

In this Issue

- 1 Editorial
- 2 Coronavirus update
- 3 Membership form
- 4 Trustees
- 5 Puzzles
- 6 A surprise . . .
- 7 Poem
- 8 Panning for Gold
- 9 Noise pollution
- 10 Joys of lockdown
- 11 A story for gardeners
- 12 Reader's letter / ONS report
- 13 Advertisements
- 14 Hear for You
- 15 Talking Together
- 16 Apologies to Wordsworth
- 17 Poem
- 18 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

Funded by:



Editorial

After over three months in lockdown, in July we began to see the light at the end of the tunnel. There are still some, who because of medical problems are required to stay at home, but most of us can go out to the pub, have a haircut and go shopping. But to ensure covid-19 does not rear its ugly head again, we are still required to take precautions, such separation of over 1 metre from others and ensuring hands and touched surfaces are constantly kept clean. Above all, we must thank the NHS and frontline staff for their dedication in these difficult times.

It is important though, that other illnesses, such as cancer and heart disease are not forgotten. With the onset of covid-19 the treatment of many other illnesses was deferred, let us hope they will now be dealt with sooner rather than later. Added to which significant flaws were exposed with the social care system and Care Homes, those people in the latter were often forgotten and suffered in consequence. We trust these highlighted problems will now be resolved.

COPE, with the great help of Minuteman Press, was able to continue to produce its bi-monthly Newsletter, and many members provided articles and information for them. Talking Together was also started in earnest at the end of June and will be continuing through July. It is planned to continue it in October/November, subject to obtaining the necessary funding.

Unfortunately, due to continued restrictions, we have had to cancel the AGM, and St Ives and Queen Edith's Socials have also been cancelled, but we are planning to hold them when restrictions are eased further and will keep you informed. Needless to say myself and the Executive Committee will do their best to ensure that we continue to keep COPE as active as possible in these difficult times. With all good wishes, keep safe, keep healthy,

David Bailey

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.

Do

- ✓ wash your hands with soap and water often – do this for at least 20 seconds
- ✓ always wash your hands when you get home or into work
- ✓ use hand sanitiser gel if soap and water are not available
- ✓ cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- ✓ put used tissues in the bin straight away and wash your hands afterwards
- ✓ try to avoid close contact with people who are unwell

Don't

- ✗ do not touch your eyes, nose or mouth if your hands are not clean

If you have any symptoms of COVID-19 you should follow these steps



Information and Advice Service Age UK

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



Data Protection Act

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

DONATIONS

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

Peter Murfitt, Treasurer

COPE FORUM

Cambridgeshire Older People's Enterprise New member application form

New Member

Number: _____
(To be allocated after joining)

(BLOCK CAPITALS PLEASE)

Name: _____

Address: _____

Post Code _____

Telephone: _____

Email: _____

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

AGE RANGE

PLEASE CIRCLE RELEVANT GROUP

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

Disability - Yes / No

Signature _____

Date: _____

How did you hear of COPE?

Special Interests:

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

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

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

Donation Form

I would like to make a donation of £ _____

I DO NOT pay UK Income Tax

I DO pay UK Income Tax

Please tick the box above applicable to you

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

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

Please sign below and print and date underneath

Signature _____

(BLOCK CAPITALS BELOW PLEASE)

First Name _____

Surname _____

Address _____

_____ Postcode:

Date _____

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

*Notes

- 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



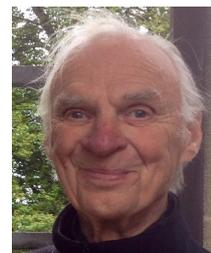
Alice Zeitlyn



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 October / November issue must be received no later than 30th August.

Word Search

AUG/SEPT 2020

BHm 24/06/2020

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

AIM

Place the 27 three character 'tiles' in the left-hand grid to the CORRECT spaces in the right hand Grid relating to HERBS, SPICES or SEASONINGS containing NINE letters horizontally and in alphabetical order. Puzzle answers in the next Newsletter.

Last month's solution

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

The older I get, the earlier it gets late.

I finally got eight hours of sleep. It took me three days, but whatever.

countries of the world

Not what I call a Surprise!

I think the year was 1977, we lived in Oxford with our two sons, aged 3 and 2. I was a young full-time mum. Hugh worked full-time and had a real interest in wildlife photography. One sunny day Hugh came home with what looked like, a large package, I 'xI'xI' it was covered and he had a sheepish grin from ear to ear. Hugh said "I have a surprise, well two actually, one is prettier than the other."



Hugh took the package into the kitchen and revealed a cage that had a 2 1/2 inch honey coloured Praying Mantis inside! I asked Hugh "if this is the prettiest, what does the other look like?" At this stage I found the Praying Mantis very creepy, it just looked like a monstrous insect which had independent moving eyes. Hugh was very excited and kept saying "isn't she pretty", I just thought NO!

Where, I asked, was the Praying Mantis going to live, and Hugh said in the kitchen. The children were too young to either support my view or Hugh's, so they didn't get a vote on the matter. Hugh's logic was that

the Praying Mantis needed to be in the kitchen so that we could see it everyday and check to make sure it was well and healthy.

Okay, you may be thinking, what else arrived with Hugh? It was a Tupperware box with live cockroaches running around in the bottom. Ahhh! Cockroaches in our home, I shuddered and said I wasn't happy about this surprise, but Hugh explained, that the Praying Mantis only recognised live food, so we had to keep the cockroaches alive to feed it. Hugh also said not to worry about the cockroaches, I have thought this through. I will build a safety box so that I can take out one at a time and be sure that the others don't escape. At this stage in my life I was petrified of insects and creepy crawlies.

Sure enough Hugh made a box for the cockroaches that had an attached handle and said that all I need to do is to put it in the freezer for 5 minutes, the cold air will subdue them and I can quickly get one out before the rest of them regain their equilibrium. It took me more than a week to want to go into the kitchen on my own and I tried so hard not to look at the Praying Mantis, pretending to myself that it didn't exist. Our relationship that week cooled considerably.

It is not true that familiarity breeds contempt, well not in my case. Once I had accepted that neither the Praying Mantis nor the cockroaches were going to escape, I came to admire both. The Praying Mantis was really pretty and the cockroaches were extremely resilient. As time went on the cockroaches needed to be in the freezer longer and longer as they adapted to the cold very quickly.

One day I found the children holding the box of cockroaches by the handle and shaking it like a rattle. I told them that it wasn't a toy and put the box in the spare bedroom on top of the wardrobe, out of reach of the children.

Surprise ! (continued)

My sister who lived in London at the time came to stay with us, she had heard about the Praying Mantis and wanted to see it for herself. She thought it looked very elegant and beautiful. The next morning my sister came down for breakfast and said, I was woken in the night by scurrying noises, and I calmly said "oh, that will be the cockroaches. " Ahhh! cockroaches" my sister screamed, "since when have you been infested with cockroaches?" I had forgotten to tell her that we kept the cockroach box on top of the wardrobe so the children wouldn't play with them. My sister became fascinated with our wildlife quicker than I had.

One day we found that the Praying Mantis was building an egg sack and when she had finished she didn't look well. Hugh took her to the Zoology Lab in Oxford, where she passed away. A friend placed the egg sack on top of a wall plug. Sometime later he came to work to find a hundred miniature Praying Mantis all fully formed walking up the wall above the plug. I must say I was relieved that hadn't happened in our kitchen. I did learn to love our Praying Mantis and missed her when she left, but I didn't miss the cockroaches.

Alicja Barton



OBSERVATIONS DURING LOCKDOWN

Bright blue skies today,
Fading away to palest blue in the distance
Little white clouds float by.
Like looking at the world upside down
Islands in a blue, blue sea,
There is England, with Ireland on the wrong side
And there - France.
France is moving faster than England.
Fast approaches, now overtaking.
France is darker, so sky gets grey.
The world gets darker.
But not for long.
Now the sky is blue again,
And the clouds very small.
Tiny islands in a blue, blue sea.

Rosemary Chambers

Panning for Gold in Ethiopia

In 1963, I went on an expedition to Ethiopia, to survey the possible site for a dam on the River Birbir in the west of the country, to provide power for the exploitation of iron ore and other minerals nearby. After stocking up with travel essentials and foodstuffs, we left Addis Ababa in two Land Rovers. A Civil Engineer and myself (land and aerial surveyor), plus the engineer's wife, a driver and a cook made up the study party, funded by Italian Government reparations, for their capture of Ethiopia in the 1930's.



We headed west initially on tarmac roads, but soon found ourselves on rutted earth roads, and on the first night we were unable to move because of deep gullies. In the morning we managed to extricate the vehicles and continued with difficulty. Two large rivers had bridges, one built by the Italians the other by British Army engineers, the rest had to be forded or crossed on very rickety wooden bridges.

After 5 days travel, we managed to make use of a missionary plane to view possible dam sites, before reaching the river our destination, on foot. This was difficult as the valley was covered in elephant grass which took 3 days to clear to get to the river, where the steep sides of the valley limited our mobility. But with the survey details of surrounding mountains and aerial photos taken by the American Air Force after WW2, I managed to establish sufficient survey material to enable the engineer to identify possible sites for the dam.



Before travelling back, we visited Yubdo where in the 1930's an Italian geologist found gold and platinum in alluvial deposits. He canalised the area to allow local people to pan for gold and platinum and his son then managed the area. Local people were using the deposits as their bank, panning for gold and platinum when they needed money to buy a cow or build a house.

The dam was never constructed as the mineral deposits nearby were not large enough to make the cost of the dam worthwhile. Meanwhile, radical changes to Ethiopian politics have led to the construction of Africa's largest hydroelectric dam further west on the Blue Nile near the Sudan border. This will provide most of Ethiopia's electricity needs, but is causing political problems with Egypt, who is concerned that it will reduce water flow on the Nile. Diplomatic negotiations are continuing and the dam is planned to be finished this year.

David Bailey

Insidious noise pollution – has the battle been lost?

We have been alerted to plastic pollution, to the damage it can do to many of the creatures with which we share the planet, and to the eyesores that we create. However, little attention appears to have been given to the noise pollution that seems to pervade the whole planet.



“The Blue Planet” alerted us to plastic pollution, but it also revealed that the poor creatures that populate The Great Barrier Reef have to spend their entire lives listening to apparently senseless repetitive musical noise pollution – I am almost overwhelmed with sympathy for them. Not only does this form of pollution occur there, but creatures in the Sahara desert, in caves, in jungles and in rain forests have to tolerate it, and there can’t be a large waterfall anywhere in the world that doesn’t have a symphony orchestra hiding away in the adjacent vegetation. While we may find it difficult to assess whether the creatures with which we share the planet respond favourably or unfavourably to this

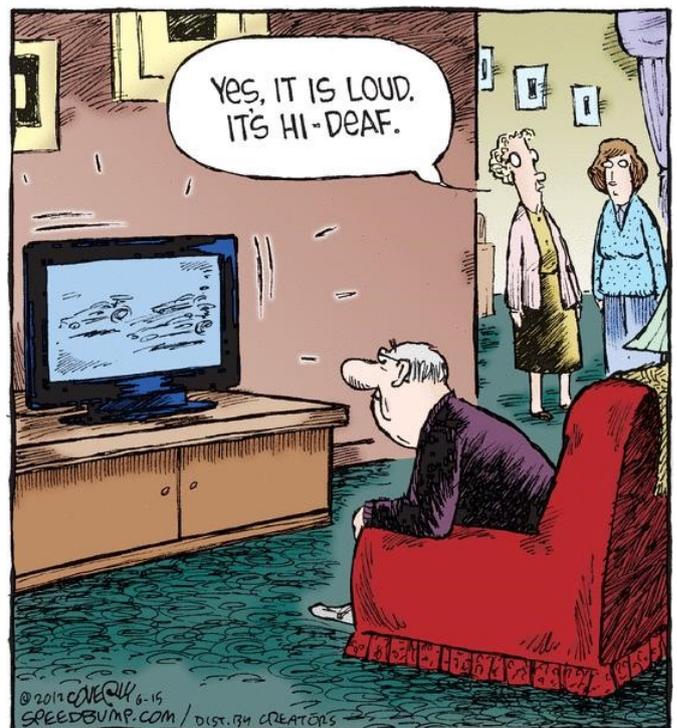
form of pollution, I have noticed that migrating animals have learned to live with it, and even to move in time to it.

It was perhaps a forlorn hope that our own country could escape such pollution, but it is not so. I have noticed that this insidious pollution has reached both the coastal waters around this island, and many of the rural areas visited by Countryfile and other outdoor programmes. Fortunately, such insidious pollution has not yet reached the rural regions of Cambridgeshire that I have visited.

Are we too late to save the planet from such pollution, or can any action be taken to rid us of this menace? Until we are able to do so, it would be of considerable benefit to television viewers if the producers of programmes that are made in such polluted regions would arrange for filming to be carried out with microphones switched off, so that the noise pollution is not picked up, and with any commentary added later – in a studio free from such repetitive musical noise pollution. Can anyone suggest any further, perhaps more wide-ranging, remedial measures?

As if the extensive pollution on our own planet were not enough, it is only recently that I discovered that the problem is much more extensive than I had ever imagined. Such insidious repetitive noise pollution has even reached the other planets in our solar system. How this was achieved, I can’t imagine, but what a shame that we have not been content with polluting our own planet, but have seen fit to “export” it to other worlds.

David J. Abson



The Joys of Lockdown

Let me start by saying HELP! I'm not the best person to be in lock down with, get very frustrated not being able to meet with friends for walks, swimming or ladies at lunch. etc

1st week- Peter staying in bed not feeling well, when he did get up in his dressing gown, sat around with his head in his hands. Not eating or drinking, nothing tasted right. I couldn't think of what to do, how we will manage 12 weeks! I walked around our small garden like a caged animal. I had a wobble day crying and feeling sorry for myself. I managed to talk Peter into going for small walks to Cherry Hinton Hall. [we are very lucky to live nearby] Slowly day by day we managed to survive and learn to enjoy our new normal.



We have never spent so much time together in all our 55 years. We, like lots of people, spent time at work, bringing up children, looking after grandchildren, and socialising separately sometimes. Retirement has been spent pursuing our separate interests. Peter enjoying working at COPE, meeting friends at the Working men's club, The Old Boys Club, Cherry Hinton, Bowls, and his allotment.. Me - Keep fit, swimming, sewing, WI. choir, meeting friends for coffee or having lunch.

Luckily the weather changed and we were able to sit outside in the sunshine. I love reading so it was good to sit and not feel guilty reading instead of housework! Peter began to improve and started a project making a new back gate. He had managed to get some wood from our brother-in-law before the lockdown. Slowly we began to have a routine. He started going to the allotment and putting in the potatoes, beans, peas, etc. This was good as he met with like minded people [always keeping the social distancing.]

I enjoyed seeing the spring season unfold in all its glory. While doing my exercise walking in Cherry Hinton hall it was lovely - blossom on the trees, daffodils, and tulips. Was it my imagination or was everything looking much cleaner and brighter this year? We have a selection of jigsaws that thankfully I hadn't sent to the charity shop yet, so many hours were spent just adding pieces as we walked by the table and stopped to finish a section.

Thank goodness we live in a technology age so we have managed to do video calling to our children and grandchildren. Karen our daughter who lives near has been an angel and has kept us supplied with food and water. She includes some treats which were very naughty but nice. OK, when this is all over I will have to get back to being good and lose the weight. I can dream! I cannot believe I would miss going to the supermarket myself and idling choosing what we like. One of the worst things about this is I really am in need of a good hair cut. I was due before the lock down but my hairdresser was sick so it's now been 3 months.

Lockdown (cont.)/ Gardeners

It seemed impossible that one day ended and another began and a week goes by. Has it really been 15 weeks since this started? Ok, I am ready now to get out and socialise, give family a hug and enjoy a coffee with friends. We need a big party when we can to celebrate all the birthdays, anniversaries etc that we have missed.

I bet when this is over, I will go back to saying if only I had more time I will spring clean, de clutter, finish jobs when started and watch all those DVDs I have in the cupboard. It's true you normally managed to do these things when you're busy. You make the time but having all this free time I do not have the motivation, there is another day tomorrow! OK, back to sitting in the sunshine enjoying a cuppa and eating more cake and biscuits See you when we can meet again bigger and greyer.

Diana Murfitt

A story for gardeners

An old Italian lived alone in New Jersey. He wanted to plant his annual tomato garden, but it was very difficult work, as the ground was hard. His only son, Vincent, who used to help him, was in prison. The old man wrote a letter to his son and described his predicament:

*Dear Vincent,
I am feeling pretty sad, because it looks like I won't be able to plant my tomato garden this year. I'm just getting too old to be digging up a garden plot. I know if you were not in prison you would be happy to dig the plot for me, like in the old days.
Love, Papa*

A few days later he received a letter from his son.

*Dear Pop,
Don't dig up that garden. That's where the bodies are buried. Love,
Vinnie*

At 4 a.m. the next morning, FBI agents and local police arrived and dug up the entire area without finding any bodies. They apologised to the old man and left. That same day the old man received another letter from his son.

*Dear Pop,
Now you can go ahead and plant the tomatoes. That's the best I could do under the circumstances.
Love you,
Vinnie*



Reproduced from the Chesterton Gardeners Club Newsletter

Readers' letter

RULES FOR OAPs IN LOCK-DOWN

I am beginning to lose the will to live, with these new rules which make no sense whatsoever.

It would appear that my son and his family could visit and even come into the house if I was on my own. I have an eighty year old husband who will be denied this. We are a couple who have been married for fifty seven years and have obeyed all the rules. I feel as if we have been left out in the cold with no thoughts to our well-being or mental health. I feel very tearful as this is so unfair and uncaring. I am sure I am not alone in thinking this, this new rule I find totally abhorrent.

Yes, it's great news that single people can visit their families again. But, we have feelings too and want to see our families and if it should rain, God forbid, be able to come indoors. It's about time the UK government need to get their act together before we have an epidemic of mental health which will surpass the damage the virus is doing.

N A Haskins
Cambridge

Living longer: trends in renting and owning property

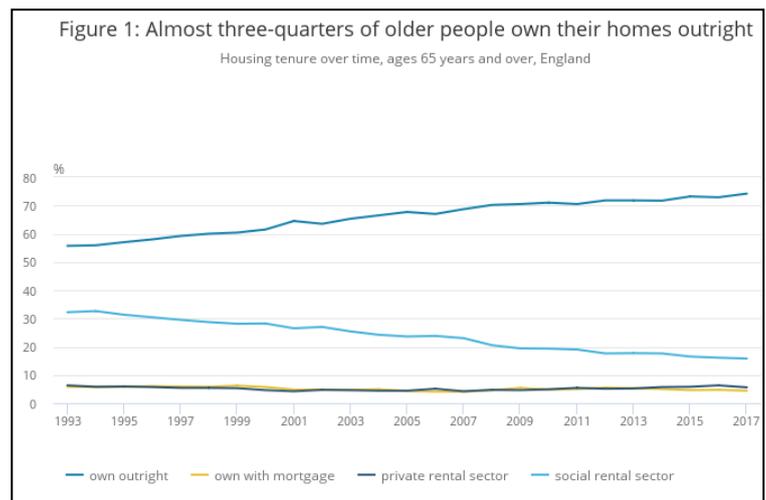
Housing tenure in later life has significant implications for the affordability of home repairs, maintenance and adaptation, and hence impacts on health and care, according to a March 2020 report from the Office of National Statistics.

The report shows:

- * Almost three-quarters of people aged 65 years and over in England own their home outright.
- * People in their mid-30s to mid-40s are three times more likely to rent than 20 years ago. A third of this age group were renting from a private landlord in 2017, compared with fewer than 1 in 10 in 1997.
- * If this trend persists into their older ages, in the future, older people will be more likely to be living in the private rental sector than today.
- * Nearly one in five older households (18%) that own their home outright have incomes below the poverty line
- * Almost half (45%) of older households who are still paying a mortgage have no savings
- * Close to a quarter (23%) of older households who own outright have no savings at all

The report notes that this could affect householders' ability to carry out property repairs and maintenance.

Whilst a useful resource, the report presents most data and graphs as percentages within tenure type. The resulting (misleading) impression is that age-related housing affordability and linked problems e.g. health impacts, are primarily in the private rented sector, whereas numerically (given 76% older owner occupation) the majority of those affected are older homeowners.



Advertisements



Looking for sheltered housing in Cambridge?

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

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

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

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

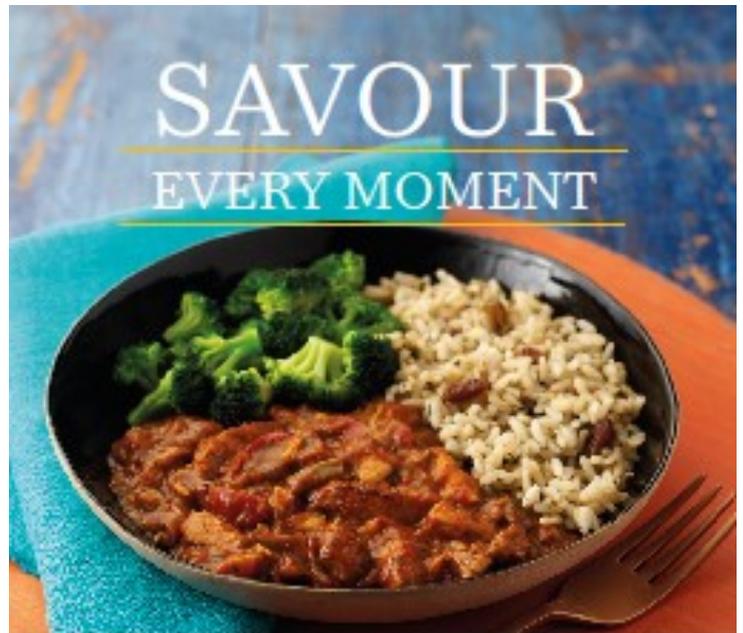
Helpline 03000 030 555 Mon-Fri 9am to 5pm
www.lunguk.org

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

Hear for You / voluntary sector news



Cambridgeshire Hear for You community

DO YOU USE A HEARING AID OR FIND YOURSELF HARD-OF-HEARING...OR DOES SOMEONE IN YOUR FAMILY?

If so, we are pleased to support our partners at **Cambridgeshire Hearing Help** (CHH), who are setting up a new online social group - just for you!

Called '**Cambridgeshire Hear for You community**', this is a new way of keeping in touch and exchanging views and ideas, whether it's about hearing loss, or just your news, ideas and messages about literally anything.

Many people have used social media to keep in touch with family and friends in recent times. This is a chance to be in contact with more people locally, who share your interests. It is being established on Facebook and is a 'closed group', giving members the extra safety and security, that only other members will be able to see your comments. It is also completely free.

You can join 'Cambridgeshire Hear for You community' NOW by going to the 'Cambridgeshire Hearing Help' page on Facebook, click on 'Groups' then on 'Join'. If you have any difficulty, simply enter the following link in your search engine:

<https://www.facebook.com/groups/cambridgeshirehearforyoucommunity/>

If you are new to Facebook, CHH has produced a simple guide of how to join the group, which is on its website. Or contact them at enquiries@cambridgeshirehearinghelp.org.uk or telephone 01223 416141

Cambridge—working with the voluntary sector

During the Covid-19 emergency, the City Council has been working with the voluntary sector in the city to ensure that residents who are shielded or need support to access food and medical prescriptions for example have the help they need. Very quickly, once the city went into lockdown, various mutual aid groups were set up in each ward of the city either by existing groups such as churches or by new groups being established. Each group engaged a significant number of volunteers in their area to help with the task of providing support to individual residents.

The City Council has supported this network of groups during the crisis with funding and advice and support with more complex issues as well as community development officers linking up with each group. In addition the City Council has supported Cambridge Sustainable Food to deliver bags of food and meals on a weekly basis all around the city to residents as well as supporting a number of local food hubs which have emerged alongside the Mutual Aid groups.

In the absence of face to face activity the Council also set up a virtual Community Centre to provide online activities as well as information and support to residents across the city. The Council will now be working with these groups to look at how we sustain them, to provide support on a more ongoing basis should we have to lockdown again or once the economic impact of the crisis is felt.

Details of all the support available is on the City and County Council websites – [Cambridgeshire Hub](#) or telephone 01223 457000 or 0345 045 5219.

Cambridge City Council is also partnering with Cambridge Online, a local digital charity, in helping to get reconditioned tablets and laptops to older people across the City who lack digital access, supporting them to keep in contact with friends and family during lockdown and beyond. Cambridge Online are also trying to get digital devices to some people in the county too—their website is cambridgeonline.org.uk.

Talking Together

Following a successful trial period in January 2020, **TALKING TOGETHER**, a new programme of telephone based discussion groups created by COPE, is offering its second series. The programme is free, but registration is required.

During the current pandemic the need for social distancing has become essential for protecting health and stemming the spread of the virus. This requirement has been applied to all age groups, but is especially important for older adults who are designated among the most vulnerable. The absence of social contacts has been difficult and presents challenges to all of us. However, for many older adults isolation is not a new experience. Physical limitations, care giving responsibilities or lack of access to transportation can all make it difficult for many older adults to get out into their communities. As a result, many report long-term feelings of isolation and depression. **TALKING TOGETHER** serves the demands of the current health situation, and will continue to provide a unique opportunity for older adults to join together from the comfort and security of their homes to discuss a variety of topics with their peers.



In the current series, groups are examining a wide range of topics including poetry, the environment, Cambridgeshire history, the David Parr House, gardening and books. Each 45 minute group is facilitated by skilled leaders, some from museums and other Cambridge institutions, with whom participants can share their ideas, opinions and experiences.

Participants, have shared a variety of reasons for joining. A number of group members reported positive experiences in the first series and have now returned. Several are pleased to have the opportunity to learn more about areas of interest. Others are attracted to topics new to them. Some have registered for more than one group.

The next series will be scheduled in October- November, with registration in September. We would be happy to have your suggestions about topics of interest. Please phone COPE at: 01223 364303 or email us at: cambridgecope@hotmail.co.uk. Do plan to join us and encourage your friends and neighbours to do the same.

Deborah Katznelson

Apologies to Wordsworth

*I wandered lonely as a cloud,
Two metres from the madding crowd,
When all at once my name was called,
To enter Waitrose hallowed hall.*

*This was the pensioners' special hour,
I'd gone to get a bag of flour,
But I forgot when through the door,
What I had gone to Waitrose for.*

*The Waitrose staff are extra kind,
I told them it had slipped my mind,
They asked what else I had forgot,
They clearly thought I'd lost the plot.*

*I phoned my wife again to ask,
She reminded me of this special task,
'I need some flour to bake a cake,
With all that cream you made me take.*

*'Ah, yes I recall,' I had to lie,
I dared not ask what flower to buy,
But then I saw them next the tills,
A bunch of golden daffodils.*

Anon

With apologies to William Wordsworth.



Stay well with a healthy diet

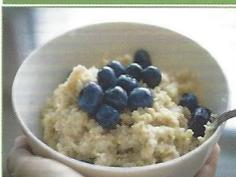


Cambridgeshire
County Council



Start your day with
breakfast.

Try porridge, hot
milk on cereal or
egg on toast.



Keep hydrated with
regular hot drinks.



Have at least one
hot meal a day.

Soup or jacket
potatoes can be
quick & easy.



Top Tips for a healthy, balanced diet:

- Eat a variety of foods to stay healthy
- Aim to eat 5 or more fruit & vegetables a day
- Drink often to stay hydrated
- Eat regularly for energy
- Keep active, move about often or do chair exercises.

Observations during lockdown

OBSERVATIONS DURING LOCKDOWN

Today, there is a monster in view,
Tall, taller than the houses,
Very straight, very still, waiting!
There is a long arm on one side,
Slowly, slowly it descends,
Lower, lower, now out of view.
No movement, until slowly, slowly
The arm rises higher, higher than the body.
Way up in the sky, turns slowly, slowly
Then descends lower, lower.
Rises again to shoulder level and then still.
No movement now, until . . .
Slowly, steadily, crablike – sideways
The whole body moves.
Then stands, stands, then same procedure.
Don't know what it is, but
There is a building site beyond the houses.

All is quiet now!
Monster waits, but no one to guide.
All is quiet, many days!

Rosemary Chambers

Paying too much for your glasses?

Save Money - Buy Direct!

Visit our factory shop to see our fabulous range of Discount Prescription Eyewear

- Hundreds of frames to choose from, including designer frames from Ray-Ban, Polo Ralph Lauren, Oakley, PRADA, Ted Baker and Versace
- Specialists in high and complex prescriptions
- Same-day or next-day service available*
- Save up to 75%
- Huge range of designer sunglasses
- Full range of sports eyewear

Official stockists

*subject to prescription and availability



POLO
RALPH LAUREN



PRADA
EYEWEAR

TED BAKER*
LONDON

VERSACE

We are open 9am to 5pm Monday to Friday, and 9am to 1pm Saturday



ALL EYES
SPECTACLE MAKERS
SINCE 1987

Call us

01954 231545

Visit our website

www.all-eyes.co.uk

20 Norman Way Industrial Park, Over, Cambridge CB24 5QE

**Brick Lane Music Hall
DIVAS - All Time Music**

**Greats—
Judy Garland, Frank Sinatra,
Elvis**

**& many more ...
(subject to Covid)
Afternoon Tea & Matinee Show
6th October 2020**

Price £55

1100 am leave St Ives Co-op car park.
1130 am Pick up at Trumpington Park &



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 Astro turf, CB5 8NT. Supervets football.

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

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

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

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

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

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

1 **Ol' Boys Club** Mondays 2-4 pm for cards, dominoes, scrabble, chess, curling and darts.

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

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

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

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

Cambridge Hard of Hearing Club: Meet at 2.00pm on the last Thursday of the month at Meadows Community Centre, St. Catharine's Road, Cambridge CB4 3XJ.details from www.cambsHOHClub, or text **Sally on 07815**

513605, or email: information.hohclub@gmail.com

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

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

Ely Library Activities - Scrabble, creative Tuesdays, local studies, arts and crafts.

Contact for all activities: **0345 045 5225**, Alvina De-La-Mare, Ely.Referral@cambridgeshire.gov.uk;

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

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

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

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

Telephone **Alice - 01223 357395** for details.

Comberton Friendship Club: meet on 2nd Thursday of each month 2.30 p.m. at Comberton Village Hall.

Telephone **Sue Allin - 01223 262990**

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

Grovebury Ladies club meet Tuesdays 7.30-9.30pm Arbury Community Centre, Campkin Road Cambridge

Contact **Barbara Watts** on **01223 570707**

Hiam Sports & Social Club, Prickwillow, Ely. Ballroom Dances 3 times every month, Tea Dances every

Thursday. Contact: **01353 688 269 (club) 07842 146308** email: info@hiam.co.uk

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

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

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

St Augustine's Community Centre, Café 99, Richmond Road., Cambridge. Open Monday, Wednesday and Friday Mornings from 10.30 to 12.00am.

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

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

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

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

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

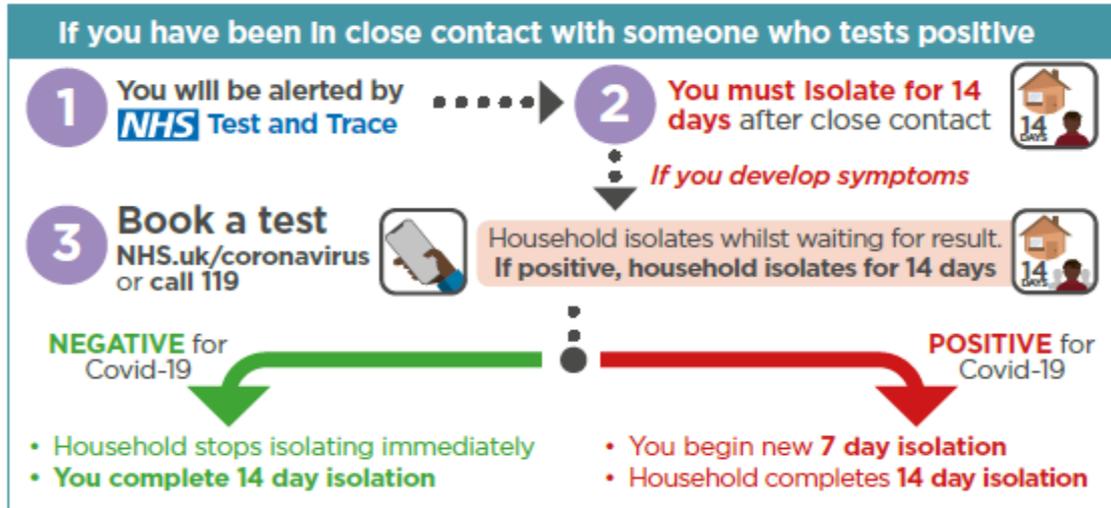
www.wimblingtonfilmclub.org.uk

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

Telephone **Sandra Watts - 01954 411873**.

AGM & COPE Meetings in September / October

We are hoping that the COPE St Ives, Queen Edith's and St Luke's Social Meetings will be able to be held in the autumn, as well as our delayed AGM. This is of course subject to government restrictions on gatherings being lifted. We will send out further information as soon as possible.



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

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

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

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

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

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

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

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

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

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.