

In this Issue

- 1 Editorial
- 2 Coronavirus update
- 3 Membership form
- 4 Trustees
- 5 Quizzes
- 6 Talking Together / forgetfulness
- 7 Coping with the virus
- 8 Bees and your garden
- 9 What was a sixpence?
- 10 Cambridge Royal Albert Houses
- 11 Social Cars / I remember
- 12—13 Advertisements
- 14 Readers' Letters
- 15 Chillies / Postcards
- 16 Recipe
- 17 Dead and Buried
- 18 Letter / Advertisements
- 19 Activities
- 20 Covid-19 advice

Correspondence address:

COPE
St Luke's Community Centre,
Victoria Road
Cambridge CB4 3DZ

Telephone: 01223 364303
cambridgecope@hotmail.co.uk

www.copecambs.org.uk

Editorial

Hopefully by now the majority of our members have had their first vaccination, and will soon get their second. This rapid vaccination has enabled the Government to at last plan for the stringent lockdown restrictions to be lifted by the middle of the year, and for schools to open in March. Thank you for letting us know when you had your jab and your responses to our request for articles, Please continue to send articles on how you and your families have been affected by the pandemic.

We must continue to be cautious and not 'jump the gun'. Life will never be quite the same and we must be thankful that COVID 19 was not as bad as feared. Obviously we are saddened by those who lost their lives during the pandemic, and thank the NHS for saving so many lives. But we must now ensure that those whose illnesses were put on standby whilst coronavirus victims were treated are dealt with as soon as possible.

2020 was a year to remember for also making us aware that our climate is not as stable as we always thought, a summer heatwave, heavy rains and consequential floods, have made us realise that we cannot take nature for granted. Our preoccupation with development for increasing the nation's wealth is forgetting that unless we look after our natural world as well, life will become sterile and eventually become extinct. Since 2013 planning applications in green belt land have quadrupled, and our biological diversity is declining faster than at any time in history. We must ensure that sustainable growth means that we take care of the natural world as well.

Sadly, the nation said goodbye to Captain Sir Tom Moore at the end of February. He lifted our hopes when we were wondering when the pandemic would end and to his astonishment raised over £33million for NHS charities. As he said "Tomorrow is a good day".

I trust you all have a Good Day.

David Bailey

Funded by:



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.

Coronavirus: ending lockdown

MAR

8

STEP ONE A

- Schools re-open, childcare allowed
- One plus one social meetings outdoors
- One visitor to care home residents
- Stay at home stays in place

MAR

29

STEP ONE B

- Rule of Six
- Outdoor sports
- Stay Local
- Work from home where possible
- Still no overseas travel

APR

12

STEP TWO

- Non-essential retail, personal care premises, hairdressers and nail salons, libraries, gyms, zoos and theme parks can reopen
- Pubs and restaurants can reopen outdoors. No need for substantial meal, no curfews
- Wider social distancing rules continue
- One household can stay at a cottage or holiday let

MAY

17

STEP THREE

- Rule of Six will be dropped outdoors
- Two households can meet indoors
- Hotels, cinemas, soft play areas re-open
- 1,000 people or half full permitted at indoor sports venues. Outdoor venues 4,000 people or half full. 10,000 allowed at Wembley
- International travel possible
- Review of social distancing
- Review of certificates for jobs, tests

JUN

21

STEP FOUR

- All legal limits on social contact to go
- Remaining hospitality re-open
- Restrictions on large events lifted
- Restrictions for weddings may still be in effect



CORONAVIRUS GOT SYMPTOMS? GET TESTED

**HIGH TEMPERATURE OR
NEW CONTINUOUS COUGH OR
LOSS OF TASTE OR SMELL?**

Find out how to get a test, and how long to isolate, at nhs.uk/coronavirus

NHS

**STAY ALERT
CONTROL
THE VIRUS
SAVE LIVES**

Happy birthday to all members celebrating in April and May

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 £ _____

[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!

Trustees (2019/2020)



David Bailey,
COPE Chairman



Peter Murfitt



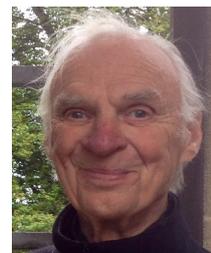
Alice Zeitlyn



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 June / July issue must be received no later than 1st May

Word Search

APR/MAY 2021										WORD TILE By BH									
A	N	I	I	L	E	O	V	E						I	C				
B	O	T	I	M	P	O	W	N						I	N				
C	A	L	I	N	G	R	G	R						D	O				
C	O	N	I	O	N	S	A	T					W		I				
D	E	C	J	U	X	S	E	L				P			E				
E	C	T	L	E	M	T	A	P				X	T	A	P	O	S		
E	N	T	N	E	R	T	A	I								O			
F	L	O	O	S	E	V	E	R								I			
I	D	U	O	U	S	W	E	R								I			

AIM

Place the 27 three character 'tiles' in the left-hand grid to the CORRECT spaces in the right hand grid relating to GARDENING WORDS containing NINE letters horizontally and in alphabetical order. Puzzle answers in the next Newsletter.

Last month's solution

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

Name the Nursery Rhyme – answers to last issue's quiz

- | | |
|-----------------------------------|--------------------------------|
| 1. Rock a Bye Baby | 12. Old King Cole |
| 2. This Little Pig went to Market | 13. Mary. Mary, quite Contrary |
| 3. Hey Diddle Diddle | 14. Little Bo-peep |
| 4. Sing a Song of Sixpence | 15. Old Woman in the Shoe |
| 5. Three Blind Mice | 16. Jack and Jill |
| 6. Humpty Dumpty | 17. Baa, Baa Black Sheep |
| 7. Jack Sprat | 18. Mary had a Little Lamb |
| 8. Georgie Porgie | 19. Little Jack Horner |
| 9. Peter, Peter, Pumpkin Eater | 20. Old Mother Hubbard |
| 10. Little Boy Blue | |
| 11. Little Miss Muffet | |

Name that Band!

1. 🍷 🍞
2. 😭 🍷
3. 🧑 🧑 🧑 🧑 🧑 🧑
4. 🧑 🧑 🏠 🧑 🧑
5. 🌻 🌻 🌻 🌻
6. 🦋 🦋
7. 🌸 🌻 🍁 🌸
8. 📺 🐍
9. 🌍 🗿 🔥
10. 🌴
11. T?
12. 🦋 🐛 🐛
13. 👑
14. 🧑 ✈️ 🏠 🧑 🚗 🧑 🧑 🧑
15. 🏠 🏠 🏠 🌲 🌲 🌲 🏠
16. 🕶️ 🎹
17. 😞 😞 😞 🌍 🗨️ 🎮
18. 🌸 🐻 🐻
19. 🗑️ 📖
20. 😊 ÷

Talking Together / Forgetfulness

Talking Together

The fourth series of **Talking Together** is now running, providing weekly telephone-based discussion groups on a wide range of subjects, facilitated by skilled leaders in their fields. This free programme enables participants to come together with their peers to share learning, laughter and, hopefully, the company of new friends.

In the current series, facilitators from local museums the **Fitzwilliam** and **Kettle's Yard** are inviting participants to explore some remarkable artworks in their collections. Another group is considering the **Cambridge University Botanic Garden's** unique collection of rare plants and Champion trees and taking a virtual tour of the glorious winter garden. A short series facilitated by the **Care Network** encourages participants to explore ways of reframing issues to promote a greater sense of acceptance and wellbeing. **Timebanking**, how it works and who it helps, will be discussed later this month.

Participants in all groups have received handouts to accompany the series, including photographs and high-quality art reproductions, information sheets and guidance for setting personal goals. Kettle's Yard staff have designed 'raised line' reproductions of Kettle's Yard artworks so that people experiencing visual impairment can experience the art collection through touch.

While some participants have prior knowledge of their chosen topic, which enriches the discussions, others take the opportunity to learn something new. Everyone's reflections are valued and welcomed. Feedback from participants in previous series of Talking Together indicates that most respondents feel more positive, less lonely and gain new interests as a result of taking part in the discussions.

These weekly discussion groups last for 45 minutes per session and are limited to eight members and a facilitator. The series lasts for six weeks.

The next series is scheduled to start in June: we welcome suggestions for topics that you would be interested in discussing. If you would be willing to facilitate a group, or know someone who might like to, please get in touch with the COPE office.

Sally Fenn



Forgetfulness

It is not just a problem for older people – as once a week half of those in their 20's have forgotten why they went into a room.

In a recent research study at Edinburgh University, a group of 124 adults aged between 18 and 59 (average age 27) were asked how good they thought their memory was and how often they had memory lapses. Two in five said they had misplaced their phone once a week, with almost a fifth saying they had lost it several times during the week. Thirteen per cent of the study group said they considered their memory excellent, but 39% said it was worse than 5 years ago. However, 56% were scared of developing dementia, and 13% of the group were very afraid.

The study established that those in their 20's had memory lapses as common as those in their 50's – half forgot to buy items on their shopping list every week, a fifth kept losing their keys and 18% had a memory lapse over their bank card pin number.

A neuropsychiatrist at Edinburgh University said "I think people think that if you start to forget things, like misplacing keys, that is something to worry about – but it is normal".

So don't worry if you keep forgetting where you have put the TV remote or car keys — we all do the same!

David Bailey



Don't Let the Virus Get You Down!

We're currently in the grip of a deadly and highly contagious virus that has already killed over tens of thousands of us, and our hospitals are under enormous pressure dealing with people who have contracted Covid, and may need intensive care if they are to survive. There is a race against time to vaccinate huge numbers of people as quickly as possible in order to contain the infection.

This is an unprecedented crisis. It is highly stressful for many and dangerous for everyone. Does the past offer us any insights, comparisons or comfort?

In the past Britain has had many bubonic plagues, usually considered to be spread by the bites of rat fleas. Most of us know about the Black Death in 1348, which may have reduced our population by a third: and the Great Plague of London, when the death rate was about 100,000, a quarter of London's population at that time. In between those dates, however, the bubonic plague occurred many times.

Of course, no scientifically developed cure or vaccination existed, and most victims simply died. During London's Great Plague, the Authorities tried to contain the epidemic simply by shutting up infected families and painting a cross on the door.

Apart from pandemics, there have been many times in our history when huge numbers of people have been exposed to much suffering, deprivation and danger and when many lives have been lost. Conditions during World War Two were certainly challenging, with the death and destruction caused by bombing, and the enormous strain of exposure to air raids, and rocket and 'doodlebug' attacks, and with the deaths and injuries of service men and women. World War Two meant six years of highly stressful living for most of the population.

In the Great Depression of the early 1930's, national unemployment reached three and a half million. Particularly hit was the industrial north where 70% of workers lost their jobs. Without doubt The Great Depression was a traumatic period for millions of people, and abject poverty was not uncommon. In the post War years, Britain was desperately short of coal on which our homes depended for warmth, and industry was powered only by the gas and electricity that coal produced. We had a harsh winter in 1946/7, the worst since 1880/81, and without coal people shivered in their homes, while a severe economic crisis gathered pace. Coal began to pile up near the pits because roads and rail lines were blocked by snow. Some villages were cut off for months, and the RAF dropped food supplies for both people and livestock, to many villages. Heavy snowfalls continued until April.



At that time, only a small minority of homes had TV, and most people depended on their radio for news and entertainment. Very few had a refrigerator, air travel was very limited, and the vast majority of people did not possess a car or telephone.

Today, the rapidly-spreading virus is casting a shadow over our lives. We may have relatives and friends who are suffering and sometimes dying of it. We cannot have close contact with some family members. Many of us feel quite isolated as we stay at home and have few social contacts. All of us find that many of the activities that give us great pleasure, are banned.

In this dire situation, our well-being and morale depend largely on the degree to which we think positively. We have the great hope of the vaccines, and the vast majority of us live very comfortably and happily compared to past times, with a superior standard of living.

Stay not only safe, but cheerful and optimistic, for life can only get better.

George Culling

Get Your Garden Buzzing

Wild bees, including social bumblebees and solitary bees, are vital pollinators. Nationally, 23 bee and lower visiting wasp species have become extinct since 1850. The following are ways you can adapt your garden to encourage and help bees to survive and give their vital service of pollinating. This gives us the fruit on our trees and shrubs, some of our vegetables, and the seeds for so many of our vegetables and flowering plants.



1. Getting Started

Planning what to plant now will reap rewards. Identify sunny, shaded and sheltered areas and enjoy a gardener's guilty pleasure browsing seed catalogues. Choose wisely, and your garden will be blooming the rest of the year. Choose plants that will provide nectar and pollen throughout the whole year. Borage with its blue starry flowers is brilliant, foxgloves are great for shade, Vipers bugloss is a bee magnet, and keeps bees coming back for more.

2. Bees' Needs

Create a des res for solitary bees. Choose a block of untreated wood and drill holes in it of various sizes along one side not going right through, and fix it in a sunny spot from 30cm upwards from the ground. Alternatively, assemble a bundle of 20 to 30 cm lengths of bamboo canes or dried plant stems - pith filled or hollow - of different diameters, and fix securely in your chosen location. Social bumblebees often nest in pre loved spaces such as bird boxes or old mouse holes.



3. Plant a tree

Bees love fruit tree blossoms, so ensure your garden has a fruit tree (preferably a self-pollinating variety), even a potted version on the patio.

4. Reach for the Sky

Clothe walls or fences with climbers such as honeysuckle.

5. Put the mower away

Leave a patch of lawn to grown wild. Different species of bees need both and long and short grass for nesting sites.

6. Plant a mini meadow

Stunning wildflowers grow best in poor soil – remove a patch of lawn, and rake the ground. Get some packets of native wildflowers, and scatter them in the raked ground. Cornfield annuals will flower this year, perennial meadow flowers next year.

7. Small is beautiful

Fill window boxes or planters with bee-friendly flowers. Scented lavender is a winner, or try white and yellow poached egg plants, and herbs like marjoram. In autumn switch to bulbs or corms such as early crocus.

8. Bee watering holes

Bees need to drink. If you haven't a pond, collect different sized pebbles and arrange them in a shallow dish or plant pot tray, and top up with water.

9. Learn to love your bees.

Start with a basic ID chart, and you will enjoy watching bees all the more. Red mason bees with thick ginger hair nest in old soft mortar or hollow stems. Leaf cutter bees cut circles out of leaves especially rose leaves, and with saliva, glue pieces together creating nests to lay eggs.

10. Discover more

For lists of flowers, "How to" activity sheets and bee ID charts visit www.wildlifetrusts.org and www.wildaboutgardens.org.

What was a Sixpence?

Old money is what divides oldies who remember sixpences from the post decimal generation. Before 15th February 1971, a sixpence was able to buy a bar of Cadbury's Dairy Milk, chips and an ice cream. It was called a tanner and two sixpences made a bob (a shilling). Then came decimalisation and although it remained in circulation, the massive devaluation caused by the change in coinage robbed it of power and finally of its usefulness. Also lost were the florin (then 2 shillings), half-crown (now the equivalent of £5) and penny. The farthing with its iconic wren image was lost 10 years earlier, their value was increased by being made into cuff-links of which I have a very useful pair.



Jim Callaghan started the path into decimalisation and Ted Heath set it in motion. Many were in favour of it, especially those claiming expenses as adding them up became 100% easier. Certainly school children were spared the problems of calculating pounds, shillings and pence.

Nowadays, the buying power of sixpence is a pound. Divide the price of your purchases by 40 and you arrive at the price you would probably paid in 1960. A letter cost one or two pence from 1840 until 50 years ago, nowadays a first class stamp costs 85p, the equivalent of sixteen shillings and sixpence.

Decimal coinage got us used to inflation. By 1973 and the oil crisis, everything from fuel to house prices shot up. Now a good lunch in a decent pub (pre lockdown) cost about £25. In the 1963 *Good Food Guide* a meal in a pleasant restaurant cost 12/6 (62.5p). Petrol was 4/6 (22.5p) a gallon, now its £9 a gallon.

What does the pound coin do? It buys a little time in a parking meter, as a sixpence used to. It can be used to purchase seemingly fewer and fewer items in Poundland and a ticket in certain lotteries.

In only one respect has there been no inflation – we still teach the old nursery rhymes to our grandchildren – Simple Simon still hasn't a penny to pay the pieman; Johnny still has but a penny a day because he can't work any faster; and the bells of St Martin's still say 'You owe me 5 farthings'.

Footnote: In primary school we might have to subtract £4, 17 shillings and 10 pence three-farthings from £9, 8 shillings and 5 and a half pence. Can you do so now ? Answer in the next issue!



'I never thought that one day I'd put on a mask, walk into a bank and ask for money!'



Cambridge Royal Albert Homes

The Cambridge Royal Albert Society was formed in 1846. The founding President was mayor of Cambridge at the time and the founding treasurer and the committee all had strong connections with the Town (as it was then) Council.



There then followed a period of fund raising. The site was purchased in 1857 and the first buildings along Hills Road were designed and built with the first three homes filled in 1863.

Further substantial donations made by local people have allowed more houses along Brooklands Avenue and opposite the Botanic Gardens to be built.

At present we have 30 residents and we are managed by a group of trustees with two administrative staff.

As recently as 2018 a generous legacy from Miss Egan allowed us to replace many kitchens and improve insulation as well as providing a professional makeover of the Recreation and Meeting Room.

Our Residents all have their own accommodation which allows them privacy but with a neighbour not far away.

At present we have eleven Trustees with a broad range of professional experience.

The Trustees have a continuing duty of care to maintain the fabric of the Homes for the residents and to preserve this Grade II listed architectural gem for future generations. They need the continued help of generous benefactors to enable them to continue to provide a valuable local asset.

Our challenge for the future is to keep up the strong stewardship that has always existed with our successful charity and also to keep abreast of the developing world around us and the changes that occur in the Almshouse Environment.

We also need to look at ways that we might take advantage of opportunities that may arise in the future to increase the level of accommodation we provide for those in need.



“Personally, I worry that, with everyone wearing masks, readers won’t be able to tell who in the cartoon is speaking.”

ROYAL ALBERT HOMES City Almshouses

Are you independent and active but looking for a friendly environment offering support and caring neighbours, all in the centre of Cambridge?

Why not contact the Royal Albert Benevolent Society to register an interest.

The Society provides:

- Homes for independent senior citizens of retirement age and modest income and with a close connection to Cambridge
- Terraced houses and flats suitable for one or two people in central Cambridge
- Warden
- Programme of social events
- Friendship and support within a small independent community

**For more information
please telephone the Warden,
Royal Albert Homes, 01223 352654
Or email office@cambridgeroyalalberthomes.org.uk
or visit www.cambridgeroyalalberthomes.org.uk
120 Hills Road Cambridge CB2 1PP**

Social Cars / I remember . . .

EAST CAMBRIDGESHIRE SOCIAL CAR SCHEME

The car scheme has been operating successfully for over twenty years and currently we have twenty five dedicated volunteer drivers who offer door to door transport to people who are unable to drive or use conventional public transport. For most these journeys are really important if not essential as over 70% are health related with destinations to acute hospitals, dentists, health centres and local doctors' surgeries. The remaining journeys are just as important to help people reduce loneliness and isolation by visiting relatives, local clubs or shopping.

Our drivers are based throughout East Cambridgeshire including Ely, Soham, Littleport, Wicken and Witchford. Passengers book trips through Ely Volunteer centre based in Fore Hill Ely and as long as we receive three working days notice we are able to meet most people's transport needs. The passenger pays 0.45p per mile to the driver on completion of their journey, although there is a minimum charge of £6.00 for shorter journeys. As an example Ely to Addenbrookes and return would cost about £20.00.

We are constantly adding new members through recommendation or word of mouth and with hospital transport at a premium all the local health services are aware of our service. The elderly and people living alone find the service invaluable to be able to attend appointments, visit friends and relatives or go shopping.

Granville Hawkes, Project manager at Ely Volunteer Centre, commented that the scheme grows annually: 'Last year we did 121,000 miles across 7800 journeys. Our passengers are really appreciative of what we do so it is really rewarding. We have continued to operate throughout the Covid pandemic and all our drivers have been able to get vaccinated so are protected pending their second vaccinations.'

The car scheme number is 01353 666553 or during lock down 07971 176124.



I remember the corned beef of my
Childhood,
And the bread that we cut with a knife,
When the Children helped with the
housework,
And the men went to work not the wife.
The cheese never needed a fridge,
And the bread was so crusty and hot,
The Children were seldom unhappy,
And the Wife was content with her lot.

I remember the milk from the bottle,
With the yummy cream on the top,
Our dinner came hot from the oven,
And not from a freezer; or shop.
The kids were a lot more contented,
They didn't need money for kicks,
Just a game with their friends in the road,
And sometimes the Saturday flicks.

...
I remember the slap on my backside,
And the taste of soap if I swore
Anorexia and diets weren't heard of
And we hadn't much choice what we wore.

Do you think that bruised our ego?
Or our initiative was destroyed?
We ate what was put on the table
And I think life was better enjoyed.
Author Unknown

**“The care my mother
has received has been
superb, thoughtful
and outstanding in
every way.”**

Daughter of Resident, Arlington Manor
Review excerpt taken from carehome.co.uk review 2020

**Our priority is always to keep our residents, care team
and community safe.**

No one could have foreseen the events of 2020. But as a provider of exceptional care homes for over two decades – with years of expertise in cleanliness and infection control – we had the skills and experience to take action fast.

Arlington Manor is a popular care home based in Cambridge, offering the highest standards of residential nursing and dementia care alongside a package of all-inclusive wellbeing services.

Join our Arlington Manor family today

Call us on **01223 633913** or visit **hallmarkcarehomes.co.uk**

Wellbrook Way, Girton, Cambridge, CB3 0FW



Home Safe Home

**COVID
SECURE**



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

Advertisers
Please Note New Rates
Quarter Page £40
Half Page £ 80
Full Page £150

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

British Lung Foundation

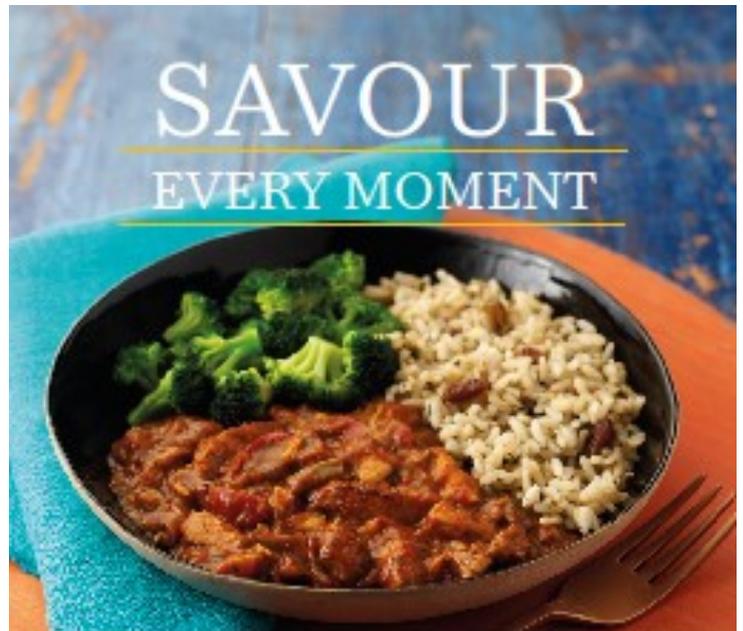
Helpline 03000 030 555 Mon-Fri 9am to 5pm
www.lunguk.org

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

Breathe Easy Cambridge City www.lunguk.org/cambridge

Breathe Easy Fenland -Derek Bond tel 01354 680466

Breathe Easy Ely - tel 01353 668937



With our delicious frozen meals and desserts, you've more time to enjoy the things you love.

For your free brochure visit wiltshirefarmfoods.com
or call 01371 876970

OVER 300 DELICIOUS DISHES

FREE FRIENDLY DELIVERY

TRUSTED LOCAL SERVICE

WILTSHIRE

FARM

FOODS

Readers' Letters

To the Editor

Lockdown tasks

Meeting the challenge by Alice Zeitlyn in last month's Cope magazine, I write to suggest an activity during our lockdown period which I and my husband found very profitable. With all this 'indoors' time on hand I decided to sort out some cupboards. I started with the first cluttered cupboard pulling everything out to see just what I could move. This compelled my husband to attack one of his, making it a joint effort which was good as he was able to take our pile of music and put it in his - which is beside the piano, more appropriately positioned - and discarding large items from his which he didn't need any more. This released a good area to space all my necessary items, writing paper and other stationery, boxes of pens etc. making proper use of the space in my cupboard. Fantastic! What a pleasure to open the cupboard to carefully stacked shelves. Then I went to the kitchen and had a change around of work top gadgets and items to be more easily accessible, moving heavier items to a lower level and lighter items in their place. At the end of that exercise I felt a new woman. Now everything is freshly to hand and not out of reach or in a muddle.

Rosalyn Gibbons

Dear Editor

I would like to thank you so much for the article about the Bull Hotel in Cambridge. It brought back so many happy memories.

I worked there as a receptionist from January 1944 until it was closed to American servicemen.

When I was interviewed for the job a ruling from Major Blank was: 'No Dating'. Of course, not all of the young ladies kept to this rule!

Needless to say, it was such a happy time for me.

Thank you again,

Edna Harris

Dear Editor of the Cope Newsletter

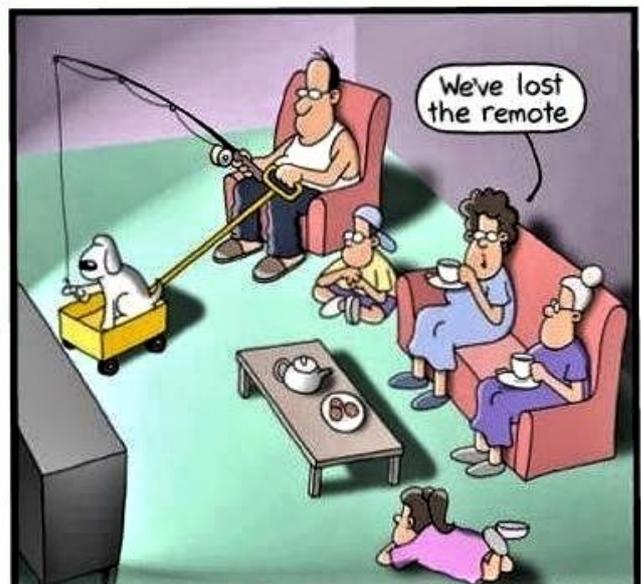
Before March 2020 I was a theatrical landlady for 20 years. I hosted wardrobe mistresses, lighting engineers, stage managers, actors & even Cinderella one year. This had been a very entertaining time, though as these visitors were on tour they generally only stayed for a week. I rarely had time to get to know them well ...

At first I missed the flow of this great variety of visitors when the Arts Theatre closed. Over time I've now found that having the house to myself is more relaxing. Fewer chores in the bed linen laundering department, no longer worrying about red wine stains on the spare room carpet or noticing gouged scars on my staircase walls as gigantic suitcases were heaved up & down.

The plus sides of lock-down for me have been less rushing hither & thither, a new love of qigong, & hearing the next door children playing in the street once their home schooling time has ended. Our Covid support system has been a bonus. I now know more neighbours. My lock-down minus points include missing cappuccinos & chats with friends in local cafes, seeing my grandchildren & walking their dogs with them. Long hair is a big nuisance. Finally a weekly outing with a group of friends to the Arts Picture House is a sad loss right now.

A bit of fun that might appeal to some. An ex colleague started sending a photo each morning to my phone, a version of a postcard. I send one back. The variety of scenes, lock-down short videos or YouTube music offerings has been a great start to each day for the last 11 months. I don't think we've missed a single day.

Penny Brown



Capsicums or Chillies / Postcards



Although we consider that many Asian countries relied on chillies to enliven their food throughout history, it was only in the last 500 years when the Spanish and Portuguese brought them to the Philippines and India that they automatically became part of Asian food. Prior to that their food was spiced up with black peppers. At the same time they were introduced to Asia, they were brought to Europe, but it was only in the 18th Century that Britain started embracing chillies with the arrival of curry recipes from India. Now with so many Asian and Caribbean foods available chillies have become an accepted ingredient of our food.

That these plants became so widespread is due to the fact that they grow in a wide variety of climates. Originating in South America where they had been cultivated since 3,000 BC their arrival in the rest of the world changed most country's culinary habits. Ancient South American civilisations such as the Incas, Mayas and Aztecs, ate chillies and integrated them into their cuisine and culture. A favourite of the Aztecs was cocoa with chillies.

In Britain, we generally distinguish them into Capsicums or peppers which are not hot (sweet peppers, bell peppers) and chillies. Chillies range in heat from the mild to the ridiculously hot, the heat being registered on a scale which highlights their relative heat by the quantity of capsaicin in them. Capsaicin causes the pain we feel when eating a hot chilli, which in turn causes the brain to release pain easing (pleasure inducing) endomorphins. Perhaps this is what has driven the global obsession to produce ever hotter and a greater variety of chillies.

The Scoville Scale was designed to register the relative heat of chillies and with the breeding of ever hotter chillies has had to be extended until today the 'Carolina Reaper' Chilli registers 2,200,000 units while the Scotch Bonnet only registers 350,000 and the Jalapeno 8,000 units. But beware the Carolina Reaper and Pepper X, which equals it, have hospitalised a number of people, indeed their potency is equal to that of American police pepper spray – basically a chemical weapon.

In a reverse to South American chillies taking over the world, Britain now exports £1.5 million of them to Mexico.

David Bailey

Postcards . . .

COPE member Brian Halls has kindly donated some 2,000 postcards to COPE. Brian is the Newsletter's 'Wordsearch' compiler, and thought the postcards of historic sporting events might be used to raise funds for COPE.

Among sporting events covered are the first England-Australia Test Match, the first Boat Race and the first FA Cup Final.

COPE would welcome members' suggestions for who might be interested in buying some or all of this valuable collection—please get in touch with the office with any suggestions.

CAMBRIDGE

THE FIRST UNIVERSITY BOAT RACE

OXFORD

Cambridge crew wore white with pink neckties; while Oxford were in blue striped jerseys, canvas trousers and black straw hats

Eight men in the Oxford boat became clergymen, and the crew included a future bishop and two future deans

Bow	A B E Holdsworth Charterhouse and I Trin.	10.7			
2	A F Bayford Kensington GS and Trin H.	10.8		2	J E Arbutnot Shrewsbury and Balliol unrecorded
3	C Warren Hammersmith and 2 Trin.	10.10		3	J E Bates Westminster and Christ Church unrecorded
4	C Merivale Harrow and LMBC	11.0		4	C Wordsworth Harrow and Christ Church 11.10
5	T Entwistle Rugby and Trin. H.	11.4		5	J J Toogood Harrow and Balliol 14.10
6	W T Thompson Ruffin and Jess.	11.10		6	T F Carrier Winchester and Worcester unrecorded
7	G A Selwyn Eton and LMBC	11.13		7	G B Moore Westminster and Christ Church 12.4
Str.	W Snow Eton and LMBC	11.4		Str.	T Stanforth Eton and Christ Church 12.0
Cox	B R Heath Eton and I Trin.	9.4		Cox	W R Freemantle Westminster and Christ Church 8.2

Rowed at Henley-upon-Thames

June 10th 1829

Won by Oxford

Recipe

Honey Banoffee Tart

For a (sloping-sided) flan dish ~250mm diameter

Ingredients

1 can (397g) caramelised sweetened condensed milk
250g digestive biscuits
125g butter or (hard) margarine
3 bananas (with some green still showing on their skins)
2 tablespoons liquid honey
1 small pot of whipping or double cream



Method

Crush the biscuits, and warm them over a low heat. Work in the butter or margarine. While it is still warm, press the mixture into a pie dish, cook for 10 minutes at 180°C, and then chill it in a refrigerator. Dice the bananas. (Cut length-wise into quarters, then chop them; don't mash them.) Stir in 2 tablespoons of liquid honey, and cover the biscuit base with the mixture. Open the (cool) can of caramelised sweetened condensed milk, and spread the mixture in "slices" over the bananas, initially like a "crazy paving", as it is very firm, then "meld" them together with the back of fork. Top with whipped cream. Keep refrigerated until ready to serve.

Note: Choose a honey with a strong flavour. (Darker honeys usually have a stronger flavour than light-coloured honeys.) Set honey can be redissolved by gentle heating. Caramelised sweetened condensed milk is available, but it can be created by simmering the uncaramelised product (3 cans at a time ?) gently for 2h in a pan of water; keep covered with water. Then allow it to cool.

Alternatively [I prefer this one; it uses half a packet of biscuits, but less than one can of condensed milk. The solution is to make two tarts.]

Revised biscuit base for an 8 inch (200mm) diameter (sloping-sided) dish

200g (7oz) digestive biscuits
100g (3.5oz) butter or (hard) margarine

Or

200g (7oz) digestive biscuits
100g (3.5oz) (hard) margarine (or butter)
100g (3.5oz) sugar

Could use brown sugar?

The biscuits can be crushed with a potato masher – not in a non-stick pan. (One could use a fork.) Stir the sugar in, and then, over a gentle heat, work in the butter or margarine (added in small lumps). While still warm, spread around the bottom and sides of the flan dish, cook for 10 minutes at 180°C, and then chill in a refrigerator before introducing the diced bananas and honey.

I suggest "wiping" the flan dish with margarine before introducing the base mixture.

"Rescuing" over-whipped cream – stir in a teaspoonful of milk.

David Abson

Dead and Buried?

When someone dies, the person who winds up their affairs – the executor if there is a will, or the administrator if there is not – has the job of assessing all their money, possessions and property. They then use that to pay any debts owed by the deceased. If there is a balance left, it is distributed to the heirs. But if there is not enough money in the estate to pay the debts, then the unpaid ones die too.



Things are not always that simple. If the deceased has a joint loan or mortgage with a spouse or relative, then that person becomes liable for the whole debt. The same is true if a friend or relative acted as a guarantor for the loan. If the debt cannot be paid out of the estate, then the person who acted as guarantor will be liable. However, if the deceased had a credit card and a spouse or other person also had a card on that account, that joint user is not liable for any debt left on the card. That is paid out of the estate if there is enough to do so.

If the deceased had a spouse or civil partner and owned a home or bank account jointly with them, then the money or property passes to the spouse or civil partner through what is called *survivor-ship*. *Creditors find it very difficult to recover any debts from that and any such claim should be resisted. Creditors can normally only recover debts from parts of the estate that were not jointly owned.*

If the deceased had a State Pension, then it is important to tell the Department for Work and Pensions (DWP) about the death. That can usually be done through a system called *Tell us Once*. *However, the DWP acts slowly and very often one or two payments are made after the date of death. The DWP will try to recover the debt from relatives, but it does not have the right to do so. If the deceased owed money to the DWP before they died, then it can only recover that from the estate not from a spouse or relative.*

Article by Paul Lewis in the Radio Times, 16-22 January 2021

Note that Tell us Once was covered in an article on Bereavement in Newsletter 154—October / November 2020

Recipe: Sweet Pickle

Ingredients:

1 lb cooking apples (peeled and cored)
1 lb onions
1 lb stoned dates
1 lb sugar
1 pint vinegar



Method:

Peel and dice the onions; dice the apples; slice the stoned dates into thin slices (in order to insure freedom from stones). Place all the ingredients in a large bowl, stir until the sugar is dissolved. Leave for a few days, stirring occasionally, and then pour into glass jars, avoiding metal lids (or protecting them with a plastic film or greaseproof paper). Store for a month or so before the first use.

Letter / Advertisements

Dear Sir

In response to the letter from George Culling regarding Face Masks and hearing aids, I would like to make the following observation.

I also wear hearing aids and in order to wear a mask comfortably without disturbing my hearing aids, I put the mask on at home, in front of a mirror, making sure that my hearing aids remain safely in place. I then keep the mask on for the duration of my trip outside, wherever I am going, and only remove the mask when I am back home indoors.

Personally I find this is the best way around the 'Face Mask Problem'.

Masks are available on the Internet which guarantee to work when wearing glasses, preventing the glasses from steaming up. However if you wear the mask high enough over your nose and then place the glasses over the cloth of the mask, this also ensures the glasses stay steam free.

I hope these comments might be helpful as we are being asked to wear masks at all times when outside our homes.

Margaret Sharpe



Do you need a Dependable & Honest Cleaner?

Belle Casa offers a Professional Cleaning,
Washing and Ironing, etc. Service
(suited to your individual needs)

For a Fully Inclusive rate of £13.50
(£13.00 for 5+ hours)

For **COPE Members ONLY** a Minimum Service of 2 hours
Fortnightly (usually 2 hours weekly)

All of our housekeepers are carefully selected
and insured.

You will receive the same housekeeper each visit.

Please call us today on

01223 441055

www.cleanerscambridge.com

Established 2002

INDEPENDENT FINANCIAL ADVICE IS BEST

Free consultation. No obligation.

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

Pensions Savings Investments
Protection

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

BV

SERVICES

email ncfb007@gmail.com



Authorised and regulated by the Financial Conduct Authority

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 Astrourf, 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 **kjrm19@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 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 April / May

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. Meetings are of course dependent on government restrictions on gatherings being lifted. We will send out further information as soon as possible.

Safe Behaviours



Wash hands frequently, for at least 20 seconds.



Wear a face covering in enclosed environments.



Maintain space with anyone outside your household or bubble.



Meet with others outdoors where possible.



Minimise the number of different people you meet and the duration of meetings, if possible.



Let fresh air in.



Download the NHS Test & Trace app.



Get a test immediately if you have any symptoms.



Self isolate if you have symptoms, have tested positive, or had contact with someone with COVID-19.

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

Fenland Hub

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

Cambridge City Hub

www.cambridge.gov.uk/coronavirus
or 01223 457000

Peterborough Hub

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

East Cambridgeshire Hub

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

South Cambridgeshire Hub

www.scambs.gov.uk/coronavirus/
or 03450 455 218

Huntingdonshire Hub

www.wearehuntingdonshire.org/

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.