

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 2026 Newsletter 189



Editorial

Thanks to all those who attended the recent AGM, and listened to the speakers afterwards. All speakers provided relevant information to the needs and problems of older people.

Unfortunately the same cannot be said of universities and many public meetings these days. When I was at school and university, we discussed and listened to pro and con arguments for political views on contentious matters such as the Vietnamese war and there were rallies for and against.

Nowadays, arguing against some viewpoint is vetoed, to the extent that well respected lecturers and politicians are banned from meetings. How can students call themselves educated if they have not listened to all views? Unless we respect all viewpoints society becomes very fractured.

Let us hope that society ensures we have and respect free speech.

David Bailey, President, COPE

COPE Christmas Lunch 2026

Our Christmas Lunch will be held at Cambridge Regional College on MONDAY DECEMBER 7th. Full details and application form in our next Newsletter.



SUPPORT COPE with the CAMBRIDGESHIRE COMMUNITY LOTTERY

- A fun and effective way for local charities and community organisations to fundraise and engage with supporters.
- For just £1 a week, you can support COPE and get entered into a weekly draw with prizes up to £25,000
- Help us to continue our campaigns to combat loneliness and exclusion in older citizens, with get-togethers, outings and our Newsletter.
- A ticket costs just £1 a week. 50p from every ticket will support COPE and another 10p will support other good causes across the county.
- Players have a 1 in 50 chance of winning a prize each week, with a top prize of £25,000.
- Find out more at: info@cambscf.org.uk.

Happy birthday to all members celebrating in August and September

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Correspondence address:

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

Telephone: 01223 364303
Email: copecambs@outlook.com
www.copecambs.org.uk

Data Protection Act

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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 Church Centre, Victoria Road
 Cambridge CB4 3DZ Phone: (01223) 364303
 email: copecambs@outlook.com
 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 send me acknowledgement of payment

Please sign below and print and date underneath

Signature_____

(BLOCK CAPITALS BELOW PLEASE)

First Name_____

Surname_____

Address_____

Postcode:_____

Date_____

The Olive Golding Room
St Luke's Church Centre, Victoria Road
Cambridge CB4 3DZ Phone; (01223) 364303
Email: copecambs@outlook.com
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!

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.

Pensions Savings Investments
Protection

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

BV

SERVICES

email nafb007@gmail.com



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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

Advertisers

Please Note New Rates

Quarter Page £50

Half Page £ 100

Full Page £180

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

COPE OUTING / Talking Together

COPE visit to Johnson's Zoo, Old Hurst, Church Street, Huntingdon PE28 3AF

Thursday 24th September 2026

Over 100 different animals including - – lions; Bengal tigers (latest addition); crocodiles; pythons; rabbits; porcupines; sloth bears; meerkats; tortoises; donkeys; exotic birds; skunks; puma, etc, etc.

The Eccentric Englishman Tea Rooms – Extensive Farm shop –
steakhouse.

Fare and Entry Fee - £20 per person.

Transport: pick up by Dial-A-Ride at St. Luke's Church Car Park at 10.00am and Co-Op car park St. Ives at 10.30. am. Proposed return to St. Ives at 4 pm and St. Luke's at 4.30pm.

Numbers are limited so please apply early.

Please send a cheque payable to COPE with a stamped addressed envelope to:
COPE Office, St.Luke's Community Centre, Victoria Road, Cambridge, CB4 3DZ.

Closing date for applications: Thursday 17th September.



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

HAVE YOU EVER WANTED to have a chat with others about a subject that really interests you,
without leaving the comfort of your own cosy home?

Then we have the answer — it's our TALKING TOGETHER telephone talks.

Our lively group discussions, facilitated by a leader, work just like a business conference call with up to 9 people on the line all sharing their own views and experience. Many sessions are accompanied by handouts and for those who can join us, some involve visits to sites related to the discussions.

"Such a dedicated team. Very much appreciated!"

**For more information, please phone the COPE office at
01223 364303 or email COPEtalkingtogether@hotmail.com**

Readers' Letters



Please send your letters to:

COPE Letters Page
St Luke's Church Centre
Victoria Road
Cambridge
CB4 3DZ

*FOLLOWING ALISON HORNSBURY'S ARTICLE in our last issue of the newsletter, some COPE members have pointed out that it is not advisable to travel on a mobility scooter with a child on your knee, however small! Because mobility scooters are classified as single-occupant vehicles, taking a child on your lap or having them stand on the scooter is not legally permitted in public areas, **so please don't try this at home!***

MANY THANKS TO ALL MEMBERS WHO HAVE OPTED TO RECEIVE THIS NEWSLETTER VIA EMAIL thus saving us the cost of postage.

Here's one response from member Bob Noden:

"I much prefer to read this excellent magazine electronically. Please keep up the good work."

(Quote from Bob): **'Make crime pay. Become a Lawyer'**



CHARITY WALK AROUND CAMBRIDGE COLLEGES

Join Arthur Rank Hospice Charity and Romsey Mill on **Sunday 13 September** for the 'Bridge the Gap' Walk around Cambridge colleges.

With a brand new route for 2026, starting from Parkers Piece in Cambridge you can visit colleges - Jesus, St Johns, Trinity, Gonville and Caius, Queens and Downing.

The Society of Cambridge Tourist Guides will also be on route ready to answer your questions and entertain you with fascinating facts and stories along the way. **Standard adult registrations are £22.50**

Book now at arhc.org.uk/btg or telephone 01223 676888. Up to three under 16's are FREE with every paying adult and you can book a Treasure Hunt for them to enjoy at just £3 per child.

Social Clubs and Cafes

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.

CAMBRIDGE, Jesus Lane – the Friends' Meeting House is open every Wednesday for friendly conversation, games, puzzles and occasional craft activities. At 12.30 a homemade soup lunch is served.

CHERRY HINTON Care Home (TLC Care) 369 Cherry Hinton Road CBI 8DB.

- Parkinson's Café - every 3rd Wednesday of the month
- Paw-sitive Café 2pm on the last Friday every month—well-behaved dogs welcome. To book phone 01223 210070

CHERRY HINTON Leisure Centre: Contact Julie.howard@gll.org or 01223 576412

- Men's Social Group Mondays 2-4 pm for cards, dominoes, Scrabble, chess and darts.
- '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

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

COTON CINEMA CLUB shows a film on the fourth Wednesday of each month and all are welcome. Usually doors open at 7pm for 7.30pm start. Check Village Hall website for details: www.cotonvillagehall.org.uk/ Tickets £6 (cash or card) at the door including refreshments (ice cream, tea or coffee).

GIRTON Memory Café: third Friday of every month from 2pm-3.30pm at Wellbrook Way, Girton, CB3 0FW. Contact martin.dickson@hallmarkcarehomes.co.uk

GROVEBURY LADIES CLUB: meet Tuesdays 7-9pm Arbury Community Centre, Campkin Road Cambridge. Contact Barbara Watts on 01223 570707

HUNTINGDON Coneygear Men's Shed Tuesdays 10.30am to 12 noon; Wednesdays 1.30pm to 3.00pm 01480 388677

RAMPTON Tea Club at Rampton Village Hall. Tea and chat, or Educational talk alternate Tuesday afternoons 2.30—4.30 pm. <https://www.facebook.com/ramptonteaclub>. Email ramptonteaclub@gmail.com or phone 07703 765155.

ROCK ROAD LIBRARY Scrabble Club. Meets 10.00—12.00 at #Rock Library CBI 7UG. No booking required. All ages and abilities welcome. Costs £1 to play with all funds going to the library. Bring a board if you have one. Contact Amy amy.ezekiel@gmail.com or ring 07837 326592.

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 IVES Active Men's Hub, One Leisure, St Ives, Outdoor, PE27 6SJ: Fridays 10am to 12.30pm. A welcoming space for men to socialise and improve fitness. Free tea and coffee.

ST PAUL'S Church & Community Centre, Hills Road, Cambridge. Friday Lunch Club, 12:30pm weekly lunch for over 65s. £5 for two courses followed by tea and coffee. Enquiries 01223 587899 or office@stpaulscambridge.org.uk

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

WESLEY CHURCH King St, Cambridge: CRUSE Bereavement Café every Wednesday 10-12 noon. All welcome. Local helpline: 0800 011 0128 or Cambridge@cruse.org.uk.

Sleep: a powerful ally...

As we get older, we often hear advice about eating well, staying active and keeping the mind sharp. But one of the most important pillars of long-term health is one many people still struggle with: SLEEP

WE SPEND ABOUT A THIRD OF OUR LIVES ASLEEP, and far from being 'lost time', sleep is a vital biological process that keeps the brain and body functioning at their best, especially as we age.

Last year, I attended a brilliant University of Cambridge lecture by Dr Camice Revier, a sleep researcher in the Faculty of Psychiatry. She was drawn to sleep science after noticing that sleep deprivation can mimic symptoms of schizophrenia. Her work sheds new light on just how essential good sleep is, and how small changes can make a big difference.

Why sleep matters even more as we age

Many older adults notice changes in their sleep: waking earlier, lighter sleep or trouble falling asleep. This isn't a personal failing: our sleep patterns shift with age.

Dr Revier explained that sleep is not one uniform block. Each night includes five sleep cycles of about 90 minutes each. Early sleep (11pm–3am) supports immune function and physical recovery while late sleep (3am–7am) boosts memory, creativity and brain processing.

This means that the sleep we get in the early morning, the hours many older adults miss, is crucial for learning, concentration and emotional wellbeing. Even one bad night affects cognition the next day. But long-term poor sleep can also affect:

- mood and mental health
- immune strength
- weight regulation
- heart and metabolic health
- Overall quality of life.

Good sleep is one of the best wellbeing investments we can make — at any age.

Medieval sleep was surprisingly healthy

In medieval times, many people slept in two parts: 'First sleep' followed by a wakeful period around midnight and 'Second sleep'. People used the wakeful time to reflect, pray, write or simply rest. Couples had sex. This natural rhythm disappeared once electric lighting and work schedules took over.

What about caffeine?

Research shows caffeine can be surprisingly powerful — sometimes more disruptive to sleep than certain banned substances. If you're sensitive to caffeine or notice your sleep worsening, try limiting it after lunchtime. Even decaf contains small amounts

10 practical tips from Cambridge sleep research

1. Keep a consistent schedule. Wake up at the same time every day. This stabilises your internal clock.
2. Go gently with sleep medication. Sleeping pills sedate rather than restore. Long-term use affects memory and health. A better solution is CBT-I (Cognitive Behavioural Therapy for Insomnia), available through GPs or via the Sleepio app.
3. Build a calming wind-down routine. A warm bath, quiet music or gentle reading signals to the brain that it's time to rest.
4. Create a sleep-friendly bedroom with comfortable pillows and bedding. Cool it to around 18–19°C. Create a dark environment by using blackout curtains or a sleep mask. Try using earplugs if noise affects your sleep.
5. Exercise supports good sleep, but evening workouts can keep you alert.
6. Avoid heavy meals and reduce alcohol as it disrupts sleep cycles.
7. Liquids should be limited to reduce night-time trips to the bathroom.

SLEEPIO is a clinically proven, NHS-recommended, treatment app which uses Cognitive Behavioural Therapy (CBT) to address poor sleep and insomnia.
Find further information at: www.sleepio.com

...for healthy ageing

8. It's best not to use your phone before bed as the blue light keeps the brain alert.

9. A short nap in the afternoon is fine, it's best before 3pm, and no longer than an hour.

10. If you can't sleep, get up and do something calming until you feel sleepy again. Don't lie awake tossing and turning.

We deserve sleep that helps us age confidently and healthily. Whether you're getting older yourself or caring for ageing loved ones, valuing sleep is one of the most protective choices you can make.

Simone Castello

The military sleep technique

Used for soldiers under stress, this method can help anyone. Practise it daily so it gets easier.

1. Relax the muscles in your face
2. Drop your shoulders
3. Exhale fully
4. Relax your legs
5. Empty your mind

Imagine something peaceful, such as a lake or a sunny beach....ZZZZZZZZ



Blood pressure monitor library loan scheme

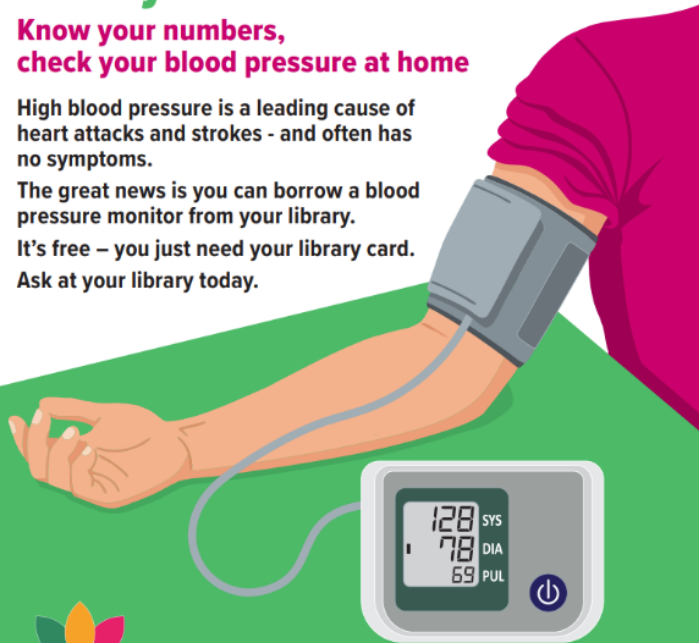
**Know your numbers,
check your blood pressure at home**

High blood pressure is a leading cause of heart attacks and strokes - and often has no symptoms.

The great news is you can borrow a blood pressure monitor from your library.

It's free – you just need your library card.

Ask at your library today.



Libraries support your health and wellbeing

www.cambridgeshire.gov.uk/libraryandwellbeing



Free Ferrule Replacement for walking aid users

**Available at all 33 Cambridgeshire
Libraries and 3 mobile libraries**

Is your walking stick or walking frame in good working order?

We can check the rubber stopper of your walking aid and replace it if necessary. We have ferrules in 3 sizes - 19mm, 22mm and 25mm in diameter.

Please ask library staff for more information.



Staying safe on the road

GROUP SESSIONS:

THE FOLLOWING Cambridgeshire Fire and Rescue Service Older Driver Workshops are free GROUP sessions designed for those over 65 and currently driving, to help them keep driving safely for longer

To book onto an Older Driver Workshop send an email to road.safety@cambsfire.gov.uk with your name, age, location, and contact number.

In these workshops, we discuss how driving can become more challenging as we get older, and what simple checks we can do at home to keep ourselves “fit to drive.”

These interactive, two-hour sessions cover the following topics:

- Age-related changes when driving
- Eyesight and driving
- Conducting a vehicle check
- License renewal
- Signs to be aware of
- Alternatives to driving.
-

Please note our Older Driver Workshops do not include a supervised drive.

Older driver workshop dates — autumn 2026:

- Thursday September 10 between 1pm-3pm at St Ives Fire Station
- Tuesday September 15 between 1pm-3pm at Cambridge Fire Station
- Wednesday September 16 between 1pm-3pm at St Neots Fire Station
- Wednesday September 23 between 1pm-3pm at March Fire Station
- Thursday September 24 between 1pm-3pm at Sawston Fire Station
- Thursday October 1 between 1pm-3pm at St Ives Fire Station - FULL
- Thursday October 8 between 1pm-3pm at St Neots Fire Station
- Wednesday October 14 between 1pm-3pm at St Ives Fire Station
- Thursday October 15 between 1pm-3pm at Sawston Fire Station

“*Please note that we can host up to 15 attendees for most workshops. Book early now to avoid disappointment....

INDIVIDUAL SESSIONS:

IAM RoadSmart offers mature drivers a one-hour review for £87. Check out www.iamroadsmart.com

AS A 78TH BIRTHDAY GIFT, my wife signed me up as a member of the Institute of Advanced Motorists known as IAM RoadSmart, a UK based charity designed to improve general standards of car driving. There are many different courses available but my wife's eye was caught by the Mature Driver Review. I accepted her gift in the spirit it was offered of course, although I was a bit anxious that there might be some sort of hidden message involved!

In fact the session turned out to be very useful, good advice quietly given and a chance to correct some bad habits I had picked up over the years. At the end I felt reassured and relieved that, although my reactions and eyesight might be on the wane, I was still basically an OK driver. It was not a pass or fail test, more an assessment with the categories excellent, competent, needing development, or safety concern. I was rated competent in all categories but was advised to think about driving less slowly on clear roads and being less hesitant. But as my examiner said, better too slow than too fast. The session was mostly in town but also usefully included some motorway driving.

The whole experience seemed to me to be an example of good things being quietly done, something we need much more of in these troubled times.

Membership comes with an Advanced Driver Course Logbook, very well designed, full of information and tables to monitor your progress, or lack of it - a sort of updated Highway Code in a way. How many of us take the trouble to read that ancient seeming tome these days? I'm not a fan of Jeremy Clarkson but he once said it seemed to have been written by Geoffrey Chaucer, I know what he meant.

David Perry

Word Search

A	R	F	I	S	K	T	E	R			
C	K	I	M	I	N	T	R	O			
D	S	C	N	G	S	T	T	E			
E	A	R	O	A	T	T	Y	H			
E	A	U	O	S	E	U	L	E			
E	P	A	P	A	N	U	N	D			
E	R	W	S	O	U	U	S	S			
H	E	A	S	T	C	W	A	I			
I	R	T	S	T	O	W	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 relating to **CLOTHING** horizontally and in alphabetical order. Solution in the next Newsletter.

AUGUST QUIZ

Q1: Which historical event happened in America on August 28, 1963?

Q2: Which iconic actress, born on August 19, 1931, starred in "Breakfast at Tiffany's"?

Q3: What is the birthstone for the month of August?

Q4: What was the ancient Roman calendar's name for August?

Q5: In which year was the first artificial satellite, Sputnik, launched in August?

Q6: Which country celebrates National Day on August 15?

Q7: Which country celebrates Victory Day on August 15, marking the end of World War II?

Q8: Which Asian country celebrates its independence day on August 9?

Last month's solution

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

Q9: Which August day is known as the peak of the Perseid meteor shower?

Q10: Who is the famous singer born on August 16, 1928, known as the "King of Rock"?

Q11: Which country celebrates its national holiday on August 1?

Q12: Which social media platform launched in August 2005?

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

www.greenwoodhomecare.co.uk



Award-winning home care in Cambridge

We provide high-quality care to help you live independently, in the comfort of your own home. Our friendly, and well-trained carers, can support you with things like personal care, medication, companionship or anything else you need.

FOR MORE INFORMATION

01223 850938

cambridge@greenwoodhomecare.co.uk

Senior Nutrition for Chronic Conditions

STARTING IN EARLY CHILDHOOD, we learn about the importance of healthy eating. Food isn't just fuel; healthy food is crucial to both our physical and mental well-being. We really are what we eat.

That's especially true for anyone who is living with a chronic disease.

As we age, our bodies become more sensitive to what we eat. Chronic conditions like heart disease, Type 2 diabetes, and arthritis can be affected and even made worse by our dietary choices over time. The good news? It's never too late to make changes that can improve your health and quality of life.

For older people living with chronic conditions, good nutrition starts with eating whole, minimally processed foods such as:

- Fresh fruits and vegetables
 - Whole grains
 - Lean proteins
 - Healthy fats (eg. UN-saturated fats)
- These foods provide the vitamins, minerals, fibre and antioxidants your body needs to function at its best.

They may also help reduce inflammation caused by many chronic conditions.

One of the most important things older adults can do is *avoid ultra-processed foods*. These are products loaded with additives, preservatives, excess sodium, and unhealthy fats. They often spike blood sugar levels, contribute to inflammation, and provide "empty" calories.

What qualifies as ultra-processed may surprise you. Besides the obvious things like biscuits and frozen pizzas, many canned soups, breakfast cereals, and spaghetti sauces qualify.

Transitioning to a healthier diet doesn't mean giving up all your favourite foods or following a restrictive eating plan. For older people with chronic conditions, the goal is progress, not perfection.

Start by making small, manageable changes: Swap one processed snack for a piece of fruit, add an extra serving of vegetables to dinner, or choose water over sugary drinks. Not so hard.

Downloaded from www.rightathome.net March 2026

Spanish Omelette

TRY THIS SIMPLE, quick, nutritious frittata. Can be eaten hot or cold; it uses up leftovers and serves 2.

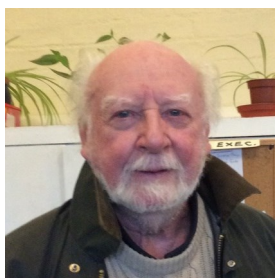
225g (8oz) potatoes – peeled and left whole
2 tbsp vegetable oil
1 small onion, finely sliced
2 medium eggs
3 tbsp chopped flat-leafed parsley
Tomatoes, if liked, or grated cheese
Salt and ground black pepper
Green salad to serve



- 1.) Add potatoes to pan of lightly salted cold water. Bring to the boil and simmer for 15-20 minutes or until almost cooked. Drain and leave until cool enough to handle, then slice thickly.
- 2.) Heat 1 tbsp oil in an 18cm (7 in.) non-stick frying pan (suitable for use under the grill) Add the onion and fry gently for 7-10 minutes until softened; remove and set aside.
- 3.) Lightly beat the eggs in a bowl and season with salt and pepper.
- 4.) Heat the remaining oil in the frying pan, then layer the potato slices, onion and extras plus parsley in the pan. Pour in the beaten eggs and cook for 5-10 minutes until the omelette is firm underneath.
- 5.) Put the omelette in the pan under the grill for 2-3 minutes until the top is just set. Scatter remaining chopped parsley over the surface.
- 6.) Serve with a green salad.

Trustees / Chair's Report

Trustees (2025/2026)



David Bailey,
COPE President



Peter Murfitt
COPE Chairman



Hugh Barton
COPE Treasurer



Jennie Jenks



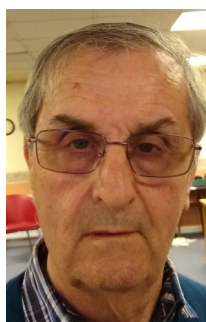
Vacancy



Vacancy



Deborah Katznelson



Brian Reynolds

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.

Hugh Barton, Treasurer

Chair's Report

Our AGM was held on Monday 13th July—a full report will be in our next Newsletter.

COPE still face the problem of funding, although we still get a small grant from Cambridge City and South Cambs, and Fenland for March. Adverts in the newsletter and valuable donations from members are a great help for which we thank you.

We still hold social events in Wulfstan Way, but now at Dunstan Court who kindly provide their rooms for free. Many thanks. We are also at St Ives Corn Exchange and St Peter's Church in March which includes visits from Chatteris. All venues have talks, raffles and refreshments. We also now have monthly gatherings at the Botanic Gardens in Cambridge.

Talking Together continues to thrive, enabling disabled and lonely people to join in telephone discussions on various topics. These now include (video) zoom sessions.

The COPE office is still manned every day from about 10am to 12.30pm, depending on volunteer availability. An answering service is available out of these hours.

Peter Murfitt

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 2026

There's always something going on in Cambridgeshire

Arts and crafts activities

Arbury Ladies Reading and Craft Group offers free monthly meetings over tea and cake in CB4. Contact Karen on karen@karenrogers.co.uk for an invitation.

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

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

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.

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.

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

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

Willingham Social Club, Fen End CB24 5LH: Jazz Club on first Sunday each month Feb-Dec 12:30—3:30pm. This club caters for older people and has disabled toilet facilities as well as some walking aids. Tea, coffee, rolls, dancing. Admission £12. Contact Rosie Val Barrett 01954 789670.

Keep fit and mobility sessions

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

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

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 Moving—gentle exercise and dance to music for the over 60s. 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

CAMBRIDGESHIRE DEAF ASSOCIATION has received funding for 2025/26 to run welcoming activity groups across Cambridgeshire for older adults with hearing loss. The Craft & Chat Group takes place in St Neots on the 3rd Thursday of the month from 10am - 12pm at New Street Baptist Church, St Neots, PE19 1AE. To find out more about what's happening in your local area, please contact Marika Newman at Cambridgeshire Deaf Association: ☐ 01223 416141 or 07379 517633 ☐ marika.newman@cambsdeaf.org

COPE Events, Activities and Outings

Please contact the COPE Office for further information
COPE, St Luke's Church 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*

With grateful thanks to the manager of Dunstan Court for allowing us to host our monthly meetings free of charge.

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 18th
September 16th**

**Details to follow
Details to follow**

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.

Next meetings:

19th August	The Sound of Bellringers—Phillip George
17th September	Hedgehog Hospital — Judith Large

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.

Next meetings:

**13th August
10th September**

For further information, contact Rosie on 07547 191315.

FREE VISITS TO CAMBRIDGE BOTANIC GARDENS

COPE members meet on the 3rd Thursday each month at 11am at the Brookside Gate entrance (corner of Bateman Street / Trumpington Road). Next dates: 20th August and 17th September.

Please call COPE on 01223 364303 to register your interest. This scheme, a gift from the Gardens, only applies to COPE members. (Remember that membership of COPE is completely FREE!)