

# UPBEAT MAGAZINE

## AT HOME WITH THE ROYALS

A day out at historic Sandringham

Why garlic is good for you

Always look on the bright side of life

AUTUMN 2009

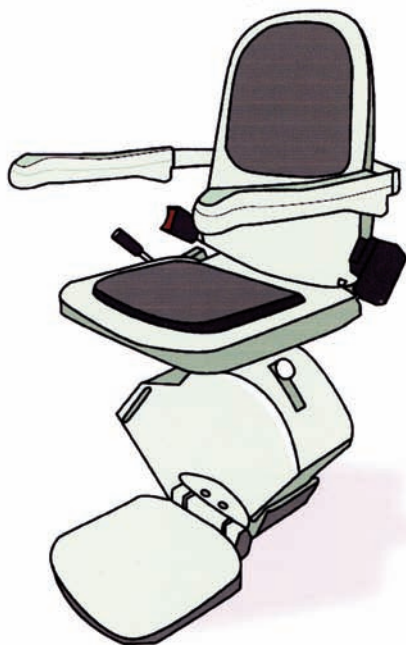
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**Secretary: Mrs R Howell, 26 Plovers Way, Bury St Edmunds, IP33 2NJ**  
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**Full list of officers – Page 7**  
**How to make a donation to Upbeat – Page 51**

## From a small beginning to a big success

The story of Upbeat's success from its modest beginning 15 years ago to the organisation it is now is recorded in this issue in Jill Brooks' tribute to Ali Shorten, one of the pioneers, who has now given up her work as regular cardiac nurse at Sudbury. It started with a small group of people who wanted to continue with the rehab work they had started in hospital and Ali wrote the invitation letters that led to the first meeting. Now Upbeat is a large and lively group organising 12 exercise sessions a week in Bury St Edmunds and Sudbury, all staffed by qualified nurses and instructors. However, the early core tradition of friendship and loyalty still carries on today among our near-800 members whose one common aim is to help each other over to get over the effects of cardiac treatment and gain the confidence to lead fuller and (hopefully!) longer lives. We owe those early Upbeat pioneers a lot. Make sure you read Jill's Secretary's report on Pages 2, 3 and 15.

This edition of the magazine gives a full picture of how Upbeat goes about its business. In addition to the exercise classes and coffee mornings there is a long list of activities to suit every one's tastes, from holidays and weekends away to days out, rock'n'roll nights and other fund-raising events. An official report that came out this autumn tells of the great improvement there has been in cardiac treatment nationally over the past decade, so it looks as if we shall have a growing number of potential Upbeat members to cater for in the future. They can all be sure of the traditional Upbeat welcome.

**Editorial contributions** and ideas for features and other items to David Williams (01284 850 836, e-mail daveliz30@hotmail.com)

**Advertising enquiries** - see Page 24

*Our front page picture was taken by John Reynolds during the Upbeat visit to Sandringham – see Pages 20 & 21*

**See our website on [www.upbeatheartsupportgroup.org.uk](http://www.upbeatheartsupportgroup.org.uk)**  
**Charity Number 1087415**

# Chairman's Report

By Jill Brooks

Thanks to those who attended the AGM in May. About 90 members were there. The venue was changed and it was hopefully more comfortable, not so hot and with a very nice buffet more accessible. However parking was a problem for a few.

Sylvia Bambridge, Jill Van de Plasse and Tom Hunt have all retired from the Executive Committee and the social sub group but are continuing to help with individual assignments. We would like to thank them for all they have done. Special thanks go to Jill and to Rita Howell for organising a superb holiday, a new venture which was very successful.

Sylvia Baker, Jean Davis and Tony Warner have all joined the Executive Committee with Sylvia becoming the new Vice Chairman. This is great news as we have not had anyone in this position for several years and I look forward to sharing the load with her.

Thank you to all those who help with the more mundane tasks during the year. This work is vital. Money doesn't jump into the right pot, cups don't wash themselves and I have yet to see any tables and chairs scuttling away on their own to be left in the right place when we leave the hall.

It's been another busy year with a very full programme organised by the social sub group. We thank them for all their work. Let any of them know if you have an idea for next year. We welcome Jean Davis, Ken Davis and George O'Neil onto this group.

We have had a particularly busy time at all our exercise/coffee sessions with numbers rising at an amazing rate. The Cardiac nurses and Exercise instructors have all been outstanding, especially working rotas in order that we can

operate as efficiently as possible. Their standard of care and dedication is second to none.

Our sessions are run on a 'dip in' principle, meaning members can come whenever they wish to exercise or to see a nurse. This does cause some difficulty when trying to ascertain numbers to keep within Health & Safety rules. In April it became obvious that, both at Sudbury Town Hall and at the New Bury Centre in Bury, the committee had to make some urgent decisions due to over crowding.

Luckily we were able to move the Sudbury venue from the Town Hall to the Delphi Club, which is still run by the Town Council, but further out of town. Not a particularly popular decision at the time because of transport problems. Hopefully this issue has resolved itself to a certain extent with members using taxi vouchers, dial-a-ride and friends. At the New Bury Centre we were able to book a further morning on Fridays and to staff it. At the moment the latter is for two classes only, a circuit and a seated class, but in the future we could add a further class. This means that there are now classes on four mornings a week and the Friday evening class. There is also a coffee morning fortnightly at the

Southgate Centre in Bury. What an amazing service for those with any form of cardiovascular disease and their carers.

Recently there have been government moves looking into diabetes. Many members have been told that they are on the borderline when they have cardiac checks. This has received a very mixed reaction with some people very worried and others hoping to forget that it has ever been mentioned. This can be a very important issue, especially with the long-term effects and you do need regular blood sugar checks. The long-term



The High Sheriff's Award presented to Jill this year 'in recognition and appreciation of the positive contribution you have made to your local community.'

effects of high blood/sugar levels can be very damaging to circulation, kidneys and eyes. Again, it does seem to be another health problem, that it is difficult to reason why, and it is the subject of high-level research. To try to help with this dilemma we invited Rowena Horseman, the West Suffolk Hospital Diabetic Specialist Community Nurse to give us a talk at Bury and Sudbury. She was excellent and helped to give a clearer understanding of the problem.

The British Heart Foundation invited me to the presentation of the new ECHO machine to the Cardiac Department Consultants at West Suffolk Hospital. This donation was mentioned in the last magazine. It is an amazing machine with all the latest software. Hopefully not too many of us will need its use but it is comforting to know that it is there if required.

Many of you will have read the articles in the local press about heart attack patients in the east having to travel long distances by ambulance in

excess of one hour forty minutes for treatment.

At the moment it doesn't signal any changes in our area. I am in touch with Heartbeat, Ipswich and our executive committee member county councillor. I am also attending various committee meetings, which include this topic. Should there be any problems we will ensure that they are brought forward initially on your behalf before taking any further action if necessary.

Lastly a very big thank you to Rita and David who put me forward for the Volunteer of the Year Award. It was a great honour to be awarded a certificate from the High Sheriff of Suffolk in recognition and appreciation of the positive contribution I have made to the local community. I was delighted, especially as it was put forward by the committee. However I have to say that, without them, I could not do my job. We do work as a team so it really belongs to us all.

Thank you all for making all the exercise sessions something special. We are all there for each other. *Best wishes, Jill Brooks*

## Tributes to Ali's 15 years of dedication

It was with great sadness that I had to tell the Sudbury members that our regular nurse, Ali Shorten, had decided to resign from the Tuesday regular class due to a higher work-load and family commitments and that she would be leaving us on 28th July. The committee had reluctantly accepted her decision.

On her last day her family, husband Simon, children Megan and Sam, and her mother and father joined a large number of members from both Sudbury and Bury at a presentation at the Delphi Club.

It was an emotional time for us all. Ali has helped us for so many years through the special pathway of our heart problems and was still with us as, hopefully, we come out the other side.

Members of the original committee in 1995, Selwyn Prime (Vice chairman), Mike Smart (Treasurer) and Jill Brooks (Minute & Membership secretary), all thanked Ali for what she had done and recalled a few memories.

None of us ever imagined and still can't really believe how many people are members and benefiting from Upbeat today.

Ali thanked everyone for giving her the chance to help and experience something very special with the friendship of the group as well as being able to help, and often allay the fears of, so many people.

She was presented with cards, chocolates and a cheque from the members with all their best wishes for the future.

*Jill writes in a tribute to Ali:*

In late May 1995 the cardiac rehabilitation team at West Suffolk decided to try to set up an exercise and support group to follow on from the six-week hospital rehab programme. The idea was to encourage heart patients to continue in a healthy life-style and befriend each other. Ali Shorten offered to write some invitation letters and, at the time, I am sure she had no idea of the impact they would have on her life for the next 15 years.

Following these letters, on 7 June, 1995, with the backing and in the presence of the British Heart Foundation representative, the Leisure Development Officer of St Edmundsbury Council, Ali Shorten the nurse, Gylda Nunn the

**Continued on Page 15**

# TREASURER'S REPORT

For those of you who attended the AGM in May you will be aware that the financial position of Upbeat is very sound and expenditure is being matched broadly speaking with income received. While the accounts looked in a healthy position, I did point out the sobering fact though, that with our increase in exercise sessions and days the costs of running Upbeat with just the expense of the payment of nurses, exercise instructors and the rental of halls, totals £4,000 per month! Therefore if we were to receive no income for approximately 18 months our nest egg in the bank would be exhausted!

Thankfully, our hard-working members of the Executive Committee and the Social and Events Committee continue to organise fund raising activities, you, our members, continue to invest in the Lottery Bonus Ball scheme each week and the 100 Club each month. For this we thank you sincerely. We are acutely aware that it is the same people that we approach week in week out to participate in these, but they are fundamental to our fund raising and continued existence. We have also been fortunate in obtaining a further Carers' Grant from Suffolk County Council for £15,000 for this year and I am indebted to those who send in their Carers' forms each month. We are targeted by the Council on the number of Carers' we help and how many times per month this applies for, so every return is vital. I might add we also have to produce a lengthy return every six months on what has been achieved and what benefits are evident.

The most important income though are donations - whether from individuals or companies, sponsorship for Fun Runs, bequests from collections made following the death of a member or supporter 'in memory of...' darts match, bowls match etc. We are amazed at the generosity of some of our members who regularly donate, whether large amounts or small of the odd 50p



**DAVID CAMP**  
keeps you  
up-to-date on  
our financial  
position

put in an Upbeat collecting tin every now and then. It is all very welcome and enables us to continue to do the job that we are here for. I can assure each and every one of you that any money received is put directly to the good use of our members. All who run Upbeat are unpaid volunteers who have the opportunity to claim travelling, stationery, postal expenses etc. but not all do, by any means. I would also add that all social events are self funded and are accounted for in a totally separate bank account and are not subsidised in any shape or form by Upbeat. Indeed, every year a surplus is transferred from this separate account to the Upbeat main account.

As always, I will mention that if you do make any donations and have not completed a Gift Aid form, please consider doing so if you are a tax payer. We are still able to claim back an extra 28p in every pound donated. I do all the claiming, there is nothing more for you to do once the form has been completed and in my possession. It is always a pleasure to see a cheque back from the Inland Revenue each year!

While on the subject of money raising, we are still looking for someone to take on the role of "Fund Raiser". As I have previously said, that person does not have to sit on the committee if they would prefer not to and there is help available from a number of Upbeat sources, including me, to help. What we need is someone to co-ordinate the various events and procedures

# Upbeat accounts are healthy for now – but we still need to keep the money coming in

and whether that is done individually or with a sub committee that can be discussed and arranged.

My thanks, as ever, go out to all those helpers who collect money for the exercise or the bonus ball etc, and those who do a fantastic job week in week out in providing us with teas and coffees.

I will remind all of those with internet access to consider a potentially very important fund raising activity - [easyfundraising.org.uk](http://easyfundraising.org.uk). If you ever buy anything on the internet, just go to

their site and register beforehand to select Upbeat as your chosen charity (you can get a link from the Upbeat Web site) and you can then be redirected to your chosen retailer or service provider to make your purchase. Upbeat will then get a discount from your purchase, at no loss to you, of up to 15%. It is that simple. Please consider it and remember to log on to that site first. We also obtain a commission on every internet search made by using the search engines [www.easysearch.org.uk](http://www.easysearch.org.uk) (again can be done via the Upbeat web site) or [www.everyclick.com](http://www.everyclick.com). Try them and help Upbeat at the same time. Thank you for your support.

## FUND RAISING EVENTS – MONIES RAISED JAN – JULY 2009

Quiz Night	£360.30	Patrick Napier (Sudbury Fun Run)	£15.00
Easter Raffle - Sudbury	£132.01	Joyce Lambert (Sudbury Fun Run)	£272.00
Easter Raffle - Bury Fri Eve	£59.00	Ken Allerton (Sudbury Fun Run)	£110.00
Easter Raffle - Bury Weds	£185.70	Rob Fuller (Sudbury Fun Run)	£500.00
British Sugar Bowls Day	£279.5	Anthony Scott (Sudbury Fun Run)	£232.00
50's, 60's 70's Dance	£697.00	Rachel Wash (Sudbury Fun Run)	£20.00
Sainsbury's Bury Collection	£ 404.30	[Total Sudbury Fun run: £1149]	
Strawberry Tea	£363.87	In Memory of Phyllis Bane	£235.00
<b>GRANTS</b>		In Memory of Derek Finch (Darts Tournament)	£ 50.00
Suffolk County Council Carers' Grant	£7,500.00	Jill Brooks (Talk & Sales)	£53.00
Suffolk Coastal District Sport For Over 45's	£2,500.00	John Simmons	£25.00
<b>DONATIONS</b>		Bury St Edmunds Roman Catholic Ladies	£70.00
Waitrose, Sudbury	£470.00	Plus many smaller donations, some on a regular basis - too numerous to mention them all, but sincere thanks to everyone.	
Rodney Johnson	£70.00		
Barclays Bank (re R. Johnson)	£ 70.00		

Upbeat is affiliated to the British Heart Foundation ([bhf.org.uk](http://bhf.org.uk)) and to Arrhythmia Alliance -- the Heart Rhythm Charity ([www.heartrhythmcharity.org.uk](http://www.heartrhythmcharity.org.uk))



# WEEKLY EXERCISE SESSIONS

<b>Monday mornings</b> at New Bury Community Centre, St Olaves Road, Bury St Edmunds	9.15am – 12.30pm
<b>Tuesday Mornings</b> at the Delphi Club, Sudbury	9.15am – 12.30pm
<b>Wednesday Mornings</b> at The New Bury Community Centre, Bury	9.15am – 12.30pm
<b>Friday Mornings</b> at the New Bury Community Centre, Bury	9.15am – 12.30pm
<b>Friday Evenings</b> at Hardwick Middle School, Bury St Edmunds	6.45pm – 8.15pm

Exercise Sessions are supervised and run by a BACR Qualified Exercise Instructor. A Cardiac Nurse is in attendance at most sessions to answer any heart-related queries or problems. Drop-in facilities for a tea or coffee and a chat are available at morning sessions

## IMPORTANT

All people with cardiac history who have attended the West Suffolk Hospital Cardiac Rehabilitation Course will have been advised regarding the suitability of exercising with Upbeat, taking into account their medical condition.

We advise anyone who has not been the patient attending the West Suffolk Hospital Cardiac Rehabilitation Course, or where you were the patient and a period of six weeks has elapsed since completion, to seek further advice from your GP regarding your suitability for exercise before starting sessions with Upbeat. You will understand, of course that Upbeat must reserve the right to refuse participation in exercise sessions.

It is important to advise the cardiac advisor and the exercise instructor of the following before you take part in any exercise sessions (this can include your exercise programme at home too) of:

- \* Any recent injuries/operations
- \* Recent treatments/investigations (eg angiogram)
- \* Any major changes in medication
- \* Any known change in blood pressure
- \* Any new or more frequent occurrences of symptoms even if you have already seen your GP (eg angina, breathlessness, dizziness or swelling of arms, ankles or legs)

OR

See us after an exercise session if your normal programme is making you more tired, breathless or seems more difficult, than usual.

ALSO

If you feel ill, dizzy, have pain etc during a class, please stop and make the Instructor aware of your symptoms.

If any of the above applies, it means that we can advise on whether you should change your exercise programme slightly. But we can't unless you tell us!!! So remember, HELP US TO HELP YOU.

It is important that you exercise at your own level. Do not feel that you are compelled to keep up with the rest of the group if you find a particular exercise difficult and with some exercises you may find yourself more comfortable restricting slightly the use of arms. If in doubt, please discuss with the instructor.

After exercise it is recommended that you spend a short period sitting down and relaxing. Tea and coffee is available at the Bury and Sudbury daytime sessions.

Water will be available at every exercise session for your use – please feel free to bring your own bottle if you prefer.

The Upbeat exercise sessions are supervised and run by qualified instructors and normally attended by a cardiac advisor, but please remember . . .  
**YOU EXERCISE ENTIRELY AT YOUR OWN RISK**

Please wear comfortable clothes and suitable footwear.

Upbeat reserve the right to refuse permission to any person to take part in these exercise sessions a) if it is deemed to be against the best interests of the individual or Upbeat and b) to comply with our insurance requirements.

There is currently a charge of £2.50 per session towards class expenses.

# UPBEAT COMMITTEE

<b>CHAIRMAN</b>	Jill Brooks	01787 376920 e-mail : kenbrooks@gloucesterway.fsnet.co.uk
<b>VICE CHAIRMAN</b>	Sylvia Baker	01449 744333 e-mail: sylvia.baker16@btinternet.com
<b>SECRETARY/MEMBERSHIP SECRETARY</b>	Rita Howell	01284 762976 e-mail: rahowell@tiscali.co.uk
<b>TREASURER/WEB SITE</b>	David Camp	01787 376723 e-mail: dc@davidcamp.demon.co.uk
<b>COMMITTEE</b>	Trevor Beckwith	01284 703894 e-mail: trevor.beckwith@tiscali.co.uk
	Val Carr	01787 376058
	Jean Davis	01787 373845 e-mail: jean.davis2davis@btinternet.com
	David Deacon	01787 248147 e-mail: funerals@wadeacon.fsnet.co.uk
	Anthony Warner	01284 828055 email: tonfav753@btinternet.com

\* \* \* \* \*

**SOCIAL EVENTS SUB GROUP** Trevor Davies (Chairman), Ann Clarke (Secretary), Val & Peter Carr, Paul Cooper, Jean Davis, Ken Davis, George O'Neill, Lorna Willcox

<b>THEATRE TRIPS</b>	Sylvia Bambridge	01787 372839 e-mail: sylvia.bambridge@talktalk.net
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## **CARDIAC NURSE REPRESENTATIVE**

Kate Turner 01359 250202 e-mail: kate.turner@wsh.nhs.uk

Nurses: Jane Bridges, Anne Graham, Simone Meldrum, Mandy Scales, Ali Shorten, Tracy Wallace

## **EXERCISE INSTRUCTOR REPRESENTATIVE**

Michelle Jermy 01449 745967 e-mail: michellejermy@hotmail.com

Instructors: Peter Azzopardi, Martin Blackford, Maureen Cooling, Yvonne Galloway

# FROM YOUR SECRETARY

This year seems to be flying past, which is not surprising, as I have had an extremely busy six months as far as Upbeat is concerned, with our membership soaring to a record-breaking 760. We have introduced Friday morning classes at New Bury Community Centre and, because of increasing numbers, changed our Sudbury venue to the Delphi Club, which is very comfortable and has the added benefit of having a car park. I am always pleased to know that within a couple of weeks our new members feel completely at home, which is a tribute to our friendly nurses and exercise instructors. However, I consider the key to our success is the enthusiasm and kindness of existing members who remember how daunting it is to join an organisation so go out of their way to befriend any newcomer is the key to our success. I have often heard people say that they joined some organisation or the other and nobody talked to them so they didn't go back. I would be appalled if that happened at Upbeat so keep up your good work 'old-timers' you are doing a good job.

As usual I am still aiming to have everybody at an exercise session wearing their name badge so that they can be quickly identified in the event of an emergency happening. I think the number of people doing so has improved but I really won't be completely happy until it gets to 100%. So please let me know if you have lost your badge, or as often happens to mine, it gets put through the washing machine, and I will send you a new one.

Our thanks go to the hard work of the Social Events committee who arrange our programme of trips and fund-raising activities. Everything is always meticulously organised which, of



**Rita Howell**

course, does not happen by chance but is due to detailed planning and record-keeping of each event for use in the future. The committee are always interested in receiving your ideas for trips, which are not profit-making, but more importantly for fund raising events as our exercise classes are subsidised. By the time you read this article the committee will probably have the draft programme for 2010 nearly arranged but they will keep all

your ideas on file for future use – they start planning 2011 events in January 2010. Also let them know if you are prepared to organise an event and they will give you assistance to ensure it is a success.

At the time of writing this article we have 26 people interested in a holiday to North Somerset in June 2010 so if you want this trip to go ahead please put your name down on the list or telephone or email me, as we do need a commitment from 36 people by the end of September before we proceed.

I would like to thank everybody who has supported the 100 Club this year. It is a valuable source of income for us and we have sold a record number of shares, which at the time of writing is 325, and I am sure will increase by the time this article is printed as new members do join for the remaining months of the year.

I would like to remind you that we do ask people to renew their membership every two years and I will be sending out Renewal forms together with the Events Programme for 2010 and 100 Club forms between Christmas and New Year. I would be grateful if you would return your forms promptly so we do not waste postage by sending out too many reminders.

# Michelle will take Upbeat's success story to the top



**By Michelle Jermy**

I often talk with Jill Brooks about Upbeat and raising our profile! I know Jill is keen to gain further recognition for all the work so many people do to make Upbeat the success it is. Furthermore Upbeat's members should be recognised for their continuous commitment and upbeat personalities.

Last year Upbeat was fortunate enough to receive a double spread in the August edition of the British Heart Foundation magazine. When I saw a recent advertisement for innovative practise I thought why not?

The BACR (British Association for Cardiac Rehabilitation) were looking for submissions of innovative practise, cardiac rehabilitation groups that do something a little different, well Upbeat is definitely different, (I sit here smiling to myself). I emailed the submission and I thought no more of it until recently when I received an

email stating the submission had been successful!

I am one of three that have been chosen to present at the annual conference in Birmingham in October. No pressure, the programme consists of many doctors and professors in cardiac rehabilitation delivering various presentations on differing topics. Apparently the conference is well attended and I will be delivering on a stage, just keep adding to the nerves! Despite being very daunting I will be there and hope to summarise Upbeat and increase awareness and raise our profile. Many of you will be attending, in picture format at least. I intend to use photos and short video clips and hope to present in a way that expresses the warmth, fun and enjoyment felt by so many that attend the sessions.

I will let everyone know how it goes, fingers crossed!

# UPBEAT CASUAL WEAR



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Colours: White, Black, Steel, Aqua, Red, Bottle Green, Combat Green, Pear, Ash, Navy, Cranberry, Aubergine, Royal, Sunflower, Musk, Wine, Air Force Blue, Burnt Orange, Cappuccino. Sizes: 36, 40, 44, 48, 52

## Polo Shirts

(Ladies or Gents)

Price: £14.99

Colours: White, Black, French Navy, Bright Royal Blue, Bright Red, Bottle Green, Burgundy, Birch, Sky Blue, Winter Emerald, Yellow, Purple, Pure Gold, Classic Red. Sizes:

Ladies - 32, 34, 36, 38, 40, 42 Gents - 34, 36, 38/40, 42, 44, 46/48, 50/52, 54/56



## Sweatshirts

Price: £16.99

Colours: Bright Royal Blue, French Navy, Bottle Green, Winter Emerald, Sky Blue, Black, Yellow, Classic Red, Bright Red, Birch, Pure Gold, Brown, Burgundy, White, Light Oxford Blue, Purple. Sizes: 34, 36, 38, 40/42, 44/46, 48, 54, 58



All garments supplied with the unique embroidered Upbeat logo.

For colour illustrations, product and size details please see the information file at all three exercise sessions.

# UPBEAT CASUAL WEAR ORDER FORM

Name .....

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.....

## ITEMS REQUIRED:

Qty	Description	Colour	Size	Cost (Each)	Value
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	Polo Shirt - Ladies			14.49	
	Polo Shirt - Gents			14.49	
	Sweat Shirt			16.99	
	Baseball Cap			5.50	

Total: .



## UPBEAT Baseball Style' CAPS

**Suit Ladies orGentlemen - Fully adjustable for all head sizes**  
**All embroidered with our unique Upbeat logo**

**Colours in stock: French Navy with red trim**  
**White with Navy trim**  
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ONLY

**£5.50** each

All items are supplied on a cash/cheque with order basis.

Cheques payable please to Upbeat'

Note: All light colours will have a dark blue logo and all dark colours will have a light blue logo

Please return Order Form to:

Trevor Davies, 30 Middleton Road, Sudbury, Suffolk, CO10 7NT

Tel: 01787 374345

# *Enjoy your garlic - the ping it gives you is better than the pong*

**By Kate Turner**

It is of course an old wives' tale that garlic is good for you. It seems that this may be one of those occasions when old wives know best.

The medicinal powers of the garlic plant (*Allium sativum*) were proclaimed by the ancient Egyptians and by Hippocrates. Respiratory infections, boils, fungal infections and infestations with worms and other parasites are among the many conditions that have been treated with garlic over the ages. In recent times science has provided some evidence that garlic can have remarkable effects on the cardiovascular system.

## **There must be something in it**

Lots of different substances have been identified in garlic, but the main ingredient that seems to be responsible for its medicinal properties is called allicin.

Unfortunately, this is also the ingredient that smells. Attempts to extract a garlic essence with all the medicinal zest of fresh garlic and none of the odour have failed: you can't have the ping without the pong! Some of the odourless garlic preparations contain no active ingredients.

The quantity of allicin present in fresh garlic varies greatly and is influenced by agricultural conditions, as well as the origin of the garlic. When fresh garlic is stored at room temperature the amount of allicin that can be obtained from it decreases substantially over a few weeks.

However, when garlic powder preparations have been carefully dried and stored, they can retain up to 90% of available allicin over five years; those derived from the best

Chinese garlic are good sources of allicin.

Allicin itself would be difficult to preserve as it is chemically unstable. Fresh whole garlic cloves contain the inactive, odourless amino acid called alliin.

Crushing the garlic sets the enzyme to work on alliin, releasing allicin and its familiar odour.

Of course, for most people, the aroma of garlic is a delight in the kitchen and at the dinner table but not on the breath of your partner the next morning.

It is claimed that you can neutralise the odour of allicin by eating parsley. There may be something in this but I'm sure that there are many people blissfully believing that they are enjoying all the benefits of garlic without the social consequences; their friends don't like to tell them that they are living in a fantasy world - allicin Wonderland.

The best solution is for all of us to eat lots of garlic every day, so that we cannot detect it on anyone else's breath. This is not such a fantastic idea. In some countries they have been doing it for centuries. It would be rather hard, I suppose, on that small minority of people who genuinely cannot tolerate garlic.

Kwai tablets contain garlic powder prepared by drying good quality Chinese garlic cloves. The special coating prevents the release of any allicin until it reaches the digestive system. The tablets certainly are odour-free, but the people who take them may not be. In one large study, a garlic odour was reported (usually by the spouse) in 21% of those taking the tablets but also in 9% of the placebo group whose tablets

contained no garlic at all!

### **Garlic and cholesterol**

There have been various experiments on animals that when fed diets that cause fatty deposits in arteries, it was shown that garlic can protect the arteries against these changes. The studies have generally found a decrease in the undesirable LDL-cholesterol together with an increase in the protective HDL-cholesterol.

### **Garlic and thrombosis**

If our blood didn't clot, we would bleed to death.

On the other hand, if the blood clots too easily, thrombosis (the formation of a blood clot in the circulation) can cause a heart attack or a stroke. The body is constantly keeping a balance between extremes.

We know that eating a diet high in saturated fat increases the risk of thrombosis; several studies have shown both garlic and onion can help protect against it.

The body's system for reversing the chain of events that leads to thrombosis is called 'fibrinolysis'. In one study there was a 70% increase in fibrinolysis within a few hours of eating fried or raw garlic and this increase continued during a month of eating garlic.

Platelets are the smallest blood cells but play a vital part of the blood-clotting system. By sticking to each other or to the walls of a damaged artery they can help to bring bleeding under control. If platelets become too 'sticky' they can add to the plaques that cause the narrowing of arteries and can provoke thrombosis leading to a heart attack or stroke.



**Our Nursing Advisor  
Kate Turner makes  
the case for a food  
whose benefits  
outdoes its odour**

Again various experiments have indicated that garlic can stop platelets clumping together too easily. This action of garlic is similar to the effect of aspirin that most cardiac patients take.

However, there is not yet enough information about the effect of garlic on platelet function to recommend it as an alternative to aspirin.

There have also been studies where garlic was reported to have a very good effect in

reducing high blood pressure of those who were taking a daily supplement.

Maybe garlic does fight infection and protect against heart disease. It is intriguing that this natural food flavouring could turn out to have so many beneficial effects.

The combination of actions on blood fats, cholesterol, blood pressure and thrombosis could make garlic a powerful protector against heart disease, but the evidence for this is still incomplete. If you enjoy garlic perhaps you will enjoy it all the more now. Unfortunately, it is likely that daily consumption of large quantities of good quality fresh garlic would be required to obtain maximum health benefits, but nature has the last laugh and even tiny amounts can wreak havoc in your social or love life.

***So to summarise...***

**Garlic lowers** cholesterol and triglyceride levels

**Reduces** platelet stickiness and the risk of thrombosis

**Lowers** blood pressure

**The active ingredient allicin, is the stinky bit  
Garlic is lovely. Enjoy it!**

# C R Talbot

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# Ali's letters started the story of Upbeat

**Continued from Page 3**

Physiotherapist and nine former patients, a constitution was discussed and some initial funds were raised from the BHF and the Council. A committee was formed, a name was chosen and 'Upbeat' was born. Ali and I were part of that committee and we have seen each other most weeks since, never imagining what the future would bring.

Since writing those letters Ali has been totally committed as a cardiac nurse to Upbeat members, encouraging each and every one she meets and giving advice when she can.

We started classes in July 1995 on Friday evenings at the Bury Leisure Centre and moved to Hardwick School in 1997 as our numbers grew. In 1999 Tuesday morning classes were started at Sudbury. Ali was the cardiac nurse at both these venues until the workload increased when she gave up the Bury classes to concentrate on Sudbury. Many members do not realise that we are open for 50 weeks in the year, breaking only at Christmas, which is a mammoth ask of anyone, especially if you are doing it all and working as well. Ali has had very, very few breaks in that period.

Eventually, in 2003, we started day classes at Bury St Edmunds and there were then more nurses on a rota system, but until then Ali was the only one.

There were so few of us in the early years that the nurses and instructors joined in all the social events and it was just like an enormous family. Friendships were made from then that still continue. As we have grown beyond all expecta-



**Jill Brooks and Ali Shorten at the Sudbury presentation**

tions I am sure that Ali would like to think that the model of those early years still continues, with friendship through a common cause, helping us to help each other with the support of the cardiac nurse.

Over 15 years, as you would expect, a lot has changed. Ali moved to being a sister on G3, the cardiac based ward. During this time she studied for and obtained a degree, no mean feat when you have a family. She has also moved home twice.

As her children are growing up she is looking forward to furthering her career as interesting changes are taking place in cardiac care and research moves things forward, and also spending more time with her family.

On behalf of us all I would like to thank her for those 15 years of sheer dedication, always being there to advise and help the committee and especially me over later years since I have been chairman. I hope she has felt that her efforts have been valued and that she will always feel that Upbeat has been a worthwhile part of her life.

Ali, thanks from us all. You have said that you may manage to do some holiday cover for us and we hope to see you then.

*Jill Brooks*

# Log on to our new-look website

By David Camp

By the time you read this it is hoped that our webmaster Steve Dennington will have finalised the changes to our new web site. Over the years the Upbeat web site has drawn many favourable and complimentary comments on the sheer professionalism, look, feel and the amazing amount of content and interest it contained. Not only has it been the mouthpiece for potential new members to find out what Upbeat was about, what we did and where and when, it contained news about the group and its activities including the up-to-date Social & Events calendar. On top of all this was a host of interesting medical articles on heart-related conditions, diet matters with recipes, life style and if that wasn't enough there were links to other support groups and excellent heart information sites.

I have no doubt that we had by far the best web site of all the heart support groups in the UK.

But it was no good resting on our laurels, so to keep it fresh and make people want to come back to it for more, Steve has decided to give it a completely new look while retaining most of the old features but also adding some exciting new ones too.

Apart from a new design there will be new features, including:

**Profiles** on committee members – to let you get to know who is running your group

**Picture Gallery** – Photographs of Upbeat events, photographs of members, special occasions, members' hobbies and interests, and anything that you, our members might find of interest.

**Members' Lounge** – A place to exchange views, discuss topics of your choice, show your holiday photos, share interests or recipes – anything. The Members' Lounge will also include a Letters Page to let you have your say. Do you wish to comment on how you would like to see Upbeat develop or indeed on how it is run? Would you like to suggest a social activity or a trip? – it is up to you.

We have decided to disband the current Forum as many were reluctant to register and to log in to place items directly on to the site. Although we had thousands of hits and people would read what was there, it relied on just a few people to actually participate. With the new system your input will be sent to an administrator who will then add your items to the site, so much easier to participate. At the same time this will eliminate 'spam' and other unwanted matter prevalent on the internet.

We hope that you will enjoy our new site. Please have a look, try a few of the pages and most importantly, let us know what you think. We can only improve with your help.

Our thanks go to all the work that our webmaster Steve Dennington does for Upbeat – totally voluntary. He spends many hours designing and upgrading our site and on behalf of the Executive Committee and our members we thank him most sincerely for doing such a wonderful job.

Visit us at

[www.upbeatheartsupport.org.uk](http://www.upbeatheartsupport.org.uk)

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## Strawberry teas are good for cholesterol (says Jill!)

For the strawberry tea, on June 26 at Stanningfield village hall, the weather was kind and a good time was had by the 80 or so people who came. As well as games, such as miniature golf and hoop-la, there was a guided tour of the church nearby to see the famous 'Doom'. A talk was given on the church and mural by Trevor Davies.

A delicious selection of food was served, culminating in strawberries, cream and various other mouthwatering desserts. Jill told us, on good authority, they were all low calorie and would reduce our cholesterol! A raffle and quiz were also included. Upbeat made a well-deserved profit of £363.87. *Ron and Joyce Lawes*

# *All aboard for Tom's Bressingham special*

**By Gill Southgate**

Whee! Whee! All aboard! On a fine Thursday morning in July 15 members from Bury and Sudbury met at Bressingham Steam Museum and Gardens to be ably shepherded by Bev Hunt down to the Waveney Line station where a very familiar looking engine driver (Upbeat member Tom, husband of Bev) took us on our first ride of the day. We enjoyed a journey through varied countryside of waterways, fields, woodland and meadows, giving us an idea of the vastness of the site.

The Garden Line gave us tantalising glimpses of colourful, extensive flower beds, prompting further exploration on foot later, while the Nursery Line reminded us of times past when Bloom's grew all their own plants, but sadly, the acres of fields, growing tunnels and one very large, dilapidated glasshouse are now only partially used.

After lunch, we were treated to a guided tour of the Steam Museum and Walmington-on-Sea (Dad's Army) display with several interesting anecdotes from our guide who actually drove the train in the "Royal Train" episode. Nostalgia



**The Upbeat group with Tom Hunt after the ride**

ran free as we wandered about the replica Dad's Army sets and viewed vintage transport as well as railway memorabilia, while the engine shed with its beautifully restored engines with carriages, some of them as used by royalty, reminded us what magnificent beasts these were.

The gardens more than justified expectation with a maze of waterways and large flowering beds which seemed to go on forever and surrounded by such lush, springy turf that I just had to kick off my sandals and go barefoot. Dragonflies and butterflies were everywhere.

Some intrepid members made full use of their inclusive rides on the gallopers and all of this was punctuated by visits to Alistair's restaurant on site to sample delicious home-made produce. Many thanks to Tom and Bev

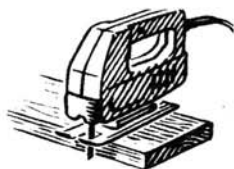
for organising a wonderful day out. Let's do it again!



**Tom Hunt at the controls of the miniature steam loco he drives two days a week as a volunteer worker at Bressingham**



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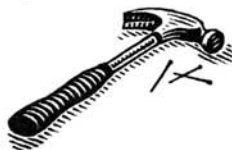
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# Is your glass half full or half empty?

**By Peter Scott**

For many years now I have asked the question “Why is it that some people are able to exceed with their health and wellness goals when so many other people struggle?” I do not doubt that you have asked the same question and even discussed this potentially grey area of life on more than one occasion.

My intention today though is to start to create a clear illustration on this topic and to unfold just some of the contributing factors between those of you who are bounding with energy plus jumping for joy and to provide an insight for those who might be finding the right now a little challenging.

The power of emotion

Emotion is without a doubt what our world has been built upon. Passion and love created the wonders that we see, the music we hear and the experiences we crave to touch. Without getting all mushy on you here, it is the inner drive in each of us as individuals and all of us as a species that has moved our technology, science, electronics and abundant other human developments forward at an incredible rate. You can call it ambition or you can call it determination. However, all in all, to develop vehicles that are capable of flying around the world high above the clouds to creating life-saving equipment that can get someone’s heart beating again is a feeling far greater than many give credit for or would even think to use in any other context other than for their close family. The feeling I am discussing is that of LOVE.

It is proven that happy people live longer and people who love lots normally get more love in return. We know this already. Yet, what about the power of our deci-

sions? The simple choice to see the glass as half full instead of half empty, or completely full with half being water and the other half oxygen!

I believe my advice is more often than not relatively straightforward or even only common sense. However, knowing is not power, it is in the doing that makes all the difference.

I understand that for many people, perhaps even you, circumstances might not be perfect at this moment, times may have been tough and the residual of those times are still playing tricks with your mind and even your body. Yet, what if you could turn up the emotion that will support you and take you forward? How about if you could surround yourself even more with great energy through support networks (e.g. Upbeat) and people that you know make you feel better not worse?

Externally, circumstances will happen, tough times will arrive and even health will be up and down. This is fact for all of us and with no escape. My encouragement here though is for you to make a strong decision to focus on what you have, not what you do not have. To consciously be conscious of the conversations you have, as are you focusing on your pain? Or are you moving towards your pleasure?

As a professional person in the health and wellbeing industry now for well over 10 years, I realize we do have a say in how we want to feel. We can choose to feel better or we can choose to feel worse. By choosing to feel better in turn, you’re likely to be better. Your body will tell you, from energy levels, weight gain or loss, joint and muscular condition, internal stress and all the way to the moment you wake up in the morning, it’s ALL important.

# Any questions? Yes, how do they do the dusting at Sandringham?

*Sylvia Baker reports on the Upbeat visit to the Queen's Norfolk home*

The rain poured down and it felt chilly as we sat in our cars waiting for the coach to arrive and take us to Sandringham, not a good start to the day.

Jill van-de-Plasse checked us aboard and had to take some ribbing about not sorting out better weather and she promised sun later in the day.

Off we went but a large slow-moving farm vehicle blocked our way for several miles – the miserable driver did not attempt to pull over to let us pass.

During the drive Jill spoke individually to us, checking if we had any questions etc, and she kindly handed out a fact sheet with data about the house and estate.

As we approached lots of colourful rhododendrons could be seen, things started to look better and the rain had stopped, but because of the slower drive we arrived just in time for our 11 o'clock slot to visit the house.

Jill and Sylvia quickly arranged entry tickets, they confirmed the timings and final meet-up details. The arrangement was we do things to our individual preference at our own pace with

no formal organisation. So we all set off to do our own thing!

The house is a red brick Georgian structure, neither a palace nor a castle, pretty to look at, set in beautiful grounds. Inside the house gives the feeling of being comfortable and has a happy atmosphere. Every room has a steward in attendance to answer questions and point out items of interest. They were very informative, helpful and not at all stuffy.

One question was “how do you cope with the dusting” (when you view all the precious and decorative items, chandeliers, china, paintings, etc it makes you wonder). The reply was interesting – staff clean and vacuum rooms daily, but each room has specialist equipment which circulates air, taking out moisture to keep things dry thus preventing any dust settling.

So many items, paintings, tapestries, furniture, armoury, clocks, china, bronzes, photos, books, silk wall coverings – something of interest for everyone.

Next was the museum in which many vintage and modern cars associated with the Royals are displayed. There are gifts given to the Queen during visits abroad and Victorian items used on the estate in the past on show as well as big-game trophies. It is quite un-nerving seeing the



**Upbeat members on their trip to Sandringham – see also our front page picture**

huge stuffed animal heads. They have tried to feature these in natural type setting but it did not quite work.

The old stables have been altered into a coffee shop where we all sheltered from a heavy shower. Then on to the church which, although small, is very peaceful and beautiful with solid silver altar.

The grounds have many species of mature trees, really magnificent, and the gardeners keep the lawns and lake looking impressive. Shame there was not enough time to see all the grounds.

Walking about, you would keep bumping into Upbeat members, some rode on the open-sided tractor trailer, others were in the restaurant or sitting outside, each time there was an exchange of information – who had seen what and where – lots of fun and banter. There was a plant centre and a gift shop to tempt shoppers.

We did still have to dodge showers, but on the whole Jill did her magic and the sun did shine for most of the time.

It was a lovely trip, everybody being so friendly and happy it made the experience a pleasure. We all thanked Jill and all felt her organisation and care had been superb.



**Spotted at Sandringham. No, he's not an Upbeat member after one of our strawberry teas but it looks as if he could do with an exercise class or two.**

**Below: a quiet lake, beautiful trees and a folly set among them – A typical scene from the Royal gardens.**



# COFFEE MORNINGS

Do drop in for a chat and a coffee. You will be guaranteed a warm and friendly welcome and the opportunity to meet other members and carers.

## BURY ST EDMUNDS

1) Held **every other Thursday** at Southgate Community Centre – 10.30am to 12 noon.  
**2009** April 2, 16, 30; May 14 & 28; June 11 & 25; July 9 & 23 Aug 6 & 20; Sept 3 & 17;  
Oct 1, 15, 29; Nov 12 & 26; Dec 10; **2010** Jan 7 & 21; Feb 4 & 18; Mar 4 & 18;  
April 1, 15 & 29; May 13 & 17

2) Held **every Monday, Wednesday and Friday mornings** at Newbury Centre, St Olaves Road - 9.15am - 12.30pm (Same time as exercise sessions)

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## SUDBURY

3) Held at the Delphi Club, Sudbury, **every Tuesday morning** – 9.15am to 12.30pm.  
(Same time as the exercise sessions)

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# Long Melford, where the past lives on

There were 18 of us gathered at the Bull, Long Melford, in the early evening of Thursday May 21. All day the sun had been shining, now black clouds gathered and the rain came down in buckets. We stood in the lee of the trees and the old inn for shelter, some of us had macs and umbrellas but the clouds, almost as quick as they had arrived, lifted and our guide the eminent historian Barry Wall could start the tour.

He began by giving us a brief history of the Bull itself, a building that goes back to the 15th century, but in Georgian times, as was the fashion, had a Georgian facade. This was so until the early 1960's when Trust House Forte the then, sadly missed, owners took down the facade and restored the original features you see today. They also very skillfully built an extension from the right-hand side of the main door, encompassing the grand dining room; it needs a close inspection to realise this.

Barry said he loved Long Melford because it had altered so much less than many other villages in the area such as Lavenham which, although very pretty and attractive, has not the integrity of Melford. Too many people over the years have imposed the, current at the time, values on so many of the old buildings in Suffolk so it's rare to get a true picture, but Melford is better than most. He told us to always look at the upper stories of a building; sometimes you see it with new eyes.

The two great houses of the area, Barry said, are Melford Hall and Kentwell Hall and he told us about the Kings and Queens who'd graced the area when they turned up with a full retinue of servants and retainers like today's celebs who have teams of bodyguards. He explained that on this walk he wouldn't take us to any of these places as Hall Street itself would take at least two hours and we poor old codgers, game as we are, might not have enough puff.

Up the street we walked and Barry pointed out various gems like the house that a man wanted to maintain but couldn't get the right bricks so he turned all the bricks round so they looked new...what a task! And the working mans club where they had last read the 'riot' act in Britain. Strikers had marched from Glemsford and smashed lots of the buildings for the right to vote. The law was eventually altered so they got what they wanted.

The gem of the evening was 'Cutlers' Chapel, which is on the farm owned by the Cutlers and Mr & Mrs Cutler very kindly allowed us entrance to see.

Some of the wood carvings in the chapel are among the finest in the world. One of our party, John Deeks, commented how, as a lad, he'd worked on the farm during the war and said he had to milk a Guernsey cow for the family's special supply of milk.

He also told Mr Cutler how he remembered him being a pilot in the war and the gentleman told us how he'd flown

home for a spot of leave and as he was piloting his aircraft to a nearby landing field he'd been amazed to see a squadron of American bombers flying towards him. He had been training abroad so had no idea they'd been stationed in the vicinity.

We made our way back to the Bull on the other side of the road this time. We had started at 6pm and got to the Bull at 8.15. Most of us went into the old inn to have a beer and rest our feet, Barry had a pint with us and told us a few entertaining stories which wound the evening down nicely.

One very sad note, David Espiner who'd been mainly responsible for organising the walk and was so looking forward to it was unable to come as he was in hospital and has since died. A lovely man who will be very much missed at Upbeat.

## **Eddie Johnson takes a guided walk around a village which has kept its integrity**

# How you can help your magazine

Upbeat members and friends can help Upbeat Magazine in contacting local businesses and tradesmen to obtain advertising. Mention to them the possibility of taking an advertisement in the twice-a-year magazine to help their businesses and as a way of supporting Upbeat. If they are interested, just pass their details to one of our advertising team named below and they will make contact.

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Our advertising team is led by Bob Smith (01284 704305) aided by Tom Hunt (01284 810160), Eddie Johnson (01787 312223) and Peter Carr (01787 376058).

Upbeat Magazine is distributed free to all members. In addition copies are distributed to surgeries and hospitals throughout West Suffolk for use in their waiting rooms.

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# Meet our new committee members



**Sylvia  
Baker**

**Vice-  
Chairman**

I was born in London but have lived most of my life in Reading, Berkshire. I have one daughter and two grandchildren. I had various jobs in secretarial roles, then as advertising manager to a display and

shop fitting company, then with English China Clay Plc and then to the American company Pepsico. My last role was managing the external contractor's for the IT dept. I have always enjoyed lots of interaction with people on all levels. I was chairman of the PTA at the primary school and a governor at the large comprehensive senior school as well as a fund raiser for Reading Swimming Club. I also helped with children's

reading in Reading and now in our village and I love it. When I retired we decided to move to obtain a better quality of life and found a nice bungalow in Haughley. We moved in September 2007 but unfortunately after only six weeks my husband died with no warning. So I am trying to build a new life here in Suffolk. I look forward to the challenge of vice-chairman at Upbeat and hope I can help in running this valuable organization.



**Tony  
Warner**

I was born in Bury St. Edmunds so I am very much a local lad, although I have spent many years living in London and the Home Counties. On leaving school I joined the Royal Navy and

attended HMS Ganges near Ipswich as a boy entrant. On leaving this service I had different jobs but eventually joined the Suffolk Constabulary as a police officer. During my service I carried out a variety of roles including traffic patrol but ended my career as a CID officer.

My wife and I are very keen on using our motorhome whenever possible and have

been members of an owners' club for 13 years, during which time I served as Membership Secretary for four years.

I joined Upbeat in 2008 after hearing about it from members during their visit at the West Suffolk Hospital.

I personally have benefited from joining Upbeat and hope that by joining the committee I can put something back.



**Jean  
Davis**

I have lived in Sudbury for 42 years and have always loved the area. I arrived two days after marrying Gordon in High Blantyre, Scotland and it was a bit of a shock as there weren't any hills. I was born in

Glasgow and later moved to the Campsie Hills. I met Gordon and his friends at the Highlanders Institute in Glasgow – Gordon and his brother Ian would literally throw us round the floor from one partner to the other, a bit hair raising but great fun. In 2002 I retired as manager of Sudbury Sports Centre and enjoyed three great years with Gordon until he died suddenly while playing bowls in 2005.

We were always interested in sport, roller dance and swimming for me, bowls, keep fit and latterly golf for Gordon. Our son Stuart was a regular on the Suffolk Schools County Badminton team which meant busy weekends.

Genealogy is my hobby and I spend hours on my computer every day. Joining Upbeat has changed my life and I've met some really lovely people on the trips.

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# Croquet's the game for good health

By Neville Tribe

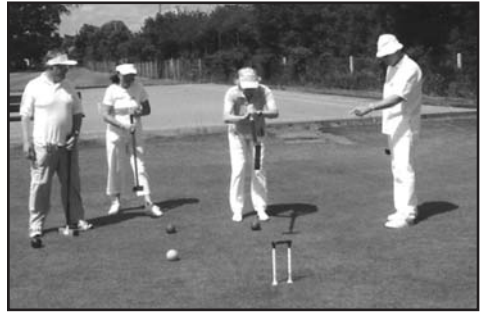
At the lower levels of performance and achievement I have enjoyed a happy sporting life. Village and small-town football and cricket, rugby and badminton all came and went in their due seasons until cruel old age removed them forever. After I turned 70 only geriatric tennis remained.

Then, something with which many of us are familiar: on the tennis court, though not breathless, a heavy weight in the chest. And so I was swept up in the excellent and superbly staffed NHS process for heart disorders, going from my GP to investigation (West Suffolk General) to treatment (Papworth) to post-operative care (WSG and Upbeat). You all know the system. One of my worries was that I might no longer be able to play any sport and this to me is a need as well as a pastime. I have tried golf without success – my daughter says I look like a mad axeman. I am too stiff in the joints to get down for bowls and anyway it does not much interest me. Luckily I saw an advertisement for the Bury St. Edmunds Croquet Club, which is conveniently situated at the Victory Ground in Newton Road. My approach led to my meeting a club member there and I had two or three introductory sessions. Soon I was playing with club members on an instructional basis and later mildly competitively. I was hooked.

Winter came, but there is an all-weather lawn and I sneaked down there when nobody else was about to practise.

You probably know that the game is played by hitting balls through hoops with mallets, and first one through scoring a point. There is so much more to it than that. Your first stroke may place your ball perfectly to go through the hoop at your next turn. No good if your opponents can knock it away with one of their balls. It is dog eat dog around the hoops and a demanding mental process of positioning the balls and 'if I do this what will they do?'. It is a game of cunning as well as skill where I am often roughed up by ladies who have more of both than myself.

Having said that, in croquet being a man is of



**Eye on the ball - croquet players in action at the Bury Croquet Club**

no advantage. It is agreeably physical in that one does a lot of walking and arm movements, but strength is of no importance. You will have gathered that I find croquet an excellent game, which has been very beneficial for me and may be particularly suitable for Upbeat members.

- It requires no great strength and is not strenuous but provides healthy outdoor exercise both summer and winter. One is pleasantly tired after a session.
- It provides satisfying mental exercise and distraction. Often I get more tired mentally than physically after plotting how to confound my opponents before they confound me.
- Gender makes no difference. Nor does age. I started in my mid-70s: many play well into their 90s.
- While some degree of eye/hand co-ordination is desirable I have found that it is not at all hard to become competent and able to enjoy the game. Like golf there is a handicap system so one may play with the big beasts as well as one's equals.
- It is not at all expensive. Subscriptions are very reasonable and a mallet lasts a lifetime.

So there you have it: a game, which comprises all of the above and is sociable and convivial. I commend it to you. The only initial investment if you wish to try it is about two hours of your time, and I am in the telephone directory.

# *Fun and games at the seaside – but some dec*

**By Pat Simpkin**

On Friday, 20 March, 42 members (troops) from Upbeat travelled once more to Warner's leisure hotel at Gunton Hall near Lowestoft.

We were magnificently led by Brigadier General Joyce Gooch. After our last riotous visit to Gunton Hall (Turkey and Tinsel) the previous November, Warners had requested Joyce not to bring certain members of Upbeat back again. She successfully pleaded the case that these certain members were suffering from insanity, and were not allowed out very often. Also, their wives and partners needed a break.

On a bright, sunny but sometimes chilly weekend we had three days of severe eating, fun, frolics, and general mayhem. The main entertainment was supposed to be the New Seekers in the Cabaret Bar on Saturday night. Most in the group were very disappointed as they were not a patch on what we remembered

of the original Seekers. We did enjoy the Friday and Sunday entertainment when the resident band Blue Diamond played, ably supported by Carla, the lady vocalist.

On Sunday night a very good comedian, Andy Leach, had us in fits of laughter with his routine. Some of his jokes were rather rude, so I didn't understand them. Thankfully, Daphne, Betty and Brenda explained them to me! Each night masses of Upbeat members got on the dance floor to boogie the night away. Alas, the grease gun and oil can had to come into action the next day to help the creaking joints.

Unfortunately, a couple of our members felt a little unwell for a short time. It was good to see the caring and helpfulness of other members in the hour of need. It's just a pity they didn't share the same compassion with poor Vivienne, after my accident at 5am on Saturday. This was when our hot water bottle developed a leak in our



**There were many activities arranged at Gunton Hall during the day to keep Upbeat members busy. One of these was a session of Tai Chi, when guests used the Chinese martial art system to relax and keep fit. Looks like a good old knees up.**

*ided it was a little too chilly to get their kit off*

## Have we got nudes for you?



**This cheerful bunch of Upbeat members at the Gunton Hall weekend went for a stroll along the beach and came to rest sitting beside a beach notice. But if they ever had any intention of following the directions on the sign the bracing**

**breeze from the North Sea obviously made them stop and wonder if it was a good idea after all. The notice, with an arrow pointing to the left, said: 'The nudist beach is 200 yards.' If anyone did go, we'd love to see the pictures!**

bed. Blurry eyed, we were putting sheets on heaters, turning the double mattress over, trying to soak up the excess water with our towels. People just laughed when we told them, and blamed Viv for not putting my diapers on properly before bed!

On Sunday night I was going up to the carvery to get my roast dinner when two lady members of Upbeat accosted me, asking me to make a speech to thank Joyce for organising the weekend's trip. With only 20 minutes to think about a speech, plus a little present - HELP! PANIC!

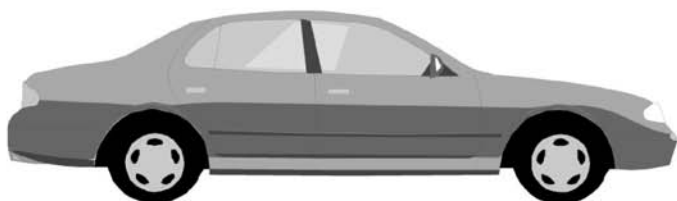
So, off to the bar for a bottle of port and a bottle of pudding wine (half the job done). Getting up to make the speech, I said we had

two prizes to give out. The first competition was for eating the most individual Yorkshire puddings, and the prize went to Joyce Gooch, who devoured four with onion gravy for her starter, and a further two with her roast main course. She then wanted more fried with butter and sugar for sweet, but they refused her as they had run out!

On behalf of the group I then offered our sincere thanks to Joyce for all the hard work she had put into organising yet another magnificent weekend, and handed her the other half bottle!

This is what Upbeat is all about: lots of friends (old and new) laughs, happiness, caring and sharing.

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# Fairhaven wonderland of trees, birds and water

*Sue Tyrell reports on Upbeat's visit  
to Fairhaven Woodland and Water  
Gardens*

In spite of it being a chilly day it was a most enjoyable one. I went many years ago with a friend and our two children and it has come on leaps and bounds since then but still has a family. After a first stop for coffee or tea and a home-made scone, piece of cake or a packet of biscuits, we were taken on a tour of the gardens by the head gardener, who answered all our questions and gave us the occasional quip to make us smile. He explained how the garden came to be and that because of the dampness of the waterways and the climate, it grew many unusual plants including a skunk cabbage, that fortunately for us, did not live up to its name. One of the most impressive and abundant plants at the time of our visit was the primula candelabra, in large patches of very bright to pale pink, all through the gardens, the like of which I have never seen before.

Our tour took us down to South Walsham inner broad and many took a trip on the small boat the Primrose. This went round the inner broad, and through a cut to South Walsham outer broad. Many fine boats, riverside homes, some with bright new thatches, were to be seen as well as many species of birds including terns, cormorants, Egyptian geese and a swan on her nest. One of our party, a keen birdwatcher saw, 32 different species.



**Upbeat members inspect the King Oak, one of the landmarks at Fairhaven, which is 950 years old**

Although Don and I took a packed lunch many folks had dinner in the restaurant. It was all good fare and I heard no complaints and a sit-down in the warmth was welcome against the cold wind.

Several plants were bought in the small but well-stocked garden centre and a look round the gift shop for a small souvenir of the day was, for me anyway, a must. On display was some unusual, but most attractive pottery by a local lady, Jean Knowels of Great Ellingham, at a most affordable price.

Fairhaven, for me and several others I spoke to, is the kind of place that can be visited many times during the course of a year to see all that it has to offer, so how about another trip in the not too distant future, maybe one autumn when the leaves turn colour?

## ABSENT FRIENDS — by Jill Brooks

### EDITH BRIGHT

Edith was one of our carer members. She joined with her husband, Leslie, and was very much a part of Upbeat when we first started at Sudbury. After Leslie died she continued coming and tried to get her life together but she missed him dreadfully. Though we tried hard we were unable to fill the gap but we remember the happy times.

Our thoughts go out to her daughter, Val, and the rest of the family.

### LEN CHARTERIS

Len was finding life very difficult when he first came to Upbeat. He had always led a very active life before he lost his wife, his sight and developed heart problems. He enjoyed having found somewhere to chat and made friends who were sympathetic and understanding. It was a long journey to get to the New Bury Centre from Lakenheath but he came when he could with friends or by taxi. Over recent months he was very ill and not well enough to visit but we kept in contact. Our thoughts go to his two daughters and their families.

### SHEILA SERJEANT

We were very sad to hear the news about Sheila. She had fairly recently come to join her husband Graham to try a little seated exercise and enjoyed the company. She was very frail and a very special and brave lady. Our thoughts go out to Graham, his three daughters, their families and grandchildren.

### GILLIAN VANT

Gillian was a member of Upbeat at Sudbury. She had always been an active fund raiser for the British Heart Foundation until she had major heart problems herself. She did not take part in our activities but was always interested and enjoyed our magazine. Our thoughts go to her husband, Pip, and the family.

### MAY BANNER

Dear May, at 93 years our oldest member.

She moved to Sudbury and joined Upbeat four years ago. She had been a regular ever since. She loved people and visiting the Town Hall gave her an opportunity to make many friends in a new environment.

She was an amazing lady. I often sat and chatted to her to try to absorb some of the wisdom she had to offer. She tried and remained very independent until recently when she had a short stay in hospital. She was very proud of her family and grateful to them for all they did for her. Our thoughts go out to Pauline and the rest of the family. She will be sadly missed by us all.

### DAVID ESPINER

Dave joined Upbeat in 2003. He enjoyed the support and company of the group. After his retirement he became a member of the Social Committee and was an active supporter. A kind and gentle man who became a friend to all he met. Over the last few years with an unrelated illness he was very brave and an inspiration to us all. Sadly missed by everyone. Our thoughts go to Joy and the family.

*Jill Brooks*

We first met Dave at Upbeat in 2005. He became a very special and dear friend, a wonderful person, always ready to help others, he will be sadly missed by all at Upbeat. He always made people very welcome when they first came to the Tuesday group. Peter was one of those who encouraged and helped when he was feeling low. This meant a great deal to us both.

He arranged and loved the Ten Pin bowling on a Monday morning, organised trips to Walton, where Sudbury and Bury members met members of Ipswich Heartbeat. He arranged a special lunch at Christmas and was looking forward to a special children's music concert this year. Nothing was ever too much trouble and he never complained. Even when he was so ill he wondered how people were going to get to Walton for the game.

It was a great honour to have known Dave and we were privileged to have had him as a friend, sadly for too short a time. Our love goes to Joy at this sad time.

*Val and Peter Carr*

# A Quiz – What do we come into the world with?

The answers are all body parts but don't take the spellings too literally in every case.  
To start you off I have given you the first answer to Question 1

1. Two Boxes .....Trunk.....&.....
2. Two Coverings .....
3. Trophy For Indians .....
4. Something Every Joiner Uses .....
5. Musical Instrument .....
6. Two Measures .....
7. Two Kinds Of Fish .....
8. Two Young Animals .....
9. Two Tall Trees .....
10. Shell Fish .....
11. Swift Animal .....
12. Two Churches .....
13. Two Spring Flowers .....
14. Articles Of War .....
15. Something A Soldier Must Keep .....
16. Some Weathercocks Have Them .....
17. It Is Very Tasty, Pressed .....
18. Two Scholars .....
19. They Are Part Of A Cheer .....
20. Top Of A Hill .....

**ANSWERS WILL BE IN THE NEXT UPBEAT MAGAZINE.**

David Camp will provide the person with the most correct answers (according to his list) with a bottle of vodka! Send your answers, with your name, address and telephone number to David Camp, 24 Swanfield, Long Melford, Suffolk, CO10 9EZ or email: [dc@davidcamp.demon.co.uk](mailto:dc@davidcamp.demon.co.uk) to arrive no later than 30th November 2009. In the event of a tie there will be a further small tie-break quiz. Good Luck!

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# Golden Oldies rock the night away

What an evening of nostalgia we had when 136 of us with friends and family gathered at Great Whelnetham Village Hall for a Rock and Roll night on May 9.

It was obvious from the start that the evening would go with a swing when vocalist "Freddie" (Chenery) started to sing. The dance floor soon filled with us 'golden oldies' jiving to the music.

There were those who entered into the spirit of the evening with some outstanding fashions of the period – namely Viv and Pat Simpkin, and Rita Balaam and her friends. After the first session we got our energy back by sitting and eating our fish and chip supper. They went down well.

A raffle was held which included a £30 M&S voucher, a meal for two at the Tollgate Inn and a basket each of fruit and vegetables, as well as numerous other prizes. Then the special guest of the evening arrived – Freddie, doing his Elvis Presley impersonation – it could have been Elvis himself! We were still dancing at midnight.

A total of £690 was raised for Upbeat funds.

*Beth Riches*



Glam rock or what! Viv and Pat Simpkin dress up for the part

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## Sunny-day bowls tournament raises £1,000

What a wonderful day with perfect weather and a wonderful village setting as 96 bowlers and their friends arrive at Boxford for the 13th annual Upbeat Bowls Tournament on August 8. Essential to raise money, this day never fails to bring a tear to my eye as friendships are resumed and we all hug each other.

The bowling begins and small battles commence, everyone saying "It's just a friendly game" but secretly wishing this will be their year to win.

As the first games finish everyone comes in for a lovely lunch and later on sandwiches and home-made cakes for tea.

Thank you to all those who took part and also to those who helped to run a very long and hot but very rewarding day which raised just over £1,000 to be shared by the host club.

Winners this year were John and Bernie White, Carl Brewer and Maurice Jones from the Barnham Club near Thetford. Runners-up were John Brooks, Gordon Williams Roy Bareham and N Golding from Cornard.

A special mention should go to Alan List who has competed in every tournament since we started and has reached the semis two years running.

*Jill Brooks*



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## By Ed Taylor

New Zealand is a country that everyone should visit at least once in their lifetime.

My wife, Carol, and I emigrated to NZ in 1994. Because I was an aircraft engineer, finding a job with the national airline Air New Zealand came fairly easy. I also had to find a Kiwi family that would be willing to sponsor me. By chance, Carol met a Kiwi couple who were staying in England and they became good friends. They agreed to help us and after 18 months of legal requirements we were allowed to emigrate.

The main difference between life in NZ and the UK is that it is usually a lot warmer and the sun shines far more often. That is not to say that the sun shines all the time. The country is

green because the rainfall can be quite high; in Auckland it rains on average one day of every three.

The white folk in NZ are called Pakeha while the indigenous people are Maori. Both are easy-going and laid back – they employ the Spanish *manana* attitude. Weekends are play days and work is forgotten, apart from the main services. When we first went we found it strange that all the shops closed for the weekend, it has changed in the last few years.

There are some beautiful places to visit or to holiday in, and when petrol was roughly half the price it is here it made travelling distances so much easier. Apart from the friends we made who lived close by we also had friends who lived four to five hours drive away and we thought nothing of just jumping in the car to visit.

When we lived in Auckland we kept our swimming things in the car at all times so that after work we could drive straight to a beach to swim in the sometimes quite chilly ocean. I remember going to a local beach on a bank holiday and it was deserted just because there are a lot of



## Upbeat member Ed Taylor tells us of the laid-back life he found in New Zealand

beaches and only four million people scattered around a country that is larger than the UK.

New Zealand is set on one of the Pacific fault lines and still has active volcanoes and the occasional earthquake. The first one we experienced shook the house a little and gave us a bit of a fright. In the capital, Wellington, there is a terrific museum called 'Te Papa' (our house) where they have a house set to simulate an earthquake, well worth a visit.

NZ is the place to be to get your adrenaline moving.

Bungee jumping was invented there and some of the jump sites are awesome. There are glaciers to climb, a narrow swinging rope bridge 90 feet in the air over a ravine to

cross, craters to climb and a terrific ride called the Luge to hurtle down. Jetboating on the Shotover River, skimming over water about nine inches deep while doing 45 miles an hour. Plus all the natural wonders – the Marlborough Sounds, Mount Cook, the list is endless.

When we lived in the South Island we were in the centre of the wine-making area, about 40 vineyards dotted around our town. At the weekends, instead of a pub crawl we would do a vineyard crawl, much more refined!

On our first Christmas we were feeling home-sick so we booked ourselves on a 'Golden Holidays' not realising that the 'Golden' described the age group. On the coach we realised we were the youngest people there by about 15 years; the oldest man there was 95. But we had a whale of a time. They made our Christmas something really special, including carol singing in the pool on Christmas morning! We found New Zealand a wonderful place to live. We made some really good friends who still phone and some of them have visited us often since we have been back in the UK since 2001.

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### The human body

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*One human hair can support 3 kg (6.6 lb).*

The average man's penis is three times the length of his thumb.

*Human thighbones are stronger than concrete.*

A woman's heart beats faster than a man's.

*There are about one trillion bacteria on each of your feet.*

Women blink twice as often as men.

*The average person's skin weighs twice as much as the brain.*

Your body uses 300 muscles to balance itself when you are standing still.

*If saliva cannot dissolve something you cannot taste it.*

Women reading this will be finished now.

*Men are still busy checking their thumbs.*

### Tommy Cooper Classics

- I went to a seafood disco last week. . . and pulled a muscle.
- Two Eskimos sitting in a kayak were chilly. They lit a fire in the craft, it sank, proving once and for all that you can't have your kayak and heat it.
- Our ice cream man was found lying on the floor of his van covered with hundreds and thousands. Police say that he topped himself.
- Man goes to the doctor, with a strawberry growing out of his head. Doc says "I'll give you some cream to put on it."
- Doc I can't stop singing The Green, Green Grass of Home" "That sounds like Tom Jones syndrome. 'Is it common?" "It's not unusual."
- A man takes his Rottweiler to the vet. "My dog is cross-eyed, is there anything you can do for him?" "Well," said the vet, "let's have a look at him" So he picks the dog up and examines his eyes, then he checks his teeth. Finally, he says, "I'm going to have to put him down." "What? Because he's cross-eyed?" "No, because he's really heavy"
- Guy goes into the doctor's. "Doc, I've got a cricket ball stuck up my backside." "How's that?" "Don't you start."

### It's a punny old world

- The roundest knight at King Arthur's round table was Sir Cumberfence. He acquired his size from too much pi.
- I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
- She was only a whisky maker but he loved her still.
- A rubber band pistol was confiscated from algebra class because it was a weapon of math disruption.
- The butcher backed into the meat grinder and got a little behind in his work.
- No matter how much you push the envelope it'll still be stationery.
- A dog gave birth to puppies near the road and was summonsed for leaving litter.
- A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
- Two silk worms had a race. They ended up in a tie.

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# Will you run the line? I offered and despite a troubled start I carried on

**By Colin Hands**

I was in my mid 30's and the time had come that all footballers dread regardless of the standard at which they play.

For over a season I had been expecting it. I was no longer good enough for selection; sometimes I was substitute and others not on the team sheet at all.

I could not complain, I had played regularly from the age of 17 and had played over a season longer than most of my peers, not because I was better than them but probably the reverse, as I was never a regular first choice but was considered a utility player and so filled in any position when the first choice was not available.

I agreed to act as linesman or referee's assistant as they are now called, as long as my club understood that I would not turn a blind eye to fouls committed by my team mates. I didn't know how quickly I would have to prove my point.

Referees run diagonally from the corner of the penalty area to the opposing corner at the other end of the pitch. The assistant runs the line from half way to the goal line and corner flag furthest away from the referee so the play takes place between them. Club linesmen are usually asked to run with the opposition forwards.

All went well for the first half; all I had to do was indicate which direction the throw in was or goal kick or corner.

Halfway through the second half the opposition were attacking down my line, the ball was played into the penalty area where it was controlled by a defender using his arm. The referee could not see because of the number of players between him and the ball. I raised my flag and then held it across my chest – the signal for a penalty.

I was not the most popular person in the world for a while, but no one complained when I was asked to run the line again the following week.

Some weeks we would find we had no official referee because there was not always enough to

go round. It was not long before I was given a whistle and stop watch and told to get on with it.

The new season was about to start and with no pre-season training and no fixture list things felt very strange – what was I going to do with my time?

I saw an advertisement in the local paper; the Referee's Association were asking for people to become referees. I signed up for a course which when passed would make me a Class Three Referee and would enable me to officiate at local league level.

There are two other classes:

Class 2 can act as assistant referees in non-league football and any league outside the normal football league.

Class 1 can referee non-league games and run the line in league games and from there with good marks and assessments go on to league refereeing and in a very few cases international games.

After six weeks I had proved on paper that I had knowledge of the 18 laws that cover every aspect of the game and dimensions of the pitch marking. I received my certificate and was ready to go.

It takes about 15 years to get to Premiership level and only then if you are in the right place at the right time. While I was involved with the Oxfordshire Referees Association they were only allocated two league referees. An acquaintance of mine from Wales was on the FIFA list but when he moved to Hertfordshire because of his job (all referees were amateurs) he was only allowed to act as an assistant although he could referee anywhere in the world.

Once you achieve non-league status you are assessed during every game and you move forward depending on the assessment and the marks you received from the two clubs. To progress from Class 3 to Class 2 and onto Class 1 you apply for assessment and are marked on 3 occasions. In my second season I was advised

to apply for assessment.

When the date arrived the fixture was in the lowest league in Sunday morning football. It was between two village teams only a few miles apart. I arrived at the ground, one I had not been to before, to find the pitch was marked out in a field from which the cows had just been removed. It sloped from side to side and the round posts had been fitted into holes that had been made from the old rectangular type. These holes are bigger and the posts did not stand quite upright. It was not possible to rectify this in the short time before the match.

Technically I should not have allowed the game to take place but many old village pitches in those days left a lot to be desired so with 22 young lads and sundry other people waiting I went with the spirit of the game and let the match go ahead. The game itself was uneventful and with ten minutes to go and the score at one all I began to relax.

The play had been at one end for quite some time. The defending side suddenly cleared the ball to their two forwards just inside their own half and they broke towards the opposition goal. The player running with the ball was chased by a player from the other team and was forced to run wide of the goal. The goalkeeper came out to narrow the angle. All the ball carrier had to do was to play it back to his mate who would have had an open goal, but he tried to score himself and shot wide. His team mate went wild and questioned his sanity and his parentage.

While the ball was being retrieved for the ensuing goal kick I ran up alongside him and said, "While I agree with your sentiments, foul and abusive language is a sending off offence." I didn't take action because it had been a good game with no problems and it was so close to the end that again I went with the spirit of the game rather than the law.

As I left the pitch a man came towards me and

said, "I'm your assessor, this game should not have been played with the pitch in this condition, and foul language is a sending off offence on every occasion and just speaking to him was not good enough." With that he just turned and walked away without even giving me his name.

When my assessment came through he gave me no marks at all. I questioned this with the Association and was told that even if I had

made a complete hash of the game, which according to the marks received from the two clubs I hadn't, I should have received three marks for turning up in a well presented kit. However, there was no appeal.

I was so upset that I decided in view of the fact that I was getting good marks from the clubs I would stay a Class 3 referee and take no more assessments.

Some weeks later the Association was approached by a non-feeder league for Class 1 referees to take charge and Class 2 or 3 to run the line. My name was put forward and I was accepted as a linesman.

A non-feeder league is above local level and the players get paid a very small retainer plus expenses. The match officials are

not assessed for promotion and I found the whole thing great fun. These matches took place on a Saturday afternoon and I visited places like Chipping Norton in the Cotswolds, Warwick, Stratford-upon-Avon and areas in and around Birmingham. I continued to referee on a Sunday morning and enjoyed both until I left the area.



**I started off on  
a cowfield –  
and with round  
posts wobbling  
in square holes**

== **W. A. Deacon** ==

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or email: [dc@davidcamp.demon.co.uk](mailto:dc@davidcamp.demon.co.uk)**

# All aboard for the Bullet Train

By **Brian Bagnall**

The Japanese archipelago comprises four main islands which stretch for 3,000 km from North to South. The islands are connected by tunnels or bridges. I only visited the main island of Honshu. 17 per cent of the land mass is mountains, therefore tunnels are very frequent. Because of distances between major cities Japanese use domestic no-frills flights which are a similar cost to the very fast trains.

Japan has the world's most efficient and frequent train service, with four categories of service. The top of the range is Nozomi-503 (Bullet Trains) which are the fastest through trains. The next fastest, the Shinkansen, are limited stopping expresses. Other services are slower stopping trains and even some chugging steam locomotives which are still very popular in Japan. Japanese Railways (JR) have 7 regional networks, which were all privatized in 1987 and which still operate as a single company. There are also some 14 smaller companies which are found in the larger cities.

My holiday was with Titan Travel and visited seven centres with a coach to take us to each site and to transport our luggage even when we went on the Bullet train. To experience the fastest train we travelled on JR "Thunderbird" which was a limited express train from Kanazawa to the next city for the Bullet train to Hiroshima. These trains only stop for one minute at each station, passengers have to be ready to board or alight very quickly, no time for typical UK passengers with a lot of luggage. Japan has useful timetables in English produced by Hyperdia which give the main train and aircraft times and a few bus services. These include the fares and transfer details.

Travel on the Express trains are expensive although many passengers buy a travel pass

which gives a discount. We were told that our two hour journey on the Bullet train would have cost about £50 per person. The trains average 260 km per hour (about 160 mph). It was interesting to see that these Shinkansen express trains were on a separate railway system above the normal slower trains. The Japanese are very proud of the fact that the Bullet trains have maintained an accident free record. They are very popular for business travellers since they save one hour off the six hour journey from Tokyo to Fukuota. It is difficult to believe the rate of acceleration from a standing position at the platform. My camera was unable to focus on the departing train. Generally trains do not have restaurant cars but there is a frequent trolley service and shortly after the trolley an attendant comes along to collect any litter.

Steam locomotives were used until the 1970's. Due to popularity 7 routes have been opened up for steam trains again but these tend to run only in the tourist season. Japanese Railways have many special Rail Price systems. One of these called the Full Moon Pass is for older married couples whose combined ages must total at least 88 years. These can be for 5 to 12 days at bargain prices on all except the fastest trains. Another combined system was for Eki Rent-a-car and rail ticket at 20% reduction for both providing the rail journey was more than 200 km.

**Below: Japan's Bullet Train packs in the passengers and does 160 mph**



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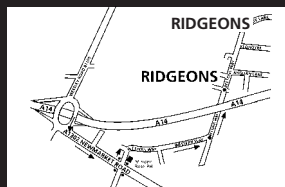
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# WHAT IS A GRANDPARENT?

Taken from papers written by a class of eight-year-olds

**Grandparents are a lady and a man who have no little children of their own. They like other people's.**

*A grandfather is a man and a grandmother is a lady!*

**Grandparents don't have to do anything except be there when we come to see them. They are so old they shouldn't play hard or run. It is good if they drive us to the shops and give us money.**

*When they take us for walks, they slow down past things like pretty leaves and caterpillars. They show us and talk to us about the colours of the flowers and also why we shouldn't step on 'cracks'*

**They don't say, 'Hurry up.'**

*They have to answer questions like 'Why isn't*

*God married?'* and 'How come dogs chase cats?'

**They wear glasses and funny underwear.**

*They can take their teeth and gums out.*

**Grandparents don't have to be smart.**

*Usually grandmothers are fat but not too fat to tie your shoes*

**When they read to us, they don't skip through the book. They don't mind if we ask for the same story over again.**

*Everybody should try to have a grandmother, especially if you don't have television because they are the only grownups who like to spend time with us.*

**They know we should have snack time before bed time, and they say prayers with us and kiss us even when we've acted bad.**

---

## The things some people say!

Sometimes, when I look at my children, I say to myself, 'Lillian, you should have remained a virgin.' - *Lillian Carter (mother of Jimmy Carter)*

I had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: - 'No good in a bed, but fine against a wall.' - *Eleanor Roosevelt*

Last week I stated this woman was the ugliest woman I had ever seen. I have since been visited by her sister and now wish to withdraw that statement. - *Mark Twain*

The secret of a good sermon is to have a good beginning and a good ending; and to have the two as close together as possible. - *George Burns*

Santa Claus has the right idea. Visit people only once a year. - *Victor Borge*

Be careful about reading health books. You may die of a misprint. - *Mark Twain*

By all means marry. If you get a good wife

you'll become happy; if you get a bad one you'll become a philosopher. - *Socrates*

I was married by a judge. I should have asked for a jury. - *Groucho Marx*

My wife has a slight impediment in her speech. Every now and then she stops to breathe.

- *Jimmy Durante*

I have never hated a man enough to give his diamonds back. - *Zsa Zsa Gabor*

Only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar and fat. - *Alex Levine*

My luck is so bad that if I bought a cemetery people would stop dying. - *Rodney Dangerfield*

Money can't buy you happiness. But it does bring you a more pleasant form of misery.

- *Spike Milligan*

Until I was thirteen I thought my name was 'SHUT UP'. - *Joe Namath*

I don't feel old. I don't feel anything until noon. Then it's time for my nap. - *Bob Hope*

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## Get a touch of the sun!



View over the Med from our apartment, and the balcony with mountains in the background



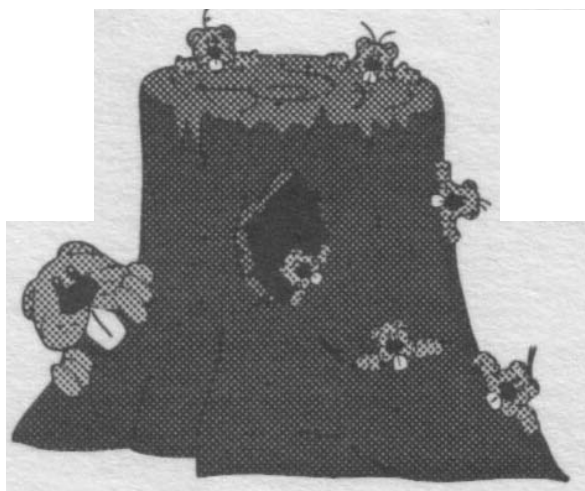
*We are in Mijas, a traditional Spanish white mountain village near Malaga, in a garden setting with beaches just four miles away by car or frequent buses. Low-cost flights from Stansted or Luton.*

Two bedrooms (sleep 4), lounge/dining room, bath/shower, cloakroom, in a block of only six apartments. Rental details from David Williams (01284 850836)  
More info and pictures on [www.holiday-rentals.co.uk](http://www.holiday-rentals.co.uk) (key in Property No 2249).

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# DONATIONS TO UPBEAT

To enable Upbeat to achieve our aims and to offer support, exercise facilities, educational and social functions to heart patients and their carers in West Suffolk we need to raise money continually.

We have considerable professional fees, rents and general running expenses and we sincerely thank all committee members and helpers for the generous time and effort they give completely free of charge and for all members in supporting functions and raffles etc.

We are self-financing and do not receive direct funding from the Government, the NHS, BHF or anyone else, apart from the occasional grant for specific use. We therefore appreciate any and all donations that we receive from members, friends and business supporters. Perhaps if you do not exercise and therefore don't contribute to our costs you might consider a small donation to alleviate some of the expense of items like the magazine and postal and stationery costs.

If you are able to make a donation to Upbeat we would be most grateful and if you pay income tax or capital gains tax, as a registered charity we can claim back currently 28p in every £1 that you give. To do this a Gift Declaration Form needs to be completed – just the once. Please ask for a form from any committee member. It makes a great deal of difference to your donation and our funds!

*Thank You.*

## UPBEAT DONATION

I enclose a donation of £.....towards Upbeat Heart Support Group Funds

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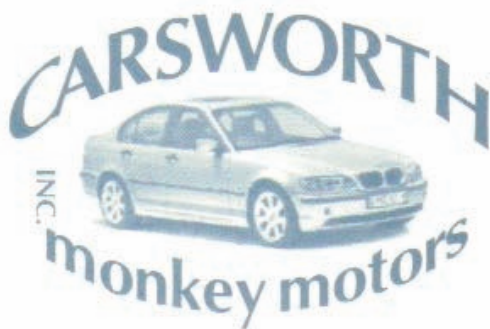
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Please make cheques payable to **Upbeat** and forward to: The Treasurer, David Camp, 24 Swanfield, Long Melford, Suffolk, CO10 9EZ

To enable us to claim back tax, please tick here for a Gift Aid Declaration Form and we will send one to you.

*Thank you.*



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## EVENTS & SOCIAL FUNCTIONS - 2009

You are invited to attend any or all of the following events. We hope that we have provided a varied and interesting selection of events and trips and always welcome comments, suggestions and help for future functions.

For further details or to book a function, please contact the person named who is responsible for the event. Cheques payable to 'Upbeat'.

Please note that booking forms will be available three months before the function and are operated on a paid for, first come-first served basis. You may bring guests, provided there are sufficient places available.

Additions, changes or further details of times or costs etc. to the programme will be advised on your notice board and on the Upbeat web site [www.upbeatheartsupport.co.uk](http://www.upbeatheartsupport.co.uk)

### REGULAR EVENTS

Throughout the year there are ongoing weekly, regular or seasonal events. For example:

**Coffee Mornings** at The Southgate Centre, Bury St Edmunds on the following Thursday mornings at 10.30am: **2009** - Sept 3 & 17; Oct 1, 15, 29; Nov 12 & 2; Dec 10. **2010** - Jan 7 & 21; Feb 4 & 18; Mar 4 & 18; April 1, 15 & 29; May 13 & 17

At the Delphi Club, Sudbury, every Tuesday morning – 9.15am to 12.30pm.

Come along, meet old and new friends for a friendly chat and get together

**Ten Pin Bowling** at Sudbury Bowl every Monday morning, including Bank Holidays at 10am.

We have three lanes reserved for our use each week at reduced prices and our aim is enjoyment. It is not competitive and no experience is required. Beginners are very welcome and for the less agile there are guide frames available to roll the balls down if required

We also have 'away day' sessions at Martlesham Bowl as guests of Ipswich Heartbeat.

**Carpet Bowls** at Long Melford Old School are held from 2pm - 4pm, generally on the first and third Monday of each month with a break during the summer. 2009 dates are: - Sept 7th & 21st; Oct 5th & 19th; Nov 2nd & 16th; 2010 - 4th & 18th Jan; 1st and 15th Feb; 1st & 15th Mar; 19th April; 6th & 20th Sep; 4th & 18th Oct; 1st & 15th Nov.

*Costs are just £1.50 per person inc. tea/coffee/biscuits. We have the use of two carpets and it is just for fun. It is not competitive and beginners are particularly welcome. Do give it a try - you will enjoy it.*

**List of Events and Functions start overleaf**

<b>TUES 29TH SEPT</b>	<b>Autumn Theatre Trip 'Jersey Boys' tickets £37 – sold out</b> For waiting list contact Sylvia Bambridge on 01787 372839
<b>THURS 15TH OCT</b>	<b>Autumn Walk at Risby</b> Led by Tom Hunt. Followed by optional pub lunch. Contact Tom Hunt on 01284 810160 to book
<b>SAT 31ST OCT</b>	<b>'Born in a Barn'</b> At Great Whelnetham Community Centre, 7.30 - 10.30pm. Tickets £8.50 (Upbeat members £7.50). Evening of musical entertainment, comedy, song and a load of Suffolk 'squit', hosted in unique style by country 'yokels' Ted and Cecil. CDs on sale. Tea, coffee and cakes available in the interval. Details from Paul Cooper on 01284 754414.
<b>THUR 26TH NOV</b>	<b>Thursford Christmas Spectacular –Sold Out</b> For waiting list contact Sylvia Bambridge on 01787 372839
<b>FRI 27TH NOV &amp; MON 30TH NOV</b>	<b>Christmas Hamper at New Bury Centre</b> (drawn Wednesday)
<b>TUES 1ST DEC</b>	<b>Christmas Hamper at Delphi Club, Sudbury</b>
<b>WED 2ND DEC</b>	<b>Christmas Hamper at New Bury Centre</b>
<b>FRI 4TH DEC</b>	<b>Christmas Hamper at Hardwick Middle School, Bury</b>
<b>THURS 10TH DEC</b>	<b>Christmas Meal at Santon Downham</b> Superb meal produced by Shefs at Santon Downham. For details contact Jill van-de-Plasse on 01284 702756
<b>MON 14TH DEC</b>	<b>Exercise &amp; Mince Pies at New Bury Centre</b>
<b>TUES 15TH DEC</b>	<b>Christmas Festivities &amp; Grand Draw at Delphi Club, Sudbury</b>
<b>WED 16TH DEC</b>	<b>Christmas Festivities &amp; Grand Draw at New Bury Centre</b>
<b>FRI 18TH DEC</b>	<b>Christmas Festivities &amp; Grand Draw at Hardwick Middle School</b>
<b>Over the Christmas &amp; New Year Holiday period we will be closed on the following dates: Mon 21st, Tues 22nd, Wed 23rd, Fri 25th, Mon 28th, Tues 29th, Wed 30th December 2009, Fri 1st January 2010. We are reopening on Mon 4th January 2010.</b>	
<b>SAT 23RD JAN</b>	<b>Rock 'n' Roll Panto 'Aladdin' at New Wolsey Theatre</b>
<b>SAT 13TH FEB</b>	<b>Bury St Edmunds Concert Band at the Delphi Club</b> An entertaining evening with songs from the shows. The band includes 2 Upbeat members.
<b>FRI 26TH MAR</b>	<b>11th Anniversary Lunch at The Bush, Shimpling</b> Contact David camp for details

**FRI 26TH MAR,  
MON 29TH MAR &  
WED 31 MAR**

**Easter Raffle New Bury Centre** (drawn Wed 31st March)

**FRI 26TH MAR**

**Easter Raffle Hardwick Middle School**

**TUES 30th MAR**

**Easter Raffle Delphi Club**

**FRI 2nd APR**

**Good Friday Fun Run, Sudbury**

**SAT 20TH APR**

**Quiz, St Edmunds Hall**

**THUR 22ND APR**

**Coach trip to Docklands Experience & Olympic Sites**

Members should watch the notice-boards at the centres as there may be cancellations or additions to this list throughout the year. If there are other events that interest you and you think there would be sufficient interest, please contact Trevor Davies 01787 374345, Ann Clarke 01284 750980 or any committee member – we are working on the 2010 programme from January. If you would like to organise an event we would be happy to support and help you to set it up and to sell tickets.

### **CONDITIONS FOR BOOKING TRIPS AND EVENTS**

1. All advertised trips operate subject to demand and may be cancelled at the discretion of the Social Events Sub Group.
2. Trips may be varied or curtailed at the discretion of the Social Events Sub Group in the event of unforeseen circumstances.
3. All tickets must be paid for in full at the time of booking.
4. Under normal circumstances, tickets are non refundable. In extenuating circumstances we try to refund, but only at the discretion of the Social Events Sub Group.
5. Purchase of an Upbeat trip or event ticket implies acceptance of these booking conditions.

*Up-to-date details are shown on our web site: [www.upbeatheartsupport.org.uk](http://www.upbeatheartsupport.org.uk)*

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There was a Scottish painter named Smokey Macgregor who was very interested in making a penny where he could, so he often thinned down his paint to make it go a wee bit further. As it happened, he got away with this for some time, but eventually the Baptist Church decided to do a big restoration job on the outside of one of their biggest buildings.

Smokey put in a bid, and, because his price was so low, he got the job.

So he set about erecting the scaffolding and setting up the planks, and buying the paint and, yes, I am sorry to say, thinning it down with turpentine. Well, Smokey was up on the scaffolding, painting away, the job nearly complet-

ed, when suddenly there was a horrendous clap of thunder, the sky opened, and the rain poured down washing the thinned paint from all over the church and knocking Smokey clear off the scaffold to land on the lawn among the grave-stones, surrounded by telltale puddles of the thinned and useless paint.

Smokey was no fool. He knew this was a judgment from the Almighty, so he got down on his knees and cried:

"Oh, God, Oh God, forgive me; what should I do?"

And from the thunder, a mighty voice spoke.....

"Repaint! Repaint! And thin no more!"

# LIST OF PUBLICATIONS AVAILABLE

The following **British Heart Foundation** information publications are available free of charge via Upbeat. Please order from Jill Brooks

- |   |   |
|---|---|
| <ol style="list-style-type: none"> <li>1. Physical Activity And Your Heart</li> <li>2. Smoking And Your Heart</li> <li>3. Reducing Your Blood Cholesterol</li> <li>4. Blood Pressure</li> <li>5. Eating And Your Heart</li> <li>6. Angina</li> <li>7. Heart Attack And Rehabilitation</li> <li>8. Living With Heart Failure</li> <li>9. Tests For Heart Conditions</li> <li>10. Coronary Angioplasty &amp; Bypass Surgery</li> <li>11. Valvular Heart Surgery</li> <li>12. Having Heart Surgery</li> <li>13. Heart Transplant</li> <li>14. Palpitations</li> <li>15. Pacemakers</li> <li>16. Peripheral Arterial Disease</li> <li>17. Medicines For The Heart</li> <li>18. The Heart - Technical Terms Explained</li> <li>19. Implantable Cardioverter Defibrillators (ICDs)</li> <li>20. Caring For Someone With A Heart Problem</li> <li>21. Returning To Work With A Heart Condition</li> <li>22. Diabetes &amp; Your Heart</li> <li>23. Cardiac Rehabilitation</li> <li>24. Atrial Defibrillation</li> <li>25. Keep Your Heart Healthy</li> <li>26. In Hospital After a Heart Attack</li> <li>27. Smoking And How To Give Up</li> <li>28. Stress &amp; Your Heart</li> <li>29. Get Active</li> <li>30. Physical Activity And Angina</li> <li>31. Physical Activity And Weight Loss</li> <li>32. Physical Activity After A Heart Attack</li> </ol> | <ol style="list-style-type: none"> <li>33. Physical Activity And High Blood Pressure</li> <li>34. Physical Activity And Diabetes</li> <li>35. Guide To Food Labelling</li> <li>36. Food Should Be Fun And Healthy</li> <li>37. A Guide To Losing Weight For Men &amp; Women</li> <li>38. Salt - Facts For A Healthy Heart</li> <li>39. Cut The Saturated Fat</li> </ol> |
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5. The Beat Goes On (ICD's)
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**The British Heart Foundation** is the largest source of funds for independent heart research in this country. Set up in 1961, it has fought to understand and control all forms of heart and circulatory disease through raising and providing funds for vital research. Over the years it has evolved into other aspects including the causes, prevention and rehabilitation. It still has 1,200 research projects ongoing, looking at every aspect from safer drugs to improving surgical techniques.

Patient networks, as in Upbeat, are assisted in starting up by a small support team and then left to go on their way. BHF remain in the background with support of every possible kind. This includes toolkits to help with management, advice for insurance, etc, all the booklets, DVDs, etc, and education of a high standard. All of us with heart problems who are patients owe our present lifestyles, and in many cases our lives, to this amazing charity. Personally I cannot thank them enough and support them whenever I can.

*Jill Brooks*

## NEW MEMBERS

Catherine Davies  
Carole & David George  
Ivan & Anne Pryke  
Keith and Krista Boardman  
Janet Everett  
Ivan & Jane Frost  
Peter & Ena Buffery  
Philomena Peacock  
Stella Preston  
David Manning  
Lynne Doust  
Gordon Parkinson  
Susan Foran  
Edwin & Doris Cooper  
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Kevin Younger  
Barbara Balaam  
Daphne Swatman  
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Clifford & Valma Letton  
Chloe Balaam  
Jack Cunnell  
Mary Whiting  
William & Joyce Jenkins

Margaret Lofthouse  
Kenneth & Glennis Davey  
Margaret Cahill  
Margaret (Peggy) Lofthouse  
Brian & Margaret English  
Ernest & Jill Osborne  
Daphne Easlea  
Dennis & Ruth Garrard  
David & Zoe Smith  
Joshua Smith

*This list is dated to July 8, 2009. Names of anyone who has joined since then will be published in our Spring magazine*

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### March

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### April

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£57.50 Olive Kentzer no 217

### May

£100 Brian Gardiner no. 259  
£59 Ben Parsons no. 115

### June

£100 Rita Balaam no 275  
£61.50 John & Sylvia Imrie no 040

### July

£100 John Kentzer no 206  
£64.50 Trevor Beckwith no 020

## DON'T KEEP THE MESSAGE OF UPBEAT MAGAZINE TO YOURSELF – SHARE IT AROUND

Upbeat Magazine, published twice a year, is distributed free to all members. Copies are also distributed to doctors' surgeries and hospital waiting rooms throughout West Suffolk and Jill receives many requests from outside the area. You can also help by asking Jill and Rita for extra copies to hand out to your friends and to other people such as your dentist, chiropodist, physiotherapist or church group.



heart health is published every two months by the British Heart Foundation. You can get your free copy by phoning the BHF on 0300 330 3300

## I.C.E

### IN CASE OF EMERGENCY

To assist the emergency services in the event of an accident or health problem, there is a scheme whereby those with mobile phones can enter an I.C.E number which the services would look at to obtain a contact in an emergency situation

### WHAT TO DO . . .

Enter in your mobile phone address book 'ICE' under the name and a contact number for the services to use in the event of an emergency.  
**Simple, but it could help in the hour of need**

## CLICK THAT HELPS FUNDS

If you use an Internet Search Engine (Google, Yahoo, etc) give a try to [www.everyclick.com](http://www.everyclick.com). Every time you search or shop online you can raise money for charity or more specific, for Upbeat! The more you use the site the more money you will generate to us.

'Everyclick' allocates 50% of its gross revenue to charity each month. Each registered charity receives a proportion of that sum equivalent to the proportion its supporters use the website relative to the supporters of other listed charities.

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"Go Further is a travel and events management company based in Thetford, Norfolk. We regularly organise trips to a variety of different destinations all over the U.K. We specialise in trips to West End shows. Please see below further information about trips planned for Autumn / Winter 2009, please feel free to contact us or visit the website should you require any further information. Best wishes, Terry Jermy, Go Further" (01842 750722 / 07742157967)

## WEST END THEATRE TRIPS

Dates of evening theatre trips in Autumn / Winter 2009

**Thursday 22<sup>nd</sup> October** (Pick-up; Swaffham → Mundford → Brandon → Thetford)

**Thursday 26<sup>th</sup> November** (Pick-up; Watton → Thetford → Brandon)

**Thursday 17<sup>th</sup> December** (Pick-up; Thetford → Brandon → Mildenhall)

As with all of our theatre trips, on each of the dates above, you can choose from a range of top shows including: Oliver, Joseph, Calendar Girls, Sister Act, Jersey Boys, Dirty Dancing, Grease, the Sound of Music, Hairspray, We Will Rock You, Chicago, Wicked, the Lion King and others! **Price: £80 per person, ticket and travel**

**How it works:** You ring us and tell us what show you would like to go and see. We will tell you if this option is available on this date, or suggest an alternative option. Most theatres are relatively close together so most people get to see the show of their choice on the day that they want. We send you your booking letter with travel itinerary, you send payment, we send a receipt, and then you are all set!



## LONDON DAY TRIPS

**24<sup>th</sup> October & 12<sup>th</sup> December**

**London options: (All available on most dates)**

London Shopping / Sight-seeing / 'Travel Only': £20 per person

**London Zoo: Adult: £27 Child: £24 Senior: £25**

West End Theatre matinee shows available

Plus; Madame Tussauds, London Eye, Covent Garden, Buckingham Palace.

Free entry into all Museums + Art Galleries



**To book your place or for further information, please contact us: Telephone Terry Jermy on: 01842 750722 or 07742157967**

**Postal address;** FAO: Terry Jermy, Go Further Office, C/o Thetford Sports and Social Club, 70 Bury Road, Thetford, Norfolk, IP24 3DE.

E-mail: [terry@gofurthertravel.co.uk](mailto:terry@gofurthertravel.co.uk)

Website: [www.gofurthertravel.co.uk](http://www.gofurthertravel.co.uk)

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