

COPE

Cambridgeshire Older People's Enterprise

Registered Charity
No. 1110887

December — January 2022

Newsletter 161

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Funded by:



**HAPPY CHRISTMAS to
all our members, their
families, carers and
friends, and a happy
and healthy New Year
from your COPE team.**

Editorial

We are reaching the end of 2021, a year with many ups and downs. Let us hope 2022 will not be as stressful. Unfortunately, now we are being faced with another serious problem which has not been faced until recently, that of Climate Change. At last it is being realised by the powers that be, as something that has to be faced otherwise in the not too distant future we could end up like the dinosaurs. Much depends on governments getting their policies right in eradicating excessive CO2 in the atmosphere, but there is much that we as individuals can do. On page 9 there is a list of some of the actions we can all take to help reduce our individual energy consumption.

We also need to improve biodiversity in Cambridgeshire; the UK has lost more of its wildlife (animal and plant) than any other European country. Yet we are being told we must build more houses around Cambridge and other towns in the County when such activity will lead to more cars and energy use breaking up land areas which in turn prevents nature to maintain and increase its wildlife. Plus all this development increases CO2 levels.

The vaccination of the population is going well and especially the booster and flu jabs for those over 50 and with disabilities. If you have yet to have your booster and flu jabs do so as soon as possible. At the same time it is to be hoped that GP's will have face to face consultations as a normal course.

Finally, COPE is planning to start its outings and other activities in the New Year so we need to have everyone as healthy and fit as possible. We have had our first Singalong and Queen Ediths and St Ives socials not forgetting the Christmas Lunch, and we look forward to as many as possible attending our future activities. With all our best wishes for a Merry Christmas and a Healthy and Happy New Year,

David Bailey and the Executive Committee



Talking Together

The seventh series of **Talking Together**, COPE's free programme of telephone discussion groups, will start in early Winter 2022. Groups are small, with no more than eight participants, who meet weekly by phone to share thoughts, opinions and learn something new, over a period of six weeks. Our friendly facilitators are knowledgeable and skilled in their field.



In 2022 we're offering six stimulating topics to tempt you:

- The **River Cam** flows through the heart of our city and is a potent symbol of Cambridgeshire life. The river and its feeder streams are also some of the rarest ecosystems on the planet. A new discussion group will consider how this important chalk stream – and others in the UK – came to be in such poor condition, how they can be helped to recover and why action is urgently needed.
- Housed in the University's department of History and the Philosophy of Science, the **Whipple Museum** holds a fascinating collection of scientific instruments, apparatus, models, pictures, photographs, books and other material, dating from the medieval period. We'll discover the significance of some items and the stories behind them.
- A new **Support and Reminiscence** group will offer a forum for sharing memories – good and bad – and stratagems for getting through challenging periods in our lives.
- **Current affairs** – do they fascinate you or bore you stiff? This group will endeavour to unscramble the news and share perceptions, embracing multiple forms of media and examining one or two hot topics of the previous week. We may not reach a consensus, but hopefully we'll all leave better informed!
- Everyday people; extraordinary stories. The **Museum of Cambridge** covers 300 years of local history, displaying objects related to the everyday life, customs and traditions of people who lived in the area. Previously both a coaching inn and a domestic dwelling, the Museum enables us to make connections between the past and present through peoples' stories.
- David Parr was a working-class Victorian decorative artist who decorated grand interiors in the Arts & Crafts style by day and used the same designs and techniques to decorate his own terraced home in the evenings. The intricately patterned **David Parr house** is a brilliant portal into the Arts & Crafts era as well as the world of a working man of that time.

Further details of the groups, dates, times and how to register will be released soon. Please look out for the Talking Together leaflet!

Sally Fenn

Happy birthday to all members celebrating in December and January

Information and Advice Service Age UK

Do you have a query but don't know who to ask? Age UK Cambridgeshire and Peterborough is a local independent charity working with and for older people. **FREE** information is available on a range of issues, by phoning the Helpline below.



Data Protection Act

Limited information is recorded on our computer in respect of those who receive this Newsletter and/or contact COPE. Basic information only is held; a list of names, postal and 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

Signature _____

Date: _____

How did you hear of COPE?

Special Interests:

Open to all residents of Cambridgeshire over 50, and to carers and "Friends of COPE" as Associate Members any person, whether or not he or she is aged 50 or over.

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

The Olive Golding Room
St Luke's Community Centre, Victoria Road
Cambridge CB4 3DZ Phone; (01223) 364303
email; cambridgecope@hotmail.co.uk
Registered Charity No. 1110887

COPE FORUM

Cambridgeshire Older People's Enterprise

Donation Form

I would like to make a donation of £ _____

[Please make cheques payable to COPE]

I DO NOT pay UK Income Tax

I DO pay UK Income Tax

Please tick the box above applicable to you

I would like Cambridgeshire Older People's Enterprise (COPE) to treat as Gift Aid this donation, all future donations and previous donations within HM Revenue and Customs time limits, until I notify COPE otherwise*

Please tick this box if you would like COPE to reclaim from HM Revenue and Customs the tax you have paid

Please sign below and print and date underneath

Signature _____

(BLOCK CAPITALS BELOW PLEASE)

First Name _____

Surname _____

Address _____

_____ Postcode:

Date _____

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

*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 (2021/2022)



David Bailey,
COPE Chairman



Peter Murfitt



Andrew Holmes



Jennie Jenks



Doreen Ryan



Ken Lovett



Deborah Katznelson



Brian Reynolds

Disclaimer

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

Submissions for our December / January issue must be received no later than 3rd January 2022.

Word Search / Christmas Quiz

DEC 21/ JAN 22

WORD TILE By BH

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

AIM

Place the 27 three character 'tiles' in the left-hand grid to the CORRECT spaces in the right hand grid relating to NINE FESTIVE WORDS containing NINE letters horizontally and in alphabetical order. Puzzle answers in the next Newsletter.

Last month's solution

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

So Good They Named It Twice – answers to last issue's quiz

- | | |
|------------------|------------------|
| 1 Beri-beri | 11 Housey-Housey |
| 2 Couscous | 12 Tintin |
| 3 Fifty fifty | 13 Bonbon |
| 4 Ack-ack | 14 Paw Paw |
| 5 Duran Duran | 15 Tom-tom |
| 6 Can-can | 16 Tartar |
| 7 Cha-cha | 17 Tutu |
| 8 Sing Sing | 18 Peri Peri |
| 9 RoRo | 19 Toto |
| 10 Twenty twenty | 20 Dodo |

'Twas the Quiz before Christmas . . .

1	Which monarch delivered the first Royal Christmas Day Message?
2	Which ocean can Christmas Island be found in?
3	What is your star sign if you are born on Christmas Day?
4	Which world leader celebrates his birthday on Christmas Day?
5	Which US President made a cameo appearance in <i>Home Alone 2: Lost in New York</i> ?
6	Which ruler allegedly banned mince pies in Britain in the 1600s?
7	How many gifts in total were given in the 12 Days of Christmas?
8	Which country traditionally plays the Boxing Day Test Match every year?
9	Which country sends the most letters to Santa?
10	Which song (exact same song and artist) has been Christmas number one twice, 16 years apart?
11	Who served up figgy pudding in Charles Dickens' <i>A Christmas Carol</i> ?
12	What did turkeys in Norfolk wear in Victorian England when they were walked to London?
13	Which carol was sung by British and German soldiers in the trenches during the 1914 Christmas truce?
14	Which creature replaces turkey on the Christmas menu in Hungary?
15	Name all nine of Santa's reindeer.

Retirement & Siestas

I once worked in an open plan office in London, and one of my colleagues – let's call him Cyrus - always had a nap after lunch. Obviously, everyone could see him, with head resting on his desk-supported arm, and tongues wagged. Here is a sample:

'Cyrus has found a way to shorten his working day.'

'It's embarrassing. He's a lazy devil, isn't he?'

'It's time he retired. Someone else has to do his work while he sleeps.'

In fact, Cyrus was an extremely valuable colleague, who worked very hard for the organisation. His post-prandial nap would have been approved in a large number of countries. In Italy, the afternoon nap is called a 'riposo,' and many businesses close in the afternoon (as hungry tourists have discovered) to make it possible.

In India it is normal for many businesses, especially shops, to close for much of the afternoon while their owners and staff sleep, often on the floor; then they open in the evening. This, of course, is sensible in the hottest cities such as Delhi.

In China many employers advocate a short nap after lunch so that the workers will thereafter concentrate harder, have more energy and produce more. Beds are sometimes provided.



In Japan there is wide recognition of the value of 'inemuri,' and no-one is concerned when workers drop off at their desks. A nap whenever and wherever possible is considered desirable.

Even in the USA, which has more than its share of workaholics, some big technology and software companies have embraced sleeping on the job. Purpose-built sleeping pods are sometimes provided. It's simply common sense that if people are tired, they cannot work efficiently. They lack the concentration, spirit, energy and - sometimes - creativity, that their work requires. Employers who make provision for naps may be hard-nosed business men, but they see the nap as an investment of time that pays off with greater productivity.



Now, if a nap after lunch has proved to be beneficial for people during their so-called 'working lives,' surely it should be normal for the retired. Consider how many hours some 'retired' people work, both physically and mentally. While domestic activities alone can take several hours of strenuous activity, many retirees also become involved in a variety of activities such as charity work; organising societies, youth activities and clubs; singing in choirs; tending an allotment; gardening; playing a musical instrument, etc. Of course, such activities may provide endless pleasure, but they also use up our limited resources of energy.

COVID vaccination update

Therefore, many older folk 'drop off' in an armchair, but for maximum benefit, a siesta should involve complete relaxation in a horizontal position. Taken after lunch, it has been found that the afternoon and evening are then much more likely to be fully enjoyed. The number of actively useful hours in the day is increased and one piece of research found that there is a 37% reduction in coronary mortality as a result of reduced cardiovascular stress.

A further point is that many people don't sleep well at night so a siesta helps to make up for sleep deprivation. According to research at Kings College, 38% of 25 to 34 year - olds and 23% of 55 to 75 - year-olds suffer from insomnia. If you are one of them, you share that problem with George Clooney who confesses to waking up five times in the night, Tom Bradby, who took four months off from work because of his insomnia, and many, many others.

We would all benefit from a siesta of 30-40 minutes after lunch. It recharges our batteries and makes the remainder of the day more fulfilling and enjoyable. Try it!



George Culling

Who can get a COVID-19 booster and Flu vaccine

Booster vaccine doses will be available on the NHS for people most at risk from COVID-19 who have had a 2nd dose of a vaccine at least 6 months ago. This includes:

- all people aged 50 and over
- people who live and work in care homes
- frontline health and social care workers
- people aged 16 and over with a health condition that puts them at high risk of getting seriously ill from COVID-19
- people aged 16 and over who are a main carer for someone at high risk from COVID-19
- people aged 16 and over who live with someone who is more likely to get infections (such as someone who has HIV, has had a transplant or is having certain treatments for cancer, lupus or rheumatoid arthritis)

People who are pregnant and in any of the eligible groups can also get a booster dose.

COVID-19 booster vaccine and flu vaccine

Most people who can get a COVID-19 booster vaccine are also eligible for the annual flu vaccine. If you are offered both vaccines, it's safe to have them at the same time.

More information

Find out more about the COVID-19 vaccination booster dose on [GOV.UK](https://www.gov.uk) or ring your local GP Clinic

Through The Looking Glasses

In later life glasses are a much needed help to read all the small print that is presented to enable us to carry out our normal activities. And some people are unfortunately born with poor vision so need them all their lives. But have you ever thought where they come from and who was the genius who first developed glasses. Although many sources state that eyeglasses were invented in 1317, the idea for glasses may have started as early as 1000 B.C. Some sources also claim that Benjamin Franklin invented glasses, and while he did invent bifocals, this famous inventor cannot be credited with creating glasses in general.

In a world where 60% of the population needs some form of corrective lenses to see clearly, it's hard to picture a time when eyeglasses weren't around. The first wearable glasses known to history appeared in Italy during **the 13th century**. Primitive glass-blown lenses were set into wooden or leather frames (or occasionally, frames made from animal horn) and then held before the face or perched on the nose.

In a sermon given between 1303 and 1306, Friar Giordano de Pisa declared that it had been '20 years since the art of making spectacles, which have made for good vision, one of the most useful arts on earth, was discovered.' Because of his epitaph, which states he was the inventor of glasses, Salvino D'Armote is given the accolade of having discovered spectacles.

In modern times, Marilyn Monroe who was extremely short sighted was rarely seen in specs until she played the extremely short sighted Pola Debevoise in *How to Marry a Millionaire*. In her biography, she confessed that she had always been attracted to men who wear glasses, subsequently marrying the bespectacled Arthur Miller. So women will make passes at men who wear glasses.



While glasses have been available for centuries, glasses could not cure cataracts except in their initial stages. Until recently the only cure was the removal of the affected lens, and the wearing of very thick 'pebble' glasses. It was aerial combats in the Second World War that led to the development of replacement lenses. A graduate in natural sciences at Pembroke College, Cambridge, Harold Ridley who then became a doctor noticed that a pilot whose cockpit had been shattered with particles of perspex blinding him in one eye and damaging the other, had not rejected the perspex. Ridley was eventually knighted for his work on cataract replacements.

In 1949 Ridley performed the first replacement cataract lens using an improved perspex plastic developed by ICI. He was eventually knighted for his work on cataract replacement operations. Nowadays, thanks to Sir Harold cataract operations are standard procedure, and are done as a matter of course, with over 6 million such operations being carried out each year. I am one of those lucky to have cataracts replaced in both my eyes and amazingly, whose eyes are better than when I was accepted by the RAF for pilot training many years ago.

Climate Change—what you can do



We can all do our bit to help tackle the climate crisis, and the following are the ways in which individuals can do so:

- 1 Talk About Climate Change** The greatest challenge in the history of our species should not be a taboo subject. We need new solutions, new social structures and new economics to solve the problem.
- 2 Switch to a more plant based Diet** Become a Flexitarian – eating more plant based foods, which allows meat and dairy products in moderation. Meat production particularly beef, is a major cause of tropical deforestation. Eat locally sourced and seasonally appropriate food to reduce carbon air miles and support your local economy. If possible grow your own vegetables and fruit.
- 3 Switch to a Renewable Energy Supplier** A simple change may not cost you anything extra. If we all switched then energy companies would have to generate more renewable energy to meet demand.
- 4 Make your Home Energy Efficient** Ensure your home is insulated (roof and walls) to the highest standard and your windows are double or if possible triple glazed. Turn the thermostat down a degree, wash at a lower temperature, reduce the use of home appliances replace light bulbs with more energy efficient LED bulbs. Make sure your heating system is as efficient as possible.
- 5 Use Cars Less** Increase your walking, cycling (if physically possible) and use of public transport (if available). If you need a car, then get an Electric or Hybrid one.
- 6 Reduce Flying** If possible choose an alternative form of transport such as the train, or take your holiday to where you do not need to fly.
- 7 Divest your Investments from Fossil Fuels** The fossil fuel industry will be greatly affected by future climate change legislation and will cease to be profitable.
- 8 Refuse/Reject Excessive Consumption** Think carefully about what you need and how you want to live in a sustainable low carbon lifestyle. As we found out during the pandemic, it is family, friends and the community that makes you happy.
- 9 Reuse What you Can** As a consumer you have huge power, exercise that power through your choices. Do you need all that packaging on your goods; Do you need fast fashion; Recycle what you no longer need; Do you need a new car or phone.
- 10 Vote** Make sure your politicians, both national and local, tell you where they stand and how they are dealing with climate change.

The above is based on an article by Professor Mark Maslin, Head of Earth System Science at University College, in The Geographical Magazine, November Edition.

The Great Exhibition



In 1851, a brainchild of Henry Cole which was supported by Prince Albert, was opened by Queen Victoria, it was the Great Exhibition in Hyde Park. It was an “Exhibition of the Works of Industry of all Nations”, including, but not limited to Britain and its Empire. The proposal for the Exhibition was only on the drawing board in January 1850, less than a year and a half before its opening. That would be inconceivable in today's atmosphere.

Henry Cole was a civil servant, who was also an author and inventor of a new type of teapot, and he patented the first commercial Christmas card. His idea of a Great Exhibition to foster cooperation among nations, was backed by Prince Albert and received official support. Initially it was met with skepticism, especially as the first building proposed was a vast brick building with a dome bigger than that of St Paul's. But then Joseph Paxton came up with a proposal to construct a prefabricated building made of glass and cast iron on the lines of the glasshouse he designed for the Duke of Devonshire, only bigger.

On the 1st May 1851, while workmen were still painting and generally clearing away, Queen Victoria opened the Great Exhibition. For the next 10 days admission cost £1; from then on admission went down until by June it was a shilling (Monday to Thursday); half a crown on Friday and 5 shillings on Saturdays. (Sunday in those days was for Church and a rest). Many returned several times and 25,000 season tickets were bought. By the time it closed on the 15th October, it had been visited by 6 million people.

It was an expression of the glories of free trade and promoted British industry and its Empire, but also to the manufacture, raw materials, machinery and mechanical inventions, and sculpture and art of Europe and the Americas. Queen Victoria hoped that it 'ought to do wonders in enlightening people and opening the eyes of many ignorant young people.' It made money which led to and paid for the establishment not only of the Victoria and Albert Museum but also most of the Museums in Exhibition Road. It can be said therefore that it helped in the education of many young people, and continues to do so.

Paxton's 'Crystal Palace' was moved to Sydenham, where it continued to dazzle everyone until it burned down in 1936. Now its memory is continued with the name of a football club.

Beetroot—a Superfood

Since Babylonian times some 4,000 years ago, beetroot has been cultivated, then for its leaves. It was later found being grown by the Greeks and Romans again for its leaves for food and medicine. It was not until the 1600's that it was bred and cultivated to become the round red root vegetable that we know today.

Originally, it was carrot-like but due to its ability to be grown in colder weather, German and Italian gardeners developed it into its present format over several generations. By the 1700's it had been adopted into the diets of many northern Europeans, eventually becoming a mainstream vegetable in central and eastern Europe, giving rise to delights such as Borscht.

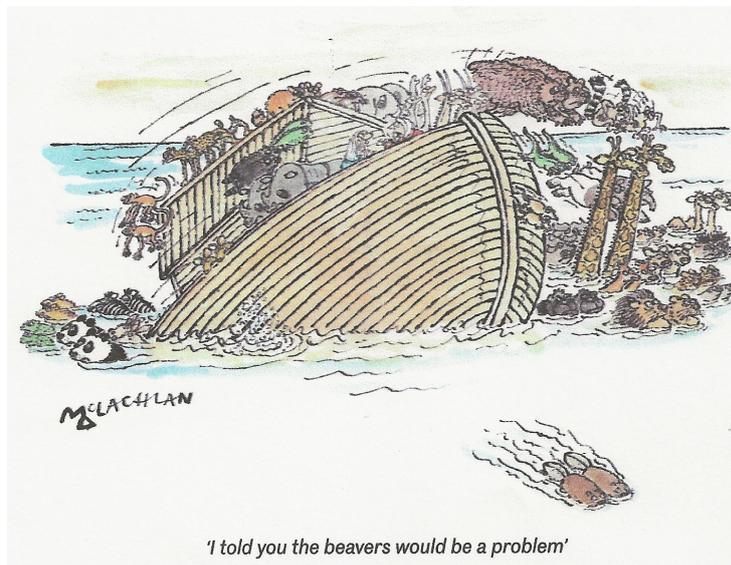


Beetroot has continued to be developed after its initial adoption into our diets. Today's chard, both white and rainbow stemmed varieties, were developed from the beetroot, as of course was sugar beet. This latter beet became the provider of sugar in rivalry to sugar cane. In the 1700's a German scientist discovered that beetroot contains the same form of sucrose as sugar cane and Britain took full advantage of this such that today half the sugar consumed in the UK is produced from sugar beet.

So from the ancients around the Mediterranean and Levant their leafy vegetable has been developed into purple, orange, yellow and white beetroot, striped beetroot and varied-coloured chard. One progeny of the beet is the mangel-wurzel which was used to feed cattle, now superseded by silage and products from the manufacture of sugar beet.

But why is beetroot a superfood – it is so-called as its roots have high levels of antioxidants, folic acid, potassium and fibre. It also contains borons, betelains and nitrate which in studies have increased athletic performance, endurance and speed. Even so although many love beetroot in its various pickled and cooked forms, its flavour las with marmite is not liked by everyone. It has an earthy sweetness, this flavour coming from a compound called geosmin which is present in beets and is also released from the soil following rainfall. But one other factor in beetroots favour is that it is a plant used agriculturally to clean up soil which has become toxic due to heavy metals and salts.

Adapted from an article by Nick Bailey in 'Grow your Own' magazine



'I told you the beavers would be a problem'

Letter / Recipe

Dear David Bailey,

Another splendid COPE magazine has recently arrived in my inbox, so thank you once again!

I write re the article on Attendance Allowance and DLA eligibility. I was for many years a Support Worker with visually impaired people, based at Camsight. I helped many clients to complete these forms. There is almost a 'hidden agenda' which, for the lay person, is not obvious. I would strongly advise anyone seeking to claim this allowance to seek help from someone who is practised in this area. Working with visually impaired people I received replies such as, 'If it's only your eye sight that is a problem, you won't qualify'!

Even after years of helping clients complete these forms, some were wrongly rejected. I had to wait a couple of days before feeling able to appeal on their behalf in a professional but unemotional way.

One gentleman who had physical disabilities clearly qualified for DLA. To such an extent that he had lost his job and then, without an income, also his home, but, when he applied, was still turned down, not even getting the lower rate. An appeal was also stone walled so we went down the route of a tribunal. Here he was not only successful, but was granted the *top level* including the 'motability' allowance. This was probably the greatest example for seeking help in an application that I came across in fifteen years.

Kind Regards,

[name and address supplied].

Tiffin

(As sampled at the Queen Edith's meeting in October—enjoy!)

4oz butter

2 Tbsp syrup

2 Tbsp sugar

4 teaspoons cocoa powder

8 oz rich tea biscuits, crushed

Handful of raisins / sultanas

14 oz chocolate—1/2 milk 1/2 dark

In a saucepan melt butter, sugar, syrup and cocoa powder

Add biscuits and raisins when melted. Stir to combine.

Pour mixture into a Swiss roll tin. Press down.

Melt chocolate and pour over the mixture. Pop tin into the fridge and leave to set for 1 hour.

Tip: melt chocolate in the microwave at 30 second intervals.



Diana Murfitt

Advertisements



Looking for sheltered housing in Cambridge?

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

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

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

Advertisers

Please Note New Rates

Quarter Page £40

Half Page £ 80

Full Page £150

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

British Lung Foundation

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

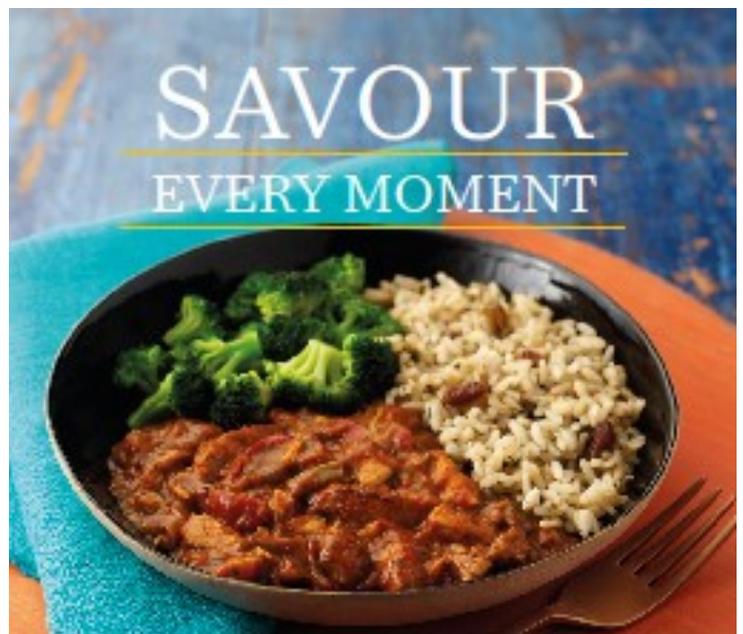
www.lunguk.org

Breathe Easy is part of the *British Lung Foundation's* support network

Breathe Easy Cambridge City www.lunguk.org/cambridge

Breathe Easy Fenland -Derek Bond tel 01354 680466

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FOODS

COPE Christmas Lunch 2021

Monday 13th December 12.00 for 12.30pm
Cambridge Regional College, Kings Hedges, Cambridge CB4 2QT



Menu

Starters

Homemade Parsnip and Apple Soup
Smoked Mackerel Pate with mixed Salad leaf and Foccacia
Blue Cheese with Pear, Walnut, Watercress and Rocket.

Main Meal

Roast Turkey with Christmas Trimmings and a selection of fresh vegetables.
Roast Lamb Shoulder with mint sauce and a selection of fresh vegetables.
Sea Bass with Fennel, Orange, Spinach and Polenta
Mushroom and Chestnut Risotto with Rocket and Parmesan.

Desserts

Christmas Pudding with Brandy Sauce
Sticky Toffee Pudding with Toffee Sauce and Vanilla Ice Cream
Chocolate Ganache with Raspberry Compote



Tea and Coffee

TICKET REQUEST

Festive Christmas Lunch, Cambridge Regional College.
Monday 13th December 12 for 12.30pm

Members £15. Non-members £20

Please send a cheque for the appropriate amount made payable to COPE with a stamped, self-addressed envelope to: COPE, The Golding Room, St Luke's Community Centre, Victoria Road, Cambridge CB4 3DZ

Print Name(s)

'Phone no: Post Code:.....

Please circle your choices below

1st Person:

Starter

Soup Pate Cheese

Main course

Turkey Lamb Bass Risotto

Dessert

Xmas Pudding, Sticky Toffee Pudding, Ganache

2nd person (if appropriate)

Starter

Soup Pate Cheese

Main course

Turkey Lamb Bass Risotto

Dessert

Xmas Pudding, Sticky Toffee Pudding Ganache

Due to the anticipated high demand and limited numbers for this lunch, please reply promptly.

No bookings will be accepted after the 8th December 2021

Please note that due to anticipated supply problems some menu items may have to change

Stop the Scammers!

Stop the Scammers – ring 159

Paul Lewis writes in the Radio Times “I expected the latest figures for the money stolen from Bank Accounts to be bad. But even I did not expect them to show a rise of 80% in the first six months of 2021. In that time, £300million was stolen from the Bank Accounts of more than 100,000 individuals by thieves who deceived about who they were.

The most serious of these crimes, where often more than £10,000 is stolen, is bank transfer fraud (called by banks 'authorised push payment fraud'). A caller rings out of the blue claiming they are from your bank and your money is at risk. If you are suspicious, they tell you to check the number on your caller display; the thief will have 'spoofed' it so that it shows as a genuine bank number. You are then told they have set up a safe account for you and you must move your money to it. All they need you to do is to read them a code when it is sent to your phone. The money then vanishes.

These frauds more than doubled in the first six months of 2021. Barely half the money stolen from any fraud has been reimbursed by the Banks - despite a Code which they signed up to in May 2019, to refund stolen money when the victim was innocent.

The latest attempt to stem these losses is a single number to ring if you suspect you are being defrauded. If you are a customer of Barclays, Bank of Scotland, Santander, Halifax, Lloyds, NatWest, Starling or Ulster Bank, Hang up after your suspect call, then ring 159; a single press of 1 to 9 will put you through and you can check whether your bank has been trying to contact you.

My Tip: If you get any type of cold call, put the phone down. With a text or email, just delete it. Do not engage or click on a link or they will lure you into their web and rob you. If it's anything important, your bank will write to you.”

Article by Paul Lewis in the 23-29 October Edition of the Radio Times

Talking to Plants

A recent survey carried out by plant retailers “The Growers” showed that 3 in 5 Brits bought plants during the pandemic, and that 42% of those surveyed admitted that they speak to their plants.

This survey compliments an existing body of research suggesting that sound does have some effect on the growth of plants. As a result “The Growers” have started a podcast entitled 'Photosympathisers' which features poetry and the spoken word targeted at plants.

So, if like Prince Charles, you feel like talking to your carrots, playing jazz to your chillies or classical music to your fennel, now is the time to give it a try. It might give your plants a boost.



Silver Sunday Singalong



Silver Sunday is now a national day where people of all generations can come together by hosting fun and free activities for older people where they can meet new friends, try new activities and connect with the local communities.

We were able to do all this by holding a joint event on Sunday 3rd October in St Lukes Community Centre sponsored by the ladies of St.Luke's Church, St.Giles Church and COPE committee members. St Luke's and St Giles provided all the refreshments and COPE members served the tea.

The Executive members of COPE decided it was a perfect opportunity to include a Sing-a-long with our members. We have found that many members of COPE have told us of their interest in singing songs they grew up with, especially the St.Ives group who have a successful choir among people with dementia.

Plans were set, arrangements were made and the day dawned a little chilly but no rain. We received over 25 applications for a ticket. The event was free to all members and parishioners of the churches who joined in with us.

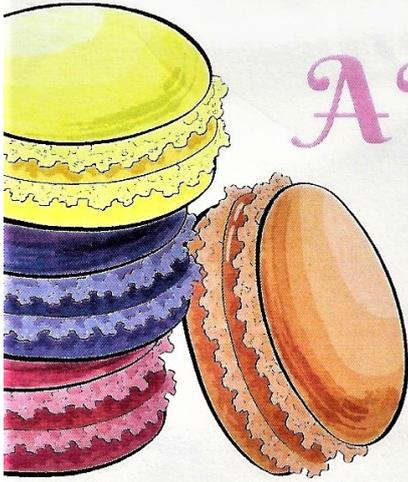
A quiz sheet was set on every table, (a great conversation breaker); song sheets were distributed and raffle prizes that had been donated were set out. Rosemary Wheeler and Rex Freeman came to organise the Sing-a-long, ensuring that we knew the music and had some help with the words. The songs were mainly from shows and from the 1940's and Rex led from the front. 'You are my sunshine'/'Oh I do like to be beside the seaside'/'A Nightingale sang in Berkley Square'/'We'll meet again' to name just a few. Rex entertained us with some humourous monologues in between the songs.

Half way through the entertainment we received some welcome visitors from Cherry Hinton Care Home. They soon settled into the event and took part in all the singing. They have kindly invited us to visit the Care Home for their afternoon tea events which includes music. (See next page)

Afterwards we held a raffle; we were given answers to the quiz and a final song sent us all home in a happy mood.

Overall a good time was had by all – delicious sandwiches, tasty cakes and lots of cups of tea! We thank the ladies of the churches who provided all of this, we thank Rex and Rosemary for taking us through our sing-a-long and thank everyone who came to make it such an enjoyable event.

Cherry Hinton Care Home



AFTERNOON TEA

WHEN?

14th October and then every 2nd
Thursday of the month
2pm - 4pm

WHERE?

Cherry Hinton Care Home
369 Cherry Hinton Road CB1 8DB
Please call: 01223 210070 to book your slot

Join our residents in the garden or conservatory for
sandwiches, fresh cakes and refreshments



Come to our Christmas Fayre on Saturday 4th December!

Taxicard / Advertisements

Improvements to Taxicard scheme

Changes to the city's Taxicard scheme for disabled people on low incomes will take effect from 1 October.

The scheme helps people pay for taxi journeys through vouchers which offer a discount on fares. It has now become more flexible, with books of £5 and £1 vouchers issued, changes being made to the eligibility criteria, and members able to use as many of their vouchers as they wish on each journey. Previously people were limited to using one voucher per journey.

From 1 October, vouchers can be used on Cambridge Dial-A-Ride minibuses for those Taxicard members who are also members of Cambridge Dial-a-Ride, as well as for taxis.



For more information visit cambridge.gov.uk/taxicard



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Activities and Events (subject to Covid)

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

Abbey Leisure Centre Complex Astro turf, CB5 8NT. Supervets football. Contact Helena.knock@gll.org **01223 576412** **Sunday Community walk** 11.00am contact **Helen 01223 240271**

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

Cherry Hinton Church End WI meets every Monday. If you are interested in joining or want information, 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. Come to our Afternoon Tea and Cakes on the 2nd Thursday of each month and join our residents. All are welcome, to book contact **Amber Christou on 01223 210 070**

Cherry Hinton Leisure Centre Contact Julie.howard@gll.org **01223 576412**

1 **Ol' Boys Club** Mondays 2-4 pm for cards, dominoes, scrabble, chess, curling and darts.

2 **'Young At Heart'** Women's social group. Open to all women 50 plus every Friday 2-4.00pm.

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

Chesterton Knitters meet on the 1st Thursday of each month 2.00-4.00pm (except August) at: Café 121, 121 Milton Road Cambridge. Wool, needles and patterns will be provided. Bring your own work if you wish. We can teach you if you do not know how! Telephone **Eileen Flood—01223 369376** for details.

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

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

Ely Library Activities - Scrabble, creative Tuesdays, local studies, arts and crafts.

Contact for all activities: **0345 045 5225**, Alvina De-La-Mare, Ely. Referral@cambridgeshire.gov.uk.

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

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

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

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

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

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

St Augustine's Community Centre, Café 99, Richmond Road., Cambridge. Open Monday, Wednesday and Friday Mornings from 10.30 to 12.00am.

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

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

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

COPE in Cambridge City

New Year's Winter Walk

Milton Country Park

Thursday 13th January 10.30 am– 12.00pm

Meet at Visitor Centre 10.15-10.30am*

***parking available £3—card only**

After the Walk optional lunch at the White Horse, Milton

Call to confirm 01223 364303 or 362815



The Evelyn Charnley Memorial Lunch Club

Peter Murfitt — 01223 364303

Queen Edith Chapel, Wulfstan Way, Cambridge, CB1 8QN

12.00 (Noon) – 2.00 p.m. every third Wednesday. Tea & Biscuits provided, bring own Lunch if required.

Children's books for sale and £1 Raffle with donated prizes.

Everyone is welcome.

Dec 15th

Crofters Singalong

Jan 19th

Mike Petty—Cambridgeshire History

Feb 16th

Andrew Doherty—Safety at home

March 16th

Ann Chapman—Age UK Services

COPE in St Ives

2 p.m. to 4 p.m. Corn Exchange, The Pavement, St Ives, PE27 5AG

Meetings held on third Thursday of each month

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

**16 December: No meeting due to unavailability of
St Ives Corn Exchange**

20 January: Tamsin Wimhurst, David Parr House

17 February: Ann Lorman, Dementia Friends

17 March: Ken Brockett, Nostalgia

Possible events during 2022

Ely Cathedral

Springfields Festival Gardens, Spalding

Visits to National Trust Estates locally

Visit to Wisbech