COPE

Cambridgeshire Older People's Enterprise

Registered Charity
No. 1110887

April—May 2022

Newsletter 163

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Funded by:

Editorial

Many thanks to those who have completed and returned our Survey Questionnaire: over the next few weeks we will be analysing your responses to obtain a snapshot of our members' situation. In the meantime we will be pursuing our Keep Cash Campaign, which caught the attention of South Cambs MP, Anthony Browne. He will be bringing this up at a future meeting of the Treasury Select Committee.

We have advance notices in this Newsletter of the AGM on 18th July, and of a Coach Trip to Brick Hill Musical. The latter will start in St Ives and stop at Trumpington Park and Ride to pick up City and South Cambs members. At last we can have outings without Covid restrictions.

We are also pleased to announce a social group that has joined COPE. The Orwell Friendship Club, Lordship Close, Orwell meets twice a month in the Lordship Hall; further details are on the Newsletter back page.

Once we had overcome the worst of Covid and the Government announced the lifting of restrictions limiting its spread, we were all hoping for a relaxing and peaceful year. But we now have the Ukraine being invaded by its neighbour and the displacing of large numbers of its population. Sadly we are still not able to live in peace. Our thoughts and prayers are with the Ukrainian people, especially those who now find themselves refugees. The Disaster Emergency Committee is now collecting on behalf of Ukrainian refugees—details of how to contribute are on page 16.

David Bailey

Talking Together—Zoom

Participatory Zoom events in May

COPE has created an exciting series of three one-off Zoom events, scheduled in May. Led by a professional chef, an illustrator with links to Kettle's Yard and volunteers from the David Parr House museum, the sessions will provide participants with the opportunity to enjoy a hands-on role.

Zoom meetings are currently attracting growing numbers of older adults and COPE is therefore seeking to expand its services to include such programmes.

Each one-hour session will provide the opportunity to share conversation, creating and learning facilitated by skilled leaders. Materials for each programme will be provided to the participants in advance. You are welcome to work with the group or, if you prefer, prepare prior to the session and simply join in the discussion.

Zoom meetings schedule:

Illustrator Rachel McGivern Monday 9 May at 10am

We will be introduced to the artist Alfred Wallis and discover how his circumstances led him to create artworks using the materials around him. Illustrator Rachel McGivern will then introduce us to some introductory drawing techniques before experimenting with oil pastels onto recycled materials.

'Visit' to the David Parr House Tuesday 10 May at 2pm

Explore (via Zoom) the inside of an extraordinary Cambridge terrace house that has Victorian hand painted walls that have connections with William Morris and the Arts and Crafts movement.

Chef Bea Brown Thursday 12 May at 5.30pm

Join Bea cooking a seasonal vegetarian meal in our own kitchens! Using fresh local ingredients (provided) and a few store cupboard staples, we will make a delicious May dinner.

You may want to be sure that your computer or laptop is located in an appropriate space for these activities.
The programme is free, with registration required. Each group will be limited to 10 participants. You may register by phoning COPE at 01223 364 303 or by email at cambridgecope@hotmail.co.uk

Please provide your name and email address and state which group you would like to join. Registrations must be submitted by Monday 25 April. Once your registration is confirmed, you will be sent the Zoom link for the meeting.

Sally Fenn / Deborah Katznelson

Happy birthday to all members celebrating in April and May

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 our 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

Ethnic Origin _____

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.

By completing and returning this form, you are giving COPE permission to hold your personal details on their database.

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

COPE FORUM

Cambridgeshire Older People's Enterprise

Donation Form

I would like to make a donation of £_____

[Please make cheques payable to COPE]

☐ 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_____

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St Luke's Community Centre, Victoria Road
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email; cambridgecope@hotmail.co.uk
Registered Charity No. 1110887

Notes

i. You can cancel your declaration any time by notifying COPE
ii. If in future your circumstances change and you no longer pay Income Tax, please notify COPE
iii. Please notify COPE if you change your name or address whilst the declaration is in force.
iv. 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!

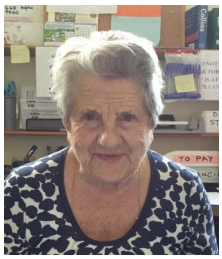
Trustees (2021/2022)

David Bailey, COPE Chairman

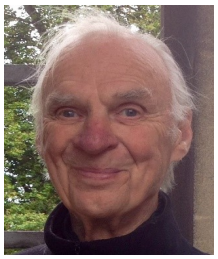
Peter Murfitt

Andrew Holmes

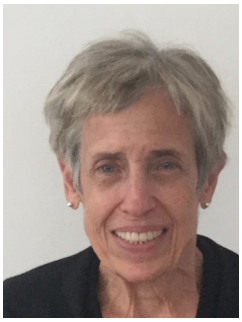
Jennie Jenks



Doreen Ryan



Ken Lovett



Deborah Katznelson

Brian Reynolds

Disclaimer

Whilst every effort is made to ensure information is accurate at the time of going to print, no responsibility can be accepted for loss or damage caused by published information found to be inaccurate.

Submissions for our June / July issue must be received no later than 1st May 2022.

Word Search / Quiz

APRIL / MAY 2022

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

WORD TILE

	N							
		T						
			M					
				O				
					T			
						I		
							I	
								T

AIM

Place the 27 three character 'tiles' in the left-hand grid to the CORRECT spaces in the right hand grid relating to SPACE and ASTRONOMY containing NINE letters horizontally and in alphabetical order.

Puzzle answers in the next Newsletter.

Last month's solution

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

Unfortunately our Wordsearch compiler Brian Halls is ill and in hospital. We wish him a speedy recovery.

UK Landmarks emoji Quiz answers

1 The Forth Bridge

2 Chatsworth house

3 Blackpool Tower

4 Kew Gardens

5 Greenwich Park

6 Windsor Castle

7 Mount Snowden

8 Angel of the North

9 Jurassic Coast

10 Warwick Castle

...and just for fun . . .

1. If you dug a hole through the centre of the earth starting from Wellington in New Zealand, which European country would you end up in?
2. Henry VIII introduced which tax in England in 1535?
3. What is the correct term for a question mark immediately followed by an exclamation mark?
4. The average person does what thirteen times a day?
5. What were the first ice hockey pucks made out of?
6. Who entered a contest to find his own look-alike and came 3rd?
7. In which country are there six villages called Silly, twelve called Billy, and two called Pratt?
8. Native to the Caribbean, what sort of animal is the mountain chicken?
9. The UK's Dyslexia Research Trust is based in which British city?
10. True or false: You can sneeze in your sleep.
11. Who invented the word vomit?
12. Which European country has 158 verses to its national anthem?

Cheques and Balances

Modern technology being used to ensure the continuation of cheques

Those members who are computer and smartphone savvy can pay in a cheque by taking a photo of it on their mobile phone and using their banking app to send the image to their Bank. Virtually all Banks now offer this service and normally the cheque is cleared by the end of the next working day. This is a lot quicker than the six days it used to take in the past to be certain the money was put in your account.

If you go to your bank to pay in a cheque it will use the same image clearing system. That's why banks prefer you to pay in cheques using the machines that automatically take the image and do away with the need for tellers. Some banks impose an upper limit on cheques where you send your own image, but it's a definite improvement on the old system.

You can also pay your cheques into one of the country's 11,500 Post Offices, but they send the cheques physically to the banks before imaging can begin. Remember, the word "day" in banking parlance ends at 3.30pm for paying in, and excludes weekends and public holidays for clearing them.

The new system was introduced in 2019 after the banks withdrew plans to scrap cheques altogether. Instead they created the new universal imaging system and have now promised to keep cheques as long as they are wanted.

Unfortunately, the use of cheques has plummeted from four billion in 1990 to 185 million in 2020, but they remain popular among older people. The average person aged 65 or more wrote five cheques in 2020, compared with one or two for those under 45.

Many small societies and charities find cheques the easiest way to collect subscriptions and some people still use cheques to pay tradesmen or to give a present rather than ask for bank details. Although only one in 300 payments is by cheque- compared with one in two by debit card- it seems cheques will be with us for a while yet.

Paul Lewis article in the Radio Times February 2022

PS. The fact that cheques are still with us is mainly due to COPE's petition to keep cheques which was presented to the Government leading to the banks withdrawing their plans to withdraw entirely the use of cheques. COPE relies on cheques for its financial operations and thanks its members for their donations by cheque.

Keeping Cash Campaign / COVID Survey

Keeping Cash Campaign

The MP for South Cambridgeshire, Anthony Browne, is interested in COPE's campaign, and we had a phone discussion about it. I explained that large numbers of older people either do not have bank accounts or bank cards and they use cash all the time. Its not just in Cambridgeshire but also throughout the country. The loss of banks and ATM's also deprives many of access to cash, while there are many shops no longer accepting cash. All this makes life difficult for many older people.

Mr Browne said that he is concerned at this situation. He is in the Treasury Select Committee and will be bringing up the matter at their next meeting. Other Cambridgeshire MP's have confirmed that they too will be supporting the campaign, and will be encouraging the Government to introduce legislation safeguarding cash and its use.

The Keeping Cash campaign is also gaining momentum with the Post Office stepping into the breach and providing Banking Services for 30 UK bank, building societies and credit unions, and supporting the campaign. Throughout the country some 8 million people find it difficult to be without cash, and 1.4 million do not have a bank account. Charities and small businesses operate mainly on a cash basis, especially as they are dealing in small amounts of money.

In the meantime, the Daily Mail, Daily Telegraph and Which magazine continue with their Keeping Cash campaigns. Recently, BIRA (British Independent Retailers Association) has joined the Daily Telegraph campaign encouraging the use of cash, while many leading retailers such as M&S, John Lewis, Morrisons, Waitrose and Tesco have confirmed they will continue to accept cash.

If any COPE member finds outlets not accepting cash please let the office know: we must not fall into a cashless society which can easily happen with contactless cards paying for small cost items.

David Bailey

COPE Members' Survey 2022

COPE is always interested in finding out from our members what they think of the services we provide, as well as other information about their lives and wellbeing. In 2022, as in previous years, we are sending out with this Newsletter a survey form for you to complete and return to us in the stamped addressed envelope provided. This is your chance to tell us about your experiences of Covid, the services you have received and to tell us how COPE can help you in the future.

Please take the time to complete and return the survey to the COPE office: this and any other feedback you provide will help us and other service providers we work with to tailor what we offer to meet your needs.

A Sauna In Finland

In the 1970's, as I flew to Helsinki for The British Council, to give lectures in some Finnish universities, I looked down at a green world of forests interspersed with numerous lakes. Nearly 200,000 lakes have been listed.

At one time under Sweden, and later part of the Russian Empire, Finland gained independence in 1917. It was attacked by both the USSR and Germany in World War Two, fighting well against the Russians, but losing some territory. Since then, Finland has successfully combined its extensive welfare provision with widespread prosperity, built on an advanced industrial economy. I looked forward with excitement to my visit, which didn't disappoint. At the end of my tour, there was a reception attended by staff from each university. I particularly enjoyed chatting to one Finn, and readily accepted his invitation to go to his house afterwards for a sauna.

The sauna is a significant feature of Finnish culture, and a very old tradition. Official saunas are provided for the Prime Minister and the President. When Finns move house, the first thing they do is build a sauna.
The present routine is something like this:

The room is heated to a temperature of nearly 100 degrees Celsius, and then the Finns, stark naked, sit on a wooden seat and sweat for some time. Water is thrown on hot coals to increase the humidity. Then, traditionally, they go outside, still naked, and either jump in a hole in the ice, refreshing themselves in the freezing water, or they may choose to roll in the snow. Sometimes, especially in the Summer, there is self-flagellation, with bundles of birch branches, to stimulate circulation and open pores

The first part of my sauna experience was as expected. I became very hot and dripping wet with perspiration. That was followed by a shower, and then a bottle of beer. I certainly felt very clean and fresh, though a little tired, as I began to dress. Then came the first surprise: a second cycle, followed by another cold shower was expected. I would have preferred to 'call it a day', but I followed my host back into the sauna, which was now hotter than ever. This time, I felt the heat particularly in my nostrils in which the hairs were surely being singed, while perspiration streamed from every pore of my body. I felt drained. It occurred to me that I was losing not only body fluid, but also salt, essential for life.

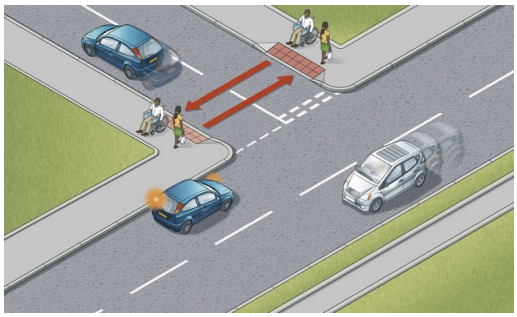
When cycle two ended, I was immensely relieved and felt that while I couldn't say that I'd had a pleasant experience, it had after all been a genuine Finnish sauna and something I would never forget. Then another bottle of beer was provided, and I began to feel pleasantly relaxed. But not for long. My friendly host explained to me that it was normal to finish after a third cycle, and he hoped that I was ready for that. Well, not exactly, but I meekly followed him back into the torture chamber.

When it was all over, my friend drove me to my hotel. I was now almost asleep and unconcerned that my driver, after three bottles of beer, was now driving us through deep snow and ice.
Before we parted I expressed my thanks to him for giving me an unforgettable experience. I also asked him whether he and his family followed traditional sauna procedures, even in the middle of winter.
'Oh, yes, he said. 'We often leave the sauna to roll in the snow, and that's great fun, but we don't often dive into a hole in the frozen lakes these days. I thought you might not like to go outside and do either of those things.'
He was right.

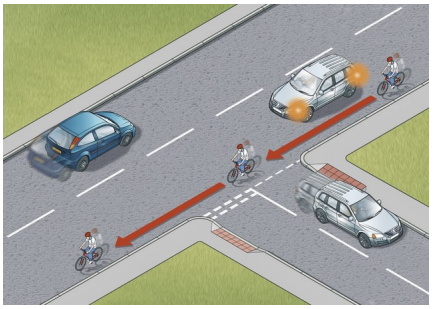
George Culling

Highway Code Changes

10 sections and a total of 50 rules of the Highway Code have been added or updated. Main changes:



Rule H2 (Pedestrians Crossing): At junctions, drivers should give way to pedestrians crossing or waiting to cross on a road into which they are turning. The 2022 Highway Code says that if pedestrians have started crossing the road and drivers want to turn into the road, pedestrians crossing have priority, and the traffic should give way to them. And lastly, when it comes to pedestrians on a zebra and parallel crossing, drivers, motorcyclists, and cyclists, must give way to pedestrians waiting to cross.



Rule H3 (Cyclists Priority): This rule highlights the new priority that cyclists and horse riders have when vehicles or motorcycles are turning. When a vehicle is now turning into or out of a junction, as well as changing direction/lane, they are not allowed to cut across vulnerable road users like cyclists and horse riders, but instead, should give way to them, regardless of whether they are on a cycle lane, or riding ahead of them on the road.

Cycling, Walking and Riding in Shared Spaces

The updated Highway Code guidance says that cyclists and horse riders should respect the safety of people walking in areas where the spaces are shared (i.e. not passing pedestrians at high speeds), but also that pedestrians should take care not to obstruct cyclists and horse riders paths. Also, always remember that some people may be visually impaired or deaf, so always take the utmost care when riding in shared spaces.

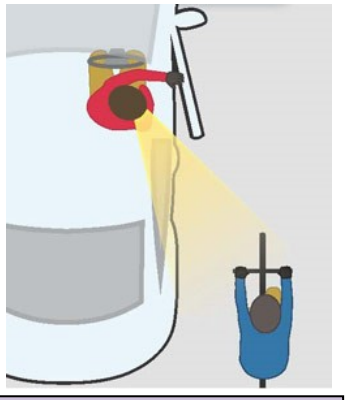
Cyclists' Position on the Road

The 2022 Highway Code sets out guidance concerning cyclists' position when riding on the road, one of the most misunderstood rules of this year's update. Riders can cycle in the centre of the road only on quiet roads, in slow-moving traffic and narrow roads. They shouldn't cycle in the middle of the lane under any other circumstance, such as on a fast-moving road (i.e. 60 mph roads), country roads or roads with a lot of bends and turns, as this may put themselves and other road users in danger.

Overtaking a Cyclist when Driving a Vehicle

This year's Highway Code update states that a driver may cross the double white line in the middle of the road to overtake cyclists or horse riders should they be travelling at less than 10 mph and when safe to do so. The update also defines the different distances you're allowed as a driver to pass cyclists, horse riders and pedestrians (where there is no pavement):

- 5ft (1.5 metres) when passing a cyclist going up to 30 mph;
- 6.5ft (2 metres) when passing a horse rider going under 10 mph;
- 6.5ft (2 metres) when passing pedestrians on road with no pavement.



Stopping and leaving a car

The updated Highway Code also recommends a new technique to apply when leaving a car, called "Dutch Reach", consisting of opening the vehicle's door using the hand on the opposite side to the door you're opening, as this allows drivers to turn around and look for cyclists or pedestrians passing by, and so reduces the risk of accidentally causing them an injury.

For more information, please see: www.gov.uk/guidance/the-highway-code/updates

Nature Recovery In and Around Cambridge

The Cambridge Nature Network identifies opportunities to double nature and increase access to natural green-space in Cambridge and the surrounding countryside. The aim is to halt the decline in biodiversity improve climate resilience and enable nature to recover, while benefiting public health, well-being, and the economy.

Nature in Cambridge has received a boost thanks to a grant award of £425,000 from Natural England's Nature Recovery Programme. The grant is supporting a wide range of projects including:

- Restoring 58 veteran Willow Trees at Sheep's Green in Cambridge (Cambridge City Council).
- Planting trees to create a new woodland belt next to Logan's Meadow Nature Reserve in Cambridge (Cambridge City Council).
- Creating 20 acres of meadow and planting 2,000 trees as part of an expansion of Wandlebury Country Park to the south of Cambridge (Cambridge Past, Present & Future).
- Planting 2,000 trees to create 4 acres of woodland between Coton and Madingley on the western edge of Cambridge (Cambridge Past, Present & Future).
- Planting 400 trees to create a new area of woodland at Coton Countryside Reserve on the western edge of Cambridge (Cambridge Past, Present & Future).
- Creating 10 acres of new meadow on farmland near Barton (Wild Farms Trust).
- Creating 150 acres of new meadows, scrub and woodland at Lower Valley Farm in the Gog Magog Hills to the south of Cambridge (Cambridgeshire County Council).
- Working with five schools in Cambridge to improve their school grounds for nature (Cambridge On the Verge).
- Creating 7 acres of new meadow next to Fulbourn Fen Nature Reserve to the southeast of Cambridge (Wildlife Trust BCN).
- Improving habitat in the Bin Brook and its ditches near Coton to the west of Cambridge (Norfolk Rivers Trust).
- Improving habitats in and around the villages of Histon & Impington (Histon & Impington Parish Council).
- Habitat improvements on the Roman Road and encouraging landowners to help nature at Roman Road, Devils Dyke and Fleam Dyke to the southeast of Cambridge (Cambridgeshire County Council).
- Two community projects in Cambridge parks and open spaces (Natural Cambridgeshire).

Added to another seven projects which are being funded by the government's Green Recovery Challenge, there are currently a total of 25 nature recovery projects underway in the Cambridge area. Further information about all the projects can be found at www.cambridgenaturenetwork.org/current-projects/

Work on some of the projects has been taking place over the winter and 4,000 trees have already been planted by volunteers.

A partnership of organisations is supporting the Cambridge Nature Network including Wildlife Trust BCN, Cambridge Past, Present & Future, National Trust, RSPB, Cambridge Sport's Lakes Trust, Magog Trust, Cambridge City Council, South Cambridgeshire District Council and Cambridge University Botanic Garden.

COPE Annual General Meeting

COPE

ANNUAL GENERAL MEETING
18th July 2022 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 8th July

TICKET REQUEST

Forum and Annual General Meeting
18th July 2022 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 ticket to reserve place and lunch.

Closing date Friday 8th July

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

It is important that you support COPE

⇒ The AGM and Forum will be opened by the Mayor of Cambridge.
⇒ As Members of COPE the AGM is your chance have your say on the running of COPE and vote for the officers and committee members.
⇒ We always need new ideas, fresh emphasis, new members and the ability to work closely with our members
⇒ The speakers at the Forum after the AGM will include the Mayor of Cambridgeshire and County officials involved with older people's services
⇒ Stalls from charities, council services and health services will be in the Hall providing information and help
⇒ COPE is the voice of Older People in Cambridgeshire, use it.
⇒ Refreshments are provided and there will be a free light lunch. A raffle will be held after the speeches.
⇒ Ensure you apply for your FREE ticket.

Recipe / Old Sayings

PANCAKES

For 8 servings

- 1 ½ cups all-purpose flour
- 3 ½ teaspoons baking powder
- ¼ teaspoon salt, or more to taste
- 1 tablespoon white sugar
- 1 ¼ cups milk
- 1 egg
- 3 tablespoons butter, melted

Directions

Step 1

- In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk, egg and melted butter; mix until smooth.

Step 2

- Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Death of Old Phrases?

People who pepper their speech with traditional phrases may find they are casting their pearls before swine, after new research found that dozens of sayings are at risk of dying out.
Phrases such as "nail your colours to the mast" and "know your onions" were among those barely used by modern speakers, according to the survey of 2,000 adults aged between 18 and 50.
Asked if they had ever used dozens of historical phrases, 78 per cent said they had never used the phrase "pearls before swine", which has its origins in the Bible and was used by both Shakespeare and Dickens.
The English language continually evolves.
Jealousy and envy were once very distinct words - one could not be jealous of something one did not already possess.
Nevertheless, those surveyed expressed disappointment at the disappearance of old sayings, even if they would need to Google them first.
Ellie Glason, from Perspectus Global, which commissioned the poll, said: "It's interesting to see from our research, how language evolves and changes over the years.
"It would seem that many of the phrases which were once commonplace in Britain are seldom used nowadays."

1. Pearls before swine 78%
2. Nail your colours to the mast 71%
3. Colder than a witch's t-- 71%
4. Pip pip 70%
5. Know your onions 68%
6. A nod is as good as a wink 66%
7. A stitch in time saves nine 64%
8. Ready for the knackers yard 62%
9. I've dropped a clanger 60%
10. A fly in the ointment 59%
11. Keen as mustard 58%
12. A flash in the pan 57%
13. Tickety boo 57%
14. A load of codswallop 56%
15. A curtain twitcher 56%
16. Knickers in a twist 56%
17. Dead as a doornail 55%
18. A dog's dinner 55%
19. It's chock a block 55%
20. Storm in a teacup 55%
21. Could not organise a p--- up in a brewery 54%
22. Not enough room to swing a cat 54%
23. Flogging a dead horse 54%
24. Toe the line 54%
25. Popped her clogs 54%

Advertisements

The Foundation of Edward Storey
Founded 1693

Looking for sheltered housing in Cambridge?

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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

Britain’s Vegetable Garden

Cambridge researchers will tackle environmental threats that could affect a third of England’s home-grown vegetables and more than a quarter of the UK's rare and endangered wild animals. Eco-friendly farming in the Fens, pine martens in the Cairngorms, and disappearing woodlands in the Lake District will all benefit from a £10 million countryside regeneration programme to safeguard the country’s most important agricultural land and beloved rural idylls.

Although covering less than 4% of England’s farmed area, the Fens produce more than 7% of England’s total agricultural production, worth £1.23 billion. But they are threatened by climate change and their ancient peat soils are drying out, releasing millions of tonnes of CO2.

The Cambridge Centre for Landscape Regeneration project will work with farmers, local communities and conservation groups to tackle environmental threats in these areas. This major countryside regeneration project will be led by Cambridge Conservation Initiative (CCI), Cambridge Zero and the Royal Society for the Protection of Birds (RSPB), in partnership with the UK Centre for Ecology and Hydrology (CEH) and the Endangered Landscape Programme.

Funding for the work with farmers, landowners, conservation groups and local communities to address ecological threats such as extinction, flooding, drought and pollution comes from the Natural Environment Research Council (NERC) as part of its £40 million 'Changing the Environment' programme.

The Fens contain almost half of the UK’s grade-1 agricultural land and support a farming industry worth around £3 billion across the food chain. Farming there directly employs over 10,000 people and supports around 80,000 jobs more widely.

The area is the vegetable garden of UK horticulture with 33% of England's fresh vegetables grown here. More than a half of UK-grown lettuce and over 75% of UK-grown celery are produced in the Fens. Alongside salads, key vegetable crops such as carrots, leeks, potatoes, onions and beetroot are also extensively grown on the Fens.

Yet this fertile landscape faces a host of existential environmental challenges. It is estimated that only 1% of the original wetlands in the Fens remain intact and 30% of the peatlands have been lost – emitting millions of tonnes of carbon in the process.

Just as alarmingly, the region is projected to run out of water in five to 10 years, while simultaneously being threatened by rising sea levels.

Project researchers have been working closely with farmers in the region to find environmental solutions that

work for them and their communities. Fourth-generation Fens farmer and Fenland SOIL steering committee member Tom Clarke said: "Farming in the Fens faces a triple threat – a climate challenge, a nature challenge, and a food security challenge. The best defence is for farming is to be less defensive about some of the problems it has contributed to. We farmers instead need to work in a positive and pragmatic way to find opportunities and solutions for the farmers of the future."

Agriculture in this eastern region of England is of vital importance not just to the whole UK, but also to local people who rely on it for a living. That is why simply rewilding the Fens to preserve and restore its ecosystem is not an option. The funding from NERC will support this work and will enable researchers to find the best ways of protecting the ecosystem and its farmers.

In the Fens, a group of farmers is experimenting with raising the water table to reduce greenhouse gas emissions. This offers a natural experiment to find out not only how such measures affect crop yields, but also its impact on the communities of insects and spiders on which bird populations and crop pollination depend.

In another example, farmers in the Fens are relaxing the usually drastic clearance of fen ditches and providing more farm reservoirs. This enables the storage of winter water for summer irrigation and also provides ideal habitats for fish and wetland birds such as herons and the Marsh Harrier – a species reduced almost to extinction in Britain in the 20th century.

Article from CU Alumni Magazine, February 2022

Extraordinary Uses for Ordinary Things

Aspirin: Help cut flowers last longer – put a crushed aspirin in water before adding flowers to a vase. Other household items that you can add to water to extend the life of flower arrangements include multivitamin tablet, a teaspoon of sugar, a pinch of salt, bicarbonate of soda and even a copper coin. Don't forget to change the water in the vase every day if possible.

Candles: if a drawer is sticking, remove it and rub a candle on the runners. The drawer should open more smoothly when you slip it back into place.
Or - When sawing a piece of wood and the saw 'sticks', rub the saw blade with a candle and it will saw smoothly.
Or when curtain hooks start jamming on their runners, rub the candle along the runner and the curtains will pull effortlessly.

Soap: Loosen a stuck zip. Rub a jammed zip loose with a bar of soap along the teeth. The lubricants in the soap will get it moving.

Tights: Store flower bulbs in winter. The legs of tights make great sacks for storing bulbs, since they allow the air to circulate and so prevent mould and rot. Hang them in a cool dark place.
Or -Clean up after gardening. Save up leftover pieces of soap and put them in the foot of an old stocking. Knot it off and hang it next to an outdoor tap. Used the soap-filled stocking to wash your hands after working outside to avoid getting dirt on handles or bathroom fittings indoors.

Milk: Clean patent leather. Make patent-leather bags or shoes look like new again. Just dab on a little milk, let it dry and buff with a soft cloth.

Reader's Digest

COPE Jubilee Lunch 2022

TICKET REQUEST
Jubilee Lunch 26th May

Print Name(s)……

Phone No: …… ..

Please send a cheque made payable to COPE for **£15** per person with menu choices and a stamped self-addressed envelope to:

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

Cambridge Regional College

Jubilee Lunch

Thursday 26th May
12 for 12.30 pm.

3 Course Lunch £15

See menu opposite

Please send your menu choice together with cheque.
Please note: numbers will be limited.
Own transport

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St Ives COPE

Disasters Emergency Committee (DEC)

Ukrainian Humanitarian Appeal

Website : www.dec.org.uk

For donations:

Text 'save2' to 70150 to give £10

Phone 0800 038 242

Menu—Jubilee Lunch

The Park at CRC

3 Course Lunch £15

STARTERS

CHICKEN LIVER PATE, RED ONION CHUTNEY, TOAST
(GLUTEN, SULPHITES, MILK,)

CLASSIC PRAWN COCKTAIL WITH TOAST AND LEMON
(CRUSTACEANS, SULPHITES, MUSTARD, EGG, GLUTEN, MILK)

LEEK AND POTATO SOUP WITH CREME FRAICHE AND CRISPY LEEKS
(MILK) (ADAPTED FOR VEGAN)

MAINS

BRAISED BEEF STEW SERVED WITH BLUE CHEESE MASH AND ROASTED RAINBOW CARROTS
(SULPHITES, MILK, CELERY)

CRISPY FRIED TOFU SERVED WITH CHUNKY CHIPS, PEA PUREE, LEMON AND TARTAR SAUCE
(SOYA, MILK, SULPHITES, GLUTEN, MUSTARD, EGG)

PAN FRIED SEA BASS WITH PESTO CRUSHED NEW POTATOES, SPINACH AND CREAM SAUCE
(FISH, PINE NUTS, MILK, SULPHITES)

DESSERTS

STRAWBERRY CRUMBLE CRUNCH
(MILK, GLUTEN, EGG)

STICKY TOFFEE PUDDING WITH TOFFEE SAUCE AND VANILLA ICE CREAM
(MILK, EGG, GLUTEN, SULPHITES)

CHOCOLATE BROWNIE SUNDAE
(MILK, EGG, GLUTEN)

TEA AND COFFEE SERVED AFTERWARDS

IF YOU ARE UNSURE OF ANY ALLERGENS PLEASE ASK A MEMBER OF STAFF AND WE CAN CLARIFY ANY ISSUES YOU MAY HAVE. WE THANKYOU FOR YOUR CONTINUED SUPPORT OF THE CULINARY ARTS DEPARTMENT AND OUR STUDENTS.

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Gratitude now and then

Remembering back, my childhood, musical days
Gratitude for my father's insistent lessons
He gave me my music, to help others in different ways.

Today I am grateful, blue sky, golden, bone warming sunshine
Red robin perched, bent handle, watering can
Breeze billowed, beach towels on my washing line.

Steadfast, I am grateful for friendships, lasting, supporting, encouraging, life has been hard.
Firm friends remain, school memories, fading.

My gratitude goes out to friends, blue Range Rover
Places to go, people to see, they give me a lift.
My car has gone, my driving days are over.

Group gratitude to our brilliant, resilient N.H.S.
Doubler jabbing, boosting, smiling, explaining.
Relentless, keeping us, our friends, our neighbours,
Healthy and free from serious, dangerous, illness.

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Activities and Events (subject to Covid)

Arbury Artists Watercolour Painting Art Classes: Tuesdays 10am– 12noon at Meadows Community Centre, Cambridge. Contact **Celia Conway 01223 523680**

Abbey Leisure Centre Complex Astroturf, CB5 8NT. Supervets football. Contact Helena.knock@gll.org **01223 576412**

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. Contact **Margaret** on 01223 249247 or **kjrmdp19@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, CB1 9HR. Contact **Nic or Jo Boyns 01223 561139**

Cherryhinton Care Home (TLC Care) 369 Cherryhinton Road CB1 8DB. Afternoon Tea and Cakes on the 2nd Thursday of each month - join our residents. To book contact **Amber Christou on 01223 210070**

Cherry Hinton Leisure Centre Contact **Julie.howard@gll.org 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.

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

Chesterton Knitters meet on the 1st Thursday of each month 2.30-4.30 at: Café 121, 121 Milton Road Cambridge. Bring your own work if you wish. We can teach you if you do not know how! Telephone **Eileen Flood—01223 369376** for details.

Comberton Friendship Club: restarting July 2021: meet on 2nd Thursday of each month 2.30 p.m. at Comberton Village Hall. Telephone **Sue Allin - 01223 262990**

Coton Village Hall: Garden Club Contact Margaret Skempton 01954 211588 Meet 1st Monday September – April at 7.30 pm. **Internet Club** Thursdays 10.00—12.00 Contact **Carolyn Postgate 01954 211033** email: carolyn@clara.co.uk.

Dunstan Court Wolfstan Way: Bingo! Wednesdays, 6.30 pm for an hour and a half. **Contact Beryl 01223 240918.**

Ely Library Activities - Scrabble, creative Tuesdays, local studies, arts and crafts. Contact for all activities: **0345 045 5225**, Alvina De-La-Mare, Ely. Referral@cambridgeshire.gov.uk.

Grovebury Ladies club restarts 7th September 2021 — meet Tuesdays 7.30-9.30pm Arbury Community Centre, Campkin Road Cambridge. Contact **Barbara Watts** on **01223 570707**

Hiam Sports & Social Club, Prickwillow, Ely. Ballroom Dances 3 times every month, Tea Dances every Thursday**. Contact: 01353 688 269 (club) 07842 146308 email: info@hiam.co.uk**

Meadows Bowlers (Carpet), Meadows Community Centre, Arbury Road. . Every Thursday 2-4 pm £3 per session incl. refreshments. Contact **Alan Hedges 01223 364968**

Orwell Friendship Club. Meets twice a month. Contact **Liz Williams Tel 01223 207628** email: elizw_elizbooty@yahoo.com

Papworth Wheelchair Tennis Coaching runs every Tuesday morning from 11 – 12 noon. Rackets will be provided. Contact the coach **Diane** on **07964 839688** or email **cobb955@btinternet.com**

Rampton Tea Club for the over 60s restarts 18th May 2021 at Rampton Village Hall, alternate Tuesday afternoons 2.30–4.30pm. Telephone **Sylvia Beaumont - 01954 252043** for date of next meeting.

St Augustine's Community Centre, Café 99, Richmond Road., Cambridge. Open Monday, and Friday Mornings from 10.45 to 12.15—all are welcome.

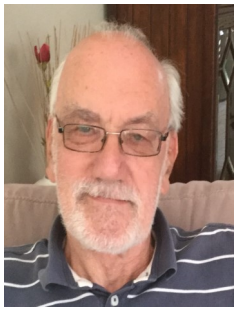
St Luke's Knitting Group: Restarted September 2021**.** Meets last Tuesday of each month, 2-4 pm. A convivial gathering over a cup of tea at St Luke's Centre. All welcome, it doesn't matter if you cannot knit or crochet. Telephone for information **Judith Crowe - 01223 357627**

Tea@3 St Giles Church every Wednesday afternoon at 3 pm.

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

COPE Events, Activities and Outings

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



The Evelyn Charnley Memorial Lunch Club
Peter Murfitt — 01223 364303

Queen Edith Chapel, Wulfstan Way, Cambridge, CB1 8QN
12.00 (Noon) – 2.00 p.m. every third Wednesday. Tea & Biscuits provided, bring own Lunch if required.
Children's books for sale and £1 Raffle with donated prizes. Everyone is welcome

April 20th	**Mike Petty— Cambridgeshire History**
May 18th	**Sue Lambley—Guide Dogs**
June 15th	**Andrew Doherty—Safety at Home**

NB Volunteer needed to be 'Tea Lady'

COPE in St Ives

2 p.m. to 4 p.m. ***Corn Exchange, The Pavement, St Ives, PE27 5AG***
Meetings held on third Thursday 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.

21 April:	**Jackie Lucas—power of attorney**
19 May:	**Tamsin Winhurst—David Parr House**
16 June:	**Peter Wright—March, A Railway Town**

Orwell Friendship Club

Meets second and fourth Wednesday every month at Lordship Community Hall from 2.30—4.30.
Contact: Liz Williams 01223 207628

April 13th	**Bring & Share Lunch—Easter theme**
April 27th	**Euan—talk on Puffin Islands**
May 11th	**Book Chat**
May 25th	**Lunch at Chequers, Orwell**
June 8th	**Wildflower talk**
June 22nd	**Tea and Games—Hoops Bassingbourn**

Possible events during 2022

- **Ely Cathedral**
- **Springfields Festival Gardens, Spalding**
- **Visits to National Trust Estates locally**
- **Visit to Wisbech**