

# 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 15 February 2023**

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



**talking  
together**

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.

***Please join us!***

### To register...

 **01223 364303**

 **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



**talking  
together**

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

**20 February – 30 March 2023**



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

## Eating for your best life

Sally Fenn

Mondays (6 weeks) 20 Feb – 27 Mar • 1.15pm



More than 50 percent of us aged over 65 years live with at least two chronic health conditions, yet studies show it is possible to live healthy, vibrant lives as

we age. Together we'll explore steps we might take to increase our wellbeing through the food we eat, including strengthening our immunity, promoting healing and preserving healthy brain function – without giving up delicious food!

## Norris Museum: learning about local history

Susan Bate

Mondays (6 weeks) 20 Feb – 27 Mar • 2.15pm

The Norris Museum, based in St Ives, brings together fascinating stories about life in Huntingdonshire through artifacts from 160 million years ago to the present day. Each week we will be using the museum's rich collection to think about why objects are so important, looking at different objects to trigger conversations, memories, and to learn about local history.



## Oliver Cromwell's Life and Time

Kristina Kapitzka

Mondays (6 weeks) 20 Feb – 27 Mar • 3.15pm

Join Kristina from the Cromwell Museum and explore the life and times of one of Britain's most controversial and important historical figures: Oliver Cromwell. Using objects in our collection that belonged to Cromwell, we'll examine his story, discover what it was like to live in the 17th century, and discuss how it continues to influence our lives today. We'll dig into themes such as childhood, fashion, food, medicine, religious freedom, democracy and more.



## Your genomic future: the world-changing science of your DNA

Jack Monaghan, Wellcome Sanger Institute

Thursdays (6 weeks) 23 Feb – 30 Mar • 1.15pm

Cambridgeshire has been at the heart of a revolution in genomic science – the study of DNA, that code inside each of us that provides the biological instruction book for our bodies. This knowledge is already being used for great good: treating cancers, protecting rare species, improving agriculture and making vaccines. We will use recent DNA news



Genome Research Limited

stories and research to explore how genomics is impacting our lives now, and discuss what we do with this science in the future.

## From ambition to action: practical, local support to reduce your carbon footprint

Sandy Skelton, Cambridge Carbon Footprint

Thursdays (4 weeks) 23 Feb – 15 Mar • 2.15pm

Join Sandy to find out which day-to-day choices make a difference to your carbon footprint, hear about local initiatives that will help you reduce your carbon



emissions, and share thoughts on how we can make meaningful change in our daily lives to move from ambition to action.

## Engaging with memory loss

Gill Ashby

Thursdays (6 weeks) 23 Feb – 30 Mar • 3.15pm

A former NHS Occupational Therapist, Gill has created puzzles and quizzes to engage people with memory loss through their life experience, memories and interests. The group will explore a variety of subjects together and can share and reminisce as they work together. Carers are welcome and encouraged to join. Materials will be provided.



Image by Vardan Papikyan