

Registration form

Name

Address

Phone

Email

Groups

Please indicate your first and second choice.

1st choice

2nd choice

Are you a member of COPE? Yes ☐ No ☐

If not, may we add you to our membership list? Yes ☐ No ☐

How did you find out about **talking together**?

Website ☐ Friend ☐ Newsletter ☐

Other

Registration forms must be returned by
Wednesday 2 October

Please post to: **COPE, St Luke's Community Centre, Victoria Road, Cambridge CB4 3DZ**

or email: **copetalkingtogether@hotmail.com**

You are welcome to register over the phone on
01223 364303

Visit **www.copecambs.org.uk** for more details



is a unique initiative that brings older adults together for stimulating **telephone-based conversations** about topics of shared interest. Just select and register for a group and we will do the rest. We will call you on your phone when the discussion is about to start and connect you to your group. Then you enjoy 45 minutes of discussion, facilitated by a skilled leader. All groups take place on Monday and Thursday afternoons. Just select and register.

Please join us!

To register...

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 **copetalkingtogether@hotmail.com**

 **Or complete and post the registration form to:**
COPE, St Luke's Community Centre,
Victoria Road, Cambridge CB4 3DZ

Funding is provided by The Allen Lane Foundation
and the Community Fund at The Leys School



A FREE programme of stimulating telephone-based discussions for older adults

October – November 2024



1 choose a group.
2 register.
3 join in!



Mondays 1.15pm

7-28 October (4 weeks)

A virtual journey to the Botanical Gardens Cambridge

Marian French, facilitator



Starting out from Barton, just west of Cambridge, we will 'travel' to the south-east, discovering the history of all the villages in this lovely area before arriving at our destination: the Cambridge University Botanic Gardens (with the possibility of a real group visit to the gardens in the new year).

Mondays 2.15pm

7 Oct – 11 Nov (6 weeks)

Book group: *Small Pleasures* by Clare Chambers

Liz Williams, facilitator

We will be looking at the novel *Small Pleasures* by Clare Chambers, set in England in the 1950's. Reading a pivotal chapter each week (no need to read the entire book unless you wish to) we will then address the readers' group questions, included in the book. Copies of this novel will be provided to registered participants.



Mondays 3.15pm

7 Oct – 11 Nov (6 weeks)

The fascination of fairy tales

Professor William Randall, facilitator



Many of us may recall fairy tales, fables or other little stories from childhood that have stayed with us ever since. With age, we can sometimes appreciate how wise these tales are. Join Emeritus Professor of Gerontology, William Randall, to revisit the various nursery stories that charmed us in our childhood. Together we can ponder what meanings they might hold for us now, later on in our lives.

Kind comments from previous participants:



“A feeling of belonging in a group. It was a very worthwhile connection, especially as we didn't have to pay for the call.

“A great way to meet up remotely especially for those without Zoom et al.

Thursdays 1.15pm

10 Oct – 14 Nov (6 weeks)

The industrial past of Cambridgeshire

Kieran Gleave, facilitator

Join Kieran Gleave, an Archaeology PhD student from the University of Cambridge, as we step back in time to explore the industrial past of Cambridge and the surrounding county. Be it pumping stations, iron and lime works or windmills and coprolite, Cambridgeshire has many historic industries to discuss. A visit to the Museum of Technology will be included for registered participants.



Thursdays 2.15pm

10 Oct – 14 Nov (6 weeks)

Research into safer medicines and environments

Facilitated by Toxicology Unit research staff

Our mission at the Medical Research Council's Toxicology Unit is to improve health by understanding how everything we are exposed to, such as food, medication, or pollution, affects our bodies. Our researchers will examine topics such as immunotherapy, the microbiome, air pollution and more, and they will share how we can use this knowledge to make our environment and our medicines more safe.

