

Cambridgeshire Older People's Enterprise

COPE

The voice of the County's over 50s

Reaching a readership of over 2500

Registered Charity No. 1110887

August - September 2024 Newsletter 177

In this Issue

- 1 Editorial
- 2 Talking Together
- 3 Membership form
- 4 Trustees
- 5 Puzzles
- 6 My Left Hip
- 7 Self Checkout
- 8 COPE Spring Lunch
- 9 An Ageing Society
- 10 Advertisements
- 11 Not so Smart Meters
- 12 It Pays to be Wise
- 13 Advertisements
- 14 A Different Kind of Life
- 15 Advertisements
- 16 Recipe
- 17 COPE Excursion
- 18 Hearing Help
- 19 Activities
- 20 COPE Events

Correspondence address:

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

Telephone: 01223 364303
cambridgecope@hotmail.co.uk

www.copecambs.org.uk

Funded by:



Editorial

As expected, the various political parties ignored the large sector of the voting public, those over 50. Let us hope that whatever government is formed after the election, it will take note of the older section of the community. It was also noticeable that no party discussed the problems which will arise due to the increase in the proportion of older people in the overall population, such that by the 2030's a quarter of the population will be over 50. This will have social and financial implications which no government wishes to tackle, but will have to eventually.

That it has taken the authorities so long to deal with the NHS infected blood scandal and the Post Office computer scandal, is outrageous. The powers that be attempted to hide the scandals and it was only the perseverance of those affected that led to the exposure of the scandals. No one wanted to accept responsibility. They allowed, in the case of the blood scandal, for people and families to die or be affected by HIFC, and with the Post Office for individuals to be imprisoned and commit suicide.

We also have a risk aversion approach to any activity which leads to many projects being deferred or abandoned. Life is a risk at the best of times, but now with the rise of computers and AI life is becoming as George Orwell predicted. We are being forced unwillingly to have smart meters, smart phones and do everything online, which leaves many older people isolated and consequently lonely. COPE will continue to fight for those older people who find themselves isolated in this digital world where social interaction is by text and smart phone, not talking face to face.

David Bailey and the Executive Committee

Talking Together



TALKING TOGETHER, a FREE programme of stimulating telephone based discussions for older adults

We want to be sure that all COPE members are aware of one of the more unique programmes we offer. If you have participated, we look forward to having you continue to do so; if you have not yet joined us, we hope the description below will encourage you to do just that!

Have you ever wanted to attend a lecture or a seminar with just a select group of like-minded people? Do you find it difficult to get out as often as you would like due to increased physical limitations, lack of access to reliable transport or care-giving responsibilities?

Are you more comfortable using the phone rather than the computer?

We have the answer and it's called **TALKING TOGETHER**, which enables you to join other older adults on the telephone to discuss topics that really interest you - for not just one, but for five or six separate sessions:

- **on the same day of the week**
- **at the same time each week**
- **with the same facilitator leading the discussion**
- **without any fee.**

We have been scheduling TALKING TOGETHER sessions for five years now. They cover a wide range of fascinating topics including science, history, our local museums, art galleries, short stories. Many sessions are accompanied by handouts and for those who can join us, some involve visits to sites related to the discussions. Experienced group facilitators lead the discussions and many participants re-book every season. Leaflets are created for each series. You will receive one either through the post, or by email if you are a COPE member.

How does it work?

It's very easy – **it works just like a business conference call**, with nine participants on the line.

What do I have to do?

1. Choose a group
2. Register your interest (easy)
3. Sit by the phone and wait for our call

Our TALKING TOGETHER sessions are popular:

"I was impressed by the ease of conversation and the respect paid to each member's opinion"

"I found it so rewarding and I liked the experience of a group 'phone in"

"I enjoyed it very much, a good way of communicating. Left the computer behind – hurray!"

"A much-needed stimulant to my mind"

We also organise Zoom sessions for those who prefer to use their computer or laptop. Next season's Zoom sessions will be advertised shortly.

For more information, please phone the COPE office at 01223 364303 or email COPEtalkingtogether@hotmail.com

Happy birthday to all members celebrating in August and September



**no one
should have
no one**

Supporting older people to live well, independently and safely in their own home.

 **0300 666 9860**

 **infoandadvice@ageukcap.org.uk**

www.ageukcap.org.uk



Registered Charity No. 1165856

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/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

Ethnic Origin _____

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

COPE FORUM

Cambridgeshire Older People's Enterprise

Donation Form

I would like to make a donation of £ _____

[Please make cheques payable to COPE]

I DO NOT pay UK Income Tax

I DO pay UK Income Tax

Please tick the box above applicable to you

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

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

Please sign below and print and date underneath

Signature _____

(BLOCK CAPITALS BELOW PLEASE)

First Name _____

Surname _____

Address _____

_____ Postcode:

Date _____

The Olive Golding Room

St Luke's Community Centre, Victoria Road
Cambridge CB4 3DZ Phone; (01223) 364303

email; cambridgecope@hotmail.co.uk

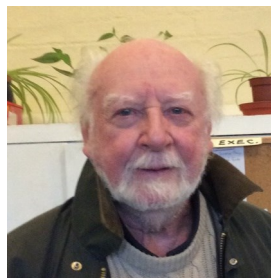
Registered Charity No. 1110887

*Notes

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

Many thanks!

Trustees (2023/2024)



David Bailey,
COPE Chairman



Peter Murfitt



Vacancy



Jennie Jenks



Doreen Ryan



Vacancy



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 6th September 2024.

Word Search / Quiz

August 2024									WORD TILE									
A	G	E	E	N	G	M	I	N										
A	N	T	E	N	T	M	O	N										
A	N	T	G	E	T	N	E	L										
A	R	A	G	R	E	O	T	E										
A	S	P	G	U	S	O	U	T										
C	A	N	I	N	I	P	E	R										
C	E	M	I	P	A	R	E	C										
C	R	O	I	S	S	S	I	M										
E	A	T	M	A	N	S	T	I										

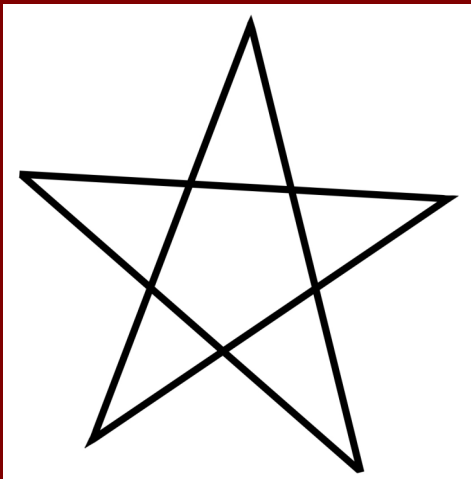
AIM: Place the 27 three-character 'tiles' in the left-hand grid to the CORRECT spaces in the right hand grid giving NINE FOOD TERMS horizontally and in alphabetical order. Solution in the next Newsletter.

Last month's solution

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

TRIANGLE QUIZ

How many triangles are there in the picture below?



Answer in next Newsletter

Odd One Out Quiz: answers

1. Henry, all the rest are the first names of The Beatles (Paul McCartney's first name is James.)
2. Frittoli was an Italian opera singer, all the rest are types of pasta.
3. 'Torquay' is in Devon, all the rest are in Cornwall.
4. 'Montserrat' is a British overseas territory, all the rest are French.
5. 'Femur' is a bone in the leg, all the rest are bones in the arm.
6. 'Bushel' is a measure of capacity equal to 8 gallons, all the rest are units of weight.
7. 'Mr Bumble' is a fictional character in Oliver Twist, all the rest are Mr Men.
8. 'Bunny Leech' is a fishing fly, all the rest are types of knot.
9. 'Spinner' is a type of dolphin, the rest are sharks.
10. 'New England' is region of six States, all the rest are States.
11. 'Fifth Avenue', all the rest are most expensive properties on their country's Monopoly boards.

My Left Hip

One in six people in the UK are affected by some form of arthritis - a huge 20 million people in total. About half that number suffer from the most common form: osteoarthritis, a condition where the cartilage within the joints breaks down, causing pain and stiffness. Researchers don't really know what causes it and there's no cure as yet. Physical activity or maintaining a 'healthy' body weight can play a huge role. What else can you do? Painkillers may be ineffective and can have side effects. Although many people with osteoarthritis *won't* go on to have joint replacement surgery, those who do find it life-changing

In November 2017, returning from a trip to Canada, I somehow wrenched my left hip. I assumed it was caused by having to drag a heavy suitcase (no wheels) across an airport. My GP gave me a prescription for a strong anti-inflammatory drug. I was also put on an 18-week waiting list to see an NHS physio, and eventually, after that four-month-plus wait, was given some exercises which did in fact help. But in March 2018 I asked for an X-ray which showed 'thinning or complete loss of articular cartilage on the left'.

Almost a year later, October 2018, I still could not walk for longer than 10 minutes without pain and after 20 mins had to stop. At night I was waking up with the pain.

Fast forward to February 2023, and an X-ray showed 'severe osteoarthritis at the left hip with bone on bone appearance'. By this time I had to take painkillers daily just to go shopping.

'Go and see a consultant privately' I was urged by friends and family 'and stop being so stoical!' So in July 2023 I paid to see an orthopaedic surgeon who straight away recommended a hip replacement paid for by the NHS. I didn't even have to pile on the agony!

The operation was done in April this year. I was given a spinal injection, avoiding a general anaesthetic, plus a sedative that knocked me out completely. I woke up one hour later with a dead left leg. 'I can't feel a thing!' I told the recovery nurse. 'Oh you soon will!' she chuckled back.

Once home, the first week after the op was a shocker. I took all the painkillers offered, did the exercises prescribed, walked up and down stairs and slept a lot.

Lots of aids are available post-operatively, most of them supplied free by the hospital: walkers, crutches, a brilliant thing called a 'dog lead' with a loop on it to hoist your dead leg in and out of bed, and a frame to go round the loo. We also bought a raised toilet seat (essential) and a litter-picker, a long-handled shoe horn and a thing for pulling your socks on with long strings attached. All really helpful.

For the first two weeks at home, you will need a lot of hands-on care. To combat deep-vein thrombosis, there will be heparin injections to self-administer as well as elastic stockings to wear for weeks and change every day (apparently impossible to get on and off until a nurse showed us a clever trick with a slippery plastic bag). For me, the worst thing was having to lie on my back for six weeks at night to make sure that the new ball and socket joint did not slip out of place (perish the thought). Lying flat and staring at the ceiling in what is called the Corpse Pose in yoga, is how I have spent many a sleepless night since I was discharged.

Next week – week 6 – I will be allowed to turn over in bed. And I'll be allowed to drive again too. My left hip is mended. I have no pain. I am so grateful that this operation was available to me – for free! I've been given back my life.

Sonia Leach

Self Checkout Bagging Area



There's something joyful about the self checkout. Maybe the lack of gigantic trollies in the queue. Perhaps the offer of no human interaction. Ultimately, it offers the ability to whizz straight through. But all this comes with downsides. Serious ones.

It's the bagging area, which I truly hate. It's an annoying name for starters, complete with an irritating robotic voice and to my easily befuddled self, can be hard to distinguish from the basket area. Only basket area isn't a term.

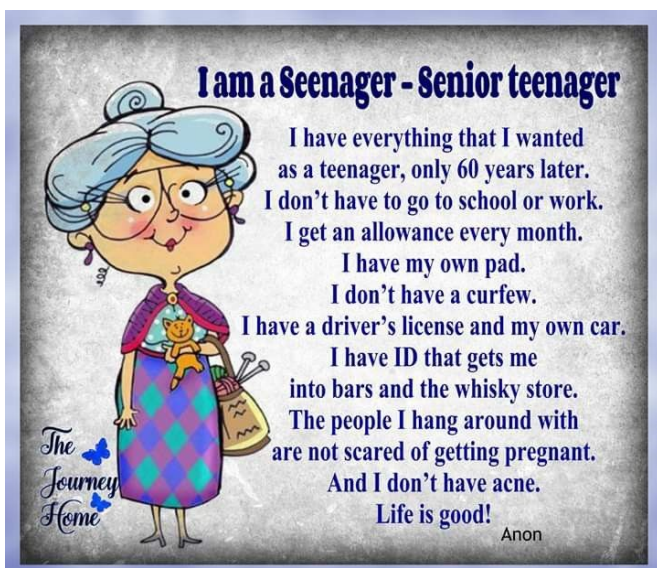
Whatever, I'm always putting my basket on the wrong side and this personal stupidity drives me wild. Then, directly over the baggage, on the more modern machines at least, there's a tiny camera and screen showing confused old me. There I am mixing up bags and baskets, struggling to find things like peppers on the menu.

The bagging area has opinions too, such as demanding approval for non-alcoholic beers. This leaves me both fuming and crossly twiddling my thumbs, while the little video spotlights my demented mutterings, and a tutting line of other customers desperate to have their own poor bagging area experiences lengthens behind me.

The biggest, and most problematic, opinion of the bagging is its anger at my items for simply being there. 'Unexpected item in the bagging area', it squeals in a fit of pique at the recently scanned pepper. 'Please wait for assistance,' it adds like a threat.

Lift that pepper. Put it back down. Lift it up higher. Put it on the scales. Go back to the bagging area. Cross my fingers that this is enough to mollify a very hard task master. Bingo. With a spot of luck I am through. I just have to let the bagging area graciously take my money and kindly allow me to leave.

It's all such a shame. The self checkout is such a nifty invention, it must save so much time. But I wish there was a way of getting round that bagging area. It drive me absolutely wild.



Article by Kathryn Cave in *The Oldie*, June 2024 edition



COPE Spring Lunch—March 2024



An Ageing Society

The UK is a rapidly ageing society. According to the 2023 edition of Age UK's "State of Health and Care Report", last year there were 11 million people aged over 65 in England. By 2028, it will be 12.1 million and by 2043, 14.5 million.

The same report also found that:

- 80% of people over 85 in England live with at least one long term health condition.
- 1.6 million aged over 65 have unmet needs for care and support.
- The number of vacant adult social sector posts increased 52% in a single year, from 110,000 in 2020/21 to 165,000 in 2021/22.
- 20% of unpaid carers are aged 65 plus.

These trends are not new, they have been apparent for many years. Yet our society remains woefully unprepared for the reality of an increasingly aged population.

In November 2022, the Mayhew Report called for the delivery of up to 50,000 new specialist homes for older people each year. We are currently only building 7,000 a year. It also called for a significant expansion in the provision of integrated retirement communities, a small but significant part of housing provision in the UK.

We need to do better. The housing crisis is intimately connected both to our ageing population and to their health outcomes. On current trends, household formation is outpacing population growth, particularly among the over 50's, and those households are getting smaller. The result is under-occupation, with a significant number of older people staying in family homes long past the point where they can safely remain and maintain them. At the same time, many families and first time buyers are unable to get on the housing ladder in the first place.

In terms of health outcomes, research has shown that older people who move into specialist housing are less likely to be admitted to hospital because of falls or accidents in the home, less likely to report feelings of isolation and loneliness, and more likely to live independently for longer than those who remain in their family homes. They are also more likely to receive the care and support that they require.

If the housing crisis is bad, the state of our social care system is worse. The Institute for Government's Adult Social Care performance tracker for 2023 found that, owing to pressure on local government finances, councils are rationing the support that is provided. As a result, unmet need is a major problem. This means that 1.6 million people aged 65 plus have unmet needs for care and support.

We need attractive, realistic options for those looking to downsize. We need more specialist, age appropriate housing and to accept that ageing is inevitable.

From an Article by Nicola Gooch in The Planner, March/April 2024

Advertisements

J&J DRAKE

Understanding your electrical needs

J & J Drake is an approved local electrical company with over 30 years experience trading in the Cambridge area. We pride ourselves on providing a quality service with a personal touch.

CONTACT
US TODAY FOR
YOUR FREE
NO-OBLIGATION
QUOTE

Services we offer:

- Rewiring of existing systems to domestic, commercial and industrial premises
- Alterations/extensions of existing circuits or installation of new circuits
- Domestic/commercial and industrial works
- Testing and inspecting
- Condition reports
- New build installations
- Portable appliance testing
- Maintenance contracts and much much more...



For information call **01638 781567**
or visit www.jandjdrake.co.uk



PROPERTIES & DEVELOPMENTS LIMITED.
Working in partnership with J&J Drake

**FOR ALL YOUR PROPERTY
NEEDS**

Based on the Cambridgeshire/Suffolk border. Family run business with a fountain of knowledge in the property development sector and garden landscaping. For all your property and maintenance needs contact us via admin@drakeproperties.co.uk

OUR SERVICES

- | | |
|------------------------------|------------------------------|
| ✓ Professional Home Snagging | ✓ Groundworks |
| ✓ Plastering | ✓ Kitchen & Bathroom Fitting |
| ✓ Tiling | ✓ Property Maintenance |
| ✓ Landscaping & Fencing | ✓ Renovations |
| ✓ Painting & Decorating | ✓ Plumbing |
| ✓ Carpentry | |

RELIABLE. FAST. EFFICIENT.

CONTACT US
01638 781567

Not So Smart Meters

Do you have a smart meter?

Of course you do. You've been badgered to convert to one by your energy company, and by all those pictures of smiling happy people with miraculously lowered fuel bills, until you gave in. It's free after all. That is 'free' in the modern sense of that word, in that you are not paying the individual cost, but it is spread between all consumers, including you.

It's quite a spread. Estimates of the cost of converting all of us range from an official £13.5bn in 2019 to as much as £20bn today, a number leaked from inside the energy companies. That translates to between £200 and £300 per household, which is disguised in your energy bills, whether you convert or not.

The saving is officially estimated at £6bn by 2034, which is a **total** of £6bn, not £6bn a year. It's more like a guess than an estimate, since it assumes we will use less juice simply by seeing how much we are consuming.

Either way, the programme is in serious trouble. The deadline for 80% conversion has been extended, and those of us happy with Economy7 radio metering will not be forced to convert until the end of next March at the earliest. There are about 900,000 holdouts and the number is not falling.



It's easy to see why. Between 5 - 10% of smart meters do not work properly, and even the name is a typical example of government spin over substance. The meters are not smart enough to tell you when the price is low, or when to run the washing machine.



As with so much associated expensive greenery, we have Ed Milliband to thank for starting a programme that is turning into another public sector procurement disaster. When last in power, he launched what a Cambridge University study a decade ago found was a more expensive and complex programme than in any other country.

You may not think you are paying for this latest fashionable folly, but you are.

Article by Neil Collins in The Oldie, May 2024

It Pays To Be Wise

Are Funeral Plans worth it? I generally say no. And that's still my view even though they are now regulated by the Financial Conduct Authority and if a firm goes bust in the future, your money wouldn't be lost. (The FCA took them over after some spectacular failures, which customers of those firms are still recovering from.) Now you just have to decide if they are value for money.

They're sold like this: you pay a funeral firm for your funeral now, before you die. It then guarantees that it will provide the funeral you have chosen for that price, however long you live and however much funeral costs have risen. But I remain cautious.

The plan will not cover everything. Exclusions include, among others: a burial plot, some cremation costs, a headstone, embalming, flowers, catering, a second car for mourners and recovering your body if you die a long way away. If you move house then you may have trouble finding a local firm to take the plan over. And if the firm does go bust then you, or your relatives, will have to get your money back from the Financial Services Compensation Scheme and start again. Many plans are sold on an 'installment' plan. These are not a good idea, as you will often end up paying more, and if you die too soon the cost may not be covered.

If you are tempted by a funeral plan, ignore the sales pitch and research the subject carefully before committing yourself. I would instead suggest paying into a high interest savings account labelled "funeral" (either regularly or in a lump sum) and letting your relatives decide how to spend it when you die. Funerals are for the living not the dead.

One thing is absolutely certain. Never buy an over 50's life insurance plan where you pay a small amount each month for life. They are often marketed as providing money for your funeral, but they are not funeral plans and most people pay more than their relatives get out when they die. Ignore celebrity endorsements, free pens or £100 cash back. They are very bad value for money, and the longer you live the worse they become.

Article by Paul Lewis in the Radio Times


Old Men's Names

Algernon, Reginald, Eric, or James,	Where are they now? Now where can they be?
These I think of as old men's names,	Under the earth? Or long lost at sea?
Albert or Walter, Frank and Fred,	But David and Michael, Robert and Phil,
Belonged to many an uncle now dead.	Christine, Elizabeth, Jenny and Jill -
The same went for aunties, Ethel and Maud,	They are not old, that just cannot be -
Gladys, Irene, Mabel - oh Lord!	Most of them now are the same age as me!

Rosemary Mathew

Advertisements



Bighearted Care
supporting  you
to live each day
to the full.



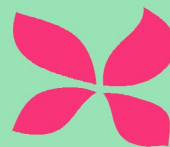
hallmarkcarehomes.co.uk



01223 633 668



Girton, Cambridgeshire, CB3 0FW



HALLMARK

ARLINGTON MANOR
LUXURY CARE HOME

STRUGGLING TO PAY YOUR UTILITY BILLS?



GREEN DOCTOR 

Free independent advice to save on your energy bills, and free energy saving measures available too.

Assistance offered:

- LED light bulbs, draught proofing, hot water bottles, water saving shower heads and more!
- Fix issues with energy suppliers e.g. energy debts
- Help with switching to cheaper tariffs / suppliers
- Help with applying to grants for boilers & insulation
- Assistance to use heating controls effectively
- Energy awareness advice for around the home

Switching to LED light bulbs could alone save £40 - £150 a year!

CALL: 07702 941440
EMAIL: greendoctoreast@groundwork.org.uk

Cambridge Online's **Computers** **Coffee & Cake Seniors Club**

Free help with
tech & the internet

Access services
safely online

Come learn
stress-free,
with a hot drink & cake



Tues 11-12:15 Meadows Community Centre, Arbury
Hester Adrian Centre, Chesterton **13-14:15 Tues**
Tues 14:30-15:45 Family Centre, Fisher's Lane, Cherry Hinton
The Edge Café, Mill Rd, Romsey **9:30-10:45 Weds**
Weds 11-12:15 Clay Farm Centre, Hobson Sq, Trumpington

More locations coming soon, check:
help@cambridgeonline.org.uk **01223 300407**
<https://cambridgeonline.org.uk/ccc/>

A Different Kind Of Life

As we age, it sometimes becomes easier to distinguish between the ephemeral or trivial and what really matters.

When inflation was high, I recall one lady complaining to a BBC reporter, 'I couldn't pay for any more electricity and so I had to do some hand washing.'

I thought about all the hand washing today by billions of people in India, most central American and African countries, etc. and then my mind drifted to life in Britain before World War Two and for much of the post-War period, when there were no washing machines or driers and hand washing was normal for the vast majority of families.

Then I thought about 1930 when I lived in a bungalow, in a remote country area in the Thames valley. The bungalow had no water, no electricity and no gas. A long row of bungalows, each built on at least an acre of land, were linked by a cinder track, and at its end was a standpipe.

Everyone depended on that standpipe. In the early days, it sometimes froze. Thankfully, an enterprising resident collected one shilling (five pence today) from each resident and that paid for pipe lagging and a brick surround. A reliable water supply was then assured.

A coal lorry drove along the cinder track at irregular intervals. Sometimes we had to collect twigs for heating our single fire in the living room and the kitchen stove. There were no shops within walking distance and we had to walk about a mile to the nearest bus stop.

I had to walk much further than that when I started school. My sisters and I took sandwiches and we each had an oxo cube, hot water being

available at the school. We left at about 8.00 a.m. and were back home by 5.30, school having ended at 4.30.

All our family clothes were washed by hand by my mother. They were scrubbed with a bar of sunlight soap and a washing board with a rippled metal cover. Once hand-rinsed, the washing was put through a mangle. Finally, it was hung on a line.

Of course, many houses at that time had electricity. It was in particular rural areas that life was as simple or primitive, as my family experienced.

In spite of all the disadvantages of our situation, I think we lived well. My father grew all the vegetables we needed at the end of our garden, and in front of the bungalow were a dozen apple and pear trees. We kept fifty hens, eggs surplus to our needs being sold in a market. We also had a nanny goat and her milk was a useful addition to milk bought in the market.

Our only entertainment, apart from family fun and games, was a radio, powered by an accumulator, which had to be regularly charged.

It puts matters into a realistic perspective if we occasionally think about conditions here years ago as well as conditions in most parts of the world today.

There will always be people who have economic problems, caused by a variety of factors, including the increased pace of technological change. Some people have difficult personal problems, too, but most have a standard of living that is envied by countless people overseas, suffering real poverty, in a life of bare subsistence.

George Cullin

Advertisements

THE PEST C O M P A N Y

Domestic & commercial, Cambridgeshire based pest control. Insured, professionally trained & fully qualified.

- Rat, mouse & squirrel control
- Wasp nest removal
- Bird deterrents & control
- Mole trapping
- Woodworm treatments
- Flea infestations
- & many more



For a quick response, contact Sean on:
01954 581032 or sean@thepestcompany.co.uk
Visit www.thepestcompany.co.uk

Advertisers

Please Note New Rates
Quarter Page £40
Half Page £ 80
Full Page £150

To insert pre-printed leaflets/fliers with Newsletters £200

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



Do you need a Dependable & Honest Cleaner?

Belle Casa offers a Professional Cleaning, Washing and Ironing, etc Service (suited to your individual needs)

For a Fully Inclusive Rate of £16.50 Per Hour For **COPE Members** only a Minimum Service of 2 Hours Fortnightly (Usually 2 Hours Weekly)

All of our housekeepers are carefully selected and insured.
You will receive the same housekeeper each visit.
Please call us today on

07300 840188

www.cleanerscambridoe.com
Established 2002

INDEPENDENT FINANCIAL ADVICE IS BEST

Free consultation. No obligation.

That's the understanding when you talk to Nigel Bolitho about how to make your finances work for your best advantage. get the benefit of his wide experience in all investment matters.

Pensions Savings Investments
Protection

Mitchell House
185 High Street
Cottenham CB24 8RX
Tel: (01954 251521)

BV

SERVICES

email ncfb007@gmail.com



Authorised and regulated by the Financial Conduct Authority

Recipe

Roasted tomato tart with pesto and fresh thyme

Serves 4

Ingredients

- ½ x 500g pack frozen Jus-Rol All Butter Puff Pastry, defrosted
- 2 tbsp Tomato Pesto
- 2 x 100g packs High Weald Dairy Organic Sussex Slipcote Sheep's Milk Cheese, sliced
- 3 large tomatoes, thinly sliced
- 1 tsp fresh thyme leaves, roughly chopped
- ½ x 55g bag Organic Rocket

Method

Preheat oven to 200°C, gas mark 6. Roll out the pastry to a 22cm x 30cm oblong and place on a large, greased baking sheet. Lightly score a line about 2cm in from the edge of the pastry. This will form a 'lip' around the tart as the pastry is cooking

Spread the pesto evenly over the inner square of the pastry. Place the cheese slices on top, then add the tomato slices in an even layer. Scatter with the thyme and season with freshly ground black pepper.

Place in the oven and cook for 25-30 minutes until the pastry is well risen, golden and cooked underneath. Pile the rocket onto the tart. Serve immediately with a salad of lightly cooked asparagus tips, green beans and baby spinach leaves, dressed with a little balsamic vinegar and topped with Parmigiano Reggiano shavings.

Cook's tip: Other cheeses, such as firm goat's cheese or mozzarella would be alright. Try vegetables such as peppers or aubergines instead of tomatoes.

Waitrose 2007



From the *Guardian's* letters page

Your report on deaf people struggling to access healthcare in the NHS ([26 May](#)) reminded me of an incident that my profoundly deaf uncle said occurred when he turned up for an I am appointment at an NHS audiology clinic. He still hadn't been seen by midday, and when he asked what was going on, a nurse said: "Oh, we called out your name several times."

Karl Sabbagh

Defford, Worcestershire

Karl Sabbagh's letter ([28 May](#)) reminds me of a time I took my mother, who had been blind from birth, to hospital. She and my blind father brought me up and he worked as pianist and piano tuner. The nurse said to me: "Can she feed herself?" I wish I'd had a camera. My mother's face was a picture.

Joyce Blackledge

Formby, Merseyside

COPE Excursion

COPE Trip to Springfields Retail Outlet and Leisure Tuesday 17th September 2024

Cost: £30 per person.
Coach leaves Trumpington P & R at 9am
Return at 4pm

This trip to near Spalding will satisfy everyone. There are over 50 retail outlets at this venue. If you want a rest from shopping you can relax and visit the several gardens or picnic areas on-site as well as a restaurant and many choices of eating places. In the words of Grommit, it's a grand day out!

Shopping

Over 55 well known brands including Radley London; Joules; Crew Clothing Company; M&S Outlet; Next; Dune London; White Stuff; Jigsaw and huge Sketchers store. Please note that coach passengers receive a 10% discount in various stores

Eating

The Parlour Restaurant; Subway; Costa Coffee; Café Nero; the Kitchen and more

Relaxing

Gardens designed by Kim Wilde; Chris Beardshaw; Charlie Dimmock; Barry Walker. Also a Dutch Garden; Senses Garden; Arboretum and more

The trip will start with a 9am pickup from Trumpington Park and Ride and then to St. Ives Co-Op car park for 9.30 am The journey home will begin at 4pm.

Ticket Request

Springfields Outlet Shopping and Leisure on
Tuesday 17th September 2024

Print Name(s).....

Phone No:.....

Please send application and payment of £30 pp to COPE with a stamped self- addressed envelope for ticket to reserve place on coach. Return application to: COPE Office, St. Luke's Church Centre, Victoria Road, Cambridge, CB4 3DZ. Date of final applications is Monday 9th September 2024.



Looking for sheltered housing in Cambridge?

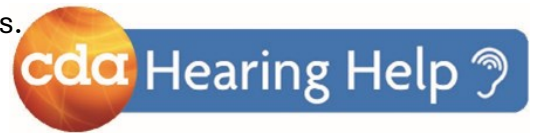
We are a Cambridge charity providing sheltered accommodation for people in need, aged over 60, who live in Cambridgeshire or who have a professional connection to the Church of England.

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

Your hearing aids need maintenance every 3-6 months dependent on the type of aids issued. **Come along** and meet up with our Hearing Champions and volunteers. We very much look forward to welcoming you to one of our drop-in sessions.

We maintain **NHS hearing aids** and supply batteries free of charge .



LOCATION	WHERE	WEEK	WEEKDAY	RUN TIME	POSTCODE
Balsham	Bowls Club, Church Lane	4th	Thursday	10 – 12 noon	CB21 4DS
Bar Hill	Community Church Meeting Room	1st	Wednesday	10 – 12 noon	CB23 8EH
Cambourne	Church Centre, Jeavons Lane	1st	Tuesday	10 - 12 noon	CB23 6AF
Cambridge Venues:					
City Centre St Andrews	St Andrew’s Street Baptist Church	4th	Wednesday	10 - 12 noon	CB2 3AR
City Centre St Philips	185 Mill Road (May/Aug/Nov)	3rd	Wed Qtrly	10.30-12 noon	CB1 3AN
Camb United	Abbey Stadium, Newmarket Road	3rd	Thursday	1.30 – 3.30pm	CB5 8LN
Meadows	Community Centre (Not Dec 2024)	4th	Thursday	10 - 12 noon	CB4 2JL
Chatteris	King Edward Community Centre	2nd	Wednesday	2 - 3.30pm	PE16 6NG
Ely	Library	2nd	Tuesday	10 - 12 noon	CB7 4ZH
Fulbourn	Library	3rd	Thursday	10 - 12 noon	CB21 5HD
Gamlingay Quarterly	Baptist Church (Mar/Jun/Sep/Dec)	3rd	Wed Qtrly	10 - 12 noon	SG19 3JR
Girton	Baptist Church	3rd	Wednesday	2 – 4pm	CB3 0QQ
Great Shelford	Free Church	1st	Thursday	10 - 12 noon	CB22 5EY
Histon	Histon Baptist Church, Station Road	2nd	Thursday	2 - 3.30pm	CB24 9LQ
Huntingdon	Library (Not Dec 2024)	4th	Tuesday	2 – 3.30pm	PE29 3PA
Littleport	Village Hall	2nd	Tuesday	1.30 – 3pm	CB6 1LX
Melbourn	Community Centre (Not Dec 2024)	4th	Thursday	1.30 – 3.30pm	SG8 6DY
Peterborough	Park Inn Hotel, Friendship Club	2nd	Monday	1pm -3pm	PE1 1BA
Sawston	Chapelfield Way Community Hall	3rd	Tuesday	10 - 12 noon	CB22 3GB
Sawtry	CARESCO Centre, Green End Road	2nd	Thursday	10 - 12 noon	PE28 5UX
Soham	Library	1st	Monday	10 - 12 noon	CB7 5HJ
St Ives	Library	2nd	Wednesday	10 - 12 noon	PE27 5BW
St Neots	Baptist Church 22 New Street (Not Dec 2024)	4th	Wednesday	2 - 4pm	PE19 1AE
Whittlesey	Library (Not December 2024)	4th	Tuesday	10 – 11.30am	PE7 1BA
Wisbech	The Oasis Community Centre	3rd	Monday	10 – 12 noon	PE13 3NR

<p>BATTERIES Please collect from any Hearing Aid Maintenance session or collect batteries from any Cambridgeshire Mobile Library. To find the closest library to you go to: www.cambridgeshire.gov.uk</p>	<p>DONATIONS If you can please donate to our charity. We need constant support to ensure our vital work continues. To donate: Send a cheque payable to Cambridgeshire Deaf Association. Post to 8 Romsey Terrace Cambridge CB1 3NH or Online at www.cambridgeshirehearinghelp.org.uk or in person at any of our drop-in venues</p>	<p>VOLUNTEER Please also consider VOLUNTEERING with CDA Hearing Help in either a Receptionist or Technician role, speak to one of our Hearing Champions for more information. You only need to give 2 hours a month to make such a difference. Thank you.</p>
---	---	--

Activities and Events

Arbury Artists Watercolour Painting Art Classes: Tuesdays 10am– 12noon at Meadows Community Centre, Cambridge. Contact **Celia Conway 01223 523680**

Abbey Leisure Centre Complex Astro turf, CB5 8NT. Supervets football. Contact Helena.knock@gll.org **01223 576412**

Barrington Forget-me-not club Meets fortnightly on a Thursday. Tel. **Jim Burton 01223 870192** or email jimandlindab@lineone.net. All welcome.

Beth Shalom Reform Synagogue Wednesday lunch club every Wednesday—all welcome. Auckland Road Cambridge CB5 8DW

Castle Street Methodist Church Coffee Morning every Wednesday 10:30—12 noon followed by over 50s Strength & Balance Class 12:00—1 pm (£3 per session) Contact **Amanda 01223 354904**

Cherry Hinton Church End WI meets every Monday. 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**

Cherryhinton Care Home (TLC Care) 369 Cherryhinton Road CBI 8DB. Afternoon Tea and Cakes on the 2nd Thursday of each month - join our residents. To book contact **Amber Christou on 01223 210070**

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

1 **Men's Social Group** 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.

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

Chesterton Knitters meet on the 1st Thursday of each month 2.30-4.30 at: Café 121, 121 Milton Road Cambridge. Bring your own work if you wish. Telephone **Eileen Flood—01223 369376** 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**

Coton Garden Club Contact **Ailish Meadows 07952 694666**. email: ailishmeadows@gmail.com. Meet 1st Monday September –April at 7.30 pm.

Coton Village Hall Internet Club Thursdays 10.00—12.00 Contact **Carolyn Postgate 01954 211033** email: carolyn@clara.co.uk.

Dunstan Court Wolfstan Way: Bingo! Wednesdays, 6.30 pm for an hour and a half. Contact **Beryl 01223 240918**.

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.

Grovebury Ladies club: meet Tuesdays 7-9pm 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**

Keep Fit for the over 60s. With exercise and dance classes. Tuesdays 2-3pm St Thomas's Hall, Ancaster Road (off Birdwood Road). Enquiries **Val Ford 07870 911556**.

Meadows Bowlers (Carpet), Meadows Community Centre, Arbury Road. Every Thursday 2-4 pm £3 per session incl. refreshments.

Newnham Walkers meet every Monday at 10:30 by the Crofters Café (Lammas Land) for a short, gentle walk followed by refreshments in a local café. Contact **Michael Bloy 01223 355686**

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 restarts 18th May 2021 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 and Friday Mornings from 10.45 to 12.15—all are welcome.

St Luke's Knitting Group: Meets last Tuesday of each month, 2-4 pm. All welcome, it doesn't matter if you cannot knit or crochet. Telephone for information **Judith Crowe - 01223 357627**

Tea@3 St Giles Church, Castle Street, Cambridge every Wednesday afternoon at 3 pm.

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

Waterbeach Happy People's Club—Waterbeach Social Club, Cambridge Road CB25 9NJ. Every Friday 2—4 pm. Bingo, raffle and auction.

Willingham Social Club, Fen End CB24 5LH: Jazz Club on first Sunday each month Feb-Dec 12:30—3:30 pm Tea, coffee, rolls, dancing. Admission £10. Contact **Rosie Val Barrett 01954 789670**.

COPE Events, Activities and Outings

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



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. Tea & Biscuits provided, bring own Lunch if required.

£1 Raffle with donated prizes. Everyone is welcome

August	No meeting
September 18th	Michelle Bullivant
October 16th	Eva Clark—Holocaust
November 20th	Marian #French—Cambridge History

COPE in St Ives

2 p.m. to 4 p.m. Corn Exchange, The Pavement, St Ives, PE27 5AG

Meetings held on third Thursday of each month. Contact Angie 01480 300726

Entry is £2.00 to help meet costs of these meetings and includes refreshments and the

celebrated £1 Raffle. COPE membership is free and members are encouraged to bring friends, carers and partners. Everyone is welcome.

19th September	Where have all the Characters gone?
17th October	Fire Safety in the Home
24th November	Romsey Rural Museum
19th December	Christmas Lunch in Corn Exchange

March Friendship Club

COPE is establishing a Social Club in March, and would like to have the support from all members in the March Area. We would like to know your interest in joining an afternoon group meeting at 2.00pm to 4.00 pm. The location will be at St Peter's Church Hall, on the second Tuesday of each month.

If you are interested, please ring the COPE office 01223 364303 from 10.00am to 12.30pm (after that time an answer phone will take your message), or email us on cambridgecope@hotmail.co.uk.

Looking forward to hearing from you.

St Luke's 150th Anniversary Celebration

This year, instead of Silver Sunday on the 6th October, there will be a Celebration of St Luke's 150th Anniversary on the 19th October in the afternoon from 12 noon to 4.30 with entertainment and refreshments.

Put this date in your diary!

Volunteers Urgently Needed

With the loss of funds from Cambridge County Council, COPE urgently needs volunteers to help with Grant Applications and Fund Raising. With only SIX members on the Committee, volunteers are also required to help with the organisation of outings and events. Please contact the office 01223 364 303 or by email cambridgecope@hotmail.co.uk