

COPE



FORUM

Newsletter No.84 (Print Run: 2,400) paper copy £1 (free to members) February 2012

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Emails and messages left on the telephone answering machine service will be checked frequently and responded to. Please email COPE, if you wish to receive this Newsletter via email.

Cambridgeshire Older People's Enterprise

Email: cambridgecope@hotmail.co.uk; Web: www.cambridgecope50.org

Registered Charity No. 1110887 An independent and voluntary Forum, for 50's and over

(This Newsletter is on our website. please contact the COPE office if you prefer to read this on the web and not receive a paper copy)

Dear Member

No doubt several of our members have had the misfortune of being burgled and, having had this happen to us twice (most recently immediately after Christmas) I would like to praise the policemen who attended and who were most comforting and thoughtful, and I was also impressed and grateful to the Bobby Scheme representative who came and fixed alarms and attended to various items.



The reason I mention the above is that if anyone is burgled it is well worthwhile discussing the event with the various people who the police notify – not forgetting the local PCSO's who came to give us reassurance. There really is a system in operation, which helps at such times.

Our Executive committee and members who help to staff the office are all working hard and we are grateful to them – and thank them on your behalf. If you have not yet completed our Survey form please do so now. There is always something to do and if you could help please let us know. If necessary a message can be left on the office answering machine.

Our Area Representatives are, of course, always pleased to hear from members with any information or "snippets", which are of interest and your letters and emails are welcome at any time. Remember our Newsletter is intended to keep us all in touch with each other.

It is interesting to learn that a report has been published on the question of assisted dying and I felt that the offer from Ian Alexander of Dry Drayton quoted on page 2 of the January Newsletter, was most helpful for anyone who is interested in 'Dying with Dignity'.

The holiday season will soon be here and we should be pleased to hear of member's experiences – I shall be "enjoying myself" gardening – ah well – that's life!!!

Best wishes, **Maurice Garner**, COPE Chairman

COPE office - The Golding Room, St Luke's Church Centre, Victoria Road, Cambridge CB4 3DZ

is manned by volunteers from **10 a.m. to 1 p.m.** – Monday to Friday. Telephone: 01223 364303.

The **Citi 8** stop – **Victoria Road/Garden Walk**; the **Guided Bus Route B** stop – **Castle St/Shire Hall** (walk through the County Council offices, go down 5 steps and turn left at Magrath Avenue and head for the church steeple); **Citi 1** stop – **Gilbert Rd/Carlton Way** (go down Stretten Avenue and aim for the church steeple in front of you); **Citi 2** stop – **Chesterton Rd/Carlyle Rd** (go down Carlyle Road, turn right to Holland Street and then left onto Victoria Road and walk towards the church steeple)

Please join us at the many events being held in our premises

See 2012 Event Calendar sent out with the January Newsletter.

Please email cambridgecope@hotmail.co.uk if you wish to receive COPE Newsletters via email.

All future COPE coach City pick-ups for trips will be from the COPE office, St Luke's Church car park at 10.30 a.m. to enable more people to use public transport and keep costs down

Robert Boorman, COPE Treasurer and Spokesman - **COPE needs you to help us raise this issue!**

COPE has asked the County Council to support the proposal made by the Dilnot Report to protect everyone from the possibility of having to pay unlimited amounts of money for personal Social Care, particularly our five COPE members who are Councillors on the All Party Adult Health and Wellbeing Scrutiny Committee.



Age UK has also been raising this issue at national level as has the National Pensioners Convention. Please also support Age UK Care in Crisis campaign and petition.

COPE would like to urge each and every member, who agrees that worrying about the possibly unlimited cost of care is a blight on their lives, to write to their MP asking him/her to support the introduction of a cap of £35,000 on individual expenditure to give us all peace of mind in our old age.

If you support any political party, you could write to their local office to urge them to take this issue up on your behalf.

Focus on what you can do and not on what you cannot do

"OUR STRENGTH IS IN OUR NUMBERS" - 1

Happy Birthday to our older and wiser members for the month of February 2012

Kathleen Ambrose	Malcolm Askham	John Ayres	Joan Ayres	Mrs B Baker	Linda Balfour
Margaret Barker	Martin Ballard	Keith Barnes	Meg Basden	Margaret Bell	Margaret Bennett
Jean Benham	Mrs M Beresford	Mrs P Bickel	Mrs J Bilton	Doreen Bird	Elizabeth Blair
Lesley Bishop	Bernice Bright	Molly Bozeat	J Bond	Mrs V Brown	Barbara Brown
Doreen Burrell	Cally Bussetil	Ron Brown	Mary Buckle	Mrs M Butcher	Meena Cahabra
Berni Callaghan	Lavery Callaghan	Peggy Butler	Jeffrey Butler	Jeanne Clapp	Alison Campbell
Audrey Campbell	Margaret Chamberlain	Doreen Clark	Joanna Clarke	Larry Cohen	Leonard Coase
Mrs N Collinwood	Margaret Culpeck	K Clark	Olive Colbeck	Mary Cook	Derick Collison
Pamela Dawson	Jacqueline Day	Mrs V Cooper	H Daly	Mrs D Cottiss	Barbara Deeks
Margaret Eastaugh	Arthur Eastwell	N Denniss	Mrs K Doggett	Linda Driver	Doris Eichner
Mary Fawcett	Brenda Ferguson	Jill Durne	L Ellis	Ann Flack	Brenda Fleet
Roy Fordham	Deborah Freeman	Mavis Foster	Merrilyn Fry	Betty Gant	Marina Gay
Roland Gibbons	Meiko Gethin	Shirley Gilbey	John Gibbs	Jean Gimbert	Patricia Godson
Peggy Gipson	Louise Goodman	Jean Gill	Ethel Godfrey	Thomas Goss	Graham Graves
Christine Greggain	Susan Hammond	Vera Griffin	D Griggs	Carole Hall	Cheryl Hagger
Margaret Hankins	Bridget Hattersley	Phyllis Halls	Simon Hanna	Miss E Harding	Eileen Hiller
Mrs P Holmes	Margaret Hyam	Clive Hines	Roger Hones	Bill Hughes	Judith Hunt
Muriel Jackson	Jennifer Jackson	Edna Ingrey	Peggy Jacobs	Joan James	Brenda James
Glenda Jeeps	Maurice Jefferson	Tony Jenks	Joyce Jones	David Jones	Mrs M Jones
Brian Kelleway	Margaret Leaper	Mrs Kent	Rashid Khan	Ken Kirk	Anne Langley
Keith Legge	Salvadora Lifke	James Lee	Linda Leigh	Iris Levitt	Anne Lonsdale
Rosemary Magellan	Veronica McGrath	Bill Loose	Gerda Mamott	Martin Mann	Hilary Mansfield
Stuart Mansfield	Reginald Megson	Lynda Martin	Mrs E Mayne	Enid McHarg	Brenda McHugh
Margaret Moffat	Suprakas Mookherjee	R Miles	Jack Morgan	Brian Morris	Mrs R Nightingale
Susan Murfitt	Maureen Nudds	Paul Neill	Keith Newton	Jean Oates	Margaret Owen
Jennifer Phillips	Maurice Prime	John Olday	June Orchim	June Osborn	Mrs J Owen
Yolande Powell	Joan Palmer	Jean Palmer	Anne Paine	Elaine Pocock	Marjorie Pratt
Peter Richardson	Charlie Richardson	Sally Rees	Ursula Revill	Nick Roberts	Mrs H Roberts
Diana Robertshaw	Barry Robinson	Gillian Rogers	John Rogger	Joyce Rowell	Margaret Ruffle
Rosalind Rowlinson	George Russell	Joy Rutherford	Mrs B Saul	Paul Saunders	Rosalind Rutter
Katherine Saunders	Geoffrey Seaber	James Sharkey	H Smart	Patricia Skeels	Virginia Smart
Deborah Snelling	J Strangward	Monica Smith	Shirley Smith	Hazel Smith	Joan Smith
Michael Stubbins	Mrs B Sturgeon	Ann Smith	Angela Steele	Mary Stewart	Joan Thompson
Betty Tarry	Christine Tredgett	Gillian Taylor	Susan Tombs	Gladys Vincent	Kathleen Verdon
Rosemary Watson	Kenneth Webb	Pat Wilkin	A Ward	Albert Watts	Bruno Von Janowski
Rosemary Wheeler	Elaine Wheatley	Dawn White	Paul Wilkins	Betty Wood	Adi Wiedersheim
Jayne Williams	Brian Woods	A Workman	Margaret Wright		

Did you know ~ ~ ~ from Margaret Hobbs and Rhona Boorman

- A quarter of all **Brussels Sprouts** are sold in the week leading up to Christmas; and Brits could end up paying for Christmas 2011 far into 2023 by only making the minimum repayments on their **credit cards**.
- Should the Queen remain on the throne until September 2015, she will become the longest reigning monarch in British history. **The Diamond Jubilee** on June 2nd will start a special four-day bank holiday weekend.
- One in eight calls to the NHS's new non-emergency number – **111** - is ringing out with reports that people are waiting more than half an hour without an answer.
- A quarter of hospital beds are now occupied by **dementia** sufferers.
- Professor John Wallwork CBE, world class **Cambridgeshire surgeon** is to retire after a 40 year career.
- Severe **heatwaves** kill more Australians than any other natural disaster - heat stroke and heat exhaustion.
- Scientists say that **body hair** helps keep biting insects at bay.
- New figures show that grandparents save the average family **£1,823** a year in child care costs.
- According to figures from the City of London Corporation, **Financial services** generated £63bn in taxes in the 2010/11 financial year, some 12.1% of the total UK tax take. The sector employs more than 1.1m people.
- **Singapore** has a higher income per head than the UK
- Google has donated £550,000 to help restore huts at **Bletchley Park**, the WWII code-breaking headquarters.
- Overall **crime** in Cambridgeshire has fallen by 12% - Cambridge (20%), South Cambridgeshire (7%) and Huntingdonshire (13%)
- Cambridgeshire **Fire and Rescue Service** has dealt with one death, 31 injuries and 78 fires related to candles in the last six years.
- A study claims that **birds** living in cities sing at a higher pitch than their country counterparts to reduce the impact of echoes from surrounding buildings.
- The seed company Suttons of Devon has secured the rights to sell Fourberry Black Gem bushes – twice the size of a **blackcurrant** and said to be very sweet and juicy.
- An unpublished **Charlotte Bronte** manuscript has sold for £690,850; **Emily Bronte** enjoyed making bread.
- The **Women's Institute** was set up in 1915; the **birthstone** for February is the amethyst; the first **flushing public toilets** were opened in February 1852 and the **railway** came to Cambridge in 1845.
- The **Olympic Games** is in danger of overshooting its £9.3 billion budget.
- Those aged between **65-74** have the highest rate of inflation at 5.4%, higher than the official rate of 5%.

Trains cancelled due to 'wrong kind of weather' – rails have shifted due to the dry soil

“OUR STRENGTH IS IN OUR NUMBERS” - 2

February Tile Test from Brian Halls, Bar Hill,"

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Place 27 three character Tiles below correctly into the grid above

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 EON LY# 9#L ERY MIL 200 E#T MOR #IN



Solutions to January: "Hello all puzzlers good news is needed globally. Financial stability is vital for 2012"

Please email Brian on brian@sudocard.co.uk if you would like more original puzzles

Eta Sanderson's Food Corner – Rice and Red Beans

Ingredients: 3 tbsp Vegetable Oil 1 Onion peeled and chopped ½ tsp Cayenne Pepper
 225g Long Grain or easy cook rice 1 tsp Mustard Powder 1 tsp ground Cumin
 2 stalks of Celery cut into thin slices 2 carrots cut into small dice 2 tbsp Tomato Puree
 1 Green Pepper deseeded and diced 1 can 397g Kidney Beans (drained and thoroughly rinsed)
 150 ml vegetable stock (made with hot water)



Method: Cook rice until tender, drain, refresh and set aside in a pre warmed serving dish. Heat the oil in a large pan, add onion sauté until soft, then the garlic and cook for a further minute, stir in cayenne, cumin and mustard. Continue stirring to avoid burning. Add celery, carrots, green pepper, tomato puree and stock. Blend all ingredients and cook for 3-4 minutes. Bring to the boil then reduce the heat and let it simmer for 10 minutes, then add the drained kidney beans and cook for a further 5 minutes. Mix a third of the bean and vegetable sauce with the rice and pour the remainder on top. Can be served as a vegetarian dish, or you may serve it with fried pork sausages, slice of gammon or just a fried egg.



- **COPE needs a volunteer "back-up"** to man the telephone from 10 a.m. to 1 p.m. in the office. Please telephone 01223 364303 if you think you can help. Stagecoach Citi 8 stops outside; The Guided Busway (Route B); Stagecoach Citi 1 and Citi 2 stops are within walking distance.
- COPE needs a representative for East Cambs; and another person to help Peter Pryke in Fenland.

Care Network Cambridgeshire helps to develop and support good neighbour projects if you would like to develop a project in your area – call us on 01954 211919. We also provide: 'Help at Home' (incorporating 'Welcome Home from Hospital') – free practical voluntary help for people recovering from an illness at home or after a hospital stay. Telephone: South Cambs and Cambridge City – 01223 714433; East Cambs – 01353 772169; Hunts and Fens – 01354 694413



David Hart, Willingham (Tel: 01954 260204) promoter of **The COPE Weather Lottery**.

This is COPE's own lottery set up to raise funds to help COPE - funds are required to support our office, to campaign, and to put on social events. This is a chance to contribute to our worthy charity and give yourself the opportunity to win some money back as well - **Six members have won so far** and **£35 has been contributed to COPE funds**. The **COPE Weather Lottery** is open to all - friends, relatives and the general public. For more Lottery leaflet/application forms please contact David. **Or play online:**



<http://weatherfunds.co.uk/playonline.php?scheme=COPEL>

- **Cost of living for the over-65s has risen by a fifth in four years** – this is because they have a fixed retirement income and spend much of their money on fuel, food and energy whose prices have risen sharply.
- **Thank you** to Tony Brotchie, Evelyn Charnley, Celia Conway, Ted & Nita Haskins, Margaret & Barry Hobbs, Ted Knock and Alice Zeitlyn who helped send out your last Newsletter. As it was 12th Night we celebrated with a Pizza takeaway!

Success is celebrated in sport but not other areas such as academia and professional trades – an anti-elitist culture stops people celebrating excellence in Britain – do you agree?

Robert Sanderson's Factoids:

- There has been a boom in small paper based "lab on a chip" to diagnose some diseases by placing a drop of blood on them and analysing the sample. This is a cheaper alternative to sending the samples to be processed sometime many miles away. It is especially useful in underdeveloped countries where distances are greater and facilities scarcer. Researchers both in Australia & the United States are working on projects to simplify the production & lower the cost of these products to enable poorer nations to access this groundbreaking technology.
- Beer consumed in moderate quantities may strengthen the bones. The "liquid bread" as some people like to call it contains as much silicon as cucumber or asparagus and helps to maintain healthy bones. So your daily pint will keep the osteopath away. Mind you the same could be said about a pint of milk. Drink more of the first and your liver may protest.
- Hurricanes are increasing in strength in this century and although we may not be in the path of the most destructive sorts in this country, recent gales around the UK seem to indicate that no one will escape the strengthening of air movements around the globe.
- Peanut allergy – one of the most common – affecting one in fifty of school age children may be cured with treatment of their immune system. It is based on the theory that by introducing a minute amount of the allergen and increase the dosage by equally minute amounts the immune system will accept it without an allergic reaction. The idea is not new, as far back as the thirties some GPs advised mothers to introduce young children to eggs in a similar fashion.
- It may help future generations but too late for us, the discovery of the *ageing gene*.

Some of us seem to age faster than others scientists tell us by the variations found near a particular gene called TERC. People with this variation are likely to be older by three to four years than their contemporaries. The study could provide an insight to cancer and other age related illnesses.

- Meditating alters activities of the brain. A person who regularly practices Zen meditation develops a higher threshold of resistance to pain; admittedly the awkward posture the practitioners adopt may explain this benefit. Other forms of meditation can bring beneficial result without too much pain - it is the inner calm that they are after. It is also cost effective, no equipment needed and you can practice it anywhere anytime.

The "**senior moment**" of entering a room and forgetting why you are there is actually caused by the mental effect of walking through a doorway, scientists from the University of Notre Dame in Indiana claim. The doorways act as a kind of trigger for the brain to file one chapter of events and memories and move onto the next one – visual spatial processing that occurs in earlier rooms impedes the processing of the upcoming room – this overloads the memory.

The Senility Prayer from Hazel Smith, Fulbourn

God grant me the senility to forget the people I have never liked anyway, the good fortune to run into the ones I do and the eyesight to tell the difference. Now that I am older but refuse to grow up, here is what I have discovered:

I started out with nothing, and I still have most of it
My wild oats have turned into prunes and All Bran
I finally got my head together; now my body is falling apart
Funnily I do not remember being absent minded
If all is not lost, where is it?
Is it easier to get older than it is to get wiser
The only time the world beats a path to your door
is when you are in the bathroom

If God wanted me to touch my toes, he would have put them on my knees
It is hard to meet expenses – they are everywhere
These days, I spend a lot of time thinking about the hereafter
I go somewhere to get something and then wonder what I am hereafter

- Some of the COPE members in the photograph, who enjoyed the theatre trip to "War Horse" - we had excellent seats in the Circle. Thank you to Eileen Hopper, Margaret Rishbeth and Ann who helped with the raffle - £58 was raised for COPE funds - **thank you to all who donated raffle prizes.**



▪ **Hilary Mansfield**, Research Team Leader, reports: "The next Research Group Meeting is on **Thursday March 8th** at 3 p.m. in the COPE office. Please contact Alice Zeitlyn for details – 01223 357395".

▪ **Information Services at Age UK Cambridgeshire** is now **0300 666 9860** or email informationservices@ageukcambridgeshire.org.uk



What they are paid (Source: Cambridge News) The Chief Executive of Cambridge Arts Theatre with 34 staff earns £150,000; The Chief Executive of the Arts Council England, responsible for the allocation of millions of pounds of funding to arts organisations across the country also earns £150,000. Cambridge City Council chief executive in charge of approximately 1,000 staff has a salary of £117,000; the chief executive of Cambridgeshire County Council responsible for 18,000 employees earns £186,167. The Prime Minister earns £142,500; MPs earn £65,738 and Cabinet members £134,565.

Keep well, keep safe, keep busy - better to wear out than to rust out

"OUR STRENGTH IS IN OUR NUMBERS" - 4

Home and contents insurers now sell a range of “add on” products – do you really need all that extra cover (Source: Daily Telegraph)

- Home emergencies cover e.g. the breakdown of your central heating system – if you have sufficient savings to meet these costs you probably do not need this cover.
- Legal expenses cover – given the relatively low cost for this, it is probably worth having.
- Cover for drains – the water company does not cover the pipes that run onto your property, you do – but bear in mind that most people never pay such bills.
- Accidental damage e.g. if you spill red wine on your carpet. However most policies will not cover portable items or any damage caused by pets (or vermin).

House rules for would-be landlords if you need income from a room(Source: Daily Telegraph)

Do remember that, if you are receiving more than £4,250 a year in rental income, you will need to pay tax on it.

Do target lodgers who will use their room only a certain number of days a week. They will intrude less on your privacy

Do check with your insurers whether your contents insurance will remain valid if you take in a lodger

Do remember to get the essentials of your agreement with your lodger down in writing

Don't be greedy in fixing the rent. If your lodgers feel they are being overcharged, they will resent you from day one.

Don't stereotype all students as drunken layabouts. Some of the best lodgers are mature students or those from overseas, who are well and truly past the party animal stage.

Don't let yourself become a control freak, obsessed with minimising the disruption caused by your lodger. Try to enjoy their company as much as possible.

▪ Cambridgeshire Community Services NHS Trust has joined forces with Arthur Rank Hospice Charity and launched a two-year pilot scheme, which supports people with a terminal illness who want to die at home. **Hospice at Home** provides specialist health care for the last two weeks of someone's life that enables families to care for people at home and gives them emotional support and valuable respite. For more information contact Lorraine Moth on 01223 723135.

▪ Following the success of the Huntingdonshire COPE meeting appearance of NHS speakers about **Surviving Major Trauma** on January 13th. The East of England Specialised Commissioning Group team would like to invite you to the April launch event for the **East of England Trauma Network**. As we write in January the venue and date have not yet been confirmed, but COPE coordinators will be informed of the detail and will pass it on to members when they receive it. If you would like to attend you will need to register, but the event will likely take place over one morning and will be completely free. A buffet lunch will also be provided. Please look out for details at www.eoescg.nhs.uk or keep an eye out for details from **Rhona Boorman** or **Gerald Collins**.

▪ Sharanjit Kaur, a final year student at University of Leeds, studying psychology is conducting research for her dissertation based on Internet and Facebook use and its relation to health outcomes. She is looking for **people aged 50+** who are active Facebook users to complete a questionnaire at the following link: https://www.survey.leeds.ac.uk/internet_and_health

▪ Quitting smoking, controlling blood pressure, following a healthy diet and being physically active significantly **reduces the risk of stroke**. For further information on strokes contact:- Sue Hampton Telephone: 01480 373220

▪ New figures from the DVLA show there are 48 drivers in their 90s who have **provisional licences**, with the oldest being 98. And there are more than 10,000 people aged over 70 who are learners. Co-operative Motor Group, managing director, Tony Guest said: “As long as you are fit and healthy there is no reason whatsoever that you cannot continue motoring well into later life.

▪ For millions of families, half the fun of Christmas was tearing the paper from presents that have been neatly wrapped, carefully labelled and placed under the tree - each Christmas we throw away 226,800 miles of wrapping paper, which is enough to stretch nine times around the world! Other waste includes 125,000 tons of plastic wrapping, 10 million items of turkey packaging and 25 million Christmas pudding packages. According to Whitehall figures, **every tonne of landfill costs £56 in tax**.

▪ According to MSN, the internet service, one in five Britons expected to put on more than half a stone over **Christmas**, which 85% of those surveyed said would take three months to lose.

▪ A study by the charity **Alcohol Research UK** have found that loneliness and boredom are to blame for up to 20% of older people with alcohol problems

“I did not know this”...says Anthony Barraclough

When you drink vodka over ice, it can give you kidney failure.

When you drink rum over ice, it can give you liver failure.

When you drink whiskey over ice, it can give you heart problems.

When you drink gin over ice, it can give you brain problems.

Apparently, ice is really bad for you.

Warn all your friends!

The banana cannot reproduce itself - It can be propagated only by the hand of man

“OUR STRENGTH IS IN OUR NUMBERS” - 5



News in brief from Cambridgeshire County Council

- Improving the **A14** is vital for improving safety, supporting business and reducing congestion – the Council will continue to push for the process to be carried out speedily and turn from talk to tarmac.
- A special '**Multihog**' four-wheel drive machine, (combines brine spraying equipment and a snow plough to keep the route ice and snow free) will be used for a variety of purposes including gritting the 16 mile maintenance track alongside the guided busway (popular with cyclists, runners and walkers), treating other restricted access areas such as town centres around the county and could even help with road maintenance. It will help to cut the number of people who need medical treatment because of winter-weather related accidents. (it can cost up to £6,000 to treat an elderly patient for a hip fracture)
- **Oakington Primary**, the **Bellbird Primary** in Sawston and the **Grove Primary** in Cambridge received the Gold Standard and Barton Primary School the Bronze Standard in the School Travel Plan National Accreditation Scheme for promoting walking and cycling to school and reducing dependence on car travel. Only 6 gold awards were given to schools outside London,
- **The Roman Road**, which starts in Fulbourn and runs through several parishes towards Haverhill has been allocated £25,000 for its upkeep.
- One of the greenest buildings in Cambridgeshire has opened its doors in **Longstanton**. It features a learning and exhibition centre, toilets for bus users and office space for park and ride staff. Visitors can see the control room and displays that give read outs on how environmentally friendly the building is.
- **Cambridgeshire Fire and Rescue Service** (CFRS) are launching a pilot scheme in South Cambridgeshire to encourage local residents to carry out safety checks on their homes. "Community Champions" will be trained to speak to local groups about home fire safety and escape plans, and to refer those people who are unable to carry out a check of their own home to CFRS for additional support. Tel: Lynda Bubb CFRS Community Champion Scheme Co-ordinator, on 01353 865037
- The Government is encouraging all local authorities not to increase their council tax in 2012-13. To offset this financial pressure it is offering local authorities a one-off additional government grant. **Cambridgeshire Police Authority** faces a dilemma – to raise the council tax from April 2012 or take the £1.5m grant and leave the new Police and Crime Commissioner with the decision either to raise council tax significantly from April 2013 or accept a further £1.5m per year in cuts. The Police Authority will make the decision at its meeting on February 9th. **What do you think?** Cambridgeshire Police Authority would like to hear from you. Email police.authority@cambs.pnn.police.uk or write to: Cambridgeshire Police Authority Cambridgeshire Constabulary Police Headquarters, Hinchingsbrooke Park, Huntingdon PE29 6NP
- Find out when **street-lights** in your area are going to be replaced or report faults to Balfour Beatty Street Lighting Customer Contact Centre. Tel: 0800 7838 247 www.lightingcambridgeshire.com
- **Trading Standards Service** warns of a drainage scam - the elderly, have been called on by *drainage contractors* (rogue traders) claiming to be working at a nearby property or business with blocked drains and claiming that the problems are coming from blockages in the resident's drains. The residents are then charged up to £7,000 for the repair - **do not to hand over any money**. Ring the police on 999. Also beware of scammers who contact people offering telephone support to deal with viruses on your computer. These people are not connected with any software provider and they have no way of knowing if a computer has been infected by a virus or is running slowly. They only want your confidential bank details. Trading Standards advise you to use appropriate anti-virus and defence software packages, and if you aren't sure, contact an expert for advice. Report a scam or seek advice from Consumer Direct on **0845 4040506**.
- The views and ideas put forward from 13 communities whose libraries were previously 'under review' have been reassured no community will lose access to their existing library services. The County Council will continue to take responsibility for basic costs and the running of library services.
- A pilot is being run with NCS Contract Services Ltd until June at Whittlesford Station. Residents will be able to book a place on the mini-bus, which will either pick them up from home or a nearby stop and take them to Whittlesford station. The vehicle can also be used by the community and local groups when it is not booked.
- Road safety upgrade to Madingley Hill will coincide with maintenance work leading to the M11.

Keeping burglars at bay (Source: Daily Telegraph)

- *A dog or a sign warning of a dog*: burglars will not risk entry if there is even a "hint" of a dog in the home
- *Pebble drives or shingled patios*: these make it difficult when approaching a house, because footsteps make a crunching noise on the loose surface.
- *Alarms*: even if the alarm is fake – burglars never usually raid a home with a burglar alarm box.
- *CCTV camera*: burglars mostly avoided any homes with CCTV, even if they suspected that the cameras were fake.
- *Wire on gates and anti-climb paint*: these measures make it difficult and "messy" for a burglar to gain access to a home
- *Well lit*: if any lights are on, burglars usually avoided the home
- *Motion sensor lighting*: lights outside homes that went on as soon as anyone walked close by are also a major deterrent. Always ensure that windows and doors are locked.

We bumped into some old friends yesterday.....my wife was driving

"OUR STRENGTH IS IN OUR NUMBERS" - 6

Food and Health:

◆ Ritalin is not the only way to treat children with Attention Deficit Hyperactivity Disorder – 660,000 prescriptions for Ritalin are made out for children each year – a seven-fold increase since 1997.. The World Health Organisation states that a diagnosis of **ADHD** can be symptomatic for family dysfunction or inadequacies, rather than a problem with the individual child.



◆ The number of deaths linked to **cold weather** fell slightly last winter across East Anglia, despite the big freeze.

◆ Forgetting where you parked the car or leaving the oven on could be the first signs of **dementia** – early diagnosis of dementia can lead to better treatment and the delay of symptoms. It can improve the quality of life of the person with dementia, and also their family, carers and friends.

◆ Dutch researchers have found that patients restricted to 500 calories a day over four months (a quarter of the amount recommended for a woman) can effectively “cure” **type 2 diabetes**. Such a drastic diet should only be undertaken under medical supervision. A study from Imperial College London shows that eating enough fibre (brown rice/bread, porridge) can cut the chance of developing **bowel cancer** by almost a fifth.

◆ Research at the University of New South Wales found that having a **mini-stroke** (transient ischaemic attack – TIA) can take years off a person’s life. Suffering a TIA will not kill, but you will have a high risk of early stroke and also an increased risk of future problems that may reduce life expectancy.

◆ Scientists at Umea University in Sweden found that **depression** and **stress** speed up ageing by altering chromosomes. Studies at Harvard Medical School said **meditation** had distinct effects on our behaviour and brain functions; and a clinical trial has discovered that red wine can help to combat obesity in the elderly – but to gain the benefits a drinker must put away more than 13 bottles a night!

◆ Volunteers involved in a study on the shape of the inner ear in Germany found that scratching finger nails on a blackboard as the **worst sound** and painful too.

◆ You can really spot a kind face – and its all in the **GG gene** - say scientists from the University of Toronto

Transport

◆ A poll by the Longevity Centre has found that 24% of drivers think that **motorists** should give up their licence by the time they are 75. By law, they only have to complete a medical questionnaire to confirm they are fit to drive and re-apply for their driving licence when they are 70. 53% of drivers aged over 55 claimed public transport was “never” a realistic option

◆ A study by confused.com revealed that 25% of drivers said that cyclists should contribute to the cost of maintaining the roads, and 14% believe that **cyclists** should have number plates to make them more accountable.

◆ Researchers at the University of Warwick and the University of Georgia in the US found that confidence-knocking jokes were more likely to reduce a woman’s performance behind the wheel than they would a man’s – confidence is a key factor in how well a woman performs when **parking the car** or reading a map. According to an AA/Populus survey – men are the worst back-seat drivers.

Miscellaneous:

◆ The elderly need a **Minister** – the fastest growing group – only then can we create a society which supports old people and benefit from their valuable contribution. The issues affecting older people include care, housing, planning, financial pressures, transport and discrimination.

◆ Figures from the charity, Anchor, revealed that more than 100,000 pensioners have been buried in **paupers’ graves** since 2006 (state funded funerals) with no one to care for them or foot the bill. Our ageing population is growing and so is the picture of isolation and loneliness. Loneliness affects older people more than ill health, and can in turn lead to depression and earlier onset of dementia.

◆ A survey has revealed that the **community spirit** has virtually disappeared in the UK with few people prepared to look out for their neighbours or ask them for help. Only a minority benefited from neighbourly acts such as having their bins put back after collection or the loan of tools or DIY equipment.

◆ The Saga Quality of Life research has found that 53% of **over-75’s** plan to give money to charity this year, despite many cutting back financially in their own lives. The Office for National Statistics survey on behalf of the Charities Aid Foundation and the National Council for Voluntary Organisations revealed that women aged 45-64 were the group most likely to give. The most popular charitable cause is medical research.

◆ A survey by Migration Watch UK say that four fifths of people living in England think that it is **too crowded**.

◆ A study by KPMG report that online shopping and social media are more widespread in Britain than in the EU. A report for the charity WRVS has found that older people have trouble getting information about public services, such as details of libraries, public transport and energy deals, because so much of it is **online**.

◆ Researchers from the University of Pisa have found that half of **yawns** were contagious between family members, compared with about a quarter of those between friends and an eighth between acquaintances and fewer than one in 10 between strangers.

Why are jokes about women drivers usually one-liners? So that men can understand them

Tips to stay healthy (Source: Cambridge News)

- To avoid indigestion pain, eat small portions and do not rush meals. Keep fried, fatty and spicy food to a minimum.
- If you feel bloated try drinking lots of liquids – apple juice and prune juice are very good. Eat apples with the peel on to increase fibre.
- Artichoke is a remedy that is thought to help the liver process alcohol; crystallised ginger in biscuits or ginger tea helps to relieve nausea; a few drops of peppermint oil to some olive oil and massaged gently in the temples relieves a headache. And a gentle walk or exercise helps clear the cobwebs!



Trevor Grigg's Corner

Having been associated with the PPF (Cambridge Past Present and Future) Thursday Health Walks at Wandlebury for some time past it was time I decided to call it a day on my regular involvement as a Walk Leader at year-end 2011. I've had a memorable spell up there (all good things come to an end) making many friends along the way including COPE members Pete and Di Cornwell and Jill Hall – they all remain as Walk Leaders along with others and I'm in no doubt that the already popular walks will continue to go from strength to strength. At the December Christmas Party Leaders, Walkers and PPF staff were exceedingly generous in a range of "leaving" gifts – so much so that I reckon I should have given up work and gone volunteering ages ago. Will look forward to seeing some of you at St Ives on Valentine's Day - meet me at 10.30 a.m. at the Little Chapel on the Bridge for a walk.

Rail ban on helping disabled - Train operators have banned station staff from giving a free service and helping disabled passengers arrange their journeys and are, instead saying that travellers should ring a premium-rate telephone number. Now disabled passengers must book by phone, normally on an 0845 number, costing more than 2p a minute, send a text or book online - for the most disabled passengers the service would still be free.

"Help at Home" service, provided by the Cambridgeshire **Care Network** Charity and funded by the County Council and NHS Cambridgeshire. The service can be used by GPs, community and hospital support teams and directly by the public. It offers help with tasks like shopping, calling in to check if someone is warm and well, collecting prescriptions and linking people with other community and voluntary services that they may benefit from. The scheme is an excellent way to ensure that those vulnerable people in our community get the help they often need, but are reluctant or unable to ask for - including health and social care services. For more information on the Help at Home service, contact (01223) 714433 or visit www.care-network.org.uk - for health and social care services go to <http://www.cambridgeshire.gov.uk/social/>

Be prepared for the cost of dying – the things you need to know (Source: Cambridge News)

- The cost of dying has risen by 20% in the last 4 years - it now stands at more than £7,000 or 3 months average wage.
- A recent survey suggests that a quarter of us have made no provision for our demise
- And over half have not put any money aside for funeral costs
- It is essential to make a Will and ensure it is administered properly
- The financial and emotional costs of not doing so can be huge
- Take out a financial plan to pay for a funeral
- The average cost of a funeral is £3,000 - this amount does not include cemetery plot, monument, marker costs, obituary notices, thank you cards, flowers, limousines and other extras
- See if you can get a Government grant to pay for some of the costs

For those left behind it can be a traumatic time – leaving your finances in order can help to reduce the trauma just a little and save a lot of extra heartache.

The healing process takes its own time – grief affects us differently (Source: Cambridge News)

- Decide on a schedule and stick to it – keeping simple things in your routine – like taking a bath at a certain time, or sticking to regular fixtures with friends – it is important not to cut people out of your life
- Express yourself – talking is often a good way to soothe painful emotions. Talk to a friend, family member, health professional or counsellor can begin the healing process
- Allow yourself to feel sad. It is a healthy part of the grieving process and crying enables your body to release tension.
- Sleep is very important. Emotional strain can make you very tired. If you are having trouble sleeping, see your doctor.
- Remembering to eat might be the last thing you feel like doing, but being hungry will make things even harder. A healthy, well-balanced diet will help you to cope with your emotions.
- Avoid things that 'numb' the pain, such as alcohol. It will make you feel worse once the numbness wears off.
- You can contact support organisations directly such as Cruse Bereavement Care 0844 477 9400 or the Samaritans 0845 790 9090

Bus subsidies and street lighting were among the services Suffolk residents said should be considered for cuts to help the county save £50 million

"OUR STRENGTH IS IN OUR NUMBERS" - 8

Tips for travel on snowy roads (Source: Cambridge News)

- Make sure windows are clear and you have all-round visibility before you set off
- Take the time to clear snow off the roof of your car
- When driving in snow, get your speed right – not too fast that you risk losing control, but not so slow that you risk losing momentum when you need it
- Start gently from stationary. Avoid high revs
- Stay in a higher gear for better control
- If you get yourself into a skid, take your foot off the pedals and steer
- Only use the brake if you cannot steer out of trouble
- Double or even triple your normal stopping distance from the vehicle in front
- Plan your journey around busier roads. They are more likely to have been gritted
- Slow down before you get to a bend, so that by the time you turn the steering wheel you have already lost enough speed
- Get your speed low before you start a descent and do not let it build up
- Keep track of where you are. If you do have to call for assistance, you need to know your location
- For more advice visit the Institute of Advanced Motoring website at www.drivingadvice.org.uk

Geoffrey Heathcock reports “What everyone wants to see is firm and robust action in **Care charges** and indeed **Care Quality** that together with practical funding and a heavily enhanced Care Quality Commission. This could start to arrest the steady decline in quality”. (See page 1)



The Great Bustard is once again roaming our skies for the first time in 180 years, signalling a remarkable conservation success story. A clutch of rescued chicks from Saratov in Russia was introduced to Salisbury Plain seven years ago. The male can take up to 5 years to reach maturity. Standing up to 3ft tall, with a wingspan of more than 8ft, it is the world’s heaviest flying bird, and can weigh 46lb.

Heston Blumenthal suggests that hospitals should use **kelp** (seaweed) to make food more flavoursome without adding extra salt. He is part of a 3-year project, which involves scientist at Reading University and is based at the Royal Berkshire Hospital. It is hoped that if successful, his improved meals could be introduced throughout the NHS. To enhance mealtime, he also suggests changing the smells and lighting experienced by patients as they eat.

A Plea for UK Holidays from **Georgie Pitt**, Whittlesford

“Going Away?” friends would say

“No”, we have decided to Stay

Last year we went to gay Paree – ooh la la

This year not as far – just a day by car”

The airports are so busy and

The queues so long: it’s bizarre

Sleeping in chairs or on the

Floor hearing others snore

Walking in disarray,

No toasted teacake or cup of

Tea on a tray

We thought of Bon Voyage

And a marvellous cruise

So many talk of it and

Delightfully muse

I have answered “how nice

And how delicious the food”

Now we are just cycling and

It’s not very far: it’s as good

As the mountains in Shangri-La

Air Passenger Duty (APD) & Aviation Taxes sent in by **Nita Haskins**

This so-called green tax on long haul flights really upsets me. I know this is just another way to obtain money under false pretences, and as usual the taxpayer pays the price. Our daughter and grandchildren live in the USA and we try to visit them every year. We save very hard and go without a lot to make this possible. Now they are putting this exorbitant tax on airline fares, which will make future flights impossible. There is not much to look forward to as you grow old and I cherish the time I am able to be with my family.

How would these politicians feel if they couldn’t be with their families? They not only can fly first class in comfort and style, paid for by the tax payers - not being cooped up in economy for them. It’s just so unfair and whoever thought of this is just being malicious, and is milking the green bandwagon for all its worth. Why do we pay more tax on airfares than anywhere else in Europe, and the States? Oh of course we should be thinking about our carbon footprint, not about seeing and being with our loved ones.

Are there any other COPE members who have children and grandchildren who have emigrated? I know of four members who have offspring living in Australia. Perhaps we should form a club? Telephone the office on 01223-364303 if you think this is a feasible suggestion.

If you have a tax gripe the **taxman is listening** - tax on the interest on savings and how it is collected, the tax on state pension or the age allowance. Email ots@ots.qsi.gov.uk by February 24th.

If February give much snow – a fine Summer it doth foreshow

“OUR STRENGTH IS IN OUR NUMBERS” - 9



Representatives from the five Cambridgeshire districts would like members to help them with activities or send them **local information** for the Newsletters. If you would like to help with events e.g. meet for lunch, pub quiz, etc in your area then please contact your local COPE representative. Please telephone the COPE telephone number if you wish someone to talk to your group about COPE. COPE is a **self-help** group, with a current signed up membership of 2,915. Any donation towards COPE funds would be much appreciated.

COPE in the City of Cambridge - Doreen Ryan (01223 500623) – 1475 Members

- Manufacturing firm **Dyson** is to fund a Cambridge University professorship in a £1.4 million deal aimed at boosting engineering and science research – it will focus teaching and research on the science and engineering behind air movement.
- A study has revealed that Cambridge was the **No 2 spot** in Britain for online Christmas shopping – internet bought goods delivered by the Royal Mail – and the No 1 for the East of England.
- **Exports** from Cambridge and East of England firms have topped the £25 billion mark last year according to figures from HM Revenue & Customs – an increase of 20% on the year before.
- Take your unwanted Christmas presents for **Recycling** to East Anglia Children's Hospice shop in Histon Road, Cambridge (near to Aldi)
- A £40,000 scheme to turn sheltered housing into **social hubs** for elderly people living in the area aims to tackle isolation in the City.
- **Parkside Pool** has re-opened after a £350,000 facelift to its changing areas.



COPE in East Cambs – Linda Balfour (01638 723062) - 245 Members

- A major service took place in Ely Cathedral as 17 new **Honorary Canons** were licensed and installed. – amongst those installed was COPE member, Rev Philipa King of St Luke's Church.
 - Ely's empty Grade II listed building – the **magistrates' court** is falling into further disrepair after plans to safeguard its future, ground to a halt. The courthouse is deteriorating both inside and outside. Meanwhile all East Cambridgeshire court cases have been switched to Cambridge Magistrates' Court.
 - As part of a major reshuffle of staff by Cambridgeshire Constabulary, **Ely's police chief** will return as sector inspector for Wisbech. The force will be split into six geographic areas: East Cambridgeshire, Peterborough, Fenland, Huntingdonshire, South Cambridgeshire and Cambridge city.
 - Ely came 4th in a survey by Halifax **Quality of Life** on the most desirable location to live in the UK.
- Ely/Soham Dial-a-Ride** run excursions e.g pub lunches, Garden Centre, Anglesey Abbey, escorted Tinsel & Turkey Holiday on 26th November 2012 – for bookings and enquiries please telephone 01353 661161



COPE in Fenland - Marilyn and Peter Pryke (01945 466915) – 100 Members

- Can Fenland members **help** Peter with snippets please.
 - **Harrison's Coach Company** of Kings Lynn has gone into liquidation, a family run company who specialised in five star coach holidays. The local bus operator **Fowlers** has caused a headache for older persons living along Leverington Common by cutting out this part of the route where they get on, instead they are expected to walk back to The Rising Sun public house and catch the bus there. The local county councillor representative is taking up the matter regarding bus subsidies to bus operators.
 - Archaeologists have recovered six boats from the **Bronze Age** in near pristine condition – they were preserved in silt and peat along the old course of the River Nene at Must Farm quarry, Whittlesey.
- **30th June – Armed Forces Day** – the Hilgay Silver Band will perform at St Leonard's Church, Leverington



COPE in Huntingdonshire - Gerald Collins (01480 370808) – 199 Members

- Tel: **Gerald** on with your views
- Future **meetings** at St Ives Free Church as follows: 2nd Friday of the month - 10.30 to 12.30. '**Bee keeping**' on February 10th.
- Runners entering this years Huntingdon **10k charity run** will run at Alconbury Airfield on Father's Day – Sunday June 17th.
- Visit www.huntingdon10kcharityrun.co.uk See page 5 for a report on the last meeting on '**Trauma**'



COPE in South Cambs - Margaret Hobbs (01954 210652) – 896 Members

- £2 million **fitness and sports centre** has opened at Cambourne. It is operated by Everyone Active as a profit-share with Cambourne Parish Council.
- **Richard Todd**, COPE member and Head gardener at Anglesey Abbey (a 13th century National Trust estate), has jet washed the green algae off the 25ft high trunks of the 100 Himalayan birch trees. Archaeologists have discovered a small farmstead dating back to the Bronze Age at the Abbey.
- South Cambs **Conservation Team** will provide advice on fruit tree planting and wildlife surveys. Telephone 03450 450 500 or email conservation@scambs.gov.uk
- Independent watchdog "**Housemark**", which strives to achieve improvements in social housing, recognises South Cambs Council for achieving the highest satisfaction level in its poll.
- Planning permission has been given for **79 homes** on the Windmill Estate in Fulbourn



Soldiers do not march in step when going across bridges because they could set up a vibration which could be sufficient to knock the bridge down

“OUR STRENGTH IS IN OUR NUMBERS” - 10



Snippets from the post and news items – Send in your letters to the Editorial team

If you can help us by making a donation, we'd be very grateful! **Cheques** made to "COPE" please.

David Jordan, from Cambridge Rethink Carers Group, writes "Preparations are taking place to implement the proposals discussed in the consultation process on the redesign of Mental Health Services. The proposals are: to open a new 24/7 Advice and Brief Intervention Centre; to set up a Primary Care Mental Health Service; to combine some inpatient wards for adults; to combine some inpatient wards for older people and to re-design community services for people of all ages. It is going to be the implementation, monitoring and modifications over time that will be all important." Please telephone David on 01354 655786 if you need help.

Geoffrey Heathcock wrote: "The Southbound Bus Bays are now some distance from the Cambridge Railway Station forecourt. These bays give little or no protection to those waiting. If public transport is to be encouraged, much more attention needs to be given to the reliability and service provided. What do COPE members think of the additional distance of the new bays.

Ray Pritchard, Melbourn wrote: "Regarding the recent article on Plant Drought resistant species – may I recommend a visit to the Drought Garden in the Cambridge Botanical Gardens, which I understand has not been artificially watered since it was planted 10 years ago. The range of plants is listed."

May Dry, Hildersham wrote: "I am writing about a recent advert in the Newsletter – the most thorough carpet cleaning you have ever seen. My carpet came up like new, I would recommend them to anyone."

Margaret Hobbs wrote "Community centre kitchens at Whittlesford and Great Shelford have been refurbished for free by Barras Construction Ltd."

▪ **Peggy Hopkins** writes "2012 Holiday, Paignton, Devon, 5 days half board, 3 free excursions, sea front, coach from Good Shepherd Church. June 18th to 22nd. £210. Contact Peggy on 01223 368332."

Peter Pryke, Leverington says "The oldest part of St Leonard's Church is 13th Century. COPE will be celebrating **Armed Forces Day (Saturday June 30th)** with the Hilgay Silver Band. The plate collection and raffle will be donated to 'Combat Stress' and the church roof restoration fund. **See page 16 for coach pick-up points and tickets.**



After a request from COPE members in Leverington, COPE has written to Marks & Spencer suggesting a **home delivery service**, as many of their faithful customers are in our age range.

Lesley Guebert writes: "The first COPE members get-together was held on 11th January at the COPE office, in the Golding Room of St Luke's Church. Robert, Rhona, Mike, Diane, David & myself met and enjoyed a game of scrabble. Rhona won with a score of 129! Celia joined us for a lunch of French onion, and chicken vegetable soup kindly supplied by the church volunteers, for which we made a donation. David would like to have a game of chess next time, and we would be pleased if anyone can bring along a set of dominoes and a crib board. We meet again in February, from 10.30am to 1pm, on Wednesdays, 8th & 22nd. Hope to see you there."

Join Rhona & Robert on COPE trips, organised by Richmond's Coaches on: **18th June** – RHS Hyde Hall, Chelmsford (**£20.70**); **19th September** – Tower of London & Thames River Cruise (**£37.80**); **20th October** – Visit to Parliament (**£28.00**); **7th November** – Les Miserables, Queen's Theatre; **6th December** – Christmas Shopping trip to Westfield Shopping Centre, Stratford City (**£16.20**).



Raffle held on the coach will go towards COPE funds. Good raffle prizes much appreciated. Cheques can be made payable to '**RICHMOND'S COACHES**'. They also take all major credit and debit cards. Bookings can be made direct with Richmond's Coaches, and they will send each passenger a booking confirmation. Contact: **Natalie Richmond**, Tour and Excursions, Richmond's Coaches, The Garage, Barley, Royston, Herts SG8 8JA. Telephone **01763 848226**

Amanda Davies informs: "**Staying independent, safe and well** Adult social care roadshow to visit libraries and will feature: * a display of information leaflets and flyers about staying independent, safe and well; * presentations of assistive technology resources to help you remain independent; * information on Trading Standards recommended trader scheme – Buy with confidence; * demonstrations of Your Life, Your Choice Cambridgeshire's adult social care information and advice website; * computer buddies to help library visitors to use the website to find the information they need. Some of the dates are 24th January – 18th February Ramsey Library; 20th February – 17th March St Ives Library; and 16th April – 12th May Huntingdon Library – further details from your local library.

And finally, Ministers want **111** to be the only number people call in England if they need urgent but not life-threatening medical help. The Department of Health expects 12 million calls a year to the **free 111 number**, when it is rolled out by April 2013.

The University of Alaska spans four time zones

"OUR STRENGTH IS IN OUR NUMBERS" - 1 1



Cambridge Lawn Tennis Club (CLTC) is a community-based not-for-profit club committed to making tennis available to all ages, abilities and social groups in and around the Cambridge area.

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Beginners, improvers, intermediates, over 45s, ladies morning and cardio tennis

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All items are considered, however the Editorial Team reserves the right to amend articles where necessary. The Editor regrets that it is not normally possible to enter into correspondence with individual readers and all letters, emails and other submissions received are assumed to be for publication

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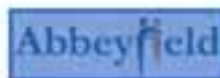
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**Astronauts cannot belch
there is no gravity to separate liquid from gas in their stomachs**



USE YOUR DRIVING SKILLS TO HELP OTHERS

Cambridge Dial-a-Ride is a charity offering transport to those with mobility problems in the City of Cambridge and surrounding villages.

Would you like to join us as a volunteer and use your driving skills to help others?

You should have a full driving licence, good personal skills, and an interest in helping others.

Experience of driving minibuses would be useful, but full training is given.

For more information visit our web-site or contact our Manager, Johan Williams: 01223-506335 camdar05@hotmail.co.uk colc.co.uk/cambridge/dialaride

Registered Charity No. 1053924

Get Active in the New Year!

The **Forever Active Scheme** provides exercise sessions for the 50+ age group and those returning to a more active lifestyle. The January - July edition of the activity brochure is now available and there are over 50 sessions going on across the City and in South Cambs ranging from chair based exercises to activities for the more active 50+ such as exercise to music, aqua, Pilates, Rowing, Golf, T'ai Chi, Yoga, Archery, walking football, bowls and more!

Forever Active had also produced two home based exercise DVD's, which have been designed by exercise specialists working on the Forever Active scheme to ensure they are suitable for the 50+ age group or those returning to a more active lifestyle.

These DVDs are perfect for you if you'd like to be more active and they enable you to do so in the comfort of your own home. They are a great way to get motivated and get active in the New Year.

Strength and Balance DVD – Sections include: Warm Up, Seated Strength, Standing Strength, Balance, Cool Down, T'ai Chi and Pelvic Floor.

The Strength and balance DVD is suitable for people with reduced mobility.

Total Body Workout DVD – Sections include: Warm Up, Aerobics, Standing Strength and Toning, Pilates, Cool Down, Pelvic Floor.

A special rate of £5 per DVD is available for COPE members until 31st March 2012.

Contact Sports Development on 01223 457532 for more details or for a DVD order form. Further details are also on the website www.forever-active.org.uk

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Our minimum service is 2 hours weekly **But for new COPE enquiries this is now 2 hours fortnightly**

All of our housekeepers are very specially selected and insured and you will receive the same housekeeper each week.

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- a friendly environment offering occasional help and caring neighbours, all in the centre of Cambridge?

Why not contact the Royal Albert Benevolent Society to register an interest

The Society provides:

- ❖ Subsidised homes for independent senior citizens of modest income
- ❖ Terraced houses and flats suitable for one or two people in central Cambridge
- ❖ Resident Warden
- ❖ Programme of social events
- ❖ Friendship and support within a small independent community

For more information please telephone the **Warden Royal Albert Homes, 01223 352654** or visit www.cambridgeroyalalberthomes.org.uk

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Avocados have the highest calories of any fruit at 167 calories per hundred grams

“OUR STRENGTH IS IN OUR NUMBERS” - 14



**Unwell at Home?
Going into hospital soon?
Need some practical help?**



Help at Home (Welcome Home from Hospital) can:

- ✓ Check you are OK
- ✓ Do some shopping
- ✓ Collect a prescription
- ✓ Link you with other services that may help

And

- ✓ Offer help with one-off tasks to help you remain independent at home

If you would like help please call us on 01223 714433

Help at Home needs volunteers to offer practical and emotional support to people for 2 -3 weeks after discharge from hospital or being unwell at home. Volunteers do tasks like shopping, picking up prescriptions and helping people regain their confidence and independence. This is a volunteering opportunity which can fit around your other commitments. Training and support is given, and expenses paid. If you would like further information please contact us on 01223 714433.

Care Network Cambridgeshire also provides free help, support and advice to set up and run village schemes like: community car schemes, lunch clubs, visiting schemes and independent warden schemes.

Does your community have a need? Please contact us on **01954 211919** for more information.

Care Network Cambridgeshire is a registered charity no: 1120693

Advertising Rates

Please send advertising requirements with a cheque made payable to "COPE" to the Editor

Full Page - £80; Half Page - £50; Quarter Page - £35

Annual Rate on request.

To insert pre-printed leaflets/flyers on quotation



Forefront Fitness has launched to help older people to keep fit and mobile.

Phone to find out about group fitness activity and personal training.

Phone: 07931 186631

www.forefrontfitness.co.uk

➤ **Meet at the COPE office every 2nd & 4th Wednesday of the month from 10.30 a.m.**

➤ Starting with a cuppa and a chat, we will have an activity of cards or board games followed by a quick quiz or bingo, until 1pm.

➤ **Cost £1 per person** for the session, (to cover cost of refreshments) all proceeds to COPE. Hope you will join us have fun and make new friends.

➤ Contact **Lesley** on **01223 473142** for more details.

➤ The Citi 8 stops outside and the Guided Bus (Route B), Citi 1 and Citi 2 stops are within walking distance.

➤ **All welcome to take part in the various activities at:**

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



The COPE Badge, as worn by COPE Registered Member Number 1 – **Franc Johnson** (£1 each). Size and shape compared to a penny.



Please support COPE's work financially by taking out an advert in our Newsletters

COPE SOCIAL CALENDAR (Have you suggestions for a 2012 event in your area?)

➤ **Second Friday of the month** – All welcome to the COPE meeting at the Free Church at **St Ives**. Telephone **Gerald Collins** on **01480 370808** for details.

Meet at the COPE office every **2nd & 4th Wednesday of the month** from 10.30 a.m. for some fun. All welcome to take part in **scrabble, cards, chess, etc.** Ring **Lesley** on **01223 473142** for details.

➤ **Third Sunday of the month** – meet at **The Golden Hind**, Milton Road, Cambridge for lunch at 12 noon. Telephone **Jean Farrington** on **01223 503867** or **Shirley Allanson** on **01223 423905** to book. All welcome. (The Citi 2 stops outside the Golden Hind)

➤ **Tuesday February 14th** - A "**Valentines**" **Carvery Lunch** at the **Waterside Restaurant**, Dolphin Hotel, St Ives at 12 noon. **Optional** - a visit to the St Leger's chapel on the bridge and a walk to Holt Island Nature Reserve with **Trevor Grigg & Norma Head** - **meet at the chapel at 10.30 a.m.** Lunch - **£7.75** (per person) **Cheques made payable to "Dolphin Hotel"** and sent to the COPE office by **Tuesday February 1st (Raffle)**



➤ **Thursday March 22nd** at 2.00 p.m. **Free event** in the COPE office – talk by a member from the Crown Prosecution Service. (Tea/coffee/biscuits) Donations welcome. **To book** telephone **01223 364303. (Raffle)**

➤ **Monday April 23rd** – coach, tour, tasting and lunch at the Green King Brewery at Bury St Edmunds - **£35** per person. **Cheques made payable to 'COPE'** Picks ups: 9.45 a.m. Greys depot at Witchford; **10.30 a.m.** - St Lukes Church Victoria Road **Cambridge**. Arrive BSE at 11.00 a.m. Depart BSE at 4 p.m. **(Raffle)**

➤ **Tuesday May 1st** – 'Life on the Cam' with Luther Phillips at 11 a.m. **Free event** in the office.

➤ **Saturday June 30th** – **Armed Forces Day** – Hilgay Silver Band at St Leonard's Church, Leverington – 3 p.m.. Coach pick-ups: **12.30 p.m.** St Lukes Church Victoria Road **Cambridge**; **1 p.m.** Barton Road **Ely**; **1.30 p.m.** Police Station **Chatteris**. **Tickets £5 Cheques made payable to "COPE"**. (for our Huntingdonshire members - Stagecoach **No 21** travels from St Ives to Chatteris and you can then join the COPE coach to Leverington) Plate collection to be shared between "**Combat Stress**" and the **Church Restoration Fund**.

➤ **Monday July 16th** – **COPE AGM and Forum on Health & Social Care**. Free - St Luke's Centre - 10.30

➤ **Tuesday August 7th** – **Geoffrey Heathcock** will enlighten us on the **RNLI** – free event at the office at 2

➤ **Monday October 1st** – **Ceilidh & Afternoon tea** at CRC – 5 p.m. to 8 p.m. **Tickets £5. Cheques made payable to "Cambridge Regional College"** and sent to the COPE office by **Friday September 7th (Raffle)** (Guided Bus Route A and C stop at CRC; so does the Stagecoach Citi 1 route)

For tickets to the above events – please send your cheque with a stamped SAE to:

COPE events, The Golding Room, St Luke's Church Centre, Victoria Road, Cambridge CB4 3DZ

Raffle towards COPE funds and good prizes for above events will be very welcome!

COPE trips, organised with the help of Richmond's Coaches on: **18th June** – RHS Hyde Hall, Chelmsford (**£20.70**); **19th September** – Tower of London & Thames River Cruise (**£37.80**); **20th October** – Visit to Parliament (**£28.00**); **7th November** – Les Miserables, Queen's Theatre (price tba); **6th December** – Christmas Shopping trip to Westfield Shopping Centre, Stratford City (**£16.20**). **Coach city pick up at St Lukes Church Centre car park, Victoria Rd, Cambridge**

Raffle held on the coach will go towards COPE funds. Cheques payable to '**RICHMOND'S COACHES**'. To book contact: **Natalie Richmond**, Tour and Excursions, Richmond's Coaches, The Garage, Barley, Royston, Herts SG8 8JA. Telephone **01763 848226**

Age Well Club Yaxley on Tuesdays. Telephone **Linda Smith** on 01733 246727 for details

Breathe Easy Cambridge (part of the British Lung Foundation) – helps family and friends of sufferers – tel: **Robert Wilderspin** - 01954 201867. For **Breath Easy Fenland** – tel: **Sylvia Mansfield** - 01354 651821

Cambridgeshire Companions, a social club for the single over 50's - tel **Celia Conway** on 01223 523680

Friendship Club monthly meetings – telephone **Tony Cassidy** on 01223 812605

Godmanchester Tuesday Lunch Club – telephone **Peter Irving** 01480 382144

Healthy walks - telephone **Trevor Grigg**, Whittlesford on 01223-834500 for information

Leverington Friendship Club, near Wisbech – telephone **Peter Pryke** on 01945 466915

Over Friendship Club meets first Thursdays of the month – telephone **Gill Sutton** on 01954 200516

St Luke's Church - Soup Lunch at 12 noon **2nd and 4th Wednesday of the month** - Please book lunch directly with **Anke Rigelsford** on **01223 368150** and remember to cancel if you are unable to attend.

Yoga at **Harston Village Hall** on Friday mornings and **Cambourne Church** on Wednesday Mornings – for details and a free taster session contact **Veronica Goswell** on 01223 503088

Wimblington Film Club – Wimblington Parish Hall at 2 p.m. Ticket **£2.50**. Visit www.wimblingtonfilmclub.org.uk or telephone **Susie Spurr** on 01354 741156 for further details.

Wimblington Fifty Plus Club – for details contact **Pat Hart** on 01354 740654.

Web: www.cambridgecope50.org

Email: cambridgecope@hotmail.co.uk

Registered Charity No. 1110887

Honorary Officers: Chairman Maurice Garner; Secretary Rhona Boorman; Treasurer Robert Boorman

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