

Cambridgeshire Older People's Enterprise

COPE

The voice of the County's over 50s
Reaching a readership of over 2500

Registered Charity No. 1110887

August - September 2025 Newsletter 183

AROUND CAMBRIDGESHIRE WITH COPE ...



March



St Ives



Cambridge

Editorial

WHEN I WAS GROWING UP life was simple and uncomplicated, there was the radio to keep us in touch with the war, few families had telephones in their homes, contact with friends and family was by post even with those in the Forces. Only after the war did we have holidays and they were at the nearest seaside town.

Nowadays we are bombarded with communications via smartphones, land lines, internet and continually on the TV. And yet we still are unlikely to know what is happening to those in our street.

Everyone is watching TV or on a smartphone and rarely communicate with their neighbours. Added to which trying to contact local and national offices is now by the internet but not everyone is computer literate, so many are unable to connect with the big wide world.

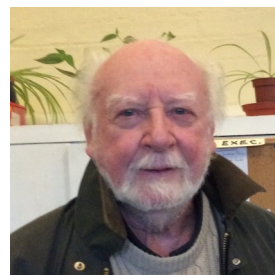
Recently, I was informed that all parking payments, applications and permits were to be via a national parking scheme, *Mipermi*. No applications by post or phone are accepted after 11th June. As a Blue Badge holder I do not need to purchase a parking permit, but do need visitor permits, but trying to do so is a nightmare. I am still waiting for a reply to an email, having exhausted hours on phone calls being sent from one extension to another with no one being able to help.

This brings me to the seeming inefficiency of government agencies who expect the internet to resolve everything. Recently we have had agencies failing to spot serious social problems leading to unfortunate outcomes. In addition, besides a reliance on the internet, there is a tick box culture and lack of communication between organisations. We need to get back to talking with each other and instead use common sense rather than unproven ideologies.

Recently, COPE has lost most of its funding from local councils, but fortunately its members have come to the rescue and supported COPE with generous donations. These donations, together with our reserves have ensured that we have been able to continue operating and had time to apply for other funding. We applied to the National Lottery and they have kindly donated funds for COPE to continue producing the Newsletter. This donation will ensure that we can continue operating and provide our members with the support and activities they need.

This Newsletter contains a survey (pages 9-12) which we would be grateful if you would complete and return in the enclosed envelope. With the results of the survey we can then ensure that the needs and requirements of members are looked after and recognised by local authorities.

David Bailey
COPE Chairman



Happy birthday to all members celebrating in August and September

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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.

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; copecambs@outlook.com
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_____

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*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!

TALKING TOGETHER, a FREE programme of stimulating telephone-based discussions for older adults



We have been scheduling TALKING TOGETHER sessions for five years now. They cover a wide range of fascinating topics including science, history, our local museums, art galleries, short stories. Many sessions are accompanied by handouts and for those who can join us, some involve visits to sites related to the discussions. Experienced group facilitators lead the discussions and many participants re-book every season. Leaflets are published for each series. You will receive one either through the post, or by email if you are a COPE member.

"I so look forward to it and enjoy it"

For more information, please phone
the COPE office at 01223 364303
or email

COPEtalkingtogether@hotmail.com

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
6th September 2025

Have Your Say: Shaping Support for People with Hearing and Sight Loss

IF YOU OR SOMEONE YOU CARE FOR lives with hearing or sight loss, Cambridgeshire County Council would like to hear from you.

As part of a review of local Information and Advice Services, the Council is inviting feedback from you if you or a family member you care for lives with sight and/or hearing loss. Your experiences and views will help shape how support is delivered in the future.

Currently, services are provided through a partnership with Cambridgeshire Deaf Association and Cam Sight (with Huntingdonshire Society for the Blind and Vision Impaired supporting services in Huntingdonshire). This contract runs until March 2027, but the Council is now planning for what comes next. They want to understand what matters most to you when seeking advice—whether it's about communication support, equipment, or simply knowing where to turn.

Your feedback will help identify any gaps and ensure services meet real needs when the new contract begins in April 2027.

Printed surveys will be available for you to complete from us at COPE or from the Council if you call them on: 07341 881073

Please return your completed survey by 31 August 2025 or hand it in at your local Cambridgeshire Library.

Your privacy is respected. You don't need to share personal details. All survey responses are confidential and handled in line with the Data Protection Act 2018.



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

VE and VJ 80th Anniversary Lunch – May 2025



Report on page 18

Cutting edge treatments

Innovative Cancer Treatment

AN EXCITING NEW METHOD FOR TREATING CANCER, the Edison Histotripsy System, was purchased thanks to a generous donation to the University of Cambridge from Hong Kong-based philanthropist Sir Ka-shing Li, who has been a longstanding supporter of cancer research at the University.



Histotripsy is a way of using pulsed sound waves to create 'bubble clouds' from gases present in targeted tissue. These bubble clouds form and collapse in microseconds, creating mechanical forces able to destroy tissue at cellular and sub-cellular levels while avoiding ionising radiation, heat damage from thermal treatments, or the need for surgery.

Treatment is delivered via a single short session – potentially taking no longer than 30 minutes – with limited or no pain, a quick recovery, and can be performed as a day case. The speed of delivery has the potential to reduce cancer treatment times, avoid disease progression and improve cancer survival.

The machine, manufactured by HistoSonics, is expected to be fully installed at CUH later this year, where it will be used initially to treat patients with primary and secondary liver tumours before being expanded to treat tumours in other organs.

Cambridge researchers developing brain implants for treating Parkinson's disease

CAMBRIDGE RESEARCHERS are developing implants that could help repair the brain pathways damaged by Parkinson's disease.

Parkinson's disease occurs when the brain cells that make dopamine (a chemical that helps control movement) die off, causing movement problems and other symptoms. Current treatments, like dopamine-based drugs, work well early on, but can cause serious side effects over time.

One idea is to replace the lost dopamine cells by transplanting new ones into the brain. But these cells need to connect properly to the brain's network to fix the problem, and current methods don't fully achieve that.

The new approach uses small clusters of brain cells called midbrain organoids. These will be placed in the right part of the brain using animal models of Parkinson's disease. They'll also use advanced materials and electrical stimulation to help the new cells connect and rebuild the damaged pathways.



"Our ultimate goal is to create precise brain therapies that can restore normal brain function in people with Parkinson's," said Professor George Malliaras from Cambridge's Department of Engineering.

"To date, there's been little serious investment into methodologies that interface precisely with the human brain, beyond 'brute force' approaches or highly invasive implants," said ARIA Programme Director Jacques Carolan. "We're showing that it's possible to develop elegant means of understanding, identifying, and treating many of the most complex and devastating brain disorders. Ultimately, this could deliver transformative impact for people with lived experiences of brain disorders."

Adapted from an ARIA media release.

Revisit the Classics

You will appreciate so much more on a second reading

THROUGHOUT MY SCHOOL YEARS I had an exuberant, elderly piano teacher, Miss Hazel. She was one of five daughters (like me) and, like many young women of her generation, had never married her sweetheart because he did not return from the war. Her unabashed gusto for life and infectious, positive outlook left an indelible impression upon me. So too did the memorable fact that Miss Hazel read Jane Austen's *Pride and Prejudice* from beginning to end once every year.

As a younger girl I wondered about the ways *Pride and Prejudice* could be so important to a woman in her eighties that she would want to read it annually. Was it to do with Austen's depiction of a family with five daughters, or to re-live an endearing love story? Since those years I have seen, more through lived experience than through academic study, just how deeply meaningful the reading of classic books, like *Pride and Prejudice*, can be.

I no longer simply read this book for Elizabeth Bennett's love story, but for the finely crafted replication Austen gives us of human character, with all its flaws. Hers are imaginary yet imaginably real situations, all depicted with humour and a sensitively calibrated dose of sympathy for even the most unlikeable literary figures.

Seeing new things

My second example, *Middlemarch*, was inspired by the journalist Rebecca Mead who likes to read George Eliot's masterpiece every five years. With each reading she sees new things in it which make her rethink her own life: it's almost as though the book is reading her!

This idea of books "reading us" can sound like an odd reversal. But books can prompt us to reflect on our own lives, too. To re-read a novel like *Middlemarch* is to trace the ways we too, like the novel's heroine, have felt youthful idealism turn into disillusion, or with time have seen the restless pursuit of change turn into a retrospective gratitude.

We can acknowledge new depths of meaning in our own lives as we mature and recognise within ourselves a subtler sympathy for the lives of others. "There are books that grow with the reader as the reader grows, like a graft to a tree," says Rebecca Mead.

Feeling for Lear

The same can be said of Shakespeare. As young readers, we won't necessarily capture the full vision *King Lear* offers us of the tragicomic paradoxes sometimes presented by old age. The play depicts the loss of power and control over one's life and decision-making, the tender fragility of family relationships when the care of aged parents is suddenly an urgent question and the madness that can prevail when an inheritance is at stake.

Some of these things might abstractly be understood when taught to us in the classroom, but they are far more powerfully seen when revisited after we have lived a little more of that imaginably real life ourselves.

As students we might have squirmed with discomfort at the literal blinding on stage of Lear's loyal subject the Earl of Gloucester. But as we age it is the tragedy of moral blindness that lingers, making the final scene so extraordinarily moving: "Do you see this? Look on her. Look, her lips. Look there, look there," Lear pleads, as if to say that his daughter Cordelia, lifeless in his arms, still breathes.

Does he really see her lips quiver? Does he really believe she lives? Is this some consolation with which he then dies or is it delusion? Lear's heart is broken. So is mine.

Each time I revisit this final scene, the grief of Lear as a father is profoundly felt, but my heart is broken even more so by his continuing blindness: his vision (what he thinks he sees) is desperate, untrue, and ultimately meaningless.

Sites of discovery

When we read, we inhabit imaginary worlds and each time the reading can be different. Re-reading is important in checking and refreshing that sense of meaning, as the reader goes back and re-enters the story once again.

Works of imaginative literature are not manuals for life, though they might along the way gift us with some wisdom; they are sites of discovery and rediscovery.

It is in re-reading them as we grow older that we can better see the ways we ourselves have grown as imaginative, moral beings.

Adapted from website The Conversation

COPE Questionnaire to pull out and return!

Return envelope is enclosed with this issue

Dear Member

Cambridgeshire Older People's Enterprise (COPE) was set up in 2003 to fight for the rights of us senior citizens. Another aim was to combat loneliness and isolation in our age-group. So we are interested to know what you think and feel about your well-being and how you measure your quality of life.

We recognize that each of us has different needs and we also understand that feelings of isolation and loneliness can result from fewer opportunities to spend time with family, friends and the wider community.

Please do help us by completing this questionnaire. The information that you provide will go a long way to getting our members what they need more easily.

Please answer the following questions to the best of your ability and return your completed questionnaire in the return envelope that we have included in this Newsletter to: COPE St Luke's Community Centre Victoria Road, Cambridge CB4 3DZ

We hope you will feel comfortable sharing information with us. We will not use this information for any purpose, other than ensuring your needs and requirements are used to improve social and transport services by local authorities.

Name:

Post Code:

Telephone:

Email

Age Range (delete those which do not apply): 55-65 65-75 75-85 85-95 95+

(Note: personal details are optional except for Post Code and telephone number)

May we ring you to discuss your responses? YES _____ NO _____

Please indicate the extent to which you agree or disagree with each of the following statements: (Tick one box per question)

	Strongly Agree	Agree	Disagree	Strongly disagree
I enjoy my life overall				
I tend to look on the bright side				
I look forward to things				
I take life as it comes and make the best of things				
Life gets me down				

Continues on next page

COPE Members' Questionnaire 2025

In the last 30 days, how much difficulty did you have with the following:

	None	Mild	Moderate	Severe
Moving around inside your home				
Getting out of your home				
Getting where you want to go with public or private transport				
Joining in community activities				

How much have you been emotionally affected by your health?

What is the main reason that you do not get out more?
Please explain

Overall how much do these difficulties interfere with your life?

Would you like to get out more often or are you satisfied with how much you get out of the house?

General Health

1. How would you describe your overall sense of well-being? (Delete those which do not apply.)

Excellent Very good Good Fair Poor Don't know

2. Are you or your spouse/partner self-isolating as a result of the Covid-19 Coronavirus situation?
(Self Isolation is not leaving the house at all, even for shopping.) YES NO

3. Are you or your spouse/partner social distancing?
(Social distancing refers to going out as little as possible and only for essential needs.) YES NO

4. If you are not online / using a computer/IT etc do you feel more isolated?

Accessing services

1. Have you needed to see a doctor or general practice nurse recently? YES NO

2. Were you able to get an appointment with a doctor or general practice nurse? YES NO

3. If yes, was the appointment: in person _____over the phone_____

4. Have you needed to access a Specialist (Consultant) doctor or Specialist Clinic /hospital outpatient appointment) YES NO

5. Were you able to access specialist support? YES NO

COPE Members' Questionnaire 2025

6. Was the specialist support given: in person ____ over the phone ____

7. Did the care meet your needs? YES NO

Please explain

8. Do you know how to access social services if needed? YES NO

Please explain.

9. If securing assistance from social services has been a cause of concern for you, please share your thoughts about how COPE might be helpful.

Social Interactions

Please indicate the extent to which you agree or disagree with each of the following statements: tick one box per question.

	Strongly agree	Agree	Disagree	Strongly disagree
I enjoy my life overall				
I am happy much of the time				
I look forward to things				
I have a lot of physical energy				
I am healthy enough to have my independence				
I am healthy enough to get out and about				
I have a lot of control over the important things in my life				
Pain affects my well-being				
My health restricts me looking after myself or my home				
I try to stay involved with things				
I have social or leisure activities / hobbies that I enjoy				
I do paid or unpaid work or activities that give me a role in life				
I have responsibilities to others that restrict my social or leisure activities				
I have my family nearby which is important				
My family, friends or neighbours would help me if needed				
I would like more companionship or contact with other people				

COPE Members' Questionnaire 2025

Home and community

	Strongly agree	Agree	Disagree	Strongly disagree
I feel safe in my community.				
The local shops, banks and post office are easily accessible.				
I have good access to public transportation.				
I have a car and can get about as I wish.				
My pension covers my cost of living.				
Being a member of COPE helps me feel less Isolated.				

COPE Activities/ Services

Please tell us which COPE activities / services interest you:

- Newsletter YES NO
- How do you receive the newsletter: email_____ post_____
- COPE lunches YES NO
- Outings YES NO
- Social groups YES NO Which group do you attend?_____
- TALKING TOGETHER discussion groups YES NO
- One-off participatory Zoom sessions YES NO

Please let us know what subjects you would like us to explore in the future

Are you able to volunteer for COPE? YES NO

Which areas might interest you:

- Office -- taking messages etc.
- Planning / accompanying outings
- Newsletter—writing articles or thinking up ideas
- Grant writing for fundraising
- Telephone conversations with homebound older adults
- Phoning round to suggest our programmes/ services

Is there anything else you would like to tell us about COPE, its services and what you would like to see us do in the future?

Thank you for taking time to complete this questionnaire . Please feel free to add further information if there is not enough room for your answers above. Your participation assists COPE in understanding the needs of its members and in planning future programmes and services . Please return your completed questionnaire either by (prepaid) post to the COPE office or by email: copecambs@outlook.com

COPE

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

Building Social Bonds

DESPITE THE LINKS between our social ties and health, there's been a troubling increase in social disconnection around the world. About 1 in 3 adults nationwide report feeling lonely. About 1 in 4 say they lack social and emotional support.

Recently, the COVID-19 pandemic has affected our relationships and feelings of isolation. But the breakdown of social bonds was growing long before the pandemic. Over the past few decades, fewer people have been joining community groups or faith-based organisations. There's also been a rise in single-person households. Digital technologies have made it easier to connect with others. But they can also expose us to harms like cyber-bullying.

Scientists are working to understand better the links between social bonds and our health. And they're looking for ways to counteract the effects of loneliness and social isolation.



"Humans are a social species. We are highly dependent on others from birth," says Dr. Elizabeth Necka, an expert on social and behavioural science. "So feeling socially isolated can make you feel as though you're in a very stressful situation. And stress has been associated with chronic inflammation, which can have effects on cardiovascular health." Long-lasting inflammation has also been linked to cancer and other health problems. And our ability to biologically respond to stressors weakens with age.

Who's at Risk?

Everyone feels lonely now and then. But certain factors can raise the likelihood of persistent loneliness or social isolation. These include living alone, having trouble walking or moving, or having problems with vision or hearing. Other risk factors include financial struggles and mental health issues. Living in a rural, unsafe, or hard to reach neighbourhood also raises your risk. So do major life changes like retirement or the death of a loved one.

"There's an interesting thing that happens in late life," Necka says. "People tend to focus more on relationships

that are high quality and on the positive and meaningful impacts of those relationships. There's less focus on relationships that are a bit more casual. Research suggests that tendency in late life actually can be protective for older adults."

New Connections

"If you're feeling lonely or socially disconnected, it can feel intimidating to try to form new connections," Necka says. "High-quality connections are best. But even brief interactions can make a difference. It can be a first step."

For example, you might go to the grocery store at the same time every week and see the same shop assistant. You can smile and strike up a brief conversation. Or you notice that someone at your regular bus stop always wears purple. You could chat about favourite colours. Over time, you might feel more comfortable connecting with others in different ways.

Connect With Others

- **Learn something new.** Join a group interested in a hobby, such as knitting, walking, birdwatching, painting, or wood carving.
 - **Volunteer.** Consider helping out at a school, library, museum, hospital, or animal shelter.
 - **Stay in touch with family, friends, and neighbours.** Connect in person, online, or by phone.
 - **Share your knowledge.** Teach a favourite pastime or skill, like chess or baking, to a new generation.
 - **Take the stage.** Take part in a local theatre troupe, sing in a community choral group, or play in a local band or orchestra.
 - **Help others.** Run errands for people with limited mobility or access to transportation.
 - **Get moving.** Take a class in yoga, tai chi, or other physical activity.
- Be more active in your local community.** Take part in community or senior centre events. Join a faith-based organization that aligns with your beliefs.

All the above activities can boost well-being.

Word Search / Quiz

August 2025

WORD TILE

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

AIM: Place the 27 three-character 'tiles' in the left-hand grid to the CORRECT spaces in the right hand grid giving NINE words related to FARMING horizontally and in alphabetical order. Solution in the next Newsletter

Last month's solution

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

Word Ladder Solution

PEER	CURE
SEER	LURE
SEED	PURE
SUED	PORE
SURD	LORE
CURD	LORD

PUZZLE CORNER

1. Guess the next three letters in the series GTNTL.
2. The number 8,549,176,320 is a unique number. What is so special about it?
3. Find a number less than 100 that is increased by one-fifth of its value when its digits are reversed.
4. What is unusual about the following words: revive, banana, grammar, voodoo, assess, potato, dresser, uneven?
5. A sundial has the fewest moving parts of any timepiece. Which has the most?

Answers in next Newsletter

Healthwatch

Improving Health and Care Services

AT THE LAST MEETING of the St Ives Branch of COPE, we learned about Healthwatch from Graham Lewis, the Partnership Development Manager, Healthwatch Cambridgeshire and Peterborough. He explained that they are there to listen to local people to find out what goes wrong with the provision of health and social care in the area and advise the providers how to improve their service. They are also interested in what goes right too, so that they can give feedback to the relevant authorities to share good practice.

Volunteer Boards

In short, they act as an independent champion for health in our area. One way in which Healthwatch does this is by using Partnership Boards made up of volunteers who work to improve health and social care for everyone by collecting peoples' experiences and using them to explain what needs to be improved to managers of services. There are five in Cambridgeshire and Peterborough: Older People's, Carers, Learning Disability, Physical Disability and Sensory Impairment. There is also a Wheelchair Users Forum. If you feel that you would like to be involved, you can have your say by joining one of these Boards, or simply telling Healthwatch of your healthcare experiences directly on their web site (contact details below).

They also do site visits to care homes to look at the social and wellbeing of the residents who live there. The results are then published both on the Healthwatch and care home web sites so that the information is available to the public.

Healthwatch was created under the Health and Social Care Act of 2012 which gave it the power to challenge those who provide such services to do better. It makes sure that those who run local health and social care services understand and act on what really matters to local people.

Healthwatch is not only about health and social care. It also gives feedback to the appropriate authorities on issues such as public transport, taxi services, highways and hate crimes.

Signposting

Healthwatch is also there if you are feeling anxious about health and care services and unsure where to turn. They offer independent information, advice and signposting about health and social care services available locally. For example, they can explain what to do if you have a concern or a complaint, and put you in touch with organisations that can give you help and advice. They can provide information on benefits, employment and access to work. This service is free, confidential and independent of the NHS and social care. Healthwatch can be contacted by phone on 0330 355 1285 or by email at: enquiries@healthwatchcambspbboro.co.uk

If you are interested in volunteering on one of the Partnership Boards, please contact Graham Lewis by email on Graham.lewis@healthwatchcambspbboro.co.uk or phone on 07432 865996

Healthwatch hold regular Health and Care Forums that are open to the public to hear about initiatives and give feedback on experiences. There are 4 Forums – Huntingdonshire, Peterborough, Fenland and East Cambs, and Cambridge and South Cambs. Details of meetings can be found here: <https://www.healthwatchcambridgeshire.co.uk/events>

Healthwatch is there to listen to you, so don't be afraid to tell them what you think!

Tony Moffat

Advertisements

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

Advertisers

Please Note New Rates

Quarter Page £50

Half Page £ 100

Full Page £150

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

INDEPENDENT FINANCIAL ADVICE IS BEST

Free consultation. No obligation.

That's the understanding when you talk to Nigel Bolitho about how to make your finances work for your best advantage. get the benefit of his wide experience in all investment matters.

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Protection

Mitchell House
185 High Street
Cottenham CB24 8RX
Tel: (01954 251521)

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SERVICES

email ncfb007@gmail.com



Authorised and regulated by the Financial Conduct Authority

FREE TRIPS TO CAMBRIDGE BOTANIC GARDEN FOR ALL COPE MEMBERS

Thanks to their generous COMMUNITY MEMBERSHIP SCHEME, all signed up COPE members can enjoy a monthly group visit to the beautiful Cambridge Botanic Garden.

COPE members will be meeting there on **the third Thursday of every month at 11am** at the Brookside Gate (at the corner of Bateman Street and Trumpington Street). Please call the COPE office on 01223 364303 to register your interest.

At the moment unfortunately we cannot organise transport to get there, but we look forward to meeting you at the Brookside Gate entrance on August 21st and September 18th.



Bacon and Egg Pie (serves 4)

Ingredients

4 large eggs
6 rashers streaky bacon
¼ pt milk/ 150ml/ 5 fl.oz
Salt and freshly milled black pepper

Shortcrust pastry

You can use ready made, but if you want to make your own this is what you will need:

6 oz/ 175g plain flour
3 oz/ 75g lard (chop into small pieces)
Pinch of salt and pepper
Cold water (to mix all ingredients together)



Method

- Pre heat oven (and a baking – sheet) to gas mark 6 / 200°
 - Hard boil 3 eggs (put them in a saucepan, cover with cold water; bring water to boil and simmer for 7 minutes). Cool them quickly under running water. Meanwhile fry bacon until fat begins to run.
 - Make up shortcrust pastry.
 - Divide pastry into 2, one side to line a flan tin.
 - Peel and chop hard boiled eggs and chop cooked bacon. Arrange both in the flan tin and season.
 - Beat remaining egg with milk, pour mixture over the contents of the pie.
 - Roll out rest of pastry to form a lid. Dampen the edges with water and seal well all round. Decorate with any trimmings.
 - Make a small hole in the centre of the pie, brush the top with milk then put on the baking sheet on a high shelf in the oven and bake for 10 minutes.
 - Then reduce the heat to gas mark 4/180° and bake for a further 30 minutes.
- (Any extra portions left over can be frozen for another day)

Delia Smith—More Country Recipes

How to Grow Garlic Indoors

You can plant multiple cloves of garlic in one pot as long as there is enough space for each to grow. Plant the cloves about 4 to 6 inches apart to allow proper growth in containers with drainage holes

1. First place the cloves of garlic you want to plant in a re-sealable bag with some soil.
2. Place the bag in the freezer for 4 to 6 weeks for 'vernalization' which will improve your crop.
3. After chilling, break the garlic bulb into individual cloves.
4. Plant the cloves about 2 inches deep with the pointed ends facing up in nutrient-rich, well-draining soil.
5. Cover the cloves with more soil and gently tamp down.

Water the soil well.

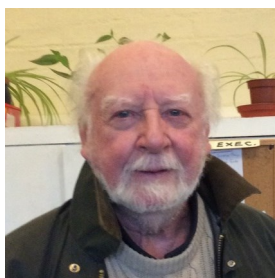
Garlic needs at least six hours of bright, indirect light indoors. Keeping it in front of a south- or east-facing window is ideal if you have one and plant garlic in well-draining, nutrient-rich soil. The ideal soil pH for garlic is between 6.0 and 7.5.

Garlic prefers consistently moist soil that isn't soggy. To achieve this, water garlic weekly and keep the soil moist during the bulb formation period but be sure to avoid overwatering, which can cause root rot. Fertilize with an all-purpose fertilizer when planting, then use a nitrogen fertilizer every three weeks after that. Garlic thrives in cooler temperatures and likes a moderate level of humidity to promote growth and development.

Garlic is ready to be harvested when about one-third of the leaves have turned brown but do not wait for them all to turn brown before harvesting. Gently lift the garlic from the soil and 'cure' the bulbs in a warm, dry location.

Trustees

Trustees (2024/2025)



David Bailey,
COPE Chairman



Peter Murfitt



Vacancy



Jennie Jenks



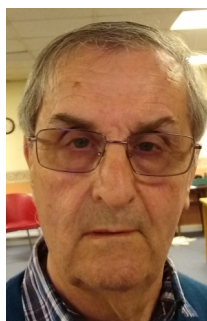
Vacancy



Vacancy



Deborah Katznelson



Brian Reynolds

The VE and VJ 80th Anniversary Lunch

Further to the pictures on page 6, this was a very happy and successful lunch held at Cambridge Regional College on May 14th in that people really got together and talked to each other.

- We had 76 members attending.
- We had a speech and a toast from the chairman.
- We had a very busy raffle run by Carol Bailey-lots of prizes brought in by members.

This is the essence of COPE: people meeting together and having a great time.

Jennie Jenks

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 6th September 2025

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

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 Astro turf, CB5 8NT. Supervets football. Contact Helena.knock@gll.org

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

Beth Shalom Reform Synagogue lunch club every Wednesday—all welcome. Auckland Road Cambridge CB5 8DW Contact aureore.karat@beth-shalom.org.uk to confirm attendance.

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 kjrmdpl9@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 phone **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 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**, Ely.Referral@cambridgeshire.gov.uk.

Grovebury Ladies club: meet Tuesdays 7-9pm 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

Keep Fit for the over 60s. With exercise and dance classes. Tuesdays 2-3pm St Thomas's Hall, Ancaster Road (off Birdwood Road). Enquiries **Val Ford 07870 911556**.

Meadows Bowlers (Carpet), Meadows Community Centre, Arbury Road. Every Thursday 2-4 pm £3 per session incl. refreshments.

Newnham Walkers meet every Monday at 10:30 by the Crofters Café (Lammas Land) for a short, gentle walk followed by refreshments in a local café. Contact **Michael Bloy 01223 355686**

Rampton Tea Club 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 at 3pm - tea, cake & chat. All are welcome.

Waterbeach Happy People's Club— Waterbeach Social Club, Cambridge Road CB25 9NJ. Every Friday 2—4 pm. Bingo, raffle and auction.

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.

The Evelyn Charnley Memorial Lunch Club

Peter Murfitt — 01223 364303

NEW LOCATION: *Dunstan Court, Wulfstan Way, Cambridge, CB1 8QN*

11.45 – 2.15 p.m. every third Wednesday. Tea & Biscuits provided, bring own Lunch if required.

£1 Raffle with donated prizes. Everyone is welcome

**August 20th
September 17th
October 15th**

**No meeting
Michelle Bullivant
Marion French**



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 £3.00 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.

**21st August
18th September**

**Peter Severson: Shooting, Fishing, Hunting
Robert Colbert: Alzheimers and Dementia**

March Friendship Club

Regular meetings will now be held from 2.00 pm to 4.00 pm at St Peter's Church Hall, High Street, March, on the second Thursday of each month. Refreshments available.

**14th August
11th September**

**Alcohol and Drugs
Form Filling Advice**

For further information, contact Rosie on 07547 191315.