

Registration form

Name

Address

Phone

Email

Groups

Please indicate your first and second choice.
(Please check that you are available to participate on all the dates for your chosen topics.)

1st choice

2nd choice

Are you a member of COPE? Yes No

If not, may we add you to our membership list? Yes No

How did you find out about **talking together**?

Website Friend Newsletter

Other

Registration forms must be returned by
Wednesday 5 January 2022

Please post to: **COPE, St Luke's Community Centre, Victoria Road, Cambridge CB4 3DZ**

or email: **cambridgecope@hotmail.co.uk**

You are welcome to register over the phone on
01223 364303

Visit **www.copecambs.org.uk** for more details



talking together


is a unique initiative that brings older adults together for engaging and stimulating conversations about topics of shared interest. This free programme offers weekly telephone-based discussion groups which are joined from the comfort of your home. No special technology is needed, just the telephone. Each group, scheduled for 45 minutes, is facilitated by a skilled leader.

Please join us!

To register...

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 **cambridgecope@hotmail.co.uk**

 **Or complete and post the registration form to:**
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Victoria Road, Cambridge CB4 3DZ

Funding is provided by



talking together

A free programme of stimulating telephone-based discussions for older adults

10 January – 24 February 2022



- 1 choose a group.**
- 2 register.**
- 3 join in!**

Whipple Museum of the History of Science

Alison Giles

Mondays (6 weeks) 10 Jan – 21 Feb* • 1pm



The Whipple Museum in Cambridge holds an extraordinary collection of over 7000 scientific instruments and objects, dating

from the medieval period to the present day. We will be looking at some of the more unusual objects in the collection, from an earthquake model to a giant frog to something which looks suspiciously like a crystal ball, exploring the questions they provoke.

**no group on 14 February*

Support and reminiscence group

Liz Williams

Mondays (6 weeks) 10 Jan – 14 Feb • 2pm

Come and talk with like-minded people about what's on your mind - any concerns you may have, or something completely different, such as a hobby you enjoy, the book you are reading, a walk you take every now and again, a trip you have enjoyed. Share memories of days gone by or issues in your day-to-day life, knowing you won't be judged.



Current Affairs

John Abbott

Mondays (6 weeks): 10 Jan – 14 Feb • 3pm



Join us as we endeavour to unscramble the issues of the day, embracing multiple forms of media and examining one or two hot news topics of the previous week. We'll aspire to informed debate and lively, courteous discussion while relishing some 'you couldn't make it up'

moments. We may not reach a consensus, but hopefully we'll all leave better informed!



Eating well for the New Year

Sally Fenn

Thursdays (6 weeks): 13 Jan – 17 Feb • 1pm

Many of us start the new year wanting to make changes to enhance our health. How do we choose the best, balanced diet for us, that's nutritious, delicious and doesn't cost the earth? We'll consider some options – flexitarian and Mediterranean, seasonal and sustainable, raw and cooked, superfoods and comfort foods – and share thoughts, tastes and perhaps recipes.

Cambridgeshire Stories

Mike Petty

Thursdays (6 weeks): 13 Jan – 24 Feb* • 2pm



Mike Petty has been hearing and sharing stories of Cambridgeshire for more than 50 years; what can you add to the memories of local life? Join in a series of weekly discussions that can cover any or all areas of the County. Each week the group might draw inspiration from events taking place on that date in years past. Stories from local newspapers show that today's news has often happened before!

**no group on 17 February*

The Cam: a world-famous chalk river system

Friends of the Cam

Thursdays (4 weeks): 13 Jan – 3 Feb • 3pm

The River Cam is associated around the world with beautiful colleges, punts and banks filled with grazing cattle. Less well known is that it is fed by a precious system of chalk aquifers now under threat from the city's fast development. Come and discuss the importance of this water to biodiversity and human happiness, your memories of the river and what it means to you.

