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Funded by:

Editorial

We are gradually returning to what used to be considered normal, and can visit restaurants and coffee shops, even having up to £10 a meal paid for by Government, which means that our taxes are being used to pay for someone's fish and chips. Unfortunately this subsidy has finished, but from the attendance of cafes and restaurants in Cambridge and nearby towns and villages, many have overcome the worries of catching coronavirus.

The 75th Anniversary of VJ Day on the 15 August was especially remembered in Cambridge with a service in the Guildhall. The Cambridgeshire Regiment fought the Japanese in Malaya and Singapore and then its troops spent over 3 years as prisoners of war in horrendous prison camps. Many local families, including my own, had relatives who were either killed or suffered as POWs. Many did not survive the horrors of the camps and are buried in cemeteries at Changi, Singapore and Kanchanaburi, Thailand, which are beautifully maintained by the Commonwealth War Graves Commission.

Sadly, Dame Vera Lynn who lifted the spirits of the 14th Army fighting the Japanese, died age 103. Her signature tune, 'We'll Meet Again' epitomised the feelings of the troops and their families, and it will always remind me of her and those six years of war.

Talking Together had a very successful launch in July/August following its trial in January. A flyer for the next session is enclosed with this newsletter. The feedback from participants has been very positive, and it enabled many in isolation to be involved in stimulating discussions. COPE is hoping to continue with further sessions in October and the New Year. But they will be dependent on funding being available, for which we have applied and hope will be granted.

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

HM Government NHS

Coronavirus

Wash your hands with soap and water more often for 20 seconds

Use a tissue to turn off the tap. Dry hands thoroughly.

STAY ALERT › CONTROL THE VIRUS › SAVE LIVES

Cambridgeshire County Council PETERBOROUGH CITY COUNCIL

Keep caring for Cambridgeshire & Peterborough

Caring is covering your face

Even with no symptoms, you might still spread the virus

Coronavirus hasn't gone away

Cambridgeshire County Council PETERBOROUGH CITY COUNCIL

Keep caring for Cambridgeshire & Peterborough

Caring is being responsible

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

Coronavirus hasn't gone away

UK Government NHS

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 October and November

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



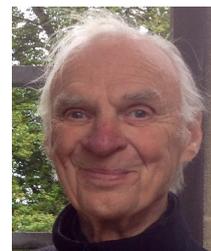
Alice Zeitlyn



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 December / January issue must be received no later than 30th October.

Word Search and puzzle — baking edition

OCT/NOV 2020

BHm

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

AIM

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

Last month's solution

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

Countries of the World – Answers

- 1-Canada 2-West Indies 3-Ireland
 4-Russia 5-Mozambique 6-Bahamas
 7-Taiwan 8-New Zealand 9-Holland
 10-Columbia 11-Brazil 12-Cuba
 13-Wales 14-Portugal 15-Romania
 16-Japan 17-Liechtenstein 18-Bali
 19-Iraq 20-China 21-Belgium
 22-Singapore 23-Bahrain 24-India
 25-Hungary 26-North Korea
 27-Kampuchea 28-Sweden 29-Italy
 30-Hong Kong 31-Botswana
 32-Grenada

Name that *cake*

FILL IN THE BLANKS WITH THE CAKE MATCHING THE DESCRIPTION.

1. WHAT KIND OF CAKE DO YOU FEED YOUR RABBIT? _____
2. WHAT KIND OF CAKE DO YOU EAT ANNUALLY? _____
3. WHAT KIND OF CAKE DOES A MOUSE LIKE BEST? _____
4. WHAT KIND OF CAKE DOES A MONKEY LIKE? _____
5. WHAT KIND OF CAKE DO YOU GET IN HEAVEN? _____
6. WHAT KIND OF CAKE IS A BIG FLOP? _____
7. WHAT KIND OF CAKE DO YOU HAVE FOR BREAKFAST? _____
8. WHAT KIND OF CAKE GOES WELL ON A SAUCER? _____
9. WHAT IS THE HEAVIEST CAKE? _____
10. WHAT KIND OF CAKE IS FOUND ON THE OCEAN FLOOR? _____
11. WHAT KIND OF CAKE IS THE OPPOSITE OF #5? _____
12. WHAT KIND OF CAKE SHOULD BE EATEN IN BED? _____
13. KIDS CAN MAKE THIS CAKE OUTSIDE _____
14. WHAT KIND OF CAKE DO YOU ORDER AT A SEAFOOD RESTAURANT? _____
15. WHAT KIND OF CAKE DO YOU FIND AT A FABRIC STORE? _____

Talking Together

TALKING TOGETHER, a unique initiative developed by COPE, has completed its second series. The free, telephone based programme of weekly discussion groups enables older adults to come together from the comfort and security of their homes to share in engaging, informative and challenging discussions with their peers. Groups are led by staff members of Cambridge museums, National Trust sites and skilled volunteers.



COPE is always mindful of its mandate to identify the needs and issues facing older adults and to act as a forum for discussion as well as a source of support. Following the creation of the Campaign to End Loneliness which highlighted the issues of loneliness and isolation across generations and the selection of Cambridgeshire as an area for special consideration, COPE created TALKING TOGETHER. The programme reflects the understanding that many members face increasing physical limitations, difficulty accessing transportation and care-taking responsibilities which can make it difficult for them to leave home for long periods. In designing the service COPE elected to use telephone conference calling to provide easy access and remove the challenges presented for those without computer skills.

The fully subscribed series was scheduled for six weeks from 25 -June -30 July. Each of the groups, meeting for forty-five minutes, explored a variety of topics:

- * **The Environment** focused on political ecology, environmental changes and conservation activities under the guidance of Bruce Huett, a noted advocate and conservationist.
- * During meetings of the **Poet's Corner**, Liz Williams and Clare Crossman local poets, examined the work of selected poets, encouraged members to share their favourite works and created original pieces to be printed in the COPE newsletter.
- * Mike Petty, provided the participants of **Looking at Cambridgeshire History** with the opportunity to review both well-known and obscure events which sparked reminiscence and lively exchanges of experiences.
- * Leigh Chambers, of Radio 105, introduced **The Power of Books** with lively discussions examining a wide range of literary works and authors of special importance to the members.
- * Pam Gatrell, a guide at the Botanic Gardens, involved the members of the **Gardening** group in exploring the benefits of gardening, sharing their skill and experience in creating their own spaces and looking at public gardens.
- * **The David Parr House**, presented by Tamsin Wainwright who supervised the creation of the house into a museum, took virtual tours of the house learning about both its residents and Cambridge as they knew it.

Though the programme was initiated prior to the pandemic, its importance was underscored as older adults were facing the challenges of lock-down. TALKING TOGETHER enabled them to remain involved in the community and dispel some of the difficulties of separation and isolation. COPE is gratified that we were able to provide this support during a very difficult time and appreciate the positive responses from the participants and facilitators.



Talking Together / poetry

TALKING TOGETHER will continue to be scheduled throughout the year. The next six week series in October will include both returning discussion groups as well as new ones. We would be happy to hear your suggestions for future discussion topics and for volunteers to facilitate groups. Members of COPE will receive a leaflet describing the October series. Do share it with friends and neighbours.

TALKING TOGETHER is free but does require registration. All costs for the programme are sustained by COPE. The organisation is in the process of identifying funding to continue to provide this vital service and ensure that it is available to increasing numbers of participants. As always, we continue to depend upon your financial support for our work.

Deborah Katznelson

THEN and NOW in the PLAYGROUND

It feels good to be holding a secret!
I don't mind that my outside forbids
early entry ,unless I may fall before time-be prized open by hands
young and tender
to compete with others in line.
I hope I might house a winner
And trust that at least I'll score nine.

But now we are twenty first century
with Health and Safety in sight,
and Nature's produce on lengths of string
competing for prowess-no longer the thing
to engage the young with their tablets and phones-
with eyes well down-very often alone.
Oh! Bring back the simple playground games
when Nature was part of the joy to be had
and a small brown fruit could excite such glee.
Hurrah for the times when the fun was all free!

Jane Cursiter July '20

A response to 5 questions asked of a conker picked up at Wimpole Hall!

Many COPE members have produced poems recently and after being in the Talking Together 'Poetry Group'. The latter group produced a poem during one of the sessions, which brought to mind that the playwright Tom Stoppard when challenged to write a poem in 10 words produced the following:

Einstein born,
Quite unprepared,
For E to equal
MC squared.

A British Institution

The beaches of Bournemouth against all advice on social distancing have been crowded this summer. But it's nothing compared with August Bank Holiday Monday, 1953 in Blackpool where a record number of deckchairs rented in one day was set. By early morning all of the Council's deckchairs were in use, and by the evening 56,000 people had hired them out, the largest number of deckchair bookings ever recorded.

Since then both deckchairs and the British seaside have lost popularity, until this year when the return to holidays at home may yet save both icons, an unforeseen consequence of COVID -19.



The deckchair was named after an American, John Cham, who in 1855 patented a folding wooden chair with a wicker or fabric back, which became a fixture on passenger ships, hence the name. However, in 1886, British manufacturer John Thomas Moore patented a simpler and more adjustable version which is close to the deckchair we know and love today.

In Northern Europe, the remains of folding chairs from the Bronze Age have been discovered, and we also know that the Ancient Egyptians, Greeks and Romans were partial to a folding chair. There is even a record of 'six folding chaires of crimson vellvet trymmed with gold lace' which were sold by public order after the execution of King Charles I.



The classic, canvas striped deckchair may be much loved, but lighter more portable chairs have appeared taking its place, and overseas holidays lead to the demise of British seaside resorts. This led to deckchairs not being rented out by resorts, such that in 2011 even Blackpool put its deckchairs into storage. But there is hope for the deckchair as the last British manufacturer, Southsea Deckchairs, is reviving the brand and many resorts are buying them again for rent. In the 50's Blackpool collected £2 million a year in hiring deckchairs, which many Councils would be glad of in these years of reduced funding.

The iconic striped canvas deckchair may yet have a revival on the present crowded beaches of Britain.

David Bailey

I had my patience tested. I'm negative.

When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.

Garden Birds In Lockdown

Last Autumn, my Daughters gave me two bird feeders and a nesting box. As a complete beginner in garden bird care, I sought advice from experienced birders and read the RSPB's lists of do's and don't's.

The feeders were placed in suitably safe locations, and the nesting box was placed on a high fence where predators could not attack its contents. One feeder was designed to take general purpose feed such as grain and sunflower seeds and the other was for fat nuggets.



I am fortunate in having a fairly large garden with plenty of tree cover and shrubs. In past years a succession of cats had proved a deterrent to birds, We had one fierce tabby who would lay in wait on our roof, poised to attack any fledglings emerging from their nest. To deter the cat I bought a water pistol.

Since there are now no cats in or around the garden, the bird population has increased greatly. Early in the Spring, the feeders started to attract a variety of birds, including sparrows, robins, wrens, blackbirds and blue tits. At first, the birds viewed the feeders with some suspicion, but soon started to feed regularly and I had to top up the feeders several times in the week. If I allowed it to remain empty for more than a day, the first impatient visitor as I replenished the feed was always a robin, who cheekily climbed aboard with a look as if to say, 'about time too!'

Later in the Spring, the nesting season began and parent birds were very active in raiding the feeders. The nesting box was occupied by a blue-tit family and the adults were soon busy raiding my garden plants for caterpillars, aphids and other insects to feed their hungry brood. The arrival of the Covid-19 lockdown and subsequent reduction in car and air pollution, seemed to further encourage the bird life and blackbirds, in particular, became much more active, with a wonderful musical song repeated again and again. Birds also enjoyed the large water bowls I put out in March for drinking and bathing.



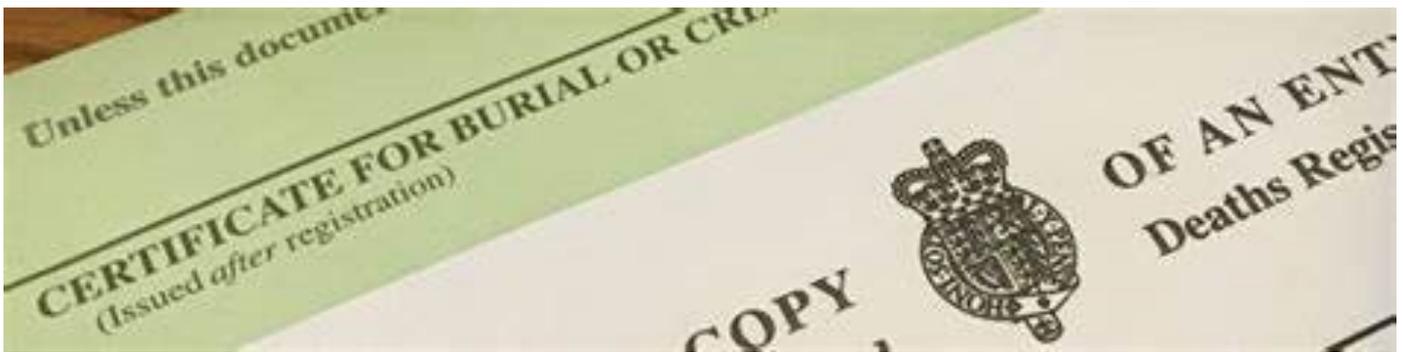
A word of warning, it is necessary to discourage over greedy visitors. The most persistent of these have been pigeons and the occasional squirrel, which a sharp hand clap discourages.

Bird feeders and bird seed can be bought at supermarkets and garden centres, with nest boxes being sold at garden centres and pet shops. Both feeders and nest boxes should be placed so they are not easily raided by cats etc, and the RSPB recommends that boxes should be placed where they blend in with their location.

I would not have believed the pleasure I have derived from the company of my feathered friends through the dark days of lockdown. I am obviously not alone in seeking the company of birds, as I noticed that panic buying in March left the bird feed shelves at my supermarket completely empty. Fortunately, they are now replenished.

Ken Lovett 2020

Handling Bereavement



It is at a time like this that you need all the help you can get when registering the death of a loved one and notifying all the necessary bodies of their passing. Places like banks; pensions; driving licences; utility companies, etc.

Because of the pandemic of the Corona-19 virus, many of the places you need to contact are either closed, or the staff is on furlough or they are short staffed and trying to cope as well as possible. You may find that you can be left waiting in call-queues for a long time. Here are some schemes to be aware of to make your task easier.

This article gives you information on the public bodies that are around and can help you when it comes to informing various people and institutions of the death of a loved one.

One of the first things you do on a death is to go to your local Registrar to register the death. When you do this, ask him/her for information on the **Tell Us Once Scheme**. This is a service offered by most local authorities. In most cases the Registrar of death will offer you the **Tell Us Once Scheme** interview immediately after you have registered the death. The Registrar will check with you which central and government services need to be notified.

The Tell Us Once Scheme will contact:

- ◆ HM Revenue and Customs (HMRC)
- ◆ Department for Work and Pensions (DWP)
- ◆ Driver and Vehicle Licensing Authority (DVLA)
- ◆ Passport Office
- ◆ Local Council

The notification is sent through immediately and you will be given a confirmation letter.

This service allows you to inform central and local government services of the death at one time rather than having to write, telephone or even attend each service individually. It is free to use and can save you a great deal of time and effort. It is essential to note that you must have registered the death and been given the unique **Tell Us Once Scheme** reference number before you can use the telephone or online service. You may find it useful to use the web address which will give you all the information on what documents to take with you when registering the death.



Their web address is: www.gov.uk/tell-us-once

Another useful service at this time is the **Death Notification Service (DNS)**

You will find this service helpful when needing to close bank or building society accounts of whoever has died. It will help if you know what accounts they have with the bank or a Building Society, but if you do not know, then this service will find the accounts for you.

This is a free service which many High Street financial institutions are able to sign you up to. If you have a computer, or access to one, ring this telephone number: **0330 045 02131** and you will be given a registration number and details on how to apply Online for their help.

If you do not have access to a computer then ring : **Helpline 0333 2076 574** and they will take the necessary details from you.

This service allows you to submit an Online form to inform banks and building societies of a person's death and to close their accounts all in one go and at the same time it allows you to call a dedicated helpline to tell multiple financial companies that someone has died.



If someone calls a bank or Building Society directly they should be told about the service. If you need further details and have access to a computer it may help to Google **Death Notification Service**

Further progress is being made to make it easier for families to deal with bereavement when several Utility Companies met in June this year, to discuss how they could make the process simpler for families. Out of this meeting **SettleD** was formed, a free service due to start around July 2020 that will automate the process of closing accounts with utility companies. British Gas; BT; Scottish Power, Shell and Southern Water were among those at the meeting. SettleD wants the government to introduce a standard protocol for bereavement, so that companies would have to respond to inquiries and settle outstanding customer balances within an agreed timeframe, as well as having a dedicated bereavement team to handle each case. The service will allow people to upload a digital death certificate for use by multiple companies and track an account closure on an app and website.

As published in Sunday Times, July 5,2020

[See also our article on **Wills** on page 15.]

Readers' Poems

Poem written on the theme of Midsummer Cushion
a tradition featured in the works of John Clare
By Margaret Cowling

Roses, Dandelions, Antirrhinums and Daisies

Roses in Grandma's
Garden, shed petals to make
Pale pink rosewater

Dandelions' leaves
Picked with Gran for rabbit food.
I blow the puff balls

Antirrhinums or
Bunny rabbits Gran would say,
Squeezing lips apart

Daisies. Making chains
For coronets or bracelets
On Midsummer's Day



A Cushion for Clare

1. Let us celebrate the poet John Clare
Who left such rich verse to be treasured for e'er
But not only words - customs too-
A Midsummer cushion - for me and for you.
2. All dressed with wild flowers from his beloved countryside
Gathered from hedgerows and fields far and wide.
But which flowers should we pick to honour the man
Whose voice lingers on after such a time span?
3. Perhaps think of his poems and what he loved best
To celebrate the man whose life of unrest
Saw both joy and hardship, then gradual decline
But he never once lost his passion for rhyme.....

So

4. **C** is for cornflower for his 'vaulted' blue sky
L onicera tangled in hedgerows passed by
A nemone, the purity of saying 'I am'
R agged Robin -bees buzzing round the dread asylum
and **E** what can E stand for (I have one extra line!)
Why the English daisy-the flower of all time.
5. What would he have made of a group such as ours
Who've toiled to write rhyme and taken some hours
In attempting to salute a talent quite rare
The man who loved nature -the poet John Clare.

Why

What are we doing to this fair earth,
to this land that gave us birth?

Men and women stand accused,
This fragile planet we have all abused,

Everything that walks creeps or flies,
Looks on us with jaundiced eyes,
Plunderers of great conceit,
Can you sleep at night replete..

Everything you have defiled,
What have you left this little child?
Ann Feary





Looking for sheltered housing in Cambridge?

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

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

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

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British Lung Foundation

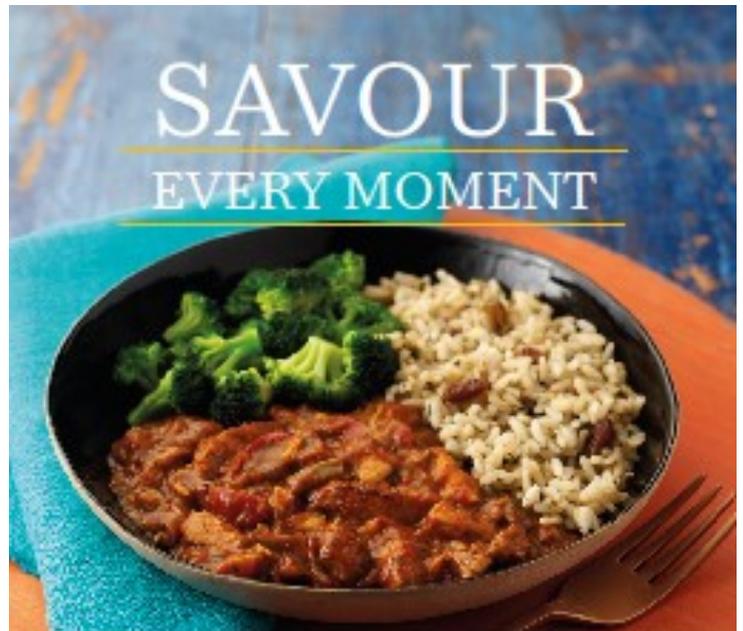
Helpline 03000 030 555 Mon-Fri 9am to 5pm
www.lunguk.org

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

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Recipe

Corned Beef Hash

Serves: 4

Ingredients

- 340g tinned corned beef
- 3 tablespoons Worcestershire sauce
- 2 teaspoons Dijon mustard
- 1 large onion
- 600g potatoes
- 2 tablespoons olive oil or vegetable oil
- salt and ground black pepper

Method

Get your can of corned beef and cut into 1 cm-ish pieces or break it up by hand for a more rustic look.

1. Combine the Worcestershire sauce and mustard in a cup and pour over the corned beef, stir to combine. Set this aside for later.
2. Slice the onion.
3. Wash the potatoes and cut into 1 cm cubes, leaving the skin on, place the cubes in a saucepan. Pour enough boiling water from the kettle to almost cover them, then add salt and simmer for 8 minutes with the lid on.
4. Drain the potatoes and set aside.
5. Fry the onions in the frying pan with oil until they are golden brown.
6. Put the heat on high, add the drained potatoes and toss these around with the onions. Add more oil if necessary.
7. Add the salt and pepper. Season to your taste.
8. Keep turning the mix, After about 6 minutes, add the beef and continue to toss everything around to allow the beef to heat through (about 3 minutes).

Tip: Add a bit of Tabasco or a chilli if you like it hot.



Urban Foxes



Carol and I were initially pleased to find hedgehogs in our garden in Richmond Road, and left food out for them. But one night checking whether the food had been eaten, Carol found a fox and we have not seen the hedgehogs again. However, the fox(es) must cover a large area as the porters at Wychfield (Trinity Hall) off Huntingdon Road discovered when they found items collected in its den.



Wills

At the time of someone's death you may ask 'have they written a Will?' Here are some thoughts on the pros and cons of preparing a Will. A Will is the only way to make sure your money, property, possessions and investments (known as the estate) go to people and causes you care about.

The cost of drawing up a Will by a solicitor. A simple Will – can cost between £144 and £240. So, shopping around and finding someone good for the lower price could save you almost £100. A complex Will can cost between £150 and £300.

Free Wills Month takes place twice a year - in March and October – to give anyone aged 55 years and over the chance to have their Will written or updated for free. Solicitors from across the country take part in the campaign, all of whom are listed on the Free Wills Month website.

Making a Will – You can write your Will yourself, but you should get advice if your Will is not straightforward. You need to get your Will formally witnessed and signed to make it legally valid. If you want to update your Will, you need to make an official alteration (called a 'codicil') or make a new Will.

Wills are public documents. To find out if there is a Will, contact the probate court in the county where the bereaved person lived and see whether there is a Will on file. Court clerks should be able to track Wills by date of death and name.

Do it yourself Will forms have a place for you to name an executor to handle the probate of your estate. This should be a trusted person, and may also be a beneficiary named in do-it-yourself Will forms. Once witnessed and notarised, do-it-yourself Will forms are enforceable under the law.

Make sure your Will is legal. You must be 18 or over; you must make it voluntarily; be of sound mind; make it in writing; sign it in the presence of 2 witnesses who are both over 18 and have it signed by your 2 witnesses, in your presence. Please note – you cannot leave your witnesses (or their married partners) anything in your Will.

If you and your partner are not married or in a civil partnership, your partner will not have a right to inherit if you do not have a Will.

If you do not make a Will, there are special rules for how your estate will be distributed, these are called intestacy rules. Here they are:

- * If you have a spouse or civil partner and children, your spouse or civil partner will inherit all your personal possessions and at least the first £250,000 of your estate, plus half the rest. Your children will then be entitled to the other half of the balance.
- * If you have a spouse or civil partner but do not have children, your spouse or civil partner will inherit your whole estate, including your personal possessions.
- * If you and your partner are not married or in a civil partnership and you have not made a will, they have no automatic right to inherit from your estate. This applies even if you have lived together for a long time or have children together.
- * If you have children and your spouse or partner is deceased your children will inherit everything, divided equally between them.
- * If you do not have a partner or children, then parents, brothers, sisters, and nieces and nephews may inherit your estate.

Imperial or Metric?

Although the UK has adopted the metric system for weights and measures, we still hanker after the old imperial units. But recently the 2 metre distancing we are told to keep apart has made us more aware of the metric measurement. Having said that we are often reminded that 2m is basically just over 6 feet.

With younger people, metres has won the measurement war, but I and I am sure many of us oldies still think in feet and inches or pounds and ounces, and to a certain extent metric and imperial mix and match. For example, road distances are in miles, fuel usage in miles per gallon and heights and weights given colloquially in imperial. People are described as over 6 feet and 15 stone. Dieters give their weight loss in stones.

LCET CIVIL ENGINEERING DIFFERENT UNITS CONVERSION FACTORS		
FOOT OR FURLONG:	MILE:	PERCH, POLE OR ROD:
1 Foot = 12 inches	1 Mile = 5280 feet	1 Perch = 25 links
1 Foot = 0.36 vars	1 Mile = 8 furlong	1 Perch = 1 pole
1 Foot = 0.3048006	1 Mile = 320 rods	1 Perch = 1 rod
1 Furlong = 660 feet	1 Mile = 80 chains	1 Perch = 16.5 feet
1 Furlong = 40 rods	1 Mile = 1.60935 kilometers	1 Pole = 16.5 feet
	1 Mile = 320 perches	1 Pole = 1 perch
LINK:	1 Mile = 800 links	1 Pole = 1 rod
1 Link = 7.92 inches	1 Mile = 1609.2655 meters	
1 Link = 0.66 feet	1 Mile Square = 27,878,400 square feet	YARD:
1 Link = 0.2017 meter	1 Mile Square = 2.59 square hectares	1 Yard = 36 inches
		1 Yard = 3 feet
		1 yard = 0.9144 meters
		1 Yard = 91.44 centimeter
		1 Square Yard = 9 square feet
STANDARD CONVERSION FACTORS		
INCH = 25.4 MILLIMETRE	POUND = 0.4536 KILOGRAM	
FOOT = 0.3048 METRE	MILLIMETRE = 0.0394 INCH	
YARD = 0.9144 METRE	METRE = 3.2808 FOOT	
MILE = 1.6093 KILOMETER	METRE = 1.0936 YARD	
ACRE = 0.4047 HECTARE		



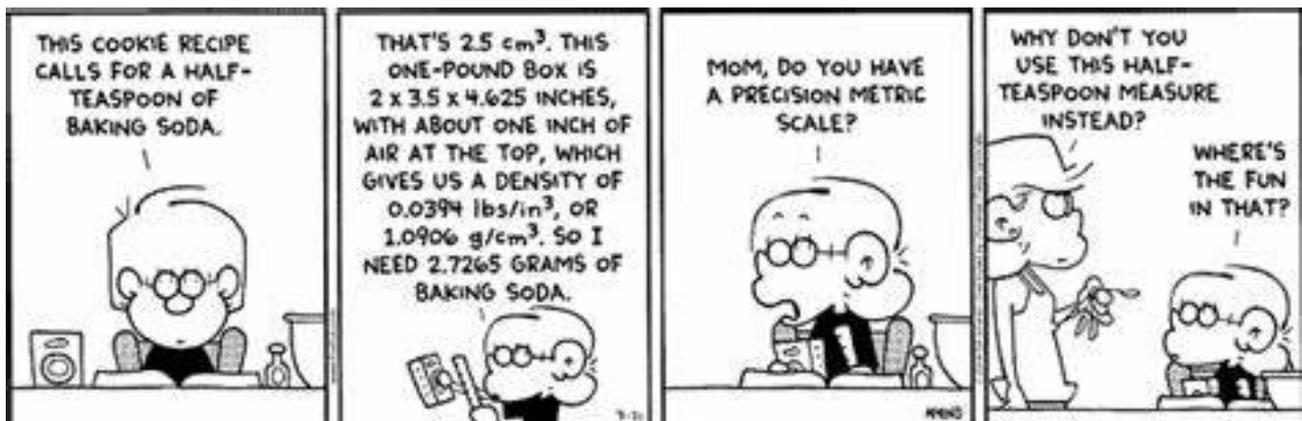
Weather reporters officially announce temperatures in degrees celsius, but the press still describes a summer heatwave as in the 90's. A fahrenheit reading sounds more dramatic.

America is the last stronghold of feet and inches, gallons and pounds and ounces, although their version of pounds and gallons are smaller than the imperial units. Retaining elements of imperial measurements has much more resonance in habits of speech and tradition, its easier saying going for a pint than going for 0.568261 litres, and the racing fraternity talk of furlongs covered in a race.

Even in Europe the old measurements are used, when in Spain I asked for water pipe fittings in millimetres, I was told they were in half and three quarter inches. In the world of precision engineering exactitude is important, but in the human sphere an element of fluidity is endearing. Feet and inches were based on the human body, even the French still use the same word for inch as for thumb.

My memory of weights and measures still thinks of the back page of my exercise book where a list of weights and measures was printed and the ubiquitous rod, pole or perch reigned supreme, and a mile was 1,760 yards. At least although sterling was decimalised, the pound was retained.

David Bailey



St Ives meeting

**Next COPE St Ives Meeting: Thursday October 15th 2020 2pm to 4pm
with the usual biscuits and tea / coffee.**

New Venue — Ground Floor, St Ives Corn Exchange, Market Hill, St Ives.

The new venue on the Ground Floor has been chosen to allow social distancing between members. There will not be a Speaker at this meeting to enable members to socialise — important for many after social isolation since the last meeting.

Please note the new day of the week and time for the meeting. Future meetings will be held on the third Thursday of each month from 2-4 pm.

There will be the usual raffle.

£2.00 Entry to help with costs for the room hire and refreshments.

COPE Meetings are open to ALL. Membership of COPE is free to everyone over 50 years old. Bring your friends and encourage those living alone to come and join in the good company.

Honorary St Ives Branch Officials: Chairman Brian Reynolds, Secretary Angie Walters

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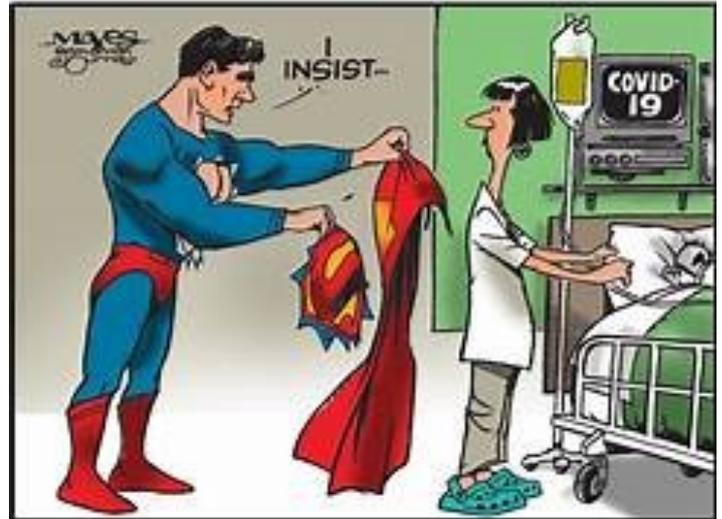
www.all-eyes.co.uk

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

**Help — volunteers needed for
the COPE Office.**

**To answer phones and general
administration.**

**Please contact Peter Murfitt on
01223 364303 if you can help.**



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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**

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

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

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

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

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

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

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

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

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

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

Telephone **Sue Allin - 01223 262990**

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

Grovebury Ladies club meet Tuesdays 7.30-9.30pm Arbury Community Centre, Campkin Road Cambridge
Contact **Barbara Watts** on **01223 570707**

Hiam Sports & Social Club, Prickwillow, Ely. Ballroom Dances 3 times every month, Tea Dances every Thursday. Contact: **01353 688 269 (club) 07842 146308** email: **info@hiam.co.uk**

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

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

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

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

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

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

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

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

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

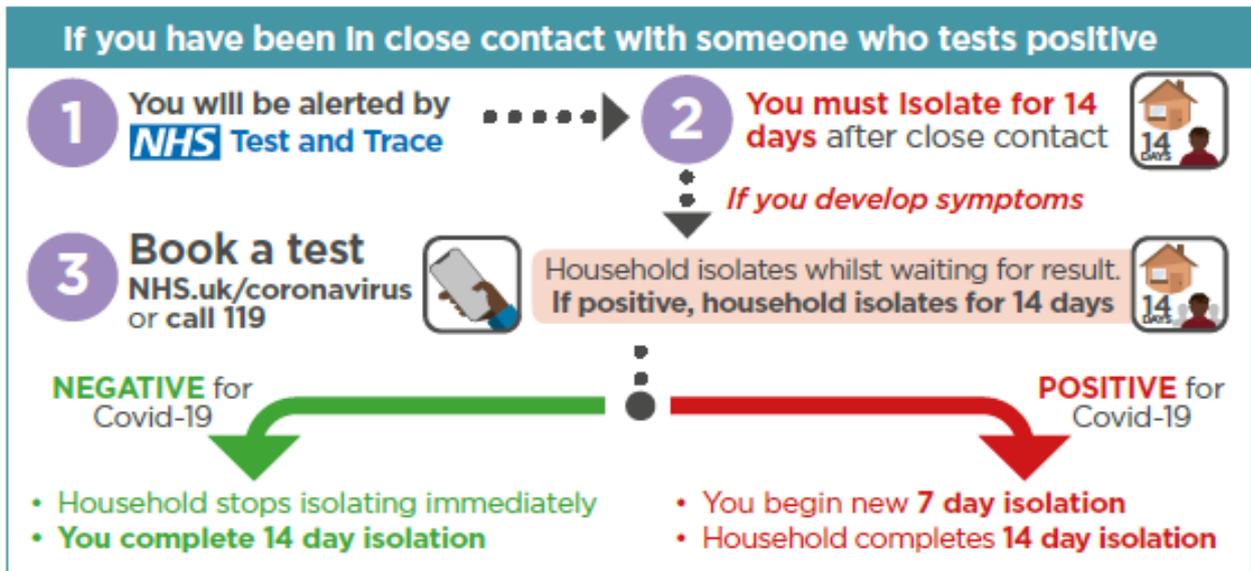
www.wimblingtonfilmclub.org.uk

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

Telephone **Sandra Watts - 01954 411873**.

AGM & COPE Meetings in September / October / November

We are hoping that the COPE St Ives, Queen Edith's and St Luke's Social Meetings will be able to resume in the autumn, as well as to hold our delayed AGM. (See page 15 for an update on St Ives.) This is of course subject to government restrictions on gatherings being lifted. We will send out further information as soon as possible.



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

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

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

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

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

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

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

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

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

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

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

Huntingdonshire Hub
www.wearehuntingdonshire.org/

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

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

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

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