

Cambridgeshire Older People's Enterprise

COPE

The voice of the County's over 50s

Reaching a readership of over 2500

Registered Charity No. 1110887

June - July 2025 Newsletter 182

THANK YOU

for all your generous donations following the appeal in our last issue. We are still in need of more fundraising but your generosity has helped the shortfall left after withdrawal of council and other funding. COPE's top priority is to guard against loneliness and isolation in us older people. We do this by arranging free telephone discussion groups (our TALKING TOGETHER scheme) for members to enjoy from their own homes, as well as regular social events and outings in Cambridge city and the surrounding towns and villages...

Editorial

Many thanks to all those members who kindly made donations to COPE following our appeal in the last Newsletter. Your donations are ensuring that COPE will have time to apply for funding. We will continue to do everything possible to ensue the interests of our members and all those over 50 in Cambridgeshire.

This year we celebrate the 80th Anniversary of VE & VJ Day. Many of us oldies will remember the rationing, blackouts and when the sirens sounded sleeping in shelters. My father did not want to dig up the garden for an Anderson Shelter, so we had a Morrison Shelter in the house which we also used as a dining table.

In our early years we thought nothing of all the problems which adults faced. No families were without some member or relation being called up. My father although having a fractured base of the skull and burst eardrum, due to a motorbike accident, was called up, and there was an Uncle in the 8th Army and two cousins who were in the unfortunate Cambridgeshire Regiment captured in Singapore.

After six years fighting it was a great relief when it finally stopped. But because the country was bankrupt we still had rationing for another 12 years. It is therefore galling to hear people moaning about not able to get certain foodstuffs which are out of season but are imported: after the war there was not that luxury. But above all we must be thankful to all those who fought and in many instances lost their lives so we could now live in a free society.

At our AGM on July 14th (see page 6) we will be having talks by various service organisations about the facilities they provide for their members.

Unfortunately, society in many ways has not improved. There are still many older people lonely and living near poverty. This is what COPE was set up in 2003 to reduce if not prevent. But as we have previously noted, telephones which enabled people to connect have become digitalised putting off many of us from being able to communicate or interrelate without a computer or smartphone. But many of us are not digitally literate, while even those utilising smart phones find themselves enclosed in a world of texts and find conversation difficult. COPE will continue to battle against all forms of loneliness.

David Bailey



Sadly one of COPE's long serving members and an original trustee, Alice Zeitlyn, recently died. Alice joined COPE at its inception and also worked tirelessly for many other charities in Cambridge. She was appointed an MBE for her charity work. Our condolences to her family at their loss.

Happy birthday to all members celebrating in June and July

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Correspondence address:

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

Telephone: 01223 364303
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 Community Centre, Victoria Road
 Cambridge CB4 3DZ Phone; (01223) 364303
 email; copecambs@outlook.com
 Registered Charity No. 1110887

Donation Form

I would like to make a donation of £_____

[Please make cheques payable to COPE]

☐

I DO NOT pay UK Income Tax

☐

I DO pay UK Income Tax

Please tick the box above applicable to you

☐

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

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

Please sign below and print and date underneath

Signature_____

(BLOCK CAPITALS BELOW PLEASE)

First Name_____

Surname_____

Address_____

_____Postcode:

Date_____

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!

Telephone Switchover

The UK's landline telephone network is transitioning from the old analogue Public Switched Telephone Network (PSTN) to a new digital system using Voice over Internet Protocol (VoIP). This means landline calls will be delivered over broadband connections instead of traditional phone lines. While the switchover is happening now, it's expected to be largely complete for most customers by January 2027. Here's a more detailed breakdown:

Why the change?

The PSTN is old and expensive to maintain, making it necessary to transition to a more modern, digital system.

What will change?

Landline calls will be carried over the broadband network, effectively using the internet to make and receive calls.

Who is affected?

Everyone with a landline, including homes and businesses, will be affected.

What do you need to do?

Most customers will not need to do anything specific. Your provider will contact you with details about the switchover. If you rely on a telecare device or other equipment connected to your phone line, you should contact your provider to ensure it's compatible with the new digital system.

What if I have extension phone lines?

If you have a second handset connected to an extension phone socket, you may need to discuss with your provider about how this will work with the new system.

When will the switchover happen?

The switchover is already underway, and it's expected to be largely complete for most customers by January 2027.

Will I lose my landline number?

In most cases, you can keep your existing landline number when you switch to the new digital system.

Cash In On Cash ISAs

Have you started to use this year's Cash ISA yet? From 6 April you can put up to a maximum of £20,000 into an ISA. There were fears that this amount might be reduced for Cash ISA's in the Chancellor's Spring Statement, but for now at least, it remains as the annual limit to put into an ISA and it can still be in cash, shares or a mixture of the two. However, a hint of what may be ahead was buried in the accompanying documents, where this paragraph appeared:

"The Government is looking at options for reforms to ISA's that get the balance right between cash and equities to earn better returns for savers, boost the culture of retail investment, and support the growth mission."

So it looks as though there will be a consultation, possibly quite soon, on changes to encourage ISA savers to invest their money rather than keep it in cash. For now though there is no change.

If you are thinking, £20k ! Chance would be a fine thing! Remember that any amount in a Cash ISA earns interest tax free, you do not even have to report it. So whether you are saving for a holiday, a wedding , a house deposit or just some rainy day money, it should always be in an ISA if you are a taxpayer. Many pay better rates than ordinary savings accounts, where only the first £1,000 of interest is tax free for basic rate taxpayers, You can find best buy rates by searching 'Savings Champion' on line, which will direct you to tables at an independent financial adviser called the Private Office. Its tables are accurate and the most up to date.

As I write, they show that you can get up to 4.8% a year in an easy access Cash ISA, but do check the terms and conditions carefully for any penalties if you take your money out. Rates are variable, so may fall during the next 12 months, but are 0.5% better than a one year guaranteed rate.

People under 40 saving for a deposit on a first home should consider a Lifetime ISA, which boosts savings by 25%. But there are strict rules that you should check before opening one.

Article by Paul Lewis in Radio Times, Easter Edition 2025



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

COPE Annual General Meeting

COPE

ANNUAL GENERAL MEETING

Monday 14th July 2024 at 10.30 a.m.

Doors open 10.00 a.m.

St Luke's Community Centre, Victoria Road, Cambridge CB4 3DZ

Enter through the side door by the bus stop on Victoria Road.

Opening Address and Welcome: the incoming Mayor of Cambridge.

FORUM 11.00 a.m.

Forum Speakers:

Roger Herriot OBE, DL - Royal British Legion

Ian Denton - RAF Benevolent Fund

SAFFA Representative

Paul Bristow - Mayor of Greater Cambridgeshire and Peterborough

Stallholders:

Fire Service; Bobby Scheme; Healthwatch Cambs & Peterborough;
Camsight; Hearing Help; Talking Therapies; Library at Home; Joy Rutherford;
Cambridge Online; AgeUK

Please register on arrival.

Coping with a Heatwave

Most of us welcome hot weather, but when it's too hot, there are health risks. During heatwaves, more people than usual get seriously ill or die. If hot weather hits this summer, make sure it does not harm you or anyone you know.

Why is a heatwave a problem?

The main risks posed by a heatwave are:

- not drinking enough water ([dehydration](#))
- overheating, which can make symptoms worse for people who already have problems with their heart or breathing

Who's most at risk?

A heatwave can affect anyone, but the most vulnerable people are:

- older people – especially those over 75 and female
- those who live on their own or in a care home
- people who have a serious or long-term illness including heart or lung conditions, [diabetes](#), [kidney disease](#), [Parkinson's disease](#) or some mental health conditions
- people who are on multiple medicines that may make them more likely to be badly affected by hot weather, those who may find it hard to keep cool – babies and the very young, the bed bound, those with drug or alcohol addictions or with [Alzheimer's disease](#)

- people who spend a lot of time outside or in hot places – those who live in a top-floor flat, the homeless or those whose jobs are outside

Tips for coping in hot weather

Keep out of the heat if you can. If you have to go outside, stay in the shade especially between 11am and 3pm, wear sunscreen, a hat and light clothes, and avoid exercise or activity that makes you hotter.

Cool yourself down. Have cold food and drinks, avoid alcohol, caffeine and hot drinks, and have a cool shower or put cool water on your skin or clothes.

Keep your living space cool. Close windows during the day and open them at night when the temperature outside has gone down. Electric fans can help if the temperature is below 35 degrees. Check the temperature of rooms, especially where people at higher risk live and sleep.

For more information visit [GOV.UK: Beat the heat: staying safe in hot weather](#).

You can also get help from the environmental health office at your local council, if you think a hot house is affecting your health or someone else's. They can inspect a rented home for hazards to health, including excess heat.

Watch out for signs of heat-related illness

If you or someone else feels unwell with a high temperature during hot weather, it may be heat exhaustion or heatstroke.



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

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

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

The Antisocial Century

The antisocial century is what we are living in right now.

Humans have passed through the era of the tribe, the kingdom and the nation state. We have moved beyond communities and collectives, parties and unions. Partners, colleagues, friends, lovers... these are beginning to seem a bit old hat.

What we would rather do now is eat takeaways on our own, looking at our phones, wearing a T-shirt that says F***off. Welcome to the antisocial society.

The term was coined by Derek Thompson in a cover story for the Atlantic magazine which hit a nerve with readers. 'Self-imposed solitude might just be the most important social fact of the 21st century in America', was the depressing conclusion.

The writer visited a formerly buzzing restaurant and discovered it was almost empty. Business was still booming, but only a handful of customers actually entered the restaurant. Instead they paid delivery riders to bring them their food at home. 'I cannot tell you how sad I've been about it,' said the restaurant manager as she surveyed her formerly lively bar, now a transit area of brown paper delivery bags.



This shift in dining habits accelerated during the Covid pandemic, but in person socialising of all kinds has been declining for decades. The sociologist, Robert D Putnam chartered this atomisation in his book *Bowling Alone* (2000) which showed membership of community organisations of all sorts declining precipitously in the 1970's and 80's.

Britain has seen a similar attitude towards solitude. Smartphones and social media have not helped matters. According to a recent survey, almost a third of British adults eat alone 'most or all of the time'. My grandad was a member of the Lions Club, the Round Table, a regiment, plus various associations related to cycling, photography etc. I am a member of a gym. The prevalence of chronic loneliness has risen from 6% in 2020 to 7.1% in 2023, according to the Campaign to End Loneliness.

Solitude is almost a badge of honour among Generation Z, the loneliest generation of them all. Online shops such as Etsy are full of clothing with slogans like 'I hate people' and 'Leave me alone'. We are also experiencing an epidemic of flakiness, people cancelling plans because they are just not feeling like it. A recent Mumsnet thread on the subject went viral, as users complained of last minute no-shows at weddings, hen parties and birthday parties.

Why invest in real friendships (costly, unreliable and demanding) when you can enjoy a parasocial, free relationship with a podcaster instead? If no one else is having fun, why should you?

Article by Richard Godwin, The Oldie Magazine Spring Edition 2025

Lasting Power of Attorney

One person in the UK develops dementia every three minutes. Yet relatives can't just walk into a bank and access your money, even if it is to pay for your care. Unless you've a Power of Attorney, loved ones would need to apply through the courts, which can be long and costly.

What is Lasting Power of Attorney?

If someone has difficulties that mean they can't make decisions anymore, they will need help managing their finances. A Lasting Power of Attorney (LPA) is a legal document where someone – while they still have mental capacity – nominates a trusted friend or relative to look after their affairs if they later lost capacity. The key point to remember...

Don't think you suddenly give up control. You can choose whether it can be used either before, or only when, you lose mental capacity.

Your representative (known as the 'attorney') should only ever make a choice for you if you're unable to make that specific decision at the time it needs to be made. For example, if you fall into a coma, your attorney would start looking after your affairs. But if you wake from the coma, you should be able to make your own decisions again.

It's worth noting LPAs replaced the previous Enduring Power of Attorney (EPA) system. EPAs set up before 1 October 2007 will still be valid, whether or not they have been registered, though they must be registered when the person loses capacity. For more, see the Government's [EPA info](#).

Why set up a Lasting Power of Attorney?

If you lose mental capacity, unless you've already filled in the Power of Attorney forms, your loved ones will need to apply through court to become 'deputy', a long and expensive process.

Instead, you can nominate a trusted friend or relative before you lose capacity, by setting up a Lasting Power of Attorney (LPA). You can appoint one or more representatives to act for you, and can determine how they work together to make decisions on your behalf. You may be thinking "this doesn't affect us, we're perfectly well". This is a common misunderstanding. The key thing to remember is...

You can only set up a Lasting Power of Attorney when you have mental capacity. Once you've lost capacity, it's too late.

How much does a Power of Attorney cost?

There's a compulsory cost of £82 to register a Power of Attorney (in England and Wales). If you earn less than £12,000/year though, you can provide evidence to pay a reduced fee of £41. Those on [certain benefits](#) (this link downloads a PDF list of the qualifying benefits) are exempt from fees.

It's £82 for the property and finance LPA. The health and welfare LPA is also £82, so if you get both, that's £164. Above and beyond that, if you decide to use a solicitor you'll also have to pay legal fees, though it's possible to set up a Power of Attorney on your own.

If you've chosen the DIY route to make your Power of Attorney, you'll need to make your application via the [online forms](#) on Gov.uk if you're in England or Wales. You'll need to print out the forms and sign them after you fill them in online. The person making the Power of Attorney and their chosen representative/s must sign the forms. If you get stuck filling them out, call the Office of the Public Guardian on 0300 456 0300. Finally, a 'certificate provider' signs the form to verify the person understands what the Power of Attorney means.

What to do next

The action to take depends on the situation. We use the word 'they' below for simplicity, but, of course, you can set up a Power of Attorney for yourself as well.

- **If they still have capacity.** This is the best time to act. If the person still has capacity and would like to make arrangements in case they lose mental capacity, they can set up an LPA.
- Once the LPA is submitted, the Government says it takes eight to 10 weeks to register.
- **If they've lost capacity.** If a spouse, relative or friend already has limited mental capacity, but didn't set up Power of Attorney in advance, it gets more difficult. You need to become a deputy of the Court of Protection to make decisions on their behalf. See [how to become a deputy](#).
- **If they still have capacity but need help managing money.** In some cases, a friend or relative may still be able to make decisions, but may need help with the practicalities. For example, some people struggle to make phone calls or get to the bank. There are a few options that can help – see [helping someone manage their money](#).
[Power of Attorney - what is it and how to do it yourself - MoneySavingExpert](#)

Word Search / Quiz

June 2025										WORD TILE									
A	R	S	M	I	L	R	L	Y											
B	A	R	M	I	S	R	M	S											
E	S	S	N	C	L	S	N	O											
H	O	A	O	M	E	S	O	U											
H	T	N	O	R	M	T	E	R											
I	N	G	O	S	T	T	H	E											
I	S	O	O	U	D	T	H	E											
L	I	B	R	A	I	T	I	N											
L	I	G	R	F	R	W	S	T											

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

Last month's solution

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

Emoji Puzzle Solution

- | | |
|-------------|------------------|
| 1 Singapore | 9 Portsmouth |
| 2 Bolton | 10 Berne |
| 3 Bangkok | 11 Medellin |
| 4 Canberra | 12 Havana |
| 5 Helsinki | 13 San Francisco |
| 6 Tokyo | 14 Bucharest |
| 7 Blackpool | 15 Nairobi |
| 8 Kabul | |

Word Ladder

Changing one letter at a time, can you get from PEER to LORD in ten steps below? Clues for intermediate words (in random order): legend, index, medicine, entice, prophet, fruit paste, unsullied, baby plant, skin component, taken to court. Solution in next Newsletter

1	P	E	E	R
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12	L	O	R	D

Curious Cures: Medicine in the Medieval World

Health and disease in the medieval world – and how our ancestors sought to cure everything from infertility to constipation – are the focus of a major new exhibition which opened in March at Cambridge University Library.

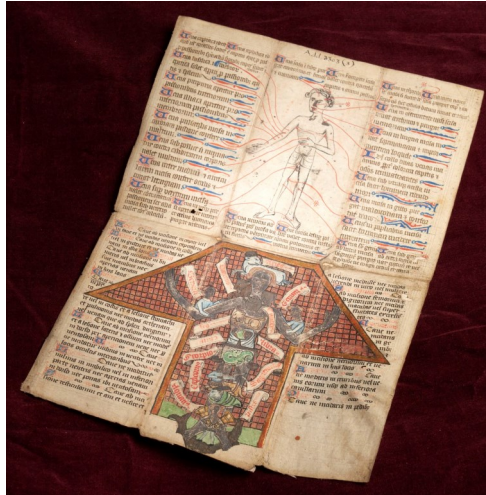
[Curious Cures: Medicine in the Medieval World](#) transports visitors back to a time when unspeakable ingredients and questionable remedies rubbed shoulders with surprisingly complex theories about how the human body functioned.

Exhibition curator Dr James Freeman, explains: “Medicine in the medieval period wasn’t simply superstition or blind trial-and-error; it was guided by elaborate and sophisticated ideas about the body and the influence upon it of the wider world and even the cosmos.

The exhibition does not shy away from highlighting the gruesome ailments or horrifying treatments we might expect from this period of history: an English surgeon’s illustrated guide to operating on anal fistulas, a cure for lice that uses mercury mixed with apple sauce, and instructions on how to restore a person’s health by letting blood from their veins.

It also shows how the line between medicine and magic was blurred. Many of the manuscripts contain charms and rituals alongside herbal remedies, as well as instructions on how to make amulets to protect a person’s health. Even university-educated physicians showed an interest in incorporating magic into their medical practice. “The exhibition shines a light on the medieval world, examining how medical practitioners sought to understand and treat illness,” adds Dr Freeman. Many of the manuscripts contain charms and rituals alongside herbal remedies, as well as instructions on how to make amulets to protect a person’s health. Even university-educated physicians showed an interest in incorporating magic into their medical practice.

Dr Freeman is at pains to highlight that our ancestors shared our preoccupation with health and wellbeing, too. They read books or sought advice about how to take care of themselves through a balanced diet, a good night’s sleep, exercise, rest, and fresh air.



Cure for infertility

A 15th-century manuscript was compiled by a Carmelite friar and contained nearly 200 remedies for various ailments that he gathered from many different sources. It includes a rather unusual cure for infertility (translated from Latin):

“A true medicine, and often proven, so that a woman may conceive however sterile she may be. Take three or four weasel testicles and half a handful of young mouse-ear [a plant] and burn it all equally in an earthenware pot.

“Afterwards, grind and combine with the juice of the aforementioned herb, and thus make soft pills in the manner of a hazelnut kernel, and place them so deeply in the private parts that they touch the uterus, and leave there for three days, during which she should abstain entirely from sex. “After these three days however, she should have intercourse with a man and she should conceive without delay.”

Getting ready for the afterlife

As well as exploring medical theories and treatments, *Curious Cures* touches upon how people confronted their own mortality. One of the highlights of the exhibition is an early printed edition of the *Ars moriendi* – literally, *The art of dying* – which tells its reader how to prepare for the end of their lives by repenting their sins and resisting deathbed temptations. It opens with a scene of a man on his deathbed, surrounded by friends and family, and attended by his priest and his physician.

“For the medieval and modern viewer alike, they show a body that we both inhabit and imagine,” says Dr Freeman. “They prompt us to think about what we know of our own internal workings, what ideas or concerns about our bodies we carry with us, and how we confront the human experience of health, disease and death.”

The exhibition is open until 6 December: booking is essential at [Curious Cures: Medicine in the Medieval World | University of Cambridge Museums](#)

Parkinson's Dance Classes

On the day we mark World Parkinson's Day, University of Cambridge Museums (UCM) is proud to announce the launch of the pioneering [Museum Encounters: Parkinson's Dance Course](#) with three six-week programmes planned for 2025-2026.

From Darwin's letters and ancient armour to tree specimens and ghost nets, each week curators from across [Cambridge's museums](#) will take carefully selected objects from their collections and share their stories with participants. This in turn sparks the movement, dance and imagination that shape that week's two-hour session.

It's believed to be the only initiative of its kind in the UK that invites people living with Parkinson's to take part in dance sessions inspired directly by museum artefacts. The result is a powerful fusion of cultural discovery, creative expression, and personalised support, designed to enhance the physical and emotional wellbeing of those living with Parkinson's.

Following two successful pilots in 2024, the *Encounters* course will officially launch with Summer, Autumn, and Winter terms, offering free six-week sessions at Cambridge Junction—an inclusive space accessible for those living with the neurological condition.

Sessions are led by Cambridge-based dance artist and creative practitioner Filipa Pereira-Stubbs, in collaboration with UCM's Inclusion Associate and programme producer Ruth Clarke, whose vision for fusing collections and care has earned international recognition.

"We know that creative engagement can dramatically improve wellbeing," says Ruth Clarke. "This programme responds to a societal challenge with empathy, creativity, and imagination—connecting people with themselves, each other, and the stories within our museum collections."

The museum artefacts provide learning and inspiration that evoke memories and new interpretations that feed into group reflection, storytelling and guided movement. "We work with the imagination, with curiosity, with joy," explains Filipa Pereira-Stubbs. "Participants are invited to move in a way that works for them—seated or standing—building strength, confidence, and connection through dance inspired by the museum

stories we explore together."

Crucially, *Encounters* offers a rare blend of cognitive and physical stimulation, designed to meet the diverse needs of people at different stages of Parkinson's. The structure supports safe participation regardless of mobility or previous experience, and the museum narratives offer fresh entry points for connection and creativity.

Museum Encounters: Parkinson's Dance

Course is part of the wider movement toward social prescribing, a key component of NHS personalised care. Social prescribing enables GPs, link workers, and other health professionals to refer people to non-medical activities that improve health and wellbeing.

By offering meaningful, creative engagement rooted in community and culture, the programme aligns with NHS goals to support people in managing long-term conditions like Parkinson's in a holistic, empowering way.

With only a handful of similar programmes known to exist worldwide, and none believed to exist in the UK, *Encounters* positions Cambridge at the forefront of inclusive, creative health intervention for the local population. It is a testament to the power of collaboration between arts, science, and community.

Programme dates for 2025-26

Summer Term: 2 May – 4 July 2025

Autumn Term: 3 Oct – 19 Dec 2025

Winter Term: 6 Feb – 30 March 2026

Selected Fridays, 10:30am–12pm at Cambridge Junction

Booking for Summer Term is open.

To find out more visit: <https://www.museums.cam.ac.uk/events/museum-encounters-parkinsons-dance-course-summer-2025>

To book a place, email: info@museums.cam.ac.uk

The COPE St Ives Branch goes to see 'Dolly'



The St Ives Branch recently went to the Theatre Royal in Norwich to see, "Here You Come Again". It is really just a cleverly put together tale to allow the singing of Dolly Parton's best known songs in an enjoyable musical comedy.

The story is of a young man, living in his attic apartment during the lockdown period of the COVID-19 pandemic in 2020. He gets in and out by means of a ladder, so that he does not need to go through the house and meet other people. He is a devotee of Dolly Parton who "appears" to him as a hologram from a poster in his room. They talk to one another and this gives the opportunity for the singing of her most famous songs: Jolene, Islands in the Stream, I will Always Love You, 9 to 5 and many more. A lot of the time, the audience was on its feet clapping and singing along with those on the stage. It really was a rollicking and joyous musical.

With her wit, humour and charm, Dolly teaches him a whole lot about life, love and how to pull yourself up by your bootstraps – even if your bootstraps don't have rhinestones!

She gives him some sage advice when she sees him spending too much time introspectively looking in a mirror because he is cooped up most of the time. "Don't spend so much time looking in a mirror, spend more time looking out of the window".

Whether you love Dolly Parton's favourite songs, enjoy country music or just want some good entertainment, you should enjoy this. The coach arrived about two hours earlier than the show to allow our members to have plenty of time for lunch and some shopping before enjoying the show. The Assembly House just next door to the Theatre Royal was a favourite for lunch. It is a gorgeous Georgian building designed by architect Thomas Ivory in 1754, famous for its historic elegance, glittering celebrations, beautiful bedrooms and legendary Afternoon Teas. Well worth a visit on its own.



The Theatre Royal was first opened in 1758 and now has a 1,300 seating capacity with the stalls arranged in a fan shape so that everyone gets a good view of the stage. The acoustics are also excellent which was great for such a musical event as this. You can see the electronic advertising displays for the show on the side of the theatre in the photograph.

Tony Moffat

DAY AT THE SEASIDE!

COACH TRIP TO SHERINGHAM Thursday JULY 24th

We have some seats available

Meet at Trumpington Park & Ride, Cambridge at 9.30am,

Leaving Sheringham at approx. 4pm

COST £30 per person

For tickets and more information please call Angie Walters on 01480 30072

Send payment as a cheque *made payable to* COPE St Ives 9 Erica Road, St Ives, PE27 3AE

Health Screening

Researchers have developed a handheld device that could potentially replace stethoscopes as a tool for detecting certain types of heart disease

This device could become an affordable solution for heart health screening

The researchers, from the University of Cambridge, developed a device that makes it easy for people with or without medical training to record heart sounds accurately. Unlike a stethoscope, the device works well even if it's not placed precisely on the chest: its larger, flexible sensing area helps capture clearer heart sounds than traditional stethoscopes.

The device can also be used over clothing, making it more comfortable for patients – especially women – during routine check-ups or community heart health screening programmes.

The heart sound recordings can be saved on the device, which can then be used to detect signs of heart valve disease.

While a regular or electronic stethoscope has a single sensor, the Cambridge-developed device has six, meaning it is easier for the doctor or nurse – or even someone without any medical training – to get an accurate reading, simply because the surface area is so much bigger.

The researchers say that the device could be a useful tool to triage patients who are waiting for an echocardiogram, so that those with signs of valve disease can be seen in a hospital sooner.

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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Boost Your Life in 2025



Top tips for a healthier body and mind part 2: the body

If you want to **drink less alcohol** in 2025, and maybe **help your family and friends** into the bargain, [Professor Theresa Marteau](#), Director of the University of Cambridge's Behaviour and Health Research Unit offers these tips:

Use a smaller glass. In the year 1700, wine glasses in England held a modest 65ml. Today, wine glasses hold about 450ml when filled to the brim (for research purposes only!). Has this glassware inflation increased how much we drink? Yes, in short. When wine is served with smaller (300ml) compared with larger (370ml) glasses, the volume of wine sold drops by about 7%. Why? People pour less wine into smaller glasses. The smaller the portion or serving size in front of us, the less we drink or eat, known as The Portion Size Effect.

Buy smaller bottles and cans. When we selected random households to receive their usual fortnightly wine purchases in 50cl bottles rather than the standard 75cl bottles, they drank about 5% less. Why? We tend to think and consume in units of one – “I’ll just have one slice of cake, one cup of coffee... one can of beer.” Knowing this, look for smaller bottles and cans when shopping.

Buy a wider assortment of non-alcoholic drinks. While you’re browsing the aisles, make sure to pick up some non-alcoholic alternatives. When we offered people an assortment of drinks to buy, those randomised to select from a range that comprised 75% non-alcoholic drinks (compared with 50% or 25%) bought less alcohol. Why? The more options we have of any kind – be it non-alcoholic drinks or healthy snacks – the more likely we are to find one that appeals to us.

Do some exercise. What we feel emotionally is strongly influenced by our physical state. Our brain uses the same circuits to sense its physical and emotional states - that’s why many people know that ‘hangry’ feeling.

Changes to our physical state, like inflammation - caused by many things including illness and injury - are known to affect our mental health. We have most recently discovered that diabetes disrupts motivation just like poor mental health, an effect which does not seem to be reversed by semaglutide (Ozempic) treatment.

This could explain why physical health treatments, like exercise, are so effective for mental health. Our physical health and mental health are closely intertwined, and the future of mental health treatment might lie partly in the body.

The power of **food** - both good and bad - for health is well established, but the mixed messages about **what we ought to eat and drink** can be overwhelming. [Professor Nita Forouhi](#) shares tips based on her research at the University’s MRC Epidemiology Unit.

Eat plenty of fruit and vegetables daily. The message to eat ‘5-a-day’ has been around for decades, but our national diet and nutrition survey data shows that only 33% of adults and 12% of children and adolescents meet this goal. Our research found that quantity *and* variety are important: the risk of type 2 diabetes is lowest in people eating 5-a-day, and around 12 different types over a week. We also found that people eating a Mediterranean-type diet (typically high in fruit and veg) have a lower risk of cardiovascular diseases like heart attack and stroke.

Cut down on red meat, both processed and unprocessed. Even small reductions in habitual meat consumption could lead to meaningful reductions in type 2 diabetes risk. Our study - the world’s largest - found that habitual consumption of 50 grams of processed meat a day, equivalent to two slices of ham, is associated with a 15% higher risk of developing type 2 diabetes in the next 10 years. Eating 100 grams of unprocessed red meat a day, equivalent to a small steak, is associated with a 10% higher risk of type 2 diabetes. The World Cancer Research Fund recommends avoiding processed meats altogether, categorising them as carcinogenic. You could limit your meat intake by eating meat less often with meat-free days, having smaller servings, or swapping it for alternative protein-rich foodlike fish, beans, lentils, dairy products and eggs.

Driving Safely in Old age

It's difficult to know when to give up driving. There's no legal requirement to stop, but after the age of 70, a driving licence must be renewed at least every three years.

While older drivers are not necessarily more dangerous than younger drivers, according to government statistics the risk of being involved in an accident increases with age, especially after 75.

Therefore the Driver and Vehicle Licensing Agency (DVLA) sends everyone a D46P application form three months before their 70th birthday and in order to complete this form, you will need to confirm that you can meet the eyesight standards for driving (see below). The code 01 will be added to the back of the photocard licence if the driver wears glasses.

Your elderly eyesight and driving safely

The law determines if you are capable of driving safely over the age of 70 by stipulating tests on your vision. It's illegal to drive if you can't read a number plate from a distance of 20.5 metres (22 yards). Medical conditions such as cataracts will need to be tested too. Recent events might mean that self-assessment criteria could be tightened.

Declaring Health Conditions

You need to inform the DVLA about any medical conditions that may affect your ability to drive safely – this includes a deterioration of existing conditions or new ones that have developed. This is because if there is an accident where health may have been a contributing factor, you as the driver could be prosecuted, and your insurance may not provide cover.

Prescription medication taken at any age can impact driving ability, so of course, ask your doctor about this. He or she may advise you to stop driving if it's appropriate.

It is a legal obligation to declare the following conditions:

- Dementia
- Diabetes (if insulin-treated)
- Epilepsy

- Parkinson's
- Any chronic neurological condition, such as MS
- Any condition that affects both eyes, or total loss of sight in one eye

Your GP will have a full list of conditions that require the driver to contact the DVLA.

Once the DVLA has been informed they may either make a decision based on the information provided or contact your GP/consultant (with permission) or arrange for a local doctor or specialist to carry out an examination, or ask you to take a driving assessment/appraisal or eyesight check.

It is important to stress that telling the DVLA about a medical condition may not force you to stop driving or mean you have your licence taken away. But you may need to renew your licence annually instead or adapt your car.

Surrendering your driving licence

If the GP advises you not to drive, you can voluntarily surrender your driving licence. This decision to stop driving does not need to be permanent, so you could return to driving when you have recovered from your medical condition. It is worth discussing this with your GP.

Giving up driving for safety

Bear in mind what life will be like without a car, and try and make arrangements to minimise the disruption. This is unlikely to be easy, but there are ways – Dial a Ride, local taxi services, arranging regular lifts with friends or family, and of course using public transport. Having researched what is available you may decide yourself to stop driving altogether.

While older drivers may face some challenges behind the wheel, it's important to remember that they are not inherently unsafe. Many of us are perfectly capable of driving safely.

For a booklet on safe driving in old age, call AgeUK on 0800 169 6565 to receive a free copy through the post.

This article is adapted from the website www.agespace.org

Recipe

Ratatouille

A vegetable dish of stewed onions, courgettes, tomatoes etc.

Ingredients

1 large white onion
1 garlic clove
50g/ 2 oz English butter
2 tbsp olive or corn oil
2 medium sized aubergines
225g/ ½ lb courgettes or young marrow
1 medium sized green pepper
225g/ ½ lb skinned tomatoes. (Place in bowl with hot water-leave for 5 minutes. Skin will peel away).
½ tsp salt
2 level tbsp finely-chopped parsley



Method

1. Thinly slice onion. Chop garlic
2. Fry both gently in hot butter and oil (in pan) for 3-4 minutes.
3. Slice unpeeled aubergines and courgettes or marrow fairly thinly.
4. Chop the de-seeded green pepper and tomatoes
5. Add to saucepan with salt and parsley.
6. Cover pan. Simmer gently for 1 hour
7. Serve hot or cold

Serves 4.

Dairy Book of Home Cookery

FREE TRIP TO CAMBRIDGE BOTANIC GARDEN FOR ALL COPE MEMBERS

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

COPE members will be meeting there on **the third Thursday of every month at 11am** at the Brookside Gate (at the corner of Bateman Street and Trumpington Street).



At the moment unfortunately we cannot organise transport to get there, but we look forward to meeting you at the Brookside Gate entrance on June 19th, July 17th, August 21st and September 18th.

Trustees

Trustees (2024/2025)



David Bailey,
COPE Chairman



Peter Murfitt



Vacancy



Jennie Jenks



Vacancy



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Deborah Katznelson



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Submissions for our August / September
issue must be received no later than
6th July 2025

DONATIONS

Once again, thanks for all the donations,
both monetary and raffle prizes, which
are very much appreciated. With the
monetary donations, would you please
fill in the 'gift aid' section of the
application form.

Peter Murfitt, Treasurer

Activities and Events

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

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

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

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

Castle Street Methodist Church Coffee Morning every Wednesday 10:30—12 noon followed by over 50s Strength & Balance Class 12:00—1 pm (£3 per session) Contact **Amanda 01223 354904**

Cherry Hinton Church End WI meets every Monday. Contact **Margaret** on **01223 249247** or kjrmdpl9@btinternet.com

Cherry Hinton Friday Friends: group for senior citizens offering knitting, crafts, scrabble and cards 1:30 - 3pm every Friday at the Family Centre, Fishers Lane, CBI 9HR. Contact **Nic or Jo Boyns 01223 561139**

Cherryhinton Care Home (TLC Care) 369 Cherryhinton Road CBI 8DB. Afternoon Tea and Cakes on the 2nd Thursday of each month - join our residents. To book phone **01223 210070**

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

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

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

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

Chesterton Knitters meet on the 1st Thursday of each month 2.30-4.30 at: Café 121, 121 Milton Road Cambridge. Bring your own work if you wish. Telephone **Eileen Flood—01223 369376** for details.

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

Coton Garden Club Contact **Ailish Meadows 07952 694666**. email: ailishmeadows@gmail.com. Meet 1st Monday September – April at 7.30 pm.

Coton Village Hall Internet Club Thursdays 10.00—12.00 Contact **Carolyn Postgate 01954 211033** email: carolyn@clara.co.uk.

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

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

Grovebury Ladies club: meet Tuesdays 7-9pm Arbury Community Centre, Campkin Road Cambridge. Contact **Barbara Watts** on **01223 570707**

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

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

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

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

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

St Augustine's Community Centre, Café 99, Richmond Road, Cambridge. Open Monday and Friday Mornings from 10.45 to 12.15—all are welcome.

St Luke's Knitting Group: Meets last Tuesday of each month, 2-4 pm. All welcome, it doesn't matter if you cannot knit or crochet. Telephone for information **Judith Crowe - 01223 357627**

Tea@3 St Giles Church, Castle Street, Cambridge every Wednesday at 3pm - tea, cake & chat. All are welcome.

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

Willingham Social Club, Fen End CB24 5LH: Jazz Club on first Sunday each month Feb-Dec 12:30—3:30 pm Tea, coffee, rolls, dancing. Admission £10. Contact **Rosie Val Barrett 01954 789670.**

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



The Evelyn Charnley Memorial Lunch Club

Peter Murfitt — 01223 364303

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

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

£1 Raffle with donated prizes. Everyone is welcome

Details of speakers to be arranged for June & July

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.

17th July

21st August

18th September

Dave McCandles: Road Safety

Peter Severson: Shooting, Fishing, Hunting

Robert Colbert: Alzheimers and Dementia

March Friendship Club

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

10th July

14th August

11th September

Health Advice (Ely Hospital)

Alcohol and Drugs

Form Filling Advice

For further information, contact Rosie on 07547 191315.