

### In this Issue

- 1 Editorial
- 2 Members & Talking Together
- 3 Membership form
- 4 Trustees
- 5 Wordsearch
- 6 Oldies have always been Greenies
- 7 COPE AGM Report
- 8 COPE Survey & Accounts
- 9 Buses in Crisis
- 10 Why we Garden
- 11 Smart Meters
- 12 Healthwatch
- 13 Technology Museum Visit
- 14 Recipe
- 15 Christmas Lunch
- 16 Photography competition
- 17 Thetford Tour/ Silver Sunday
- 18 Adverts/St Ives Group
- 19 Activities, events
- 20 Regular meetings

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### Editorial

A successful AGM was held on the 15<sup>th</sup> July. The only fly in the ointment was that the lead speaker, Nigel Tarrant of Stagecoach did not appear, in spite of his visiting us to discuss his presentation. Recently we have been discussing with Stagecoach to see if they can provide an article covering the topic which Nigel was to talk about. Fortunately, the other speakers filled the void and during and after lunch everyone had a chance to visit the stalls. (A report and photos are on page 7)

A questionnaire is included with this Newsletter and we are asking you to complete it and return in the enclosed postage paid envelope. This will help us to know your needs and problems, but also so that we can ensure the Councils are aware of them and continue to support us with grants.

Next year we will be starting our new project, Talking Together. Details of the project are on page 2 and we hope that as many of you as possible will register. You can do so on the questionnaire. We will keep you informed of its progress in future Newsletters, and trust that many of you will be involved.

This project is continuing COPE's campaign against loneliness as it is another means of overcoming loneliness. Everyone is beginning to realise that on a national level loneliness is an epidemic suffered by an estimated 9 million people in the UK. But there is still a stigma admitting feeling lonely which must be overcome. Loneliness affects all age groups but particularly the elderly,

There is an antidote which is **Friendship**. It becomes increasingly important to our well being as we age, indeed, in older adults it has been found that friendships are a stronger predictor of health and happiness than relationships with family members. So make sure you have good friends and make new ones, but also keep good relations with your family.

**David Bailey**



## Member's letter

Dear COPE people

First may I congratulate you on the topics you have covered in the latest edition of the COPE newsletter.

Thank you for the article on lack of public toilets. We live in Trumpington and now rarely go out due to the necessity for public toilets. There are none in Trumpington but we can use those in our community buildings IF they are open, and those in Waitrose. We have two new country parks, and neither have any toilet facilities. We are shocked that the Cambridge Station newly built square has no public facilities for travellers. There are of course some in the station but if you go to meet someone or have arrived by bus, the only option is a pub which as you say you really need to be a customer. I no longer meet friends at the railway station because of this.

On another matter, I note from the list at the back of COPE venues, there are none in Trumpington. Would it be that hiring rooms here are too expensive? The U3AC has a very wide programme but only one meeting is here.

Once again thank you for working on behalf of the older generation.

Best wishes

Margaret Cowling  
Cambridge

### TALKING TOGETHER

Join COPE, as we present TALKING TOGETHER, a new and exciting programme which brings learning, laughter and the company of new friends to you without leaving your home. No special technology is required.

Connecting via the telephone, TALKING TOGETHER will introduce you to other with persons shared interests in the following areas: literature, environment, local history, nutrition, art and gardening. The programme is free but does **require registration**.

Under the direction of a skilled leader, each group will be organized to speak together twice a month for 45 minutes over six weeks. COPE will connect all registered group members on the scheduled day and time.

In January 2020, we hope to begin with a trial period and look forward to having you join us. Please indicate which group/groups interests you by telephoning the COPE office at 01223 364303 or emailing us at [cambridgecope@hotmail.co.uk](mailto:cambridgecope@hotmail.co.uk). We will be accepting registration until 2 December. Should you have any questions or suggestions for discussion topics, we will be happy to phone you to discuss them.

We look forward to having you join us as COPE moves in a new and exciting direction.

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](mailto: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 (2018/2019)



David Bailey,  
COPE Chairman



Peter Murfitt



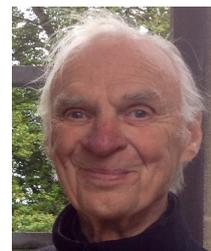
Alice Zeitlyn



Jennie Jenks



Doreen Ryan



Ken Lovett



Deborah Katznelson



Brian Reynolds

### Disclaimer

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

Submissions for our October / November issue must be received no later than Friday 6th September.

# Word Search

OCTOBER / NOVEMBER 2019

BHm 09/10/19

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

	D			T	I		
	L			L			A
	U			S			N
	A			E			A
	L			G			A
	O			E			O
	O			N			A
	E			I			G
	E				D	I	

## AIM

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

## Last month's solution

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

Use the word 'judicious' in a sentence to illustrate its meaning.

*I am using 'judicious' in this sentence to illustrate it's meaning*

Why should we be optimistic about the future? Use either a discursive or an argumentative style in composing your answer.

*Because if you're not positive about the future then you ain't got much hope have you.*

# Oldies have always been Greenies

Green Parties are described as the dominant force in the new EU parliament, and we are being tutored by children on how to save the planet, or we face extinction!

Oldies are often blamed for having brought this poor planet to the edge of environmental disaster, but it should be pointed out that we all grew up practising 'green' lifestyles. In fact we had to in order to survive.

We didn't drink from plastic containers, we took lemonade bottles back to the shop for a deposit, or it would be collected by the Corona man who left the filled replacements. The same with milk, it was delivered everyday in bottles by the milkman who collected the used bottles.

Sweets were decanted from a jar and wrapped in a paper cone. Sugar was sold loose, and butter and cheese were cut from the slab and wrapped in greaseproof paper – those were the days when the only (super)markets were Sainsbury and the Co-op.

Rag and bone men (a la Steptoe & Son) collected items for recycling and waste food was fed to pigs ensuring we had at least bacon. The Christmas chicken (turkeys were an extreme luxury) had to be plucked and butchered on the kitchen table and eggs were saved for the winter months in earthenware pots with ising glass.

We walked or cycled to school or took a bus or train. People didn't have fresh clothes everyday, men changed shirt collars not the whole shirt. Clothes were repaired, recut and recycled. My grandmother had a salesman friend whose old suits she took to pieces and remade into my school jackets and shorts. Washing both body and clothes was a weekly ritual.

Heating came with winter fires, it was decadent to have one in summer however cold. If you were cold you wore more clothes, especially sweaters and cardigans, which were knitted at home rarely bought.

Americans were thought soft for their addiction to comfort. But then when we got the chance to embrace the American way of central heating, daily showers, convenience foods and everything prewrapped, we jumped at it.

Now it appears we will have to go back to that simpler lifestyle as directed by our teenage children to ensure the planet survives for future generations.

## David Bailey

*Based on an article by Mary Kenny in the Oldie August Edition.*



# COPE AGM 2019: report

The COPE Annual General Meeting was a busy event that was well attended. The City Mayor, Cllr. Gerri Bird (a COPE member) opened the event with mention of our work to help banish loneliness in older people's lives.

The AGM then took place; Minutes of the 2018 AGM were agreed and signed. The Chairman, David Bailey, presented his Annual Report and the Financial Statement was voted on and agreed by the members. David Bailey was re-elected as Chairman of COPE and the Election of the Trustees went through on a block vote. There was no other business and the Forum was then opened by the Chairman.



The four Forum speakers came from diverse areas such as London and Cambridge city. The speaker from Stagecoach had promised to inform us about the future bus services that we could look forward to, unfortunately with no prior notice, he did not attend. Marion Wilson represented the National Pensioners Convention and in her speech urged everyone to create initiatives in order to alleviate loneliness with examples such as chatter cafes and Men's Sheds.

Marion was followed by Karen Reid from Cambridgeshire County Council who outlined the danger of scams in our daily lives and gave examples on prevention. After Karen's interesting presentation, Nigel Sutton, a specialist in fraud and cyber security from the Police Commissioner's Office, advised us to create unusual passwords that were difficult to corrupt. Kate Hales brought the Forum to a close with a comprehensive outline of the community work by Healthwatch.

Our members enjoyed listening to all the speakers and were pleased at the progress COPE is making concerning loneliness in people's lives. Many other voluntary organisations are working under the same heading and networking with them is inspiring us to make more effort.



After a welcome lunch break, members visited the 14 various stalls chatting to the stall holders. A new attendee this year was Scrapyard which proved very popular. It is amazing how objects can be used in the home and do not need to be thrown away. We also had the presence of a dog on the stall Hearing Dogs. His name was Clyde and he behaved beautifully. There was quite a buzz around the stalls which obviously created a lot of interest.

We also held a raffle with gifts donated to us by Waitrose and our members.

The Chairman brought the event to a close at 1.30pm

Thanks to all for coming and making it a memorable day.

*COPE Accounts for 2018/19 are set out on the next page.*

# COPE Questionnaire & Accounts

COPE is always mindful of the need to take into account the views of our members in planning programmes, outings and advocacy activities. We want to be sure we remain responsive to the needs and aspirations of the current membership of over 2,500. We would like to make COPE activities as appealing as possible to the membership as well as encouraging others to join us. For this reason, we ask that you take time to respond to the enclosed questionnaire.

We understand that each of us has different needs and aspirations. However, we all share the desire to interact with family, friends and neighbours. Health limitations, changes in society and declining social services can influence the ability to maintain these relationships. As a result, we may face increased loneliness and isolation at any age. COPE is dedicated to focusing on this issue and supporting the intention of its members to remain fully involved in their communities.

A reply paid envelope is provided for you to return the completed questionnaire to us. We appreciate that you take the time to share your thoughts with us and will continue our best efforts to put your suggestions into practice.

## COPE Income & Expenditure Account 2018-19

INCOME		EXPENDITURE	
<b>Grants</b>		<b>Rent</b>	
Cambridge City Council	£7,500	St Lukes Community Centre	£8,052
(restricted)		Queen Ediths Chapel	£ 366
Cambridgeshire County Council	£9,893		£8,418
South Cambs District Council	£4,000		
Independent Age	£ 200	<b>Newsletters</b>	
South Area Cambridge CC	£ 700	Printing	£7,085
	£22,293	Royal Mail	£5,206
			£12,291
<b>Donations</b>		<b>Events</b>	£2,099
Members	£1,207	Xmas Lunch	£1,905
Cambridge City Council	£ 100	Insurance	£ 302
	£ 1,307	Administration (BT, Office supplies etc)	£ 1,100
		BT	£ 949
<b>Events</b>	£ 4,559	AGM and Forum	£ 418
Weather Lottery	£ 416		
Other (incl. adverts)	£ 1,412		
		<b>Excess of Income over Expenditure</b>	£ 2,505
<b>Totals</b>	£29,987		£29,987
<b>Bank Balance at 31/03/2018</b>			
Lloyds Bank	£31,087.53		
Cambridge Building Society	£ 7,540.18 (reserve account)		
<b>Total</b>	£38,627.71		

  
 Ms. ARNOVA FCSA  
 9.7.19

# Buses in Crisis

Buses are the most used form of public transport, with three times as many trips in England by bus than by rail. In spite of this, bus services are the cinderella of transport with services being cut throughout the country. This has led to the Campaign for Better Transport to publish a report on the dire state of the public bus network, in which the main headlines are:

1. There has been a reduction in funding for bus services of 45% across England and Wales since 2010 with 3347 bus services being reduced or withdrawn since then.
2. In the last financial year, 2017-2018, 290 bus routes in England have been cut or reduced and 11 in Wales
3. The worst affected region in England was the North-West with 77 bus services cut or reduced last year and the East of England was the second worst affected area having 45 bus services cut or reduced.

The loss of a bus service has huge implications. It can cut people off from jobs and education, damage local shops, pubs and businesses, affect people's health and mental well being and increase congestion, air pollution and climate change as more cars jam up our roads.

At our recent AGM, we were promised a speaker from the main Cambridge bus service, Stagecoach, to talk about the future of our bus services, unfortunately, he failed to arrive. We have been in touch with Stagecoach, and will be having a meeting with them to discuss their future plans. This will be reported in our next Newsletter.

The Greater Cambridge Partnership is talking about reducing congestion in Cambridge, but to date is talking of reducing car traffic and constructing bus lanes which in many cases only speed up the bus by a minute or two. But there is no indication on how the extra thousands of people being accommodated around Cambridge are to travel to work or shop if they are unable to use their cars. Park and ride facilities have helped but we have yet to see improvements in the overall bus services from the County to Cambridge. The guided bus has certainly improved the Cambridge - St Ives- Huntingdon corridor, and the Cambourne- Cambridge future guided bus will hopefully do a similar job, maybe extending to St Neots. But these are only on two corridors into Cambridge.

The so called Greater Cambridge Transport Strategy seems more a justification for building more houses around Cambridge encouraging take up of the Green Belt for development. Whether the massive A14 alterations when completed will improve the traffic situation also remains to be seen. More frequent and regular buses would help motorists out of their cars.

Our previous member survey showed that transport was a major problem both in Cambridge and the County. Towns and villages, are losing their facilities including bus services, which is creating more social isolation and loneliness, policies which both Local and Central Government are prioritising. But by severely cutting funds for bus services, reductions of these services increases social problems instead of alleviating them.

It is all very well to celebrate the existence of bus passes for older people, but if no bus services exist it is useless to have a pass.

Recently, the Cambridge Area Bus Users was formed to stand up for the interests of bus passengers in and around Cambridge, and improve local bus services. To join contact [www.cbgbususers.com](http://www.cbgbususers.com).

# Why do we Garden?

What is it about planting and sowing, that draws so many of us to try, sometimes fail, but persist in doing this? It is my belief, that it is, in our DNA. We are, after all still DNA connected to every growing and living thing on this wonderful and unique planet. And yet, I believe, it is even deeper in our psyche than that. For many of our fellow human beings, it IS because we need to grow plants – to eat and survive.

For a moment, think carefully about how you feel, emotionally and physically, when you visit your garden, or allotment, and pick a piece of fruit, a rose, a raspberry, radish or a pod of new peas? That action is the essence of our soul, and our being and gives us meaning and purpose. All else can be upside down, confusing and saddening, but when it comes to the fundamental reason for our being, we can turn to the very earth, millions of years in the making, and pluck the fruits of our labour of love. No drug I know of can do that!

On our Girton Allotment site, we are fortunate to have 110 members and families too, from as young as 6 years, to 90. This is a microcosm of Girton society: We have many who are retired, and many others who still work long hours, and who enjoy the peace of an hour or so on their plot in the evenings and weekends. An opportunity to connect with plot neighbours, reflect and renew after the day's challenges, take pride in picking some fruit, veggies, or flowers, or just sit and listen...

We are coming toward the Autumn part of our growing season, but still we are planting and sowing, for vegetables that will sustain our interest and joy, in growing and eating, over the months ahead.

Already we are thinking of next year, and the years after, in the continuity, and the 200 years site legacy we are responsible for. This gives us meaning and purpose. We clear ground, dig in compost, imagine what might grow where, by rotating the crops to minimise pest build up, accepting that pests are also part of the food chain for our resident frogs and toads, hedgehogs and mice, squirrels, and dozens of birds. Of course, some of them eat our vegetables and fruit, - and why not? If we choose to kill every pest, slug, snail, or caterpillar, - then we choose to kill every wild animal on this planet too!

Our site has recently set out a wild flower area, and in the near future, a wild berry and fruit area to sustain the wildlife, - we believe. But, that in itself makes us ask questions of our intentions. Do we sow seeds – or just let nature take its course. Are the wild flower seeds we buy in good faith, the 'right and natural' seeds for the area? What benefit is this to the birds, butterflies, and pollinating insects and bees? Whatever the answer is, it certainly does make us ask the questions.

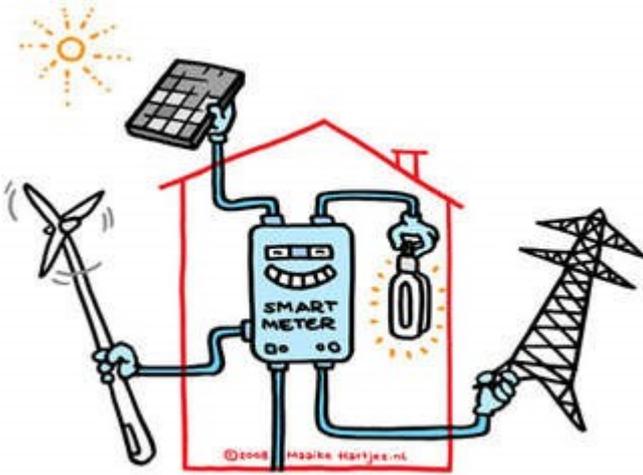
Environmentally, we are asking ourselves other questions, about harmful materials and chemicals. What legacy will we leave, if we contaminate the ground with bits of perishable plastic, or apply chemicals that will one day be found in our on-site water supply from two hand pumped wells? We have the water supply tested twice yearly, and compare the hundreds of results from previous years. Whatever we apply in chemicals, fertiliser and discarded plastics, will be a lasting legacy for our grandchildren. They may not think so well of us!

Right now, we respect and protect the legacy handed down to us as temporary custodians of this 6.5 acre site, in the centre of Girton. We have hedges to cut, ditches to clear, paths and trackways to keep maintained, occasional overgrown plots to clear, and a helping hand for those in need of some temporary help, due to disability or illness. This is not just an allotment site, it is a society of ages, occupations, interests, and abilities working together, as they have for most of 200 years. It renews, refreshes, and sustains us day by day. Let us hope we are leaving a legacy for others to be proud of.

**Malcolm Frew, Chairman Girton Allotments**

# Should I get a SMART METER?

Is it time to give in to demands from your energy supplier to replace your mechanical electricity and gas meters with a new smart meter? According to many experts, including Paul Lewis, financial expert, the answer is no.



Smart Meters are supposed to tell your supplier exactly what energy you use in real time (for electricity) or half hourly (for gas), so your bills will be accurate rather than estimated. They also let you see how much energy you are using and what it is costing. The hope is that will make us use less energy. In the long term, smart meters will allow charges to be higher at peak times and lower overnight. That will become more important as electric cars become more popular. Home charging points now only get a £500 subsidy if they work at cheap times. These 'time of use' tariffs will also mean that cooking at dinner time will be more expensive than in cooking in mid afternoon.

Some firms are still fitting first generation (SMETS1) smart meters. The deadline to stop doing that by 5 December 2018 was extended to 15 March 2019 for 12 energy companies, but they are still being fitted due to supply problems. Most of these meters are not smart enough to cope when you change suppliers. After you switch they still measure what you use, but cannot send the data to the new supplier, so they still have to be manually read. Latest figures show that about 2.5 million SMETS1 meters have stopped working in smart mode, and a programme to upgrade them has still not begun.

The Government's target to get smart meters in every home by the end of 2020 cannot now be met. In the last 12 months 4.5 million meters were fitted. At that rate, it will be 2026 before the remaining 30 million old meters are replaced. Ofgem now admits that smart meters will need to continue to be installed beyond 2020.

It's not compulsory to have a smart meter but some suppliers offer their best tariffs exclusively to those who do. If you do want a smart meter insist on a second generation meter SMETS2 being installed. If that cannot be guaranteed say NO.

David Bailey

Adapted from an article by Paul Lewis in the Radio Times 20-26 July 2019

Computers have made our lives  
easier. But sometimes do not.  
They often break down And  
we get sperm-mail.

# Healthwatch

## What would YOU do to improve NHS services?

**People in Cambridgeshire and Peterborough - including COPE members - have had a say on how they would spend extra money on NHS services in the region.**

The NHS Long Term Plan, published earlier this year, set out priorities for health care in England over the next 10 years and how £20bn of extra funding will be spent.

To help services understand what matters most to local people, Healthwatch Cambridgeshire and Peterborough asked for views and comments from different groups across the region.

Over 800 people, including people with long term health conditions or a disability, got involved. And the findings have recently published in a Healthwatch report called **What Would You Do?**

The main findings showed that people want:

- Faster, easier access to GPs
- More joined-up services
- Care closer to home
- To be listened to
- More support for carers

Living independently is really important to people as they get older. And the report shows that most people want to stay in their own home for as long as they can and, if needed, want family and friends to support them.

Even a small amount of help can help people stay out of hospital.

Access to appropriate and timely housing adaptations and a more varied range of housing options was also on the 'wanted' list.

### **Share your story too**

Didn't get a chance to take the survey? It's not too late to talk about your experiences and ideas.

Help make your local NHS better for everyone in Cambridgeshire and Peterborough by sharing your views with Healthwatch.

- Call 0330 355 1285
- Text 0752 0635 176
- Email: [enquiries@healthwatchcambspboro.co.uk](mailto:enquiries@healthwatchcambspboro.co.uk)
- Or [feedback via our website](#)

# Tour of Museum of Technology, Cambridge with tour guide

**Friday 22 November 11.00  
a.m.**

**Cost: £5 per person including  
tour guide**

Refreshments available nearby.

Make own way to arrive at museum  
(Cheddars Lane, Newmarket Road) by  
10.30am for 11am tour

## TICKET REQUEST Museum of Technology

Print Name(s).....

Phone No: .....

Please send a cheque made payable to  
COPE for **£5** per person with a stamped  
self-addressed envelope to:

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

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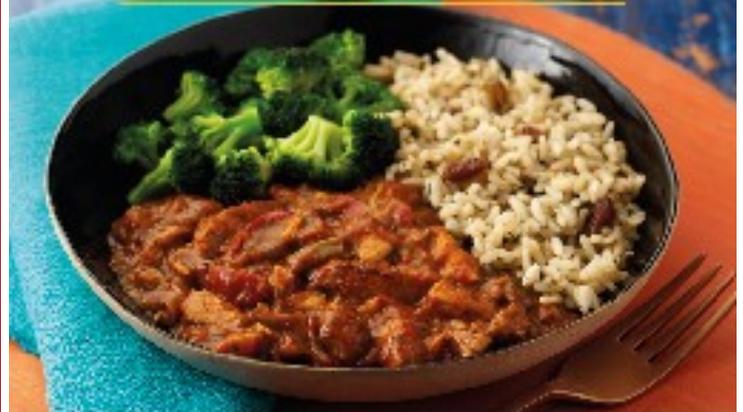
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Sam and team for your professionalism and  
great service. A local company doing it right!"  
Laura Perks

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01223 755 802 [www.ArtofFlooring.co.uk](http://www.ArtofFlooring.co.uk)

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# Recipe

## Potato Pancake

### Ingredients:-

- 2 large potatoes
- 1 tablespoon of grated onion
- 2 tablespoons of flour
- 1 egg
- salt and pepper oil for frying
- grated cheese (optional)

### Method:-

- 1 Grate potato. Remove excess water by squeezing potato in a clean tea towel
- 2 Add all other ingredients.
- 3 Place tablespoons of mixture in frying pan and fry each side for 2-3 minutes
4. Serve with grated cheese if liked



## Paying too much for your glasses?

### Save Money - Buy Direct!

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# COPE Festive Christmas Lunch

Monday 2<sup>nd</sup> December 12.00 for 12.30  
Hallmark Hotel, Bar Hill, Cambridge, CB23 8EU



## Menu

### Main Course

Roast breast of turkey, sage and onion stuffing, pigs in blankets, sea salt roasties and pan gravy, roast parsnips, carrots and buttered sprouts

OR

Cod Loin, lemon & herb crust tomato & basil sauce, gratin potato, roast carrots and fine green beans.

OR

Portobello mushroom, sweet potato and stout torte, sea salt & thyme roasties, roast parsnips, carrots and buttered sprouts (Vegetarian)

-----  
Traditional Christmas pudding with brandy sauce

OR

Chocolate & Salted caramel torte

OR

Gingerbread cheesecake, toffee sauce

Tea & coffee and Raffle

## TICKET REQUEST

Festive Christmas Lunch Hallmark Hotel Bar Hill

Monday 2<sup>nd</sup> December 12 for 12.30

Members £10 Non-members £15

Please send a cheque for the appropriate amount made payable to COPE with a stamped, self-addressed envelope to COPE, The Olive Golding Room, St Luke's Community Centre, Victoria Road, Cambridge, CB4 3DZ

Print Name(s).....

Phone no.....Post Code.....

### Please circle your choices below

1<sup>st</sup> person :

2<sup>nd</sup> person (if appropriate)

#### Main Course :

Turkey or Cod or Vegetarian

#### Main Course

Turkey or Cod or Vegetarian

#### Sweet :

Xmas Pudding or Choc Torte or Cheesecake

#### Sweet

Xmas Pudding or Choc Torte or Cheesecake

*Due to the anticipated high demand for this lunch please reply promptly*  
**No Bookings will be accepted after the 26th November 2019**

# Photo Competition Winners

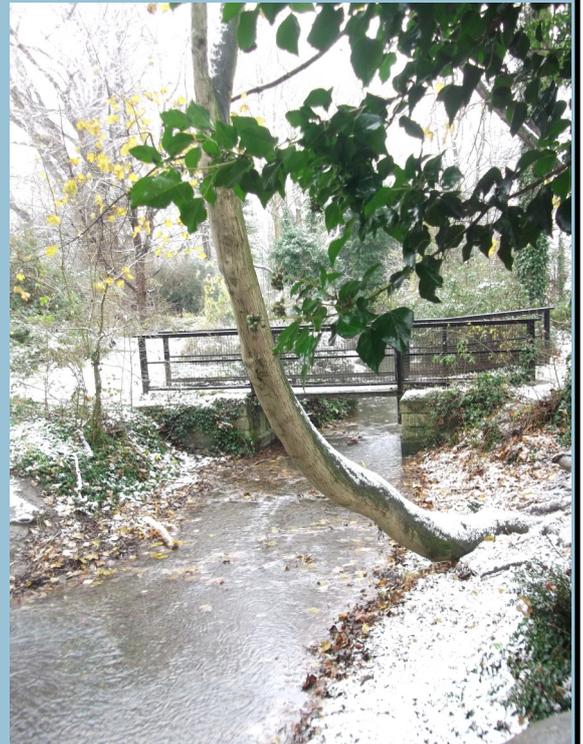


**WINNER:  
DIANA MURFITT**

**THIRD: ANON**



**SECOND: PETER MURFITT**



## Events

### **Thetford Dad's Army Tour Tuesday 29 October**

**Cost: £20 per person  
including tour guide**

Coach leaves Park & Ride Milton at  
9.00am, Returns at 4.00pm

Limited to 30 persons

Lunch at own cost

### **TICKET REQUEST Thetford**

Print Name(s).....

Phone No: .....

Please send a cheque made payable to  
COPE for **£20** per person with a  
stamped self-addressed envelope to:

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



### **St Luke's and COPE invite you to a FREE Silver Sunday Party**

**Sunday 6th October  
3 pm to 5 pm**

**St Luke's Church  
Victoria Road  
Cambridge**

**Call 01223 311136 or 364303 to  
reserve a place.**

**Afternoon Tea, Entertainment,  
Raffle and Quiz**

**St Ives Group**  
Please Note that the  
Meetings will be held from  
October onwards in the  
Corn Exchange, The Pavement,  
St Ives PE 27 5AG

**St Ives Xmas Lunch** is at the  
Golden Lion (next to Free  
Church Hall) for £22.50,  
2 Courses plus Tea/Coffee  
Contact Angie: 01480 300726  
Or Carol: 01480 394673



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### British Lung Foundation

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

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

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

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

**Breathe Easy Ely** - tel 01353 668937

## Activities and Events

**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 10.30am (term time & ladies only), Wednesday 11.30am 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

The Meadows Community Centre, St. Catharine's Road, Cambridge CB4 3XJ.

Further details from [www.cambsHOHClub](http://www.cambsHOHClub), or text **Sally** on **07815 513605**,

or email: [information.hohclub@gmail.com](mailto: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](mailto: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**

**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](http://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 Events, Activities and Outings

Please contact the COPE Office for further information: Tel: 01223 364303  
COPE, St Luke's Community Centre, Victoria Road, Cambridge CB4 3DZ.

### COPE in Cambridge City



#### **The Wednesday Social Group Doreen Ryan - 01223 364303**

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

**2nd and 4th Wednesday of the month 10.30am to 1.00pm**



#### **The Evelyn Charnley Memorial Lunch Club Peter Murfitt – 01223 364303**

*Queen Edith Chapel, Wulfstan Way, Cambridge, CB1 8QN*

**12.00 (Noon) – 2.00 p.m. every third Wednesday**

**Bring and Share Lunches**

Book exchange, children's books sale, and £1 Raffle with donated prizes.

**Everyone is welcome.**

October 16th            Meals on Wheels

November 20th        Robin Bletsoe 'Gardens'

### COPE in Huntingdon

**10.30 to 12.30 Corn Exchange, The Pavement, St Ives, PE27 5AG**

Meetings held on second Friday of each month

Entry is £2.00 to help meet costs of these meetings and includes refreshments and the celebrated £1 Raffle with donated prizes. COPE membership is free and members are encouraged to bring friends, carers and partners. Everyone is welcome.

**PLEASE NOTE : As from October, Meetings are held in the Corn Exchange**

October 11th            Voices from the Workhouse

November 8th          Heather's House, Arts & Crafts

## Forthcoming Events

**Dad's Army Tour, Thetford October 29th**

**Cockney Musical Hall November 5th**

**Christmas Lunches Bar Hill 2 Dec., St Ives 13 Dec.**