

February – July 2025  
Issue 4



*O*<sup>the</sup> **DDfeLLows** SINCE 1810  
*making friends, helping people*

# *out* & *about*

## **Bury St Edmunds and Colchester District Lodge**

**Covering Colchester, St Edmundsbury, Stowmarket and Sudbury Social Lodges**



Wellbeing



Quiz



Talks



Social



Film



Dinner



Walks



Crafts



Games



Trips



Tennis



Golf



Sports

# Welcome to the latest edition of our District Social Lodges, events diary and news review

## Message from the Secretary

**With the winter season half way through we can begin to look forward to longer daylight days and getting out and about again.**

As always, this edition has many events scheduled for you to enjoy and remember that you can attend any event no matter where it is taking place. The DSEO's work tirelessly to provide a mix of things to do and look forward to welcoming you to any event on offer – just contact the relevant DSEO to advise that you would like to go and check if a deposit is required to secure your place.

Please don't forget that we now have the facility to pay benefit claims, birthday grants etc. by bank transfer meaning that the money will go straight to your account, removing the need to visit the bank to pay in the cheque. To date, 85 members have taken up this option, which is fantastic but, we will still offer to send out cheques if that is the option that is preferred. If you would like any further information, please contact me.



*Tony Nunn - the District Secretary.*

We are now working to complete all the necessary tasks to prepare for the Annual Summoned Meeting (ASM). This year the ASM will take place at Oddfellows Hall, 85 Whiting Street, Bury St Edmunds IP33 1NX on Saturday 29 March at 10.30am. Any member can attend but, I would appreciate you letting me know if you wish too, for setting up the hall, catering purposes etc.

I would also like to thank all the DSEO's for their hard work in putting on events, a task that is not as easy as some may think. Also, the numerous volunteers, without whom, some of the events would not run.

I look forward to seeing you at one of the events, and if in town, come and say hello and have a cuppa, remember, my door is always open.

**Tony Nunn**  
**District Secretary**

## A bit about us...

The Oddfellows is a friendly society with Branches across the UK. 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. Find out more at [www.oddfellows.co.uk](http://www.oddfellows.co.uk) or call 0800 028 1810.

# District and Social Lodge Contacts

For more information on our events, and for encouragement and support if attending an event for the first time, please contact your local Social Lodge contact:

## Bury St Edmunds and Colchester District Lodge

**District Secretary:** Tony Nunn

85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX

**Telephone:** 01284 754345 **Email:** tony.nunn@oddfellows.co.uk

**District Assistant Secretary:** Sue Whitehead

**Telephone:** 01284 754345 **Email:** sue.whitehead@oddfellows.co.uk

## Colchester Social Lodge (Events listing page 5)

**Social Events Organiser and Care and Welfare Coordinator:** Diana Randall

**Telephone:** 07986 355908 **Email:** diana.randall@oddfellows.co.uk

 [OddfellowsColchester](#)

## St Edmundsbury Social Lodge (Events listing page 10)

**Social Events Organiser:** Jacky Nunn

**Telephone:** 01284 755068 or 07794 065194 **Email:** jacky.nunn@oddfellows.co.uk

**Care and Welfare Coordinator:** Chrystal Cooper

**Telephone:** 01284 754345 **Email:** chrystal.cooper@oddfellows.co.uk

 [Oddfellows St Edmundsbury](#)

## Stowmarket Social Lodge (Events listing page 22)

**Social Events Organiser and Care and Welfare Coordinator:** Laura Wright

**Telephone:** 07375 024115 **Email:** laura.wright@oddfellows.co.uk

 [OddfellowsStowmarket](#)

## Sudbury Social Lodge (Events listing page 29)

**Social Events Organiser:** Helen Patel

**Telephone:** 07876 710053 **Email:** helen.patel@oddfellows.co.uk

**Care and Welfare Coordinators:**

Alan Brockbank **Email:** alan.brockbank@oddfellows.co.uk

Jane Brockbank **Email:** jane.brockbank@oddfellows.co.uk

**Telephone:** 01787 376050

 [OddfellowsSudbury](#)

# Planned District Events

## District Coffee Morning



**Every Saturday**

If you are in Bury St Edmunds on a Saturday morning, then why not drop into our hall in Whiting Street. Where a warm welcome awaits you all, along with friends who join you. Free tea, coffee, hot chocolate, biscuits and company are on offer. A jigsaw swap/buy table will be in operation. We are open from 10.30am to 1pm. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068.

## March 2025

### **SAT 29** Annual Summomed Meeting



The Annual Summomed Meeting will take place at Oddfellows Hall at 10.30am. Your chance to come along and see how the District Branch is run. Any member can attend, but please let us know if you wish to for catering purposes etc. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Tony on 01284 754345.



## Learn, have fun, and stay in touch from home

We've online events for all to enjoy. Give one a try.



To see what's coming up visit [www.oddfellows.co.uk/events](http://www.oddfellows.co.uk/events)

OE/1024SMALL

# Colchester Events

The Coffee Mornings and afternoon Social Meeting both take place at the Lion Walk Church, Lion Walk Precinct, Colchester CO1 1LX.

## Wednesday Walkers

First and third Wednesday

10am

Free



Everyone is welcome and it's a fun way to keep fit!



## Coffee Morning

Second Monday

10.30am

Free



Great fun. Guests are always welcome! Tea or coffee and biscuits included.

## Afternoon Social

Fourth Tuesday

1.30pm

Free



Talks, demonstrations, games, quizzes. Refreshments provided, donations welcome.

# February 2025

WED  
05

## Colchester Wednesday Walkers

11am

Free



Walk to be arranged. 1 Tydeman Close, Stanway CO3 0US. Contact Diana on 07986 355908.



MON  
10

## Colchester Coffee Morning - Speaker

10.30am

Free



A talk, powerpoint presentation and quiz by Angie entitled 'Walks in the slow lanes of Essex'. Come along and enjoy. Lion Walk Church, Lion Walk Precinct, Colchester CO1 1LX. Contact Diana on 07986 355908.





# February 2025 March

TUES  
25

## Colchester Afternoon Social



1.30pm



Free



An afternoon of fun, a beetle drive with a chance to win prizes. The winner on each table moves along to the next table. A chance to mix and chat with other members. Lion Walk Church, Lion Walk Precinct, Colchester CO1 1LX. Contact Diana on 07986 355908.

MON  
10

## Colchester Coffee Morning - Speaker



10.30am



Free



Come along for an interesting talk by Lucy Lewis on her life as a bomb disposal officer and further careers. Lion Walk Church, Lion Walk Precinct, Colchester CO1 1LX. Contact Diana on 07986 355908.



## March

WED  
05

## Colchester Wednesday Walkers - Along the seafront



11am



Free



Meet at the Queen Victoria statue along the sea front at Dovercourt. We will be walking along the seafront to Harwich old town. Possible lunch here at one of the many pubs. Queen Victoria statue, Seafront, Dovercourt CO12 3JR. Contact Diana on 07986 355908.

TUES  
25

## Colchester Afternoon Social - Talk



1.30pm



Free



Roy Treloar is coming to us for a second visit and bringing Old stuff. Several items from yesteryear to inspect and discuss and guess their use. Come along and see what you recognise. Lion Walk Church, Lion Walk Precinct, Colchester CO1 1LX. Contact Diana on 07986 355908.

# April

## **WED** **02** Colchester Wednesday Walkers - Strood to West Mersea

 11am

 Free



Meet in the lay by just after the Strood heading to West Mersea. A walk along the waters edge of the Strood to West Mersea for lunch and a browse before walking back across the fields. Lay by, The Strood, West Mersea CO5 8JN. Contact Diana on 07986 355908.

## **MON** **14** Colchester Coffee Morning - Speaker

 10.30am

 Free



A new speaker to Colchester Branch. Dougal will be giving his latest talk Wildlife on Middlewick. This highlights the need to maintain wildlife habitats. Lion Walk Church, Lion Walk Precinct, Colchester CO1 1LX. Contact Diana on 07986 355908.

## **TUES** **22** Colchester Afternoon Social - Oddies Cinema

 1.30pm

 Free



Come along to an afternoon of cinema entertainment. This time the film is 'One Life'. Based on a true story this is a very moving account of one persons courage and goodness. Lion Walk Church, Lion Walk Precinct, Colchester CO1 1LX. Contact Diana on 07986 355908.

# May

## **WED** **07** Colchester Wednesday Walkers - Bluebell

 11am

 Free



Meet at the Queens Head and walk through countryside and Hill House Woods to enjoy the bluebells. Queen's Head Pub, Queen's Road, West Bergholt CO6 3HE. Contact Diana on 07986 355908.



## **MON** **12** Colchester Coffee Morning - Radio Caroline

 10.30am

 Free



Ray Clarke radio presenter and author will be talking to us about Radio Caroline - The true story about the boat that rocked. Lion Walk Church, Lion Walk Precinct, Colchester CO1 1LX. Contact Diana on 07986 355908.

**radio**  
**Caroline** 

# May

THURS  
15

## Colchester Day Out



9.30am



£27



A day out by coach to Bressingham Gardens in Norfolk. Included in the entrance fee is the Bressingham steam experience, Dad's Army collection, the gardens and three goes on the gallopers carousel. Marks Tey Hotel, London Road, Copford CO6 1DU. Contact Diana on 07986 355908.

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# June

SUN  
08

## Colchester Summer BBQ



12.30pm



£10



Back to Alan and Gill's beautiful garden for an afternoon of fun, relaxation and summer sun hopefully. Please bring your own wine, chair if possible and a raffle prize. Entertainment and games, come along and enjoy. Harwich Road, Lawford, Colchester CO11 2JS. Contact Diana on 07986 355908.



# June

WED  
04

## Colchester Wednesday Walkers - Dedham



11am



Free



Meet at the public car park, Mill Road Dedham and we will be walking to Flatford Mill through the famous countryside captured by the famous artist John Constable. We are so lucky to have this on our doorstep. Come along and enjoy! Mill Road Car Park, Dedham CO7 6DJ. Contact Diana on 07986 355908.

TUES  
24

## Short Day Trip to Hyde Hall



10am



RHS members plus one guest Free, Guests £24



Join us for a trip to Hyde Hall by coach to enjoy the gardens and lunch. Pick-up at Marks Tey Hotel, London Road, Copford CO6 1DU. Contact Diana on 07986 355908.



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# July

WED  
02

## Colchester Wednesday Walkers - Fingringhoe



11am



Free



Meet in Church Road and do a circular walk south east of Fingringhoe. Fingringhoe, Church Road CO5 7BN. Contact Diana on 07986 355908.

MON  
14

## Colchester Coffee Morning - Speaker



10.30am



Free



Sandra Dorling a master chef contestant is coming to talk to us about her life as a chef in a mans world and spans her interesting career. Lion Walk Church, Lion Walk Precinct, Colchester CO1 1LX. Contact Diana on 07986 355908.

TUES  
22

## Colchester Day Out to Southwold



9.30am



£12.50



A day out by coach to Southwold. Time to browse the shops, sit on the sea front and have a leisurely lunch. Marks Tey Hotel, London Road, Copford CO6 1DU. Contact Diana on 07986 355908.

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



Ref 1644

# St Edmundsbury Events

## February 2025

### TUES 04 News Talk



We will be joined by members of the team, all volunteers, as they explain how this service was founded in 1980 and is very much still needed today. Having local people reading the news stories, interviews and articles of local interest helps their clients feel less isolated. All funded by donations these volunteers give up their time to help others. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068.



### THURS 06 Newmarket Coffee Morning



All members and friends are welcome to join us at The Day Centre. We meet the first Thursday of the month at 11am for a chance to catch up over a cuppa. Some of our members stay for a home cooked lunch. The Day Centre, Fred Archer Way, Newmarket, Suffolk CB8 8NT. Contact Jacky on 01284 755068.

### WED 12 Craft and Games Afternoon



Pop into the hall for a warm welcome, a friendly atmosphere and a nice cuppa. Join in with the latest craft project or bring your own along with you. Enjoy a game of Crib or Scrabble or just sit and have a chat. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068.



### FRI 14 Brandon Coffee Morning



On the second Friday of the month we meet up in Brandon for a cuppa and chat. A few will arrive early and have a cooked breakfast or you could stay and have lunch afterwards. Tilly's Tearoom, Old Five Bells, Market Hill, Brandon IP27 0AA. Contact Jacky on 01284 755068.

# February 2025

MON  
17

## An Afternoon of Music, Dance and Merriment



2pm



Members £3  
Guests £5



Join us for an afternoon of music provided by Brian Roy as he plays hits from the past. Members will be encouraged to sing along and perhaps take to the dance floor with friends. A cuppa and cake will be provided during the afternoon, so come along and join in the fun. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky to put your name down on 01284 755068 or 07794 065194.

THURS  
20

## Film Club Afternoon



1pm



Members Free  
Guests £5



On the third Thursday of every month we hold our Film Club at the Oddfellows Hall. Doors open at 1pm for a chat, cuppa and collection of popcorn. The film will start at 1.30pm. This month's film is 'Fisherman's Friends'. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068 or 07794 065194.

WED  
26

## New Age Kurling Afternoon



1.30pm



Members Free  
Guests £5



Reds versus Blues. Both teams take it in turns to score as many points as possible, whilst the opposition tries to knock them off of the score mat. Competitive? No never! Refreshments will be served during the game. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068.

## March

TUES  
04

## Medical Detection Dogs



10am



Members Free  
Guests £5



Volunteers Richard and David will explain how medical detection dogs are at the forefront of innovative research. With their bio-sensor noses they have the ability to detect the smell of human diseases and help to save lives. Cancer, Malaria, Neurological and Bacterial diseases just some of the illnesses these dogs are trained to sniff out. Having a Medical Alert Assistance Dog can help with reducing ambulance call-outs, hospital stays and gives their human partner greater confidence and peace of mind to live a full and happy life. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068.

# March

THURS  
06

## Newmarket Coffee Morning



11am



Cost of refreshments



All members and friends are welcome to join us at The Day Centre. We meet the first Thursday of the month at 11am for a chance to catch up over a cuppa. Some of our members stay for a home cooked lunch. The Day Centre, Fred Archer Way, Newmarket, Suffolk CB8 8NT. Contact Jacky on 01284 755068.



WED  
12

## Craft and Games Afternoon



1.30pm



Members Free  
Guests £5



Pop into the hall for a warm welcome, a friendly atmosphere and a nice cuppa. Join in with the latest craft project or bring your own along with you. Enjoy a game of Crib or Scrabble or just sit and have a chat. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068.

FRI  
14

## Brandon Coffee Morning



11am



Cost of refreshments



On the second Friday of the month we meet up in Brandon for a cuppa and chat. A few will arrive early and have a cooked breakfast or you could stay and have lunch afterwards. Tilly's Tearoom, Old Five Bells, Market Hill, Brandon IP27 0AA. Contact Jacky on 01284 755068.

MON  
17

## Ladies Day at the races



1.30pm



Members £3  
Guests £5



Our ever popular Race Afternoon returns but this time it's Ladies Day, a chance to dress up and enjoy the fun. 20 tokens will be given to all participants on arrival and the one with the most tokens at the end will be the winner. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068.

# March

## THURS 20 Film Club Afternoon



1pm



Members Free  
Guests £5



On the third Thursday of every month we hold our Film Club at the Oddfellows Hall. Doors open at 1pm for a chat, cuppa and collection of popcorn. The film will start at 1.30pm. This month's film is 'Brigadoon'. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068 or 07794 065194.



## WED 26 New Age Kurling Afternoon



1.30pm



Members Free  
Guests £5



Reds versus Blues. Both teams take it in turns to score as many points as possible, whilst the opposition tries to knock them off of the score mat. Competitive? No never! Refreshments will be served during the game. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068.



## THURS 27 Ancient House Museum Thetford



9.30am



Members £5, Guests £8



Get your bus pass out as we are off to Thetford for a visit to the Ancient House Museum to hear all about Princess Sophia Duleep Singh. She was a women's rights activist, campaigning for all women in the Victorian era and selling The Suffragette newspaper outside Hampton Court Palace. Afterwards, you can go into town and have lunch or just catch the bus back to Bury St Edmunds.

Ancient House Museum of Thetford Life, White Hart Street, Thetford, Norfolk IP24 1AA. Contact Jacky on 01284 755068 or 07794 065194.



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# April

## TUES 01 The Botanic Garden in Bury St Edmunds



10am



Members Free  
Guests £5



Today we know it as the Abbey Gardens but back in 1820 Nathaniel SH Hodson opened the Botanic Gardens of Bury St Edmunds. Join Paul Marsh, a volunteer gardener and member of the Abbey Gardens Friends, as he delves into the history of this beautiful open space, explaining how it has changed over the years and hopefully will remain a favourite for townsfolk and tourists alike. Refreshments will be served from 10am and the talk will start at 10.30am. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068 or 07794 065194.



## TUES 01 Theatre Royal Visit 'Sophia'



7pm



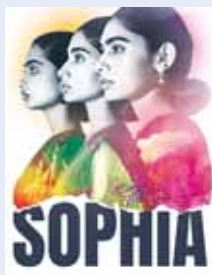
Members £15  
Guests £20



We have a limited number of tickets to see the play 'Sophia'.

Following on from our trip to Thetford, this play covers

Sophia's life from birth into royalty and growing into a revolutionary beacon in the fight for women's rights. Meet at the theatre at 7pm, show starts 7.30pm. Book by Wednesday 5 March. Theatre Royal, Westgate Street, Bury St Edmunds, Suffolk IP33 1QR. Contact Jacky on 01284 755068 or 07794 065194.



## THURS 03 Newmarket Coffee Morning



11am



Cost of  
refreshments



All members and friends are welcome to join us at The Day Centre. We meet the first Thursday of the month at 11am for a chance to catch up over a cuppa. Some of our members stay for a home cooked lunch. The Day Centre, Fred Archer Way, Newmarket, Suffolk CB8 8NT. Contact Jacky on 01284 755068.



# April

## MON 07 Walk to Natterer's Wood



10.30am



Members Free  
Guests £5  
Pay for refreshments



Join Nemonee Stone as she takes us on a guided walk to Natterer's Wood and on the return route we will stop for a hot cuppa at the Abbey Gardens



café. While on the walk we will collect small natural form like seed-heads, bark, leaves or flowers which can then be drawn, pressed onto a call disc or collect and bind them together to make a memory stick. This will be our first time of doing this type of event and we hope you will all enjoy it. Book by Thursday 6 March. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068.

## WED 09 Craft and Games Afternoon



1.30pm



Members Free  
Guests £5



Pop into the hall for a warm welcome, a friendly atmosphere and a nice cuppa. Join in with the latest craft project or bring your own along with you. Enjoy a game of Crib or Scrabble or just sit and have a chat. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068.

## FRI 11 Brandon Coffee Morning



11am



Cost of refreshments



On the second Friday of the month we meet up in Brandon for a cuppa and chat. A few will arrive early and have a cooked breakfast or you could stay and have lunch afterwards. Tilly's Tearoom, Old Five Bells, Market Hill, Brandon IP27 0AA. Contact Jacky on 01284 755068.

## MON 14 Easter Themed Cream Tea



2pm



Members £3  
Guests £5



Easter is just around the corner so join us for an afternoon cream tea with a small quiz and bingo game, all with an Easter theme. Easter bonnets are a must with a prize for the best one. Booking is essential as places are limited by Tuesday 1 April. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068 or 07794 065194.

# April

THURS  
17

## Film Club Afternoon



1pm



Members Free  
Guests £5



On the third Thursday of every month we hold our Film Club at the Oddfellows Hall. Doors open at 1pm for a chat, cuppa and collection of popcorn. The film will start at 1.30pm. This month's film is 'The Imitation Game'. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068 or 07794 065194.



WED  
30

## New Age Kurling Afternoon



1.30pm



Members Free  
Guests £5



Reds versus Blues. Both teams take it in turns to score as many points as possible, whilst the opposition tries to knock them off of the score mat. Competitive? No never! Refreshments will be served during the game. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068.

# May

THURS  
01

## Newmarket Coffee Morning



11am



Cost of  
refreshments



All members and friends are welcome to join us at The Day Centre. We meet the first Thursday of the month at 11am for a chance to catch up over a cuppa. Some of our members stay for a home cooked lunch. The Day Centre, Fred Archer Way, Newmarket, Suffolk CB8 8NT. Contact Jacky on 01284 755068.

TUES  
06

## Burlesque, Me and the WI



10am



Members Free  
Guests £5



WI President Lindsey will give us a fabulously funny and heart-warming talk about how her love for the WI and the art of Burlesque came together. This is a rearranged talk that was postponed from last year due to illness. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068.



# May

## **FRI** **09** **Brandon Coffee Morning**



11am



On the second Friday of the month we meet up in Brandon for a cuppa and chat. A few will arrive early and have a cooked breakfast or you could stay and have lunch afterwards. Tilly's Tearoom, Old Five Bells, Market Hill, Brandon IP27 0AA. Contact Jacky on 01284 755068.

## **WED** **14** **Craft and Games Afternoon**



1.30pm



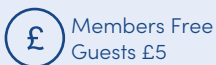
Pop into the hall for a warm welcome, a friendly atmosphere and a nice cuppa. Join in with the latest craft project or bring your own along with you. Enjoy a game of Crib or Scrabble or just sit and have a chat. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068.



## **MON** **12** **Gentle Salsa and Exercise Morning**



10am



Laura Wright is a trained dancer as well as the social organiser at Stowmarket. Come join her as she takes



us through a morning of fun and laughter as we do a gentle Salsa. We will start with a warm up, a Salsa lesson and wind down, all of which can be done while sitting or standing up. Afterwards, there will be refreshments and a chance to get your breath back. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068 or 07794 065194.

## **THURS** **15** **Film Club Afternoon**



1pm



On the third Thursday of every month we hold our Film Club at the Oddfellows Hall. Doors open at 1pm for a chat, cuppa and collection of popcorn. The film will start at 1.30pm. This month's film is 'The Greatest Showman'. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068 or 07794 065194.

# May

WED  
28

## New Age Kurling Afternoon

⌚ 1.30pm

£ Members Free  
Guests £5



Reds versus Blues. Both teams take it in turns to score as many points as possible, whilst the opposition tries to knock them off of the score mat. Competitive? No never! Refreshments will be served during the game. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068.

# June

THURS  
05

## Newmarket Coffee Morning

⌚ 11am

£ Cost of refreshments



All members and friends are welcome to join us at The Day Centre. We meet the first Thursday of the month at 11am for a chance to catch up over a cuppa. Some of our members stay for a home cooked lunch. The Day Centre, Fred Archer Way, Newmarket, Suffolk CB8 8NT. Contact Jacky on 01284 755068.

# June

TUES  
03

## East Anglian Air Ambulance presented by Phil McGahan an EAAA Volunteer

⌚ 10am

£ Members Free  
Guests £5



The East Anglian Air Ambulance is a charity providing life-saving care



24 hours-a-day, 365 days-a-year, by air and road. Their strap line is together we save lives and they cover four counties, bringing hope to the most seriously ill and injured people of the area. This service is provided by volunteers and cash donations. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068.

WED  
11

## Craft and Games Afternoon

⌚ 1.30pm

£ Members Free  
Guests £5



Pop into the hall for a warm welcome, a friendly atmosphere and a nice cuppa. Join in with the latest craft project or bring your own along with you. Enjoy a game of Crib or Scrabble or just sit and have a chat. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068.





# June

FRI  
13

## Brandon, Walk, Talk and Cuppa



10am



Cost of refreshments



We have a change of venue for the summer months. Join us at 10am at The Visitors Centre, Brandon Country Park for a gentle stroll in the park before meeting back at the Visitors Centre at 11am for refreshments. If the stroll is not for you then join us for a cuppa and chat. Brandon Country Park, Bury Road, Brandon, Suffolk IP27 0SU. Contact Jacky 01284 755068 or 07794 065194.



THURS  
19

## Film Club Afternoon



1pm



Members Free  
Guests £5



On the third Thursday of every month we hold our Film Club at the Oddfellows Hall. Doors open at 1pm for a chat, cuppa and collection of popcorn. The film will start at 1.30pm. This month's film is 'Billy Elliot'. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068 or 07794 065194.

FRI  
20

## Suffolk Ploughman's Lunch



12 noon



TBC



Casper's Catering will be providing us with our ploughman's lunch in a box. It will be a set menu with vegetarian and gluten free options available. With the next day being Suffolk Day, we will carry on the theme with Suffolk Strawberry buns for our sweet items. A £5 deposit will be needed at the time of booking as places are limited. Book by Wednesday 4 June. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068 or 07794 065194.



WED  
25

## New Age Kurling Afternoon



1.30pm



Members Free  
Guests £5



Reds versus Blues. Both teams take it in turns to score as many points as possible, whilst the opposition tries to knock them off of the score mat. Competitive? No never! Refreshments will be served during the game. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068.

# July

TUES

01

## A Glimpse of Eternal Snows by Jane Wilson-Howarth



10am



Members Free  
Guests £5



Jane is a doctor from Cambridge who decided to take her family back to Nepal just a month before her second child was due. She hoped the Himalayan scenery would allow her child to live in dignity and happiness and with the help of the Nepalese mothers, this happened. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068 or 07794 065194.

THURS

03

## Newmarket Coffee Morning



11am



Cost of  
refreshments



All members and friends are welcome to join us at The Day Centre. We meet the first Thursday of the month at 11am for a chance to catch up over a cuppa. Some of our members stay for a home cooked lunch. The Day Centre, Fred Archer Way, Newmarket, Suffolk CB8 8NT. Contact Jacky on 01284 755068.



FRI

04

## Bird and Nature Walk at Lackford Lakes



10am



Members £5, Guests £10



We have the chance to take a two hour walk around Lackford Lakes guided by expert staff or volunteers. This is a small group event as space in the bird hides is limited. If you have binoculars please bring them along. Our first group will go in the morning, leaving them time for lunch afterwards in the onsite café. The second group will go at 1.30pm, so

perhaps you could arrive early and have refreshments in the café. There is only a small car park so please can we car share where possible. Cost: £5 for members, £10 for guests and extra cost for food. Book by Thursday 19 June. Lackford Lakes, Lackford, Bury St Edmunds, Suffolk IP28 6HX. Contact Jacky on 01284 755068 or 07794 065194.



# July

WED  
09

## Craft and Games Afternoon

L 1.30pm

£ Members Free  
Guests £5



Pop into the hall for a warm welcome, a friendly atmosphere and a nice cuppa. Join in with the latest craft project or bring your own along with you. Enjoy a game of Crib or Scrabble or just sit and have a chat. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068.

FRI  
11

## Brandon, Walk, Talk and Cuppa

L 10am

£ Cost of refreshments



We have a change of venue for the summer months. Join us at 10am at The Visitors Centre, Brandon Country Park for a gentle stroll in the park before meeting back at the Visitor Centre at 11am for refreshments. If the stroll is not for you then join us for a cuppa and chat. Brandon Country Park, Bury Road, Brandon, Suffolk IP27 0SU. Contact Jacky 01284 755068 or 07794 065194.



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THURS  
17

## Film Club Afternoon

L 1pm

£ Members Free  
Guests £5



On the third Thursday of every month we hold our Film Club at the Oddfellows Hall. Doors open at 1pm for a chat, cuppa and collection of popcorn. The film will start at 1.30pm. This month's film is 'Miss Potter'. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068 or 07794 065194.



WED  
30

## New Age Kurling Afternoon

L 1.30pm

£ Members Free  
Guests £5



Reds versus Blues. Both teams take it in turns to score as many points as possible, whilst the opposition tries to knock them off of the score mat. Competitive? No never! Refreshments will be served during the game. Oddfellows Hall, 85 Whiting Street, Bury St Edmunds, Suffolk IP33 1NX. Contact Jacky on 01284 755068.

# Stowmarket Events

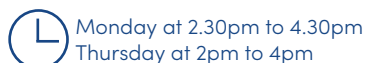
## Lunch Club in Stowmarket



Every Monday

Our Lunch Club is run in Association with Red Gables, the door opens at 11am when members will be served tea or coffee or squash on arriving. There will generally be bingo, a short talk or a quiz before lunch which is cooked on the premises. There are two groups attending on alternative weeks. When you register to attend you will be allocated either group A or B. Cost is being held at £6.50 each per meal. The Redwood Community Centre, Ipswich Road, Stowmarket, Suffolk IP14 1BE. To make a booking please call Red Gables on 01449 673947 or speak to the Social Organiser, Laura on 07375 024115. Bookings will need to be made seven days in advance of when you first wish to attend.

## Better Balance Classes in Stowmarket



Every Monday and Thursday

In association with Red Gables. Wellbeing for all at the Redwood Centre. Come along to this fun twice a week exercise class and help to improve your general fitness, balance and flexibility. All classes are led by a qualified instructor. Exercises can be done seated or standing. Cost: £3.50. The Redwood Community Centre, Ipswich Road, Stowmarket, Suffolk IP14 1BE. To book please contact Becky on 07734 414151.

# February 2025

## TUES 04 Cinema Club in Stowmarket



Doors open 10.30am for refreshments. Film starts at 11am. Bring a friend, grab a warm drink and enjoy a film. The Red Gables, Ipswich Road, Stowmarket IP14 1BE. Contact Laura on 07375 024115.



# February 2025

MON  
10

## We Drum - Drumming Workshop in Stowmarket



7pm



Free



Come join 'We Drum' for a musical workshop like no other, they are professional musicians who are passionate about the benefits of music in education and are excited to provide unique creative musical experiences. Taking part in a 'We Drum' group can have huge personal benefits for those learners who are hardest to reach and perhaps need a different stimulus to engage them and to ignite that spark of positivity. Their work promotes inclusivity, positive behaviour and increases confidence and wellbeing.



Doors open at 7pm. Drumming workshop begins at 7.15pm. No experience required. Refreshments will be served after the musical session, we are taking donations for tea or coffee. The Red Gables, Ipswich Road, Stowmarket IP14 1BE. Contact Laura on 07375 024115.

MON  
24

## Walk and Talk at Needham Lake with Stowmarket



10am



Free



A lovely walk around Needham Lake, followed by refreshments at the 'Duck and Teapot'. A great way to connect with each other, enjoy the fresh air and some light exercise. We will meet at 10am outside the café to begin



walking. For those just wanting to come for refreshments, please meet us at the café from 10.30am onwards. We will walk the easy access trail of about 1km. Refreshments are at your own cost. Parking available, toilets available and well behaved dogs welcome. Needham Lake, Coddensham Road, Needham Market, Suffolk IP6 8NU. Contact Laura on 07375 024115.

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# March

## TUES 04 Pancake Day in Stowmarket

L 12.45pm £ £1



Happy Pancake Day. Come along and have a pancake, a hot drink and chat amongst friends, what toppings will you go for? Doors will be open from 12.45pm to 2pm. A donation of £1 per person will be taken at the door. Guests and friends welcome. One pancake per person. Book by Monday 3 March. The Red Gables, Ipswich Road, Stowmarket IP14 1BE. Contact Laura on 07375 024115.



## MON 10 Walk and Talk at Needham Lake with Stowmarket

L 10am £ Free



A lovely walk around Needham lake, followed by refreshments at the 'Duck and Teapot'. A great way to connect with each other, the fresh air and some light exercise. We will meet at 10am outside the café to begin walking. For those just wanting to come for refreshments, please meet us at the café from 10.30am onwards. We will walk the easy access trail of about 1km. Refreshments are at your own cost. Parking available, toilets available and well behaved dogs welcome. Needham Lake, Coddensham Road, Needham Market, Suffolk IP6 8NU. Contact Laura on 07375 024115.

## TUES 11 Wild Life Talk in Stowmarket

L 7pm £ Free



Anthony Owers is a wild life expert and has spent years analysing and observing bats, bugs, beetles and night life of creepy crawlies. Come along and listen to the talk. Doors open at 7pm for payments and up coming trip/event bookings. Talk begins at 7.30pm. Cuppas and cake served, raffle too. The Red Gables, Ipswich Road, Stowmarket IP14 1BE. Contact Laura on 07375 024115.



# April

## THURS 03 Zoom Quiz with Stowmarket

L 1.30pm £ Free



Stowmarket Oddfellows are hosting their first ever Zoom quiz! Grab a cuppa, log on and make new friends. This quiz is all about TV, film and music from the 80s to present day. Zoom Meeting ID: 979 3016 6194. Passcode: ODDSTOW. Contact Laura on 07375 024115.

# April

## MON 07 Meet Spencer - A working Therapy Dog in Stowmarket



7pm



Free



Join us for a presentation from the wonderful Neil who works with therapy dogs nationwide. We will learn all about the incredible work they do and the wellbeing benefits they have on the community they work in. Neil will be asking for donations for the charity 'Therapy Dogs Nationwide'. He will also be bringing a therapy dog 'Alfie' to the session, to work his pawsome magic on us Oddfellows. Doors open at 7pm, refreshments will be served before the talk. Talk begins at 7.30pm. The Red Gables, Ipswich Road, Stowmarket IP14 1BE. Contact Laura on 07375 024115.

# May

## THURS 08 Afternoon Catch up at Cabbages and Kings In Stowmarket



1pm



As per menu



Come along to catch up with friends, a wonderful opportunity to meet new ones. This is a great way to book on to any upcoming events, make payments for trips and outings and put your name forward to volunteer. Refreshments bought at your own cost from the coffee shop. Cabbages & Kings, The Mix, 127 Ipswich Street, Stowmarket IP14 1BB. Contact Laura on 07375 024115.



## WED 23 APRIL Local Explore - Needham Market Village with Stowmarket



10.30am



Free



A morning out exploring the local village of Needham Market. A browse through the shops, a coffee and cake and learn a little about the history too. Refreshments at your own cost. We will meet at St John the Baptist Church on the high street for 10.30am. Book by Tuesday 1 April. St John the Baptist Church, High Street, Needham Market IP6 8AE. Contact Laura on 07375 024115.



# May

## THURS 15 Ballet for beginners seated and standing in Stowmarket

L 10.15am

£ Free



We will be learning the very basic movements, alignments and exercises for ballet.

The class will be both seated and standing. Ballet is such a fabulous form of exercise, strengthening your core, upper body, lower legs, ankles and posture. Tutus not required. Try Something new! Doors open at 1pm. 40 minute session, followed by refreshments. The Red Gables, Ipswich Road, Stowmarket IP14 1BE. Contact Laura on 07375 024115.



# June

## MON 02 Walk and Talk at Needham Lake with Stowmarket

L 10am

£ Free



A lovely walk around Needham lake, followed by refreshments at the 'Duck and Teapot'. A great way to connect with each other, the fresh air and some light exercise. We will meet at 10am outside the café to begin walking. For those just wanting to come for refreshments, please meet us at the café from 10.30am onwards. We will walk the easy access trail of about 1km. Refreshments are at your own cost. Parking available, toilets available and well behaved dogs welcome. Needham Lake, Coddensham Road, Needham Market, Suffolk IP6 8NU. Contact Laura on 07375 024115.

## MON 19 MAY Gin Tasting and Talk with Heart of Suffolk Distillery in Stowmarket

L 7.30pm

£ Free



Come join us for a wonderful talk and tasting from Heart of Suffolk distillery. The Heart of Suffolk Distillery was launched by husband and wife team Martyn and Karen Luke in February 2018, when a dream turned to reality. Both are local to the heart of Suffolk with Karen growing up just a half a mile from where the distillery has been established. This family-orientated company lovingly pot distil small batches of a London dry style gin with nine carefully chosen hand crushed botanical to create the modern, unique and refreshing taste. The Heart of Suffolk Distillery makes real gin for real people. Doors open at 7pm – talk starts at 7.15pm. Bring your wallets because we get 10% off any bottles bought on the night. Free event. Book by Wednesday 30 April. The Red Gables, Ipswich Road, Stowmarket IP14 1BE. Contact Laura on 07375 024115.

# June

THURS  
12

## Walking Tennis in Stowmarket



1.30pm



Members Free, Guests £5



We will be getting our 'Wimbledon' on and learning how to play walking tennis with Stowmarket tennis lawn club. An afternoon, of learning something new, having fun and gentle exercise. We will meet in the car park for 1.15pm at the tennis club, please make sure you bring a drink to stay hydrated. Book by Saturday 31 May. Stowmarket Tennis Lawn Club, Lakeside, Stowmarket IP14 1SX. Contact Laura on 07375 024115.



MON  
30

## Bingo with Fish and Chips in Stowmarket



7pm



As per menu



Eyes down lock in for bingo! Fish and chips will need to be pre-ordered at a cost for members as per menu. Please speak to Laura to book. Doors open at 7pm, grab a cuppa and the game begins at 7.30pm. Prizes to be won. Raffle night, so remember your change. Book by Friday 30 May. The Red Gables, Ipswich Road, Stowmarket IP14 1BE. Contact Laura on 07375 024115.



# July

MON  
07

## Walk and Talk at Needham Lake with Stowmarket



10am



Free



A lovely walk around Needham lake, followed by refreshments at the 'Duck and Teapot'. A great way to connect with each other, the fresh air and some light exercise. We will meet at 10am outside the café to begin walking. For those just wanting to come for refreshments, please meet us at the café from 10.30am onwards. We will walk the easy access trail of about 1km. Refreshments are at your own cost. Parking available, toilets available and well behaved dogs welcome. Needham Lake, Coddensham Road, Needham Market, Suffolk IP6 8NU. Contact Laura on 07375 024115.

MON  
14

## Explore Local - Hadleigh with Stowmarket



10.30am



Free



Explore the local town of Hadleigh. The historic town is fuelled with history, beautiful churches, bespoke small business and plenty of coffee shops. We will meet for 10.30am the Magdalen Road car park behind the back of the Co-op, parking is free for three hours. Book by Tuesday 1 July. Magdalen Road Car Park, Magdalen Road, Hadleigh, Ipswich IP7 5BB. Contact Laura on 07375 024115.



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SAT  
26

## Oddfellows Sports Day in Stowmarket



10.30am



Members £8, Guests £10



A fantastic full day of traditional sports day activities and some with a cheeky twist. This is all about celebrating sports, movement and good old fashioned competition. Egg and spoon race, welly wanging, shoot the hoop, relay race, Zumba and much more.

We will provide, tea or coffees, juice, biscuits, cake, strawberries and cream, cost includes one strip of raffle tickets per person. We kindly ask, to bring your own picnic for lunch, blankets and chairs. This is a full day event and will run until 3pm, with the first event starting at 11.15am. You must book on to attend by Friday 18 July. The Red Gables, Ipswich Road, Stowmarket IP14 1BE. Contact Laura on 07375 024115.





# Sudbury Events

## February 2025

MON  
10

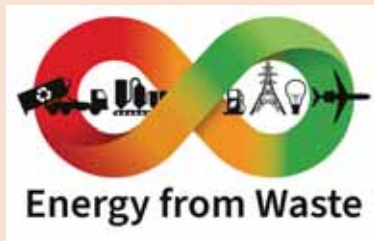
### A Visit to Suffolk's Energy-from-Waste Facility with Sudbury



10am



Free



Join us to find out what happens to all the black bin rubbish in Suffolk. This visit to the Suffolk Energy-from-Waste facility in Great Blakenham lasts approximately two hours and includes a presentation about waste in Suffolk, a visit to the facility's control room and a tour of the plant. Please note that the tour is not suitable for anyone with mobility issues or vertigo, due to the number of stairs and mesh walkways. Booking for this visit is essential as places are limited and should be made by Wednesday 22 January. Suffolk Energy-from-Waste Facility, Suez Recycling and Recovery UK, Lodge Lane, Great Blakenham IP6 0JE. Contact Helen on 07876 710053.

WED  
12

### A Few Suffolk Villages



2.30pm



Free



A visual tour around some of the lesser known villages in the beautiful county of Suffolk together with snippets on the history, unusual places and stories that they have. Why would you hang a horses tail from the eaves, where did the first trials of the hovercraft take place and where was a 60 acre lake dug by hand? These questions and more will be answered by Peter Tatum when he comes to give his talk. The Masonic Hall, North Street, Sudbury, Suffolk CO10 1NA. Contact Helen on 07876 710053.

WED  
26

### Bingo with Fish and Chips



10.30am



Members £6.50  
Guests £7.50



The return of our very popular Bingo with Fish and Chips event. Come along for a morning of fun and laughter with friends. Bingo will start at 10.30am followed by fish and chips at 12 noon. Booking for this event is essential and must be made by Wednesday 12 February. The Masonic Hall, North Street, Sudbury, Suffolk CO10 1NA. Contact Helen on 07876 710053.



# March

## **WED** **12** Lord Nelson and his Suffolk Connections

 2.30pm

 Free



Admiral Lord Nelson was High Steward of Ipswich. But did he ever live there? Several of the women in his life had close links with Suffolk. But which ones? Discover the answers, and other surprising connections, in this talk about England's greatest naval hero and the county bordering his birthplace. The Masonic Hall, North Street, Sudbury, Suffolk CO10 1NA. Contact Helen on 07876 710053.

## **THURS** **20** New Age Kurling with Sudbury

 10.30am

 Free



Join us for a new event for Sudbury Oddfellows, a game of New Age Kurling. Fun and laughter with friends, as we all learn together. We will split into teams to test our skills. Who will prove to be a natural? Refreshments will be served. Book by Thursday 6 March. Acton Village Hall, The Green, Acton, Sudbury CO10 0AT. Contact Helen on 07876 710053.



## **WED** **26** Hearing Dogs for Deaf People

 10.30am

 Free



We are delighted to be welcoming June with her dog Jade from Hearing Dogs for Deaf People, who will tell us about the work of the incredible hearing dogs that are trained to help change the lives of deaf people. This talk will include information about their Hearing Link services which gives help and support to people living with all levels of hearing loss. The Masonic Hall, North Street, Sudbury, Suffolk CO10 1NA. Contact Helen on 07876 710053.



# April

## **WED** **09** The Secret History of The Essex County Gaol

 2.30pm

 Free



Lindsay Whitehouse is our speaker this afternoon who will give his talk about the history of the prison in Chelmsford. It shines a light on those stories you never knew involving executions, scandals, corruption, and famous prisoners. Lindsay will reveal some very surprising links to national treasures and celebrities. The Masonic Hall, North Street, Sudbury, Suffolk CO10 1NA. Contact Helen on 07876 710053.

# April

WED  
30

## Suffolk Owl Sanctuary



10.30am



Free



Suffolk Owl Sanctuary, is a popular visitor attraction where you can learn about owls and other birds of prey from around the world. From the smallest of falcons to the largest of vultures, the diversity of their collection spans over 30 species. Behind the scenes staff and volunteers care for sick and injured wild birds of prey in their purpose built Raptor Hospital and install and monitor nest boxes across the local area. Susan Jones, their Education Officer joins us for an informative and entertaining talk. The Masonic Hall, North Street, Sudbury, Suffolk CO10 1NA. Contact Helen on 07876 710053.

# May

WED  
14

## Women's Land Army



2.30pm



Free



Wendy Shepherd is our speaker and she will take us back to life in a small village in Britain in WWII, creating a timeline of WWII and the Women's Land Army. Hear the story of this remarkable organisation including their training, accommodation, uniform and varied work related jobs. The Masonic Hall, North Street, Sudbury, Suffolk CO10 1NA. Contact Helen on 07876 710053.



# May

TUES  
06

## A Visit to the Suffolk Regiment Museum with Sudbury



10.30am



Free



The Suffolk Regiment was formed in 1685 and served in all major conflicts such as the Boer War, World War One and World War Two. The Regimental Museum was founded on the 250th anniversary of the creation of the Regiment and is now housed in The Keep which is the last remaining building of Gibraltar Barracks in Bury St Edmunds. Join Curator, Claire Wallace, for a tour of the recently redisplayed museum and learn about the Suffolk Regiment's role on D-Day. We will meet at the venue. Car parking is limited, so please car share where possible. Booking for this trip is essential as places are limited by Wednesday 23 April. Suffolk Regiment Museum, The Keep, Gibraltar Barracks, Newmarket Road, Bury St Edmunds IP33 3RN. Contact Helen on 07876 710053.

# May

## WED 28 The Herveys of Ickworth

🕒 10.30am 📅 Free



Allen Burbidge will present the story of the Hervey family, from the first Hervey who married local lass Jane Drury in 1253, to the 4th Marquess and his wife Theodora, from whom the house passed to the care of the National Trust. The talk is illustrated using slides of the paintings and objects in the Ickworth collection. The Masonic Hall, North Street, Sudbury, Suffolk CO10 1NA. Contact Helen on 07876 710053.

# June

## TUES 17 Boules at Acton

🕒 10am 📅 Free



Please join us for our annual game of boules. A fun morning with a bit of competition thrown in. Lots of laughs with friends are guaranteed. Who will be this years champions? You better start practising as there will be prizes for the winners. Book by Tuesday 3 June. Acton Village Hall, The Green, Acton, Sudbury CO10 0AT. Contact Helen on 07876 710053.



# June

## WED 11 Chutneyland

🕒 7.30pm 📅 Free



We are delighted to welcome Alison Davey who will talk about how she turned her hobby into a business after having a glut of green tomatoes. Alison has a dislike of food waste and will regularly find bags of fruit or vegetable on her desk at work or receive messages from people in her village who have more quince or medlars than they know what to do with.



Alison now makes about 20 different types of chutney, jam and marmalade and we will be able to sample some on the evening. If you like what you try, the products will also be available to purchase. Book by Wednesday 28 May. The Masonic Hall, North Street, Sudbury, Suffolk CO10 1NA. Contact Helen on 07876 710053.

# June

WED  
25

## A History of Place Names



10.30am



Free



Place names. We see and use them every day, but how often do we stop and wonder what they mean? When we do, we normally find that they largely make no sense. Andre Mowbray's talk goes through their origins and meanings as well as the fascinating history behind them. The Masonic Hall, North Street, Sudbury, Suffolk CO10 1NA. Contact Helen on 07876 710053.



# July

WED  
09

## Tales of a Tour Manager



7.30pm



Free



Tonight, Cherry Mullins will be delivering her talk entitled 'Tales of a Tour Manager' which is a light hearted look at excerpts from over 35 years experience of being a European Tour Guide. Cherry's talk will be brought to life through a slide show, combining stories and poems of people and places she has encountered along the way. The Masonic Hall, North Street, Sudbury, Suffolk CO10 1NA. Contact Helen on 07876 710053.

# July

WED  
16

## Suffolk Adventure Golf



10.30am



Members £9  
Guests £10



Join us for a morning of fun at Suffolk Adventure Golf, which has a fantastic selection of



18-holes to challenge us all. We will spilt into teams of four and make our way around the course which includes Suffolk-themed holes and are all unique in design. After the golf, we can meet in the café for refreshments which will be at your own cost. Book by Sunday 22 June. Suffolk Adventure Golf, Joes Road, Cornard Tye CO10 0QB. Contact Helen on 07876 710053.

WED  
30

## A Morning of Racing with a difference!



10.30am



Free



A fun morning is guaranteed when Honest Tone, the bookie joins us for racing with a difference. With both wooden horses and battery operated pigs, lets see who will be lucky. Tokens will be given to everyone that takes part and the one with the most at the end is the winner. The Masonic Hall, North Street, Sudbury, Suffolk CO10 1NA. Contact Helen on 07876 710053.



# Colchester Social Lodge

## Exciting news for Colchester Branch

In October it became necessary for us to change venues at short notice. Fortunately we were able to find a lovely new venue in the town centre. The team at Lion walk church offered us a warm welcome and we have settled in to our new home. The caretaker and whole team have been very helpful and nothing is too much trouble for them. Happy days !



## Yum Yum Tree Fudge Factory Visits



In June and again in July (due to high demand) Colchester branch visited the family run fudge factory in Woolpit. A guided tour of the factory by the owner was very interesting, the smell in the fudge room was amazing. At the end of the tour there were 25 different flavours to try before buying. Needless to say a lot of purchases were made. A lovely lunch at the village tearoom followed. A perfect trip out.

## Sheringham Day Out

On 4th August Colchester members and members from across the District spent a lovely day in Sheringham as part of the RNLI celebrations. There was time in the morning to browse the shops, have a stroll along the sea front and have a leisurely lunch. In the afternoon we were treated to a wonderful band concert by Oddfellows brass held in the local church.



## Friendship Month Thames River Cruise

As part of friendship month 53 members from Colchester branch enjoyed a day in London on a river cruise from Westminster pier to Greenwich. The cruise was relaxing with an informative and funny commentary by the captain. At Greenwich there was a chance to walk up to the Observatory and enjoy the stunning views over London. The Cutty Sark and shop were also visited as well as the pubs for an enjoyable lunch. A good time had by all!



## Colchester Branch supporting Ukraine Appeal

Colchester branch has been supporting the Harwich/Ukraine support project for over a year now and concluded with another Christmas hamper being raffled to raise funds. Members and friends continue to donate cash to raise money for fuel to drive the lorries to Ukraine laden with donated aid. Some members have carried on knitting throughout the year and many baby items such as warm blankets, hats and mittens have been given to Diana's friend Tony Elliston, Chairman of the project. Tony has travelled to Ukraine many times now taking the aid directly to where it is most needed. Thanks to all those that have donated cash and goods.



## Wednesday Walkers

The Colchester Wednesday walkers have had another good year of walks in 2024 with Paul continuing to find varied and interesting walks for us all to enjoy. As well as the walks we have enjoyed some lovely well-earned lunches in various pubs and tearooms. An excellent chance to rest and chat with friends.



*Walkers enjoying tea and donuts at Diana's beach hut.*



*A bridge too far? No just the way to the pub!*

# St Edmundsbury Social Lodge

**In a blink of an eye and that's 2024 gone by. I do hope you have enjoyed social events and can't wait to see what we have on offer for you all this year.**

## **So what's new for 2025?**

Well we are continuing with our favourite events, The Tuesday talks, games and craft afternoons, coffee mornings over in Brandon and Newmarket, film club and Kurling afternoons but adding in, a music afternoon, Ladies Day at the Races, Trip out to Thetford museum, a nature walk, cream teas, a show at the Theatre Royal, Salsa/exercise session, ploughman's lunch and Lackford Lake Bird Walk to name but a few.

Remember to book early to avoid disappointment as some events have limited spaces.

I would just like to take this opportunity to thank all the member volunteers for all their hard work without whom I

would not be able to offer such a varied program of events.

**Yours in Friendship  
Jacky**



*Members relaxing out on the lake at Fairhaven.*



*Private tour of the local Guildhall.*



# Stowmarket Social Lodge

**Happy New Year from Stowmarket Oddfellows! What an exciting six months it's been, the Clacton air show, panto, meals out, talks and Oddfellows holidays galore, I'm not sure how we fit it all in!**

Now as we begin to look forward to the next 6 months, you will be pleased to know we have a variety of events on offer, from wildlife talks, pancake days, walking tennis, ballet and village discovery days. We also have a four legged friend coming to visit, a drumming workshop on the cards and a gin tasting master class with a special discount just for us Oddies. We are hosting our first zoom quiz, online for anyone to attend!

As always we are trying new things and discovering more about ourselves and each other. As we move forward, we kindly remind people to pay on time and once a deposit has been secured, these are non-refundable. We ask that members preferably pay by card and within a timely manner. Please don't arrive too early for events, most often the not, we need extra time to set up the room so it is safe and welcoming for everyone to enter.

We are beginning to collect donations from the tea and coffee as we raise money for the Alzheimer's Society, a charity that provides support and guidance to so many people. So from Stowmarket Oddfellows, we wish you a happy, healthy and an adventurous new year.



# Sudbury Social Lodge

**What a fantastic 6 months we have had at Sudbury Social Lodge. Some fantastic speakers, wonderful trips out and of course lots of new friendships made. Thank you to you all for making us such a welcoming, friendly lodge and for supporting everything we do.**

We have lots of events lined up in this next diary. Boules, Bingo with Fish & Chips and some very entertaining speakers are all back and we have some new events lined up. Racing with a difference will see the pink pigs and wooden horses travel over from Bury for a morning of fun and we will also try our hands at kurling when we make another visit to Acton village hall. A

visit to the Suffolk Regiment Museum, a game of mini golf and a visit to the 'energy from waste' facility can also be booked. I know there will be something for everyone in this varied range of activities.

I would like to say a huge thank you to all of the social committee who give so much time to help me in organising and running all of our events. I really could not do it without you. And a final thank you to the volunteers who help with tea and coffee and the moving of chairs at the events.

I look forward to seeing you at a meeting or trip out very soon.

**Helen Patel**



*Friends in Woolpit – Sudbury.*



*Having fun with friends at the greyhound racing – Sudbury.*



*Our trip to Woolpit – Sudbury.*



*Sheringham – Sudbury.*



# Make the most of your membership



## Your membership provides you with a great range of benefits...

**Standard £25 a year membership\* gives you access to...**

- Local social events
- Care & Welfare Helpline
- Oddfellows Travel
- Oddfellows news by email
- Branch Care & Welfare Support
- Oddfellows Citizens Advice Line
- Money saving partner offers
- Benevolence Grants
- Emergency Financial Aid (Household)
- Convalescence & Carer Support (after 2 years' membership)
- Accidental Death Benefit
- Legal Aid Scheme
- Educational & Apprenticeship Awards
- 24/7 access to our historical online archive

**£35 a year membership\* provides you with additional benefits of...**

- Optical benefit of up to £30 every second year of membership (after 1 year's membership)
- Dental benefit of up to £30 every membership year (after 1 year's membership)

For more information visit: [www.oddfellows.co.uk/benefits](http://www.oddfellows.co.uk/benefits).

\*Terms and conditions apply to all member benefits and services.

For full details, visit [www.oddfellows.co.uk/terms-conditions](http://www.oddfellows.co.uk/terms-conditions), or call us on 0800 028 1810.

# Oddfellows Members: Do you need help?



**None of us know what is around the corner...**

## **Bury St Edmunds and Colchester District Lodge Local Care and Welfare Support**

To request contact from a Welfare Visitor and local help and information about lodge benefits and benevolence contact your Social Lodge Welfare Coordinator.

## **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](mailto: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](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**

**EDCWA50223**

## A brilliant Baltic experience

**In late June, 17 Oddfellows from across the country met in Dover to board Fred. Olsen's Borealis and set sail to discover the delights of the Baltics.**

### Lots to see and do

During their 14 nights, the Oddies crew, made up of members from Ipswich, Norwich, Leeds, Worcester, Derby and Tunbridge Wells, visited seven different ports throughout the region, stopping off in Germany, Poland, Sweden, Estonia and Finland.

There was plenty on offer, with organised excursions and chances to explore independently at each stop-off.

On board there were interesting talks, crafts sessions and plenty of opportunities to simply find a quiet corner with a book.



*Warnemünde, Germany*

Ipswich Oddfellows member and host for the fortnight, Wendy Atkins, said:

"We experienced mostly fair weather but more importantly calm seas.

"In each of the ports we observed maritime traditions, stories of war-torn devastation, magnificent architecture and saw evidence of Russian aggression."

### On-board Oddfellowship

Wendy added: "Our group sat together for dinner where we were able to share the experiences of the day and to learn more about Oddfellowship. New friendships were made!

"The Oddfellows party had two organised get-togethers – a welcome hot chocolate and coffee meeting as we sailed and a drinks party when members were able to get to know one another.

"In the evenings there was varied entertainment in the main theatre but also music in the bars to suit all tastes. Of course, there was plenty to eat and drink too!"



*Dressed for dinner*

### Travel in good company

With Oddfellows Travel group holidays, you can travel in confidence and great company. All our group holidays are hosted by an Oddfellows member and we only work with experienced travel partners that we trust.

For more information about Oddfellows Travel and to read the full review go to [www.oddfellows.co.uk/travel](http://www.oddfellows.co.uk/travel)

## Our biggest celebration of friendship yet!

**The Oddfellows' CEO, Jane Nelson, has expressed her thanks to everyone involved in making 2024's Friendship Month a huge success:**

"Once again I am so proud of each and every person at our brilliant Branches for all the efforts they have put into making this year's Friendship Month so wonderful.

"It's hard to believe that this is the 15th time we've claimed September as our month-long celebration of all the benefits

of friendship, but it's safe to say it's been our biggest yet, with over 300 taster events throughout the country – that's a huge amount of work!

"Coffee mornings, walks, talks, music events, meals, games, quizzes, day trips – whatever it might be, you've pulled out all the stops to let the nation know that we're here and ready to offer support, fun and friendship to all."



*A day trip to Provender House with Canterbury Oddfellows*



*Mersey Oddfellows took a walk in Birkenhead*



*Brighton and Sussex Oddfellows enjoying a coffee morning*



*Bury St Edmunds Oddfellows getting crafty*





*Cakes galore at Halifax Oddfellows*



*Friendship and laughter at Ipswich Oddfellows*



*Humber Wolds Oddfellows' Teatime get-together*



# Our survey said...

**Earlier this year, we asked a random sample of members about their experience of being an Oddfellow. Thank you to the near 1,500 who took the time to respond to our survey. We really value your thoughts and opinions as they help us to ensure we can continue to improve on what we do.**

In terms of overall membership satisfaction, with 10 being 'completely satisfied' and one 'not at all satisfied', the average member gave a score of 8.6, which is wonderful to know. This score is better than the average of other organisations that carry out a similar survey, and is something the Society is very proud of.

Using the same scale, members indicated they were most satisfied with the friendliness and supportiveness of their Branch (8.9), the way their Branch communicates with them (8.9), and that their membership represents value for money (9). Perhaps unsurprisingly, those who indicated they were most satisfied with the friendliness and supportiveness of their Branch, and the face-to-face events on offer, were the most likely to recommend the Oddfellows to someone else.

People also told us why they joined, revealing that the most popular reasons were because friends or family suggested it (55.1%), to attend social events (45.1%) and to make friends (43.6%).

Our monthly meetings are always friendly. We always enjoy some sort of activity and have an uplifting afternoon.

Would be quite nice to be reminded of exactly what benefits are now given/provided. I've been a member for so many years that I have lost track.

I love all the events. My life would be empty and lonely without Oddfellows.

We were also pleased to receive feedback on how we can improve. One thing a number of members suggested we could change is their ability to claim for payment plans against their Dental and Optical Care Benefit. We're pleased to say that this is now possible.

It was also suggested that awareness of support, offers and benefits is quite low, with some members not understanding what they are entitled to.

To learn more about your membership entitlements, go to [www.oddfellows.co.uk/benefits](http://www.oddfellows.co.uk/benefits). Terms and conditions apply.



# Colchester At a glance

## February 2025

<b>Wed 5</b>	Colchester Wednesday Walkers	11am
<b>Mon 10</b>	Colchester Coffee Morning - Speaker	10.30am
<b>Tues 25</b>	Colchester Afternoon Social	1.30pm

## March

<b>Wed 5</b>	Colchester Wednesday Walkers - Along the seafront	11am
<b>Mon 10</b>	Colchester Coffee Morning - Speaker	10.30am
<b>Tues 25</b>	Colchester Afternoon Social - Talk	1.30pm
<b>Sat 29</b>	Annual Summoned Meeting	10.30am

## April

<b>Wed 2</b>	Colchester Wednesday Walkers - Strood to West Mersea	11am
<b>Mon 14</b>	Colchester Coffee Morning - Speaker	10.30am
<b>Tues 22</b>	Colchester Afternoon Social - Oddies Cinema	1.30pm

## May

<b>Wed 7</b>	Colchester Wednesday Walkers - Bluebell	11am
<b>Mon 12</b>	Colchester Coffee Morning - Radio Caroline	10.30am
<b>Thurs 15</b>	Colchester Day Out	9.30am

## June

<b>Wed 4</b>	Colchester Wednesday Walkers - Dedham	11am
<b>Sun 8</b>	Colchester Summer BBQ	12.30pm
<b>Tues 24</b>	Short Day Trip to Hyde Hall	10am

## July

<b>Wed 2</b>	Colchester Wednesday Walkers - Fingringhoe	11am
<b>Mon 14</b>	Colchester Coffee Morning - Speaker	10.30am
<b>Tues 22</b>	Colchester Day Out to Southwold	9.30am

# St Edmundsbury At a glance

Every Saturday

District Coffee Morning

10.30am

## February 2025

<b>Tues 4</b>	News Talk	10am
<b>Thurs 6</b>	Newmarket Coffee Morning	11am
<b>Wed 12</b>	Craft and Games Afternoon	1.30pm
<b>Fri 14</b>	Brandon Coffee Morning	11am
<b>Mon 17</b>	An Afternoon of Music, Dance and Merriment	2pm
<b>Thurs 20</b>	Film Club Afternoon	1pm
<b>Wed 26</b>	New Age Kurling Afternoon	1.30pm

## March

<b>Tues 4</b>	Medical Detection Dogs	10am
<b>Thurs 6</b>	Newmarket Coffee Morning	11am
<b>Wed 12</b>	Craft and Games Afternoon	1.30pm
<b>Fri 14</b>	Brandon Coffee Morning	11am
<b>Mon 17</b>	Ladies Day at the races	1.30pm
<b>Thurs 20</b>	Film Club Afternoon	1pm
<b>Wed 26</b>	New Age Kurling Afternoon	1.30pm
<b>Thurs 27</b>	Ancient House Museum Thetford	9.30am
<b>Sat 29</b>	Annual Summoned Meeting	10.30am

## April

<b>Tues 1</b>	The Botanic Garden in Bury St Edmunds	10am
<b>Tues 1</b>	Theatre Royal Visit 'Sophia'	7pm
<b>Thurs 3</b>	Newmarket Coffee Morning	11am
<b>Mon 7</b>	Walk to Natterer's Wood	10.30am
<b>Wed 9</b>	Craft and Games Afternoon	1.30pm
<b>Fri 11</b>	Brandon Coffee Morning	11am
<b>Mon 14</b>	Easter Themed Cream Tea	2pm
<b>Thurs 17</b>	Film Club Afternoon	1pm
<b>Wed 30</b>	New Age Kurling Afternoon	1.30pm

## May

<b>Thurs 1</b>	Newmarket Coffee Morning	11am
<b>Tues 6</b>	Burlesque, Me and the WI	10am
<b>Fri 9</b>	Brandon Coffee Morning	11am
<b>Mon 12</b>	Gentle Salsa and Exercise Morning	10am
<b>Wed 14</b>	Craft and Games Afternoon	1.30pm
<b>Thurs 15</b>	Film Club Afternoon	1pm
<b>Wed 28</b>	New Age Kurling Afternoon	1.30pm

## June

<b>Tues 3</b>	East Anglian Air Ambulance presented by Phil McGahan an EAAA Volunteer	10am
<b>Thurs 5</b>	Newmarket Coffee Morning	11am
<b>Wed 11</b>	Craft and Games Afternoon	1.30pm
<b>Fri 13</b>	Brandon, Walk, Talk and Cuppa	10am
<b>Thurs 19</b>	Film Club Afternoon	1pm
<b>Fri 20</b>	Suffolk Ploughman's Lunch	12 noon
<b>Wed 25</b>	New Age Kurling Afternoon	1.30pm

## July

<b>Tues 1</b>	A Glimpse of Eternal Snows by Jane Wilson-Howarth	10am
<b>Thurs 3</b>	Newmarket Coffee Morning	11am
<b>Fri 4</b>	Bird and Nature Walk at Lackford Lakes	10am
<b>Wed 9</b>	Craft and Games Afternoon	1.30pm
<b>Fri 11</b>	Brandon, Walk, Talk and Cuppa	10am
<b>Thurs 17</b>	Film Club Afternoon	1pm
<b>Wed 30</b>	New Age Kurling Afternoon	1.30pm

# Stowmarket At a glance

Every Monday	Lunch Club in Stowmarket	11am
Every Monday	Better Balance Classes in Stowmarket	2.30pm
Every Thursday	Better Balance Classes in Stowmarket	2pm

## February 2025

<b>Tues 4</b>	Cinema Club in Stowmarket	11am
<b>Mon 10</b>	We Drum - Drumming Workshop in Stowmarket	7pm
<b>Mon 24</b>	Walk and Talk at Needham Lake with Stowmarket	10am

## March

<b>Tues 4</b>	Pancake Day in Stowmarket	12.45pm
<b>Mon 10</b>	Walk and Talk at Needham Lake with Stowmarket	10am
<b>Tues 11</b>	Wild Life Talk in Stowmarket	7pm
<b>Sat 29</b>	Annual Summoned Meeting	10.30am

## April

<b>Thurs 3</b>	Zoom Quiz with Stowmarket	1.30pm
<b>Mon 7</b>	Meet Spencer - A working Therapy Dog in Stowmarket	7pm
<b>Wed 23</b>	Local Explore - Needham Market Village with Stowmarket	10.30am

## May

<b>Thurs 8</b>	Afternoon Catch up at Cabbages and Kings In Stowmarket	1pm
<b>Thurs 15</b>	Ballet for beginners seated and standing in Stowmarket	10.15am
<b>Mon 19</b>	Gin Tasting and Talk with Heart of Suffolk Distillery in Stowmarket	7.30pm

## June

<b>Mon 2</b>	Walk and Talk at Needham Lake with Stowmarket	10am
<b>Thurs 12</b>	Walking Tennis in Stowmarket	1.30pm
<b>Mon 30</b>	Bingo with Fish and Chips in Stowmarket	7pm

## July

<b>Mon 7</b>	Walk and Talk at Needham Lake with Stowmarket	10am
<b>Mon 14</b>	Explore Local - Hadleigh with Stowmarket	10.30am
<b>Sat 26</b>	Oddfellows Sports Day in Stowmarket	10.30am



# Sudbury At a glance

## February 2025

<b>Mon 10</b>	A Visit to Suffolk's Energy-from-Waste Facility with Sudbury	10am
<b>Wed 12</b>	A Few Suffolk Villages	2.30pm
<b>Wed 26</b>	Bingo with Fish and Chips	10.30am

## March

<b>Wed 12</b>	Lord Nelson and his Suffolk Connections	2.30pm
<b>Thurs 20</b>	New Age Kurling with Sudbury	10.30am
<b>Wed 26</b>	Hearing Dogs for Deaf People	10.30am
<b>Sat 29</b>	Annual Summoned Meeting	10.30am

## April

<b>Wed 9</b>	The Secret History of The Essex County Gaol	2.30pm
<b>Wed 30</b>	Suffolk Owl Sanctuary	10.30am

## May

<b>Tues 6</b>	A Visit to the Suffolk Regiment Museum with Sudbury	10.30am
<b>Wed 14</b>	Women's Land Army	2.30pm
<b>Wed 28</b>	The Herveys of Ickworth	10.30am

## June

<b>Wed 11</b>	Chutneyland	7.30pm
<b>Tues 17</b>	Boules at Acton	10am
<b>Wed 25</b>	A History of Place Names	10.30am

## July

<b>Wed 9</b>	Tales of a Tour Manager	7.30pm
<b>Wed 16</b>	Suffolk Adventure Golf	10.30am
<b>Wed 30</b>	A Morning of Racing with a difference!	10.30am