



the
Oddfellows
SINCE 1810
making friends, helping people

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www.oddfellows.co.uk

King's Lynn News and Views

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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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Thursday 9am to 11.30am
Appointment only



OddfellowsKingsLynn

Message from your Secretary

Last and certainly not least for this issue, may I just say a big THANK YOU to everyone who has contributed to our Facebook page during this difficult time.

Patricia who has continued with her weekly Friday write up. Roger has given us some fabulous detailed walks to try. We have been tempted to try out many

a new recipe (thank goodness for the exercise routines).

Our brains have had a good workout too, with all the quizzes. We have had fantastic photos of flowers, gardens, pets, and our DIY skills, along with pictures of our hobbies and past times. Thank you all.

Alison



Easter

Although we were all stuck at home, we still had fun with our Easter bonnet competition and pictured below are the two winners.



Patricia Sexton.



Richard Sexton.

Coffee Morning

Due to it's popularity, our office is no longer suitable for our coffee mornings. Basically, we have run out of space! As you may know, we hold our Coffee with Craft event at Waterside and these will continue, but we now need to find a venue to host our alternate coffee mornings. Does anyone have any ideas? Please let Alison know. Or are virtual coffee mornings the way forward?



Exercise Group

Here we are, proving that exercise in a group can be good fun. Time has permitted me to work out more exercises for us all. Visit our Facebook page or send an email to Alison and we will compile a list of what's happening.

Pat



What a lovely photo of Christina and Richard. They say a picture can paint a thousand words and I think that this one says what we are all about, showing friendship at its best, along with understanding, honesty and happy times.





Hopefully, we will be able to restart our popular walks soon, however they will be in smaller groups. Please exercise caution if you feel under the weather as we want to make sure that these events are safe.



Richard and Masie.



Pat and Masie.



Susan at West Acre Garden Centre.

Join the conversation@OddfellowsUK

Find us at  OddfellowsKingsLynn  OddfellowsUK

Missing you all!

Well, I can honestly say that I have missed you all!

The welfare team have worked hard during lockdown and my thanks go to them all for everything they have done.

May I please ask that WHEN I do return to the office, that if you do visit me that the following points are adhered to.

You wear a mask during your time with me. No more than two people will be allowed in the office at any one time, so with this in mind, I suggest that you ring me to make an appointment.

On entering and exiting the building, please use the hand gel provided. We will not be providing any refreshments, but should you wish to use the toilet, please sanitise all surfaces before and after using the toilet.

Liquid hand soap and disposable paper towels will also be there for you to use. Please do not visit if you feel unwell, as I don't want you to take offence if I ask you to leave. I know that you are all sensible and responsible people and would not wish to put others or yourself, at risk.

Alison



Roger Williamson.



Richard Sexton.

Luncheon Club

Our luncheon clubs were so popular, with an average of 30 people attending each fortnightly event. I really miss this and I am sure you do too, especially anyone who is living alone.

Perhaps if restrictions continue to be eased, we can reinstate these but on a much smaller scale. Maybe just six people at a time. Even if we do a buddy up scheme of six at a time going forward.



VE Day Celebrations





Social distancing doesn't mean no socials...

One of the great things about the Oddfellows is sharing good times with friends.

*Why not
join in?*

Although we can't see each other face to face right now, we're doing lots of great stuff online.

Visit www.oddfellows.co.uk/events/ to find out what's on this week or contact your local Branch.

Meet your Kings Lynn Care and Welfare Team

**The Oddfellows looking after you
Care, Advice and Support**



We would like to introduce you to our friendly Welfare Visitor team who are here to help you.



**Christine Prime
Welfare Visitor**



**Sandy Evans
Welfare Visitor**



**Patricia Sexton
Welfare Visitor**

Have you been unwell or in hospital, or find it difficult to get out to Oddfellows meetings and would like a visit for a cup of tea and a chat?

Are you living on your own and would like someone to keep in touch through a chat on the phone? Or do you just need a friendly 'listening ear' to offer a bit of support in a difficult situation?

You may just want to ask a simple question about any help available to you through the Oddfellows. Whatever your situation, our care and welfare team are here to do what they can to help – or to point you in the right direction – so do get in touch!

All our Welfare Visitors receive induction training and ongoing support, as well as regular care and welfare information updates. They undergo screening appropriate to their role and carry a photo ID badge, so you can be reassured about who they are when they visit.

To arrange for a Welfare Visitor to contact you, or for local help and information about Branch benefits or benevolence support, please ring Alison Schultz on **01553 776030** or email **alison.schultz@oddfellows.co.uk**.

National Oddfellows Helplines



As well as the help available at your local Branch, you can also contact our free, confidential national helplines.

Oddfellows Citizens Advice Line*



Call 0800 0149 821

(free to callers from any landline or mobile number)



Monday – Friday, 9.30am – 4.30pm

Email: oddfellows@manchestercab.org

Run by Citizens Advice for Oddfellows members, you can access free, confidential, independent advice on areas such as welfare benefits, money and debt, consumer problems, housing, and employment issues.

Citizens Advice is an independent advice agency and is solely responsible for all advice provided.

Care and Welfare Helpline*



Call 0800 0149 822

(free to callers from any landline or mobile number)



Monday to Thursday, 9.30am – 4.30pm, Friday, 9.30am – 4pm

Email: care@oddfellows.co.uk

Run by the Oddfellows Care and Welfare Department, members can access information and guidance on issues such as accessing health and care services, supported housing, support for carers, and planning for later life. The helpline will try and identify any Oddfellows benefits or services in the community which may be of help.

Our Oddfellows care, advice, support services and benefits* are available to all members from day one, except the convalescence and carer benefits which are available after two years of membership. If you would like more information ask your Branch Secretary for a copy of our '**Looking After You**' Care, Advice and Support booklet or visit our website page at

www.oddfellows.co.uk/benefits/care/

*Terms and conditions apply to all benefits. All Oddfellows benefits are non-contractual and may be withdrawn at any time without notice. Call 0800 028 1810 for details or visit www.oddfellows.co.uk/member-tcs

Make friends smile more often



Looking to make friends and meet new people - backed with a great range of benefits? Then find out more about the Oddfellows. With a warm welcome guaranteed, and a calendar of events at your local Oddfellows Branch, how much you get involved is up to you.

Join the Oddfellows for as little as £25 a year, or add extra benefits for £35 a year.*

£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* with the additional benefits of...

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

For more information or to join, call freephone **0800 028 1810**.

9am-5pm Mon to Thurs, 9am-4pm Fri, or visit www.oddfellows.co.uk/benefits.

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*Terms and conditions apply to all member benefits and services. For full details, visit www.oddfellows.co.uk/terms-conditions, or call us on 0800 028 1810.



the
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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. Registered Office Oddfellows House, 184-186 Deansgate, Manchester M3 3WB.

Time to say “Thank you!”



It's true that lights shine brightest on the darkest of days as, since the start of the Coronavirus pandemic, we've witnessed countless acts of kindness and the best of humankind.

Jane Nelson, CEO, says, “Oddfellows has its own very special brand of friendship which goes a long way in helping our members through some difficult times, and these past few weeks have been extremely difficult for so many people. We are incredibly proud of each and every one of our Branches and all our volunteers for the fantastic way that they all rose to the challenge, and we can't thank them enough for their efforts.”

As with other local organisations supporting older or vulnerable people, including many who live alone or who

are shielding, our volunteers make a huge difference to the scale of help we can offer, such as making welfare check-in calls, organising essential shopping and providing company through befriending and online events.

Once again, our most heartfelt thanks go to the individuals who have given their time freely to be a friend to those in desperate need. We will not forget your kindness, and we hope that their example continues to inspire many others to offer their help where possible, long into the future.

Interested in becoming an Oddfellows member volunteer? Speak with your Branch Secretary, or take a look at www.oddfellows.co.uk/benefits/social/volunteering/

Our emergency appeals

At times of crisis, the Society has always looked for ways to help. Which is why, when our friends in Australia were fighting against bush fires at the end of 2019, our members rallied to offer their support.



Reflecting on the donations, Oddfellows CEO Jane Nelson said: “Thank you again to all who have contributed to the Appeals, and for enabling those in need to receive the support they so desperately need, as well as to draw comfort from the knowledge that they have not been forgotten.”

We're pleased to tell you that the total amount raised by our members was £7,600. This money has gone directly to those affected, to help rebuild communities and provide valuable support.

We also launched our Coronavirus Emergency Appeal, in support of The Silver Line and the National Emergencies Trust's critical work during the pandemic. Both organisations work hard to ensure help and comfort is provided to those who desperately need it.



We'd love to see you at our online events

Just because you aren't able to come along to our usual face-to-face events at the moment, doesn't mean that you should have to miss out on all of the fun!

Lots of our Branches are hosting online events, open to members from across the country, through Facebook Live or Zoom video conferencing. Don't have a smartphone or a computer with a camera? There's a phone-in option as well, so it's accessible to all.

Whether you're looking for exercise motivation with our Seated Yoga class, hosted by Swansea and Bridgend, or you'd like to test your general knowledge with Ipswich's weekly trivia quizzes, there is something for everyone. If you're struggling to get set up on Zoom, our Branches are on hand to help.



Give your local Social Organiser a call and they can talk you through the process. It's a free-to-use video conferencing tool, and it's a great way for you to stay in touch with your fellow members.

Facebook is another option. Lots of Branches have their own Facebook page updated regularly with events, news, fun quizzes and a little bit of humour to keep us smiling through these tough times. If you haven't liked your local Oddfellows page yet, get in touch with your Branch Secretary to ask for the link.

Oddfellows Travel Unveiled

Despite there being restrictions on how and where we can travel at the moment, we're busy behind the scenes creating a brand-new line-up of short breaks, longer trips and cruises for 2021 under the new name Oddfellows Travel (formerly Active Travel Club).

Rest assured, we're still working with our trusted third-party travel partners, Fred. Olsen, Warner Leisure Hotels, Haven and Leger Holidays who are ABTA and ATOL

protected, so you can be confident your booking is in good hands.

When you're thinking about taking your next trip, don't forget to look at what we have to offer. Whether you're a foodie, a culture vulture or a history buff, we hope to have a holiday that you'll love.

Visit Oddfellows Travel at www.oddfellows.co.uk/travel

Boredom Busters

We've put together some fun puzzles to help distract your mind and pass the time. How quickly can you crack them?

Anagrams – rearrange the letters to guess the word!

Doledwolfs

Henisfirpd

Clodkonw

Behpmimers

Beefnits

Riddles

Can you guess the answers to these quarrelsome questions?

1. What has to be broken before you can use it?
2. What goes up, but never comes down?
3. What question can you never honestly answer yes to?
4. This belongs to you, but everybody else uses it. What is it?
5. How can a pocket be empty, but still have something in it?

Where is the ping pong ball?



Dingbats

What's this well-known phrase?

E Y E S

Answers:

Where is the ping pong ball? (C)

5. There's a hole in the pocket!

3. Are you asleep? 4. Your name

Riddle: 1. An egg, 2. Your age!

Dingbats: Eyes wide open

Membership, Benefits

Anagrams: Oddfellows, Friendship, Lockdown,