

Cambridgeshire Older People's Enterprise

**COPE**

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

Registered Charity No. 1110887

February - March 2025 Newsletter 180



## **COPE NEEDS YOUR HELP!**

**We are in urgent need of volunteers to help in the office — which is open every weekday from 10:00 to 12:30 - for a variety of tasks:**

- **Helping with grant applications and raising funds;**
- **To help in the office (answering phone, taking messages, checking emails, distributing post);**
- **Helping with articles for the Newsletter, distribution of Newsletters (primarily to local care homes and libraries);**
- **Attending meetings when possible.**

**Funded by:**



# Editorial

Another year has come and gone which had many ups and downs with the weather fluctuating from droughts to floods, and with a radical change of Government. I trust 2025 will be a healthy and happy New Year for you all.

The Government has put on hold its social care policy until a study regarding the future of social care is completed. This will not be until 2028. Until then social care policy is in somewhat of a limbo. The only positive change the Government made was to cancel the cap of £86,000 for social care provision, so that whatever savings you have will be taken for care provision. Surely with all the recent Government studies, and with both AgeUK's and our surveys, it should not take three years to come to decisions on Social Care. In the meantime many services are being cut and as regards COPE and many other charities, funds are being severely limited. COPE has had its Cambridge City grant cut back to £3000 and the County Council have provided nothing. COPE is now having to find new grant sources. In the meantime, many thanks to those kind members providing donations.

The Christmas period showed an unfortunate tendency to ignore Christmas and to call it Winter Festival or Happy Holidays. The reason we are told was because the word 'Christmas' might upset certain communities. We call other religious festivities by their proper names and are not upset and when I was living abroad whatever the country's religion, Christmas was well and truly celebrated. Similarly, students are refusing to allow discussions of differing opinions to their own. How can studies be complete without discussing all viewpoints whether you agree with them or not? Whatever has happened to Free Speech which Britain fought for in two world wars and is the basis of our society?

The Greater Cambridge Partnership (GCP) is causing controversy by its proposal to construct a bus way and cycle tracks between Cambridge and Cambourne through pristine agricultural and wild life habitats, including Coton's century old orchard. A perfectly good alternative route is available along existing roads. The 'Cambridge Past, Present and Future' charity is making a legal challenge to the GCP's proposal, which we trust will be successful. Too much pristine agricultural and environmentally land is being lost around Cambridge and in the County this land is needed for our food security and to ensure wildlife and environmental habitats are not lost.

COPE ended the year with successful Christmas lunches in Cambridge and St Ives, and the March Friendship Group has started well. Thanks to all of those members who ensured their success. As I explained to all at the Cambridge lunch, we need volunteers to help run COPE and ensure its continuity. I am having to retire due to medical problems and old age, and other Committee members are needing assistance. To run such a large organisation as COPE (over 2,900 members throughout the County) with the small committee that we have is becoming extremely difficult. So please volunteer to help and support COPE as best as you can, to ensure the voices of Older People in Cambridgeshire continue to be heard.

*David Bailey*

You will have noticed that the Format of the Newsletter has been changed. It would be appreciated if you would let us have your views on the changes and if you consider other changes should be made.

*COPE Executive Committee*

Happy birthday to all members celebrating in February and March

## In this Issue

- 1 COPE needs you!
- 2 Editorial
- 3 Membership form
- 4 Library Service
- 5 Talking Together
- 6 Bus Pass restrictions lifted
- 7 Cambridge Warm Spaces
- 8 COPE Christmas Lunch 2024
- 9 Builder's Tea
- 10 Puzzle page
- 11 The need for allotments
- 12 Advertisements, Trips
- 13 Dad's Army
- 14 Advertisements
- 15 Tuning the radio
- 16 Advertisements
- 17 Recipe
- 18 Trustees
- 19 Activities
- 20 COPE Events

### Correspondence address:

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

Telephone: 01223 364303  
cambridgecope@hotmail.co.uk

[www.copecamb.org.uk](http://www.copecamb.org.uk)

### Data Protection Act

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

# COPE FORUM

Cambridgeshire Older People's Enterprise  
**New member application**  
**form**

### New Member

Number: \_\_\_\_\_  
(To be allocated after joining)

### (BLOCK CAPITALS PLEASE)

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Post Code \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

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

### AGE RANGE

#### PLEASE CIRCLE RELEVANT GROUP

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

Disability - Yes / No

Ethnic Origin \_\_\_\_\_

Signature \_\_\_\_\_

Date: \_\_\_\_\_

How did you hear of COPE?  
\_\_\_\_\_

Special Interests:  
\_\_\_\_\_

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

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

The Olive Golding Room  
St Luke's 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 £ \_\_\_\_\_

[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 \_\_\_\_\_

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

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

Many thanks!

## University Eye Clinic at Anglia Ruskin University

We're one of the few universities in the UK to have our own eye clinic, meaning our optometry students gain invaluable real-world clinical experience.

We offer a wide range of high-quality optometric services to the general public, students and staff alike,

which includes private and NHS services.

Our clinic is based at Anglia Ruskin University's East Road campus in Cambridge. It's wheelchair accessible and boasts 15 fully equipped, air-conditioned

optometric consulting rooms which include specialist facilities for detailed ocular imaging, contact lens fitting,

low vision assessments and visual stress assessments.

Our students are fully supervised by qualified

optometrists who are a mixture of academic lecturers

and visiting clinicians from the local community. Due to

the diverse background and work history, they bring

with them a wealth of optical knowledge and

experience.

Appointments at the Eye Clinic are free but as the tests

are done by students, who are being supervised, they

can take up to 90 minutes.

### Our services

**Eye examinations** – We will carry out a comprehensive examination of your eyes, which will include assessing your vision, ocular health, muscle balance, intraocular pressure (including the latest 'no air puff' equipment) and visual field analysis.

**Contact lenses** – We can fit many types of contact lenses including soft daily, two weekly, monthly and yearly replacement lenses. We can supply both standard material lenses as well as the more breathable silicon hydrogel lenses, for most of which we are able to give free trials.

**Dispensing** – We also fit standard gas permeable contact lenses. Certain types of lenses listed above are available in both single vision and multifocal versions. We stock over 350 frames ranging in price from £25 to £130.

We can supply a wide range of spectacle lenses to meet your specific optical needs. Single vision, bifocal and varifocal, hi index thinner lenses, photochromatic 'Transitions' lenses that adapt to light conditions and turn into sunglasses and combinations of the above. As we are a teaching clinic here at the university we only dispense to our own prescriptions.

### Book an appointment

Appointments can be made by visiting the clinic in person or by telephoning 01223 698070. Private and NHS patients are equally welcome. We do not offer a walk-in service for appointments. Our address is University Eye Clinic, Bradmore Street, Cambridge CB1 1BD.

# Talking Together



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

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

**For more information, please phone the COPE office at 01223 364303 or email [COPEtalkingtogether@hotmail.com](mailto:COPEtalkingtogether@hotmail.com)**

**This spring COPE is presenting two TALKING TOGETHER one-off afternoon discussion groups for you to enjoy on ZOOM**

**Why does Cambridge look like it does today?**

**PRESENTER: Tony Kirby**

**DATE: Tuesday 18<sup>th</sup> February at 3.15pm**

The townscape of Cambridge seems to be changing more rapidly today than ever before. In the city centre shops open and close at bewildering speed, the Grafton Centre, opened to great acclaim in 1983 is now a retail desert, industries such as Foster's Mills at the station have disappeared under 'CBI', and the city is expanding outwards at an ever-increasing rate, with new developments such as Marleigh, Eddington and the Biomedical Campus.

But this isn't a new phenomenon: Cambridge has been changing since the Middle Ages, thanks to the activities of the Colleges, private developers and public authorities.

In this illustrated talk, Tony Kirby will give an overview of what these changes have been, who made them and why, and what remains today to remind us of them.

**Let's visit the Cornish Seal Sanctuary**

**PRESENTER: Rebecca Langston**

**DATE: Thursday 13<sup>th</sup> March at 2.15pm**

We will be travelling, via Zoom, to Gweek in Cornwall where seals are cared for before being released back into the sea. The SEA LIFE TRUST develops, delivers and supports projects and campaigns and operates marine wildlife sanctuaries to help make a measurable difference to the protection of marine and freshwater wildlife and habitats across the world

In this session, Rebecca will introduce us to the work of the Cornish Seal Sanctuary, and answer your questions about their chances in the wild.

**PLEASE REGISTER YOUR INTEREST**

- **By phone at 01223 364303**
- **or email at [copetalkingtogether@hotmail.com](mailto:copetalkingtogether@hotmail.com)**

# Bus Pass Restrictions To Be Lifted

All-day travel free for those who hold a concessionary bus pass will take effect in Cambridgeshire and Peterborough from May 2025. Currently, concessionary bus pass holders in the region are only permitted free travel during off-peak hours, starting at 9.30am on weekdays.



Mayor of Cambridgeshire and Peterborough, Dr Nik Johnson, said: “This is another positive step forward in our work to make buses meet the needs of our communities. For many people of pension age or who have disabilities, the bus is a lifeline, so I’m pleased this extra support is coming in May to help reduce cost and support their day-to-day lives.”

Under the new plans – approved by the Cambridgeshire and Peterborough Combined Authority – pass holders will be able to use their passes for free travel at all hours, providing them with greater flexibility.

“This applies exclusively to residents holding a Cambridgeshire and Peterborough-issued concessionary pass and is an additional benefit on top of the nationwide English National Concessionary Travel Scheme (ENCTS)”, said a Combined Authority spokesperson. “This decision comes in response to feedback from local communities, including the difficulties many concessionary pass holders face when dependent on public transport for peak-time travel.”

“The new scheme reflects the Combined Authority’s commitment to improving bus services for all”, the spokesperson said. “In preparation for the May 2025 rollout, the Cambridgeshire and Peterborough Combined Authority will begin engaging with local bus operators to ensure the smooth implementation of the scheme. Updates on preparations will be given regularly to the Combined Authority Board.

“Pass holders in Cambridgeshire and Peterborough can look forward to using their passes for free travel at any time, further supporting their access to services and opportunities across the region.”

*Article from Cambs News 21 Oct 2024*

**K. P. M. G.** -- every time I leave my house, I repeat these letters to myself before I step over the threshold. Actually I usually repeat them out loud: **KPMG**. No, I’m not invoking the name of that well known accountancy firm: Klynveld Peat Marwick Goerdeler (you know it, one of the Big Four) but reminding myself that there are four vital items that must be on my person as I head off – *Keys, Phone, Money, Glasses*.

Have other Newsletter readers found ways of making sure they never go out unprepared?

# Cambridge Warm Spaces

Cambridge Warm and Welcoming Spaces provide a safe and friendly environment in which to stay warm this winter. Some offer activities, meals or refreshments. Everyone is welcome, regardless of your age or circumstances. Drop in for a few hours to work, chat with others in your community, or stay warm. Warm Spaces are accessible for those with mobility issues.

## **Akeman Community Centre**

Address: 80 Akeman Street, CB4 3HG  
Opening times: Thursday 8:45am – 10:45am  
Breakfast and hot drinks provided.

## **Bermuda Community Room**

Address: Histon Road, Cambridge, CB4 3LE  
Opening times: Wednesday 11am – 4pm, Thursday 11am – 5pm.  
Hot drinks and light snacks provided from 12 – 2pm.

## **Brown's Field Community Centre**

Address: 31a Green End Road, CB4 1RU  
Opening times: Monday to Friday 9am – 4pm  
Free tea and coffee provided Mondays and Wednesdays 9am – 11am

## **Cambridge Central Library**

Address: 7 Lion Yard, Cambridge CB2 3QD  
Opening times: The library is open daily, [visit their website for general opening times](#).  
Free hot drinks and biscuits provided twice a day: Monday to Saturday 10am – 12noon and 3 – 5pm, Sundays 3 – 4pm.

## **Cambridge United Football Club**

Address: Abbey Stadium, Newmarket Road, Cambridge, CB5 8LN  
Opening times: Wednesday and Thursday 11am – 2pm  
Free hot drinks, puzzles and jigsaws

## **Clay Farm Centre**

Address: Hobson Square, Trumpington, CB2 9FN  
Opening times: Monday to Wednesday 9:30am – 5pm, Thursday 9:30am – 7pm, Friday and Saturday 9:30am – 1pm.

## **Friends Meeting House**

Address: 12 Jesus Lane, CB5 8BA (next to ADC Theatre)  
Opening times: Wednesday 10:30am – 4pm  
Homemade soup and bread served at 12:30pm.  
Tea, coffee, board games and puzzles provided. Wi-fi available

## **Meadows Community Centre**

Address: 299 Arbury Rd, Arbury, Cambridge CB4 2JL  
Opening times: Monday to Friday, 9am to 5pm

## **Salvation Army – Cambridge**

Address: 3 Tenison Road, Cambridge, CBI 2DG  
Opening times: Tuesday to Thursday, 10am – 2pm.  
Wi-Fi, hot drinks and refreshments provided.

## **St Andrews Street Baptist Church**

Address: 43 St Andrew's Street, Cambridge CB2 3AR  
Opening times: Monday to Friday, 10am to 4pm. (Friday special focus on Ukrainian support from 12 – 2pm)  
Hot drinks, Wi-Fi and toilets available. Surplus food is sometimes available to share.

## **St Bene't's Church**

Address: Bene't Street, Cambridge, CB2 3PT  
Opening times: Wednesday 2 – 4pm  
Coffee and cake provided.

## **St Philips Church**

Address: 185 Mill Road, Cambridge CBI 3AN  
Opening times: Wednesday and Friday, 10am – 12noon.  
Hot drinks and a community jigsaw provided.

## **The C3 Centre**

Address: 2 Brooks Rd, CBI 3HR  
Opening times: Wednesday 6 – 7:30pm  
Hot drinks, soup, baguette and a sweet snack provided.

## **Trumpington Meadows Community Hub**

Address: Trumpington Meadows Primary School, Kestrel Rise, CB2 9AY  
Opening times: Fridays, 10am – 12noon.  
Hot drinks and family crafts provided.

## **Zion Baptist Church (Molly's Warm Space)**

Address: East Road, Cambridge CBI 1BD  
Opening times: Monday, Wednesday and Friday, 10:30am – 2:30pm

# COPE Christmas Lunch December 2024





# Builder's Tea

Chai? Camomile? Ayurvedic masculine support? No thanks, just ordinary tea please.

Oh Dear. Here we go again. Eyebrows raised, lips pursued, my hosts are looking at me as if I've asked to borrow their haemorrhoid cream.

But no, all I want is a cup of tea. And yes, I have tried the other stuff and some of it is quite nice. Mostly though, I prefer ordinary tea. Or tea as it used to be called.

The kettle owners then struggle to process my inexplicable position. What can I mean? I am, they used to think, not quite an idiot. Finally, they rationalise my madness as follows: Aah, they say knowingly, 'Builder's tea'.

They seem to think I am, like Marie Antoinette, playing at being a peasant. Or perhaps, I am my own post modern art installation: 'Sentient being in the south of England drinking ordinary tea!'. I am obviously being ironic. Next I shall be walking around with a pencil behind my ear.

'There you go', they grin, in on the joke now and feeling the world has regained its axis. 'Builder's tea!'

But look: this is absolutely not Builder's tea. Builder's tea, if you want to know, starts with a cheap, 'brown label' tea bag made with a high proportion of Kenyan for a strong bitter flavour. Traditionally brewed in a blue and white striped chipped enamelware mug that holds at least a pint, it has between three and eight heaped teaspoonfuls of sugar and is whitened with sterilised milk. That is, or was, Builder's tea.



What I am drinking, on the other hand, is what is now commonly known as 'breakfast tea', a blend of fine, mainly Indian teas, such as Assam and Ceylon. Made with fast boiling water and fresh milk, it really is very nice.

As for my hosts, it is time you all got over yourselves. If I want tea, can I please just have tea, without being sneered at or accused of changing my occupation?

Thank you. That was lovely.

*Article by Anthony Whitehead in The Oldie September 2024*

# Word Search / Quiz

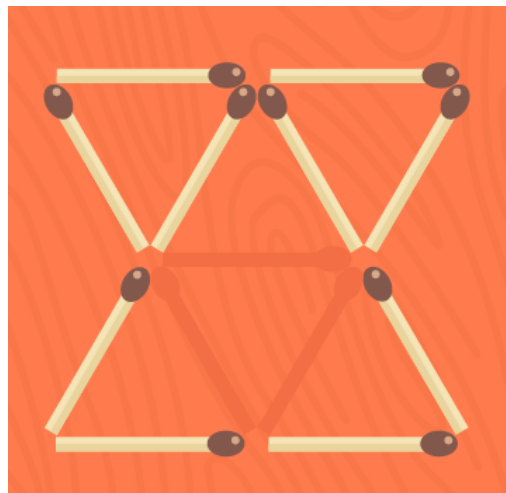
FEBRUARY 2025			WORD TILE		
A D E	F E T	O W R			
A R G	H I N	P I N			
A R R	H O N	P L E			
C O C	I N I	Q U E			
C R O	M A L	R D O			
E A L	M A R	S O U			
E A P	O M B	T T E			
E S C	O O T	T U C			
E Y C	O T S	U G H			

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 FOOD horizontally and in alphabetical order. Solution in the next Newsletter.

## Last month's solution

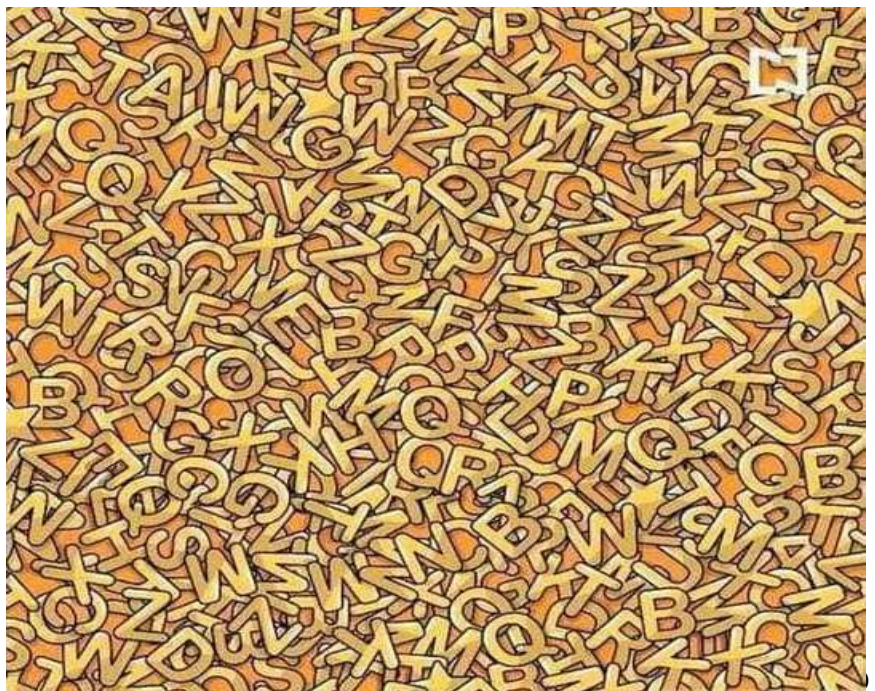
A	Y	C	K	B	O	U	R	N
C	Y	M	B	E	L	I	N	E
P	A	N	T	O	M	I	M	E
P	Y	G	M	A	L	I	O	N
R	E	H	E	A	R	S	A	L
S	O	P	H	O	C	L	E	S
S	P	O	T	L	I	G	H	T
S	T	A	G	E	H	A	N	D
T	H	E	S	P	I	A	N	S

## Matchstick Puzzle Solution



Can you find the five stars hidden in this golden alphabet soup?

Answer in next Newsletter.



# The Need For Allotments

The typical image of an English cottage garden is an ideal many cannot have as most people live in an urban environment. With the industrial revolution urban dwellers were forced into living in terrace and back to back houses. Governments in the late 1800s realised the need for those urban dwellers to be able to grow their own food, so Acts of Parliament to enable allotments to be provided were passed, such that during WWI the number of allotments rose to 1.5 million. Then in the 1920's and 30's with suburban housing developments providing gardens, the number of allotments dropped.



The emphasis on local food production in WW2 led to an increase in allotments to 1.4 million, but by the early 2000s they had dropped to only 300,000. This reduction was due to many factors especially in the 1960s – the advent of the supermarket, air transport meaning that food choice was no longer dependent on the season, but above all the loss of allotments for development, especially housing.

Public concern over climate change, food packaging and resultant plastic pollution, the use of pesticides and the emphasis in many TV programmes on local food production, has led to people wanting to grow their own food. Doing this on an allotment also has many benefits other than growing vegetables or fruit; not only is it affordable to everyone regardless of their social or economic background, it also encourages social interaction between plot holders, social well being and the development of community spirit. This has led to a resurgence of allotments in Cambridge and the county, such that in Cambridge there is a waiting list of nearly 1000, and allotments and community gardens are being established in the City (Clay Farm and Nightingale) and in the county, especially in new housing developments such as Northstowe.

For many, their allotment and working in a community garden, has provided a refuge, a place where working the soil has provided exercise in company with like minded souls. The social contact offered by gardening in an allotment environment helps combat loneliness, and improves mental and physical health.

## Free Home Fire Risk Assessments

If you or anyone you know has difficulty hearing, seeing or moving about, you need to take extra care when dealing with fire risks.

Remember, Cambridge Fire Service can provide a free home fire safety check for those who are most vulnerable in our community, which includes the elderly and those who are disabled.

Find out more from Cambridge Fire and Rescue Service at 01480 444 500

## Are you Steady on Your Feet?

As we age it is more and more important to stay active while avoiding trips and falls. To this end, a new website has been created (funded by Cambridgeshire County Council and Peterborough City Council, in partnership with the local NHS) which provides a wealth of information:

<https://cambridgeshire-and-peterborough.steadyonyourfeet.org/>

It is worth having a look.

## Advertisements / Trips



# Cambridge Singing for Breathing

Supported by



A FUN ACTIVITY FOR PEOPLE LIVING WITH CHRONIC LUNG CONDITIONS  
(ASTHMA, COPD, ILD AND DISREGULATED BREATHING PATTERN)

NO SINGING EXPERIENCE NECESSARY!

WEEKLY SESSIONS ALTERNATING

IN PERSON MONDAYS 11AM-12:30PM

BROWN'S FIELD COMMUNITY CENTRE, CAMBRIDGE, CB4 1RU

13TH, 27TH JANUARY, 10TH, 24TH FEBRUARY, 10TH, 24TH MARCH

ONLINE/ZOOM TUESDAYS 2PM

7TH, 21ST JANUARY, 4TH, 18TH FEBRUARY, 4TH, 18TH MARCH

FOR MORE INFO/TO BOOK, CONTACT JOANNA BURTON:

✉ [SINGFORBREATHINGCAMBRIDGE@GMAIL.COM](mailto:SINGFORBREATHINGCAMBRIDGE@GMAIL.COM)

OR SEE THE SINGING FOR BREATHING PAGE:

🌐 [TALKINGINTUNE.WORDPRESS.COM/OUR-GROUPS/SINGING-FOR-BREATHING/](http://TALKINGINTUNE.WORDPRESS.COM/OUR-GROUPS/SINGING-FOR-BREATHING/)

📘 [WWW.FACEBOOK.COM/SINGINGFORLUNGHEALTHCAMBRIDGE](http://WWW.FACEBOOK.COM/SINGINGFORLUNGHEALTHCAMBRIDGE)



PROJECT OF TALKING IN TUNE  
REG. CHARITY NO. 1105061  
[WWW.TALKINGINTUNE.WORDPRESS.COM](http://WWW.TALKINGINTUNE.WORDPRESS.COM)

### Trip to Museum of Cambridge

COPE is organising a guided tour at the Museum of Cambridge on **Wednesday 5<sup>th</sup> March 2025** at 10.30am. The entry fee is £10 per person which includes the museum's informative guide. You are invited to visit and explore over 300 years of Cambridgeshire history. The Museum has something for everyone - any age, any interests,

The address of the Museum is 2-3 Castle Street, CB3 0AQ. The guided tour will take approximately 1 hour. Afterwards, refreshments will be available to buy at Kettles Yard, (next door to the Museum).

The museum is well served with public transport, there is a bus stop almost directly outside the Museum in Northampton Street and a bus stop further up Castle Street at St Peters Street. Bus numbers 4,5 & 6 stop outside or nearby the Museum also the X3 and A.

Please note that the tour of the Museum will be for a maximum of 12 members, so please apply early. Applications must be in by **Wednesday 26<sup>th</sup> February 2025**.

If you would like to come please send a cheque payable to COPE with a stamped addressed envelope to: COPE Office, St.Luke's Community Centre, Victoria Road, Cambridge CB4 3DZ.

# Dad's Army

## A look back at one of the most successful BBC comedies of the 1970s

Without wishing to sound too morbid, the death in 2024 of Ian Lavender, the last surviving cast member of DADS' ARMY has given us pause for thought here at COPE. After all he played the part of the *youngest* member of that notable platoon, the disingenuous Private Frank Pike and now *he* is gone. So perhaps it's appropriate to reflect on this remarkably successful series which ran on BBC television from 1968 until 1977. In fact there were nine series in all comprising eighty episodes. In those days of limited terrestrial TV channels, audiences often reached 18 million viewers. The TV show also spawned feature film and stage play versions, both of debatable quality.

DADS' ARMY was commissioned by Huw Weldon, one of the giants of the early days of BBC TV, who had an extraordinary instinct for judging what programme ideas would both catch on with a mainstream audience and also challenge its assumptions with unexpected insights. And for Weldon compassion was an important ingredient too. In DAD'S ARMY, the characters all looked after each other (with the possible exception of Air Raid Warden Hodges). The show poked fun at the Home Guard without being cruel.

The idea for DAD'S ARMY was thought up by Jimmy Perry, a TV actor who took it to David Croft, a producer he had worked with. They developed it together and started to come up with the complex network of characters that made the show work so well. The most subtle relationship was that between the middle class, dignity-conscious bank manager George Mainwaring and his private school educated, "genteel" chief clerk Wilson, brilliantly characterized by Arthur Lowe and the suave John Le Mesurier respectively. Equally memorable was the butcher, Lance Corporal Jones with his offers of meat on the black market in that time of rationing. Somehow you could not help but love Jones when he quietly offered Sergeant Wilson's girlfriend "a nice leg of lamb" under the counter. This was not exactly the dark side of the war but it did hint at complexities below the surface. Like Frank Pike's references to his mother's constant companion as "Uncle Arthur" with its implication that he, Frank Pike, was in fact the unknowing product of a hitherto undisclosed secret love affair between Arthur Wilson and his stylish lady partner. As Mainwaring would say: "Stupid boy..."

The theme song, *Who Do Think You Are Kidding Mr Hitler?* was specially written for the show by Jimmy Perry with help from Derek Taverner, and brilliantly evoked the sort of music that Perry had encountered in the Combined Services Entertainment unit in Delhi during World War II, giving this 1960s series a real feeling of wartime authenticity. Bud Flanagan, a troops entertainer himself back in the day, was enticed into the studio to record the song less than a year before he died.

The final episode 'Never Too Old' was broadcast on Remembrance Sunday 1977 and was quite moving. These funny old guys who we had got know well by then, all drank a toast to the Home Guard and we got the feeling that although they were silly, they were also deadly serious.

As you may know, there is a DAD'S ARMY MUSEUM in Thetford that's worth a visit. If there's sufficient interest from members, we'll organise a COPE outing.

*Michael Bloy and David Perry*

# Advertisements

## British Lung Foundation

**Helpline** 03000 030 555 Mon-Fri 9am to 5pm  
[www.lunguk.org](http://www.lunguk.org)

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

**Breathe Easy Cambridge City** [www.lunguk.org/cambridge](http://www.lunguk.org/cambridge)

**Breathe Easy Fenland** -Derek Bond tel 01354 680466

**Breathe Easy Ely** - tel 01353 668937

## Advertisers

Please Note New Rates

Quarter Page £40

Half Page £ 80

Full Page £150

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

## INDEPENDENT FINANCIAL ADVICE IS BEST

Free consultation. No obligation.

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

Pensions Savings Investments  
Protection

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

# BV

SERVICES

email [ncfb007@gmail.com](mailto:ncfb007@gmail.com)



Authorised and regulated by the Financial Conduct Authority

 The Foundation  
of **Edward Storey**  
Founded 1693



## 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](http://www.edwardstorey.org.uk), call: 01223 364405  
or email: [info@edwardstorey.org.uk](mailto:info@edwardstorey.org.uk)

# Tuning The Radio

I had to calm an unusual source of road rage the other week.

“I can't find Radio 4 “ hollered my wife from behind the steering wheel of an ancient car that had only an old analogue tuner rather than a modern digital receiver. “Where do they keep it on the dial?”.

As I turned the tuner to the right place – 93.9FM – it struck me how what was recently a universal skill was now becoming a forgotten art.

Nowadays, we just choose a radio station from a menu. Before, we had to know about different bands and frequencies: how some worked better in different parts of the country, how long wave was easier to pick up and had a lovely rich timbre in comparison with FM, which was more refined but prone to interference in difficult terrain.

Tuning radios and televisions used to be a real challenge. I remember in my youth trying to catch a TV signal by waving one of those little set top aerials about like a Morris dancer and then suddenly freezing when a picture appeared out of the snow.



Some may remember the old 'cat's whisker' crystal sets, with lids that stopped the highly sensitive apparatus from being disturbed. In some ways it's no bad thing. You can find the new Radio Oldie station without sweat.

Yet we are paying for ease with a loss of romance. As a child when I looked at a short wave dial, I felt like Cortez viewing the Pacific. You never knew what evocative snatches and strange songs may appear unannounced from any corner of the world, not to mention the mysterious 'number stations' used by spies.

As Dr Johnson might have said, “That which is tuned without effort is heard without pleasure”. If we had to work as hard to tune our radios as we once did, we would expect better stuff from our broadcasters. Would you ever tune in to a modern Radio 4 comedy if you had to hunt for it with the cat's whisker?

*Article by Bihan Omrani in The Oldie January 2025*

## Thriplow Daffodil Weekend



Started in 1969, a charity fundraiser was started with a few private homes opening their gardens during the daffodil season. It has now grown into an annual country fair over a weekend in March. In 2025 the event will be over the weekend of the 22 and 23 March. As well as gardens displaying over 100 different varieties of daffodils, there are music, craft stalls, morris dancing, tractor and model railway rides, and refreshments. Even if you cannot make the fair in March, you can still catch the blooms as late as June.

# Advertisements

# Our kettles work around the clock.



Popping in. Dropping round. Passing by.

Whatever you call it, our doors are always open for friends and family to come and go as they please.

With biscuits on hand, even into the wee hours.



## HALLMARK

LUXURY CARE HOMES

Every moment.

Residential, nursing and dementia care.

Learn about life with us at [hallmarkcarehomes.co.uk](http://hallmarkcarehomes.co.uk) | 01223 080 138 | Hallmark Arlington Manor, Girton, CB3 0FW



## Personalised Home Care Solutions

Regulated by



### Home Care

Cares can come to you in your home, to assist you with personal hygiene, grocery shopping, and meal preparation, ensuring you maintain independence from the comfort and well-being of your own home.



### Complex Care

Complex home care services encompass a wide range of medical interventions, including skilled nursing care, medication management, wound care, pain management, respiratory therapy, and rehabilitation services.



### Live-In Care

Live-in care provides individuals with round-the-clock support and companionship in the comfort of their own home, ensuring care and assistance tailored to their specific needs and preferences.



01223 755 887



[admin@oathhealthcare.co.uk](mailto:admin@oathhealthcare.co.uk)



[www.oathhealthcare.co.uk](http://www.oathhealthcare.co.uk)



# Recipe

## Vegetable Cobbler

900g diced vegetables  
5ml each dry mustard and ground ginger  
1 clove garlic  
300ml vegetable stock  
Boiling together for 10 minutes

Cheese scone mix for topping:

50g soft margarine  
225g self-raising flour  
5 ml baking powder  
1.25ml salt.  
75g finely grated cheddar cheese  
1 egg  
75ml milk



Put all scone ingredients together in a bowl and mix to a dough.  
Roll out the dough to 5mm thick and cut into rounds.

Place vegetable mix into large ovenproof dish and layer scone rounds on top.

Cook for 20 minutes in hot oven 200 °C fan/gas mark 7 or until topping is browned.

*Margaret Livingston*

### **Cambridgeshire Library at Home service**

The Library at Home service brings books direct to your door. It is available to Cambridgeshire residents of any age who find it difficult to get to the library. This could be due to disability, illness or caring responsibilities, on a permanent or temporary basis.

The service provides a monthly visit from a Library at Home volunteer. They will have a chat and bring you books and audiobooks tailored to your preferences.

#### **How can I enquire about the service?**

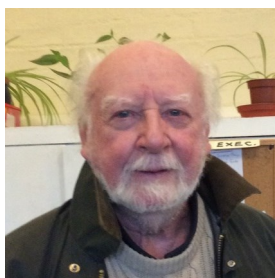
Just email [volunteers@cambridgeshire.gov.uk](mailto:volunteers@cambridgeshire.gov.uk) to find out more

Or phone the library contact centre on: [0345 045 5225](tel:0345 045 5225)

Or simply ask in your [local library](#).

# Trustees

## Trustees (2024/2025)



**David Bailey,**  
COPE Chairman



**Peter Murfitt**



**Vacancy**



**Jennie Jenks**



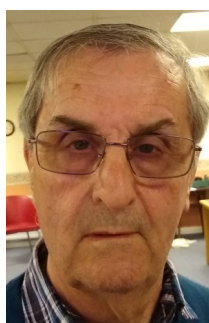
**Doreen Ryan**



**Vacancy**



**Deborah Katznelson**



**Brian Reynolds**



Supporting older people to live well, independently and safely in their own home.



**0300 666 9860**



**infoandadvice@ageukcap.org.uk**

[www.ageukcap.org.uk](http://www.ageukcap.org.uk)



Registered Charity No. 1165856

### **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 **6th March 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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

**February 19th**

**Gila Margolin: My Life with Music**

**March 19th**

**Kayleigh Cox / Care Homes**

**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 £2.00 to help meet costs of these meetings and includes refreshments and the

celebrated £1 Raffle. COPE membership is free and members are encouraged to bring friends, carers and partners. Everyone is welcome.

**20th February**

**Richard Carter - policing in days gone by**

**20th March**

**Kevin Pigney - wildlife photography**

**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.