

Cambridgeshire Older People's Enterprise COPE

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

Registered Charity No. 1110887

February - March 2026 Newsletter 186



Editorial

Another year has sped by, and COPE is still looking after the interests of older people in Cambridgeshire thanks to funding from the National Lottery and members donations. We were established in 2003 with support and funding by Cambridge City Council and Cambridgeshire County Council, but both Councils have cut back on their funding for Senior Citizens: in fact they are expecting us and other charities to take on the role of supporting older members of the Community.

So although we received some National Lottery funding, the cost of producing the Newsletter and necessary administration costs soon eat up this funding. With the loss of funds from the City and County Councils we are therefore having to look for funds from businesses and commercial activities. This takes time, and in the meantime COPE still has to pay for the Newsletter and office rent. We are therefore grateful for members' donations.

We wish to keep membership of COPE free and are therefore grateful for those who provide donations, however small, which helps our finances especially at the moment when funds are limited.

Please continue to donate.

Life is not easy for many older people as modern life becomes more complex and bureaucracy becomes even more rampant. Those of us who grew up contacting relatives and friend by post and telephone and listened to the radio for news, are now faced with mobile phones, laptops and computers with TV channels galore. It is difficult to contact government offices - having to listen to a host of numbers and then it's not guaranteed you can speak with a real person and not AI. That is if the person is in the office as so many are working shorter weeks. With many living into their 90's and even 100's, the fast advance of digitalisation is leaving many older people unable to cope. Life is becoming too complex which leaves many feeling lonely.

However we must look on the bright side and trust that we will be able to obtain more funding to enable COPE to look after our members and help them overcome the problems of modern life.

Wishing everyone a healthy, happy and prosperous New Year,

David Bailey and COPE Executive Committee.

PS. George Culling, a member whose 100th Birthday was in last August has written a book, *My Hundred Years*. Details are given on page 9 and funds raised by it will be for the Arthur Rank Hospice which like COPE has lost much of its funding.

Happy birthday to all members celebrating in February and March

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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

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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 sign below and print and date underneath

Signature _____
(BLOCK CAPITALS BELOW PLEASE)

First Name _____

Surname _____

Address _____

Postcode: _____

Date _____

The Olive Golding Room
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Cambridge CB4 3DZ Phone: (01223) 364303
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***Notes**

- i. You can cancel your declaration any time by notifying COPE
- ii. If in future your circumstances change and you no longer pay Income Tax, please notify COPE
- iii. Please notify COPE if you change your name or address whilst the declaration is in force.
- iv. 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 ncfb007@gmail.com



Authorised and regulated by the Financial Conduct Authority

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

We Need Your Help . . .

Cambridgeshire County Council is reviewing its current contract for Information and Advice and its Befriending Service for older adults.

KEEPING LOCAL PEOPLE at the heart of everything they do, the council works with communities and partners to design and develop local services that enable our changing population to fulfil their wish to remain independent at home for as long as possible.

In order to help older people, we are working towards a time when:

- finding the right support in the local community is easy
- people remain active and age well, staying socially connected
- volunteers offer a hand with (for example) shopping and gardening
- there are more and better home care and day care opportunities, offering choice and flexibility for all
- council-funded homecare is more personalised and rewarding for everyone involved
- local people benefit from Care Together with better quality of life and a fairer, greener community

The council wants to know what is important to you. Your responses will help them to understand if there are any gaps or areas for improvement in the service.

Specifically, they would like COPE members to think about these five questions:

Befriending/Friendship

1. Can you share a time when a friendship made a positive difference in your life and what you valued most about the experience?
2. How do you think friendships could grow and thrive in your community?
3. What could we do to help friendships to last longer and feel even more special?

Information and advice

4. Can you tell me about a time when you found the information or advice you needed and it really made a positive difference for you?
5. Can you tell me about a time when you were unable to get the information or advice you needed and how this affected you?

Any COPE members who would like to share their views with Claire Houghton of Cambridgeshire Care Together, please contact her on:

Email: Claire.Houghton@cambridgeshire.gov.uk

Tel: 07483 998836



What is Homeshare and how does it work?

Homeshare is a UK-wide organisation that matches older people who live alone with other people (usually younger) who are looking for affordable accommodation

HOMESHARE IS A CONCEPT that enables two people to share a home for mutual benefit. An older person living in their own home with a room to spare, will be carefully matched with a suitable adult, who in return will provide up to 10 hours a week of support in exchange for decent, affordable accommodation. The arrangements are carefully monitored throughout by a Homeshare Facilitator.

Monica Moyns is the Facilitator of Cambridge Homeshare. Dually qualified as both a social worker and a nurse and experienced at assessing people and their needs, she hit upon the idea of house-sharing as an option while sorting out care needs for her clients. 'I thought of homeshare as a brilliant idea – what I didn't know was that it already existed!' In fact, Cambridge Homeshare is part of a network of homeshare organisations which run under the guidance of Homeshare UK which provides support, advice and a collective voice for Homeshare programmes.

Here's what Monica does:

1. "Householders in need of companionship and support make an initial contact with me at Cambridge Homeshare to discuss their circumstances and determine whether Homeshare is suitable for them.
2. "If it is suitable, I then find a Sharer who understands the concept of homeshare or is willing to learn about it.
3. "We all meet together to assess mutual compatibility between the Householder and Sharer.
4. "I run police checks – DBS ('Disclosure and Barring') etc
5. "References are then taken.
6. "**An Agreement is signed which sets out expectations in terms of cooking, laundry, visitors, etc.** This is not a legally binding contract but an Agreement. Monica explains, 'When a match is made, the pair agree on mutually agreed tasks – shopping, meals together, watching TV together, or going for walks. Really, the most important thing is having companionship and overnight presence in the house.'
7. "Homeshare is not the same as lodging. No rent is payable to the Householder, but a small contribution towards bills can be requested by the Householder. **Both the Householder and Sharer pay a monthly fee to Homeshare of £100 and £200 respectively.** The money paid helps in the running of the Homeshare scheme, which is a Community Interest Company."

'This scheme helps people stay in their homes for as long as practically possible,' says Monica. 'I don't see any need for people to go into care. People thrive better in their familiar home environment, whereas in a care home, everything is determined by limited resources and the availability of staff. These matches can grow into friendships, which is beneficial for both parties.'

The Householder

Margaret (aged 95), says:

'It's worked very well for me! I've been using Homeshare for five years now. Ashly is my third Sharer. The advantages of this scheme are that there's someone in the house. I do have family but I don't want to bother them. Ashly climbs ladders, empties bins and helps me with media and tech (very important!) She carries heavy loads for me.'

Homeshare

'It also means there's someone on call in an emergency. Twice, I've been to A&E when I had a fall and Ashly insisted on staying with me. But it is important not to impose. She has her own life; I have mine. Boundaries are important. We are free to follow our own pursuits.'

The Sharer

Ashly (aged 24), says:

'I heard about Homeshare from some members of my gospel choir. Things just fell into place! I spoke to Margaret. She's very well read and we love to talk about politics, philosophy, history of art and culture. We have a very similar routine – we both like late nights and early mornings!'

'The best thing is that my parents (who live in Dubai and have never been to the UK) used to worry about me a lot, but now they're very happy.'

'Mostly, I do my main work from home every day and I try to finish that at about 4.30pm. On Saturdays, I spend a block of four hours with Margaret doing chores like shopping. We drive to the dump, or we go grocery shopping, or we go to a restaurant. We haven't been to a concert yet, but we plan to. I want her to hear my gospel choir!'

Monica stipulates, '**A Sharer is not a Carer.** There is no personal care involved in this scheme although it is possible to have carers come in alongside a Sharer if, at some point, that proves necessary.'

Sharing a home in this way may be the answer to two big problems of our time: the lonely isolation of older people and the anguish of the cash-strapped young who can't afford high rents. To both these problems, Homeshare offers a quick and elegant solution.

Find more information on www.homeshareuk.org

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.

We have been scheduling TALKING TOGETHER sessions for seven years now. They cover a wide range of fascinating topics including science, history, our local museums, art galleries, poetry, short stories. 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**

COPE visits Madingley Hall November 2025



COPE Christmas Lunch 2025



Top Tips to Help Cut Heating and Cooking Costs

I think we can all agree that we've had just about enough of winter and the exacerbated cost-of-living crisis during these colder months

STAYING WARM and maintaining a healthy diet on a budget can feel overwhelming, but there are practical steps and resources available to help navigate these challenges.

Number 1 Tip: Slow cooker. Does a slow cooker really reduce the cost of cooking? Yes! A million times yes!

Get a slow cooker

Slow cookers use significantly less energy compared to ovens or stovetops. A typical slow cooker uses about 200 watts on low and 300 watts on high, making it a cost-effective choice for long cooking times. They also allow you to cook entire meals in one pot, eliminating the need to use multiple burners or appliances.

Slow cookers are ideal for cheaper cuts of meat, like brisket or pork shoulder, which become tender over long cooking periods.

You can prepare large portions of food in one go, saving time, reducing the frequency of meal prep, and overall combined cooking time of multiple meals. Leftovers can be frozen for later use, reducing waste.

Estimated cost savings

Running a slow cooker for 8 hours can cost as little as **10–20p**, depending on your energy tariff, compared to around **70–80p per hour** for an electric oven. Over time, this can add up to significant savings.

Use less central heating

Use Heating Efficiently: It's a common misconception that keeping the heating on low all day is cost-effective. However, using your boiler only when needed minimises energy consumption and can lead to savings. Close off unused rooms and only heat the spaces you use regularly.

Invest in heated bedding

Affordable options like heated mattress pads can keep you warm at night without the need for central heating.

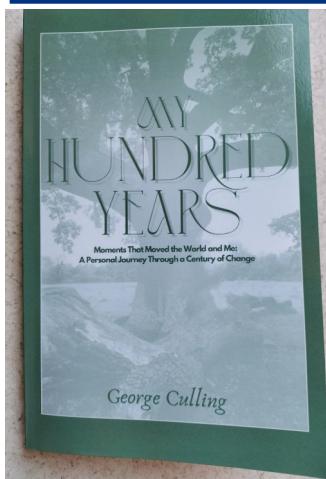
Heat the person, not the room

Use electric blankets, hot water bottles, or heated pads to keep warm without relying solely on central heating. Wear multiple layers of clothing to retain body heat and invest in thermal blankets or throws. Draught-proof windows and doors to keep the cold air out and the warm air in.

Add these simple home adjustments to improve heating efficiency

- **Install Reflective Foil:** Placing radiator reflector foil behind radiators reflects heat back into the room, preventing heat loss through walls.
- **Avoid Obstructing Radiators:** Ensure that furniture doesn't block radiators, as this can hinder heat circulation and make heating less effective.
- **Bleed and Balance Radiators:** Regularly bleeding radiators removes trapped air, improving efficiency. Balancing radiators ensures even heat distribution throughout your home.

From Christie's Care website Jan 2025
www.christiescare.com



George Culling, a COPE member, has written a book reminiscing on his first 100 years. We are pleased to offer it to members for £10 PLUS £3 to cover p&p, in aid of Arthur Rank Hospice. Please send cheques to COPE Office or phone us to arrange collection.



Warm Spaces in Cambridge

AT THE HEART of local communities, Warm and Welcoming Spaces are friendly and inclusive places to help you keep warm and connected in the winter. Drop in for a few hours to work, chat with others in your community, or just to stay warm.

Anyone of any age, background or circumstances can use these spaces. You can visit as many times as you like.

You are welcome to stay for the whole session, or drop in and out within the listed opening times. Warm Spaces are accessible for those with mobility issues.

There is no need to book ahead, just turn up!

Here are details of timings and what to expect at each Cambridge venue

Akeman Community Centre

Address: 80 Akeman Street, CB4 3HG

Opening times: Thursday 8:45am – 10:45am

Breakfast and hot drinks provided.

Bermuda Community Room

Address: Histon Road, Cambridge, CB4 3LE

Opening times: Wednesday 11am - 4pm, Thursday 11am - 5pm.

Hot drinks and light snacks provided from 12 - 2pm.

Brown's Field Community Centre

Address: 31a Green End Road, CB4 1RU

Opening times: Monday to Friday 9am - 4pm

Free tea and coffee provided Mondays and Wednesdays 9am - 11am

Cambridge Central Library

Address: 7 Lion Yard, Cambridge CB2 3QD

Opening times: The library is open daily, [visit their website for general opening times](#).

Free hot drinks and biscuits provided twice a day: Monday to Saturday 10am - 12noon and 3 - 5pm, Sundays 3 - 4pm.

Cambridge United Football Club

Address: Abbey Stadium, Newmarket Road, Cambridge, CB5 8LN

Opening times: Wednesday and Thursday 11am - 2pm

Free hot drinks, puzzles and jigsaws

Clay Farm Centre

Address: Hobson Square, Trumpington, CB2 9FN

Opening times: Monday to Wednesday 9:30am - 5pm, Thursday 9:30am - 7pm, Friday and Saturday 9:30am - 1pm.

Friends Meeting House

Address: 12 Jesus Lane, CB5 8BA (next to ADC Theatre)

Opening times: Wednesday 10:30am - 4pm

Homemade soup and bread served at 12:30pm.

Tea, coffee, board games and puzzles provided. Wi-fi available

Meadows Community Centre

Address: 299 Arbury Rd, Arbury, Cambridge CB4 2JL

Opening times: Monday to Friday, 9am to 5pm

Salvation Army - Cambridge

Address: 3 Tenison Road, Cambridge, CB1 2DG

Opening times: Tuesday to Thursday, 10am - 2pm.

Wi-Fi, hot drinks and refreshments provided.

St Andrews Street Baptist Church

Address: 43 St Andrew's Street, Cambridge CB2 3AR

Opening times: Monday to Friday, 10am to 4pm. (Friday special focus on Ukrainian support from 12 - 2pm)

Hot drinks, Wi-Fi and toilets available. Surplus food is sometimes available to share.

St Bene't's Church

Address: Bene't Street, Cambridge, CB2 3PT

Opening times: Wednesday 2 - 4pm

Coffee and cake provided.

St Philips Church

Address: 185 Mill Road, Cambridge CB1 3AN

Opening times: Wednesday and Friday, 10am - 12noon.

Hot drinks and a community jigsaw provided.

The C3 Centre

Address: 2 Brooks Rd, CB1 3HR

Opening times: Wednesday 6 - 7:30pm

Hot drinks, soup, baguette and a sweet snack provided.

Trumpington Meadows Community Hub

Address: Trumpington Meadows Primary School, Kestrel Rise, CB2 9AY

Opening times: Fridays, 10am - 12noon.

Hot drinks and family crafts provided.

Zion Baptist Church (Molly's Warm Space)

Address: East Road, Cambridge CB1 1BD

Opening times: Monday, Wednesday and Friday, 10:30am - 2:30pm

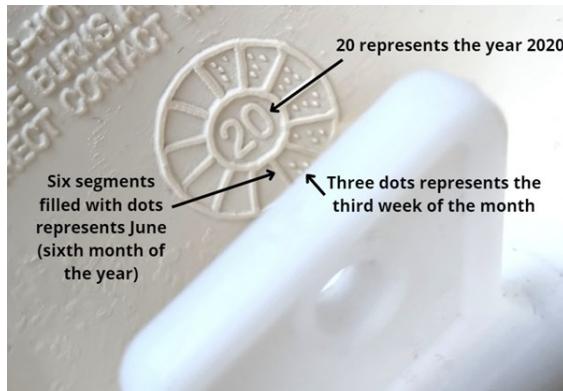
How Old is your Hot Water Bottle?

Hot water bottles are a cosy companion during chilly nights, but it's crucial to use them correctly to ensure safety.

ALWAYS BE AWARE of the age of your hot water bottle. Their typical lifespan is about two years. Beyond this, the risk of damage increases. Unsure about its age? Check the daisy wheel imprinted on its neck or body.

The central number indicates the year (e.g., '22' for 2022).

The 12 segments around this number represent months. The filled segments mark its manufacturing month. For instance, if eight segments have dots, it means the bottle was crafted in August.



Example: A dial on a hot water bottle showcases a centre with the number '20' and six segments filled with dots. This implies it was made in June 2020 during its third week.

Safety tips for hot water bottle usage

- Use hot water, but avoid boiling temperatures.
- Fill up to three-quarters only to minimise bursting risks.
- Remove all air above the water level before sealing to prevent injuries due to escaping hot air.
- Ensure the stopper is tightly secured.
- Wrap the bottle in a cloth or towel to avoid direct skin contact.
- Refrain from taking the bottle to bed.
- Don't combine the use of a hot water bottle with an electric blanket.
- Avoid using the bottle as a cushion or sitting on it.
- Store the bottle without any weight on top.
- Replace your bottle every two years.
- Regularly inspect for wear and tear.
- Babies should never be given hot water bottles, wheat bags, or electric blankets.

In case of scalds

- If someone suffers from a scald due to a hot water bottle:
- Seek guidance on www.nhs.uk/conditions/burns-and-scalds/
- If the scald covers an area larger than the injured person's hand or is on sensitive parts like the face, neck, hands, or feet, seek immediate medical attention at A&E.
- In cases of doubt, consult NHS 111 online, or just phone 111.

Social Clubs and Cafes

Please inform the COPE office on 01223 364303 if you do not see your own community café in this list!

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 aurore.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 Church End WI meets every Monday. Contact Margaret on 01223 249247 or kjrm dp19@btinternet.com

CHERRY HINTON Care Home (TLC Care) 369 Cherry Hinton Road CB1 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

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

RAMPTON Tea Club at Rampton Village Hall, alternate Tuesday afternoons 2.30–4.30pm. Telephone Sylvia Beaumont - 01954 252043 for date of next meeting.

ST AUGUSTINE'S Community Centre, Café 99, Richmond Road, Cambridge. Open Monday and Friday mornings from 10.45 to 12.15—all are welcome.

ST 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

TEA@3 ST GILES CHURCH, Castle Street, Cambridge every Wednesday at 3pm - tea, cake & chat. All are welcome.

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

Your Letters

YOUNG PEOPLE NEED OUR HELP!

Us older people are more valuable than most of us seem to realise. Young people are crying out for mentoring by people of our generation.

Over the decades of experience I have had interacting with children and young adults, in schools, special educational, community and family settings, I have seen the falseness of the assertion that young people want nothing to do with older people.

I remember with great affection my honorary Auntie Jennie, nursing colleague of my mother's, and my honorary Uncle Peter, husband of my father's teaching colleague and my Godfather the amiable classicist Uncle Frank. Jennie's warm-hearted and relaxed affirmation and lovely slow cooked dinners, Peter and Franks's kindly and loving attentiveness are still, each day, fifty years on, part of my vital inner world, even though as I was growing up I didn't spend nearly enough time with them. I miss them all sorely.

Each one of us has a great deal to offer younger people and indeed to each other... Each one of us is more influential than we realise and each of us has a real possibility of becoming the inspiration which can help turn young lives back to hope and light. Please consider today how you could engage with a younger person and offer a listening ear; so many need this so badly.

Karen, Arbury

And remember: "When an old person dies, a library burns to the ground." (African proverb)

REMEMBERING ALICE

I would like to convey, through COPE, my appreciation and thanks for David Zeitlyn's obituary of his mother, Alice Zeitlyn (printed in the Dec-Jan Newsletter). Such a lovely lady who I got to know over the years whilst working for Camsight. Truly amazing how much voluntary work she did for multiple charities. Thank you.

Helen Sharpe

WHAT WAS WHISTLING?

(Article in our Dec-Jan Newsletter)

In reference to David Bailey's comment about whistling. Perhaps the reason for hearing few people whistling these days is that modern popular songs, although usually having a good rhythm for dancing, have very little tune and ballads are usually too slow for whistling.

Martin, Cambridge

Back 'in the day' yes, there always seemed to be someone whistling. It reminded me of the milkman we had in Saffron Walden in the 1960s, except that he always yodelled!

Helen Sharpe

A WORD ON SMARTPHONES

I held out until till last year against getting a smart phone – I was very attached to my old phone, I had photos stored on there, and a recording of my late mother speaking to me. I was terrified of all the apps, and convinced I wouldn't be able to use it. Luckily a technical minded son helped me transfer the photos – a simple Motorola was obtained from Tesco (other makes and providers are available) at a cost of £9.50 a month, phone itself free. The photos were saved but sadly I couldn't transfer the recording of my Mum. But on the whole, it's been good to be able to access the internet on my phone.

With regard to internet matters, we are allowed to moan, and hold out against it all – but at the end of the day it is probably more advantageous to go with the flow – and look for help where we can in getting to grips with the techie bits. Good luck to us all, in whatever way we are accessing goods and services, and life in general!

Judy Ord

Word Search / Quiz

February 2026			WORD TILE																	
ART			LIO			OON														
ATO			OLLE			ORI														
BRI			MOO			OUS														
CHI			NAT			OWN														
CUS			NAS			RLD														
ENT			NEM			RTA														
GAD			NHE			SPA														
HVI			NOT			TWO														
KER			NRA			WES														

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

2026 Quiz

JANUARY: Can you name the European country that adopted the euro this month? Plus, how many countries will that make in the eurozone?

FEBRUARY: The Winter Olympics are scheduled to be held this month in Cortina d'Ampezzo. In which country is this winter resort, and in which range of mountains?

MARCH: Around 24,000 dogs will be strutting their stuff in March at Crufts. Where has the show taken place annually since 1991? Plus, what breed was 2025's Best in Show winner?

APRIL: Following the November Budget, the National Living Wage for Ages 21+ will rise by 4.1% to £12.71 in April. How much extra is this an hour?

MAY: One of the most highly anticipated films of the year, the Devil Wears Prada 2, is set for release on May 1. Both of the leading actresses will be reprising their roles from the original 2013 movie. Can you name them?

JUNE: An iconic actress would have been 100 on June 1. Can you name her, plus her real name?

JULY: The men's Fifa World Cup will reach its conclusion on July 19. In which three countries are the games being played? Plus, who are the defending champions?

AUGUST: The Commonwealth Games, uniting athletes from more than 50 nations, will draw to a close on August 2. Which UK city will host the event?

SEPTEMBER: The shortlist for the 2026 Mercury Prize will be revealed in September. Who won the award in 2025 with his album People Watching?

OCTOBER: October marks the 100th anniversary of the first collection of Winnie the Pooh stories being released. Who wrote the books, and where did Winnie the Pooh call home?

NOVEMBER: On November 15, a NASA spacecraft will reach the historic milestone of being one light-day away from Earth - that's 16.1 billion miles away. Do you know the name of the spacecraft and the decade it was launched?

DECEMBER: On December 18, it will be 60 years since the film How the Grinch Stole Christmas! was first shown. Who wrote the book?

Last month's solution

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

RSPB: Looking after birds in the winter

Too late for the annual Bird Watch, but...

WHEN YOU PUT OUT BIRD FEEDERS make sure they all drain easily and do not allow any build-up of old food. Nut feeders made of rigid steel mesh are the only safe method of offering nuts to wild birds. Seed feeders are designed for sunflower seeds and those seed mixes labelled 'feeder seed'.



Where to put bird feeders

You can put your bird feeder in all sorts of places, but aim for somewhere:

- Quiet: where birds won't be disturbed.
- Safe: not too close to bushes where predators could hide in wait, but close enough to cover so that birds can easily dart away. Birds like to have a view all around them while feeding.
- Sheltered from harsh winds.

Wherever you place your feeder, make sure you can see it when you're indoors so you can get the most pleasure from it!

Bear in mind, it can take a little bit of time for the birds to get used to a new feeder, so don't be disappointed if not many birds visit at first.

What do birds eat?

Many birds will happily eat a variety of foods, but here are some of our top tips for feeding the birds:

- [Blackbirds](#) mostly feed on the ground and will eat a broad range of foods, from [suet pellets](#) to [mealworms](#).
- [Blue Tits](#) and [Great Tits](#) use a feeder, eating seeds as well as [suet](#) and [peanuts](#).
- Finches, including [Chaffinches](#) and [Greenfinches](#), also use a feeder, and they love [sunflower hearts](#).
- If you're keen to attract Goldfinches or Siskins, try ['Nyger seeds'](#) as they both seem to love them. Nyger seed is also popular with Greenfinches and Redpolls.
- House Sparrows, Dunnocks and Collared Doves prefer to feed on the ground and will be attracted by small seeds.
- [Suet balls](#) and other fat-based food bars are excellent high energy giving foods for winter and popular with a wide range of birds.
- Mealworms are especially popular with Robins and Blue Tits and may attract other insect-eating birds such as [Pied Wagtails](#).
- Be sure to look for good quality bird food –

those that don't include 'fillers' such as dried peas and beans, red dari and wholewheat that birds rarely eat.

- You can also put out leftovers such as dried fruit, or fruit such as apples and pears. Don't use anything mouldy or salty though, and if you have a dog don't put out dried fruit – vine fruits, such as raisins, can be toxic to them.

Feeding birds in autumn and winter

Put out bird food and water on a regular basis throughout autumn and winter. In severe weather, you may find you need to feed twice daily. Birds need high-energy, high-fat foods during cold weather. Always adjust the quantity given to the demand, and never allow uneaten foods to build up. Once you have a feeding routine, try not to change it as birds will become used to it.

Keeping feeders and bird baths clean

Bird feeder hygiene is very important. Brush off debris every time you put out fresh food and scrub feeders with mild disinfectant solution weekly. Move the feeders from time to time to stop droppings building up underneath. Water containers should be rinsed out daily, especially during the warmer months, and allowed to dry out before fresh water is added. Some bird diseases can infect people. The risk is small, but precautions are worth taking. Wear gloves and thoroughly wash your hands after cleaning bird baths and feeders. Clean feeders outside with separate utensils.

Deterring cats and squirrels

Consider investing in a 'squirrel buster' feeder. The weight of a squirrel (or large bird) causes the feeder ports to shut, so they can't access the food. Or try one of the available [squirrel deterrents or baffles](#) from the RSPB shop.

Scent deterrents can work well for cats. You could try using citronella, citrus fruit peel or the 'Silent Roar' cat repellent around your garden. Or help keep cats away with the 'Catwatch' cat deterrent from the RSPB online shop. More information is available at the Royal Society for the Protection of Birds website: www.rspb.org.uk

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

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cambridge@greenwoodhomecare.co.uk

Eat Well to Stay Well

We all know that we should eat more vegetables and fruit but it's so easy to forget! Here's a reminder you can stick on your shopping list: **GREENS, GREENS, NUTS, BERRIES & BEANS**

LEAFY GREENS

'Imagine if there were a pill that could prolong your life and only had good side-effects. Everyone would be taking it! But when that pill is just 'eat your greens', people's eyes just glaze over.' -- **From 'How Not to Age' by Michael Greger, MD (2023)**

WALNUTS and BLACKBERRIES

'Nut consumption is associated with a lower risk of dying from stroke, heart disease, respiratory disease, infections, diabetes and even cancer... And walnuts come out on top. I recommend eating a palmful of nuts a day,' suggests Dr Greger.

'While greens are the healthiest vegetables, berries are the healthiest fruits... and blackberries win!'

BREAKFAST: choose your favourite mix of oatmeal, yoghurt, nuts and berries

LUNCH: soup and salad -- make your own fresh vegetable soup and enjoy it with a mixed salad

DINNER: something with beans, because 'legumes are loaded with protein, zinc and iron... while being naturally low in sodium and saturated fat, and they have zero cholesterol. But they are also chock-full of nutrients.'

TUSCAN BEAN SOUP

INGREDIENTS

1 tablespoon olive oil
1 tablespoon butter
1 small white onion diced
1 large carrot chopped
3 stalks of celery chopped
60ml freshly chopped parsley
4 cloves garlic, sliced finely
1.5 litres stock (chicken or vegetable)
Half a teaspoon dried oregano (or more)
1 bayleaf
Freshly ground black pepper
2 cans of haricot beans, rinsed
1 can of sweetcorn
2 cups fresh spinach leaves
Parmesan, bread – optional, to serve



METHOD

- Heat the olive oil and butter over medium heat in a large saucepan.
- When oil is hot, add onions, carrots and celery and parsley. Cook 5 minutes. Stir in garlic and cook for another 30 seconds.
- Add the stock, pepper and herbs. Bring to a boil then simmer for 5 mins.
- Add the beans and the sweetcorn and cook for another 5 mins.
- Taste for salt and pepper and adjust accordingly, then add the spinach.
- Remove from the heat and serve with grated parmesan and crusty bread.

Trustees / Chair's Report

Trustees (2025/2026)



David Bailey,
COPE President



Peter Murfitt
COPE Chairman



Hugh Barton
COPE Treasurer



Jennie Jenks



Vacancy



Vacancy



Deborah Katzenbach



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

Thanks to all who came to the Christmas lunch which was very well attended and presented by the staff at Regional College.

Does anyone really know what is going to happen to the Beehive Centre which is full of a diverse range of shops which it is reported are to be relocated and new offices and housing are to be built? I can't believe we are getting rid of shops and building offices when there must be over 100 standing empty in the City!

Thanks again for all the donations of which we are now claiming gift aid where appropriate.

Lastly I hope everyone has a happy and especially a healthy New Year.

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 April / May issue must be received no later than
6th March 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@karenrodgers.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.

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

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

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—3:30 pm Tea, coffee, rolls, dancing. Admission £10. 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

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@camsdeaf.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

February 18th
March 18th

Marian French — Virtual Journey
Steve Teverson

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.

19th February
19th March

Role of a Magistrate
Quacks and Charlatans

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.

12th February

Flag Fen

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: 19 February, 19 March.

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!)