

Ormskirk and Southport

News and views from your local friendship group

Hello Members....

Well, who would have thought there would be another newsletter written in lockdown? With the good news that the vaccine is being rolled out I can certainly see a trip to Gibbon Bridge or Chester

Zoo on the horizon. We've just got to wait a little bit longer. I'm not feeling very patient so I'm hoping you're feeling better than me. Rest assured, I'm raring to go.

Zoom Events

Until we can see each other, there are lots of events arranged online via Zoom both locally and nationally, from coffee mornings and quizzes to games and interesting talks, there is something for everyone and really worth a try. Contact me if you want help joining in with these events. This is part of an email I had from a lady, Judy, who gave it a go recently:

"Really enjoyed yesterday's Zoom meeting - everyone was so friendly and welcoming. Didn't really know what to expect but loved it. I'm quite new to Zoom..... Good to meet and talk to people without having to leave the house in this awful weather"

Locally hosted events include:

Coronaclub Coffee Morning
Monday 22 February, 10.30am

Coronaclub Coffee Morning
Friday 26 February, 10.30am

Fun Quiz
Tuesday 2 March, 2pm

Coronaclub Coffee Morning
Friday 19 March, 10.30am

Coronaclub Coffee Morning
Friday 26 March, 10.30am

Zoom Meeting ID: 231 522 2288;
Password: 1810. All welcome. Invite your friends and family to join us.

If you would like to host an online talk/quiz/event for our District, please contact Judith Catton.



Good News

We put out a plea on our Facebook page for good news stories but we realise that the Facebook page only goes to a small number of our members. Don't forget if you have a good news story please let me know and we'll try and feature it in our next newsletter. We particularly love new babies or engagements/weddings (with pictures).

In the meantime, the good news we have to share is that Bonita has kept her Poinsettia alive until the end of January and still going strong. If you're anything like me I buy a lovely one from the supermarket in December, and it's lovely over Christmas and then the leaves start dropping! I water it a bit more and move it around until I give up and turf it into the green bin. So if you do the same you might need these top tips for next year's Poinsettia from Bonita:

How to keep your Poinsettia

Do not buy from anywhere where they have been in a draft or anywhere they could have got chilled i.e. shop doorways.

Keep at a regular temperature and most importantly NOT IN A DRAUGHT or on a window sill, but it will need plenty of light. Check the weight of the pot to see if it requires water and only water when necessary. Turn once a week and take off any dead leaves.



Welcome to the latest edition of the Ormskirk & Southport News

We hope you are well. We are busy planning the year ahead as far as we can, and hope to be able to invite you to some face to face events very soon. Just a little bit longer now. We are still here to answer any enquiries, or to help with a chat or advice if needed.

Please let us know if you have changed your email address or other contact details. We can then send you the latest local updates and details of nationwide online social events. Don't forget to check our Facebook page for news.

Thank you.

How to contact your District

District Secretary:

Bonita Hesketh
Address: 1 Royal Oak Cottages,
Liverpool Road,
Bickerstaffe,
Ormskirk, Lancashire L39 0EF



Telephone and Fax:

01695 424149
Mobile: 077536 32433
bonita.hesketh@oddfellows.co.uk

Social Organiser & Welfare

Co-Ordinator:
Judith Catton
Address: 4
Falkland Road,
Southport PR8 6LG



Telephone: 01704 545279

Email:
judith.catton@oddfellows.co.uk

For details regarding the Isle of Mona, please contact Bonita.

Bonita's Top Tips Corner

1. When using cling film put it in the freezer for a short while. This will stop it clinging to itself when taking a piece off.
2. Keep losing end of sticky tape? Place a small button on the end.
3. To stop dust falling on the carpet when drilling holes in a wall, fold a large Post-It note in half and stick to the wall in a L-shape to catch the dust. Carefully remove.
4. If root vegetables and celery are going soft, place in cold water for two hours. They will rejuvenate.
5. If your biro stops working when you need it, rub the nib on the sole of your shoe!

Sultana Cherry Honey Cake Recipe

Ingredients

225g (8oz) Self raising flour
45ml (3 tbsp) Milk
110g (4oz) Butter
110g (4oz) Sultanas
225g (8oz) Honey
55g (2oz) Chopped Cherries
2 large eggs
5ml (1 tsp) Orange Zest

Method

Cream butter and honey together. Beat eggs well and add alternatively with sifted flour. Add fruit, orange zest etc. Beat well and lightly. Bake in a well-buttered 18cm (7 inches round tin or thereabouts, for one and half to two hours in a moderate oven. Enjoy.



Membership News

It's now been three years since we introduced our current two level membership package. At the time we asked you to commit to either Standard membership at £25 per year or Extra Benefits membership at £35 per year for three years. So, now if you want to switch your membership either up or down, you will be able to do so from this year's renewal. If you would like to change please contact the Oddfellows on 0800 028 1810 or email membership@oddfellows.co.uk.

If you do decide to switch packages, you will remain on that package for a further three year period.

Member Benefits*

Standard £25 per year membership includes:

1. Access to events and activities to suit everyone. Online at the moment but face as face as soon as we can.
2. Care & Welfare Support from friendly advice through to financial aid, we're here to make life easier. We have local welfare volunteers. We provide a number

of discretionary financial benefits, including household emergency and personal distress grants, financial support for children who have suffered parental loss; practical help following illness including carers' breaks and convalescence. Also legal assistance.

3. Exclusive deals and offers through Oddfellows Extra
4. Active Travel Club
5. Access to Oddfellows Archives online.

Extra Benefits £35 per year includes all of the above, plus access to Optical and Dental Benefits covering eye tests, glasses and contact lenses, dental check-ups and treatment. This consists of £30 Optical Benefit* every other membership year starting from year 2; and £30 Dental Benefit* every membership year starting in year 2.

*Terms and conditions apply to all member benefits and services – call 0800 028 1810 or visit www.oddfellows.co.uk/terms-conditions.

Carrot & Coconut Dhal Recipe

This recipe is really delicious – I've made it a few times. It's good if you're trying to cut down on meat consumption or just if you want to try something different. It's cheap, easy to cook, nutritious and warming. (Serves 4 – make and portion and put in freezer).

Ingredients

1 medium onion finely chopped
3 large carrots, diced
2 garlic cloves, crushed
½ tsp chilli flakes
3cm root ginger, peeled and grated (buy fresh – it really makes the difference and you can keep in the freezer and grate when you need)
½ Turmeric
1 tsp ground coriander
225g dried red lentils, rinsed and drained
1 litre hot vegetable (or chicken) stock
Tin coconut milk (reduced fat if watching calorie intake)
Handful of fresh coriander

Method

Place small amount of oil in non-stick saucepan and put on low heat. Add onion, carrots, garlic, chilli flakes, ginger

and four tbsp water. Cover and cook for 10 minutes until soft.

Uncover pan, add turmeric and ground coriander and cook for one minute. Add lentils and stock and bring to a simmer, then cover again and cook for 20 minutes.

Take pan from heat and stir in coconut milk. You can blend half of the mixture if you like and return to the pan. Season to taste, reheat gently and stir in half the coriander.

Serve with rice or flatbreads of choice. Sprinkle rest of coriander on top. Enjoy!



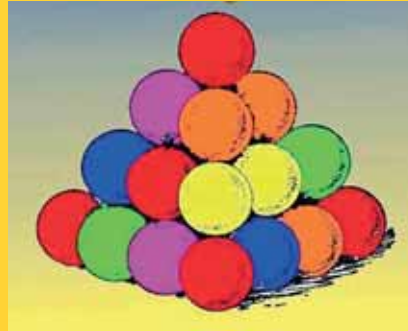
Join Star Puzzle

In the figure, you can see nine stars. What you have to do is connect all of them by using just four lines and without lifting your hand i.e. in a continuous flow. Can you find a method to achieve it? Answer on the back page.



How Many Balls?

Can you count the number of balls in the picture below? 95% get this wrong. Answer on the back page.



What's the next number in the below number sequence pattern

1
11
21
1211
111221
312211
13112221
?

Answer on the back page.

Excerpts from an article entitled 'Man and his Dogs'

By Lynda Cole, The Oddfellows, North London District

Medical Detection Dogs

The incredible sense of smell of dogs is now being harnessed in our fight against a number of medical conditions. Dogs have excellent noses, everyone knows that. They are estimated to be at least 10,000 times better than ours. It has been known for a long time that specific odours can be linked to specific diseases. For example, there have been reports that yellow fever smells like a butcher's shop, TB smells like stale brown bread.

Dogs are already used to warn of an imminent epileptic seizure, but research is looking at so many other areas to aid diagnosis and prevention of diseases. These days, the welfare of the dogs is paramount. All of these variations are harnessing a dog's natural instincts.

Cancer

There is growing evidence that elevated levels of a 'signature' of volatile organic compounds (VOCs) are associated with disease growth. Research has shown dogs can be trained to detect these odours and identify the signature associated with cancer. The world's first study of canine detection of bladder cancer was published in the British Medical Journal in September 2004, and work is currently ongoing on two NHS approved clinical trials: a urological cancer study in conjunction with Milton Keynes

University Hospital NHS Foundation Trust focuses on detecting the VOCs associated with prostate cancer, and a colorectal cancer study in partnership with Hull and East Yorkshire Hospitals NHS Trust, which is investigating the potential of dogs to detect colorectal cancer accurately from urine samples. Colorectal cancer is the fourth most common form of cancer in the UK. Due to the invasive nature of the current screening process, only just over half of those offered will take it up. A non-invasive method that can detect the cancer at an early stage could both increase uptake of the screening and improve health outcomes.

Malaria Detection

In 2016, nearly half the world's population was at risk of malaria. Despite huge attention and resources devoted to eradicating malaria the World Health Organisation estimates there were 212 million cases of malaria in 2015. It is known that malaria mosquitoes prefer feeding on patients carrying malaria parasites. Further evidence suggests that this is an odour-mediated phenomenon.

With funding from the Bill Gates Foundation, collaborators from Durham University, the London School of Hygiene and Tropical Medicine and the Medical Research Council Unit in The



Gambia, socks worn for 24 hours by 400 school children have been collected from four separate locations. Blood tests and PCR tests then determined which of the asymptomatic children were carrying the malaria parasite. The socks were then used to successfully train four dogs to distinguish those worn by the children carrying the parasite from those that were malaria free. It has been calculated that on average the dogs were performing with 73% reliability. This is very encouraging for such an early stage in the project.

If dogs can be used to readily identify malaria-infected individuals they could be used as 'detection dogs' at ports of entry which is routine for drugs and biological materials such as food, by screening travellers entering areas that are malaria-free but susceptible to re-invasion. They could also be used for active case detection among communities when malaria is approaching zero, and only a few individuals in several thousand carry parasites and act as reservoirs of infection. Using dogs for the detection of parasites has the advantage that it is non-invasive, portable and does not require a laboratory.

Continued on the next page...

Covid-19

Samples are collected from hospitals, volunteers, people who test positive and develop symptoms of various degrees of

In the next stage, the dogs pass along a line of metal stands, one of which will hold a positive Covid sample (sometimes there will be no positives, as there will sometimes be in the real world). Then the tests go double blind: not only are the dogs unaware which – if any – of the stands hold Covid-19 samples, so, too, are the handlers and everyone at Medical Detection Dogs.

Although vaccines are now being rolled out, it will be many months before everyone is vaccinated, and as yet we do not know how long the vaccination will be effective. Furthermore, once these dogs are trained, they will be able to move to other as yet unknown viruses as necessary with the minimum of delays.

Local Care and Welfare Support

To request contact from a Welfare Visitor and for local help and information about Branch benefits and benevolence contact Bonita on **01695 424149** or email **bonita.hesketh@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

citizens
advice

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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

Answers to the puzzles on page 3

Join Star Puzzle



How Many Balls

30 (16+9+4+1).

What's the next number in the below number sequence pattern

1113213211

Its like you call it out

One one => 11

Two one => 21

and so on

*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.

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