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## Editorial

By the time you read this issue of the Newsletter, we should have cast off most of Covid's shackles and COPE will be holding social activities once again. Many of you will have been in isolation for over a year so we want to ensure you can socialise with your friends and neighbours again at COPE functions. The present Government timetable allows us to reactivate our socials in July and we will also be starting sing-along cafe's. In this Newsletter we give details of these proposed socials and look forward to having many more activities in the months ahead. Let us hope that this pandemic has made the world realise that even in this day and age there are unexpected problems which arise with little or no warning. There are also likely to be lasting effects of the lockdown, two of which will affect many of our members are the reduction in the use of cash and the increase in internet shopping. We will be monitoring these over the next year to see how members have been affected.

Sadly, in April, the nation lost HRH Prince Philip who for 73 years unstintingly supported Queen and Country. He spoke his mind, which led to many gaffes, which the media in most cases took out of context. But above all he was one of those many men and women who served us so well in WW2, and who now are so few. We owe them all a debt of gratitude.

Prince Philip was down to earth and resourceful, aspects of modern life which we are sadly losing. Who else would design a Land Rover to be their hearse, and the whole funeral service so perfectly for the present constraints that we are under due to COVID? He will be sorely missed.

We must now give our support to the Queen, who is now on her own. Many of our members are in a similar position where isolation and loneliness take over, even when, like the Queen they have family nearby. It was extremely sad to see her sitting alone during the funeral service, when she needed the support and comfort of her family. Our thoughts and prayers are with her.

David Bailey

## Funded by:



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

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

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

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

## Coronavirus: ending lockdown

**MAR**

**8**

### STEP ONE A

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

**MAR**

**29**

### STEP ONE B

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

**APR**

**12**

### STEP TWO

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

**MAY**

**17**

### STEP THREE

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

**JUN**

**21**

### STEP FOUR

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



## CORONAVIRUS GOT SYMPTOMS? GET TESTED

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

Find out how to get a test, and how long to isolate, at [nhs.uk/coronavirus](https://nhs.uk/coronavirus)

**NHS**

**STAY ALERT  
CONTROL  
THE VIRUS  
SAVE LIVES**

Happy birthday to all members celebrating in June and July

## 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](mailto:cambridgecope@hotmail.co.uk)  
Registered Charity No. 1110887

## Donation Form

I would like to make a donation of £ \_\_\_\_\_

[Please make cheques payable to COPE]

I DO NOT pay UK Income Tax

I DO pay UK Income Tax

Please tick the box above applicable to you

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

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

Please sign below and print and date underneath

Signature \_\_\_\_\_

(BLOCK CAPITALS BELOW PLEASE)

First Name \_\_\_\_\_

Surname \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Postcode:

Date \_\_\_\_\_

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

### \*Notes

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

Many thanks!

## Trustees (2019/2020)



David Bailey,  
COPE Chairman



Peter Murfitt



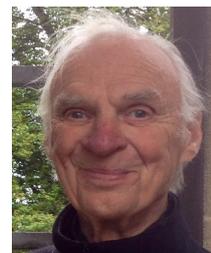
Alice Zeitlyn



Jennie Jenks



Doreen Ryan



Ken Lovett



Deborah Katznelson



Brian Reynolds

### Disclaimer

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

Submissions for our August / September issue must be received no later than 1st July.

# Word Search

WORD TILE									JUNE/JULY 2021									
BH	A	M	A	L	A	P	O	U	T				A	M	A			
	C	A	T	L	E	B	R	A	N			S				Y		
	D	E	S	M	A	Y	R	I	G			I						
	E	A	K	M	O	T	S	P	E			P						
	E	D	B	O	A	T	S	T	R			Y	F	L	O			
	F	R	I	O	A	T	T	R	O			T				O		
	F	L	O	O	A	T	W	E	R			T				G		
	G	A	T	O	O	N	W	H	A			E				O		
	G	E	R	O	R	B	Y	E	R				L	E	B			

**AIM**

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

**Last month's solution**

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

**Name the Band – answers to last issue's quiz**

- |                        |                    |
|------------------------|--------------------|
| 1. Meat Loaf           | 11. The Who        |
| 2. Hot Chocolate       | 12. Bee Gees       |
| 3. ABBA                | 13. Prince         |
| 4. Crowded House       | 14. Village People |
| 5. Guns and Roses      | 15. Fleetwood Mac  |
| 6. Eagles              | 16. Stevie Wonder  |
| 7. Four Seasons        | 17. Moody Blues    |
| 8. White Snake         | 18. Arctic Monkeys |
| 9. Earth Wind and Fire | 19. Lou Reed       |
| 10. Oasis              | 20. Joy Division   |

**What Was a Sixpence?**

Answer to question in article on p9 of last issue:  
Four Pounds, ten shillings and sixpence three-farthings

**Name the Band – a further challenge . . .**

- 1
- 2
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- 14
- 15

## Prince Philip And Cambridge



**When news of the death of His Royal Highness Prince Philip on Friday the 9<sup>th</sup> April, was presented in the morning news many members of COPE might very well have summoned some personal memories of him during his many visits to Cambridge. In his life time he was deeply involved in both Town and Gown.**

**He served as Chancellor of the University of Cambridge for 34 years, from 1976 to 2011.**

**In a tribute to Prince Philip the present University of Cambridge Chancellor said ‘The Chancellor’s principal public function is the conferment of honorary degrees in a grand annual ceremony. This was only a small part of the Duke’s engagement with the University. He would visit Cambridge several times a year, and always found time to talk to students showing the keenest interest in our teaching and our research across the disciplines’.**

**The University wasn’t the only reason he visited Cambridge. In 1954 HRH paid a visit to the Guildhall as a guest of the Council; this being one of several visits over many years. Do any COPE members have memories of these visits?**

**Prince Philip has played a great part in the life of the County of Cambridgeshire, not only through his work with the University but through his interests in all areas of public life — his interest in the environment, in architecture, engineering, sport, farming, National Playing Fields, the armed services and their associations, to name but a few.**

**One of his children wrote admiringly ‘I’ll remember my father for what he has done in his public life, for all the organisations he has supported and influenced’. These words are memorable and reflect the devotion and commitment he brought to his work and to his family and public life.**

**The Queen has been deeply touched by the many tributes she has received from all over the world at the death of His Royal Highness. It has been amazing to hear of all the interests Prince Philip was involved in. The Duke of Edinburgh Award Scheme is a most significant legacy launched in 1956, and since then over eight million young people worldwide have participated in this Scheme in over 144 countries.**

**Prince Philip will always be remembered for his loyalty and constant support for the Queen throughout her reign. It was a difficult task, particularly at the beginning because no one had done it before, but he worked tirelessly at achieving a lifetime of service, and in his own words ‘I simply got on with it’!**

# COPE: resuming activities . . .

With the lifting of the final restriction on June 21<sup>st</sup>, COPE is planning to restart its social activities.



The **St Ives Group** is having their first meeting this year on **Thursday, 15<sup>th</sup> July at the Corn Exchange, St Ives from 2 to 4pm**. All are welcome for a social meeting and quiz. Further meetings will be held on the third Thursday of every month at the Corn Exchange from 2 to 4pm. The following meeting will be on the 19<sup>th</sup> August when there will be a talk "The Riverport down the Ages" by Ian Dobson and Chris Lewis. Also note that COPE will be represented at a charity fair organised by the **Rotary Club of St Ives on the 18<sup>th</sup> July at Slepe Hall from 10am to 4pm**, which we trust COPE members will support.

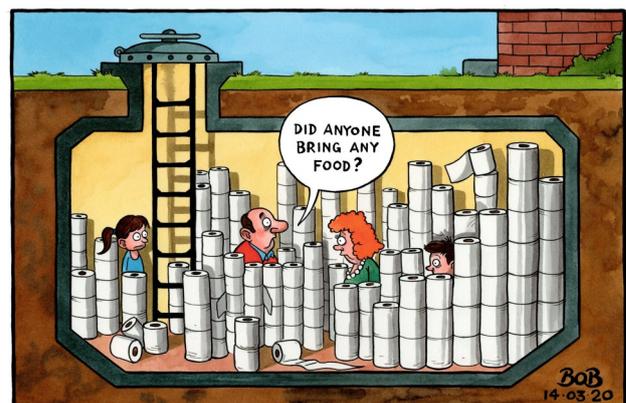
We are planning to start **Queen Edith's Lunch sessions on Wednesday 14<sup>th</sup> July at Queen Edith's Chapel, Wulfstan Way from 12 to 2pm**. As before, bring along a light lunch for sharing. Future meetings will be every third Wednesday of the month.

The Committee have been considering what form new social activities could take once Covid is over. One proposal is to have **Sing-along Cafes**. We are proposing to initially start one at St Luke's Community Hall, if there is sufficient interest in such an activity where music is provided and those present can sing or join in to the best of their ability. Later, if there is interest and demand, members could form a Choir. Please note details in this Newsletter (page 16) of the St Ives Dementia Choir.



Please telephone the COPE office (01223 364303) and let us know whether you would be interested, and whether you would prefer morning, lunch time or afternoon Sing-alongs. Moreover, if in your area there are community or other halls where such events could be held and there are interested members. We have a pianist interested in helping with the music, but again any other musician who would like to help would be more than welcome.

**The AGM will be belatedly held on Monday 16<sup>th</sup> August at St Luke's Church Hall at 10.30am** We are uncertain as to whether we will be allowed to provide a light lunch, But hopefully we will be able to provide tea, coffee and soft drinks. Please telephone the office to ensure you register for the meeting.



# Talking Together

Liberation is on the horizon! By late June many of the restrictions we have faced since March 2020 will hopefully be lifted and we can freely meet friends and family again. However, many of us will continue to spend much of our time at home, our mobility perhaps limited by illness, carer responsibilities or the lack of transport. If you would like to enjoy conversations over the phone, from the comfort of your own home, **Talking Together** is celebrating liberation day (21 June) by launching a new series of highly stimulating discussions on a wide range of exciting topics.

Our new series includes some old favourites and something entirely new. We're delighted that **Mike Petty** is returning with more **Cambridgeshire stories** to discover. Mike is an award-winning Cambridgeshire researcher, lecturer and historian, and the most widely acknowledged authority on Cambridge and the fenland. We're fortunate indeed that he will be sharing his expertise with Talking Together participants again.

Local poet **Liz Williams** invites participants to look in a fresh way at words, share poems that resonate with them and enjoy an inspirational conversation about **Poetry**. Participants love Liz's sessions - previous groups have written poems during the series, both collectively and individually. Join Liz and see where poetic magic might take you.

If prose is more your style, **Leigh Chambers** will be exploring the **Power of Books** to engage and delight us. Whether you prefer classic literature or escapist thrillers, Leigh's group will be keen to share and discuss your reading choices. A novelist herself, Leigh broadcasts regularly on Cambridge 105, presenting a fortnightly programme about books and writing. Leigh recently interviewed past participants of Talking Together as part of a radio series on loneliness.

More stories about the **Young Americans in Cambridge during World War II** will be told by **Suzie Harrison**, Interpretive Guide and Learning Manager at Cambridge American Cemetery in Madingley. Who were these young soldiers and whereabouts in the US were they from? If you have stories of your own about life in Cambridgeshire during the war, this discussion group offers a chance to recount them.

Artist **Rachel McGivern** is generously offering a further series of discussions about the art collection at **Kettle's Yard**. Described as "one of the country's most intimate and spellbinding museums", Kettle's Yard was owned and lived in by Jim Ede, former curator of the Tate gallery, and his wife Helen. Artists whose work is displayed include Ben and Winifred Nicholson, Alfred Wallis, Joan Miró, Henry Moore and Barbara Hepworth.

The house, situated in north Cambridge, is unlike other museums: artworks are positioned alongside furniture, glass, ceramics and natural objects, much as the Edes left it. There are no labels, but carefully curated flowers.

Rachel and her colleagues will send images in advance to participants, so that they can see the artworks being discussed. For participants with visual impairment Kettle's Yard staff have also created raised line reproductions of the artworks and sensory pieces. This is an exceptional opportunity to enjoy these unique artworks. On a personal note, I participated in an earlier series of discussions about Kettle's Yard and found they transformed the way I looked at art!

Finally, **Mark Liversidge**, reporter and presenter for Classical Cambridgeshire, offers an exploration of **Western classical music**. Mark promises to talk about familiar and lesser-known composers, as well as some local musical figures, and will play excerpts of the music discussed. Many previous participants have requested a musical discussion group: we are indebted to Mark for agreeing to facilitate.

A leaflet describing all these discussion groups, and how to register for them, is included with this edition of the COPE newsletter. Participation is FREE, but please register by 14 June.

Sally Fenn

*Funding for Talking Together is provided by Cambridgeshire County Council, Cambridgeshire Community Foundation and The Evelyn Trust, as well as donations provided by COPE members.*

# The Resurgence of Allotments

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

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

Public concern over climate change, food packaging and resultant plastic pollution, the use of pesticides and the emphasis in many TV programmes of local food production, has led to people wanting to grow their own food. Doing this on an allotment also has many benefits other than growing vegetables or fruit, not only is it affordable to everyone regardless of their social or economic background, it encourages social interaction between plot holders, social well being and the development of community spirit. This has led to a resurgence of allotments in Cambridge and the County, such that in Cambridge there is a waiting list of 400, and allotments and community gardens are being established in the City and County new housing developments.



If one good thing came out of COVID 19, it was that it re-engaged people with the environment. The sudden fear of shops and supermarkets running out of food, led to some 500,000 people enquiring about allotments and realising that an allotment can not only provide vegetables and fruit but is good for health and mental well being. For many, their allotment has provided a refuge, a place where they could exercise during lockdown and spend time safely distanced but in company with like minded souls. The social contact offered by gardening in an allotment environment helps combat loneliness, and improves mental and physical health.



# A Healthy Diet

## 1 GO WHOLE

Going whole means making sure that the primary building blocks of your meals are whole ingredients, not highly refined or processed foods. The term “whole foods” means every edible fruit, vegetable, nut, seed and herb on the planet, as well as eggs, fish, meat and milk.

## 2 GO VARIED

No way of eating can be called healthy if it isn't varied. No single food can protect against cancer or diabetes, end obesity, cure high blood pressure or guarantee good gut health. But in combination, lots of different, nutrient-packed whole foods just might.

## 3 REDUCE REFINED CARBS

Refining robs carb-based foods of their nutritional value while making them easy to eat, in quantity. Refined sugars, syrups, starches and flours are central to many processed foods, including white bread, white rice, white pasta, cakes, biscuits, crisps and fizzy drinks.



## 4 GO WITH YOUR GUT

It's no exaggeration to say that a healthy gut is as important as a healthy heart or brain – because a healthy gut is contributing to a healthy heart and brain! The best ways to maintain a healthily diverse spectrum of gut bacteria are to go whole and varied, and to eat more probiotic and prebiotic foods.

## 5 FACTOR IN FAT

There are lots of different fats; some are good for us, most are fine in moderation, and a few are best avoided. Up your omega-3s (oily fish, walnuts, seeds), prioritise unsaturated fats (olive and vegetable oils) for everyday use, minimise saturated fat (butter, cream, fatty meats) and avoid trans fats (highly processed baked goods and deep-fried takeaways).



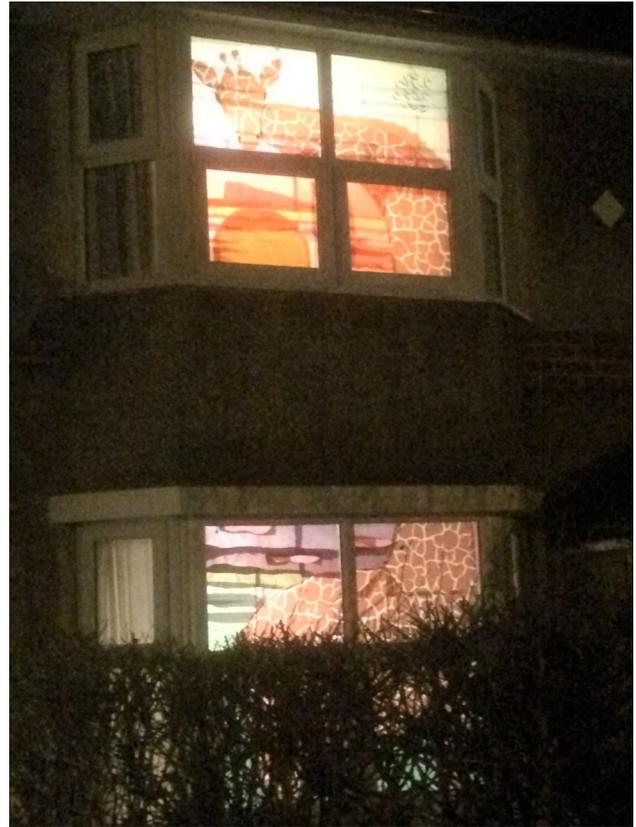
## 6 THINK LIQUIDS

Liquid foods are just as significant as the solid ones. Water is essential; unadorned teas and coffees are a boost and a comfort; a small amount of juice is a healthy pleasure; and alcohol, thoughtfully managed, a relaxing treat. Most of the rest is best avoided.

## 7 EAT MINDFULLY

Eating mindfully means being aware of what you are eating – not just when you're eating it, but when you're buying it and preparing it. It's an approach that's been transformative for me.

*Extracted from Eat Better Forever: 7 Ways to Transform Your Diet by Hugh Fearnley-Whittingstall (Bloomsbury Publishing, £26)*



Seen by one of our readers in a house in Oxford—perhaps a challenge for us to take up here?

# COPE

**ANNUAL GENERAL MEETING  
16th August 2021 at 10.30 a.m.**

**Doors open 10.00 a.m.  
St Luke's Community Centre  
Victoria Road**

**Cambridge CB4 3DZ  
Enter through the side door by the  
bus stop on Victoria Road**

**FORUM 11.00 a.m.**

**Come along to the AGM to listen to our  
speakers before joining us for a sandwich  
lunch for ticket holders**

**Ring for registration 01223 364303**

## Irish Return an old Favor . . .

More than 170 years ago, the Choctaw Nation sent \$170 to starving Irish families during the potato famine. A sculpture in County Cork commemorates the generosity of the tribe, itself poor. In recent decades, ties between Ireland and the Choctaws have grown.



Now hundreds of Irish people are repaying that old kindness, giving to a GoFundMe charity for two Native American tribes suffering in the Covid-19 pandemic. So far, the fund has raised more than \$3 million to help supply clean water, food and health supplies to people in the Navajo Nation and the Hopi Reservation, with hundreds of thousands of dollars coming from Irish donors, according to the organizers.

Many donors cited the generosity of the Choctaws, noting that their gift came not long after the United States government forcibly relocated the tribe and several other American Indian groups from the Southeastern United States, a march across thousands of miles known as the ‘Trail of Tears’ that left thousands of people dead along the way.

“I’d already known what the Choctaw did in the famine, so short a time after they’d been through the Trail of Tears,” Sean Callahan, 43, an Apple administrator in Cork City who made a donation, said. “It always struck me for its kindness and generosity and I see that too in the Irish people. It seemed the right time to try and pay it back in kind.”

The fund organizers wrote in praise of “acts of kindness from indigenous ancestors passed being reciprocated nearly 200 years later through blood memory and interconnectedness. “Thank you, Ireland for showing solidarity and being here for us,” one said on the GoFundMe page.

Gary Batton, chief of the Choctaw Nation of Oklahoma, said in a statement on Tuesday that the tribe was “gratified — and perhaps not at all surprised — to learn of the assistance our special friends, the Irish, are giving to the Navajo and Hopi Nations. We have become kindred spirits with the Irish in the years since the Irish potato famine,” he said. “We hope the Irish, Navajo and Hopi peoples develop lasting friendships, as we have.”

Cassandra Begay, communications director for the fund-raiser, said in an interview that Irish people appeared to have found the charity effort through posts on Twitter and from a reporter at The Irish Times, Naomi O’Leary. Ms. Begay, a member of the Navajo Nation, said over 48 hours since the fund was opened more than \$500,000 had been donated, with most of the money coming from Ireland. “The Choctaw ancestors planted that seed a long time ago, based off the same fundamental belief of helping someone else,” Ms. Begay said. “It is a dark time for us. The support from Ireland, another country, is phenomenal.”

The act of generosity by the Choctaw Nation to the Irish during the potato famine, and now the money being in turn donated by the Irish, shows that we never know how an act of kindness may come back to help us when we need it.

*Based on an article from the New York Times , May 5 2020 by Alicja Barton*

# Tapestry / Recipe

Some Cope members will know that I am a pianist and frequently entertain at various societies and clubs including Cope. Music has been a real blessing during these strange times and I do play my piano most days to keep up the standard of playing required in the hope that one day I shall be able to entertain again. I do miss it.



I wrote recently about my jigsaw hobby - my other one is Tapestry - and together with the Jigsaws and Music: they have kept me occupied during the long lock down period.

Over the years I have made several tapestry bags many with a musical theme which I have given to the many singers I have accompanied over the years. I have also embroidered wall hangings and several cushion covers. I hadn't a tapestry in the making but during lock down a friend gave me a canvas she had in a cupboard for months (probably

years) and was pleased to give it to someone who would embroider it, which I did and a picture of the wall hanging is above. This really got me started again so I purchased more canvas and so far have made three more cushions and three more wall hangings and currently working my fourth!

If anyone needs a cushion - let me know as I really don't need them all and would be happy to give one or two away.

Rosemary Wheeler

## Recipe

### Chicken and Broccoli Bake

#### Ingredients

1.25lbs Cooked Chicken (cubed)  
1.5 lbs Broccoli  
1 tin Chicken Soup (400gms)  
6 tbs Mayonnaise  
3 tbs Sherry  
1 tsp Lemon juice  
1 tsp Curry Powder (strong)  
1 crushed clove Garlic (if preferred)  
Seasoning  
4 oz grated Cheese  
4 oz broken cheese Biscuits (eg Ritz)  
1 oz Butter

#### Method

Boil broccoli until just tender, drain and put into a greased oven proof dish.

Place Chicken pieces on top of broccoli.

Mix together soup, mayonnaise, sherry, curry powder, (crushed garlic)and salt and pepper. Pour over chicken and broccoli. Sprinkle cheese and crushed biscuits on top, and then dot the top with butter.

Cook at 180 for 45 minutes.



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

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### British Lung Foundation

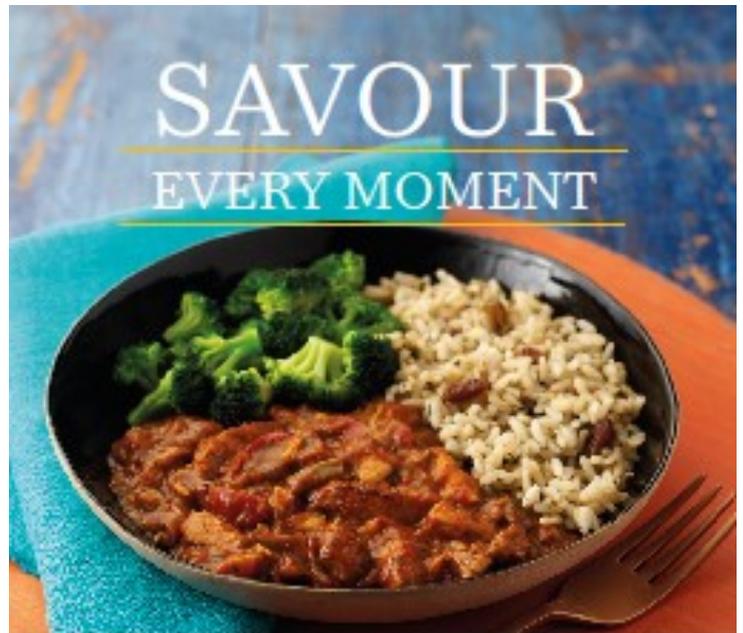
Helpline 03000 030 555 Mon-Fri 9am to 5pm  
[www.lunguk.org](http://www.lunguk.org)

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

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

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

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## Bath Problems for very senior citizens

*O often have I washed and dressed ,  
And what to show for all my pain?  
Let me lie abed and rest:  
Ten thousand times I've done my best,  
And all to do again.*  
A.E.Housman (1859-1936)

An Arab friend once suggested to me that taking a bath was opposed to all the rules of hygiene. 'Creating dirty water and then soaking one's body and rollicking about in it,' he said, with an expression of utter distaste, 'well, it just isn't the most civilized way to, well... get clean.'

In fact, I had not had a bath for over half a century, preferring always to use a shower on the twin grounds of both cleanliness and cost. But one day, on holiday, the shower was kaput. What a nuisance, Maureen and I agreed.

And then self-delusion took over. Wasn't a bath a more relaxing experience? This bath was massive, with very high sides. To fill it with hot water would cost a pretty penny, but so what? Someone else would pay. It would be a taste of luxury and I could just wallow in it and let the warm water lap caressingly over me. I could hardly wait! But having undressed, I found myself eyeing the bath doubtfully, and weighing up the options on how best to proceed. These days, many simple tasks now pose problems and have to be thought through methodically.

Finally, I made a start. I raised one foot – the bath looked formidably high - and, with a supreme effort, plonked it on the side of the bath, with the other anchored firmly to the floor; but it was impossible to keep my balance so I just let it drop. Whoosh! There was an incredibly loud splash, the water swirling from side to side and threatening to prevent my immersed foot getting purchase on the shiny surface of the bath.

I then grasped the wall grip and used my free hand to pull up the other leg, which, again, I rested on the side of the bath before letting it plop into the water. Another incredibly noisy splash. But I was there! I had two feet firmly planted in the bath.

Somewhat out of breath, I now wondered how on earth I could manage to sit down without slithering all over the place. Finally, I fell back helplessly, causing such a noisy displacement of water that a voice from the sitting room asked whether I was alright.

'Yes, I'm fine,' I shouted, not daring to add that so much water now covered the floor that the bath must appear to be almost afloat. At least, I was now in the bath, though both the water level and its temperature were distinctly lower. I turned on the hot tap. Once again there was the expectation of decadent luxury, and as the temperature rose and I relaxed, I might have been heard to mutter, 'Lovely! This is the life!'

But more sobering thoughts then began to prevail. I needed to wash - the whole point of the exercise. At first that was easy, but when all accessible areas of flesh had received attention, there were those below the water line. One must never neglect the nether regions. 'Perhaps,' I thought, 'I should now kneel.' It was enormously difficult to tuck my legs under me. It was noisy and splashy, but finally I was able to wash the rest of my body.

Ablutions now satisfactorily completed, it was now, surely, time for relaxation. I returned to the former sitting position and sank back, wonderfully relaxed, but dangerously near to dropping off. Bathing was, I

# Embarrassing Moments

mused, the ideal cleansing mode, especially when compared with the frenetic activity under a shower.

The water was now cooling rapidly and I had to get out. But first, I must stand. My legs were not best positioned for that, and my centre of gravity seemed always to be in the wrong place. I decided I would first squat, and soon I stood up, triumphant, but thoroughly exhausted.

I was now faced with the final challenge. Getting out of the bath might be as difficult as getting into it, and I had expended all my energy in the water. I knew I was in no condition to get out unaided so I shouted for help.

'Can you come and help me out, dear! Sorry about all the water.'

Well, it was an experience, but I'll never have another bath!

*George Culling*

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## Embarrassing Moments

In the hours between 1.00- 3.00 am, when I am unable to sleep, I find I am reliving moments of my past life – sometimes going back quite a long way. The other night an embarrassing moment came back to in quite a lot of detail. I thought it might be a good idea to share it so that I might not suffer from recurring nightmares.

It was the last week of the school year in 1938 at South Hampstead High School (one of 12 schools of the Girls' Public Day School Trust in London) and the piano pupils of Miss Ogg were to give a recital. Miss Ogg was a kind and encouraging teacher and I did well with her, passing Grade 5 of the R.A.M examinations. The only trouble I experienced was the presence of her well beloved and overweight Pekinese dog who sat under her chair who gave loud sniffs from time to time. (I now realise that the dog had a depressed nose – a common fault with this breed.)

I was due to start the proceedings playing a short, well known favourite piece by Edward Macdowell "To a Wild Rose". All of us had to play without the music but that was no problem as I knew the piece well. I was very nervous but the first melody passed and then the second theme followed. It was time to repeat the first melody with the final chords to end the piece in a fitting manner. Then horror! I couldn't remember any of those final chords.

In situations like this the mind goes completely blank or races out of control with unattainable solutions. My mind went blank. I panicked - which allowed the audience to see that I could not finish the piece properly. But I did not run off the platform. I just slowly walked off with no applause.

I had not remembered this event for over 83 years but obviously it was still there in my memory. I could still feel that realisation that there was not going to be the right ending of this public piano playing and there was nothing I could do about it.

I can laugh about the memory now but at the time there was a terrible feeling of shame and a decision made that I would never play in public again. I was not made to be a concert pianist!

Do let us know what YOUR embarrassing moment was. It is good to share it and so be able to shed the awful feeling of failure that had not been anticipated and in such a public place.

*Alice Zeitlyn*

# St Ives Dementia Group



## St Ives Dementia Friendly Community Group

*The St Ives DFCG is a voluntary community organisation founded in 2016 in association with the Alzheimer's Society's initiatives. These are intended to increase awareness through creating Dementia Friends and building Dementia Friendly Communities, where people with dementia and their carers are understood, respected and supported.*

**Due to the pandemic our activities are currently running online via Zoom. We will recommence face to face meetings as soon as Government regulations and guidelines permit.**

### *What can you do now?*

#### *Reminiscing sessions with the Norris Museum via Zoom*

These are fun, informal sessions centred around discussion topics to stimulate meaningful conversations in small groups.

**When?** Fortnightly on Mondays and Tuesdays at 10.30am.

For more info contact Susan Bate  
[communities@norrismuseum.org.uk](mailto:communities@norrismuseum.org.uk)  
01480 497314

#### *Love to Move sessions via Zoom*

Love to move is a fun, interactive, age and dementia friendly seated movement programme to music, developed by the British Gymnastics Foundation.

**When?** Weekly on Mondays and Thursdays at 2.30pm.

For more info contact Jane  
[jane.thomas@britishgymnasticsfoundation.org](mailto:jane.thomas@britishgymnasticsfoundation.org)

07731 097236 (Jane) 07721 068606 (Polly)

Regular Love to Move sessions also run on the British Gymnastics Foundation's Facebook page, and pre-recorded classes can be found on the British Gymnastics Foundation's website and on YouTube.

#### *Sing with the Riverport Singers - St Ives Dementia Friendly Community Choir via Zoom*

These weekly sessions include informal chat as well as singing a wide range of songs (folk, pop, musicals) with lyrics shared on screen.

**When?** Weekly on Thursdays at 10.15am.

For more info contact Agi  
[agipeach@icloud.com](mailto:agipeach@icloud.com) 07757 811802

**These sessions are all FREE but donations to the DFCG are always welcome.**

You can also register your interest in the *Memory Lane Singing Café* (monthly) and the *St Ives Dementia Café* (monthly) that will recommence as soon as possible to meet in person again.

For more info contact George  
[george.smerdon@btinternet.com](mailto:george.smerdon@btinternet.com)  
07725 588145

If you are interested in becoming a Dementia Friend, visit  
[www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)

For more information about the St Ives Dementia Friendly Group contact Roger Kuch (Chair)

[rnjkuch@gmail.com](mailto:rnjkuch@gmail.com) 07796 783521



# Britain And America



George Bernard Shaw once said that “Britain and America are two nations, separated by a common language”. I don’t know if this is really true, but we have noticed some interesting differences when we have visited our son and his wife in San Francisco over the years:

- 1, There are no roundabouts.
- 2, The pedestrian is never at fault in any accident involving a vehicle, the driver is always in the wrong. As a result people drive very carefully. We never witnessed any road rage.
- 3, You are expected to tip all service staff, and in a bar for each drink.
- 4, Everyone, regardless of age, is required to provide ID when going into a bar. If you don’t, you can’t come in.
- 5, Pints are smaller.
- 6, Animals are allowed on a bus, as long as they are ‘support animals’ and sit on the person’s knee. We didn’t see anyone trying to get on with a horse, but we did see them with a duck, a rabbit, a cat and dogs. Bus drivers are allowed to ask if the animal is a ‘support animal’ but are not allowed to challenge the passenger if they say it is.
- 7, There are \$2 bills
- 8, Visiting Seniors (OAP) can apply for a discount travel card, which will get them around 66% discount on busses, trams and ferries. We applied and saved a fortune.
- 9, There is an integrated transport network, people can take their bikes on to the Metro, and have designated areas, like we have for wheelchair users. You can hook your bike to the front of buses as they have bike racks.
- 10, 16 year olds can vote in local elections.
- 11, Unlike most of America, San Francisco has an integrated and subsidised healthcare system which was introduced in 2007, for uninsured residents. The eligibility is not conditional on citizenship, immigration status, or employment.
- 12, Going for a run is normal, but walking is considered abnormal.
- 13, Cinema audiences, yell, holler and whoop during the film.
- 14, San Francisco has a micro climate, it can be sunny in one street, turn a corner and the temperature can drop sharply.
- 15, We bought gin in a supermarket, but had to go to a liquor store to buy tonic water and a chemist to get lemon juice.

*Alicja Barton*

## Letter / Advertisements

### I CAN'T REMEMBER

Just a line to say I'm living,  
That I'm not among the dead,  
Though I'm getting more forgetful,  
And mixed up in the head.

I got used to my arthritis,  
To my dentures I'm resigned,  
I can manage my bifocals,  
But, God, I miss my mind.  
For sometimes I can't remember  
When I stand at the foot of the  
stairs,  
If I must go up for something,  
Or have I just come down from there.

And before the fridge so often,  
My poor mind is filled with doubt,  
Have I just put food away,  
Or have I come to take some out?

And, there are times when it is  
dark, With my nightcap on my head,  
I don't know if I'm retiring  
Or just getting out of bed.

So, if it's my turn to write you,  
There's no need for getting  
sore ...

I may think that I have written  
And don't want to be a bore!

So remember that I love you  
And wish that you were near,  
But now it's nearly mail time,  
So I must say, "Goodbye, dear."

P.S. Here I stand beside the mail-  
box  
With a face so very red ...  
Instead of mailing you my letter,  
I opened it instead!

*Anonymous*

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## Activities and Events (subject to Covid)

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

**Abbey Leisure Centre Complex 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 June / July

We are hoping that the COPE St Ives, Queen Edith's and St Luke's Social Meetings will be able to resume in June / July, as well as to hold our delayed AGM later in the summer. Meetings are of course dependent on government restrictions on gatherings being lifted. We will send out further information as soon as possible.

### Safe Behaviours



Wash hands frequently, for at least 20 seconds.



Wear a face covering in enclosed environments.



Maintain space with anyone outside your household or bubble.



Meet with others outdoors where possible.



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



Let fresh air in.



Download the NHS Test & Trace app.



Get a test immediately if you have any symptoms.



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

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

#### Countywide Coordination Hub

[www.cambridgeshire.gov.uk/coronavirus](http://www.cambridgeshire.gov.uk/coronavirus)  
or 0345 045 5219

#### Fenland Hub

[www.fenland.gov.uk/coronavirus](http://www.fenland.gov.uk/coronavirus)  
or 01354 654321

#### Cambridge City Hub

[www.cambridge.gov.uk/coronavirus](http://www.cambridge.gov.uk/coronavirus)  
or 01223 457000

#### Peterborough Hub

[www.peterborough.gov.uk/coronavirus](http://www.peterborough.gov.uk/coronavirus)  
or 01733 747474

#### East Cambridgeshire Hub

[www.eastcamb.gov.uk/content/coronavirus-community-support](http://www.eastcamb.gov.uk/content/coronavirus-community-support) or 01353 665555

#### South Cambridgeshire Hub

[www.scamb.gov.uk/coronavirus/](http://www.scamb.gov.uk/coronavirus/)  
or 03450 455 218

#### Huntingdonshire Hub

[www.wearehuntingdonshire.org/](http://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.