

The heights
some people
will go to
for funds!



A great year
for the
Royal family

Heading
south
for the
winter
sun

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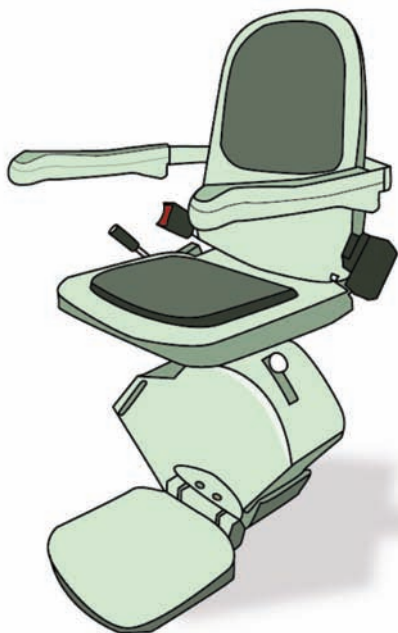
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Full list of officers – Page 7

How to make a donation to Upbeat – Page 45

Togetherness – Why Upbeat is the success it has grown to be

THERE is no one single factor that makes Upbeat the success it has become. There are of course the primary reasons – the exercise classes and the medical care, checking and advice, all part of the rehab aspect which led to the formation of the group some 15 years ago. As our Chairman Jill Brooks says in her report in this issue of the magazine, the basic Upbeat philosophy is to help heart patients and their carers get back to a normal life after being diagnosed and if necessary treated for a cardiac problem.

But there is more to it than that. Time and time again we hear members say how by joining Upbeat they regained the confidence they had lost when their health problems first appeared, how by meeting other people who had similar problems to themselves they had realised that there were ways they could achieve a better life-style than they had at first thought possible. They could make new friends, have a few laughs, get involved in the various events and functions which are on the Upbeat calendar and catch up on life in general. As we have said before, Upbeat is a community on its own, always ready to welcome newcomers warmly, make them feel at home and take best advantage of the benefits the group offers.

There is, however, more to it than being part of a comradesly club. Behind the scenes there are many people working away to make it happen, from those who make the big decisions to those who do such jobs as running the reception desks, putting out the chairs, making the tea and coffee and meeting and greeting potential new members. After a temporary lull, a new sub-group is being formed and they will be looking at new social and fund-raising events to ensure Upbeat remains a strong self-funding charity.

Front cover picture – Rosemary Currell launches into her 150-foot abseil at Ipswich Hospital to raise funds for Upbeat and the British Heart Foundation. More pictures and story on Page 13

Editorial contributions and ideas for features and other items to
David Williams (01284 850836, email djwilliams.chedburgh@yahoo.co.uk)

Advertising enquiries - see Page 22

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

Chairman's Report

We're into our 17th year!

AS I write, following the AGM, we begin our 17th year. Nobody is more surprised than me that I am still here, fairly sound in body but not necessarily in mind! And still Upbeat chairman.

It has been mentioned several times in the past that other groups' chairmen are only in post for a fixed maximum period, usually three years. If anyone feels that they would like to take my place I would be more than happy to hand over the reins. However, while I am still in the post, I will do my best for the group with as much enthusiasm as I can muster. I do totally believe in what I do. I am hoping this year to work more with Sylvia Baker, my deputy, as we try to split the workload.

Although our membership is up the numbers attending the AGM were down for the very first time, less than we have had in the past two years. We hold the meeting in Bury St Edmunds as it is, believe it or not, the most central place for members to travel to.

It follows an exercise class that everyone is invited to and a tasty free buffet with wine to allow members across the group to meet. They can then hear the progress over the past year. In spite of the lower numbers it was great to see people that I had not seen for a very long time.

The latest research from BHF shows that there are 2.7 million people in the UK with coronary heart disease; sometimes it feels as if they all come to Upbeat.

What is Upbeat?

Upbeat is a very large and complex health based organisation and charity. It is open on four mornings and one evening a week and also on a fortnightly Thursday morning for coffee and



by
JILL BROOKS

self-help support. The sessions are held in Bury St Edmunds and Sudbury and the charity is run by an executive committee, all of whom are trustees. Sessions are held 50 weeks a year but not on Bank Holidays.

The philosophy behind the group is to help patients and their carers bridge the gap, both physically and mentally, after a specific heart event or the diagnosis of an ongoing problem. With the help of professional nurses and exercise instructors and the interaction with other patients we hope to promote the best life-style possible for their future.

This service is ongoing as required and, at the moment, can be for the rest of their life. It is a 'dip in' organisation and we possibly don't see people for years until they retire or feel that they need to be checked by a nurse or work on controlled exercise. Knowing that this facility is there is a tremendous comfort for some people.

I cannot emphasise enough that you can visit whenever or wherever you wish. We are all one group trying to help one another and to keep each session afloat. The bi-annual magazine is our link between all members as well as an educational tool.

By the time that you get this magazine I am hoping that we will have at least the start of a new sub-group to help to provide a social and fund raising programme and that there will be

members on it to represent each exercise session. There should be lots of fresh ideas out there and, although members are very generous with donations, etc. we need more financial help for survival. We need to act now.

My thanks go to those members who have retired from the executive committee, Val Carr and Tony Warner. We appreciated your help. Val continues to help regularly at Sudbury with the bonus ball. We welcome Nick Baylie to the committee.

If anyone feels that they can join us I would be very grateful. We need at least two more members as there are so few of us that there is a problem when anyone has another commitment or is unwell. Once again I have to say that we cannot function without an executive committee as we are a charity. It is not a particularly onerous position, meeting monthly, but someone has to make decisions. We are also affiliated to the BHF who provide our insurance cover and guidelines for the running of a group such as ours. These have to be adhered to as closely as possible.

As much as I can I support members on their fund raising activities. On Sunday 10th July, together with Maureen Williams, I went to Ipswich hospital to see Rosemary Currell abseil

down the maternity wing in aid of Upbeat. She was so brave, and she succeeded among a large number of brave souls. It was great fun and I would like to thank her for giving up a Sunday to be terrified for Upbeat.

To all of you who have helped Upbeat in any way, thank you very much, we value each and every one of you. Even coming to Upbeat and mixing with others helps them to see a future. Special thanks to everyone who has helped me over the past few months.

Little did I know when I wrote for the last magazine about the lunch that Ken would test my organisational ability to its limit by having a heart attack the evening before the lunch. This was just as we were settling into the hotel at Stoke by Nayland for a two-night break.

It all worked out in the end although he couldn't be there and I was so grateful for the special support on the day when it was really needed.

Here is hoping we have another successful year ahead of us, using Upbeat to exercise, relax and meet friends, have a laugh and try to forget the troubles of the world for a short time.

All in the name of good health.

Best wishes,

Jill Brooks

IMPORTANT NOTICE

PLEASE NOTE THE ENCLOSED SURVEY FORM

It is essential that all registered Upbeat members and carers complete this document. Help is available at sessions if required.

This data is needed to ensure the future planning of Upbeat. All information is for upbeat research only, no personal details will be released.

Forms should be returned ASAP please, but by October 31st at the latest, to any Upbeat session or by post to: J Brooks, 24, Gloucester Way, Sudbury, CO10 1LW

Thank you.

Treasurer's Report

We need *your* help to keep this ship afloat!



by
DAVID CAMP

ANOTHER year gone by and it's time again for another financial report to keep you advised as to how Upbeat is faring.

It becomes increasingly difficult to bring you much new or exciting to say – although many of you would probably say that accounts and excitement are at two opposing ends of the spectrum!

For those of you who were at the AGM, you would have heard that once again Upbeat had a successful year and our financial situation remains stable. As ever though, I would temper that by saying that our regular outgoings each month for all of our sessions is now, on average, £4,300 per month! Therefore, without sufficient income, our bank balance could soon very easily be depleted. It is obvious that we must keep raising money to survive.

This year sees us lose valuable income from Suffolk County Council Carers' Grant and the disbandment of our Social Events and Fund Raising Group could mean less fund raising events – unless we have sufficient volunteers coming forward to form a new group. At the time of writing, this was looking promising, so fingers crossed.

Our thanks must go to our hard working and willing Executive Committee who keep the whole 'ship' afloat and on an even keel and as yet, we haven't had to reach for the life belts. We have made application for some new grants and are currently, awaiting results, but we ideally do need someone dedicated to this task alone. Its something I have asked for, for years – but no takers!

I would hate to think that the 'ship' could sink for 'a ha'penny of tar' – a few people to take some of the duties from an overloaded few. I am aware this situation exists with most organisations, but we are all getting older, we have been operating like this for so many years – there will come a time when there will have to be a change and probably, I fear, that these changes could be very dramatic indeed.

However, what we must be thankful for is the wonderful support of donations made to Upbeat, both large and small – these are our lifeblood. The larger donations, unless requested not to do so, are mentioned in the magazine, but there are also the members who come up with those saved coppers and 5p pieces and bring them in.

Special thanks must also be made to those who bring in produce to sell for Upbeat funds. Our collecting tins at sessions raised £600 last year. Please keep it up and don't forget to Gift Aid it, if you can. Contact me if you don't know how and I can supply a form for you to sign and return to me. There is a change to Gift Aid this year whereby we can claim on donations under £10, which will be very helpful.

Thank you to everyone who has donated this year and special thanks to those families that have chosen Upbeat as beneficiaries in memory of a loved one passing and for those with anniversaries or birthdays who, instead of receiving presents, asked for a donation to be made to Upbeat. Viv and Patrick Simpkin celebrated their 25th wedding anniversary earlier in the year and did just that and raised a wonderful £863, plus a potential Gift Aid of another £190, making a grand total of £1,053! Thanks also to Jean Davis, who used her initiative and collected unwanted or broken gold and silver jewellery and raised £2,922.

Coffee sales are continuing to grow and produced a very welcome income of £3,091 over last year. Our thanks to Vicki and Martyn for all they do and for Trevor who co-ordinates all the money raised and is chief buyer of biscuits.

The Bonus Ball goes from strength to strength. If you do not take part, then please consider doing so – you have a 1 in 49 chance to win £30 every week. To date, in just under ten years, we have raised £22,674 for funds and paid out £31,027 in

winnings. Thank you to our collectors, Val, Don and Trevor and their helpers.

The 100 Club pays out currently £100 to the winner each month and £71.50 to the second chosen number. Many thanks Rita, for organising such a venture, which brings in approx £2,000 per year. Of particular help to me personally, with the collection of money taken at the Bury sessions and then banking it for me, I must thank Don Tyrell, Rodney Johnson and Ann Clarke.

As you are aware, we are Charity Of The Year for Sainsbury's in Bury St Edmunds for the second year running and staff have been helpfully promoting Upbeat and hopefully fund-raising at the same time. We have made store collections, organised by Sylvia Baker and there will be more to come.

Please make contact with Sylvia if you are prepared to help for an hour or so. We will be unaware of the total money raised until the end of the term, but do thank Sainsburys and their staff for their valued and welcome support.

I would like to thank David Williams and Wendy Davey for producing such a valuable and interesting magazine for us – it really is first class. Thanks also to the advertisers who help with the cost and if you are considering advertising with us,

we do now provide a free link on our web site, free of charge.

Steve Dennington is the man who designs and maintains our superb web site. He does this totally voluntarily (and unpaid), in his spare time and we are indebted to his enthusiasm and expertise in allowing Upbeat to have such a prestigious outlet which is viewed worldwide and for which we get much praise for its content and design. I get a statistical weekly report on usage and the average monthly no of 'hits' is 9162 looking at 121,000 pages, taking 631 hours! Take a look yourself – it's full of interesting articles, photos etc at www.upbeatheartsupport.org.uk

I have probably thrown enough figures at you, so I will close. We do, however, welcome your comments, ideas and suggestions of how Upbeat is run. If you can offer any assistance to keep this show 'on the road' – please make contact, via the web site or email at dc@davidcamp.demon.co.uk or leave a letter at any session.

Thank you for your help and support.

David Camp

Fund raising Events – money raised

March 2011 – July 2011

Easter Raffles: New Bury	£232.00
Hardwick Fri PM	£72.10
Sudbury	£137.00
Celebration Lunch	£2398.04
Quiz Night	£193.05
Rock 'n' Roll Dance	£548.96
British Sugar Bowls Tournament	£314.00

GRANTS

Suffolk County Council – Carers Grant	£6,750.00
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DONATIONS

Rodney Johnson	£84.00
Barclays Bank plc (re Rodney Johnson)	£120.00
Don Pope	£20.00
Eileen Shurmer	£30.00
Bob Fuller	£368.00
Vivienne & Patrick Simpkin	
Wedding Anniversary	£833.00

+ potential Gift Aid	£190.00
In memory of Peter Carr (total)	£1015.00
In memory of John Kentnzer	£192.50
In memory of Ella Johnson (to date)	£40.00
John Sayers Fortnightly Tea Dances	£80.00
Sheila Besent	£20.00
Boxford Carpet Bowls Club	£21.00
Sylvia Baker	£20.00
Sudbury Collecting Tin	£136.05
Bury Collecting Tin	£40.50
Afternoon Social Bowls (Les Lane)	£16.00
John & Peggy Simmons	£25.00
Trevor Beckwith	£50.00
Easy Fundraising	£17.24
Ernest & Helen Edrupt	£20.00
John Stemp	£20.00
Sylvia Bambridge	£17.00

Plus many smaller donations, some on a regular basis, some anonymous – too numerous to mention them all, but sincere thanks to everyone.

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

CHAIRMAN	Jill Brooks	01787 376920 e-mail : kenafb@talktalk.net
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TREASURER/WEB SITE	David Camp	01787 376723 e-mail: dc@davidcamp.demon.co.uk
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	Jean Davis (Merchandising/fund-raising)	01787 373845 e-mail: jean.davis2davis@btinternet.com
	David Deacon	01787 248147 e-mail: funerals@wadeacon.fsnet.co.uk
	Rita Howell (100 Club)	01284 762976 e-mail: rahowell@tiscali.co.uk
	Mary Lee (Minutes Secretary)	01284 763577 e-mail: leesatbse@yahoo.co.uk

* * * * *

SOCIAL EVENTS & FUND RAISING COMMITTEE A new committee is being formed
THEATRE TRIPS Sylvia Bambridge 01787 372839 e-mail: sylvia.bambridge@talktalk.net
CARDIAC NURSE REPRESENTATIVE
Kate Turner 01359 250202 e-mail: smartie1@hotmail.co.uk
Nurses: Jane Bridges, Anne Graham, Simone Meldrum, Mandy Scales, Tracy Wallace
EXERCISE INSTRUCTOR REPRESENTATIVE
Michelle Jermy 01842 765786 or 07725 582817 e-mail: michellejermy@hotmail.com
Instructors: Peter Azzopardi, Martyn Blackford, Maureen Cooling, Yvonne Galloway
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MAGAZINE EDITOR David Williams Tel: 01284 850836
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Secretary's Report

THIS report is written at the beginning of my second year as Upbeat secretary. The past year has sped round, I am told as you get older the weeks and months go by quicker. This also means that I get less done in any particular day.

After this year's AGM it was obvious for the need of more of our active members to share in the running of Upbeat. There is an old saying "more hands lighten the load" and this is certainly true for our charity. We have many willing volunteers who help at exercise sessions but we do need other members who will share in the organisational duties that keep Upbeat functioning as a successful growing charity.

I know many people do not like to commit themselves to serving on a committee but we do need more at present to share the duties.

Our Social Events sub-group has closed due to lack of support, we now need to rebuild this group. At the AGM I was very disappointed to receive so few nominations for the executive committee, I would like to see a greater response in future.

A healthy organisation needs new candidates for its executive committee. Please have a word with me if you would like to know more about what is entailed.

We are all extremely grateful for all the work that Jill Brooks does as our Chairman. She needs to shed some of the duties to lighten her load and just as last year the duties of the Upbeat secretary was divided into two parts so we hope a similar division of the Chairman's role can be achieved this year.

We are conscious that our Friday evening session is probably the only one that suits members who have returned to work after heart problems. The numbers attending on Friday evening have reduced in recent months. We are not sure of the reasons for this but need to find out in order to make the Friday evening session more popular.

As secretary I would like to thank our Cardiac Advisors and Exercise Instructors for their



by
BRIAN BAGNALL

devoted service to ensure our sessions are led in such a professional manner.

Last winter we suffered several spells when conditions were hardly safe for members to set out on icy roads to attend exercise classes.

We hope that the coming winter will be less hazardous but if we do get similar weather please use discretion before driving to Upbeat sessions on roads affected by ice or snow.

Brian Bagnall

Magazine matters

Ilva Maxey will now be handling the invoices and receipts for Upbeat Magazine, a job previously done by Bob Smith who is moving to Spain. Ilva and her husband Peter joined Upbeat three years ago.

We are still looking for a person (or persons) to help Eddie Johnson sell advertising space in the Magazine. Also we ask all members to give us names and contact details of anyone – an individual or a company – whom they think might be interested in advertising with us. More information on Page 22.

Meet the nurses

Kate Turner

I HAVE always been a bit of a home bird really and having been born in Thetford, I didn't really move very far to do my general nurse training at West Suffolk Hospital in Bury St Edmunds. Initially I spent my first year at the hospital as a Cadet Nurse prior to starting my Enrolled Nurse Training in 1975, and then going on to complete my conversion course to become a Registered General Nurse.

I have been at the hospital for over 30 years, working in various specialities since qualifying. However, my love of 'Cardiac Care' developed when I was working in the combined Intensive Care/Coronary Care Unit. The unit eventually divided due to budgets into two separate specialities and I therefore had to make the decision which path I would follow, I certainly have never regretted my choice to stay with cardiac patients. I feel that I have been very fortunate to come through an era where there have been so many advances in the treatment and care of people suffering with cardiac conditions.

Having worked in the acute setting of coronary care for many years I felt I needed to develop a more holistic approach to my patient care. I achieved this by becoming a member of the Cardiac Rehab Team, therefore enabling me to follow patients through their entire stay in hospital and beyond.

I was able to develop my career further and share my experience and knowledge of caring for cardiac patients when I took up the post of Cardiac Liaison Nurse at the hospital, the post gave me the opportunity to work out in the community with both District and Practice Nurses, providing them with educational sessions and support, during this time I also continued my role as Sister with the Cardiac Rehab Service provided by the hospital. Unfortunately due to changes in service

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Kate Turner

UPBEAT'S Cardiac Nurse Representative Kate Turner was one of the West Suffolk Hospital staff highly praised in the Trust's Shining Lights Awards which were awarded with the special accolades in an official ceremony in the spring.

The award winners were nominated by colleagues for those who go above and beyond the call of duty to deliver excellent services, treat people with respect and drive through innovations.

The Trust's chairman Roger Prince said the winners had shown tremendous dedication towards improving services while ensuring patients and visitors have the best possible experience. He added, 'They are excellent role models who deserve our congratulations.'

Kate received the award with two colleagues from the Chest Pain Assessment Team. She has been at the hospital since it opened 37 years ago and has been in the cardiology department since 1980. 'The cardiac nurses at the hospital all work as a team, supporting each other as well as the patients,' Kate said, in between giving blood pressure tests and advising Upbeat members at a Wednesday session at the Newbury Centre.

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provision locally the role only lasted for four years, and once again I found myself back in the front line of acute care as a member of the Chest Pain Assessment Team.

My role as a Cardiac Advisor for UPBEAT started several years ago, initially covering the Friday evening exercise sessions when Ali Shorten, my predecessor, left.

As demand for new exercise sessions in Bury St Edmunds grew, exercise instructor Michelle Jermy and I teamed up in 2004 to start a new class on Wednesday mornings at the local sports centre. Due to popular demand and the ever growing number of members wanting to exercise we started a second session on the Wednesday and soon after we introduced the third session of seated exercise. Every week a large number of

members visit the busy, bubbly Wednesday morning session. Some of the members have been coming for years, and to watch their progress is really so rewarding. Life is quite hectic for me most of the time, and I really could do with 48 hours in my day rather than just 24. I have one daughter who is at West Suffolk College studying Beauty Therapy and Massage. She is a beautiful and vibrant teenager who certainly keeps me on my toes.

With what free time I have, I can usually be found at the stables where I have a very 'hands on' approach to natural horsemanship (or should I say horsemanship!). My friends and I are very fortunate as the stables are surrounded by wonderful forestry, and I find it truly peaceful and relaxing being able to ride out in the forest most weekends come rain or shine.

Simone Meldrum

YOU may have noticed the nurses using a small monitor on some members when they are having a blood pressure check. This small piece of equipment is called an instant check. The nurse can use this to assess the rhythm of the heart. You will have at some point had a 12-lead Electrocardiogram (ECG) either in hospital or at your actual GP surgery. This is where you have sticky electrodes attached to your chest, arms and legs and then a recording of your heart's electrical activity is recorded onto paper. You may even hold a copy of your ECG for your own personal records.

The instant check gives the nurse a reading of your heart's electrical activity but it will not record on the paper. Instead of having to wire you up we will just ask you to place your thumbs on the device sensors and the display will appear on the small monitor of your heart electrical activity or ECG. Although this device will not show us the detail of the traditional 12-lead ECG



Simone Meldrum

machine it can show the nurse any irregular rhythms such as Atrial Fibrillation.

The nurse will usually use the instant check after taking your pulse and feeling it to be irregular. Just because you have a slightly irregular pulse does not mean you suffer from Atrial Fibrillation but if this is found to be the case on the monitor then we would advise a further check at your GP surgery. If you would like any further advice on palpitations or actual preparation please don't hesitate to check with your nurse at Upbeat.



Ron with the Ann Widdecombe School of Ballet at last year's Christmas party. Joyce is pictured second right

They're the life and soul of Upbeat!

Member Profile

By Michelle Jermy, Upbeat Exercise Instructor

HERE is another good news story we want to share with everyone. In this edition we feature Ron and Joyce Lawes. They have been married for 48 years and many of us have had the pleasure to hear the tales of the first dates all those years ago.

Both Ron & Joyce attend exercise sessions at the Newbury Centre, Bury St Edmunds.

On reflection, Ron & Joyce said the hardest part of joining Upbeat was to walk through the door. Once they made that decision they were made to feel welcome and realise everyone was friendly and soon learned that having a heart problem does not stop you enjoying yourself. They said sessions have a relaxed atmosphere and you do not feel self-conscious. They said they have met many lovely people and made several friends.

Ron & Joyce bring so much to the group. Originally they joined to increase activity levels and improve health. Though Ron may have

taken longer to master the routines, his sense of humour and willingness to have a go has been so noted.

At one time I did think I was going to have to purchase different coloured gloves to help him distinguish between his left and right but now he can let the moves go and stays in time.

Joyce's warm, bubbly personality brings so much to the group and as a group greeter we are reassured everyone will be warmly welcomed.

Both have strong friendships and regularly participate in social activities within Upbeat and outside with other Upbeat members.

At Christmas time, their imagination energy, love and laughter shines through – as you can see from this picture from last year's Christmas party of Ron with the now famous Ann Widdecombe School of Ballet which includes Joyce second right in the ballet beauties.

■ Read about Ron and Joyce's holiday with four other Upbeat members on the Isle of Wight on the next page.

■ Please come forward and express interest if you are willing to share your Upbeat experience. Reading your story could be the motivation someone needs to make the next step.

Carry on... camping

Four have fun in the Isle of Wight

By Ron Lawes

IN the early hours of June 24 we set out in convoy in our safari shorts and sun hats.

I immediately was lost in the wilds of Kedington. Joyce and I and Terry and Jess Lifford were in the first vehicle with Brian and Margaret Riley following. All went well until Portsmouth, where I and the satnav got lost. Brian was not amused. Eventually the ferry was located for our ocean-going liner across the Solent.

After unloading our cases at the Warners camp Joyce went to inspect the other chalets and immediately jumped into bed with Terry and Brian. I have no control over that woman. The first day we went to Osborne House where we discovered Queen Victoria's bedroom, which Joyce had thought was where I had booked our room.

I told her I had cancelled it as it was where Vicky had died and I did not think that it was posh enough for my wife. She swallowed that line completely. How good am I?

The walls inside the house were covered with stories about Victoria's life there with Albert. Apparently they would spend their evenings walking along the seafloor and he would sing to her and tell her jokes, thus becoming the first seaside consort.

During the evening entertainment we astonished other residents with our terpsichorean artistry. It is amazing how many legovers you can get in a waltz.

We went on the island's equivalent of the Orient Express and Terry and I re-enacted Brief Encounter. I was Trevor Howard removing a piece of grit from the eye of Celia Johnson (Terry). Margaret played the stationmaster and

leaned out of the window and shouted 'all aboard'. Luckily we didn't get thrown off. After this we went to the Waltzing Waters where I achieved my ambition of sleeping with Margaret. She said it was boring. I don't know if she meant me or the show. She also said that I snored.

On our first visit to the swimming pool Margaret went to the bubble pool and in trying to get her legover (again), due to the high sides and her short legs, she damaged herself in an unmentionable place. Joyce complained about this to the management, but we feel this will be ignored as she told them Margaret would not let her take photographic evidence.

As our car has six seats I volunteered to drive around the island on sightseeing tours. This was fine but as I had not holidayed on that side of the island before, I did not know the roads that well and tended to take the occasional wrong turn. This resulted in five satnags and one satnav giving me completely different directions. I was not a happy bunny.

One port of call was to Alum Bay as they now have a pub there, so when the girls went off to see the glassblowing the boys had a drink. After this we all went on the chairlift over the cliffs to the beach. Jess missed this as she had her eyes closed. We then boarded a boat for a trip around the Needles.

We finished the week on Thursday with a day in camp, as we were all feeling the effects of all the activity. While dressing for dinner Jess had the misfortune of dropping her glasses down the toilet. Luckily she was able to fish them out!

We left on Friday in high spirits, realising that Upbeat exercises would not have been the same while we were away and that Michelle would be having withdrawal symptoms.

THE STORY BEHIND OUR FRONT PAGE PICTURE



Rosemary takes a huge drop to keep the funds rising

Upbeat member Rosemary Currell received the red carpet treatment when she stood 150 feet up at Ipswich Hospital ready to go over the side.

The red carpet, or rather a piece of red matting, was the launching place for a sponsored abseil which Rosemary (in the centre of the picture right) took part together with 350 other people and in doing so she raised around £400 which she split between Upbeat and the British Heart Foundation.

It was her first abseiling experience and despite everything she enjoyed it. 'But I'm not sure I will repeat it,' she said.

She praised the team who organised the event for giving the abseilers every confidence before they launched themselves off the top of the maternity unit.

'I had terrific views right over Felixstowe,' she said, 'but I didn't get the jump-off quite right and was left dangling before I righted myself.'

'The climb down was much longer than I expected and took more effort than I thought it would be. But it gave me a great feeling of satisfaction when I got to the bottom.'

Waiting for her was Upbeat Chairman Jill Brooks and Maureen Williams who had gone to give her encouragement.

Rosemary is still open for sponsorship. She goes to Newbury on Mondays and Wednesdays and donations can also be left at any of our reception desks.



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Special thanks to Bob



Cheerful Bob Fuller, left, collecting rubbish from the grounds of the Newbury Centre on the Howard Estate in Bury St Edmunds. He gives the money he earns to Upbeat.

CHEERFUL Bob Fuller received a special tribute at the Annual General Meeting from Treasurer David Camp for the work he does at the Newbury Centre in keeping the grounds tidy and contributing to Upbeat Funds at the same time.

David said: “Donations are still our life blood and we are extremely grateful for those given, both large and small by members and individuals. One person who deserves particular thanks is Bob Fuller, who collects the rubbish and the unmentionables from outside the Newbury Centre each week.

“He gets paid a nominal amount for this and donates it all back to Upbeat. He also took part in the Sudbury Fun Run last year and all together during the financial year raised a grand total of £855.”

Bob has been an Upbeat member since 2008 after having a bypass operation. “I went through

rehab and heard about the good work the group was doing and decided to join,” he said.

Bob lives on the Howard estate where the Newbury Centre is situated and he had noticed all the rubbish which collected round the building, particularly at the weekend. He put the idea of cleaning up the car park and grounds to the people who run the centre and it was agreed he would do it for a payment, which he hands over to Upbeat every week.

Bob, who also has to cope with diabetes, is a cheerful and colourful character. For those who don’t know him (and almost everyone does) he can be recognised by the necklace of knitted liquorice allsorts he wears around his neck while exercising, knitted for him by Vicki, the Newbury tea angel. Also, particularly in the football season, his shirt is inevitably adorned by a blue and white rosette to show his devotion to his favourite football team, Bury Town.

We asked Upbeat members to let us have their favourite low-fat recipes – and here is the result.

We've had more than we could use this time so keep on sending them so we can publish more in the Spring 2012 issue, including some of the recipes for puddings and cakes we received



Hey, what's cooking?

Sausage, red onion and apple casserole

Serves four. Preparation 5 min. Cooking 30 min. Freezing not recommended

450 g (one lb) low-fat pork sausages
1 large red onion, sliced
1 teaspoon sunflower oil
400 g (14 oz) canned chopped tomatoes
2 Bramley cooking apples, peeled, cored and sliced thickly
1/4 teaspoon dried sage
150 ml (quarter pint) unsweetened apple juice
500 g (1 lb 2oz) canned new potatoes, drained
Salt and freshly ground black pepper

Cook sausages under a moderately hot grill for 6-8 min turning halfway through cooking. Meanwhile heat a non-stick saucepan. Mix the onion with the oil. Add to the pan and fry for 2-3 min stirring continuously.

Stir in the chopped tomatoes apples, sage and apple juice.

Gently bring to the boil and then add sausages and potatoes.

Season with salt and pepper

Reduce the heat and simmer, covered for 10-15 min.

Shropshire Shepherd's Pie

Serves four, 25 min to prepare, 30 mins to cook

800g potatoes peeled and quartered
50g butter or margarine
2 tablespoons milk
Salt and freshly ground pepper
1 onion or leek sliced
1 carrot sliced
150g mushrooms sliced
1 teaspoon paprika
375 ml vegetable stock
250g minced Quorn
1/4 teaspoon dried thyme
1 bouquet garni
1 heaped tablespoon flour blended to a paste with a little water

Pre-heat oven to 180°C/350°F/gas mark 4

Boil potatoes until tender. Drain and mash with one half the butter, milk and seasoning.

Melt the remaining butter in a large pan and sauté the onion and carrot for 3-4 min

add mushrooms and paprika, continue to fry for a few more minutes.

pour in the stock, add the Quorn, thyme and bouquet garni and season to taste

Bring to the boil and simmer for 4 min

Stir in the flour paste and stir until thickened

Remove the bouquet garni and transfer to an oven proof dish

Top with creamed potatoes and bake for 20 min until the potato is golden

Serve with a green vegetable and enjoy.

Pan-fried Chicken and Apples

Serves 4

30 ml / 2 tbsp plain flour

10 ml / 2 tsp reduced salt

chicken stock granules

5 ml / 1 tsp ground cinnamon

4 boneless chicken breasts

30 ml / 2 tbsp cider vinegar

60 ml / 4 tbsp redcurrant jelly or cranberry sauce

2 large red-skinned apples

30 ml / 2 tbsp rapeseed / olive oil

Put the flour, half the granules and the cinnamon in a large freezer bag and shake to coat the inside of the bag. Skin the chicken and add to the bag. Seal the opening and shake to coat the chicken with the seasoned flour.

Put the remaining granules into a measuring jug and add 150 ml boiling water, the vinegar and redcurrant jelly / cranberry sauce. Stir to dissolve.

Cut each apple into eight wedges, removing and discarding the core.

Heat the oil in a large frying pan. Add the chicken and cook over a high heat, turning frequently, until it is golden brown on both sides. Add the apple wedges.

Pour the stock mixture over the chicken. Bring just to the boil, cover and reduce the heat to

medium-low. Cook gently for 15 minutes or until the chicken is cooked and the sauce has thickened.

Serve the chicken garnished with the apple wedges and with the sauce spooned over the top.

Note: Skinless turkey breast fillets can also be used.



Tuna Fish Cakes

1 medium tin of tuna
tsp chopped fresh parsley
4 medium potatoes
1 beaten egg
breadcrumbs

Boil potatoes until soft. Mash with skimmed milk. Add chopped onion, parsley and tuna. Mash altogether on a floured board, shape into four fishcakes.

Dip into beaten egg and roll in the breadcrumbs. Shallow fry in a little vegetable oil on both sides until crisp and brown.

Serve with fresh vegetables or salad.

Minted salmon and pea fishcakes

7 oz floury potatoes, peeled and cut into chunks
1 can pink or red salmon
2.5 oz frozen peas defrosted
Chop a few mint leaves
1 dessert spoon tartar sauce
Flour for dusting
Vegetable oil

Cook and mash potatoes.

Leave to cool after seasoning

Add mint, peas and tartar sauce

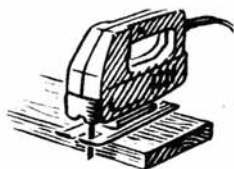
Check seasoning

Divide into portions with floury hands

Fry until cooked.



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This will get you thinking . . .

For touch typists, 'stewardesses' is the longest word typed with only the left hand and 'lollipop' is the longest word typed with your right hand.

No word in the English language rhymes with month, orange, silver, or purple.

'Dreamt' is the only English word that ends in the letters 'mt'.

Our eyes are always the same size from birth, but our nose and ears never stop growing.

The sentence: 'The quick brown fox jumps over the lazy dog' uses every letter of the alphabet.

The words 'racecar,' 'kayak', and 'level' are the same whether they are read left to right or right to left (palindromes).

There are only four words in the English language which end in 'dous': tremendous, horrendous, stupendous, and hazardous

There are two words in the English language that have all five vowels in order: 'abstemious' and 'facetious'

TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.

A cat has 32 muscles in each ear.

A goldfish has a memory span of three seconds.

A 'jiffy' is an actual unit of time for 1/100th of a second.

Did you ever wonder why?

- Why is 'abbreviated' such a long word?
- Why is lemon juice made with artificial flavour, and dish-washing liquid made with real lemons?
- Why is the third hand on the watch called a second hand?
- Why isn't there a special name for the tops of your feet?
- Why if nothing ever sticks to TEFLON, how do they make TEFLON stick to the pan?
- Can fat people go skinny-dipping?
- Why is it considered necessary to nail down the lid of a coffin?
- Why is it that rain drops but snow falls?
- Why is the time of day with the slowest traffic called rush hour?
- Why is the man who invests all your money, called a broker?
- Why don't you ever see the headline 'Psychic Wins Lottery'?
- Why isn't there mouse flavoured cat food? There is fish flavoured!
- Why is it that doctors call what they do 'practice'?

Thank you, Jill, for a wonderful lunch

ON March 17th, nearly 200 members of Upbeat went to Stoke by Nayland Golf club to attend our Chairman's lunch.

Jill had wanted to hold this lunch to celebrate 15 years of the Upbeat Heart Charity. She wanted representatives of all the exercise groups – also the less active – to involve every member to be able to enjoy lovely surroundings, good food, have a chat and meet up with other members.

Jill organised this event on her own and did a superb job on a sunny day in such a nice setting. The Social Committee welcomed members on arrival. Lovely food and the organisation meant that everyone had fresh, tasty food, really good especially considering the numbers present.

David Deacon, our master of ceremonies, sorted us all out, throwing in the odd joke to keep us amused. The speaker, Bob Shelly, from Radio Suffolk, talked about his early life in London and told us that he also had had heart problems.

Jill said a few words and with all her work, including the meal and a super raffle, £2,398 was raised for Upbeat.

Jill did enjoy the lunch but she kept a brave face on because she really was extremely worried and tired. Most people did not know that she and Ken had decided to stay at the golf club for two nights as a little holiday but they had only just checked into the hotel when unfortunately Ken became ill and ended up having to go into hospital.

Jill never got to spend a night at the hotel as she was at the hospital.

It was decided that Ken should stay in for a few days and, as she knew he was in the best place, Jill was able to attend the lunch. It would have been very sad if she not have been able to come.

It was lovely to see everybody together and we all want to say a BIG thank you, it was really great.

Sylvia Baker, Vice Chairman

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What Tommy Cooper might have said

The recruitment consultant asked me 'What do you think of voluntary work??' I said 'I wouldn't do it if you paid me.'

I was in the jungle and there was this monkey with a tin opener. I said, 'You don't need a tin opener to peel a banana.' He said, 'No, this is for the custard.'

This policeman came up to me with a pencil and a piece of very thin paper. He said: 'I want you to trace someone for me.'

**I fancied a game of darts with my mate. He said, 'Nearest the bull goes first'.
He went 'Baa' and I went 'Moo'.
He said 'You're closest'.**

I told my mum that I'd opened a theatre. She said, 'Are you having me on?' I said, 'Well I'll give you an audition, but I'm not promising you anything.'

I phoned the local builders today. I said to them 'Can I have a skip outside my house?' He said, 'I'm not stopping you!'

This cowboy walks in to a German car showroom and he says 'Audi!'

I went to buy some camouflage trousers the other day, but I couldn't find any.

I went to the butchers the other day and I bet him 50 quid that he couldn't reach the meat off the top shelf. He said, 'No, the steaks are too high.'

My friend drowned in a bowl of muesli.
A strong currant pulled him in.

A man came round in hospital after a serious accident. He shouted, 'Doctor, doctor, I can't feel my legs!' The doctor replied, 'I know you can't, I've cut your arms off'.

I went to a seafood disco last week... and pulled a muscle.

Two Eskimos sitting in a kayak were chilly.
They lit a fire in the craft, it sank, proving once and for all that you can't have your kayak and heat it.

Our ice cream man was found lying on the floor of his van covered with hundreds and thousands. Police say that he topped himself.

Man goes to the doctor, with a strawberry growing out of his head. Doc says 'I'll give you some cream to put on it.'

A guy walks into the psychiatrist wearing only Clingfilm for shorts.

The shrink says, 'Well, I can clearly see you're nuts.'

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

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Proposed cuts to the National Health Service

The British Medical Association has given its verdict on the Government's new healthcare proposals ...

■ The Allergists voted to scratch it but the Dermatologists advised not to make any rash moves.

■ Gastroenterologists had a sort of gut feeling about it, but the Neurologists thought the Administration had a lot of nerve.

■ Obstetricians felt they were all labouring under a misconception.

■ Ophthalmologists considered the idea shortsighted.

■ Pathologists yelled "over my dead body!" And while the Paediatricians said "Oh, grow up!" the Psychiatrists thought the whole idea was madness while

the Radiologists could see right through it.

■ The Surgeons were fed up with the cuts and decided to wash their hands of the whole thing. The ENT specialists didn't swallow it, and just wouldn't hear of it.

■ Pharmacologists thought it was a bitter pill to swallow, and the Plastic Surgeons said, "This puts a whole new face on the matter".

■ The Podiatrists thought it was a step forward but the Urologists were pissed off at the whole idea.

■ The Anaesthetists thought the whole idea was a gas, but the Cardiologists didn't have the heart to say no.

■ In the end the Proctologists won out, leaving the entire decision up to the a***holes in London.

My career with the Met Office

WHEN I agreed to join the committee of Upbeat, little did I know that I was required to write an extensive profile of myself. I thought all that was needed was a few lines, but no. It is a bit like Tony Hancock in the famous blood-donor scene, a prick on the end of the finger was not enough, I had to give a whole arm full!

I was born a piscean in 1943. The second, by 20 minutes, of twin boys.

We, like many others, were unfortunate to lose our father in the 2nd World War. When our mother re-married it meant a complete change of lifestyle. Instead of having a father who was a quantity surveyor working for Taylor-Woodrow, we became the sons of a dairy farmer on a small farm near Louth in Lincolnshire.

School was in Louth, firstly the Junior School, then King Edward VI Grammar School.

At weekends, a great deal of our spare time was spent helping out on the farm mostly doing the dirty jobs like cleaning out cow-sheds and milking parlours and as we got older, getting up at the crack of sparrows (very early) to help milk 70 or 80 Friesian cows when the milkman had his one day a week off.

I left school in 1959 and joined a bank but I did not particularly enjoy giving money



Nick Baylie

away and being nice to people all the time so in 1962 I left and joined the Meteorological Office.

My first posting was to a small, now defunct, airfield, part of Flying Training Command, called Strubby. The aircraft were Meteors, Vampires and Canberra bombers.

My first posting overseas was to North Borneo at the time of the Indonesian conflict in 1965.

This was followed as a married man by three postings to Germany. The first in 1969 and the last one ending in 1994 by which time I had reached the dizzy heights of forecasting. I was promoted to junior forecaster in 1981 and after training and experience I was posted to RAF Scampton, famous as the home of the Dam-Busters. When I was there it was and – after a short break – still is the home of the Red Arrows. This period was probably one of the most interesting periods of my time in

the office. Every year on October 1, the ‘Reds’ have three new members join and then spend the winter practicing to fly in formation until they are passed fit to fly exhibitions in the following spring. In 1996, after my return from Germany and a short spell at RAF Waddington, I was promoted into management and became senior Met Officer at Wattisham Airfield with the Army Air Corps.

In 2003, after 40 years I was forced to retire, like all other civil servants at that time, at the age of 60.

In 2004 I took a part-time post with the NHS Ambulance Transport Service, a job I really enjoyed.

All went well until December 2007, when after a Christmas party and some energetic dancing I had a heart attack which resulted in a stay in Papworth and a triple by-pass. I did my rehab with Kate, Mel et al at WSH from late March and progressed on to Upbeat, my first visit being May 19, 2008. I returned to work with the ambulance service at the beginning of August and remained with the NHS until retiring last December 2010.

I do hope during my time on the committee I will be able to make a useful contribution to a group of friendly, fun people who benefit from the activities of Upbeat.

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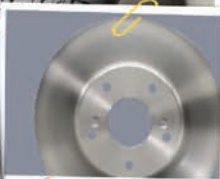
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Living with the Royals

From weddings to funerals, David Axton looks back on the influence the Royal family has had on his life



IT'S been quite a year for royal events, hasn't it? We've had the Queen celebrating reaching 85, Philip getting to 90, and, of course, a couple of royal weddings, as well as a state visit or two and the usual round of engagements and events. It got me to thinking how great a role the royal family and the monarchy in general have played in my life, as probably they have in the lives of many Upbeat members. One of my earliest memories associated with a royal event is when my mother, who was always a staunch royalist, took my sister and me to stand in the Mall to see the wedding procession of the then Princess Elizabeth in November 1947.

Of course in those days there wasn't the option to watch on television, so to be part of it all one had to be there. I don't remember a great deal about it – only that it was cold and wet and, like so many memories of that time, everybody in the crowd seemed to be dressed in grey or black. In those times of rationing and clothing coupons few people (at least in the circles in which we mixed) had very extensive wardrobes and nothing was very colourful.

I suppose the next big occasion I remember fondly was the Festival of Britain in 1951, although I don't think we were present for the official opening by the King I wonder how many Upbeat members remember the Dome of Discovery and the Skylon? A visit was

arranged for us to go from primary school and what excitement it caused!

We took the train from Richmond into Waterloo, which was very close to the South Bank site of the festival. The war in Europe had only been over for six years and London still bore the scars. The train to Waterloo took us past many bomb sites, ruined buildings serving as stark reminders of the awful times the capital and the nation had so recently endured. However, none of that spoiled our enjoyment of the day, and later my father took us as a family so I had two visits.

Another highlight of the Festival was Battersea Pleasure Gardens, of course. Anyone remember the wonderful Guinness Clock? Toucans, an ostrich, the Mad Hatter and several fish appeared every quarter hour doing delightful things to entertain the spectators. Then there was the wonderfully quirky 'Far Tottering and Oyster Creek Branch Railway', designed by Rowland Emmett – a joy to behold and to ride! I remember also the excitement of the elevated walkway built between the trees, which allowed us to look down on the crowds below.

Of course the feelings of national pride and pleasure which the Festival of Britain engendered soon gave way to a much more sombre mood when, on February 6th 1952, the King died in his sleep at Sandringham. It is said that people remember where they were when they

'How many Upbeat members remember how they heard the news of the death of King George VI, I wonder? I was still at primary school and we were all called to the hall late in the morning, where the head teacher informed us of the news. School was then closed and we were all sent home. ...'



The Coronation procession in 1953

heard of the assassination of President John F Kennedy. How many Upbeat members remember how they heard the news of the death of King George VI, I wonder? I was still at primary school and we were all called to the hall late in the morning, where the head teacher informed us of the news. School was then closed and we were all sent home. I remember very well that when I arrived home, my mother thought I'd 'done a bunk'. When I told her we'd been sent home because the King had died, she smacked me and told me not to lie to her! However, she soon heard on the wireless that it was true.

For the Coronation in 1953 our mother once again took us to London to view the procession. Actually, we had a double helping because she took us very early one Sunday morning to

watch a rehearsal. We left Richmond at about 4.30am, I recall, and had seats in a stand just on the Trafalgar Square side of Admiralty Arch. How wonderful it would have been to have had the same seats for the actual event on June 2nd. However, for that we went up the night before and managed to position ourselves on the pavement outside Selfridge's store in Oxford Street. It was cold and damp, but there was quite a party atmosphere and we weren't daunted. We were right there on the roadside as all those magnificent coaches went by and we had a great view of everything. Afterwards, carrying our rolls of blankets and bags containing empty flasks and sandwich boxes, we went to tea in Lyons Corner House at Marble Arch. What a sight we must have looked after a night on the pavement, and how we must have stood out in those elegant surroundings where a string quartet was playing as tea was served! When we went to the underground station to catch the train home, the news-vendors' placards were announcing that Hilary and Tensing had conquered Everest!

Such events seem to be woven into the fabric of my childhood, and continued to play an important part in my adult life too. On leaving school I joined the civil service and, among several different departments in which I worked was the Admiralty.

Being stationed in offices in Whitehall and in the very same Admiralty Arch beside which I'd watched that coronation rehearsal allowed me to witness many state occasions when processions



>> turn to page 29

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The Dome of Discovery

>> from page 27

crossed Horse Guards Parade on their way to and from Buckingham Palace. We would nip out of our offices clutching our metal waste paper bins, on which we would stand to get a better view.

Years later, when I was teaching in London, I took my class on a boat trip up the river to Windsor. We happened to be in the Great Park as the Royal Family drove out from the castle on their way to Ascot for the races. I stood on one side of the road and ‘snapped’ some of the children through the window of the Queen’s car as she drove past. You can imagine how delighted the children were to get their photographs taken with the Queen!

Unfortunately, in the intervening years, I’ve lost those particular pictures – maybe I gave them to the children concerned; I can’t remember – but I do have some others to remind me of the occasion.

Of course next year promises to be a particularly significant one, with the Diamond Jubilee celebrations to mark sixty years of the Queen’s reign.

Probably most of the population have never known another monarch in this country, but I

am sure that there are many Upbeat members who, like me, are old enough to remember all those 60 years and who have personal memories associated with the Queen and the royal family. How much longer will she be part of our lives, I wonder? Certainly, if she enjoys as long a life as her mother did, we may look forward to many more years.

One thing is for sure, in today’s world of manufactured ‘celebrity’ and tarnished reputations, Elizabeth II stands out as a shining example of exemplary conduct and devotion to duty. Many would do well to learn from her.

‘One thing is for sure, in today’s world of manufactured ‘celebrity’ and tarnished reputations, Elizabeth II stands out as a shining example of exemplary conduct and devotion to duty’

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Question: How many retirees to change a light bulb?

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Question: What's the biggest gripe of retirees?

Answer: There is not enough time to get everything done.

Question: Why don't retirees mind being called Seniors?

Answer: The term comes with a 10% discount.

Question: Among retirees what is considered formal attire?

Answer: Tied shoes.

Question: Why do retirees count pennies?

Answer: They are the only ones who have the time.

Question: What is the common term for someone who enjoys work and refuses to retire?

Answer: NUTS!

Question: What do retirees call a long lunch?

Answer: Normal

Question: What is the best way to describe retirement?

Answer: The never ending Coffee Break.

Question: Why does a retiree often say he doesn't miss work, but misses the people he used to work with?

Answer: He is too polite to tell the whole truth.

Question: What do you do all week?

Answer: Monday through Friday, NOTHING... Saturday and Sunday, I rest.

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You don't stop laughing because you grow old,

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Absent friends

by Jill Brooks



Ella Johnson

Ella Johnson

Ella and her husband, Rodney, were inaugural members of Upbeat, joining at the Bury Leisure Centre in July 1995 for the first Friday evening session.

Rodney exercised with Ella there as his carer. The numbers were small in those early days and we all quickly became friends.

Ella, always with Rodney, became a very important member of the team. For many years she helped organise the fortnightly coffee morning, which we all attended, meeting and greeting on the door, as she also did on Friday evenings until very recently. They always attended the social functions.

Ella knew everyone at the coffee mornings and on Friday evenings and recognised the important role of listening, especially to

other carers. She helped whenever she could by phoning, sending a card or offering help.

Personally, in later years, she was always there for me in happy times but also when times were tough. She supported endless hospital visits with words of comfort and cups of tea.

A very strong character, she was clever, witty and very kind. She had an extraordinary memory and both she and Rodney made you feel a if you were the only one. From all those who knew her, it was a privilege to have called her a friend and from everyone at Upbeat, thanks for all she did. We miss her terribly but will never forget. All our love and good wishes go to Rodney, Susan and Alan and grandchildren Leigh and Adam.

Peggy Pell

Peggy was a member at Sudbury having just joined while we were still meeting at the town Hall. She was a very gentle lady who always came with her brother and sister-in-law, Fred and Pat Robinson. She always liked a chat and a visit to the nurse. It was a privilege to have known her and our thoughts go out to Pat, Fred and the rest of her family.

Lydia Fordham

Lydia joined Upbeat at Sudbury in 2000, the carer of her husband, Peter. She obviously had been active in various groups and was a keen member of the WI. She became invaluable to Upbeat as she was a wonderful cook and very generously made and donated whatever was needed for events. She would say, looking at the poster, arms 'akimbo', "What do you want then Jill? 2 dozen of this, 4 dozen of that, a

>> Turn to page 35

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Follow the Yellow Brick Road

ON the 18th May, we followed Dorothy (Danielle Hope) and Toto (a West Highland Terrier) on their journey to the Land of Oz, meeting en route a Scarecrow, Tin Man and a Cowardly Lion.

The audience gave the Wizard – played by Michael Crawford – who also played Professor Marvel and two smaller parts in this new production, a warm welcome.

With a large cast, orchestra and production team this was a brilliant presentation of an old classic. The special effects were fascinating, especially ‘The Twister’ with images projected on to a huge screen, it seemed as though we were being whisked away through space.

I have to mention Toto; I am not sure which of the four dogs trained for the part we saw but he was a real scene-stealer and played his part to perfection.

This is a great show for children, but listening to the comments from our members after the show, everyone enjoyed being transported back to their childhood with the magic of make believe, and a happy ending.

Top Hat

Top Hat in Norwich is our next theatre trip.

Thank you to all of you who continue to support our twice-yearly visits to the theatre and to those who help me on the day.

While London is an exciting place to visit, the traffic conditions are appalling and it has been suggested that a visit to one of the local theatres would make for a less tiring day.

Therefore, for October this year, I have booked for us to see the musical show **Top Hat** at the Theatre Royal in Norwich on Wednesday October 26.

If this is successful, we may, as a group, prefer to visit a London theatre once a year with a local theatre to alternate.

I would welcome members' views of this idea.

Sylvia Bambridge

>> From page 33

couple of sponges, how about a bit of savoury?”

When the goods arrived and sometimes on a trial run, friend Pam and myself would have to taste and duly approve. I can still see her face with the pleasure she got from helping us. Little did I realise how much she did and how much I would miss her in every way.

Sadly over recent years both she and Peter became ill but she helped as long as she could and we thank her for all she did. Our thoughts are with Peter, daughter Elizabeth and her two grandchildren, all of whom she absolutely adored.

Ted Dunnett

Ted and Peggy Dunnett joined Upbeat at Sudbury in 2005

Ted was quite poorly but was helped by the support and enjoyed the company of other members.

Sadly, over the years, Peggy suffered from deteriorating eyesight and became partially blind. Ted became her carer.

Until very recently they both managed to play bowls a little and came to Upbeat regularly.

Unfortunately Ted's health became a problem and we have missed seeing them.

Our thoughts go out to Peggy, their children and grandchildren.

Joyce Gooch

The chapel of West Suffolk Crematorium was packed on August 2 for the funeral service for popular Upbeat member Joyce Gooch, who died after a long and brave fight against cancer. A further notice will be in our next edition.

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Paraprosdokians

A paraprosdokian is a figure of speech in which the latter part of a sentence or phrase is surprising or unexpected in a way that causes the reader or listener to reframe or reinterpret the first part.

Some examples by famous people:

He was at his best when the going was good. – *Alistair Cooke on the Duke of Windsor*

There but for the grace of God – goes God. – *Winston Churchill*

You can always count on the Americans to do the right thing – after they have tried everything else. – *Winston Churchill*

If all the girls who attended the Yale prom were laid end to end, I wouldn't be a bit surprised. – *Dorothy Parker*

I've had a perfectly wonderful evening, but this wasn't it. – *Groucho Marx*

A modest man, who has much to be modest about. – *supposedly Winston Churchill, about Clement Attlee*

She looks as though she's been poured into her clothes, and forgot to say 'when'. – *P. G. Wodehouse*

I like going to the park and watching the children run around because they don't know I'm using blanks. – *Emo Phillips*

If I could say a few words, I'd be a better public speaker. – *Homer Simpson*

I sleep eight hours a day and at least ten at night. – *Bill Hicks*

And there are others . . .

I asked God for a bike, but I know God does-

n't work that way; so I stole a bike and asked for forgiveness.

Do not argue with an idiot; he will drag you down to his level and beat you with experience.

I want to die peacefully in my sleep, like my grandfather; not screaming and yelling like the passengers in his car.

Going to church doesn't make you a Christian any more than standing in a garage makes you a car.

The last thing I want to do is hurt you; but it's still on the list.

Light travels faster than sound; this is why some people appear bright until you hear them speak.

If I agreed with you, we'd both be wrong.

We never really grow up; we only learn how to act in public.

War does not determine who is right -- only who is left.

Knowledge is knowing a tomato is a fruit; wisdom is not putting it in a fruit salad.

The early bird might get the worm, but the second mouse gets the cheese.

Evening news is where they begin with 'Good evening,' and then proceed to tell you why it isn't.

To steal ideas from one person is plagiarism; to steal from many is research.

A bus station is where a bus stops; a train station is where a train stops; my desk is a work station.

Our intrepid travellers get mixed weather on a winter drive south

By Tony and Faye Warner

IT was a very cold New Year's Day of 2011 that we set off again on our travels.

This time we were off on a circular tour of Portugal and Spain in our motorhome, staying at various campsites en route.

We had decided to get a ferry from Portsmouth to Santander in northern Spain as this saves the long drive through France, and as we intended to spend a month on the Algarve this route made the most sense.

We set off at 12 noon on January 2nd and enjoyed a very pleasant and calm sailing to Santander.

Once docked we normally experience a quick and efficient disembarkation, but not on this occasion. It seems that a car had broken down on one of the decks which stopped us and other motorhomes and caravans on the lower deck from leaving the ship. It took over an hour to sort out the problem. This meant that we would be travelling in the dark looking for our first booked campsite for an overnight stop.

Because of this we decided to stop when we got tired and eventually stopped at a campsite in Burgos (Spain) for the night which was several hours short of our original destination, Salamanca.

An early start next morning for our drive to Salamanca in fog and rain and we arrived safe and sound at our booked campsite.

Next morning we caught a bus from the campsite which took us into the city of Salamanca which is very historic and has lovely architecture. We also had the chance of a bit of retail therapy.

We left this site after two nights and headed further south to a city in Portugal called Evora which is a Unesco World Heritage Site. This journey of 230 miles was not pleasant as it consisted of high winds, rain and fog. En route we were amazed to see some large birds nesting on the top of electricity pylons. These turned out to

be storks. We had a few close ups of this magnificent bird with its huge wing span.

We arrived at our camp site in Evora and found that they had experienced heavy rain and the pitches were mostly flooded and very muddy.

However we did find somewhere to place our motorhome without getting bogged down.

The next morning it was much drier and warmer so after a half-hour walk into the quaint town we found ourselves in the Market Square which was large and surrounded by large and ancient buildings.

Our next destination was Alburfeira so we set off from Evora for the 130-mile journey and arrived at lunchtime. The picture shows the swimming pool area at Camping Albufeira and although it looks very inviting the water temperature was too cold for us.

Next morning there was an organised walk into the town of Albufeira, the weather was sunny and warm. A cup of coffee and a sandwich on the area known as Fishermans Wharf was next before the pleasant stroll back to our campsite. Our stay at Albufeira was very enjoyable and we attended numerous functions organised by the rally stewards. One such function was a pig roast, hosted this time by the site owners for the benefit of a local charity. This was completely free and good food, wine etc. It was also attended by a celebrity named Keith Duffy who we learnt was previously a member of Boyzone and now a member of the cast in Coronation Street. Collection buckets were passed around during the afternoon and a total of 1,365 Euros was donated.

All too soon our month was up and we got ready for a journey to La Manga in Spain, and on February 8th we left Portugal, heading east initially towards Seville and Granada. We had booked an overnight stop at a campsite in Humilladero half way between Seville and Granada. This was a very new site which had



The luxury swimming area at the site in Albufeira, but it was too chilly to bathe

been very well developed but due to the time of year there were only six other units on site, some British and some Germans. To get to this camp site we had travelled through the Andulucia region where there acres of olive groves and also more storks nesting on pylons. We continued our journey early next morning in thick fog – or was it low cloud? This lasted for a few hours and gradually the weather improved. We skirted around Granada and continued east towards our next long term site, La Manga.

We had visited this site five years previously and noticed it had changed little. It is one of the biggest sites in Spain and it sits on the sandy coast at a small lagoon named the Mar Menor which is very shallow and popular with wind surfers.

We stayed here for one month and enjoyed meeting some old friends and joined in with the various functions. The weather here has its own mini climate and is usually warm or even hot for the time of year, January and February. This site was within walking distance of the centre of Benidorm. So next morning we set off for a look round. It is many years since we last visited this town and we have to say it was too crowded for us. We only stayed here for four nights and then headed in a north westerly direction and our ferry at Santander. This was quite a long drive and two overnight stops were

made. The first stop was in a mountainous area at a very pretty town called Navajas. A walk around this small town was called for and we saw some very impressive and large houses which I would call built in the colonial style, obviously quite a wealthy area.

Our next stop was in the Rioja region at a site we had previously stayed called Naverette. This was only a few hours from our ferry port so we stayed for two nights and purchased some lovely wine from the camp owners.

Thursday, March 17th found us at Santander where we were loaded onto our ferry for the journey back to England. During the crossing the weather was again kind to us and we enjoyed a nice meal in the restaurant.

We arrived back in Portsmouth late afternoon Friday and decided not to tackle the M25 on a Friday evening and opted to stay at a pub near Fareham where we had stayed before. So we had a nice pub meal and went to bed, to prepare for the journey back to Suffolk on the Saturday morning.

A total of 2,200 miles was covered in our circular tour which lasted 10 weeks.

If any members of Upbeat would like any advice about travelling in these two countries with a caravan or motorhome feel free to contact us.

Our next journey we have planned is to Iceland so watch this space.



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Jill Brooks

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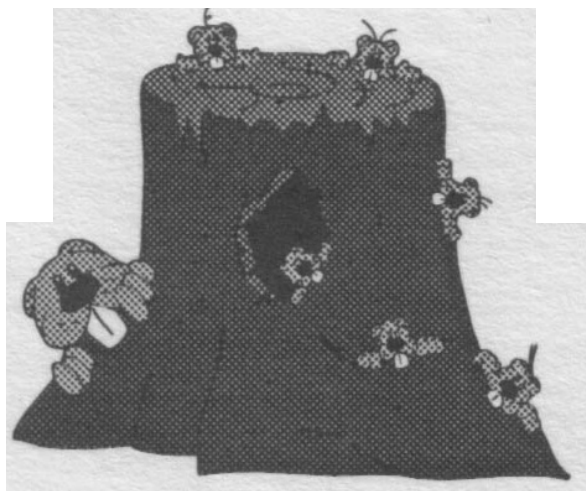
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Please note that booking forms will be available three months before the function and are operated on a paid for, first come-first served basis. You may bring guests, provided there are sufficient places available.

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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: Sept 1st, 15th & 29th; Oct 13th & 27th; Nov 10th & 24th; Dec 8th & 22nd. 2012: Jan 5th & 19th, Feb 2nd & 16th, March 1st, 15th & 29th, April 12th & 26th
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. **2011 dates are:** September 5, 19; October 3, 17, 31; November 14, 28; December 12. **2012 dates are:** Jan 9th & 16th, Feb 6th & 20th, Mar 5th & 19th, Apr 2nd & 16th, Sep 10th & 24th, Oct 8th & 22nd, Nov 5th & 19th, Dec 10th

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

Applications for a new Social Events & Fund Raising Committee are being processed at the time of printing. Once formed, the committee will organise a programme of events for 2012 and members will be advised accordingly.

Friday 9th & Monday 12th December

Exercise & Mince Pies at New Bury Centre

Tuesday 13th December

Christmas Festivities & Grand Draw at Sudbury Delphi Club

Wednesday 14th December

Christmas Festivities & Grand Draw at New Bury Centre

Friday 16th December PM

Christmas Festivities & Grand Draw at Hardwick Middle School

Over the Christmas & New Year Holiday period we will be closed on the following dates;

Monday 19th, Tuesday 20th, Wednesday 21st, Friday 23rd, Monday 26th, Tuesday 27th, Wednesday 28th and Friday 30th of December 2011. Monday 2nd January 2012

We will also be closed on Good Friday 6th April, Easter Monday 9th April, May BH Monday 7th May, Spring BH Monday 4th June, Diamond Jubilee BH Tuesday 5th June, Summer BH 27th August

Members should watch the notice boards at the centres, or our web site www.upbeatheartsupport.org.uk 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 the programme for 2012. If you would like to organise an event, we would be happy to support and help you to set it up and to sell tickets.

CONDITIONS FOR BOOKING TRIPS AND EVENTS

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

UPBEAT HOLIDAY TO KENT

18th – 21st JUNE 2012

Staying at 4 star Ramada Hotel & Resort which is located in its own grounds just outside Maidstone. The hotel has an indoor swimming pool, sauna and steam room. Lifts to all floors. Our accommodation is on a bed, breakfast and evening meal basis .

18th June - Travel to hotel visiting Dickens World in Rochester on the way down.

19th June – Blue badge guided coach tour of Canterbury. After tour visit Canterbury Cathedral. The remainder of day will be free to explore at leisure.

20th June - Full day visit to Howlett's Wild Animal Park.

21st June – After checking out of the hotel we take the short journey to Leeds Castle where there will be ample time to explore at leisure before making journey home.

Price based on double/twin room £310 per person. Single room supplement £25 per person (limited to 8 single rooms). All entrance fees included.

Travel insurance is available and costs £16 per person.

**Application forms are available at all Upbeat sessions or contact
Rita Howell 01284 762976**

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NEW MEMBERS

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 Harry Taylor
 John & Margaret Thomson
 Arthur & Joy Chow
 Ivan & Susan Gladwell
 David & Patricia Corton
 George Trudgett
 Shirley Mosley
 Colin & Marianne Cooper
 Kenneth Groome

Trevor & Jan Watson
 Ronald & Pamela Venables
 John & Margaret Hallam
 Peter & Janet Golding
 Charles & Joyce Weston
 Barry McKee
 Darren Welham & Sarah Moore
 Gordon & Marion Hawes
 Fred & Helene Taylor
 John & Janet Albon

Agnes Irwin
 John & Janet May
 Brian & Valerie Draper
 Peter & Sheila Welham
 James & Alice Blackmur
 Nigel Abrey
 Keith & Brenda Simmons
 Peter Last
 Robert & Rosemary Lock
 David & Margo Cook

£100 CLUB WINNERS February-June, 2011

February

1st £100 Neville &
 Eileen Waller no 188, 2nd
 £64 Betty Raymond no
 283.

March

1st £100 John & Marion
 Reynolds no. 171,
 2nd £68.50 Michael &

Diana Pizzey no. 214.

April

1st £100 Michael & Joyce
 Gooch no 121,
 2nd £68.50 Brian & Jane
 Penson no 225.

May

1st £100 Ernest & Jill
 Osborne no 336,

2nd £69.50 Louise Waspe
 no. 140.

June

1st £100 Bernard Marshall
 no 79, 2nd Tom
 Marsh no 007.

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

Get a touch of the sun!



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



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

Two bedrooms (sleep 4), lounge/dining room, bath/shower, cloakroom, in a block of only six apartments. Rental details from David Williams (01284 850836)

More info and pictures on www.holiday-rentals.co.uk (key in Property No 2249).

2011 special offer: 10% discount for Upbeat members!

I.C.E

IN CASE OF EMERGENCY

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

WHAT TO DO ...

Enter in your mobile phone address book 'ICE' under the name and a contact number for the services to use in the event of an emergency.

Simple, but it could help in the hour of need

RAISE MONEY FOR UPBEAT

JUST BY SEARCHING THE WEB

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/>

Register!. Easyfundraising provides a FREE service where you can shop with your favourite online stores and at no extra cost raise funds Upbeat. You still shop directly with each retailer as you would normally, but simply by using the links from the Easyfundraising site first, each purchase you make will generate a cashback donation to the cause you wish to support.

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