

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 2026 Newsletter 190



COPE Annual General Meeting July 2026



COPE's Annual General Meeting

COPE's Annual General Meeting this year was held in July 2026 at St Luke's Church, Cambridge CB4 3DZ and opened by the Mayor of Cambridge, Maria Cleminson.

It proved a very useful opportunity for members to mingle, enjoy talks and visit our varied stall holders, as well as learn more about the way forward for our organisation.

Once Committee business was over, we enjoyed Speakers such as Naomh Campbell from the Co-Operative Society, Jan Cottrell from Age UK, Zee Mazibuko, Occupational Therapist, and Louisa Altham who spoke movingly on behalf of CRUSE Bereavement Support.

URGENT APPEAL — COPE's Future Financing

COPE currently faces significant financial difficulties. COPE was established for the wellbeing, interests and needs of older people in Cambridgeshire, initially under the auspices of the City and County councils. They provided most of its funding. Unfortunately, their funding capacity has now been seriously reduced.

Given this situation, we have done a great deal of research to identify alternative support and received a one-off grant from the National Lottery which provided support for the newsletter for two years. Applications are being made for various funds for the costs of the newsletter and office rental which are the largest budget items: however, those sources available for our Charity appear limited.

Fortunately and thankfully, members have made donations. These contributions have assisted COPE to continue its efforts supporting older adults throughout Cambridgeshire, but continuous sources of funding are required.

Of necessity, the COPE trustees have taken the decision to apply some of COPE's Reserves to the costs of the newsletter and office rental as we continue our efforts to identify alternative fiscal support.

To address the current financial situation COPE has therefore had to consider the following:

1. To save funds it is proposed to issue the Newsletter quarterly, and continue applying to as many fund agencies as possible.
2. To ask members to provide donations. COPE needs to receive as many donations as possible by the end of October
3. If grants and donations do not provide sufficient funding, as a last resort, to charge annual membership fees.

The Committee, therefore, seeks to obtain members' agreement to introduce membership fees if items 1 & 2 do not provide sufficient funds from donations. Your support will be very much appreciated.

Please send your views to the address or phone number on the right, or email them to us at: copecambs@outlook.com

COPE Trustees 8 September 2026

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www.copecambs.org.uk

Data Protection Act

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

COPE FORUM

Cambridgeshire Older People's Enterprise

New member application form

New Member

Number: _____
(To be allocated after joining)

(BLOCK CAPITALS PLEASE)

Name: _____

Address: _____

Post Code _____

Telephone: _____

Email: _____

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

AGE RANGE
PLEASE CIRCLE RELEVANT GROUP
Under 50 50-64 65-74 75-84 over 85

Disability - Yes / No

Ethnic Origin _____

Signature _____

Date: _____

How did you hear of COPE?

Special Interests:

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

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

The Olive Golding Room
St Luke's Church Centre, Victoria Road
Cambridge CB4 3DZ Phone: (01223) 364303
email: copecambs@outlook.com
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 send me acknowledgement of payment

Please sign below and print and date underneath

Signature_____

(BLOCK CAPITALS BELOW PLEASE)

First Name_____

Surname_____

Address_____

Postcode:_____

Date_____

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***Notes**

- i. You can cancel your declaration any time by notifying COPE
- ii. If in future your circumstances change and you no longer pay Income Tax, please notify COPE
- iii. Please notify COPE if you change your name or address whilst the declaration is in force.
- iv. I confirm by signing this form that I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations, it is my responsibility to pay any difference

Many thanks!

**INDEPENDENT FINANCIAL
ADVICE IS BEST**

Free consultation. No obligation.

That's the understanding when you talk to Nigel Bolitho about how to make your finances work for your best advantage. get the benefit of his wide experience in all investment matters.

Pensions Savings Investments
Protection

Mitchell House
185 High Street
Cottenham CB24 8RX
Tel: (01954 251521)

BV
SERVICES

email ncfb007@gmail.com



Authorised and regulated by the Financial Conduct Authority

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

Advertisers

Please Note New Rates

Quarter Page £50

Half Page £ 100

Full Page £180

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

Editorial

What a summer we have had, the hottest and driest since records began. And we are more than likely to experience more of the same with the likelihood of even hotter summers. Apart from the heat, the main problem was limited water supply as Cambridgeshire obtains most of its water supply from aquifers. These aquifers also supply the local chalk streams which are among the few chalk streams in the world. When I was a youngster, I went fishing in Coe Fen and the streams were full not only of water but fish and all sorts of amphibians. The streams are now trickles and life in them limited.

We were told 30 years ago that the water supply would be improved and assured by building a reservoir in the north of Cambridgeshire. It has yet to be built, and yet it is still proposed to build more and more houses in the Cambridge area without any guarantee that there will be enough water. Yet by utilising grey water for toilets and storing rain runoff, we could be saving water. Similarly, if all new housing, car parks and industrial buildings had solar panels installed we would not need to lose valuable agricultural land for solar parks.

Once again the powers that be are forgetting that those of us who have retired are forming a substantial part of the population. Almost two in five people are over 50, and in the next 20 years a quarter of the population will be retired. Yet both national and local authorities forget this substantial proportion of the population, and assume that one size fits all. Recent examples are the disparity between pension payments for older and recent retirement payments, and prostate checks being withdrawn from men over 50, unless they have a GP's authorisation. COPE will be campaigning to ensure the needs of Cambridgeshire's older population are not forgotten. However, we can only continue with our campaign and the Newsletter with membership help in providing much-needed donations. Please read the appeal on page 2.

David Bailey, President, COPE



SUPPORT COPE with the CAMBRIDGESHIRE COMMUNITY LOTTERY

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

Happy birthday to all members celebrating in October and November

Readers' Letters



Please send your letters to:

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

Or email us at copecambs@outlook.com

SENIOR CITIZENS COULD WELL BE THE KEY TO REVIVING COMMUNITY

A friend of a similar age to me confessed the other day that he had become a very bad and anxious traveller. After saying "me too" to myself, I started to think about how to turn negatives into positives.

We might not enjoy long distance travel so much any more or even be able to walk as far as we used to, but surely this should free up time to focus on local issues, talk to our neighbours or do some reading we've been putting off all our lives about a subject that fascinates us.

People have started talking about the collapse of local communities and institutions in the face of the Internet and social media. Perhaps we oldies could actually help rebuild those. *David Perry*

INTRODUCING 'THE FENLAND DIGITAL STORYTELLING LAB'

Dear COPE

I am writing to introduce *Common Ground — Fenland Digital Storytelling Lab*. This is an Arts Council supported programme with 16 FREE funded places for adults living in the Fenland District.

I'd really like older residents to be well represented in our Storytelling Lab, especially people with memories of local work, family, neighbourhood change, farming, industry, migration or simply ordinary life as it once was lived in the Fens.

Participants will get four Saturday workshops allocated to them, from January to April 2027, lots of support between sessions, and they can contribute their wonderful memories for us in writing, recording the spoken word, photographs, interviews or a bit of everything (mixed media)! Please do get in touch.

Apply: <https://commongroundfenland.org/apply>
Participant guide: <https://commongroundfenland.org/participant-guide>

Tawanda Mukoko
Common Ground Fenland

Social Clubs and Cafes

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

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

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

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

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

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

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

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

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

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

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

GROVEBURY LADIES CLUB: meet Tuesdays 7-9pm Arbury Community Centre, Campkin Road Cambridge. Contact Barbara Watts on 07930 473325

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

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

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

ST AUGUSTINE'S Community Centre, Café 99, Richmond Road, Cambridge. Open Monday and Friday mornings from 10.30 to 12.00 - all are welcome.

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

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

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

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

Growing Rice in Cambridgeshire



In an ordinary field in a quiet part of east England, a unique experiment is taking root.

"When I tell people what I'm doing here, they think I'm joking," says Nadine Mitschunas, the UK's first and only rice-grower.

The crops are doing well, helped by basking in our hottest summer on record. This young crop is part of an ambitious trial to see what foods Britain could grow in the future. The trial is trying to answer big questions about how we can produce enough food and protect farmer's livelihoods in a world being altered by climate change.

This experiment is the brainchild of the UK Centre for Ecology and Hydrology (UKCEH), in partnership with Craig and Sarah Taylor. Dozens of plants were planted in four mini paddy fields dug out and flooded on a farm a few miles north of Ely in Cambridgeshire.

Rice plants look a lot like thick grass. But running up the stalks there are small beads - these are the rice grains.

Nine varieties are growing, including from Brazil, Colombia, Italy and the Philippines. They include the stars of the rice world - risotto, basmati and sushi.

"Nobody has tried this before, but with climate change, we have crops that, 10 years ago, we wouldn't have thought would be viable. In 10 years time, rice could be a completely perfect crop for us," grower Nadine Mitschunas says.

But this project is about more than growing British rice for our dinner plates. It could also help the UK tackle climate change. The land in the Fens is some of the most productive in the UK. A third of the vegetables grown in Britain come from here, with a value of around £1.2bn per year. But this has a significant cost for the environment and climate.

The farms are on rich peat soil that used to be underwater but is now slowly drying out. That is releasing carbon dioxide into the atmosphere,

contributing to climate change, and degrading the quality of the soil. Nationally, peat soils account for 3% of our greenhouse gas emissions.

By flooding the peat soils in parts of Cambridgeshire, greenhouse gases could stay locked in the wet soil, cutting off that source of greenhouse gas emissions. Even though growing rice produces methane, which is a potent greenhouse gas, initial results from the trials so far suggest the rice crop is not producing more emissions than it helps lock away.

It could be a radical breakthrough in one of the thorniest questions in the UK - how to protect farming and food supplies, while also addressing the huge impacts they have on the environment and climate.

The UK food system, including imports, is equivalent to 38% of UK greenhouse gas emissions, while agriculture accounts for 11.7%. Growing rice on peat soils won't fix that overnight, but it could provide a model.

"We're at a critical juncture in climate change and we need to make decisions. We need to understand what sort of crops we could be potentially growing in the future," explains Prof Richard Pywell from the UK Centre for Ecology and Hydrology.

"It's possible that for certain areas, peatland re-wetting and growing rice may be a viable option. In other areas, we may continue to grow our conventional crops, but under different conditions," he says.

It will still be some time before we can test taste a UK rice crop - but it's a very real possibility that in the next decade, UK-grown rice could be coming to our dinner plates.



From BBC News Website, autumn 2025

Digital Farming Today

Google will be 30 next year and Microsoft is already 50. Over the years of the digital revolution we have gradually become used to running parts of our lives digitally. Sometimes, that's because it's easier. Sometimes we have no choice. And sometimes it's just crept up on us like arthritis or bindweed.

I have a friend who works for a local auction house. They often hold farm sales, miles from anywhere, attended by robust East Anglian farmers and dealers, all hoping for a bargain. Five years ago, she tells me there was no question of providing an internet stream of the sale. Payment for purchases was recorded on paper and almost invariably settled by the buyer extracting greasy notes from an ancient, bulging wallet. Or they produced a crumpled chequebook, gasped in a muscular and calloused hand, with "Fill that in for me, would you, love? My fingers are too stiff."

Just such a sale was held last month, in the usual bucolic circumstances. It attracted the same rustic but canny chaps. But technology had invaded. This time there were people all over the world watching and bidding online, and almost every sale was settled by some sort of electronic payment.

The ladies running the office were installed in the farmhouse conservatory, using their laptops and the farmer's domestic internet. Apart from his grandchildren having to be told to stop watching cartoons, because they slowed up digital commerce, it all went very smoothly.

It's not just farm sales that are being digitalised. If you've been to a County Show, or Race Meeting in recent years, you will have seen stallholders waving their credit card machines in the air to access the Wi-Fi.

This year, on some stalls, you might have seen what looks like a ceiling tile, about a foot square. Such tiles are the antenna that connect to one of Elon Musk's Starlink satellites. It has been possible to set up mobile internet connections for only about £100 per month. That's more than you or I might spend, but a boon for busy stallholders travelling from site to site.

There are some determined refusenicks. A parish church council treasurer I know simply will not accept that internet banking exists. He firmly issues cheques to pay the vicar's expenses and the church's electricity bills. And his accounts are immaculate. Then there are those who just don't get it, despite their best efforts. During Covid, my neighbour, then in his early 80's, asked me how to use zoom. I was happy to do so. When I asked for his Wi-Fi password he had no idea what I was talking about. He still doesn't. While his son has sorted an email address for him, he only reads them and refuses to reply to them, except by telephone.

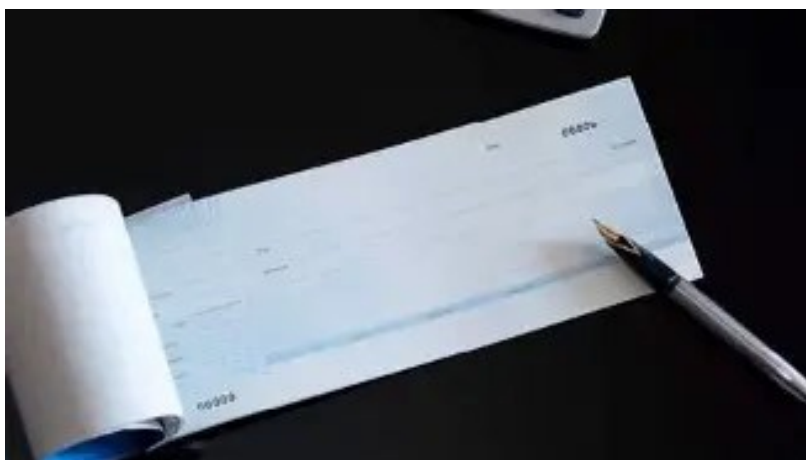
Mind you that's not the worst idea I've ever heard.



Article by Matthew Webster in The Oldie August 2026 adapted by David Bailey

The Joy of Cheques

REMEMBER THE CHEQUEBOOK? Many of us still have one mouldering away in a drawer, but what use is it? These days very little. When my wallet was stolen with all my cards and money inside, I thought that while waiting for the new cards to arrive and to save having to keep going to the bank for cash, I'll bring my chequebook out of retirement.



Nobody wanted to know. No retail outlet would accept a cheque and younger assistants had no idea what cheques were. Ticket offices at train stations would not take them, nor would many institutions.

Yet cheques make a lot of sense. They can't be cloned, are hard to steal and you can record all your transactions on the stub. I have chequebook stubs going back decades. They make an interesting, revealing financial history in physical form – difficult to appreciate so vividly with internet banking.

Banks no longer automatically send customers chequebooks, though you can still order one. What a sad decline!

The first pre-printed cheques were issued in 1750. Many of us oldies remember the thrill of receiving a cheque from an aunt at birthdays and Christmas, especially if it was an unexpectedly large one. And then there was the excitement when you opened your very first bank account and of being given a chequebook with your name printed on it. It was an important rite of passage into adulthood that has long since vanished.

And who can forget the *Blankety Blank* chequebook and pen presented to the show's contestants by Terry Wogan (1979-83) and Les Dawson (1984-90)?

Cheques have been under threat for years. In 2009, there was a plan to abolish them altogether by 2018, but a public outcry prevented that from happening.* So for the moment they are clinging on, although their use has declined considerably.

Next time you're buying something get out your chequebook! Even though it will almost certainly be refused, it will remind people that cheques do still exist. Where cheques are accepted, use them whenever you can. Don't let the cheque die!

Article in The Oldie August 2026 by Liz Hodgkinson adapted by David Bailey

**NB COPE was in the forefront of fighting to retain cheques when the banks proposed their disposal. A petition was organised by Rhona and Robert Boorman which obtained 100,000 signatures, and was delivered to No 10 Downing Street.*

Eat Well to Stay Fit

‘Tis the season of colds and flu. Don’t forget to get the flu jab therefore and to eat well!

THE BEST DIET FOR A STRONG IMMUNE SYSTEM

Let’s try to include something from each of these categories as often as we can

1. Leafy green vegetables

Leafy greens are the cornerstone of any healthy diet since they’re exceptionally rich in vitamins, minerals, antioxidants and enzymes. They also contain antibacterial and antiviral properties. It’s not so hard to add a handful of leafy greens to every meal to increase your nutrient intake.

2. Cruciferous vegetables – aka cabbage, Brussels sprouts and broccoli

These are some of the best vitamin C foods widely available and are linked to cancer prevention.

Additionally, many other vegetables are very beneficial too, including onions, courgettes, asparagus, peppers, carrots and beetroot. Look for recipes that include these.

3. Berries

Berries are some of the top high-antioxidant foods in the world. Blueberries, raspberries, cherries, strawberries and blackberries are easy to find and use in numerous types of recipes — which is good news considering they increase immunity.

4. Brightly orange-coloured fruits and veggies (citrus fruits, butternut squash, sweet potatoes, etc.)

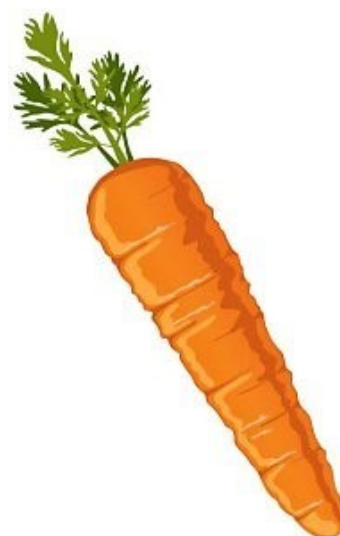
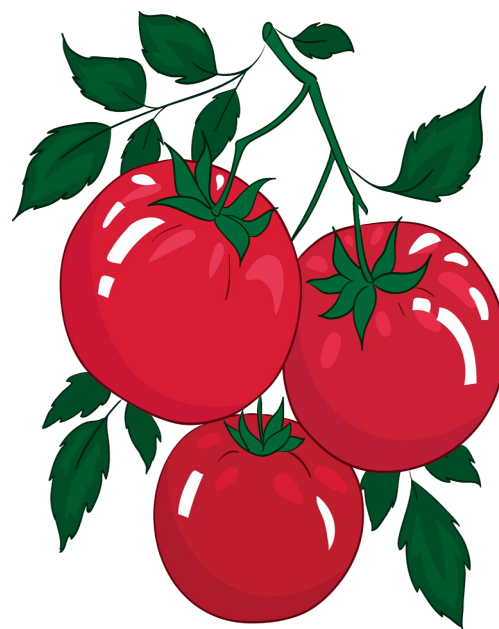
The brightly coloured pigments found in plant foods are a sure sign that they’re beaming with phytochemicals (which can help you achieve and maintain a balanced immune system). This is exactly the reason you want to “eat the rainbow” and vary the colours of the plant foods on your plate.

5. Fresh Herbs and Spices

Turmeric, which contains the active ingredient curcumin, is one of the most powerful spice ingredients. With the addition of black pepper, turmeric absorption is enhanced and so better able to fight inflammation. Aim for one teaspoon of turmeric powder and 1/4 teaspoon of black pepper or more daily, mixed into a tonic drink, added to cooked eggs or in a vegetable stir-fry.

Additionally, other herbs/spices that act as immune system boosters include ginger, raw garlic, thyme, cayenne pepper, oregano, basil and parsley — all freely available at the supermarket.

CONTINUED OVER THE PAGE



Eat Well to Stay Fit ...continued

6. Nuts and Seeds

Chia seeds and flaxseeds are two of the most nutrient-dense seeds in the world. They provide fibre, omega-3 fatty acids and a range of important minerals. Hemp seeds, sesame seeds, pumpkin seeds and sunflower seeds are also beneficial and full of healthy fatty acids, as are walnuts, Brazil nuts and almonds.

7. Healthy unrefined oils (eg extra-virgin olive oil)

Did you know that your brain and nervous system control the function of your entire body and that about 60 percent of your nervous system is made up of fatty acids? The problem is that many of the conventional processed fats and oils widely consumed today are hydrogenated oils (a process in which manufacturers add hydrogen to a liquid fat to turn it solid when at room temperature) and this can lead to diseased cells and toxicity.

Olive oil will nourish your gut and promote better immune function. It also contains phytonutrients (disease-preventing nutrients) that seem to reduce inflammation in the body. Check use-by dates though and buy oils in small quantities and in dark-coloured bottles so they do not sit around unused for months.

8. Mushrooms

Nutritious mushrooms vary in terms of their benefits, taste and appearance since hundreds of mushroom species are in existence today, but all are known to be immune-enhancers and many have been used to fight cancer for centuries.

9. Traditional Tea

Tea derived from the leaves of the plant *Camellia sinensis* is commonly consumed as a beverage around the world, and certainly in this country. Who knew it could fight disease too?

10. Fatty fish

Fatty fish, including salmon, mackerel and sardines are anti-inflammatory omega-3 foods that are correlated with better brain, hormonal and nervous system health. It's perfectly OK to buy them in tins, ready cooked too.

Information collated from a variety of health websites 2026

TALKING TOGETHER is COPE's free programme of stimulating telephone-based discussions for older adults

HAVE YOU EVER WANTED to have a chat with others about a subject that really interests you, without leaving the comfort of your own cosy home?

Then we have the answer — it's our TALKING TOGETHER telephone talks.

Our lively group discussions, facilitated by a leader, work just like a business conference call with up to 9 people on the line all sharing their own views and experience.

September sessions this year (now closed) included memories of 'the second Elizabethan Age' with Marian French; The short stories of Hilary Mantel, with readings supplied; the current research going on at the Babraham Institute and 'The Artist's Garden' — facilitated by art historian Robert Good. TALKING TOGETHER also runs online Zoom chats for those who prefer to join us via their computer.

Look out for our programme that will shortly be sent to you via email!

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

Who was Frank Garton?

FIFTY YEARS AGO, Britain's food scene was nothing like today's cornucopia of ingredients and recipes from around the globe.

But at least a legendary brown sauce could add tang to a bacon or corned beef butty. Why did a largely forgotten Nottingham man invent this 19th Century condiment which in the 1960's became known as 'Wilson's gravy'?

Frederick Gibson Garton, born in 1862, started his working life as a grocer's apprentice before opening his own shop. Making jams and pickles as a sideline, he experimented with sauces made from locally supplied vinegar and imported spices. He sold his wares off a handcart which he lugged around the city.

Of all the sauces he developed, the most successful was registered in 1895 as HP Sauce.

Garton got himself into financial difficulties after running up too many unpaid supplier bills. Shrewd Edwin Samson Moore of the Midland Vinegar Company saw an opportunity, wanting an affordable sauce, made with in-house vinegar, for his company to sell.

In 1903, he offered to pay off the grocer's debt plus a one-off payment of £150, in return for ownership of F G Garton's sauces, pickles and chutneys. From then on Garton refused to have the sauce in his house, and got angry and upset when asked by his son about it. It was originally called Garton's HP Sauce, but the Midland Vinegar Company later dropped the inventor's name.

It's still somewhat of a mystery what the initials HP on the bottle meant. One story is that they're the initials of Harry Palmer, who some believe sold the recipe to Garton. Others say it's a reference to the Houses of Parliament pictured on the label. Mrs Garton reputedly told one of Moore's salesmen it was a tribute to Harold Pink, whose company supplied spices for the sauce.

As well as sporting a picture of Parliament, HP gained a further connection to politics. Mary Wilson, wife of the Labour Prime Minister Harold Wilson, said he added it to much of his food, hence Wilson's Gravy. She said 'If Harold has a fault, it's that he will drown everything with HP Sauce'.

In 1970, Private Eye began a regular feature called 'HP Sauce', still going today. Ownership was sold to Kraft Heinz in 2005. To much dismay and protest, production was moved from the Aston factory to the Netherlands in 2007, severing a longstanding link with its traditional home in the Midlands. But the Nottingham grocer's legacy still has a place on many dining tables.

As for me, a dollop on a pork pie is simply food heaven.

Article by Dene Bebbington in The Oldie August issue 2025



Claiming Attendance Allowance?

Do you need help filling in your Attendance Allowance claim form? Make sure you try a FREE service first

IF YOU'RE AT OR ABOVE STATE PENSION AGE, Attendance Allowance is a non-means-tested benefit you can claim to help you with *the costs that come from having a long-term health condition or additional care needs*. It can be worth nearly £6,000 a year on its own, but it can also unlock access to other benefits, such as a Blue Badge or increased Pension Credit.

The application form for Attendance Allowance is long and requires a lot of detail, as the Department for Work and Pensions (DWP) will use the information to assess need – rather than undertaking a physical health assessment, as with other health-related benefits. Because of this, you may find it difficult to complete the form – though free help is available.

1. Age UK

UK-wide: One-to-one advice over the phone, plus in-person appointments in some areas.

Age UK offers a telephone advice line that's open every day of the year. You can use it to ask specific questions about your eligibility and the application process, or arrange for an adviser to take you through the form question-by-question.

0800 678 1602. Open 8am to 7pm every day.

It also offers in-person appointments, though these aren't available everywhere. Age UK told us the best way to find out if there are appointments near you is to call the number above, or you can use its location finder to contact your local branch directly.

2. Citizens Advice

England, Scotland, Wales: In-person help with the form, plus phone and webchat support.

If you'd like an in-person appointment at an advice centre where an adviser can take you through the application form, your local Citizens Advice branch may be able to offer an appointment. You can also bring in your completed form to be checked over.

- England: 0800 144 8848. Open 9am to 5pm, Monday to Friday.

[Webchat](#) (England and Wales only). Open 9am to 5pm, Monday to Friday.

3. Independent Age

England, Northern Ireland, Wales: Advice by email as well as phone.

If you'd prefer to get advice over email, Independent Age has an email support service available. This might be a good option if you have specific questions about the application form or your eligibility, rather than needing help to go through the whole form. You can also contact it over the phone if you need more comprehensive support.

helpline@independentage.org.

0800 319 6789. Open 8.30am to 5.30pm, Monday to Friday.

4. Scope

UK-wide: One-to-one help for people with a disability.

Scope is a national charity that helps disabled people, including people with learning disabilities. If you need help with an Attendance Allowance application, it has a free helpline you can call for advice on how to fill in the form. Scope can also direct you to local services that provide specialist help.

0808 800 3333. Open 10am to 5pm, Monday to Saturday.

<https://www.moneysavingexpert.com/news/2026/08/attendance-allowance-claims-warning/>

Downloaded and edited in August 2026

Word Search

October 2026										WORD TILE		
A	K	F	E	Y	M	M	I	L				
A	S	T	G	E	S	M	P	A				
B	R	E	G	N	E	N	U	B				
C	A	R	G	R	O	O	M	S				
C	H	A	H	O	N	O	O	N				
C	O	N	I	A	L	R	E	C				
E	A	U	I	O	N	R	I	A				
E	P	T	L	I	N	T	R	O				
E	R	Y	M	E	N	U	S	S				

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

Last month's solution

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

BEDDING SALE!
Sheets • Blankets • Linens



"This comforter has a thermal rating of 16-C.
It's the equivalent of sleeping with 16 cats."

AUGUST QUIZ: ANSWERS

- 1 Dr. Martin Luther King Jr's "I Have a Dream" speech during the march on Washington.
- 2 Audrey Hepburn
- 3 Peridot (chrysolite)
- 4 Sextilis
- 5 1957
- 6 India
- 7 South Korea
- 8 Singapore
- 9 August 12
- 10 Elvis Presley
- 11 Switzerland (Swiss National Day)
- 12 YouTube

Advertisements



Looking for sheltered housing in Cambridge?

We are a Cambridge charity providing sheltered accommodation for people in need, aged over 60, who live in Cambridgeshire or who have a professional connection to the Church of England.

Our properties on Mount Pleasant, Cambridge and in Vicarage Close, Melbourn are for women only and our flats in Church Street, Chesterton are mixed.

For further information please visit our website: www.edwardstorey.org.uk, call: 01223 364405 or email: info@edwardstorey.org.uk

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FOR MORE INFORMATION

01223 850938

cambridge@greenwoodhomecare.co.uk



COPE Festive Christmas Lunch

Monday 7th December 2026

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

Starters

Salmon & White Fish Mousse, Parsley & Dill Sauce, Crispy Capers, Crostini (gfo)
Roaster Parsnip Soup, Truffle Oil, Herb Gremolata (vg) (gfo)
Porchetta, Celeriac Remoulade, Apple Gel, Crispy Crackling

Mains

Roast Turkey served with traditional trimmings, Roasted Potatoes, Gravy (gfo)
Braised Beef with Chive Mash, Charred Carrot, Buttered Cabbage, Gravy (gf)
Grilled Bream, Pickled Radish, Fennel and Potato Terrine with Bercy Sauce (gf)
Salted Gnocci with Roasted Leek, Onions, Peas, Sage Butter (gf) (vgo)
Nut Roast with traditional trimmings, Roasted Potatoes, Gravy (gfo) (n) (vg)

Desserts

Orange and Polenta Cake, Apricot Glaze, Chantilly Cream (gf)
Christmas Pudding and Custard (gf)
Sticky Toffee Pudding, Caramel Sauce (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 7th December 12.00 for 12.30

Cost: Members £30: Non-Members £32

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:

Salmon / Soup / Porchetta

Main Course:

Turkey / Beef / Bream / Gnocci / Nut Roast

Dessert:

Cake / Xmas / Sticky Toffee

2nd person (if appropriate):

Starter:

Salmon / Soup / Porchetta

Main Course:

Turkey / Beef / Bream / Gnocci / Nut Roast

Dessert:

Cake / Xmas / Sticky Toffee

*Due to the anticipated high demand for this lunch please reply promptly
No bookings will be accepted after Friday 27th November 2026 as numbers are limited.*

Trustees / Chair's Report

Trustees (2025/2026)



David Bailey,
COPE President



Peter Murfitt
COPE Chairman



Hugh Barton
COPE Treasurer



Jennie Jenks



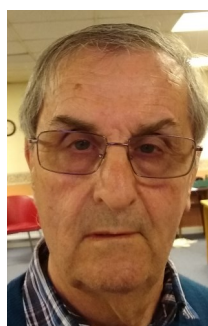
Vacancy



Vacancy



Deborah Katznelson



Brian Reynolds

DONATIONS

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

Hugh Barton, Treasurer

Chair's Report

The main topic of conversation this month is the financial situation Cope finds itself in.

You will see in this edition of our magazine that we are asking for help until the newly applied for funds arrive.

It would be a shame to cut the newsletter any more.

On other subjects: the road diversions don't get any clearer. The potholes don't get any smaller or petroleum any cheaper.

A reminder to get flu and Covid jabs to keep healthy in winter

All the best to everyone.

Peter Murfitt

Disclaimer

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

Submissions for our December / January issue must be received no later than
6th November 2026

There's always something going on in Cambridgeshire

Arts and crafts activities

Arbury Ladies Reading and Craft Group offers free monthly meetings over tea and cake in CB4. Contact Karen on karen@karenrogers.co.uk for an invitation.

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

Cherry Hinton Friday Friends: group for senior citizens offering knitting, crafts, scrabble and cards 1:30 - 3pm every Friday at the Family Centre, Fishers Lane, CB1 9HR. Contact Nic or Jo Boyns 01223 561139

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

Coton Garden Club Contact Ailish Meadows 07952 694666. email: ailishmeadows@gmail.com. Meet 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.

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

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

Willingham Social Club, Fen End CB24 5LH: Jazz Club on first Sunday each month Feb-Dec 12:30—3:30pm. This club caters for older people and has disabled toilet facilities as well as some walking aids. Tea, coffee, rolls, dancing. Admission £12. Contact Rosie Val Barrett 01954 789670.

Keep fit and mobility sessions

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

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

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

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

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

CAMBRIDGESHIRE DEAF ASSOCIATION has received funding for 2025/26 to run welcoming activity groups across Cambridgeshire for older adults with hearing loss.

The Craft & Chat Group takes place in **St Neots** on the **3rd Thursday of the month from 10am - 12pm at New Street Baptist Church, St Neots, PE19 1AE.**

To find out more about what's happening in your local area, please contact Marika Newman at Cambridgeshire Deaf Association: ☐ 01223 416141 or 07379 517633 ☐ marika.newman@cambsdeaf.org

COPE Events, Activities and Outings

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



The Evelyn Charnley Memorial Lunch Club Peter Murfitt — 01223 364303

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

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

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

**October 21st
November 18th
December 16th**

**Dr Kevin Bryant: Autism and ADHD
Marian French: 1960 Memories
Steve Teverson**

COPE in St Ives

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

Meetings held on third Thursday of each month. Contact Angie 01480 300726

Entry is £3.00 to help meet costs of these meetings and includes refreshments and the celebrated £1 Raffle. COPE membership is free and members are encouraged to bring friends, carers and partners. Everyone is welcome.

Next meetings:

**15th October
19th November
17th December**

**Ely Cathedral
'Gran's Little Book'
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.

Next meetings:

**8th October
12th November**

For further information, contact Rosie on 07547 191315.

FREE VISITS TO CAMBRIDGE BOTANIC GARDENS

COPE members meet on the 3rd Thursday each month at 11 am at the Brookside Gate entrance (corner of Bateman Street / Trumpington Road). Next dates: 15th October and 19th November.

Please call COPE on 01223 364303 to register your interest. This scheme, a gift from the Gardens, only applies to COPE members. (Remember that membership of COPE is completely FREE!)