

COPE

Cambridgeshire Older People's Enterprise

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Newsletter 162

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Funded by:

Editorial

We are by now well into the New Year, and most resolutions have been forgotten. However, one which I have kept is to ensure that I live free from the constraints of Covid. It is doubtful if like flu we will ever be free from it, but like flu, we must not be constrained in our daily life by it. Although it will continue to be with us, it must not run our lives. There are more deaths from both heart disease and cancer than covid, and even flu continues to take its toll, so we must stop being frightened of Covid.

In December we held a very enjoyable Lunch at the Cambridge Regional College. Although the meal was prepared and served by trainees at the College, it could not be faulted. The food was excellent and the service impeccable. We shall certainly be going to the College for lunch again.

To start the Keep Cash campaign, we wrote to all the Cambridgeshire MPs for their support. To date we have received three responses from Cambridge, Huntingdon and NW Cambridge MPs, who assured us that they would continue to pressure the Government to ensure that legislation to keep cash would be passed.

TALKING TOGETHER had its first session of the year and is going from strength to strength, as hopefully we will get Singalongs active in not just Cambridge but also the County. There are many village and community halls throughout Cambridgeshire which are underused. After Covid we need to socialise once again and there is no better way than with Singalongs. But COPE management can only do so much and needs the help of volunteers to enable it to arrange social activities. Even if you can only provide one afternoon to help please contact us.

Finally, you will find with your Newsletter a Questionnaire and it will be greatly appreciated if you would complete and return it (stamped addressed envelope provided). With this we can enable not only COPE but also Council social services, information that will enable us to provide the services you, our members, need.

Wishing you all a Healthy Covid free year,

David Bailey



Talking Together

An enticing array of topics is planned for the Spring 2022 series of **Talking Together**.

From 21 March until 28 April, six groups will meet weekly over the phone - same day, same time - to share information and ideas on themes of mutual interest. Each group, scheduled for 45 minutes, is facilitated by a skilled leader. Participation is free, though registration is required (see below for details).



Some Talking Together favourites are returning for the Spring programme:

There will be another chance to travel through some of the best loved artworks at the **Fitzwilliam Museum**. Participants will discover how the artist has composed the picture, used colour to create mood, texture etc and how this all comes together to tell a story. The group will also share stories from the artists' lives and the artworks in hand.

New to Talking Together is the **Museum of Cambridge**, a 16th century former coaching inn formerly known as the Folk Museum, which houses wonderful collections of objects relating to everyday life in the history of Cambridgeshire. Alex Smaridge will use the museum's collections to enable the group to recall their own experiences of themes such as toys and games, transport and tools.

Local poet Liz Williams invites you to an inspirational conversation about poetry in the company of others who have a love of poetic magic. The popular **Poet's Corner** group will share poems that have resonated with them and all can examine what each poem has said to them. The group will move at its own pace, looking in a fresh way at words and their ability to connect us with life's joys and simple pleasures.

Another extraordinary building in Cambridge is the **David Parr House**. Who was David Parr and why was his humble terrace house worth conserving and opening up to the public? Tamsin Wimhurst, who first came across the house in 2009, will lead discussions about its discovery, what you will find inside and how the interior was created. Share your memories of homes you have lived in, how they were created and the DIY you did or did not do!

Leigh Chambers kindly returns to explore further the **Power of Books**. This is a wonderful opportunity to discover authors and books that are new to you and to share those you've enjoyed with others. The range and diversity of books discussed in previous groups has been inspirational. Join Leigh to discuss the power of books – which ones have kept you awake all night and what, simply, makes a darn good read.

Wicken Fen is one of the oldest nature reserves in the UK and the first owned by the National Trust. One of Europe's most important wetlands, it supports a wealth of wildlife, including plants, birds and dragonflies. It is also involved in a new project to explore peatland management and carbon storage across the Fens, which will help restore important habitats and fight climate change. There is much to learn and discuss about this precious local resource and the Wicken Fen discussions are always popular.

How to register:

Email us at cambridgecope@hotmail.co.uk or ring the COPE office on 01223 364303. Please tell us your name, phone number and address, together with your choice of group. *Sally Fenn & Deborah Katznelson*

Happy birthday to all members celebrating in February and March

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/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 April / May issue must be received no later than 1st March 2022.

Word Search / Christmas Quiz

WORD TILE										FEB/MAR 2022									
BH	A	C	E	E	V	E	I	T	E				A	C	L				
	A	C	L	F	I	R	L	O	N			I						R	
	A	K	E	F	O	R	L	S	T			M						T	
	A	V	A	F	R	O	O	N	E									E	
	B	A	L	F	R	U	R	D	S									A	
	B	L	I	G	J	O	R	G	R						B				
	C	O	M	H	A	I	S	T	B				I	T					
	E	E	N	H	N	S	T	E	R			I							
	E	P	L	I	T	C	Z	Z	A			N	G	J	O	H			

AIM

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

Last month's solution

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

Christmas Quiz answers

- | | |
|--------------------|-----------------------|
| 1. King George V | 10. Bohemian |
| 2. Indian Ocean | Rhapsody by Queen |
| 3. Capricorn | (1975 and 1991) |
| 4. Justin Trudeau | 11. Mrs Cratchit |
| 5. Donald Trump | 12. Boots |
| 6. Oliver Cromwell | 13. Silent Night |
| 7. 364 | 14. Carp |
| 8. Australia | 15. Rudolph, Blitzen, |
| 9. France | Comet, Cupid, |
| | Dasher, Dancer, |
| | Donner, Prancer, |
| | Vixen |

Famous UK Landmarks Emoji Quiz

- 1 
- 2 
- 3 
- 4 
- 5 
- 6 
- 7 
- 8 
- 9 
- 10 

Keep Cash Campaign

Due to the pandemic encouraging the use of contact cards, and the unfounded fear that banknotes and coins could transmit the virus, many retail outlets are refusing to accept cash. This creates problems for many sectors of society, from those without bank accounts or bank cards, charities and fund raising groups. Above all it creates a consumer spend situation which many find difficult to budget.



Two national newspapers, The Daily Telegraph and Daily Mail, have started campaigns to Keep Cash and have the support of over 50 MPs of all parties. The consumer champion, Which?, has also started a Keep Cash campaign, and to date has over 180,000 supporters. There have also been pledges from many high street retailers including John Lewis, Marks & Spencers, and Waitrose that they would continue to accept cash. The finance spokeswoman for the Liberal Democrats, Christine Jardine, MP, said 'It never ceases to amaze me how often government and financial institutions seem oblivious that access to cash is vital to so many elderly and vulnerable people'.

Similarly, the Labour MP Pat McFadden, who is Shadow Economic Secretary, said it was essential that businesses recognised that cash was vital for many people. Government should ensure that we have a free-to-access convenient cash system. The Scottish National Party has also backed the Campaign. SNP MP Patrick Gibson has said: 'While for some of us cash is convenient, for others it is a vital budgeting tool. However, as bank branches and ATMs are disappearing from our high streets, we have seen some businesses refusing to accept cash. It is vital that the UK Government delivers on its promise to legislate to protect access to cash without further delay.

MP Damien Moore wrote in support of the Campaign: 'I don't want to be part of the march to a cashless society, and neither do many others. Five million adults use cash for the majority of purchases. Among them are the most vulnerable in society, including the elderly and those living in rural areas with limited access to the internet or a post office. From fundraising events and subscriptions to local societies, to tips for hospitality workers and pocket money for children and grandchildren, a world without cash would ruin livelihoods, good causes and financial education.,



COPE has written to all the Cambridge and County MPs to obtain their support for the Keep Cash campaign, and will be starting a petition to send to the Government to ensure it keeps its promise to legislate to not only protect but ensure access to cash. The rush towards a cashless society risked damaging national finances, and cash should remain a significant part of the country's economy. There are many conveniences with cash and it is commonly used by the elderly. Even if the future is digital, that doesn't mean we need to take a leap into the dark immediately. We need to protect our cash infrastructure and make sure that we keep pounds and pence in people's pockets.

David Bailey

Scams and fraudsters

Scams and fraudsters can affect the lives of millions of people across the UK every day. The National Trading Standards Scams Team say they can cost UK consumers between £5 billion and £10 billion a year.

Anyone can be a target. But if you know what to look out for, you're less likely to be taken in.

We've put together some top tips so you can protect yourself and your loved ones against scammers.



TOP TIPS TO STOP DOORSTEP SCAMS

Be aware that uniforms and ID can be copied/fake. If in doubt close the door and contact the company using a number from a bill or website.

Do you have a pre-booked appointment? Utilities rarely turn up without one.

If you don't have an appointment call the company before allowing entry – they won't mind waiting if they are legitimate.

Do you have a doorstep password? Make sure they provide this.

Stay safe – if you feel in immediate danger call 999.

Keeping you safe and warm

If you have been a victim of a scam, don't be embarrassed about reporting it – you could prevent it from happening to others.

Contact Action Fraud on **0300 123 2040** who can help.

For more information on scams and how to protect yourself against scammers, complete the Friends Against Scams awareness session at [friendsagainstscams.org.uk](https://www.friendsagainstscams.org.uk)

TOP TIPS TO AVOID TELEPHONE SCAMS

Call back if you are unsure. – using a number on a bill or via a trusted website.

Have you heard about call blocker technology to prevent calls from scammers?

Don't be pressured to make a decision on the spot.

If it sounds too good to be true it probably is.

Just because they are friendly doesn't mean you can trust them.

Don't provide your personal or account details.

Really Useful Postcard

Keep Safe in Your Home

- Don't overload sockets or extension leads. Check for frayed or loose wires.
- Don't ignore burning smells, buzzing or crackling signs in appliances.
- Get electric blankets checked by an expert every three years.
- To prevent falls, make sure that stairs are kept clear, frayed carpet and rugs are replaced.
- Make sure stairs, landings and hallways are well lit.
- Always quickly mop up spills to reduce slips, trips and falls.
- To prevent scalding, when having a bath, run the cold tap first, then heat up with the hot tap. Always test before getting in.
- Don't take electrical appliances into the bath or shower room.
- Keep a note of emergency numbers by your phone for water, gas, electricity, medical contacts, etc.

COPE Members' Survey 2022



COPE is always interested in finding out from our members what they think of the services we provide, as well as other information about their lives and wellbeing. In 2022, as in previous years, we are sending out with this Newsletter a survey form for you to complete and return to us in the stamped addressed envelope provided. This is your chance to tell us about your experiences of Covid, the services you have received and to tell us how COPE can help you in the future.

Please take the time to complete and return the survey to the COPE office: this and any other feedback you provide will help us and other service providers we work with to tailor what we offer to meet your needs.

Thatched Houses in Cambridgeshire

In England, the main thatching material in use until the 19th Century was straw either longstraw or combed wheat straw. In East Anglia and other wetland areas (eg Somerset Levels) Norfolk Reed or water reed was also used. A diversity of thatching styles had also developed over time, and coupled with different materials, distinct regional differences became apparent. The combed wheat reed roofs of the West Country are shallow pitched and 'pudding basin' in appearance, in contrast to the steeply pitched longstraw and water reed roofs of East Anglia.



Until the 19th Century most houses in rural areas and some poorer housing in towns, were thatched. But with the commercial production of Welsh slate in 1820 and the mobility which the canals and then railways made possible, meant that other building materials became more readily available. Use of thatch declined and accelerated after the First World War, and with the invention of the combine harvester leading to the need for shorter stemmed wheat varieties, long straw was no longer available for thatching.



Thatched cottages were in danger of vanishing, especially as they were correlated with poverty in the early and mid 20th century. However, two factors saved thatched buildings. First, the renewed interest in architectural heritage, but more importantly, the demand for second homes in rural areas. Whereas the thatched cottage was once sold for a pittance, they now command high prices which in turn has led to the increase in thatching firms. In Cambridgeshire there are over a dozen firms involved with thatching

In spite of the resurgence of thatching, there are still only some 60,000 thatched buildings in England. The county with the most thatched houses is Dorset, where many villages are full of 'chocolate box' cottages, Cambridgeshire has some 700 thatched houses, fortunately the majority are in good condition. Indeed, some farms in Cambridgeshire are using renovated 'binder' machines to enable long straw to be provided for thatching, but the majority of new thatching uses water reed. Although, water reed is produced in Norfolk, much reed is imported from Eastern Europe. The advantage in using water reed is that it is long lasting and can often outlive its average life expectancy of 50-60 years.

Before the resurgence of the thatched roof, it had a bad reputation for water damage and being a fire hazard. However, neither problems have been proved to be any worse than with normal housing. Certainly, properly thatched especially with the steep East Anglian roofs, water is not a problem, and fire damage is often due to problems within the house and not caused by the thatch.

Today, Cambridgeshire has a wealth of thatched housing, much of it in villages around selling for over £750,000. Only in a few villages and towns are there more than one or two thatched houses or cottages together. Fortunately they are well maintained and much in demand in contrast to earlier when they were in danger of either being demolished or having the thatch replaced by tiles.

David Bailey based on 'Thatched Roofs' by Catherine Lewis

Stay Warm This Winter

The price of electricity and gas, as you will have heard on the news, is rising rapidly. Domestic consumers in Great Britain are protected to some extent by a price cap – but that rose by 12% on 1 October, and the Government was recently warned by the energy industry that it may rise by another 34% in April. Many individuals who are coming off fixed price deals are facing massive rises in their bills, as charges increase to the maximum the cap allows.



But over 2 million customers in England, Scotland and Wales could get help with their electricity costs through what is called the Warm Home Discount Scheme. Its worth £140 off one winter electricity bill by your energy provider.

About a million low income pensioners should get the discount automatically. They are people who were getting the “guarantee” part of pension credit on the qualifying date of the 4th July 2021. (To get this benefit, their income will normally be no more than £177.10, but people with disabilities and carers can get it with higher incomes.)

The Department for Work and Pensions should know who qualifies, and your electricity company should apply the discount automatically, even if you have switched to them because your previous supplier (which was giving you the discount) went bust.

Over a million others could also get the discount but they must apply for it. The money for this group is limited, so apply soon in case it runs out. The rules about who qualifies are complex and vary between suppliers. They include pensioners on pension credit who are not paid automatically, and people who get a means tested benefit where the household includes young children or people with disabilities.

Ask your supplier if it is part of the scheme (some of the smaller suppliers are not, so you cannot get the discount from them) and whether you qualify. It's easiest to do this and claim online. Or call the firm on the telephone number on your latest bill. If you qualify, the discount will be taken off one electricity bill before 31 March 2022.

For more information and how to apply, search [gov.uk](https://www.gov.uk) for **warm house discount**.

Article by Paul Lewis in the Radio Times 30 October – 5 November 2021 Edition



Tea and Coffee—in Moderation

Drinking four to six cups of tea and coffee each day cuts the risk of stroke by almost a third and dementia by a quarter, according to a major study by Chinese researchers. The researchers followed more than 360,000 people aged 50 to 79 in the UK Biobank study between 2006 and 2010.



During the 5 year study, nearly one in 36 had a stroke and one in 76 had developed dementia. However, the risks of dementia dropped by 28%, and stroke by 32% for those who said they drank two to three cups of tea, and a similar amount of coffee every day.

It suggests the risk of dementia was cut to 1 in 100, and for stroke to 1 in 50. These findings raise the possibility of a beneficial association between moderate tea and coffee consumption and stroke and dementia risk.

Tea is Britain's most popular beverage with 100 million cups drunk daily, and coffee is just behind with 95 million cups daily. Previous studies have hinted that caffeine which is present in both drinks, may be helpful in the prevention of several diseases. The drinks are also rich in plant chemicals, called flavonoids, which boost blood flow to the brain.

Alzheimer's and other forms of dementia, affect 920,000 people in the UK, which is likely to rise to 2 million by 2050. British researchers have said there may be other factors driving the decreased risk and it is too early to know conclusively whether tea and coffee really provide better outcomes.

According to Dr Charlotte Mills (University of Reading): 'The research only shows a link and doesn't show that tea or coffee reduces the risk of disease. There may be other factors at work. However, the findings are consistent with other research showing a link between drinking tea and coffee and other health benefits, such as reduced risk of heart attack or type 2 diabetes.'



In contrast, Prof. David Llewellyn of the University of Exeter said, 'Drinking coffee in moderation is associated with a lower risk of dementia, but the highest risk of dementia is associated with heavy coffee consumption. More than 6 coffees a day was associated with a 53% increase in dementia in comparison with one or two cups a day.'

Based on articles in The Daily Telegraph and PLOS Medicine.

Regardless of the pro's and con's of tea and coffee drinking, as with most enjoyments in life as long as it's in moderation continue to drink and enjoy tea and coffee. Worrying about their effect on health will only lead to stress, which in turn can cause more problems, so drink and enjoy.

Cambridge REMAP



What is REMAP? 'REMAP' stands for:
Rehabilitation Engineering
Movement Advisory Panels.

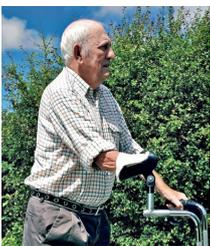
At which point you're probably none the wiser. Let's elaborate...

What does REMAP do?

- REMAP volunteers design and make bespoke equipment for people with a disability
- They custom-make equipment where nothing is commercially available
- They help anyone from babies to the very elderly, with simple to complex needs.

REMAP can make equipment to facilitate all areas of life, including Mobility, Personal Care, Hobbies, Communications and Sports.

Here are a couple of examples:



Eilian needs to use a three-wheeled rollator to get about but having an amputation meant he could not use

one safely with one hand. A 3D printed solution got him on the road again.

Linda is a singing and piano teacher who lost the ability to support her wrist at the keyboard. Her Occupational Therapist, Heidi, asked REMAP to make a wrist support. This has enabled her to get back to work and enjoying music.



Who can get help from REMAP?

- Anyone who is struggling with a physical task due to a disability.

- Each piece of equipment is custom-made to suit the specific needs of one individual, because everyone's needs are different.

- REMAP engineers often work with health professionals, such as Occupational Therapists, to make sure that the equipment provided meets the specific needs of the individual.

- Carers and individuals can contact REMAP directly; the referral doesn't have to come from a health professional. Just get in touch for yourself.

Does REMAP charge?

- No! This service is provided free of charge
- We undertake fundraising to cover expenses such as materials to make the equipment and mileage costs
- REMAP also receives frequent donations, particularly from people we have helped.

How can I get help from REMAP?

- Contact REMAP (details below).
- One of our volunteers will get in touch, to visit the client and assess the problem.
- The Engineer will develop a solution, in consultation with the client, the referrer (if different) and other engineers (if required).
- A referral doesn't always result in a project. We don't make equipment if something already exists which does the job. Sometimes REMAP helps the client to identify an existing piece of equipment which will help them. An existing piece of equipment can also often be modified in order to make it fit for purpose, rather than starting from scratch.

Cambridge REMAP Contact Information:
Email: Cambridge.Secretary@remapgroups.org.uk
Tel: 07946 019175

www.remap.org.uk [Remap.org](https://www.facebook.com/Remap.org) [@RemapUK](https://www.instagram.com/RemapUK)

Recipe

Lentil soup

4oz (100g) red lentils
1 oz (25g) butter
1 onion, peeled and chopped
2 large carrots chopped
2 sticks celery chopped

1 ½ pints (900ml) chicken or ham stock
1 tsp of dried thyme
Salt & Pepper
Chopped parsley

Melt the butter in a large saucepan and fry the onion for a few minutes but do not brown it.

Add the other vegetables and cook gently for 5 minutes, stirring often to prevent sticking.

Mix in the lentils and stir for a minute or two so that the lentils get coated with the butter; then add the stock and thyme.

Bring the mixture to the boil, cover and leave to simmer for 1 hour or until the lentils are tender.

Liquidise in a blender or food processor.

Adjust the seasoning, reheat and serve with a sprinkling of chopped parsley.



(National Trust Recipes)

Lasting Power of Attorney (LPA)

An LPA is an important legal document that allows you to choose other people to make decisions on your behalf, when you are unable to do so yourself. An LPA can be very flexible and should be something you put in place to help assist you when you need it, ensuring that you and your family have peace of mind and protection in the future.

There are many situations when an LPA could assist you:

- Full or partial loss of capacity due to dementia, stroke or an accident, short term or permanent
- Changes in circumstances, such as loss of loved one who primarily dealt with finances, and you are unable to manage your finances yourself short or long term
- Frustration arising from a difficulty communicating with providers as a result of a disability or accident
- Keeping your affairs up to date during temporary changes such as going on holiday for long periods, travelling or spending months abroad.

Without an LPA your next-of-kin would have to apply to the Court of Protection to make any decisions for you, which can be a slow and stressful experience. If you are unable to make decisions for yourself, then its too late to apply for an LPA.

Article from Age Partnership in the Radio Times

Advertisements



Looking for sheltered housing in Cambridge?

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

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

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

Advertisers

Please Note New Rates

Quarter Page £40

Half Page £ 80

Full Page £150

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

British Lung Foundation

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

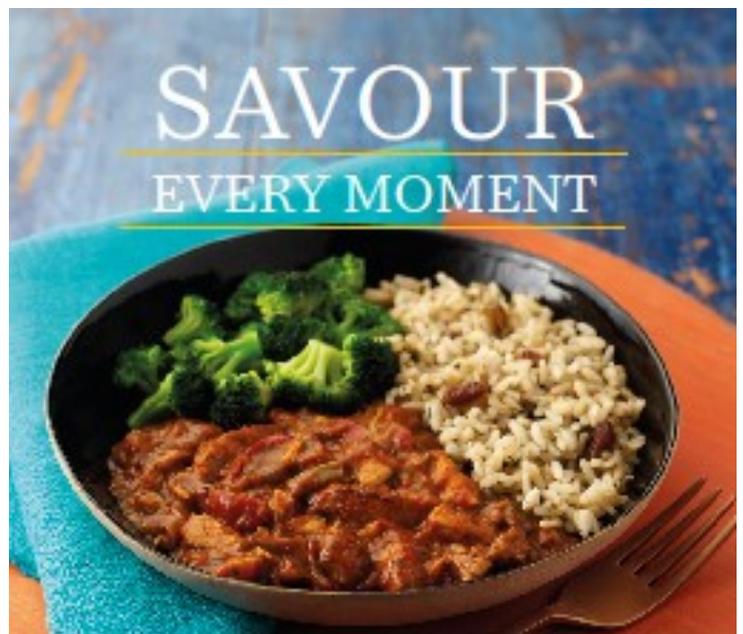
www.lunguk.org

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

Breathe Easy Cambridge City www.lunguk.org/cambridge

Breathe Easy Fenland -Derek Bond tel 01354 680466

Breathe Easy Ely - tel 01353 668937



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WILTSHIRE

FARM

FOODS

Covid Cliches

The top 10 most loathed cliches and phrases from the COVID era:

1. Stay Home. We are not Americans, we stay AT home.
2. Loved ones. Do we ever refer to loathed ones?
3. At pace. A pace can be slow. What's wrong with quickly?
4. It is what it is. Really? NOW I understand!
5. World beating. It's not and never will be.
6. The 'R rate'. It isn't a rate, speed is not involved - it's just a number.
7. The virus knows no borders. A thoughtful revelation.
8. 'It's a great question. And I don't have an answer'.
9. Flatten the Sombrero. Spoken like a true maths expert.
10. Now more than ever... Ever? How far back do we go?



And the above does not include the overused 'amazing' and 'unprecedented' nor the ridiculous 'new normal' !

Advice for people at high risk from coronavirus (COVID-19)

People at high risk from coronavirus (COVID-19) are advised to follow the same guidance as everyone else. This means you are no longer advised to stay at home (shield).

But there are still things that can help keep you safe: Do

- get vaccinated against COVID-19 – everyone aged 12 and over can book vaccination appointments now;
- wait for at least 14 days after you've had your 2nd dose of a COVID-19 vaccine before meeting with people;
- meet people outside if possible;
- open doors and windows to let in fresh air if meeting people inside;
- ask friends and family to take a rapid lateral flow test before visiting you;
- limit the number of people you meet and avoid crowded places;
- wear a face covering in shops, on public transport and when it's hard to stay away from other people (particularly indoors or in crowded places);
- wash your hands with soap and water or use hand sanitiser regularly throughout the day.

Advice from NHS (www.nhs.uk)

How We Lived in the 40s and 50s

With the energy crisis and climate change facing us over winter, it brought back memories of life in the 1940's and 50's when we still had rationing, even of bread and our main source of heating, coal.

Heating, never light the fire until it's icy cold, in any case, central heating made you decadent and soft.

Lights, switch off every unnecessary light, don't waste electricity – people have used candles for centuries.

Baths, one bath a week is sufficient, 'top and tail' flannel wash is sufficient for the rest of the week.

Laundry, a clothes wash once a week on Mondays.

Fresh air, plenty of it open windows and keep the brain clear.

Food, do not waste any. Never buy more than you need, think of starving children in the rest of the world.

Exercise, walk as much as you can, many children walk several miles to school.

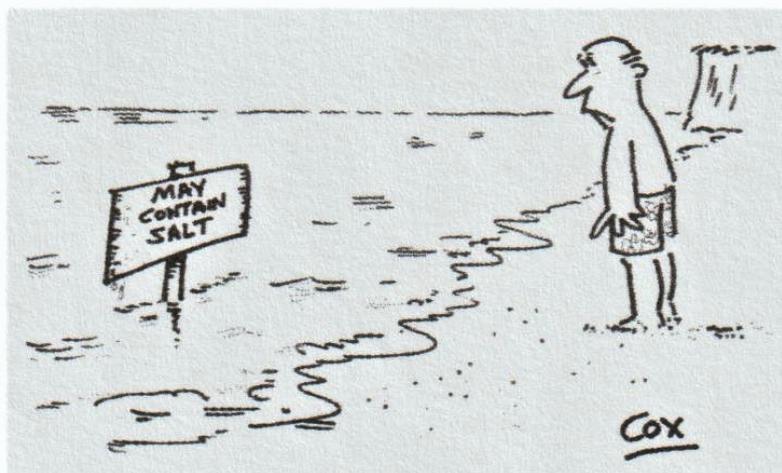
Transport, use the bus or cycle. Most families do not have a car anyway.

Clothes, only buy the best quality you can afford, they will last and can be altered/repaired if necessary, and then be handed down.

The latest exhortations to save energy and reduce consumption are a real excursion in 'back to the future'.



David Bailey based on an article by Mary Kenny in the December 'Oldie' magazine



COPE Christmas Lunch 2021



On Monday 13th December COPE held an enjoyable Christmas Lunch at the Cambridge Regional College. Though there was little time to inform members of the Lunch, and there was uncertainty as to if there would be any new restrictions limiting numbers, 49 members did attend.

On arrival members were made welcome, and the room was soon buzzing with everyone pleased to meet each other after several months with no or limited contact. Although the College staff were trainees, they presented us with an excellent three course lunch as good as and in many cases better than many commercial restaurants.



Once we had eaten our way through the excellent meal, a raffle was held with many prizes, some of which had been generously donated by members.

After coffee/tea, there was a short speech from the Chairman thanking all for attending and wishing everyone a Happy Christmas. Finally, the waiters and chefs were given rounds of applause for an excellent lunch, after which members continued talking amongst themselves until 2.30pm.



Food in the Fifties

If you love food but were a child of the 50's/60's you should remember most of this (certainly true if you lived in the North of England)

- * Pasta had not been invented.
- * The only vegetables were spuds, peas, carrots, turnip, cauliflower and cabbage. Mange tout and Pak choi were made up words. Chilli was in South America and scotch bonnets were worn by old ladies in Aberdeen.
- * A take-away was a mathematical problem.
- * A pizza was something to do with a leaning tower.
- * Olive oil was kept in the medicine cabinet.
- * Cheese only ever came in a hard lump.
- * Seaweed was not a recognised food.
- * A Big Mac was what we wore when it was raining.
- * "Kebab" was not even a word, never mind a food.
- * The term "oven chips" would not have made any sense at all.
- * All crisps were plain.
- * Tea was made in a teapot using tea leaves. The tea-cosy was the forerunner of all energy saving devices. Tea had only one flavour, it was tea flavoured
- * The phrase "boil in the bag" would have been beyond our realms of comprehension.
- * Mayonnaise was called Salad cream
- * We bought milk and cream at the same time, in the same bottle, before you gave it a shake.
- * Frozen food was called ice cream.
- * None of us had ever heard of yoghurt.
- * Pineapples only came in chunks in a tin.
- * Dinner consisted of what we were given, and not negotiable.
- * Leftovers went in the dog.
- * Water came out of the tap; if someone had suggested bottling it and charging for it, they would have been locked up!



Young Pianists Wanted!

Have you a talented grandson or granddaughter pianist?
On 15 May 2022 at St Vigor's Church Fulbourn at 3 pm, a young persons' piano concert will be held in aid of East Anglia Children's Hospice. The organisers are looking for talented pianists (above Grade 4 standard) between eight and 18.

Please contact George Culling on 01228 881257 or email georgeculling@yahoo.co.uk if you are able to help.



English Plurals / Advertisements

English Pronunciation—A Rhyme

We begin with a box and the plural is boxes
But the plural of ox should be oxen not oxes,

Then one fowl is a goose but two are called geese
Yet the plural of moose should never be meese
You may find a lone mouse or a whole load of mice
Yet the plural of house is houses not hicc.

If the plural of man is always called men,
Why should the plural of pan not be called pen?

And I speak of a foot, and you show me your feet
And if I give you the boot, would a pair be called
beet?

Though we say mother we never say methren
We speak of a brother and also of bretheren.

But, our English I think you will agree
Is the trickiest language you ever did see.

*From: The Roots of English—Melvyn Bragg / BBC Radio 4,
December 2000*



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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.

Dunstan Court Wolfstan Way: Bingo! Wednesdays, 6.30 pm for an hour and a half. **Contact Beryl 01223 240918.**

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

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

Grovebury Ladies club 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.



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

Feb 16th **Andrew Doherty—Safety at home**

March 16th **Ann Chapman—Age UK Services**

April 20th **Mike Petty— Cambridgeshire History**

NB Volunteer needed to be 'Tea Lady'

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.

26 January: **Christmas Lunch at Golden Lion**

17 February: **Ann Lorman, Dementia Friends**

17 March: **Ken Brockett, Nostalgia**

21 April: **Jackie Lucas—power of attorney**

19 May: **Tamsin Winhurst—David Parr House**

16 June: **Peter Wright—March, A Railway Town**

Unfortunately, the walk planned for Milton Park on 13 January was not supported by members. It is vital that the COPE Committee is aware of members' needs as regards events: so we would be grateful if you would let us know of the activities you would like us to organise on your behalf, such as those suggested below.

Possible events during 2022

- Ely Cathedral
- Springfields Festival Gardens, Spalding
- Visits to National Trust Estates locally
- Visit to Wisbech
- Platinum Jubilee Dinners