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Cambridgeshire Older People's Enterprise

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

Dear Member

By the time you receive this Newsletter I hope you will have enjoyed a Happy Easter and be looking forward to some sort of a break in the sunshine, whether this is abroad or in this country or, like me, just a change from winter time routine.



There seems, as always, to be so much to do that just to sit and take a break and listen to radio makes life worthwhile and, on this very subject I have been talking to several of our members who are concerned about the possible loss of Radio Cambridgeshire. The general opinion is that we should try to persuade the BBC to keep this (see David Hart's comments on this on page 3) and as a regular listener myself I feel that, apart from its general appeal, it keeps older people in touch with what is happening locally and is as important to us as whatever maybe happening on the other side of the world. We have contacted Andie Harper and he says that we could contact the BBC Trust – we are doing this and if you are on email you could add your weight at trust.enquiries@bbc.co.uk

In the meantime, we must concentrate on our AGM, which will soon be with us and we would like to have pictures of **your** garden at its best and if you let us have a photograph by 1st June we will enter these to win a prize at the AGM. I am sorry to say that, through personal circumstances, I have been unable to “get on the garden” myself and unfortunately I have been unable to persuade the committee to award a booby prize for the worst garden – which I would be sure to win.

Incidentally, members in Fenland who need transport to the AGM on 27th July should contact Peter Pryke (Chatteris, Wimblington, March and Leverington) on 01945 466915 466915 and those in East Cambs please telephone Doreen Ashpole (Littleport, Ely and Haddenham) on 01353 778098. Perhaps those in Huntingdonshire will, by then, be able to use the Guided Bus.

We have a good team of people who help to run COPE, but we are always looking for skilled and experienced people to help us to continue the growth and improve the effectiveness of our voluntary self-help organisation. If you are aware of anyone who may be able and willing to join the COPE executive please contact us at the COPE address by June 24th. We are delighted to say that our member, Don Fisher, has volunteered to fill in the Gift Aid forms, (which will enable us to reclaim tax) for which we asked for help in our Newsletter of April.

There is much more that I could say but our team of district representatives (through Rhona) have given us so much information in the following pages that I can best commend you to read on.

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



COPE Campaigns

Robert Boorman, COPE Treasurer and Spokesman reports on COPE campaigns:

COPE's Executive Committee agreed this month that several campaigns should be encouraged by COPE and we urge all our members to help us, if they agree that these are good causes.



1. Retain the Toilets downstairs in the Lion Yard. (City Council, Aberdeen Asset Management)
2. Urge Cambridgeshire County Council to work with the District Councils to enable all Dial-a-Rides in Cambridgeshire to offer a free service to all disabled holders of Concessionary bus passes.
3. To call on the government to reinstate all the funding for the Heating Allowance and when new pensions are introduced to aggregate all benefits into single adequate pension for everyone regardless of when people retired.

COPE ask you to write to your City, District and County representatives saying you support COPE's campaign, ask them for their support on the issue and also to your Member of Parliament to call on him to urge the Government to treat all pensioners equally.

You can say you are a member of Cambridgeshire Older People's Enterprise and that COPE has 2,867 individual members.

Question: When is a retiree's bedtime? Answer: 3 hours after he falls asleep on the couch.

“OUR STRENGTH IS IN OUR NUMBERS” - 1

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

Joan Aliwell	Jeannie Altimi	Joyce Andrade	Daphne Arbon	Jeanne Armour	Marjorie Boorman
John Arnold	Mr D Ashman	Alison Baker	Judith Bennett	Ethel Bentley	Mr E Bovington
D A Ball	Owen Balls	Jill Birbeck	Greta Blake	Doreen Boys	William Bullivant
Mr D Brand	Robert Bright	Helen Brown	Tim Bryson	Bette Burchell	Jacqueline Burge
Patricia Burge	Graham Bush	Ivan Butler	David Butler	Stanley Cadge	Barbara Caesar
Mr R Callcut	Cathy Carlin	Jenny Clarke	Hazel Clarke	Christine Clarke	Marguerite Cochrane
John Clarke	D J Cleary	Di Colgate	Mrs A Collen	Tricia Condron	Christine Corby
Mary Cook	Mrs S Coote	John Coupe	Gerry Cowley	Dennis Cunnew	Michael Durrant
Mr F Coxall	Harry Croxon	T Daniel	Mrs V Culllum	Marjorie Dale	Prema Dhanasekaran
Linda Day	Pearl Day	Gordon Day	Mrs M Dry	Stuart Downing	Elsie Detheridge
Ron Dowsing	Mrs M Dry	Jeff Dutton	Peggy Easter	Jackie Ebanks	Nicholas Garnham
Muriel Eggar	Pamela Ellum	Valerie Evans	Yvonne Farr	Rodney Eusden	Shirley Gawthrop
Betty Fisher	Pam Fisher	Cyril Foster	Don Foster	Chris Frostick	Jean Frankland Christine Gibson
Pamela Fry	Audrey Gater	Rae Gawthrop	Steve Goswell	Rosalyn Glass	Ivan Goodman
Nan Guest	Mike Hallett	Anne Hamblin	David Harrison	Margaret Hamer	Kurt Heinemann
Jane Hewer	Val Hickey	Janet Hill	Janet Hindle	Brigide Helbronner	Maxine Jefferson
J Hogger	Winifred Holt	Roger Hovells	Peggy Hopkins	Margot Holbrook	Margaret Hobbs
May Hyslop	Mrs F Jenkins	Carol Jones	David Jordan	Richard Jacobs	Michael Langley
Patricia Jones	Beryl Julian	Sheila Kidman	Mrs P Knights	Hilary Ladson	Pauline Larmuth
Mrs B Lewin	Debbie Lewis	Doreen Lewis	Bryan Lewis	Angela Lillyman	Patricia Limpus
Mrs G London	Kathleen Long	Richard Long	Thomas Lovell	James Longstaff	Marie Littlechild Elizabeth Young
Pamela Luff	Betty Lumley	Jill Macrae	Jill Maguire	Ranald Macaulay	Susan Macaulay
Janie Maile	Geoffrey Maile	Iris Manning	B McNally	Marion Mansfield	Kathleen Mansfield
Barry Marshall	Linda McNally	Mrs E Metcalfe	Pauline Mayern	Linda McGivern	Helen Martin-Covell
David Missen	Dawn Miller	Diane Milne	Diana Minns	Mrs E Metcalfe	Janice McPherson
Mary Moore	Dudley Moxon	Joan Munday	June Munns	Annice Munnely	Rita Mottershead
Sheila Munns	Diana Murfitt	John Northrop	Sylvia Norton	Annette Norman	Donald Nicholson
Sylvia O'Bryne	Alicia Parker	Mr B Peacher	Helen Pestill	Margaret Pearson	Gwyneth Parker
Dianne Pettit	Mrs D Peyton	Alan Pheasey	Louise Pupins	Audrey Pickett	Kenneth Ramsey
P M Quinlan	M Pryor	Gordon Rhead	John Rickett	Winifred Richards	Mrs H Richardson
Mimma Rina	Gerald Rogers	Ruth Rogers	Mary Roitman	Margaret Roberts	Margaret Scrymgeour
Margaret Rose	Mrs V Ryder	Mr R Sampson	Mr B Sampson	Albert Simmonds	Rosemary Simpson
Steve Shinkins	Pru Sanchez	Mrs M Slipper	Janetta Smith	Florence Stephenson	Margaret Thompson
Mary Smith	Vera Smith	Evelyn Snelson	Bill Spalding	Mrs M Starling	Geraldine Story Tyrian Newman
Alan Story	Brian Tanner	Michael Swales	Mary Talbot	Angela Stubbins	Vera Woods Raymond Thwaites
Olive Thomas	Betty Thornby	Mrs A Tiplady	Sylvia Thwaites	Sir David Trippier	Pamela Wright Francis Thompson
Gwen Tricker	Rosie Tulip	David Turner	Hazel Turner	Patricia Webb	Miss C Williams Doreen Woodbine
Anne Wall	S Weighill	Edna Welton	Lister Wilson	Clive Wilson	Mrs M Wong Nina Winkworth

Did you Know ~ ~ ~ from **Margaret Hobbs** and **Rhona Boorman**

- COPE's **funding** from Cambridgeshire County Council has been reduced by 3%, we now receive less than what we received eight years ago, when we had a membership of under 150.
- Money-up-front schemes are the commonest **scams** reported to Consumer Direct. Telephone 0345 045 5200 or Trading Standards on 0845 404 0506
- Enough **water** to fill six Parkside swimming pools is draining into the ground in the Cambridge Water area every day.
- **Drinkers** in Britain consume an average of 15.6 litres of pure alcohol each year. Women drink 9.50 litres and men 21.5!
- The level of **unpaid congestion charges** by embassies based in London could pay for more than 260 new buses.
- Less than one penny is spent supporting **crime victims** for every pound spent dealing with offenders
- 2011 marks the 80th anniversary of the first **guide dogs** to be trained in the UK.
- The English pottery T G Green and Co Ltd, is best known for its striped '**cornish ware**' design, it was popular in the 50's and still is today.
- The Homemaker range of **ceramics** was first made for Woolworths in 1955.
- **Hornsea Pottery** was founded by two brothers – Colin and Desmond Rawson in 1949.
- **Bakelite** was one of the most popular synthetic substances for making costume jewellery from 1920's to the 1940's.
- The **Arts and Crafts** movement began as a reaction to the machine age.
- **Pinchbeck** is a gold substitute created from an alloy of zinc and copper – invented around 1720 by Christopher Pinchbeck.
- **Beatrix Potter** was born at South Kensington on 30th July 1866.

Remember the five simple rules to be happy: Free your heart from hatred; Free your mind from worries; Live simply; Give more; Expect less.

“OUR STRENGTH IS IN OUR NUMBERS” - 2

May Search from Brian Halls, Bar Hill,”

A					M		A	Y
A	M	A						Y
C		M				A		Y
D		M					A	Y
I	M	A						Y
I		M				A		Y
I		M				A		Y
M	A							Y
M	A							Y

The 9 nine letter words contain M A Y in that order. Can you re arrange the letter clues below to complete the word ?

- 1 CNPOC 2 GILZN 3 LICLO 4 ROCEC 5 ANRIG
 6 LROLM 7 LBVOM 8 ENIHCR 9 LACGIL

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

Eta Sanderson’s Food corner – Spinach & Cream Cheese Pate

Ingredients: one 227g carton of cream cheese 125g frozen chopped spinach
 juice of one lemon a good pinch of chilli powder, grated nutmeg, salt and pepper to taste

Method: Drain the spinach thoroughly blend in cream cheese in a bowl, add lemon juice and seasoning, keep on mixing with a spoon or balloon whisk until the mixture is smooth. Spoon into individual dishes (ramekins if you have them) and chill well. Serve with buttered wholemeal toast.



Congratulations to COPE Executive member, **Alice Zeitlyn**, who was presented with the Lil Speed Award for her contribution to voluntary work at the Brown’s Field Community Centre. Alice was presented with a sculpture and a silver cup.

Alice is Secretary of the **COPE Research Group** - the next meeting is on **May 14th** at 1 p.m. Please contact Alice on azeitlyn@gmail.com or phone 01223 357395 if you wish to attend.

Make your cash go a bit further (Source Cambridge News)

- Shop around – check your mobile phone rates, water bills and broadband tariffs against newer offers – make sure you tell your existing company – they might offer you an incentive to stay with them
- Make a shopping list and stick to it!
- Use local markets and support local farmers and save money
- Take up a money saving hobby e.g. fishing or painting
- Use your local library for free books, computer games, DVDs and CDs
- Go car booting – for £5 you can secure your own stall and de-clutter your whole house, while making money at the same time
- Make your own household products – try a teaspoon of bicarbonate of soda on a damp cloth instead of cream cleaners, spray vinegar onto smeary glass or mirrors and use a few drops of tea tree oil as a disinfectant
- Local magazines, national newspapers and supermarkets are great places to look for money saving coupons
- Enter competitions (a COPE member some years ago won a car) and cancel your gym membership!

Contribution from **David Hart**, Willingham – Telephone: 01954 260204

It is reported that the BBC Radio Cambridgeshire programmes could be cut and replaced with BBC Radio 5 Live with the possible exception of the breakfast and drive time programmes. This would mean the loss of Andie Harper Mid Morning Show and other popular local programmes all axed. Again this is another blow which if brought in will affect the elderly, the house bound, and rural people in general who rely on local radio for local news and events and a friendly voice who they can connect with and also can look upon the local presenters as their friends. If we want local radio to remain local perhaps we should voice our opinions to the powers at the BBC. As we pay them through our licence fee.



Transport ministers have endorsed Cambridgeshire's County Council groundbreaking plans to improve **community transport** with a £258,000 cash boost for the project e.g. Schemes such as community transport, car sharing or pool vehicles

What kind of man was Boaz before he married Ruth? Answer: Ruthless.

Robert Sanderson's Factoids:



- Genetically modified **tobacco** plants are used to produce medicines for a number of diseases such as diabetes. The old "*enemy*" put to better use. Who knows how many of the currently classified harmful plants could be turned to our advantage.
- DNA Boost developed by the government run Forensic Science Service here in the UK promises to be useful tool to investigate so called "**cold cases**". With a hundred percent accuracy on samples previously considered marginal, it is a great pity that this important and innovative service is facing closure unless a private buyer is found.
- There is strong evidence that sonar and other noise pollution caused by marine crafts, badly effecting a number of sea mammals and could be the cause of whales and dolphins **beechn**, having lost their way. Noise pollution in water can be equally damaging, as it is via air, affecting our hearing.
- There are a number of Nations working on solar/thermal energy plants to produce **electricity**. A large number of mirrors placed around a 100-meter tower focus the sunrays on a water container at the top to produce super heated steam driving turbines, producing pollution free energy. Regrettably, with our overcast sky, it is not a solution to our energy needs.
- It is hard to believe but even the cleanest of us, carry 50 million **bacteria** on our skin and ten million times as many in our body. Some are useful others are dormant and could cause us problems. No wonder that washing your hand is so important. You do not want to introduce even more nasty ones picked up from the handles on the bus or supermarket trolley.
- Some people claim that **sulphites** (compounds of sulphur) in wine and beer give them a headache. Admittedly apart from naturally occurring sulphites in grapes and hops some more added as preservative to these beverages. However, there are more sulphites in a dried apricot than in a glass of white wine.
- The common cold often starts with a **sore throat**. This area of the body has a large number of mucous membrane and can easily be colonised by viruses whilst the nose is better protected by offering a much smaller surface to be settled on. Although once a large colony developed in the throat the sheer numbers will overwhelm the nose's defences giving you a runny cold.
- Back in the 1970s, rapamycin was discovered on Easter Island. Released by soil bacteria it killed off neighbouring micro-organisms. **Rapamycin** apparently increases life span suggesting it affects something fundamental in the ageing process. When administered in drug trials, it tricks the body in to thinking times are hard and the cells to stop making new material and concentrate on survival, get through lean times and start reproducing when conditions get better. Could this be the fountain of youth, some been seeking for so long? Well not really, one of the major side effects of rapamycin is the suppression the immune system.
- We all aware nowadays that the lean **diet** of the war years have made us healthier and excess consumption of meat and fatty food is bad for us, but we also find it difficult to restrict ourselves to the "hard times" diet even if it would give us longer life.
- Spanish researchers discovered that humans, especially blind or partially sighted persons can develop **echolocation** to orientate themselves by producing a certain pitch of tongue clicks.
- With global warming, comes the problem of **exotic diseases** unseen in this country effecting both humans and livestock. By improving, our understanding of the genetic makeup of both will enable our scientists to find ways of keeping new ones at bay.
- "Genetic engineering" has been a frightening expression in recent times, but if for instance, we could improve the cancer-fighting properties of tomatoes and other antioxidant producing fruit by increasing their beneficial effect we must allow **genome research** continue.
- Fresh garlic contains hydrogen sulfide released by cutting or crushing the cloves, this compound affects the blood vessels by relaxing them allowing the blood to pass through. Unfortunately cooking destroys this property. So steel yourselves and have the occasional **crushed garlic** on your toast washed down by a nice glass of red wine a habit the dreaded French have.
- Some domestic cats developed a **special purr** to get their owner's attention when they feel the need for food or grooming. This high-pitched sound is similar to a human baby's cry and different from the natural purr. Our moggy actually growls to let us know her need of a scratch behind the ear or a good stroking session.
- The often-mentioned adage that **creative genius** is a narrow margin away from madness proves to be correct by recent research carried out in Hungary. People, with extra copies of a certain gene perform better in creative tasks but can lean towards an unstable mental state.
- **Cardiovascular disease** is the most common cause of death worldwide. Heart attract and stroke kill or maim millions of people, so do not neglect your doctor's advice and try a healthier diet, take your medication and exercise to the best of your ability.
- If we go even further back in the 19th century, English scholar Thomas Malthus first introduced the idea that **overpopulation** will be checked by famine - so prepare yourselves.

Question: Who was the greatest financier in the Bible?

Answer: Noah He was floating his stock while everyone else was in liquidation.

"OUR STRENGTH IS IN OUR NUMBERS" - 4

- Population growth is once again in the news with dire consequences predicted by **2050**. Shortfall of energy, water and food are the main concerns. Some of us remember the dreadful scenario predicted in the late sixties of worldwide famine forecasted for the eighties that did not materialise.
- “Carrying capacity” whereby the total world population is balanced by **resources** available became a popular theory. The problem with this way of thinking is human invention and ingenuity. Looking too far into the future proved unreliable, as are predictions, our only hope we can keep up the race to beat the odds stacked against us.

Police have warned to beware tricksters trying to get money from you over the phone. They pose as BT representatives and tell people their account is in arrears or that their telephone line needs digital upgrade work and threaten to disconnect the telephone line unless credit card details are provided to make a payment. You must never give personal details and account numbers to anyone, especially strangers and unsolicited contacts. BT says it never carries out disconnections over the phone and all employees will be able to provide their employee identification number and a working 0800 number to call. Visit www.ofcom.org.uk for more information.

Volunteer police in Cambridgeshire have been praised as “indispensable” after they spent more than 700 hours patrolling county streets during National Specials Weekend. They went out on foot and joined mobile patrols to target anti-social behaviour, responded to emergencies and executed police warrants.

Police should carry out home visits when considering gun licences a Home Office Minister said amid concerns over “remote control” renewals – seeing the environment and inspecting where the guns are stored should be an important part of the gun licence process.

Proposed cuts to the National Health Service from Ellen Hallsall

The British Medical Association has weighed in on the new Prime Minister David Cameron's health care proposals. The Allergists voted to scratch it, but the Dermatologists advised not to make any rash moves. The Gastroenterologists had a sort of a gut feeling about it, but the neurologists thought the Administration had a lot of nerve. The Obstetricians felt they were all labouring under a misconception. Ophthalmologists considered the idea short-sighted. Pathologists yelled, "Over my dead body!" while the Paediatricians said, "Oh, Grow up!" The Psychiatrists thought the whole idea was madness, while the Radiologists could see right through it. The Surgeons were fed up with the cuts and decided to wash their hands of the whole thing. The ENT specialists didn't swallow it, and just wouldn't hear of it. The Pharmacologists thought it was a bitter pill to swallow, and the Plastic Surgeons said, "This puts a whole new face on the matter...." The Podiatrists thought it was a step forward, but the Urologists were pissed off at the whole idea. The Anaesthetists thought the whole idea was a gas, but the Cardiologists didn't have the heart to say no. The Proctologists tried to get to the bottom of it but in the end, had to leave the entire decision up to the *professionals* in London.

Report sent by **Doreen Ashpole** on **Ely & Soham Dial-a-Ride AGM** held at Witchford
 Ruth Rogers, Chairman (and COPE member), opened the meeting and thanked the Board of Trustees for their work. Last year ESDAR was told there would be no more funding from East Cambs District Council. Their main income is from Contract and Group hire and the grants from Cambridgeshire County Council and East Cambridgeshire County Council were on a year-to-year basis with no guarantee. Six new contracts had been obtained bringing an income of £91,000. Group hire brings in more income than the Dial-a-Ride. However 5 contracts are now up for renewal. These have provided 40% of the income. So the future is uncertain. From 1 May 2011 the membership and fares would go up. The 100 Club Tickets brought in considerable funding for capital and day-to-day expenses. 50% of the income was paid out in monthly prizes of £50, £25 and £15.
 Gareth Wilson, District Councillor, from ECDC said he would propose that the grant for Ely and Soham Dial-a-Ride should be re-instated.
 Doreen asks if COPE members would like a **100 Club** to help raise funds for a COPE office?

WORD – sent by **David Hart**
 A cruel word may kindle strife
 A cruel word may wreck a life
 A timely word may level stress
 But a loving word may heal and bless.

An invitation to COPE members to **AgeUK Cambridgeshire AGM** on July 7th at Witchford Village Hall (10.30 a.m. – 1.30 p.m.) Topic – **Renew, Re-use and Recycle** to be followed by light buffet lunch and entertainment. Contact Karen.presland@ageukcambridgeshire.org.uk or phone 01354 696677

Question: How can you drop a raw egg onto a concrete floor without cracking it?
Answer: Concrete floors are very hard to crack!

“OUR STRENGTH IS IN OUR NUMBERS” - 5

Peter Pryke reports from Fenland

Whilst you can appreciate you can write pages on this subject, I have tried to keep it brief and of relevance to COPE members. Equality and Diversity legislation overview. Equality Strands and Protected Characteristics has been identified as 1/ Race, 2/ Gender, 3/ Disability, 4/ Sexual Orientation, 5/ Religion or Belief, 6/ Age. Under the new Equality Act there will be three more, Gender Reassignment, Marriage and Civil Partnership, Pregnancy and Maternity. It is best practice to also consider the needs of many other people in the community, for example: carers, those experiencing or at risk of homelessness, those with experience of the criminal justice system. In 2012 the ban on age discrimination in provision of goods, facilities, services and public functions will become law.

Each organisation is required to have a Mission Statement which clarifies the way an organisation wishes to work, it ensures that everyone involved knows where you stand on equality and diversity. It is a public promise and therefore shows openness and commitment built on the organisations existing values and vision to both justify and place its approach to equality and diversity in context. It will connect equality and diversity with the ethos of the organization.

Here are the notes from the transport summit on 3rd February held in March Town Hall. The Cambridgeshire County Council had identified £2,500,000 short fall in grants from Central Government. Doddington has a bus service to the village but only two buses serve the hospital, which lies at one end of the village. Dial-a-Ride at Coldham has minibuses but not enough voluntary drivers. One suggestion was to use school buses when they return empty from the schools to their depots in the morning and again in the afternoons, also they ought to be used to encompass out of hours clubs either before breakfast or after school.

Andy Campbell, Managing Director of Stagecoach, spoke about operating buses with bus grants and how if the subsidy is withdrawn many of these routes would not be viable (Fifty six routes are under threat). The routes expected to be affected include Stagecoach's X9 Chatteris to March-March- X9 Ely, Chatteris-Neale-Wade School route, March Town Services 33, 35, routes, Neale-Wade School March Wisbech X9, Wisbech - Peterborough 390 once a week service on a Wednesday, Norfolk Green Wisbech-Wisbech St Mary-March route 46.

Another suggestion was having the main bus route with minibus feeders at set points to feed the villages. Use the Park-and-Ride as a hub for other country routes (as noted by Robert Boorman). A model which has been tried in Essex for Programme governance group starting with Programme Commissioning, was described as going forward for 20 days, 50 days, 100 days and 1 day to launch a new delivery programme with interval decision making at those set times. (A diagram was supplied). Generally the thoughts were. there were budget holders in the meeting who needed persuasion to contribute a portion of their budgets to the transport budget, running minibuses in cooperation with the NHS, Dial-a-Ride and others not specified in conjunction with the voluntary sector as a possible solution. Keeping the concessionary bus passes, even if holders paid towards the costs. Personally my thoughts were why not suggest each householder in the county pays a subscription of £10- with their rates payable over ten months towards keeping their bus services, this should raise a reasonable amount of money.

Sent by Doreen Ryan

think I will quite enjoy life when I am old
grey hair all crammed inside a woolly hat
flat shoes instead of tottering on high heels
and hairs that cling to clothes from moulting cat
More time to stroll through woods and leafy lanes
I will leave off putting make up on my eyes
confess that foreign travel leaves me cold.
and, if inclined, eat nothing but meat pies
no more feeling jealous when in love
I will laugh like mad if people call me vague
talk to myself - and sometime answer back
if friends prove false, avoid them like the plague
watch black and white films when on T.V.
eat chocolate till I end up feeling ill
wear slippers made for comfort not for looks

and cause a lot of mischief with my will.
I will wear a vest whenever I feel cold
and bras with the elastic all gone soft
ignore the weeds that grow among the flowers
and keep all sorts of junk up in the loft
if sleep wont come I will not resort to pills
I will snuggle down, be glad for time to think
if friends say that I am drinking too much wine
I will pop a cork and offer them a drink
no more worrying what the future hold
I will have a rough idea when over 70
I have loved and laughed and cried and will some
more
no one will ever say her life's been empty.



Copeing with snow removal – Anthony Barraclough says this will be us in a few years!!

What fruit has its seeds on the outside? Answer: Strawberry

News in Brief from Cambridgeshire County Council

The new priorities are: Supporting and protecting people when they need it most and helping people to live independent and healthy lives in their communities. The Council will be spending around £195 million on adult care

Budget on line - <http://www.cambridgeshire.gov.uk/council/finance/spending/jp2011/> The most useful links are 'areas of savings' and 'detailed budgets by policy area'.

Public transport - We are in discussions with bus operators to find out to what extent operators might run currently subsidised services without a subsidy. Services are likely to be reduced rather than stopped altogether where appropriate.

Concessionary fares - The Department for Transport guidance is that the reimbursement rate for bus operators in the order of 50% as opposed to the current 66%. We are still in negotiations with the bus operators on the reimbursement rates.

Zero council tax increase and a radical new approach to services in county council budget There will be no increase in the County Council's element of Council Tax in the next financial year, and probably no increase for a further four years.

New police website - The new Police website www.police.uk has provided you with maps that show crime and anti-social behaviour at a street by street level right in your neighbourhood.

News, Views and generally accepted interesting facts in Brief – from Rhona Boorman,



◆ Elderly must live independently as long as possible reports an article in the Cambridge News in **1961**, but many cannot and there are an increasing number of people wanting care in old age.

◆ According to Moneyfacts.co.uk, **credit card rates** have hit a 13-year high as providers worry about people defaulting on their debt. The average card now charges interest of 18.9%, the highest rate since 1998.

◆ Councillors will be able to veto six-figure **pay packages** for local authority executives. Many local authorities are threatening to cut front line services despite failing to reduce the pay packages of senior executives.

◆ Staff have told inspectors that the **UK Border Agency** is putting work that brings in money ahead of securing the UK's borders. As a result, hundred of migrant workers who came from outside the EU could be living in the UK illegally after quitting their jobs and not having their leave curtailed by the UKBA.

◆ A survey for Lloyds TSB Insurance, British holidaymakers determined to save money are this year turning to **house swapping** for their annual break. Home owners interested in a swap can sign up to an agency or website and post pictures of their home.

◆ A new word to replace the depressingly negative “downsizing” is “**freeupping**”. It sounds more optimistic and implied that we are moving onwards not downwards – and do not wait to move until you are struggling to survive, either financially or physically.

◆ Research by the University of Miami found that sugar-free fizzy drinks could lead to a greater risk of a heart attack or **stroke**. And scientists in Los Angeles say that a drug derived from the spice turmeric could help protect and regenerate brain cells after a stroke.

◆ A woman has received Britain's first totally implanted **hearing aid**, at a cost of £30,000 to the NHS. The middle ear implant device consists of a rechargeable battery, a signal processor and a microphone which are implanted under the skin. These are connected to a tiny electromagnetic vibrator placed inside the mastoid bone behind the ear and attached to the hearing bones.

◆ Hospital visitors have been advised to not bother giving the traditional bunch of **grapes** as a gift because they are not the best food to aid recovery. Blueberries, Kiwis and satsumas outdo the grape when it comes to providing important vitamins.

◆ Research from a University in California shows that eating **pecans** can help prevent the development of heart disease and cancer. The nuts increase the amount of healthy antioxidants in the body.

◆ According to research children who drink a daily serving of half a pint of **milk** throughout their school years are up to 40% less likely to suffer bowel cancer as adults. It is thought long-term milk consumption allows high levels of calcium to accumulate in the body. Evidence suggests calcium protects the bowel against damage from toxic bile acid or kills off cancer cells.

◆ Fitness fans have been advised to ditch the sports drinks and choose **cherry juice** after a study at London's South Bank University found that it helped reduce muscle damage caused by exercise.

◆ Spending time being **social** can be as good for physical health as mental well-being reports a study by Rush University Medical Centre in Chicago. Bingo is one of the most beneficial activity as it involves being with other people and staying alert to cross off numbers. Other social activities include going out for a meal, voluntary work or attending religious services.

◆ Research suggests that learning and speaking a **second language** could delay dementia by five years. Approximately 650,000 Britons have dementia with the vast majority suffering from Alzheimers.

I like long walks, especially when they are taken by people who annoy me.

“OUR STRENGTH IS IN OUR NUMBERS” - 7

- ◆ The High Court has said that **prisoners** cannot claim compensation for being refused the vote. Mr Justice Langstaff said it was for Parliament to decide where laws should be changed.
- ◆ Research from LV= found that more than one in 20 **motorists** believe they have fallen victim to a staged car accident.
- ◆ Traffic fumes trigger more than eight times as many heart attacks as cocaine a study has found.
- ◆ According to a survey by What Car? Magazine, drivers pay heavily for using **motorway** service stations. Service station groups said they had higher operating costs, including the upkeep of slip roads.
- ◆ A study by the Department of Transport, has shown that the state of the **roads** are deteriorating, with motorists facing an increasing number of potholes. The President of the AA, said that motoring taxes should be used to keep the infrastructure, which is used by 92% of goods and people, safe and sound.
- ◆ Experts say that thousands of **trees** in Britain may be killed by the salt used to grit icy roads and pavements during the winter – the second coldest winter since 1683. Evergreens – conifers, pines, spruce and holly trees – were the most susceptible to damage, as they are being starved of moisture.
- ◆ The **price** of petrol and diesel at the pumps has reached record levels, with a reduction in the European market cost of fuel not being passed onto UK consumers, the AA has reported. Northern Ireland has the most expensive UK petrol.
- ◆ Next year marks the introduction of the biggest ever change to the pensions system, a **Compulsory Workplace Pensions scheme** is being introduced.
- ◆ Consumer group Which? is to launch a “super complaint” against the **surcharges** imposed on customers who pay with a debit or credit card. Low cost airlines are among the worst offenders. The cost to the retailer is no more than 20p for a single debit card transaction. Which? also found that local authorities, estate agents, cinemas and even the DVLA are now beginning to levy excessive charges for paying by card.
- ◆ If you think that you are suffering from **information overload**, you could be right – a study has claimed that everyone is bombarded by enough data everyday to fill 174 newspapers!
- ◆ According to a leading retailer, memory sticks, compact discs, desk phones and calculators are some of the **office gadgets** destined to go the way of the typewriter and floppy discs.
- ◆ Customers could be paying £35 too much for their water every year – if you have a soakaway and can show none of your surface rain water drains into the public sewerage system you can apply to reduce your **sewerage standing charge** by £35. To contact Anglian Water, call 08457 145145 or fill in a form online at www.anglianwater.co.uk
- ◆ Research suggests that pets may share their owners’ emotions. One study found pet **dogs** tend to yawn when they see people yawning and another reported that dogs’ stress hormones rose or fell in direct proportion to their owners.
- ◆ Eating sardines, anchovies and herring rather than cod and tuna could help save the oceans, a study at the British Columbia Fisheries Centre suggests.
- ◆ A survey of 300 UK **Investment bankers** showed that 27% named Singapore as their preferred place to work, compared with 22% who chose London. Hong Kong came third with 20%. Singapore and Hong Kong are thriving economies without the growing swell of anti-banker bias.
- ◆ Despite being the most densely populated country in the world after Monaco, **Singapore** is also one of the **cleanest**. That's thanks to stringent policies regarding littering, graffiti and spitting. It's illegal to leave a public toilet unflushed or drop litter in the city-state; people who ignore the latter law risk being made to pick up rubbish while wearing a tabard with the words "I'm a litterer." Singapore even has a song to accompany its Clean and Green environmental programme, entitled ‘Let's Make Our World the Most Beautiful Home’.
- ◆ Housing in **Sydney**, Australia is the second most expensive in the world after Hong Kong.
- ◆ According to a survey by the Foundation Consultancy, Facebook and Twitter are among the **worst inventions** of the last decade. Home broadband and online shopping were the most beneficial to have changed our lives.
- ◆ Why are British taxpayers giving millions to countries like India, which has its own space programme, when ministers are implementing a radical programme of public sector **cuts at home**.
- ◆ The Institute of Economic Affairs recommends that free bus passes, waived TV licences and winter fuel payments for the elderly should be abolished. The report claims that older people enjoyed a “privileged position” with non-means tested benefits and should “suffer” their share of the burden to reduce the national deficit.
- ◆ Steve Webb, the Pensions Minister has told Saga: “People considering **emigrating** should consider the impact the move could have on their pensions entitlement”. About 550,000 British people who worked and paid National Insurance contributions in the UK get lower pensions because they live abroad in countries where the UK pension is not updated each year. Their pensions are frozen at the rate when it was first paid to them abroad.
- ◆ The consumer watchdog *Which?* has called on the Office of Fair Trading to investigate excessive card fees. Although it costs 20p to process a debit card payment, some companies are charging higher fees!

I have to walk early in the morning, before my brain figures out what I'm doing

Still Dating Regularly from Arnold, Caldecote

It is often stated that if you forget your partners birthday just once you will never forget it again. As I sit looking at my 2011 calendar I realise just how important dates have become and the ability to plan ahead gets more important as I get older. Christmas and the other Bank Holidays are already blocked in. This years birthdays, marriages and christenings are logged, as are school holidays, half terms and the royal wedding. I am now starting to look at dates for possible trips away, including the fantastic COPE excursions and already it is proving difficult to find the time. I now realise that this is because my sporting calendar has to be blended in around everything else. I invite friends around my house to watch the horse racing; we have a flutter and I pretend to be posh by providing smoked salmon sandwiches and a can of Iron Brew. In May it's the European Cup Final and The FA Cup and this year I will be off to the Millennium Stadium in Cardiff for the Heineken Cup Final. In June I go to Wimbledon, July it's ladies day at Newmarket Racecourse followed by the London to Cambridge Bike Ride which I love taking part in. Blend in a fly fishing event at Grafham Water in August and the odd round or two of golf through the summer and suddenly my diary is looking busy. All this got me thinking about organising a sporting activity to coincide with future Olympic milestones. I will attempt to take part in a sport I have not done before with friends that I know will make it a memorable occasion. At 450 days to go I might try indoor bowls, at 400 canoeing and so on. This should keep me fit and provide me with regular dates in the future that I know will be great fun!

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 office if you wish someone to talk to your group about COPE. COPE is a self-help group, with a current membership of 2,867 – after seven years COPE still does not have finance for paid staff or office! Any donation towards COPE funds would be much appreciated.

COPE in the City of Cambridge - Doreen Ryan – Membership 1516

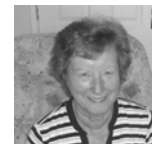
Tel: **Doreen** on 01223 500623 with your interesting snippet



- Cambridge MP has been made an **ambassador** for small businesses. The Keep Trade Local Charter drawn up by the Federation of Small Businesses highlights the importance of small shops, post offices and pubs to the local community. Small businesses are vital to our economy and will help pull the UK into recovery.
- Victims of crime are not able to make appointments to see police officers at **GP-style surgeries**, at Parkside Police Station. The scheme will free up officers to spend more time patrolling the streets.
- Four new demonstration houses will be built at **The Hive** training centre in Cambridge. These will demonstrate a range of sustainable construction and green technological solutions for businesses, students and the wider public.
- Meeting regarding Milton Road **Library** at: St Laurence's Church on Monday 16th May, 19:00-21:00

COPE in East Cambs - Doreen Ashpole - Membership 208

Contact **Doreen** on 01353 778098 with your news



- Doreen Ashpole will organise **pick-up** for members in East Cambs – **Littleport, Ely and Haddenham** - who need transport to the AGM. Please contact her on **01353 778098**
 - Various community grants and support for **voluntary groups**, including Ely Soham Dial-a-Ride and Ely CAB will be reduced, however Care & Repair which helps elderly and vulnerable people live safely in their homes has been given a temporary reprieve.
 - Despite a 650 signature strong **petition** from Dial-a-Ride members, the council cut its £25,490 grant. Other charities including Citizens Advice Bureau, Branching Out will also have their grants cut.
 - **Neighbourhood Panel meetings** scheduled for June will take place. Contact Alan Williams on customerservices@eastcambs.gov.uk with your queries.
 - The County Council will submit a formal application on behalf of the District council asking the Department of Transport to make Ely a **Civil Parking Enforcement** area. Any changes, which could include parking charges and residents' permits, would be introduced in April 2012.
 - East Cambridgeshire District Council has approved the scheme for a new **Leisure Centre**. The plans include a six-lane swimming pool, learners' pool six-court sports hall and squash courts.
 - There is a petition for a **Southern Bypass** for Ely. See www.petitionbuzz.com/petititons/elybypassnow
- What's On** at Ely Cathedral: 19 May Lunchtime concert - The Carolan Singers; 26 May Lunchtime - The Bible in Voice and Verse; 29 May - Lunchtime concert University of London Chamber choir - all at 1.10pm

COPE in Fenland - Marilyn and Peter Pryke - Membership 108

Tel: **Marilyn** or **Peter** on 01945 466915 with your news



- Peter Pryke will organise **pick-up** for members in **Chatteris, Wimblington, March and Leverington** who need transport to the AGM. Please contact him on **01945 466915**
- The **Red Cross** run a free scheme for 13 weeks within Fenland with volunteers - they assist with shopping, reading to the person, befriending whatever the persons needs are? Telephone Sarah Hall on **01354 659724**
- Telephone Claire Tash on 01354 652769 for forthcoming **performances** at March town Hall.

Every time I start thinking too much about how I look, I just find a Happy Hour and by the time I leave, I look just fine.

“OUR STRENGTH IS IN OUR NUMBERS” - 9

COPE in Huntingdonshire - Angie Walters & Gerald Collins – Membership 163

Tel: **Angie** on 01480 300726 or **Gerald** on 01480 370808 with your views

- COPE meeting at The Free Church, St Ives – **Friday May 13th** from 10.30 a.m. to 12 noon. Speaker will be the Chief Executive of Cambridgeshire LINK (Local Involvement Network). COPE members and non-members very welcome.
- **Measures Butchers** in High Street, Brampton has won gold in a pie championship competition.
- Hunts District **Council Elections** 6th May, East and North Wards and full Huntingdon Town Council Elections **6th May**.
- Meeting regarding Yaxley **Library** at: Queens Park Pavilion, Yaxley on Thursday 26th May, 19:00-21:00 and regarding Warboys Library at: Warboys Parish Centre on Wednesday 11th May, 19:30-21:30
Go to Ramsey_Neighbourhood_News@huntsdc.gov.uk for local information.



COPE in South Cambs - Margaret Hobbs & David Hart – Membership 892

Tel: **Margaret** on 01954 210652 or **David** on 01954 260204 with snippets

- Free computing courses for the over-50s are being held at **Great Shelford** every Tuesday from 2.15 – 4.15 p.m. Telephone 0345 0455225
- The Church of St Peter in **Wilburton** is to have its 13th Century spire repaired after it was awarded a grant of £105,000 by English Heritage and the Heritage Lottery Fund. All Saints Church in **Haslingfield** has been awarded £88,000.
- **Comberton** Village College and **Linton** Village College were converted to the status of academies. They were the first two secondary schools in the county to do so.
- Many events are planned for the **Imperial War Museum** at Duxford this year. Tel: 01223 499353.
- **Bus Passes** - Applications will no longer be sent to District Councils across the county. But as from April, Cambridgeshire County Council will take full responsibility for the provision of concessionary bus passes. After 31st. March those applying for their first bus pass must apply to CCC. What is not changing is that a bus pass still entitles the holder to free travel on off peak local bus services anywhere in England. Existing bus pass holders need do nothing until their expiry date.
- **Blue Bins** - Have had a good start after the first three months. Over 3,600 tonnes has been recycled by you, with paper collected in the caddy making up a third of the total.
- **Community Car Scheme** - A scheme is to start as soon as possible in Willingham, Over and neighbouring villages to offer help to people who have transport problems for both medical and social. Volunteer drivers are needed to make it a successful and reliable service. For further information without commitment ring Mr Peter Hynes on 01954 200820.
- Hundreds of tonnes of waste from major building projects in London will be transported to Barrington quarry by rail over the next 5 years to infill parts of the **quarry**, allowing about 83 acres to be restored, mostly to agricultural use. The Barrington light railway link will be reopened.
- Meeting to provide information about the changes that will affect **libraries** to be held at Orchard Park Community Centre on Wednesday 4th May, 19:30-21:30; Bar Hill Library at: Bar Hill Church on Thursday 12th May, 19:30 – 21:00; Comberton Library at: Comberton Village Hall on Wednesday 25th May, 19:00-21:00; Cottenham Library at: Cottenham Village College on Tuesday 10th May, 19:00-21:00
- The council's Rights of Way and **Access Team** worked with the local community to build vergeside tracks between Newton and Harston and Stapleford and the Magog Country Park and now a livery business has opened up alongside the Newton-Harston track. The Shelford and District Bridleways Group was one of the main proponents of the new tracks and it has managed to expand the network after negotiating with the Diocese of Ely to add an extra length of path to the local network provided by the County Council.
- A **new bridge** has opened for Mansell Wood, Oakington, as part of Cambridgeshire County Council's work to improve the health and environment for local communities.



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

Rhona Boorman: "An 'Auction of Promises' raised money towards the improvements planned for Great St Mary's Church in Cambridge. Do members think that COPE should hold a similar event to raise money for a COPE office?"

Arthur Henderson: "Drivers should always ensure they are aware of any restrictions applying to an area where they plan to park. If any driver receives a parking ticket when they consider the signing and road marking are not appropriate, then they have the option of referring the parking ticket to an independent appeal. Because there were some other Blue Badge holders parked nearby, and the markings on the road were illegible, I believed it was a spot for disabled people, but I came back to discover I had been given a penalty."

Bobbi Heather, St Ives, phoned to say that the Contact Centre number has been changed to 0345 045 5200.

Margaret Hobbs, Caldecote: "Jean and I enjoyed an *Engage* afternoon at Cambourne library. Knitting was the subject. I did not know that there were so many different yarns to knit with! We saw many examples of work and ideas for projects. I believe Central Library in Cambridge hold a weekly knitting session – ring 0345 045 5225 for information."

**I was always taught to respect my elders
Now I do not have anyone to respect**

"OUR STRENGTH IS IN OUR NUMBERS" - 10

Jacqueline Mountford-Green: “Has anyone else noticed an increase in **dust** in their homes recently? This year the dust settling in mine is on a par with that experienced last spring by the activity in Eyjafjallajökull and yet there has been no reported activity of this Icelandic volcano since 2010.” Also **male dance partner** required for learners class on Wednesday evenings in Cherry Hinton, and occasional social events, organised through the dancing school. If interested please contact Alan Doyle School of Dancing: Tel: 07967 598435. More useful info - 13th to 19th June is **Father's story week**. At www.fathersstoryweek.org people can register now for free resources I've used this resource before - very useful if working with families or estranged fathers.

As seen in the New York Times by **Anthony Barraclough**, St Ives, “More hospitals and medical businesses in many US states are adopting strict policies that make smoking a reason to turn away job applicants, saying they want to increase worker productivity, reduce health care costs and encourage healthier living. The policies reflect a frustration that softer efforts — like banning smoking on company grounds, offering cessation programs and increasing health care premiums for smokers — have not been powerful-enough incentives to quit. ”

Lesley Guebert: “Did you know that the Cambridge Country & Western Club meet at Cambridge United Supporters Club every Wednesday evening from 7.30pm with live music and dancing from 8pm till 10.30pm? Cost is £5 on the door. (There is no membership fee) The club is not very well supported at the moment (I went a couple of times last year) and I'm sure that Bob and Wendy, who run it would appreciate some COPE members going along. Their number is 01223 366962.”

Enid Irving: “I'm just writing to let you know of a new addition to the British Society Gerontology's newsletter, Generations Review. We will now have a section entitled 'Voices of Experience'. This section is for submissions by older people and/or carers to share stories about the meanings of ageing and older people, caring, and so forth. The submissions may take any form (e.g. short essay, poetry, visual art, pictures, etc.). Contact British Society of Gerontology's Generations Review Editorial Team, Brunel Institute for Ageing Studies, Brunel University, Uxbridge, Middlesex UB8 3PH.”

Penny Litchfield: “The Ramsey Initiative was asked to be the lead organisation and to make the application, but the bid was developed by all the members; Neighbourhood Management, Ramsey Initiative, Hunts Forum, Ramsey Town Council, Ramsey Abbey Walled Kitchen Garden Trust and two members representing the villages. If we are successful then the training of volunteers will begin. If you would like to know more about the Getting People Involved programme, you can call the GPI Steering Group on 07900 478782.”

Audrey Campbell: “I would suggest to COPE members that wherever possible they should use their local Post Office. I have been into St. Andrews Street twice, each visit lasting approximately 25 minutes. Sadly, there is insufficient room for the large number of people, although seating is provided. A next number method is used which is fair. However, there is a full-sized post box at the entrance which takes up a lot of room, there is no space to do small activities like writing cards or form filling. There is a floor manager who shows the customer the number machine, which is helpful. The staff seem very nice, although the ever-efficient ladies who manned the entrance desk in the old PO do not appear to be there. It will be interesting to see what happens when our summer visitors arrive.

Angie Walters, St Ives: “Apparently, sometimes when the CFL light bulb burns out there is a chance that the ballast can start a fire.”



Ann Dingley: Cambridge Cancer Help Centre in Great Shelford is there for you, offering support and understanding. Telephone 01223 840105.

David Jordan, March: **Flag Day** on May 14th in aid of Cambridge Rethink Carers Group at St Michaelhouse Centre/Café. Telephone: 01354 655786 for details.

Terry Hutt, campaigning to save the toilets in Lion Yard.



Hazel Smith, Fulbourn: This year, July has 5 Fridays, 5 Saturdays and 5 Sundays. This happens once every 823 years.

Anthony Barraclough, St Ives: You may have noticed that Census Question 17 read “intentionally left blank” for seemingly no reason. Apparently, forms delivered in Wales do feature a question concerning the Welsh language, but couldn't the Office for National Statistics have come up with something interesting to ask the rest of us?



Robert & Rhona pictured in Kings Park, during a visit to their daughter and granddaughter in Perth, West Australia. Whilst there they noticed a growing policy emphasis on “active ageing” in the past decade – particularly in relation to housing where the policy is that older people should be allowed to remain at home with the aid of community based programs or should be allowed to move to alternative housing such as specially built medium-density accommodation, such as **retirement villages**, that offer purposely designed housing, a range of facilities and activities which generate opportunities for social activity alongside a range of care and support services. Living in a retirement village provides security, companionship, availability of health-support services and planned activities – it promotes health & well-being and reduces the experience of social isolation with benefits to health & quality of life. Bronwyn Bishop is the **Australian Minister for Aged Care**.

Question: If it took eight men ten hours to build a wall, how long would it take four men to build it? Answer: No time at all it is already built.

“OUR STRENGTH IS IN OUR NUMBERS” - 1 1

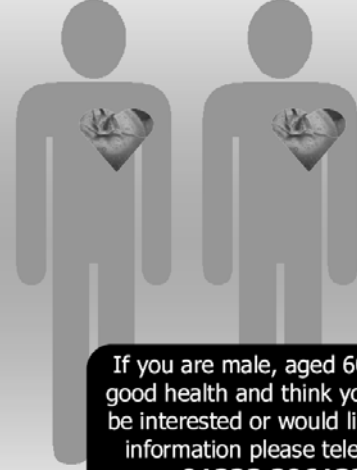


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All items are considered, however the Editorial Team reserves the right to amend articles where necessary. The Editor regrets that it is not normally possible to enter into correspondence with individual readers and all letters, emails and other submissions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

It takes a minute to find a special person, an hour to appreciate them, a day to love them, but then an entire life to forget them

"OUR STRENGTH IS IN OUR NUMBERS" - 12



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

50+ reasons to get Active in 2010

The 'Forever Active' Scheme now has on offer over 50 exercise / sport sessions for the over 50 age group taking place within Cambridge City. There are sessions on offer to cater for all abilities from chair based sessions for people with mobility problems to activities for the more active such as dance, aqua aerobics Pilates, Golf, Nordic walking and Rowing.

There are so many reasons to get active - Taking part in exercise can help with weight loss / maintenance (if you would like to shift a few pounds), helps to reduce blood pressure (Exercise is great at reducing stress and helps to improve circulation), helps improve mood (Exercise releases a happy hormone which will help to prevent mood slumps), helps you to sleep better (plus have more energy in the day!), helps with osteoporosis and arthritis (Want to get rid of those aches and pains!), helps to prevent diabetes and heart disease and is an ideal social opportunity.

To get your copy of the Forever Active brochure and a voucher to attend one of the sessions for free (quote COPE) contact Helen Johnston on 01223 457000 or look on the website www.forever-active.org.uk



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**We got married for better or worse
He couldn't do better, I couldn't do any worse**

"OUR STRENGTH IS IN OUR NUMBERS" - 13



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COPE AGM on **July 27th**
at the **Guildhall** in Cambridge

Send your photo by June 1st
to:

Robert Sanderson
COPE Vice-Chairman
211 Arbury Road
Cambridge CB4 2JJ

Daniel Schumann, Ely emailed: "If you have any questions or would like to book or want information about what else is on at **The Brook** please call Daniel on 01353 721 748 or 07974 303 464 or email: ds@danielschumann.co.uk

Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

"OUR STRENGTH IS IN OUR NUMBERS" - 14



**Going into hospital soon?
Would you like some help when you
come home?**

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Welcome Home also needs volunteers to offer practical and emotional support to people for 2 -3 weeks after discharge from hospital. Volunteers do tasks like shopping, picking up prescriptions and helping people regain their independence after a hospital stay. 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

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Wilberforce Road, CB3 0EQ

t: 01223 312550 w: cambridgeltc.com

e: info@cambridgeltc.com



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

"OUR STRENGTH IS IN OUR NUMBERS" - 15

Friday 1st July at 7.30pm - **Quiz/Social Evening** at Community Centre, Orchard Close, Girton - 10 tables of four - Price £3. (including light buffet, tea/coffee) Bring your own plonk! Donations of prizes for the raffle please.

Saturday August 6th at Willingham - **COPE Garden Afternoon** from 2.30 p.m. – Tombola, Bring & Buy, cake stall, etc. Help and good prizes needed – please telephone David on 01954 260204

Friday 2nd December from 7.30 p.m. a **pre-Christmas celebration** at the British Legion Hall Saffron Road Histon. Dance or sit and enjoy the music of **Billy G** - cash bar and Buffet. Tickets:

COPE Members £8 - Guests £10. Good raffle prizes would be very much appreciated.

Tickets for all the above available from:- David or Julia Hart. 46, Earith Road, Willingham, Cambridge, CB24 5LS Phone: 01954 260204. **Cheques made payable to 'COPE'**. Raffle towards COPE funds



Join Rhona & Robert on these COPE trips organised by Richmond's Coaches

Please say you are from COPE when booking Richmond's brochure trips as you may qualify for a 10% discount. **June 26th Bure Valley & Norfolk Broads Cruise** – regular price £39 and **September 13th A Royal Day Out**, includes Buckingham Palace, the State Rooms, The Royal Mews and the Queens Gallery - regular price £44.50. **Natalie Richmond** confirms: "For any of the trips in the

Richmond's 2011 brochure - if you have 10 or more COPE members I will honour a 10% discount – it's probably worth stating the 'full price' and then **10% off this price if we get 10 or more members** – I am happy to refund the difference once we have reached 10 people."



New for COPE members – October 28th "Chicago" matinee - Cambridge Theatre, London - **£39**; and **December 8th Thursford & lunch** at Fakenham Racecourse - **£65**. Pick ups: Mansel Way, Mill Rd & Anstey Way

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 Manager, Richmond's Coaches, The Garage, Barley, Royston, Herts SG8 8JA. Telephone **01763 848226**

Breathe Easy Cambridge (part of the British Lung Foundation) – helps family and friends of sufferers – tel: **Jean Sleep**, Waterbeach on 01223 697439. For **Breath Easy Fenland** contact **Sylvia Mansfield** on 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

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

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. On Tuesday April 26th the movie is "Made in Dagenham". Telephone **Susie Spurr** on 01354 741156 for further details.

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

Fun quiz (20 picture questions and 40 regular questions) at the Hungry Horse, Milton Road, on Tuesday evenings, 8pm start. Tel: **Lesley Geubert** on 01223 473142

COPE lunch for members on **May 15th** (3rd Sunday of the month) at 12.00 noon at **The Golden Hind**, Milton Road, Cambridge –. Telephone **Jean Farrington** on 01223 503867 or **Shirley Allanson** on 01223 423905 to book. If you find yourself **on your own** why not join Jean and Shirley and other COPE members. **All welcome!**



Birthday lunches at the Chinese Community Centre have been terminated - the Centre has closed.

Wednesday July 27th 10 a.m. to 2 p.m.– **COPE AGM & "Quality of Life" Forum** at the Guildhall, Cambridge – (sponsored by International Longevity Centre UK) Book early to be assured a place and enjoy a free Fish & Chip lunch.

Agenda: 10 a.m. AGM – also time to look at stalls and refreshments (coffee/tea)

10.45 a.m. **Karen Mason** to give outcomes on CCS consultation document. Presentation of **Best Bus Driver Award** by Andy Campbell, **Stagecoach** – Presentation to winner of **Best Garden Award** by Peter Jackson from **Scotsdale's Garden Centre**

11 a.m. Keynote Speaker – **Tessa Harding** MBE founder of **Speaking Up for our Age**

11.30 a.m. **Cheque Book Forum** – Peter Finlayson, Director of Policy & Helen Doyle (Payments Council) and Claire Francis (Cheque Book & AgeUK Policy Team). Each to speak for 5 minutes then Questions from members.

12 noon **Transport Forum Panel:** Cllr Mac McGuire (County Council), Peter Rayner (NPC), Andy Campbell (Stagecoach), Cllr Clare Blair (City Council)

12.30 Research by Prof. Ann Bowling about **Quality of Life for older people** – discussion and debate

1 p.m. – Lunch **(Please send stamped SAE with application to attend this event)**

Name **Address** **Postcode**

Membership Number Please tick your choice for lunch - **Fish & Chip** **Vegetarian**

I **will/will not** bring a Raffle prize. All donated raffle prizes are much appreciated and profits go towards our funds

To arrange transport from: **East Cambs** ring Doreen Ashpole on **01353 778098** and **Fenland** phone Peter Pryke on **01945 466915**

Web: www.cambridgecope50.org

Email: cambridgecope@hotmail.co.uk

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

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