

## In this Issue

- 1 Editorial
- 2 Talking Together
- 3 Membership form
- 4 Trustees
- 5 Puzzles
- 6 Keep cash / Direct Debit scam
- 7 Angel Radio
- 8/9 Beautiful Kashmir
- 10 Sculptures
- 11 Reducing Risks: falls
- 12 Poem / recipe
- 13 Advertisements
- 14/15 COPE AGM report
- 16 Attendance Allowance eligibility
- 17 Tribute: Alice Zeitlyn
- 18 Poem / Advertisements
- 19 Activities
- 20 COPE Events

### Correspondence address:

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

Telephone: 01223 364303  
cambridgecope@hotmail.co.uk

[www.copecambs.org.uk](http://www.copecambs.org.uk)

### Funded by:

## Editorial

At last after 16 months COPE was able to hold a real meeting. The AGM was held in St Luke's Church Hall on the 16<sup>th</sup> August with no restrictions which was a great relief to all those attending. Added to which the speakers gave thought provoking talks. The Newsletter article on pages 14-15 gives a summary of the meeting. It was a welcome sign of life getting back to normal. However, COVID19 was a salutary lesson to us all that we must not take everything for granted, and above all that life is not without its many unforeseen problems.

Because of the pandemic, restrictions and regulations were imposed to try and control the spread of the virus. Fortunately, scientists managed to produce the necessary vaccines to control it; we must now ensure that the regulations imposed are not arbitrarily continued. If there is one thing that has come out of the COVID19 situation is that we must not lose sight of Common Sense, which seems to have been lost amongst all the controls that were imposed because of the virus. There have also been unnecessary consequences, with for example, some retailers refusing to accept cash, citing it could spread the virus. Let's hope they will not continue to refuse cash now the crisis is over, similarly we should not accept the excuse for bad service or workmanship as due to the consequences of COVID19 or Brexit and as Christopher Brooks of NPC said, we should complain.

Fortunately, both St Ives and Queen Edith Socials are active again, and we are planning for other social activities and outings in the New Year. At the end of October another session of Talking Together will be held while our first Singalong will be held in St Luke's on Silver Sunday, 3<sup>rd</sup> October.

Sadly, our long serving trustee Alice Zeitlyn has retired from being a COPE trustee due to ill health. Alice was involved with COPE from its inception in 2003 and has been a stalwart supporter and volunteer for COPE. But its not just COPE— there are many other Cambridge Charities that she has supported. Alice was awarded a well deserved MBE for her charity work in 2010. We will miss her at COPE and wish her a comfortable and restful retirement.

Wishing you all good health and many thanks for supporting COPE during the pandemic, *David Bailey*

# Talking Together

**TALKING TOGETHER** is a free, weekly, telephone based series of discussion groups offered by COPE. The programme is designed to enable older adults to experience the joys and benefits of building community and accessing lifelong learning from the comfort and security of their homes. Facilitators drawn from Cambridge museums and national trust sites as well as skilled professionals and volunteers guide the discussions exploring a wide range of topics as they offer participants the opportunity to share ideas and experiences and gather new skills.



Each series is scheduled for six weeks, with groups meeting for forty-five minutes. Registration is required. Small groups make for a better experience, thus space is limited for each group. Waiting lists will be maintained.

The autumn series will begin on Monday 25 October and will include a wide range of subjects. Among the unique topics to be presented are:

- a focus on the natural world with the Museum of Zoology;
- an exploration of the Cambridge University Botanic Gardens;
- a shared reading of Chekhov's the Cherry Orchard;
- and a historical review of Mill Road as seen by many former inhabitants.

Materials to enhance the discussions will be provided to participants in advance.

The series leaflet is out in September. You may register by post, on-line or by telephoning COPE. Registration will be due by Monday 18 October 2021.

If you have any questions, please telephone the COPE office at 01223 364303 or get in touch by email: [cambridgecope@hotmail.co.uk](mailto:cambridgecope@hotmail.co.uk)

We look forward to having you with us.

*Deborah Katsnelson*

A poster from the NHS. On the left, a woman is coughing into her elbow, with a yellow mist representing the virus. The text on the poster includes: 'HM Government' logo, 'CORONAVIRUS GOT SYMPTOMS? GET TESTED', 'HIGH TEMPERATURE OR NEW CONTINUOUS COUGH OR LOSS OF TASTE OR SMELL?', 'Find out how to get a test, and how long to isolate, at nhs.uk/coronavirus', the NHS logo, and a yellow box with 'STAY ALERT CONTROL THE VIRUS SAVE LIVES'.

Happy birthday to all members celebrating in October and November

## Information and Advice Service Age UK

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



### Data Protection Act

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

### DONATIONS

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

Peter Murfitt, Treasurer

# COPE FORUM

## Cambridgeshire Older People's Enterprise New member application form

### New Member

Number: \_\_\_\_\_  
(To be allocated after joining)

(BLOCK CAPITALS PLEASE)

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Post Code \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Are you happy to receive Newsletter by email? Yes/ No

### AGE RANGE

PLEASE CIRCLE RELEVANT GROUP

Under 50      50-64      65-74      75-84      over 85

Disability - Yes / No

Signature \_\_\_\_\_

Date: \_\_\_\_\_

How did you hear of COPE?  
\_\_\_\_\_

Special Interests:  
\_\_\_\_\_  
\_\_\_\_\_

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

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

The Olive Golding Room  
St Luke's Community Centre, Victoria Road  
Cambridge CB4 3DZ Phone; (01223) 364303  
email; [cambridgecope@hotmail.co.uk](mailto:cambridgecope@hotmail.co.uk)  
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!

## Trustees (2021/2022)



David Bailey,  
COPE Chairman



Peter Murfitt



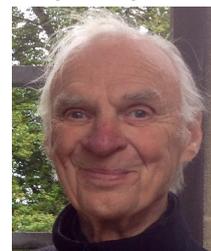
Andrew Holmes



Jennie Jenks



Doreen Ryan



Ken Lovett



Deborah Katznelson



Brian Reynolds

### Disclaimer

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

Submissions for our December / January issue must be received no later than 1st November.

# Word Search / Double Names

OCT/NOV/ 2021

WORD TILE By BH

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

## AIM

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

## Last month's solution

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

## Who Lives Here? – answers to last issue's quiz

- |                                    |  |
|------------------------------------|--|
| 1. Spongebob Squarepants           | 14. Bilbo Baggins                            |
| 2. The Griffin family (Family Guy) | 15. Jane and Michael Banks (Mary Poppins)    |
| 3. Mr D'Arcy (Pride and Prejudice) | 16. Phileus Fogg                             |
| 4. Worzel Gummidge                 | 17. Peter Parker (Spiderman)                 |
| 5. Mr Benn                         | 18. Donald Duck                              |
| 6. Sherlock Holmes                 | 19. Hercule Poirot                           |
| 7. Dangermouse                     | 20. The Bellamy Family (Upstairs Downstairs) |
| 8. Steptoe & Son                   | 21. Wallace and Gromit                       |
| 9. Del Boy Trotter                 | 22. J R Ewing                                |
| 10. Fantastic Four                 | 23. Harry Potter                             |
| 11. Dr Doolittle                   | 24. The Simpsons                             |
| 12. Tony Hancock                   | 25. Paddington Bear                          |
| 13. The Avengers                   |  |

## SO GOOD THEY NAMED IT TWICE . . .

1	Disease caused by Vitamin B1 deficiency.
2	Food made from crushed steamed wheat semolina.
3	Divided equally into two.
4	Type of anti-aircraft gun used in WW2.
5	1980s band named after character in "Barbarella".
6	Dance performed at the Moulin Rouge.
7	A Latin American dance with small fast steps.
8	A prison on the Hudson River north of New York.
9	Abbreviation used for certain car ferries.
10	Perfect sight or a form of cricket.
11	An alternative name for Bingo!
12	Cartoon created by Hergé.
13	A type of sweet.
14	A tropical fruit also known as a Papaya.
15	A narrow drum usually played with the hands.
16	A hard yellowish substance that forms on teeth.
17	Costume worn by a female ballet dancer.
18	A very hot African Bird's Eye Chilli Pepper.
19	Dorothy's dog in "The Wizard of Oz".
20	A large flightless bird from Mauritius now extinct.

# Keep Cash / Direct Debit Scam

Freedom Day, or something like freedom, arrived on the 19<sup>th</sup> July. But we are being freed into a very different world to that we left in March 2020.

The High Street is now littered with closed shops, masks and one way systems are commonplace and a large number of retailers are refusing to accept cash as payment. It appears that we are heading towards a cashless society.

But this is not what many of us, especially older people, want. 5 million adults use cash for most of their purchases, according to a report by the Financial Conduct Authority. With the easing of restrictions, cash usage has increased and the Post Office said cash deposits in May of £2.2 billion was the highest amount ever deposited in a single month, with withdrawals of £636 million, the most since March 2020. However there are still many shops, restaurants and businesses refusing to accept cash.

One reason cited for not accepting cash is that its use helps spread coronavirus. This has been debunked by a Bank of England study into the transmission of coronavirus through bank notes, which found that, even if sneezed upon, the virus disappeared very quickly. However, there are other much more important reasons to worry about. A cashless society would have no back up if its digital systems failed or was subject to a cyber attack. Sweden is almost cashless but its politicians are extremely worried that their country has no back up if digital networks fail, with a cyber attack on the banking system bringing their economy to a grinding halt.

The Government has launched a consultation on access to cash, which aims to ensure that everyone has access to cash when needed. But for cash to survive we must also be able to spend it, and if a shop refuses to take it we can take our custom elsewhere. It seems illogical when so many shops have closed in the past year that some will turn away customers for wanting to pay in cash.

A national newspaper, The Daily Telegraph, have started a Keep Cash campaign to ensure the future of physical currency. This campaign is backed by many national shops and businesses, as well as politicians from all parties. We can all do our part in keeping cash, by refusing to use shops which do not accept it.

---

## Direct debit scam

Every few weeks, I receive a telephone call relating to my (non-existent) insurance cover or warranty for my washing machine or my television set. I have (apparently) set up a direct debit to pay for this, and it now needs action on my part to renew the cover!!! [My understanding of a direct debit is that I have authorised the company to take payment from my bank account to cover what I owe, until I decide to cancel.] The caller asks for my bank sort code and my account number, so that payment can be increased. What nonsense! There is no need for me to give any such details, since any company that I have authorised to take direct debit payments has these details and my signature on the direct debit form that I submitted. The scam is so illogical that I wonder why anyone with a "hapeth of intelligence" would try it on.

Beyond confirming my name and address (which are public knowledge), I obviously don't give out any information in response to an unsolicited telephone call, and I am quite content to tell this to the caller. Sometimes, however, I will "play along", and ask "Which of my television sets?" or "Which of my washing machines?", before ending the call.

*David Abson*

# Angel Radio

A member, Patricia Cruickshank, sent us this article about a nostalgia radio station called Angel Radio.

Angel Radio is based in the Hampshire town of Havant, but they broadcast to many UK cities on digital (DAB) radios, including Cambridge, Norwich, London, Glasgow, and many more. You can also listen online anywhere in the world by visiting the website: [angelradio.uk](http://angelradio.uk)



Angel radio has a team of 70 presenters and receptionists, mostly aged over 60. They are on air 24 hours a day, seven days a week, with programmes featuring nostalgic music from the 1920s to the 1960s, also friendly informal banter, request shows and quizzes for mental stimulation. For physical stimulation Angel Radio has coffee time exercises to music, and they help you to get out and about with their diary of local events.

Record requests can be phoned in for free by calling 0800 014 1955 or emailed to [studio@angelradio.uk](mailto:studio@angelradio.uk) Requests are played as soon as possible, often within minutes of being received. The first time you call Angel Radio and tell them you are a first-time caller they will put your record to the top of the pile so that it is played almost immediately. Where else on the wireless dial could you phone up for your favourite Al Jolson, Bing Crosby, Billy Cotton, Beatles or Ella Fitzgerald record and hear it within minutes?

Angel Radio's presenters are volunteers who are so warm and friendly they make everyone feel special. Nothing is too much trouble for Angel volunteers, and if you ask for an old record that is not in the record library, they will do their best to find it and play it on a later programme.

Angel Radio is a registered charity which has been on air since 1999. Over the years they have received dozens of awards for their work on behalf of older people. In 2002 Prince Charles awarded the Station Manager, Unsung Hero of the Queen's Jubilee Award. In 2009 Angel Radio received the equivalent of the MBE from Buckingham Palace, The Queen's Award for Voluntary Service, and in 2014 the Radio Academy voted Angel Radio the Best Radio Station Serving Listeners in the South of England. The judges at the Radio Academy said of Angel Radio "A station with its own unique place and purpose, Angel Radio celebrates the past in a warm and inclusive way and is clearly adored within its target demographic. With a charming mix of fun, nostalgia and practical support for its listeners, the station serves a very powerful purpose in bringing together a community and giving them a place to belong" We discovered Angel Radio in March 2020 and ever since it has been a lifeline in numerous ways all during the Covid situation and is such a comfort to have it too listen to. We wouldn't be without it now.

# Beautiful Kashmir

India's northernmost state is a lovely, mountainous area of immense beauty and richness, but hemmed in by China, Pakistan, and the rest of India, it has frequently been fought over, its troubles being by no means at an end.

There are various ethnic and religious groups in the state. Ladakh is ethnically Tibetan and Buddhist; in the south of Jammu are Hindus, Muslims and Sikhs; and in the most crowded part of the Kashmir valley are many Sunni Muslims.

Maureen and I had several holidays in Kashmir when we lived in India, between 1976 and 1980. We would fly to Kashmir's capital, Srinager, and from there we would take a taxi to our favourite lake, Neguib, where a houseboat was prepared for us.



Imagine the scene. We are about 6,000 feet above sea level and the weather is perfect. The great lake is surrounded by snow - capped mountains and the water is sprinkled with pink lotus flowers. This is the land that excited an invading army, the Great Moghuls, who, in the sixteenth century, created wonderful gardens - such as the Shalimar - utilizing the swift flow of Himalayan streams and the force of gravity, to bring a series of fountains to life.

On one occasion, we decided to spend a few days at a higher elevation, so we took a taxi to the alpine area of Gulmarg, about 3,000 feet higher. Kashmiri men on ponies were galloping around like cowboys. When we left Delhi, India's hottest city, the temperature had been 47 degrees Celsius. In Gulmarg it was often cold enough towards the end of the day for us to welcome the warmth of a wood-burning stove in our cottage.

It was a wonderful area for walking, with marvellous views over the valley of Kashmir, but after a day or two we felt more venturesome, and approached a group of Kashmiris, standing with their ponies, and clearly awaiting business.

Neither Maureen nor I had ever before mounted a horse or pony, but we now did so, and led by our guides (pony-wallahs), began to ascend the nearby mountain. The climb, through coniferous forest, was steep and uneven, and the ground wet and stony. We simply leaned forward as much as possible, and our horses did the rest! The ascent took some time, and now and again the horses slipped a little on the treacherous surface. For most of the time, we were in the dark shade of the forest, through which bright shafts of sunlight penetrated from time to time.

Then, suddenly, we were at the summit! The shady, confined world within the forest had given way to an open, bright and sunlit scene. We were at an altitude of about 13,500 feet, the snowline. We dismounted on to a plateau, and were surrounded by bare rock and patches of snow. The visibility was excellent and we could see a large part of the main Himalayan range in all its beauty. We were incredibly lucky to have such a perfect day.

But it was soon time to descend. I think the animals found the descent a little trickier than the climb but it didn't take as long and soon we were able to dismount on to the pleasant grassland of Gulmarg, and experience the first signs of stiff and aching joints.

Because of its many fertile areas and variety of elevations, Kashmir is able to produce a wide variety of fruit and vegetables that are characteristic of temperate, Mediterranean and even tropical parts of the world. Kashmir cricket bats have a ready market throughout India, Pakistan and Bangladesh, the mining of precious stones is a growing industry and Kashmir shawls are famous world-wide. Kashmir has also produced many of India's poets and writers.

In 1947, the year of independence from Britain, Kashmir was incorporated within India but with the proviso that a plebiscite would be held in due course to determine whether its people wished instead to be a part of Pakistan or, perhaps, independent of both countries. The plebiscite has never been held. Perhaps, though, Kashmir's interest will be best served if it remains a part of India, the world's biggest democracy.

*George Culling*



Like George and Maureen, Carol and I spent a holiday in Kashmir. But unfortunately it was only for a week and it was in winter. We were going back to the UK after spending 5 years in Thailand, so on the recommendation of a friend stopped off in Kashmir (among a few other places). It was February and snowing but Kashmir was exotic and beautiful in spite of the weather. The houseboat, the country and the people were wonderful. But after our visit politics and religion turned it into a no go country for tourists. *David Bailey*

## Be ScamSmart

### Investment scams are designed to look like genuine investments

#### Spot the warning signs

Have you been:

- contacted out of the blue
- promised tempting returns and told the investment is safe
- called repeatedly, or
- told the offer is only available for a limited time?

If so, you might have been contacted by fraudsters.

#### Avoid investment fraud

##### 1 Reject cold calls

If you've received unsolicited contact about an investment opportunity, chances are it's a high risk investment or a scam. You should treat the call with extreme caution. The safest thing to do is to hang up.

##### 2 Check the FCA Warning List

The FCA Warning List is a list of firms and individuals we know are operating without our authorisation.

##### 3 Get impartial advice

Think about getting impartial financial advice before you hand over any money. Seek advice from someone unconnected to the firm that has approached you.

#### Report a Scam

If you suspect that you have been approached by fraudsters please tell the FCA using the reporting form at [www.fca.org.uk/consumers/report-scam-unauthorised-firm](http://www.fca.org.uk/consumers/report-scam-unauthorised-firm). You can also call the FCA Consumer Helpline on **0800 111 6768**

If you have lost money to investment fraud, you should report it to Action Fraud on 0300 123 2040 or online at [www.actionfraud.police.uk](http://www.actionfraud.police.uk)

Find out more at [www.fca.org.uk/scamsmart](http://www.fca.org.uk/scamsmart)

**Remember: if it sounds too good to be true, it probably is!**



# Sculptures in Cambridge and Histon



We are used to cows chewing the cud on Coe Fen and Midsummer Common, but recently life size painted cow sculptures appeared throughout Cambridge.

'Cows about Cambridge' was a spectacular art project in the City between June and September. The project consisted of 90 decorated cow sculptures consisting of 44 life size cows (each individually painted by an artist and sponsored by a Cambridge business) and 46 mini cows created by schools and Community groups throughout Cambridgeshire.

People were encouraged to go on walking or cycling tours to find as many as possible of these cows. At the end of September the large cows were auctioned to raise funds for Break a local childrens charity. The project was organised by Wild in Art and the main sponsor was Cambridge Bid



While Cambridge has just had its cows on a temporary basis, Histon just across the A14, has placed through the Village 5 metal sculptures created by local artist, Tony Hillier. Unfortunately, Tony who made the sculptures during retirement, died in 2014. His wife Joan generously offered the sculptures free to anyone to take them away. Several schools accepted this offer and recently the Parish Council decided to place five at strategic places in the Village.



# Reducing Risk: falls

## How can I reduce the Risk of having a fall?

Experts believe the vast majority of falls could be prevented with some fairly modest changes to our lifestyle and homes.

**Six out of ten falls happen in the home or garden. Not surprising, our homes get old too: carpets get worn, clutter builds up and we may not stay on top of maintenance as we once did.**

**So why not Fall-proof your home? See if you can use your detection skills to spot the falls risks?**

## Five things to keep an eye out for.

1. **Good lighting**, partially on the stairs? Do you have a night light or a torch by the bed if you need to get up in the night?
2. **Floors free of trip hazards?** Trailing flexes, fraying carpets, could you put slip mats under rugs?
3. **Safe stairs?** Never store things on the stairs, keep free of clutter, do you have handrails both sides of your stairs?
4. **Bathroom**, do you have a non-slip bathmat? Would handrails help?
5. **Garden** do you keep your garden paths free of moss, have you got uneven paths or slippery surfaces, would handrails help?

For further information about things, you can do to reduce your risk of falls and stay healthy and strong, you can download the Stay stronger for longer leaflet by visiting:

[www.cambridgeshire.gov.uk/strongerforlonger](http://www.cambridgeshire.gov.uk/strongerforlonger)

If you have fallen, are worried about falling, and want to chat to someone about how to get more active, you can contact Healthy You, they have specialist falls practitioners who can complete a falls assessment and prescribe specific exercises and classes to help further reduce your risk of falling, they also offer support around weight management, stopping smoking and other healthy lifestyle changes, they are very skilled in helping you to find your motivation to make behavioural changes, they will also refer you to the NHS falls team, if you need more therapy led specialist support.

*Lisa Robertson, Clinical Exercise Specialist, Falls Prevention Team (CPFT)*



# Poem / Recipe

## SO MUCH TO HIDE

A few thoughts I will tell on the subject of skin.  
It keeps outside outside, and what's inside us in.  
It's a truly incredible flexible friend.  
It stays straight when you're straight; it bends round when you bend.  
It fits like a glove from your head to your toes,  
And covers inside and outside of your nose.  
If it weren't for your skin, then your hands would get frayed.  
If you went without skin, you'd look like you'd been flayed.  
It goes red in the sun; it goes blue in the cold.  
It is smooth when you're young, wrinkles up when you're old.  
It is something to scratch when you itch, and what's more,  
It stops others from seeing your blood, guts, and gore.

© 1992 David J. Abson

## Ginger Cake Recipe

### Ingredients

100 g Butter (including extra for greasing cake tin)  
125 g Dark Muscovado Sugar  
50 g Treacle  
50 g Golden Syrup  
1 large piece preserved Stem Ginger  
100 ml Whole Milk  
1 Egg  
125 g Plain Flour  
½ tsp Bicarbonate of Soda  
½ tsp Ground Ginger  
½ tsp Ground Cinnamon

Also 18 cm Round Baking Tin



### Method

1. Preheat oven to 160 C or 140 C Fan or Gas 3. Grease Baking Tin and line with baking parchment
2. Heat butter, sugar, treacle and syrup together in large saucepan, stirring until butter melted and sugar dissolved. Finely chop stem ginger.
3. Add milk and whisk until all combined. This will cool the mixture down then add the egg. Beat in the egg and add the stem ginger.
4. Sift the flour, bicarbonate of soda and spices together in a large bowl. Then pour in wet mixture and beat together until smooth.
5. Pour the mixture into the tin and bake in the oven for 40-50 mins or until firm and a skewer inserted comes out clean.
6. Leave to cool before taking out of tin, then add icing or eat as is.

There are few things more satisfying than a slab of sticky moist ginger cake with its warm and sticky flavour. You get the stickiness in this cake by melting the butter with the sugars before mixing with the flour.

Poppy Bailey

# 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)

### Advertisers

Please Note New Rates

Quarter Page £40

Half Page £ 80

Full Page £150

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

### British Lung Foundation

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

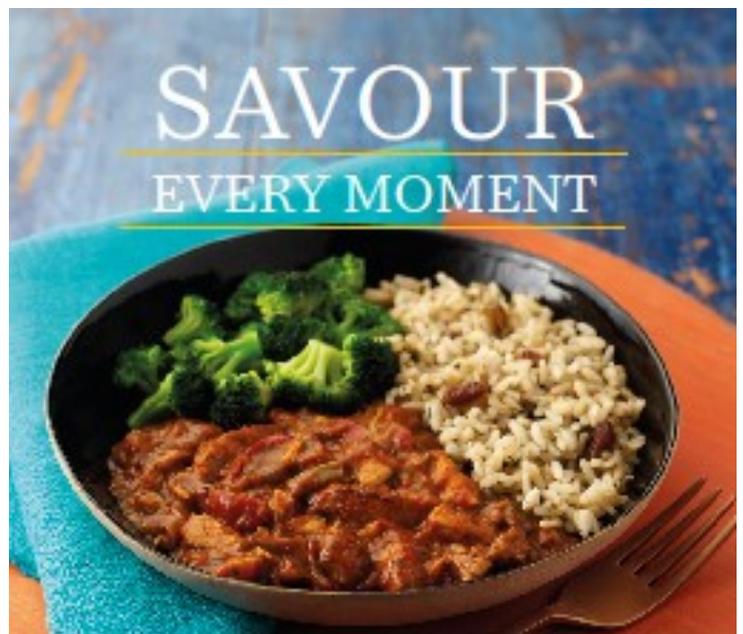
[www.lunguk.org](http://www.lunguk.org)

**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



With our delicious frozen meals and desserts, you've more time to enjoy the things you love.

For your free brochure visit [wiltshirefarmfoods.com](http://wiltshirefarmfoods.com) or call 01371 876970

OVER 300 DELICIOUS DISHES

FREE FRIENDLY DELIVERY

TRUSTED LOCAL SERVICE

WILTSHIRE

FARM

FOODS

# Report—COPE Annual General Meeting 2021

COPE held its belated Annual General Meeting on Monday 16<sup>th</sup> August 2021 in St Luke's Community Centre, Victoria Road, CB4 3DZ



After the Chairman's welcoming speech, the AGM was officially opened by Councillor Martin Smart, Deputy Leader of Cambridge City Council. In his speech he outlined the problems that older people are experiencing here in Cambridge. He spoke of the benefit of COPE's bimonthly Newsletter, its importance to many members, particularly those living alone, and that the City Council provides funds to ensure COPE can continue to help older people.

The Formal Meeting of the Annual General Meeting then took place. The 51 members present approved the Report of the 2020 AGM; the Chairman's Annual Report (2020/21) and the Financial Statement. They also approved the re-election of the Existing Committee and the appointment of Andrew Holmes as a Committee Member. It was noted that the Auditor, Michael Arnold, had resigned. The new Auditor will be announced at a later date and the Committee will send a letter of thanks will be sent to Michael for his help with the Finances.

After the AGM's formalities, speakers from Stagecoach bus company, Darren Roe (Managing Director) and Steve Zanker (Commercial Manager) gave a very informative presentation. Among many facts, figures and forward plans, they outlined the problems experienced with the first lockdown and having 350 vehicles with no passengers, when 80% of their funding came from fares. Government funding helped to pull the Company through and it meant they were able to keep all ancillary staff such as cleaners and engineers in their employment. They are busy addressing the problems of the environment and they explained how all vehicles have filtrated air to help ventilation and how with government support up to 30 buses will be electrified in a few months time. During and after the presentation many questions and comments by members were answered.



The next speaker was Edward Leigh from Smarter Transport UK, who outlined the challenge on how to provide everyone equal space on the roads. Unlike European cities having wide boulevards, we have limited space for pedestrians/wheelchair users/walking frames/ bicycles/ buses/cars/vans and large lorries, to name a few forms of transport. Travelling by bicycle and walking should be easier, safer and environmentally healthier. He questioned the members present and found that 25% do not use a bus and that 50% have a car but do not use it often. Rather than keep a car it was more economic to make use

# Report—COPE Annual General Meeting 2021

of car rental agencies in Cambridge, such as Zip and Enterprise. Consultations were being undertaken to devise ultimate plans for segregated lanes on more roads in Cambridge. His last comment after queries from the audience, was that the problems faced by e-scooters were under discussion.

The final speaker was Christopher Brooks, a representative of the National Pensioners Convention Eastern Region. Christopher outlined many problems and discrepancies when it comes to older people's future, such as

1. Landline telephones are to go within the next 5 years.
2. Health data is to be sold to a private company. Because there was a sustained complaint about this the Government have put the date back for the third time. Now it will be 'some time in the future'.
3. We are unable to access the National Health Service when it comes to care in the home, we have to self-fund it.
4. When it comes to Universal Pensions Benefit we need to have it said about the wealth we have brought to this country.
5. Fuel policy, when the elderly cannot afford to keep warm. Winter death numbers are too high and fuel allowance should be increased.

The Eastern region of the NPC put up a strong front when the controversy arose over the TV licence and many in the region marched on Norwich to a great amount of publicity.

His message is to keep on fighting for our rights, don't just accept it.

Once the Raffle prizes had been distributed there was a light lunch break when members circulated among the stallholders and themselves, catching up with those they had not been in contact with for many months.



## Stallholders

Hearing Help;  
Cambs Fire and Rescue;  
Library at Home;  
Bobbie Scheme;  
Falls prevention;  
Healthwatch;  
Re-cycling;  
Zero Carbon Study;  
Remap;  
South Cambs District Council.

# Attendance Allowance Eligibility

The Attendance Allowance is extra money that can be used to help someone stay independent in their own home. It is not means tested, and applicants are assessed on funds available. Eligibility of a person to receive it is based on the following criteria:

- Aged 65 or older;
- Have a mental or physical disability (or both) or are terminally ill;
- Help or assistance is required to ensure personal safety or that of others;
- Has been in need of help for 6 months ( if terminally ill can claim immediately).

Claiming Attendance Allowance does not affect your pension, and you can claim even if working and earning money. But those receiving Disability Living Allowance (DLA) or Personal Independence Payment (PIP) cannot claim Attendance Allowance.

There are two different rates of Attendance Allowance:

- £59.70 a week if help is needed either in the day or night;
- £89.15 a week if help is needed both in day and night or for a terminal illness.

A claim form (AA1A) to apply for Attendance Allowance can be obtained by phoning the Helpline, Monday to Friday, 8am -6pm on 0345 605 6055. The form can also be downloaded from [www.gov.uk/attendance-allowance](http://www.gov.uk/attendance-allowance). On the form explain what the needs are and their severity, the impact of the illness on daily life and how this shows the need for extra support. Provide as much information as possible on the illness and specific incidents on its effect on life. With the form add as much information as possible such as:

- Letters from your GP / other medical professionals / carer;
- Details of prescriptions;
- Information on the condition and its effects;
- An existing or proposed care plan;
- Details of hospital visits and stays over the last 12 months due to the condition;
- Details of those seen about the condition during the last year.

The completed form can be submitted on line (supported evidence can be sent by post) or by post to the following address: Attendance Allowance Unit, Mail Handling Site A, Wolverhampton, WV98 2AD.

There may be some time before the application is assessed and a decision is made, while a face to face assessment may need to be made before a decision is made. A decision regarding a terminal illness is quicker and an application will be dealt with in 8 days. Even if a decision is not favourable you can always appeal, and details of how to do this will be included in the decision letter.

Attendance Allowance contact no: 0345 605 6055 Monday to Friday 8am to 6pm.

Information from Agespace which provides advice for the elderly ([www.agespace.org](http://www.agespace.org) )

## Alice Zeitlyn



Alice is the longest serving Trustee member of COPE and sadly because of ill health, she has had to resign her Trusteeship but thankfully will retain her membership of COPE. She is going to be sadly missed because she did so much for COPE.

Alice joined at its inception in 2003 and quickly settled into the administration and taking Minutes of the many meetings held in the COPE office. These were at various venues, either at the home of Robert and Rhona Boorman and then Akeman Street Community Rooms and now St Luke's Community Centre.

Two important aspects of COPE were the Committees and their work. With a list of 18 Trustees on board in the early days the Education and Research Committee decided to put together important social information in leaflet form, these were then inserted into the monthly Newsletter. Subjects such health issues; what to do when your partner died; finance, safety issues for the elderly, many others that were relevant to the lives of older people. As a member of that Committee Alice took immense care in the research of many of the subjects and was able to present documents containing helpful facts for members.

Another important aspect of her work in COPE is when the Education and Research Committee work with various other members to devise a searching Questionnaire. This takes place every two years and is an important undertaking which helps us to understand what you the members require of COPE. Alice continued as part of the team and helped to analyse the outcome of the document.

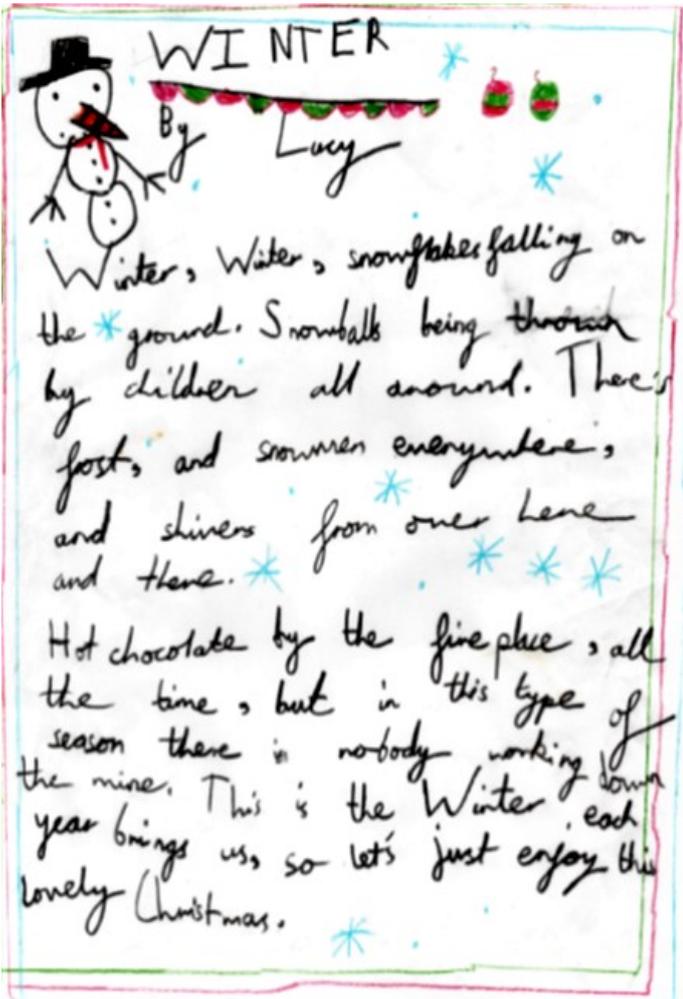
Alice has also been involved in so many other charities that in 2008 she was awarded the MBE for services to the community in Cambridge. In spite of being involved with so many charities, Alice studied as a mature student at Anglia Ruskin University and was awarded a MA in Humanities and Social Studies, while she established funds for those studying Physiotherapy and Music Therapy, the former being in honour of her late husband.

Alice is always full of life. In fact she went at life at what seemed 100 miles an hour – she was always active and busy helping people. She was always cheerful and treated everyone with great charm and respect. She helped to hold everything together in the office and she would turn her hand to any task asked of her; from stuffing envelopes (Newsletter distribution) to writing to all the local authorities for membership or funding; she brought plants into the office to alleviate the austerity of tables and cupboards; she collected the stamps off received correspondence for charity; she coped with distributing Minutes via IT and dealt quickly with a new telephone system; any member who called by and wanted to chat she was a ready listener. Any member who telephoned with a problem, in some cases official application forms to deal with everyday living, Alice helped them to cope.

We are going to miss Alice so much but we send her our good wishes and say to her: relax and enjoy a well deserved retirement.

## Poems / Advertisements

### Winter by Lucy Barton



### Billy Graham

Some COPE members will no doubt remember the Billy Graham campaigns of the 50's and 60's and the music of the Crusade Choir and George Beverley Shea. I have a number of '78' records featuring these and Salvation Army bands and choir which I would be willing to pass on to anyone interested in return for a donation to COPE funds.

Alternatively someone with the equipment and know how may be willing/able to transfer some of the items onto tape or CD, which other interested members could purchase, copyright rules permitting.

Margaret Skempton Tel. 01954 211588

## 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



**Do you need a Dependable & Honest Cleaner?**

Belle Casa offers a Professional Cleaning,  
Washing and Ironing, etc. Service  
(suited to your individual needs)

For a Fully Inclusive rate of £13.50  
(£13.00 for 5+ hours)

For **COPE Members ONLY** a Minimum Service of 2 hours  
Fortnightly (usually 2 hours weekly)

All of our housekeepers are carefully selected  
and insured.

You will receive the same housekeeper each visit.  
Please call us today on

01223 441055

[www.cleanerscambridge.com](http://www.cleanerscambridge.com)

Established 2002

## Activities and Events (subject to Covid)

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

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

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

**Cherry Hinton Church End WI** meets every Monday. If you are interested in joining or want information, contact **Margaret** on 01223 249247 or [kjrmdp19@btinternet.com](mailto:kjrmdp19@btinternet.com)

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

**Cherryhinton Care Home (TLC Care)** 398 Cherryhinton Road CBI 8DB. Come to our Afternoon Tea and Cakes on the 2nd Thursday of each month and join our residents. All are welcome, to book contact **Amber Christou on 01223 210 070**

**Cherry Hinton Leisure Centre** Contact [Julie.howard@gll.org](mailto:Julie.howard@gll.org) **01223 576412**

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

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

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

**Chesterton Knitters** meet on the 1st Thursday of each month 2.00-4.00pm (except August) at: Café 121, 121 Milton Road Cambridge. Wool, needles and patterns will be provided. Bring your own work if you wish. We can teach you if you do not know how! Telephone **Alice - 01223 357395** for details.

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

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

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

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

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

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

**Meadows Bowlers (Carpet), Meadows Community Centre, Arbury Road.** Restarts June / July 2021. Every Thursday 2-4 pm £3 per session incl. refreshments. Contact **Alan Hedges 01223 364968**

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

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

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

**St Luke's Knitting Group:** Restarts early September 2021. Meets 1st Wednesday of each month. A convivial gathering over a cup of tea at St Luke's Centre. All welcome, it doesn't matter if you cannot knit or crochet. Telephone for information **Judith Crowe - 01223 357627**

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

**Wesley Church Lunch Club:** restarts October 2021: meets on Fridays at Christ's Pieces, Cambridge. Freshly cooked two-course meal at a moderate cost. Telephone **Sheila Jackson - 01223 352115**.

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

## COPE in Cambridge City



St Luke's and COPE invite you to a  
**Silver Sunday Singalong Party**  
Sunday 3rd October 3 pm to 5 pm  
St Luke's Church  
Victoria Road  
Cambridge

**Call 01223 311136 or 364303 to reserve a place.**



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

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

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

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

Everyone is welcome.

Oct 20th David Stubbings: Cambridge Horse Trams

Nov 17th REMAP: equipment adaptation

Dec 15th Crofters Singalong

**NB Volunteer needed to be 'Tea Lady'**

## **COPE in St Ives**

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

Meetings held on third Thursday of each month

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

Oct 21st Talk on David Parr House, Cambridge

Nov 16th Talk on The Great Ouse Way

## **Possible events during 2022**

**Escorted punting on the Backs**

**Visits to National Trust Estates locally**

**Visit to Wisbech**