

Cambridgeshire Older People's Enterprise

COPE

The voice of the County's over 50s
Reaching a readership of over 2500

Registered Charity No. 1110887

April - May 2025 Newsletter 181

**This could be
the last issue**

...!

Due to a financial crisis, following loss of funding from various sources and particularly from local councils, COPE is unlikely to be able to continue publishing our Newsletters beyond the end of this year. As members, how do you feel about this? Please contact your local councillors, MPs and any other people you feel could support us.

We are pleased to acknowledge the support we continue to receive from many of our members. However, we still face a significant funding shortfall and would be grateful for your donations - however small.

Please contact us:

- **by post at St Luke's Community Centre, Victoria Road, Cambridge CB4 3DZ**
- **or by email to copecambs@outlook.com. Telephone: 01223 364303**



Editorial

For years COPE has been saying that older people are being discriminated against due to the rapid digitalisation of services. Now at last a Committee of MPs has reported that the problem of discrimination against older people is widespread and culturally embedded. It finds that many are at risk of being excluded as services such as banking and healthcare continue to move on line.

At present there are 11 million people over 65, and this will increase as people are living longer. These people are being neglected as digitalisation rapidly increases. The MPs agreed that there was a considerable failure of government in that the UK's digital inclusion strategy has not been updated in over a decade. A new strategy must be developed that ensures there are offline alternatives.

This emphasises COPE's findings when we wrote to all Cambridgeshire Councils asking them to ensure there was offline access to their social and other services, such as telephone numbers and postal addresses, in their advertising. Only one Council confirmed that they ensured this.

Age UK agrees saying that "Ageism is so normalised that many of us may not even recognise it, but older people themselves often do and feel belittled as a result. It also leads to policy decisions that unfairly exclude older people, such as the drive towards 'digital by default', without anyone taking the trouble to understand the impact on older people who are not online and develop supportive strategies."

Dr Carole Easton, the chief executive of the Centre for Ageing Better said: "The breadth of this MP Report in highlighting ageist stereotypes in the media and advertising, digital exclusion, inadequate and rarely enforced age discriminations and an insufficient government focus on ageism is within our society and why we need urgent action to help everyone to age without the limits of ageism."

Unfortunately COPE has lost its funding from the County Council and the City has drastically reduced its grant which is now only £3,000 for this coming year. Obviously we are looking at obtaining funds from other sources. We have applied to the National Lottery but have not been successful: we are reapplying. There are many other grants but most are not available for older people. As the MP's Committee noted, older people in spite of their increasing numbers are being neglected; certainly we are finding that in Cambridgeshire. We shall continue to fight for our members and indeed for all people over 50 in Cambridgeshire. In the meantime many thanks to all members who kindly send donations to COPE, these are greatly appreciated and help us to continue our fight.

DEI Nonsense

The winter has again put the NHS under pressure, with overstretched staff having to treat people on trolleys in corridors. Yet at the same time money which could be used to treat patients is being used to employ DEI (diversity, equality and inclusive) staff at salaries of £80,000 plus to tell NHS staff they must call pregnant women 'pregnant persons', while much needed Junior Doctors are on a salary of £36,000.

Similarly, Network Rail are telling their staff not to use the word 'passengers' but 'You' and in the case of the English Tourist Board they say that the word 'able-bodied' is discriminatory and 'non-disabled' should be used. This change of wording to avoid upsetting people has the reverse effect in upsetting even more people, and wasting money. As the advert says "What a load of Malarky!"

David Bailey

Happy birthday to all members celebrating in April and May

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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!

Ease the Strain on the Train

Rail Companies have kicked off the Spring price rises in England with an inflation busting 4.6% increase in most fares from the 2nd March, and between 3% and 6% in Wales. A month later, the price of train travel in Scotland will increase by 3.8%.

You can save money on most journeys with a railcard which will often pay for most of its cost on even a single journey. Railcards save a third off most prices and there are nine different versions. The simplest are the cards for anyone aged over 60 or more (Senior Railcard) and there are age based cards for people up to 30 years old. You can buy the 26 to 30 card for a year even on the day before your 30th Birthday.

The desert between 30 and 60 can be partly filled by the Two Together railcard for couples or regular companions and the Family and Friends railcard for adults with children. Families of any size from "one adult, one child" to "four plus four" can use that: adults get a third off, kids 60% off and under fives travel free. The detailed rules are complicated, so look them up if you think they might be useful. A disabled railcard gives a third off fares for the disabled person and an adult companion. People on certain disability benefits or who are registered blind or deaf qualify.

It's generally cheaper and better to buy your ticket from the rail firm that operates the line rather than through an online ticket supplier. Some people prefer the simplicity of going to one place for tickets to anywhere in Britain, but you will often pay a premium for the convenience.

The prices of railcards also rises in March, adding £5 to the £30 annual cost and £10 on the three year deal of £70. The disabled card stays at £20 year or £45 for three years. Buy online at railcard.co.uk or from any main station ticket office and remember to take your card with you when travelling.

Article by Paul Lewis in the Radio Times 1-8th March 2025

VE and VJ day commemoration

The 80th Anniversary of VE Day is on the 8th May and VJ Day is on the 15th August. Many COPE members in their 80s, 90s and 100s will remember those days when we celebrated the end of six long years of war.

VJ Day is especially poignant for Cambridge as most of the Cambridgeshire Regiment (now the Anglian Regiment) were prisoners of war in the Far East having arrived in Singapore as it was captured by the Japanese.

The Government has announced five days of commemorations from the 5th May for the 80th Anniversary of VE Day. These commemorations will be paying tribute to the millions of people across the UK and Commonwealth who served in WW2 and especially those veterans still alive. And doubtless there will be other commemorations for VJ Day. COPE is hoping that local councils will be involved, but to date there are no details of any such activities.

To pay tribute to all those who sacrificed their lives to ensure we are now living in a democratic society, COPE is holding an 80th VE & VJ Anniversary Lunch on the 14th May in the Park Restaurant, Cambridge Regional College. (Details on page 12.)

As the Kohima Memorial has inscribed:

**'When You Go Home, Tell Them Of Us And Say,
For Your Tomorrow, We Gave Our Today.'**



TALKING TOGETHER

A FREE COPE programme of stimulating chats for older adults

TALKING TOGETHER enables you to join other older adults on the telephone to discuss topics that really interest you for not just one, but for five or six separate sessions:

- **on the same day of the week**
- **at the same time**
- **with the same facilitator leading the discussion**
- **and all completely free of charge**

For the past five years, we have been offering TALKING TOGETHER sessions on all sorts of topics including local history; the Fitzwilliam Museum; the Churchill Archive; short stories; changes in social policy; and the enduring fascination of fairy tales.

For our current series we will be looking at a wide range of topics which include: the Babraham Institute's research findings on healthy ageing, short stories to read and discuss with others, and the Joy of Cricket. All sessions will be conducted by a facilitator who will lead the sessions.

If you are a COPE member you will soon receive one of our leaflets through the post, or by email.

TALKING TOGETHER works just like a business conference call, with up to nine participants on the line.

What do I have to do?

- Choose a group
- Register your interest (easy)
- Sit by the phone and wait for our call

We also organise Zoom sessions for those who prefer to use their computer or laptop.

Profile: Marian French

MARIAN FRENCH who facilitates some of our most popular **TALKING TOGETHER** sessions talks about her love of Cambridge local history.

IT WAS HER 50 YEARS driving around Cambridge as a taxi driver that led to Marian's in-depth knowledge of the city. 'Those were the days before the Cambridge Tour Bus, so you'd be expected to take tourists on a tour of the city, which is something I did hundreds of times. 'It was the perfect job for me. You are your own boss, and you organise your working day as you like. I had four small children, so that was very helpful.

'In the 1970s, when I started work, the Hackney Cab driver was the top of his game and trusted by the public. Parents told their children, if they got into trouble, always look for a policeman or a taxi driver.

'Now of course we have Uber in Cambridge, the computerised cab company. Drivers don't know where they're going, they just follow their GPS. Most have no affiliation to the city. But in my day there was also a sadder side to the work. At that time the colleges had high student suicide rates at exam times. Taxi drivers were trained by the Police to watch for signs of distress, so strong ties developed between the Police, Social Services and taxi drivers.

'Looking back, I often think of my life's work as observation. In the enclosed space of the cab people will tell you all sorts of things, assuming they will never see you again.'

Marian attributes her ability to observe folk to the way she was raised in the East End of London. Her parents had lived through two world wars and they believed that to prevent another one, the most important thing was to understand and be educated in different cultures.

'They made a point of introducing us children to not one but *all* the major world religions. So we were immersed in different faiths for two whole years before we moved on to the next. Not only did we attend the weekly services and celebrate the feast days, but we learned all about the culture. For two years we were Catholics, followed by being Anglicans, and then Baptists, and after that we embraced Judaism. That religion had the biggest influence on me because it took me from the age of 11 to 13 – very impressionable years. Then we learned all about Islam. So this understanding of the world religions meant that when I came to Cambridge, it was natural for me to get on with all the people I met in this very diverse city.



'The older people I drove were young in the 1930s of course, and would tell me tales from their childhood. In this way I began to get interested in local history and met Mike Petty, the head of the Cambridgeshire Collection, that treasure trove of local history that is held in the Central Library, and Mike became my mentor. As the Chair of the Cambridgeshire Association for Local History (www.calh.org.uk) he asked me to join his committee.

'My belief is that you can't do local history without looking at family history. There's been an explosion of interest in genealogy. The then Cambridgeshire Family History Society (which is now The CFHS, www.chfhs.org.uk) needed an assistant editor for their journal and so I joined their committee. Due to my work there, teaching the subject part-time in schools and staging events, I was invited to become a Trustee at the Federation of Family History Society which is the umbrella organisation for family history societies worldwide. I served there for eight years.

'When I retired, I got involved in TALKING TOGETHER, COPE's telephone-based discussion groups which I have been leading for several years now: something I really enjoy. I also serve on the committee of GLEE or Godmanchester Learning (Educational Experiences) which is all about lifelong learning for adults and where I am the Zoom Co-ordinator (at this time we only meet on Zoom). The oldest member of this group is 96! I really do see lifelong learning as essential, and I will always be very happy to be part of it.'

Make Do and Mend

When her mother died in 2003, Clare Hammond cleared out the house with her siblings. She came across a set of cutlery that had been collected by her parents as part of a deal at a local petrol station 50 years ago. Mrs Hammond now uses the beautiful quality cutlery from the 1960s for every meal and thinks of her parents every time she does.

Older generations have long been known for a “make do and mend” attitude, opting to keep using and repairing old belongings rather than buying new. According to a survey of its listeners, Boom Radio, a station aimed at the old generation, one fifth said they repaired belongings to save money. Mrs Hammond, 76, lives with her husband, Roger in Essex. “Our parents lived through WW2, so we grew up with the make do and mend attitude.”

Like many of their generation, Clare and Roger continue to have this attitude, growing their own fruit and vegetables, freezing leftovers, making compost and fixing things instead of throwing them away. Fortunately, they are living in a small village where you know everyone and can share and swap belongings.

With recent insulation costs, especially heating and lighting, and the loss of winter fuel allowances, many pensioners find themselves forced to limit their heating and of necessity continue to use old items they might otherwise discard and buy new ones.

This has also led to the popularity of TV programmes such as the 'Repair Shop'. It has also led to many Repair Cafes where you take broken and damaged items for repair.



In Cambridgeshire, the Cambridge Carbon Footprint organises Repair Cafes throughout Cambridgeshire. You can find details of Repair Cafes on their website: www.cambridgecarbonfootprint.org; email: repairnetwork@cambridgecarbonfootprint.org; or telephone 01223 301842.

David Bailey based on an article in the National Press by Maya Wilson Autzen

NB. During WW2 when there was clothing rationing, my Grandmother, who was a seamstress, made clothes for my Brother and myself from the discarded suits of a clothing salesman friend. He was a large man so after taking apart his suits, there was more than enough material to keep us well clothed. DB

Why do we need No Mow May?

We've lost approximately **97%** of flower-rich meadows since the 1930's and with them gone are vital food needed by pollinators, like bees and butterflies.

But your lawn can help! A healthy lawn with some long grass and wildflowers benefits wildlife, tackles pollution and can even lock away carbon below ground. With over **20 million gardens in the UK**, even the **smallest grassy patches add up** to a significant proportion of our land which, if managed properly, can deliver **enormous gains for nature**, communities and the climate.

We encourage COPE members to get involved with #NoMowMay every year, and let wild plants get a head start on the summer.

Best of all, to reap these benefits all you have to do is not mow your lawn in May and beyond!

Pensions: Better by the Week

The State Pension rises in April – but some pensioners will not get the new amount in full until 30th May unless they act now. Here's how to get your triple-lock rise triple-quick.



More than two-thirds of the 12 million people who get a state pension are paid every four weeks in arrears. But which day of the month they are paid, and in which cycle of four weeks, depends on the last two digits of their National Insurance number and the letter that follows them.

The state pension rises by 4.1% with the triple lock in the week of the 7th April. But the Department of Work and Pensions has confirmed that some pensioners who are paid on a Friday will not receive a full four weeks at the new rate until Friday 30th May, and none will get it before Monday 5th May.

That will make many pensioners feel they are being short changed. Early in April they will hear that pensions are going up but that theirs will not be paid fully at the new rate for some weeks. It also means there is no extra money in April, just when many prices are rising.

However, the DWP has also confirmed that every pensioner who's paid every four weeks has the right to change to a weekly payment, it's still in arrears but you do get it several weeks earlier.

Of course, paying the pension four-weekly in arrears saves the government money, which may be why the application form makes no mention of the right to receive it weekly! But you can write a note in the "Other Information" box to request it.

If your pension is paid every four weeks you can change to a weekly cycle by calling the Pension Service on **0800 731 0469**. Have your pension details or National Insurance number to hand. Ignore the messages that encourage you to hang up; it may take a few minutes to get the phone ringing through to a human, and longer still for someone to answer, but tell them you want your pension paid weekly in future. It should happen quickly, but check it is for the right amount.

Alternatively, write to The Pension Service, Post Handling Site A, Wolverhampton, WV98 1AF.

Article by Paul Lewis in the Radio Times 25-31 January 2025

Cambridge City Public Toilet Closures

Not only has Cope suffered with drastically reduced funding from Cambridge City, but the Council has decided to close some Public Toilets to save money. The Toilets they propose closing are at Quayside, Gonville Place and Victoria Avenue (Midsummer Common).

The saving is expected to be some £121,000, a rather miserly amount when Council Tax will be increased by nearly 3%. But above all many people visiting Cambridge need to know where they can find an accessible toilet and the loss of these three toilets around the centre of Cambridge will be worrying for many visitors.

Reducing Dementia Risk



Dementia is a leading cause of death in the UK and can lead to profound distress in the individual and among those caring for them. It has been estimated to have a worldwide economic cost in excess of US\$1 trillion dollars.

Despite intensive efforts, progress in identifying drugs that can slow or even prevent dementia has been disappointing. Until recently, dementia drugs were effective only for symptoms and have a modest effect. Scientists are increasingly turning to existing drugs to see if they may be repurposed to treat dementia. As the safety profile of these drugs is already known, the move to clinical trials can be accelerated significantly.

In a study published recently in *Alzheimer's and Dementia: Translational Research & Clinical Interventions*, Dr Ben Underwood, from the Department of Psychiatry at the University of Cambridge and Cambridgeshire and Peterborough NHS Foundation Trust, together with Dr Ilianna Lourida from the University of Exeter, led a systematic review of existing scientific literature to look for evidence of prescription drugs that altered the risk of dementia.

In total, the team examined 14 studies that used large clinical datasets and medical records, capturing data from more than 130 million individuals and 1 million dementia cases. Although they found a lack of consistency between studies in identifying individual drugs that affect the risk of dementia, they identified several drug classes associated with altered risk.

One unexpected finding was an association between antibiotics, antivirals and vaccines, and a reduced risk of dementia. This finding supports the hypothesis that common dementias may be triggered by viral or bacterial infections, and supports recent interest in vaccines, such as the BCG vaccine for tuberculosis, and decreased risk of dementia.

Anti-inflammatory drugs such as ibuprofen were also found to be associated with reduced risk. Inflammation is increasingly being seen to be a significant contributor to a wide range of diseases, and its role in dementia is supported by the fact that some genes that increase the risk of dementia are part of inflammatory pathways. Dr Ilianna Lourida said: "Because a particular drug is associated with an altered risk of dementia, it doesn't necessarily mean that it causes or indeed helps in dementia. We know that diabetes increases your risk of dementia, for example, so anyone on medication to manage their glucose levels would naturally also be at a higher risk of dementia – but that doesn't mean the drug increases your risk.

"It's important to remember that all drugs have benefits and risks. You should never change your medicine without discussing this first with your doctor, and you should speak to them if you have any concerns."

"Pooling these massive health data sets provides one source of evidence which we can use to help us focus on which drugs we should try first," said Dr Underwood. "We're hopeful this will mean we can find some much-needed new treatments for dementia and speed up the process of getting them to patients."

COPE MONEY-SAVING TIPS

- Add a dash of bleach to the vase when displaying cut flowers — it will extend the life of the flowers
- Spray laundry starch onto new white canvas shoes and you'll find they repel dirt more easily
- Pour a cheap bottle of own-brand coca-cola down the toilet for a sparkling bowl (leave a while before flushing)
- Scrape your fingernails through a bar of soap before gardening and you'll keep the earth out of them

We need more ideas! Please send them to the COPE Office at CB4 3DZ or call 01223 364303

Word Search / Quiz

April 2025

WORD TILE

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| C | E | S | I | C | H | R | G | H | | | | | | |
| C | E | S | L | A | N | S | E | X | | | | | | |
| C | R | A | L | E | I | T | E | R | | | | | | |
| D | L | E | L | I | V | T | E | R | | | | | | |
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| E | L | D | N | B | U | T | L | E | | | | | | |
| E | N | W | N | E | W | W | O | R | | | | | | |

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

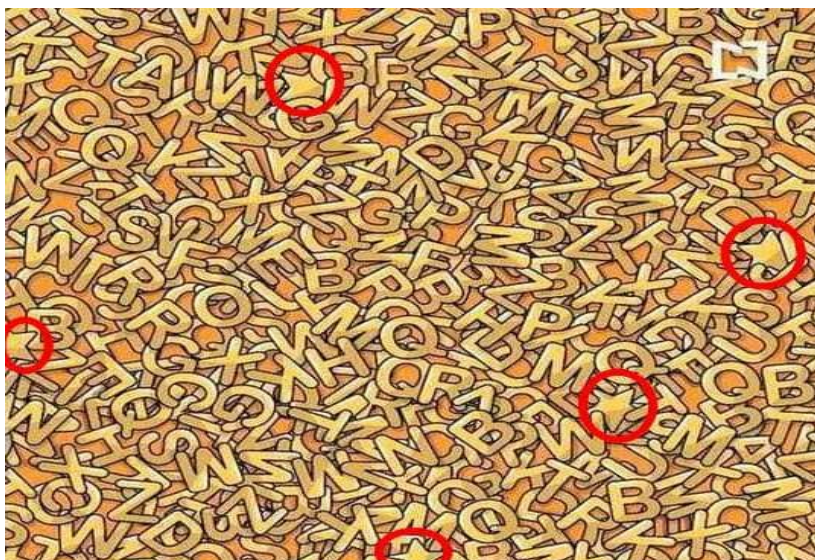
Last month's solution

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

EMOJI QUIZ
Can you identify the 15 places represented by the emojis on the right?
Answer in next Newsletter.

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Five Stars Puzzle Solution



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Creating a 'Death File'

Let's talk about death, and the last years of our lives. I know it's hard; most of us want to ignore the subject. We might joke about where to scatter our ashes or who will get the Monopoly, but the technical stuff seems too depressing and dreary. Most of us would prefer to clean the bath than talk about pensions and wills.

Most don't plan or save for their funerals, but a wake, like a wedding, needs planning. According to the Hospice UK Dying Matters campaign, 80 per cent of people said they had never discussed their later years with family. Half of all couples haven't even asked their partner about their end-of-life wishes, and fewer than 33 per cent of adults have written any kind of will.

Peter Thornton, the first chief coroner of England and Wales, has written a book, *The Later Years — The Simple Guide to Organising the Rest of Your Life*, to nudge people to put their affairs in order. "This book is for my generation — I'm 78 — and for those who worry about their older relatives."

His book is deeply practical. "My in-laws lived to 98 so it was a learning process, it was about working out how to look after yourself for as long as possible, adapt your home, keep exercising, then gradually choose carers or maybe a care home. But it's also about sorting out the paperwork and financial affairs, bank accounts, insurance, standing orders and the will."

"If you put your affairs in order and leave a list of requests, it's a way of having a voice when you become incapable or die. You can say how you would like your health issues treated and your finances arranged at the end. Finally, write or record a short memoir about your history to help the next generation who might one day want to know."

There is a lot to be said for creating a file marked with words such as "On Death" with important information for the benefit of those who will be left behind, Thornton suggests. Instant access to all that information, particularly at a time of great family stress, will be invaluable. Put as many of the following as you can into the file (don't worry if you can't find them all). Create it now. Keep it updated. Keep it safe.

- * A copy of your will
- * Birth certificate, marriage certificate
- * NHS card, NHS number
- * GP contact details
- * Family and dependants (names, addresses etc)
- * NI and tax reference numbers
- * Details of any accountant, financial adviser, probate solicitor
- * Bank account details
- * Insurance policies, pension
- * List of income, savings
- * List of regular outgoings, debts
- * Property details
- * Other assets, including car
- * Any advance decision (living will)
- * Any registered lasting power of attorney
- * Your wishes for burial or cremation
- * Your other wishes (if any) for the funeral
- * Any other reasonable wishes
- * A short history of your life and family (if you wish)
- * Digital information: usernames and passwords (or where to find them) including access to mobile phones

From an article by Alice Thomson in The Times, February 2025

COPE Anniversary Lunch



VE and VJ Day 80th Anniversary Lunch Wednesday 14th May 2025

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

Starters

Broccoli and blue cheese soup, radish (V)(GF)
Pigeon salad, bacon, dressed lettuce and seeds (GFO)
Pomme dauphine with cheese reduction (V)(GF)

Mains

Pork Stroganoff with braised rice
Steamed seabass and French beans, turned new potatoes and prawns in brown butter (GF)
Beetroot risotto, tomato concasse, dill and feta (V) (VGO)(GF)
Chicken cordon bleu, mustard sauce, spring greens

Desserts

Poached fruits in raspberry broth (VG)(GF)
Bavarois with Chantilly cream and brandysnap biscuit (V)
Cheese plate, crackers and house chutney, port optional (V)

All our food is sourced locally & freshly prepared on-site daily. Please do inform us if you have any allergies or special dietary requirements to enable us to accommodate your needs.

(V) = vegetarian (VG) = vegan (GF) = gluten free

(VO) = vegetarian option (VGO) = vegan option (GFO) = gluten free option.

(N)= contains Nuts Please specify the option when ordering

TICKET REQUEST

COPE VE and VJ Day Anniversary Lunch Wednesday 14th May 2025 12.00 for 12.30

Cost: Members £17: Non-Members £20

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

Print Name(s).....

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

Please circle your choices below

1st person :

Starter:

Soup / salad / dauphine

Main Course:

Pork / bass / risotto / chicken

Dessert:

Fruit / bavarois / cheese

2nd person (if appropriate):

Starter:

Soup / salad / dauphine

Main Course:

Pork / bass / risotto / chicken

Dessert:

Fruit / bavarois / cheese

Due to the anticipated high demand for this lunch please reply promptly
No bookings will be accepted after Monday May 5th 2025 as numbers are limited.

Interviewees Wanted / WaveLength

Cambridge-born and bred videographer and film-maker Chris Peters, is in the process of securing Arts Council funding for an exciting WWII local documentary project.

The project will focus on filming talking head style first-hand accounts, from Cambridge and surrounding area residents, of their memories and experiences of local life in Cambridge during the global conflict. With the clock very much counting down to have the opportunity to capture these interviews, Chris is keen to hear from anybody who would like to tell their story, and have it documented in this way.

Chris says "Following the death of my own parents in recent years, the finality of not being able to ask them about past family events anymore, really shook me. Sounds obvious, but it dawned on me that once they're gone, they are gone! This was the catalyst for the project really, and to be in a position to spend some time with people that lived the experience, and to capture their story for future generations, will be such a privilege".

Chris is inviting either individuals, or family members of suitable people to get in touch to express their willingness to be involved in the first instance. They would need to provide a brief outline of their situation/experiences, and an anonymous account if appropriate, would be used to assist in the funding application process. Once funding is fully secured, preproduction would then proceed.

If successful, the end result would form part of local and national online archives in multiple locations, as an important historical resource.

If this is something you, or someone you know would like to be part of, please do get in touch with Chris by email at chris@chris-peters.com or by message/phone on 07306 655579.

WaveLength is a small national charity based in Cambridge, dedicated to improving the lives of chronically lonely, isolated and vulnerable people.

We provide technology, such as TVs, radios and tablets, to people in financial need who are experiencing severe loneliness. We know from the many thousands of people that we have been able to support, that these devices offer comfort and companionship, help them to stay connected with the outside world and reconnect with family and friends.

We support people across all age groups who are lonely for many different reasons. This includes individuals who struggle to leave their homes due to age, physical or mental ill health, bereavement, or difficult personal circumstances, as well as those moving out of homelessness, fleeing domestic violence or arriving as refugees.

We work directly with individuals who have been referred to us by a third person, for example a health care professional, other voluntary and statutory bodies, a friend or neighbour, to provide a piece of equipment which is theirs to keep. We also work with groups supporting vulnerable people, for example refuges and day centres for the elderly, providing equipment which can be used on-site, or loaned to their service users. Further details about applying to WaveLength can be found here - <https://wavelength.org.uk/apply-for-help/>

If you feel that you would benefit from computer tablets which you can share with people accessing your services, you would be very welcome to apply.

www.wavelength.org.uk

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Boost Your Life in 2025



Top tips for a healthier body and mind part I: the brain

The beginning of the year is a great time to think about what we might like to achieve in the year ahead - finding better ways of doing things, or dropping habits that haven't served us well.

But making changes can be difficult, and ambitious goals can often feel out of reach.

Cambridge experts offer their tips on realistic ways to boost our mental and physical health in 2025.

Their advice - based on decades of scientific research - adds up to a long-term strategy for looking after body and mind.

For the best **brain health** and **to get the most enjoyment out of life**, [Professor Barbara Sahakian](#) and [Dr Christelle Langley](#) in the Department of Psychiatry recommend adopting these healthy habits:

Get a good night's sleep. Everyone knows how awful we feel if we don't get enough sleep. We spend nearly one third of our lives asleep, as it is critical for our brain health. Our studies have shown that in middle to older adults, getting consistent sleep for 7-8 hours is beneficial to brain health, cognition and wellbeing, as well as our physical health. During sleep our brain removes toxins and consolidates our memories. So, make sure you have the ideal conditions for you to get the best night's sleep. Be in a relaxed state, and make sure you are comfortable in bed.

Nurture your social life. As humans we are social beings, so social connections are key to our wellbeing. In fact, we have a 'social brain' which includes specific regions that are specialised for social interactions - this develops early in life, when we're between one and five years old. The 'social brain' is also important for our cognition, and mental health. In adolescents, our research shows that having about five friends is associated with better brain health, cognition, and wellbeing. In older adults, we found that social isolation impacts negatively on brain health and is associated with a 26% increased risk of dementia. It is important to keep socially connected, be it through work or volunteering.

Keep your mind active. Make sure you 'use it' so that you don't 'lose it' through lifelong learning and challenging mental activities. Keeping our brains active throughout life promotes cognitive reserve and resilience, which can help during times of stress, but we've also shown it can improve outcomes in traumatic brain injury and neuropsychiatric conditions. So, keep your mind active. Our studies have found that cognitive games, developed at the University of Cambridge and available through PEAK 'brain training' apps are beneficial for cognition.

Sahakian and Langley's new book, [Brain Boost: Healthy Habits for a Happier Life](#), (Cambridge University Press) is available from January 2025.

Don't neglect pleasure. Mental health is not all about self-deprivation. People who experience more day-to-day instances of pleasure report better wellbeing. Conversely, people with depression experience fewer overall rewarding events in a day - but when they do, their mood tends to improve even more than someone without depression. Biologically, pleasurable experiences like laughing with friends, dancing, or eating your favourite meal exert effects on the brain and body that could plausibly help maintain mental health.

Dr Camilla Nord's book, [The Balanced Brain: The Science of Mental Health](#) (Allen Lane) is a Financial Times, Times, and Prospect Magazine 'Book of the Year'.

The full article is available at website: [Boost your life in 2025](#)

Promotions

Can we help you?

Dementia is a topic that is featured increasingly in the media these days, whether discussing new medications and scientific breakthroughs, or perhaps someone famous has been diagnosed or sadly passed away having lived with the condition. People are gradually becoming more open about having a diagnosis, but what is dementia? Memory loss is often the first symptom people associate with dementia, but this is not the case with all forms of dementia, of which there are more than 100 types.



The term 'dementia' describes a collection of symptoms that includes not only memory loss but also things like difficulties with language, thinking or problem-solving, and can lead to changes in mood, behaviour or perception. In some types of Dementia these changes that happen in the brain begin slowly and it will be many years before they are noticed. For other people, changes can come on quickly, for example after a stroke. Dementia is a progressive condition and the symptoms will start to affect daily life.

Receiving a dementia diagnosis, whether your own or that of a loved one, is difficult and can take time to digest. However, you do not have to go through this alone and Alzheimer's Society is here for you, whatever the type of dementia diagnosed. Whether you or a family member has received a dementia diagnosis, or even if you are just concerned about your memory, we have a local dementia support team of Advisers available to support you. We can help you to understand the diagnosis, the symptoms and any changes in behaviour, and help you to devise coping strategies as your situation changes. We can help you plan for the future and, sometimes most importantly of all, provide emotional support and a listening ear. If you would like to have a conversation with us, please do not hesitate to call us on 01223 620962.

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Recipe

Meatloaf

Ingredients

450g / 1 lb minced beef or pork, or a mix of both
50g/ 2 oz fresh breadcrumbs
1 large onion, finely chopped
15ml/2 tbsp chopped parsley
5 ml/1 tsp chopped fresh thyme
5 ml/ 1 tsp chopped fresh sage
1 egg
15 ml/ 1 tbsp Worcestershire sauce
Salt & Pepper



Method

Grease a 450g/1 lb loaf tin . Set the oven at 180°/350°F/ gas 4. Place all the ingredients in a bowl, adding plenty of salt and pepper. Pound the ingredients with the back of a mixing spoon until thoroughly combined and well bound together.

Turn the mixture into the tin, press down well and cover the top with a piece of greased greaseproof paper. Bake for 1 hour, until firm and shrunk away from the tin slightly.

Turn out and serve hot or cold.

Mrs Beeton

PARSNIPS

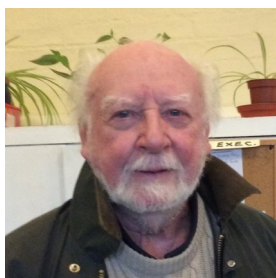
It's not Christmas Lunch without parsnips. The reason we have parsnips then is because according to gardener's lore, parsnips should not be dug up until there has been a frost. In southern England that would have meant waiting until January this winter.

Parsnips can remain in the ground until March, when its nearly time to sow seed for the coming year. Parsnips should be sown directly into the ground, which must have been well dug and not be stony. If the ground is stony, the parsnips are liable to produce split roots. The seed should be grown when the soil has warmed and is not too wet. Germination is slow and may take up to three weeks. Like carrots parsnips are susceptible to carrot fly.

Parsnips are little known in Europe, where they are more likely to be fed to pigs. But in Britain the old expression "Fine words butter no parsnips" has its origin in the 17th century when they were more popular than potatoes. Nowadays, apart from Christmas lunch, they are more likely to be used in stews and soups or roasted around a joint of beef.

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Trustees (2024/2025)



David Bailey,
COPE Chairman



Peter Murfitt



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Jennie Jenks



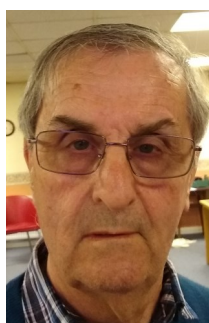
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Submissions for our June / July issue must be received no later than 6th May 2025

DONATIONS

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

Peter Murfitt, Treasurer

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 **01223 576412**

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

Beth Shalom Reform Synagogue 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**

Cherryhinton Care Home (TLC Care) 369 Cherryhinton Road CBI 8DB. Afternoon Tea and Cakes on the 2nd Thursday of each month - join our residents. To book contact **Scott Brooker** on **01223 210070**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



The Evelyn Charnley Memorial Lunch Club

Peter Murfitt — 01223 364303

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

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

£1 Raffle with donated prizes. Everyone is welcome

April 16th

Michelle Bullivant

May 21st

Marian French / Anglesey Abbey

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.

17th April

Andrew Lacey - Cambridge Spies

15th May

Robert Cobolt: Alzheimers / Dementia

19th June

Lewis Holland: Fraud Prevention

March Friendship Club

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

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

For further information, contact Rosie on 0788 7514591 or Paul on 07708 982450.

COPE AGM

Our annual general meeting will be held on Monday 14th July at 10:30 in St Luke's Church, Victoria Road. Details of speakers, stalls and tickets to confirm attendance in the June / July Newsletter.