

October 2026 – March 2027



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

out & about

City of Norwich District Branch



Plantation Garden, Norwich



Social



Talks



Quizzes



Dining Out



Art/Crafts



Theatre



Meetings



Travel



Games



Walks



Coffee Morning
/Afternoon Tea



Please book



Lunch at the Hevingham Fox - Wednesday 11 November

We welcome all our members to the new edition of your Out and About for City of Norwich District Branch

Inside you'll find local and national Oddfellows news, information about our events, and plenty of useful information about your membership – so do have a read and keep it somewhere handy.

We have lots of great events coming up and we'd love to see you at one soon. All our events are open to everyone, so feel free to bring a friend or family member along.

Branches across the country also host a wide range of free online events, giving you the chance to enjoy friendship from the comfort of your own home. You can check out the

Contact Details

Address: 113A Reephams Road,
Hellesdon, Norwich NR6 5AB.

Telephone: Office 01603 482517

Branch venues, meetings and contacts can be found on page 15).

latest online events on our website at www.oddfellows.co.uk/online-events/

Remember, you can always find details of Branch events, member benefits and the latest Oddfellows news on our website at www.oddfellows.co.uk.

Everyone is welcome at most Oddfellows events. Even if you are not a member, we want to extend an invitation to you and your friends to attend events that take your fancy - we like to think that we can guarantee you a good time.

Following Brother Murrell's retirement, all correspondence should now be directed to:

**113A Reepham Road
Hellesdon
Norwich
NR6 5AB**

All telephone enquiries should be made to **01603 482517**
When the office is unattended, an answering service is available.

For some lunches prices and menus may be unavailable at the time of printing. Booking is essential and when you book we will provide you with the menu.

Online events you can enjoy

from the comfort of your own home...

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

Visit oddfellows.co.uk/events

Need help to attend an online event?

Just give your local Social
Organiser or Branch
Secretary a call or email
events@oddfellows.co.uk

OEM/1024A6



October 2026

WED 07 Lunch at The Farmhouse



12 noon



As per menu



Join us for lunch at The Farmhouse (corner of Southpark Avenue and Colman Road). Please arrive at 12 noon for 12.30pm and please pre-order by Wednesday 23 September 2026. You can pay on the day. Cost unfortunately, as with numerous other facilities, at the time of going to press, menu costs are not available. However, City of Norwich Branch members will receive a £5 discount payable at the year end. The Farmhouse, Colman Road, Norwich NR4 7EH. Please contact Anne on 01603 504783 or on her mobile 07702 677775.

FRI 23 Quiz and Chips



7.30pm



Members £10
Guests £12

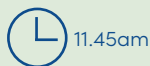


The ever popular quiz and chips evening will once more be taking place at 7.30pm sharp. Make or join a table of four. Cost includes fish and chips, tea or coffee and a free raffle. Please feel free to bring your favourite tippie. Book by Friday 16 October 2026. Oddfellows Hall, 113a Reepham Road, Hellesdon, Norwich NR6 5AB. Contact David on 01603 411636.

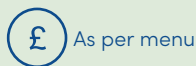


November

WED 11 Lunch at the Hevingham Fox



11.45am



As per menu



Join us for a friendly lunch at the Hevingham Fox. Friendly family dining with a good and varied menu, set in pleasant surroundings. Please note pre-ordering is required by Wednesday 28 October 2026. Please arrive at 11.45am for 12.15pm lunch, you can pay on the day. Cost unfortunately, as with numerous other facilities, at the time of booking menu costs are not available. However City of Norwich Branch members will receive a £5 discount payable at the year end. Hevingham Fox, Cromer Road, Hevingham NR10 5LY. Please contact Mary to reserve a place on 01603 485192.



November

THURS 19 An Interesting Talk with Solicitors Lucas and Wyllys



10am



Free



Join us for a coffee morning at 10am with a very interesting talk from the Solicitors Lucas and Wyllys with Gabby Riches-Smith and Dominic Pearson. Important information regarding Power of Attorney, Wills and Probate. Don't miss it! Please just let us know if you are coming! Oddfellows Hall, 113a Reepham Road, Hellesdon, Norwich NR6 5AB. Contact Maggi on 01603 411636.



December



TUES 15 Christmas Branch Meeting



2pm



Free



As usual the City of Norwich Branch will hold their Christmas meeting at 2pm at the Oddfellows

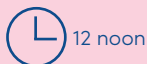


Hall. After which refreshments and nibbles will be served, all members are most welcome and an indication of numbers would be most helpful. Please contact the Secretary to confirm. Oddfellows Hall, 113a Reepham Road, Hellesdon, Norwich NR6 5AB. Contact Debra on 01603 482517 or Maggi on 01603 411636

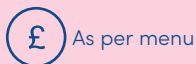
December



WED 09 Festive Christmas Lunch at The Cottage Pub



12 noon



As per menu



Festive flavours, cosy vibes and proper Christmas cheer, all wrapped up in one perfect pub lunch. Book your table, bring your friends and make it a Christmas to remember. Pre-order required and pre-pay please. Book by Wednesday 25 November 2026. Cost unfortunately, as with numerous other facilities, at the time of booking menu costs are not available. However, City of Norwich Branch members will receive a £5 discount payable at the year end. We look forward to seeing you. The Cottage Pub, 148 Thunder Lane, Norwich NR7 0JD. Contact Anne on 01603 504783.



January 2027

WED
27

Winter Warmers at Wensum Valley Hotel, Golf and Country Club

⌚ 12 noon

£ As per menu



Think cosy comfort, friendly faces and plates full of proper winter goodness. Its the kind of lunch that warms you up, slows you down and makes the day feel a bit brighter. Please arrive at 12 noon for a 12.30pm lunch. Cost unfortunately, as with numerous other facilities, at the time of booking menu costs are not available. However, City of Norwich Branch members will receive a £5 discount payable at the year end. Book by Wednesday 6 January 2027. The Wensum Valley Hotel and Golf Club, Beech Avenue, Taverham NR8 6HP. Please book with Maggi on 01603 411636, pre-order required.

March

SUN
14

Sunday Lunch at The Plough Inn

⌚ 12 noon

£ As per menu



Join us for Sunday lunch at The Plough Inn, where you will find big flavours, warm welcomes and that proper Sunday feeling, from golden roasties to hearty classics. The Plough Inn serves up the kind of lunch that brings everyone together. Choose from the Sunday carvery or main menu. Pre-order is not required. City of Norwich Branch members will receive a £5 discount payable at the year end. Marsh Harrier, Ipswich Road, Norwich The Plough Inn, Norwich Road, Marsham NR10 5PS. Please contact Mary on 01603 485192 to book by Sunday 28 February 2027.

February

WED
17

Friendly Lunch at the Marsh Harrier

⌚ 12.30pm



£ Two courses £19.95, Three courses £22.95

Join us at the Marsh Harrier for bright flavours, big smiles and that lively pub buzz that makes any



lunch time feel like a treat. Join us for tasty favourites, friendly energy and a proper pick me up in the middle of the day. City of Norwich Branch members will receive a £5 discount payable at the year end. Marsh Harrier, Ipswich Road, Norwich NR4 6DX. Please book by Wednesday 3 February 2027 by contacting Valerie on 01603 409401, pre-order is required.



Get the most out of your membership

As well as making friends and meeting new people, the Oddfellows offers a wide range of benefits to members.



From advice and financial aid through to travel opportunities, we provide a helping hand to make life a little easier. With your standard benefit membership, for £25 a year*, you have access to:

- Local social events
- Money saving partner offers
- Care and Welfare Helpline and local support
- Dedicated Oddfellows Citizens Advice Line
- Convalescence and Carer Support (after 2 years' membership)
- Benevolence Grants
- Member referral rewards scheme
- Access to group holidays and travel discounts
- Educational and Apprenticeship Awards
- 24/7 access to our historical online archive

If you're an extra benefit member, your £35 a year membership* enables access to additional benefits of:

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

Find out more about the benefits and support available

You'll find more information about member benefits in your member handbook. You can also call **0800 028 1810** 9am-5pm Mon to Thurs, 9am-4pm Fri, or visit www.oddfellows.co.uk/benefits

To make sure you receive our monthly emails for updates on benefits and offers, just email us with your full name, postcode and membership number (if you know it): membership@oddfellows.co.uk

*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 Oddfellows SINCE 1810
making friends, helping people

What is the Royal Osteoporosis Society?



The Royal Osteoporosis Society is the UK's leading charity dedicated to improving bone health and supporting people affected by osteoporosis. They provide trusted information, practical advice, and support to help people understand the condition, reduce their risk, and live well with stronger bones.

Their aim is to make sure everyone has access to clear, reliable guidance - whether you've been diagnosed, are worried about your risk, or simply want to learn how to protect your bone health for the future.

How can osteoporosis affect everyone?

Osteoporosis is often thought of as something that only affects older women, but in reality, it can affect men and women of all ages.

It causes bones to become weaker and more fragile, meaning they can break more easily - sometimes from a minor fall or even everyday activities. Many people don't realise they have osteoporosis until they experience a fracture, which is why learning the signs and risk factors is so important.

Factors that can increase risk include:

- Peri-menopause and menopause
- Ageing
- Family history
- Certain medications or health conditions
- Low activity levels

By learning more about osteoporosis early on, people can take positive steps to look after their bone health, stay active, and reduce the risk of future problems.

Drop in & learn more whilst enjoying a cuppa at The Oddfellows Hall on Reepham Road, on the First Monday of March, June, September and December, 2pm for a small donation of £3.

Join the conversation @OddfellowsUK

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

Find us at  **OddfellowsUK**



Interested in volunteering?

We couldn't run all our events without our wonderful volunteers. There are lots of ways you can get involved as a volunteer, from one-off help to regular support.

You can help us by:

- Welcoming members, guests and speakers at events
- Helping prepare teas/coffees
- Being the volunteer host at external events
- Organising events as part of a social committee
- Joining the Committee of Management
- Becoming a Volunteer Welfare Visitor or befriender

Want to deliver a new activity?

We encourage all our members to arrange events for other members and friends. If you'd like help to run a new event, like a book club, singing group, a one-off walk in the country or coffee morning, get in touch and we'll support you every step of the way.

If you're interested in finding out more about helping us as a volunteer, contact the local Secretary by phone on 01603 482517. When the office is unattended, an answering service is available.

"Supporting events as a volunteer makes me feel more committed to the Oddfellows and what I do. I enjoy meeting up with other members/friends, any outings that take place, the lunches and some of the talks are especially interesting".

Cynthia, volunteer



Oddfellows Members: Do you need help?

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

Local Care and Welfare Support

To request contact from a Welfare Visitor and for local help and information about Branch benefits and benevolence contact the Secretary on **01603 482517**.

Oddfellows Citizens Advice Line

Call 0800 0149 821*

(free to callers from any landline or mobile number)

Monday - Friday, 9.30am - 4.30pm

Email: oddfellows@citizensadvicemanchester.org.uk



Run by Citizens Advice for Oddfellows members, you can access free, confidential, independent advice on welfare benefits, money and debt issues, consumer problems, housing, fuel bills, employment issues and many other issues.

*The Oddfellows cannot provide legal advice and accepts no liability whatsoever for advice provided by Citizens Advice, which is an independent advice agency. If you have any queries about the advice you have received or wish to make a complaint then you should contact Citizens Advice directly. Citizens Advice operate a formal complaints process.

Care and Welfare Helpline

Call 0800 0149 822

(free to callers from any landline or mobile number)

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

Email: care@oddfellows.co.uk

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

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

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Members take centre stage

Look out for some familiar faces this autumn!

Throughout October and November, the Oddfellows is running an upbeat new advertising campaign across the UK aimed at reaching the nation's retirees.

Built around the theme of 'real people, real joy, real experiences', the campaign shines a spotlight on the authentic friendships and shared laughter found within our local groups.

Member models

Members from Leeds, Derbyshire Peak, Mersey, Handforth and Altrincham, Mid-Staffordshire, Nottingham Trent, and Ormskirk and Southport Oddfellows all stepped forward to help.

They spent an exciting day at a professional studio shoot in Manchester working alongside an experienced production crew.

"It was such a fun day," said Andrea Jenner from Derbyshire Peak Oddfellows. "There was lots of laughter and interaction with Oddfellows from other areas."

Carol Pitchford from Leeds Oddfellows agreed, adding: "It was lovely to meet up with a crowd of strangers who then became friends."



Spreading the word

The adverts will be appearing on Facebook and Instagram, online via Rest Less and in upcoming print editions of Saga Magazine, Yours, and Woman's Weekly.

Spokesperson for the Oddfellows, Pam Casey, said: "We wanted the campaign to reflect the real people at the heart of our Society. Our groups are places where people can simply be themselves, enjoy real companionship, and feel genuinely supported."

How you can help

While we hope this campaign inspires more retirees to give us a try, as members, you're our best ambassadors. If you know someone who would benefit from our social events, travel opportunities or welfare support, please encourage them to head to www.oddfellows.co.uk/retirement to find out more.

Celebrating our 2026 Making a Difference Award winners

We are thrilled to announce this year's incredible Making a Difference Awards winners: Richard West of the Royal Berkshire Branch in the Reading District, and husband-and-wife duo Roger and Susan Williamson of the King's Lynn and West Norfolk District.

The Awards highlight the wonderful ways our members go above and beyond to ensure their branches are the best they can be for their fellow members.

Richard West: Reading's 'guardian angel'



Debbie Jex and Richard West

Presented with the 'Enriching Lives Socially' Award by Deputy Grand Master (Deputy Chair) Debbie Jex, 88-year-old Richard West helps to bring joy and positivity to his fellow members in all he does in organising and hosting social events.



Since joining the Reading District in 1992, Richard has worked tirelessly to build a varied and exciting social programme for his fellow members.

Alongside his late friend Doug Walters, Richard helped establish popular singing and exercise groups, and even relaunched a folded group in the nearby village of Pangbourne, which is now in its tenth year.

From coordinating monthly quizzes to organising glamorous annual trips to the Ascot Races, Richard pours his heart into everything he does.

For many, his efforts have been transformative. "We have a number of ladies who say the choir has become a lifeline for them," Richard shared. "I like seeing them enjoy themselves. You can see how it benefits them individually."

Debbie Jex is also Reading Oddfellows' Branch Secretary. She added: "I don't know where we'd be without Richard. His energy is boundless and his enthusiasm even more so. One member has even described him as a 'guardian angel'."

Roger and Susan Williamson: A wonderful team



(L to R) Roger Williamson,
Susan Williamson, John Mann
and Alison Schultz

The Oddfellows' Grand Master (Chair), John Mann, presented the 'Achieving Together' Award to Roger and Susan Williamson. Both in their 80s and Oddfellows members since 2008, the couple's commitment and kindness are renowned at their Branch.

Both take a seat on the King's Lynn Oddfellows' Committee of Management, ensuring members' voices are always at the heart of decision-making.

Roger, a Trustee and three-time Past Provincial Grand Master, hosts walks,

bingo sessions for up to 40 members, and a popular monthly quiz.

Meanwhile, Susan coordinates the kitchen, manages supplies, and runs the raffles.

The couple were incredibly modest about their win. "Initially, I thought it was a joke because the letter turned up on the first of April," laughed Roger.

Susan added: "We're only doing what anybody else would do, but it's nice to know that people appreciate it. To win the award together is special."

Branch Secretary Alison Schultz praised their selflessness, saying: "They offer friendship to so many in the way Oddfellows should, and treat everyone with consideration, kindness and compassion."

Shining examples

Richard, Roger and Susan are proof that our Society thrives because of the generosity and warmth of our members.

Thank you to all who go above and beyond to help and support others within their Branch.

You can find out more about
our Making a Difference Awards,
including previous years'
winners, at [www.oddfellows.co.uk/
makingadifference](http://www.oddfellows.co.uk/makingadifference).

It's never too early to talk about money

At Unity Mutual, the Oddfellows' financial services brand, we believe it's never too early to talk to the young people in our lives about their finances.



Today's younger generations have a lot to consider, with rising costs, student debt and spending temptations online. Simple chats about saving, budgeting and planning ahead can help young people feel more confident about money as they grow and become more independent.

Passing on more than money

Helping younger family members financially is wonderful, but sharing knowledge can be even more valuable.

Explaining different saving tips, how debt works, or pensions and retirement, gives younger generations practical lessons they may not hear elsewhere. Even small conversations can leave a lasting impression.



Don't wait to save

One way to encourage good saving habits is through a Unity Mutual Junior ISA*, which allows children to start saving and is a great way to introduce them to finances and investment.

Opened by a parent or guardian, family and friends can contribute up to £9,000 per tax year, with any growth free from UK tax. All the money saved belongs to them and once they reach the age of 18 can be put towards things like university costs, driving lessons, or even a deposit on their first home.

Making money conversations normal

The best financial lessons are often the simplest ones. Talking openly about saving for goals, comparing prices, or handling debt helps children develop healthy habits.

Younger family members are more likely to feel confident about money if the adults around them discuss it calmly and honestly.



To find out more about Unity Mutual and the products we offer, visit www.unitymutual.co.uk or call 0161 214 4650.

***Terms and conditions apply to all our products. Capital at risk with investment products.**

Branch venues, meetings and contacts

We regularly hold meetings in your area and all members are welcome to attend. The purpose of the meetings is to share and discuss the business of the Branch, including the sick and distressed of the Branch.

Subjects include finance, social planning, care development, publicity and promotion. This is a fine opportunity to get to know other members and committee members, as well as make new friends. Some meetings finish with a social activity. Listed below are the regular meetings of the Branch. Please contact the relevant Branch secretary for further details.

City of Norwich

Meeting in Hellesdon, Norwich

Address: 113A Reepham Road, Hellesdon, Norwich NR6 5AB.

Telephone: Office 01603 482517

IMPORTANT: Please remember that the meeting time of the City of Norwich Branch throughout the year is 2pm on a Tuesday every four weeks. Oddfellows Hall, 113A Reepham Road, Hellesdon, Norwich NR6 5AB.

Tuesday 20 October

Tuesday 17 November

Tuesday 15 December

Tuesday 12 January

Tuesday 9 February

Tuesday 9 March

Business Meetings

These follow a conventional format covering the minutes, correspondence and accounts. In addition, there are three items particular to the Oddfellows which should be covered.

The first is a report of any members who are sick, distressed or in any other way may be in need of help. The second is matters pertaining to the local Branch, District or Society.

The third is membership recommendations. There is also a 'member's slot' for members to raise matters of personal interest. The meeting may or may not involve a formal ceremonial element. For further details feel free to contact the Secretary of the relevant Branch.

At a glance

October 2026

Wed 7	Lunch at The Farmhouse	12 noon
Fri 23	Quiz and Chips	7.30pm

November

Wed 11	Lunch at the Hevingham Fox	11.45am
Thurs 19	An Interesting Talk with Solicitors Lucas and Wyllys	10am

December

Mon 7	Osteoporosis Meeting with Guest Speaker	2pm
Wed 9	Festive Christmas Lunch at The Cottage Pub	12 noon
Tues 15	Christmas Branch Meeting	2pm

January 2027

Wed 27	Winter Warmers at Wensum Valley Hotel, Golf and Country Club	12 noon
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February

Wed 17	Friendly Lunch at the Marsh Harrier	12.30pm
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March

Mon 8	Osteoporosis Meeting with Guest Speaker	2pm
Sun 14	Sunday Lunch at The Plough Inn	12 noon

**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

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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.
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