



the
Oddfellows
making friends, helping people

SINCE 1810

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www.oddfellows.co.uk

St Marnock News and Views

News and views from your local friendship group

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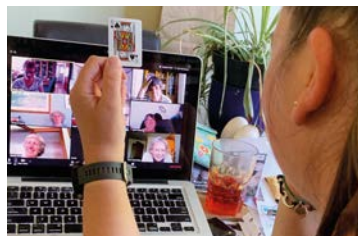
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National Online Events



Welcome to the latest edition of St Marnock News and Views.

It's a pleasure to bring you this Spring edition of our Newsletter and to extend a warm welcome to all our new members who will be receiving this publication for the first time.

Things are a bit different at the moment, which means that our events programme has been paused until the virus restrictions are eased. We'll keep you posted about what's happening as we go along. Our hope is to host outdoor events such as walks and picnics before resuming our indoors programme.

In the meantime, Oddfellows groups around the UK offer a diverse programme of online events. Many of these are outlined elsewhere in this Newsletter - everyone is welcome to join in. We look forward to seeing you in person at the very

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first opportunity. In the meantime, we send you our very best wishes.

Amanda and Shirley

Our New District Secretary

Following the recent retiral of David Stewart as our District Secretary, we offer a warm welcome to David Fleming who takes up the position. David graduated from The University of Strathclyde with an LLB in Law, before completing the Diploma in legal practice at the Glasgow Graduate School of Law. He completed his legal traineeship in Glasgow and Edinburgh before returning to his native Kilmarnock.

David worked with a local firm before joining Carruthers Curdie Sturrock & Co in early 2016 and was assumed as Partner in May 2018. David is a keen golfer and can be found most weekends on the



Links at Kilmarnock Barassie Golf Club. When not at the golf club, David likes to keep fit by going to the gym and walking his two dogs.

Donation to Maggie's Centre Dundee



Each year St Marnock District donates money to charities nominated by our members. One of the recent recipients is the Maggie's Centre based at Ninewells Hospital in Dundee.

East of Scotland Events Organiser, Amanda Fraser, is pictured handing over a cheque for £400 to Centre Head, Karen MacKinnon.

Amanda has been undergoing treatment for breast cancer since December 2019 and the Maggie's Centre has provided a welcome refuge away from the hospital environment. She was delighted to hand over the cheque to this worthy charity by way of grateful thanks for all the support offered.

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 Yvonne Rice on **01563 572727** or email yvonne.rice@oddfellows.co.uk.

Oddfellows Citizens Advice Line

Call 0800 0149 821*

(free to callers from any landline or mobile number)

Monday - Friday, 9.30am - 4.30pm

Email: oddfellows@manchestercab.org



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

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

Care and Welfare Helpline

Call 0800 0149 822

(free to callers from any landline or mobile number)

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

Email: care@oddfellows.co.uk

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**

Oddfellows spirit shines throughout Friendship Month 2020

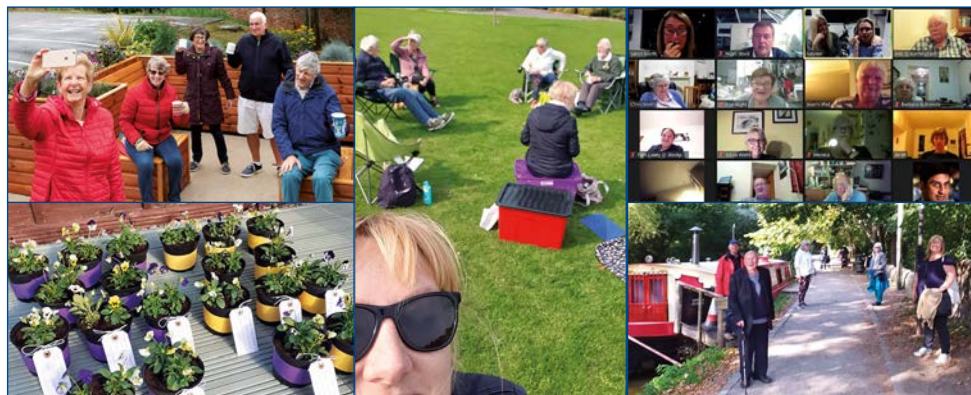
Friendship Month looked very different this year, with many of our events held online, or restricted to a maximum of six people meeting face-to-face. However, we couldn't be more proud of the way that the Oddfellows spirit shone through, as we once again celebrated the power of friendship.

**ODDFELLOWS
FRIENDSHIP MONTH
1 - 30 SEPTEMBER**



events, Zooming across the country to link up with members and guests all over the UK! We've picked out a selection of our favourite pictures from September, to share with you a little warmth and happiness during these cold and difficult days. We know how important face-to-face events are to our members and as soon as Branches are able to safely hold these again, we will let you know.

If you have any pictures from an Oddfellows event that you'd like to share with us, feel free to tag us in them on Facebook! We're at www.facebook.com/OddfellowsUK



Ipswich Oddfellows celebrate the launch of a new Friendly Bench, Boston and Lincoln Oddfellows plant some seeds of friendship with their potted plants, Derbyshire Peak Oddfellows host a picnic in the park, Stockport and Combermere Oddfellows network with a Zoom guest talk from local radio stars and Bradford Oddfellows enjoy a stroll along the canal.

A year like no other...

2020 has been a year unlike any I've experienced before. In March, we entered our first lockdown. Among many others, it placed restrictions on how we could spend time with friends and family, make visits to loved ones in hospitals and care homes, and even how we all earn our living.

Most devastatingly, many people were held back from saying a proper, supported farewell to those friends and family members who passed. My heart goes out to anyone who has lost someone special in the recent months. I know from personal experience how difficult it is, so if you need any comfort or help please remember to lean on us.

Coming together

It's human nature to come together in a time of crisis – to squeeze a hand, to offer a shoulder to cry on, to hug, or to simply sit side-by-side. However, despite it all, we are finding ways around things, as best we can. Nothing will ever stop us resourceful Oddfellows from giving comfort and support to each other and those in desperate need.

This year, I've witnessed compassion and human kindness on a scale I've never known within the Society before, and this has really lifted me on my difficult days.



Being there for each other

I hope that if you needed help this year, you received it. I know that the staff and volunteers in our Branches have worked flat out to make sure members know they have someone to turn to. They've made thousands of calls and sent thousands of emails to check in with members and see if any help is needed. This has meant that many members were able to access critical food and medical supplies, as well as financial and emotional support. So, if anything is troubling you, please make sure you get in touch.

Keeping spirits lifted

I've seen some incredible innovation to keep spirits lifted and people connected. We'd only hosted a few online events here and there before 2020, but we're now broadcasting talks, quizzes, and even fitness sessions, straight into people's front rooms almost daily. I know online

events won't ever replace getting together in person, but they're a wonderful way to make sure we can still keep in touch, safely. I do hope you try one if you haven't already. I've also been kept in the loop on so many unexpected acts of kindness from members and Branches, such as quizzes and puzzles being posted through letterboxes, and afternoon tea hampers and flowers being dropped off on members' doorsteps. Such small gestures make a huge difference to people, so if there is anything you can do to keep this going, then please do. Kindness is infectious.

Helping others

Oddfellows have always looked further than their own front door when it comes to charitable giving, and this year was no exception. In spring, a nationwide appeal to raise critical funds for The Silver Line and the National Emergencies Trust resulted in a donation of £19,210. It helped some of those hardest hit by the coronavirus pandemic. £7,600 was also raised and sent overseas to help Australian people to rebuild their lives following the 2019/2020 bushfires.

We know there have been countless other examples of charitable giving made by members and Branches this year, so thank you for helping where you can, and being wonderful ambassadors for our Society. I would also like to give a special mention to this year's four Making a Difference Award winners, members Margaret Wells, Barry Bedford, Bruce Nicole and our youngest to date,

seven-year-old Effie Bowman. Our Society is powered by the hard work and selflessness of such wonderful members. Huge congratulations to them and all who were nominated. Shortlisting these awards is such a difficult task, but it's an absolute joy to know that we have so many members out there living and breathing our motto of friendship, love and truth.

A truly special family

Looking forward to 2021, please try and stay positive. We have news of a vaccine, and therefore hope that we can be back together again, and that we can resume our daily lives with less fear, difficulty and uncertainty.

I've always known this, but the events of 2020 have confirmed just how caring, supportive, generous, friendly, and resourceful our Oddfellows family is. I am immensely proud to be a member of something so incredibly special and purposeful. I do hope you feel the same. Please accept my very warmest wishes for a happy and healthy New Year. Until we're all able to meet together freely again, let's stay in touch. We're always here if you need us.

Take care, stay safe and stay well.
Yours always in friendship,

Jane Nelson
CEO, the Oddfellows

Lupus research pushes through pandemic

2020 has seen our second instalment of the HA Andrews Memorial Fund given to the research team at the Lupus Trust. The £28,000 donation supports the day to day running of the team, which includes Bekki Velounias, who is currently working towards completing her PhD through her research with the Lupus Trust.

The team is looking into what causes the breakdown of certain cells, triggering the autoimmune reaction in lupus. Throughout lockdown, the team managed to avoid too many significant setbacks, working in the lab when they could, and analysing huge datasets when national lockdown was enforced.



Member of Ware Branch, Paul, has lupus and inspired our decision to support the Lupus Trust over 3 years.

Professor Jo Spencer, from the Lupus Trust, says, “Bekki has been a fantastic addition to the research team, and her commitment to pushing forward with work throughout lockdown has been commendable. We’re pleased with how the research is progressing in the face of so many difficulties.”

Jane Nelson, CEO of the Oddfellows, says, “We’re so pleased to hear that the research has been able to move forward despite social restrictions. It’s been a difficult year for many, and this research is needed more than ever.”

If you would like to find out more about the HA Andrews Memorial Fund, please visit the ‘Giving Back’ section of our website.



Professor Jo Spencer with Bekki Velounias and our very large cheque!



Social distancing can still be social

**Your guide to online events you can enjoy
from the comfort of your own home**

March – May 2021

Social restrictions have meant that our usual face-to-face events had to be suspended, but that doesn't mean we can't get together! Our network of 121 Branches are running a huge variety of nationwide online events, and everybody is welcome to join – no matter where in the country you are.

This guide lists the current regular and featured events available for you to attend.

Not attended an online event yet - you don't even need to be on the internet? Need help? Check out our 'How to' overleaf...

How to join a Zoom event for the first time

You will need a device that is connected to the internet with a camera and microphone (most computers, laptops, smart phones and tablets have them). Don't worry if you don't have these, you can still join an event using your landline phone – you'll be able to hear and speak to everyone but not see them. Here's some simple steps to help get you started.

1. Connecting to Zoom via an app or website

You can download the free Zoom app from your app store – once you've 'signed in' and set up a password you'll be ready to start. Alternatively you can connect to Zoom via

www.zoom.us – just click on 'Join a Meeting' and enter the 'Meeting ID'.

2. Using the 'Meeting ID' to join an event

The 'Meeting ID' is a unique set of numbers listed with the event information in this leaflet – you need to enter these once you've logged onto Zoom (either via the app or website). For some events you may have to pre-register with the event organiser and/or enter a 'Passcode'.



3. Getting your audio and video settings right

When prompted, make sure your video and audio is on – if you see a red line through the microphone and/or camera icons, click on them to activate otherwise you won't be seen or heard!

4. Joining an event with a landline phone

You can use your landline to phone into an event – there is a charge, (please check your operator for details), but the standard rate number is **0330 0885830**. You will be prompted to enter the Meeting ID number followed by # and may also be asked for a Passcode followed by # . For additional information on how to join meetings, here's a few useful links:

<https://support.zoom.us/hc/en-us/articles/201362193-joining-a-meeting>

<https://www.ageuk.org.uk/bp-assets/globalassets/trafford/how-to-use-zoom-for-the-first-time.pdf>

Monthly events

Frequency/time	Event	Meeting ID	Passcode	Contact
1st Mon 2pm	Prize winning Quiz	460 928 7642	1810	karen.pye-smith@oddfellows.co.uk
3rd Mon 11am	Coffee in the virtual Potting Shed	848 9002 1785	493398	valerie.ashcroft@oddfellows.co.uk
4th Mon 4pm	Zingo Bingo	542 724 7603	-	joanne.bullock@oddfellows.co.uk
1st Tues 2pm	Brainiest Brain Fun Quiz	231 522 2288	1810	judith.catton@oddfellows.co.uk
1st Tues 2pm	Word Games and Chat	542 724 7603	-	wendy.atkins@oddfellows.co.uk
2nd Tues 2pm	Busy Fingers, Crafts and Coffee	542 724 7603	-	wendy.atkins@oddfellows.co.uk
2nd Tues 4pm	Beetle Drive	542 724 7603	-	joanne.bullock@oddfellows.co.uk

Weekly events

Below are events that occur every week – for a full description visit www.oddfellows.co.uk/events and type “online” in the location search box or contact the local organiser listed.

Time	Event	Meeting ID	Passcode	Contact
Monday				
10.30am	Online Games - All Welcome	950 0863 2889	1810	emma.leighton@oddfellows.co.uk
2pm	Chi Gung	824 6194 4085	-	sarah.north@oddfellows.co.uk
3pm	Monday Music & Musing	420 044 9988	942052	maretta.heap@oddfellows.co.uk
7pm	Weekly Monday Games Night	967 996 1868	-	charles.venables@oddfellows.co.uk
Tuesday				
4pm	Art, Talks, Fun and games	910 7968 6020	1810	paul.fitton@oddfellows.co.uk
7pm	Fun quiz open to all	869 8507 8184	-	sarah.north@oddfellows.co.uk
Wednesday				
11am	National Coffee Morning	988 3920 7187	-	peter.needham@oddfellows.co.uk
2pm	Fun and Games	980 885 9304	-	andrew.spencer@oddfellows.co.uk
3pm	Fun quiz open to all	854 769 23503	-	debbie.jex@oddfellows.co.uk
Thursday				
10.30am	Coffee Morning	949 4131 7445	1810	emma.leighton@oddfellows.co.uk
11am	Easy Zumba Gold	9468 1625 757	PRE-REG*	debbie.jex@oddfellows.co.uk
2pm	Oddfellows Fun Thursdays	988 3920 7187	-	events@oddfellows.co.uk
7pm	Weekly Quiz Night	967 996 1868	-	charles.venables@oddfellows.co.uk
Friday				
2pm	The Weekend Starts Here!	910 7968 6020	1810	paul.fitton@oddfellows.co.uk
3pm	Friday Fun and Games	420 044 9988	942052	maretta.heap@oddfellows.co.uk
Saturday				
11am	Fun, Quiz and Games	894 5983 8236		peter.needham@oddfellows.co.uk
Sunday				
5pm	Facebook Live @ 5 Quiz	www.facebook.com/Oddfellowslpswich		wendy.atkins@oddfellows.co.uk

***please contact the event organiser to register in advance of the event**

2nd Tues	7.30pm	Games, quizzes and more	860 2803 8495	-	dawn.taylor@oddfellows.co.uk
1st Wed	2.30pm	Nationwide Quiz	852 9201 2067	1810	syd.goodwin@oddfellows.co.uk
3rd Wed	2pm	Sing Along	853 5928 5951	-	helen.bullock@oddfellows.co.uk
3rd Wed	7pm	Talks from Tunbridge Wells	688 663 8622	1810	karen.rose@oddfellows.co.uk
1st and 3rd Fri	7pm	Fun on Friday	542 724 7603	-	wendy.atkins@oddfellows.co.uk
2nd and 4th Fri	7pm	Fun on Friday	845 7787 3384	-	sarah.north@oddfellows.co.uk
Last Fri	10.30am	Corona Club Coffee Morning	231 522 2288	1810	judith.cotton@oddfellows.co.uk
Last Sat	5pm	Saturday Sing Along	967 996 1868	-	charles.venables@oddfellows.co.uk
3rd Sat	7pm	Saturday Night Fun	460 928 7642	1810	karen.pye-smith@oddfellows.co.uk

Featured events

Featured events are usually one-offs – they may be repeated but not necessarily weekly or monthly. As with the other listed events, you can find out more about them via www.oddfellows.co.uk/events or by contacting the event organiser.

Date/Time and Event		Meeting ID	Code	Contact
March				
2	4pm My Family & other Famous People Pt 1	910 7968 6020	1810	paul.fitton@oddfellows.co.uk
3	2pm Remember the 70's	853 5928 5951		helen.bullock@oddfellows.co.uk
3	7pm How Science actually works	897 4265 3274		sarah.north@oddfellows.co.uk
4	7pm Chef to Four Prime Ministers	894 5983 8236		peter.needham@oddfellows.co.uk
5	2pm From Slave Girl to Heiress	910 7968 6020	1810	jackie.lancaster@oddfellows.co.uk
10	2pm Lesser Known Brontes	853 5928 5951		helen.bullock@oddfellows.co.uk
12	2pm The Mystery of Cleopatra	910 7968 6020	1810	paul.fitton@oddfellows.co.uk
17	2pm The Victorian Photographer	853 5928 5951		helen.bullock@oddfellows.co.uk
19	2pm Edith Cavell	By Request		paul.fitton@oddfellows.co.uk
23	4pm My Family & other Famous People Pt 2	910 7968 6020	1810	paul.fitton@oddfellows.co.uk
26	2pm Food and Drink Quiz	910 7968 6020	1810	jackie.lancaster@oddfellows.co.uk

April

2	2pm Marie Curie Charity	910 7968 6020	1810	paul.fitton@oddfellows.co.uk
9	2pm The Great Unwatched - Bob Sinfield	910 7968 6020	1810	paul.fitton@oddfellows.co.uk
13	4pm The Carry on Films and their Stars	910 7968 6020	1810	paul.fitton@oddfellows.co.uk
14	2pm The Contrast of China	853 5928 5951		helen.bullock@oddfellows.co.uk
16	2pm RSPB	910 7968 6020	1810	paul.fitton@oddfellows.co.uk
21	2pm Sing Along	896 1081 9201		helen.bullock@oddfellows.co.uk
23	2pm Scientific Errors - Ian Hutt	By Request	1810	paul.fitton@oddfellows.co.uk
28	2pm Discovering Family History	853 5928 5951		helen.bullock@oddfellows.co.uk
30	2pm The History of Morris Dancing	979 6004 8870		paul.fitton@oddfellows.co.uk

May

4	4pm Eric Sykes – What a Life!	910 7968 6020	1810	paul.fitton@oddfellows.co.uk
5	2pm And So To Ted	853 5928 5951		helen.bullock@oddfellows.co.uk
7	2pm Dead and Breakfast - Bob Sinfield	910 7968 6020	1810	paul.fitton@oddfellows.co.uk
11	4pm From Phil Silvers to Sergeant Bilko	910 7968 6020	1810	paul.fitton@oddfellows.co.uk
14	2pm Sinatra	910 7968 6020	1810	paul.fitton@oddfellows.co.uk
19	2pm Sing Along	896 1081 9201		helen.bullock@oddfellows.co.uk

***please contact the event organiser to register in advance of the event**

More online events are added every week!

If you'd like the latest online event listing, email your Secretary or Social Organiser with the subject line 'Please send the online events list'. You can also receive the latest Oddfellows news straight to your inbox. Just make sure your Branch Secretary has your up-to-date email address or call our Membership team to check on **0800 028 1810**. You can opt out at any time by contacting your Branch Secretary or unsubscribe@oddfellows.co.uk. We'll never share your details with any third party without your consent.