

Cambridgeshire Older People's Enterprise

COPE

The voice of the County's over 50s

Registered Charity No. 1110887

April—May 2023

Newsletter 169

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Cambridge CB4 3DZ

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Editorial

Computers and digitalisation were seen initially as a means to making life easier. However, life is, unfortunately, becoming more like the world envisaged by George Orwell in his book '1984', with cameras taking our photos wherever we are and more proof of who we are is required to satisfy authorities' requirements. Besides limiting our vocabularies and rewriting histories and children's books to comply with certain sectors of the public.

Bank cards, bus passes, driving licenses etc are continually required to prove that you really are who you say you are. Until recently you were able to vote because your name is on the Electoral Roll. Now a Photo ID is required. (see page 12). And if the Greater Cambridge Partnership (an unelected body) has its way, those driving into and around Cambridge will be fined if they do so between 7am and 7pm weekdays. This will require cameras on most roads in the city to find who is driving against regulations, and because of the charges imposed in doing so, those of us less well off will suffer most.

Days when you could pick up the phone and make an appointment with the Doctor are gone. To get through to the clinic often requires a wait of several minutes, but even worse many clinics require appointments to be made on line (see member's letter page 16). All too many of us are not computer literate or even have a smart phone or computer to be able to do so. Doctors have a duty of care to their patients but it appears that they have forgotten what duty of care means.

If you have anything you want to inform us about, write, phone or email us. If you wish we will then publish it in the Newsletter.

Happy Easter,

David Bailey and the Executive Committee

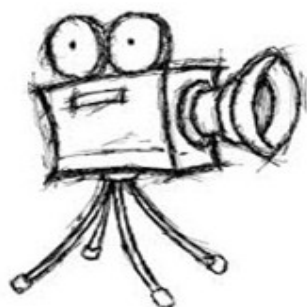


Funded by:



COPE Zoom & Talking Together

Participatory Zoom events for older adults Spring 2023



Cambridgeshire Older People's Enterprise (COPE) has created an exciting programme of free Zoom events for older adults, offering participants the opportunity to share conversation, creating and learning. Facilitated by skilled leaders, each one-hour session provides participants with a chance to engage online.

This Spring we are offering 'Spies, lies and double agents' (see below). More events are planned for the Autumn and will be advertised in the COPE newsletter.

Spies, lies and double agents

Monday 22 May at 3:00 pm

Ruth Meyer (Cambridge Tour guide and manager)

What do the new £50 note and the Queen's art collection have in common? Both are connected with famous spies educated at Cambridge University. Many universities produce spies, but Cambridge is in a class of its own. Since Tudor times - or even earlier - experts in espionage have learned their trade here. Cambridge produced the spymaster who protected Queen Elizabeth I, many of the most prominent cryptographers of Bletchley Park and, most famously, spies for the KGB. Cambridge's record may also include the world's most famous spy (who is usually known by a number and is said to have studied Oriental Languages here) and his redoubtable assistant Miss Moneypenny.

In this event you will hear stories of spies, lies and double agents. Learn how secrets are kept and betrayed - and remember - you never know who may be listening, so take care whom you tell!

Registration:

You may register by phoning COPE at 01223 364303 or by email at copetalkingtogether@hotmail.com. Registration deadline is **Wednesday 17 May**. Please provide your name and email address. Once your registration is confirmed, you will be sent the Zoom link for the meeting.



TALKING TOGETHER

The summer series of TALKING TOGETHER will be scheduled from 5 June-13 July. Some of the unique and engaging topics we will look at include a review of Cambridge history through the study of its streets, art with staff from Kettle's Yard, literature, and managing finances among others. The programme is free, with registration required. Please look out for our leaflet which will identify all the discussion groups.

We look forward to having you with us.

If you have any questions, please telephone COPE at 01223 364303

Happy birthday to all members celebrating in April and May



Supporting older people to live well, independently and safely in their own home.

 **0300 666 9860**

 **infoandadvice@ageukcap.org.uk**

www.ageukcap.org.uk



Registered Charity No. 1165856

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_____

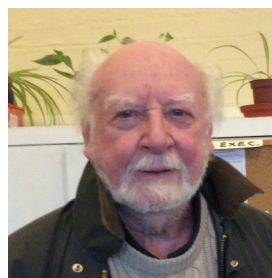
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email; cambridgecope@hotmail.co.uk
Registered Charity No. 1110887

*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 (2022/2023)



David Bailey,
COPE Chairman



Peter Murfitt



Andrew Holmes



Jennie Jenks



Doreen Ryan



Vacancy



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 5th May 2023.

Word Search / Quiz

April 2023									WORD TILE								
A	N	G	E	R	A	N	U	M									
A	R	I	E	R	B	O	L	A									
A	T	E	F	I	B	O	N	A									
C	A	L	G	L	E	P	E	N									
C	A	L	G	R	A	P	H	I									
C	C	I	H	Y	P	S	C	E									
C	O	T	I	S	O	T	A	N									
C	U	L	L	E	S	T	H	M									
E	N	T	L	O	G	T	O	R									

AIM

Place the 27 three-character 'tiles' in the left-hand grid to the CORRECT spaces in the right hand grid giving NINE WORDS involving MATHEMATICS horizontally and in alphabetical order. Puzzle answers in the next Newsletter.

Last month's solution

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

UK Cities on Rivers Quiz Answers

- 1 Glasgow—Clyde
- 2 Chester—Dee
- 3 Exeter—Exe
- 4 Nottingham—Trent
- 5 Gloucester—Severn
- 6 Preston—Ribble
- 7 York—Ouse
- 8 Leeds—Aire
- 9 Bristol—Avon
- 10 Dundee—Tay
- 11 Ipswich—Orwell
- 12 Northampton—Nene

Great Buildings Questions

- 1 Which is Britain's oldest cathedral?
- 2 John Utzon designed the Sydney Opera House as a result of what?
- 3 What is the Taj Mahal made from?
- 4 In which Parisian square is the Arc de Triomphe?
- 5 What is the cathedral of the diocese of London?
- 6 What was the highest building in the world until 1930?
- 7 Who ordered the building of St Basil's Cathedral in Moscow?
- 8 Which library in Venice was described as "the richest and most ornate building since antiquity"?
- 9 Who had Hampton Court Palace built?
- 10 Which dukes does Chatsworth House in Derbyshire belong to?

Proposed Cambridge Congestion Charges

The Greater Cambridge Partnership (GCP) was established to improve the transport infrastructure of Cambridge and its surrounds. It was provided with funds from Central Government to do so. It has led to the road works along Hills Road and Histon Road and is now undertaking road works on Milton Road. It has also proposed busrail routes from Cambourn and over the Gogs, both of which are heavily disputed. Traffic flows on Histon and Hills Roads have not improved in spite of the so called improvements.

However, its proposals to charge traffic in Cambridge for driving between 7am and 7pm during weekdays are being hotly disputed, with rallies and petitions against its proposals. The GCP's main reason for introducing these charges is that congestion and pollution in Cambridge is 'among the worst in the UK'. The main proposal to stop road traffic in Cambridge is to increase bus services in 2023. To date the opposite has happened: bus services are more erratic and have been reduced in many areas. Many services are cancelled or delayed because of a lack of drivers. Many Cope members have been stranded due to bus service cancellations.

The comparison with London is made in introducing congestion charges, but Cambridge is nothing like the massive urban sprawl of London. Moreover, the centre of Cambridge is highly pedestrianised with only buses and taxis permitted through it. The GCP figures of cars being stuck in peak traffic for 23 days in Cambridge compared with 12 days in London does not say how much time each stoppage lasts. I have frequently had to travel across Cambridge both at peak and other times with no difficulty. If I went by bus I would have to allow at least an hour whereas in the car it is at the most 20 minutes.

Moreover, the introduction of vehicle charges entering and within Cambridge will affect the poorer and older sectors of society most. The cost of using a car during the day to visit friends, shop or do business will prevent many contacting friends and family and carrying on with business. Of Cambridge's older people's responses in the last survey that COPE undertook, some 40% said they were often lonely while 20% said they were frequently lonely. Unless the reliability, frequency and extra routes of buses improves they will not be able to replace car visits to lonely people and all shops, but it will still increase the cost of living when it is already high.

As older people are living mostly on fixed incomes they will certainly not be able to afford more than the occasional car trip. While many small businesses I have spoken with have said they will not be able to continue working in Cambridge and a straw poll found that 88% of people were against the congestion charge. COPE has since its inception been fighting against loneliness and isolation of its members. The congestion charge will increase loneliness especially among those on fixed incomes.

Feelings are very high in the city, such that there have been two rallies against congestion charges; over a thousand people gathered on Parkers Piece recently to object to what many see as another tax being imposed on them. The cost of implementing the scheme will cost thousands for all the signage and cameras needed but once they have been paid the council will collect the funds. But rate payers will also have to pay extra costs for food deliveries and other services.

To reduce numbers of commuters parking in residential areas, residents were encouraged to pay for parking restrictions. Now we are also told the congestion charges are needed to reduce commuting even further, so residents will be paying twice to reduce commuting in the city. Food deliveries will also cost more, affecting the disabled and elderly who are on very limited incomes.

The councils are also encouraging housing to be built in the city surrounds and nearby villages: a recent estimate was 40,000 houses being or to be constructed, in and around Cambridge. So far we have yet to see sufficient infrastructure - not only buses - to satisfy the demands of all these houses.

Congestion Charges

And the majority of these new residents will travel to Cambridge to work or shop because of poor bus services. However, the threat of congestion charges being imposed will lead to many living around Cambridge to use the shops and tradesmen of those in the towns around the city, such as Royston, Ely, Huntingdon, St Ives, etc. Cambridge businesses will lose much of their trade and employment. All this housing development and the effect of congestion charges will lead to Cambridge becoming a dormitory town, losing its present status as a thriving innovative centre.

There is so much feeling against the congestion charges, that 'No Congestion Charge' candidates will be standing for election in the Council elections in May, while many councillors have yet to make their views known on the matter. It is to be hoped that with the strong reaction against the scheme among Cambridge residents, small businesses and restaurants, the GCP will radically alter their proposals.

The proposed closure of Mill Road Bridge to road traffic apart from buses, taxis and blue badge holders, is under consideration by the Highways Department of the County Council. This is likely, as with the congestion charge to lead to the closure of many Mill Road businesses and long journeys for those not exempt to get from one side of the bridge to the other.

Again, these so-called improvements will lead to many unforeseen consequences such as congestion elsewhere for vehicles trying to get from one side to the other. Again, although buses are allowed to cross the bridge, the service is erratic and unreliable.

To sum up: the outcome for these so-called traffic improvements will not improve the lives of the majority of COPE members who are at an age where they rely on cars to shop, visit friends and family, socialise and help with charities. Those 20% who are lonely will be even more lonely. We will continue to point out to the GCP and local authorities that a third of the population will be disadvantaged by these proposals, which the majority are opposed to.

Proposed charges and exemptions

Category	Proposed charge levels
Cars	£5 per day
Powered two-wheelers (motorbikes and mopeds)	£5 per day
LGVs	£10 per day
Vehicles with over nine seats (includes school minibuses etc) - except coaches and buses	£10 per day
Coaches	£50 per day
Registered bus services	100% discount
Hackney Carriages (Taxis) and private hire vehicles	100% discount

Category	Proposed discount / exemption
Emergency vehicles	Exempt
Military vehicles	Exempt
Disabled tax class vehicles	Exempt
Breakdown services	Exempt
Dial-a-ride services	Exempt
Certain local authority operational vehicles, eg refuse collection vehicles	Exempt
Blue badge holders	Up to two vehicles get 100% discount
People on low incomes	Tapered discount 25-100%
Car club vehicles (official providers)	100% discount

Avoiding Inheritance Tax / U3A

House prices are creeping up again and one survey indicates that the average home in the UK is worth more than the basic threshold where Inheritance Tax (IHT) begins. Rightmove's January index shows the average asking price of a UK home is £362,438 – while the IHT threshold stays at £325,000. If you owned that home and it was all you left to your unmarried partner or a cousin, the IHT would be a shade under £15,000.

The reason that homes are coming into the IHT net is simple: the threshold (called the 'nil rate band') has been frozen since 2009 and will remain frozen until April 2028. The truth is that Inheritance Tax is not just for the very well off.

There are ways to reduce its effects though. Number one is to leave everything to your spouse or civil partner. That means no IHT is due, however much your estate is worth. And when they die, all their thresholds are doubled to benefit their heirs. So if you and your partner are not married then get married – but perhaps do not mention reducing tax as the reason.

Second, if you leave your home to a direct descendant – a child, grandchild etc, including step children – then an extra allowance of up to £175,000 is added on, making a total of up to £500,000, well above the value of an average home. If the deceased is the second to die and was their spouse's only heir then the total is doubled – so even a £1 million home can be free of IHT.

Those exemptions are reasons why Inheritance Tax still only affects a minority. The Office for Budget Responsibility estimates that about one in 18 estates will pay it this year (2023), but that will rise to one in 15 by 2027/28.

One other way to reduce IHT: you can give away £3,000 a year – double that if you gave nothing away last year. Partners can each give that much. Regular gifts from surplus income are also exempt. But never give away money you will need to stay well and happy.

Article by Paul Lewis in the Radio Times 4-10 February 2023 issue

Retired but not tired!

When I retired, I still craved structure to my week and wanted to stay mentally and physically active. That's when I thought about U3AC, having heard about it from a friend. On inquiring I was truly astonished by the size of U3AC and the range of courses and activities on offer.

Run by its members for its members, U3AC is a charity that offers over 300 courses and leisure activities to over 2,000 retired and semi-retired members in and around Cambridge. Canasta or Chaucer. Meditation or Mah Jong. Philosophy or poetry. Fancy a game of Badminton or perhaps a spot of bird watching? Want to chat in French, German, Dutch, Russian, Spanish, Swedish or Italian? Join a book group, a Bridge game, a walking group, a science or history lecture, try tap dancing or wine tasting – there really is something for everyone.

Having always loved learning I really liked the idea of no exams. No pressure. Just learning and enjoying an activity for fun. Having become a member, I found a community who shared my interests and enthusiasms. After a few years I decided to run my own course – 'Making the most of your iPad' – having realised there was an interest amongst members. Becoming braver still, I then chose to join the Council as a Trustee and am currently the Chair.

New members can join at any time. U3AC's course programme follows an academic cycle, with three terms starting in October. For further information about courses, vacancies and membership visit

www.u3ac.org.uk.

Tim Ewbank, Chairman of U3AC.

Support After Death

People under 66 whose spouse or civil partner dies are entitled to payments worth thousands of pounds, but not knowing about them do not claim. Bereavement Support Payments began on 6th April 2017, replacements widow's benefits. The bereaved person must be under 66 (currently state pension age), but the deceased can be any age when they died. So a women aged 55 with a husband who dies at 75 will be entitled to the benefit. But a woman aged 67 whose husband dies at 60 will not.

The amount of the payments depends on whether the bereaved person has at least one dependent child for whom they were entitled to child benefit (see table below for details).

The amounts have been frozen since April 2017, but they are not means tested and are tax free. They continue even if the bereaved person remarries or forms a new civil partnership.

There are two rules. First the deceased person must have paid at least 25 National Insurance contributions since 1975. Second, the monthly payments can only be backdated three months, so if claimed later than three months after the death, some monthly payments will be missed. The lump sum will be paid if the claim is made within 21 months of the death.

Currently, payments are not made to a bereaved person who was not married or in a civil partnership with the deceased. That rule is due to change shortly for those with dependent children, but the exact date is not yet known. When the law does change claims will be accepted back to August 2018.

Over 40,000 people claim the payments each year, but the Government estimates more than one in six of those eligible, 8,000 people a year do not.

For more details Search **gov.uk** or telephone **0800 731 0453** for Bereavement Support

Bereavement Support Payment	With No Children	With a Dependent Child or Children
Lump Sum	£2,500.00	£3,500.00
18 monthly payments of	£100.00	£350.00
Total over 18 months	£4,300.00	£9,800.00

Article by Paul Lewis in the Radio Times 21-27 January 2023



COPE Coronation Lunch



CAMBRIDGE REGIONAL COLLEGE

To celebrate the Coronation of
King Charles III

Cope Cambridge Menu
3 COURSES £15

STARTERS

TOMATO SOUP, CRÈME FRAICHE, TOMATO CRISPS
(SULPHITES, DAIRY)
SMOKED DUCK, ORANGE SALAD, LEAF, BALSAMIC
(SULPHITES)
SALMON, SQUASH, BASIL OIL
(FISH)

MAINS

LAMB SHOULDER, NEW POTATOES, GREEN
VEGETABLES AND LAMB JUS
(CELERY, GLUTEN, DAIRY)
COD, QUINOA, ASPARAGUS AND CHIVE BEURRE BLANC
#(FISH, DAIRY, SULPHITES)
SWEET POTATO FONDANT, PUREE AND CRISP WITH
CORIANDER, PICKLED GARLIC AND CHILLI
(DAIRY, SULPHITES)

DESSERTS

STRAWBERRY MERINGUE CRUMBLE TART, STRAWBERRY
SORBET (GLUTEN, EGG, DAIRY)
WHITE AND DARK CHOCOLATE MOUSSE, ALMOND
TUILLE (DAIRY, EGG, GLUTEN)

All Food is freshly prepared on the day. Please Notify your server if you have any allergies. We will explain all elements of our dishes at your table. We thank you for your continued support of the Culinary Arts Department and our Students.
thepark-cambridge.co.uk



COPE Coronation Lunch

TICKET REQUEST Coronation Lunch 11th 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

Coronation Lunch

Thursday 11th May
12 for 12.30 pm.

3 Course Lunch £15

See menu on page 10

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

Discovering Wicken Fen 17th April 2023

Presentation by National Trust Officials

Wicken Fen Nature Reserve is offering trips to COPE members as part of our National Lottery Heritage Fund project: Footprints. Footprints is a community engagement project, the purpose of which is to offer local people activities that help them connect with heritage.

The trips to Wicken Fen offers COPE members the chance to connect with natural and historical heritage. The trip will include: a brief introduction to Wicken Fen by Tony Winchester (volunteer ranger), a boat trip along the Wicken Lode, and a chance visit and find out more about the last remaining windpump on the fens (if there is sufficient wind, we will have the windpump running) and about life on the fens from Alan Darby (cottage volunteer) in Fen Cottage. Some COPE members may know Tony and Alan from recent Talking Together sessions.

Numbers are limited to 12 people per trip. Pick up by Dial-A-Ride on Monday 17th April at St.Luke's at 10.30am - members to be back around 4.30pm (dependent on traffic).

Please bring outdoor wear, warm coats and rainwear—comfortable shoes as area is flat, Wicken has sheltered areas in case of rain. Café on site serves light lunches, sausage rolls etc.

Please ring the COPE office (01223 364303) and register to join a trip. As numbers are limited we will put all names on a list and the first 12 will be taken for each trip.

Voter Identification

From 4th May 2023, photographic voter identification will be required to be shown at any national or local election. This will mean that to vote in the local elections on 6th May this year such identification must be produced.

Government information is as follows:

“Voter identification will require voters to prove their identity by showing a form of photographic identification, before being given their ballot paper in a polling station across Great Britain at national UK-wide elections, and at local elections in England.

A broad range of documents, both in date and expired, will be accepted in order to prove your identity to vote. A wide range of photographic identification will be acceptable.

This includes:

- Various concessionary travel passes
- PASS cards
- Ministry of Defence identity cards
- Photocard parking permits issued as part of the Blue Badge scheme
- Driver's licenses
- Passports
- Free Voter Cards, provided by local authorities

Expired photographic identification will also be accepted if the photograph is of a good enough likeness to allow polling station staff to confirm the identity of the holder.

Legislation will also make clear that local authorities must provide a Voter Card free of charge where an elector does not have one of the approved forms of photo identification.

Celebrating Queen Victoria's Coronation on Parker's Piece, 1838



We may include some more up to date Coronation pictures in our next issue ...

Advertisements



Looking for sheltered housing in Cambridge?

We are a Cambridge charity providing sheltered accommodation for people in need, aged over 60, who live in Cambridgeshire or who have a professional connection to the Church of England.

Our properties on Mount Pleasant, Cambridge and in Vicarage Close, Melbourn are for women only and our flats in Church Street, Chesterton are mixed.

For further information please visit our website: www.edwardstorey.org.uk, call: 01223 364405
or email: info@edwardstorey.org.uk

Advertisers

Please Note New Rates

Quarter Page £40

Half Page £ 80

Full Page £150

To insert pre-printed leaflets/fliers with Newsletters £200

British Lung Foundation

Helpline 03000 030 555 Mon-Fri 9am to 5pm

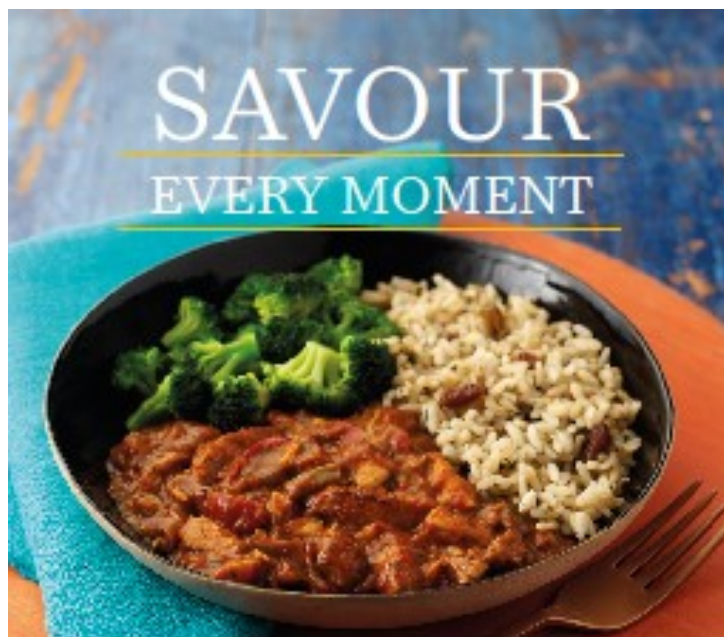
www.lunguk.org

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



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OVER 300 DELICIOUS DISHES

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TRUSTED LOCAL SERVICE

WILTSHIRE

FARM

FOODS

COPE Annual General Meeting 2023

COPE

ANNUAL GENERAL MEETING

17th July 2023 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 7th July

TICKET REQUEST

**Forum and Annual General
Meeting**

17th July 2023 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 7th July

COPE

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

1953: some significant national and international events

- Sea levels in the North Sea rose by five metres and poured over sea defences, or broke them, causing the flooding of 1,000 square metres of Eastern England. Tens of thousands of people became homeless overnight and lost everything
- Edmund Hillary and Sherpa Tensing succeeded in being the first to climb to the summit of Mount Everest, the world's highest mountain, at 29,002 feet.
- British physicist Francis Crick and American biologist James Watson together discovered the double-helix structure of human DNA.
- Joseph Stalin, dictator of the USSR (Russia), responsible for the deaths of millions of Russians, murdered as opponents, or potential opponents, or in a purge of the army, etc., died at 74.
- Queen Elizabeth was crowned in Westminster Abbey, and began her very long and completely devoted service to Britain.

Recipe

Winter cabbage, juniper and cream

I recently ate this vegetable dish that accompanied some roast pork and roast potatoes. It was delicious. I asked the chef for the recipe which he kindly gave me and I want to share it with you.

The juniper in the spiced cream makes this a perfect accompaniment to ham or roast pork, although it has been known to be eaten with brown rice as a main dish!

For 4 eaten as a side dish.

400g Cabbage – e.g. Savoy, Protovoy
2 tsp Black peppercorns
2 tsp juniper berries
25g Butter
200 ml double cream

Separate the leaves of the cabbage and shred them into finger-thick strips. The easiest way to do this is to pile the leaves on top of one another, then roll them up and shred them with a large knife.



Bring a pan of water to the boil, salt it lightly and add the cabbage. Let it boil for barely a couple of minutes. You want the leaves to be tender enough to eat but still bright green and perky.

Meanwhile, crush the peppercorns and juniper berries lightly with a pestle and mortar, or with a heavy object on a chopping board. Drain the cabbage, return the empty pan to the heat and melt the butter in it. Toast the crushed spices in the butter for a minute or two until fragrant, then pour in the cream.

Leave to bubble for a minute or so, until it starts to thicken slightly, then season with a very little salt and tip in the drained greens. Toss them in the spiced cream till lightly coated.

Serve straight away, while the sauce is still piping hot and creamy.

Calling All Readers ...

Have you a story to tell? Amongst all our members you must have seen something or have views on events or visited somewhere that you want the rest of COPE members to know about. Don't be shy— send it to the Editorial Team so we can include it in our Newsletter. The Newsletter is **your** Newsletter and needs **your** input.

Only Connect

Since the start of the digital revolution, I have been in a losing battle with young people. I try to get them to understand that, rather than expecting things to get done by sending an email, they must pick up the phone and speak to people. The new form of business communication is via WhatsApp messaging and emails. Everything is text based, This technology has speeded up communication. But it is breeding a generation of young people who are terrified of picking up the phone and speaking to a human being.

Although the mobile phone was first invented so that people could speak to one another more easily, mobile phone devices are now mobile texting devices. Calling and leaving voice messages is almost extinct. Technology has given us the gift of speed and convenience but, in the process, it has begun to strip us of our ability to connect – and connection is what is vital to the human soul.

We live in an age when people are desperate for human connection but because they are so glued to their phones and computers, they are losing the vital skills that enable them to forge such a bond. It is only when we talk to someone that we are able to build a clearer picture of what they are truly saying and, importantly meaning. That contact gives a glimpse into a person's personality. We can hear the complexity that makes up their character.

For some time now, having seen the growing trend to communicate with people only via text or email, I have been running my own private campaign to try and save people from themselves. In my company, The Black Farmer, no matter your position, every one has to take their turn on customer service – and that means picking up the phone and speaking to someone. I see every day how this customer service approach pays dividends, as most people are so grateful that we phone them.

I fear the problem of a younger generation, uneducated in how to connect with people, means that those of us who grew up navigating human interaction at every turn will be called upon in our older years to pass on those skills. Companies who thought it wise to manage people of a certain age out of their business will soon realise they have a human resources problem: a young workforce that has evolved to become so like the machines they worship that they have forgotten that most human art of communication.

Article by Wilfred Emmanuel-Jones (The Black Farmer) in The Oldie, February 2023

Reader's Letter

Re the article 'The Rush to Digitalisation' February- March edition of news letter.

I heartily agree with all that is said in the above article. I am affected by this problem 100% with everything being on line, which I don't do, and the elderly are without doubt being frozen out of modern life.

The most recent, and most alarming, is that my GP surgery in St Ives will only book an appointment request on line. When I queried this I was told I could go to my surgery and someone would do it for me. I pointed out that if you are ill and needing an appointment to see a doctor the last thing you would want is to go to the surgery early—8am - to have a member of staff request an appointment for you on their tablet, you then go home again and then go back again if you are given an appointment. This is an appalling system created by them 'to make it easier' for patients ! How can that possibly be easier for patients?

Easier for them maybe and ignore the inconvenience of the patients.

I don't have a computer and only use my mobile for calls and emails. I would be very interested to hear your comments on the above. Many thanks,
Mavis Dillon

Cambridgeshire Care Together



[Care Together](#) is a programme led by Cambridgeshire County Council in collaboration with our partners and local communities. The aim is to help more older people to remain living independently and happily in their own home for longer. It will change the way care and support for older people in the community is commissioned and delivered.

To ensure that it is helpful for you, we would like your participation in answering an [online questionnaire](https://www.smartsurvey.co.uk/s/36MHL6/). (<https://www.smartsurvey.co.uk/s/36MHL6/>)

If you do not have access to the internet, please call 01954 286 002 or 07771 545 674 Monday – Friday between 9am – 2pm to request a paper copy— or, if you prefer to answer the questions over the telephone instead of on paper or online, please leave a contact number if asked to do so. Outside of these hours paper copies can be requested via the email care.together@cambridgeshire.gov.uk.

In some communities there will be central collection and return points for printed questionnaires, so please check with your local library or Parish Council office for this option.

I remember the corned beef of my childhood,
And the bread that we cut with a knife.
When the children helped with the housework,
And the men went to work not the wife.
The cheese never needed a fridge,
And the bread was so crusty and hot,
The children were seldom unhappy -
And the wife was content with her lot.

I remember the milk from the bottle,
With the yummy cream on the top,
Our dinner came hot from the oven,
And not from a freezer or shop.
The kids were a lot more contented,
They didn't need money for kicks,
Just a game with their friends in the road,
And sometimes the Saturday flicks.

I remember the slap on my backside,
And the taste of the soap if I swore.
Anorexia and diets weren't heard of,
And we hadn't much choice what we wore.

Do you think that bruised our ego?
Or our initiative was destroyed?
We ate what was put on the table
And I think life was better enjoyed.

Author unknown

Advertisements

COPE NEEDS YOU!

We need volunteers to help with:

- Staffing the office—10:00 to 12:30
- Organising outings
- Helping with COPE administration

If you can spare some time to help, please get in touch with Peter Murfitt, our office manager:

- by phone—01223 364303
- email cambridgecope@hotmail.co.uk
- or by post to St Luke's Church
Centre, Victoria Road,
Cambridge CB2 3DZ

INDEPENDENT FINANCIAL ADVICE IS BEST

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Activities and Events

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.

Castle Street Methodist Church Coffee Morning every Wednesday 10:30—12 noon followed by over 50s Strength & Balance Class 12:00—1 pm (£3 per session) Contact **Amanda 01223 354904**

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, CBI 9HR. Contact **Nic or Jo Boyns 01223 561139**

Cherryhinton Care Home (TLC Care) 369 Cherryhinton Road CBI 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 **Men's Social Group** 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. Telephone **Eileen Flood—01223 369376** 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**

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: 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**

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: Meets last Tuesday of each month, 2-4 pm. All welcome, it doesn't matter if you cannot knit or crochet. Telephone for information **Judith Crowe - 01223 357627**

Tea@3 St Giles Church, Castle Street, Cambridge every Wednesday afternoon at 3 pm.

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

Willingham Social Club, Fen End CB24 5LH: Jazz Club on first Sunday each month Feb-Dec 12:30—3:30 pm Tea, coffee, rolls, dancing. Admission £10. Contact Rosie Val Barrett 01954 789670.

COPE Events, Activities and Outings

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

WARM SPACES COMMUNITY PROJECT

Thursdays from 8.00 to 12.00
Akeman Community Centre
Akeman Street, Cambridge CB4 3HG

Breakfast available from 8 to 9.30

WARM SPACES

Many public buildings such as libraries now provide warm spaces.

For warm spaces near you, please get in touch with your local council.



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 19th

Mike Petty—local history

May 17th

David Taylor—Dambusters Anniversary

June 21st

Roger Crabtree—the Pye story

NB Volunteer needed to help with refreshments

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. Contact Angie 01480 300726

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

20th April

'Afternoon Tea'

18th May

Nene Valley Railway

15th June

Holt Island, St Ives

NEW Victoria Road Friendship Club NEW

Just turn up! Meets the last Friday every month at the meeting room, Victoria Road Homes from 2.00—4.00 pm.

Next meetings: 28th April; 26th May

Contact Barbara Watts 01223 570707