

# Cambridgeshire Older People's Enterprise

# COPE

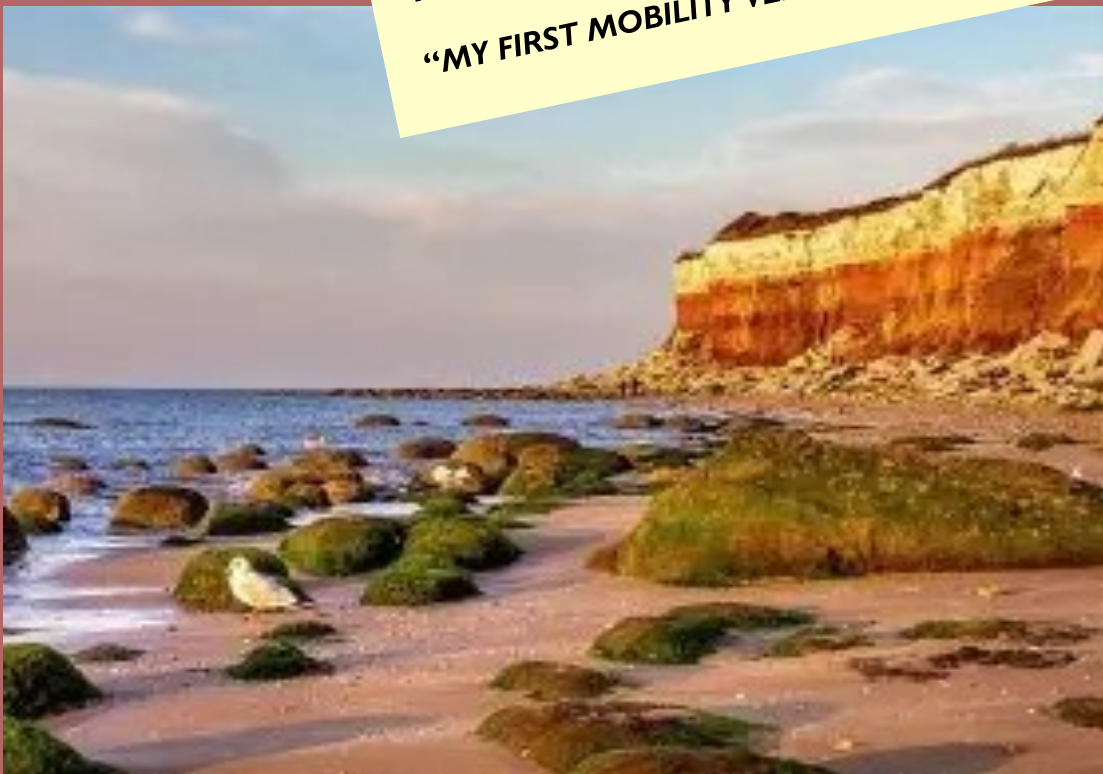
The voice of the County's over 50s  
Reaching a readership of over 2500

Registered Charity No. 1110887

June - July 2026 Newsletter 188



Come along to our COPE AGM  
MONDAY JULY 13<sup>th</sup> ALL WELCOME (see page 5)  
"MY FIRST MOBILITY VEHICLE" PULL-OUT GUIDE



# Editorial

This issue of the COPE Newsletter has only 16 pages, not the usual 20. This is to save funds, as although members are kindly donating funds, we still have not been able to access funds and grants as previously. Local councils who sponsored us have very limited funds now with their budgets being radically cut back. So we have had to apply for funds from other sources, which again are limited and take time to confirm or otherwise.

Reducing the size of the Newsletter helps but we have to look for other savings. A large cost which we hope to reduce is postage of the Newsletter. Posting of 1600 Newsletters is costly with the Royal Mail increasing postage substantially. We well understand members wanting to receive a hard copy of the Newsletter, but sending it electronically would save a substantial sum. We understand that many of you do not have computers or for various reasons have to have hard copies, but would be grateful if as many of you as possible would receive it electronically.

It would be appreciated if as many of you as possible would inform the COPE office by phone or email that you would be willing to receive the Newsletter electronically. You would save a substantial amount of our funds. In the meantime, we are very grateful for those of you who send us donations especially as we can then claim Gift Aid from HMRC.

David Bailey, President, COPE



## **SUPPORT COPE with the CAMBRIDGESHIRE COMMUNITY LOTTERY**

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

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**  
**Email: [copecambs@outlook.com](mailto:copecambs@outlook.com)**  
**[www.copecambs.org.uk](http://www.copecambs.org.uk)**

### Data Protection Act

Limited information is recorded on our computer in respect of those who receive this Newsletter and/or contact COPE. Basic information only is held; a list of names, postal and/or email addresses used for the preparation of address labels or electronic delivery or for reference purposes by Officers of COPE. This information will not be communicated to third parties without your express permission. Unless COPE is advised to the contrary we will assume that you have no objection to your basic information being recorded.

# 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](mailto: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  
St Luke's Church Centre, Victoria Road  
Cambridge CB4 3DZ Phone; (01223) 364303  
Email: [copecambs@outlook.com](mailto:copecambs@outlook.com)  
Registered Charity No. 1110887

### \*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](mailto: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](http://www.lunguk.org)

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

Breathe Easy Cambridge City [www.lunguk.org/cambridge](http://www.lunguk.org/cambridge)

Breathe Easy Fenland -Derek Bond tel 01354 680466

Breathe Easy Ely - tel 01353 668937

### Advertisers

Please Note New Rates

Quarter Page £50

Half Page £ 100

Full Page £180

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

## COPE AGM — MONDAY 13 JULY

# COPE

## ANNUAL GENERAL MEETING

10:30am Monday 13th July 2026

Doors open 10:00am

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

**Opening Address and Welcome: the incoming Mayor of Cambridge.**

\* *Guest speakers*      \* *Stalls*      \* *Refreshments*

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

*There is very little parking at the church, you can catch a no 8 bus from Drummer Street bus station. It stops on Victoria Avenue right outside the door of St Luke's.*

*Please register on arrival.*

### **TALKING TOGETHER is a FREE programme of telephone-based discussion groups for older adults**

**Mondays 1:15-2.00 pm 8 June - 6 July (5 sessions)**

**A virtual journey through Cambridge villages**

*Marian French, facilitator*

In this virtual journey over five weeks, we will be looking at 15 Cambridgeshire villages.

**Monday 3:15 - 4:00pm 8 June - 6 July (5 sessions)**

**Women of Cambridge:**

*Dr Deborah Thom, Emeritus Fellow, Robinson College, facilitator*

We shall start with living conditions from a survey published in 1906, and maps, then talk about everyday life.

**Thursdays 1.15 - 2.00pm 11 June - 16 July (6 sessions)**

**A Poem For Every Night Of The Year, edited by Allie Esiri**

*Liz Williams, facilitator*

Join us to discuss poems from the delightful "A Poem For Every Night of the Year", edited by Allie Esiri.

**Thursdays 2.15 – 3:00pm 11 June - 16 July (6 sessions)**

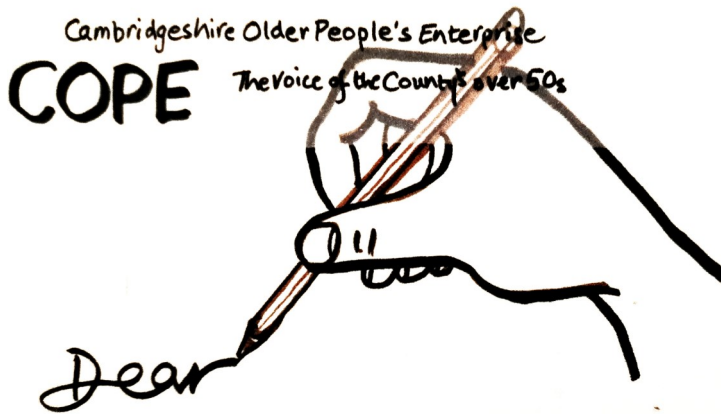
**Kettle's Yard : A stroll through Handpicked: Painting Flowers from 1900 to Today**

The Kettle's Yard Community & Learning Team as they introduce selected artworks and artists from their current exhibition: *Handpicked: Painting Flowers from 1900 to Today*.

**For more information, please phone the COPE office at 01223 364303**

**or email [COPEtalkingtogether@hotmail.com](mailto:COPEtalkingtogether@hotmail.com)**

# Readers' Letters



Please send your letters to:

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

## MUSINGS OF AN OCTOGENERIAN

Dear Editor

My struggles have caused a little musing!

Funny how things change over time. Nigh on fifty years we've lived in this same house... but things have changed and not only the things we actively chose to change, such as the décor and the addition of a downstairs loo – what a great addition that's turned out to be!!

No, it's all the other things. The shelves have all got higher whilst the floor has got further away; yes really? No just age related. The table has got higher – or is it the chair that's got lower?

People speak more softly and so much faster and even the hearing aids don't really address this troublesome issue.

I could go on, but you get my gist.

When I die, no need for a long, convoluted 'cause of death', just put 'Age Related'!

*Helen Sharpe*

## SOMETHING FISHY?

A story was on the television news about the fish and chips businesses selling catfish to deceive customers who think it is cod.

Many years ago, when you could buy 6-penny worth of chips, (now 2 & a half pence- those were the days!) the fish and chips shops sold haddock or whiting, the most expensive, cod which was medium priced, and something called 'rock salmon', slightly cheaper but just as nutritious and filling, and often bought by less well-off customers. When you asked what it really was, they whispered 'catfish', but they changed the name because it sounded better, and the appearance when raw was somewhat unattractive.

There is no reason on earth (or ocean) why shops shouldn't sell it now, as long as it is obviously labelled as cheaper than the other varieties.

*Rosemary Mathew*

## HOWZAT?

The start of the new cricket season prompts me to write in praise of the sport. Slow and subtle in a world of increasingly short form and "in your face" social media, I think the game might appeal to COPE members who have not discovered it yet.

Two excellent Cambridge venues come to mind: Fenners, tucked away behind the bottom of Mill Road, where the University team play their home matches (memories of Mike Brearley leading out the students to play great visiting Test teams), and the Fitzwilliam College sports ground in Oxford Road north of Castle Hill, where local clubs compete in the one day form of the game, including over 70s teams. Bring it on!

*David Perry*

# Social Clubs and Cafes

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

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

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

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

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

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

- Men's Social Group Mondays 2-4 pm for cards, dominoes, Scrabble, chess and darts.
- 'Young At Heart' Women's social group. Open to all women 50 plus every Friday 2-4.00pm.

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

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

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

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

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

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

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

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

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

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

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

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

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

# Choosing a Mobility Vehicle

*Alison Hornsbury, COPE member who suffers from Multiple Sclerosis, asks this question...*

## HAVE YOU GOT THE RIGHT SCOOTER?

I HAVE BEEN USING A MOBILITY VEHICLE for about 20 years now. I have MS and at the time of diagnosis I was a single mum with a dog who needed regular walks. I could still walk a bit with sticks or crutches, but walking any distance was challenging. Despite this, I could not see myself using a buggy let alone a wheelchair!

A friend virtually dragged me into Shopmobility in the Grafton Centre and I came out on a scooter. As I rode around town I realised that I felt freer and more independent than I had done for years. My journey with mobility vehicles had started.

Over the years as my needs changed I have owned, or had on loan, quite a number of different mobility vehicles. Although I now use an electric wheelchair, I started with a disability scooter and so I thought it might be useful to outline the pros and cons of scooters first.

### Factors you might need to consider

First-time users often feel more comfortable in a scooter as they are very easy to drive with the front handle bars, but they can be more difficult to steer and the larger models are difficult to take into smaller shops. Scooters have space onboard to carry shopping and it is possible to get attachments to carry crutches or walking sticks, so they are ideal for those who can still walk a bit.

Scooters come with three or four wheels. While three-wheelers are more manoeuvrable, four wheels can give you more stability, especially on less even ground. Lighter scooters can be less reliable when there is a camber on the pavement.

It is therefore important to think through the issues before purchase and always remember that most showrooms only offer a limited range as they themselves are linked to specific manufacturers. It pays to look around before choosing.



### First and foremost:

What the vehicle is going to be used for? You won't need a large scooter if you just want to get to the local shops.

Will the vehicle need to go into a car? If the owner could possibly be going to stay with family or go out for days, either on their own or with others, then a lighter-weight fold down scooter might be best. If this is what you need, think about how easy it might be to get into a car. Some makes are heavier than others and some break down into a number of parts. A few of the more expensive models can even come with hoists so that they can be lifted into cars at the touch of a button.

### Other suggestions to think about:

- Are you confident navigating the streets outside your immediate locality?
- Do you think that you could pass a DVLA eyesight test? The NHS require this if you have one of their wheelchairs so I believe all electric scooter and wheelchair drivers should also pass this test.
- How well can you hear, using hearing aids, if required? Do you feel confident to drive if you can't hear pedestrian and traffic noise?
- Do you know how much you weigh? All vehicles do have passenger weight limits for safety reasons.

# Choosing a Mobility Vehicle

- How confident do you feel about going out on your own?
- Do you want a scooter that just travels on the pavement or do you feel comfortable travelling on the road? If you travel at a speed faster than 4mph, you will need to register the scooter and you must travel on the road. Scooters limited to 4mph or below should travel on the pavement and do not need to be registered.
- All vehicles should ideally be insured as they can cause damage to other vehicles and pedestrians.
- What kind of suspension will you need? Hard tyres won't leave you stranded with a puncture but can be more uncomfortable, especially if you suffer from back or joint pain. Larger models are more comfortable to sit on but can be more challenging to drive.
- Where are you going to store it?
- Lastly, how much do you want to spend?

**Batteries** are the most often replaced parts of all electric vehicles. The more you use the scooter the

better the batteries will last but you **MUST** keep the scooter plugged in whenever it is not being used. If you don't, the batteries will die and they are very expensive to replace. They only take electricity until they are fully charged and so this should not be too expensive.

Some modern scooters are fitted with lithium batteries which can occasionally be a fire risk. They should ideally not be charged in your property but in a shed, or specially built scooter store, with a power point.

Finally, if you know a friend who also drives a scooter, get them to come out with you on your first few journeys. It will really help to build confidence.

Do see if you can try a scooter out at Shopmobility (<https://www.shopmobilityuk.org/> 01223 457 337) or even at one of the many visitor attractions or shops that offer them, usually free of charge, before buying.

So many scooters are bought too late and rarely used. This means that there is a very strong second hand market. Many shops will have a second-hand section but internet sites such as Facebook Marketplace or eBay also have some great offers. Just make sure that you do your research before buying!

*Alison Hornsbury*

## NETTLE SOUP

Nettles - *Urtica dioica* - are highly nutritious and considered a superfood, packed with vitamins A, C, and K, as well as minerals like calcium, iron, and magnesium. When cooked or dried, they are safe to eat, acting as an anti-inflammatory, antioxidant, and natural antihistamine that can aid in reducing arthritis pain, lowering blood pressure, and managing allergies.

### INGREDIENTS

About 60g (two large handfuls) of nettle tops and fresh-looking larger leaves  
50g butter  
1 large onion, peeled and finely chopped  
1 litre vegetable or chicken stock  
1 large potato peeled and cut into cubes  
1 large carrot, peeled and chopped  
Salt and pepper to taste



### METHOD

- First put on a pair of rubber gloves and then pick about two big handfuls of nettle leaves (60g) discarding any thick stalks. Still wearing gloves, wash thoroughly in cold water and drain in a colander.
- Melt 50g butter in a large saucepan and add the sliced onion. Cook gently for 5-7 minutes until softened. Add the stock, potato, nettles and carrots. Bring to a simmer and cook gently until the potato is soft (about 15 mins).
- Remove from the heat, allow to cool a little. Using an electric hand-held stick blender, puree the soup and then season with salt and pepper to taste.
- Ladle into warmed bowls.

*River Cottage recipe*

# News from our St Ives branch

There's a lot going on at **COPE ST IVES** — where new members are always welcome.

**Chair Angie Walters writes:**

I BECAME INVOLVED WITH COPE ST IVES in 2018. At first with Carol Burrows who was our Treasurer; later we were joined by Sue Hedinburgh.

We started as a small group and used a small room in the St Ives Corn Exchange (*pictured on the right*). As time progressed we grew in numbers and moved downstairs.

Our meetings are held at the Corn Exchange there on the third Thursday of each month from 2pm – 4pm.

We organise a speaker each month giving interesting talks to our members. An example was a talk on Afternoon Tea, an insight into how our afternoon became so popular. The same speaker came later and told us all about the English breakfast. For this Presentation one of our members knitted eggs and bacon to put on the tables. Everyone found this very amusing and the knitted eggs and bacon were given to a local school where they were very much appreciated.



We also organise outings: going to the coast is always very popular. This year we are planning a trip to Cromer to see the end of the pier show which I think we will find very entertaining. We also go to the theatre and places of interest, eg. Bletchley Park.

Every year we organise a lunch and this year we had 53 members attend. We have outside caterers which makes it easier for us as we too can sit down and enjoy the meal.

We have recently become members of FACT (Fenland Community Transport)\* which costs us £18 a year. We use a 16-seater vehicle which is suitable when smaller numbers wish to attend our outings.

As we have grown, we now have a committee:

- Tony Moffat is our Treasurer;
- Alf Lansdowne is our Secretary and introduces all speakers;
- Sue Hedingburgh is in charge of the Raffle.

Other Committee members are

Norma Head, Margaret Hamilton-Smith and myself, Angie Walters.

## \* THE FACTS ABOUT FACT

**FACT operates as a charity serving the Fenland, Huntingdonshire and East Cambs Areas of Cambridgeshire to people who have difficulties using conventional modes of transport.**

**We aim to provide accessible, affordable and safe transport services.. You must be a member of FACT to use this service.**

**We are a membership organisation, therefore groups/individuals are required to register with us before they can benefit from our services.**

**You will find more information about FACT on: <https://www.fact-cambs.co.uk/>**

# Word Search / Quotes

June 2026

WORD TILE

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


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

## Last month's solution

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

Life can only be understood backwards; but it must be lived forwards.

**Soren Kierkegaard**

At age 20, we worry about what others think of us. At age 40, we don't care what they think of us. At age 60, we discover they haven't been thinking of us at all.

**Ann Landers**

By the time you're eighty years old you've learned everything. You only have to remember it.

**Bill Vaughan**

You'll live to be a hundred if you give up all the things that make you want to.

**Woody Allen**

An archaeologist is the best husband a woman can have. The older she gets the more interested he is in her.

**Agatha Christie**

Don't let aging get you down. It's too hard to get back up.

**John Wagner**

You know, by the time you reach my age, you've made plenty of mistakes if you've lived your life properly.

**Ronald Reagan**

Growing old is like being increasingly penalized for a crime you haven't committed.

**Pierre Teilhard de Chardin**

I was always taught to respect my elders and I've now reached the age when I don't have anybody to respect.

**George Burns**

The best thing about growing older is that it takes such a long time.

**Bob Hope**

# 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](http://www.edwardstorey.org.uk), call: 01223 364405 or email: [info@edwardstorey.org.uk](mailto:info@edwardstorey.org.uk)

**TOP 20 HOME CARE GROUP**  
AWARD 2024  
[homecare.co.uk](http://homecare.co.uk)

**FREE ASSESSMENT**

**DAY, LIVE-IN OR NIGHT CARE AVAILABLE**

Inspected and rated  
**Good**  
Care Quality Commission

[www.greenwoodhomecare.co.uk](http://www.greenwoodhomecare.co.uk)



## Award-winning home care in Cambridge

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

FOR MORE INFORMATION

**01223 850938**

[cambridge@greenwoodhomecare.co.uk](mailto:cambridge@greenwoodhomecare.co.uk)

# Advertisement

# fen mobility centre

★ Trustpilot  
Rated "Excellent"



- ✓ Over 30 Years of Mobility Experience
- ✓ 100's of Items in Stock for Same Day Collection or Delivery
- ✓ Occupational Therapist on Site
- ✓ Test Drives & More
- ✓ Zero Pressure Guarantee
- ✓ Assessments in our Centre or Your Home
- ✓ Outstanding Aftercare, Warranties, Repair, Service & Hire

Scooters • Wheelchairs • Beds • Recliners  
Walking Aids • Living Aids  
Stairlifts • Ramps • Personal Care

**Expert Advice | Sales | Service | Repair**  
**Occupational Therapy**

01353 653 753  
fenmobility.com

5c Lancaster Way  
Business Park, Ely,  
CB6 3NW

# Trustees / Chair's Report

## Trustees (2025/2026)



**David Bailey,**  
COPE President



**Peter Murfitt**  
COPE Chairman



**Hugh Barton**  
COPE Treasurer



**Jennie Jenks**



**Vacancy**



**Vacancy**



**Deborah Katznelson**



**Brian Reynolds**

### **DONATIONS**

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

Hugh Barton, Treasurer

## Chair's Report

Since my last rant about road closures that don't say where, a local councillor has been involved with the one at Lime Kiln Road, and presumably it will be open during the day and closed at night! - at time of writing.

Are there any "whizz" kids out there who would be able to help COPE in the office, especially with advertising, grants and gift aid?

At the moment we are surviving on existing grants and small one-off grants and your kind donations - which we thank you for!

I have just sent off our claim for gift aid from these which will boost funds.

The AGM will soon be with us and work is in progress with speakers and stall holders.

If anyone knows of speakers for our events at Dunstan Court please let us know.

*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 August / September issue must be received no later than **6th July 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@karenrodders.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 1<sup>st</sup> 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—3:30pm. This club caters for older people and has disabled toilet facilities as well as some walking aids. Tea, coffee, rolls, dancing. Admission £12. Contact Rosie Val Barrett 01954 789670.

## *Keep fit and mobility sessions*

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

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

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

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

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

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

# COPE Events, Activities and Outings

Please contact the COPE Office for further information  
COPE, St Luke's Church Centre, Victoria Road, Cambridge CB4 3DZ.



## The Evelyn Charnley Memorial Lunch Club Peter Murfitt — 01223 364303

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

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

**11.45 – 2.15 p.m. every third Wednesday. Tea & Biscuits provided, bring own Lunch if required.**  
£1 Raffle with donated prizes. Everyone is welcome

**June 17th  
July 15th**

**Marian French — Lifetime Memories  
Marc Williams — Arthritis Action**

## COPE in St Ives

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

Meetings held on third Thursday of each month. Contact Angie 01480 300726  
Entry is £3.00 to help meet costs of these meetings and includes refreshments and the celebrated £1 Raffle. COPE membership is free and members are encouraged to bring friends, carers and partners. Everyone is welcome.

**Next meetings:**

**18th June  
16th July**

## March Friendship Club

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

**Next meetings:**

**11th June  
9th July**

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: 18th June and 16th July

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! )