

COPE

Cambridgeshire Older People's Enterprise

Registered Charity
No. 1110887

December 2020—January 2021

Newsletter 155

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www.copecambs.org.uk

Funded by:



**HAPPY CHRISTMAS to
all our members, their
families, carers and
friends, and a happy
and healthy New Year
from your COPE team.**

Editorial

This year has been full of Anniversaries and Events which we have not been able to celebrate or be part of due to lock downs and closures of venues. But during this year of seeming inactivity, many of us have enjoyed nature in our gardens or on walks in Parks and if we are lucky, the countryside. The latter may not be possible for many of us in the future as with the rush to build houses and accompanying facilities we are losing much of the glorious countryside around Cambridge which is also leading to loss of habitat for our native animals. To highlight the latter, we have included an article on hedgehogs, please adapt your gardens to their needs.

In November, we will be laying a wreath at Cambridge War Cemetery on behalf of COPE for all those lost in WW2, especially those of the Cambridgeshire Regiment who died in dreadful conditions on the Burma Railway.

Unfortunately, we have not been able to hold the 2019-20 AGM due to COVID-19 restrictions, so to keep members informed, we are including the Audited Accounts and Annual Report in this Newsletter issue. When life returns to normal, we will hold the AGM to enable you to discuss COPE's activities and vote for its Executive Committee members.

Talking Together is very active and those taking part are enjoying it immensely. Further sessions are planned for Feb/Mar and later in the year and the office volunteers are keeping in touch with members with phone calls which appear to be greatly appreciated. So in this subdued Christmas and New Year, please ensure you all keep in touch with relatives, friends and neighbours, and provide food for the wildlife in your Gardens.

With all our best wishes, David and the Committee



Coronavirus: Don't Panic, Keep Calm And . . .

Coronavirus is contagious and affects 70 year olds and over the most – in other words, COPE members. Government have asked us to limit social contacts, and especially those over 70 with health problems to self-isolate.

If you can, please look out for those having difficulties with maintaining isolation, but whatever you do, take every precaution to ensure you are only spreading kindness.

COPE meetings may have to be rearranged or cancelled: please check with the COPE office if in any doubt.

Beware - Covid Scams

Text message scams

- Text messages purporting to be from the Government offering a payment (usually £258) for 'Covid relief' or 'Covid Relieve' and with a link to a copycat website to enter your details.
- Text messages purporting to be from the Government stating that you are being fined for leaving your house and giving a website link or a telephone number.

Phone call scams

- Telephone calls purporting to be from Public Health England (PHE) or the 'county council' asking for personal information such as contact details, date of birth and NHS number.
- Telephone calls claiming to be from charitable organisations helping individuals or businesses during this challenging time and asking for a donation or information to help out.
- Telephone calls requesting bank details to provide a refund for cancelled flights, holidays etc.

Tips to prevent phone scams

Telephone numbers can be spoofed, which means an incoming call or text can appear to be from a local number or a legitimate organisation. For example, scam texts pretending to be from the Government often arrive in the same conversation box as genuine GOV.UK texts. This makes it very difficult to identify that they are bogus. **Do not trust a phone call or text just because the number looks familiar to you.**

How to check an NHS Test and Trace contact tracer is genuine

The NHS Test and Trace Service will email, telephone and text people who have been in close contact with confirmed Coronavirus cases. The team will call from 0300 013 5000 or send a text from "NHS".

Contract tracers will never:

- Ask you to make any form of payment or purchase a product
- Ask any details about your bank account or social media
- Ask you for any passwords or PINs to download software

Full information can be found on the on the [Public Health England Contact Tracing website](https://www.cambridgeshire.gov.uk/residents/coronavirus/beware-of-coronavirus-scams) or - <https://www.cambridgeshire.gov.uk/residents/coronavirus/beware-of-coronavirus-scams>



CORONAVIRUS
STAY ALERT
TO STAY SAFE

- ✓ Keep a safe distance from others
- ✓ Stay home as much as possible
- ✓ Keep washing your hands regularly

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

Happy birthday to all members celebrating in December and January

Information and Advice Service Age UK

Do you have a query but don't know who to ask? Age UK Cambridgeshire and Peterborough is a local independent charity working with and for older people. **FREE** information is available on a range of issues, by phoning the Helpline below.



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 and/or email addresses used for the preparation of address labels or electronic delivery or for reference purposes by Officers of COPE. This information will not be communicated to third parties without your express permission. Unless COPE is advised to the contrary we will assume that you have no objection to your basic information being recorded.

DONATIONS

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

Peter Murfitt, Treasurer

COPE FORUM

Cambridgeshire Older People's Enterprise New member application form

New Member

Number: _____
(To be allocated after joining)

(BLOCK CAPITALS PLEASE)

Name: _____

Address: _____

Post Code _____

Telephone: _____

Email: _____

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

AGE RANGE

PLEASE CIRCLE RELEVANT GROUP

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

Disability - Yes / No

Signature _____

Date: _____

How did you hear of COPE?

Special Interests:

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

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

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

Donation Form

I would like to make a donation of £ _____

I DO NOT pay UK Income Tax

I DO pay UK Income Tax

Please tick the box above applicable to you

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

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

Please sign below and print and date underneath

Signature _____

(BLOCK CAPITALS BELOW PLEASE)

First Name _____

Surname _____

Address _____

_____ Postcode:

Date _____

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

*Notes

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

Many thanks!

Trustees (2019/2020)



David Bailey,
COPE Chairman



Peter Murfitt



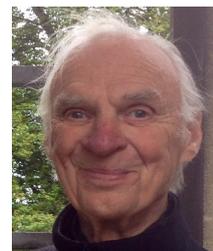
Alice Zeitlyn



Jennie Jenks



Doreen Ryan



Ken Lovett



Deborah Katznelson



Brian Reynolds

Disclaimer

Whilst every effort is made to ensure information is accurate at the time of going to print, no responsibility can be accepted for loss or damage caused by published information found to be inaccurate. Submissions for our February / March issue must be received no later than 31st December.

Word Search and Spot the Dog challenge

DEC 2020/JAN 2021

BHm

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

	E			E	H		
	E		B			T	
	N		R			I	
	I					C	
	A					N	
	I				E		
	E			E			
	T		K				
	O		H	I	P	E	

AIM

Place the 27 three character 'tiles' in the left-hand grid to the CORRECT spaces in the right hand Grid relating to CHRISTMAS / NEW YEAR words containing NINE letters horizontally and in alphabetical order. Puzzle answers in the next Newsletter.

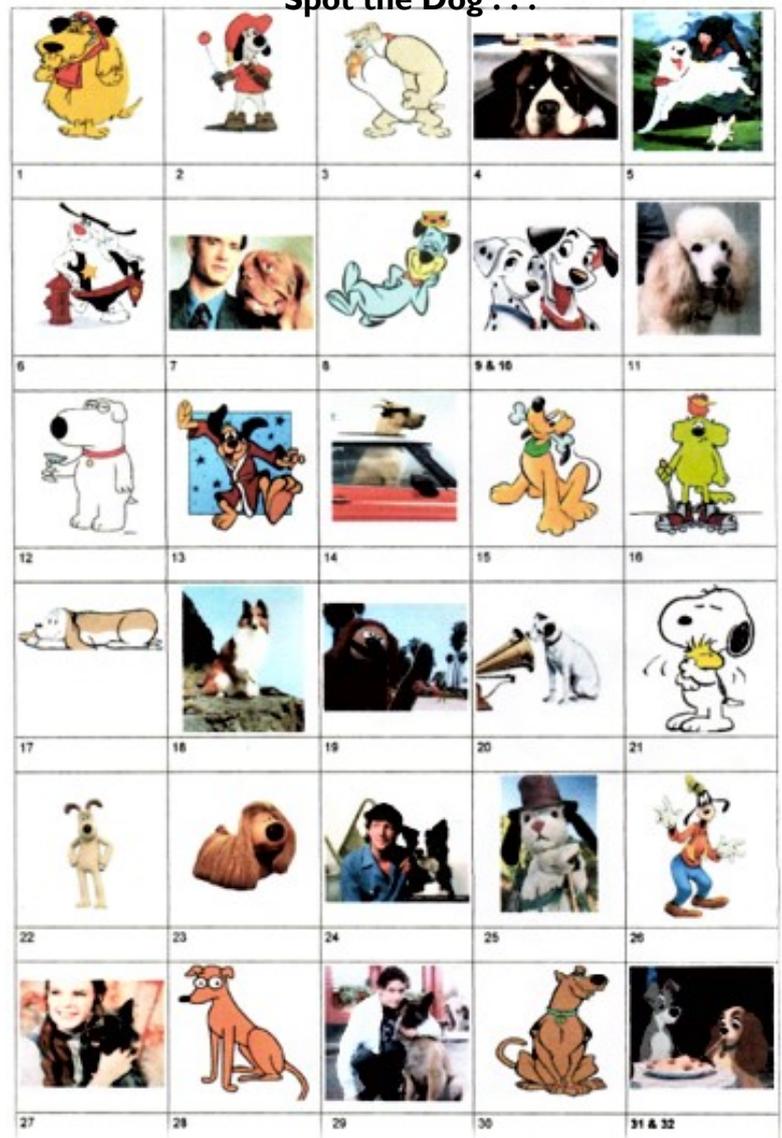
Last month's solution

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

Name that Cake - Answers

- 1- Carrot Cake 2— Birthday Cake
 3—Cheesecake 4—Banana Cake
 5—Angel Food Cake 6—Upside Down Cake
 7—Pancake 8—Cupcake
 9—Pound Cake 10—Sponge Cake
 11—Devil's Food Cake 12—Sheet Cake
 13—Patty Cake 14—Crab Cake
 15—Red Velvet Cake

Spot the Dog ...



Talking Together



Talking Together telephone discussions are again proving popular with COPE members: the third series began in October, offering an exciting and varied array of topics, from poetry to nutrition. Many topics are of local interest, including the Fitzwilliam Museum, the David Parr House and the American Cemetery.

Conducted over the phone, the conversations bring together older adults (ages range from 60 to 92) to learn about their selected subject and engage in a lively discussion. The groups fill up quickly, with some participants returning to pursue and develop their chosen topics for a second – or even third - series.

Some participants choose a topic that is entirely new to them, while others have experiences to share with their fellow group members. Everyone's ideas and contributions are heard and valued.

Sarah Villis from the Fitzwilliam Museum takes her group on a journey into each artwork considered, including paintings by Renoir, Sisley and Stanley Spencer. As well as exploring how the painting 'feels' to each participant, Sarah provides some history of the artist's life at the time the painting was completed. Having time to relax into a painting and savour small, important details is highly enjoyable.

Another remarkable example of artwork, the David Parr House, is the subject of Tamsin Wimhurst's group. David Parr worked for a normal painting and decorating company in Cambridge that developed into a firm of 'Artworkmen' who worked all around the country, decorating houses in the Arts and Crafts style. David Parr also decorated his own modest home in the styles he mastered at work. Tamsin explains techniques used in the house, such as pouncing – not unlike tracing – and the group explores such mysteries as how David Parr travelled around the country to jobs with his heavy wooden trunk filled with tools.

The American Cemetery facilitators focused initially on the selection of the site and development of the cemetery, then looked at aircraft, their history, the experiences of pilots and the American Red Cross. The group has reminisced about individual and family war experiences, one member recalling the American airbase in their village during WWII.

Nutritional therapist Amanda Ryder examined what a healthy diet means for her group, looking at recommended daily nutritional requirements, such as protein, and the best ways to ensure that they are included as often as possible. Participants freely ask questions about dietary changes they might make.

The Poet's Corner group, led by poet Liz Williams, is sharing a variety of poems with a different theme each week: a recent choice was humorous poetry. Poems are by both published authors and participants. Interesting discussions follow poetry readings, sharing life experiences and reasons for choosing a particular poem.

In the Power of Books Leigh Chambers encourages her group to explore various genres and writing styles in search of what makes for a 'darn good read'. Leigh recently invited participants to choose and read aloud an extract from a book or poem they particularly enjoyed. A discussion about what makes writing so vivid and compelling followed.

Look out for the fourth series of Talking Together in the New Year!
Sally Fenn



Thoughts on Lockdown

We were all affected by the Lockdown in March,2020 but some were more affected than others. I have been a widow for 40 years and so am being used to living alone. But what changed for me was the sudden closure of ALL my many charitable activities My diary was empty The deaf, the partially sighted, the disabled,the elderly, were cut off from others overnight! All these clients were in the category of the vulnerable elderly (like myself) so it was important to keep to the rules.

I am one of the generation brought up under war conditions and this is what it felt like then. All kinds of alien activities were going on all around one but there was nothing one could do about it. I started to listen to the radio news every hour to hear what was going on and so plan what I was going to do in these strange times we were living in. It became apparent that I would only be able to visit Sainsbury's once a week for essential food supplies and then confine myself to the home for the rest of the week. How quickly one becomes used to a new way of life!

I decided that this would be an ideal time to do all the things I had put aside until I had the time to do so. So I began to :-

Tidy all my cupboards and drawers.

I began slowly and took my time so this took some months and I accumulated quite a pile of stuff to take to a charity shop when this might be possible in the future. Along the way I discovered several items I did not know I had including one large, unused pressure cooker and some beautiful embroidered underwear that had once belonged to my mother!

Finish some knitting that had been put aside.

My speciality in knitting is to finish an article that has been started and never been completed. I had been left with several of these over the years which had been difficult to achieve or had not been wanted by their owners. I found the right coloured wool and a near enough pattern to finish two baby cardigans and one jumper. (They will go to the Salvation Army who look after mothers who do not know they are pregnant until the baby arrives!)

Do some much needed work in the garden.

There was an accumulation of composted leaves from last autumn (I have 13 trees in my garden). So I bagged up quite a few ready for replanting some of my big pots. I cleared away some unwanted weeds and shrubs in the wrong place and tidied up the bike shed.

When the complete lockdown started to ease I still had many gaps in my diary that had once been full. But some charities, like COPE (Cambridge Older People's Enterprise), started to have committee meetings to plan for the future and how to keep in contact with their members in a time when the virus was still among us.

I began to visit one friend in her garden once a week and the personal contact was very welcome. I was introduced to ZOOM! My son sent me a surplus headphone for sound. A friend gave me a camera for sight and I was ready for the invitation to join the meeting! The contrast with ZOOM meetings which I had with family and charities like the Macular Society and the Library at Home with the face to face meeting in the garden was very marked but better than nothing. Then I lost the sound on ZOOM. No information I was given to rectify this worked. As a last resort I called in my 'guru'! After much effort he plugged in my headphone to the front of the control panel instead of the back. It worked

The uncertainty of the situation continues and it looks as though it might be going on for some time. I am busy with knitting items for Christmas that the charity shops of the Arthur Rank Hospice will sell and gardening chores that come up every Autumn.

Any spare time can be used in reading a pile of books that have been waiting for just such an opportunity as this! There is always a silver lining.

Alice Zeitlyn

Cappadocia

In February 1979, Carol and I were travelling from Bangkok back to Cambridge, having finished a 5 year contract developing the first New Town in Thailand. We took the opportunity to stop off at various countries en route, and after visiting Nepal and Kashmir we stopped in Turkey. There we visited Istanbul and then took the Blue Train to Ankara meeting friends we knew previously in Bangkok.



With our friends, we travelled to Cappadocia in very wintry weather. Cappadocia is unique in that much of its area is formed from the eruption 60 million years ago of 3 enormous volcanoes which covered the area with enormous deposits of volcanic ash called tuff. This is easy to dig and as it has no stratification and its surface hardens when exposed to air made it easy to make underground living areas. As the area was used by peoples moving from Central Asia to Europe, underground towns were dug and used to escape from the migrating tribes.

Some towns were 8 to 11 stories deep and tunnels interconnected them. Erosion of the tuff has also created what are called 'fairy chimneys', due to volcanic boulders protecting the soft tuff underneath. Even today most houses in the area are partly built into the tuff.

Christianity developed in Cappadocia and in the latter days of the Byzantine Empire, churches were built underground to escape the invasions by Arab and Turks. They were used by Greeks until the 1920's when war between Turkey and Greece led to the expulsion of the Greeks. The Churches were abandoned and access became lost until the 1960's when farmers ploughing uncovered some of the churches, which led to most of them eventually being discovered. When we visited the area, there were few tourists, but now with Cappadocia being a UNESCO heritage site, and museums and hotels being opened it has become one of Turkey's tourist hotspots.



David Bailey

Electric Blanket Safety

Although winters may not seem as cold as in our youth, there will still be nights when we need to warm the bed with an electric blanket. And then we get out the blanket we stored away in spring. But before using it there are certain safety measures that should be taken.

What you should **Do**:

Read and follow the manufacturer's instructions,

- Examine the Blanket for signs of wear and damage,
- Use the Blanket only for its intended purpose, ie is it an over-blanket (only to be over the bed occupant) or under-blanket (only to be under the bed occupant),



Check its instructions for suitability for washing,
Make sure the plug has a 3amp fuse.

What you should **Not Do**:

- Use the blanket when it is folded,
- Use a Hot water bottle at the same time,
- Touch it with wet hands or feet,
- Insert or use pins or any metal fasteners to hold the blanket in place
- use an under-blanket on an adjustable bed,
- Use it on the bed of a helpless person, an infant or someone who is insensitive to heat
- allow it to be used by a young person, unless you are satisfied the child can use it safely.
- use it all night if you are fitted with a pacemaker

Your blanket should be replaced with a new one if:

- The fabric is worn or frayed
- Scorch marks or discolouration areas are visible on the fabric
- Wires are visible or poking through the fabric,
- There is damage to the flexible wire from the supply plug to the blanket
- The Control is making a buzzing sound or is giving off a smell
- The Control is damaged or over heating.
- Its more than 10 years old

The above advice is also on the Cambridgeshire Fire Service website, but you can if necessary contact their Community Safety Team on 0800 917 9994.

The Fire Service no longer does safety checks on electric blankets, but it is advisable if your blanket is faulty not to have it repaired but purchase a new one, as the cost of repair is generally more than the cost of a new blanket. Make sure you purchase from a reputable trader or shop.



Remembering World War Two

2020 was intended to be a year remembered particularly for being the 75th Anniversary of the ending of the most destructive war of all time. Many commemorative and celebratory events were planned. Sadly, the coronavirus menace has meant that most of them have been cancelled or curtailed. It is surely very sad that the year is slipping away with little mention of some of the most momentous events of WW2.



It really was 'touch and go' in 1940, following the evacuation of Dunkirk and the fall of France. We were then alone and Germany prepared to invade, with its massive Luftwaffe dominating the air. Except that it didn't. The Battle of Britain was a wonderful victory, though the margin of victory was less than we thought at the time. That success, and the RAFs bombing and destruction of hundreds of invasion barges assembled in French ports, convinced Hitler that the invasion could not go ahead.

It is surely important that we all remember the broad outline of what was at stake in WW2, so please forgive the potted WW2 history below.

Germany occupied almost the whole of Europe while in the Pacific, Japan invaded and conquered almost the whole of Asia, including much of China, Hong Kong, Malaysia, Singapore, the Philippines, Indonesia, Vietnam, Laos, Cambodia, New Guinea (to use their modern names) and hundreds of Pacific islands. Following its occupation of Burma, it attacked India, and in the south it had begun the bombing of Australia, mainly Darwin.

We should be thinking at this time, not only of the sacrifices of those in the Armed Services, but also the suffering and contribution of the civilian population during those six terrible years.

Most able-bodied men joined the armed services, while thousands of women were recruited into the WAAF, WRENS and the ATS. The WAAFs, for example, often worked alongside airmen such as fitters, armourers and mechanics, repairing damaged aircraft and doing many other tasks on airfields that were often bombed

The Blitz of 1940 killed 40,000 people, and destroyed or damaged over a million houses, and the bombing continued in subsequent years, though less intensively and less regularly.

The 'doodlebugs' (flying bombs) and V2s. (rocket bombs) came in the latter part of the War, and added to the loss of life and property

In spite of the bombing, with every city, town and village 'blacked out' at night, and a weekly ration which included only two ounces of butter, two ounces of cheese, four ounces of either bacon or ham, and one fresh egg, the morale of the people was astonishingly high. There was very little grumbling, and the contribution of the civilian population to the war effort was tremendous.

For example, factory workers, mainly women, manufactured many of the weapons of war, the Women's Land Army helped to feed the nation, the Air Transport Auxiliary, of women pilots, flew RAF aircraft to wherever they were needed in the UK, and many people did fire-watching duty, became ARP (air raid precaution) wardens, or joined The Home Guard.

At sea, the merchant marine, bringing to Britain both food and arms, mainly across the Atlantic Ocean,

suffered grievous losses, mainly from the torpedoes of U-Boats. From June to October, 1940, 240 Allied ships were sunk. Convoys of 30 or so merchant ships were then protected by Royal Navy corvettes or destroyers. The U-Boats responded by hunting in packs of three, co-ordinating their attacks by radio. One convoy lost 59% of its merchant ships. Tremendous efforts were then made to destroy the increasing number of U-Boats by the Royal Navy and RAF, and by 1945, 248 U-boats had been sunk. RAF Bomber Command also destroyed U-Boat bunkers in Hamburg and elsewhere. HMS Hood, a battle cruiser operating near Iceland, was sunk by shells from the German battleship 'The Bismarck,' and all the crew lost their lives, except for three sailors. (Three days later 'The Bismarck' was sunk by the Royal Navy with the loss of two thousand sailors.)

The Eighth Army won the battle of El Alamein, occupied most of North Africa, and then invaded first Sicily and then Italy. The advance up the peninsular was against the German Army, the Italians having abandoned their German ally in 1943.

Then there was the Allied invasion of Normandy, and many hard-won battles through France and Germany, and finally 'unconditional surrender' to Allied forces.

We all celebrated VE day on May 8th 1945, but there was also the war against Japan to be finished. In the Far East, the 'forgotten' Fourteenth Army was still fighting the Japanese in the jungles of Burma, many soldiers losing their lives not only in the fighting by also through tropical diseases, dysentery, etc. The Royal Navy battleship 'The Prince of Wales' and the battle cruiser 'The Repulse' had been sunk with a great loss of life.

The enemy still occupied many countries, including Singapore, Malaya, parts of Indonesia and many Pacific islands.

Following the controversial atomic bombing of Hiroshima (August 6th) and Nagasaki, (August 9th), Japan surrendered on August 15th (VJ Day).

Britain should be proud of what it achieved in World War Two. We stood on our own for two years, both the USSR and America entering the war when they were attacked in 1941.

The USSR had previously concluded a pact with the Nazis when they agreed to split up Poland between them, it supplied Germany with strategic war materials in the first few years of the War, and it attacked Finland in December 1939. Such events were, however, largely forgotten when, following its invasion by Germany, Russia became our ally and its army fought magnificently, though suffering a huge number of casualties.

Yes, we should certainly be proud of our achievements in the Second World War, but we should also remember the sacrifices made throughout those six years, the incredible unity of the nation and the spirit and morale of the people.

George Culling



Helping Hedgehogs

Hedgehogs in Britain are in serious decline and are now recognised as vulnerable to extinction. Sadly, the threats they face are almost entirely related to human activity.



Why are hedgehogs facing extinction?

Hedgehogs are nocturnal mammals with a keen sense of smell. They thrive in areas of dense scrub, such as hedgerows and brambles or areas of shrubbery. They eat invertebrates such as worms, beetles, earwigs, caterpillars and millipedes. They will even eat slugs and snails if food is scarce. They drink a surprising volume of water in relation to their body size. Hedgehogs may roam distances of up to a mile at night to find adequate prey. Hedgehogs are one of the few mammals that hibernate to survive winter and they need to build up reserves before entering this prolonged state of inactivity.

Large scale urban development has destroyed or fragmented habitat with roads and fencing preventing hedgehogs safe access to adequate food and shelter. Over 300,000 hedgehogs are estimated to die each year on our roads, which is about a third of the total population. Destruction of hedgerows and widespread use of pesticides have left little for hedgehogs on farmland and rural hedgehog populations have declined by an estimated 50% over the last 20 years. Urban hedgehogs are faring slightly better and there are many things that residents in Cambridgeshire can do to help prevent the extinction of this captivating species.



What you can do to help

There are some simple ways in which you can help hedgehogs:

- Create a hedgehog highway by making a 13cm diameter hole in the bottom of your fence and encouraging your neighbours to do the same. This ensures hedgehogs can get into multiple gardens to find adequate food. Cambridge City Council offer a free service to residents who are unable to cut a hole themselves. Email sosvolunteers@cambridge.gov.uk
- To help focus conservation efforts, please add any sightings of hedgehogs (dead or alive) to the Big Hedgehog Map (www.bighedgehogmap.org). You can also visit the map to see if any hedgehogs have been spotted in your area and add your hedgehog hole.
- Cambridge is the driest city in the UK and drought comes at a time when mothers are trying to produce milk for infants. Please put out a shallow dish of clean water for hedgehogs and other wildlife and make sure it is topped up regularly during dry spells.
- Provide supplemental food of kitten / cat biscuits or a meaty cat or dog food. Avoid fish flavours and varieties in gravy. Never give hedgehogs bread or milk! Making a hedgehog feeding station is a good way to avoid the food being eaten by local cats or foxes.
- Plant hedgerows or shrubs and leave areas of the garden wild. An untidy garden is a happy place for a hedgehog! Building a log pile is a good way to provide additional insects and shelter for them.
- Make your garden hedgehog friendly by using organic methods of pest control, removing areas of loose netting that hedgehogs may get tangled in and ensuring ponds have a sloping edge to prevent hedgehogs getting trapped.

Grace Dolman

More tips are available on the Cambridge Hedgehogs charity website (www.cambridgehedgehogs.org)



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

British Lung Foundation

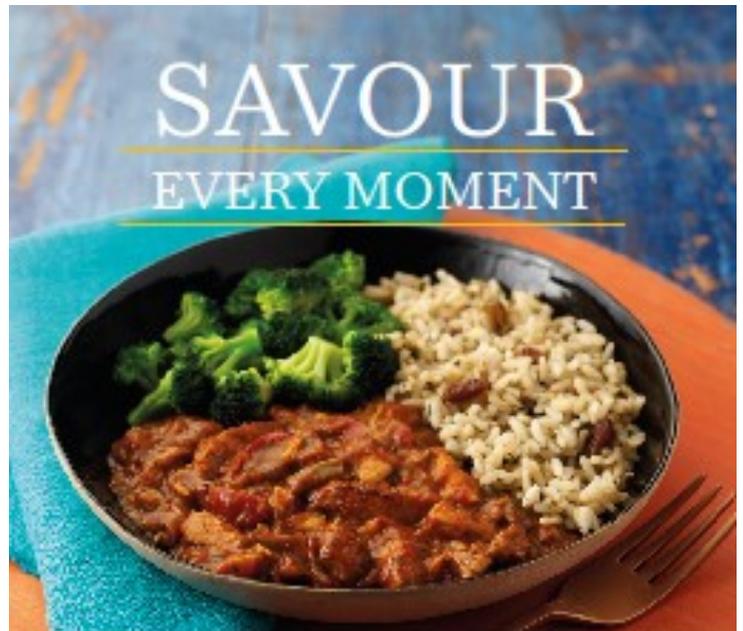
Helpline 03000 030 555 Mon-Fri 9am to 5pm
www.lunguk.org

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

Breathe Easy Cambridge City www.lunguk.org/cambridge

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Thoughts on Ageing



Nothing prepares you for the inevitable changes that age brings in its wake. One does not get the advice or reassurance that adolescents get. I was told “don't eat so much and you don't need so much sleep!” in my 50's but that was all.

Of course, part of the problem is that there is no advice that is applicable to everyone. All old people are unique and must find their own way.

Here is a random list – mostly compiled during sleepless hours between 3.00 - 4.00am that might seem familiar! I have put solutions where found after each problem (or change).

1. Thinning hair. So far not too bad. A wig might be the answer if it gets worse.
2. Poor memory. Write it down and don't forget to look in your diary!
3. Poor balance. Do your exercises as often as possible. Get a rail for the bath and stairs.
4. Variable aches and pains. They usually go in time!
5. Varicose veins. Ignore unless too bad. Then get medical advice. There are treatments nowadays.
6. Putting on weight. Mine is in the wrong place – in the middle - but my arms are like sticks! Get reassurance from photos of the Queen!
7. Reaction to heat and cold. I can bear hot weather better than cold. Dress accordingly. Drink more in hot weather with a pinch of salt in every glass or cup.
8. Marks on the back of hands. Ignore. They go away in time but then new ones appear.
9. Change in sleep pattern. I find 6 hours at night is all I can manage but I have a short nap after lunch.
10. Change in bowel movements from normal. Be prepared!
11. Teeth break. Get stump extracted and false teeth amended accordingly. Worth saving up for!

This is quite a list! What is yours? Share it with us so we can take the necessary action to avoid or prepare for it.

Alice Zeitlyn

Wild flowers and plants on the pavements around Chesterton (helpfully labelled by a local botanist)
... though not everyone agrees what's what ...



A Cautionary Tale

THIS IS A STORY
ABOUT FOUR PEOPLE
NAMED EVERYBODY, SOMEBODY,
ANYBODY AND NOBODY
THERE WAS AN IMPORTANT JOB
TO BE DONE, AND EVERYBODY
WAS SURE THAT SOMEBODY
WOULD DO IT. ANYBODY COULD
HAVE DONE IT, BUT NOBODY DID IT.
SOMEBODY GOT ANGRY
ABOUT THAT BECAUSE IT WAS
EVERYBODY'S JOB. EVERYBODY
THOUGHT ANYBODY COULD DO IT,
BUT NOBODY REALIZED THAT
EVERYBODY WOULDN'T DO IT.
IT ENDED UP THAT EVERYBODY
BLAMED SOMEBODY, WHEN
NOBODY DID WHAT ANYBODY
COULD HAVE DONE.

Annual Report April 2019—March 2020

COPE continues to thrive, and although we lose members every year, we also gain new members, so that our membership continues to be approximately 2,500. We are also fortunate to have eight volunteer trustees who ensure that COPE looks after the interests and well being of the membership.

This year continuing our fight against loneliness, we started a phone-in project “Talking Together” where individuals can join discussion groups from the security and comfort of their own homes. We had a trial in January, with discussion groups on art, poetry, the environment and local history, each group consisting of 6 to 8 people. This is planned to continue later in the year.

Our main project throughout the year is the bi-monthly Newsletter. This is sent by post or email to all our members, the majority approximately 1700 being sent by post. It is also distributed to Council Offices, Community Centres, Village Halls, GP Clinics, Libraries etc. It contains information on health and fitness, details of other clubs and associations in Cambridgeshire, travel and general articles, besides members letters and details of COPE's projects, campaigns and meetings and outings.

COPE held social lunches and meetings in St. Ives, Queen Edith's Chapel and St. Luke's Community Centre every month. One social event held every two months is the 'stuffing' of the Newsletters in envelopes for posting by COPE volunteers. This year we held a Christmas Lunch for 120 of our members at the Hallmark Hotel, Bar Hill, and 50 members at the Golden Lion, St Ives.

In the October/November Newsletter we included a survey for members to inform us of their needs, problems and aspirations and especially whether they are lonely. The main problem of the majority was transport or lack of it, especially in rural areas, which in many cases exacerbated loneliness. Overall, 54% of the respondents said they were lonely some time with 20% being frequently lonely. It was also encouraging to know that the Newsletter was appreciated by a quarter of the respondents who complimented it for keeping them in touch with the events, interests and concerns of their peers.

In voicing the needs of its members, COPE wrote to the BBC concerning the proposed loss of free TV licences for the over 75's, and to all Council officials emphasising the need for Councils to ensure they provided telephone numbers and postal addresses for information, not just a website or email address.

There were Outings during the year to the Cambridge University Botanical Gardens, Hemingford Grey Manor, Wisbech Rose Fair and the Cambridge Museum of Technology.

COPE was able to continue its work looking after the interests of the older people of Cambridgeshire thanks to the funding from Cambridgeshire County Council, Cambridge City Council and South Cambs District Council and generous donations from members.

COVID-19

At the end of March 2020, we were all subject to lockdown due to the spread of Covid-19. As the St Lukes Community Centre closed down Cope was limited in its access to its office. However, with the help of Millineum Printers we managed to get the Newsletters printed on time. Equally, as Talking Together did not require group get-togethers, that continued successfully. The office became fully open on June 1st, and we have been phoning members checking they are alright. As we have some 2,500 members it's taking some time to phone everyone, so please be patient.

COPE Audited Accounts year ending 31 March 2020

INCOME

Restricted Grants	
Cambridge City Council	5000
South Cambridge District Council	2000
South Area Cambridge CC	650
	7650
Other Grants	
Cambridgeshire County Council	9893
Independent Age	
Waltrose	159
	10052
Donations	
Members	1359.62
Cambridge City Council	
	1359.62
Other Income	
Events	2206.3
Weather Lottery	230.88
Advertisements and Other	2257.83
	4695.01
Excess of Costs over Income	5380.02
Totals	29136.65

Assets

Barclays Bank	24727.07
Cambridge Building Society	7550.6
Total	32277.67

EXPENDITURE

Rent	
St Lukes Community Centre	8293
Queen Ediths Chapel	448.5
	8741.5
Newsletter	
Printing	5997.4
Royal Mail	4513.07
	10510.47
Events	
Xmas Lunch	1968.5
Insurance	302.4
Administration	1232.29
BT	
AGM and Forum	216.67
QE Speaker	0
General	1164.82
Talking Together	5000.00
	9884.68
Totals	29136.65

Audited and found to be correct
[Signature]
 M.S. ARNOLD FCA
 8/7/20



"The doctor says he'll see the gentleman with the Ebola virus first."



"I phoned your office and they didn't even know you were off sick."

**Help — volunteers needed for
the COPE Office.**

**To answer phones and general
administration.**

**Please contact Peter Murfitt on
01223 364303 if you can help.**



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Activities and Events (subject to Covid)

Arbury Artists Watercolour Painting Art Classes: Tuesdays 10am– 12noon at Buchan Street Centre, Cambridge.
Contact **Celia Conway 01223 523 680**

Abbey Leisure Centre Complex Astro turf, CB5 8NT. Supervets football.

Contact Helena.knock@gll.org **01223 576412** **Sunday Community walk** 11.00am contact **Helen 01223 240271**

Barrington Forget-me-not club Meets fortnightly on a Thursday.

Tel. **Jim Burton 01223 870192** or email jimandlindab@lineone.net. All welcome.

Cherry Hinton Church End WI meets every Monday. If you are interested in joining or want information, contact **Margaret** on 01223 249247 or **kjrmdp19@btinternet.com**

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

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

1 **Ol' Boys Club** 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.

3 **Walking Football** for Senior Us. Thursdays 9-10 am.

4 **Community walks** Monday 10.30 (term time & ladies only), Wednesday 11.30 contact **Helen 01223 240271**

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

Coton Village Hall: Garden Club Contact Margaret Skempton 01954 211588 Meet 1st Monday September –April at 7.30 pm. **Internet Club** Thursdays 9.30am-12pm Contact **Carolyn Postgate 01954 211033** email:

carolyn@clara.co.uk. **Coffee Mornings** Wednesdays 10am –12pm Contact **Carolyn Postgate 01954 211033**

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;

St Luke's Knitting Group: Meets 1st and 2nd Wednesday of each month. A convivial gathering over a cup of tea at St Luke's Centre. All welcome, it doesn't matter if you cannot knit or crochet.

Telephone for information **Judith Crowe - 01223 357627**

Dogs On Prescription: Refreshments provided while you chat and cuddle dogs, for those who don't have regular access. Weekly Thursdays 3.30-4.30 at Baptist Church Family Centre CBI 9HR Tel **07709 844216**

Chesterton Knitters meet on the 1st Thursday of each month 2.00-4.00pm (except August) Stir Café (Hawthorne Way and Chesterton Road) it is in the old Polish supermarket opposite the Spar. Wool, needles and patterns will be provided. Bring your own work if you wish. We can teach you if you do not know how!

Telephone **Alice - 01223 357395** 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**

Godmanchester Churches Together Tuesday Coffee Morning: Contact **Tony Goodwin- 01480 700814.**

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

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

Meadows Bowlers (Carpet), Meadows Community Centre, Arbury Road. Every Thursday 2-4 pm £3 per session incl Refreshments. Contact **Alan Hedges 01223 364968**

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 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, Wednesday and Friday Mornings from 10.30 to 12.00am.

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

Wesley Church Lunch Club: meets on Fridays at Christ's Pieces, Cambridge.

Freshly cooked two-course meal at a moderate cost. Telephone **Sheila Jackson - 01223 352115**

Whittlesford Music Club: at the Lettice Martin Centre – telephone **John Lester - 01223 847877**

Wimblington Film Club: for details telephone **Pat Hart: 01354 740654** or visit:

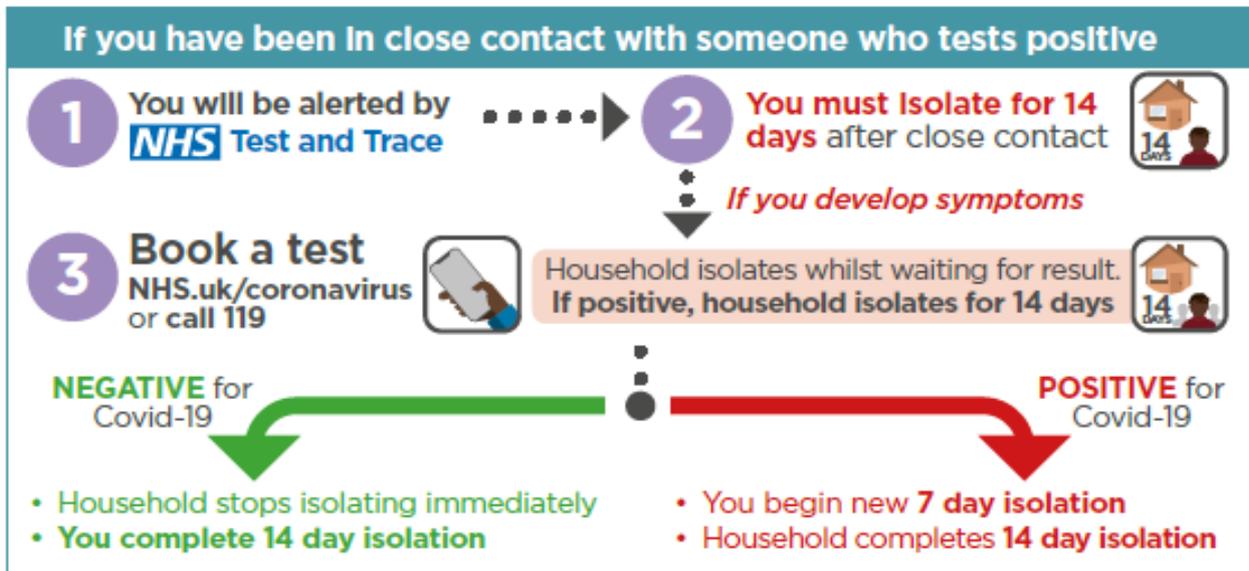
www.wimblingtonfilmclub.org.uk

Wisbech St Mary Community Centre: Friendship Club meets fortnightly on Thursdays, 2pm for 2.30–4.30.

Telephone **Sandra Watts - 01954 411873.**

AGM & COPE Meetings in December / January

We are hoping that the COPE St Ives, Queen Edith's and St Luke's Social Meetings will be able to resume in the spring, as well as to hold our delayed AGM. We hope the St Ives lunch at The Golden Lion on 11 December will go ahead. This is of course subject to government restrictions on gatherings being lifted. We will send out further information as soon as possible.



Where to get more information
To find out more information about NHS Test and Trace, and how it works please visit www.gov.uk/guidance/nhs-test-and-trace-how-it-works

Where do I get help if I have had to self isolate?

We recognise that for many people, being told you should self-isolate at short notice and for up to two weeks will present some issues. For example, how will you get access to food or medicines or other essential supplies, how will you walk your dog, and what might the impact be on childcare arrangements.

For many people, their existing network of family or friends should be able to help, but for some people that network doesn't exist or isn't available locally. It's vital that everyone that is advised to self-isolate is able to do so without worrying about the consequences, and we are here to help.

! If you have symptoms and take a test and it's negative, you don't need to isolate further.

However, if you are told to isolate by a contact tracer because you have been in close contact with an infected person and test negative, you still need to isolate for the full 14 days.

This is because you can develop symptoms up to 14 days after being in contact with someone who has coronavirus, which means you may test negative on day 7 for example, but display symptoms on day 10.

We have created a network of coordination and response hubs across Cambridgeshire and Peterborough that can offer advice and information, or arrange practical help where needed.

Countywide Coordination Hub
www.cambridgeshire.gov.uk/coronavirus
or 0345 045 5219

Cambridge City Hub
www.cambridge.gov.uk/coronavirus
or 01223 457000

East Cambridgeshire Hub
www.eastcambs.gov.uk/content/coronavirus-community-support or 01353 665555

Huntingdonshire Hub
www.wearehuntingdonshire.org/

Fenland Hub
www.fenland.gov.uk/coronavirus
or 01354 654321

Peterborough Hub
www.peterborough.gov.uk/coronavirus
or 01733 747474

South Cambridgeshire Hub
www.scambs.gov.uk/coronavirus/
or 03450 455 218

If there is anything that prevents you from being able to self-isolate if you test positive for Coronavirus, or because you are contacted by someone from the NHS Test and Trace service and are asked to self-isolate, please get in touch with us for your own protection and those around you.