

A low-angle, upward-looking shot of the Clifton Suspension Bridge in Bristol, England. The bridge's massive black steel arch dominates the frame, with numerous white suspension cables fanning out. The bridge deck is visible, showing a blue and white metal railing and a few people walking across. In the background, the bridge's stone towers and the surrounding green landscape are visible under a clear blue sky.

UPBEAT MAGAZINE

Sainsbury's

Charity of the Year

**See inside for
full story**

- Bristol, Brunel and Bath – our holiday in the West

AUTUMN 2010

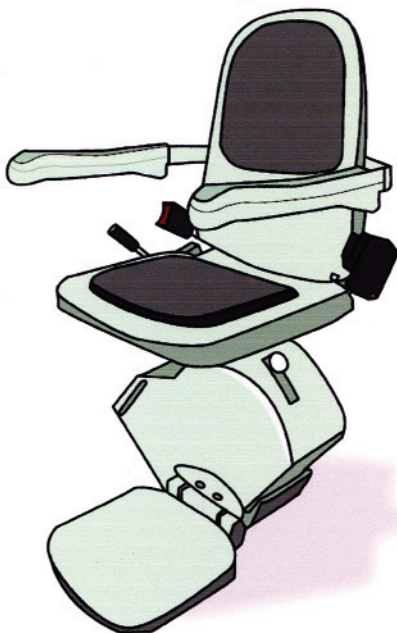
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Tel: 01284 755094, email b.bagnall@btinternet.com
Full list of officers – Page 7
How to make a donation to Upbeat – Page 49**

A community that relies on its members to succeed

There is a lot of talk going on about the Big Society, the main theme of which seems to be that instead of waiting for the government to organise things for us we form volunteer groups to do them ourselves.

Without going into the politics of it all, it's not a new idea. It is the principle behind the formation and running of Upbeat, which began 15 years ago when a small group of cardiac patients decided they wanted to carry on with the six-week rehabilitation they had started at West Suffolk Hospital after their treatment and went on to organise a scheme of their own.

The idea grew and grew with the result that Upbeat now has more than 700 members for which it organises over a dozen exercise classes a week in Bury and Sudbury, all of which have suitably qualified instructors and nurses in attendance to provide checks and advice to enable members and carers to continue a healthy life.

Some of the money needed comes from grants which have to be applied for, while the rest comes from donations, class fees and events organised by Upbeat members. That is why the decision of our local Sainsbury's to make Upbeat their Charity of the Year, as Jill Brooks announces in her report overleaf, is all the more welcome.

As well as helping Upbeat financially it will raise the profile of an organisation which is a community of its own and which provides friendship and confidence-building at a time when it is most needed.

Front cover picture: Brunel's Clifton Suspension Bridge at Bristol, the centre of a holiday taken by Upbeat members during the summer. Full report on Pages 28, 29 and 31.

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

**See our website on www.upbeatheartsupport.org.uk
Charity Number 1087415**

Chairman's Report

Oh what wonderful news!

ONE of the most pleasing and surprising telephone calls I have ever received was on Monday July 12th. A lady asked for me and said "Congratulations! This is Sainsbury's and we have made Upbeat our main charity for the next year."

Recently, Sainsbury's were asking shoppers to fill in a form nominating their favourite local charity. Upbeat was voted one of the top three and we were then asked to give a ten-minute presentation to members of Sainsbury's staff, detailing what Upbeat does and how we felt the supermarket could help us. I led the presentation, supported by Sylvia Baker (Vice Chairman), Colin Hands (Patient Rep) and Ilva Maxey (Carer Rep). We had to be as succinct as possible, as the time allowed was so short. Some three weeks had gone by and we had quite given up hope of hearing anything more, so the telephone call was a real surprise to us all. Support will be provided by Sainsbury's Bury St Edmunds store and petrol station and, as I write, we are awaiting a meeting with them to discuss a programme of ideas as to how we can work with them. They are already displaying a board which advertises that they will help us by:

- Raising our profile
- Fund raising events
- Collections

This is a fantastic opportunity and hopefully we can make the most of the chance.

Annual General Meeting

We had our Annual General Meeting on 21st May. Thank you to all those who managed to attend and to those who helped with refreshments etc. There were over 100 people in attendance, which meant we reached the necessary quorum. It is very rewarding to have so many



JILL BROOKS
on the
difference
Sainsbury's
can make to
Upbeat

people attend and to feel that the hard work of the small (in comparison to membership numbers) Executive Committee is still appreciated as we move into our 16th year. Thank you to the new Committee, those re-elected and new members.

Rita Howell has resigned as Secretary and Membership Secretary, although she remains on the Executive Committee. She is continuing to organise and run the very important 100 Club. As with most things, until someone steps down, you don't realise how much they do. Rita has played a huge role in Upbeat, as well as trying to juggle family commitments. Since resigning from these posts she has organised an Upbeat holiday to Bristol where she and Jill van de Plaspe took more than 30 people for 5 days. This was a major undertaking and a huge success. On behalf of us all, I would like to thank Rita for all she has done. The time and commitment she has given have been something special and are very much appreciated. In her place, I would like to welcome Brian Bagnall as the new Secretary and Catherine Palmer as the new Membership Secretary.

As you will be aware from the media, times are

changing, with many new government policies being announced. At the moment, I have no idea how much any of these could or will affect us. There is the possibility that more people could be referred to us from their GP or hospital and we could certainly find that we have a bigger role in the community. Using our team of nurses, exercise instructors and their contacts, we will endeavour to keep abreast of what is happening. I will also try to ensure that we are in the "right place at the right time" to gather information and acquire any new funding which may be available.

A final thank you to all those who help keep Upbeat running from week to week. You are all very much appreciated.

It looks as though we have another busy year ahead of us. I wish you all the best possible health.

Keep smiling.

We are still having great difficulty in persuading more members to join the Sub Group.

We need people to represent each of the exercise venues, to give the overall views of the members and to be leaders helping with new ideas; planning, organising and running trips, fundraising and other events. We are in very real danger of having to stop these kinds of activities unless members respond.

Fundraising, in particular, not only provides a social occasion which should be fun and an opportunity for people to get together, but is essential in keeping Upbeat financially viable.

Help! Help! Help!

Where does the time go – it does not seem like a year since I became Vice Chairman so I thought I would give a little update on what has happened during this period.

I am still trying to get to know everyone and have visited every venue where Upbeat have sessions. It is amazing how different each one is they all vary very much.

I have been on a course in Ipswich trying to get to grips with the new tender process for carer grants etc but as usual council mandates do not make things easy. Mostly they expect public and companies to tender against the yearly allocations which are not really the case for charities. Luckily our treasurer David Camp keeps well on top of such matters so I could pass on the information for his attention.

I have attended several Suffolk Patient Pathway meetings with Jill and at present everything is going through changes – so not too much progress as everything is moving at a slow pace, but it is still very much a learning curve for me.

I have seen Jill giving talks on Upbeat where she stresses the benefits and explains what we are all about and she is tireless and so enthusi-

astic she guests as a speaker at local events and donates everything back to Upbeat.

As well as attending the monthly meetings of the executive committee I help out where I can on fund raising trips and events.

Jill, myself and 2 other members recently gave a presentation to Sainsbury's to try and get them to sponsor us as their charity of the year and am glad to say we achieved this which is fantastic. I intend to head up the group which will liaise with them going forward but it's early days so nothing to report yet.

If confession is in order I had no idea just how much effort Jill puts into her role her - knowledge of all the members and staff – venues – events is vast, I have so much to learn but I will try to help her as much as I can.

I enjoy being part of Upbeat and have made new friends which have helped me settle here in Suffolk, also the members are so much fun which is an added bonus. Looking forward to the coming months with interest you never know what is around the corner especially if you belong to Upbeat.

Sylvia Baker

TREASURER'S REPORT

THE financial position of Upbeat continues to remain in a sound and healthy situation. We are indebted in a large way to the Carers' Grant from Suffolk County Council with a further input this year of £15,000. We have enjoyed this grant for four years now, but there is doubt in the current economic climate that this will continue. That being so, to maintain our current position, we will need to significantly increase our own fund raising activities.

I have made for the last couple of years a plea for someone to come forward to oversee and liaise our fund raising – with, I might add, no success whatsoever. I plead with you, our members, for someone to come forward at this stage when we are financially viable, which would mean that any activities can be gradually introduced rather than being in an emergency situation where we might need income to exist. That may sound dramatic, but it is serious, because our income from exercising, coffee sales, raffles and strawberry teas etc., does not match our outgoings to provide nurses, exercise instructors and to pay our rents.

Thank goodness we have our generous and wonderful donations from members and supporters. They arrive both large and small – all are extremely welcome and they ensure the viability and continued running of Upbeat and allow us to provide the facilities and services that we do. Thank you all, very sincerely.

I do try and be as transparent as I can with the group's income and publicly advise donations received of a certain size. I would hate to think that because I do this, it may put you off donating as you would not want the publicity. There really is no problem, either make it anonymous or let me know that you would rather it not be listed in the magazine.

Please consider using a Gift Aid form if you pay income tax as this enables us to claim an extra 28p in every pound donated, from the Inland Revenue. Kindly ask for a form – all it requires is your signature to say that you currently pay tax.

We would love to have more feedback from you



DAVID CAMP
reports the
group's
finances
remain
healthy

all, whether you are members, friends or just readers. Tell us what you think about Upbeat – what can we do to improve the group, what should we be doing that we are not, what would you like us to be doing, what are we doing right and what we are doing wrong. Without feedback, we don't always know. I will guarantee you a reply. The easiest way to contact us is via our website, www.upbeatheartsupport.org.uk and simply select the 'Contact Us' tab or just write to us and send it or pass it to any committee member.

I must thank our webmaster, Steve Dennington who gives his time freely and voluntarily to design and maintain the superb web site that we have. Please make use of it – there is a lot of useful information on board. Don't forget 'Easy Fundraising' and 'Easy Search' which every time they are used means a donation to Upbeat funds. Contact me for further information.

We are also fortunate to have the magazine that you are reading now. I think I can confidently say that we have the best website and magazine of all the heart support groups throughout the country. This doesn't just happen – a lot of work goes into designing, preparing, sourcing material etc and David Williams is to be congratulated on another excellent production. If you know of anyone who would like to advertise with us, please let us know.

There is, as you are aware, an urgent need for help on the Social Events Sub Group, who organise and arrange our social and fund raising activities. Please consider whether you may be

able to help – it would be a great loss if we did not have the manpower to keep these events going. We cannot keep leaving it to the same people and we need and must share the load or dare I say it, possibly lose our social events. They are, I believe, an important part of Upbeat and we must not let them lapse. Finally thanks, as ever, to all the help and support that individuals give to keep Upbeat running so smoothly by taking the money, helping

with the weekly Bonus Ball, serving coffee, donating items for sale or for raffles etc. Without you, it just wouldn't work and every one of us applaud you for the time and considerable efforts that you give to help the group, by putting something back and collectively ensuring that we can continue to do the good work that Upbeat does for others. Thank you.

David Camp

Fund raising... MARCH 2010 – JULY 2010

Quiz Night	£ 377.71	Eileen Shurmer	£35.00
Calendar (Nurses & Exercise Instructors)	£1806.92	Joan Boughton	£25.00
Sudbury Fun Run – Bob Fuller	£ 178.00	Reg Parker	£100.00
Sudbury Fun Run – Eddie Johnson	£ 42.00	Christopher Cudby	£25.00
Strawberry Tea	£ 494.27	Trevor Beckwith	£50.00
		In memory of Selwyn Prime	£750.00
		Rodney Johnson	£30.00
		Jill Brooks (Talk)	£25.00
		Pat Darge	£150.00
		Faye Warner	£60.00
		Bury St Edmunds Ladies Club	£40.00
		John Sayers Fortnightly Tea Dances	£35.00
		Waitrose Bury	£390.00
		David Deacon (Talks)	£55.00
		Bury Sugar Bowls Day	£270.00
		Thursday Coffee Mornings	£75.00
		John Simmons	£25.00
		Great Barton W.I.	£389.82
		Barnham Bowls Club	£500.00
		Plus many smaller donations, some on a regular basis, some anonymous, too numerous to mention them all, but sincere thanks to everyone.	
GRANTS			
Suffolk County Council – Carers Grant	£7,500.00		
Suffolk County Council – John Sayers Locality Budget	£ 400.00		
DONATIONS			
Easy Fundraising	£21.83		
Collecting Tin (Sudbury)	£90.51		
Collecting Tin (New Bury)	£110.50		
Table Sales (Sue Tyrell)	£57.50		
Boxford Bowls Club	£31.00		
Bob Fuller	£397.50		
Alan Williamson	£50.00		

Bowls tournament

We would like to thank all those who were involved in playing in and organising two well-supported bowls tournaments in aid of Upbeat.

The British Sugar Bowls Club tournament, played on 22nd May, was as always enjoyed by all who took part. £273 was raised. Our thanks to Brian and Dawn Sier and their assis-

tants for their work in organising the fixture. Carl Brewer's President's Day, held at Barnham Bowls Club, was also a wonderful success. Ken and I were royally entertained and a superb total of £500 was donated to Upbeat, Carl's charity of the year, for which we are extremely grateful.

Jill Brooks

WEEKLY EXERCISE SESSIONS

Monday mornings at New Bury Community Centre, St Olaves Road, Bury St Edmunds	9.15am – 12.30pm
Tuesday Mornings at the Delphi Club, Sudbury	9.15am – 12.30pm
Wednesday Mornings at The New Bury Community Centre, Bury	9.15am – 12.30pm
Friday Mornings at the New Bury Community Centre, Bury	9.15am – 12.30pm
Friday Evenings 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

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* * * * *

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MEMBERSHIP SECRETARY

Catherine Palmer 01284 760960 e-mail: catherinpalmer1@googlemail.com

Profile of Upbeat's new Secretary

Brian Bagnall, a member of Upbeat since 2004, has been appointed Secretary of the Upbeat Executive Committee. Here is his profile



I WAS born in St. Albans and grew up in Hertfordshire. I attended a boys' grammar school at St. Albans during World War 2 and after school certificate and matriculation I went on to study chemistry and biology at London University. Subsequently I worked in a Glaxo company involved with testing new chemicals for the control of pests and diseases. After becoming a chartered biologist, I worked for a short while in the food industry at Smedley's in Wisbech before joining Baywood Chemicals, which later became part of Bayer UK Ltd. My work became more involved with the safety evaluation and registration of new chemicals. In 1949 I married Doreen Saunders and we had three children while still living in Hertfordshire. We moved to live in Barnack, a small village near Stamford, enjoying village life for two years before I was asked to move to Bury St Edmunds in 1968 when my employers relocated. I retired in 1990, becoming a carer for my wife who was suffering from Parkinson's Disease.

My hobbies were singing, gardening and various sports, but I was also drawn into local politics through dislike of some existing council policies. I became a borough councillor and a Suffolk County Councillor and in 2001 was made Mayor, which introduced me to many of the local charities. In 1998 my wife died after 15 years suffering the increasing effects of Parkinson's Disease and at that time our eldest daughter was diagnosed with cancer of the pan-

creas and she died in 1999, leaving four children still at school in East Oldham.

As an active Methodist I am grateful for the interesting working life I have had and for the many enjoyable times in family life, including seeing eight grandchildren grow up. I have enjoyed being able to serve people in many ways, either as a Crossroads Trustee, a volunteer with Shop Mobility, a local councillor, school governor and as a Pastoral secretary at Church.

I had enjoyed good health, but in September 2003 I suffered a heart attack at home, my GP called an ambulance and while explaining the symptoms to the paramedics I suddenly collapsed and they had to start resuscitation which continued while they took me into West Suffolk Hospital. After two days I was taken to Papworth Hospital to have a stent fitted after which I was allowed home. After rehabilitation at West Suffolk Hospital I was introduced to Upbeat which I have attended regularly since 2004.

Attending Upbeat is very reassuring after a heart attack, particularly since you have the support of the expert staff and at the same time learn what you can do without fear of adverse effects. Fortunately, I have not experienced any signs of angina and soon found that I could exercise, do my gardening and regularly take part in the Bury Ramblers group, where I am now a footpath secretary. All this and still have time for interesting holidays.



Diabetes: how to reduce the risks

By Upbeat Nursing Advisor
Kate Turner

THERE are currently 2.5 million people with 'diagnosed' diabetes in the UK; however, there are also (alarmingly) around another 500,000 who are unaware that they have the condition and are yet to be diagnosed.

Diabetes is a serious medical condition where the amount of glucose in the blood is too high. As a result, the body cannot use it to function properly. This is because the pancreas fails to produce any of the hormone insulin, or an insufficient amount, to help glucose enter the body's cells where it is needed to be utilised as fuel for energy.

Glucose comes from digesting carbohydrate and is also produced by the liver. Carbohydrates are obtained from a variety of foods and drink.

These include: starchy foods such as bread, potatoes and pasta as well as fruit, some dairy products and sugar.

The two most common types of diabetes are known as 'Diabetes Type 1' and Diabetes Type 2'.

Type 1 diabetes develops when the insulin-producing cells in the pancreas have been destroyed and the body is unable to produce any insulin. Nobody knows for sure why these insulin-producing cells have been destroyed but the most likely cause is the body having an abnormal reaction to the cells.

This may be triggered by a virus or other infection. It can develop at any age but usually

appears before the age of 40, and especially in childhood.

Signs and symptoms include excessive thirst, unexplained weight loss and extreme tiredness. Once this type of diabetes has been diagnosed and treatment commenced the symptoms are soon brought under control.

Type 1 diabetes accounts for between 5 and 15% of all people with diabetes and is treated by daily insulin injections, a healthy diet and regular physical activity. There is nothing that you can do to prevent Type 1 diabetes developing.

Type 2 diabetes usually appears in people aged 40 plus. However there is a current trend where it is becoming increasingly more common in children and adolescents of all ethnicities.

Type 2 diabetes is when the body either does not produce enough insulin, or the insulin it does produce does not work as efficiently as it should, whereby the level of glucose has built up in the blood resulting in insulin resistance. This type of diabetes is treated with lifestyle changes, following a healthy balanced diet, increasing physical activity, and losing weight if considered necessary (especially around the waist line). Some people may need medications and/or insulin injections to achieve normal blood glucose levels.

The signs and symptoms may not be so obvi-

>> Continued on Page 10

ous, as the condition develops slowly over a period of years and may only be diagnosed during a routine medical check-up or a hospital admission.

Again symptoms can be quickly relieved once the diabetes has been treated and under control. Type 2 diabetes accounts for between 85 - 95% of all people with diabetes.

Whilst some of the risk factors associated with Type 2 diabetes are out of our control, others - such as being overweight, is something we can take control of to reduce the risk of developing further complications which are associated with diabetes.

So what is 'pre-diabetes'?

Pre-diabetes occurs when the glucose levels in the blood are higher than normal but not yet at a high enough level to be fully diagnosed as diabetes. You may also hear pre-diabetes being described as:

- Borderline diabetes
- Impaired glucose tolerance (IGT)
- Impaired fasting glucose (IFG)

However, like diabetes, pre-diabetes is a condition where the amount of glucose in the blood is too high, and the body cannot use it to function properly.

As the name suggests, people with pre-diabetes have an increased risk of going on to develop Type 2 diabetes.

The important thing to remember is that if you have been diagnosed with pre-diabetes, steps can be taken to prevent or delay the onset of Type 2 diabetes. With the right lifestyle changes your blood glucose can return to normal levels. Symptoms occur because some or all of the glucose remains in the blood and it is not being used as fuel for energy. The body tries to reduce the blood glucose levels by flushing the excess glucose out of the body in the urine.

The main symptoms of undiagnosed diabetes can include:

- Urinating frequently, especially at night
- increased thirst
- extreme tiredness
- unexplained weight loss
- genital itching/recurring episodes of thrush

'The more risk factors that apply, the greater your risk of developing diabetes'

- slow healing of cuts and wounds
- blurred vision

The risk factors

- A close member of your family has Type 2 diabetes (parents/siblings).
- You are overweight and/or your waist is 31.5 inches plus for women; and for men a range of 35 to 37 inches depending on ethnicity.
- You have high blood pressure or you have had a heart attack/stroke.
- You are a woman with polycystic ovary syndrome/overweight.
- You have been informed that you have impaired glucose tolerance/impaired fasting glucose.
- If you are a woman and have had diabetes during pregnancy.

The more risk factors that apply, the greater your risk of developing diabetes.

The diagnosis of diabetes means that it is essential to look after our health. There is no reason why a person cannot continue enjoying a wide variety of foods as part of a healthy diet. At first it may appear a challenge but the food choices and eating habits that are made are important in helping to manage diabetes and long-term health.

It is very important that people who have been diagnosed with diabetes should eat three meals a day. Avoid skipping meals and space breakfast, lunch and evening meal during the course of the day. This helps to control appetite as well

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>> Continued from Page 10

as blood glucose levels. Ideally each meal should include some starchy carbohydrate such as bread, pasta, potatoes, noodles, rice and porridge/cereals. The slow absorption of these foods assists to maintain blood glucose levels. It is advisable to cut down on fat eaten, particularly saturated fats. A low fat diet benefits health. Choose unsaturated fats or oils, especially mono-unsaturated fat such as olive oil/rapeseed oil. As fat is the greatest source of calories, eating less will help also assist weight loss?

To cut down on the fat we eat here are some tips:

- Use less saturated fat by having less butter, margarine and cheese.
- Choose lean meat and fish as low fat alternatives to fatty meats.
- Choose lower fat dairy foods such as skimmed or semi-skimmed milk, low-fat or diet yogurts, reduced fat cheese and lower fat spreads.
- Grill, steam or oven bake instead of frying or cooking with oil or other fats.
- Watch out for creamy sauces and dressings and replace with tomato-based sauces instead.
- Eat more fruit and vegetables

Aim for at least five portions a day to provide you with vitamins, minerals and fibre to help you to balance your overall diet. One portion is, for example, a banana or apple, a handful of grapes, a tablespoon of dried fruit, a small glass of fruit juice or fruit smoothie, three heaped tablespoons of vegetables or a cereal bowl of salad.

Include more beans and lentils such as kidney beans, butter beans, chickpeas or red and green lentils.

They have less of an effect on your blood glucose levels and may help to control your blood fats. Try adding them to stews, casseroles and

soups, or to a salad.

Aim for at least two portions of oily fish a week. Examples include mackerel, sardines, salmon and pilchards. Oily fish contains a type of polyunsaturated fat called omega 3, which also helps protect against heart disease.

Although fresh tuna comes into this category, tinned tuna does not as the omega 3 is destroyed during the canning process.

Limit sugar and sugary foods, this does not mean you need to eat a sugar-free diet. Sugar can be used in foods and in baking as part of a healthy diet. Using sugar-free, no added sugar or diet fizzy drinks/squashes, instead of sugary versions can be an easy way to reduce the sugar in your diet.

Try to reduce salt in your diet to a couple of teaspoons or less a day. More than this can raise your blood pressure, which can lead to stroke and heart disease.

Limit the amount of processed foods you eat (as these are usually high in salt) and try flavouring foods with herbs and spices instead of salt. Drink alcohol in moderation.

And never drink an empty stomach, as alcohol can make hypoglycaemia (low blood glucose levels) more likely to occur when taking certain diabetes medication.

It is not really necessary to buy 'diabetic' foods or drinks, there is no added benefit as your blood glucose levels will still be affected, they can be quite expensive and also some can have a laxative effect.

Being active is good for all of us but is especially important for people with diabetes.

Physical activity, combined with healthy eating and any diabetes medication that you might be taking, will help you to manage your diabetes. The great news is that you can become more active by making small changes to your lifestyle.

Many people enjoy being active not just for their health but because it makes them feel better and helps stop their weight creeping up. Being more active can also benefit the whole family.

***'Being active
is good for
all of us but
is especially
important for
people with
diabetes'***

Stars Glittered at The Lavenham Swan

By **Eddie Johnson**

MOST readers will know Lavenham as one of the finest examples of a mediaeval village in England. Walk through the streets with their quaint names and look at the old beamed buildings, some crooked with age, many of the fine Georgian facades covering even finer Tudor architecture. The church is known as one of the finest in the country, its tower being a landmark for miles away, and the whole village is steeped in history.

The Swan in Lavenham is 600 years old and is a heavily timbered inn but some interesting events happened more recently.

In the 1970s Dolly Parton, the world famous country and western singer, was touring the country. She was due to appear at the Gaumont in Ipswich and decided to stay overnight in the Swan. She was most taken by the village and its locals and they were enchanted by her. After a good dinner and a couple of drinks she entertained the customers in the bar with her singing. A local policeman went home to fetch his guitar and accompanied her along with guests and villagers till 3 am

Howard Marks was the most wanted drug smuggler in the world during the 70s and he relates, in his book, *Mr Nice*, how he was at the bar in the Swan when a gentleman asked him the time. As he looked at his watch the gentleman who was from Scotland Yard, snapped the bracelets on him. He served quite a long sentence in the USA for his activities but, since his release, he has made a living out of books and lecture tours relating his, sometimes, hilarious adventures. Currently they are filming his book. I hope they put this incident in.

More recently Patricia Cornwell, the American thriller writer whose books have been made into films, TV series and radio serials, had lunch there and left a £5,000 tip! Must have been some service and some surprised waiter.

Actually she'd seen a notice that said all tips

went to a catering workers benevolent fund but it was remarkably generous. She had tea in the neighbouring pub, the Angel, and, despite the fact that one of the bar staff bought some biscuits from the local shop for her she never left a penny.

Claudia Schiffer, the model, booked a room there so she could change into her clothes for her wedding which was held locally. There were crowds outside waiting to see her in all her extravagant and expensive finery, including lots of schoolchildren. Imagine their disappointment when she came out covered in a blanket, all photo rights having been sold to *Hello* magazine.

Vincent Price stayed there with his wife Coral Browne when he was making *Witchfinder General*, a horror film made all around Lavenham and still worth seeing. He is said to have complained to the management that he never saw any ghosts and they replied that he was just unlucky as a chambermaid from the 16th century often stalks the passageways carrying a full chamber pot which she sometimes spills. Many people have said after hearing a noise they have looked out, haven't seen anything but have noticed the floor quite wet and puddled but in the morning there is no sign, just a faint odour.

During the war the inn was popular with American air crew who were making daylight raids over Germany. It was very hazardous and many were killed or bailed out and were captured. The signatures of many of them are still on the wall in the bar along with details of their units, albeit they are covered with glass to protect them from wear and tear. Periodically ever since 1945 there have been reunions of these servicemen held at the Swan, David Deacon, a local businessman and historian and member of *Upbeat*, introduced me to a couple of the old pilots about three years ago. They were both big, burly gentlemen with tanned, open friendly faces but well into their eighties. Most of their contemporaries were



dead or not fit enough to travel and they were saddened that the trip they were on would probably be their last. They adored Lavenham with all its bitter-sweet memories and they seemed to me to represent all that was good of America in the past.

Rumour has it, but there s no substantive evidence, that Glen Miller, the American band leader, spent the evening here before he disappeared on a night flight. No wreckage or evidence has ever been found of when or where in the air he was so tragically lost.

Paul Burrell the butler to Princess Diana, stayed at the Swan recently and complimented the staff on the food, but unlike Patricia Cornwell he left

no tip, explaining that he was just one of them. The staff were not impressed.

Famous people like to be fairly anonymous when they travel and who can blame them but Jerry Hall, ex wife of Mick Jagger, has been spotted in the village, as has Kylie Minogue, I dare say lots of famous people pass through and are not even noticed but it is great to sit in the square outside the Angel on a warm summer evening people-watching. Who knows what or who you will see, ultimately it's not important, just a talking point. As long as the swallows and the swifts turn up every year and as long as the beer from the Angel is kept in good condition I'll stay happy.

Review

Sister Act, by Marina Reed

A full coach party of Upbeat members thoroughly enjoyed their trip to see Sister Act at the London Palladium in March.

It was a spectacular performance of a musical comedy to raise the roof with amazing lighting effects, starring Sheila Hancock (Mother Superior), Ian Lavender (Monsignor Howard) who is known to the Bury Upbeat group, and Patina Miller taking the main parts. It was a world premier production.

The story unfolded quietly with Derlores (Patina Miller) witnessing a murder and given protective custody disguised as a nun. Using her unique disco moves and singing talent, she inspires the choir at the convent and breathes new life into the church.

This performance was absolutely brand new and unique with excellent choreography which, with 18 "nuns" in full attire including wimples, must have been extremely challenging. The finale had the nuns in glittery, glistening finery in what, by that point in the story, is their concert for the Pope. It was a fun, clever and really good performance enjoyed by us all and many thanks to Sylvia Bambridge for organising an excellent trip.

C R Talbot

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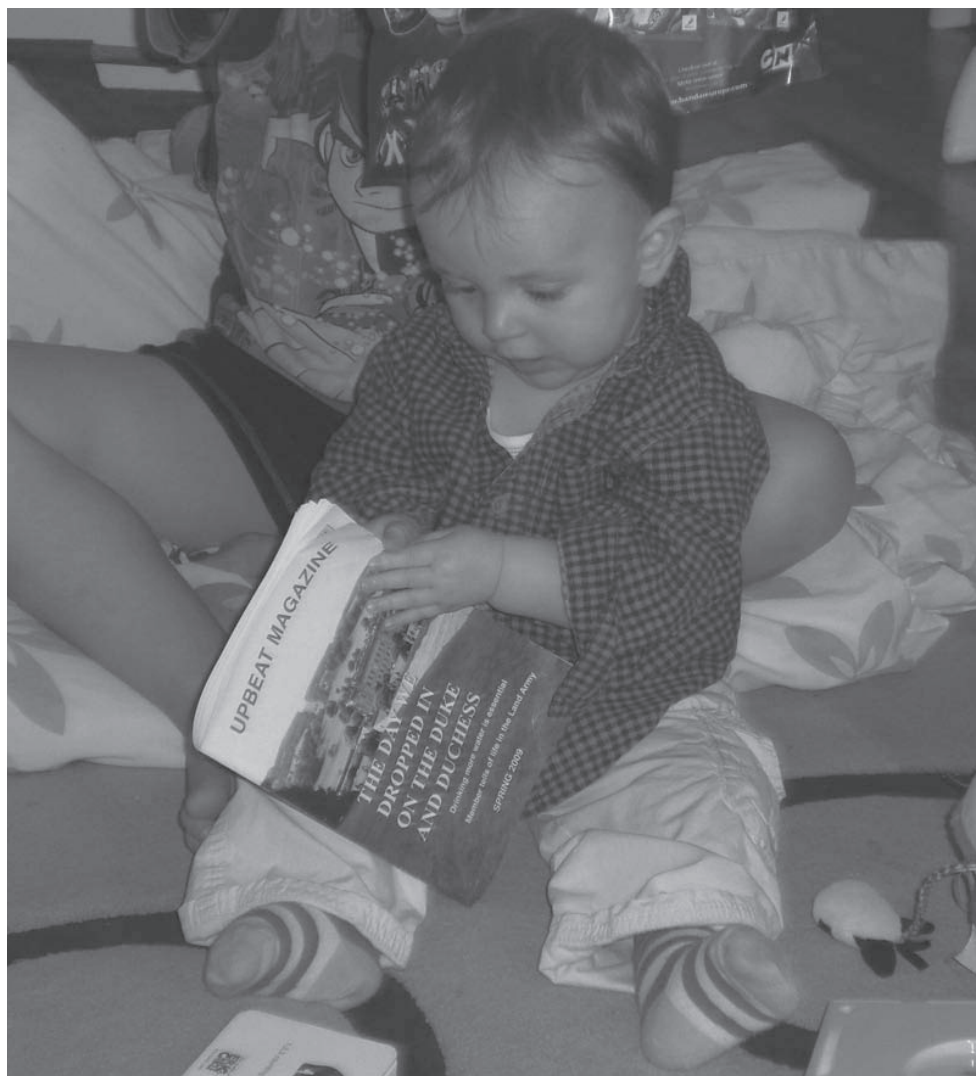
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Meet Upbeat Magazine's Youngest Reader



LIKE any young lad, Lucas Galloway wanted to know what was going on in the great big world outside. So at ten months old he picked up a copy of Upbeat Magazine to read all about it, probably attracted by our first full colour front page in the Spring edition of 2009. He's a bit older now, but if his mum, exercise Instructor Yvonne Galloway, catches him reading *The Times* over his breakfast she has promised to send us another picture immediately.

Fings Ain't What They Used To Be

Upbeat member David Axton recalls the days when washday came with a copper and a mangle. We'll bet other members will have their own memories



LAST winter's prolonged cold and snowy spell prompted me to reminisce that, as the songwriter Lionel Bart observed in his 1960 musical of that title, 'fings ain't what they used to be'. Maybe it's because I was so much younger in the great freeze up of 1947 that I don't remember everything grinding to a halt as it seems to have done in the first month of this new decade. Maybe it's because many fewer of the working population relied on private motor vehicles to get them to and fro. Maybe in those early post-war years, when people had recently experienced very much greater hardship and suffering, we were more accepting of what the climate could throw at us. After all, it wasn't as bad as what Hitler and the Luftwaffe had been sending our way just a few years before, was it?

Looking back to some of those bitter winter days of my youth, one of my most enduring memories is of my poor old mum trying to cope with the washing. Monday was always wash day, and it was the only day on which washing was done, perhaps because it was such a long and arduous task. We were a family of six still at home and although clothes weren't changed as often as nowadays, shirts and even underwear being made to last a week or so, there was still quite a pile of it to be done each time Monday came around, and it took my mum all day.

No computerised automatic machines to do the job for her! Her most up-to-date household aid was a copper which stood in the scullery of our terraced London house. It had to be filled with buckets of water from the sink and then the gas turned on and lit beneath it. All the whites went

in first, together with some washing soda and soap flakes – no detergents then – and the lot was left to come to the boil while she lugged in a couple of old tin baths from their hooks on the wall in the yard. These were placed in the scullery, each on an old, backless wooden chair, and similarly filled with the aid of the bucket. In one would go a liberal quantity of bleach, and in the other a 'Reckitt's Blue' dolly bag. Once the whites had been allowed to boil for a while, a large pair of wooden tongs was used to extricate the steaming hot linen and transfer it to the first of the tin baths, where she would rinse it by hand as well as possible, before moving it all to the second tin bath for the 'blueing'. Meanwhile, coloured articles would take their turn in the copper. Not that we had many coloured clothes, as far I can remember: black, grey or brown socks and the odd grey, sleeveless jumper, maybe – oh, and awful, itchy, grey school shirts and gymslips, of course! These were not allowed to boil, so the copper would have been turned off by then. They simply steeped in the already dirty water, prior to undergoing a thorough scrubbing and rubbing on the metal washboard and then the rinsing tubs.

Once all this had been done, the rinsing baths were emptied and the soaking washing placed in them – whites in one, coloureds in the other – and mum had to heave them out into the garden to the huge, wooden-rollered mangle. How heavy they must have been, filled as they were with soaking sheets, towels, etc., yet every Monday she struggled on with never a word of complaint. Mangling was quite a business, as

many readers may recall, and, on days when we weren't at school, my sister and I were called upon to help with this laborious process. After the steamy heat of the scullery, the cold of the winter yard seemed even more extreme. Coats on, but with sleeves rolled up so we didn't wet them, we would be stationed behind the huge mangle to catch the flattened sheets and things as they emerged on our side after disgorging their watery contents. This was necessary, of course because otherwise they would have trailed onto the ground and become dirty again. It needed two of us to hold them and carry them to the line for pegging. Wooden pegs, of course! No plastic things in those days, and a line of old rope which, once the family's wardrobe had been pegged onto it, was hoisted aloft with the aid of the clothes' prop, a long piece of timber with a 'v' shaped end in which the line would sit. Then, like a ship fully-rigged, the washing would billow in the icy wind.

More than once I remember the prop or the line breaking and the whole lot being deposited on the muddy ground, or draped across next door's fence, or maybe even in the next garden, if the wind were strong enough to carry it that far! What a misery that caused, because everything had to be rinsed again (there was no possibility of re-washing it all) and then it had to be dried indoors as best we could.

Drying indoors was a real problem. Not only the clothes horse, but chairs and any available piece of furniture, would be called into service, with various items of wet clothing being draped over them to steam in the warmth of the kitchen. On extremely cold days such as we have had recently, my mother would bring the washing in from the line and it would be frozen stiff, shirts holding sleeves aloft as if there were invisible arms in them, and sheets frozen into the folded shapes they had made when hanging on the line. Her hands must have been so cold! In those days we had no central heating and so we tended to keep a fire burning in one room and spent as much time in there as possible, only leaving to scurry to the freezing toilet, or to go to bed, well wrapped up in dressing gown and sometimes with scarf, gloves and socks. Tea time would see us in front of the fire, toast-

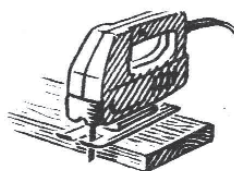


The Axton family's mangle, complete with old style dolly pegs

ing bread or, if we were lucky, crumpets, on long toasting forks, relishing the heat on our cheeks and the throbbing glow of the coal. In the morning the grate would have to be cleaned out and, when the roads were icy, the women of the street would spread the clinker on the road surface so that the horses would not slip. There were plenty of horses in those days, of course. The greengrocer and the rag and bone man were the most frequently seen, I think, but fairly often we'd be treated to the magnificent sight of the brewery wagon, drawn by a pair of huge shire horses, their manes and tails braided and ribboned, as they made their way to the nearby pub to deliver the barrels of beer. All those things have gone now and life is very different - better in many ways, I know, but once in a while something like this cold spell comes along and triggers so many sweet memories of how things used to be.



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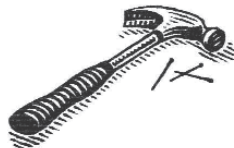
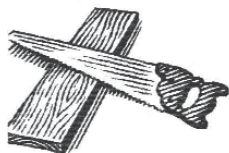
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Thanks for helping in my research

By Michelle Jermy

AS many of you know I am studying for my MSc in Sport & Exercise Medicine with the view of continuing onto my PhD. When asked to write an article for this edition of the Upbeat magazine I thought I would use the opportunity to firstly say a big thank you to everyone who has and continues to support my work and secondly outline further information on my intentions and what is to be expected.

I have been very fortunate and in a position to be able to collate data of Upbeat members and compare to data obtained from research conducted in New Zealand. Many of you (and still more needed) have kindly completed a LACR-Q questionnaire, 45 questions asking for your opinion on a range of statements. I appreciate some questions may be inappropriate or a little confusing but please do not hesitate to ask for guidance in completing the questionnaire and I greatly appreciate the questionnaires completed to the best of your ability.

With this data we can see the impact of cardiac rehabilitation here in the UK and of that in New Zealand, looking at similarities and differences. I am keen to research further into the age of our members and the other co-morbidities members have; we are not just a heart support group, many members have other medical conditions and Upbeat is able to offer a range of services to support all.

I will also be carrying out various short questionnaires during/after exercise sessions. They are to be completed straight away to maintain consistency with results. Various discussion groups will be held at all Upbeat sessions. Members will be invited to discuss on an individual and group basis the impact Upbeat has had on them and what makes Upbeat work, how things can be improved and what are the key strengths.

The results will be accessible for lead cardiac rehabilitation groups to adopt findings to improve standards but also enabling progression of further research.



Any questionnaires that require personal details will be kept anonymous during the write up and if work becomes published. If you require further information please do not hesitate to contact me michellejermy@hotmail.com.

This year myself (Michelle Jermy, Instructor), Tracy Wallace, Cardiac Advisor and Jess Lifford, Upbeat Member took part in Cancer Research UK's 5K Race for Life, the largest women-only fundraising event in the UK.

At Nowton Park 3,700 women took part. When we arrived the atmosphere was amazing, very touching, to see so many women of all ages and fitness levels coming together to walk, jog or run 5k to help beat cancer.

Some take part in celebration of surviving a cancer experience. Others take part in memory of a loved one or to give hope to a cancer-free future.

Every pound raised in sponsorship or fundraising helps to fund the work of over 4,500 researchers, doctors and nurses dedicated to helping more people beat cancer.

While walking, jogging or running the 5K course, volunteers and spectators cheered everyone on. A big thank you to all the Upbeat members that came to show their support and for everyone that sponsored such a worthy cause.

The running experience has inspired Tracy and I to enter the Cancer Research 10K event.

Anyone interested in entering next year's 5K please let us know.

James and Kat offer a warm welcome to
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Lunch and dinner are served daily in the restaurant which has been awarded the AA rosette for food excellence for the last 14 years. The Angel also appears on the front page of the Good Beer Guide for 2009.

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Upbeat profiles

■ Mandy Scales – Nurse

I completed my nurse training in 1972 at the West Suffolk Hospital and during that time I met my future husband and we married in 1974.

I left the hospital in the late 70's and worked with my husband in the pub trade before deciding that wasn't the life for us and we returned to Suffolk where I worked as an industrial nurse prior to giving birth to my daughter in 1981. We also had a son in 1984. While being a "housewife", I gained experience working as a community nurse, Marie Curie nurse and as an agency nurse. I returned to the West Suffolk Hospital in 1985 and worked back in the combined I.T.U. / C.C.U. department. In the early 1990's, the cardiac care unit was sepa-



rated from the intensive therapy unit where it became a specialty unit on its own and I have been employed on C.C.U. since then. During my time there I have spent time working with the cardiac rehabilitation team, which is how I became involved with Upbeat.

My years of experience of working with patients who have heart disease make me realise the

many benefits of cardiac rehabilitation. I enjoy helping heart patients and their families understand heart disease so as to empower them to improve, adapt and enjoy their quality of life. I am a firm believer in practising what I preach and enjoy keeping fit by cycling, swimming and walking. I also enjoy travelling and continue to strive to learn Spanish!

■ Yvonne Galloway – Exercise Instructor

I was born in Musselburgh, Scotland and apart from four years living in Bury, Lancs, when I was small, I grew up in various villages in Scotland. I went to Glasgow University and obtained a degree in Agricultural Botany, then a Masters in Seed Technology at Edinburgh University. This took me, eventually to a job in Romsey, Hants, helping to administer growing contracts with farmers in the UK to grow Naked Oats. I was moved up to Bury St Edmunds in 1993 to continue with the same job and have been here ever since. Throughout my life I have always taken part in exercise



classes, went to the gym etc, and although I was working full time with George Burlinghams here, I studied in my spare time to become an Exercise to Music Instructor. I reckoned I might as well earn money while I stayed fit! After qualifying in 1997, one of the first classes I taught was covering for a couple of weeks for Upbeat on a Friday evening and I was asked to carry on. I have been very

fortunate in having been sponsored by Upbeat to study for the BACR Phase 4 Exercise Instructor qualification which I passed in 2002. On a personal level, I was married in 1997 but the marriage did not last - we divorced after 2 years. I continued working Friday evenings as well as my full time job however, and then started seeing Chris who I am still with today. I was hoping to start my own business but ended up pregnant with our second child before I could get started! I have therefore been teaching some exercise classes, mainly for older adults, for West Suffolk College as well as Upbeat on Friday nights and occasionally covering for Michelle at the New Bury Centre.

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 noon.

2010 – Sept 2, 16; 30; Oct 14, 28; Nov 11 & 25; Dec 9. **2011** – Jan 6, 20; Feb 3, 17; Mar 3, 17, 31; April 14, 28; May 12, 26; June 9, 23; July 7, 21; Aug 4, 18; Sept 1, 15, 29; Oct 13, 27; Nov 10, 24; Dec 8, 22

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

Ample Free Car Parking at both venues.

SUDBURY

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

There is ample free car parking.

SILVER COLLECTION

WE'RE NOW COLLECTING SILVER

After the huge success we had with collecting gold our attention is now focusing on silver. We are still collecting gold but I would ask you to talk to your friends and families about donating their broken chains, odd earrings, bracelets, medals, pendants, pocket watches, wrist watches, old photo frames, silver coins. Everything SILVER and GOLD is acceptable, no matter what condition.

Teenagers nowadays prefer silver or white gold so maybe your nieces or grandchildren have pieces that they no longer use and would like to donate to Upbeat.

Although we won't get as good a price as we did for gold, everything helps in our quest to maintain Upbeat at the level it is at the moment.

Please keep reminding your families and friends about our success **WE NEED THEIR SUPPORT TOO.**

Many thanks
Jean Davis

tel: 01787 373845 email: jeandavis2davis@btinternet.com



Lovely day for a Daffodil Walk!

*"See! The winter is past;
the rains are over and gone,
flowers appear on the earth;..."*
(Song of Songs ch.2 v.11/12)

THE beautiful morning of Thursday 25th March heralded the advent of spring. But by 2pm, when a group of Upbeaters met in Nowton Park, the rain had returned. . . and stayed for the remainder of the afternoon!

Undaunted by the dampness we stood amid the trees and daffodils for a photo shoot by Rita before raising our umbrellas to sally forth for our walk.

The flowers had definitely appeared over much of the earth of Nowton Park and daffodils were bursting forth to make golden carpets. Sadly, it was too wet to stand and appreciate their full beauty.

Instead we headed directly for Nowton House where we were welcomed with hot cups of tea and scones with jam and cream. As we sat around the tables there was no shortage of conversation and laughter as we relaxed in the dry and pleasant surroundings.

Following this, at our request, we received a

potted history of the elegant and interesting 1850s property. We learnt it originally belonged to a Bury banking family who sold all but the house and seven acres to the council. It then became in turn a boys' school before being bought by a Japanese firm to be a girls' finishing school, then another Japanese company used it for integration of Japanese girls into English life. Three years ago it was sold to become Nowton Court Village offering luxurious retirement facilities.

The rain having eased off we made our way back to the car park having had an unusual but relaxing and interesting afternoon for which many thanks to Rita.

Elaine Bishop

Spring 2010 Quiz Answers

1.(c) 2. (b) 3. (a) 4. (c) 5. (a) 6. (c)
7. (b) 8. (a) 9. (c) 10. (c) 11. (a) 12. (c)
13. (b) 14. (a) 15. (c)

The winner was Mrs Jeannett Lagrue who won a bottle of wine kindly donated by Sylvia Baker.

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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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It is also possible to get to easyfundraising by selecting the advert on Upbeat's website at www.upbeatheartsupport.org.uk

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Memories of the code-breakers who helped defeat Hitler

**Upbeat
members
on a mind-
boggling
day at
Bletchley
Park**



THE huge debt that Britain owes to an undistinguished-looking manor house surrounded by tatty-looking temporary buildings was demonstrated to the Upbeat members who visited Bletchley Park in May.

The Park covers 50 acres in what is now Milton Keynes and from the beginning of the war in 1939 it became the home for some of our brightest scholars and their thousands of assistants who broke the German forces coded messages and let the Allies know what moves they were about to make.

The Germans used a machine called Enigma, the code of which was broken in 1940 and allowed us to intercept messages being sent by the Luftwaffe to their army units. To keep Bletchley's secrets from the Germans it was made to appear that Britain was getting the information from MI6 agents inside Germany. An early problem was our generals at the front did not trust MI6 and its spies and for a time ignored intelligence which could have been very useful to them.

But Bletchley's work eventually became accepted and it was used to help our forces throughout the rest of the war, particularly in tracking the U-boats which were crippling our merchant fleet bringing vital supplies across the Atlantic. In 1944 we were able to use the German's own codes to confuse Hitler about where the D-day landings were to take place. As a result Hitler diverted his troops away from the Normandy

coast, ensuring success of the Allied landings there.

The Germans changed their complex codes regularly and updated their Enigma machines to send out the messages but the brains at Bletchley, using the thousands of messages sent into them, cracked these codes as well. It is incredible to think that in those pre-computer days much of this work was done with pen, paper and card index and at one time 9,000 people worked there, 24 hours a day in three shifts, sorting every possible clue they were handed to help the Allied effort. It was because of this that the world's first programmable computer, Colussus, was invented to speed up the work and there is still a rebuilt model working at Bletchley today.

There are many documents and museum pieces in the buildings at Bletchley which give a taste of wartime Britain and the major part it played in the Allies' victory

Bletchley, which fell into disrepair after the war, is now a heritage site and been refurbished by a charitable trust to keep alive the memory of what became the birthplace of modern computing and communications. It was a mind-bending and fascinating day out, enhanced by the arrangements by Paul Cooper which left us time at the end of the afternoon for a quiet walk beside a canal and a drink for those who wanted it.

David Williams

Quiz

Win a bottle of wine with our brain-teasing quiz

1. Which country makes Panama Hats?
2. How long did the 100 years war last?
3. What is a camel hair brush made of ?
4. What was King George VI's first name?
5. Where are Chinese Gooseberry's from?
6. What is the outermost colour of the rainbow?
7. According to English Legend, what was the name of King Arthur's sword?
8. What two syllable word contains "GH" in each syllable?
9. Catholic Bishops are allowed 7 of them, Priests 5, and ordinary people just 1 - what are they?
10. Angela left on a trip the day after the day before yesterday and she will be back on the eve of the day after tomorrow. How many days and nights is she away for?
11. Which of the following is the odd one out: Cube, Square, Sphere, Cylinder, Octahedron?
12. What is, the people who make it don't want it, the people who buy it don't use it and the people who use it don't know it?
13. Can a man marry his widow's half sister?
14. Ten flies are on the table. With one swat I kill three flies, how many are left on the table?
15. On Tuesday, Joe sent an email to his secretary that said: "I'll be back in the office 3 days before one week after the day after tomorrow". When would he be back?

A bottle of wine to the winner, kindly donated by David Camp. Answers please to David Camp, 24 Swanfield, Long Melford, Suffolk CO10 9EZ or email to dc@davidcamp.demon.co.uk by November 12 at the latest.

If there is no outright winner there will be a tie-break.

Answers in Spring 2011 Upbeat Magazine

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Upbeat go West

A coachload of 40 Upbeat members enjoyed a five day holiday in the West Country in June, based at Bristol with visits to Longleat, and Bath. Here the magazine's reporting team tells how it went.

WE boarded the coach at Bury at 8.30am on the Monday, where the driver introduced himself with 'Bing-bong, I'm Derrick your driver', a call we were to hear often.

After several pickups, including Sudbury and Halstead, we stopped at Birchhanger service station for a drink and the bathroom (as Derrick put it) and stopped again for lunch at Stow-on-the-Wold for two hours.

It's a pretty place built of Cotswold Stone, with plenty of shops, as the number of our party who returned to the coach with shopping bags testified. We arrived at 5.30 pm at the Ramada Hotel in Bristol and an hour and a half later were having dinner in the hotel restaurant, a cleverly converted 18th Century glass kiln of red brick on two levels with spotlights twinkling down on tables for two or four people.

Then there was the first of Rita's nightly quizzes followed by good night's sleep.

In the morning we left for Longleat stately home and safari park, driving through some beautiful countryside on the way. The animals in the East African game reserve – everything from lumbering rhinos to lazy lions, elegant giraffes and many other species – seemed quite content as we drove slowly by.

Longleat, a magnificent example of an Elizabethan stately home, was built more than 400 years ago by an ancestor of Alexander Thynn, the present unconventional 7th Marquess of Bath, who lives there with his family. There are guides in all the larger rooms to hand out



SS Great Britain, Brunel's first ocean-going liner.

Picture by Sue Tyrell

laminated information sheets and answer your questions, a system many of us found we preferred to the cassette recorded guides available in some other stately homes.

History hangs on the walls in the shape of family portraits and on the shelves of the Red Library which contains some 5,000 books, some dating back to when the house was built. At one point we asked the value of the furniture and fittings in just the State Dining Room and two or three adjoining rooms. About £30million pounds we were told. We didn't make an offer. The house and grounds offer fountains, a lake and a railway as well as the usual tourist attractions.

On the Wednesday before starting our coach tour of Bristol our Blue Badge guide insisted we should look inside St Mary Redcliffe church next to our hotel. The original part of the church was built in the 12th century. The ceiling is a vast stone vault made up of intricate patterns of stone ribs and bosses, beautifully carved by medieval masons, which were created to act as vital keystones being shaped to lock together incredibly heavy masonry that forms the vaulting. There are over 1,000 bosses, some



Upbeat members in front of Brunel's Clifton Suspension Bridge, with Derrick on his knees

of which exceed a ton in weight, which were eventually gilded in the 18th century. A lovely building which was originally a Roman Catholic church, but after the reformation became an Anglican church.

Back to the coach and our guide pointed out the many attractions and landmarks of Bristol – parts of which have been and are being rebuilt – and gave us a brief historical background of the city. She spoke of the past tobacco and wine trade, the influence of the engineer Isambard Kingdom Brunel, the literacy connections and also of the many actors and actresses who had emerged from the Bristol Old Vic theatre company – Jeremy Irons, Peter O'Toole, Stephanie Beecham and Patricia Routledge to name but a few.

After a condensed sightseeing tour of the city we then made our way to the Clifton and Durdham Downs for photos of spectacular views of the Avon Gorge, then on to Clifton village where most of us took a stroll over Brunel's Clifton Suspension Bridge. The tour ended at the Maritime Heritage Centre and the majority of us took a boat tour of the Floating Harbour, seeing the city from a different viewpoint.

After lunch the party split up, many of us looked over Brunel's ss Great Britain where we could experience life on board the world's first great ocean-going liner. The commentary on the headset brought to life the cramped conditions that

the third class passengers endured on their two-month journey to Australia compared to the first class passengers, who had their maids with them and who dined at the captain's table. The bowel of the ship contained the engine room, which would have been incredibly hot with the stokers working 12 hour shifts. They also had live animals on board which were slaughtered for meals. Several people visited Bristol's impressive Cathedral and learnt of its connections with Uganda and did a spot of retail therapy before making their way back to the hotel via the castle park.

Thursday was our day's visit to the historic and beautiful city of Bath – a jewel in the Somerset and Avon area. After our informative tour guide Joy joined us we were driven to Royal Victoria Park for a perfect sighting of the world famous Royal Crescent – 30 beautiful houses built in palladian style, in a crescent shape, in pale gold Bath stone. Anyone with a spare £6-£7 million can buy one! No takers on our coach – too far to commute perhaps eh?! We were then driven up to the higher ground above Bath for a wonderful photoshot spot overlooking the whole city. Marvellous position, you could see everything so clearly on such a bright sunny day! Then, with our guide giving directions and pointing out all the places of interest, our excellent driver Derrick carefully manoeuvred the coach

>> Continued on Page 31



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>> Continued from Page 29

through the busy narrow streets.

We were given time to explore by ourselves after the guided tour and have some lunch. Some of us went to the famous Pump Room and Roman Baths where we took an audio tour. The Roman Baths were built approximately 2000 years ago. The Hot Springs beneath the baths yield over one million litres per day, at a constant temperature of 46°C. After the fall of the Roman Empire in the fifth century the baths, over a period of time, became covered by mud, stones and water. The Great Bath, where the ancient Romans swam and relaxed in the hot waters fed directly from the sacred hot spring. The King's Bath was built in the 12th century and was used for bathing into the middle of the 20th century. Refreshed, we rejoined the coach for the short trip to the Botanical gardens on our way home. This was a perfect oasis of calm after the hustle and bustle of the city centre. Unfortunately, it was here that Eileen, one of our group found that she had mislaid her handbag. The police were informed and later that evening a call from Bath police was received to tell us that the bag, complete with contents, had been handed in to them and was available for collection. The news restored one's faith in human nature. It was a wonderful end to a wonderful day.

Friday was the last day of our stay in Bristol. After a good breakfast we set off early at 9.15am so that driver Derrick could drive the coach into Bath to collect Eileen's handbag. Derrick parked as near as he could to the Police Station, then sprinted off and returned very quickly with the handbag, to everyone's applause.

We had a good journey to Oxford, although the sky had clouded over and there were a few spots of rain. The 2.5 hour break there gave us plenty of time to explore the shops, or take a stroll by the river and have some lunch. Some of the party spent the time exploring the city and admiring the splendid university buildings, peeping into the Ashmolean Museum and some of the lovely churches. Unfortunately the Bodleian Library was not open to the public. The graduates were celebrating their results and many were in high spirits

No, not a couple of overweight Upbeat members returning from lunch – just a couple of Rhinos moving aside to let our coach pass in the Safari Park .

Dogonne!

SOME Upbeat members were in the Longleat gift shop when the Marquess of Bath, colourfully dressed, came in accompanied by his wife, a large golden retriever and its puppy. The pup made swiftly for a pile of teddy bears and raced out of the door with one in his mouth, followed in pursuit by the Marquess, Lady Bath and the large retriever. Lady Bath explained breathlessly to visitors, 'He's such a problem, we haven't been able to train him yet.' It was assumed that she was talking about the puppy and not her 78-year-old husband.

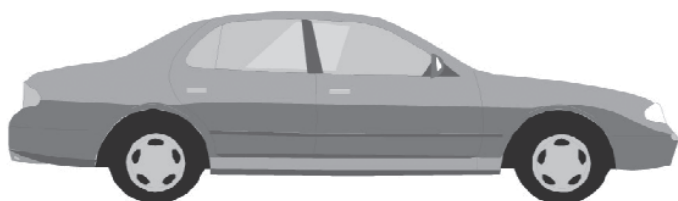
with their smart black garments heavily decorated with shaving foam and streamers.

Before departing Rita Howell and Jill van de Plasse were presented with Waterstone's vouchers, as a gesture of appreciation for their excellent work in organising the holiday, and Derrick was presented with a card and a handsome tip. He had been an excellent driver and courier throughout the holiday. Nothing was too much trouble, and he was especially thoughtful, recognizing when people needed a bit of extra help. The afternoon's journey was uneventful, though rather long, due to road works on the M25. Derrick helped to keep us amused with his tales, some humorous, some true experiences on previous tours. After a comfort break at Birchanger Services we continued with our journey, gradually dropping off members as arranged. We had all thoroughly enjoyed our Somerset break.

Upbeat Magazine reporting team: Sue Tyrell, Rita Howell, Bill and Joyce Jenkins, Sylvia Packham, Brenda Fiske and David Williams.



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Thames cruise was the best yet

I HAVE been on several Upbeat cruises but I must admit this one on the Thames was one of the best. I'm not one for cities but this for me was the best way to see the centre of London. In fine but windy weather, we crossed the Thames on a ferry from Tilbury to Gravesend to catch the boat M.V.Princess Pocahontas, licenced to carry up to 200 passengers. Finding a good seat with my fellow ship mates (Brenda, Daphne & Betty) we needed a good cup of coffee, and only 50p a cup! The captain's commentary increased in speed the closer we got to the middle of London as there was rather a lot to tell us.

How fascinating it was to go under all the bridges: the Queen Elizabeth at the Dartford crossing, Tower Bridge, the Millennium Bridge plus many others on an impressive but not so grand a scale. Going past the Thames Flood Barrier was rather special too.

For lunch, food was good and plenty of it.

Passing the Dome, the Isle of Dogs. The Houses of Parliament, the Eye and many other landmarks it was time to retrace our steps to Gravesend. We were told that we had travelled 35 miles up river. Altogether we were on board for six hours but it went so fast, and on the return journey there was no commentary so it was photo time. This was made all the better as the sun came out and helped to end a pleasant day.

Sue Tyrell

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Escaping from Upbeat

By Tony Warner

DURING the horrible winter of 2009/10 Faye and I decided to get away in our motorhome to somewhere a bit warmer for a few weeks. It was decided to go to Spain and to include the period of Easter.

It was agreed that the ferry The Pride of Bilbao ferry would be the easiest and quickest way. It sails from Portsmouth to the north Spanish port of Bilbao and takes two days through the Bay of Biscay, where the weather in can be rough but on this occasion was fine.

From Bilbao there was a drive of around 400 miles to the campsite we had chosen in Benecassim, about 50 miles north of Valencia. We had an overnight stop in the city of Zaragoza and next morning continued towards the coast of the Mediterranean. This took us through some lovely mountainous scenery where there was still some snow around the fields, which looked strange when the almond blossom was also to be seen.

At the campsite there were many British people nearby who assisted us with the best position to park to get the sun, which was quite warm but there was a chill north wind. The next few days' weather was similar but we could feel the sun increasing gradually in temperature.

After a few days, when we had got to know our neighbours, it was decided to hold what they called a "Street Bar B Q". This consisted of everyone putting their tables and chairs in the roadway between the pitches and then cooking whatever food you had decided on. During this cooking one had to enjoy some of the local wine of course. This event attracted other nationalities and although there was a language difference they all made excellent company. The 18th March is a special day in this part of Spain and we had booked a coach trip to Valencia for a ceremony known as the "Fallas". This is the build-up towards Easter and a public holiday in the city.

On arrival in Valencia and leaving the coach it was a short walk towards the main part of the city where there were thousands of people congregating. The centre piece which attracted

most people was a wood construction about 40 feet high which was gradually being filled with flowers of different colours to form a statue of the "Virgin", a wonderful sight.

Also in the city's many small squares there were humorous statues of mythical creatures in a variety of colours and all beautifully made we believed with papier mache. We were told some of the exhibits had taken anything up to a year to construct. We also learnt that the following evening all of them would be burnt in situ. So much for health and safety in Valencia. Apparently the fire service are in attendance at each burning.

At 2pm the masses assembled in one the biggest squares in the city for a firework display which was not at all colourful, just an enormous series of explosions which resonated off the buildings in an ear drum shattering sound that lasted for around five minutes.

We also managed an open top bus tour of the lovely city with contrasts of the old and new parts.

The next few weeks were spent in glorious sunshine and we visited various markets in the area and also went on a cycle ride to the next town called Orpesa, where we got on a road train which took us further up the coast to another town called Marina D'or where that we visited some beautiful gardens alongside the beach. Among the gardens was a lake which was interwoven through the various sections of the gardens. This lake had hundreds of enormous Koi which did take our interest as we used to keep this type of fish but ours were not in this league. Easter was approaching and on Maundy Thursday evening we went into Benecassim to watch what was described as a drum procession. This consisted of colourfully-dressed drum bands from around the district processing through the town which took about one and half hours. All the bands then congregated outside the church where, after speeches, they gave a massed response of drumming which was enough to burst the ear drums, yet again.

On Easter Sunday we woke up to sunshine but a



Tony and Faye Warner and the motorhome they took to Spain

chill wind and decided to go into the town to witness another procession with a religious theme. This consisted of two statues being carried out of the church by six strong men. The first statue to emerge was of the Virgin Mary who was carried up the main street. The next statue was of Jesus who was carried in the opposite direction. Both statues having disappeared from sight then emerged from two side streets and paraded towards each other and eventually stopped outside the church facing together. The statue of the Virgin Mary had a veil covering her face and it was customary for one of the young girls of the town to be allowed to remove this veil, which she did to applause and then the firecrackers started again. Both statues were then taken back into the church for a midday mass. It was lovely to see so many young people involved in this ceremony and the huge interest this still has in this country. We were now over halfway through our vacation and spent the time sunning ourselves and going on two organised walks, one of which was in the local hills/mountains where there spectacular views of the coastline. It was during one of these walks we were warned about caterpillars that hang in a fur cluster in the trees. They are apparently poisonous and cause severe irritation on the skin and probable death to any animal unfortunate enough to try and eat them if they were found on the ground. Our ferry home was on the Wednesday lunchtime so we left our campsite and made an overnight stop arranged at Naverette, a small

town in the heart of the Rioja, where we arrived in sunshine and had a nice cup of tea outside. At Bilbao we stayed on the docks overnight, not an attractive idea but we were concerned that if we left it to the actual day of travel it would not allow for any problems that may occur. At the docks we found about 30 other motorhomes and caravans had the same idea, some of which we had met at Benecassim. On the Wednesday morning we found hundreds of foot passengers who were queuing for tickets for this ferry. These poor people were some of the holiday makers trapped in Spain with no flights available due to the Icelandic volcano dust cloud. They had made their way to Bilbao by various means in the hope of getting on the ferry. Many of them had young children. Due to this the ship was late leaving Bilbao but I am pleased to say nearly everyone appeared to have been allowed onboard, albeit some without the use of a cabin, but as this crossing is only one night I expect that it was better than being stranded. One couple we spoke to had been stranded for five days and had spent an additional £1,000 getting to the port and on arrival at Portsmouth needed a hire car to get them to their home in Edinburgh. We arrived at Portsmouth and after disembarkation drove home to Suffolk. Now all that remained was to get the motorhome unloaded cleaned and checked for the next excursion. Yes, we did miss dear old Upbeat!

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My National Dis-service beside the Suez Canal

By David Williams

ALTHOUGH there are increasing calls for the Government to bring back National Service to discipline our young people I can reveal that the only thing it taught me in my two-year stint in 1950-1952 was never to complain, which I did in one unwise moment.

It happened like this: I had asked to join the RAF and as they wouldn't let me fly (looking back at my driving skills even then, how wise they were!) they sent me on a clerical course where part of the curriculum was to learn how to type with all your fingers, not just the two I had been using while training on the Bury Free Press. Useful but boring.

It became even more boring when they posted me to a small station on the edge of East London where I found several other newly qualified typists. And just one typewriter.

Now we wanted to do what we could to help our King (as it was then) and country, so we took it in turns to man the battered Imperial machine while the others sat around with little or nothing to do.

In retrospect I don't think I had all that much to complain about as there was often time to play tennis in the afternoons, or, better still, nip into London on the Tube to the South Bank and Battersea Gardens where we could chat up the girls who had come to the capital for the day, eyes full of wonderment, to enjoy the attractions of the Festival of Britain.

Then one day I received a letter from my civilian boss, enclosing my share of the company's profit sharing scheme (ten shillings, or 50p as it is now) and asking me in avuncular fashion how I was getting on in the RAF.

In the 50s my ten bob bought quite a few pints of NAAFI beer and I was egged on by my mates who shared them with me to write and tell my boss exactly how it was, ie, nothing to do, waste of the country's money, interruption of our precious careers, and so on.

My boss wrote back saying that he was so per-

turbed by our situation that he had mentioned it to a friend of his who was the Government's Secretary of State for Air – the RAF's top boss, as it were – and if I gave permission for my name to be used he would take the matter up personally.

Squeaky bum time. If I backed out now my boss would think I was a loser so foolishly I gave permission for my name to be used. A few days later I was up before the station CO, who said he had just received a letter from the Air Ministry about 2495528 Aircraftman 1 Williams D J and he wasn't very pleased. But, he said menacingly, he would solve my problem. Just wait and see!

It wasn't long before I received notice that I was being posted to Egypt. Sounded good at first – but I was going to one of the world's hell holes, a vast British military complex beside the Suez Canal where the sand was too hot to walk on, where there were frequent sandstorms and where, because of threats from local groups who wanted British troops out of their country, we were confined to camp. I'm told by Upbeat members Mike and Joyce Gooch that Egypt, where they have lived, is a wonderful country but I saw it mostly only from behind the mounds of barbed wire that surrounded our station and where, on the nights you were on guard, you were apt to be used as rifle practice by the more militant inhabitants of the village next door. Luckily their aim wasn't very good. But there still wasn't much to do and I filled in much of my time getting in some more tennis, with the luxury of having small lads from the village who, for a pittance, acted as ball boys to save us too much exertion in the forty-odd degree temperatures.

I didn't think that was exactly fighting for king and country, but I'd learned by then not to complain and I was glad after a year to return to damp, chilly but safe Suffolk, well tanned, much wiser and not a complaint in my head.

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- I wish to complain that my father twisted his ankle very badly when he put his foot in the hole in his back passage.
- *Their 18 year old son is continually banging his balls against my fence.*
- I wish to report that tiles are missing from the outside toilet roof. I think it was bad wind the other day that blew them off.
- *My lavatory seat is cracked, where do I stand?*
- I am writing on behalf of my sink, which is coming away from the wall.
- *Will you please send someone to mend the garden path. My wife tripped and fell on it yesterday and now she is pregnant.*
- I request permission to remove my drawers in the kitchen.
- *50% of the walls are damp, 50% have crumbling plaster, and 50% are just plain filthy*

As Tommy Cooper Might Have Said. . .

This lorry full of tortoises collided with a van full of terrapins. It was a turtle disaster.

**I told my girlfriend I had a job
in a bowling alley. She said "Tenpin?"
I said, "No, permanent."**

I met the bloke who invented
crosswords today. I can't remember
his name, its P something T something R.

**I was reading this book today,
The History of Glue.
I couldn't put it down.**

I went in to a pet shop.
I said, "Can I buy a goldfish?"
The guy said, "Do you want an aquarium?"
I said, "I don't care what star sign it is."

**I met this bloke with a didgeridoo
and he was playing Dancing Queen on it.
I thought, "That's Aboriginal."**

I bought some Armageddon cheese
today, and it said on the packet.
"Best Before End"

**I went to buy a watch,
and the man in the shop
said "Analogue."
I said "No, just a watch."**

I phoned the local ramblers club
today, but the bloke who
answered just went on and on.

* * * * *

Two elderly women were eating breakfast in a restaurant one morning. Ethel noticed something funny about Mabel's ear and she said, "Mabel, do you know you've got a suppository in your left ear?"

Mabel answered, "I have a suppository in my ear?"

She pulled it out and stared at it. Then she said, "Ethel, I'm glad you saw this thing. Now I think I know where to find my hearing aid."

When the husband finally died his wife put the usual death notice in the paper, but added that he died of gonorrhea. No sooner were the papers delivered when a friend of the family phoned and complained bitterly, "You know very well that he died of diarrhea, not gonorrhea."

Replied the widow: "I nursed him night and day so of course I know he died of diarrhea, but I thought it would be better for posterity to remember him as a great lover rather than the big sh** he always was."

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Do you believe in Dragons?

By Brian Bagnall

WHILE on a cruise around the British Isles last year we were told of some Indonesian islands where Komodo Dragons exist. The Expedition Leader on the ship Island Sky gave us a slide presentation of her visit to the Lesser Sunda Islands to the east of Bali to investigate if Noble Caledonia would be welcome to arrange a cruise in January 2010. To the islanders, who rely on fishing and weaving colourful cloth as a means of subsistence, the idea of an increase in tourism was acceptable.

Thus I set off in January, along with about 36 other from Heathrow, to fly to Hong Kong and then to Bali where we joined the Island Sky.

The cruise included visits to some 15 different islands, sometimes two in the same day. These islands were mostly volcanic and known as the ring of fire. The cruise was of interest to geologists as well as biologists such as myself being more interested in the flora and fauna.

Three of the islands have populations of Komodo Dragons, which are the largest of the Monitor lizard family. Males reach four metres long, females slightly shorter. The Komodo dragon is a protected species and Komodo island is a national park. Although we had wardens with us to protect us from the dragons with their long forked sticks, we had no such protection from the Asian traders who were trying to sell souvenirs and tee-shirts near the beach.

The dragons have powerful jaws and sharp teeth which literally crunch up all their prey. We were told of a photographer who got too close to some dragons, all that was found later was his camera. Like snakes, these creatures have forked tongues and sense the presence of food

by the smell of blood.

With larger prey they will bite the animal often on the leg and although they do not have venom their mouth is heavily contaminated with bacteria which infects the wound and within a few days leads to serious blood poisoning, so weakening the prey that it cannot defend itself.

The dragons group around the victim waiting for it to become defenceless. With an animal such as a water buffalo several dragons would gorge themselves on the prey and not need another meal for a month.

We saw a lot of dragons waiting around the wardens canteen area as if they were waiting for scraps of food.

Female dragons lay eggs in mounds of soil created by other creatures. Once the eggs hatch the young migrate to trees to keep out of reach of the adult dragons who will quickly make a meal of the young. Our group were lucky to see a two foot long youngster running through the undergrowth. The adult can run at 10 k.p.h in a straight line. We were told if we had to run away do not run straight since the adults are not good at changing direction.

As our cruise went on to other islands we were greeted by the inhabitants dancing on the beaches and giving us woven scarves. The ship's captain came ashore with us and was presented to the island chieftain and the elders. After this we had more dancing and gifts of coconut milk after which it was hoped we would buy some of their handmade cloth or basketware. In return for their hospitality Noble Caledonia made contributions towards village improvements often to school buildings and equipment.



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My dream visit to the White Wild Cattle of the hills

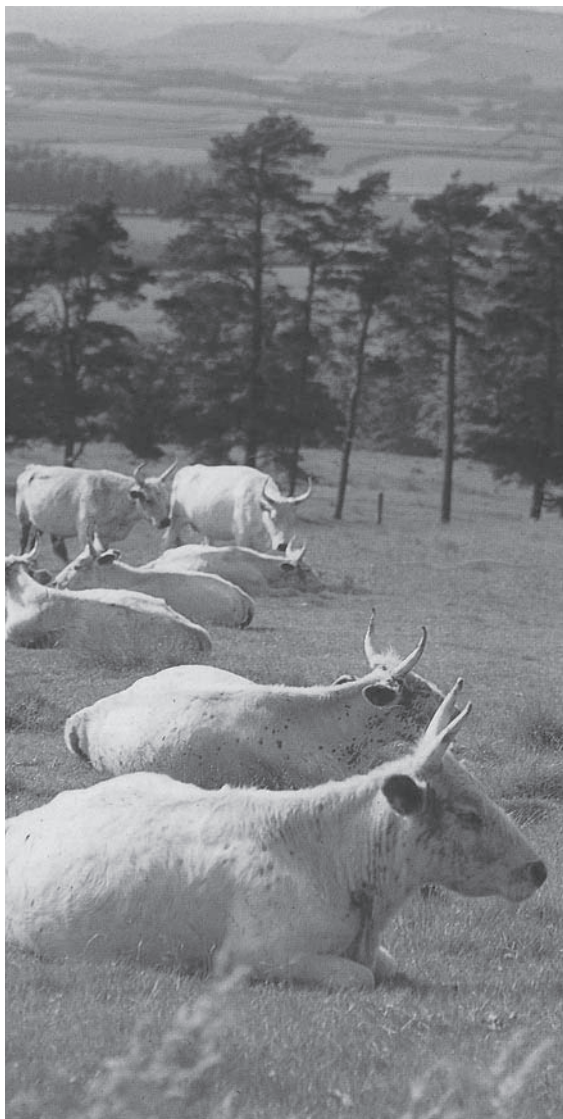
By Pat Simpkin

IT was during a five-day break in Northumberland that I achieved a life-long ambition – to see the Wild White Cattle of Chillingham.

They are rarer than the Giant Panda and are related to no other cattle in the world. They roam in 330 acres of parkland and to reach them you have a half hour walk up a steep track of slate, stone and sand – my, it was hard work and I was certainly glad of my exercise classes at Upbeat to get me half fit. The cattle are smallish, off-white in colour, with black noses and reddish coloured ears. The herd has been in Chillingham for 700 years.

They have no fear of human beings and our guide knew by the roar of the bulls if they were agitated and we would have to move away. The King Bull keeps others from his ladies and will remain king for about three years, when a stronger, younger bull will force him out. The cattle are closest to their wild prehistoric ancestors in the way they live.

In 1947 tragedy struck when heavy snowstorms reduced the herd of 33 to just eight cows and three bulls. The RAF had to fly over the herd each day dropping hay into them as they will not eat concentrates. The strange thing was the heifers started producing calves at a lot earlier age. Some mated with their fathers but there was no trouble with interbreeding. It was decid-



ed to take two young heifers and one bull to set up a herd in Scotland in case the main herd got wiped out. The Chillingham herd now has about 90 cattle and there are another 20-odd in Scotland. Nowadays, with modern technology and frozen semen they could start again if the herd was wiped out.

It was just a wonderful morning trip to know that nature is in charge of this little bit of England.

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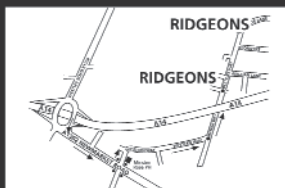
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The old ones are the best

An elderly couple were on a cruise and it was really stormy.

They were standing on the back of the boat watching the moon, when a wave came up and washed the old woman overboard. They searched for days and couldn't find her, so the captain sent the old man back to shore with the promise that he would notify him as soon as they found something.

Three weeks went by and finally the old man got a fax from the boat. It read: "Sir, sorry to inform you, we found your wife dead at the bottom of the ocean. We hauled her up to the deck and attached to her butt was an oyster and in it was a pearl worth \$50,000 . . . Please advise." The old man faxed back: "Send me the pearl and re-bait the trap."

* * * * *

A funeral service is being held for a woman who has just passed away. At the end of the service, the pall bearers are carrying the casket out when they accidentally bump into a wall, jarring the casket. They hear a faint moan. They open the casket and find that the woman is actually alive!

She lives for ten more years, and then dies. Once again, a ceremony is held, and at the end of it, the pall bearers are again carrying out the casket. As they carry the casket towards the door, the husband cries out: "Watch that wall!"

* * * * *

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards. One day one looked at the other and said, "Now don't get mad at me. I know we've been friends for a

long time but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is."

Her friend glared at her. For at least three minutes she just stared and glared at her. Finally she said: "How soon do you need to know?"

* * * * *

You could say that...

I have kleptomania, but when it gets bad, I take something for it.

Sometimes too much to drink isn't enough

Suicidal twin kills sister by mistake!

My short-term memory is not as sharp as it used to be. Also, my short-term memory's not as sharp as it used to be.

In just two days, tomorrow will be yesterday.

The statement below is true.

The statement above is false.

I may be schizophrenic, but at least I have each other.

I want to die while asleep like my grandfather, not screaming in terror like the passengers in his car.

I only have insomnia when I can't sleep.

Heaven is where: The Police are British, the Chefs are Italian, the Mechanics are German, the Lovers are French and it's all organized by the Swiss.

Hell is where: The Police are German, the Chefs are British, the Mechanics are French, the Lovers are Swiss and it's all organised by the Italians.

A few more laughs...

Church Bulletins!

Thank God for church ladies with typewriters. These sentences are said to have actually appeared in church bulletins or were announced in church service

The Fasting and Prayer Conference includes meals

The sermon this morning: 'Jesus Walks on the Water.' The sermon tonight: 'Searching for Jesus.'

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say 'Hell' to someone who doesn't care much about you.

Don't let worry kill you off – let the Church help.

Miss Charlene Mason sang 'I will not pass this way again' giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be tryouts for the choir. They need all the help they can get.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

Zen Teachings, or so they say

■ Sex is like air. It's not that important unless you aren't getting any.

■ Always remember you're unique. Just like everyone else.

■ Never test the depth of the water with both feet.

■ If you think nobody cares whether you're alive or dead, try missing a couple of mortgage payments.

■ Before you criticise someone, you should walk a mile in their shoes. That way, when you criticise them, you're a mile away and you have their shoes.

■ If at first you don't succeed, skydiving is not for you.

■ Give a man a fish and he will eat for a day. Teach him how to fish, and he will sit in a boat and drink beer all day.

■ If you lend someone £20 and never see that person again, it was probably well worth it.

■ If you tell the truth, you don't have to remember anything.

■ Good judgment comes from bad experience ... And most of that comes from bad judgment.

■ A closed mouth gathers no foot.

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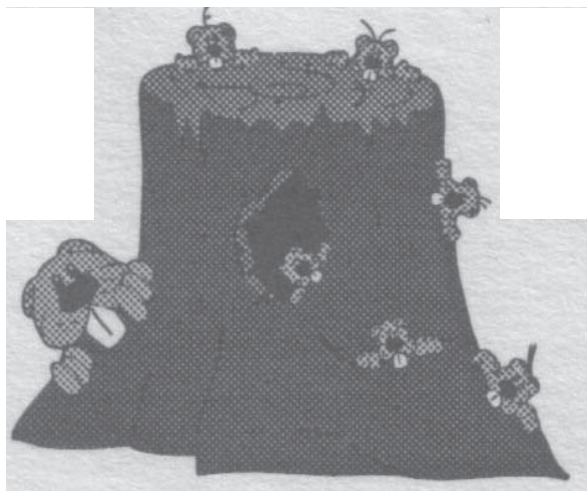
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To enable Upbeat to achieve our aims and to offer support, exercise facilities, educational and social functions to heart patients and their carers in West Suffolk we need to raise money continually.

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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Address

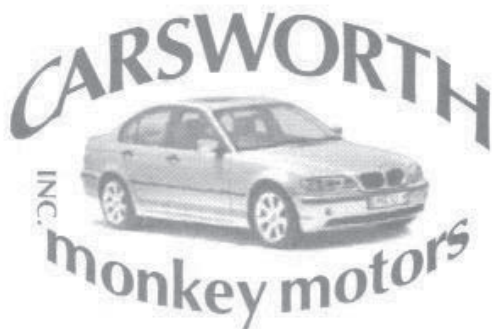
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Please make cheques payable to **Upbeat** and forward to: The Treasurer, David Camp, 24 Swanfield, Long Melford, Suffolk, CO10 9EZ

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.org.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: **2010** – Sept 2, 16, 30; Oct 14, 28; Nov 11 & 25; Dec 9.

2011 – Jan 6, 20; Feb 3, 17; Mar 3, 17, 31; April 14, 28; May 12, 26; June 9, 23; July 7, 21; Aug 4, 18; Sept 1, 15, 29; Oct 13, 27; Nov 10, 24; Dec 8, 22.

Go 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. **2010** dates are: Sep 6, 20; Oct 4, 18; Nov 1, 15. **2011**: Jan 10, 17; Feb 7, 21; Mar 7, 21; Apr 4, 18; May-Aug Summer Break; Sept 5, 19; Oct 3, 17, 31; Nov 14, 28; Dec 12.

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

OUTINGS & EVENTS

SEPTEMBER 2010-MARCH 2011

SAT 11TH SEPTEMBER

Bury St Edmunds Concert Band plays 'Music from the Shows' at the Delphi Club, Newton Road, Sudbury, at 7:30pm. Tickets £7.50

An evening of entertainment by a local band with more than 40 members, raffle and lucky programme. Licensed bar. Tickets on sale from Sudbury Tourist Information Centre, Sudbury Town Hall, exercise venues and Jill Brooks 01787 376920, Ann Clark 01284 750980.

SAT 2ND OCTOBER

Horse Racing Evening at Great Whelnetham Community Centre, commencing 7.00pm. Tickets £7.50 including fish and chip supper.

First race 7:30pm prompt. The return of video horse racing- huge fun! Small stakes (50p) – can you win your fortune? Licensed bar applied for. Tickets from exercise venues or Trevor Davies on 01787 374345

WED 6TH OCTOBER

Theatre Trip 'Oliver'

A great chance to see this marvellous show at the Theatre Royal Drury Lane. Tickets still available at time of submission forms available from exercise venues or Sylvia Bambridge 01787 372839

THURS 14TH OCTOBER

Autumn Walk – 10:30am

Walk around the Rushbrooke Estate, followed by lunch at The Rushbrooke Arms
Led by Rita Howell 01284 762976

FRI 26TH NOVEMBER

Christmas Hamper at New Bury Centre, Bury St Edmunds (drawn on Wednesday)

MON 29TH NOVEMBER

Christmas Hamper at New Bury Centre, Bury St Edmunds (drawn on Wednesday)

TUES 30TH NOVEMBER

Christmas Hamper at Delphi, Sudbury

WED 1ST DECEMBER

Christmas Hamper at New Bury Centre, Bury St Edmunds

THURS 2ND DECEMBER

Westfield Christmas Shopping, White City £13

& BBC Television Centre (optional – add £7.95 per person)

Visit London's latest undercover shopping centre. An American style mall which features 'high end' outlets and household names.

Time to find that elusive Christmas present, pick up a bargain, people watch in air conditioned comfort, dine in the expansive food court or just have fun! Optional guided tour of the BBC TV's nearby and legendary Wood Lane Television Centre is also available. We return home via Central London to admire the fabulous Oxford Street and Regent Street Christmas lights. Application forms available from exercise venues or Paul Cooper on 01284 754414

FRI 3RD DECEMBER

Christmas Hamper at Hardwick Middle School, Bury St Edmunds

FRI 10TH DECEMBER

Exercise & Mince Pies at New Bury Centre, Bury St Edmunds

MON 13TH DECEMBER

Exercise & Mince Pies at New Bury Centre, Bury St Edmunds

TUES 14TH DECEMBER

Christmas Festivities & Grand Draw at Delphi, Sudbury

WED 15TH DECEMBER

Christmas Festivities & Grand Draw at New Bury Centre, Bury St Edmunds

FRI 17TH DECEMBER

Christmas Festivities & Grand Draw at Hardwick Middle School, Bury St Edmunds

WED 18TH MAY 2011

Theatre Trip – ‘Wizard Of Oz’

Wow !! Don't miss this chance to see this wonderful show still in its early days!

You saw the TV show now see the result! Application forms available in the New Year from exercise classes & Sylvia Bainbridge 01787 372839

Over the Christmas and New Year Holiday period we will be closed on the following dates: Mon 20th, Tues 21st, Wed 22nd, Fri 24th, Mon 27th, Tues 28th, Wed 29th, Fri 31st December 2010, Mon 3rd January 2011. We are reopening on Tues 4th January 2011.

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, Jackie Williamson 01787 370753 or any committee member – we are working on next year's programme 2011. 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

- All advertised trips operate subject to demand and may be cancelled at the discretion of the Social Events Sub Group.
- Trips may be varied or curtailed at the discretion of the Social Events Sub Group in the event of unforeseen circumstances.
- All tickets must be paid for in full at the time of booking.
- 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.
- Purchase of an Upbeat trip or event ticket implies acceptance of these booking conditions.

Up-to-date details are shown on our website: www.upbeatheartsupport.org.uk

LIST OF PUBLICATIONS AVAILABLE

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

1. Physical Activity And Your Heart
2. Smoking And Your Heart
3. Reducing Your Blood Cholesterol
4. Blood Pressure
5. Eating And Your Heart
6. Angina
7. Heart Attack And Rehabilitation
8. Living With Heart Failure
9. Tests For Heart Conditions
10. Coronary Angioplasty & Bypass Surgery
11. Valvular Heart Surgery
12. Having Heart Surgery
13. Heart Transplant
14. Palpitations
15. Pacemakers
16. Peripheral Arterial Disease
17. Medicines For The Heart
18. The Heart - Technical Terms Explained
19. Implantable Cardioverter Defibrillators (ICDs)
20. Caring For Someone With A Heart Problem
21. Returning To Work With A Heart Condition
22. Diabetes & Your Heart
23. Cardiac Rehabilitation
24. Atrial Defibrillation
25. Keep Your Heart Healthy
26. In Hospital After a Heart Attack
27. Smoking And How To Give Up
28. Stress & Your Heart
29. Get Active
30. Physical Activity And Angina
31. Physical Activity And Weight Loss
32. Physical Activity After A Heart Attack
33. Physical Activity And High Blood Pressure
34. Physical Activity And Diabetes

35. Guide To Food Labelling
36. Food Should Be Fun And Healthy
37. A Guide To Losing Weight For Men & Women
38. Salt - Facts For A Healthy Heart
39. Cut The Saturated Fat

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5. The Beat Goes On (ICD's)
6. Buying Time (CPR)

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

Trevor & Maggie Tridini
Ian Longstaff
Mike & Pat Herbert
Alan & Sylvia Horner
Andrew & Marguerite Budden
William & Jennifer Smith
Paul Matthews
Eugene & Jean Broughton

Keith & Veronica Nash
Jeannett Lagrue
Tom Chrichton
Gerald Sheen
Robin & Catherine Hill
Peter Fryatt
Doris Nayler
Shirley & Dennis Chilvers
Marion Jones

John & Gill Phillips
Peter Rushowski
Michael & Valerie Smith
Dennis & Shirley Chilvers

This to 30 June 2010. Anyone who has joined us since then will be published in our Spring 2010 Magazine

£100 CLUB WINNERS

February

£100 Guy Brown no 333
2nd prize £75 Derek Foulger no 096

March

£100 Marion Reynolds no 172
2nd prize £76.50 Daphne Simpson no. 026

April

£100 May Patel no 084
2nd prize £76.50 Ray Bennett no 046

May

£100 Jackie Williamson no 120
2nd prize £76.50 Brian Cross no.035

June

£100 David George no 230
2nd prize £76.50 Georgina Lees no. 353

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

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



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2010 special offer: 10% discount for Upbeat members!

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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

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I use Easysearch & Easyfundraising to raise funds for Upbeat Heart Support Group. Charity Number 1087415

Easysearch is a FREE charity search engine that enables you to raise funds for Upbeat whenever you search the Web. Easysearch tracks down and displays only the most relevant and accurate results for your search, while helping you raise valuable funds for Upbeat at the same time. Please help me & register @

<http://www.easysearch.org.uk/>

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