

COPE

Cambridgeshire Older People's Enterprise

Registered Charity
No. 1110887

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Newsletter 145

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Funded by:



COPE urgently needs volunteers to help with operating its St Ives social group on the second Friday of each month. This has been successfully run by Gerald Collins for the past 10 years but unfortunately he can continue no longer. Our grateful thanks to Gerald for all the hard work he put in to make the St Ives meetings so successful. Let's continue with Gerald's good work and allow the meeting to continue which can be done only with your help.

As we have been campaigning over the last year to end loneliness, establishing social groups such as St Ives and Queen Edith's can do much to reduce loneliness. An article in this edition, by one of our members, shows it is very easy to find yourself lonely, and our remit is to help such people overcome this problem. There are many locations throughout the City and County where such groups can be established; we are not asking for you to commit yourself to full time activity, a morning a week or even once a month would go a long way to helping COPE establish such needy activities. So volunteers to help keep St Ives and establish other social groups are urgently needed.

Our former Newsletter editor and computer expert, Rob Bonser, has resigned, but fortunately help has been provided by Nick Brenton from Cambridge Online who has enabled us to continue with the production of the Newsletter and keeping up to date with emails and membership lists. However, with the move towards a digital world we are in need for more computer literate people to help. We have laptops in the office which any member of COPE can use to practise their computer skills.

We are continually in need of articles, letters, suggestions from Members. We are grateful to those members who responded to the articles (P.O.'s, Bank and ATM closures, and TV Licences) in the last Newsletter. But we need more views from you all. So please get writing !

David Bailey, Chairman

Weather Lore

COUNTRY WEATHER LORE (continued from previous Newsletter)

When good weather is about to break up, the signs are obvious – there are changes in the clouds, the wind, the temperature and the visibility. The length of time in which the change builds up also tells how long the next weather will last:

*Long foretold, long past,
Short notice, soon past.*

But change can be indicated in other more painful ways. People with bad feet feel their corns jumping, those who have rheumatism suffer from bad backs or niggling shoulders, and discomfort is felt where bones have been broken and long mended. They may also experience tingling or drumming in the ears.

RAIN AND STORMS

In much the same way as red sky at night is a good sign, so an anaemic sky prophesies rain:

*If the sun goes pale to bed,
'Twill rain tomorrow it is said.*

This, as well as most of the other warnings of rain, seem to be very reliable. Smoke falling instead of rising, 'white horses' out to sea, and ditches and drains smelling unpleasantly, are all bad signs, as is soot falling down the chimney. This is caused by the soot absorbing the increased dampness in the atmosphere until it becomes heavy and falls into the grate. (Though in these days of central heating and no coal fires this does not often happen)

In winter, 'when the sun gets round into the wind', rain follows quite quickly. 'Three rimy frosts, and then it rains' is another saying, and the same can be applied to seeing three frogs.

Once the rain has started to fall other rules apply:

*Rain from the East,
Will last three days at least.
And:
If the rain comes down slanting,
It will be everlasting.*

A less reliable rule is: 'Wet Friday – Wet Sunday.

WIND

The wind which is most disliked by country men is the winter east wind, originating from the cold heart of Europe:

*When the wind is in the East,
'Tis neither good for man or beast.*

Last year's cold spell was aptly named the 'Beast from the East'. The East wind is said to be a lazy wind; one that 'won't blow round you but blows straight through you'. However:

*When the wind is in the West,
Then the wind is at its best.*

Adapted from 'Weather Forecasting, The Country Way' by Robin Page

IMPORTANT STORIES YOU MAY HAVE MISSED

**Pub burglar turns out to be man
locked in toilet.
*Ellesmere Port Standard***

**Snail race cancelled
because of cold snap
*The I***

**Taxi Driver found with
Costa cup lid for fuel cap
*Daily Telegraph***

**Man who kept two owl
heads in jam jars fined
*The Herald***

**Edinburgh School fills
maths teacher vacancy
*Edinburgh Evening News***

Spring 2018 Oldie Magazine

Happy birthday to any members celebrating in March & April

Information and Advice Service Age UK

Do you have a query but don't know who to ask? Age UK Cambridgeshire and Peterborough is a local independent charity working with and for older people. **FREE** information is available on a range of issues, by phoning the Helpline below.



Data Protection Act

Limited information is recorded on computer in respect of those who receive this Newsletter and/or contact COPE. Basic information only is held; a list of names, postal and/or email addresses used for the preparation of address labels or electronic delivery or for reference purposes by Officers of COPE. This information will not be communicated to third parties without your express permission. Unless COPE is advised to the contrary we will assume that you have no objection to your basic information being recorded.

DONATIONS

Once again, thanks for all the donations, both monetary and raffle prizes, which are very much appreciated. With the monetary donations, would you please fill in the 'gift aid' section of the application form.

Peter Murfitt, Treasurer

COPE FORUM

Cambridgeshire Older People's Enterprise New member application form

New Member

Number: _____
(To be allocated after joining)

(BLOCK CAPITALS PLEASE)

Name: _____

Address: _____

Post Code _____

Telephone: _____

Email: _____

Are you happy to receive Newsletter by email? Yes/ No

AGE RANGE

PLEASE CIRCLE RELEVANT GROUP

Under 50 50-64 65-74 75-84 over 85

Disability - Yes / No

Signature _____

Date: _____

How did you hear of COPE?

Special Interests:

Open to all residents of Cambridgeshire over 50, and to carers and "Friends of COPE" as Associate Members any person, whether or not he or she is aged 50 or over.

The Olive Golding Room
St Luke's Community Centre, Victoria Road
Cambridge CB4 3DZ Phone; (01223) 364303
email; cambridgecope@hotmail.co.uk
Registered Charity No. 1110887

You only live once, but if you do it right, once is enough (Mae West)

Donation Form

I would like to make a donation of £_____

☐

I DO NOT pay UK Income Tax

☐

I DO pay UK Income Tax

Please tick the box above applicable to you

☐

I would like Cambridgeshire Older People's Enterprise (COPE) to treat as Gift Aid this donation, all future donations and previous donations within HM Revenue and Customs time limits, until I notify COPE otherwise*

Please tick this box if you would like COPE to reclaim from HM Revenue and Customs the tax you have paid

Please sign below and print and date underneath

Signature_____

(BLOCK CAPITALS BELOW PLEASE)

First Name_____

Surname_____

Address_____

_____Postcode:

Date_____

The Olive Golding Room
St Luke's Community Centre, Victoria Road
Cambridge CB4 3DZ Phone; (01223) 364303
email; cambridgecope@hotmail.co.uk
Registered Charity No. 1110887

*Notes

- You can cancel your declaration any time by notifying COPE
- If in future your circumstances change and you no longer pay Income Tax, please notify COPE
- Please notify COPE if you change your name or address whilst the declaration is in force.
- I confirm by signing this form that I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations, it is my responsibility to pay any difference

Many thanks!

Trustees (2018/2019)



David Bailey,
COPE Chairman



Gerald Collins



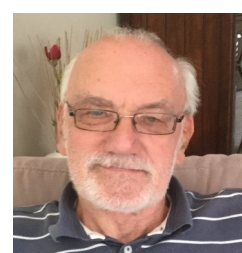
Alice Zeitlyn



Jennie Jenks



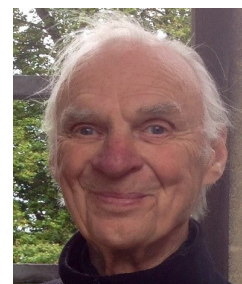
Doreen Ryan



Peter Murfitt



Deborah Katznelson



Ken Lovett

FAREWELL

As noted in the Editorial, Rob Bonser has retired as Trustee and Newsletter Editor, Rob also ensured that our Membership list was kept in good order. Our thanks to Rob for all the hard work he did for COPE.

We are also losing Gerald Collins, who as our Hunts representative, established very successfully the St. Ives social group. He will be sadly missed for all the hard work he put in ensuring the monthly St Ives meetings ran so well and are so popular. Our best wishes to Gerald on his (second ?) retirement.

Word Search

MARCH 2019

BHm 0319

A	C	H	E	R	A	L	I	P
B	O	O	F	L	Y	M	I	L
C	O	C	F	L	Y	R	E	A
C	O	C	G	O	N	R	H	O
D	A	M	H	E	M	R	S	E
D	L	O	H	I	N	S	E	L
D	R	A	I	P	T	U	S	E
E	A	L	K	L	O	U	S	E
E	D	E	K	R	O	W	O	O

			K	L	O			
		C				E		
		C				A		
						F		
				O	N			
						E		
		L				E		
		A				R		
			D	L	O			

AIM

Place the 27 three character tiles in the left-hand Grid to the **CORRECT** spaces in the right hand Grid relating to **INSECTS** containing **NINE** letters horizontally and in alphabetical order

Last month's solution

B	I	O	G	R	A	P	H	Y
C	A	T	A	L	O	G	U	E
C	O	M	P	A	N	I	O	N
D	I	R	E	C	T	O	R	Y
G	A	Z	E	T	T	E	E	R
G	U	I	D	E	B	O	O	K
R	E	F	E	R	E	N	C	E
S	C	R	A	P	B	O	O	K
T	H	E	S	A	U	R	U	S

Photography Competition

Cambridgeshire Countryside

Send in your favourite photo of the Cambridgeshire countryside. The winning photo will be printed in the next Newsletter and ultimately be part of next year's COPE calendar.

We will accept them in print form or email. Prints will not be returned and make sure your name and address is noted on the back of the print.

The photos will be judged by a panel of three COPE members.

Entries should be sent to:

COPE, St Luke's Community Centre, Victoria Road
Cambridge CB4 3DZ

email; cambridgecope@hotmail.co.uk

Loneliness

LONELINESS CAN BE A SERIOUS HEALTH PROBLEM

A gentleman living in a village in Essex, who was a navigator in the Second World War, was involved in a car accident that affected his mobility and his sight. At 94, he is now housebound, and in fact moves around his house with difficulty. His wife is in very poor health, but her sight is good and she reads to him from time to time.

They rarely have any visitors; they cannot tend to their garden which has reverted to nature, being full of weeds and overgrown grass; and they feel isolated and lonely, and dejected by their constant awareness of being alone. It is hoped that the RAFA will help them with some of their care issues, but they are particularly depressed by the lack of contact with people in their village, which happens to be one famed for its dramatic and other societies.

Could something similar happen in the vibrant village of Fulbourn with its very full range of organised and voluntary groups? Yes, the evidence suggests it can happen anywhere, and it can be triggered by any of a number of events, which include, for example, the loss of a spouse or partner; or a very good friend; post-retirement inability to adjust to the loss of work companions/colleagues; an accident; a significant weight change, physical disability; unidentified health issues; a recent traumatic event; poor physical and/or mental health; mobility, visual or hearing impairment; key family members moving away, or emigrating; inability to make use of new technology, and so on. Of course, a number of such events, in close proximity, multiplies the total effect. Medical opinion is that loneliness can sometimes lead to sleeplessness, depression, hypertension, coronary heart disease, strokes, and Alzheimer's disease.

A person or couple who may have been well-integrated with the community a short time ago may, over a short span of time, become depressed, lose confidence and feel quite isolated. Three quarters of GPs surveyed prior to publication of the Government's *Loneliness Strategy* (Oct. 2018) were seeing between one and five people a day suffering from loneliness. In March, 2018, volunteers at The Silver Line helpline took 48,070 calls from lonely and isolated people.

It has been estimated that the health issues of loneliness affect one third of all adults, with seniors most of all. Although we are all aware of the great variety of activities on offer today, it seems that between 1985 and 1994 participation in community activities actually fell by 45%, and that is rather disturbing.

There is now a Minister for Loneliness and government strategy follows closely on the work of the late Jo Cox, MP.

Loneliness

A support network of friends and family is a basic human need. When that, for one reason or another disappears, just when one or more of the above situations arise, there is the possibility of steadily deteriorating health. Such people need help to socialise with like-minded people, perhaps in groups sharing a similar outlook.

No-one, however, should think of elderly people as a burden on the community for they are conspicuous in the huge body of volunteers who run the clubs, societies and associations that everyone, including the lonely, needs. Many such groups would collapse without their participation and they are of a similar age to those most affected by loneliness.

It is also the retired who often act as live-in carers for hundreds of thousands of their close relatives who need constant care and attention (thereby saving the State literally billions of pounds).

Evidently about a half of all people over 75 live alone. The vast majority of them manage their lives very well, and they are not only well-integrated with their communities, but often make a positive contribution to them. Only one tenth of them say they feel lonely. We should all be aware of the dangers of loneliness and alert to the existence of the lonely in our midst. The lonely may need simply a friendly word at first, and they are also likely to need a helping hand.

Contributed by George Culling

NB While the above focuses on the elderly, loneliness can affect people of any age, including, for example, the school student who has been bullied, those affected by rural isolation and new mothers, etc.

The Campaign to End Loneliness website (<https://www.campaigntoendloneliness.org/>) offers helpful tips for groups and individuals.

Quotes:

The most terrible poverty is loneliness, and the feeling of being unloved - Mother Teresa

When you have nobody you can make a cup of tea for, when nobody needs you, that's when I think life is over - Audrey Hepburn

We need to be able to confide, to feel we belong and to be able to get and give support- Gretchin Rubin

COPEing with Living Alone

This was the title of the Information Leaflet No. 15 that COPE distributed many years ago. We have discontinued them because it was impossible to keep up to date with the information we provided. But nevertheless the gist of the leaflet is still relevant and so is repeated here.

Living alone is for some people a lifestyle choice but for others it is thrust upon them. Divorce or the death of a partner is the most likely reason for suddenly having to cope on our own. But long-term illness of a partner requiring residential care can also happen as we age. None of these tend to be something that is planned. The result is an enormous shock emotionally and the realization that many things taken for granted are no longer true.

No two people will have the same needs and difficulties; some will discover that as a single person they lose social contacts; some will find aspects of life that their partners used to deal with a complete mystery. So, how do people find what they need?

First you have to look at your life and decide for yourself what is important or missing from the new circumstances that you are facing. Do you have a friend or family member with whom you feel comfortable discussing your new situation? What is it that you are trying to achieve? Are you looking for someone to give you advice or looking to replace someone in your life? You may find it helpful to write down your thoughts in two columns to clarify what you can manage or with what you need help. Most people are trying to fill a void.

If you need help and advice with practical problems then organisations like COPE, Age UK, Cambridgeshire or the Cambridge Citizens Advice Bureau can often 'signpost' a way to experts who will normally be able to give sound, unbiased recommendations. (There are a few listed at the end of this article). Meeting people to make social contacts or just filling spare time can be more difficult for a single person to do safely and without spending a great deal of money.

Volunteering to help others can be both rewarding and a way of meeting and making friends. Joining clubs, village or community groups or the local church or other religious groups would put you in touch with other like-minded people.

But there may be problems (I can hear you say). When faced with an unexpected change in personal circumstances it is common to feel anxious and depressed. These have to be faced and dealt with. Talking to others may help to put things in perspective. If you feel you cannot confide in those close to you call a confidential helpline or attend a self-help group run by a counsellor.

Make sure you eat well. Don't exist on a diet of tea and biscuits – that is a route that leads nowhere. Take regular exercise. It is in your own interest to keep healthy and not be a burden on either family or the NHS! Do not make quick or hasty changes in your life style. Give yourself time to think clearly and carefully before making any moves.

However, in older age we often have health problems to contend with. Some examples are:- Age-related Macular disease, Mental disorders, Alzheimer's, Parkinson's disease, Asthma, Rheumatism, Heart diseases, Diabetes, Glaucoma, Hypertension.

We are lucky in Cambridge because there are so many organisations, including self-help groups, which help fellow sufferers. COPE can give you details of where you can find help and information.

Alice Zeitlyn

Anglesey Abbey visit



Members visited Anglesey Abbey to view the Snowdrops and Winter Gardens on the 14th February (St Valentine's Day). Unfortunately, as it was also a warm sunny day, most of Cambridge and Eastern England turned up as well. In spite of that, the weather and magnificent gardens made up for having to share the experience with so many people.



Janet's story

There is a saying, 'a day in the life of'This story is a 'night in the life of Janet, a Cambridge Street Pastor'

Janet is a Street Pastor in Cambridge and Street Pastors have a role during the night hours of 10pm until 4am in helping people in distress, whoever they are, young or old, male or female, intoxicated or homeless, friendless or frail. Whatever the situation, they help them deal with their problems. They make no judgements on behaviour. As a group, they deal with what they see, hear or encounter in a humane way. Keeping the young people and the homeless safe is their priority.



The Street Pastors cover an area of Cambridge where the majority of the nightclubs and bars are based. They work in mixed gender groups of four and the group has a leader who will carry a walkie-talkie to keep in touch with the police, ambulance station and also with the doormen at the night clubs and bars. Cambridge has, at the last count, six night clubs, one of which can hold over 1,000 people. Other nightclubs can hold up to 600/700 members each. Along with

these there are numerous bars and pubs in the centre of the city. The various closing times of these establishments throughout the night ensure that there is a vibrant mass of people of all ages but predominantly young people, roaming the streets up until daybreak. From 3am onwards life is very busy for the Pastors.

If they find a girl on her own, crying because she has lost her mates, they stay with her until she is re-united with her friends. They give out flip flops when girls have taken off their shoes and they talk to them and stay with them until their friends turn up and they are re-united.

There is a Nightlight drop-in centre on Saturday nights at St. Columba's. It is a place of safety for anyone who is distressed, lost or who is trying to get home. At this place they serve beverages and biscuits. There are toilets and they will telephone family or friends if needed. It is a place for warm shelter and for people to quietly sit and talk to others.

The Street Pastors also support the homeless and they make a point of stopping to chat to those sheltering in shop doorways. They make sure sleepers have enough warm clothing and water for the night.

Janet's story is inspirational, especially to older members in society. When experiencing retirement from a fulfilling job or widowhood from a long term close relationship, there is an inevitable sense of loss and emptiness in one's life, but it doesn't have to be like that forever. The Street Pastors work is fulfilling and caring and is a wonderful meeting of young and old. In their own way, each is helping the other to be safe.

Members' comments

TV Licence

There were varied comments on the alternatives for TV licences. There was no one option that was preferred above the others, although none agreed that everyone should pay the full licence fee. But there was agreement that the BBC should not be paying such high fees and wages to its employees and artists, and having so many repeat programmes. There was some feeling that the age for free licences should be raised to 80 as everyone is now living much longer or those over 75 should pay 50%, or as some felt that the fairest was a means test to decide who has a free licence.

When the free TV licence was introduced, it was part of measures brought in to offset the low level of state pensions. Today, the state pension is still ranked as 37th out of 37 OECD (Organisation for Economic Cooperation and Development) countries and little has changed, and the BBC should consider the following before making a decision:

- 1 in 4 over 75 say the TV is their only companion
- 18% of all individuals over 75 live in poverty, compared to 11% of the population as a whole
- At least half of all pensioners have an income of less than £12,000 a year
- It is estimated that losing all or part of this concession will put another 50,000 people into poverty
- Cost of means testing would far out way any savings it may bring.
- Before making a decision that will affect the most vulnerable of the older population, the BBC should look at the salaries it pays to top employees, on-screen talent and independent production companies.

Cashless Society

As regards, the cashless society, one irate member who is 90 expressed his views (which, I think, many will agree with) as follows:

1. It is wrong to cancel <the use of>cheques
2. It is wrong not to make sure cash is available and acceptable
3. It is wrong to deny people the use of cash when they have a lifetime experience using it
4. To totally depend on an electronic system which might fail and is open to scams is wrong

Banks forget too easily that the money they play with, we have given to them for safe-keeping.

Digital Society

There are other casualties when everything goes digital. One M.P in our area has complained that his local newspaper closed down but was available on line, which left older people feeling 'disenfranchised' and 'isolated'.

The Office of National Statistics (ONS) in a recent report has revealed that more than 5 million adults still do not use the internet, emphasising the need for analogue alternatives to vital internet based services such as banking and billing. The ONS said that this would enable everyone to participate fully in society, preventing pensioners and disabled people from being digitally excluded.

The ONS report found that since 2011, the number of UK adults not using the internet has been steadily declining, with the majority being over 65 years old. However, the report then warned that the internet is being increasingly used to interact with public services or authorities, which has implications for those not equipped to take advantage of the internet, or are unwilling to do so. It stated "The fact that people remain digitally excluded also highlights the importance of ensuring that non-digital alternatives continue to be made available to enable everyone to participate fully in society."

COPE fully endorses this statement and will be writing to the local authorities to ensure they understand the need for post and 'phone access to their services as well as digital access.

TV Perk is a Lifeline for the Elderly

Being charged less – simply because of our advanced years – is a bonus and a dilemma for better off oldies. Many of us can afford to pay for the bus journeys and prescriptions we get free, and would still visit the cinema and stately homes if there were no age-related discounts. So should we feel guilty about enjoying these perks – because somebody has to pick up the bill?

With commercial companies, it is a marketing decision – offering cheaper midweek shopping or the Senior Railcard. But government concessions, such as winter fuel payment and £10 Christmas bonus, are paid automatically, whether we need it or not, and indeed many people donate this money to charity.

Free bus travel is paid for by the local authority where you start your journey because it has to compensate the bus company. In England, the bus pass is given to 65 year olds, which is fair because the state pension is now 65 for both men and women. People in Scotland, Wales, Northern Ireland and London still get free travel from 60, while the cost is subsidised by council tax payers of all ages.

As organisations become more cash strapped, and older people are regarded as wealthy, fewer destinations now offer reduced prices for pensioners, as they reckon older people will visit anyway. At the 35 most popular museums, galleries and heritage sights that charge for entry, the International Foundation found that 24 give discounts from age 60, four from 65, and seven gave no discount at all.

Banks and building societies used to pay better savings rates to older people, but today only two have specific accounts for oldies and the rates are no higher than those paid to anyone else.

The most contentious change is hitting the free TV licence for the over 75's, a perk worth £154.50 a year and introduced in 2000 by Gordon Brown. The whole household gets free television when the oldest member reaches that age.

At present, the cost is paid by the Department of Works and Pensions but in June next year, the Government is handing responsibility to the BBC. The Corporation has to decide whether it can afford to maintain the concession. It is already having to make cuts of £800 million by 2021-22 and it says keeping the perk would cost it £745 million a year, equivalent to the combined annual budgets of BBC2,3 and 4, and the BBC News Channel, CBBC and Cbeebies – altogether a fifth of its current Budget.

Age Concern reckons losing the free TV licence could push 50,000 pensioners below the poverty line and it wants the government to continue funding. Whoever pays, we would be a despicable society if we allow lonely elderly to lose the lifeline of their television sets. It is not a question of money.

The above article was by Margaret Dibben in The Oldie Magazine April 2019

C.U. Botanical Gardens
Thurs 25th April 2pm
**£4 for Tea/Coffee &
Cake**

**Friends of CU Botanical
Gardens Free Entry, if you
are not a Friend entry Fee
is £5**

Buses Stop near the Gardens, Nos 1,3,&7 at the
top of Station Road, and No 4 & U on Trumping-
ton Street

TICKET REQUEST

**C.U. Botanical Gardens Visit
25th April 2019**

£4

Print Name(s).....

Phone No:

.....

Please send a cheque made payable to COPE
for **£4** per person with a stamped self-
addressed envelope to

COPE
The Olive Golding Room
St Luke's Community Centre
Victoria Road
Cambridge CB4 3DZ

Retired?

Thinking of moving?

Are you independent and active but look-
ing for a friendly environment offering oc-
casional help and caring neighbours, all in
the centre of Cambridge?

Why not contact the Royal Albert Benevolent Society

The Society provides:

- Subsidised homes for independent senior citizens of modest income
- Terraced houses and flats suitable for one or two people in central Cambridge
- Resident Warden
Programme of social events
Friendship and support within a small independent community

**For more information
please telephone the Warden,
Royal AlbertHomes, 01223 352654**

Registered Charity Number 204757
The Almshouse Association Number 1212



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WILTSHIRE

FARM

FOODS

Recipe

Apple Cake

Oven gas mark 4 180c
Greased & lined 7in round tin

Ingredients

4oz butter
4oz brown sugar
4oz sultanas
¼ pt apple juice
8oz apples [peeled, cored, chopped]
2 eggs beaten
10oz flour
1 teaspoon cinnamon
1oz demerara sugar

Method

Place butter, sugar, sultanas, & juice, in pan. Heat gently until butter melted. Simmer for 5 mins. Allow to cool. Add apples and eggs and mix well. Fold in flour and cinnamon. Spoon into prepared tin. Sprinkle demerara sugar on top and bake for 60 – 75mins. until golden and firm to touch. Leave in tin for 5mins. Then turn out onto wire rack to cool. This cake will keep for up to a week in an airtight tin or wrapped in foil.

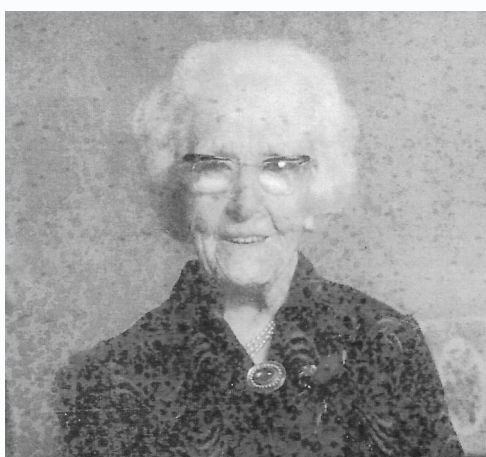
Recipe and Cake by Diana Murfitt



Olive Golding

We have been meeting in the Olive Golding Room, which is used as the COPE office, for many years. I have at last got round to asking Heather, the helpful Church secretary, if she knew anything about who was Olive Golding and this is the information she gave me.

Olive Agnes Golding was born in Newmarket in 1880, one of six children. Her father, Harry Hambling was a draper and a stalwart of the local Newmarket Congregational Church where he was the Choirmaster for 40 years. He served in local government as well as being a JP. Her mother was Mary Ann Jarrold and they married in 1877.



Olive was brought up in a family with a distinct tradition of public service. In 1905 she married Herbert Golding who ran his family business of 'outfitter clothier' in Newmarket. 'Golding's Men's Outfitters' were a household name in the horse-racing world. The business was sold in 1998 but still trades under the Golding name!

Herbert was much older than Olive and he died in 1919 leaving Olive a wealthy widow with two daughters aged 13 and 10. The large family home was in Huntingdon Road, Cambridge where she lived for 60 years. There was a tradition of great garden parties being held there.

She devoted her life to the Victoria Road Congregational Church. She ran the Band of Hope, a Church temperance group; was a member of the Women's Sewing Circle; and supported the London Missionary Society. The United Reformed Church was demolished in about 1990 when St Luke's became a Shared Church and Community Centre. A cabinet containing the vessels that were used for Communion in the United Reformed Church in memory of Olive Golding is now in the South Chapel of St Luke's Church.

Olive Golding died in 1981 aged 100. Now that I have learned something about her life I feel privileged to work in the office named after Olive Golding
Alice Zeitlyn

COPE Events

Lavenham visit & guided tour 17th May 2019

Minibus from St. Luke's
Church at 9.30am
Numbers Limited
to **16 only**

Cost for minibus £8.

Light lunch in historic
Guildhall at own cost.

TICKET REQUEST LAVENHAM VISIT

Print Name(s).....

Phone No:

Please send a cheque made payable to COPE
for **£8** per person with a stamped self-
addressed envelope to:

COPE
The Olive Golding Room
St Luke's Community Centre
Victoria Road
Cambridge CB4 3DZ

Forthcoming events

Mid June (date to be announced):
visit to Norfolk lavender fields and Hunstanton.

Fish & Chip lunch

Beginning of July: Wisbech Rose Fair

15th July AGM 10.30am St Luke's Church

Speakers include

Nigel Tarrant: Commercial Manager, Stagecoach re: future bus services

Marion Wilson: National Pensioner's Confederation re: Loneliness

Karen Reid, Community Protection Officer, Cambs County Council re: Scams

The Friends of Histon Road Cemetery

Histon Road Cemetery is located about one mile north of Cambridge City centre between Histon Road and Victoria Road. It was originally established in 1843 by non-conformists who previously had no burial ground of their own. It was one of only three in England designed by the leading Victorian garden designer J.C. Loudon. Now closed to new burials, it is cared for by Cambridge City Council, working closely with the Friends of Histon Road Cemetery. As one of the best-preserved examples of Loudon's work the Cemetery is English Heritage grade II* listed.

Following its closure in the middle of the last century the cemetery suffered a period of neglect. Monuments were damaged, some were lost and others were in a perilous state. The site was becoming increasingly overgrown and it was being used for anti-social activities such as drug dealing and prostitution.



The Friends of Histon Road Cemetery was set up by a group of local residents who were increasingly concerned by the deteriorating environment and misuse of the site. The group was established in 2006 and has since worked closely with the local community and Cambridge City Council. The aims of the Friends are to protect and enhance the Cemetery as a place of remembrance, history and nature, to speak and act with Cambridge City Council and other organisations on behalf of those who care for the cemetery, to ensure continued public access to the cemetery and to increase public awareness, appreciation and enjoyment of it.

The Friends run occasional events in the cemetery, including participating in the Castle Hill open day last summer as well as a ceremony on Remembrance Sunday which last year attracted well over 100 people.

To supplement the maintenance work undertaken by the City Council, volunteers from The Friends have regular maintenance and gardening sessions on Monday afternoons. We also arrange and fund memorial repairs and restoration and gardening works that require professional attention.

Another major part of the Friends' work is concerned with wildlife and conservation. We ensure that parts of the cemetery are kept un-mowed and that wildlife habitats and food sources remain available at all times of the year.

Members of the Friends are kept informed of our activities by a regular newsletter which includes progress reports and articles about some of those interred in the Cemetery. Whatever the season the Cemetery is now a delightful place to explore so do visit us! For more information about the Cemetery or to find out more about supporting or helping us you can find us on the web at <http://histonroadcemetery.org/>, Facebook at [@friendsofHistonRoadCemetery](https://www.facebook.com/friendsofhistonroadcemetery), or email us at friendsofhistonroadcemetery@yahoo.co.uk.

COPE AGM—July 15th

COPE

ANNUAL GENERAL MEETING
15th July 2019 at 10.30 a.m.

Doors open 10.00 a.m.
St Luke's Community Centre
Victoria Road
Cambridge CB4 3DZ

Enter through the side door by the
bus stop on Victoria Road

FORUM 11.00 a.m.

Come along to the AGM to listen to our
speakers before joining us for a sandwich
lunch for ticket holders

Tickets from the COPE office

Closing date: Friday 5th July

TICKET REQUEST

Forum and Annual General
Meeting
15th July 2019 at 10.30 a.m.

Print Name(s).....

Phone No:

Please send application for admission and the sandwich lunch ticket (please indicate if vegetarian) to COPE with a stamped self-addressed envelope for each ticket to reserve place and lunch.

Closing date Friday 5th July

COPE
The Olive Golding Room
St Luke's Community Centre
Victoria Road
Cambridge CB4 3DZ

Hot Cross Buns

Hot cross buns, hot cross buns
One a penny two a penny, hot cross buns!
If you have no daughters, give them to your sons.
One a penny two a penny, hot cross buns!

This is a festive food connected mostly with Good Friday. There was once a superstition that good luck would accompany those who ate them and bad luck to those who did not. But as it was traditionally sung by hawkers and street traders eager to sell their wares, it could be reasoned that potential purchasers should make sure everyone they knew ate the buns.

In more recent times, the hot cross bun has come under pressure from a variety of directions. In 2003, four local councils decided to ban them for fear of offending non-Christians.

The bun has also attracted speculation about its ancient pagan origins despite its bearing the Christian symbol of a cross and supposedly being sold on the day of the Crucifixion. Modern day marketing ensures they are available as soon as possible after Valentines Day.

(thanks to Albert Jack)

C.U.P. Bowls Club

Cambridge University Press Bowls Club
Formed 1949

Offering county bowls and open bowls sessions with coaching for inexperienced members. We have an excellent green and some of the best facilities in Cambridge. Only £45 for the season.

For information contact
Matt Thomson (Secretary)
Telephone 01638 743017
Email: cupbowlsclub@gmail.co.uk
Facebook: @cupbowlsclub
www.cupbowlsclub.co.uk



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British Lung Foundation

Helpline 03000 030 555 Mon-Fri 9am to 5pm
www.lunguk.org

Breathe Easy is part of the *British Lung Foundation's*
support network

Breathe Easy Cambridge City www.lunguk.org/cambridge

Breathe Easy Fenland -Derek Bond tel 01354 680466

Breathe Easy Ely - tel 01353 668937

Activities and Events

Arbury Artists Watercolour Painting Art Classes: Tuesdays 10am– 12noon at Buchan Street Centre, Cambridge.
Contact **Celia Conway 01223 523 680**

Abbey Leisure Centre Complex Astroturf., CB5 8NT. Supervets football. Contact
sarah.taylor@gll.org.uk 01223 576412 **Sunday Community walk** 11.00am contact Helen 01223 240271

Barrington Forget-me-not club Meets fortnightly on a Thursday. Tel. Jim Burton 01223 870192 or
email jimandlindab@lineone.net All welcome

Cherry Hinton Church End WI meets every Monday. If you are interested in joining or want information,
Contact Margaret on 01223 249247 or **kjrm19@btinternet.com**

Cherry Hinton Friday Friends: group for senior citizens offering knitting, crafts, scrabble and cards 1:30 - 3pm every
Friday at the Family Centre, Fishers Lane, CBI 9HR. Contact Nic or Jo Boyns 01223 561139

Cherry Hinton Leisure Centre Contact sarah.taylor@gll.org.uk 01223 576412

1 **Ol' Boys Club** Mondays 2-4 pm for cards, dominoes, scrabble, chess, curling and darts.

2 **'Young At Heart'** Women's social group. Open to all women 50 plus every Friday 2-4.00pm.

3 **Walking Football** for Senior Us. Thursdays 9-10 am.

4 **Community walks** Monday 10.30am (term time & ladies only), Wednesday 11.30am contact Helen 01223 240271

Cambridgeshire Companions: A social club for the single over 50s Contact Celia Conway - 01223 523680

Cambridge Hard of Hearing Club: Meet at 2.00pm on the last Thursday of the month at

The Meadows Community Centre, St. Catharine's Road, Cambridge CB4 3XJ.

Further details from www.cambsHOHClub,

or text **Chris** on **07876 108963**, or email: cambs.hohclub@yahoo.com

Ely Library Activities - Scrabble, creative Tuesdays, local studies, arts and crafts—Contact details for all activities:

0345 045 5225, Alvina De-La-Mare, Ely.Referral@cambridgeshire.gov.uk;

St Luke's Knitting Group: Meets 1st and 2nd Wednesday of each month.

A convivial gathering over a cup of tea at St Luke's Centre. All welcome, it doesn't matter if you cannot knit or
crochet. Telephone for information **Judith Crowe- 01223 357627**

Dogs On Prescription: Refreshments provided while you chat and cuddle dogs, for those who don't have
regular access. Weekly Thursdays 3.30-4.30 at Baptist Church Family Centre CBI 9HR Tel 07709844216

Chesterton Knitters meet on the 1st Thursday of each month 2.00-4.00pm

Stir Café (Hawthorne Way and Chesterton Road) it is in the old Polish supermarket opposite the Spar.

Wool, needles and patterns will be provided. Bring your own work if you wish.

We can teach you if you do not know how! Telephone **Alice - 01223 357395** for details

Comberton Friendship Club: meet on 2nd Thursday of each month 2.30 p.m. at Comberton Village Hall.

Telephone **Sue Allin - 01223 262990**

Godmanchester Churches Together Tuesday Lunch Club: Contact **Peter Irving - 01480 382144**

Grovebury Ladies club meet Tuesdays 7.30-9.30pm Arbury Community Centre, Campkin Road Cambridge contact
Barbara Watts on **01223 570707**

Rampton Tea Club for the over 60s at Rampton Village Hall, alternate Tuesday afternoons 2.30–4.30pm.

Telephone **Sylvia Beaumont - 01954 252043** for date of next meeting

Victoria Homes Victoria Road bring and buy coffee morning 10.00 first Saturday of the month

Wesley Church Lunch Club: meets on Fridays at Christ's Pieces, Cambridge.

Freshly cooked two-course meal at a moderate cost. Telephone **Sheila Jackson - 01223 352115**

Whittlesford Music Club: at the Lettice Martin Centre – telephone **John Lester - 01223 847877**

Wimblington Film Club: for details telephone **Pat Hart: 01354 740654** or visit

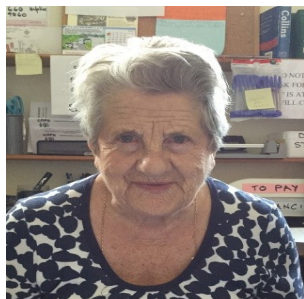
www.wimblingtonfilmclub.org.uk

Wisbech St Mary Community Centre: Friendship Club meets fortnightly on Thursdays, 2pm for 2.30–
4.30 Telephone **Sandra Watts - 01954 411873**

If we have space, we are happy to advertise social events, support groups and activities that COPE members and others reading this Newsletter may be interested to attend, that are **free** and open to all.

COPE Events, Activities and Outings
Please contact the COPE Office for further information
COPE, St Luke's Community Centre, Victoria Road, Cambridge CB4 3DZ.

COPE in Cambridge City



The Wednesday Social Group - Doreen Ryan 01223 364303

*The Olive Golding Room, St Luke's Community Centre,
Victoria Road, Cambridge CB4 3DZ*

2nd and 4th Wednesday of the month



The Evelyn Charnley Memorial Lunch Club – Peter Murfitt

Queen Edith Chapel, Wulfstan Way, Cambridge, CB1 8QN

12.00 (Noon) – 2.00 p.m. Wednesday Bring and Share Lunches

To help meet costs entry £2.00, book exchange, children's books sale, 'bring and buy' table and the £1 Raffle with donated prizes. Everyone is welcome.

April 17th

Lydia Segal (Food Bank)

May 15th

Malcolm Busby (Storyteller)

June 19th

Mike Petty (Local Historian)

COPE in Huntingdon

10.30 to 12.30 St Ives *Free* Church, Market Hill, St Ives, PE27 5AL

Meetings held on second Friday of each month

Entry is £2.00 to help meet costs of these meetings and includes refreshments and the celebrated £1 Raffle with donated prizes. COPE membership is free and members are encouraged to bring friends, carers and partners. Everyone is welcome.

April 12th

Men's Sheds

May 10th

Alan Florence: recordings in the 60s and 70s

Events during 2019

Lavenham Village, Suffolk– May

Norfolk Lavender Fields & Hunstanton– June

Wisbech Rose Festival– July

AGM—St Luke's Church, 15th July