



Dear Member

There is so much to say that I need a whole page at the present time.

First of all I feel it is right to tell all our members that the Executive Committee have been discussing the serious subject of administration, of our existence, as an organisation which is becoming a victim of its own success.

At present Rhona and Robert allow their home to be the registered headquarters and spend much of their days dealing with COPE's work and with our rate of expansion they are "bursting at the seams". We must expand to ensure that the work, which has been done so far, continues to benefit the largest possible number of people.

The Executive Committee has authorised the officers of the Committee to continue talks with Age Concern Cambridgeshire to see how we might be able to work with them to ensure that our work continues and expands.

The Age Concern Cambridgeshire Board have been informed of COPE's approach and have similarly authorized their Chief Executive to continue talks. At this stage there is nothing more that I feel I can tell you – but I think it is right, that **ALL** members should know what is happening to ensure that we continue to progress our aims and objects and mission – more of this at the appropriate time.

I hope that you will find this Newsletter as interesting and informative as I am told by many members, is the usual case. One item to which I would like to draw your attention is a letter from a member, who has been troubled by being told that she has to change her electricity and/or gas supplier on the spot to benefit lower prices.

As I have had the same experience, when I heard from our gas suppliers that "Scottish Power" had notified them that I had decided to change – when in fact, I had not approached nor been approached by Scottish Power – I had several letters and telephone conversations to ensure that I continue with my present suppliers. There seems to have been a complete "mess up" including letters addressed to "Mrs Wilson" at my address. Eventually Scottish Power have confirmed that there has been an error – I only hope that "Mrs Wilson" does not get left without suppliers (!) – but if it happens to you, be sure to stand firm.

Please do not forget to encourage any friends or family members to join COPE and if you or anyone you know, feel able to give a hand with administration or any work generally please contact Rhona on 01223 364303.

Finally I would like to thank the several people who have contacted me to say that they were puzzled to know to whom and in which way I was rude at the AGM. I have had correspondence with two ladies on the subject of procedure and I hope they are now satisfied that the rules set out in our Constitution were followed precisely.

Best wishes

Maurice Garner, COPE Chairman



"Shaping the future of Care Together" - **Age Concern Cambridgeshire** invite you to a free event (including lunch & musical entertainment). Have your say at their Autumn Meeting on: **Thursday 8th October** at The Meadows Centre, 1 St Catherine's Road, Cambridge CB4 3XJ from **10 a.m. to 1.30 p.m.** To book telephone Alex on **01354 691890** or email Alexandra.Lockett@accambs.org

Do you resent growing old – many are denied the privilege

"OUR STRENGTH IS IN OUR NUMBERS" - 1

Trevor's Corner

This year marks the 800th anniversary of Cambridge University but the Diocese of Ely goes one better - it's their 900th and to mark the achievement the Bishop will be walking from Ely to Cambridge along the Cam on Sunday 27th Sept - the start point will be Ely Cathedral at 9.15am for the full 17 miles and I'm taking up the invitation to join him - why don't you come, too? Don't fancy the long trek - well chime in anywhere en route - the Bishop expects to be at Chesterton Penny Ferry circa 4pm and the walk will end on Jesus Green. Fingers crossed for a fine day.

Helen Woolley of Fenstanton has kindly sent me details of walks throughout the region including an excellent leaflet produced by Huntingdonshire District Council - a reminder of how healthy a choice we have of Health Walks in the East of England. At Wandlebury my customary luck with the weather on Thursday mornings continued (6th August) and the walk ended with an appetising barbecue laid on by Cambridge Preservation Society (CPS)

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Too bad that all the people who know how to run the country are driving taxi cabs or cutting hair - George Burns  
I would like to say that the first time Adam had a chance he laid the blame on a woman - Nancy Astor

### Happy Birthday to our older and wiser members for the month of **September** Belated greetings to Michael Bond

|                  |                         |                       |                  |                      |                       |                      |
|------------------|-------------------------|-----------------------|------------------|----------------------|-----------------------|----------------------|
| David Cresswell  | Stephen Webster         | Sue Bainbridge        | Gerald Hulford   | Hok Ching Lau        | John Wright           | Kathleen Chamberlain |
| Hazel Kirchen    | John Chaplin            | Joan Brown            | Alan Wilderspin  | Elizabeth Wells      | Anne Barker           | Evelyn Hunneyball    |
| Mrs W Scott      | Michael Hinde           | Mrs M Moore           | Margaret Harben  | Sue Stefanowska      | J Curtis              | Eileen Fitzgerald    |
| Gordon Wilson    | R Mason                 | Peggy Sheldrick       | Margaret Hitch   | Doreen Matthews      | R Gooder              | Maureen Mallows      |
| Mrs M Mann       | Hazel Aldred            | Mike Cordy            | Valerie Cutter   | Stephen Clarke       | Muriel Neal           | Mr D'Arcy Orders     |
| David Welch      | Albert Webb             | Bruce Martin          | Anne Disney      | Sheila Bennett       | J Carr                | Gordon Cummings      |
| Mary Brown       | Dennis Butler           | Graham Free           | Suresh Patel     | Sylvia Freeman       | John Eggar            | William Peppercorn   |
| Jane Lee         | Sheila Brand            | Mr J McCrystal        | Mrs E Brand      | Ida Dias-Patel       | Eve Daniel            | Patricia Andrews     |
| P A Raynham      | Patricia Andrews        | Marion Williams       | Sylvia Constable | Barbara Cudmore      | Mr F Young            | Graham Goddard       |
| Gerda Goddard    | Richard Nix             | Ronald Wardale        | Janet Mackay     | Mrs J Bradley        | Maria Macer           | Margaret Reynolds    |
| Mickey Rodrigues | Janet Philpott          | Lynne Harland         | Brenda Hutchison | Irene Lifke          | Diane Acred           | Jennifer FergusonMrs |
| D Garland        | Pauline Whitaker        | Ronald Wells          | Anh Rigelsford   | Mrs C Foley          | Mrs V White           | Diana Reynolds       |
| Albert Wisby     | Wendy Stanley           | Mrs J Murray          | Sheila Parish    | Mr J Murray          | Lorna Dallison        | Mary Whitmore        |
| James Pinchon    | Joan Allen              | Gilbert Millard       | Ian Alexander    | Patricia Turner      | Alan James            | William Simmonett    |
| Pamela Tucker    | Sheila McIntyre         | Mr R Nightingale      | Pam Wadham       | Irene Curtis         | Mary Muhr             | Pamela Landshoff     |
| Mary Macdonald   | Mrs Reynolds            | Jill Burnett          | Brenda Hodge     | Paul Brittain        | John Muir             | Thehma Richmond      |
| Valerie Berryman | Sheela Last             | Monica Carpenter      | Dr Alan Charnley | Jay Warburton        | A T Rudd              | Odhavji Bharadwa     |
| Yvonne Tremaine  | Gillian Cooper          | Penny Browns          | Ron Coleman      | Mrs B Gebhard        | Gill Amps             | Shirley Henderson    |
| Margaret Squires | Mr K Sweeney            | Simon Godfrey         | Donald French    | June Sampson         | Alan Giles            | Mrs B Ashton Reader  |
| G F Bennett      | Annette Spires          | Chris Rothwell        | Rosalyn Gibbons  | Linda Farrow         | Sheila Ash            | Maureen Kerslake     |
| Gwen Crawley     | Lesley Rumble           | John Holmes           | Mr J Hopwood     | Mr P Chapman         | Hilary Fox            | Bernard Stretch      |
| Brenda Bass      | Eric Maskell            | Ruth Overall          | Terry Barnes     | Claire Gould         | John Lee              | Florence Graves      |
| John Brinton     | M C Cooke               | Peggy Dakin           | Dilly Bradford   | P E Chapman          | Mr J Holder           | Marjorie Stark       |
| Basil Bonner     | Mr V Jacobs             | Dennis Ingle          | Hilda O'Neill    | Mrs G Mason          | Mr G Mason            | Mr G Andrews         |
| Peggy Cutter     | Marie Langley           | Daphne Day            | Pamela Pettit    | Patricia Barter      | Kim Travis            | Thora Saunders       |
| Julia Hacking    | Viola Thorpe            | Doreen Waters         | Elizabeth Hill   | Heather Winch        | David Hiller          | Dorothy Rolph        |
| Joyce Pountain   | Margaret Pearce-Higgins | Ann Fairbanks-Gilbert |                  | Sylvia Bromley-Allen | Laurence Murray White |                      |

**11<sup>th</sup> to 13<sup>th</sup> September** - Cambridge University is holding an **"Open Cambridge"** event consisting of a weekend of tours, talks and open access in which families, local residents and community groups can explore the spectacular architecture, fantastic art collections and beautiful gardens that lie throughout the University and Colleges. The tours range from taking a scientific stroll through Newnham College gardens or learning about Jesus College's sculpture collection to discovering the history behind one of Cambridge's most famous landmarks – Kings College Chapel. Also on offer is a series of public talks and debates about the University and town in the past and present. All the tours are free but must be booked in advance – telephone 01223 766766 or visit [www.cam.ac.uk/opencambridge](http://www.cam.ac.uk/opencambridge)

### **D id you K now** ~ ~ ~ from *Margaret Hobbs*

- If we are the 4<sup>th</sup> richest nation in the whole world, why are our pensioners amongst the poorest of the developed world?
- Over the past two years, the area of ice covering the North Pole has shrunk to its lowest levels since satellite surveying began in 1979 and, for the first time, the Northeast and Northwest passages were ice free and navigable at the same time. Leading scientists are warning that the Arctic could be ice-free in Summer by 2013.
- Cattle worldwide are thought to be responsible for 5% of all greenhouse gas emissions!

**I have a tip that can take five strokes off anyone's golf game – it is called an eraser!**

**"OUR STRENGTH IS IN OUR NUMBERS" - 2**

## Nautical Search from Brian Halls, Bar Hill

|   |   |   |   |   |   |   |   |   |
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|   | A |   |   |   |   |   | C |   |
|   |   | O |   |   |   | I |   |   |
|   |   |   | F |   | W |   |   |   |
|   |   |   |   | S |   |   |   |   |
|   |   |   | R |   | G |   |   |   |
|   |   | O |   |   |   | A |   |   |
|   | H |   |   |   |   |   | C |   |
| Y |   |   |   |   |   |   |   | N |

Place the 27 three character tiles listed below in the grid above to form 9 Nautical terms – reading horizontally

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 ECK FTW GER            HOR HTS IND  
 LST MAE MAN            MEN NCY OOD  
 OUT PRO PWR            RIG ROM SHI  
 SSW TAI YAC

Solutions from the **Nine Plants** quiz in the August Newsletter: Artichoke, Bloodwort, Candytuft, Cineraria, Coriander, Groundnut, Liquorice, Spearmint, Toadstool

### Eta Sanderson's Food corner – **Chilli Beef and Mushroom stir-fry**

#### Ingredients:

|                                   |                                                |                      |
|-----------------------------------|------------------------------------------------|----------------------|
| 12 oz rump or sirloin steak       | 1 tbsp sesame oil or 1 tsp toasted sesame oil  | 2 tbsp sunflower oil |
| 3 tbsp Kikkoman soy sauce         | 1 red chilli, deseeded and very finely chopped | Juice of 1 lime      |
| 4 ½ oz tenderstem broccoli        | 7 oz mushrooms, sliced or left whole if small  | 3 oz bean sprouts    |
| 2 head of baby pak choi, shredded |                                                |                      |

#### Method:

Trim any fat from the steak and cut into thin strips across the grain of the meat so the fibres running down it are short and the meat stays deliciously tender when cooked. In a shallow dish, mix together the soy sauce, lime juice, sesame oil and chilli – add the steak and turn over until well coated. – leave in the fridge to marinate for several hours. Heat one tablespoon of sunflower oil in a large frying pan. Lift half the steak from the marinade and stir-fry over a high heat for 2 minutes until browned. Remove from the pan and set aside. Add the rest of the steak to the pan, reserving the marinade and stir-fry for 2 minutes. Remove and set aside. Add the remaining oil to the pan and stir-fry the mushrooms for 2 minutes. Add the broccoli, stir-fry for 1 minute, then add the pak choi and bean sprouts and stir-fry for another minute. Return the steak to the pan, pour over the reserved marinade and toss everything together over the heat for 2 minutes until piping hot. Serve at once with noodles or egg fried rice.

### Love food – hate waste:

- Plan your meals and plan your shopping – take a shopping list and this will save you time, money and food - on average each household wastes £420 on food they do not use
  - Understand the difference between best before and use by dates. See the food standards agency website [www.eatwell.gov.uk](http://www.eatwell.gov.uk) for more information. If food is coming close to its use by date, freeze it – use leftovers to make a nutritious meal and use up leftover vegetable by making simple soups
  - Freeze your leftovers for ready meals on nights when you do not have the energy to cook.
  - Keep your fridge at a cool 1-5 degrees to make food last longer
  - Make sure you can use the extra before being seduced by discounts and *buy one get one free* deals – stick to your shopping list and do not be tempted by anything else
  - Compare supermarket prices regularly and take a couple of minutes to check your receipts
  - Do not go shopping when you are hungry and where possible, buy food that is in season
- ◆ Cut off the top end of your **plastic milk carton** at an angle leaving the handle – makes excellent scoops for pet food, compost, etc
- ◆ Cut **yoghurt-type** pots down the sides in strips to make plant labels

**Your job won't take care of you when you are sick - your friends and parents will.  
 Stay in touch**

**“OUR STRENGTH IS IN OUR NUMBERS” - 3**

## News, views and interesting facts in Brief

- ◆ **Cambridgeshire Minibus Brokerage Scheme** is a vehicle-sharing scheme that enables community groups, clubs and not-for-profit organisations to use accessible and affordable minibuses. Telephone 0345 045 1151 for information or email [community.transport@cambridgeshire.gov.uk](mailto:community.transport@cambridgeshire.gov.uk)
- ◆ **European Commission** figures have shown that the UK has the fourth-highest level of poverty among over 65's in Europe, behind countries like Romania and Poland.
- ◆ A study suggests that hundreds of thousands of older people are turning to **drink** after they retire, many use alcohol to deal with feelings of depression.
- ◆ As more people live into old age, there will be fewer workers paying tax to cover their state pensions and health care costs – a Green Paper on **Adult Social Care** has been released (consultation documents allowing people to give feedback on its suggestions) A questionnaire by Age Concern and Help the Aged can be found on the Age Concern, Cambridgeshire website [www.accambs.org](http://www.accambs.org)
- ◆ The NHS does not want to admit elderly people have **health issues** because then it falls to them to pay for their care. However, the Health Service Ombudsman has ruled that Alzheimer's is a health related problem, hence a NHS trust has to pay for continuing care and/or nursing home fees. Health care qualifies you for free NHS care, but Social Care is means tested.
- ◆ 49% of the **Royal College of Nursing** members who responded to a consultation said they supported assisted suicide, while 40% said they were against it.
- ◆ The **Prostate Cancer Charity** for Action, which analysed Office for National Statistics data says that men in South-east Cambridgeshire are less likely to die from prostate cancer. Men suffered from inequality in accessing services and the care that is required.
- ◆ 30 minutes **exercise** will increase your health and fitness levels.
- ◆ A survey commissioned by Play England say that just one in four **parents** have enough time to play with their children – pressure of work is blamed. Play is vital for children's health, learning and development.
- ◆ A **refuge** for battered women in Weymouth, Dorset is to be closed because it does not cater for men!
- ◆ If plans are approved the **eco-friendly housing** development proposed for the former Mepal airfield site in Sutton will see the 450 home model village heated and plumbed for hot water using waste heat from a nearby power station. For information about the scheme visit [www.eleandata.com](http://www.eleandata.com)
- ◆ Cut the environmental cost of your holiday by avoiding flying – travelling by train or other public transport can greatly reduce the **carbon footprint** of a trip
- ◆ A young man's guitar was broken when he travelled on a **United Airlines** flight – United did not want to compensate his loss – so he wrote a song against the service from the airline and put it on You Tube – United shares fell 10%! There are ways to stand up and be counted!
- ◆ Researchers at the University of Bristol's Department of Clinical Veterinary Sciences have found that methods to **assert dominance** over pets could increase aggression in animals. It was far more effective to train dogs through reward rather than punishment – behaving aggressively only made dogs scared and confused and more likely to lash out. To teach a dog that his owner is leader of the pack is counter-productive.
- ◆ Did you ever notice that when you blow in a **dog's** face, he gets mad at you, but when you take him on a car ride; he sticks his head out the window!
- ◆ Cats have a **special purr** that humans cannot ignore, according to scientists - the sound has a slightly higher frequency.
- ◆ 100 years ago there were a million **hives** in this country, now there are only a quarter of a million – these small insects are essential to agriculture – their work as pollinators is one of many things we take for granted. The honey and wax is a bonus.

**Do not take life too seriously - no one gets out alive**

**“OUR STRENGTH IS IN OUR NUMBERS” - 4**

Getting older has its drawbacks, but I guess there aren't too many good alternatives to getting older. Whenever you see a gathering of seniors, it is an even bet they are talking about everything that is wrong with them. You know, the usual, memory, urinary problems, knees, eyesight, etc.

Well I am a senior, and I absolutely refuse to discuss these issues with everyone else. If I have a problem, I find a solution. It is not always the solution that I like, but I handle it the best way I know...

With this in mind, I bought myself a new scooter. I wanted something that was easy on gas and could zip me to the shops and about town.

**This seems to meet my every need** (by courtesy of ← → Shropshire Association of Senior Citizens' Forums)



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### Smart gadgets help older people to stay at home (Source: SAGA magazine)

- **Night lighting** – sensors under the bed to detect when people get out of bed during the night. Acts as a prompt - reminds people where the bathroom is and switches off when you get back into bed.
- **Voice prompts** – if you have not returned to bed within 20 minutes, a voice will tell you gently to return to bed if it is still night-time. If two prompts go unheeded, care staff are alerted.
- **Front door monitor** - when the front door is approached at night and if the door is opened, care staff are alerted.
- **Cooker monitor** – this system sends a voice reminder if the smoke alarm is activated by the cooker, if there is still smoke after a minute, the cooker is automatically switched off.
- **Smart taps** – a voice prompt is given once water in the bath or basin reaches a certain level, if no action is taken the tap is turned off and reset to the off position.

So far two flats in sheltered complexes have been fitted with the above equipment.

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### A guide to keep out the cold (Source: Weekend Telegraph)

- Lagging the loft space should be a priority, and if you have cavity walls, think about getting them filled. Call the Energy Efficiency Advice Centre for information 0800 512 012
- Check the house for gaps – door frames, beneath skirting boards (draught excluders, mastic sealant) and through letterboxes (rubber brushes) and – and block them up (except for air bricks needed for ventilation)
- Underfloor heating – more information from the Underfloor Heating Manufacturer's Association [www.uhma.org.uk](http://www.uhma.org.uk)
- Double glaze your windows or use heavy lined curtains. Another tip is to fit polythene across the window frames to reduce draughts.
- Wood-burners are an efficient way to heat a room as most of the heat does not disappear up the chimney – go to [www.uksmokecontrolareas.co.uk](http://www.uksmokecontrolareas.co.uk)
- Avoid putting furniture right in front of radiators – you can also increase efficiency by putting reflective radiator panels or foil behind them. Bleed all radiators once a year to release trapped air and let more hot water in.

### Ways to cut Energy Bills (Source: Telegraph)

- Shop around for the best tariff – the cheapest deals are for those opting for dual fuel from one supplier and who manage their account online and pay by direct debit.
- Read your meter and don't keep your electrical items on standby when they are not in use
- 3 in 10 boilers have never been serviced and replace an old boiler (if you can afford it) with a new highly efficient condensing one with some heating controls and room thermostats – more information at [www.boilers.org.uk](http://www.boilers.org.uk)

**Live with the 3 E's – Energy, Enthusiasm and Empathy  
And the 3 F's – Faith, Family and Friends**

**“OUR STRENGTH IS IN OUR NUMBERS” - 5**

## **COPE would like a representative from Huntingdonshire on the Executive – would a Huntingdonshire COPE resident (on email) like to volunteer please?**

**Margaret and Barry Hobbs** attended a **Voluntary Organisation Forum** at St Ives on behalf of COPE. The two main areas of discussion were the Cambridgeshire Compact (agreement between local public bodies and voluntary groups to improve their relationship for mutual advantage) and its development across the county; and Direct Support, which was started across Cambridgeshire in July 2009. The general idea is to move away from the Authority in the NHS and give people more choice to deal with their own affairs and how best to respond to the needs of older people. We came away with mixed feelings but firmly believe that commissioning is necessary locally to let people know what services are out there and how to access them.

### **What is planned at Addenbrooke's Hospital?**

The site will be doubled in size to create a biomedical campus and relocate Papworth Hospital. There could also be a children's hospital and a new emergency department on the site.

### **Carers – How well supported are you in Cambridgeshire – Help us find out!**

Telephone **David Jordan** (COPE Executive member) on **01354 655786** if you are unsure what type of break would improve your quality of life

**Respite care** can take various forms:

- Residential respite – the person you care for goes away to be looked after by someone else
- Domiciliary care – someone comes into your home and takes over (for a few hours or sometimes overnight) so you can have time to yourself
- You can sometimes get a break when the person you care for is involved in other activities e.g. a day centre

There are three ways to obtain respite care:

- Receive a service funded by the local authority
- Buy it yourself
- Find funding from a charity

A questionnaire on the **Care Green Paper** can be found on [www.accambs.org](http://www.accambs.org)

**West Anglia Crossroads**, which provides care for adults, young carers and families of children with disabilities in Huntingdonshire, South & East Cambridgeshire, Fenland and Peterborough is launching *Caring with Confidence* – for details call 01480 499091 or email

[cwc@westangliacrossroads.org.uk](mailto:cwc@westangliacrossroads.org.uk)

Crossroads are arranging taster days for – cookery demonstrations, pampering, etc

**Gerald Rogers** would like to know what COPE members think of the suggestion that the free Bus Pass should be means tested, so that only the poor get it - as reported in the Daily Mail on August 6<sup>th</sup>. Would there be more cars on the road driven by the over 60's?

### **Home Shield**

Home Shield is a new service for Cambridgeshire and helps professionals who are visiting older and vulnerable people to make referrals for a range of help. Effectively a central referral scheme, the scheme is valuable for anyone visiting someone at home but perhaps especially useful for staff that may not know which agency can help and would struggle to find time to try to find out. By completing one simple sheet with the person being visited and faxing it to the Home Shield co-ordinator, they can get help with many things including benefits, security, fire safety, social events, assistive technology and adaptations. The Project is being monitored by a steering group of members from Trading Standards, Cambridgeshire County Council, Fire and Rescue and the Police and co-ordinated by Age Concern Cambridgeshire.

**No one is in charge of your happiness except you**

**“OUR STRENGTH IS IN OUR NUMBERS” - 6**



Members enjoyed an afternoon tea and a live show at the **Brick Lane Music Hall** last month. The “Best of British” show brought nostalgic memories to many. Big thank you’s were received from Barbara Megson, Audrey Philp, Ian Alexander, Robert & Eta Sanderson, Peter Butler, Doreen & Johnnie Ryan, Jean Farrington, Ken Whybrow, Gill Overhill, David Drewry and Lyn Lawson who also helped with the raffle. A special thank you to the many people who donated some fabulous raffle prizes and to Margaret Fenn for suggesting this trip.

**Mavis Cooper** (Chatteris), **Nick Roberts** (Huntingdon) and **Bobbie Heather** (St Ives) joined members of Age Concern and lobbied Huntingdon MP Jonathan Djanogly, at a Dignity and Quality of Care event at the Houses of Parliament.



**Top Tips for healthy teeth** (Source: Cambridge News)

- Brush twice a day with fluoride toothpaste. Fluoride helps strengthen the enamel of our teeth.
- Clean between your teeth - floss or use an interdental toothbrush to rid your mouth of any food decaying between your teeth.
- Avoid sugary snacks and drinks – they only increase your chances of tooth decay.
- New science has found that orange juice is worse for your teeth than whitening treatments as the citric acid damages the tooth enamel – rinse your mouth immediately after with water.
- Exercise – people who stay fit are 40% less likely to develop gum infections according to the British Dental Health Foundation
- Stop smoking – people who smoke are more likely to produce bacterial plaque that leads to gum disease – smoking can also lead to tooth staining, bad breath and mouth cancer.

**Five things to do with Lavender** (Source: Telegraph)

- Soothe sunburn – add a few drops of the essential oil to water in a spray bottle and mist reddened skin
- Ease mosquito bites – dab on to insect bites and stings, cuts, scrapes and abrasions
- Tackle dandruff – put a few drops in water as a hair rinse
- Put a handful of the flowers tied in a nylon stocking into your bath – the name comes from the Latin - lavare (to wash)
- Make tea from dried flowers to settle the stomach and induce sleep



**Imitation** is the sincerest form of flattery say scientists at the National Institutes of Health in America and two Italian research institutions. Capuchin monkeys preferred the company of researchers who imitated them to that of researchers who did not. Scientists hope the study will lead to insights in disorders in which bonding is impaired, such as autism.

**LEE KUAN YEW** on Ageing (former Prime Minister of Singapore) “I think the most important single lesson I learnt in life was that if you isolate yourself, you're done for. The human being is a social animal - he needs stimuli, he needs to meet people, to catch up with the world. If you want to see sunrise tomorrow or sunset, you must have a reason, you must have an interest - you must have the stimuli to keep going.”



Notice in a cemetery: **Persons are prohibited from picking flowers from any but their own graves**

**Crabby Old Man** sent in by **Hazel Smith**, Fulbourn

What do you see, nurse? . . What do you see? What are you thinking . . when you're looking at me?  
A crabby old man ... not very wise, Uncertain of habit . . . with faraway eyes.  
Who dribbles his food . . . and makes no reply When you say in a loud voice ..'I do wish you'd try!'

Who seems not to notice . . . the things that you do, And forever is losing a sock or shoe.  
Who, resisting or not, lets you do as you will, With bathing and feeding ... the long day to fill.  
Is that what you're thinking? Is that what you see?

Then open your eyes, nurse ... you're not looking at me.  
I'll tell you who I am .... As I sit here so still, As I do at your bidding, as I eat at your will..

I'm a small child of Ten ..with a father and mother, Brothers and sisters ... who love one another.  
A young boy of Sixteen . . . with wings on his feet. Dreaming that soon now ... a lover he'll meet.  
A groom soon at Twenty ... my heart gives a leap. Remembering the vows . . that I promised to keep.  
At Twenty-Five, now ... I have young of my own. Who need me to guide .. And a secure happy home.  
A man of Thirty ... My young now grown fast, Bound to each other ....With ties that should last.  
At Forty, my young sons have grown and are gone, But my woman's beside me to see I don't mourn.  
At Fifty, once more, babies play 'round my knee, Again, we know children . . My loved one and me.

Dark days are upon me . . my wife is now dead I look at the future and shudder with dread.  
For my young are all rearing young of their own. And I think of the years and the love that I've known.

I'm now an old man . . and nature is cruel. Tis jest to make old age look like a fool.  
The body, it crumbles ... grace and vigor, depart. There is now a stone, where once had a heart.  
But inside this old carcass - a young guy still dwells, And now and again my battered heart swells.  
I remember the joys.. I remember the pain. And I'm loving and living life over again.  
I think of the years, all too few - gone too fast. And accept the stark fact that nothing can last.

So open your eyes, people . -. open and see. Not a crabby old man. Look closer and see ME!!

The **main aim of COPE** is to represent your views, needs and aspirations as forcefully and accurately as possible to those authorities that can and do make a difference in our lives – we campaign and lobby the County Council, District Councils, Primary Care Trust, National Pensioners Convention and our local Members of Parliament. Our second task is to communicate with all COPE members by our regular production and distribution of our Newsletter – we send out 3,000 copies to include District and County Councillors, PCT, doctor and dentist surgeries and parish councils. Finally to provide some social activity we hold events and meetings.

We welcome contributions from COPE members for the **Newsletters** – either articles or letters so that every one has a platform **to express views and opinions**. Members in East Cambs, South Cambs, Fenland and Huntingdonshire – if you wish to highlight anything pertinent to your area – send COPE a snippet for our Newsletter – we need your input.

Your member led Forum is a non-party political organization. But in recognition of the work carried out on behalf of our older members, COPE receives a grant from Cambridgeshire County Council and Cambridge City Council to help towards running costs. All other funds used by COPE, which is a registered charity, come from donations and local fund raising efforts. As you are all aware, membership to COPE is free to all over 50's in Cambridgeshire. If your friends are not already members, please urge them to join. We must continue to increase our numbers and this depends entirely on the existence of a thriving membership in all five districts of Cambridgeshire. Telephone Rhona on 01223 364303 for a free COPE Membership Form – the more members you have in your area, the easier it will be to arrange a local COPE event.

**My husband and I divorced over religious differences  
He thought he was God and I didn't**

**“OUR STRENGTH IS IN OUR NUMBERS” - 8**

**Cambridgeshire Older People's Enterprise** was born out of Phoenix 2000 a 3 year Cambridge City Council Project to enable the over 50's in Cambridge to identify issues of concern and raise them at an annual "Mayors Day In" event. At the conclusion of the Project members of the Steering Group wished to continue, they formed a committee and produced a draft Constitution and COPE was formed.

Last year after five years of remarkable growth the Executive Committee at the AGM asked that the "C" of COPE should be changed to Cambridgeshire as 40% of our members were from outside the City.

As we enter our 7<sup>th</sup> year COPE distributes 3,000 regular Newsletters to our members, every parish clerk, City, District and County Councillor, M.P.'s, doctor's and dental surgery and library in the County. COPE has produced 59 Newsletters since the start and they are now 16 pages long! A group of 15/16 members fold each one and stuffs it with enclosures into envelopes, which are then posted.

COPE has a Research Group, which has produced 10 leaflets, which are sent out with newsletters from time to time. The first was a list of important local phone contact numbers – followed by COPEing with 1.Housing; 2.Elder Abuse; 3.Homecare; 4.Public Transport; 5.Bereavement; 6.Personal Safety; 7.Medication; 8.Benefit; 9. Pensions.

COPE has made an effort to be as inclusive as possible through a number of social activities such as scrabble afternoons, quiz evenings, singles meals, monthly Chinese birthday meals - all run by members at cost price. Our coach trips are financed entirely by the members who go on them and raffle prizes are all kindly donated by them – the money raised in raffles augments our COPE funds.

Members work and speak out with many other organisations on behalf of COPE - bodies such as the Cambridge News, BBC Radio Cambridgeshire, B. B. C. Politics Show, "Forum to Forum" and "Activate" by Help the Aged and other older people's forums throughout the UK. Particularly Shropshire Federation of Older people's Forums, Lincoln Association of Forums, Thurrock Forum, ESCOPF (Eastleigh southern parishes older people's forum), Age Concern England, Age Concern Cambridgeshire, National Pensioners Convention Eastern Region, EngAGE (an association of a dozen Shire County Forums supporting an All Party Parliamentary Committee for Older People's Forums), COVER (Community and Voluntary Forum Eastern Region), Cambridge CVS, The Older People's Partnership Board and Cambridgeshire LINK. COPE sent out petitions and obtained thousands of signatures in support of higher old age pensions and equal treatment for the elderly in all areas of service provision. COPE have also consulted all our members through questionnaires to ascertain their opinions and provided them with freepost envelopes so that everyone can respond.

Some of the local issues raised by COPE include:

- Campaigning with the Cambridge Evening News to achieve a County wide free bus pass. **Outcome** - this was achieved one year before every one in England was covered.
- Campaigning to prevent the closure of special Hospital facilities for the elderly at Brookfields Hospital. **Outcome** an extra £ 1.5 million allocated by the Primary Care Trust to "Care in the Community".
- Campaigning to highlight the errors in procedure when closure of Wessex Place, a care home for Elderly Mental Health Care patients was carried out. **Outcome** - New policies were introduced by the Primary Care Trust to prevent this ever occurring in future. HASC Scrutiny is following the individuals to see what happens to them during the following year.
- Campaigning against Closure of a day centre for elderly Alzheimer's by a housing association in Toft. **Outcome** - Issue was raised at the Adult Health and Social Care Scrutiny Committee of the County Council and closure was delayed by 18 months to enable Social Services to arrange alternative provision.
- Campaigning for an increase in the value of Taxi Cards for the frail elderly and disabled on benefits in the City of Cambridge by speaking at a meeting of the whole City Council. **Outcome** – cross party support, an assurance from the executive councillor that none of the provisions will be cut despite the deficit in the transport budget this year.

Speakers who have been invited include Frank Field MP, Andrew Lansley M.P. (Shadow Minister of Health), Prof. Germaine Greer, Robin Page (local farmer and countryside campaigner), Anne Campbell (Chairman of the Cambridgeshire & Peterborough Mental Health Care Trust), Chris Banks (Chief Executive of Cambridgeshire Primary Care Trust), Cllr. Geoffrey Heathcock (Chairman of the Adult Health and Social Care Scrutiny Committee of the County Council) and Frank Cooper (President of the National Pensioners Convention) and many more.

**What other people think of you is none of your business**

**“OUR STRENGTH IS IN OUR NUMBERS” - 9**



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

**Gerald Rogers** wrote: "The AGM held at the Guildhall was well attended. Thank you and your small team of helpers for all your hard work." and **Terry Hutt** wrote: "I found the AGM most interesting."

**Rosemary Woodley** wrote: "Thank you for another COPE event – even an AGM which most folk hate, you make it such an enjoyable gathering – this you achieved by the planning, research, speakers of interest, not least the refreshment arrangements, supported by information stands of such great variations. I am only grieved that a 'dart' was thrown to what I feel is wrong and selfish attitude from a group that is already sufficiently catered for."

**Jean Talbot** wrote: "The AGM went very well. It was upsetting for the wheelchair users, I know, but life is like that I am afraid. A big thank you to all who served the lunch – they worked very hard."

**Anon** emailed: "I was upset by the discussion about accessible coaches at the COPE AGM. If wheelchair users cannot come on trips, that is not fair, but actually **it is not COPE's fault**. It is obvious that presently accessible coaches cost more to hire and also result in having less passengers. COPE's problem is made worse when it cannot predict how many wheelchair users may be on any trip. The fault lies in the DDA, though enacted in 1996, it is not until 2020 that all hire coaches must be wheelchair accessible. The DDA has the clause of **what is reasonable** and I don't think that trips should be ceased if hiring wheelchair vehicles is not financially viable. Lobby central government to enforce accessible coaches earlier and ask the District and County Councils to fund an accessible coach for Dial-A-Ride that could be used for such trips at a subsidised rate."

**Nigel Davies** emailed: "I had no problem with the sound system - maybe I was sitting in the right place! Several of the people who spoke seemed to have completely missed the point about COPE and what it is in existence to achieve. We are not travel agents and the organisation of outings and meetings is secondary to the central campaigning objective on behalf of the 50+ section of the population. You must feel like throwing in the towel when you hear such comments. I am disabled to the extent that I am unable to walk very far. I have not applied for a Blue Badge because I think my entitlement to one is marginal although my Doctor says I ought to get one. I think there are quite enough people abusing the system already! I would not expect COPE to limit the walks to 300 yards because that is the limit of my range without a rest! My late mother-in-law was wheelchair bound, couldn't walk and couldn't get onto buses etc. In those days before the legislation came into being the disabled had a huge well of sympathy from the general public and if we took the old lady anywhere there were always people willing and wishing to help. One of the results of the legislation is, that well of support has all but disappeared and hearing the nonsense spoken at the AGM only accelerates that process. COPE is not an organisation that looks after disabled people. Where REASONABLE we accommodate their requirements. It would not be reasonable to increase the cost of outings by 30/40% just to accommodate one or two people. If we did this then I suspect that the numbers attending would reduce dramatically. COPE should not allow 2% of the audience at the AGM to deflect from the excellent work you all do."

**Joan Natrass** wrote: "I speak from vast experiences – support and help was something I never experienced when looking after disabled relatives."

**Ian Alexander**, Dry Drayton emailed: "I have a lot of sympathy for all with disabilities. I have a handicapped daughter of my own, but can their Disability Group really expect us pensioners, many of whom are nearing the poverty line with falling incomes to pay so much extra for us to accommodate them on our outings? I think not!"

**Rhona Boorman** quotes and responds to some snippets: **Mr & Mrs Naik** wrote: "Food needs to be organised a better way" (COPE suggests that a member should be nominated from each table to help Robert Sanderson and his small team of helpers to help serve at your individual table) **Hazel Guest** wrote "It would be helpful if the stewards were aware of the location of toilets". (The only steward was young Nisha, a City Council employee, who helped our members to the toilets located downstairs) All the COPE helpers at the AGM were COPE members, if some of the 260 members present saw an area where more help was needed, COPE would have welcomed their assistance. Someone witnessed a spillage and a gentleman on the far left table reported that he had no butter – your aid to the few harried helpers would not have gone amiss. Some of our hard pressed helpers missed the whole event by having to check in late comers who only came for the *lunch* – some even came prepared with doggy bags! A member was heard to say "Some people treat COPE as a soup kitchen"

**Life is too short to waste time hating anyone**

**"OUR STRENGTH IS IN OUR NUMBERS" - 10**

**Anthony Barraclough**, St Ives emailed: "I am still concerned how a vocal minority have tried to ruin what I believe was a well organised, well chaired and informative event. My hearing isn't the best in the world and I thought the acoustics were excellent; Maurice did an excellent job in chairing the event and I think that you have dealt with the problems raised by disabled members as well as anyone could reasonably expect."

**Margaret Hobbs**, Caldecote wrote: "Checking back to the article in the Cambridge News last year Anita Still told Laura Morris the reporter, that she really liked the advert for a Christmas shopping trip organised by COPE and was disappointed that her scooter could not be accommodated – COPE has **never** organised a shopping trip. Many COPE members have health problems and other disabilities, such as blindness, arthritis, cancer, waterworks difficulties, breathing problems, etc. We have to deal with them in our own way as they are **unseen** to others – we may have to give up pleasures and pursuits that we have enjoyed in the past – to some new doors and new friendships open."

**Janet Griffiths, Georgie Deards** and **Anita Still** asked: "I was surprised that there was no voting at the recent AGM" COPE responds that in section 5:4 of the **COPE Constitution** it states "Officers shall not hold office for more than three consecutive years except with the approval of the Annual General Meeting by a simple majority vote". At the AGM, Maurice Garner (COPE Chairman) said that as we had no vacancies on the COPE Executive committee and all wished to continue - were there any objections? No one volunteered to join the COPE Executive, so an election was not necessary.

**Julia Norton** from Cambridge City Council emailed: "With regards to the sound issues, it would now be difficult to look into what the problem was but I am happy to refund 50% of the amount that you paid for this service."

**Ron Wells** wrote: "Thank you for the August newsletter, a very enjoyable read with interesting advice. I have passed on the quotes at the bottom of page 1, 4 and 11! I was disappointed that you found it necessary to defend yourselves with an additional page and the content begs a question. Would the complainants prefer all volunteers cease doing their very appreciated work? COPE is a very efficient and worthwhile organisation, thank you, keep it up, and please do not waver in the face of a few critics.

**The only person said to be perfect was crucified** – take heed everyone

**Bel Griffiths**, Linton emailed: "I love the newsletter and find so many relevant articles and snippets."

**Jean Farrington** wrote: "Thank you for the well organised trips to Chocolate Lady, Pensthorpe and Best of British – please keep up the good work you do in spite of the grumps from the few. You see so many members with only a few prepared to give any help."

**Susan Grossey** in the CEN: "Why is everything a *system* these days – the *healthcare system* instead of healthcare, the *school system* instead of schools, the *transport system* instead of one big fat joke?"

**Joanna Clark** wrote: "A representative from Scottish Power came to my door and looked at the rates I was being charged for gas and electricity by Eon - he said they were far too high. He also said that Help the Aged or Age Concern were supporting Scottish Power in reducing bills for the elderly. What put me off was the fact that he wanted to get me to switch over on the spot – a Now or Never attitude."

**Joanna** went on to write: "During my recent stay at Addenbrookes recovering from a dislocated shoulder, an elderly lady with Alzheimers, who had fractured her knee was begging all night '*somebody help me please*'. I went to the nurses station to pass on the message and a hostile nursing assistant, reading her Hello magazine, abruptly responded '*mind your own business*'. The morning shift discovered that the lady's catheter had become blocked." Has anybody else come across this treatment to the elderly?

**David Jordan** wrote: "People with mental health problems and learning disabilities are among the most marginalized and stigmatised groups in our society."

**Gerald Collins**, Huntingdon, wrote: "A lady at my Cruse meeting tried to use the S.O.S system of appointments in use at Hinchingsbrooke Hospital, only to be told that the next would be January 2010."

**June Brown** wrote: "During the Summer Whippet coaches run daily trips to Norwich, Great Yarmouth, Sheringham, Cromer, Hunstanton, Felixstowe, Clacton, Southend, Bressingham Gardens, Lowestoft and Framlingham – this will end on September 30th. Pick-ups from Drummer Street, Bar Hill and St Ives. OAPs travel free when showing valid concessionary bus pass. However there is a booking fee of £2 if you pre-book your seat. Tel 01480 463792 for further details."

**Michelle Fitzpatrick** recommends [www.localsecrets.com](http://www.localsecrets.com) the lively guide to everything local and for special offers within Cambridgeshire.

*Seen by a medical secretary: Discharge status* – 'Alive but without my permission'

**"OUR STRENGTH IS IN OUR NUMBERS" - 1 1**



# Celia Kenney

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**“If one does not reflect, one thinks oneself master of everything;  
but when one reflects, one realises that one is master of nothing” - Voltaire**

**“OUR STRENGTH IS IN OUR NUMBERS” - 1 2**



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**“The old believe everything, the middle-aged suspect everything, the young know everything” – Oscar Wilde**

**“OUR STRENGTH IS IN OUR NUMBERS” - 1 3**



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**COPE** has a signed up membership of nearly **2,500**. **Your local COPE member** will help highlight issues to the COPE Executive on your behalf – for Cambridge City (**Barbara Megson**, Cambridge South – 01223 571342 and **Jenny Taylor**, Cambridge North - 01223 321503); East Cambs (**Nigel Davies** – 01353 721037); Fenland (**Mavis Cooper**, Chatteris – 01354 692867 and **David Jordan**, March – 01354 655786); Huntingdonshire (**Angie Walters** – 01480 300726 and **Gerald Collins** – 01480 370808); Peterborough (**Mary Cooke** – 01733 391736); South Cambs (**Margaret Hobbs** – 01954 210652) If you would like help COPE to hold your District Councils to account or you would like to arrange to meet for lunch, pub quiz or help to organise other events in your area then please contact Rhona on 01223 364303 or your local COPE member.

**Advertising Disclaimer**

Will readers, please note that COPE does not investigate or make any recommendation regarding any products or services advertised in this newsletter. Editorials regarding services are likewise not intended as recommendations from COPE. We cannot therefore be held liable for any differences that may arise between companies and clients. As with any services or tradesmen you deal with, you are advised to be circumspect

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

**Please support COPE’s work financially by taking out an advert in one of our Newsletters**

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**September 12<sup>th</sup> - Stourbridge Fair at the Leper Chapel, Newmarket Rd, Cambridge from 12 noon**

**“OUR STRENGTH IS IN OUR NUMBERS” - 14**

## **Advertisement for EVENTS and TRIPS run by COPE members**

**Sue Holt** next one to Blackpool 18/9 (01223 213923), **Joan Price** next one to Haddon Hall 21/9 (01223 243643), **Jean Stevens** (01223 502653) and **John Woodhouse** (01223 249378) organise **trips** for their own organisations. They have kindly extended these to include interested COPE members. Please telephone these individuals to see when their next trip is, where to, how much and availability. Members in East Cambs, Fenland, South Cambs and Huntingdon who organise coach trips are invited to advertise in this Newsletter to help fill up your spare seats. Pamper & Shopping Evening 30/10 contact **Val Cutting** on 077958 16625  
**Cambridge City Council** Box Office (01223 357851) run a variety of events for Senior Citizens, many are free, e.g. Tour of Emmanuel College; Tour of the Modern Sculpture Exhibition in Jesus College Gardens; Tour of Fitzwilliam Museum; Jazz & Brass at Cherry Hinton Hall Park. The tour of Chilford Hall Winery is only £7.50 on Monday 7<sup>th</sup> September.

This new suggestion by Peter Cresswell will give COPE members a **wider choice!**

**Want to sing** - telephone **Angie Walters**, St Ives on 01480 300726;

♦ **Short Mat Bowls** - ring **Cyril Pitts**, St Ives on 01480 399830 for more information or just come along on a Monday at 2pm (except Bank Holidays)

**Socials for singles** aged over 50 – telephone **Jean Talbot** on 01223 410309;

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

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

♦ **Cambridge Breathe Easy** - telephone **Jean Sleep**, Waterbeach on 01223 697439;

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

**Scrabble** - 2<sup>nd</sup> Wednesday of the month – **September 9<sup>th</sup>** 2 – 4 p.m. at Denis Wilson Court, Porson Road. (telephone **Jean Stevens**, Trumpington on 01223 502653) (Dartboard available)

COPE **Research Group** will meet on **October 3<sup>rd</sup>** at the Carlton Arms. Telephone **Alice Zeitlyn** on 01223 357395

**Chinese Birthday Lunch** – **September 24<sup>th</sup>** at 1 p.m. - at the Cambridge Chinese Community Centre - £3 ♦ **To book Telephone Jonathon** on **01223 365228** - Free for September birthday members!



**Mr Truong**, a COPE member, is offering **Half price meals** for members at Saigon City Restaurant, 169 High St, Chesterton on Monday evenings

COPE **singles lunch for ladies & gentlemen** on Sunday **September 20<sup>th</sup>** at 12.00 noon at The Hungry Horse, Milton Road, Cambridge – 3<sup>rd</sup> Sunday of the month. Telephone **Jean Farrington** on 01223 503867 or **Shirley Allanson** – 01223 423905 to book. Thank you to **Ruth Humphries** for the idea and for initiating this very popular event.

COPE **PUB QUIZ Night** organised by **Alan Giles** – **Barbara McNally** will be the Question Master on **September 27<sup>th</sup>** at 7 p.m. at The Carlton Arms. Congratulations to all the raffle prize winners. A very big **Thank you** to **Lesley Guebert** for setting up these very enjoyable evenings. Thank you for the £25 donation for COPE funds.



**Bill Spalding**, Vice Chairman of COPE, suffered a serious stroke whilst on holiday in Austria in July and was moved by Air Ambulance to Cambridge on August 9<sup>th</sup>. He is now in the rehabilitation ward (R2) in Addenbrooke's Hospital.

**Dorothy Runnicles**, a COPE Executive member, is recovering at home after surgery.

**I cannot predict the future; I cannot change the past  
I have just the present moment; I must treat it as my last**

**“OUR STRENGTH IS IN OUR NUMBERS” - 15**

As we go to press, **Jean Garner**, COPE Executive member and wife of our Chairman, Maurice Garner, is in intensive care at Addenbrooke's Hospital. Our prayers and thoughts go to Maurice and family.



**The COPE Badge, as worn by COPE registered Member Number 1 Franc Johnson (£1 each). Size and shape**



**Thursday, October 1<sup>st</sup>** – celebrating **International Day of Older People** – **Sold out** (*The Riverboat Georgina will set off from behind the Boathouse Pub in Chesterton Road – nearly opposite the Arundel House Hotel*) **TICKET ONLY entry**

**The above event has been financially supported by:**  
**Cambridge Building Society and Help the Aged Cambridgeshire**



**Wednesday, December 9<sup>th</sup>** – **Christmas Seaside Special** at the **Pavilion Theatre** on **Cromer Pier** *includes lunch* at the **Garden Street Grill, Cromer**

◆ Raffle **Tickets £40**

**Coach pick up at:** - Barton Road, Ely 9am ; Mansel Way 9.30 a.m. ; Mill Road, Broadway 9.45 a.m. ; Anstey Way 10am

For tickets to the above event please fill in the section below and return to 40 Stretten Avenue, Cambridge CB4 3EP with your cheque/PO made out to **“COPE”**. Tel: 01223 364303 for further details

**COPE Order Form for the Christmas Seaside Special**

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COPE Membership No \_\_\_\_\_ Number of Tickets required \_\_\_\_\_ Coach Pick-up at \_\_\_\_\_

I **will/will not** bring a Raffle prize to the **Christmas Seaside Special**

All donated raffle prizes are much appreciated and profits go towards COPE funds

Web: [www.cambridgecope50.org](http://www.cambridgecope50.org)

Email: [cambridgecope@hotmail.co.uk](mailto:cambridgecope@hotmail.co.uk)

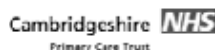
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**HELP THE AGED WE WILL**

**“OUR STRENGTH IS IN OUR NUMBERS” - 16**