

Cambridgeshire Older People's Enterprise

COPE

The voice of the County's over 50s

Registered Charity No. 1110887

October—November 2023

Newsletter 172

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Editorial

Digitalisation has reared its ugly head over recent weeks with the proposal by National Rail and the Rail Companies to close their ticket offices and only have card and smartphone machines available to purchase tickets at rail stations. Initially, there was only a three week consultancy period. Fortunately, after a public outcry this was extended to the end of September.

COPE has written to National Rail (see page 10), copied to Cambridgeshire MPs, at this proposal to cancel ticket offices and its effect on senior and disadvantaged members of the community. Similarly, many councils including Cambridge have made parking meters payable only by card, and in some cases smartphone apps. We are not all computer savvy or indeed have computers, laptops or smartphones. But we are being forced in many cases to become slaves to digitalisation, and in spite of cash being enshrined in law as a legal form of payment, becoming a cashless society. Even banks who are supposed to look after our money are making it difficult to pay in or take out cash, and are cancelling individuals accounts if the latter have views which the banks do not agree with.

Cambridge and County is now being proposed by Government to become the Silicon Valley of Europe, with the construction of not only computer related companies but also 250,000 houses. We are already being overdeveloped with some 40,000 houses being built in and proposed around Cambridge. As it is, present developments such as Northstowe do not have the necessary infrastructure to provide for the needs of those living there. The main necessity for life, water, is at a premium in Cambridgeshire and to provide for a quarter of a million homes would require the construction of enormous water facilities from reservoirs to pipelines, on a scale not seen since Victorian times. Plus we would be losing valuable agricultural land as the County is part of the breadbasket of Britain and its products necessary to ensure the food security of the UK. We trust these proposals will be reconsidered.



David Bailey and the Executive Committee

Talking Together



Talking Together is COPE's unique programme of telephone-based conversations for older adults. Small groups meet weekly over the phone for stimulating discussions on topics of shared interest, facilitated by a skilled leader. Each weekly session lasts 45 minutes and the discussion series runs for 6 weeks.

The autumn series of TALKING TOGETHER will be scheduled from 26 October -7 December. Once again, all groups will be meeting on either Monday or Thursday afternoons. Please watch for the leaflet, which will be sent by both post or email, giving full details about each group, the schedule and how to register.

The programme is free, registration is required. You may register by email, completing the application in the leaflet and posting it to COPE or phoning COPE at 01223 364 303. Registration is due by 13 October.

We have a very exciting and stimulating list of discussion groups to choose from.

- Based on the success of previous series, and in response to many requests, both the Fitzwilliam Museum and Kettle's Yard will be participating in the series.
- Two Cambridge University Laboratories: will be looking at their work: The Toxicology Unit, established by the Medical Research Council in 1947, focuses its research in areas leading to improved health. Dr. Anne Bishop, of the Wellcome Sanger Institute is a specialist in vaccine development. She will explore the process and challenges of developing medicines to treat infectious diseases.
- Marian French, a local historian, will explore the area surrounding the Wimpole Estate. The group will include a visit to Wimpole House.
- The importance of living well and safely at home will be discussed by staff of Remap and the Cambridgeshire Home Improvement Agency.

We hope that you will join us in this unique opportunity to come together weekly to share ideas, experiences and learning with skilled facilitators and other older adults from the comfort of your home. Building on the success of our previous **Zoom events** we also plan to offer more of these in the Autumn and in 2024.

Costs for the Talking Together and Zoom programmes are covered by COPE – all sessions, including materials, are free for participants, though registration is required.

We very much hope you will join us. If you have any queries, please contact us at:

copetalkingtogether@hotmail.com

We are always interested in gathering your opinions and reactions to TALKING TOGETHER as well as any recommendations for group topics and facilitators. Please email us or phone the COPE office to share your views.

Happy birthday to all members celebrating in October and November



Supporting older people to live well, independently and safely in their own home.

 **0300 666 9860**

 **infoandadvice@ageukcap.org.uk**

www.ageukcap.org.uk



Registered Charity No. 1165856

Data Protection Act

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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

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; cambridgecope@hotmail.co.uk
Registered Charity No. 1110887

COPE FORUM

Cambridgeshire Older People's Enterprise

Donation Form

I would like to make a donation of £_____

[Please make cheques payable to COPE]

☐

I DO NOT pay UK Income Tax

☐

I DO pay UK Income Tax

Please tick the box above applicable to you

☐

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

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

Please sign below and print and date underneath

Signature_____

(BLOCK CAPITALS BELOW PLEASE)

First Name_____

Surname_____

Address_____

_____Postcode:

Date_____

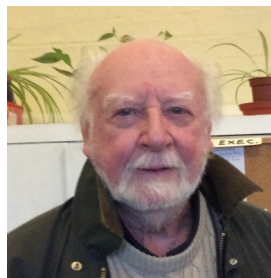
The Olive Golding Room
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*Notes

- 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 (2022/2023)



David Bailey,
COPE Chairman



Peter Murfitt



Vacancy



Jennie Jenks



Doreen Ryan



Vacancy



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
5th November 2023.

Word Search / Quiz

OCTOBER 2023										WORD TILE									
A	C	R	D	E	L	N	D	T											
A	L	E	D	I	N	O	I	X											
A	T	E	D	O	N	R	E	M											
A	Z	Q	E	D	R	S	K	Y											
B	L	E	F	R	I	S	T	A											
B	O	T	I	C	H	T	E	C											
B	R	A	I	N	I	T	T	O											
C	A	N	K	A	N	U	E	Z											
C	O	N	L	L	O	V	E	L											

OCTOBER 2023										WORD TILE									
A	C	R	D	E	L	N	D	T											
A	L	E	D	I	N	O	I	X											
A	T	E	D	O	N	R	E	M											
A	Z	Q	E	D	R	S	K	Y											
B	L	E	F	R	I	S	T	A											
B	O	T	I	C	H	T	E	C											
B	R	A	I	N	I	T	T	O											
C	A	N	K	A	N	U	E	Z											
C	O	N	L	L	O	V	E	L											

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

Last month's solution

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

The Fifties Quiz Answers

- 1 BBC Light Programme
- 2 One shilling
- 3 1956
- 4 What Do You Want to Make those Eyes
at Me For?
- 5 Red Star Belgrade
- 6 Clement Attlee
- 7 Jack Warner
- 8 Stirling Moss
- 9 Andy Capp

QUIZ:THE SIXTIES

1. Lesley Hornby was widely known by what name?
2. What is Max Yasgur's 600-acre dairy farm famous for?
3. Which fashion designer was known as the inventor of the miniskirt?
4. In June 1968, radical feminist Valerie Solanas shot and nearly killed who inside his studio?
5. Name the British doll created by Pedigree Dolls and Toys as a rival to Barbie.
6. In 1967, who was captured and executed by the Bolivian army?
7. Who refused the 1964 Nobel Prize in Literature?
8. The first Nobel Prize in what was awarded in 1969 to Ragnar Frisch and Jan Tinbergen?
9. Which European country became the first atheist nation in the world?
10. Which musician and then child actor had his first major role at 13, playing the Artful Dodger in the West End?
11. Bill Duce and Tom Parry Jones developed and marketed the first electronic what in Britain?
12. In which pub did Ronnie Kray Ronnie Kray shoot and murder George Cornell on 9 March 1966?

Answers in next Newsletter

Tackling Dementia—Diet

Foods to cut your Dementia risk

Dementia strikes every three seconds, according to the Alzheimer's Society's calculations. A new drug, donanemab, has brought signs of a breakthrough in the battle against the disease. It slows the progression of the disease by up to 35%.

Meanwhile another study published in the journal *BMC Medicine* points to another treatment path. A Mediterranean diet may lower your risk of developing all forms of dementia by a quarter, as data from 60,000 people suggests a plant rich diet may help, regardless of a person's genetic risk factors.

Mediterranean or MIND Diet

“A Mediterranean diet composed of wholegrain cereals, fish rich in omega 3 fatty acids, vegetables and other healthy foods is excellent for reducing the risk of Alzheimer's disease”, says Professor Barbara Sahakian of Cambridge University.



There may be an even more potent diet for the prevention of Alzheimer's and other forms of dementia. The MIND diet is a hybrid of the Mediterranean and DASH (dietary approaches to stop hypertension) diets. Alongside wholegrains, poultry, fish and olive oil it emphasises the regular consumption of leafy green vegetables and berries, while placing limits of foods such as pastries and sweets, red meats, fried foods and butter.

A 2015 study published in the journal *Alzheimer's & Dementia* suggested that adhering closely to the diet could reduce your likelihood of developing the disease by as much as 53%.

The following are the specific foods that protect our little grey cells:

- 1 **Spinach** Rich in vitamins and minerals it also has antioxidant activity says Prof Sahakian.
- 2 **Berries** Clinical research has shown that berries can reduce the risk of age related neurodegenerative diseases and improve motor and cognitive functions, says James Goodwin, author of *Supercharge your Brain* .
- 3 **Whole Grains** Goodwin points to a recent study suggesting that people who eat the most wholegrain foods have a lower risk of dementia and specifically Alzheimers.
- 4 **Fermented Foods** Regular probiotic fermented foods are beneficial says Professor Tim Spector, so add a daily dose of Kefir (fermented milk) Kimchi (fermented cabbage) or Kombucha (fermented cabbage).
- 5 **Protein** A Japanese study showed a link between protein rich diets and a reduced risk of Alzheimer's. So eat high quality protein, including chicken breast and fatty fish, as well as beans and legumes like lentils and chickpeas.
- 6 **Fish** A 2012 Study concluded that adding just one extra gram of omega 3 to your diet a day (half a salmon fillet per week) was associated with 20 to 30% lower blood levels of beta amyloid (a protein related to Alzheimer's and memory problems).
- 7 **Olive Oil** A Yale University study found that extra virgin olive oil enhanced brain connectivity and reduced blood brain barrier permeability, both of which are markers of mild cognitive impairment and early Alzheimer's disease.

Herbal Health Cabinet

Throughout History we have eaten pungent aromatic herbs such as rosemary to help digest fatty meats, and filled pillows with lavender to relax us. So why not cultivate your own herbal health with seven common herbs? All can be grown in garden soil or in pots if space is limited. Give them a sunny position for best results.



Rosemary (for Brain Fog)

There is evidence that this pungent Mediterranean herb can help with memory. A 2015 study by Northumbria University found that older volunteers given memory tests in a room infused with rosemary oil performed better than those without. Try a few sprigs of rosemary in hot water if you are suffering from brain fog. Or make an infused oil and rub it on your wrists.

Calendula (Burns & Stings)

For a better all-round soother of stings, bites and sunburn than dock leaves, grow pot marigolds (*calendula officinalis*). Easy to grow from seed, calendula not only brings orange and yellow exuberance to every corner, but the flowers are naturally antibacterial and anti-inflammatory. To use them infuse in oil and dab as required.

Fennel (for Digestion)

A study found that bloating can be eased with fennel seeds that soothe spasms in the intestines and disperse trapped wind. Either infuse a teaspoon of the seeds in boiling water and drink as a tea, or chew the aniseed flavoured seeds. Note that we are talking about the tall feathery fennel with yellow flowers, not the bulbous Florence fennel eaten as a vegetable.

Thyme & Sage (for Sore Throats)

These potent aromatic herbs are used for respiratory problems: their oil is antibacterial. Drink regularly a tea made from a couple of sprigs or leaves, or to ease a sore throat, make a stronger infusion (3 to 4 sprigs or leaves with a mug of hot water); strain and gargle.

Lavender (for Calm and to Repel Insects)

Together with camomile, lavender is frequently used to promote sleep and calmness due to its high level of a flavonoid that may induce muscle relaxation and sedation. A study found that students given patches of lavender essential oil, slept better and woke feeling refreshed. Lavender will also keep biting insects away. Rub lavender oil or crushed flowers around your wrists and ankles.

Mint (for Stomach Pains)

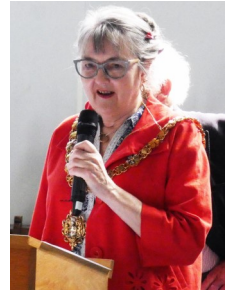
The NHS recommends peppermint oil to relieve cramps, bloating and trapped wind since it is antispasmodic, helping the muscles of the stomach wall to relax. You can buy it in capsule form, but it's very easy to grow the plant yourself and make it into a soothing and delicious tea.

Please note that if the treatment fails to ease symptoms and they persist or increase, contact your doctor or medical practitioner.

Article by Alex Mitchell in Daily Telegraph, adapted by David Bailey

COPE AGM 17th July 2023

- 51 Members attended.
- The City Mayor, Cllr Jenny Gorthrope-Wood opened the proceedings. Her address included thanks for all the volunteers that keep COPE going. She spoke of the many problems of ageing and the importance of transport for older people, which helped to keep people from being isolated. The problems of ageing were consistently addressed by the COPE Executive and she hoped we would continue to deal with issues as they emerged.
- The minutes of the 2022 AGM were circulated and taken as read and approved.
- The Annual Accounts were circulated and approved. A vote of confidence was passed for the independent examiner Hugh Barton. The vote was unanimous. The Chairman thanked members for their donations throughout the past year; HMRC has received requests for Gift Aid to be paid.
- **Election of Trustees:** The present Committee were elected for two years last year. The members of the Executive Committee are: David Bailey (Chairman); Peter Murfitt (Treasurer and Office Manager); Jennie Jenks (Events and AGM organiser); Doreen Ryan; Deborah Katznelson (Talking Together) and Brian Reynolds. Among our stalwart volunteers are Michael Bloy; Monica Rae; Barbara Oliver; and Laurence Kidman, with Sally Fenn administering Talking Together and Nick Brenton maintaining the Newsletter, website and membership lists.
- Our Chairman, David Bailey announced that he will be standing down next year. The Executive Committee has lost 3 members over the past two years (through illness), leaving only 6 members to ensure COPE can continue to provide services to its members. We need more volunteers from our many members (2,700) to ensure our Committee is able to operate efficiently. The Chairman asked the present members for volunteers to come onto the Committee.



Guest Speakers

Darryl Preston, Police Commissioner (PCC) Cambridgeshire & Peterborough

- Darryl explained that as Commissioner he was appointed to be the voice of the people holding the police to account. The responsibilities of the PCC include appointing the Chief Constable; setting the Police budget, their strategic objectives and scrutinising performance.
- The overall aim is to cut crime and provide an effective and efficient police service, to do this they have to gain the confidence of the public. Unfortunately, bureaucracy often gets in the way of justice.
- In response to a question concerning road safety and speeding, Darryl stressed the importance of road safety and keeping to the advised speed, especially in built-up areas, while an added problem is drivers having taken drugs, not only alcohol.
- Knives are a current problem and work is being undertaken in schools to stress the dangers of carrying a knife. One of the main crimes faced these days are scams and fraud, for which police numbers have increased.



Nigel Sutton – Fraud and Scams.

- Scams come under the title cyber protection crimes and the NPCC (National Police Chiefs Council) work at creating public awareness of scams. Criminals know how to motivate us so this is how we, the public should view an approach from a stranger on the 'phone, email or post. A – Assume nothing, B – Believe nobody, C – Check everything, D- Discuss with family or trusted friend

COPE AGM 17th July 2023

- **Fraud** is a false representation: **Scam** is an illegal plan for making money and tricking people.
- Cyber crime is a crime carried out by means of computer or internet, and 50% of reported crime is fraud and cyber related. Current scams are missed parcel delivery, courier fraud, bank or police impersonation, energy financial support.
- Nigel emphasised above all that we must always be careful in sharing information about ourselves.



Julian Stanley – CEO Healthwatch Cambridgeshire & Peterborough.

- Healthwatch Cambridge is a relatively new local health and care champion making sure that the NHS and health decision makers listen to your complaints. But above all ensuring that they listen and act on complaints and feedback to improve facilities and care they provide. . For example GP appointments continue to give concern to everyone; dealing with trying to get an appointment is often difficult, as proved by the audience. Dental services are also proving to be problematic, as there are fewer dental practices dealing with NHS customers.
- Julian explained how there have been many changes introduced in the last year regarding the commissioning of health and social care services, and the introduction of a new Integrated Care System. This represents a major shift in how the NHS and local authorities plan and deliver the vital services we all rely on. Healthwatch will help people navigate the new system and ensure their needs, concerns and views are acknowledged. Contact Telephone 0330 355 1285 or email: enquiries@healthwatchcambspboro.co.uk;



Ralph Eccleston – Member of the University of the Third Age

- U3A prints a prospectus every Autumn outlining over 300 different courses that will run from October to June next year. The benefits of being a member are numerous: subsidised trips each year; special offers to members in retail outlets; invitations to garden parties in the summer. If anyone is feeling lonely and isolated this could be an uplifting experience for them to find new friends and interests. The courses are numerous and include among others; Art; Current Affairs; Fitness; Languages; Music; Science; Wellbeing
- The courses are funded by subscriptions. Simply Google U3A Cambridge or telephone: 01223 321587

Abhik Palit – Cambridgeshire Home Improvement Agency

- Cambs HIA is a shared council service operating in Cambridge City, South Cambridgeshire and Huntingdonshire. They undertake a wide range of home adaptations and repairs to suit the needs of each individual resident and their families. From simple adaptations such as ramps, grab rails and stairlifts to larger works such as accessible bathrooms, extensions and through floor lifts. Assessed by an Occupational Therapist, home adaptations are designed to meet the bespoke needs of each person.
- Cambs HIA can also help residents access funding and then manage the work, with all applications being means tested. Call 01954 713330 or email hia@cambshia.org



Ticket Office Closures

COPE sent the letter below to National Rail, copied to local MPs

The closure of rail ticket offices is supposed to save money, but it has not considered the difficulty it presents to the public. The Railways are supposed to provide a public service and should therefore encourage their use, closing ticket offices prevents many people from accessing this service.

We are told that the present ticket office personnel will be given other tasks in the railway station and be available to answer people's queries, why not keep them in the ticket office and not turn it into a coffee shop or another retail outlet..

COPE (Cambridgeshire Older People's Enterprise) is a charity representing over 2,700 people over 50 and is 'the voice of older people' in Cambridgeshire, Its members are finding it difficult understanding the reason for ticket office closures, especially that whenever they travel there is always a queue at these offices. There are certainly more than 12% of people using ticket offices when I have visited Cambridge Station. In fact, while there is a long queue at the ticket office, most of the automatic ticket machines are idle.

If the railway ticket offices are closed the only way to get a ticket is to use the automatic ticket machines. This is where many problems arise, particularly for the disabled and sight impaired members. They cannot reach the necessary buttons to push and have great difficulty in reading let alone seeing instructions for use. There is also the situation where they do not have a smartphone or an app, or any other means of obtaining a ticket, from the machine.

It is of little comfort for older people to be told that they can buy their tickets On-line when they do not own a computer or a mobile phone. The older members of our society are completely overlooked by authorities who make these decisions.

Please understand that many people need to talk to someone about a journey, particularly if it is complicated with having to change trains before arriving at their destination, and above all they need reassurance they can get on the right train for which they have the correct ticket.

It is alarming to think that this proposal is considered 'progressive', making for a 'better future' when, by using an element of common sense you can see how our society is deteriorating. Decisions are being made where we are slowly but surely **not talking to each other**. We are being separated gradually by these thoughtless bureaucratic actions.

It is important to COPE members that we strongly protest at this proposal for the sake of the day to day life of our members and to keep them away from the fear of isolation. We wish you would take some time out save our members from this isolation.

David Bailey, COPE Chairman



Broadband: Are You Paying Too Much?



Over 4 million people on low incomes are paying too much for their broadband connection. Almost all broadband providers offer what are called “social tariffs” to people on means tested benefits such as pension Credit and Universal Credit. Some may include people on benefits for disabled people like Attendance Allowance and Personal Independence Payment (PIP). Social tariffs can halve the cost of broadband, slashing £200 a year off the standard price. But only about one in 20 eligible customers claims the cheaper rates. Broadband regulator Ofcom is calling on providers to make customers aware of their social tariffs after its research found that more than half the people eligible simply did

not know they existed.

Social tariffs are not just cheaper; they are also not subject to the eyewatering annual price rises that saw most providers whack up prices by between ten and 17 per cent recently.

Broadband gives you access to the internet at home and you do not pay for the time you are connected. There can be extra charges if you download masses of data, but a standard package is more than adequate for normal everyday use. Nowadays banking, shopping, claiming benefits is all done easily online. Fast internet access is rapidly becoming as important as the telephone was a couple of generations ago. Without it you are disenfranchised which campaigners call digital exclusion.

If you already have broadband ask your provider about a social tariff and how to switch to one. There should be no charge to do that, and if you want to leave it later to switch to another provider there should be no charge to do that either.

If you do not have broadband because you think you cannot afford it, then ask the firm you pay for your phone, or mobile, about social tariffs for broadband. Or contact one of the big providers, BT, Sky, Virgin or Vodafone.

Even with a social tariff, broadband will cost you £15 or £20 a month. But it should make your financial life a great deal easier and could save you money. For more information, search www.which.co.uk for “broadband social tariffs”.

Article by Paul Lewis in the Radio Times

Smartphone Phobia

Life without a smartphone is now a challenge, if not a punishment.

I don't want a smartphone because I disapprove of the lifestyle it encourages and the risks involved. I don't want Big Brother and every crook in the universe to know who I am, what I am doing, what I buy, where I park, when I am away from home and every other detail about me. I don't want to waste my time with my nose on a screen. I don't want to subject my life to computer fiddling. I don't want to become an easy target for thieves and muggers, and I don't want to be the slave of an expensive object that I am likely to lose, misplace or break.

Letter in the Daily Telegraph from Yves Lombardot

Recipe

Leek, Potato and Stilton Omelette

This is a lovely Autumn supper dish.
Serves 4.

500g bag of salad potatoes, thickly sliced
400g leek chopped.
8 medium eggs
1 tbsp of chopped rosemary
1 tbsp olive oil
100g of Blue Stilton

Cook in a large non-stick frying pan.



1. Cook the potatoes in a large pan of boiling water for 5 minutes. Add the leeks and cook for another 2 minutes, then drain well.
2. Crack the eggs in a large bowl and beat together. Season. Stir in the drained vegetables and rosemary.
3. Heat the oil in a large frying pan and pour in the egg mixture. Crumble over the Stilton and cook over a gentle heat for 12-15 minutes until almost cooked through.
4. Place under a preheated grill for a further 5 minutes or so until golden brown and completely set.
5. Cut into wedges and serve warm.

(Waitrose Autumn Harvest)



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

Some Interesting Things About Words . . .



- The most frequently used word in English is '**time**'.
- The Amondawa people in the Amazon have no word for '**time**'.
- Danish has no word for '**please**'.
- Sanskrit has no word for '**emotion**'.
- Winston Churchill was the first to use '**sniper**' in print. The word came from India and meant someone who shot snipe – small fast birds with an erratic flight.
- The word '**strike**', as in refusal to work, dates from 1768, when angry sailors in Sunderland disabled ships by 'striking' their sails.
- **Onnangata** is Japanese for an actor who specialises in female roles.
- An **Abbey-lubber** is a lazy monk.
- Sussex dialect has more than 30 words for **mud**.
- **Borborygmi** is the technical word for stomach rumbles.
- The first written record of the word '**pizza**' dates from 997AD.
- **Hemipygic** means 'having only one buttock', Literally 'half-arsed'.
- **Deipnophobia** is the fear of dinner party conversations.
- A **muntin** is the thin strip of wood or metal that divides the glass in a window.
- **Charette** is an intense flurry of activity to finish something by a deadline.
- **Nikhedonia** is the pleasurable anticipation of success before any actual work has been done.
- **Aprosexia** is the inability to concentrate on anything.
- A **wonty-tump** is Herefordshire dialect for a molehill.
- A **babalevante** is someone who makes feeble jokes.
- **Zischeln** is a useful German verb meaning 'to whisper angrily'.
- **Forflitten** means 'overwhelmed by unreasonable and out of proportion scolding'.
- **Autotelic** means 'worth doing for its own sake'.

Article by John Lloyd in The Oldie Spring Magazine 2023

Do you have any words and their meaning which are unusual and may be of interest to COPE and its readers?

The Turkey

The Turkey

In North America—its native land—the wild turkey thrives. Unlike its 40 domestic hybrids, it is an agile flyer in its natural habitat of woods and wooded grassland. It needs trees for roosting, which it does communally for safety.



In the 1930's habitat loss had reduced its numbers to 30,000. Conservation has reintroduced it to Canada, and it now flourishes in the previously alien western states of the USA. A population of seven million means it can be legally hunted in every state of the States, except Alaska.

In England, George II tried to introduce turkeys as a game bird to Richmond Park, but they were poached to extinction.

Benjamin Franklin lamented the choice of the bald eagle as the USA's emblem. It was a cowardly scavenger whereas the turkey 'a true original native of North America' was 'a Bird of Courage and would not hesitate to attack a Grenadier of the British Guards'.

It was revered and domesticated by the continent's first settlers. Thanksgiving, an official USA holiday since 1863, dates back to 1621, when the Mayflower pilgrims celebrated their first harvest with a three day feast, shared with the local Wampanoag tribe. Turkey was its central feature.

Tribes had their own names for the bird. The English name derives from the trade in Mesoamerican turkeys from Mexico via Spain to the Levant, hence Turkey. In Scotland they are known as Bubbly-jocks.

William Strickland in the 1500s is credited with being the first to bring one to a British table. Granted a coat of arms in 1550, he chose as his crest 'a turkey cock in its pride proper'. A wooden lectern turkey cock in St Andrew's Church, Boyton, Yorkshire, is a memorial to a 20th century Strickland of Boynton Hall.



The tradition of the Christmas turkey was popular by the 1720's. Some 250,000 were annually shepherded from Norfolk to London in manageable flocks, stopping at feeding stations on the way. In 2021, 11.3million turkeys were slaughtered in the UK, ten million for Christmas.

Farmer Kim Courtland is known for excellent turkeys, which he says are more closely related to the pheasant than the chicken. Like a dead pheasant, they should be hung to get the best flavour. He never refrigerates and in mild Argyll kills no later than 15th December.

The narrow breasted Norfolk Black is the most pheasant like turkey farmed in Britain. Farmer Courtauld says 'Turkeys are inquisitive and intelligent, but are also laid back and friendly and will make good pets if people want them for that'.

Article by John McEwen in The Oldie Magazine, January 2023

Tickets and Trips

COPE Christmas Market Outing at St Edmundsbury Cathedral, Bury St Edmunds Friday 24th November 2023

Pick up by Dial-A-Ride at St Luke's Church Car Park 10.00 am. Arrive Bury St Edmunds at 10.35. Leaving to return to Cambridge at 3.30 pm.

Over 50 stalls will showcase local products, food, drink and Christmas gift ideas, all in the beautiful setting of the cathedral. There will also be carol singing at 3 pm.

Cost: £10 per person

Please send a cheque payable to COPE with a stamped addressed envelope to: COPE Office, The Olive Golding Room, St Luke's Community Centre, Victoria Road, Cambridge CB4 3DZ

COPE NEEDS YOU!

We need volunteers to help with:

- Staffing the office—10:00 to 12:30
- Organising outings
- Helping with COPE administration

If you can spare some time to help, please get in touch with Peter Murfitt, our office manager:

- by phone—01223 364303
- email cambridgecope@hotmail.co.uk
- or by post to St Luke's Church
Centre, Victoria Road,
Cambridge CB2 3DZ

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Residential reassurance

It is 2 years since I came to Langdon House as a resident – a life-changing event – and I want to share it with you as I know many older people are really frightened at the thought that this might happen to them.

I had visited many residential homes in Cambridge as part of my voluntary work and I chose Langdon House as the place where I might go if I needed to. It was a non-profit home and I had put down my name on their waiting list many years ago. I had previously worked there as a volunteer, running a knitting group, a gardening group and looking after hearing aids so I knew the staff and how it worked. I started getting symptoms of heart trouble early in 2021 and my GP was giving me medication but this did not seem to be making me feel any better. Then a week before the August Bank holiday I really felt that I could not breathe. Luckily for me my daughter and son-in-law were staying with me for a few days and they called an ambulance. It arrived 20 minutes later and the crew very quickly bundled me into a chair which they were able to get down the single flight of stairs very quickly.

With an oxygen mask on I was whisked to Addenbrooke's Hospital where I was taken directly to the admissions department. This was about noon and there I sat until a doctor saw me at 5.00 p.m. Nobody gave me the tea that was offered but I was told that they were looking for a bed for me. Two porters took me up to a deserted area where I had to wait until 2.00 a.m. Then I was whisked to Ward F6. Luckily for me this was better than the waiting times that followed with the worsening of the Covid situation.

Very quickly a new regime of medicine brought my symptoms under control. The oxygen mask was abandoned and I was allowed out of bed. Within 5 days I was sent to Langdon House where they promised to look after me as long as I needed it. Unfortunately, because of the Covid pandemic I had to be kept in quarantine for 14 days which meant that I could not leave my room. The days passed very quickly and then I was introduced to a new world!

Daily life revolved around food. Breakfast is any time between 8.00 am and 10.00; lunch is from 12.30 and tea is served at 5.30. We sit at the same table so get to know those three other residents quite well. There is always a choice in the menu and fresh fruit is available on a daily basis.

Luckily for me I was able to be quite independent except for my wobbly legs which meant I had to go around with a walking stick. The drugs they gave me kept me going and I was allowed to get up when I liked (9.00 am) and go to sleep when I liked (midnight). I appreciated this freedom.

There is a daily diary of events for residents to help keep them amused and busy but I found that my time was kept occupied with my knitting and reading. I was lucky to have the services of a lovely lady from the library service who brings me four books a month – a service I used to perform before I became ill. I also volunteered to do any small sewing needs for the laundry which was quickly accepted by Dawn who runs a very efficient service. This consisted mainly of turning up the hems of trousers which had lost their stitches in the wash!

I am lucky in that I have a family who are able to visit me on a regular basis. My son and daughter take it in turns to take me out for lunch which is a real treat. I enjoy listening to the radio during the day and watching TV in the evenings which seems to make days pass very quickly.

I hope COPE readers will find this reassuring and that life in a retirement home is not like being in a prison!

Alice Zeitlyn—a long-term COPE trustee and supporter

Is there a Cure for Loneliness?

'If you are idle, be not solitary, and if you are solitary, be not idle', said Dr Johnson. As usual he was right, although not a medical doctor. He was however very interested in the medical science of his time and actually performed physiological experiments on himself.

Medical attention has recently been drawn to the ill-effects of loneliness, a blight that is said to be increasing. Of course, it is undesirable in itself, irrespective of its medical harms.



A recent paper reported on the follow-up for over ten years of over 2,000 people with an average age of 73. About one in seven had symptoms of dementia ten years later, but the risk of those who reported loneliness (defined as feeling lonely for three or more days) was slightly more than 50% higher. Moreover, scans of the brain of those who reported loneliness at the outset showed shrinkage and the other changes associated with dementia.,

The paper went on to discuss the mechanism by which a psychological condition such as loneliness might cause changes in the brain. This is not basically absurd, except for those who would claim that the mind has nothing to do with the brain. I recall the London taxi driver who over 40 years ago asked me what I did as he took me to hospital, then said 'you know there's something very mental about the brain'. In fact the brains of London Taxi drivers, after they have done the Knowledge, show demonstrable physical changes.

But the paper also shows that the feeling of loneliness is, or can be, itself a symptom of dementia, and therefore that it is not surprising that, ten years later, those who complained of loneliness should have an increased incidence of dementia.

The reverse is possible because the investigation alludes only to the feeling of loneliness, without any deep or real investigation of an objective correlative, such as actual, measurable social isolation. Insofar as this question is discussed by the paper, it seems that not much difference was found in the social situation of those complaining of loneliness and those not complaining of it. In other words it was the feeling of loneliness rather than any cause of it in reality that was measured.

But how do you measure a so-called objective cause for loneliness? A man may feel lonely in the middle of a crowd, if no one in the crowd shares his interests or has anything in common with him. Nothing human is alien to me is all very well as a dictum, but cannot be made the basis of a fulfilling social life.

Despite our urban overcrowding, loneliness is said to be increasing. About an eighth of the American population claims to suffer from it, and up to 40% of those over 60. Contrarily, a hermit is not lonely *ex officio*.

I recall reading in a medical journal that loneliness is treatable, as if it were a disease, such as hormone deficiency, to be cured by a dose of sociability. If so in my case it would have to be dosed very carefully, isn't hell other people? I like time alone and in a crowd, often wish I could absent myself with a book. To be surrounded by people but to be lonely is as bad as to be busy but bored.

In the meantime, I recommend a dog, the nearest to a panacea yet found.

Article by Theodore Dalrymple in The Oldie June 2022

COPE Christmas Lunch



**CAMBRIDGE
REGIONAL COLLEGE**



COPE Festive Christmas Lunch

Friday 15th December 12.00 for 12.30

Cambridge Regional College, Kings Hedges Road, Cambridge CB4 2QT

Menu

STARTER

- Roasted Root Vegetable Soup with Crispy Kale and Crème Fraiche (GF V VGO)
- Slow Cooked Chicken, Parma Ham, and Melon (GF)
- Breaded Tofu with Roasted Garlic, Lime, and Chilli Mayo (V)

MAINS

- Roast Turkey or Slow Cooked Pork Belly, Yorkshire Pudding, Pigs in Blankets, Roast Potatoes, Brussel Sprouts, Carrots and Gravy (GFO)
- Salmon served with new potatoes, Buttered Cabbage Olive Tapenade and Tarragon Cream (GF)
- Roasted Sweet Potato, Chickpeas, Red onion Jam, Cheddar Cheese and Salsa Verde (GF VG)

DESSERT

- Christmas Pudding with Brandy Custard (V)
- Chocolate Cherry Cake, Praline Brittle (V VGO N)
- Plumb and Orange Pavlova (V GF)

Tea & coffee and Raffle

(V) = vegetarian (VG) = vegan (GF) = gluten free (VO) = vegetarian option (VGO) = vegan option
(GFO) = gluten free option. (N) = contains Nuts

TICKET REQUEST

COPE Festive Christmas Lunch

Cambridge Regional College (thepark-cambridge.co.uk 01223 418997)

Friday 15th December 12.00 for 12.30

Cost: Members £22: Non-Members £25

Please send a cheque for the appropriate amount made payable to COPE with a stamped, self-addressed envelope to: COPE, The Olive Golding Room, St Luke's Community Centre, Victoria Road, Cambridge, CB4 3DZ.

Print Name(s).....

Phone no.....Post Code.....

Please circle your choices below

1st person :

Starter:

Soup or Chicken or Tofu

Main Course:

Turkey/Pork or Salmon or Vegetarian

Sweet:

Xmas Pudding or Cake or Pavlova

2nd person (if appropriate):

Starter:

Soup or Chicken or Tofu

Main Course:

Turkey/Pork or Salmon or Vegetarian

Sweet:

Xmas Pudding or Cake or Pavlova

Due to the anticipated high demand for this lunch please reply promptly
No bookings will be accepted after Friday 8th December 2023 as numbers are limited.

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 AstroTurf, CB5 8NT. Supervets football. Contact Helena.knock@gll.org **01223 576412**

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

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 kjrmdp19@btinternet.com

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

Cherryhinton Care Home (TLC Care) 369 Cherryhinton Road CBI 8DB. Afternoon Tea and Cakes on the 2nd Thursday of each month - join our residents. To book contact **Amber Christou on 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, 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 2.30-4.30 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**, Alvina De-La-Mare, Ely. Referral@cambridgeshire.gov.uk.

Grovebury Ladies club: meet Tuesdays 7.30-9.30pm Arbury Community Centre, Campkin Road Cambridge. Contact **Barbara Watts** on **01223 570707**

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

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

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**

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

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

St Augustine's Community Centre, Café 99, Richmond Road., Cambridge. Open Monday, 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 afternoon at 3 pm.

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

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.



St Luke's and COPE invite you to a Silver Sunday Singalong Party

Sunday 1st October 3 pm to 5 pm

St Luke's Church Victoria Road Cambridge

Entertainment by Chesterton Folk & Fiddle Group

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.

£1 Raffle with donated prizes. Everyone is welcome

October 18th	Michelle Bullivant—local history
November 15th	Papworth Hospital—Becky Proctor
December 20th	David Taylor - Dambusters

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

19th October	Citizen's Advice
16th November	Nene Vally Railway
21st December	Christmas Lunch (Corn Exchange)
18th January	Hunts Society for the Blind
15th February	Sue Lacey: Writing Books

Victoria Road Friendship Club

**Just turn up! Meets the last Friday every month at the meeting room,
Victoria Road Homes from 2.00—4.00 pm.**

Next meetings: October 27th, November 24th

Contact Barbara Watts 01223 570707