

In this Issue

- 1 Editorial
- 2 Coronavirus update
- 3 Membership form
- 4 Trustees
- 5 Quizzes
- 6 Talking Together
- 7 Thoughts on loneliness
- 8 Americans in Cambridge
- 9 Changing Tastes
- 10 A surprising outcome
- 10 Five cups of tea
- 11 Letter / face masks
- 12—13 Advertisements
- 14 Wicksteed Park
- 15 Recycling Christmas trees
- 15 Password Protection
- 16 Recipe
- 17 Dementia
- 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

2020 was a year to forget, being a year that stretched to the limit the endurance of everyone especially those who are on their own. Although we are entering 2021 in full lockdown, let us hope that with the arrival of not one but two vaccines we will not have to stay too long in lockdown, and we can then concentrate on getting our social lives and the economy back on track.

Most of our members are due to be among the first to receive the vaccine, but from initial reports it seems to be a post code lottery when you will get it. In some areas, it appears that TV celebrities are among the first to receive it. Surely, NHS and Care Home staff, Police and Teachers should be among the first to be vaccinated. It also appears that bureaucracy and red tape are preventing volunteers from helping and ensuring that vaccinations are done speedily. Perhaps those of you who have been vaccinated would let us know so we can see how vaccination is really progressing.

Being unable to meet in groups of more than six, we have not been able to hold our AGM as required by our constitution. We provided our 2019/20 annual report and audited accounts in our last Newsletter, but of course need to elect committee members and allow members to question the accounts. It has been suggested that we have the AGM by Zoom, but as there are many who are unable to connect by Zoom, it was felt that we should wait until all restrictions on meetings are lifted. In the meantime all the existing committee members and volunteers have continued in their posts to ensure COPE is able to service its members.

The office is open every weekday morning from 10.30am to 1pm, and Deborah and Sally have ensured Talking Together is able to continue. We are also phoning as many members as possible, and together with Nick and the Minuteman Press have ensured the Newsletter is produced and delivered on time.

Sadly in trying to contact our members by phone, we have found that many phone numbers we have on record are either out of order or not recognised. So if you have changed your phone number please let us know so we can correct our records.

Last but not least, we extend our condolences to all those members and others who suffered from floods in December, especially those in the St Ives and Peterborough areas. Let us hope that you are back to normal as far as possible and the New Year will be at least flood free.

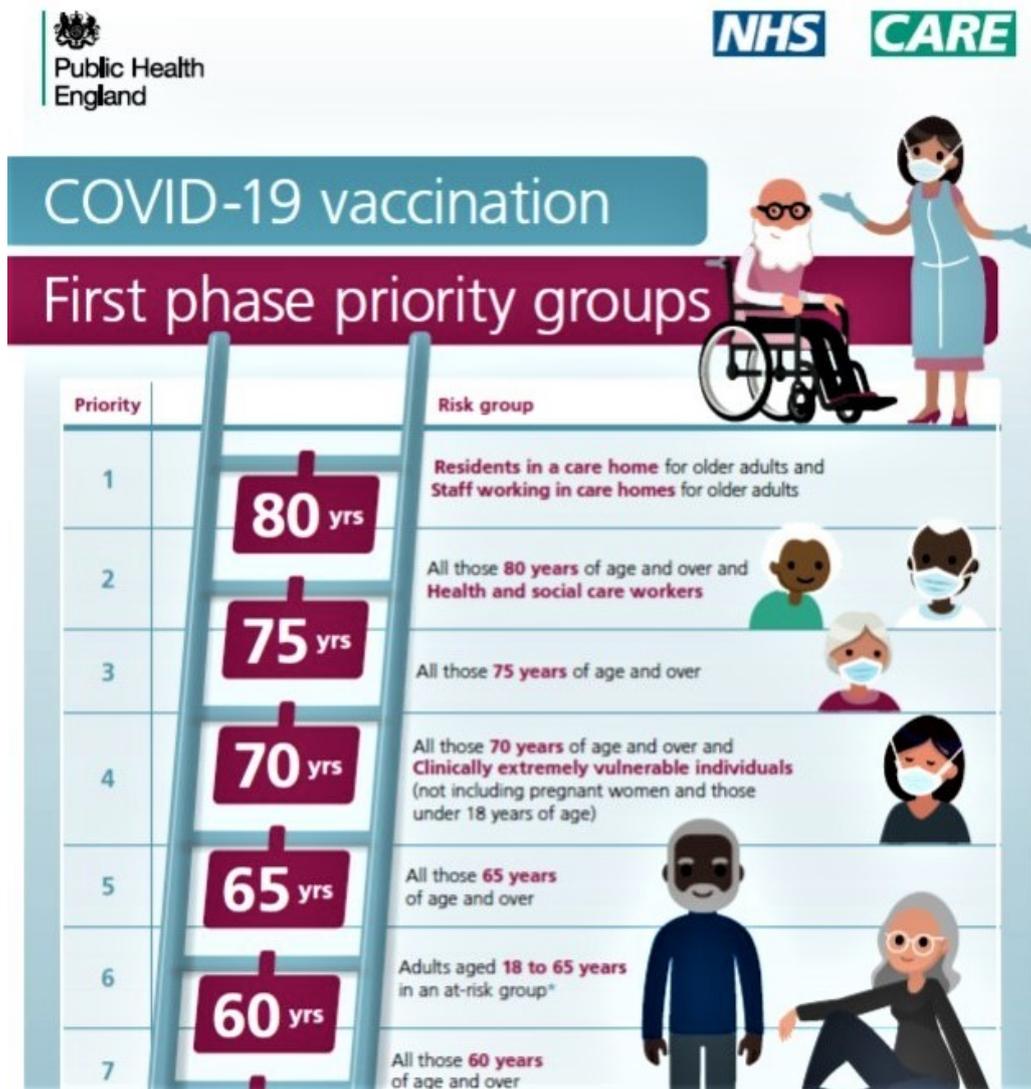
Wishing you all best wishes and a swift as possible return to normality,
David and the Committee

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

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

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

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



HM Government | **NHS**

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

STAY ALERT CONTROL THE VIRUS SAVE LIVES

Happy birthday to all members celebrating in February and March

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

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

Many thanks!

Trustees (2019/2020)



David Bailey,
COPE Chairman



Peter Murfitt



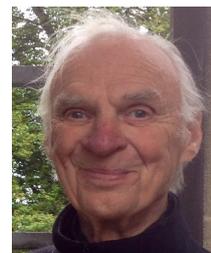
Alice Zeitlyn



Jennie Jenks



Doreen Ryan



Ken Lovett



Deborah Katznelson



Brian Reynolds

Disclaimer

Whilst every effort is made to ensure information is accurate at the time of going to print, no responsibility can be accepted for loss or damage caused by published information found to be inaccurate.

Submissions for our April / May issue must be received no later than 1st March

Word Search and Spot the Dog challenge

FEB/MAR 2021

BHm

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

AIM

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

Last month's solution

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

Spot the Dog – answers to last issue's quiz

- | | |
|------------------------|--------------------------|
| 1 Muttley | 17 Fred Bassett |
| 2 Dogtanian | 18 Lassie |
| 3 Spike | 19 Rowlf (Muppets) |
| 4 Beethoven | 20 Nipper (HMV) |
| 5 Belle | 21 Snoopy |
| 6 Deputy Dawg | 22 Gromit |
| 7 (Turner &) Hooch | 23 Dougal |
| 8 Huckleberry Hound | 24 Shep |
| 9 Perdy | 25 Sooty |
| 10 Pongon | 26 Goofy |
| 11 Roly (Eastenders) | 27 Toto |
| 12 Brian | 28 Santa's Little Helper |
| 13 Hong Kong Phooey | 29 Welland |
| 14 Marmaduke | 30 Scooby-Doo |
| 15 Pluto | 31 Tramp |
| 16 Roobarb (& Custard) | 32 Lady |

NAME THE NURSERY RHYME

e.g. H D D = Hickory Dickory Dock (NB this is not one of the answers)

1. R A B B
2. T L P W T M
3. H D D
4. S A S O S
5. T B M
6. H D
7. J S
8. G P
9. P P P E
10. L B B
11. L M M
12. O K C
13. M M Q C
14. L B P
15. O W I T S
16. J A J
17. B B B S
18. M H A L L
19. L J H
20. O M H

Talking Together



TALKING TOGETHER completed its third series of popular telephone-based discussions at the end of November. Meeting on Monday and Thursday afternoons over a six-week period, participants joined groups to share their interests, ideas and experiences. We were able to offer a wide and exciting variety of topics, thanks to the generous collaboration of staff working for local museums, historic sites and other skilled volunteers who facilitate the groups.

Acknowledging the need to distance and observe lockdown, the programme was carefully designed to provide 'virtual tours' of the Fitzwilliam Museum as staff discussed the work of artists displayed there and encouraged participants to relax, look and imagine themselves within the paintings. The creators of the David Parr

House – an Arts and Crafts worker's house in central Cambridge, with many stories to tell - shared its history and evolution from private home to museum. Participants received wonderful illustrations and notes to accompany both of these fascinating discussion topics that produced lively discussions.

Representatives of the American Cemetery examined its creation and the many groups, both British and American, who joined together in the war effort. Other groups discussed various genres of literature, the work of a myriad of poets or learned about the dietary needs of older adults, guided by a professional nutritional therapist.

The groups, individually and together, offer an opportunity for participants to join their peers for weekly discussions that connect them to the community and contribute to lifelong learning. These discussions have proved popular with participants, who have commented that they enjoy the stimulating conversations and the opportunity to learn something new.

The next series of TALKING TOGETHER will begin in late February 2021, with groups again scheduled for Monday and Thursday afternoons. Acknowledging the unpredictability of the current health restrictions and the isolation that many older adults are experiencing, this series will continue to offer discussion groups with subject matter to challenge and engage the participants. Among these will be an examination of local National Trust sites, a curated view of the collection at the Fitzwilliam Museum, and a specially designed programme by Kettle's Yard for which participants with limited vision will receive raised representations of exhibited works for discussion. There will also be an opportunity to learn more about the Botanic Garden, its history and various aspects of the layout and collections, including a virtual tour of the beautiful winter garden.

In an effort to broaden the range of offerings, Talking Together's next programme will also include presentations by the Care Network about quality of life issues, a Cambridgeshire charity that aims to help people to stay healthy, independent and in touch with their community. There will also be an opportunity to learn of the history and work of TimeBank and its unique service delivery scheme provided by volunteers, as well as a chance to examine how diet and lifestyles affect health.

All discussions are conducted over the phone: participants do not require special equipment or downloads, just a telephone. Participation in the groups is free, but places must be booked in advance.

For more information please phone COPE on 01223 364303 or email us at cambridgecope@hotmail.co.uk. Leaflets describing the complete TALKING TOGETHER programme, together with registration details, will be available in late January and will be sent to all COPE members.
Deborah Katznelson



Dealing with Loneliness



During the present lock down we are advised to limit face to face contact with those we do not live with, which can lead to feelings of loneliness and isolation.

Loneliness is already a huge problem for those of us over 50, and COPE's surveys of its members indicates that some 20% of older people in Cambridgeshire are frequently lonely. Indeed, as has frequently been mentioned, Loneliness can be as harmful to one's mental health as smoking is to one's physical health.

Moreover, feeling lonely and reading and listening to news about the present national and global situation, can increase one's anxiety and the feeling of loneliness.

There are some tips which can keep negative feelings of loneliness at bay.

1 Stick to a Routine

Try and get up at the same time each day and then plan the tasks that you are going to do. These could include household chores as well as hobbies and time to relax, as well as getting round to doing that job you were intending to do many times. Do not forget to eat three times a day and ensure you drink plenty of water.

2 Reach out to Family and Friends

Because you may not be able to see your loved ones at the moment, doesn't mean that you cannot stay in touch. There have never been more ways to communicate than at present, and now is the time to phone or email or send a letter, especially to those you have not contacted for some time. Make it one of your New Year's resolutions.

3 Get Active Indoors

One of the best ways to protect yourself from coronavirus is to stay indoors, but that does not mean you must not be active. Exercise, however simple, can lift your mood and reduce stress, and release the body's feel good chemicals, endorphines. And if you have a garden (and the weather is fine) gardening is good physically and mentally.

4 Contact Neighbours

It can be reassuring to know that there is someone close who can help if you need support. Make sure that those nearby have your telephone number and you theirs. There are also Resident's Associations and other local groups to join which can provide help if necessary.

5 Make New Connections

Now is the time to make new friends and renewing contact with old friends. In its turn, COPE is trying to phone its members to ensure that they are OK during lockdown. This will take some time as we have some 2,500 members. We have also started Talking Together (see page 6) where you can talk with others about subjects in which you have mutual interests.

6 Ask for Help

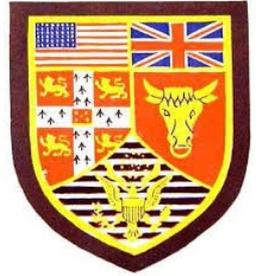
Do not suffer in silence if you are experiencing loneliness, as above, phone a relative, friend or neighbour and talk with someone. COPE has friendly volunteers in the office on weekdays in the mornings who you can talk to (telephone COPE 01223 364303, or Silverline 0800 470 8090), out of office hours leave a message and we will get back to you.

Americans in Cambridge

The Bull Hotel



In 1626 an inn called The Black Bull was built on Trumpington Street, Cambridge and bequeathed to St Catharine's College. In 1828 it was rebuilt and became the Bull Hotel, which in the 1930's was one of the best hotels in Cambridge. In 1941, it was requisitioned by the Government and became one of the American Red Cross (ARC) centres. With the large number of airfields around Cambridge utilised by the American Army Air Force, these Centres provided a much needed rest centre for American and other Allied servicemen..



At the end of the war in 1945, Cambridge University allowed American servicemen under the auspices of the US Government's TWCA (Training within Civilian Agencies) to enrol for a course of study equivalent of a first term of a Cambridge honours degree. 149 Officers and men enrolled, 60 were placed in Colleges and 89 lodged in the Bull Hotel under the auspices of the American Red Cross. The Bull Hotel then became known as 'Bull College'.

At the first meeting of the students, the Commanding Officer of the American troops in the Cambridge Area, Major G.D.Blank was unanimously elected as Master of Bull College. The College having a semi-official status as a College within the University, soon became a force to be reckoned with. American students soon made an impact at lectures, the Cambridge Union, on sports activities and in Cambridge social life.

Two sports activities made the headlines. In December '45, Bull College played Pembroke College in a mixed football game. The first half was under Rugby Union Rules, which Pembroke won, the second half under American Football rules and Bull College won that. Then in the 1946 Lent Bumps, Bull College entered an eight which was coxed by a woman, WAC Connie Grayson as there was no Bull College student light enough. Connie was well before her time. The Boat made one bump finishing 58th out of 60.

Bull College was reclaimed in 1946 by the Government and became a British Army school for the Russian Language, while the American students were rehoused in War Office hutments until they finished their course. Many students wanted to continue further at Cambridge, but as they were still in the military had no option but to return to the States. Bull Hostel as it was now known, was returned to St Catharine's College, who badly needed it for returning British servicemen, the Colleges having to take 9 exservicemen out of every 10 students enrolled.



I have a very personal interest in the Bull Hostel, as when I was at St. Catharine's College my accommodation in 1955 was in one of the topmost rooms of the Hostel. In that year the College Society magazine had an article on Bull College and its American students writing "Lest we not forget those exiled students from a far and friendly land, who came to fight a common enemy and having fought, laid aside their weapons and founded for a brief season an academic home away from home."

David Bailey
With thanks to CAM and St Catharine's College Society Magazines.

British Tastes Since World War Two



Every year since the end of WW2, the **Office of National Statistics** has prepared a list of the main items bought by the British Public, adding and deleting products and services as they become more or less popular. The latest list of items was revealed in mid March 2020, just as COVID 19 started to radically change our shopping habits.

For example, airport parking was a new item added in March because it is more expensive than local short term parking. But then almost immediately air travel and driving to airports disappeared from anyone's activities. Similarly, gin was included under off-licence sales, but then because of the wide range of flavours available on-sale gin was introduced which pushed up spending on specialist gins in pubs and bars, all of which are closed.

The shopping basket contains anything we may buy, not just food and drink; in 2019 it included reusable bottles and self tanning products.

- The first basket in 1947 was filled with items familiar in post war Britain but outmoded today – table mangles, plimsolls, rayon slips and girls' woollen gym tunics.
- In 1950, there was a wider choice in the shops, so in came rice, chocolate biscuits, fish fingers and toilet paper, and out went candles, canned plums and frozen cod fillets.
- In 1962, sliced white bread, sherry and girdles appeared, but teapots, galvanised buckets and Axminster rugs went out.
- In 1974, cod in sauce, dried mash potato and paper were added, while women's overalls, prunes and bicycle tyres were taken out.
- By 1987, we were buying more frozen curry meals, wallpaper, duvets and indigestion tablets, but spending less on lard, cheese spread and youth club subscriptions.
- By 1995 we were eating avocados and ready cooked meals and spending on CDs and foreign holidays, but no longer liked rice pudding and small white loaves, or bought vinyl records.
- In 2008, we were spending on pure fruit smoothies, muffins and next day delivery flowers, but no longer bought frozen vegetarian ready-meals, washable carpets and 35mm camera film.
- Last year, baking trays, electric toothbrushes and peanut butter were added to the list, but we were not so likely to buy three piece suits, washing powder and envelopes.

What will appear in next year's official shopping-basket list is anybody's guess but with lockdowns, pubs and restaurants closed, more on-line shopping and high street closures, and little airline travel, there is bound to be a radical change.



A Surprising Outcome? / Five Cups of Tea

There we were, Maureen and I, a pair of car-less nonagenarians. At the best of times we couldn't travel anywhere or visit anyone, unless we walked. Now we had to contend with this wretched coronavirus. We were told that we were in the most vulnerable age group. Well, not exactly. Evidently, most coronavirus deaths were people of 80+. The 90+ were never mentioned. Ominous. What should we, or could we, do?

Suddenly, we both knew what we wanted – a new piano!

Although not a pianist, the initiative throughout was Maureen's, and I was merely her enthusiastic consultant. The idea galvanised both of us into action. First, I consulted the internet; one response was very promising. Soon we had the template of a baby grand piano, and Maureen began measuring furniture and spaces in the room to see what was possible.

It soon became clear that:

- The digital piano would go;
- The sideboard would take its place;
- The settee would replace the sideboard;
- Two armchairs would be moved;
- The TV would be moved further into its corner;
- One of the two doors to the room would be sealed.

The outcome was that we had a beautiful, glossy black baby grand piano standing in one corner, while the whole room now had a much more balanced appearance. Also, there was more, not less space than previously.



I am now playing this lovely instrument for between one and two hours every day. I love it. There's no place like home.

George Culling

Five Cups of Tea a Day Helps the over 85s to Function Better

Over the past year many problems and especially isolation have been seemingly resolved with a cup of tea. Recently, a study carried out by Newcastle University has found there is truth in the belief that a cup of tea can help resolve problems.

Pensioners who drink more than 5 cups of tea a day have been found to have better brain function than their counterparts who do not according to researchers. In a study of people over 85, tea drinkers who drank more than 5 cups of tea a day were shown to have more focus and a sustained attention span. The research also found that they demonstrated better psychomotor skills which link brain and movement, together with better accuracy and speed of reaction. These are skills which help in daily activities such as driving, sewing and finishing a jigsaw.

Besides being a very social activity, tea drinking has also shown to have health benefits, helping lower blood pressure and cholesterol. Together with the recent Newcastle University study, tea drinking is therefore proven to be beneficial to the elderly in many ways, but exactly how has yet to be proven. But American researchers have identified a link between protection from Alzheimers and flavonols, which are present in tea

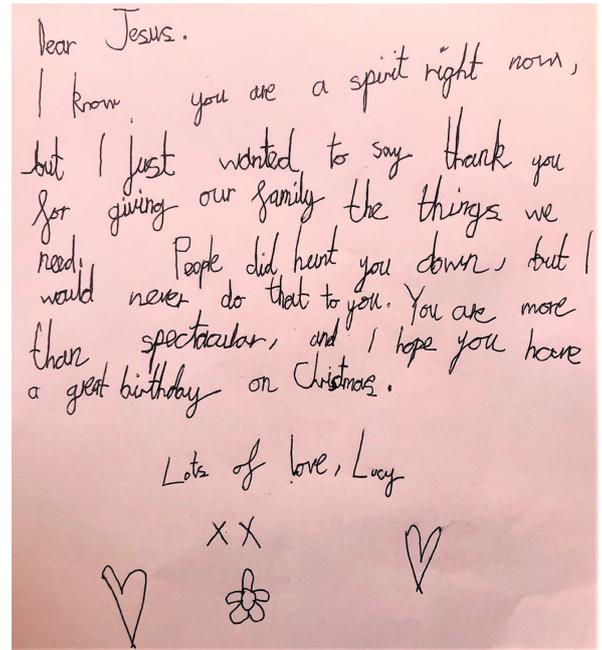
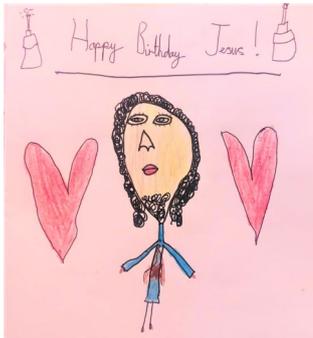
Whether it is the various compounds present in tea, or the rituals of making tea or sharing a chat over a cup of tea that can help improve mental and physical health is yet to be fully proven. But whatever the cause, having a cup of tea can do you good!

A Christmas Letter / A Face Mask Problem

A Christmas Letter

I am sure that we have often heard or seen children do or say something that just makes us stop in our tracks and catch a real glimpse into how their minds work. This one made us feel very emotional as the copy of it arrived to us on a cold bleak winter evening.

This is the time of year when we all start to think about what Christmas means to us. Children write to Father Christmas with a wish list and ask for presents. Our grandchildren were sitting at the dining table thinking about what Christmas meant to them. Lucy our 8yr old granddaughter then wrote and drew this.



Alicja Barton proud grandma

A Face Mask Problem

Masks can be the last straw. The supporting cords stretch comfortably enough over my ears, but there is competition there. My precious hearing aids, without which no communication is possible, depend on their ear support. The mask cords frequently become entangled with the plastic curve of the aids, and if I'm also wearing spectacles, the complications are endless!

Yesterday I happened to approach the shops from a different angle. Minutes before arriving at the Co-op, I put on my face mask, and briefly wore spectacles to review my shopping list.

On the way home, I discovered that one hearing aid was missing. Urgently, and with mounting concern, I retraced my steps, and, head down, began frantically to search, first the pavements, and then the shops I had visited. If my hearing aid had fallen on the pavement, surely it would soon be crushed under foot by a pedestrian, especially one of those robot-like people concentrating on their busy thumbing of a hand-held gadget, while ignoring everyone and everything around them.

Finally, I approached the spot where I had put on my mask. Had its cord pulled my hearing aid away from my ears at that point? The answer to that was on the very edge of the wet kerb. There it was, apparently intact but in need of tender loving care. Luckily, it had fallen clear of hurrying feet and had not been picked up. I was both horrified – thinking about what might have happened to it – and tremendously relieved.

Masks and hearing aids can easily become entangled. That happens almost every time I remove my mask after shopping, when one, or occasionally both, hearing aids, fall out.

Perhaps I should get hearing aids that don't need ear support, and then my face mask will be left alone and my hearing aids should be safer. I must certainly do something; otherwise one aid might suddenly discharge itself, and be found swimming in a puddle!

George Culling

**“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

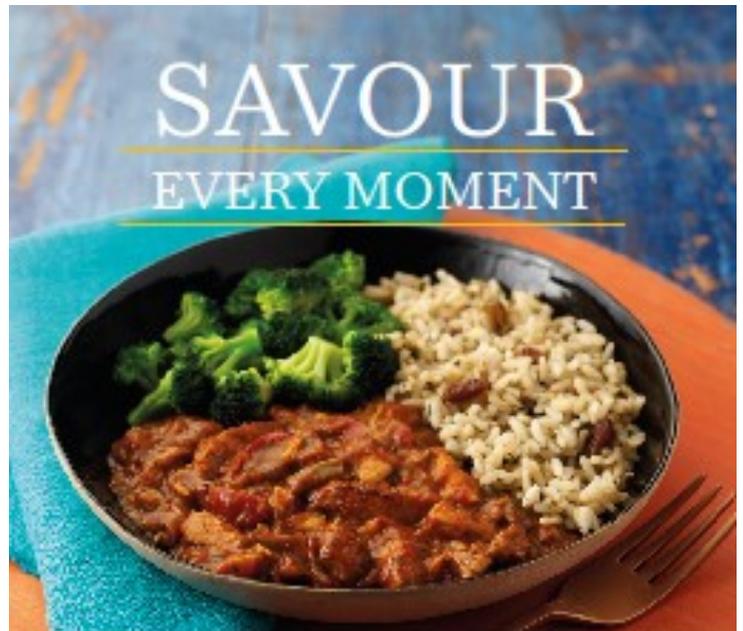
Helpline 03000 030 555 Mon-Fri 9am to 5pm
www.lunguk.org

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

Wicksteed Park: 100 Years Old



By the time you read this, Wicksteed Park will be in its 100th year. In 1921, Charles Wicksteed, an engineer and inventor opened the first theme park in the UK. He had purchased the land before WWI for a model village, but the war and housing reforms made him decide to develop a park for peoples' leisure time, being a great believer that pleasurable exercise was good for mind and body.

In 1921, Wicksteed park was officially opened to the general public with play equipment being designed and built by Charles Wicksteed utilising materials from his engineering works. Among the swings, slides and roundabouts was an innovative and exciting new ride, called the Ocean Ride which soon became known as the Witch's Hat because of its conical shape. Gardens, a miniature railway ride and in 1926 the first water chute in the world all added to the attraction for all ages to visit Wicksteed Park

Just after WW2 when we were once again allowed petrol for private cars, it was the highlight of the year to be able to go with all the family for a days outing and picnic to Wicksteed Park, there was nothing else like it for children and adults. Coaches and special trains were laid on to serve all the families who wanted to visit Wicksteed Park and enjoy its magic.



One of the highlights in the play area was the Witch's Hat, always dangerous in its original format, which perhaps accounted for its popularity, This was in spite of broken limbs and the occasional fatality. It was a simple structure, a cross between a climbing frame and a roundabout swinging around a central pole, into which it unexpectedly juddered and crashed. It remained popular until the 1980s when Health and Safety regulators declared it had “a high risk of inflicting lethal injury”.

The Witch's Hat was then removed from the Park until the Child Accident Prevention Trust presented a report in 2005 encouraging the reintroduction of some risk into playgrounds, although identifying the Witch's Hat as too dangerous. But recently the National Heritage Lottery Fund has provided funds to restore and update the playground including a redesigned Witch's Hat. This now has a mechanism that keeps the ride spinning but stops it from crashing into the central pole, eliminating the risk of sudden judders and crushed limbs. It's spin speed is limited so that it cannot provide enough g-force to enable you to hold by your hands lifting your legs in the air. And of course there is a soft mat underneath.

In recent years, with holidays and weekend outings being taken overseas, Wicksteed Park went into decline and an enforced closure, due to coronavirus, was the killer blow. When the park costs £110,000 per day to run and had no visitors, it had no option but to go into liquidation. Fortunately, the public and organisations raised funds to ensure the English Heritage listed Park and Garden could remain available to the public, and it was taken over by the Wicksteed Charitable Trust which hopes to be able to open it fully later in 2021 to celebrate its 100th Birthday. In 2016 COPE visited Wicksteed Park for their Christmas Revue and to view the gardens, which was very enjoyable. Lets hope in spite of Covid-19 they will be able to open in 2021 and that COPE will then be able to pay another visit, as will children of all ages, and it will remain open for another 100 years.

David Bailey

Christmas Tree Recycling



The Arthur Rank Hospice Charity's Christmas Tree Recycling Scheme sponsored by Cooke, Curtis & Co (Trumpington) and Cyber Business Growth (Royston), will be back in January and will additionally include CB21.

Plans are being put in place so the scheme can still operate within the boundaries of government restrictions, and hopes are that – thanks to the support of the council, Just Helping and numerous local businesses and volunteers - 2021's collection will be the greatest success yet, with hopes of raising £40,000 for the Hospice. Last year the Hospice's

volunteers collected over 2500 trees and raised over £36,000!

Taking into account COVID secure guidelines, a team of 70+ volunteers will be collecting trees from postcode areas: CB1, CB2, CB3, CB4, CB5, CB22, CB23, CB24 and, CB21 between Thursday 7 and Sunday 10 January. In exchange a donation to the Hospice would be warmly welcomed.

After costs, 90% of the monies raised will go to the Hospice which provides essential support and end of life care to adults living with an advanced serious illness or other life-limiting condition - and the remaining 10% will be donated to The Rotary Club of Cambridge to be distributed amongst further local good causes.

The trees will be chipped at temporary drop off points and used to lay down as mulch or taken away to local waste recycling centres for composting.

Register your tree from 15 November at arhc.org.uk/tree-recycling or call 01223 675888 for more information. Registrations will close 10am Tuesday 5 January 2021. If you would like to volunteer a few hours of your time in the New Year to help with the 'treasure hunt for trees' (!) please call Alison from the Arthur Rank Hospice Charity team, on 01223 675888.

PROTECT YOUR PA\$WORD IN THREE EASY STEPS

1

Create a separate password for your email account

2

Use three random words

3

Turn on two-factor authentication (2FA)

NOW SHARE THESE THREE STEPS WITH THREE FRIENDS

The National Cybersecurity Centre (NCSC) also advises people to use three random words to create a strong and memorable password — e.g. kneepastahopscotch. By adding numbers and punctuation characters to your password this makes it stronger still — e.g. kn33p@st@h0p5c0tch!

Recipe

Stilton and Broccoli Soup



This is a heart-warming soup perfect on a cold winter's day.

Ingredients

330g Broccoli
150g Stilton Cheese
2 vegetable cubes
2pints Water

Method

- Chop Broccoli up and place into boiling water. Cook until soft.
- Strain the Broccoli but keep the water.
- Hand blend the Broccoli until like a smooth paste.
- Break the Stilton into small pieces and blend into the Broccoli paste.
- Dissolve the vegetable cubes into a small amount of the saved water and gradually add this to the paste.
- Add the remaining water, blending until soup consistency to how you like it. Some people prefer a thick soup and others prefer it thinner.

Season with pepper and salt.

Serves 4

Benefits of Broccoli

Diet aid: **Broccoli** is a **good** carb and is high in fibre, which aids in digestion, prevents constipation, maintains low blood sugar, and curbs overeating. Along with this, **broccoli** is also **great for weight loss** because it is rich in fibre.

Jennie/Stilton and Broccoli Soup Recipe



'Delia says nothing about lizard's leg and owl's wing'



'And so God taught Adam how to measure social distancing'

Dementia and Me (and you?)

I write this as an older person who had the care of a Dementia sufferer (my Mother) for whom I was the sole carer.

It all began after a stroke from which my mother physically recovered almost immediately but as I was told would happen, the Dementia started, almost imperceptibly.

I have to say that things were hard, but like the frog in the warmed pan of water, I did not realise how bad things were getting.

The end of the situation involved the Police, Paramedics and Hospitalisation. Not good. My Mother was quite quickly transferred to residential care and died just before last Christmas. Angry, confused and disorientated. Not really knowing me at all. None of this was good.

Since then I have begun piecing my life back together. I am 66 and retired.. Guilt is, of course, my driving motivation. How could things end this way? We were both clever, able and resourceful people. And yet.....

But here was the problem. And maybe the solution. Or part of it. There are no hard and fast answers or remedies.

As an independent and strong minded person, my Mother refused all help and support. It had to be me. Only me. Of course I could cope. I used to run Major Fleet Warships with crews of up to 100. This would be easy. Just one elderly lady. How wrong I could be.

You see, help is out there. Doctors, paramedics, the Jet team, Social Service. They were all queuing up to help. But no. They got cross. Understandably.

Since then I have had conversations with a distressing number of people who knew us. The story is terrifyingly predictable for their similar but unique situations. The timeline varies but the pattern is a well known and predictable one.

So, help is there. In St. Ives we have a wealth and richness of Dementia support, the Dementia Cafe, Love to Move and the shining star, the Inspirational Dementia Choir. Currently on Zoom. But we get by. I am sure where you are, there are equal initiatives up and running. Be a Dementia Friend and wear the badge with Pride. Get help. You will need it. Shout before you are hurt. It will make a difference. I am continually amazed and humbled by the selfless love and caring shown by partners to their companions. But, please get the help that is out there. Nobody can do it on their own. They tell you that. I would not say it if it were not true.

I wish you all a peaceful and purposeful New Year and my love and thanks go to those who were, unfortunately, relegated to the sidelines but never gave up hope.

Andrew Holmes

Letter / Advertisements

Reader's Letter

Dear Editor of the COPE Newsletter,

Over the last year I have sent several items to you which have been printed. Each time I have ended with a request for reader's comments or contribution e.g.

- ⇒ Your hobby
- ⇒ Your favourite recipe
- ⇒ Your comment on the lock-down

The result –ABSOLUTELY NOTHING!!!

Come on, COPE members , you can do better than this!?!

Send an E-mail or letter to the editor and let us read your contribution in the next Newsletter.

"I am sure you can do it if you really try" as my mother used to say!

Alice Zeitlyn



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 February / March

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.

Cambridgeshire County Council

PETERBOROUGH CITY COUNCIL

Keep caring for Cambridgeshire & Peterborough

Caring is being responsible

Isolate if you've got symptoms, or been close to someone who has

Coronavirus hasn't gone away

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

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

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

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

Huntingdonshire Hub
www.wearehuntingdonshire.org/

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

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

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

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

Covid-19 vaccine
The roll-out is starting

Find out about the roll-out at nhs.uk/CovidVaccine