

Cambridgeshire Older People's Enterprise

COPE

The voice of the County's over 50s

Registered Charity No. 1110887

August — September 2023

Newsletter 171

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Funded by:



Cambridgeshire
County Council



Editorial

Daily we are told to apply for so-called 'benefits' which we can only acquire online by logging on to a council or company's website. To do this we then have to provide a user's name and password. The problem is that if the online business is one you regularly use, you have no problem remembering the name and password you gave but if it's one you used a few weeks ago, you will have forgotten your password and have to go through another setup. How much simpler it was to phone and speak directly to a member of staff.

But another problem which has recently arisen is that banks for example are closing accounts of clients or organisations whose views they do not agree with. It is not a bank or any commercial organisation's job to refuse a client their services because of their views. Unfortunately, pressure groups in schools and universities are also not allowing those opposed to their views to speak or discuss alternative views: debating societies seem to have vanished with common sense.

In this respect many parking facilities are only accessible if you use an app. Days have gone by when cash or even a card was able to pay for a parking slot. How unthinking for an organisation to consider that everyone not only has a smartphone but has the correct app to enable the parking facility to be used (see page 13). We are being controlled by people who appear to have no common sense and are not prepared to listen to other points of view. Let us hope that those making decisions on the future of Cambridge's traffic proposals are prepared to listen to the public's views and not just idealised theories.

David Bailey and the Executive Committee



Talking Together



Talking Together is COPE's unique programme of telephone-based conversations for older adults. Small groups meet weekly over the phone for stimulating discussions on topics of shared interest, facilitated by a skilled leader. Each weekly session lasts 45 minutes and the discussion series runs for 6 weeks.

The **Autumn 2023** series of **Talking Together** will run from 23 October – 7 December. We are currently in discussion with a range of fascinating facilitators with expertise in science, art and local history, to name but a few topics. The full programme will be confirmed in the October/November newsletter and by email.

We are pleased to announce that the next series will include a **Fitzwilliam Museum** group. Previous Fitzwilliam Museum discussions have been very popular, so we are delighted that the Fitzwilliam staff have kindly agreed to lead another series of Talking Together discussions.

The group will explore six popular artworks from the Museum's collection and each session will be accompanied by a handout containing creative activities and a link to guided film for each of the artworks explored.

Talking Together will also be offering the chance to join staff from **Kettle's Yard**, the home of modern art in Cambridge, in a telephone discussion. Discover more about the artists in Kettle's Yard's collection, and the extraordinary couple, the Edes, who placed their art, alongside the beauty of nature and light, centrally in their daily lives. The collection includes many noted modernists including Ben Nicholson, Barbara Hepworth, Henry Moore as well as artists who may be new to you including Christopher Wood, Henri Gaudier-Brzeska and Winifred Nicholson.

Building on the success of our previous **Zoom events** we plan to offer more of these in the Autumn and in 2024. Some exciting possibilities we're exploring include Women in Cambridge, the history of rural living in the county and another cook-along. If you were lucky enough to take part in our last Zoom cook-along, you will recall how enjoyable cooking with others can be. And you have a delicious dinner to enjoy!

Costs for the Talking Together and Zoom programmes are covered by COPE – all sessions, including materials, are free for participants, though registration is required.

Full details of our Autumn programmes and how to register will be available in the next COPE newsletter. We very much hope you will join us. If you have any queries, please contact us at:

copetalkingtogether@hotmail.com

We are always interested in gathering your opinions and reactions to TALKING TOGETHER as well as any recommendations for group topics and facilitators. Please email us or phone the COPE office to share your views.

Happy birthday to all members celebrating in August and September



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

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_____

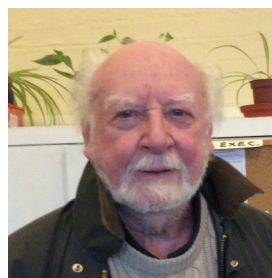
The Olive Golding Room
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Cambridge CB4 3DZ Phone; (01223) 364303
email; cambridgecope@hotmail.co.uk
Registered Charity No. 1110887

*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 (2022/2023)



David Bailey,
COPE Chairman



Peter Murfitt



Vacancy



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 October / November issue must be received no later than
5th September 2023.

Word Search / Quiz

August 2023			WORD TILE					
C	E	R	E	R	I	R	A	Y
C	K	E	G	N	E	S	O	N
C	O	L	H	I	G	S	T	E
D	G	E	H	S	M	T	A	I
D	I	C	I	N	B	T	E	S
E	C	K	I	T	H	T	H	A
E	F	I	K	I	N	U	S	E
E	H	O	M	A	S	V	A	N
E	L	D	M	O	N	W	O	D

August 2023			WORD TILE					
C	E	R	E	R	I	R	A	Y
C	K	E	G	N	E	S	O	N
C	O	L	H	I	G	S	T	E
D	G	E	H	S	M	T	A	I
D	I	C	I	N	B	T	E	S
E	C	K	I	T	H	T	H	A
E	F	I	K	I	N	U	S	E
E	H	O	M	A	S	V	A	N
E	L	D	M	O	N	W	O	D

AIM: Place the 27 three-character 'tiles' in the left-hand grid to the CORRECT spaces in the right hand grid giving NINE AUTHORS / POETS horizontally and in alphabetical order. Puzzle answers in the next Newsletter.

Last month's solution

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

Coronation Quiz Answers

- 1 Athelstan (895-939 AD)
2. 1337 by Edward III
- 3 39 since 1066
- 4 1937, George VI and the Queen Mother
- 5 Edward V and Edward VIII who abdicated 11 months after succeeding his father
- 6 775 rooms
7. 9
- 8 180
- 9 Royal Air Force and Navy officer
- 10 Darjeeling
- 11 Delphiniums
- 12 A 50/50 martini with gin and dry vermouth or whiskey.

QUIZ: THE 50s

1. What was the name of the radio station which broadcast music and light-entertainment from 1945 to 1967 and was later re-branded as Radio 2?
2. In the National Health Service Act of 1952, prescription charges were introduced on the 1st June – how much did they cost?
3. In which year of the fifties were Premium Bonds introduced?
4. With which song did Emile Ford and the Checkmates have the last UK Christmas number one of the 1950s?
5. On 6th February 1958 British European Airways flight 609 crashed with the Manchester United football team on board. They were on their way home from playing a European Cup match against which team?
6. Who tendered his resignation as Prime Minister of the United Kingdom in October 1951?
7. Who played George Dixon in all 432 episodes of 'Dixon of Dock Green'?
8. Who became the first English winner of the British Grand Prix at Aintree motor racing circuit on 17th July 1955?
9. Which comic strip first appeared in northern editions of the Daily Mirror on 5th August 1957?

Headlight Glare

If you have been cursing the brightness of oncoming traffic lights and worrying that your eyes are ageing, you are not alone. The College of Optometrists has raised concerns over the number of cars fitted with ultra bright LED headlights, saying that this is causing many people to stop driving at night.

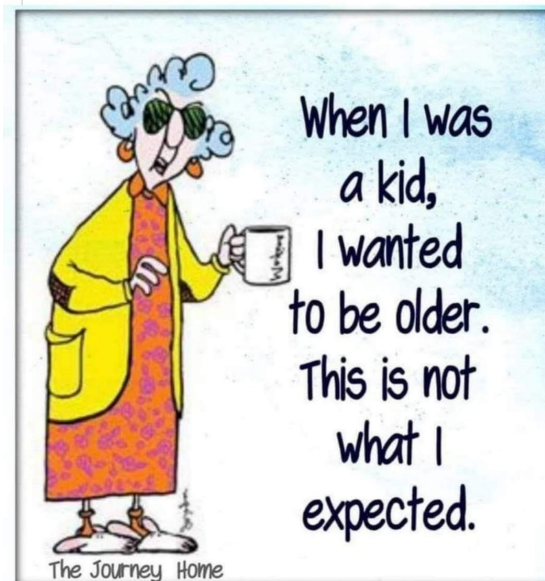
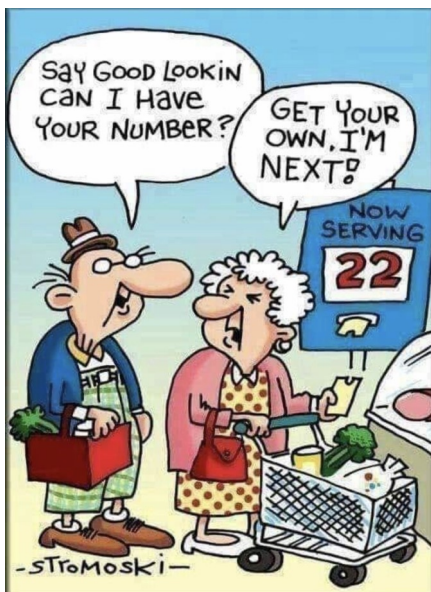
According to the RAC, headlight glare causes 300 accidents annually. Studies show that at the age of 18, it takes less than one second to recover from glare, but at 65 it can take up to nine seconds. In fact, 25% of drivers over 65 avoid driving at night. Anyone with cataracts or conditions affecting the cornea will have problems with headlight glare.



But another factor affecting problems with headlight glare is, according to Prof. Shahina Pardhan of Anglia Ruskin University, the increasing number of SUVs on the road. In these vehicles the headlights are higher up, making the level and angle of the lights more likely to impair the vision of oncoming traffic, even if the lights are dipped.

Five Ways to Beat the Glare:

1. Make sure your front and rear windscreens are thoroughly clean.
2. Make sure to use the rear view mirror anti-glare switch if the car behind lights are glaring.
3. Avert your gaze, if the oncoming car has very bright lights, focus on the white road markings.
4. Buy some night vision glasses. Your optician will advise you on the most suitable pair.
5. Take a break if driving long distances, as night driving can strain your eyes.



Staying Safe in Hot Weather

Things you can do to lower your risk of heat-related illness:

- Drink plenty of liquids, such as water, fruit or vegetable juices, or drinks that contain electrolytes. Avoid alcohol and caffeinated beverages. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home without air conditioning or fans, try to keep your space as cool as possible. Limit use of the oven; keep blinds or curtains closed during the hottest part of the day; and open windows at night.
- If your living space is hot, try to spend time during midday in a place that has air conditioning. For example, go to the shopping mall, movies, library or a friend's home.



If you need help getting to a cooler place, ask a friend or relative. You could also consider taking a taxi or other car service or calling your local government to see if they offer senior transportation. Don't stand outside in the heat waiting for a bus.

- Dress for the weather. Wear lightweight, light-colored, loose-fitting clothing. Natural fabrics such as cotton may feel cooler than synthetic fibres.
- Avoid outdoor exercising and other physical activity when it is very hot. Instead, try to find somewhere you can be active while staying cool indoors.
- If you must go outside, try to limit your time out and avoid crowded places. Plan trips during non-rush-hour times.
- Make sure to use a broad spectrum sunscreen, SPF 15 or higher, and reapply it throughout the day, especially if your skin will have continuous exposure to the sun. Wear a hat and other protective clothing, and sunglasses. If you do get sunburned, stay out of the sun until your skin is healed and use cool cloths and moisturisers to treat the affected area.

Ask your doctor if any of your [medications](#) make you more likely to become overheated or sunburned.

Key points to remember about hot weather safety

Older people can have a tougher time dealing with heat and humidity. The temperature inside or outside does not have to be high to put them at risk for a heat-related illness.

Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. Go to the doctor to find out if you need treatment.

To keep heat-related illnesses from becoming a dangerous heat stroke, remember to:

- Get out of the sun and into a cool, ideally air-conditioned place.
- Drink fluids but avoid alcohol and caffeine.
- Shower, bathe, or sponge off with cool water
- Lie down and rest.

COPE Annual Report 2022-2023

Our Social Activities were able to be fully activated over the year with the lifting of all Covid restrictions. The social meetings in Queen Ediths and St Ives over the year increased its attendance, and a new social group - Victoria Friendship Club - has now been established in The Victoria Homes meeting room. Very successful Lunches were held at The Bar Hill Hotel (Christmas) and Cambridge Regional College (Jubilee). As in previous years Silver Sunday was held in October at which local Care Home residents attended. Unfortunately, due to lack of support the Orwell Friendship has had to close.

Campaigning continued against loss of cash and bank closures and the rapid introduction of digitalisation without thought for those who are not computer literate or cannot afford a computer or smartphone. Fortunately, Talking Together using landline telephones has enabled connecting with members to discuss matters of interest, while the Bi-monthly Newsletter keeps in touch with all members by a printed version and the internet while our website reaches out to all via the world wide web.

Financial Support for administration and production of the Newsletter has been provided by Cambridge City Council, Cambridgeshire County Council, South Cambs District Council and Cambs Community Foundation. Talking Together has been funded by Cambridge City Council, The Evelyn Trust, Albert Hunt Trust, Pye Foundation and Leys School Trust. And a trial video Zoom meeting was funded by Cambridge City Council. Members over the year have generously donated to COPE for which we have applied for Gift Aid.

The Executive Committee has lost 3 members over the past two years, leaving only 6 members to ensure COPE can continue to provide services to its members. We need more volunteers from our over 2,700 members to ensure our Committee is able to operate efficiently.

The members of the Committee are: David Bailey (Chairman), Peter Murfitt (Treasurer and Office Manager), Jennie Jenks (Events and AGM organiser), Doreen Ryan, Deborah Katznelson (Talking Together) and Brian Reynolds. Among our stalwart volunteers are Michael Bloy, Monica Rae, Barbara Oliver and Laurence Kidman, with Sally Fenn administrating Talking Together, and Nick Brenton maintaining the Newsletter, website and membership lists.

The membership continues to grow in spite of losing many members through age and illness. As you will note from the summary list below, membership is spread throughout the City and County, although it is light in Fenland.

David Bailey and Executive Committee

COPE Membership

South Cambs	860	31%
East Cambs	209	8%
Huntingdon	351	13%
Fenland	69	2%
Cambridge City	1294	46%
Total	2793	

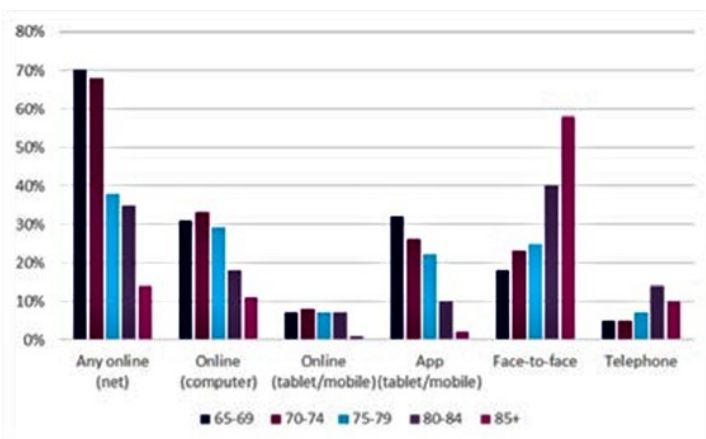
The Rise of Online Banking

Published in May this year, Age UK's '**You can't bank on it anymore**' sets out the impact of the rise of online banking on older people.

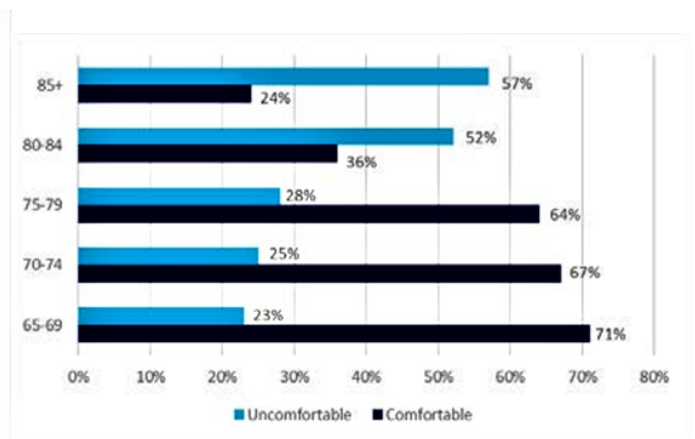
Their research finds that 4 in 10 over 65s with a bank account do not manage their money online. The report calls on banks to accelerate the roll-out of Shared Banking Hubs to meet the high and continuing demand for face-to-face banking services.

Findings and recommendations in the report include:

- The banking industry should ensure that **everyone in our society is able to manage their finances in a way that suits their needs even if they are digitally excluded.**
- 31% of respondents said they were “uncomfortable” with the idea of banking online. This included more women than men (36% vs. 24%), and unsurprisingly a considerably higher proportion among older age groups – over half of 80-84s and 85+s were in this category. Even among the youngest age group, 65-69s, 24% said they were uncomfortable, which still represents a sizeable number of customers.
- The main reasons for people feeling uncomfortable were: fear of fraud; a lack of trust in online banking services; and a lack of IT skills. There is a lot of scope for the banks, working alongside charities and consumer groups as well as the telecoms industry, to address these issues.
- Older people who are digitally excluded often need ongoing, personalised support, to gain digital skills.
- For those who do not (or cannot) bank online, physical banking services and cash must be protected. It is imperative that people with fewer digital skills are not airbrushed out of the banks' delivery model.
- There are some older people who are unable to leave their homes, either because of limited mobility or because public transport is not good enough to take them to their nearest branch, who will need further support to manage their money in future.
- For different reasons, people living in rural areas may struggle to get a decent internet connection or mobile phone reception. This is beyond the banks' capabilities to resolve – but is another reason why physical banking services must be safeguarded in such areas.



Main method of banking by age group



Views on online banking by age group

Zebrafish

Fishing for Clues to Human Health

The difference between a little fish and a human may seem enormous. But in some ways, fish and people are surprisingly similar. That's why scientists around the world have been studying a striped fish called the zebrafish. These little fish—about an inch or two long when fully grown—have a lot to teach us about human health.

Like us, fish have a spine, brain, heart, gut, ears, eyes, and other organs. Fish and people use similar processes for eating, moving, fighting germs, and more. And fish and people change in very similar ways from a fertilized egg to a developing embryo.



Zebrafish and people share more than 70% of their genes. So they're ideal for studying how various genes can affect the health of both fish and people. In recent decades, zebrafish research studies have led to important insights about cancer, heart disease, and stroke. They've also shed light on conditions like anxiety and autism. Zebrafish can even help scientists find and test potential new drugs.

This is because zebrafish have traits that are helpful to researchers. They grow up quickly, from a single cell to a free-swimming larval (baby) fish within a few days. And they're transparent during these early life stages.

Unlike humans, zebrafish can regrow damaged limbs and other body parts. Scientists are working to better understand this ability. What they learn could help to improve human treatments for injuries, burns, and even vision or hearing loss.

"If you uncover a process or treatment that works in zebrafish, that's a good basis for moving forward to see if the same thing also happens in other animals or even people," says Dr. Brant Weinstein, a US National Institutes of Health expert in zebrafish biology. "The fish can give you early evidence that you're on the right track—that a particular therapeutic approach might be useful."

Weinstein and his team study the basic biology of blood vessels. Blood vessels can play roles in heart disease and cancer, because tumors can't grow without a blood supply. The researchers found a way to block key proteins that fuel the growth of new blood vessels in zebrafish. Then they showed that blocking those proteins in mice could reduce tumor growth. These findings suggest new ideas to improve cancer treatment.

It's important to uncover such basic processes that are essential to life, even if it doesn't immediately lead to a new treatment or cure. "We don't always know where new findings in zebrafish might lead," Weinstein says. "But they lay the foundation for future discoveries that can improve human health."



Cambridgeshire HIA



As we age, many of us face physical limitations which may make it difficult for us to move around, remain safe and live independently in our homes. This can be a big challenge which can change our lifestyle, make us reliant on others and induce anxiety relating to normal everyday tasks. At Cambridgeshire Home Improvement Agency, our aim is to enable older people to live safely, comfortably, and independently in their own homes for as long as possible.

Cambs HIA is a shared council service operating in Cambridge City, South Cambridgeshire, and Huntingdonshire. We undertake a wide range of home adaptations and repairs to suit the needs of each individual resident and their families. From simple adaptations such as ramps, grab rails, and stairlifts to larger works such as accessible bathrooms, extensions and through floor lifts. Often assessed by an Occupational Therapist, home adaptations are designed to meet the bespoke needs of each person. In

addition to improving physical safety and accessibility, home adaptations can greatly improve the mental health and wellbeing of older people.

Cambs HIA can also help residents access government funding and then manage the work on your behalf through Disabled Facilities or Special Purpose Grants to help meet the cost of the identified adaptation or repairs. Repairs can include new energy efficient boilers, roofing works or new windows or doors. All applications are means tested to determine whether you will receive a full grant or have a contribution to pay and Cambs HIA then guides you through the process.

Call us on 01954 713330 or email hia@cambshia.org and speak to our friendly and experienced staff, who would be happy to discuss your home improvement needs and advise you on the best course for you and for your family!

An Apple A Day

Scientists have found that eating an apple a day in your sixties may help protect against the frailty that comes with old age. This is because apples contain a beneficial flavanol called quercetin which studies have found reduces the odds of infirmity by 20%.

Up to 15% of older adults experience frailty, a geriatric syndrome that leads to a greater risk of falls, fractures, disability and death. Current dietary recommendations for frailty prevention focus on protein intake, but it is now becoming clear that fruits are helpful.

Flavanols are found in foods such as leafy vegetables, blackcurrants, onions, berries, cherries, peaches, soybeans, citrus fruits, tea, chocolate, lettuce, grapes and even wine. Harvard Professor Shani said 'Higher flavanol intake was associated with lower odds of developing frailty.' Flavanols help to regulate cellular activity and work as antioxidants to fight off free radicals that cause damage to the body.

Studies in Holland show that by eating an apple a day reduces the risk of stroke by between 36 and 45% because of the apple's quercetin content. A study by Reading University found that eating two apples a day radically lowered levels of 'bad' cholesterol in the body.

"There may be some validity in the old saying an apple a day keeps the doctor away." researchers concluded in the study published in The American Journal of Clinical Nutrition.

Cash Free Society?

I am boycotting certain shops and cafes for refusing to accept cash.

The trouble is, losing money from one oldie like me will make no difference whatsoever to these places. They cater to the young and increasingly the middle-aged, who never carry cash and tap-tap-tap away merrily at every card reader.

I DON'T WANT to pay for every single little item – every coffee, newspaper and bag of crisps, when I suddenly feel peckish – with my bank card.

I am an oldie and cash is tight. Everything is expensive, and I have to budget. I withdraw a certain sum from my bank every month and I want to make that sum last until the next month. I also have an obscure fear that the more I use my card, the greater my chances of falling victim to fraudulent use of my details.

What these cash free companies won't admit is that refusing cash simply makes life easier for them. No cash in tills means no cash to count and no chasing up of an incorrect balance. For those averse to cash machines, banks are making the withdrawal of money more and more difficult.

During the Covid lockdowns, some banks saw a golden opportunity to downsize. They refused counter service and then later claimed that branches were closing because hardly anybody used the counter service.

So I am trying to fight back. If I walk into a cafe, order an overpriced coffee, brandish a crisp new £20 note and then am told, 'We don't accept cash' or, as a barista recently screamed at me, 'Cards only!', I do not obediently get out my bank card. I say 'O.K.', turn on my heels and walk out.

If these companies want to lose a sale, fine. I'll take my money elsewhere. Join with me oldies, on my crusade to Keep the Cash!

Article by Julie Cruickshank in The Oldie Magazine, June 2023



Parking Goes Digital

Millions of drivers may soon be forced to use their mobiles to pay for a parking space, an RAC poll of 1,900 UK motorists indicates. The survey, published in June, revealed:

- 59% of drivers felt angry about parking machines being removed;
- 73% of drivers aged over 65 were angry about parking machines potentially being scrapped;
- One fifth of drivers felt 'discriminated against' as they cannot use mobile apps to pay for parking.

Some 11% of people surveyed reported that a proportion or all parking payment machines have been removed near where they live, with an additional 8% saying their local authority is consulting on doing so. Drivers in London (44%) were most likely to say either situation applied to them, followed by those in the east of England (23%) and the East Midlands (22%).

There are concerns that requiring drivers to use an app or call a phone number may be difficult for some elderly or vulnerable people, putting them at risk of being fined for non-payment. Communities Secretary Michael Gove wrote to councils in April expressing concern about drivers being "digitally excluded" through a lack of alternative payment methods.

RAC spokesman Rod Dennis said: "A majority of drivers across all age groups think getting rid of parking payment machines is a bad idea. Our research shows that – by removing some methods of paying for parking – they are undoubtedly making life harder for some drivers and possibly contributing to social isolation. The move could also lead to lower parking revenue as a result of drivers being put off from parking in the first place, something that's surely not in any local authority's interests."



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**

Recipe

Summer Pudding

Ingredients

6 large slices of stale bread
110g Granulated sugar
5 tbsp of water
700g summer fruits (rhubarb; raspberries;
strawberries; gooseberries; stoned cherries;
black or red currants, or a mixture of fruits
150ml fresh double cream
1 tbsp milk



Method

1. Remove crusts from bread. Cut slices into neat fingers.
2. Put sugar and water into pan and heat slowly until sugar melts, stirring
3. Add fruit and simmer gently for about 7-10 minutes (gooseberries and blackcurrants may take a few minutes longer).
4. Line base and sides of 2 pt pudding basin with bread fingers. Add half the hot fruit mixture. Cover with more bread fingers.
5. Pour in rest of fruit mixture and top with remaining bread fingers,.
6. Cover with saucer or plate. Put a heavy weight on top.
7. Refrigerate or leave in cold place overnight.
8. Turn out on to plate. Serve with cream, whipped with the milk until lightly stiff

Serves 4-6

Dairy Book Home Cookery



The Library at Home service brings books direct to your door. It is available to Cambridgeshire residents of any age who find it difficult to get to the library. This could be due to disability, illness or caring responsibilities, on a permanent or temporary basis. The service provides a monthly visit from a Library at home volunteer. They will have a chat and bring you books and audiobooks tailored to your preferences. Jigsaws can also be provided upon request.

Volunteers can also bring NHS hearing aid batteries and replacement ferrules (walking stick ends) for your walking aids. This is a free service but donations are gladly welcomed to support this valuable provision.

- You can email us at volunteers@cambridgeshire.gov.uk to let us know why you would like to use the service. Or to ask any questions.
- You can phone our contact centre on: [0345 045 5225](tel:0345 045 5225)
- You can ask in your [local library](#).

Alternatively you can fill in a paper form to request an initial assessment. You can hand the form in at any library. Or post it to: Library at Home, St Ives Library, 4 Library Row, Station Rd, Saint Ives, PE27 5BW.

Tickets and Trips

Denny Abbey & Farmland Museum

Day Trip Friday 29th September

Travel—own means. Plenty of parking space

- Guided tour of Denny Abbey 10-11 a.m.—£2 per person*
- Visit Farmland Museum (unguided) - 11-12:30 a.m.
- Entry for both £6: FREE if English Heritage member
- Lunch at White Horse, Milton 1 p.m.

Menu: whitehorsemilton.co.uk—payable on order

* tour numbers limited to 12 people. Please let the COPE Office know if you want to take part in this and register for the trip.

By popular Request . . Wicken Fen

Friday September 8th

The trip will include: a brief introduction to Wicken Fen by a 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.

Pick up by Dial-A-Ride at St.Luke's at 10.30am - return around 4.30pm (dependent on traffic).

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.

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Please Note New Rates

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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

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Rediscovering Seasonal Food



Recently there have been lots of stories about food shortages, partly due to the rising costs of producing tender crops such as tomatoes out of season in the UK and Europe in places such as the Netherlands.

The lack of tomatoes or peppers in winter might have been unnoticed in days gone by, but consumers have been used to buying whatever food they want whenever they want it. Everyone expects to get their hands on fresh salads, beans or celery whether it is midwinter or mid summer, the idea of eating seasonally is something we no longer had to think about — until now.

The average shopper has also come to expect their fruit and veg to be pristine. A few shops now sell 'wonky' veg, which is a good move, although before the advent of supermarkets, shoppers were perfectly happy to save a few pennies by opting for 'class 2 or 3'. After all they taste the same! But the result is that some food grown never reaches the supermarket shelves.

If you grow your own you would be less bothered by the break in the supply of tomatoes. You may still have purees and sauces in the freezer should you need them from last season's crop and will be enjoying the seasonal vegetables you have grown and stored in the freezer. You will move on to salads proper when they can be grown easily at home or on the allotment and picked fresh.

The recent supply chain problems should serve to remind us that we need to get back to our roots as far as food is concerned. To get back to eating food in season when it can be produced more cheaply and easily without the air miles and other costs to the planet and customer.

We must get back to changing our diet with the seasons. Most of us do not have the space to grow all we need, but what we do buy can then be produced in the UK to the benefit of our growers. We can all go some way to cutting our dependency on shops and cut our food bills with little effort by growing as much of our own food as we can in our gardens, allotments, balconies and windowsills.

Article by Steve Ott in Kitchen Garden Magazine

Lunch . . .

A few interesting things about lunch



- Nobody knows where the word lunch came from.
- Dr Johnson's dictionary defined lunch 'as much food as one's hand can hold.'
- Milton Friedman's book of essays on public policy *There's No Such Thing as a Free Lunch* (1975) won the Nobel Economics prize in 1978.
- The free Lunch was made illegal in New York in 1897.
- To help local restaurants, Facebook and other Silicon Valley Companies are banned from providing free lunches at their HQ's.
- The average FSTE 100 CEO makes more money by Wednesday lunchtime each week than the average worker earns in a year.
- The French work a 35 hour week and finish their tasks by Thursday lunchtime.
- A survey of 2,000 Britons found that 77% of them had exactly the same thing for lunch every day.
- The most popular lunch in Britain is a ham sandwich.
- During WW2 Churchill often had breakfast in bed and sometimes stayed there until lunch.
- JFK ate lunch in bed and then slept with Jackie for one or two hours.
- Ronald Reagan said he never drank coffee at lunch as it kept him awake in the afternoon.
- Theodore Roosevelt's lunch on a hunting trip was elk tongues.
- Sir William Hamilton (1730-1803) British Ambassador to Naples and Husband of Emma Hamilton (Nelson's mistress) liked to picnic naked on the crater of Vesuvius on pigeons roasted on molten lava.
- The first airline passenger lunch was served in 1919.
- In 2018, a man paid \$3.3 million to have lunch with Warren Buffet.
- The average British lunch lasts 17 minutes.

Article by John Lloyd in the June 2023 Oldie Magazine



COPE Needs You



Can YOU help COPE to cope?

We are looking for members to write articles for our COPE Newsletter

Ideas to think about:

- Holidays
- Gardening
- Nature Quiz
- Interview a friend or neighbour
- Anything else you could write about that would interest our readers.

Let us know—we would love to hear from you.

COPE Needs YOU

**COPE St Luke's Church Centre Victoria Road Cambridge CB4 3DZ
01223 364303 cambridgecope@hotmail.co.uk www.copecambs.org.uk**

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 Garden Club Contact **Ailish Meadows** 07952 694666. email: ailishmeadows@gmail.com. Meet 1st Monday September –April at 7.30 pm.

Coton Village Hall 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.



St Luke's and COPE invite you to a Silver Sunday Singalong Party

Sunday 1st October 3 pm to 5 pm

St Luke's Church Victoria Road Cambridge

Entertainment by Chesterton Folk & Fiddle Group

Call 01223 311136 or 364303 to reserve a place.



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.

£1 Raffle with donated prizes. Everyone is welcome

August

Talk cancelled

September 20th

**Kevin Swann—Pamplin Brothers
(agricultural contractors)**

October 18th

Michelle Bullivant—local history

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.

17th August

Bobby Scheme

21st September

Jewellery of the Rich

19th October

Citizen's Advice

16th November

Nene Vally Railway

Future events:

21st December—Christmas Lunch

Victoria Road Friendship Club

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

Next meetings: August 25th, September 29th

Contact Barbara Watts 01223 570707