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Editorial

In my youth, corona was a much loved soft drink that was delivered weekly. Nowadays, corona added to virus is a much feared disease, against which the nation has been in lockdown for 6 weeks. We have now been told that we can relax a little and exercise outdoors more often, play some sports, visit garden centres and meet up with people other than immediate relatives. But, coronavirus is a virulent disease and we still have to take precautions, such as washing hands and keeping 2 metres from other people when outside our homes. Precaution is the watchword.

Unfortunately the lockdown has meant that many social and national occasions had to be cancelled. The one occasion which I am sure most of our age group was looking forward to was the VE 75th Anniversary Celebrations on the 8th May. Instead, we had to make do with TV programmes of previous VE celebrations and reminders of the tribulations faced during the war by our servicemen.

Every Thursday at 8pm, we applaud the sacrifices and great effort being made by the NHS staff and key workers in the fight against coronavirus. What brought together the present situation and the VE Anniversary, was the fund raising of Captain Tom. He was in the army during WW2 and in celebration of his 100th birthday, raised funds by walking the length of his garden 100 times. His fund raising went viral and he raised over £30 million. A staggering amount for any national fund raising effort, let alone by one person, well done Captain Tom.

COPE has also had to cancel its social activities and outings, but we are hoping that we can start again in July, certainly hold the AGM on the 14th July. But our new project Talking Together is, thanks to Deborah and Sally's efforts, ready to start at the end of June. Leaflets will be sent out to all members giving full details .

Stay safe, stay healthy, above all stay alert.

David Bailey

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

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

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

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

Do

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

Don't

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

Some of the rules about what you can do have changed – this is why we are asking everyone to Stay Alert

✓ As long as you stay 2 metres away from people outside your household, from today you are allowed to do the following:

- 🌳 spend time outdoors - for example sitting and enjoying the fresh air, picnicking, or sunbathing
- 🚶 meet one other person from a different household outdoors
- 🚴 exercise outdoors as often as you wish
- 🎾 use outdoor sports courts or facilities, such as tennis or basketball courts, or golf courses - with members of your household OR one other person outside your household
- 🌸 go to a garden centre
- 🏠 Estate agents' offices can open; Viewings - both virtual and in person - are permitted

✗ As with before, you cannot:

- 🏠 visit friends and family in their homes
- 🏊 exercise in an indoor sports court, gym or leisure centre, or go swimming in a public pool
- 🌳 use an outdoor gym or playground
- 🏰 visit a private or ticketed attraction
- 👥 meet more than one person outside your household, except for a few specific exceptions set out in law (for work, funerals, house moves, supporting the vulnerable, in emergencies and to fulfil legal obligations)

If you or someone from your household is showing coronavirus symptoms, you must self isolate. This is critical to staying safe and saving lives.

You should also continue to wash your hands more often, for 20 seconds, and follow the guidance on hygiene.

STAY ALERT > CONTROL THE VIRUS > SAVE LIVES

 HM Government

 UK Government

CORONAVIRUS
STAY ALERT TO STAY SAFE
Go to gov.uk/coronavirus



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
Registered Charity No. 1110887

Donation Form

I would like to make a donation of £_____

I DO NOT pay UK Income Tax

I DO pay UK Income Tax

Please tick the box above applicable to you

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

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

Please sign below and print and date underneath

Signature _____

(BLOCK CAPITALS BELOW PLEASE)

First Name _____

Surname _____

Address _____

_____ Postcode:

Date _____

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

*Notes

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

Many thanks!

Trustees (2019/2020)



David Bailey,
COPE Chairman



Peter Murfitt



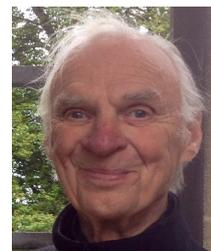
Alice Zeitlyn



Jennie Jenks



Doreen Ryan



Ken Lovett



Deborah Katznelson



Brian Reynolds

Disclaimer

Whilst every effort is made to ensure information is accurate at the time of going to print, no responsibility can be accepted for loss or damage caused by published information found to be inaccurate.
Submissions for our August / September issue must be received no later than 30th June.

Word Search

June / July 2020

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

			U	F	F			
		N				B		
		E						
		R						
		N	K	E	E			
		S				T		
		N				N		
		B				I		
			S	A	G	E		

AIM

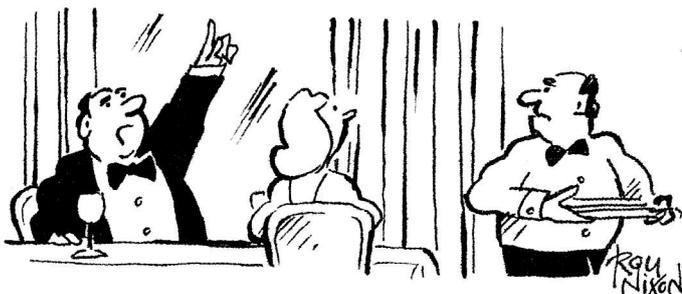
Place the 27 three character 'tiles' in the left-hand grid TO the CORRECT spaces in the right hand Grid relating to OCCUPATIONS containing NINE letters horizontally and in alphabetical order

Last month's solution

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



'Nothing serious. Try cutting down on your intake of coronavirus news for a couple of weeks'



'My compliments to the microwave-operator'

That moment when you walk into a spider web suddenly turns you into a karate master.

Antibodies

Who discovered Antibodies?

Scientists and Doctors are working day and night to find the cure for COVID 19, and also seeking an antibody which can enable our immune systems to fight it. We immediately think of Dr Edward Jenner as the first to discover an antibody (cowpox) which fought off one catching smallpox.

But, factually, we are wrong as an eccentric 18th century aristocrat, Lady Mary Wortley Montague was the first in Europe to do so. She was in Constantinople (now Istanbul) where she witnessed Turkish mothers scratching children's arms and inserting pus from an infected blister.

She wrote home “ The smallpox so fatal, and so general amongst us, is here entirely harmless....People send to one another to know if any of their family has a mind to have the smallpox; they make parties for this purpose, and when they are met, an old woman comes with a nutshell full of the matter of the best sort of smallpox, and asks what vein you please to have opened”.

Lady Mary was determined to halt 'the speckled monster'. A celebrated teenage beauty, her looks were scarred when smallpox nearly took her life, and her 20year old brother died. To save her 5 year old son, she tried out the Turkish procedure, which she called 'engrafting'.

The medical establishment dismissed her experiments as oriental folklore. But when in 1721 a smallpox epidemic hit Britain, Lady Mary launched a campaign to publicise 'engrafting's' effectiveness. Six Newgate prisoners, who were part of a trial in exchange for a stay of execution, were 'engrafted' and they all survived. Decades later, Dr Jenner developed the smallpox vaccine. But Lady Mary made the first scratch!

How ironic it is that in this modern age with the latest pandemic, coronavirus, doctors from Guy's and St Thomas' hospital are using plasma from those who were infected and cured, and transplanting it to those sick with the disease. Shades of Lady Mary!

David Bailey based on an article from the May 2020 issue of the Oldie



Lockdown life in St Ives



My partner, Norma, and I live in a bungalow on the western side of St Ives in a small cul de sac which has 7 other bungalows. All the residents, except one, have underlying health conditions, but fortunately most of us have relatives not too far away. Usually most of us can be seen applauding at 2000 hours on Thursdays.

Everybody, except one, have fairly large gardens so looking after them is one of the ways we have been occupying our time. In our case there was much to do. Serious medical problems in 2017 and 2018 followed by heavy storm damage from a neighbour's tree have meant the garden has not had the attention it needed.

In addition I have an allotment not too far away which also needed a lot of attention. The fine dry weather we have had has meant a lot of watering at home and on the allotment. We inherited a pond with Koi carp and that also requires attention as does our sole remaining chicken. We planned to buy some more this spring but that has been delayed.

As one of those who is regarded at risk, I have been bombarded with messages. Three texts and three letters. One from the NHS, another from the Minister of Health and also from Boris. So far nothing from royalty. I blame my partner who mischievously named one chicken Pippa Middlehen. Finally there have been three phone calls. One from the NHS, then the cancer consultant followed by a GP from the local surgery.

My partner had an important birthday on 27th March but the planned big lunch had to be postponed. Instead the two of us had a nice dinner provided by a lady living not too far away. Norma was serenaded on Facetime by both daughters and their families. Flowers arrived from her brother and there was an avalanche of cards.

We have both had a new experience by participating in online meetings using Zoom. Norma's seemed to go better than mine but I will have another chance fairly soon. The TV has provided some light relief and I have discovered the Smithsonian Channel.

As things have changed a bit since I made a will in 2006 I have made a new one and we are about to purchase funeral plans to make life easier for our executors if the worst happens.

The seriousness of the Covid-19 epidemic was brought home to me when a long standing friend rang to tell me that his wife had died after contracting it most probably from him. Elsewhere Norma's younger daughter every Thursday plays 'Somewhere Over the Rainbow' outside her house and last week added 'Happy Birthday' for a neighbour.

Meanwhile my younger daughter who is in the CID had to charge a suspect in the police station car park because there was no PPE available. Luckily it was not raining. She has had to juggle her hours so that her husband can work from home and not get interrupted by their two lively children. Her mother has dementia and is in a care home and obliged to stay in her room.

So I realise that Norma and I are relatively lucky. I don't know how we would manage in a tower block flat in a large town. I do also wonder how COPE, U3A and our Civic Society will manage for the next year or so.

Colin Saunderson

Virtual Grandad

It all looked so tidy and well-planned last Christmas, when we still had John Lewis and hairdressers. My son and daughter-in-law, both early thirties, chatted excitedly over our Cambridge dinner table about their first house which they were buying in St Ives, and about the birth of their first child in March. Of course they'd ignored our advice about not moving house and starting a family too close together – as they pointed out, that's exactly what we had done back in the 1980s, so who were we to talk?

Come January, as arranged, we helped them move out of their Cambridge flat, put most of their furniture in storage and move in (with their cat) to stay with us – 'just for a couple of weeks between exchange of contracts and completion' due in early February. What could possibly go wrong?

Two links up the house purchasing chain, they went on holiday just before exchange of contracts. No problem as it could all be done electronically. Except they wouldn't do that, had to sign the physical documents – to this day no one knows why. Result - house move put back to the middle of March . . . So the younger generation stayed a little longer than expected, living out of their suitcases. It's not a situation anyone had planned for, but we all somehow managed to curb the worst of our individual bad habits long enough to muddle through, whilst outside people were starting to wonder whether they were still allowed to shake hands with each other and traffic thinned to a trickle of bikes, scooters and joggers.

During this period my wife attended the Babyshower, something uninvented in our day – a blitz of tinsel, helium balloons and space-filling gifts for the child-to-be. It added to the steady stream / growing mountain of Amazon and other packages, the pram in the dining room and other manifestations of the future. It can't be easy being in late-stage pregnancy and remaining courteous under someone else's roof, even if it is family. We surrendered our bedroom to make bathroom visits easier and limit the number of stairs to be climbed every day. Coronavirus began to make us all anxious.

The keys were handed over and vacant possession secured on Friday 20 March, just as all the pubs were told to shut. So no chance of a refreshing pint for the next 48 hours as we unpacked and reassembled all the furniture, built the flatpacks, plumbed in the dishwasher, found space for all the baby paraphernalia and cleaned house and contents from top to bottom to banish the virus. Hard to eat well to keep our strength up, as by this time the supermarkets were running out of food and other essentials.

Sunday 22nd was the last time I saw my daughter-in-law. Then came Monday 23 March and the announcement of lockdown. From then to now, we have been confined to our respective homes, though my son did drop by a couple of times (in a self-isolating way) after they moved and before Virgin had sorted out their wifi. We became unable to provide support at the very time it was most needed.

Three days later, on the Thursday, baby Louis was born (see picture – I have plenty more if you're interested). Forceps were involved, as well as a slightly extended stay in hospital, but by the weekend the three of them (and cat) were together in their new home, where they have remained since, happy, well, and putting on weight in the approved way.

So – just another everyday lockdown story, and of course things could have been much worse if the timing had been only slightly different – for example the impossibility of moving house since lockdown, which is only now easing up again. As I write it's been seven weeks since Louis's birth. We keep up by video, but it's not the same, is it? I look forward to actually meeting my grandson some day (soon?), holding him and, later, telling him about how strange the world was when he was a wee lad and I became a grandad for the first time. Of course he can only see one grandparent at a time, and I'm second in the socially-distanced family queue . . . but I can wait a little longer if I have to.



On Ageing

We Oldies have never been so young

The nature of old age has changed enormously over the past 30 years. A recent survey by the Office National Statistics said the definition of when old age begins must be changed because health improvements means 70 is the new 65. Today, a 65 year old can expect to live for another 20 years-meaning we need to change the age we become 'old'. A 70 year old today has the same characteristics and health as a 65 year old in 1997.

Surveys are always telling us what we know: we are all living longer; age is just a number; the elderly are having more fun than the young; we are happier than the middle aged, with their stress and sleepless nights. One feels sorry for them.

But the survey is right that the old definition of old age is totally out of date. Once it was 65 when you were pensioned off and put on the shelf, and expected to do little but prune the roses. Now we are just starting a new career, climbing Everest, playing another round of golf and going on cruises, because we have money and homes, unlike so many young ones.

There is a theory that, with so many oldies around, we will clutter up the hospitals and drain the pension funds; be a burden on the young. In fact, however, so many of us are so active for so much longer, with many of us still working and paying taxes, that we are still contributing to the economy.

We are also spending so much money on enjoying ourselves, helping our children get on the housing ladder, and providing baby sitters and carers, that economically we are helping to keep the country going. We may have had new knees and hips, heart bypasses and survived cancer, but we are still active and providing we don't forget to keep taking the tablets, will carry on for many more years.

David Bailey adapted from an article by Hunter Davies 'Oldie', February 2020

CLOCKS: Whatever Happened to Public Clocks?

Before wristwatches were the norm, people depended on town hall clocks, church steeple clocks, railway station clocks, clocks in libraries or in department stores. They were big proud examples of municipal Edwardiana or Art Deco, visible from a distance.

Yet many such clocks have vanished, or else they are frozen at 10 to 3pm, never to be repaired or left as a roost for pigeons. Perhaps Councils due to their famous cutbacks, can't afford to maintain them or the necessary skills to repair them have been lost. Who does these days know how to repair them, unless its "The Repair Shop". And think of the cost, mending Big Ben is costing millions, and will be silenced until 2021.

Time is no longer represented on a bold round face with Roman numerals. Time is digital and surreptitious, flashing dots on a coloured background. But I like many others like to see the hands going round, the hours and minutes ticking away. The mania for time-keeping and punctuality is not found in the younger generations, despite having apps on their smartphones which can tell the time anywhere in the world. Everything is rushed and last minute, plans are flexible nothing definite.

No doubt people think they are being casual and relaxed, yet time has been made to race and become an eternal flux. Whoever you are time will run out just the same.

David Bailey adapted from an article by Roger Lewis, 'Oldie', August 2019

The Great Escape

Spring 2020 didn't quite turn out as intended, especially as I spent 10 days in Addenbrooke's with Covid 19. I hope the following may give some idea of what the wonderful people at our local hospital are doing day and night for us.

Despite best efforts at social distancing, I developed classic Covid symptoms in late March and after a week or so, was deteriorating rather than recovering. From the readings on a pulse oximeter inherited years ago, it was apparent that my blood oxygen was dropping to levels that the medics we spoke to at NHS111 found hard to believe, although they prescribed some antibiotics "just in case". Fortunately, others had suggested very firmly that we should dial 999. Much to my wife's intense relief, I finally agreed on 8th April and within 2 hours was being assessed in Addenbrooke's who unquestionably saved my life.

I spent ten days on D7, normally a diabetes ward, currently split into Green and Red (Covid) zones, where I was on the other side of the 'airlock'. After the first few days isolated in my own room, I was moved to a 10 bed pod, typically shared with 4 others. We had two nurses and a Healthcare assistant with us all the time. It was initially something of a rollercoaster ride as they upped the levels of oxygen supplementation. A chest X-ray was compared with a previous one they had "on file" and they also did a CT scan looking for a pulmonary embolism but it was simply a 'peasouper' of Covid in my lungs. Thankfully, unlike Boris, I just managed to avoid a hospital pass to Intensive Care, although they came to take a look at me a few times and got consent for intubation and ventilation, as by this time my oxygen intake had almost reached transfer levels.

So, what was it like, being kept in the Red Zone for 10 days, with no visitors, no newspapers, no magazines, no contact with anyone outside except via your smart phone? Presumably like life on a nuclear submarine. In hospital your world inevitably becomes that of the hospital and its routines. The difference here was that all of the staff were wearing the complete PPE kit, including visors. All you could see was their eyes and trying to recognise them became a challenge in itself. Fortunately, contrary to all stereotypes, the food was spectacularly good.

My love-hate relationship with my iPhone, which became my entertainment centre as well as being my sole means of communicating with the world outside, blossomed into a deep and abiding mutual loathing, especially over predictive text. The reckoning has now arrived in the form of a £200 bill following a battle fought remotely by my son with BT who had decided to cut off my data for breaching limits. Eventually thanks to the ministrations of a wonderful nurse, my phone was able to access the free hospital wifi, and after a hiatus over Easter, the hospital TV system also provided some much appreciated distraction.

I was able to laugh a lot - hysteria and cabin fever had definitely set in by day 6. Some occasional very good stuff on TV got me going, plus lots of really genius clips doing the rounds on the internet. I was advised by the medics at one point to stop laughing. When I said I thought laughter was supposed to be the best medicine, the consultant replied "Not for Covid, and besides, laughing patients make doctors feel nervous...."

In fact, my narrowest squeak turned out to be choking on a Ginger Nut biscuit. So they certainly appear contraindicated with Covid. However the lovely lady who came round with the food, tea and coffee, and iced water supplies throughout the day, even found a substitute supply of Custard Creams and Bourbons. Fabulous.

After 10 days, they decided I was well enough to head home, and I duly departed backwards in a mask in a wheelchair past a guard of honour of ward staff complete with standing ovation, cheers and high fives. I made the very best thank you speech I could, given the mask and highly emotional circumstances, before being wheeled to a discreet tradesmen's entrance used for COVID escapees where my getaway car was waiting amidst flowers, shrubs, trees and birdsong - and blessed fresh air.

Seventy Come Sunday

I remain knocked out by the courage, compassion and skills of the staff. This immersive and un-looked-for experience has certainly been transformative, mentally as well as physically. I received brilliant care from a courageous team both seen and unseen, who succeeded in saving my life using oxygen, antibiotics and paracetamol, plus huge skill, compassion and dedication. They are brave beyond description. Working 12 hour shifts in all the gear whilst remaining cheerful, stoical, fully professional and positive is quite something. We really are extraordinarily fortunate to have such tremendous skills combined with traditional nursing compassion on our doorstep.



Throughout the experience, I was buoyed up by a stream of e-mails, good wishes and prayers and am deeply grateful for all the kind thoughts and support of wonderful friends and neighbours. And my top tip? Buy a blood oximeter and an electronic thermometer. It may be the best £40 you will ever spend.

John, West Chesterton

(Pictured here as one of King's College vergers who were sharing photos of themselves in their gardens wearing hats.)

Article reproduced from Hurst Park Estate newsletter, May 2020

Seventy Come Sunday

Tune is the version of 'Seventeen Come Sunday' which appears in Ralph Vaughan Williams' English Folk Song Suite, which includes 'High Germany' and 'Blow Away the Morning Dew'. If you google 'Seventeen come Sunday', you will find a choral setting by Percy Grainger. Otherwise you can always ring me and I'll sing it to you. 01223 365149.

I can't go out on a May morning,
On a May morning right early:
There's a fever stalking over the land—
And I pray you don't come near me:
Singing come what may,
Fever run away,
Right fol derry diddle i - do .

Young maids and men rise up to sing
And dance and kiss each other.
Policemen say, ' Be on your way.
You're all too close together' :
Singing come what may,
Fever run away,
Right fol derry diddle i - do.

I love to walk in the morning light,
When the birds are singing bravely,
But it's a crime to walk in the street –
I'm seventy come Sunday.
Singing come what may,
Fever run away,
Right fol derry diddle i - do.

I love to go to a public house
When the moon shines bright and clearly,
But they've locked the door and they've locked out
All the songs we love so dearly:
Singing come what may,
Fever run away,
Right fol derry diddle i – do.

And what can we say in a time of grief,
In a time of pain and fury?
O bless the hands that hold and save
All the lives we love so dearly:
Singing come what may,
Fever run away,
Right fol derry diddle i – do.

Now keep your courage one and all,
For a time is coming surely,
When we will rise, unbar the doors,
And walk in the morning early:
Singing come what may,
Fever run away,
Right fol derry diddle i – do.

Joy Rutherford May 1st 2020

Arthur Rank Star Shine Walk

Brighten up the lock-down by taking part in Arthur Rank Hospice Charity's first ever virtual Star Shine Walk!

Arthur Rank Hospice Charity is delighted to announce that its Star Shine Walk will still take place this year... becoming a virtual event for the first time ever! This new version of the popular memory walk, sponsored by the Cambridgeshire Care Home, invites participants to accumulate 20,000 steps between 23 May and 6 June 2020.



Now in its twelfth year, the well-loved event is historically one of the Hospice's biggest fundraisers, having raised over £375,000 during its eleven-year history – thanks to the enthusiastic sponsorship efforts of the walkers who take part. 20,000 steps is the equivalent of the 10 mile route originally planned for the event, which would have wound around the iconic streets of Cambridge. It is a significant challenge but has been designed so that it can be achieved in line with the Government's latest guidelines around exercise.

To find out more or register to take part as an individual, a family or a household, visit starshinenightwalk.co.uk. If you would like to support Star Shine Walk but are unable to take part, you are welcome to donate to the event or a participating team at justgiving.com/campaign/starshinewalk2020. To explore other ways you may be able to support this year's virtual version of Star Shine Walk, please contact on fundraising@arhc.org.uk or call the events team on 01223 675888.

Additional support for residents during the Coronavirus outbreak

Health

Coronavirus: The NHS is the best place to find the latest health guidance during the Coronavirus outbreak, including what to do if you have symptoms and how to stop the spread of the virus

www.nhs.uk/coronavirus

Emergency and routine health care:

Remember to seek help for urgent conditions like strokes, heart attacks, meningitis, sepsis and cancer, and to report deterioration in long-term conditions, as you usually would.

[999](tel:999) for medical emergencies

www.111.nhs.uk for medical advice

GPs are open for business, with initial appointments conducted online

Mental wellbeing: #EveryMindMatters has tips to look after mental wellbeing during the Coronavirus outbreak

www.nhs.uk/oneyou/every-mind-matters

Report

Report breaches of Coronavirus restrictions to the police
www.cambs.police.uk/coronavirus

Financial support

Step Change debt charity

www.stepchange.org

Universal Credit

www.gov.uk/apply-universal-credit

Citizens Advice

www.citizensadvice.org.uk

Disability Cambridgeshire

www.disability-cambridgeshire.org.uk

Foodbanks

www.scams.gov.uk/food-support

Scams

Anyone who thinks they may have been scammed should contact their bank directly.

Friends Against Scams has helpful information about different types of scams and how to avoid them

www.friendsagainstsams.org.uk

To report a scam call Action Fraud

[0300 123 2040](tel:03001232040)

Utilities

Water: Residents struggling to pay their water bills should contact Anglian Water

[0800 169 3630](tel:08001693630)

Energy: Residents struggling to pay for gas or electricity as a result of the outbreak can speak to their energy provider

www.ofgem.gov.uk

Wellbeing

Children and young people

The Prince's Trust offers support for young people especially at this difficult time

www.princes-trust.org.uk

Domestic abuse

Cambridge Women's Aid

www.cambridgewa.org.uk

[01223 361 214](tel:01223361214)

Cambridgeshire and Peterborough Domestic Abuse and Sexual Advice Partnership

www.cambsdasv.org.uk

Older people

Care Network Cambridgeshire

www.care-network.org.uk

Age UK Cambridgeshire

www.ageuk.org.uk/cambridgeshireandpeterborough

Safeguarding

Children, young people and adults are vulnerable to abuse and neglect. Referrals should be made to Cambridgeshire Children.

For vulnerable adults

[0345 045 5203](tel:03450455203) (office hours)

[01733 234 724](tel:01733234724) (outside office hours)

For family support

early.help@cambridgeshire.gov.uk



Looking for sheltered housing or a residential care home in Cambridge?

We are a Cambridge charity providing accommodation and care - primarily to women in need, who live in Cambridgeshire or who have a professional connection to the Church of England.

We have sheltered accommodation for the over 60s available in and around Cambridge and a small and friendly residential care home providing a high standard of care for 18 women.

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

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British Lung Foundation

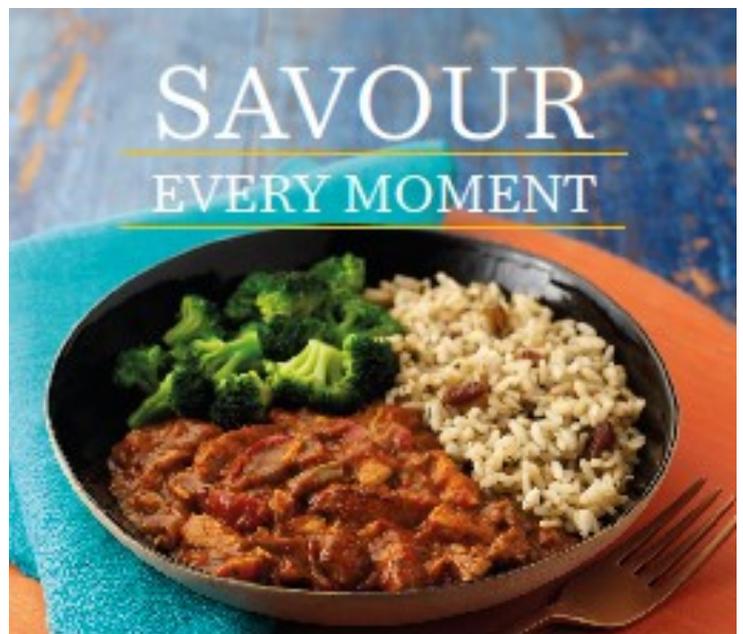
Helpline 03000 030 555 Mon-Fri 9am to 5pm
www.lunguk.org

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



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COPE

ANNUAL GENERAL MEETING

14th July 2020 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
Tickets from the COPE office

TICKET REQUEST COPE Forum and Annual General Meeting 14th July 2020 at 10.30 a.m.

Print Name(s).....

Phone No:

Please send this application for admission and
the sandwich lunch ticket (please indicate if
vegetarian) to COPE with a stamped self-
addressed envelope for each ticket to reserve
place and lunch.

Closing date for application Friday 3rd July

COPE
The Olive Golding Room
St Luke's Community Centre
Victoria Road
Cambridge CB4 3DZ

COPE AGM

Tuesday 14th July 2020 at 10.30am to 2.00pm

All COPE members are welcome to attend our AGM at St Luke's Community Centre, Victoria Road, Cambridge CB4 3DZ.

This year our theme is 'Public Transport in Cambridgeshire'

Your attendance will help shape the future direction of COPE.

There will be stalls and speakers on a range of issues that are important to older people.

The Mayor will open the proceedings.

After the Formal business of the AGM there will be a Forum which will feature keynote speakers: Ross Barton, Manager at Stagecoach; Edward Leigh of Smarter Cambridge Transport; Dr Tim Drye, St.Ives "Calm Town" initiative- Campaign Against Living Miserably.

Reasons to come:

1. To have your say in shaping the future of COPE
2. To meet people with similar interests
3. To meet the Committee

A sandwich lunch will be available to all those attending.

Admission is by ticket only - Please apply by Friday 3rd July 2020 latest, by contacting the COPE Cambridge office at the address below, enclosing a stamped self-addressed envelope

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

Telephone: 01223 364303 Email: cambridgecope@hotmail.co.uk Website: www.copecams.org.uk

Talking Together

Discussion Topics – Summer 2020

Planned to start 25th and 30 June and on through July.

The Environment / Bruce Huett

In these discussions we will share our experiences of environmental changes and conservation activities, both in our local environment and on our travels around the world. I will use the examples of the restoration of our local chalk stream and nature reserve to highlight how communities can preserve their local nature spaces and increase biodiversity.

Poet's Corner Liz Williams/ Clare Crossman

What is a poem? It's a question one participant asked in our taster sessions! This group will offer an opportunity to discuss poetry and poems on many different topics, chosen by us and by you, and a chance to read and write your own poetry if you wish. In our weekly discussions we will explore - and try to answer - that question!

Looking at Cambridgeshire History / Mike Petty

Mike Petty, noted historian and lecturer, will explore the history of Cambridge city and surrounding villages through events of daily life and major celebrations, as seen through the eyes of local residents of the period. Share your memories and reminisce with us.

Books and reading / Leigh Chambers

'I do believe something very magical can happen when you read a book'. JK Rowling.

At some point in our lives we've all probably fallen in love with a book, staying up late to finish it because we just have to find out what happens to the characters. Is there a novel you return to time and time again? Do you look for pure escape or gritty realism? Please join me to discuss the power of books – which ones have kept you awake all night and what, simply, makes a darn good read – and maybe discover a new favourite in the process!

Gardening / Pam Gatrell

This conversation will begin with a discussion of our own experiences of gardening and gardens, and their importance to us, physically, mentally and emotionally. From this initial session we will branch out to possibly include: Gardening for wildlife; Favourite gardens to visit, locally or on holiday; Botanic gardens, garden history and plant hunters connected with Cambridge Botanic Garden; Perfumed plants; plants for shade; climbing plants; small trees; Small gardens; Gardening books and magazines; Gardening and gardens on television.

The David Parr House / Tamsin Wimhurst

Who was David Parr and why was his humble terrace house in Cambridge worth conserving and opening up to the public? Why are so many people keen to visit the house? Tamsin Wimhurst, who first came across the house in 2009, will talk about its discovery, what you will find inside and how the interior was created, including the tools of David's trade. We can also share the memories we have of creating our own homes: what was important for you when making your home and the practical side of creating it – the DIY that you did or did not do!

Deborah Katznelson

Good Health

Sage Rosemary and Thyme

What have these three herbs in common in addition to being part of a folk song? They are all good for making tea. Parsley, the first herb of the song, is good for salads but not for tea, as far as I know. Mint, lemon balm, lemon verbena, camomile and nettles are all good for infusing a sprig for five minutes in a cup or insulated flask. Several can be grown in a garden or window box and picked as needed. Doing this makes it easy to become self sufficient in tea once the plants are established. With no processing, no food miles and no packaging what is not to like?

Our forebears used herbs for their medicinal properties: sage and thyme for sore throats, rosemary for stimulating the mind, camomile for calming the mind, mint aids digestion and many more. I drink these infusions for the pleasure of them. Lemon balm is very soothing especially during the warmer seasons of the year. Also I blend herbs such as sage and lemon balm or sage and mint to suit my own taste.

Here is something to try at home while we are on lock down while reducing your carbon footprint at the same time.

Angela de Burgh, May 2020

Stay well with a healthy diet



Start your day with breakfast.

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



Keep hydrated with regular hot drinks.



Have at least one hot meal a day.

Soup or jacket potatoes can be quick & easy.



Top Tips for a healthy, balanced diet:

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



To prevent the spread of Coronavirus,

regularly wash your hands

for at least 20 seconds

with soap and warm water

For more information on how to protect yourself,

visit [NHS.uk/coronavirus](https://www.nhs.uk/coronavirus)



Scams

How to spot and avoid online coronavirus scams

Broadly, the things to watch out in emails and other messages are:

- Unsolicited emails and texts: be careful of anything you weren't expecting that claims to be from an organisation such as a bank, BT, Sky, PayPal, Microsoft, the BBC and other large, trusted organisations. And at the moment, particularly watch out for unsolicited emails claiming to come from health bodies such as the NHS, the World Health Organisation and the Centre for Disease Control.
- Grammar and spelling: a phishing email claiming to come from the WHO is clumsily written and has typos such as no spaces after commas.
- No name: legitimate emails from services you have accounts with will always address you by name.

Phishing emails and smishing texts usually start with 'Dear Sir' or 'Dear Customer'.

- Fake domains: scammers often set up website addresses that look legitimate in order to trick you. Security researchers Digital Shadows says that more than 1,400 domains linked to the Covid-19 disease caused by the coronavirus have been registered in the past three months. While many of those may well be legitimate, others will almost certainly be used to trick anxious consumers into thinking they're genuine.

Above all, make sure your computers, mobile phones and tablets are up to date, and for Windows, Macs and Android devices, you should install antivirus software and keep that up to date, too. If you've been scammed, report what's happened to Action Fraud, the UK's national centre for reporting fraud and cybercrime.

From consumer magazine Which? Read more: <https://www.which.co.uk/news/2020/04/coronavirus-scams-how-to-spot-them-and-stop-them/>

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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 Astro turf, CB5 8NT. Supervets football.

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

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

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

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

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

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

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

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

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

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

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

Cambridge Hard of Hearing Club: Meet at 2.00pm on the last Thursday of the month at Meadows Community Centre, St. Catharine's Road, Cambridge CB4 3XJ.details from www.cambsHOHClub, or text **Sally on 07815 513605**, or email: information.hohclub@gmail.com

Coton Village Hall: Garden Club Contact Margaret Skempton 01954 211588 Meet 1st Monday September –April at 7.30 pm. **Internet Club** Thursdays 9.30am-12pm Contact **Carolyn Postgate 01954 211033** email: carolyn@clara.co.uk. **Coffee Mornings** Wednesdays 10am –12pm Contact **Carolyn Postgate 01954 211033**

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

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

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

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

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

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

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

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

Telephone **Sue Allin - 01223 262990**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

www.wimblingtonfilmclub.org.uk

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

Telephone **Sandra Watts - 01954 411873**.

COPE Meetings in July

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



To help you to stay steady, try doing the 'super six' three times a week, in addition to a daily walk.

SAFETY CHECK:

- Use a sturdy and stable chair or something solid like a worktop for support.
- Wear supportive shoes and comfortable clothes.
- If any exercise causes pain in your joints or muscles **stop** check you are doing it correctly, and try it again. If pain persists, seek advice from a physiotherapist.
- Feeling your muscles work or a slight muscle soreness the next day is normal.
- If you experience chest pain, severe shortness of breath or dizziness **STOP IMMEDIATELY** and contact your GP or call 111 if your GP practice is closed.
- Try not to hold your breath - breathe normally throughout.

Community classes

The super six exercises can be done alongside fun and sociable Strength & Balance classes. If you are interested and live in:

- **Huntingdonshire** - contact One Leisure for more information on **01480 388111**
- **Anywhere in the rest of Cambridgeshire** - contact Forever Active on **07432 480105**.
- **Peterborough** - contact Vivacity on **01733 864764**.

For more information and to hear how strength and balance exercises have helped others, visit: www.cambridgeshire.gov.uk/strongerforlonger or www.healthypeterborough.org.uk/

1



How can I make it more challenging?
When you can do this with ease, try using your arms less, and work towards not using them at all.

SIT TO STAND

Sit up tall near the front of your chair. Place your feet slightly back and hip width apart. Lean forward slightly and stand up - using your hands on the chair if needed. Stand tall then step back until your legs touch the chair. Slowly as you can lower your bottom back into the chair - using your hands on the chair if needed. **Repeat 10 times.** This will strengthen the muscles in your thighs and bottom.

3



How can I make it more challenging?
Try to use your support less.

TOE RAISES

Stand tall with your feet hip width apart. Hold your support if needed. Slowly lift the front of your foot so that the weight is back in your heels. Try not to stick your bottom out. Aim to lift for a slow count of 3 and lower for a slow count of 5. **Repeat 10 times.** This will help to strengthen your ankles and shin muscles.

5



How can I make it more challenging?
Try walking backwards.

HEEL TOE WALKING

Stand tall side on to your support. Walk 10 steps forward placing one foot directly in front of the other so that your feet form a straight line. Look ahead and aim for a slow steady walking action. Only hold on if you need to. Take your feet back to hip width apart before turning and slowly turn towards your support. **Repeat the steps in the other direction.** This will help to strengthen your ankles and improve balance.

2



How can I make it more challenging?
Try to use your support less.

HEEL RAISES

Stand tall with your feet hip width apart. Hold your support if needed. Slowly lift up your heels, keeping the weight over your big toes. Try not to lock your knees. Aim to lift for a slow count of 3 and lower for a slow count of 5. **Repeat 10 times.** This will help to strengthen your ankles.

4



How can I make it more challenging?
Try to use your support less and hold the position for longer.

HEEL TOE STAND

Stand tall with your feet hip width apart. Hold your support if needed. Place one foot in front of the other so that your feet form a straight line. Look ahead and balance for 10 seconds - without holding on if possible. Take your feet back to hip width apart. Repeat with the other foot in front. **Repeat twice on each foot.** This will help to strengthen your ankles and improve balance.

6



How can I make it more challenging?
Try to use your support less and hold position for longer.

ONE LEG STAND

Stand close to your support and hold on. Balance on one leg, keeping your supporting leg straight but your knee soft. Stand tall and look ahead. Hold for 10 seconds. Repeat with the other leg. **Repeat twice on each foot.** This will help to strengthen your ankles and legs and improve balance.

How to dance the lindy hop swing

THE SWING OUT

This is a cornerstone Lindy Hop move. It's danced in eight-counts and is a basic building block for other dance steps

STEP 1

Rock step - take a step back with your full weight to your front foot while keeping it in place

STEP 2

Triple step - take a step to your side. Bring your feet together. Take another step to the side

STEP 3

Walk

STEP 4

Walk

STEP 5

Triple step

