 776030.



WED  
19

## Star of the West Branch Meeting



8pm



Free



A business meeting and get together for our members out at Methwold and surrounding area. Come and join us for refreshment and a chat, always a lot of chatter over at the Green Man Public House. Hosted by Albert Eaglen. The Green Man Public House, 1 Whiteplot Road, Methwold, Hythe, Thetford IP26 4QP. Contact Alison on 01553 776030.

TUES  
25

## Lunch with Friends



12.30pm



As per  
menu



Alison will have details in the office, via social events or email. All you have to do is write name, menu, date on envelope,



pop a £5 deposit in and give back to Alison. For those of you in need of a lift we do offer a buddy up scheme. We meet at the office for 11.30am and then returned to office after the meal. If you need a lift write 'LIFT' on the envelope so Alison can organise cars. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030.

# February

## **THURS** **27** Coffee Morning with Crafts in the Office



Our new event, instead of a plain coffee morning, we added a twist, bring your own arts and crafts. Knitting, sewing, painting or colouring. Over a good old cuppa with friends, the Welfare team will be attending, so anyone in need can have a natter to them. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030.

# March

## **TUES** **03** Seated Exercises with Patricia



We will be holding our seated exercise session at the Reffley Community Hall. The classes are to help with your mobility and flexibility and possibly burn a few calories in the process, whilst having fun. These are run by a qualified instructor Patricia Sexton. Contact Alison on 01553 776030 or Pat on 01553 766819.



# March

## **TUES** **03** Watlington Meeting (Prince of Wales)



David Nobbs will be hosting this meeting. A small group of people come to this venue but we welcome more to attend. A small business meeting takes place then a social event afterwards. Anyone within this area can attend. Watlington Sports and Social Club, Watlington, Kings Lynn, Norfolk PE33 0HE. Contact Alison on 01553 776030.

## **THURS** **05** Coffee Morning at Denver Windmill with a Walk After



Coffee Morning at Denver Windmill. Your first hot drink will be free, refills you purchase yourselves, there is a large selection of cakes and you can stay for lunch. There is also plenty of walks around the area so it may be an ideal time, dogs are welcome on the premise. Denver Windmill Tea Rooms, Sluice Road, Downham Market PE38 0EG. Contact Alison on 01553 776030 or Pat on 01553 766819.

# March

## **SAT 07** Annual Summused Meeting



10.30am



Free



This is our yearly meeting to receive our Financial Report for 2019. We will also be electing a new committee along with various other business that is relevant to the Branch smooth running, as a member come along and see what we do. Book by Monday 24 February. Gaywood Church Rooms, Gayton Road, Gaywood, Kings Lynn PE30 4DZ. Contact Alison on 01553 776030.

## **TUES 10** Lunch with Friends



12.30pm



As per menu



Alison will have details in the office, via social events or email. All you have to do is write name, menu, date on envelope, pop a £5 deposit in and give back to



Alison. For those of you in need of a lift we do offer a buddy up scheme. We meet at the office for 11.30am and then returned to office after the meal. If you need a lift write 'LIFT' on the envelope so Alison can organise cars. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030.

## **THURS 12** Coffee Morning in the Office



10.30am



Free



We are holding our coffee morning in the office on the second Thursday of the month. Come along to make bookings, fill in any forms needed and see our Welfare team. Also to have a good natter about the world in general while drinking coffee with friends. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030.



## **TUES 17** Social Afternoon with a Talk on Florence Ada Coxen



2pm



Free



Our guest speaker for today will be Rachel Williams who will be giving us a talk about the first Mayoress of Kings Lynn, Florence Ada Coxen. This will take place at Reffley Community Hall. Refreshments will be served. Reffley Community Hall, Reffley Lane, Kings Lynn, Norfolk PE30 3EQ. Contact Alison on 01553 776030.



# March

THURS  
19

## Quiz Days with Waterside



11am



Free



We have formed a friendship with Waterside Housing Scheme this is run by Free Bridge, we have been given the use of their hall. We therefore propose to have a quiz there, in their lovely surrounding, free tea and coffee will be served and there is no costs involved, so come along for an enjoyable quiz. There will be a prize for the winning team. Waterside, off Columbia Way, Kings Lynn, Norfolk PE30 2NA. Contact Alison on 01553 776030.



TUES  
24

## Lunch with Friends



12.30pm



As per  
menu



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THURS  
26

## Coffee Morning with Crafts in the Office



10am



Free



Our new event, instead of a plain coffee morning, we added a twist, bring your own arts and crafts. Knitting, sewing, painting or colouring. Over a good old cuppa with friends, the Welfare team will be attending, so anyone in need can have a natter to them. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030.



MON  
30

## Walks from the Office



10.30am



Free



Every other month we have a walk from the office. This is a Monday and is led by Richard Flowers and Patricia Sexton. If you don't feel like walking, please still come along and join Alison for a chat and a cuppa in the office. Walks start at 10.30am duration approximately one hour. Free refreshment at the office afterwards. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030 or Pat on 01553 766819.

# April

TUES  
07

## Seated Exercises with Patricia



2pm



£3.50 per  
person



We will be holding our seated exercise session at the Reffley Community Hall. The classes are to help with your mobility and flexibility and possibly burn a few calories in the process, whilst having fun. These are run by a qualified instructor Patricia Sexton. Contact Alison on 01553 776030 or Pat on 01553 766819.

THURS  
09

## Coffee Morning in the Office



10.30am



Free



We are holding our coffee morning in the office on the second Thursday of the month. Come along to make bookings, fill in any forms needed and see our Welfare team. Also to have a good natter about the world in general while drinking coffee with friends. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030.



TUES  
14

## Lunch with Friends



12.30pm



As per  
menu



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THURS  
16

## Quiz Days with Waterside



11am



Free



We have formed a friendship with Waterside Housing Scheme this is ran by Free Bridge, we have been given the use of there hall. We therefore propose to have a quiz there, in their lovely surrounding, free tea and coffee will be served and there is no costs involved, so come along for an enjoyable quiz. There will be a prize for the winning team. Waterside, off Columbia Way, Kings Lynn, Norfolk PE30 2NA. Contact Alison on 01553 776030.

# April

TUES  
21

## Social Afternoon with The British Heart Foundation



2pm



Free



Today at Reffley Community Hall we are joined by The British Heart Foundation, where they will be demonstrating CPR. Refreshments will be served. Reffley Community Hall, Reffley Lane, Kings Lynn, Norfolk PE30 3EQ. Contact Alison on 01553 776030.

THURS  
23

## Coffee Morning with Crafts in the Office



10am



Free



Our new event, instead of a plain coffee morning, we added a twist, bring your own arts and crafts. Knitting, sewing, painting or colouring. Over a good old cuppa with friends, the Welfare team will be attending, so anyone in need can have a natter to them. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030.

MON  
27

## Coach Trip to Gressenhall



9.30am



£24



We have arranged a coach trip to Gressenhall there is plenty to see and it is wheelchair friendly. We have a buffet lunch included in the price, departing at 3.30pm. Book by Monday 23 March. We leave from Tesco Gaywood to go to Gressenhall Farm and Workhouse, Gressenhall, Dereham NR20 4DR. Contact Alison on 01553 776030 or Pat on 01553 766819.



TUES  
28

## Lunch with Friends



12.30pm



As per menu



Alison will have details in the office, via social events or email. All you have to do is write name, menu, date on envelope, pop a £5 deposit in and give back to Alison. For those of you in need of a lift we do offer a buddy up scheme. We meet at the office for 11.30am and then returned to office after the meal. If you need a lift write 'LIFT' on the envelope so Alison can organise cars. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030.

# April

## WED 29 District Meeting with a Talk after by Julie Boyd

 7.30pm

 Free



A small business meeting then a talk by Reverend Julie Boyd, she will be informing us on The Gaywood Church Bungalows. This, if you remember was our chosen charity last year. Gaywood Church Rooms, Gayton Road, Gaywood, Kings Lynn PE30 4DZ. Contact Alison on 01553 776030.

# TALK



# May

## TUES 05 Seated Exercises with Patricia

 2pm

 £3.50 per person



We will be holding our seated exercise session at the Reffley Community Hall. The classes are to help with your mobility and flexibility and possibly burn a few calories in the process, whilst having fun. These are run by a qualified instructor Patricia Sexton. Contact Alison on 01553 776030 or Pat on 01553 766819.

# May

## TUES 12 Lunch with Friends

 12.30pm

 As per menu



Alison will have details in the office, via social events or email. All you have to do is write name, menu, date on envelope, pop a £5 deposit in and give back to Alison. For those of you in need of a lift we do offer a buddy up scheme.



We meet at the office for 11.30am and then returned to office after the meal. If you need a lift write 'LIFT' on the envelope so Alison can organise cars. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030.

## THURS 14 Coffee Morning in the Office

 10.30am

 Free



We are holding our coffee morning in the office on the second Thursday of the month. Come along to make bookings, fill in any forms needed and see our Welfare team. Also to have a good natter about the world in general while drinking coffee with friends. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030.

# May

**Office will be closed Saturday 23 – Friday 29 of May 2020 (with no activities) for the Annual Movable Conference**

**TUES  
19**

## **Social Afternoon with Richard Morley**

**L** 2pm

**£** Free



Richard Morley from the Kings Lynn Town Guides will be with us, giving an armchair tour of Kings Lynn, so sit back, relax and enjoy hearing about the fascinating history of our town. Refreshments will be served. Reffley Community Hall, Reffley Lane, Kings Lynn, Norfolk PE30 3EQ. Contact Alison on 01553 776030.



**WED  
20**

## **Star of the West Branch Meeting**

**L** 8pm

**£** Free



A business meeting and get together for our members out at Methwold and surrounding area. Come and join us for refreshment and a chat, always a lot of chatter over at the green man public house. Hosted by Albert Eaglen. The Green Man Public House, 1 Whiteplot Road, Methwold, Hythe, Thetford IP26 4QP. Contact Alison on 01553 776030.

**THURS  
21**

## **Quiz Days with Waterside**

**L** 11am

**£** Free



We have formed a friendship with Waterside Housing Scheme this is run by Free Bridge, we have been given the use of their hall. We therefore propose to have a quiz there, in their lovely surrounding, free tea and coffee will be served and there is no costs involved, so come along for an enjoyable quiz. There will be a prize for the winning team. Waterside, off Columbia Way, Kings Lynn, Norfolk PE30 2NA. Contact Alison on 01553 776030.



# June

**MON  
01**

## **Walks from the Office**

**L** 10.30am

**£** Free



Every other month we have a walk from the office. This is a Monday and is led by Richard Flowers and Patricia Sexton. If you don't feel like walking, please still come along and join Alison for a chat and a cuppa in the office. Walks start at 10.30am duration approximately one hour. Free refreshment at the office afterwards. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030 or Pat on 01553 766819.



# June

TUES  
02

## Seated Exercises with Patricia



2pm



£3.50 per  
person



We will be holding our seated exercise session at the Reffley Community Hall. The classes are to help with your mobility and flexibility and possibly burn a few calories in the process, whilst having fun. These are run by a qualified instructor Patricia Sexton. Contact Alison on 01553 776030 or Pat on 01553 766819.

TUES  
02

## Watlington Meeting (Prince of Wales)



7.30pm



Free



David Nobbs will be hosting this meeting. A small group of people come to this venue but we welcome more to attend. A small business meeting takes place then a social event afterwards. Anyone within this area can attend. Watlington Sports and Social Club, Watlington, Kings Lynn, Norfolk PE33 0HE. Contact Alison on 01553 776030.



THURS  
04

## Coffee Morning at Denver Windmill with a Walk After



10.30am



Free



Coffee Morning at Denver Windmill. Your first hot drink will be free, refills you purchase yourselves, there is a large selection of cakes and you can stay for lunch. There is also plenty of walks around the area so it may be an ideal time, dogs are welcome on the premise. Denver Windmill Tea Rooms, Sluice Road, Downham Market PE38 0EG. Contact Alison on 01553 776030 or Pat on 01553 766819.

TUES  
09

## Lunch with Friends



12.30pm



As per  
menu



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# June

THURS  
11

## Coffee Morning in the Office



10.30am



Free



We are holding our coffee morning in the office on the second Thursday of the month. Come along to make bookings, fill in any forms needed and see our Welfare team. Also to have a good natter about the world in general while drinking coffee with friends. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030.

THURS  
18

## Quiz Days with Waterside



11am



Free



We have formed a friendship with Waterside Housing Scheme this is ran by Free Bridge, we have been given the use of there hall. We therefore propose to have a quiz there, in their lovely surrounding, free tea and coffee will be served and there are no costs involved, so come along for an enjoyable quiz. There will be a prize for the winning team. Waterside, off Columbia Way, Kings Lynn, Norfolk PE30 2NA. Contact Alison on 01553 776030.

TUES  
16

## Social Afternoon with a Talk on Hunstanton Beach Hut



2pm



Free



A afternoon talk with reference to The Hunstanton Beach Hut thats available, free for our less able members. Refreshments will be served. Reffley Community Hall, Reffley Lane, Kings Lynn, Norfolk PE30 3EQ. Contact Alison on 01553 776030.

TUES  
23

## Lunch with Friends



12.30pm



As per menu



Alison will have details in the office, via social events or email. All you have to do is write name, menu, date on envelope, pop a £5 deposit in and give back to Alison. For those of you in need of a lift we do offer a buddy up scheme. We meet at the office for 11.30am and then returned to office after the meal. If you need a lift write 'LIFT' on the envelope so Alison can organise cars. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030.



# June

THURS  
25

**Coffee Morning with  
Crafts in the Office**



10am



Free



Our new event, instead of a plain coffee morning, we added a twist, bring your own arts and crafts. Knitting, sewing, painting or colouring. Over a good old cuppa with friends, the Welfare team will be attending, so anyone in need can have a natter to them. 7 Lynn Road, Gaywood, Kings Lynn, Norfolk PE30 4PR. Contact Alison on 01553 776030.



## 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](http://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](http://www.oddfellows.co.uk/offers).

Ref 1644



# Oddfellows Summer Holiday

Join with other  
Oddfellows and  
enjoy a wonderful  
break at this classic  
country house, set in  
splendid parkland.

**6 – 10 July 2020:**  
**4 nights (half-board)**

Standard room from £321 per person  
Signature room from £361 per person

Warner Cricket St Thomas Hotel,  
Chard, Somerset TA20 4DD



**To book call Warner on 0330 1009 772**  
(Booking reference 4373341) 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.



# 'Buddy Up' Lunch Clubs for good food and company



We have two lunch clubs at Kings Lynn Oddfellows, which are both very successful with 30 members and guests joining us for delicious meals and great company.

Lunch Clubs are on the second and fourth Tuesday of each month both held at 12.30pm. If you would like to join us, please provide your menu choices, which specific Lunch Club you would like to attend and a deposit of £5 in an envelope to Alison.

For those of you in need of a lift, we offer a 'buddy up' scheme. We meet at the office for 11.30am and then returned to office after the meal. If you need a lift write 'LIFT' on the envelope so Alison can organise cars. Contact Alison on 01553 776030 for further information, we look forward to seeing you soon!

## Join the conversation@OddfellowsUK

Share your news, start a conversation or simply stay up-to-date! If you're on Facebook or Twitter, make sure you've liked and followed our Oddfellows social media pages.



Find us at:



OddfellowsKingsLynn



# At a glance

## January 2020

<b>Tues 7</b>	Seated Exercises with Patricia	2pm
<b>Tues 14</b>	Lunch with Friends	12.30pm
<b>Tues 21</b>	Social Afternoon with Jim Taylor (Old Stager Lodge Meeting after social event)	2pm
<b>Thurs 23</b>	Coffee Morning with Crafts in the Office	10am
<b>Mon 27</b>	Walks from the Office	10.30am
<b>Tues 28</b>	Lunch with Friends	12.30pm

## February

<b>Tues 4</b>	Seated Exercises with Patricia	2pm
<b>Tues 11</b>	Lunch with Friends	12.30pm
<b>Thurs 13</b>	Coffee Morning in the Office	10.30am
<b>Tues 18</b>	Social Afternoon with our version of The Mart (Old Stager Lodge Meeting after social event)	2pm
<b>Wed 19</b>	Star Of West Lodge Meeting at Methwold Hythe	8pm
<b>Tues 25</b>	Lunch with Friends	12.30pm
<b>Thurs 27</b>	Coffee Morning with Crafts in the Office	10am

## March

<b>Tues 3</b>	Seated Exercises with Patricia	2pm
<b>Tues 3</b>	Prince of Wales Lodge Meeting at Watlington	7.30pm
<b>Thurs 5</b>	Coffee Morning at Denver Windmill with a Walk After	10.30am
<b>Sat 7</b>	Annual Summoned Meeting	10.30am
<b>Tues 10</b>	Lunch with Friends	12.30pm
<b>Thurs 12</b>	Coffee Morning in the Office	10.30am
<b>Tues 17</b>	Social Afternoon with a Talk on Florence Ada Coxen	2pm
<b>Thurs 19</b>	Quiz Days with Waterside	11am
<b>Tues 24</b>	Lunch with Friends	12.30pm
<b>Thurs 26</b>	Coffee Morning with Crafts in the Office	10am
<b>Mon 30</b>	Walks from the Office	10.30am

# At a glance

## April

<b>Tues 7</b>	Seated Exercises with Patricia	2pm
<b>Thurs 9</b>	Coffee Morning in the Office	10.30am
<b>Tues 14</b>	Lunch with Friends	12.30pm
<b>Thurs 16</b>	Quiz Days with Waterside	11am
<b>Tues 21</b>	Social Afternoon with The British Heart Foundation (Old Stager Lodge Meeting after social event)	2pm
<b>Thurs 23</b>	Coffee Morning with Crafts in the Office	10am
<b>Mon 27</b>	Coach Trip to Gressenhall	9.30am
<b>Tues 28</b>	Lunch with Friends	12.30pm
<b>Wed 29</b>	District Meeting with a Talk after by Julie Boyds	7.30pm

## May

<b>Tues 5</b>	Seated Exercises with Patricia	2pm
<b>Tues 12</b>	Lunch with Friends	12.30pm
<b>Thurs 14</b>	Coffee Morning in the Office	10.30am
<b>Tues 19</b>	Social Afternoon with Richard Morley (Old Stager Lodge Meeting after social event)	2pm
<b>Wed 20</b>	Star Of West Lodge Meeting at Methwold Hythe	8pm
<b>Thurs 21</b>	Quiz Days with Waterside	11am

## June

<b>Mon 1</b>	Walks from the Office	10.30am
<b>Tues 2</b>	Seated Exercises with Patricia	2pm
<b>Tues 2</b>	Prince of Wales Lodge Meeting at Watlington	7.30pm
<b>Thurs 4</b>	Coffee Morning at Denver Windmill with a Walk After	10.30am
<b>Tues 9</b>	Lunch with Friends	12.30pm
<b>Thurs 11</b>	Coffee Morning in the Office	10.30am
<b>Tues 16</b>	Social Afternoon with a Talk on Hunstanton Beach Hut (Old Stager Lodge Meeting after social event)	2pm
<b>Thurs 18</b>	Quiz Days with Waterside	11am
<b>Tues 23</b>	Lunch with Friends	12.30pm
<b>Thurs 25</b>	Coffee Morning with Crafts in the Office	10am

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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# King's Lynn News and Views

News and views from your local friendship group

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Celebrating 10 Years of Friendship Month



Hog Roast and 60s Night



Annual Sunday Lunch



## Welcome to the latest edition of the Kings Lynn News and Views

This is your newsletter so if you have any ideas for items please send them in. Maybe you have a favourite recipe, joke or a celebration that you would like to share with other members? Why not write about a social event you've attended or send in photos?

All items will be gratefully received. Any member wishing to contribute an article should please send them to me (details on the right). We look forward to hearing from you.

### The Editor

## Contact Details

**For more details about any of the events listed, membership and the wide range of benefits available, please call:**

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**Office Open Hours:** Monday  
from 10am to 3pm, Tuesday and  
Thursday 9am to 11.30am



OddfellowsKingsLynn

# Celebrating 10 Years of Friendship Month

**For our Friendship afternoon in September we held a pub themed afternoon, our pub being called 'The Oddfellows Arms'.**

Alison and I set up traditional games such as, darts, dominoes, cribbage, cards etc. We then played the roles of bar staff, serving ginger beer, lemonade and orange juice, followed by crisps, cheese biscuits and chip sticks and of course the obligatory pickled eggs. What will we think of next?

Watch this space.....

**Pat Sexton**



*Friendship at its best*





# Annual Sunday Lunch Great Barn at the Knights Hill Hotel

**Seventy-two people attended the Annual Sunday lunch in the Great Barn at the Knights Hill Hotel on Sunday 27 October. We were delighted to welcome our guests of honour Barry Bedford and his wife Janice.**

David Nobbs as Provincial Grand Master (Local Chairman) was there to welcome and preside over the proceedings, along with his Deputy Albert Eaglen, Immediate Past Grand Master (Past Chairman) Susan Matchett and the Committee of Management.

Barry Bedford spoke of the importance of the Society and in particular welfare support, social activities and recruitment.

Alison Schultz, our branch secretary was thanked for all of her hard work. I was delighted to receive my Gold Award for recruitment and would like to say a big thank you to everyone who supports me.

Thank you Alison for organising such a good lunch.

**Pat Sexton**



*Barry Bedford congratulating Patricia Sexton for receiving her gold award*





## Spectrum Art Festival

We were fortunate to be able to have a stand again this year at the Spectrum Art Festival from Tuesday 16 to Saturday 20 July. We met some lovely people, and so nice to be able to promote the great times we have as members of the Oddfellows. Thank you so much to our volunteers for giving up your time to be on the stand.



## Coffee Mornings Information

Due to the overall success of our coffee mornings, we now hold two each month. These being in the office at 10am on the first and fourth Thursday of the month.

Starting in January, we are now going to combine the fourth one with craft, i.e. Knitting, sewing, painting or colouring. So if you fancy cuppa, craft and chatter come along and join us.

## Book Exchange

Thank you to everyone who has supported our book exchange. We now have a fabulous selection of books which you can borrow or buy for a small donation. All monies received go to charity.



## A visit from Louise and Frank from Hand for Hounds



At our July meeting, we were very pleased to welcome Louise from Hands for Hounds. Alison's dog Frank was our 'model' and I have to say he was an absolute star as Louise demonstrated massage on him, which eases the joints, and helps with aches and pains. Much of Louise's work is done on an older dog or those who have had surgery. We have lots more interesting talks and events planned



for the forthcoming year, please see your copy of 'Out And About' for more details.

A big thank you to everyone who helps with our social afternoons, we really appreciate the help with the setting up of the room, washing up, and of course the delicious cakes and biscuits.

**Pat Sexton**

## Suffolk Trip

At the beginning of September, Alison, Jon, Richard and myself along with our two dogs, Frank and Maisie spent an enjoyable weekend in Suffolk, looking for ideas for

outings for the Oddfellows. So wait and see?

**Pat Sexton**



# Hog Roast and 60s Night

On Wednesday 31 July saw our first ever Hog Roast and 60s evening. One word describes this evening Brilliant! Delna and Jo had spent hours making paper chains, to go with the bunting, candles and fairy lights creating the atmosphere for a great evening. Kings Butchers as always provided

excellent food and our very own Richard Sexton provided live music, with an impromptu song or two by the very talented Maureen Drake. So lovely to see so many people dancing, singing and enjoying themselves.

Alison Schultz







## Our Bi Monthly Luncheon Club

**Our bi monthly luncheon club, with a maximum of 30 is going so well and we have been to lots of different venues.**

One new place which we tried in September, was Downham Market Garden Centre and who should we meet there? None other than another group of Oddfellows, these being the Fenland District Lodge (Manea).

We all obviously have good taste, not only delicious food but also good for a bit of shopping, be it for gardening, clothes,



*Rogers birthday surprise*

flowers, cards or even something to buy for your pet! Hope we can go there again...

**Pat Sexton**

## Quiz Night

Our quiz evenings at the Deer's Leap have been great fun, with members and guests competing against each other for cash prizes. Meals have been enjoyed prior to testing our brains.



*These three gentlemen were the winners on this particular evening*





## Lovely Walk at Sandringham

**On Monday 29 July we enjoyed a lovely walk at Sandringham. Meeting at the Visitors Centre, six of us went on a planned route, taking Maisie our labrador with us. Alison escorted the remainder of the group who did not wish to walk that far over to Sandringham Church, which is where the Queen attends when staying in Norfolk.**

We all then met back at the restaurant for coffee, lunch etc. We just had to print this lovely photo of Delna and Jo in the church, which we think you will agree, shows friendship at its best. As you are probably aware, Sandringham are now going to implement parking charges. Would you still like to go? Then please let Alison or myself know.

**Pat Sexton**



*Richard and Janet Flowers with Richard Sexton and Maisie*



*Delna and Jo*

# Wroxham Trip

Our second coach trip this year was to Wroxham. Some of our group had a enjoyable trip to Miniature World, some went for a riverside walk and picnic, others had a browse around the shops, but for the majority of us it was a Broads Tour on board the Wroxham Belle. A truly memorable one and a half hour tour, where we

listened to a commentary telling us about the palatial properties, which front the waterways and of course the history of the Broads and its much inhabited wildlife. Following this, a lovely lunch in a hotel and then as always, Pat had to have an ice cream.

Alison Schultz



## Mystery Objects with Francis Earl

On Tuesday 20 August we were pleased to welcome Francis Earl who brought with him many mystery objects for us to guess what they would have been used for.

My word this really tested our skills. Thank you so much for an entertaining afternoon.

Alison Schultz



## Exercise Classes

Who would have thought that when I retired, I would go back to running seated exercises classes, but that's exactly what we are doing on a monthly basis. These classes are proving very popular for both men and women, and it's great to have a bit of fun whilst helping our bodies to remain as flexible and coordinated as possible.

Pat Sexton



As you probably know, we have a team of welfare officers, who provide a wide range of care and welfare support to our members. From helpful advice through to financial aid, we provide help and support to make life a little easier. So if you're facing difficult times, you won't have to face them alone, please give Alison a call on 01553 776030 and we will do our best to help. Further information can be found on page 10 or by visiting [www.oddfellows.co.uk](http://www.oddfellows.co.uk).



# Oddfellows Members: Do you need help?

## Local Care and Welfare Support

To request contact from a Welfare Visitor and for local help and information about Branch benefits and benevolence contact Alison on **01553 776030** or email **alison.schultz@oddfellows.co.uk**.

## Our Three Welfare Visitors



*Christine Prime*



*Sandy Evans*



*Patricia Sexton*

**On hand at most coffee mornings and social events throughout the month.**

## 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](mailto: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](mailto: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](http://www.oddfellows.co.uk/benefits/care) for care and welfare information**

## Oddfellows memorial unveiled at the National Memorial Arboretum

**Sixty-two Branches donated funds to establish a stunning new memorial to honour Oddfellows war heroes who died in battle. It stands in Staffordshire's National Arboretum, Britain's largest site of remembrance containing over 300 war memorials.**

The inscription on the 6ft, blue granite memorial reads: *"In memory of the many members of the Oddfellows who gave their lives in defence of their country. We will always remember them."*

*Founded in 1810, the Oddfellows has a long history of caring for its members, their families and supporting worthy causes. During the First and Second World Wars, the Society's lodges paid the contributions of the members who were fighting, so their families would continue to be looked after. The Oddfellows established the Orphan Gift Fund after the First World War to care for the children of members orphaned as a result of the conflict.*

*The Fund still exists today and is part of the Society's mission to improve lives by making friends and helping people".*

Jane Nelson, CEO said: "This memorial stands as testament to how our Society



*Reverend Bruce Nicole delivering the service to members from across the UK*

still feels incredibly indebted to those members who serve our country. Thank you to all the Branches who made this memorial a reality. Its setting at the National Arboretum makes this tribute feel even more significant, being part of a community of others who we will never forget".

If you would like to visit our memorial, it can be found near the wild meadow and Millennium shelter. There are also a number of volunteers at the Arboretum who are more than happy to help you find your way around.

To find out more, visit: [www.thenma.org.uk/](http://www.thenma.org.uk/)



# 100 years of the Orphan Gift Fund



**After WW1, members wanted to do something to help the children of those lost to the war.**

The fund was proposed at the 1918 AMC in Cheltenham, after the Grand Master William Henry Hayes wrote to Branches saying: *“The whole nation rejoices at the victorious end of a war which has entailed heavy sacrifices on the part of the whole people, and the most heroic effort by the best and bravest of our manhood, and in what worthier manner can we build a memorial as a thank-offering for victory than by undertaking responsibility for*

*the care and up-bringing of the orphans of our members?”*

Overwhelming support meant the fund received the equivalent of £232,000 in today's money, in just one year.

The Orphan Gift Fund continues to help children thrive, and is available as a benefit of membership from day one, open to any child who loses one or both parents through death or desertion, if either the child or one of the parents are members at the time of the loss or desertion. Currently, there are over 50 recipients, and in 2018, the Fund made grants totalling £36,604.

## Would you like to donate to the Orphan Gift Fund?

Contributions can be made by cheque or electronic bank transfer. To make a donation, please contact the Finance team on 0161 832 9361.

## Can you spot a Society Star?

Nominations are open for our annual Making a Difference Awards. These awards have been designed to recognise members who go above and beyond for individual members, their Branch, or the Society as a whole, and truly embody the spirit of the Oddfellows. If you know a member worthy of nomination, ask for a form from your Branch Secretary. Make sure you have a read of the categories first though! And if you need another form, to nominate someone for a different category, simply download from [www.oddfellows.com/makingadifference](http://www.oddfellows.com/makingadifference) or ask your Branch Secretary.



## Another BRR-illiant Cruise with the Oddfellows' Active Travel Club



*Our members weren't afraid to get up close and personal with some massive icebergs!*

**With our Active Travel Club, you can explore a variety of different places with friendly faces. Here, Wendy Atkins from the Ipswich Branch of the Oddfellows shares her account of their most recent trip to Iceland and Greenland.**

Greenland has a land mass of around one-third the size of Australia, and a total population of just 56,000, which is about the size of Kettering or Macclesfield, and has an average August temperature of 11 degrees Celsius. However, the 16-night Fred. Olsen cruise more than made up for the lack of sunshine. The diary was to be jam-packed with Ukelele lessons, singing in the choir, drawing, dancing and crafting, to name a few! And if that wasn't enough, three quizzes every day would certainly keep us on our toes.

As we left Dover on 7 August, the Captain changed course, due to a large storm about to hit the South-West of England.

So instead of a bumpy start across the Atlantic, we enjoyed calm waters and sunny days as we journeyed up the North Sea, making the most of the ship's activities. We then spent two days in Reykjavik, wandering at leisure, visiting museums and checking out some of the incredible 'moonscape' scenery.

We travelled onto Greenland and the spectacular scenery of Prins Christian Sund, with its craggy peaks, imposing glaciers, waterfalls and icebergs.

Whilst in Greenland, we visited three communities; Qaqortoq (a small village nestled on the edge of the Qoorow Ice Fjord), Narsarsuaq (the site of a WWII USAF air base), and Nanortalik, where the local choir entertained us, and the open air museum gave us an insight into life throughout the seasons. We were extremely fortunate to visit in beautiful weather. It's hard to imagine what life is like there during the harsh winters.

The trip was an amazing experience, and the pictures don't do the sights justice. You'll have to come along with us next time to see for yourself! Thank you to Fred. Olsen Cruise Lines for making such a memorable trip possible.

Where is the Oddfellows Active Travel Club off to next? You can see all of our upcoming holidays at [www.oddfellows.co.uk/travel](http://www.oddfellows.co.uk/travel), alternatively call Wendy on 01473 251 867, or email [wendy.atkins@oddfellows.co.uk](mailto:wendy.atkins@oddfellows.co.uk)

# Sharing is caring – thank you Pat!

**We love to recognise those who go above and beyond when recommending us their friends. Patricia Sexton, member of the Kings Lynn Oddfellows, has achieved a fantastic Gold Refer a Friend Award!**

## **Congratulations on achieving the Gold refer-a-friend award 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 decided to join in January 2017. I love the Oddfellows ethos of "making friends, helping people", as it really sums up what we do.

## **How many members have you referred?**

I've referred 23 new members, and I'm very blessed to have a wonderful and rather large circle of friends, who have seen how happy Oddfellows makes me, and decided to join on my recommendation.

## **What's your favourite thing about the Oddfellows?**

One of my favourite things about being a member is 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 so many 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 really know what we do! I often show them a copy of our events diary, and invite them along to the next coffee morning or talk. Often, at the end of the event, they're keen to come to the next one!