

Cambridgeshire Older People's Enterprise

COPE

The voice of the County's over 50s

Reaching a readership of over 2500

Registered Charity No. 1110887

October - November 2024 Newsletter 178

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www.copecambs.org.uk

Editorial

Once again it's pensioners who are being told to pay for the Government's need to balance the nation's books. The Winter Fuel Allowance which pensioners would usually receive has been cancelled except for those receiving Pension Credit. This is at a time when electricity and gas costs are high and likely to go higher, so those who need to keep warm the most will in many cases be unable to heat their homes. Many older people will have insufficient funds for heating and there will be more pressure on understaffed Social Services and the NHS to cater for those who fall ill because of lack of heating.

The British state pension is one of the worst pensions among developed nations. The Winter Fuel Allowance helped provide a well needed addition to the state pension. There is a petition calling on the Government to 'Reinstate Winter Fuel Payments for UK Pensioners' which those of you digitally able should sign at change@e-change.org; I have written to local MPs about this but it appears that older people are once again being cast aside. At the same time as the Government is cutting pensioners' allowances they are giving union members large pay increases. The savings from pensioners are minimal compared to the payouts for the unions.

I am afraid that due to increasing age and failing health, I am having to relinquish being Chairman of COPE. I will officially end my term at the end of the calendar year, but COPE will continue to serve as the mouthpiece for the needs and aspirations of the older community of Cambridgeshire. In spite of the frustrations faced by COPE with changes in Councils' policies and loss of their funding, COPE will continue to thrive with the support of its membership. Please continue to support its committee members who will I am sure ensure COPE continues to thrive.

David Bailey

Funded by:



Cambridgeshire
County Council



Talking Together



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

We want to be sure that all COPE members are aware of one of the more unique programmes we offer - **TALKING TOGETHER**. If you have participated, we hope you will continue to do so; if you have not yet joined us, we hope the description below will encourage you to do just that!

- Have you ever wanted to attend a lecture or a seminar with a select group of like-minded people?
- Do you find it difficult to get out as often as you would like - perhaps due to increased physical limitations, lack of access to reliable transport or care-giving responsibilities?
- Are you more comfortable using the phone rather than the computer?

We have the answer and it's called **TALKING TOGETHER**, which enables you to join other older adults on the telephone to discuss topics that really interest you - for not just one, but for five or six separate sessions:

- **on the same day of the week**
- **at the same time each week**
- **with the same facilitator leading the discussion**
- **without any fee.**

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

How does it work?

It's very easy – it works just like a business '**conference call**', with nine participants on the line.

What do I have to do?

1. Choose a group
2. Register your interest (easy)
3. Sit by the phone and wait for our call

Our TALKING TOGETHER sessions are popular:

- *"I was impressed by the ease of conversation and the respect paid to each member's opinion"*
- *"I found it so rewarding and I liked the experience of a group 'phone in'"*
- *"I enjoyed it very much, a good way of communicating. Left the computer behind – hurray!"*
- *"A much-needed stimulant to my mind"*

We also organise Zoom sessions (video and audio) for those who prefer to use their computer or laptop.

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

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

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

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_____

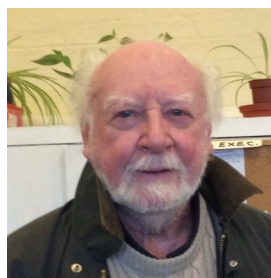
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email; cambridgecope@hotmail.co.uk
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*Notes

- 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 (2024/2025)



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 8th November 2024.

Word Search / Quiz

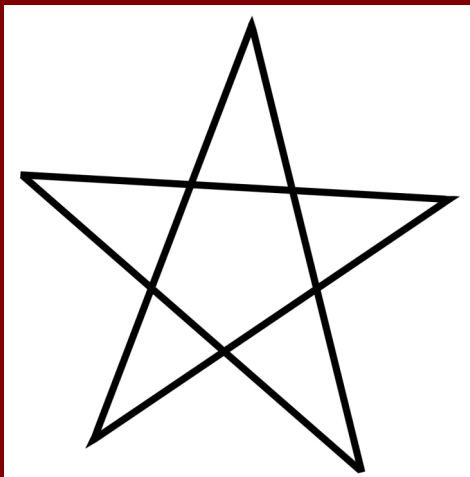
October 2024										WORD TILE									
A E R	D I R	O P L																	
A S T	E L L	O P I																	
A U T	H I P	P R O																	
A N E	I G I	P E L																	
A U T	I T E	R O N																	
B A L	L A N	S A T																	
B L E	L I S	S P A																	
C A S	L O T	T I C																	
C E S	L E R	T E R																	

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

Last month's solution

A	N	T	I	P	A	S	T	I
A	S	P	A	R	A	G	U	S
C	A	N	N	E	L	I	N	I
C	R	O	I	S	S	A	N	T
E	N	T	R	E	C	O	T	E
G	R	E	E	N	G	A	G	E
M	A	N	G	E	T	O	U	T
M	I	N	C	E	M	E	A	T
P	E	R	S	I	M	M	O	N

TRIANGLE QUIZ



ANSWER: TEN

Three Riddles

Riddle 1: I am something people love or hate. I change people's appearances and thoughts. If a person takes care of themselves I will go up even higher. To some people, I will fool them. To others, I am a mystery. Some people might want to try and hide me but I will show. No matter how hard people try I will never go down. What am I?

Riddle 2: You have me today, Tomorrow you'll have more;

As your time passes,
I'm not easy to store;
I don't take up space,
But I'm only in one place;
I am what you saw,
But not what you see.
What am I?

Riddle 3: What 8 letter word can have a letter taken away and it still makes a word. Take another letter away and it still makes a word. Keep on doing that until you have one letter left. What is the word?

Answers in next Newsletter

COPE Annual General Meeting 2024

**COPE held its Annual General Meeting on Monday 15th July 2024
in St Luke's Community Centre.**

31 members attended



The chairman gave a welcoming speech to members present. The event was officially opened by the City Mayor, Councillor Baiju Varkey, who praised the work that COPE does to alleviate loneliness in older people. He had formerly been a carer and could view our work from the inside so to speak.

The formal meeting of the Annual General Meeting took place. The present members approved the Report of the 2023 AGM, the chairman's Annual Report (2023/2024) and the Financial Statement. They also approved the re-election of the Chairman and the existing Trustees.



After a coffee break the Forum was opened to invited speakers.

Graeme Hodgson – Senior Commissioning Manager Adult Social Care

Graeme reminded us that he had attended our AGM in 2022 and he would like to be a Trustee but the County Council have said No! He went on to describe how the County Council have set up a Care Together scheme whereby the money is spread more evenly over all types of communities in the County, such as small communities in Fenland and urban places and towns, like Huntingdon, each with different needs. He enquired if any members present were from Huntingdon or Peterborough, but none were.



He regretted the change in funding, which had left COPE very short of funding. The Council now offers grants to other organisations, funding those that they consider will most benefit the current needs.

The Council is busy setting up a programme to train more carers and placing them where needed most. A Direct Payment scheme will give you what you need to pay for care. One big challenge is transport. Dial-A-Ride is not always accessible. Various meetings are held to see what other counties are doing.

For the recommendations he made, i.e. free training with IT in local libraries; re-vamped computers; all information is set out in the Council booklet - Cambridgeshire Guide to Independent Living 2024. (The latter was distributed: other copies are now available from the COPE office.)

The Green Doctor – Terry Carty was unable to attend and sent his apologies.

COPE Annual General Meeting 2024

Jess Slater – CEO Healthwatch

Healthwatch Cambridge is a local health and care champion, making sure that the NHS and health decision makers listen to your complaints. To help them in their work they receive funding from local authorities under the Health and Social Care Act 2012.



A continuing problem proves to be the difficulty in getting GP appointments and access to dental services. In a recent survey, 47% of respondents preferred to book GP appointments by telephone.

Their mission is to make sure people's experiences help make health and care better. They encourage services to listen and learn from patient and public feedback, including complaints, so they can make improvements where they are needed. Everyone should have access to all services. They find out what works well and what does not.

Ann Chapman – AgeUK

There was a multitude of information available for members from the stallholder, anything from 'Getting Help at Home' to 'What is Dementia' to 'More Money in your Pocket – Claiming the right benefits for you'. Older people are not represented at Government level and AgeUK speaks on our behalf. They constantly campaign for more money and care. They help to keep up to date information concerning benefits. It was noted that Pension Credits / Disability Benefits / Attendance Allowance are all non-taxable. When a pensioner needs help with dangerous domestic jobs, e.g. electrical wiring, roofing etc AgeUK will go and make an assessment in the home (free) before taking further steps. Their office is open 7 days a week.



After a short Question and Answer session the Forum was formally closed and a short break for a light lunch was taken during which a raffle was held.



Cambridgeshire's Chalk Streams



Throughout the world chalk streams and rivers are extremely rare. They are considered by conservationists to be as unique as the South American and African rainforests and Australian Barrier Reef. There are only some 200 chalk streams in the world of which the majority are in England and of those a quarter are in Cambridgeshire, of which the Cam is the best known.

Unfortunately, having the lowest rainfall in the country and being one of the country's fastest growing regions, Cambridgeshire's water supply is all from aquifers. These aquifers are also the source of the Chalk streams. The Environment Agency in 2021 reported that climate change and modern water usage are combining to make the Cambridge area seriously water stressed which is putting strain on the aquifers providing water to the population and businesses.

With government increasing housing targets in Cambridge and the surrounding areas, water usage will substantially increase and put even more stress on the aquifers supplying water to the area. Unless we take measures to reduce the pressure on these aquifers, the chalk streams will suffer and ultimately may disappear.

There are proposals to build reservoirs to improve the water supply, but until recently nothing was done. Now there is talk to build a reservoir in the north of the County between Chatteris and March. But this will take time and may arrive too late.



Proposals to build more houses and encourage industries without providing proper infrastructure, of which water is a vital component, will lead to serious problems in the future. The loss of the chalk streams and their rare habitats once gone cannot be replaced. Cambridgeshire's future will depend very much on how the water supply is provided.

Footnote

In 1950, I started rowing on the Cam. The river was clear and regularly dredged so it was deep and full of fish. There were always mumblings from anglers as boats rowed past. Now the Cam is barely ankle deep in places, and it is houseboats battling for space on the river with boats from a multitude of rowing clubs. Moreover, the river is polluted such that swimming in a local triathlon race had to be cancelled. It is to be hoped that recent problems with run offs from fields and sewage, not only in Cambridgeshire's chalk streams but in all British rivers, will be resolved quickly - though given the pace at which Ofwat and the Environmental Agency work it seems unlikely.

David Bailey

The Computer Isn't Always Right

We rely slavishly on websites and the TV to predict the weather. And because nowadays it is all provided by computers we imagine it to be accurate. Whereas in olden days we relied on experienced meteorologists (such as Michael Fish) to collect whatever data they could lay their hands on, add a dash of experience and intuition and come up with a forecast.

No one expected it to be perfect because we knew a human was involved. However, if the computer proclaims it must be right, it must be, mustn't it? Computers don't make mistakes, do they?

I am afraid, yes they do make mistakes. As Niels Bohr, the Nobel laureate in physics said, 'Making predictions is difficult, especially about the future.'

While a computer can assimilate far more information than Michael Fish ever could, its predictions are no more than guesswork, based on past patterns and speculative assessments. Computers don't have crystal balls, any more than mankind does.



Meteorology is big business and very competitive. A few years ago the BBC changed its supplier from the Met Office to MeteoGroup, originally a Dutch company. There are scores of companies collecting what must surely be the same data from many sources: government agencies, satellites, weather stations, weather balloons and other competitors - construing it and then selling it to the tens of thousand apps that we use.



Some of those apps interpret it again themselves, others simply pass it straight on. The more sophisticated gather the opinions of several sources and apply their own analysis. Most will enhance their offering with radar displays showing the weather as it moves, and as they expect it to move, as well as all sorts of comments about air quality, pollen etc.

Whatever weather forecast you choose, it is never fully accurate. It may have more data to go on than Michael Fish, but it still predicts thunderstorms that never appear, or dry spells that prove to be wet.

With all my enthusiasm for high tech methods of forecasting, the most accurate signs I get that rain is imminent is the sound of my neighbour cutting his lawn and the seaweed hanging in the porch.

Based on an article by Matthew Webster in the Oldie 2024

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Cambridgeshire Handyperson Service



Cambridgeshire Handyperson Service provided by AgeUK

Cambridgeshire & Peterborough

Are you aware of this service? Have you used the service?

We would like to hear from you!

The Handyperson Service offers a home safety assessment and delivers low level, reasonably priced 'handyman' jobs in people's own homes to help them remain as safe and independent as possible. Jobs might include the fitting of grab rails, fixing leaking taps, securing carpets and rugs and other works to help prevent falls and keep people safe.

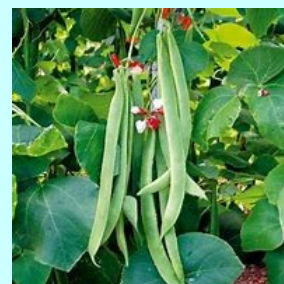
This service is provided by AgeUK Cambridgeshire and Peterborough under a contract with Cambridgeshire County Council and the five district councils in Cambridgeshire. More information is available on their website: www.ageuk.org.uk/cambridgeshireandpeterborough then click on the 'our services' section.

The current contract is due to end in March 2026, so the County Council are keen to find out whether people know about this service and what they think of it. This will help them to understand whether anything needs to change when the new contract starts in April 2026.

If you would like to make any comment on this service, or tell us about your experience, please contact Diana Mackay at Cambridgeshire County Council. Email: diana.mackay@cambridgeshire.gov.uk or telephone 01223 715966.

Runner Beans

Britain's favourite bean was introduced to this country in the 17th Century. Originally it came from South America as a scarlet flowering climber, but it was soon discovered that its long pods were delicious to eat. So began Britain's love of the runner bean.



On the continent, runner beans are not recognised as such. Haricots verts are what we call French beans, while haricots d'Espagne are what they call runner beans. However, haricots d'Espagne really refers to flat beans, and the Spanish call them judias verdes, while the Italians call them fagiolini.

Whatever they are called, runner beans flourish in British allotments and vegetable patches during the summer months. Everywhere climbing frames of all descriptions are covered in red and now also white flowers which their gardeners will eventually pick as tasty runner beans. As they are not suitable for growing until after mid-May, they are very much a summer vegetable, but do need a lot of watering to get established.

Once the beans start to form they will continue to produce for three months. To ensure they are not too seasonal they can be frozen and used with winter roasts; a dish of runners with onions, garlic, tomatoes and mashed chickpeas will make a change from meat and two veg.

How to Avoid Falls

TIPS ON FALL-PROOFING YOUR HOME

Research shows that simple safety modifications at home, where most falls occur, can substantially cut the risk of falls and related injuries — such as bone fractures — for seniors.

Prepare your home or assist a loved one today by following these fall-proofing recommendations, courtesy of the American Academy of Orthopaedic Surgeons and The Orthopaedic Trauma Association.



BATHROOM

- Place a slip-resistant rug or rubber mat adjacent to the bathtub for safe exit and entry.
- Use a rubber mat or place non-skid adhesive textured strips inside the tub.
- Use a sturdy, plastic seat in the bathtub if you cannot lower yourself to the floor of the tub or you are unsteady.
- Install grab bars on the shower walls.
- Replace glass shower enclosures with non-shattering material.
- Stabilize yourself on the toilet by using a raised seat or a toilet seat with armrests.
- Keep a nightlight on in the bathroom.



KITCHEN

- Immediately clean up any liquids, grease or food spilled on the floor.
- Store food, dishes and cooking equipment within easy reach.
 - Do not stand on chairs or boxes to reach upper cabinets.
- Remove all throw rugs and hold area rugs in place with a rubber, slip-resistant backing.
- Use non-skid floor wax.



STAIRWAYS

- Keep stairs clear of packages, boxes or clutter.
- Provide enough light to clearly see each stair and the top and bottom landings.
 - Light switches should be at both the top and bottom of stairs.
 - Consider installing motion-detector lights that turn on automatically when you approach.
 - Keep flashlights nearby in case of a power outage.
- Remove all throw rugs, and secure area rugs near the bottom and top of stairs with a rubber, slip-resistant backing.
- Install a contrast strip on the edge of each stair to increase their visibility.
- Put non-slip treads on each bare-wood step.
- Install handrails on both sides of the stairway.
 - Each should be 30 inches above the stairs and extend the full length of the stairs.
- Repair loose stairway carpeting, wooden boards and loose handrails immediately.

HOME SAFETY
IS BONE SAFETY.

More info at orthoinfo.org/falls

How to Avoid Falls

TIPS ON FALL-PROOFING YOUR HOME *continued*



BEDROOM

- Place a lamp, telephone and flashlight near your bed.
- Keep clutter off the bedroom floor.
- Arrange clothes in your closet so that they are easy to reach.
 - Do not stand on chairs or boxes to reach upper shelves.
- Install a nightlight along the route between your bedroom and the bathroom.
- Sleep on a bed that is easy to get into and out of.
- Replace satiny sheets and comforters with non-slip fabrics such as flannel.



OUTSIDE

- Keep the path between your driveway and the front door, as well as the pathway between the mailbox and your front door well-lit and clear of debris.
- For cold weather locations, keep salt and a shovel near the front door so you do not have to walk on an icy sidewalk in order to reach them.
- Install motion-detector lights so they turn on automatically when you step outside at night.
- At least one covered, no-step entry with a ramp is recommended for any home.



FOOTWEAR

- Wear properly fitting shoes with rubber, non-skid soles.
- Avoid wearing high heels.
- Tie your shoe laces and never walk in bare socks.
- Replace slippers that have stretched out of shape or are too loose.



LIVING AREAS

- Keep low-rise coffee tables, magazine racks, footrests and plants out of the path of foot traffic.
 - Arrange furniture so that you have a clear pathway between rooms.
- Walk only in well-lit rooms and always turn on lights.
 - Install easy-access light switches at room entrances so you do not have to walk into a dark room to turn on the light.
 - Motion or sound activated lights and glow-in-the-dark switches are also helpful.
- Remove boxes, newspapers and all clutter from pathways, including doorways and hallways.
 - Keep electric, appliance and telephone cords out of walkways, but do not hide cords under a rug because it creates a tripping hazard.
- Secure loose area rugs with a rubber, slip-resistant backing.
- Replace chairs or sofas that are so low they are difficult to get out of.
- Repair loose wooden floorboards immediately.
- Remove door sills higher than a half inch.



PETS

- Place a bell on your small pets so you can locate them easily and know when they are near your feet, creating a potential tripping hazard.
- Train dogs to walk beside you, instead of in front of you.
- In the case of a larger or stronger dog, train your pet not to pull you when on a leash.

More info at orthoinfo.org/falls

HOME SAFETY
IS BONE SAFETY.



**CAMBRIDGE
REGIONAL COLLEGE**

COPE Festive Christmas Lunch

Monday 16th December 2024

12.00 for 12.30 Cambridge Regional College, Kings Hedges Road, Cambridge CB4 2QT

Starters

Chicken and Potato Terrine, Spinach and Nutmeg Puree, crispy Chicken skin (gf)

Cauliflower and Truffle Velouté, Cheese crumb (gf) (v) (vgo)

Prawn and Crayfish cocktail, Cucumber radicchio salad (gf)

Mains

Roast sliced Turkey and trimmings. (gf)

(Roast Potatoes, Chestnut Stuffing, Pigs in blankets, Brussel sprouts, Carrots)

Braised Beef chuck, whipped Potatoes, buttered Savoy Cabbage, charred Carrots, crispy Onions. (gf)

Pan fried Bream, roasted Red Peppers, baked new Potatoes in salsa butter. (gf)

Roasted vegetable and grilled Polenta galette, chervil beurre Blanc and straw Potatoes (v) (gf)

Desserts

Traditional Christmas pudding (gf)

Nutmeg and Cinnamon Bread pudding (gfo)

Chocolate Sacher torte

Flavoured sorbets (vg) (gf)

Tea and Coffee

All our food is sourced locally and freshly prepared on-site daily. (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 Monday 16th December 12.00 for 12.30

Cost: Members £25: Non-Members £27

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:

Terrine / Veloute / Cocktail

Main Course:

Turkey / Beef / Bream / Galette

Dessert:

Xmas / Bread / Sacher torte / Sorbet

2nd person (if appropriate):

Starter:

Terrine / Veloute / Cocktail

Main Course:

Turkey / Beef / Bream / Galette

Dessert:

Xmas / Bread / Sacher torte / Sorbet

Due to the anticipated high demand for this lunch please reply promptly

No bookings will be accepted after Friday 6th December 2024 as numbers are limited.

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Recipe

Spanish Omelette

Ingredients:

1 large onion – finely sliced
1 large potato boiled and diced
100-150g peeled and chopped tomatoes
50g chopped red or green peppers
25g salted butter
2 tsp olive oil
3 large eggs
2 tsp cold water
Seasoning to taste



Method

Put butter into large pan, fry onions and potatoes until pale gold, turning often.

Add tomatoes and peppers- fry for 2-3 minutes

Beat eggs lightly with water. Season to taste. Pour into pan over vegetables.

Cook gently until base is firm.

Stand below pre-heated hot grill for 1-2 minutes (or until top is set).

Slide flat, unfolded omelette onto warm plate.

Cut into two portions and serve immediately with green salad.




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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.

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**For further information please visit our website: www.edwardstorey.org.uk, call: 01223 364405
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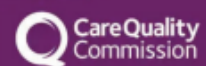
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COPE Christmas Events

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COPE Christmas Market Outing to St Edmundsbury Cathedral, Bury St Edmunds Friday 29th November 2024

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 4 pm.

This is a wonderful way to begin preparation for Christmas with over 50 stalls showcasing local products, food, drink and Christmas gift ideas, all in the setting of the Cathedral.

Cost: £17 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 ST IVES CHRISTMAS LUNCH

Thursday 19th December 2024

Corn Exchange, St Ives

12.30 for 1.00 pm

£25 per person

Menu

Starters

(a) Soup (b) Pate (c) Prawn

Main Course

(a) Turkey (b) Beef (c) Salmon (d) Veggie

Desserts

(a) Xmas Pudding (b) Cheesecake (c) Fruit Salad

Tea / coffee

Mince Pies

Also included:

- Welcome soft drinks
- Entertainment—John Pilbeam guitarist
- Gratuity for catering staff
- Hire of the hall

To book contact Angie Walters on 01480 300726 email: angiewalters1941@gmail.com

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.

Beth Shalom Reform Synagogue Wednesday lunch club every Wednesday—all welcome. Auckland Road Cambridge CB5 8DW

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 **Scott Brooker** 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 7-9pm Arbury Community Centre, Campkin Road Cambridge. Contact **Barbara Watts** on **01223 570707**

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

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

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

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

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 at 3pm - tea, cake & chat. All are welcome.

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

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

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

COPE Events, Activities and Outings

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



The Evelyn Charnley Memorial Lunch Club

Peter Murfitt — 01223 364303

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 16th

Eva Clark - Holocaust

November 20th

Marian French - Cambridge History

December 18th

John Woodhouse - musical entertainment

January 15th

Robert Colbert - Alzheimer's Society

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.

17th October

Fire Safety in the Home

24th November

Romsey Rural Museum

19th December

Christmas Lunch in Corn Exchange

16th January

Rachel Nightingale 'Drugs and Alcohol'

March Friendship Club

COPE has established a new Social Club in March which met for the first time in September.

Regular meetings will now be held from 2.00 pm to 4.00 pm at St Peter's Church Hall, High Street, March, on the second Tuesday of each month. Next meetings: 8th October; 12th November; 10th December. Refreshments available.

For further information, contact Susan on 0754 719 1315 or email the COPE office at cambridgecope@hotmail.com.

Fellows House Get Togethers

Fellows House has kindly invited members to socialise in their Coffee Shop on the third Monday morning of the month from 10.00am to 12.00pm. Coffee, tea, soft drinks and a snack will be available.

The first meeting is due to take place on Monday 21st September.

Fellows House is on the junction of Milton and Gilbert Roads, Cambridge.