

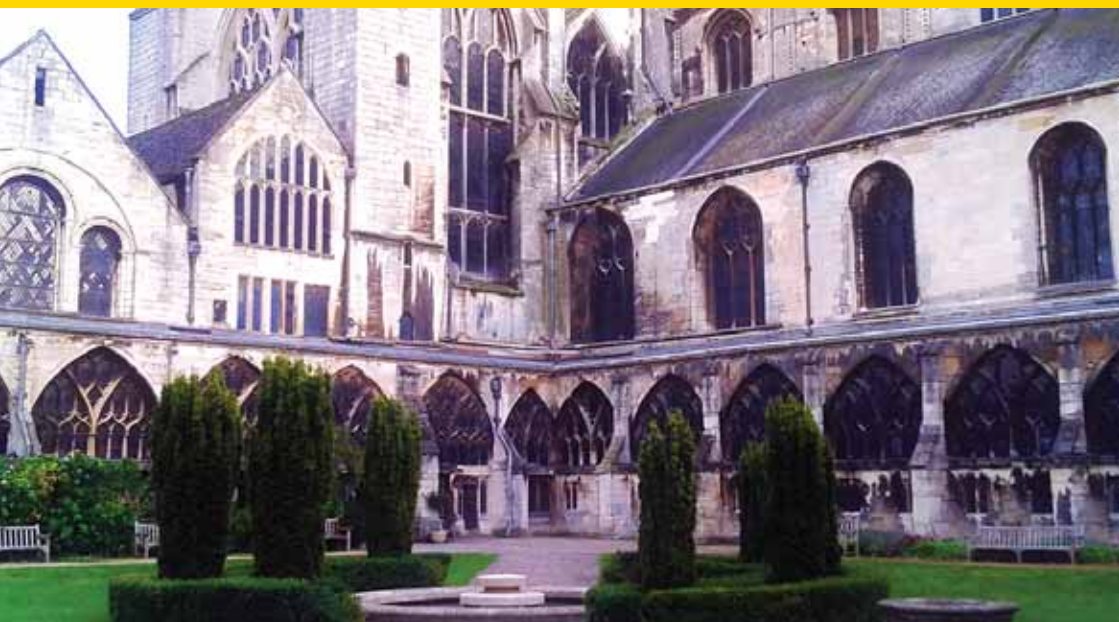
June - September 2024



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

out & about

North Gloucestershire



Gloucester Cathedral



Online



Art/Crafts



Theatre



Dining Out



Walks



Games



Day Trip



Meetings



Social



Talks



Coffee Morning/
Afternoon Tea



Quiz

North Gloucestershire Summer newsletter 2024

Welcome to the North Gloucestershire Summer Newsletter. Moving forward into the nicer weather I am sure we are all looking forward to the brighter evenings and being able to enjoy the beauty our counties, countryside and communities have to offer, be it from sitting in our own back gardens or exploring locally or further afield. We have some lovely social events coming up for all the family and members.

However, if any of our members feel lonely or need support, North Gloucestershire District Lodge would like to reassure all its members that we are here for all of you, from support on the end of a phone, email or if you desire face to face too via our welfare team!

Weekly Zoom Meeting

Our Mindfulness and Meditation event that alternates with our seating Yoga (hosted by the lovely Nicky and Mike on a weekly basis) Are still so popular! Therefore, we have decided to continue our weekly Zoom meetings every Monday evening at 7pm. There is no need to book on this event and you don't have to log in each week, just when you want to.

So why not give it a try and see if there is any skills or techniques you find useful.



Members of all ages enjoyed origami at one of our recent events

Contact Details

Branch Secretary: Stuart Walker

Address: 10 The Gresleys,
Ross-on-Wye,
Herefordshire HR9 5JN

Telephone: 01452 905010 option: 6

Email:
stuart.walker@oddfellows.co.uk

Social Event Organiser:

Louise Quemby
Telephone: 01452 905010 option: 1
Email:
louise.quemby@oddfellows.co.uk

Welfare Visitor: Garth Morgan

Telephone: 01452 905010 option: 3

Up and Coming

We have some lovely events to go hand in hand with our regular Zoom meetings, as well as meals out to suit most budgets, and even family friendly events like our visit in the summer to Cotswold Farm Park, another trip to Warner Bros Studios for the Harry Potter Tour and some lovely Friendship Month events.

Recent events

We are over the moon when social events are popular and have lovely attendances, even more so when they are asked to be repeated! Such as our origami event, which has ran on several occasions now each time with different and existing members, learning the relaxing and therapeutic skill of paper folding hosted by the lovely Katie, a member from Gloucester. This event is also popular, as it appeals to members of all ages!

Friendship Month

This year we have a very exciting Friendship Month, with meals out, in house events such as relaxation talks and regular Zoom meetings. Why not bring along a guest and see if they would like to join too?

ODDFELLOWS FRIENDSHIP MONTH 1 - 30 SEPTEMBER



Mobility Equipment

Thanks to Alex our District Development Officer, North Gloucestershire District Lodge can now loan a mobility scooter to its members for FREE!

It has fresh batteries and has had a full service so is ready to go.

We can provide access to a Quingo Classic Mobility Scooter for up to 6 months, all we require is that you provide insurance on the unit while it's on loan to you, proof of insurance will be required. We also have a wheelchair which can be loaned out also, free of charge.



A waiver must be signed before either item is loaned.

Full information and how to loan these can be obtained by calling **01989 601314** or by emailing **alex.walker@oddfellows.co.uk**

Booking

Please remember the importance of booking early for our events. Please note a non-refundable deposit is required at time of booking to confirm your place and full payment is due before the event. Sometimes large amounts of money is collected so, for safety reasons, where possible a cheque (made payable to The Oddfellows) would be appreciated.

Regular Events

Free Bi-Weekly Relaxation with Nicky

Monday Bi-Weekly



17 June
8 July
22 July

5 August
19 August
9 September

23 September

Why not join us and Nicky from Yeleni Therapy and Support for a free relaxation and meditation session. Help yourself to unwind and de-stress from the comfort of your own home using mindful breathing techniques and visualisation to achieve a feeling of peace and relaxation in mind, body and spirit. To access the event please go to www.zoom.us and click on 'Join a Meeting' in the top right, then enter the following: Zoom Meeting ID: 858 3806 2233, click 'Join', then enter. If you have any problems or questions, please contact Louise or Alex on 01452 905010. We look forward to seeing you.

Bi-Weekly Seated Chair Yoga via Zoom

Monday Bi-Weekly



10 June
24 June
1 July

15 July
29 July
12 August

2 September
16 September
30 September

Join Mike from Yoga Skies to practise seated chair yoga. Even if you have limited mobility, this yoga will suit as there will be no getting up and down off the floor! Help yourself to unwind and de-stress from the comfort of your own home using easy talked through yoga. Achieve a state of relaxation and wellbeing brought about by posture and stretching. Zoom Meeting ID: 858 3806 2233, click 'Join' then enter. If you have any problems or questions, please contact Alex on 01452 905010. We look forward to seeing you.

Regular Events

Purple Pub Club (food and drink)

Various Wednesday



19 June, 24 July, 21 August and 25 September

Join us at Toby Carvery in Over, Highnam in Gloucester. If you fancy a bite to eat or just a drink and a chat, then why not come along. With dishes from as little as £4.99. If you fancy a light bite to a full roast with unlimited vegetables for just £10.49! It's a great



place to meet and chat with friends and make new friends. They even offer unlimited refills on soft drinks. We will be there from just before 7pm to sit down for 7.30pm to dine. All food and drink to be purchased at the venue (details correct at time of print). Please book so we can reserve a table big enough, bookings required by midday the day before the event. The Toby Carvery, Over Farm Market, Highnam, Gloucester GL2 8DE. Contact Alex on 01452 905010.

Shhh! Secret Cinema

Second Monday of the month



10 June, 8 July, 12 August and 9 September

It's back! Our popular Secret Cinema event returns. If you fancy catching one of the latest blockbusters while it's on the big screen then join us on our monthly visit to Cineworld. Each month we will see what is on and in advance choose a movie for us all to enjoy along with popcorn if you fancy too! Cineworld Gloucester, Quays Outlet Centre, Merchants Road, Gloucester GL1 5SH. To book on please contact Alex on 01452 905010 at least two days before the event to let him know you're coming and he can tell you what time to meet as the times are set by Cineworld for the start of different movies. We look forward to welcoming you.



June 2024

SAT
08

Punch and Judy - A Talk and History



12 noon



Free



This afternoon we have two lovely ladies coming to give us a talk on the 'History of the Iconic seaside entertainment that is Punch and Judy' with stories and facts we may even get to see some original puppets used in shows. This event is open to all and both fun and informative. Please note: The change to the original date advertised, this event is now being held in June not May. Parton Road Community Centre the Café, Parton Road, Churchdown, Gloucestershire GL3 2JH. Contact Louise on 01452 905010.



July

SAT
06

The Art of Jelly Printing



12 noon



Members free,
Guests £5. Pay for
own refreshment



Today we have a member and experienced artist Sandra, who will be attending and giving a talk and



practical demonstration in the art of Jelly Printing. This beautiful skill of printing on paper and fabric will be demonstrated and explained in a user friendly manner, that members will take home with confidence and be able replicated with day to day objects at home. Light refreshment will be provided. Book by Friday 28 June. Parton Road Community Centre the Café, Parton Road, Churchdown, Gloucestershire GL3 2JH. Contact Louise on 01452 905010.

SAT
22

Cream Tea at Tewkesbury Park Hotel



1pm



Members £22.50,
Guests £30



Meeting at the entrance of Tewkesbury Park Hotel at 12.45pm for this afternoon of indulgence and good company. This event is a real treat. Serving a beautiful and tasty afternoon tea consisting of sweet and savoury treats, lovingly prepared by a top class chef with stunning surroundings. Booking is essential to ensure availability by Saturday 8 June. Tewkesbury Park Hotel, The Mint Room, Lincoln Green Lane, Tewkesbury, Gloucestershire GL20 7DN. Contact Louise on 01452 905010.

WED
10

Free Online Talk - Land of a 1,000 Smiles - A Story of Buddhism in Thailand



7pm



Free



Online



Q&A



Join us with our guest speaker Sandy Leong, a renowned speaker who has been giving talks all over the world for many years and now delights us with a look into the story of Buddhism in Thailand. There are around 41,000 Buddhist temples with over 250,000 resident monks across Thailand which is the world's most heavily Buddhist country with around 93% of the people following Buddha and traditionally, all Thai men doing a stint at a Buddhist monastery. The interesting history of the country is tied up with this faith. Join us on Zoom at 7pm, simply go to www.zoom.com and join the meeting with meeting code: 827 8063 6968. We look forward to welcoming you, no booking required, unlimited spaces so tell a friend! If you have any problems or questions, please contact Louise or Alex on 01452 905010.

SAT
20

A Visit to Cotswold Farm Park



12 noon



See below



Meeting at 12 noon at the main entrance, this afternoon's event is aimed at the younger members of the Oddfellows. We can walk around and visit the interactive experiences of farming as well as feeding some of the rare breed farm animals and picnic in the summer sunshine (we hope). Cost: £18 for adult tickets, £16 for children aged 4-15 years old, £13 for children aged 2-3 year olds and 0-1 year olds go for free. Booking is essential to save disappointment by Saturday 22 June. Cotswold Farm Park, Guiting Power, Cheltenham, Gloucestershire GL54 5FL. Contact Louise on 01452 905010.

Keeping in touch...

Communication is important to us, we would be grateful if you could get in touch with your Branch Secretary to ensure that we have all your up to date contact details so that we can keep in touch with you. Thank you.

July

SAT
27

Half Yearly District Branch Summoned Meeting



3pm



Free



All members are welcome to our Half Yearly Summoned Meeting to be held at St Davids Centre in Moreton. This meeting will be to discuss the business of the District and agenda which will be sent out to members in advance of the meeting. A light buffet and tea or coffee will be provided after the meeting by Devoted Catering. If you would like to attend please book in advance so we can cater for you. We look forward to welcoming you on the day. Book by Friday 19 July. St Davids Centre, Church Street, Moreton-in-Marsh GL56 0LT. Contact Alex or Stuart on 01452 905010.

August

SUN
18

Harry Potter Studio Summer Tour - Return to Azkaban



2pm



See below



Join us for a Magical Tour of the Warner Bros. Harry Potter Studio Tour in London. This is back by popular demand and is an amazing opportunity to see the original props, costumes and more that were used in the filming of the wonderful series of Harry Potter movies!



The trip includes transport and entry to the tour, this sold out very fast last time so booking early is essential, spaces are limited. Cost: Members: £65 for adult and £55 for child. Guests: £85 for adult and £75 for child.

Warner Brother Studio Tour, Leavesden, Watford, London WD25 7LR. We will be offering collection in Ross-on-Wye, Gloucester and the Cotswolds depending locations of people booking, please contact Alex on 01452 905010 as soon as possible to secure your place. Book by Friday 19 July.

September - Friendship Month

ODDFELLOWS
FRIENDSHIP MONTH
1 - 30 SEPTEMBER



SUN 01 Toby Carvery with Friends (Dog at Over)



Meeting at the entrance to the Toby Carvery at 12.15pm for a lovely carvery lunch (alternatives are available). Today we will be meeting to celebrate Friendship Month! So why not come alone or bring a friend who is or isn't a member, who may like to learn more about the Oddfellows and meet with some members. Today is all about friendship and affordable good food. The Toby Carvery, Over Farm Market, Highnam, Gloucester GL2 8DE. Booking is essential as reservations are needed to ensure all members can be seated. Please contact Louise on 01452 905010 option 1 to book your place by Saturday 17 August.



WED 04 Free Online Talk - All for the love of sugar



Join us with our guest speaker Sandy Leong, a renowned speaker who has been giving talks all over the world



for many years and now delights us with a look into the story of 'Sugar'. Sugar influenced the slave trade and was used as a medicine; it was a luxury for the rich and now has the reputation as a comfort food and many people crave it. Elizabeth I was so fond of it that Elizabeth's teeth turned black. Few foodstuffs have had such an impact on human beings as sugar. Join us on Zoom at 7pm, simply go to www.zoom.com and join the meeting with meeting code: 880 5404 7622. We look forward to welcoming you, no booking required, unlimited spaces so tell a friend! If you have any problems or questions, please contact Louise or Alex on 01452 905010.

Join the fun in Friendship Month

Make someone's day and invite them along to share the friendship fun.

All welcome

ODDFELLOWS
FRIENDSHIP MONTH
1 - 30 SEPTEMBER



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

September - Friendship Month

ODDFELLOWS
FRIENDSHIP MONTH
1 - 30 SEPTEMBER

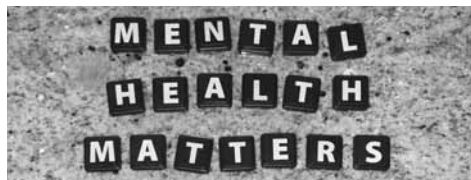


SAT
07

A Talk in emotional freedom technique (EFT) a new therapy for managing stress and phobias

L 12 noon

£ Members free,
Guests £5 and
cost as per menu



Today we will be having our guest speaker Linda, attend our regular meeting at Parton Road Community Centre. Linda will be giving a practical talk and demonstrating the techniques of the newly recognised therapy EFT. This technique is helpful with self managing stress and phobias. So why not come along and meet with old friends and new and maybe learn a new skill that can help with every day life stresses and a little more. Book by Saturday 31 August. Light refreshment will be provided and we will meet in the café at Parton Road Community Centre, Parton Road, Churchdown, Gloucestershire GL3 2JH. Contact Louise on 01452 905010.

SUN
08

Trip to IKEA and Lunch

L 10.30am

£ Members £17,
Guests £22



Fancy a trip to IKEA?! Why not join us as we take a drive down to IKEA Bristol and take a leisurely stroll around and grab a few bargains without getting lost (hopefully!). We will also visit the restaurant and enjoy some Swedish meatballs and that sauce...what is in that sauce! Whatever it is, it's delicious. Lunch will be included (included in the cost). Ikea Bristol, Pick from collection points GL and HR. If you fancy joining us then please book with Alex on 01452 905010 and get more details, spaces are limited so get in quick. Book by Friday 23 August.



Join the conversation @OddfellowsUK

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



OddfellowsUK



OddfellowsUK

REPAIR CAFE

Volunteers Needed

*We need
your help*

We're setting up a REPAIR CAFÉ in Ross-on-Wye and looking for volunteers who can help fix and repair broken items.

We are especially looking for people who are handy repairing: clothing, small electrical appliances, bikes, and small pieces of furniture. Plus, volunteers who can make tea, coffee and act as a host are welcome.

If you, or someone you know has a skill and is interested in fixing things, or helping out then get in touch.

For further information on volunteering please contact Alex on **01989 601314** or email **repaircafe@oddfellows.co.uk**

Interested in volunteering?

Helping others is at the heart of being an Oddfellow and that's exactly what our wonderful volunteers do. 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 refreshments
- 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.



To find out more, contact Louise on 01452 905010 option: 1
louise.quemby@oddfellows.co.uk.

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THE **Oddfellows** SINCE 1810
making friends, helping people

www.oddfellows.co.uk

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



Member's Recipe - butterscotch squares

From Great Aunt Ethel

Great Aunt Ethel loved cooking and collected recipes from friends and family, which she wrote out in two notebooks. She regularly won prizes at local flower shows for her cakes and preserves. Now with access to her collection, we suggest you try these butterscotch squares.

Ingredient

- 2oz butter
- 5oz soft light brown sugar
- 1 large egg
- 3oz self raising flour
- 1 teaspoon vanilla essence
- 1oz chopped walnuts

shallow 7inch square tin

Method

Brush the tin with a little melted fat or oil, melt the butter and sugar in a pan over a low heat, stirring all the time, do not allow it to boil. The mixture will turn a slightly darker brown when ready.

Leave the pan on one side to cool and then beat in the egg.

sift flour and then stir into the mixture with the vanilla essence and chopped nuts.

Turn the mixture into the tin easing it to the sides.

Bake on the centre shelf of a moderate oven 350 f or gas mark 4 for 25 to 30 mins, until the mixture starts to pull away from the side of the tin slightly.

As soon as the tray bake comes out of the oven, cut into 16 squares, but leave to cool slightly in the baking tin.

Transfer to a wire rack to cool completely, or leave in tin until cold and store in the freezer.

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 Garth on **01989 565664** or email our Secretary Stuart on **stuart.walker@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@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**

Society-funded cancer research on track

The Centre for Cancer Immunology, current beneficiaries of the Society's HA Andrews Memorial Fund, recently received its second donation instalment.



Nur updating AMC last year

The Centre, based at the University of Southampton, was chosen as the recipient of the £100,000 grant, split over three years, in 2022. The money is sponsoring the PhD studies of Nur Zainal, who is looking into a specific gene which it is believed can be manipulated to target cancer cells in a new vaccine.

Nur's first year

The first year of Nur's studies has been spent preparing for the execution of her PhD project over the next three years. She has been learning appropriate techniques, skills and procedures, as well as being introduced to theories and connecting with relevant research groups.

Nur, who travelled to the UK from Malaysia with her family to undertake the PhD, said: "I believe the invaluable experiences and knowledge I have acquired over the past year have equipped me to be a more productive and capable student.

"I would like to extend my heartfelt gratitude to the Oddfellows for their support in making my studies possible."

On the right path

Some of Nur's work on 3D cell culture – growing cancer cells in a way that more closely resembles the environment they experience in our bodies than traditional 2D cell culture – is included in a manuscript which will be published in a major international journal, for which she will be listed as a co-author.

Dr Tim Fenton, Associate Professor in Cancer Biology, says Nur has "excelled during her first year", adding: "We hope that Nur's studies will lead to improvements in the design of cancer



Dr Tim Fenton

vaccines, which is a key theme in the work being undertaken at the Centre for Cancer Immunology here in Southampton."

HA Andrews Memorial Fund

The Fund provides financial support to UK-based medical research projects or organisations. For more information about the Fund, and how you can donate, go to www.oddfellows.co.uk/ha-andrews

Our fantastic four

Congratulations to 2023's First Degree Course Educational Awards winners. George, Benedict, Jamie and Charlotte will each receive £3,600 over the next four years of their respective university courses to help ease the financial pressures of student life and create opportunities.

George LeBon

Heart of Norfolk
Branch member

George began his studies at the University of Southampton in September 2023 – a four-year course in Computer Science with Cybersecurity.



His dream job is to become a “white hat hacker”, which he explained is someone who is “hired by companies to try and hack into their databases and report back the vulnerabilities”.

He says he and his family were overjoyed to discover he'd be receiving the funding and has thanked the Society, adding: “It will go towards buying textbooks so I can enhance my knowledge further and better understand the industry that I want to work in.”

Benedict Weis

Leodis Branch member

Benedict hasn't yet decided what his ideal future job role might be. He is studying Aerospace Engineering at Queen's University Belfast and hopes a career path might become clearer over the next few years.

Since starting in September 2023, Benedict has joined the University's rowing club and the money will help him pay for training camps and trips, which he says will allow him to study more effectively without worrying as much about his finances.



“I would like to thank the Oddfellows for the award and just to say how grateful I am for it,” he said.

Jamie Messett

Loyal Lord Byron
Branch member

Jamie started his first of four years of Chemistry at the University of Oxford's Balliol College in October 2023, and will put the money towards



learning materials. He would like his future to be in the pharmaceutical industry, but a PhD and a career in research is also a potential avenue.

He said: "Nobody should underestimate how valuable funding can be towards determining how well a student performs.

"I would like to thank everyone involved in helping me with this award, and also everyone involved with providing the funding."

Charlotte Stevenson,

Pride of Woolwich
Branch member

Charlotte started her four-year course in Physics and Philosophy at the University of Oxford's Brasenose College in October 2023.

She is hoping to do a PhD in astrophysics and then continue researching within the field beyond that.



The funding will allow her to take part in unpaid research programmes during university holidays, covering the cost of travel, accommodation and food, as well as contributing to the cost of textbooks and other resources. She said: "This award will be an immense help throughout my degree and I'm so, so grateful to have received it."

Grand Master (Chairman) of the Society, Barbara Needham, said: "Ordinarily, we hand out three First Degree Course Educational Awards each year, but such was the strength of the applications of this year's winners that we felt they all deserved the financial boost. "I'm delighted for all four of them, and I wish them every success over the next few years at university and beyond."

For more information and T&Cs, visit www.oddfellows.co.uk/educational-awards

Striving for a greener future

The Oddfellows is committed to being as green as possible. That's why we've been calculating and offsetting our annual carbon footprint since 1 April 2020.

Between 1 April 2022 and 31 March 2023, 106.38 tonnes of CO₂e was recorded as being produced through the operations of our Liverpool and Manchester offices and associated transport activities, which includes our financial services brand, Unity Mutual.

Although this figure is up 5.4% on the previous year, benchmarked against employee numbers, carbon emissions have remained almost constant (up 0.2%).



The Oddfellows' CEO, Jane Nelson, said: "Our focus is to keep learning through our assessments and to make incremental changes to the way we operate so we can bring our greenhouse gas emissions down and play our part in tackling climate change."

The Society's aim is to be Net Zero, where our carbon emissions are as low as possible. As a last resort, we have offset our 2022-23 carbon footprint by funding carbon dioxide-saving initiatives, including in Eritrea, Cambodia, Brazil, Bulgaria and India.

Jane added: "Climate change is real. It's the greatest environmental challenge we've ever faced. But there is hope, because we can all do something about it."

Investing in futures

Unity Mutual discovered a genuine interest in its children's savings accounts – a topic many grandparents and parents hadn't considered before – while at the 2023 Baby and Toddler Show in Manchester.

The Junior ISA (JISA), offered in partnership with Mini First Aid to include a free paediatric first aid course*, turned heads, especially when parents realised once they'd set it up, anyone could contribute.



Unity Mutual at the Baby and Toddler show

Unity Mutual's Head of Sales and Marketing, Abi Jones, said: "No more brainstorming gift ideas for that first birthday or Christmas – a shared investment in a secure future sparked enthusiasm. Because, sometimes, the best gifts are the ones that grow over time."

*T&Cs apply.

At a glance

June 2024

| | | |
|---------------|--|---------|
| Sat 8 | Punch and Judy – A Talk and History | 12 noon |
| Mon 10 | Shhh! Secret Cinema | 6.30pm |
| Mon 10 | Free Bi-Weekly – Seated Yoga with Mike | 7pm |
| Mon 17 | Free Bi-Weekly Relaxation with Nicky | 7pm |
| Wed 19 | Purple Pub Club | 7pm |
| Sat 22 | Cream Tea at Tewkesbury Park Hotel | 1pm |
| Mon 24 | Free Bi-Weekly – Seated Yoga with Mike | 7pm |

July

| | | |
|---------------|--|---------|
| Mon 1 | Free Bi-Weekly – Seated Yoga with Mike | 7pm |
| Sat 6 | The Art of Jelly Printing | 12 noon |
| Mon 8 | Shhh! Secret Cinema | 6.30pm |
| Mon 8 | Free Bi-Weekly Relaxation with Nicky | 7pm |
| Wed 10 | Free Online Talk – Land of a 1,000 Smiles – A Story of Buddhism in Thailand | 7pm |
| Mon 15 | Free Bi-Weekly – Seated Yoga with Mike | 7pm |
| Sat 20 | A Visit to Cotswold Farm Park | 12 noon |
| Mon 22 | Free Bi-Weekly Relaxation with Nicky | 7pm |
| Wed 24 | Purple Pub Club | 7pm |
| Sat 27 | Half Yearly District Branch Summoned Meeting | 3pm |
| Mon 29 | Free Bi-Weekly – Seated Yoga with Mike | 7pm |

August

| | | |
|---------------|---|--------|
| Mon 5 | Free Bi-Weekly Relaxation with Nicky | 7pm |
| Mon 12 | Shhh! Secret Cinema | 6.30pm |
| Mon 12 | Free Bi-Weekly – Seated Yoga with Mike | 7pm |
| Sun 18 | Harry Potter Studio Summer Tour – Return to Azkaban | 2pm |
| Mon 19 | Free Bi-Weekly Relaxation with Nicky | 7pm |
| Wed 21 | Purple Pub Club | 7pm |

At a glance

September – Friendship Month

| | | |
|---------------|---|---------|
| Sun 1 | Toby Carvery with Friends (Dog at Over) | 12.30pm |
| Mon 2 | Free Bi-Weekly – Seated Yoga with Mike | 7pm |
| Wed 4 | Free Online Talk – All for the love of sugar | 7pm |
| Sat 7 | A Talk in EFT a new therapy for managing stress and phobias | 12 noon |
| Sun 8 | Trip to IKEA and Lunch | 10.30am |
| Mon 9 | Shhh! Secret Cinema | 6.30pm |
| Mon 9 | Free Bi-Weekly Relaxation with Nicky | 7pm |
| Mon 16 | Free Bi-Weekly – Seated Yoga with Mike | 7pm |
| Mon 23 | Free Bi-Weekly Relaxation with Nicky | 7pm |
| Wed 25 | Purple Pub Club | 7pm |
| Mon 30 | Free Bi-Weekly – Seated Yoga with Mike | 7pm |

Meetings

Committee of Management meetings are held every month. Why not come along and meet new friends, whilst finding out about your own Branch and how it runs! If you are interested in getting more involved, please give us a call to find out how.

Payment for events

You can always pay for forthcoming events at the meeting the month before the event itself, if you are not going to be able to attend the preceding event. Please contact Louise on **07980 100831** to discuss payment methods.

A bit about us...

The Oddfellows is a not-for-profit friendly society that's been around for over 200 years. Our aim is to bring people together through social events, as well as support our members through a range of benefits and services. For more information visit **www.oddfellows.co.uk** or call **0800 028 1810** to speak to one of our team.