

Cambridgeshire Older People's Enterprise

COPE

The voice of the County's over 50s

Reaching a readership of over 2500

Registered Charity No. 1110887

December 2024 - January 2025 Newsletter 179

In this Issue

- 1 Editorial
- 2 Talking Together
- 3 Membership form
- 4 Trustees
- 5 Puzzles
- 6 Strawbear Festival
- 7 Defrauded? Don't worry!
- 8 Gardening and Dementia
- 9 The £1 note
- 10 Advertisements
- 11 Handyperson service
- 12 A different kind of life
- 13 A question of will power
- 14 Advertisements
- 15 Pam Ayres poems
- 16 Recipe
- 17 Advertisements
- 18 Malawi
- 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

Many of us are unfortunately using the NHS on a regular basis, though often having to wait for some time for an appointment. But apart from excellent medical treatment when available, the system is creaking at the seams and needs restructuring. Money has been poured into the NHS but it has developed into an enormous bureaucratic organisation with multitudes of unnecessary managers being paid enormous salaries. The recent budget is pouring even more of taxpayers' money into the NHS with the promise that it will be restructured and modernised. In the meantime, lack of Winter Fuel Payments and failing social care facilities will put a severe strain on the NHS this winter.



At last authorities are realising that a cashless society is very vulnerable to cyber attacks and electricity breakdowns. Without cash a digital financial structure has no comeback if the system is attacked as has happened in Norway and Sweden. These countries were almost cash free, when a series of digital attacks collapsed their financial system. They have now legalised cash, as did the British Government after COPE and others wrote pointing out the problems which a cashless system would create, especially among older people. We cannot have entirely digital systems, and for security need an alternative which for the financial sector is cash.

Cambridgeshire provides a substantial amount of the UK's food due to its fertile land. The county's population has a large number of farmers and workers dependent on the agricultural sector, and is a valuable part of the UK's food security. However, the large number of houses and other developments on green belt (prime agricultural land) are radically reducing the productive agricultural land. One specific land loss is due to the enormous solar farms proposed. Solar panels should be mandatory on all new housing and commercial developments, and cover supermarket roofs and car parks. We could then retain our valuable agricultural land.

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 - TALKING TOGETHER. If you have participated, we hope you will 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 a select group of like-minded people?
- Do you find it difficult to get out as often as you would like - perhaps 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 published 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 (video and audio) for those who prefer to use their computer or laptop.

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

Happy birthday to all members celebrating in December and January



**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

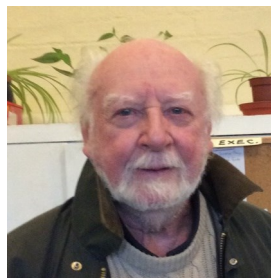
Registered Charity No. 1110887

*Notes

- You can cancel your declaration any time by notifying COPE
- If in future your circumstances change and you no longer pay Income Tax, please notify COPE
- Please notify COPE if you change your name or address whilst the declaration is in force.
- 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 (2024/2025)



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 February / March issue must be received no later than 6th January 2025

Word Search / Quiz

December 2024									WORD TILE								
A	N	D	I	M	E	S	A	L									
A	N	S	I	N	E	S	O	P									
A	Y	C	I	O	N	S	P	O									
B	E	L	K	B	O	S	P	I									
C	Y	M	L	E	S	S	T	A									
E	A	R	M	A	L	T	H	E									
G	E	H	P	A	N	T	L	I									
G	H	T	P	Y	G	T	O	M									
H	O	C	R	E	H	U	R	N									

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

Last month's solution

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

THREE RIDDLES

Answers

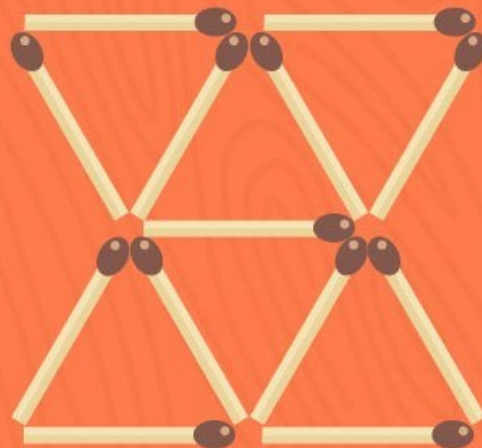
Riddle 1: Age

Riddle 2: Memories

Riddle 3: The word is **starting**.—
Starting, staring, string, sting, sing, sin, in, l.

Matchstick Quiz

Can you remove three matchsticks from the arrangement below to make just three triangles?



Answer in next Newsletter

The Strawbear Festival at Whittlesey

In January, Whittlesey holds a seven day festival of music, drinking, poetry, storytelling and above all dancing. Hundreds of Morris, Molly, clog and sword dancers flock to Whittlesey to dance in the streets. The centerpiece are the Straw Bears, a local man and boy dressed from head to toe in straw and led through the streets by their keepers.

The custom is centuries old, harking back to a time when on Plough Monday a man and boy dressed in straw would dance from house to house for money. In 1909 the custom was stopped by the police on the grounds that it was begging but was revived by the Whittlesey Society in 1980 and has now become an annual three day event. It will be held in 2025 on the 10th to 12th January.

A newspaper of 1882 reports that "the man chosen to be Bear was then taken around the town to entertain by his frantic and clumsy gestures the good folk who had on the previous day subscribed to the rustics, a spread of beer, tobacco and beef".



The bear was described as having great lengths of tightly twisted straw bands prepared and wound up the arms, legs and body of the man or boy who was unfortunate enough to have been chosen. Two sticks fastened to his shoulders met a point over his head and the straw wound round upon them to form a cone above the "Bear's" head. The face was quite covered and he could hardly see. A tail was provided and a strong chain fastened around the armpits. He was made to dance in front of houses and gifts of money or of beer and food for later consumption was expected. It seems that he was considered important, as straw was carefully selected each year, from the best available, the harvesters saying, "That'll do for the Bear".

The procession now contains over 250 dancers, musicians and performers from various parts of the British Isles performing traditional 'Molly', 'Morris', 'Clog' and 'Sword'. There is also American style 'Appalachian' dancing, street performances and Mummers plays. A decorated plough is pulled by 21st century plough boys and is now an established part of the procession.

In 1999 the Straw Bear made friends with a German Straw Bear from Walldürn near Frankfurt, a town that celebrates its own Straw Bear Festival on the Monday before Shrove Tuesday.

Although the festivities begin earlier in the week, the Saturday is the only day on which the 'Bear' makes an appearance before the 'Bear Burning' on the Sunday. This leaves the way open for a new bear to be created from the next season's harvest.

Defrauded? Don't Worry!



From Monday, 7th October, people who have had money stolen from their bank account by fraud should get it reimbursed by their Bank - up to a maximum of £85,000 and within a week.

The new rules were introduced on the 7th October and applied to what are called APP or 'Authorised Push Payment' frauds, where thieves deceive people into helping them steal their money. Pretending to be from a trusted place such as a broadband provider or bank, the scammer tells the customer their money is at risk and should be transferred to another "safe" account to protect it. That account, of course, is controlled by the thieves and once moved, the money is usually lost. Fraudsters stole £376 million this way in 2023, from nearly 225,000 people.

The new law replaces the current code, which not all banks have signed up to and which allows them to refuse reimbursement in many cases. A third of the money stolen in this way was not returned to victims in 2023: that's more than £120 million. The regulator says the new rules should ensure that money stolen by APP fraud is fully reimbursed in at least 90% of cases in future, though some banks may make victims pay the first £100.

The new law does not just apply to banks: there are many other financial firms offering current accounts. These are called Electronic Money Institutions (EMI's) and many are very poor at reimbursing stolen money, but will now be equally obliged to replace stolen funds.

If you do receive a call saying your money is at risk, you should just hang up. Do not engage with the caller, as they will be highly skilled in drawing victims into their web of deceit. If you think the call might have been genuine, then look up your bank's fraud number, which is usually on the back of your credit card, and call it.



The new rules are not retrospective and apply only to money transferred from 7th October 2024 onward. If you are scammed, tell your Bank as soon as possible, and say you expect to be reimbursed promptly. Should they fail to comply, you should complain and then contact the Financial Ombudsman Service.

Article by Paul Lewis in the Radio Times 5-11 October 2024 Edition

Gardening Helps Prevent Dementia



Recent studies have shown that gardeners may live longer and receive protection against dementia. Researchers are now calling for more study of the possible benefits of gardening, claiming it could become a weapon against cognitive decline.

Recent research by Edinburgh University, which tracked hundreds of people and their lifestyles over many decades found that those who spent time gardening had better brain function in later life than those who did no gardening.

A paper in the *Journal of Environmental Psychology* concluded that “The mentally stimulating nature of gardening, as yet relatively unexplored, might contribute to brain reserve even in older age. These results identify a promising new line of inquiry for understanding the lifestyle factors that may promote successful cognitive ageing.”

Children born in the Edinburgh area sat an intelligence test when they were 11. They were then tracked and asked to take the same exam when they were 70. They also gave details of their lifestyles and brain health.

Of 467 people tested, almost 30% had never gardened, but 44% did so regularly. The results showed a divide between the gardeners and non gardeners. On average, the 280 who gardened had better cognitive ability as pensioners than they did when they were 11. On the other hand, the 187 who never gardened had a lower test score than when they were children.



This link with gardening continued even after 'adjusting for education, occupational social class, health factors and overall physical activity. *Alzheimer Scotland* noted that findings of studies showed that gardening has the potential to promote mental stimulation and improve brain function.

David Bailey based on an article by Duncan Sanderson in the *Daily Telegraph* on 24th June '24

Old age and treachery will always beat youth and exuberance. *David Mamet*

The secret of staying young is to live honestly, eat slowly and lie about your age. *Lucille Ball*

It is strange that the years teach us patience; that the shorter our time, the greater our capacity for waiting. *Elizabeth Taylor*

The One Pound Note

Forty years ago, in December 1984, the last one pound note was printed. It ceased to be legal tender in March 1988.

It seemed as though an old and venerable item had been stripped from our culture. We could, for example, look back to May 1828, when a petition was announced signed by 'a numerous body of the most opulent and respectable inhabitants of Cheltenham', against a bill to withdraw the one pound note from circulation. A century and a half later, in Putney in February 1978, the Leader of the opposition, Margaret Thatcher, held up a one pound note, and to demonstrate how badly the Government had allowed its value to fall, cut it in half with a pair of scissors..

The Cheltenham petitioners failed. The pound note they supported had been introduced in 1797. It was the consequence of a diminishing gold supply, caused by war with revolutionary France, but was withdrawn in the year of their complaint. Not until the next major European conflict did it reemerge, in the form of notes issued by the Treasury in 1914.

The first green one pound note was issued by the Bank of England in November 1928. Issues between then and 1960 are referred to by numismatic types as Britannia notes. The design, by architect William Keeseey, showed Britannia on one side, and St George and the Dragon as designed by Benedetto Pistrucci for the sovereign that the note replaced. Acanthus swirled about them all. These notes remained in circulation until October 1962. There were 20 billion of them.

During WW2, blue emergency issue one pound notes appeared. They were the first to incorporate a metal thread, and they lasted until May 1962. Otherwise the design remained unchanged until March 1960. Robert Austin, Professor of Engraving at the Royal College of Art, was given permission to portray the young Queen on a new note. He put her on the front and Britannia was retired to the back.

It was not received with universal delight. One typical correspondent described the design as a 'jungle of printer's clutter'. It remained legal tender until May 1979.

In February 1978, another new note arrived designed by Harry Eccleston. It had shrunk and was perilously close to Monopoly money size. On the other hand it did now feature on its reverse the Royal Mint's most famous master, Isaac Newton, surrounded by a display of planetary bodies. Overlaid by a design from the Principia. About 6 billion were printed.

So why did we revert to coin? According to the Times (23rd December 1983) inflation was the reason and with the pound's loss of value, the notes are already treated as coins and loose change. They no longer remain crisp and clean in wallets. Produced for occasional use; instead they are stuffed into pockets, waistcoats and purses, quickly becoming filthy and crumpled. And there was also the influence of the vending industry.

It was galling to see its reduction to primitive coinage, but the venerated green pound note existed for a mere 60 years. We should be grateful that it went before that slippery indignity of polymerisation visited upon higher denominations.

Article by Wynn Weldon in The Oldie, October 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

Cambridgeshire Handyperson Service



Cambridgeshire Handyperson Service provided by AgeUK

Cambridgeshire & Peterborough

Are you aware of this service? Have you used the service?

We would like to hear from you!

The Handyperson Service offers a home safety assessment and delivers low level, reasonably priced 'handyman' jobs in people's own homes to help them remain as safe and independent as possible. Jobs might include the fitting of grab rails, fixing leaking taps, securing carpets and rugs and other works to help prevent falls and keep people safe.

This service is provided by AgeUK Cambridgeshire and Peterborough under a contract with Cambridgeshire County Council and the five district councils in Cambridgeshire. More information is available on their website: www.ageuk.org.uk/cambridgeshireandpeterborough then click on the 'our services' section.

The current contract is due to end in March 2026, so the County Council are keen to find out whether people know about this service and what they think of it. This will help them to understand whether anything needs to change when the new contract starts in April 2026.

If you would like to make any comment on this service, or tell us about your experience, please contact Diana Mackay at Cambridgeshire County Council. Email: diana.mackay@cambridgeshire.gov.uk or telephone 01223 715966.



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**

A Different Kind of Life

When inflation was high, I recall one lady complaining to a BBC reporter, 'I couldn't pay for any more electricity, so I had to do some hand washing.' She was upset and the interviewer sympathised. The reporter also spoke of 'a pensioner who could now afford only one bath a week.'

As it happened I had just been reading in *The New York Times* about three quarters of a million people in Sudan who are now on the verge of starvation. Many had escaped from the murders and rapes in Darfur, in the south and settled in northern Sudan, but now two generals, each with a well-armed force, are fighting in Khartoum and other northern areas, destroying homes, hospitals and schools, and causing the death of thousands of men, women and children. Artillery shells are crashing over the river Nile and Khartoum is said to be 'a charred battleground.'

Many survivors have sought refuge in neighbouring Chad, a poor and largely desert country, ill-equipped to cope with the influx. The United Nations has described this evacuation as 'the biggest displacement in history.'

I was reminded of our constant need to distinguish the trivial or ephemeral from what really matters. I also thought about all the hand washing today by, for example, billions of people in India, and most central American and African countries, where neither baths or showers may exist.



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. And, yes, the weekly bath was normal for many people.

In the early 1930s, I lived in a remote country area in the Thames valley. We 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.

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 ribbed metal cover. Once hand-rinsed, the washing was put through a mangle. Finally, it was hung on a line.

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. The media is often unhelpful in this respect when it focuses on the trivial, and what it estimates people want to hear rather than on events of significance.

There will always be people who have economic problems, caused by a variety of factors, but the vast majority of us have a standard of living that is envied by countless people overseas, suffering real poverty, in a life of bare subsistence.

George Cullen

A Question of Will Power

Do you have a will? And, before you think, “Yes, so I don't need to read this!”, have you reviewed it recently? Even if you have, perhaps you should review it again. Because on October 30th, Rachel Reeves presented her first budget. And it included tax changes affecting inheritance and decisions about what you leave to whom. So now is the perfect time to make or review your will.



This time of year solicitors also make wills for free, in exchange for a donation to the Will Aid Charity. They recommend £100 for one straightforward will or £180 for a matching pair for a couple. That's much less than they would normally charge.

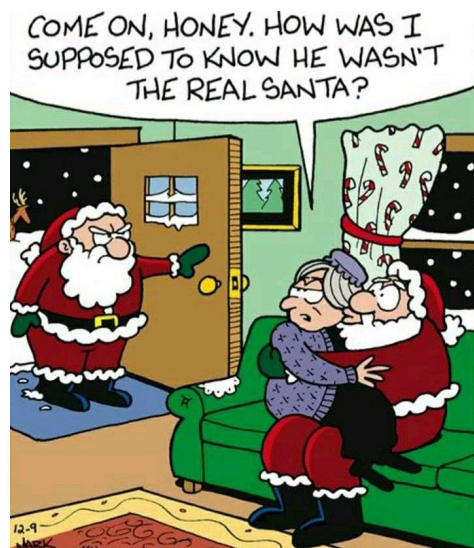
Will Aid says a staggering 56% of people do not have a will, and another 11% says theirs is out of date. Reviewing it every few years or when anything changes is recommended. Remember if you have married since making your will, it is now invalid, except in Scotland where the rules are more sensible, but even there you should definitely renew it.

Most at risk are couples who live together in unmarried bliss. The majority do not realise that if one died, the other would normally get nothing unless there was a will specifically leaving money, property and possessions to them.

Nearly a third of cohabittees believe that everything would automatically go to their partner. But without a will, it won't! Even if you are married or in a civil partnership, not everything always goes to your spouse if you have no will. That is why every couple should make sure they have an up to date and valid one, especially if they are a blended family where there are children of more than one relationship to consider.

Article by Paul Lewis in the Radio Times 19-25 October 2024

Since writing the above, as predicted, in her Budget Rachel Reeves included charging pension pots and family businesses (including farms) in an individual's estate with inheritance tax. So it is important to review wills already made or those proposed to take account of this increase in inheritance tax.



Advertisements



Are you over State Pension age, or know someone who is?

Pension Credit tops up pension income and can help with day-to-day living costs.

If you are over State Pension age, you may be eligible to claim **Pension Credit**, even if you own your home or have savings. People who claim **Pension Credit** may also be able to get:

- The **Winter Fuel Payment*** and other help with heating costs
- Help with rent and Council Tax
- A free TV Licence for those aged 75 or over
- Help with the cost of NHS services, such as NHS dental treatment, glasses and transport costs for hospital appointments

You could be eligible for **Pension Credit** if your weekly income is below £218.15 or, if you have a partner who lives with you, £332.95. Qualifying income level may be higher in some circumstances.

Don't miss out.



Check your eligibility at gov.uk/pension-credit or by calling **0800 99 1234**

Eligibility criteria apply
*or the equivalent in Scotland.



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.cleanerscambridge.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

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

Advertisers

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

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

Poems—Pam Ayres

Oh, I wish I'd looked after me teeth
And spotted the perils beneath.
All the toffees I chewed,
And the sweet sticky food,
Oh, I wish I'd looked after me teeth.

I wish I'd been that much more willin'
When I had more teeth there than fillin'
To pass up gobstoppers,
From respect to me choppers,
And buy something else with me shillin'.

When I think of the lollies I licked,
And the liquorice all sorts I picked,
Sherbet dabs, big and little,
All that hard peanut brittle,
My conscience gets horribly pricked.

Oh I showed them the toothpaste all right,
I flashed it about late at night,
But up and down brushin'
And pokin' and fussin'
Didn't seem worth the time... I could bite!

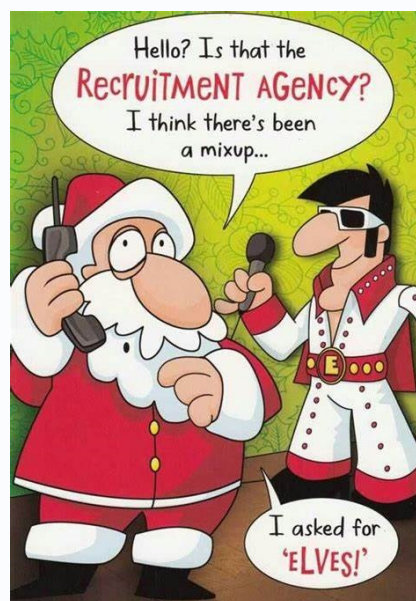
If I'd known, I was paving the way
To cavities caps and decay,
The murder of fillin's
Injections and drillin's
I'd have thrown all me sherbet away.

So I lay in the old dentist's chair,
And I gaze up his nose in despair,
And his drill it do whine,
In these molars of mine,
Two amalgam,' he'll say, 'for in there.'

How I laughed at my mother's false teeth,
As they foamed in the waters beneath,
But now comes the reckonin'
It's me they are beckonin'
Oh, I wish I'd looked after me teeth.

I don't like metrication, friends,
The milligramme and the litre,
I work in feet and inches,
I do not trust the metre.

I like it by the furlong,
And I like it by the acre,
I liked the baker's dozen,
I also like the baker.



SENIOR CITIZENS' CHRISTMAS ENTERTAINMENT

Wednesday 4th December

Arrivals from 1.30pm

Music from 1.45-3.20pm

Chesterton Community College,
Gilbert Road

Local senior citizens are warmly welcomed to an afternoon of music provided by the Chesterton Community College Music Department. There will be the opportunity to listen to musical items and enjoy some seasonal refreshments.

Booking is **essential**.

Please book via this QR code
or via the college reception on
01223 712150.



Recipe

Christmas Apple and Mincemeat Squares

A deliciously fruity combination of apples and mincemeat is spiced with cinnamon and sandwiched between a crumbly, melt-in-the-mouth cake mixture in this easy-to-make recipe

Makes about 12 squares

250g butter	2 tbsp lemon juice
250g light muscovado sugar	4 tbsp mincemeat
500g self-raising flour	60g demerara sugar
Pinch of salt	1 tsp ground cinnamon
1 large egg	30g coarse porridge oats
500g cooking apples	Icing sugar for dredging
Finely grated rind of lemon	



- 1 Put the butter into a saucepan and heat gently until melted. Add the muscovado sugar, stir thoroughly and leave to cool slightly.
- 2 Stir the flour and salt into a large bowl and make a well in the centre. Add the melted butter mixture. Beat the egg and add to the mixture, stirring well to combine thoroughly.
- 3 Transfer two-thirds of the mixture to a greased and lined 30 x 25cm/12 x 10 in. shallow cake tin, pressing down well.
- 4 Peel and slice the apples thinly, and place in a bowl with the lemon rind and juice (The juice helps to prevent the apples from turning brown). Add the mincemeat, demerara sugar and cinnamon, stirring well to mix. Spoon over the prepared base in an even layer.
- 5 Mix the porridge oats into the reserved cake mixture and scatter evenly over the fruit.
- 6 Bake in a preheated oven at 190 C / Gas Mark 5 for about 35-40 minutes.


When cool, cut into squares and remove from the cake tin. Dredge with icing sugar before serving.

pudding Mixture:

While this is really a cake mixture, it also doubles as a delicious pudding served hot with a jug of custard sauce. Halve the quantity to serve 6 people.

Cooking for Christmas/Sue Ashworth

Advertisements

“I won’t
have 
what she’s
having.”

We’re proud of our restaurant quality menus, but they’re never set in stone.

So if you fancy something different, just let us know, and we’ll see what else our chef has in store.

Every moment.



HALLMARK
LUXURY CARE HOMES

Residential, nursing and dementia care.

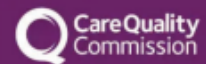
Learn about life with us at hallmarkcarehomes.co.uk | 01223 080 138 | Hallmark Arlington Manor, Girton, CB3 0FW



OATH
HEALTHCARE

Personalised Home Care Solutions

Regulated by



Home Care

Cares can come to you in your home, to assist you with personal hygiene, grocery shopping, and meal preparation, ensuring you maintain independence from the comfort and well-being of your own home.



Complex Care

Complex home care services encompass a wide range of medical interventions, including skilled nursing care, medication management, wound care, pain management, respiratory therapy, and rehabilitation services.



Live-In Care

Live-in care provides individuals with round-the-clock support and companionship in the comfort of their own home, ensuring care and assistance tailored to their specific needs and preferences.



01223 755 887



admin@oathhealthcare.co.uk



www.oathhealthcare.co.uk

Malawi

'Support Malawi – Bringing Hope and Creating Opportunity'

This was the title of the fascinating talk recently given by Josie Charter to the St Ives Branch of COPE. The charity has been working in Malawi for 25 years and has changed the lives of thousands of orphans and vulnerable children who had no hope before becoming part of the Support Malawi family. With over 3,000 children to feed, clothe and educate, it's amazing to learn that the charity is run from Josie's home in Fenstanton where overheads are almost non-existent, allowing all the money raised to be sent directly to the point of need on the ground in Malawi.

Malawi is a land locked country in Eastern Africa with Lake Malawi covering one fifth of its area. It has a population of 20 million and is one of the poorest countries in the world, ranked 174 of 189 countries on the Human Development Index. It was formally under British rule as Nyasaland with the country achieving full independence, as Malawi, in 1964.

The charity has built 12 childrens' centres, four schools, three health clinics and some residential hostels, all in very remote, rural areas of Southern Malawi. They pay for their schooling and welfare. The care includes providing breakfast before school as well as a hot and nutritious lunch once school has finished, followed by additional education support provided by qualified teachers. The children are encouraged to go as far with their education as possible and Support Malawi commits to continuing to support all students who are selected for college or university. Those who are unable to pass exams at school are taught practical skills such as tailoring, woodworking and mechanics and given some training in how to set up a small business following the completion of the course. The whole concept is to provide long-term support to enable the children to grow and prosper until they have the ability to become self-sufficient when leaving the programme.

The charity is also half way through an ambitious two year project to reach 3,500 rural farmers and teach them about the advantages of conservation agriculture. Learning new methods of farming will enable them to increase their yields at harvest time - vitally important in a country where most families rely on subsistence farming to feed themselves.

There is no doubt that the charity does a great job in Malawi and there are thousands who have benefitted from the support given to them and are now working as doctors, nurses, teachers, plumbers, mechanics, administrators - the list goes on! These children are the future of Malawi and they are thriving. Their happy faces in the photograph give testament to that. Josie is available to give her talk to other COPE branches and further information is on their web site: www.lifelinefund.org.uk



Tony Moffat

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 Astroturf, 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 lunch club every Wednesday—all welcome. Auckland Road Cambridge CB5 8DW Contact aureore.karat@beth-shalom.org.uk to confirm attendance.

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 **Scott Brooker** 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 at 3pm - tea, cake & chat. All are welcome.

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

January 15th

Robert Colbert - Alzheimer's Society

February 19th

Gina Margolin (guitar)

March 19th

Michelle Bullivant

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 December

Christmas Lunch in Corn Exchange

16th January

Rachel Nightingale - drugs and alcohol

20th February

Richard Carter - policing in days gone by

20th March

Kevin Pigney - wildlife photography

17th April

Andrew Lacey - Cambridge Spies

March Friendship Club

COPE has established a new Social Club in March which met for the first time in September.

Regular meetings will now be held from 2.00 pm to 4.00 pm at St Peter's Church Hall, High Street, March, on the second Thursday of each month. Refreshments available.

For further information, contact Susan on 0754 719 1315 or email the COPE office at cambridgecope@hotmail.com.

**HAPPY CHRISTMAS to all our
members, their families, carers and
friends, and a happy and healthy New
Year from your COPE team.**

