

May - September 2026



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

out & about

City of Norwich Branch



Social



Talks



Quizzes



Dining Out



Art/Crafts



Theatre



Meetings



Travel



Games



Walks



Coffee Morning
/Afternoon Tea



Please book



Annual Sunday Lunch at The Old Rectory, Crostwick – Sunday 20 September

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 Reepham 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.

Regular Events

Osteoporosis Meeting with Guest Speaker



2pm



£3 on the door
(include refreshments)



Quarterly on
Mondays

The Royal Osteoporosis Society, protect your bone health! Join us for a relaxed session featuring a guest speaker. Open to men and women of all ages, including those in peri-menopause or caring for others. Learn about: Signs, symptoms, and practical steps for bone health. Support: Expert Q&A in a friendly, jargon-free setting. 113A Reepham Road, Hellesdon, Norwich NR6 5AB. Contact the office on 01603 482517.



Royal
Osteoporosis
Society

Better bone health for everybody

1 June

7 September

7 December

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



June 2026

WED
17 Lunch at The New Forge, Aylsham

 12 noon  As per menu 

A firm favourite for a lovely lunch, right next to The Aylsham Garden Centre is The New Forge. A mixture of English and Thai dishes, there is something for everyone. Join us for our lunch where friends old and new look forward to welcoming you. There is no set menu, only the full menu available on the website (www.thenewforge.co.uk/menu). Please contact Maggi or Mary to reserve your place and we look forward to seeing you soon! Pre-order is essential, please book by Friday 22 May. The New Forge, Norwich Road, Aylsham, Norwich NR11 6UD. Contact Maggi on 01603 411636 or Mary on 01603 482195.

July

WED
15 Lunch at The Queens Head, Hethersett




 12 noon  As per menu 

Come and enjoy a relaxed lunch with good food and friendly company at a City of Norwich Oddfellows favourite - The Queens Head, Hethersett from 12 noon to be seated for 12.30pm. A set menu is available for two or three courses - both include free tea/filter coffee and have DF and GF options. We look forward to seeing you there! Book by Tuesday 16 June. Queens Head Public House and Restaurant, 12 Norwich Road, Hethersett, Norwich NR9 3DD. Contact Maggi on 01603 411636 or Mary on 01603 482195.



August

WED
19 Lunch at The Honingham Buck

 12 noon  Two course £22.50
Three course £27.50 



For August's lunch meet up we venture outside of Norwich to The Honingham Buck. Join us for a seasonal set menu of either two or three courses in the lovely surroundings of this pretty village pub, where we can enjoy some delicious food and a good catch up of how our summers are going. Hopefully, we will all be able to discuss how lovely the weather has been - fingers crossed! As the menu is seasonal, this will be available nearer the time, so please contact Anne to register your interest in this event, so that a copy of the menu can be sent, once we have received this. We look forward to enjoying this event alongside members old, new and those curious about discovering more about the Oddfellows. Everyone is welcome. Book by Friday 17 July. The Honingham Buck, 29 The Street, Honingham, Norwich NR9 5BL. Contact Anne on 07702 677775.

September - Friendship Month

SUN
20

Annual Sunday Lunch at The Old Rectory, Crostwick



12.30pm



TBC



FRIENDSHIP
MONTH
EVENT
Invite a friend

September is a very special time for our organisation, celebrated as Friendship Month and we are delighted to invite members and friends to our main celebration event of the year. Join us at the beautiful Old Rectory Hotel, an ideal setting to come together, celebrate friendship and enjoy good company. Guests will enjoy a three course set menu, which will need to be confirmed, pre-ordered and pre-paid by Saturday 1 August.



The menu will be available shortly, but please register your interest with the event's organisers, Maggi Winter and Mary Carr, so that she can arrange a copy of the menu to be sent, once we have received this. We are especially pleased to welcome our current Grand Master of the Order (Chairman of the Order), Debbie Jex, who will be joining us on the day. We hope many of our friends will come along to give her a warm Oddfellows welcome and help us mark this important month together.

This promises to be a memorable afternoon celebrating everything that Friendship Month stands for - companionship, kindness and community. We look forward to seeing many of you there! The Old Rectory Hotel, North Walsham Road, Crostwick, Norwich NR12 7BG. Contact Maggi on 01603 411636 or Mary on 07788 702935.

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

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
- Emergency Financial Aid (Household)
- Accidental Death Benefit
- Legal Aid 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, City of Norwich Branch on The First Monday of every quarter from March, June, September and December. 2pm for a small donation of £3.

What is Friendship Month at Oddfellows?

**ODDFELLOWS
FRIENDSHIP MONTH**

1 - 30 SEPTEMBER



Oddfellows is a national society bringing people together through friendship, support, and community. September is Friendship Month, a time to celebrate companionship, kindness, and belonging.

Throughout the month, local groups host welcoming social events that encourage connection, new friendships, and a sense of community - whether you're a long-standing member or joining us for the first time, there is something for everyone.

What is Friendship Month at The Oddfellows Society?

The Oddfellows Friendly Society is a national organisation that brings people together through friendship, support, and social connection. At its heart, the society exists to help people feel less alone, build meaningful friendships, and enjoy life together within a safe, welcoming community.

September is Friendship Month, a special time across the Oddfellows to celebrate what the society is all about - companionship, kindness, and looking out for one another.

Throughout Friendship Month, Oddfellows groups hold events that:

- Bring members and friends together socially
- Encourage new friendships
- Celebrate the value of community and belonging
- Welcome guests and new members in a friendly, relaxed way.



It's a chance to pause, connect, and celebrate friendship, whether you've been a member for years or are joining us for the very first time.

Friendship Month reflects a simple but powerful idea: no one should feel alone, and everyone deserves a place where they feel welcome. We are ready to provide this environment for those that choose to join us, here at The City of Norwich District Branch.

Who can you invite
along to join in the
friendship and fun?

All welcome



Circle
September for
new friendships

ODDFELLOWS
FRIENDSHIP MONTH
1 - 30 SEPTEMBER



To see what's on and find out more about
Friendship Month visit www.friendshipmonth.com



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 Secretary by phone on 01603 482517

“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**

Oddies autumn getaway to Llandudno

Join us as we take a trip to Llandudno, North Wales, on an Oddfellows-hosted group holiday with Alfa Travel.

Oddfellows members and guests will take in some breathtaking scenery during a four-night stay at the Hydro Hotel from Saturday 26 September to Wednesday 30 September 2026.

From £369 per person, half board, the price includes coach pick up and drop off from locations across the South East via Reading, or a self-arrival option.



Outstanding natural beauty

Two optional day trips are included in the price of the holiday.

On day two, you'll head by coach to the Isle of Anglesey, where the entire coastline has been designated an Area of Outstanding Natural Beauty. You'll call at the seaside town of Beaumaris with its mix of Georgian, Victorian and Edwardian buildings.

On day four, the second day trip will head to Caernarfon, home to Wales' most famous castle and a UNESCO World

Heritage Site. Afterwards, you'll venture into the Snowdonia National Park, calling at Llanberis, situated at the foot of Mount Snowdon, and Porthmadog.

Relax in great company

We'll be organising some group drinks and times to dine together during the stay, and enjoying the hotel's evening entertainment, but your days will be largely free to plan as you please.

The hotel has a large entertainment suite with a dance floor and entertainment most evenings, and there are sun lounges and a games room with a snooker table.

You'll also find spectacular views over the bay or over the town to the Snowdonia mountain range from many of the hotel's bedrooms and from its Looking Glass Bar.

Interested in joining us?

This group holiday is open to any members and their guests and will be hosted by our Oddfellows Travel coordinator and South East Lancashire Branch member, Emma Gorst.

For any enquiries, and to find out how to book, get in touch with Emma by calling **0161 214 4634**, or email travel@oddfellows.co.uk.

Please read and understand Alfa Travel's terms and conditions before booking at www.alfaholidays.co.uk/booking-conditions.

Support with fundraising and donations

Donating to good causes is a cornerstone of Oddfellowship, and symbolises what it is all about – helping to improve lives through friendship and support.

It's a thread that runs right through every Branch of the Society. Whether it's members dropping some spare change into a collection at a coffee morning, or the HA Andrews Memorial Fund supporting cutting-edge medical research projects, it all adds up and contributes to that ethos.

Branch donations add up to huge 2025 total



Reading Oddfellows donated £4,300 to Camp Mohawk

Oddfellows branches and members are avid fundraisers. In 2025, more than £148,000 was handed over to a huge range of wonderful causes throughout the country.

Beneficiaries included schools, charities for people with special needs, animal sanctuaries, causes to improve health conditions, lifeboat and air ambulance

charities, and one branch provided the funds required to buy state-of-the-art medical equipment.

As well as handing over funds, many members bought and collected for foodbanks, including tinned goods and other long-life foods, toiletries and further everyday items.

To find out how you can get involved with Branch fundraising initiatives, speak to your Branch Secretary.

£10,000 raised for Hurricane Melissa relief efforts

The Oddfellows recently donated £10,000 to support the Jamaica Red Cross' Hurricane Melissa Emergency Appeal.

Thanks to the generosity of Oddfellows branches across the UK, and with additional support from central funds, the donation will help communities affected by the devastating storm rebuild their lives.

Hurricane Melissa, a Category 5 hurricane, made landfall in Jamaica on 28 October 2025. The strongest hurricane ever to strike the island, it caused catastrophic damage and impacted nearly 1.9 million people.

The funds have been sent to the Jamaica Red Cross, via the International Federation of Red Cross and Red Crescent Societies (IFRC), to support ongoing emergency relief and recovery efforts. This includes providing essential supplies, shelter, and longer-term assistance to those whose homes and livelihoods were affected.



Further information about the Jamaica Red Cross' Hurricane Melissa Emergency Appeal can be found at www.ifrc.org/emergency/jamaica-hurricane-melissa.

HA Andrews Memorial Fund recipient announced

In October 2025, representatives of the Oddfellows visited the impressive facilities at the Manchester Cancer Research Centre (MCRC) to present a cheque for £67,068 to Prevent Breast Cancer, courtesy of our HA Andrews Memorial Fund.

The money will fund an innovative breast cancer prevention research project for two years.

Carried out by University of Manchester PhD student Anthony Wilby and Dr Hannah Harrison, the project is aiming to discover alternative preventative breast cancer therapies for pre-menopausal women.

The HA Andrews Memorial Fund, which was set up in 1971 to back UK-based medical research projects and organisations, has donated over £1.1m

since its launch. Head to www.oddfellows.co.uk/ha-andrews to find out more about the Fund, including previous recipients.

The very best of Oddfellowship

Spokesperson for the Oddfellows, Pam Casey (pictured below at MCRC), said: "The work the Oddfellows does for charities and good causes always astounds me. It reflects the very best of Oddfellowship and it makes me incredibly proud.

"Donating to good causes, no matter how big or small, or how much we can contribute, can make a huge difference. Our efforts might well have saved a life, put some food on a young family's table, or simply have made someone's day a little brighter.

"Thank you to everyone who has helped in any way. You're all a huge credit to yourselves and the Society."



For more on how the Oddfellows raises money for good causes, visit www.oddfellows.co.uk/about/giving-back

Spring clean your finances for the new tax year

The start of the new tax year on Monday 6 April might sound like an event reserved for accountants, but at Unity Mutual, the Oddfellows' financial services brand, we believe it's a time everyone can make the most of.

Here are some simple ways to spring clean your finances and get on top of your money for the tax year ahead.

Make the most of your ISA

Every adult receives a fresh £20,000 ISA allowance at the beginning of each tax year, so if your savings are lying dormant, why not move them somewhere your interest is protected from tax?



For those comfortable with investment risk, the Unity Mutual Stocks and Shares Flexible ISA* offers potentially higher growth than traditional Cash ISAs (capital is at risk).

Guaranteed returns, less hassle

If you have a lump sum sitting idle or an investment coming to maturity, a Unity

Mutual Fixed Rate Bond* provides a predictable, low-effort option. Simply deposit your money for a set term to secure a guaranteed return.

Even better, Oddfellows members benefit from preferential rates on our 2, 3, and 5-year Bonds.

Make savings work harder

With many banks still offering low rates, a quick comparison is essential to ensure your money is working for you. Even moving savings to a higher-interest account with your current provider can significantly boost your balance over the year.

Find out more

Unity Mutual has over 200 years of experience managing Oddfellows members' funds, and our friendly team is on hand to help you navigate the year ahead. Visit www.unitymutual.co.uk to find out more.

**Terms and conditions apply to all products. With stocks and shares, your investment can go down as well as up meaning your capital is at risk.*

New tax year, new scams

Stay vigilant against common scams such as fake HMRC tax rebates or urgent payment requests for 'unpaid tax'. While these communications can look genuine, always verify them by going directly to the official government website.

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's in the District. 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 5 May

Tuesday 2 June

Tuesday 30 June

Tuesday 28 July

Tuesday 25 August

Tuesday 22 September

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

June 2026

Mon 1	Osteoporosis Meeting with Guest Speaker	2pm
Wed 17	Lunch at The New Forge, Aylsham	12 noon

July

Wed 15	Lunch at The Queens Head, Hethersett	12 noon
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August

Wed 19	Lunch at The Honingham Buck	12 noon
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September - Friendship Month

Mon 7	Osteoporosis Meeting with Guest Speaker	2pm
Sun 20	Annual Sunday Lunch at The Old Rectory, Crostwick	12.30pm

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

*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.

Ref 1644

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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