

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 2025 Newsletter 184

COPE ANNUAL GENERAL MEETING JULY 2025



Editorial

Changing of the Guard

At COPE's recent AGM, there was a change of the Committee, with the retirement of the Chairman and the addition of two new Committee Members. As I have retired, Peter Murfitt (who used to be our Treasurer) has now been appointed Chairman, with Hugh Barton becoming Treasurer and Trustee and Marian French a Committee member and Trustee. I will remain in touch as President. We all wish Peter and his new Committee the very best for the future.

Over the 10 years that I have been Chairman, COPE's campaigns rather than reducing have been increasing because of increasing pressures on older people. Loneliness has not disappeared in spite of our efforts and those of other charities; in fact in many instances it has increased. This is due to the rapid digitalisation of services by local and government organisations and businesses and the limited use of cash by many retailers. COPE has highlighted these problems and had success in ensuring banks retain cheques and cash is kept as legal tender in the Finance and Trade Act. Unfortunately, local authorities who were instrumental in establishing COPE have seriously reduced our funding: this has meant that our main means of contacting our members and promoting our campaigns, this bimonthly Newsletter, has lost financial support. In spite of these setbacks, COPE has continued to flourish and maintain its membership throughout the City and County by ensuring that older peoples' needs and interests are not forgotten. To this end, COPE has its Christmas lunch at Cambridge Regional College (page 12) and a visit to the Bury St Edmunds Christmas Fair (page 16).

Lawlessness

Shoplifting has become a major problem for retailers, especially smaller shopkeepers and pharmacists. The most galling feature of this problem is the lack of police activity in pursuing the shoplifters, above all not even bothering to investigate when problems have been reported. When shopkeepers try and sort out the problem by putting up notices regarding shoplifting, the police are more interested in telling off the shopkeeper for his words to describe the shoplifters. It appears these days that the rights of criminals are more important than those of their victims.

Another source of worry for older people is the reckless and illegal use of e-scooters on pavements and roads in Cambridge. Two, sometimes three people ride on an e-scooter, with many having children on them as well. Traffic lights and one-way streets are ignored with impunity as there are no controls. Paris and Melbourn have banned e-scooters in their cities; perhaps Cambridge should follow, unless they are properly policed.

With the closure of many police stations and the police ignoring minor crimes, we are in danger of becoming a lawless society. Many of us like me will remember the days when the police were visibly present and respected: nowadays the police appear to be more interested in controlling what we say. Free speech is no longer free. When George Orwell wrote his novel 1984, no one believed his version of society could happen, but it has and Big Brother is well and truly with us. Politicians have a lot to answer for by chasing ideologies and not listening to the public voice.

David Bailey, COPE President

Happy birthday to all members celebrating in October and November

In this Issue

- 1 COPE AGM 2025 pictures
- 2 Editorial
- 3 Membership form
- 4 COPE Questionnaire update
- 5 Talking Together at Denny Abbey
- 6 COPE AGM 2025 Minutes
- 7 Autumn Festivals / Tracking savings
- 8 Dementia / LEAP
- 9 Nutrition after Hospital
- 10 ReTapp - recycling electronics
- 11 Face-to-face meetings / CPSL
- 12 Christmas Lunch menu / booking
- 13 Our cherished objects
- 14 Word Puzzle
- 15 Tiger buses
- 16 Christmas outing / advertisements
- 17 Alzheimers / Recipe
- 18 Trustees / Chair's Report
- 19 Activities
- 20 COPE Events

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COPE FORUM

Cambridgeshire Older People's Enterprise

New member application form

New Member

Number: _____
 (To be allocated after joining)

(BLOCK CAPITALS PLEASE)

Name: _____

Address: _____

Post Code _____

Telephone: _____

Email: _____

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

AGE RANGE

PLEASE CIRCLE RELEVANT GROUP

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

Disability - Yes / No

Ethnic Origin _____

Signature _____

Date: _____

How did you hear of COPE?

Special Interests:

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

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

The Olive Golding Room
 St Luke's Community Centre, Victoria Road
 Cambridge CB4 3DZ Phone; (01223) 364303
 email; copecambs@outlook.com
 Registered Charity No. 1110887

Donation Form

I would like to make a donation of £_____

[Please make cheques payable to COPE]

☐

I DO NOT pay UK Income Tax

☐

I DO pay UK Income Tax

Please tick the box above applicable to you

☐

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

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

Please sign below and print and date underneath

Signature_____

(BLOCK CAPITALS BELOW PLEASE)

First Name_____

Surname_____

Address_____

_____Postcode:

Date_____

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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!

COPE WELLBEING QUESTIONNAIRE

We are delighted with the response we received from the COPE Wellbeing Questionnaire which appeared in our last issue.

So far 119 members have returned their completed forms and we will be reporting back in full on the results in the next Newsletter.

In the meantime, it seems that COPE members are a cheerful and resilient bunch! This is good news because a recent 15-year study of older people (reported in *The Times* 30.08.25) has shown that those who do not see themselves as 'your typical OAP' are destined to live a lot longer than their more conventional age-mates.

All the more reason to join our club and become a member! COPE fights for the rights of the elderly and is dedicated to helping us all achieve a much more positive experience of old age.

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
6th November 2025

**In our next issue: the new
COPE LETTERS PAGE.**

**Please send your views to us at the
address on the left!**

TALKING TOGETHER VISITS DENNY ABBEY — JULY 2025



All photos Copyright John Olday



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

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

“I so look forward to it and enjoy it”

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

COPE AGM: Minutes

Cambridgeshire Older People's Enterprise
Minutes of the
ANNUAL GENERAL MEETING
Monday 14th July 2025
St.Luke's Community Centre, Victoria Road, Cambridge, CB4 3DZ

Present: Chairman David Bailey
Executive Committee Members: Jennie Jenks; Peter Murfitt; Brian Reynolds; Deborah Katznelson
COPE Members: Michael Bloy; Marian French; Barbara Oliver; Hugh Barton
Apologies: Ida Dias-Patel

50-60 Members attended.

1 Chairman, David Bailey invited the Mayor to open the AGM

2 The Cambridge City Mayor, Councillor Dinah Pounds in opening the proceedings reflected on the good work that COPE achieves in dealing with the loneliness that many older people suffer from. The Mayor outlined her plans for the year she is in office, to bring the Council to the people by setting up meetings at other Community Centres in Cambridge. The Mayor was fully aware of the problems older people have in trying to contact the Council offices, particularly when they do not own a smart phone. The Mayor then declared proceedings open.

3 The Minutes of the 2024 AGM were circulated and taken as read and approved.

4 There were no matters arising.

5 The Chairman's Annual Report on COPE's activities was given. The problem with funding due to the loss and reduction of Council grants was highlighted but thanks to members' donations COPE survived and continued its campaigns on behalf of the older people of Cambridgeshire. Thanks were given to the Committee and volunteers for their work and support during the year.

6 Audited Annual Accounts:
The Annual Accounts were circulated. After some questions, they were accepted by a show of hands. Thanks were given to the Auditor.

7 Matters Arising:
Election of officers, new Trustees and resignations.
Due to age and medical problems, David Bailey has retired as Chairman and he will take the role of President of the Committee. The Committee (Trustees) is now proposed to be as follows:
President: David Bailey
Chairman: Peter Murfitt
Treasurer: Hugh Barton
Committee Members: Jennie Jenks; Deborah Katznelson; Brian Reynolds to be re-elected. New member: Marian French
These changes were proposed to be accepted en bloc by Laurence Kidman and seconded by David Hart.
They were confirmed unanimously by members present.
With Hugh Barton (Auditor) becoming Treasurer a new auditor will have to be appointed. The Committee will do so in due course.

8 There was no further business and the formal part of the AGM was closed.

Autumn Festivals

What is it about autumn that seems to provoke so many festivals across the world?

THE EARLIEST CELEBRATION of this type that we know of is the Jewish Festival of Sukkot which takes place five days after Yom Kippur from the 6th to the 13th of October. Sukkot celebrates the gathering of the harvest and commemorates the miraculous protection God provided for the children of Israel when they left Egypt. The Jews celebrate Sukkot by dwelling in a foliage-covered booth and enjoying the fruits of the vine, sometimes to excess.

Here in the UK there is the centuries old Harvest Festival, still celebrated in churches across the land, closely followed by Guy Fawkes Night with its bonfires and marches. These days bonfire night more or less coincides with Diwali, the Festival of Lights that originated in the Hindu community of India and has migrated over here. Halloween has become increasingly popular under the rather louche American influence of spooky movies and "trick or treat". Germany's beer-filled Oktoberfest, especially popular in Bavaria is generally more like a community get together than a frantic booze up, and Samhain, a sort of precursor to Halloween is still popular in Ireland.

Further afield, Mexico's *Día de los Muertos*, The Day of the Dead is a particularly spectacular if mordant example of autumn festivity. Traditions connected with the holiday include honouring the deceased by building home altars with offerings of the favourite food and drink of the dead and visiting their graves to leave similar gifts. Candy sugar skulls are also popular as gifts to exchange with those still living. Elsewhere, China's Mid-Autumn Festival, providing the opportunity for family reunion and moon-gazing, and Thailand's Loy Krathong with its floating lanterns and baskets are two more charming and picturesque festivals.

But interesting though it is to compare festivals from across the world, there are autumn inspired festivals to enjoy much closer to home:

Midsummer Common: Cambridge's spectacular Fireworks Night, is the city's most popular community event, with over 20,000 people gathering on historic Midsummer Common. An annual highlight, the free event is supported by city businesses and organisations plus donations from the public. This year Fireworks Night will take place on Saturday 1st November.

On Sunday 19th October the Botanic Gardens in Cambridge holds its Apple Day. Apple Day celebrates all things apple and promotes the idea of helping local orchards survive. As you would expect there is a lot of botanical expertise on hand, so whether it's a Rosy, a September Beauty or a Stawards Seedling, bring your specimen along and experts will be on hand to identify it. There are also apple-based crafts and activities that will appeal to children and grandchildren, and free Garden highlight tours to take in those gorgeous autumn colours.

David Perry

Tracking down your long-lost NS&I savings is straightforward and free

WHETHER YOU LOST TRACK of your NS&I savings while moving home, or are on the trail of an account opened for you as a child, NS&I's Tracing service can reunite you with your money. So far they have reunited over 380,000 people with over £890 million. The service is free to use and there are no time limits when making a claim.

Checking for outstanding Premium Bonds prizes is one of the most frequent requests NS&I receive. If you have any Premium Bonds, and have changed your address but not yet told them, you may have won a prize that you don't know about. Write to them at: NS&I Sunderland SR43 2SB Once they have checked and confirmed your proof and new details they will update their records and check whether you have any unclaimed prizes.

There's no time limit for claiming prizes. However, any Premium Bonds held by someone who has died can remain in prize draws for up to 12 months after the date of death. After that, the Bonds are no longer eligible to win prizes.

Already know you have some old savings and investments with NS&I? Or maybe you have lost your documents? Simply get in touch. When you write to them, it will help if you have any of the following as proof: • Passbook • Certificate of investment • Any correspondence • Your name and current address Write to them at: NS&I Sunderland SR43 2SB Once they have checked and confirmed your proof and new details they will update their records and check whether your savings or investment has been cashed in or not.

Wristbands for Dementia / LEAP

A recent Police initiative saw the launch of a smart wristband issued to hundreds of people living with dementia. The new wristbands, part of the Dementia Safeguarding Scheme, will see members of the community in Cambridgeshire who live with dementia offered a yellow wristband, similar to a watch in appearance. The wristband contains their next of kin's contact name and number, allowing the person to retain their freedom and independence but also giving them an extra measure of safety should they forget where they are or how to get home.



Detective Chief Inspector Dave Savill, of the force's Protecting Vulnerable People unit, said: "This new technology is one more important step to ensure we do everything possible to protect vulnerable people in Cambridgeshire. "It is crucial that people living with dementia can get to a place of safety and security, with friends or family, as quickly as possible. These wristbands will help to achieve that and reduce the demand on emergency services. "These smart wristbands are an excellent example of how we are trying to harness the latest technology to keep our community and residents safe."

Members of the public who come across someone wearing a wristband and looking lost or confused are asked to reassure them and use their mobile phone to read the information on the band, which uses Near Field Communication (NFC) technology.

The public can simply hold a mobile against the code on the band and their screen will then display the name and number of the person's next of kin. They can ring the next of kin and reunite them quickly and safely, often with no need to inform anyone else. A video explaining this in more detail can be found on the force's [YouTube channel](#).

Cambridgeshire Libraries host dementia social groups

The groups meet up once a month. This provides an opportunity for people living with dementia and their carer to come together, support each other and share information. You will find the groups at Burwell Library, Ely Library, Huntingdon Library and Yaxley Library.

For information about how to join, please call the Library Contact Centre on 0345 045 5225

LEAP – Local Energy Advice Programme

LEAP (Local Energy Advice Partnership) is a free energy and money saving advice service from Cambridgeshire & Peterborough NHS Foundation Trust. A LEAP home energy advice call or visit helps lower income households save money on bills and stay warm. Based on your needs, you may be given energy/bill saving advice, free replacement appliances and/or help to make your home more energy efficient.

Green Energy Switch provides DBS checked and fully trained LEAP Home Energy Assessors who can carry out a full energy audit of your home in person or over the telephone. They give energy saving tips and advice to help you save money on bills. The service also includes:

- Installation of free and simple energy saving measures – such as LED lightbulbs, draught proofing, letter box brushes, reflective radiator panels, hot water cylinder insulation and so on.
- Referrals to [IncomeMax](#) to carry out income maximisation checks to ensure you are getting all of your entitlements and discounts, bill management advice, debt advice, and signposting to utility companies' customer support services if you are struggling to pay your bills.
- Referrals for larger scale energy efficiency measures for boiler repair, boiler replacement, loft, cavity, external and internal wall and underfloor insulation, solar panels and low carbon technologies.
- Replacement white goods and appliances to keep your energy bills down.

You can self-refer to the service by calling free on 0800 060 7567 or 01733 646 253 (option 2).

Nutrition after Hospital

[Fiona Brannigan](#), registered Dietician, shares practical tips and advice to help you care for a discharged patient's nutritional needs, promote recovery, and ensure they feel their best in the days and weeks following their discharge.

Managing a poor appetite

A reduced appetite is quite common after a stay in hospital. The first thing is to try and identify why a discharged patient doesn't feel like eating. It could be because they feel sick, have constipation or diarrhoea; they may be in pain or are feeling low, or because the medication or treatment is making them not feel hungry.

Please take advice from the medical team or GP if you are concerned, and if their appetite does not seem to improve over time.

Tips to help with a poor appetite

Hopefully a reduced or poor appetite will improve by itself once your parent or relative has settled back into home, and is recovering. There are some helpful ways to encourage someone to eat:

- offer smaller portions of enjoyed foods. It may be more appealing to offer smaller amounts of food on a side plate and offer 2 courses.
- Little and often – aim to eat every 2-3 hours, offer snacks e.g pancakes, scones, cheese & crackers, full fat yoghurts (often child-sized portions are helpful).
- When caring for someone who has been ill or wanting to get back to normal it might feel that eating a 'proper meal' of meat and two veg is the best way to go. However, there can be as much nourishment in a slice of buttered toast, scrambled egg, a spoonful of beans and a sprinkle of cheese followed by a tub of custard with a spoonful of tinned fruit.
- Try and encourage some fruits and vegetables each day, smoothies, fruit juice, dried fruit and tinned fruit with custard or ice cream can be helpful.

Dietary basics to support overall recovery

For the body to repair and recover it needs a range of nutrients. Even if someone's appetite is smaller than usual encourage them to have a well-balanced plate.

Each meal should contain a source of :

- Protein – meat, poultry, fish, eggs, cheese, milk, tofu, tempeh, beans, legumes, pulses or lentils
- Carbohydrate – bread, pasta, rice, breakfast cereals, oats, potatoes, other cereals
- Fibre – aim for 5 portions of fruit and vegetables per

day. This will give a wide variety of vitamins and minerals to help the body heal as well as fibre to keep the bowels moving. Tinned, dried and frozen can be just as nutritious as fresh.

Why hydration matters in recovery

For your digestive system work effectively, fluid is just as important as fibre in keeping things moving along. Fluids also help keep skin in good condition, help to regulate body temperature, lubricate joints, help maintain blood pressure and reduce the risks of falls.

Recommended daily fluid intake:

Women – 3 pints (1600ml) and Men 3.5 pints (2000ml). It is not just water that counts – all fluids – squash, fizzy drinks, milk, fruit juices, tea, coffee, hot chocolate, malted drinks and alcohol at 4% or less.

Fibre and fluid: a balanced approach

It is best to establish a good fluid intake before increasing fibre. Additional fibre in the absence of adequate fluid can worsen constipation. There are two foods that I recommend as they will not worsen bloating:

- Kiwi fruits – aim for 2 per day
 - Chia seeds – up to 2 tablespoons per day
- Increasing fibre should be done gradually over 3-4 days.

Alongside fibre and fluids, gut health is another important factor in post-hospital recovery, especially if antibiotics have been used. Antibiotics wipe out all the bacteria - both good and bad. Science has now shown us the important role that the gut plays in managing inflammation, infection and immunity. Rebuilding the beneficial community of bacteria, virus and fungi (often referred to as the microbiome) that live in your gut is important for recovery.

To do this, incorporate a variety of fruit and veg., wholegrains, beans and pulses; lentils, seeds and nuts, and herbs and spices. The gut microbiome is as unique as your fingerprint, therefore it is preferable to allow the body to do its own work as opposed to spending money on probiotics.

From agespace.org website



ReTapp—how to recycle old electronics



Dear COPE members,
Do you have an old mobile phone tucked away in a kitchen drawer? Perhaps a laptop gathering dust in the cupboard, or a tangle of charging cables you're not quite sure what to do with? If so, you're not alone. Across the UK, we're sitting on a treasure trove of forgotten electronics worth billions of pounds.

Electronic waste, or e-waste, has become one of the fastest-growing waste streams globally. In 2022, the world generated 62 million tonnes of e-waste, yet only 22.3% was properly recycled. Here in the UK, we generate 24kg of e-waste per person annually, much of which ends up in household drawers rather than being responsibly disposed of.

The problem runs deeper than clutter. When electronics end up in general waste, toxic materials like lead and mercury can leak into our environment. Meanwhile, valuable materials like gold, silver, and copper worth £38 billion globally go unrecovered.

This challenge inspired us to create **Retapp**, a Cambridge-based startup born from a simple observation: disposing of electronics responsibly shouldn't be complicated. As students at Cambridge Judge Business School, we noticed how difficult it was

for people to know what their old devices were worth or how to get rid of them safely.

Our solution is a service that helps you discover the value in your forgotten electronics. Think of it as having a knowledgeable friend who can instantly tell you whether that old tablet is worth selling, donating, or recycling, and then arranges for everything to be collected from your home.

On July 24th, we held our launch event at Cambridge Judge Business School, and the results exceeded our expectations. Thirty-six people brought their unwanted electronics, helping us divert 97kg of e-waste from landfills. The most remarkable discovery was that only 30% of items actually needed recycling, while 70% could be resold or donated to people who needed them.

The participants' number one concern was data security, and we make sure every smart device was professionally wiped clean by working only with certified partners who professionally wipe all smart devices. The feedback was overwhelmingly positive, with everyone saying they'd use our service again and describing it as "easy" and "interactive".

We're calling on COPE members to help tackle Cambridge's e-waste challenge. Those old phones, tablets, laptops, and cables in your drawers could make a real difference. Not only will you declutter your home and potentially earn some money, but you'll also help protect our environment and support others in our community who need affordable technology.

Ready to get started? Visit retapp.co or call 01895 746555 for a free home collection.

Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.



Real Life Takes Place In The Flesh

There was a very welcome lack of digital interference in the papal conclave that elected Pope Leo XIV. Before entering the Sistine Chapel, all the cardinals had to surrender anything electronic, phones, laptops, iPads.

Voting was done using pen and paper. Even the traditional means of passing the news, white or black smoke, showed a complete disregard for modern technology, the internet or dreaded artificial intelligence. I wonder how much this contributed to the speed with which the decision was reached (only a couple of days) and what we can learn from it.

I regularly attend the meetings of several organisations as a trustee and these days they are almost always online. I have noticed a shift in emphasis. The Chairman often insists at the start that all our cameras should be left on during the meeting. This means it's obvious when anyone disappears or nods off, and so to some extent ensures everyone's attention to the matter in hand.



By all means livestream events that are public anyway. But those responsible for making decisions should be there to look one another in the eye and judge the consensus. This approach is supported by law; for example it is illegal for parish, town or county council meetings to be held online. There was a temporary relaxing of this rule during Covid, but that has expired. Now they must all be held in person to be valid.

That's not to say the internet has not seeped into many areas of religion. It is now perfectly normal for regular church services to be broadcast online, if the vicar has the technical knowhow; and cathedrals do it as a general rule. Most crematoria have the means to live broadcast funerals. It is a popular innovation, especially for those of us too far away or too infirm to attend in person. Memorial services are also frequently broadcast.

Obviously one can take part in an online communion service only as a spectator. So it is with a wedding, which is not legal unless both parties, the officiant and at least two witnesses are physically present at the ceremony.

So let the cardinals show us the way. Their admirably swift progress demonstrates that in the absence of any electronic support or distraction, they just got on with taking the necessary decisions. Their ancient ritual obviously works, and firmly supports a growing view. Online meetings have their place, especially for imparting information and making public events accessible. But if you are part of a group making serious decisions involving other people's money, destiny or freedom, you should turn up and be counted.

Article by Matthew Webster, The Oldie June 2025. Adapted by David Bailey.

CPSL Mind Wellbeing Walks at Wimpole Hall

As part of a new partnership with the National Trust, Cambridgeshire, Peterborough and South Lincolnshire Mind (CPSL Mind) is organising a series of gentle wellbeing walks at Wimpole Estate. Each walk offers the opportunity to enjoy the wellbeing benefits of being outdoors in beautiful surroundings and supportive company. We'll begin with a gentle stroll through the stunning gardens, followed by the option to relax and chat over coffee at the Good Mood Cafe. Thursdays, 10:00am with a meeting point at Wimpole Estate reception area (participants will have free access to the grounds). Contact Mark Cooper, Good Life Service Manager, CPSL Mind for more info: mark.cooper@cpslmind.org.uk





COPE Festive Christmas Lunch

Monday 15th December 2025

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

Starters

Pulled Ham Hock Terrine, Piccalilli (gf)

Celeriac and Truffle Velouté, Artichoke Crisps (gf) (v) (vgo)

Prawn and Crayfish cocktail, Charred Cucumber, Radicchio Salad (gf)

Mains

Roast Turkey served with traditional Christmas trimmings (gf)

Braised Beef, Horseradish Champ Potatoes, buttered Savoy Cabbage, charred Carrots, crispy Shallot Rings (gfo)

Pan fried Bream, Bercy Fish Reduction, Potato Terrine, Buttered Fine Beans (gf)

Beetroot Raviolo, Sage, burnt butter, Swede puree, toasted seeds (v) (gfo)

Roasted Vegetable and grilled Polenta galette, straw Potatoes (vg)(gf)

Desserts

Traditional Christmas pudding (gf)

Nutmeg and Cinnamon Bread pudding (gfo)

Warm Chocolate Almond Sponge, whipped Orange Cream (n)

Flavoured sorbets (vg)

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 15th 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 / Raviolo / Galette

Dessert:

Xmas / Bread / Sponge / Sorbet

2nd person (if appropriate):

Starter:

Terrine / Veloute / Cocktail

Main Course:

Turkey / Beef / Bream / Raviolo /Galette

Dessert:

Xmas / Bread / Sponge / Sorbet

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

No bookings will be accepted after Friday 5th December 2024 as numbers are limited.

Hang on to your Cherished Objects

Things That Matter: Special Objects in Our Stories as We Age is a compelling book about narrative research and gerontology, offering a nuanced understanding of ageing and a practical guide for those who wish to explore the deeper connections between personal stories and cherished objects. The authors, William Randall and Matte Robinson, explore the relationship between an individual's cherished objects, their personal narratives, and resilience by analysing written stories and interview data.

The authors of each chapter carefully weave these written and oral narratives alongside both their analysis of the research and their own personal connection to what was shared. We learn about the ways that sea glass, patchwork quilts, a Labyrinth ring, a page from a textbook, two decades' worth of letters between friends, a beer stein, frozen redcurrants and a mahogany table shaped the stories and life experiences of the study participants and how reading and analysing these stories affected each of the chapter authors

Clive Baldwin, a professor of social work and narrative studies, provides the afterword, where he offers insight into the role of cherished objects, how they signify specific moments or relationships with other people, and how they contribute to the narrative itself. Both with their initial study and the book it ultimately became, Randall and colleagues aimed to counter the mainstream, biomedically driven narrative of ageing that conjures images of frailty and decline. The narratives describe people with extensive life experiences who are just as active, if not more so, in their older age. Each storyteller also engaged in the challenging and rewarding work of life review.

In highlighting the resilience and vitality of older adults through their cherished objects, Randall and colleagues remind us that ageing is not just about decline but the continuous weaving of rich, meaningful narratives. Readers will be deeply moved by the stories shared in this book and left with a renewed appreciation for the objects in their lives that anchor their personal narratives.

Things That Matter: Special Objects in Our Stories as We Age By William L. Randall and Matte Robinson (eds.), Toronto: University of Toronto Press, 2024

HOW EXERCISE FIGHTS ANXIETY AND DEPRESSION

Decades of research have established that movement has a positive effect on mental health in patients with mild to moderate depression

IT'S HARD TO FIND a brain process that doesn't improve with regular movement. Exercise boosts blood flow, decreases inflammation and improves brain plasticity. It also triggers the release of many mood-boosting chemicals, including beta-endorphins and cannabinoids (both of which play a role in the 'runner's high' feeling), norepinephrine (a chemical messenger which helps mood, motivation and an overall sense of well being), dopamine (another that contributes to motivation) and serotonin (which is often called the body's natural 'feel good' chemical).

More recent science has found that consistent exercise can change the underlying structure of some brain regions. 'You're actually increasing the birth of new neurons within the brain' said a spokesperson for the UCSF Weill Institute for Neurosciences. 'By creating new brain cells, exercise changes, over many days, how your brain functions.'

Adults don't typically generate many new neurons, and it only happens in a few places, namely in the hippocampus which is tied to mood and memory. People suffering for long periods from depression or stress tend to have smaller hippocampi than others with fewer new neurons and less plasticity.

According to research on both humans and lab animals, there is essentially a reverse effect – more neurons and a greater ability to adapt – after regular exercise. This is especially clear in people with more severe anxiety or depression who generally see larger improvements over time.

Are certain workouts more beneficial than others? Scientists haven't yet determined whether say, running is better than weight-lifting for improving mental health. For one thing a lot of exercise studies are performed on animals and it's much easier to get a mouse to run in a wheel than lift weights!

Reproduced from The New York Times July 16, 2025

Word Search

OCTOBER 2025										WORD TILE									
B	A	Y	G	E	R	N	O	N											
B	I	E	G	N	E	O	I	R											
B	O	L	G	U	E	O	T	N											
C	A	R	I	O	N	P	I	N											
C	H	A	L	A	N	R	E	S											
C	L	O	L	I	N	S	A	U											
C	O	R	M	E	N	S	T	E											
D	O	C	M	I	L	U	D	Y											
E	R	E	M	P	A	V	I	G											

OCTOBER 2025										WORD TILE									
B	A	Y	G	E	R	N	O	N											
B	I	E	G	N	E	O	I	R											
B	O	L	G	U	E	O	T	N											
C	A	R	I	O	N	P	I	N											
C	H	A	L	A	N	R	E	S											
C	L	O	L	I	N	S	A	U											
C	O	R	M	E	N	S	T	E											
D	O	C	M	I	L	U	D	Y											
E	R	E	M	P	A	V	I	G											

AIM: Place the 27 three-character 'tiles' in the left-hand grid to the CORRECT spaces in the right hand grid giving NINE answers (some more than one word) related to WINES horizontally and in alphabetical order. Solution in the next Newsletter

Last month's solution

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

Puzzle Solution

I, T, S. The complete sequence is the first letter of every word in the sentence.

2 This is the only number that includes all the digits arranged in alphabetical order.

3 45 ($1/5$ of 45 = 9, $9 + 45 = 54$)

4 Take the first letter of each word and place it at the end. It will spell the same word backward.

5 An hourglass with thousands of grains of sand.

ONE LINERS FROM THE EDINBURGH FESTIVAL FRINGE

- The oldest profession is actually the DJ. They've been around since records began.
- My mum often comments on my weight but in her defence, in the time she's known me I've put on nearly sixteen stone.
- Last night, I had a really boring dream. I slept right through it.
- I just had my dog chipped. Now I can play my old PlayStation games on it.
- Last time I got really drunk I woke up in this filthy bedroom, vomit all down me, some fat, naked bloke snoring next to me. I was like - oh right, at least I got home ok.
- Working at the job centre has to be a tense job: knowing that if you get fired, you still have to come in the next day.
- I needed a password eight characters long so I picked Snow White and the Seven Dwarves.
- I've decided to sell my Hoover... well, it was just collecting dust.

Local Buses: Tiger on Demand



TIGER On Demand

TIGER on Demand is a new, flexible concept for delivering public transport services. Rather than being restricted to travelling along specific routes and at specific times, you can book a journey to and from anywhere within the TIGER on Demand travel zones using any of the virtual bus stops.

TIGER On Demand is available in West Huntingdonshire, Fenland, East Cambridgeshire and South Cambridgeshire. Concessionary Bus Pass Holders and Disability Bus Pass holders travel for FREE.

The service runs Monday to Saturday from 06:30 – 19:00. There is no service on Sundays or Bank Holidays. You can book by visiting www.tigerondemand.co.uk. If you prefer to book over the phone, you can call **01480 595 440**. The call centre is open Monday to Saturday from 06:00 – 19:30.

Full details, and a map of areas covered by the service, can be found at:
[Tiger On Demand - Combined Authority Transport](#)



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

Christmas Outing / Advertisements

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COPE Christmas Market Outing to St Edmundsbury Cathedral, Bury St Edmunds Friday 28th November 2025

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: £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

British Lung Foundation

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

www.lunguk.org

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

Breathe Easy Cambridge City www.lunguk.org/cambridge

Breathe Easy Fenland -Derek Bond tel 01354 680466

Breathe Easy Ely - tel 01353 668937

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AI & Alzheimers / Recipe

An AI (artificial intelligence) model developed by researchers at the University of Cambridge predicts whether, and how quickly, people at early stages of cognitive decline will progress to full-blown Alzheimer's. It gives predictions for patients that are three times more accurate than standard clinical assessments based on memory tests, MRI scans and blood tests.

Understanding and accounting for the natural differences among individuals with a disease is crucial, so that treatments can be tailored to be most effective for each patient. Alzheimer's disease is complex, and although some drugs are available to treat it they don't work for everybody.

The new findings have significant implications: using AI to separate patients into different groups, such as slow versus rapidly progressing towards Alzheimer's disease, allows scientists to better identify those who could benefit from a treatment approach – and potentially accelerating the discovery of much-needed new Alzheimer's drugs.

Professor Zoe Kourtzi in the University of Cambridge's Department of Psychology, senior author of the report, said: "Promising new drugs fail when given to people too

late, when they have no chance of benefiting from them. With our AI model we can finally identify patients precisely, and match the right patients to the right drugs. This makes trials more precise, so they can progress faster and cost less, turbocharging the search for a desperately-needed precision medicine approach for dementia treatment."

Joanna Dempsey, Principal Advisor at Health Innovation East England, said: "This AI-enabled approach could have a significant impact on easing NHS pressure and costs in dementia care by enabling more personalised drug development - identifying which patients are most likely to benefit from treatment, resulting in faster access to effective medicines and targeted support for people living with dementia."

"AI can guide us to the patients who will benefit from dementia medicines, by treating them at the stage when the drugs will make a difference, so we can finally start fighting back against these cruel diseases. Making clinical trials faster, cheaper and better, guided by AI has strong potential to accelerate discovery of new precise treatments for individual patients, reducing side effects and costs for healthcare services," said Kourtzi.

RECIPE: BREAD & BUTTER PUDDING

Ingredients

6 thin slices white bread
50g butter
50g sultanas or raisins
45g caster sugar
2 large eggs
20 fluid ounces milk



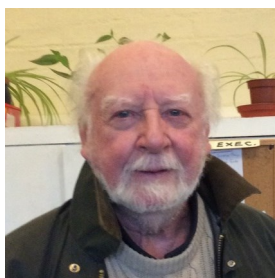
Method

1. Remove crusts from bread. Spread slices thickly with butter. Cut into fingers.
2. Put half fingers into 20 fluid ounce heatproof buttered dish.
3. Sprinkle with all the fruit and half the sugar.
4. Top with remaining bread fingers buttered sides uppermost. Sprinkle with rest of sugar.
5. Beat eggs and milk well together. Strain into dish over bread.
6. Leave to stand 30 minutes (bread to absorb some of the liquid)
7. Bake in moderate oven 325° F (160° C, gas mark. 3) for between 45 and 60 minutes (or, until pudding is set and the top is crisp and golden.
8. Serves 4.

EAT AND ENJOY!

Trustees / Chair's Report

Trustees (2025/2026)



David Bailey,
COPE President



Peter Murfitt
COPE Chairman



Hugh Barton
COPE Treasurer



Jennie Jenks



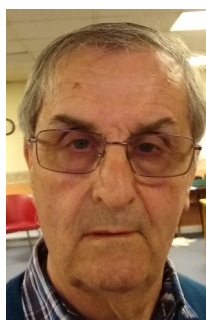
Marian French



Vacancy



Deborah Katznelson



Brian Reynolds

DONATIONS

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

Hugh Barton, Treasurer

Chair's Report

The AGM saw changes of personnel at COPE! David Bailey retired as Chairman and Peter Murfitt moved from Treasurer to fill the role.

The Treasurer position is now filled by Hugh Barton who was our auditor. Marian French was elected onto the Executive. David Bailey was made honorary President. New auditor to be appointed. All other officers were elected en-bloc.

Thanks to all who attended the AGM. Thanks also to all members for their generous donations which have enabled COPE to continue.

Talking Together is still an important part of COPE enabling members to partake in phone calls on a variety of interesting subjects with other members without leaving their homes.

The questionnaire printed in the last Newsletter is being analysed (see brief update on page 4) and the results will be shared with members and appropriate councils, stakeholders and external bodies.

Our branches at St Ives, March and Dunstan Court continue to flourish allowing members to meet up and chat over refreshments and listen to speakers on various topics. Dunstan Court can do with more people attending, so if you are in the Cherry Hinton area details are on the back page.

Chairman's Monthly Moan – 'Road ahead closed' signs, without saying where the closure actually is! This and other topics can be aired in the new letters page which is proposed for the Newsletter.

Peter Murfitt

Activities and Events

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

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

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

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

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

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

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

Cherry Hinton Care Home (TLC Care) 369 Cherry Hinton Road CBI 8DB. Paw-sitive Café 2pm on the last Friday every month—well-behaved dogs welcome. To book phone **01223 210070**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

COPE Events, Activities and Outings

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



The Evelyn Charnley Memorial Lunch Club Peter Murfitt — 01223 364303

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

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

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

**October 15th
November 19th
December 18th**

**Marian French
Steve Teverson - Cambridge Regiment
Social & Quiz**

COPE in St Ives

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

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

**16th October
20th November
18th December**

**Mike Muncaster: Quacks and Charlatans
Francis Mizuro: Welcome Abroad
Christmas Lunch**

March Friendship Club

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

**9th October
13th November
11th December**

**Lion Association
Bobby Scheme
Age Concern**

For further information, contact Rosie on 07547 191315.

FREE TRIPS TO CAMBRIDGE BOTANIC GARDENS

COPE members meet at the Brookside Gate entrance to the Gardens (corner of Bateman Street and Trumpington Street) on **the third Thursday of the month at 11am.**

Please call COPE on 01223 364303 to register your interest. This scheme only applies to COPE members. Remember that membership of COPE is FREE and brings all sorts of benefits!