



UPBEAT MAGAZINE

Pilgrims to Kent

Plus:

- » **Cruising up the Amazon**
- » **Tips on lowering your cholesterol**

Autumn 2012

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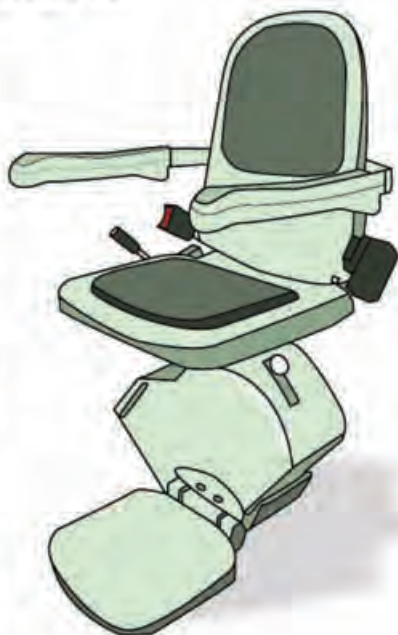
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Secretary: Hilary Neeves Tel: 01359 232678 email: hils1947@yahoo.co.uk

Full list of officers – Page 7

How to make a donation to Upbeat – Page 45

A final word . . .

This is the last Upbeat Magazine I will edit and it is with some regret that I announce the news. The magazine has given me the chance to work closely with the people who keep Upbeat running so well, to spread their news and views among our 900-odd members and carers, to report what has been happening and what is likely to happen in the future.

Thank you to those who have offered (or been cajoled) to write articles and supply pictures about what they do, what they have done in the past, where they have been, what they have seen and conveyed it to fellow members in informative, educational and entertaining articles.

I have always held it in mind that as this is a members' magazine it should be written as much as possible by members. The point has been made many times that Upbeat is not just a group of people who have got together for exercise and care but that it is a community on its own and has its own life. Its members, for reasons of its existence, are mainly of a mature age and between us we hold many memories of the past 60 years or more in Suffolk and places further afield, and that whenever we can we should put them on record and keep them for posterity.

I am giving up the editorship not because I want to retire altogether but because I have other things I want to write. And having now exceeded the three-score-years-and-ten biblical expectation of life by a bonus ten years I want to make sure I find time to write them.

Another member, David Axton, has agreed to take over the magazine editorship and he will introduce himself to you in the spring edition. You will already know of his work from the articles he has written for us.

I cannot speak too highly of the care, enjoyment and fulfilment I have had since becoming an Upbeat member in 2003. The benefit has increased since I was diagnosed with Parkinson's four years later, when I was advised to increase my exercise sessions from two to three a week. I strongly believe that step, which I will continue, is helping to keep the worst effects of that condition at bay. – David Williams.

Front cover picture: The soaring tower of Canterbury Cathedral, which we visited during the Upbeat holiday in Kent in June and which is reported on pages 24 and 25.

Editorial contributions and ideas for features and other items to David Axton. Tel: 07946225612 or 01284 747238, email: daxton42@btinternet.com.

Advertising enquiries - see Page 22

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

Chairman's Report

How we could change our AGM rules

IT'S that time again. On 18th May we held our AGM and were delighted to see so many people, a lot of whom we hadn't seen for the whole year or even more.

Our present constitution was set up in 2001 when the law required us to become a business or a charity. We made a small amendment in 2003 and now feel that, after ten years, we should review again as things have changed, not least the universal use of computers.

As our membership grows, and it stands at the time of writing this report at 910, we specifically need to address the situation where the constitution requires us to have a ten per cent attendance of the membership to form a quorum for an AGM to be held. As our membership increases this is becoming more and more difficult to achieve, especially as we have a proportion of members who are unable to attend through ill health, transport problems, age and other difficulties but still want to keep in touch, often to start attending again even years later.

The constitution will be discussed in depth by the Executive Committee and will hopefully be brought back to the next AGM in May 2013 with suggested amendments. There will be an extra meeting before the main business then, where we will put forward any new resolutions for your approval, notably to change the ten per cent figure to one much lower.

I am anxious however that this will not mean that members will think that there is no reason to attend AGMs as I feel that the work of both committees is very arduous and needs recognition and your support.



by
JILL BROOKS

This report has to be submitted some time before you receive your magazine and as I write this, the Olympic Games have just finished. If, like me, you are a sports fanatic, having had so many exciting television channels to choose from life suddenly feels a bit flat. However I have had the usual hectic Upbeat session this morning and have managed to find a 40-over cricket match to soften the blow this evening.

As we sign in our 911th member I think that I am often asked, 'What is the reason for our success'. Usually followed by the comment, 'You must be doing something right'. It struck me as the Games closed and the glowing accolades came pouring in how, in some ways our structure is the same.

- >> We all have something in common whether patient or carer.
- >> We offer an exciting exercise programme to all where their present health allows it.
- >> At our exercise sessions the challenge lifts people and they try to set themselves personal targets to improve and sometimes in competition with their friends.
- >> A lot of sharing and laughter helps relaxation giving whole body care.
- >> We have the best coaches and medical help to give maximum support.
- >> Probably most importantly we try to give people time to express their worries and talk their problems through.

We even gave out gold medals last week at our

own mini Olympic session at Sudbury. We are now looking at putting the javelin in our exercise sessions after including a beanbag race.

I have attended the usual hospital support meetings. There is a lot of concern and uncertainty about the future. Suffolk Health Authority now disappears and we are part of NHS Midlands and East. At the moment I am trying to wade through the latest document which I have to say is not the best bed-time reading.

We are looking for members for the Cardiac User Group. Meetings are once every two months. Recently we have supported Kate Turner with the production of a new patient booklet. It is interesting work. Please let me know if you would be interested in taking part and I will give you more details. You do not have to be a member of Upbeat but do need a cardiac interest.

Since the last edition I have given a talk to the Parkinsons group in Sudbury in memory of our Upbeat friend Pam Backhouse to thank the group for the love and support they gave her. They took over the mantle from us when she became so disabled. It was very humbling and a delight to meet so many friends, many of whom I knew well. Like us, laughter is their best medicine.

A special thanks to the Methodist Ladies. They are a group of older ladies who made us their charity of the year. I was speechless when they handed me a cheque for £500, especially as they don't do raffles.

To all those who help us I can't thank you enough and welcome to all the new members. I hope that you are finding Upbeat helpful.

No membership fee, you just have to be able to laugh.

We are here for each other.

*Best wishes
Jill*

» NOTICES

UPBEAT FRIENDS REUNION LUNCH AND AFTERNOON

Thursday May 16th 2013 at Stoke By Nayland Golf and Country Club. Noon to 4.30pm.

This is the usual superb venue with marvellous food. Grand draw. The well known speaker, Charlie Haylock (funniest man in Suffolk), will entertain us. Specially chosen to make us laugh. Booking will commence in the New Year and transport will be arranged from Bury as before. Tickets will be £25.

CPR & DEFIB TRAINING

If you are already trained and due for an update please can you let me know. If you are interested in training for CPR & defib please contact me as soon as possible as I need to book dates. Don't forget you could then be able to attempt to save a life or at least know how to try.

Contact Jill, 01787 376920 evenings, at sessions or by email; kenafb@talktalk.net.

TRANSPORT

If you wish to attend Upbeat sessions but are finding it difficult don't despair!

With the help of Dial a Ride at Bury and Sudbury we are trying to set up a transport system.

This should be relatively inexpensive and is door to door. However we need enough numbers to make it viable.

Contact Jill, 01787 376920 evenings, at sessions or by email; kenafb@talktalk.net.

Treasurer's Report

We would love to hear your ideas for raising more funds for Upbeat



by
DAVID CAMP

THE financial position of Upbeat is, I am pleased to report, in a healthy and successful position with a satisfactory reserve in hand to cover immediate and substantial monthly outgoings.

These stand at £4,375 per month at present, covering the cost of room rental and nurse and exercise instructor costs and expenses.

Donations, some of which are shown following this article, are thankfully, substantial and we are indebted to each and every one, both large and small, because it is these which are our lifeblood.

We are also grateful to Suffolk County Council, who have again kindly supported us with a £5,000 grant from their Innovations Fund for Family Carers. Our year's liaison with Sainsbury's as their Charity Of The Year at the Bury St Edmunds branch bought in an amazing £4,566 and we appreciate the help and support of management and staff at the store for their help in achieving such a valuable and vital donation.

Our small group of Fund Raisers have also been busy and we are grateful for the hard work and effort that they are putting in on our behalf to organise Social and Fund Raising events for us. If you feel that you can help to run or support an event on behalf of Upbeat, please contact Sylvia Baker or one of the Committee.

Another important income stream for us is the sale of tea and coffees at our sessions. Last year they bought in a net profit of £3,522 – up £500

on the previous year. Martyn Roper at Sudbury and Vicky Copping at the Newbury Centre and their small band of helpers, please take a well deserved bow. Incredibly, we are still holding the price of a cup of coffee and a biscuit at the same price as when we started serving them 13 years ago!

Each year, I do a breakdown of coffee and biscuit costs, taking into account the kind donations at both venues and we can still enjoy a healthy profit without hitting the pockets of our members. For those who might argue for a price increase, I will remind them and you, that 50p is the minimum price we ask!

I always include a piece about our excellent web site, which is acknowledged as the best in our field, and for this we must thank our webmaster, Steve Dennington from Lowestoft, who does this entirely voluntarily and unpaid. You may have noticed that we have the photograph galleries easier to view now, by making them into slide shows. Do have a look on www.upbeatheartsupport.org.uk. I remind you that this is your site – we would love more input from you and also your views on the site or on Upbeat generally.

There is a 'Contact Us' section which is simple to use, so let's have your comments – good or bad. We also require more photographs, or indeed short videos, for the galleries of Upbeat events or indeed, your own hobbies or interests. Please contact me, in the first instance and we can arrange how best to get them to me and for me to return them after uploading them to the

site. Steve and his daughter, Lisa are doing a sponsored Skydive on 8th September.

They have paid for this themselves and have offered all sponsorship money to Upbeat – a most generous gesture. Please help to support them and Upbeat for attempting such a terrifying feat.

There are sponsorship forms at all venues or you can send money on our web site or alternatively send a cheque to me, made payable

to ‘Upbeat’. Thank you very much. Let’s make it really worthwhile.

As ever, we are always looking for new ideas and suggestions of fund raising or improving the Upbeat and the support it gives. If you have any thoughts or suggestions, please let us know.

Thank you for all your help.

David Camp

Fund raising, donations and grants February – July 2012

FUND RAISING

Easter Raffle – Sudbury	£128.00
Easter Raffle – Newbury	
Community Centre	£223.00
Easter Raffle – Hardwick School	£88.00
Photo Quiz – Sue Tyrrell	£20.00
British Sugar Bowls Tournament	£305.00
Sainsbury’s Charity Of The Year	£4,566.00
Garden Party – Ilva & Peter Maxey	£443.50
Collection Bury FC – Bob Fuller	£67.00
Sudbury Fun Run – Bob Fuller	£396.00
Sudbury Fun Run –	
Jack Coyte/Patrick Napier	£89.00
Bonus Ball – weekly at all venues –	
year 2011- 2012	£2821.00
100 Club – year 2011 – 2012	£2217.00

GRANTS

Suffolk County Council Innovation Grant –	
Family Carers	£5,000.00
Healthy Ambitions Fund	£492.38
Suffolk County Council/Suffolk Sport	
(Sudbury Fun & Games Day)	£108.00

GIFT AID

Gift Aid from HM Revenue &	
Customs for year 2011 -2012	£532.07

DONATIONS

Bob Fuller	£240.00
Bury Newbury Centre Collecting Tin	£106.00
Sudbury Collecting Tin	£185.21
Easy Fundraising – via our web site	£64.51
Eileen Shurmer	£35.00
Reg & Rita Palmer	£50.00
Don Pope	£50.00
Sylvia Baker	£42.17
Rodney Johnson	£50.00
Barclays Bank plc	£120.00
David Deacon (talks)	£30.00
Jill Brooks (talks)	£30.00
Julie Dubroff	£20.00
John & Peggy Simmons	£25.00
Pat Corbett	£50.00
Methodist Ladies 8 o’clock Club,	
Sudbury	£500.00
The late Anne Marshall	£500.00
In memory of Peter Fordham	£150.00
In memory of Graham Serjeant	£310.00
In memory of Brenda Higgins	£553.38
In memory of Rick Lee	£495.00

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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SECRETARY	Hilary Neeves	01359 232678 e-mail: hils1947@yahoo.co.uk
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	Rita Howell (100 Club)	01284 762976 e-mail: rahowell@tiscali.co.uk
	Rodney Johnson	01284 754844 e-mail: rjhoclo@btinternet.com
	Mary Lee (Minutes Secretary)	01284 763577 e-mail: leesatbse@yahoo.co.uk
	Jacqueline Williamson	01787 370753 email: jackieww@live.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, 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

MEMBERSHIP SECRETARY

Catherine Palmer 01284 760960 e-mail: catherinepalmer1@googlemail.com

MAGAZINE EDITOR David Williams Tel: 01284 850836

email: djwilliams.chedburgh@yahoo.co.uk For Spring 2013 edition onwards, David Axton
 Tel: 01284 747238 or 07946225612 email daxton42@btinternet.com

You are what you eat

Peter Azzopardi, one of Upbeat's exercise instructor team who is also a personal trainer, writes of the role of diet and nutrition in managing your weight

WE are all aware of the importance of aerobic exercise in the role of secondary prevention and management of cardiac rehabilitation. The BACR (British Association of Cardiac Rehabilitation) have advised that you should aim for at least three sessions a week of between 20-60 minutes of aerobic exercise at 60-80% of your maximum heart rate. Your cardiac nurse or exercise instructor can provide further details of these recommendations.

Healthy eating is also a big part of how you manage your condition, health and well-being. I'll start this article with a disclaimer. I hold a level 3 qualification in Nutrition and Weight Management, which I achieved in 2002 as part of my Personal Trainer award. This means that I am approved by the Register of Exercise Professionals to give advice on basic nutrition. A medical professional in nutrition is known as a dietitian. A dietitian will use their knowledge to help people (including cardiac patients) to make decisions about their lifestyle and food choices. They assess and treat people with a wide range of medical problems. Their training is usually four years full time and the title 'Dietitian' is protected and qualified staff must be approved by the Health Professions Council (HPC). Before making significant changes to your diet, please seek advice from a dietitian or your GP. The UK Eatwell plate is approved by the Government's Food Standards Agency. The following tips are based on these guidelines.

Top tips for healthy eating:

Fruit: Eat lots! At least five portions. At least a third of your day's food. Good for vitamins, minerals and fibre. Fresh, frozen, tinned or 100% juice all count.

Bread, rice, potatoes, pasta and other starchy foods: Base every meal on starchy foods. A



Peter Azzopardi

third of your day's food. Good for energy giving carbohydrates and for vitamins, minerals and fibre. Aim for wholemeal, wholegrain or 'high fibre' varieties.

Meat, fish, eggs, beans and other non dairy sources of protein: Eat moderate amounts only. About two or three portions a day. Good for protein, vitamins and minerals. Pulses (beans, lentils) are a good alternative to meat. Aim for lean meat such as fish and chicken, rather than sausages, which are high in saturated fat and salt.

Food and drinks high in fats and sugar: Eat and drink these only occasionally and in small amounts. Cut down on saturated fat and aim for low fat and sugar foods. Aim for good fats such as extra virgin olive oil, which you can add to your salad, and oily fish. These help to lower bad cholesterol (LDL's) and increase good cholesterol (HDL's).

Milk and dairy foods: Eat moderately, about 2-3 portions a day. Good for calcium, protein, vitamins. Aim for lower fat varieties.

You can make healthy food taste great by being creative with your cooking and using herbs and spices.



Sainsbury's staff present the cheque to Upbeat representatives.

Thank you, Sainsbury's

By Sylvia Baker
Vice Chairman

OUR two-year sponsorship association with Sainsbury's ended at the end of April. We held four collections outside the store in Bury St Edmunds when Upbeat members braved the elements to collect money from the shoppers. Bury people were very generous and we collected £1,600 in total – when you consider the present economic climate this is a fantastic figure. Sainsbury's works council team in the store

were making a lot of effort to aid our charity. We were unaware of exactly what they did behind the scenes but we know they held quiz nights, spot the ball and also ran a lucky lottery number draw – but we had no idea of any amount of money they were raising. Thanks to their superb efforts the grand total came to £4,566.55. When they presented the cheque to us you can guess it was a really super surprise. How fantastic and a big thank you to Sainsbury's. We are very grateful.

Helping to secure the future of 'our' Upbeat

I WAS born, raised, and educated in the Canterbury area of Kent. After school I joined a specialist department of Barclays Bank and stayed with it for 40 years. While we were both working in Truro, Cornwall, Ella and I met and we were married at Bridgwater, Somerset, in 1957. We retired to Bury St Edmunds from Cardiff, South Wales, in 1988. We have two children and two grandchildren. Sadly, Ella died last year. My heart trouble was found in 1994, a heart attack followed in January 1995 – then a triple bypass at Papworth in the March. Ella came with me to the six rehab sessions at West Suffolk Hospital.

Shortly after, at a meeting which was arranged by some earlier rehab members, with help and support from hospital professionals and the British Heart Foundation (an initiative we must all be grateful for) we became founder members of Upbeat, thereby becoming part of our wonderful and expanding network of exercisers, carers, friends and mutual supporters.

We joined the committee at the first AGM and served until 2004.

I have been astounded by the way Upbeat has expanded since that time and recognise the demands this has put on our organisation, in particular, the workloads of key committee members.

Upbeat was very close to Ella's heart precisely



Rodney and Ella Johnson

because of the understanding, support and friendship we received.

My hope, in rejoining the committee is first to gain an insight into the 'who does what', as I am very conscious that there are many members who do regular jobs which keep our activities going, and second, what I feel is an obligation to help in securing the future of 'our' Upbeat for us and those who will inevitably follow.

Rodney Johnson

Hilary takes the reins as Upbeat's new secretary

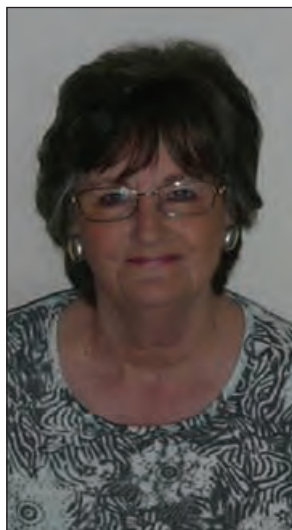
I WAS born in the tiny village of Quendon, near Saffron Walden in Essex the youngest of two sisters. Those were the days when villages were almost extended families, and everyone knew everyone else.

I remember the summer school holidays seemed to go on forever and my sister and I would go off on our bikes, meet our friends and not come home till dusk. Our parents never gave it a second thought that we would not be safe, as wherever we went in the village, someone's Mum would be looking out for us.

After I left school I worked for several years at the Herts & Essex Hospital in Bishop's Stortford in the Path Lab Office, eventually moving on to work for the Herts & Essex Coroner.

These jobs were very interesting and gave me good grounding in working with the public which has certainly helped in working in other environments.

I married when I was in my early twenties and have two daughters. Sadly after some 22 years I was divorced, my husband re-married and died of a brain haemorrhage a few years later. Giles came along



Hilary Neeves

and swept me off my feet and the rest, they say is history – we have been together ever since.

We are both lucky in having two lovely daughters each, giving us 8 – nearly 9 – fantastic grandchildren. We both absolutely love being grandparents and do as much as we can with them.

I was introduced to Upbeat after Giles had a heart attack in February 2010 followed by bypass surgery later in the year. This came completely out of the blue and was a tremendous shock to us both.

After the six-week rehabilitation at West Suffolk Hospital we were introduced to Upbeat by Jill Brookes who was giving a talk at the last session.

We duly turned up at our first session, not knowing what to expect, but soon found this group to be an enormous blessing, giving us both friendships and the confidence to move forward and we would like to thank all those members who made us feel so welcome.

Someone who often gets overlooked when illness is around is the carer, but built in to the philosophy of Upbeat is care for the carer as well as the patient. Wonderful!

I joined the fundraising and social group last year and want to help Upbeat in any way I can, so am delighted although a bit nervous about becoming secretary, but I will give it my best shot.

Upbeat is a very unique organisation: there to help and welcome all patients, from whatever economic/social background and that must be protected and cherished.

Hilary Neeves

(See also Secretary's report on page 33)

All that jazz

For one night only ...

THE Upbeat Dixieland Jazz Band took centre stage on the 26th May at the Delphi Centre in Sudbury for a night of music and dance, with a fish and chip supper.

Well over 100 tickets were sold to Upbeat Members and the general public and the evening was a great success resulting in a profit of £678.

It was a good opportunity for all members from the various Upbeat venues to get together and socialise and many people were dancing to the music.

A very successful raffle was run by Sudbury members and lots of prizes were donated.

Thanks to the members who came early to set out tables and chairs and hang bunting etc and stayed late to put everything away again.

Giles Washbourn, Upbeat member, who put the band together, played banjo and guitar. Other upbeat members were Keith Blasby, who led the band on the trumpet, and Barry Metcalf, guest violinist.

Other band members included Tony Teal on saxophone and clarinet, Bob Renvoize on trombone, Peter Attwood on bass guitar and Ted Ashton on the drums.

Many thanks to all the band members for volunteering their services in aid of Upbeat and thanks too for everyone who supported this event.

We always welcome ideas for future fundraising so if you have a suggestion, please let us know!

Hilary Neeves

A special day out

WHAT a lovely day it was for Jill's lunch at Stoke by Nayland Golf Club in the spring – the setting, weather, food and of course the people who helped to make this event something special again.

Jill and Ken had worked long and hard to arrange the seating plan, not an easy task, and sorted out the menu with the hotel.

The room looked lovely and the sun shone making everything bright.

Lots of Upbeat members came. This lunch means that some of our members who are unable to attend weekly exercise classes were able to see friends to chat and catch up with people they perhaps had not seen for a while.

The hotel staff looked after us well and the meal was first class, good produce well cooked, very hot and very tasty.

It was especially nice to have Ken Brooks join us this year.

Our speaker was Gordon Watkins a local Suffolk farmer – he kept us all amused with his little jokes and tales and he was thrilled when we made him an honorary member of Upbeat.

The afternoon seemed to fly and it was soon time to enjoy the raffle before we all left for our various homes.

This lunch helped to raise funds for Upbeat and we are grateful for all the support given by Upbeat members

Everyone seemed to really enjoy the lunch and we thank Jill for arranging this, and we all look forward to the next one.

Sylvia Baker

Thanks for your help... I did it!

By Michelle Jermy

FINALLY I have passed my MSc Sport & Exercise Medicine. Many Upbeat members will remember the tedious task of completing questionnaires. For some members this took place weekly for several consecutive weeks! I am so grateful for the time, patience and support you have demonstrated to me over the years.

The idea for my masters research came about since working with Upbeat. Cardiac rehabilitation improves prognosis of patients, reducing mortality by 20-25% over a three-year period, but yet many patients do not take up the invitation to an exercise programme, and of those that do the average statistics show a 20% drop out within three months and a 40% drop out within six months.

Patients know exercise is good for them but why so few uptake and adhere? Many individuals will easily stereotype others as being lazy, not motivated, but I wanted to find a way to go deeper and find the real causes of the lack of uptake and adherence (maintaining regular exercise).

The aim of my research was to develop a questionnaire (LACR-Q) to measure likelihood of adherence to cardiac rehabilitation. Could I identify those likely to start an exercise programme and those likely to stop, but more importantly what could we offer to support patients in enjoying exercise and change how they feel about exercise?

The questionnaire focused on factors including perceived risks, perceived benefits and negative emotional beliefs. Findings were that the revised questionnaire is a reliable method of measuring factors and could provide information to then tailor programmes to improve uptake, attendance and adherence. The questionnaire highlights patients who suffer with low self esteem, confidence as a result of fear, perceived risks and/or negative experiences. These patients could then follow a tailored programme supporting their individual needs. Those patients who scored high on the questionnaire would follow the



Upbeat Chairman Jill Brooks congratulates Michelle Jermy on her Masters degree.

traditional cardiac rehabilitation pathway. Within health and exercise our training courses teach us the specifics about the intensity of exercise beneficial for health. Much focus is on the rate of perceived exertion (RPE) scale (remember the chart with smiley faces?) and heart rate monitoring, but in recent years I have taken a controversial approach and made a conscious effort to not mention, measure or refer to guided intensity levels.

During the research on group discussions it became apparent that many individuals exercised because they knew they could choose how hard or gentle they could exercise, they didn't feel pressured to work at a certain intensity and if they were not feeling 100% they could reduce their usual intensity. Removing this fear of not maintaining a certain level, fear of the exercise feeling uncomfortable has resulted in many individuals having an increased self worth, confidence and adherence to regular exercise. It also goes without saying to ensure exercise sessions are fun, laughter definitely is the best medicine, a smile a day keeps the doctor away!

The LACR-Q to be named Cardiac Rehabilitation Questionnaire, of which I will be a co-author, will be published late summer.

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Garden party



Upbeat members relaxing in the garden, at the home of Peter and Ilva Maxey

AT the end of June Peter and Ilva Maxey welcomed 70 Upbeat members to a garden party at their home in Great Barton.

The afternoon was one of those rare occasions when the sun shone and there was no sign of rain. The garden was a sea of bright colour (thanks to all the rain) and the comments were very nice to hear. The Upbeat marquees were in use and looked a treat. We had a selection of plants and Ilva's Lemon Curd for sale along with a

raffle which helped to raise funds. Thanks to the many kind people who assisted on the night before and the day itself, also those who brought cakes, scones and other delicious desserts without which it would not have been such a success.

While this event was not designed to be a fund raiser but as a get-together, we nevertheless made in excess of £445.

We hope you all enjoyed the afternoon. Thank you for coming.

Absent Friends

with Jill Brooks

ALFRED LEEKS

Alfred, known as Alfie, joined Upbeat in July 2008.

He was a member at the New Bury Centre and was initially able to come on a regular basis. He was a real gentleman who enjoyed the company, with a ready smile and he always had a story to tell. As time went by his health deteriorated and, although he tried, he was unable to join us any more.

Our thoughts go out to Barbara and his family.

It is a little while ago now but we still miss and remember him.

RUTH SIMPSON

Ruth and Alan joined Upbeat in 2009.

Ruth enjoyed the company and friendship of the New Bury group, coming when she could.

Unfortunately she was very frail and sometimes found it too much.

She was pleased that Alan could be a regular member at New Bury and we have hopefully been of support to them both.

Sadly Ruth lost her fight earlier this year. We shall look forward to seeing Alan whenever he feels that he wants to visit. Meanwhile our thoughts go out to him and his family.

ANN MARSHALL

Bernard and Ann joined Upbeat at Sudbury in 2006 when we were still at the Town Hall.

Unfortunately Ann had some strokes, which left her unable to speak, a condition known as aphasia, which made her very frustrated. She still liked to look very smart and came to Upbeat to see everyone when she could, even if only for a short while.

Bernard was a gentle and wonderful carer for Ann and we hope that he will continue to visit to see his friends when possible.

RICK LEE

Rick and Mary joined us at Bury in January 2006 after Rick had recovered from a heart attack. He got the full support of the nurses and instructors to try to improve his fitness and

quality of life.

He exercised regularly until 2009 when he underwent major surgery. He fought hard and with the support of family and friends weathered that storm to laugh again with his friends at Upbeat.

He was, for many years, a member of the Lions in Bury and through this organisation made donations to Upbeat. He had pet names for a lot of people and always had a cheery word. Sadly poor health made him very weak and ill again although he tried so hard. We will all miss him and our love goes to Mary and the family. We will support them all we can.

JOAN DEACON

Joan and David joined in 1999 when Joan was David's carer.

They regularly came to Friday night sessions at Hardwick School and then to the Town Hall and Delphi at Sudbury.

They both enthusiastically supported our events. Sadly, over the years, Joan had her own health problems and their roles were reversed.

As well as this they lost a young soldier family member in Afghanistan. All of this was borne with great fortitude by them both.

Joan was a gentle, lovely lady with a great many friends and is sadly missed by all who knew her.

Our thoughts are very much with David and the family and we hope that we can support them any time they need us.

DOREEN COLLARD

Tim and Doreen joined Upbeat in November 2005.

Doreen was Tim's carer and they came quite regularly to New Bury. More recently it became more difficult for them both although they came occasionally to see the nurse.

We were so sorry to hear that Doreen's health deteriorated so suddenly, leaving Tim on his own. We are thinking of Tim and his family at this very sad time and hope that we can be here for him if he needs us.

Going for Gold

Tuesday 7th August 2012



INCLEMENT weather meant that our alternative to the 'Games' going on at London 2012 had to be held indoors at the Delphi Club, Sudbury.

However, that did not dampen the enthusiasm of the entrants or their supporters to enjoy a morning of fun and games organised by our exercise instructor, Maureen Cooling. The event was started by the arrival of the gold torch, with an impressive paper 'flame' (down to Alf & Safety, I was informed), borne aloft by three members who lead out the team of participants, duly bedecked in union flags, funny hats, wigs and moustaches and all bearing their number proudly displayed on chest and back.

There were seven events: Egg & Spoon Race won by Peter Smith, Statues won by Peggy Ranson, Relay won by Peter Smith's team, Javelin (well, bean bags actually) won by Les Orbell, Obstacle Race won by Patrick Napier's team, Clothes Off/On won by Lynda Brooks and finally the Three Legged Race won by Peter Smith and Peggy Ranson – who by that stage were probably hot favourites.

Gold 'medals' were duly presented to the winners by our Chairman, Jill Brooks and Certificates awarded to all competitors as a



memento. A selection of photographs are on show on our web site.

Our thanks to Maureen for an enjoyable and fun morning and to Suffolk County Council and Suffolk Sport for their support and financial assistance.



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Heart to heart

News from the BHF by Alex Mayer

■ A Sat-Nav for Cells

British Heart Foundation funded scientists who want to find a way to repair heart muscle by injecting stem cells into patients currently have no way of seeing where the injected cells end up in the heart. Now they may have found an answer.

They discovered that by labelling immune cells with tiny iron filings they can track their movements using a MRI scanner. The MRI scanner works much like a Sat Nav by mapping the magnetic cells as they move through the body. If stem cells behave like immune cells when carrying the tiny magnetic particles, researchers think they could also follow their journey to damaged areas of the heart.

National Heart Month and Red for Heart February is National Heart Month and once again the British Heart Foundation will be running National Wear Red Day. So a date for your diary is 1st February 2013 to cast off your usual attire for red instead.

We'll also be having lots of other red events and hope to light up more buildings red as we did this year in Bury St Edmunds.

■ Stowmarket volunteers visit Heart Lab

Three generous-hearted Stowmarket volunteers who raise money for the British Heart Foundation had an exclusive behind the scenes tour of a the British Heart Foundation laboratories at the Division of Cardiovascular Medicine in Cambridge to see first hand how the money they have raised is helping to support groundbreaking heart research.

Professor Martin Bennett, Professor Ziad Mallat and Dr Sanjay Sinhar explained the latest research they and British Heart Foundation funded students are working on, before showing the group around the high tech lab including the chance to look at pulsating cells under the microscope.



Over a thousand Olympic volunteers have been given British Heart Foundation life-saving training for the 2012 Games including how to give CPR and how to use a defibrillator.

Meanwhile in Suffolk, Exning-based triathlete, BHF supporter and official torch bearer Maxine Burgess gave local people a chance to be photographed with the Olympic torch at Newmarket Leisure Centre.

Researchers at the lab are currently working on 'Mending Broken Hearts' research.

At the moment, there's no cure for a broken heart. Once your heart muscle is damaged by a heart attack, it can never fully recover.

But groundbreaking research is trying to unlock the secrets of how other species can repair their own hearts, to learn how we can repair ours too.

■ Saddling up to tackle heart disease

Two Sudbury brothers raised over £4000 for the British Heart Foundation by cycling 390 miles from Edinburgh to Sudbury in memory of their mother Christine Tinsley who died at the age of sixty from heart failure.

Have you ever wondered why . . ?

Tesco make the sick people walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front?

People order double cheeseburgers, large fries, and a diet coke?

Banks leave both doors open and then chain the pens to the counters?

We leave cars worth thousands of pounds in the driveway and put our useless junk in the garage?

The sun lightens our hair but darkens our skin?

Women can't put on mascara with their

mouth closed?

'Abbreviated' is such a long word?

Doctors call what they do 'practice'?

Lemon juice is made with artificial flavour and washing-up liquid is made with real lemons?

The man who invests all your money is called a broker?

The time of day with the slowest traffic is called 'rush hour'?

Do they sterilise the needle for lethal injections?

Don't sheep shrink when it rains?



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Small steps to better foot health

IT MAY have been “one small step” for Neil Armstrong on the moon back in 1969 but we can all take several steps towards having better foot health.

It is too easy to overlook our feet when regular checks may help in spotting developing problems, as our feet can be an indicator of other health issues, in much the same way that you would have regular dental and eye health checks.

Here is a list of a few things we can all do to improve our chances of having good foot health.

1 Always wear comfortable and good fitting shoes making sure they are not too tight by making sure that there is at least 1cm gap from the end of your big toe to the end of the shoe allowing for the foot to stretch forward as you walk. Your shoe should also be wide enough so your foot will not be ‘crunched up’ but will lay flat in your shoe.

2 **Do not ignore foot problems however minor they may seem. Like anything, if left they can deteriorate and cause worse problems later. Always seek proper treatment and advice from a HPC registered Podiatrist/Chiropodist.**

3 This may sound obvious, but always make sure you dry your feet properly after washing them, paying particular attention to the areas between the toes as fungal infections like athlete's foot thrive in damp, dark, warm places.

4 **Verrucae are a particular problem these days especially around public swimming pools. To minimise the risk of infection it is advisable to keep your feet covered i.e. with rubber flip-flops, especially in the showers and changing rooms.**

5 Use a good quality foot cream regularly. This will help to keep skin supple and avoid such conditions as cracked heel skin.

6 **When buying shoes the best time to buy is later in the day when the feet are at their largest due to expansion.**

7 When cutting toenails always be careful to cut them following the shape of the top of the toe or straight across if you prefer, avoiding cutting down the side of the nail. To do so is risking the chance of having an ingrown toenail.

8 **More people are now wearing orthotics / insoles in their shoes these days, to help with forefoot heel pain etc. There is a large range available and you should see your Podiatrist to discuss whether insoles are suitable for your particular problem and if so what type. In order to be effective the correct type of shoe must also be worn.**

9 Blisters are basically fluid filled sacs, most commonly caused by poorly fitting shoes that rub against the skin. Prevention of blisters once again comes back to the old mantra – ‘always wear properly fitting and appropriate shoes’.

This is probably the one step above all others that we can all take in order to keep our feet as trouble free as possible. As well as properly fitting shoes, wearing appropriate shoes is also of vital importance in keeping our feet trouble-free. All footwear is made for a purpose. For instance high-heeled shoes are not made for walking long distances in or for fast walking, they are made for fashion. High heels should only be worn for short lengths of time and only occasionally. It is also important that they are both long and wide enough to accommodate your comfortably.

The above is by no means a comprehensive list of dos and don'ts, but if adhered to will certainly help in keeping your feet both healthier and more comfortable for longer and to avoid many of the above-mentioned problems.

If you would like further advice and information about foot health or would like to make an appointment to see HPC registered Podiatrist Sara Long please feel free to contact Friars Clinic at 11, Friars Street, Sudbury, Suffolk, CO10 2AA. Phone 01787 882055
Website: www.friarsclinic-sudbury.co.uk E-mail: sjlong@talktalk.net
See advertisement on Page 28.

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.

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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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SUDBURY

3) Held at the Delphi Club, Sudbury, **every Tuesday morning** – 9.15am to 12.30pm.

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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.

Why Upbeat is so important

Secretary's Report by Hilary Neeves

I WAS delighted to take over as Secretary for Upbeat at the AGM in May.

At the time of going to press I have only attended one committee meeting, so it's a bit premature for me to write a secretary's report. Suffice it to say I am slightly anxious following on from Brian, who has done a meticulous job, with everything in order.

The ethos that Upbeat is for all is one that we must hold dear.

When the hand of illness comes to shadow you it is a frightening and worrying time and, particularly where the heart is concerned, the angst seems to magnify.

Whether we are rich or poor, the fright and the worry are still felt just as keenly. The gift of a place like Upbeat to come to for so many things – support from our wonderful nurses, encouragement from the exercise instructors and the friendships made and cherished. We are lucky indeed.

With the Jubilee celebrations still fresh in our minds we are reminded of how quickly time passes us by. The Silver Jubilee doesn't seem that long ago.

I remember quite clearly my two young daughters decorating every window in our farmhouse in Hartest, and the sewing machine going full steam ahead producing masses of bunting to decorate the Primary school playground for all the celebrations.

This time, those same two young daughters have young children of their own, decorating their own windows and celebrating at their own primary school.

This is, I'm sure, a very familiar tale. The continuum of family life, wonderful!

I'm sure we all want the Upbeat 'family' to continue and flourish and if I can help in any way I will be happy to do so.

Keep smiling!

The wrong trousers . . .

THIS a true story about a pair of trousers, the moral of which is that if you are going shopping this Christmas know exactly what you want to buy and that the sales person understands what you want.

The trousers were made by a Swedish firm named Tenson and I bought them at a Blacks shop in London. They looked good, wore well and after many years they eventually wore out. Come Christmas came the inevitable question from my wife about what I would like as a present.

"I'd love another pair of those Tenson trousers," I said. "OK," she said. "If you can find them I'll buy them."

Blacks didn't have a Bury shop at that time so I phoned their Cambridge branch.

"Do you sell Tenson trousers?" I asked, and

they did.

"What sizes and colours?" I asked. "All sizes and all colours," the lady in the shop said.

It took us over an hour to get to Cambridge, including the park and ride.

At Blacks I looked at all the trousers on display but none were made by Tenson.

"You told me you had some Tenson trousers but I can't find any," I said. "Oh, we've got plenty," she said in a surprised voice. "Where?" I asked. "She replied: "Tents downstairs, trousers upstairs."

And then it dawned on me. Tenson trousers, tents and . . . oh forget it.

It took us more than an hour to get back to Bury and I got a pair of new jeans for Christmas.

David Williams



The Upbeat group at Canterbury – with driver Derek inevitably in the centre of it all

In the garden of England

By Sue Tyrell

OUR holiday in Kent in June was a mixed bag, with some aspects better than others, but on reflection, relaxing and fun.

Although there were only 24 of us we came from far afield. First stop Newmarket, last stop Halstead, with many stops in between including mine at Stanningfield.

Again, as before, Derek was our driver and did a good job of keeping us all in check by going above and beyond the call of duty, including doing a couple of the evening quizzes with Rita. On the way down we stopped at Dickens World, part of a new complex including many shops at the old Chatham Docks. Dickens World is a theme museum on the writer and his books and looks somewhat gloomy until, as you walk round, characters from his works suddenly

appear as electronic holograms and start arguing about the merits of his writing. Very clever.

From here it was on to our hotel and we were greeted by two Great Danes (very quiet, sculpted in stone) and several peacocks, who we found out at bedtime were not so quiet!

Tuesday, and after an early morning swim and a good breakfast we were on our way to Canterbury. Although the blue badge tour was not too succesful – it was rather lengthy and the guide rather too wordy – which caused many folk to drop out along the way, Canterbury itself was well worth the visit. Attractive buildings and narrow cobbled streets made it a pleasant place to walk around.

After two hours to ourselves, eating time of course, we then re-grouped and had a take-it-easy walk round the Cathedral. Once again well worth the visit as its size took your breath away. The taped audio guide to the Cathedral's histo-

Leeds Castle
across the
lake. Picture
by Sue Nye



ry, including the murder of Thomas Beckett, was particularly well done.

Wednesday brought bright sunshine, so before breakfast my sister in law and I took a walk in the hotel's large grounds, (met a few others from our party doing the same thing) and found a wonderful fishing lake, free to anyone staying at the hotel.

On then to Howlets Wildlife Park. It is renowned for helping endangered and rare breeds and seemed to specialise in monkeys. They also had an impressive number of gorillas, all in tip-top condition – the youngsters behaving like naughty schoolboys (but not half as noisy as the schoolchildren visitors who poured in by the coachload just as we arrived).

Again plenty of walking but being left to our own devices it was up to us all to do as much as we were able. Another place worth the visit.

Back to the hotel and another lovely meal (in spite of complaints about hard vegetables) and on with the usual quiz. Derek did them tonight, yes we had two, another feather in his cap, and once again fun all round, and chocolates for the winner, who shared with the losers.

Brian, you should have joined us instead of going on a wild goose chase looking for a pub. The hotel was in the middle of nowhere!

Thursday morning saw us packing (shame) for our return journey, but first a few hours at Leeds Castle (and yes, there is a Leeds in Kent). Listed in the Domesday Book as a Saxon Manor, it was lived in by Kings and Queens, Lords and Ladies, apart from a few years, until the 1970s. Its last owner was a Lady Baillie who lived there from 1926 until her death in the early 70s.

The Castle is now in the hands of the Leeds Castle Foundation which she established towards the end of her life.

In 1974 Leeds Castle and its historic grounds and park passed into perpetuity to this charitable trust but is used also for conferences and weddings.

This for me was our best visit of the holiday as it had every thing for a good day out, including a maze (which I always get lost in) a grotto plus wonderful gardens.

We had a comfort break on the way home at Kelevedon at a pub by the river where we all had tea and coffee.

Next stop home.

As with short breaks it went all to fast but I hope everyone feels like I do, much better for it. New friends were made and old ones re-established.



In Sanatrem and Parentins I came across the latest in local advertising - youths on motor-bikes with ghetto-blasters on the pillion. And we object to our musical ice-cream van!

Cruising the Amazon

By Nick Baylie

FOR many years I have taken my winter holiday in North Borneo, Malaysia.

However this year I decided to do something different and was persuaded by a couple of members of Upbeat to try a cruise. So I made my way to the Fred Olsen office in Bury as I saw they had a cruise down the Amazon in February, which interested me greatly. Initially the cost for a single traveller was extortionate but once the price had been reduced considerably I paid my money and booked a cabin.

We flew out of Gatwick to Bridgetown, Barbados. We were transferred by bus – coach

would be too smart a description – to the port where we were all checked on board the MV Braemar.

We had left the UK just as the cold spell was starting so getting off the aircraft into a temperature of 29 deg C was wonderful!

The first four days were fairly uneventful, being at sea. What did amaze me was the strength of the wind, reaching gale force 8 at times. I always thought that winds near the equator were meant to be light! The strong winds did result in a number of people on nights 2 and 3 suffering from seasickness and missing the evening meal. I have to admit missing night 3 but this was due to a touch of too much sun. Strong winds and temperatures of 30 – 32 C did leave me feeling



A wet walk in the Amazon Forest with me, also wet, taking the picture

a bit off with a touch of sunstroke.

Once we arrived in the mouth of the Amazon the wind eased and it was much more comfortable, becoming harder to find a sunbed on top deck. On the second night we were all allocated to our tables for dinner. Being on my own I was put on a table of other singles, three ladies and one other gent – a couple of retired teachers, a lady from Inland Revenue and a man from Amsterdam, plus a lovely man who unfortunately was extremely deaf so it was impossible to have a conversation without shouting in his ear!

Looking at all the other passengers, I have never seen so many septo and octogenarians gathered together in one place – a bit like a floating nursing home without the nurses.

There was as much food as you could eat with three main meals a day plus afternoon tea if you were still hungry. The food, especially the evening meals were superb. Always an excellent choice, well presented.

The staff too were magnificent, always extremely polite and friendly. Almost all the waiters and cabin staff were from the Far East. I had a lovely little Thai girl called Samri looking after me. She had an 11-year-old son back home who lived with his grandmother while she spent nine months on board, returning home for three months a year.

By day 5 we were well into the Amazon, slowing down at Macapa to pick up a pilot. By this time we had travelled 1,133 nautical miles. By the next morning we had reached our first port of call at Santarem. Quite a busy little



Nick Baylie

place, the port being about one and a half miles from the town centre. It was here that I first caught sight of any wildlife. At the fish market, if you tipped the fishermen they would throw bits of fish into the water and this would encourage the pink dolphin to come to the surface. It was also possible to see sea eagles and there were also what looked like black vultures, again looking for bits of fish. Seeing wildlife had been my main objective for coming on the cruise.

That evening we moved on and by next morning arrived at Parintins. This for me was the nicest of the three towns we were to visit. It was clean and easy to walk around. The main attraction was the cathedral De Nossa Senhora Do Como. Relatively modern, it had three stained glass windows depicting the birth of Jesus, the Last Supper and the Crucifixion. I am not particularly religious but I did find it very beautiful.

Our next and final stop down the Amazon was at Manaus, the largest city on the river. Here we stayed for two nights. I had a walk around the town, found it very busy. There were numerous

» turn to page 29

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Podiatrist Sara Long BSc, (Hons) Podiatry, is a member of the Society of Chiropodists and Podiatrists and is registered with The Health Professions Council (HPC). She studied at the University of Westminster and treats all kinds of general foot health problems including verrucae, diabetic foot care, corns, callous, thickened and in-growing toenails, bunions, hammer toes, fungal infections of the skin and nails, orthotics and nail cutting. She is registered and accepted by *Simplyhealth* Insurance (formerly HSA).

Osteopath Thomas Warner BSc (Hons) Ost, trained at the London School of Osteopathy and is registered with the General Osteopathic Council. He offers treatments for clients of all ages including babies, children and the elderly, for back, neck and joint pain as well as work-related and sporting injuries. He also deals with structural and cranial problems and all musculo –skeletal related problems. Thomas is registered with most major insurance companies.

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The modern cathedral at Parintins, nicest of the three towns we visited



» from page 27

large shops including a C&A (I thought they had gone out of business but are still trading in Brazil.) One of the main attractions is the recently refurbished Opera House which stands out in an otherwise grubby city. I heard that three people from the ship had gold chains stolen from around their necks while walking around the streets and I had a concerned lady warn me not to walk in a certain area or I would lose my camera!

On the second day I did a river cruise in small boats up tributaries. The weather was warm and sunny and it was a pleasant day. We passed small waterside villages with the children giving us a wave from the banks. Bird life was restricted to one or two nameless but not very colourful birds and some egrets which can be seen even down at Dunwich. We were shown a bed of what is supposed to be the largest lily pads in the world. They were large, about 1m diameter, none in flower. I think if we had gone further into the tributaries and into the forest or nearer the bank we might have seen more colour.

On the way back to the boat we did see a point in the river called 'The Meeting of the Waters'. This is a stretch where the black waters of the

River Negro flow alongside the yellow waters of the Solimoes River. Being of different density they don't mix. Also at Manaus is a new road bridge built across the Amazon – quite a magnificent structure completed last year. It is three miles long, 62 arches, lit up at night and certainly puts the Humber Bridge to shame.

We did have persistent convergent showers. You could see the sun was shining a mile or less out to sea and a little way inland, but on the beach it rained almost non-stop. Speaking later to people who did the bus trip, they saw no rain at all. I had gone to the beach for a swim, so I did, and very pleasant it was too.

In the evening we set sail for the final time for the short trip back to Bridgetown, where we said our goodbyes and were transported, late in the case of the flight back to Gatwick, for our return to the UK where we found that the two-week cold spell had come to an end. What was my impression of my first cruise? Pleasant, relaxing with warm weather even when it rained. Disappointed not seeing any interesting/colourful birds, butterflies or animals.

Would I go on another cruise? Maybe. I quite like the idea of a cruise to see the Aurora Borealis, but that would be in the heart of winter and cold. . . any takers ?

East End tales from our very own Eddie

By David Williams

HE looks a real tough nut, that Eddie Johnson, I said to myself when I first met him at Upbeat. My first thoughts were that if I was ever in any kind of bother I would want him on my side. It's funny how first impressions can be the right ones.

Eddie, as anyone who has met him at exercise knows, is a friendly, good-humoured Cockney with a fund of good stories and jokes who loves his adopted county of Suffolk and from my own knowledge has a smooth tongue when persuading advertisers to take space in this magazine. It's only when you read in his book, just published, of his rough and rowdy past in the pub trade that you really know how tough he had to be to survive.

The book, *Tales from the Two Puddings*, is the story of his life as licensee of London's East End's most notorious pub in the 60s and 70s. As you read it you quickly pick up the atmosphere of the noise, the smell of the smoke and spilled beer and the crunch of broken glass underfoot that went with the job.

Funny thing is that Eddie didn't really want to be a publican in the first place. 'We'll give it a couple of years,' he said to his wife before they moved into the pub in Stratford Broadway in 1962.

Before taking over the pub Eddie was a docker and with his brother Kenny started running dances in pubs and clubs. They put that experience to good work at the Two Puddings and customers queued at the door to get in. They were in at the start of the 60s music boom and their clients included top showbiz stars, writers, singers and sports stars.

Keeping a pub like that in order meant Eddie and his brother had to have a handy group of barmen and friends to help keep order and he has some



Eddie Johnson

hilarious tales of how they did it. A couple of barmen were nicknamed the Flying Angels because at times of trouble they would leap over the bar to bring it to an end, their white shirts and ties flying behind them. Another barman was more phlegmatic. 'I always knew if I was lying on the floor being kicked to death Norman would just carry on serving,' Eddie writes ruefully. This was the time the Kray twins and their underworld gang were at the height of their power and Eddie recalls the night he had a learner barman on duty when Reggie Kray walked in with friends. One of the orders was for a Snowball, a mixture of lemonade and Advocaat, and Eddie was horrified to see the barman shaking the bottle furiously before opening it. When he did so the contents shot up like a fountain, most of it going over the gangster. Eddie apologised profusely but Reggie Kray saw the funny side of it and stood laughing while refusing Eddie's offer to have his suit cleaned.

As football manager Harry Redknapp, a friend and former Two Puddings regular, says, 'I've got some very happy memories of those days but I also remember that you didn't take liberties with the Johnson brothers. They were the proper boys.'

Tales from the Two Puddings, by Eddie Johnson, is published by Fifty First State Press, London, and is on sale at Landers Bookshop, the Angel, Lavenham, Newham Books, Amazon, Waterstones and other outlets.

Lowering your cholesterol

Here are ten tips for lowering your cholesterol from the British Heart Foundation magazine. Upbeat cardiac nurse

Kate Turner has checked them through

CHOLESTEROL plays a vital role in how every cell wall works throughout the body. However, too much cholesterol in the blood can lead to a build up of fatty material (atheroma) within the coronary arteries which is an increased risk for developing coronary heart disease. If you have lifestyle-related raised cholesterol, or you are trying to prevent raised cholesterol, follow these top tips:

1. Cut total fat

If you reduce the total amount of fat you eat it will reduce the amount of fats in your blood available to be converted into cholesterol. Fat is also very high in calories so cutting down will help you manage your weight.

2. Know your fats

Replace some saturated fats with monounsaturated and polyunsaturated fats to improve your ratio of 'protective' HDL cholesterol to 'harmful' LDL cholesterol. (Kate says remember these by H for happy and L for lousy).

3. Get active

Physical activity increases the level of your protective HDL cholesterol. Aim for 30 minutes a day at least 5 times a week, you can break it down into 2 x 15 mins or 3 x 10 mins to get you started.

4. Ban the smoke

Cigarette smoke may damage the lining of the coronary arteries. Damage to the lining encourages the build-up of fatty material within the artery walls.

5. A little goes a long way

Small amounts of alcohol can help raise protective HDL cholesterol, although this can also be

achieved with physical activity. Stick within 2-3 units per day and remember that alcohol contains calories but little else of nutritional value.

6. Pack a punch

Fruit and vegetables contain antioxidants which help to prevent oxidation, the chemical process which allows cholesterol to form atheroma within the coronary artery walls. Snack on fruit daily to ensure you get at least five a day.

7. Fill up on fibre

Soluble fibre helps reduce the amount of cholesterol that is absorbed from your intestine into the bloodstream so make sure you are getting enough. Good sources are porridge, beans, pulses, fruit and vegetables.

8. Shift the weight.

Make sure you have a healthy weight for your height. If you are overweight, losing weight can lower your cholesterol level and your overall risk for coronary heart disease.

9. Know your numbers

Omega 3 fatty acids can help lower triglyceride levels (another type of fat in the blood) and can be found in oily fish as well as plants such as rapeseed, walnut or soya oil, dark green leafy vegetables, walnuts, pecans, peanuts and almonds, soya beans, tofu and seeds. For people with coronary artery disease your total cholesterol count should be less than 4.0 mmols/L.

10. Get good protein

Eating at least 25g of soya protein daily as part of a balanced low fat diet can help reduce blood cholesterol. Soya protein includes soya beans, tofu, soya milk, soya mince and textured soya protein.

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3. No one expects you to run -- anywhere.
4. **People call at 9pm (or 9am) and ask, 'Did I wake you?'**
5. People no longer view you as a hypochondriac.
6. **There is nothing left to learn the hard way.**
7. **Things you buy now won't wear out.**
8. You can eat supper at 4pm.
9. **You can live without sex but not your glasses.**
10. You get into heated arguments about pension plans.
11. **You no longer think of speed limits as a challenge.**
12. You quit trying to hold your stomach in no matter who walks into the room.
13. **You sing along with elevator music.**
14. Your eyes won't get much worse.
15. **Your investment in health insurance is finally beginning to pay off.**
16. Your joints are more accurate meteorologists than the national weather service.
17. **Your secrets are safe with your friends because they can't remember them either.**
18. **Your supply of brain cells is finally down to a manageable size.**
19. You can't remember who sent you this list. And you notice these are all in big print for your convenience. Forward this to everyone you can remember right now!
20. **AND THE MOST IMPORTANT THING: Never, NEVER, NEVER , under any circumstances, take a sleeping pill, and a laxative on the same night!**

Submitted by Diane Bishop

SMILING

Smiling is infectious, you catch it like the flu
When someone smiled at me today, I started smiling too
I passed it around the corner and someone saw my grin
When he smiled I realised I'd passed it on to him.

I thought about that smile, then realised it's worth
A single smile, just like mine, could travel around the earth
So if you feel a smile begin, don't leave it undetected
Let's start an epidemic quick and get the world infected.

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In today's complicated world it may sometimes seem easier to live for the present and let the future take care of itself. But if you want a fair deal for yourself and your family it is important that you keep abreast of the rules affecting your money so that you and they don't lose out.

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And that's when the fight started . . .

» My wife sat down on the couch next to me as I was flipping channels. She asked, 'What's on TV?'

I said, 'Dust.'

And then the fight started...

» My wife was hinting about what she wanted for our upcoming anniversary. She said, 'I want something shiny that goes from 0 to 150 in about 3 seconds.'

I bought her a set of bathroom scales.

And then the fight started...

» My wife and I were sitting at a table at my high school reunion, and I kept staring at a drunken lady swigging her drink as she sat alone at a nearby table.

My wife asked, 'Do you know her?'

'Yes,' I sighed, 'she's my old girlfriend. I understand she took to drinking right after we split up those many years ago, and I hear she hasn't been sober since.'

'My God!' says my wife, 'Who would think a person could go on celebrating that long?'

And then the fight started...

» I took my wife to a restaurant. The waiter, for some reason, took my order first.

'I'll have the strip steak, medium rare, please.'

He said, 'Aren't you worried about the mad cow?'

'Nah, she can order for herself.'

And then the fight started...

» A woman is standing nude, looking in the bedroom mirror.

She is not happy with what she sees and says to her husband, 'I feel horrible; I look old, fat and ugly. I really need you to pay me a compliment.' The husband replies, 'Your eyesight's damn near perfect.' And then the fight started...

» My wife asked me if a certain dress made her butt look big. I told her not as much as the dress she wore yesterday. And then the fight started...

Soccer heaven

Two 80 year old men, Mike and Joe, have been friends all of their lives.

When it's clear that Joe is dying Mike visits him every day. One day Mike says, "Joe, we both loved football all our lives, and we played football on Sundays together for so many years. Please do me one favour, when you get to Heaven.

Somehow you must let me know if there's football there."

Shortly after that Joe passes on.

At midnight a couple of nights later Mike is awakened from a sound sleep by a blinding flash of white light and a voice calling out to him, "Mike. . .

Mike. . . it's me, Joe."

"Joe! Where are you?"

"In Heaven," replies Joe. "I have some really good news and a little bad news."

"Tell me the good news first," says Mike.

"The good news," Joe says, "is that there is football in heaven. Better yet, all of our old friends who died before us are here, too. Better than that, we're all young again."

"Better still, it's always spring time and it never rains or snows."

And best of all, we can play football all we want, and we never get tired."

"That's fantastic," says Mike.

"It's beyond my wildest dreams! So what's the bad news?"

"You're in the team for this Saturday."

Submitted by Ron Jackson

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Senior Moments

Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator.

On the way down I asked him if his wife was meeting him.

"I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."

A couple in their nineties are both having problems remembering things. During a checkup, the doctor tells them that they're physically OK, but they might want to start writing things down to help them remember.

Later that night, while watching TV, the old man gets up from his chair. "Want anything while I'm in the kitchen?" he asks.

"Will you get me a bowl of ice cream?"

"Sure."

"Don't you think you should write it

down so you can remember it?" she asks.

"No, I can remember it," he replies.

"Well, I'd like some strawberries on top, too. Maybe you should write it down, so as not to forget it?"

He says: "I can remember that. You want a bowl of ice cream with strawberries."

"I'd also like whipped cream. I'm certain you'll forget that – write it down?" she asks.

Irritated, he says: "I don't need to write it down, I can remember it!

Ice cream with strawberries and whipped cream – I got it, for goodness sake!"

Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs . . . she stares at the plate for a moment.

"Where's my toast?" she asks.

Three old guys are out walking.

First one says, "Windy, isn't it?"

Second one says, "No, it's Thursday!"

Third one says, "So am I. Let's go get a beer."

And that's when the fight started . . .

A man and a woman were asleep like two innocent babies.

Suddenly, at 3am, a loud noise came from outside.

The woman, bewildered, jumped up from the bed and yelled at the man 'Holy crap. That must be my husband!'

So the man jumped out of the bed; scared and naked jumped out the

window. He smashed himself on the ground, ran through a thorn bush and to his car as fast as he could go.

A few minutes later he returned and went up to the bedroom and screamed at the woman, 'I AM your husband!'

The woman yelled back, 'Yeah, then why were you running?'

And then the fight started...

Porridge, rabbit and cocoa

by David Williams

DIETS come and go. I've tried a few in my time, some successfully others not, but there's one my mother started me with and I would recommend to Upbeat members. I can sum it up in three words – porridge, rabbit and cocoa.

First porridge. Mum had been 'in service' as they put it when she went to work in a big house in London during World War 1. She saw how healthy and wealthy porridge made members of the family she was serving and when she married and settled down with a family of her own in Suffolk it was the first item on the day's agenda.

The porridge ritual, for that was what it was, started first thing in the morning when my father got up and lit the black cooking range in the kitchen before leaving for work on one of the village farms at 7am. When the fire was going well Mum put the required amount of Scott's porridge oats in a large black iron saucepan and mixed it with water and a little milk. This went on to the range top well away from the fire so that it would not cook too quickly. As it steamed, bubbled and boiled the rest of the family came down and, in turn, lifted the saucepan lid to inspect the progress of the steaming oaty mass. If there was a danger that the porridge would bubble over we had to move it quickly because if it spilled on to the hot range it would create a terrible smell.

We were a large family and there was enough for three or four large spoonfuls each but we had to make sure there was plenty left for Dad when he came home for breakfast at 8.30am. Then came the best bit, you opened the tin of Tate and Lyle's Golden Syrup, took out as much as you could on a teaspoon and let it run in squirts over the porridge. Then you stirred it all together, added a little milk, and got that warm, comfortable feeling.

The picture on the golden syrup tin might have been a little offputting, with a swarm of bees buzzing around a dead lion, but the biblical

motto beside it – 'Out of the Strong Came Forth Sweetness' – soon gave you the feel-good factor again.

What we didn't realise at the time was that porridge put us on a health kick. It has been labelled the ultimate food, that it protects hearts by lowering blood pressure, reduces the craving for nicotine, helps concentration and defeats depression, among many other benefits. A bowl of porridge for breakfast, they say, gives you enough energy until lunchtime and even better (if you're still interested in such things) improves your sex life.

I have to admit that, like a lot of porridge addicts, I have moved with the times and I now cook it in the microwave oven for just over three minutes, with the porridge and milk in a jug placed in a bowl in case of boiling over.

* * * * *

The next on my good food list is rabbit; a delicious meat if you can get over the sentimental aspect of 'eating bunny' (after all we eat other equally lovable animals like lambs) and again it is said to be good for your health. In my boyhood, rabbits abounded in the fields, much to the chagrin of the farmers. They destroyed the crops, particularly the young ones, and as the harvest ripened in the fields they were in there nibbling away to their hearts' content, unaware that the farmer, with help from the rest of the village, was waiting to get his revenge.

His lethal weapon was the binder, forerunner of today's combine harvester. Pulled by a tractor or by a brace of horses, the binder had a sideways-moving cutting blade close to the ground which cut the corn on to a moving canvas belt, taking it inside the machine to be tied into individual sheaves which were ejected on to the stubble. There they were piled into 'stooks' and left for a while for the grains to dry in the sun and wind before being loaded into a wagon and taken to



Corn harvesting would result in a good yield of rabbits for the pot

the farm to be stacked and await the threshing machine.

But it was the cutting stage that brought peril to the rabbits. As the binder went round the field, gradually reducing the uncut corn to a smaller square with each round, the rabbits crept towards the middle to get away from the binder noise. Eventually they knew they had to run for it but by this time the rabbit hunters were surrounding the field. The men and boys had sticks, cut from the hedge so that they had a large knob at one end, with which they clubbed the rabbits as they ran. Those that got away would be chased by dogs trained to bring them back.

When the cutting had finished all the dead rabbits were thrown on to the binder. The farmer and his men had first choice and the other hunters took the rest.

Cruel though this sport may seem to some, it achieved two objects. It rid the farmer of a lot of expensive pests and it provided good food for the pot at a time when meat was in short supply during the war. We also managed to get rabbits during the winter but I won't tell you how – only to say that poached rabbit is not a term that refers to the way it is cooked.

A good-sized rabbit should provide a good meal for about six people. You can have it roasted or casserole, the latter being my favourite. I seal the separate joints in hot olive oil in a frying pan, take them out and put in casserole

vegetables like carrots, onions and any others in season (and plenty of garlic if you fancy it).

Add a can of medium cider and when it is boiling pour it into the casserole dish with the rabbit joints. Cook in the oven for a couple of hours or 4- 6 hours in a slow cooker.

The availability of rabbit was reduced in the 1950s and 60s when myxomatosis spread through the rabbit population but the disease is nowhere near as prevalent now and wild rabbits are available through some butchers, game dealers and other outlets.

And the food benefits? Because of their organic diet, rabbit meat is low in fats, less likely to produce 'bad' cholesterol and is a good source of iron, which is essential for growth.

* * * * *

Now what about cocoa? We made it every night as a bedtime drink with a spoonful of cocoa (not chocolate) mixed in a cup with a little milk, sugar if you wished and topped up with boiling water. According to Google it is rich in powerful antioxidants, can protect against a range of diseases and reduces the effect of ageing.

So there you are. Eat up your rabbit, drink up your cocoa, go to bed and dream of the warm and creamy porridge you will have for breakfast and you stand a better chance of leading a long and happy life.

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Jill Brooks

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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 25p 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!

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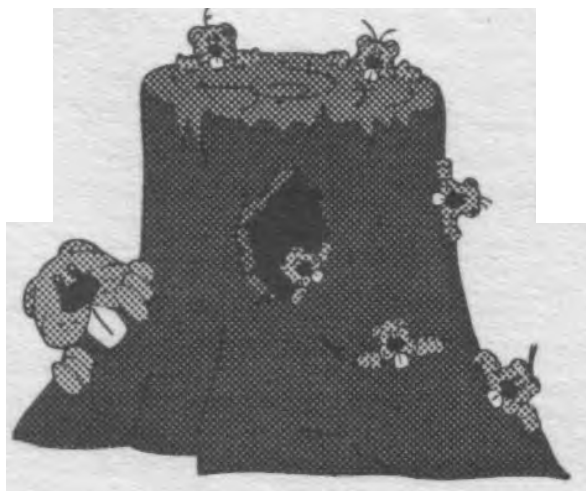
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You are invited to attend any or all of the following events. We hope that we have provided a varied and interesting selection of events and trips and always welcome comments, suggestions and help for future functions.

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: Sept 13th & 27th, Oct 11th & 25th, Nov 8th & 22nd, Dec 6th & 20th. 2013: Jan 3rd, 17th & 31st, Feb 14th & 28th, Mar 14th & 28th, Apr 11th & 25, May 9th & 23rd, June 6th & 20th, July 4th & 18th, Aug 1st, 15th & 29th, Sept 12th & 26th, Oct 10th & 24th, Nov 7th & 21st, Dec 5th & 19th.

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

Carpet Bowls – Due to insufficient demand, Carpet Bowls has been cancelled.

List of Events and Functions start overleaf

Out and about

THE Upbeat Social/Fund raising group has been discussing events for the coming year. This was the position as we went to press:

Early Sept: Walk in Bury St Edmunds

her report Pages 2 & 3

Sept 19th: Cheese/Pate lunch followed by Mini Olympics, maybe a specialist talk

Apr: Sylvia Bambridge to sort Theatre trip. Revue, in early stages of planning, will be performed at all groups

Oct 6th: Race night (Rita has already booked hall at Great Welnetham community centre, booked Howard Carter who runs event brings films etc. and she has booked Deep Blue Fish & Chips £3.85 per head). David Camp and Martin will be the tote on the night. Entry ticket price to be determined, 7 race sponsorships to be sorted.

May: Propose holding another Rock and Roll dance – same singer as before. Hilary sorting dates and venue

Oct 11th: Norwich theatre trip, 42nd Street (FULLY BOOKED)

June: Trip – suggestion Windsor or Kew Gardens

Dec 8: Craft fair being sorted by Hilary

July: Summer event – Outside tea and a chat. Venue plus details to follow, possibly Stanningfield

Dec 17th: Xmas Party at Sudbury

Aug: Looking into booking a seaside trip to include end-of-pier type show – to Southend or Cromer, waiting on dates – Peter Maxey looking into this.

Dec 19th: Xmas Party at Bury. Raffles to be organised

Sept: River trip, Ken Davis sorting

Dec 21st: Xmas Party for Friday night group

Oct and Nov: under discussion

2013

Jan: Revue, in early stages of planning, will be performed at all groups

We also intend to have some guided local walks – also perhaps Cathedral tours Bury and or Ely – Brewery and Sugar factory, and a dog rescue demonstration.

Feb: Nearest exercise class try to hold curry event

If you have any ideas or suggestions to put to the group, or can offer help in events being arranged, please contact Hilary Neeves, tel 01359 232678, email hils1947@yahoo.co.uk.

March: Jill returns to Stoke by Nayland for lunch. Jill has booked star speaker – see

Draw prizewinners at Jill's lunch

Prize	Name	Prize	Name
1st Prize (£100)	Michael Harman	Lavender Collection	Dickie Bird
2nd Prize (£50)	May Patel	Lavender Shawl	Beth Riches
3rd Prize (Round of golf)	Jean Davis	Token	Yvonne Orbell
French Wine Glasses	Mr D Wheeldon	Token	Mr N Fox
Porcelain Clock	Richard Morris	Token	Emily
Champagne	Eileen Shurmer		Worthington
Wine	M Odell	Token	Mrs E Hart
Irish Whisky	Olive Kentzer	Token	Ron Riches
Jack Daniels Whisky	Sue Tyrrell	Token	Richard Morris
White Wine (Sauvignon)	Peter Wilson	Basket of Fruit	Bill Jenkins
Cork Screw	Margaret Mulley	Biscuits	Edward
Luxury Chocolate Drink	George O'Neil		Hitchings
Gardening Set	Zoe Deacon	Vodka Blue Drinks	Maisie Trolley
Set of Towels	Daphne Farnell	Clock Radio	Tony Childs
Notebook	B Evans	Pashmina Shawl	Alan
Scarf & Gloves	Beth Riches		Williamson

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.

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NEW MEMBERS

David and Rosemary Leader
Paula Last
Barry and Jane Melliss
George and Gerda Emery
John and Heather Blackwell
Bryan and Jennifer Lodder
Robert and Pamela Aitken
Peter Boast
Roderick and Carol Pattle
Elizabeth Bennett

Philip and Barbara Stanley
Brian and Jean Perrett
William Green
Brian and Sylvia Pearce
Alastair and Gloria Cardwell
Neil and Sandra Kempster
John and Jill Coe
Raymond Pettitt
David Young

*This is to 30 June 2012.
Names of anyone who has
joined us since then will be
published in our Spring 2013
magazine.*

£100 CLUB WINNERS – August 2012

February: £100 Vicki
Copping, no 201; 2nd £71
Ann Everett, no 365

April: £100 Peter Empleton,
no 341; 2nd prize £75.50, Kay
Austin, no 092

June: £100 Margaret
Martin, no 168; 2nd prize
£76.50 Rosie Seeley, no 071

March: £100 Michael &
Diana Pizzey, no 214;
2nd prize £75.50, Eileen
Waller no 188

May: £100 Pat Corbett, no
073; 2nd prize £76.50, Olive
Braybrooke, no 226

July: Graham Hardy, no 086;
2nd prize £76.50, Roger Bean,
no 255

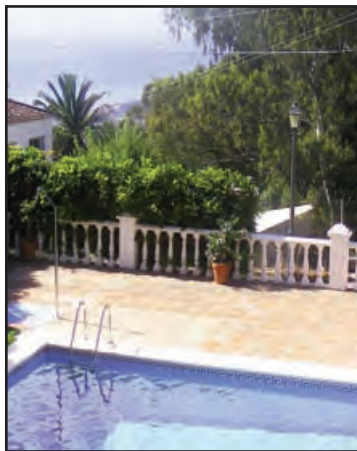
DON'T KEEP THE MESSAGE OF UPBEAT MAGAZINE TO YOURSELF – SHARE IT AROUND

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
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Get a touch of the sun!



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



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email: djwilliams.chedburgh@yahoo.co.uk

2012 special offer: 10% discount for Upbeat members!

RAISE MONEY FOR UPBEAT

JUST BY SEARCHING THE WEB

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.

Register at 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.

Enter via the Upbeat Web site via 'Fundraising & Donations' and then 'Shop Online and Raise Funds' and click the 'Easy Fundraising' banner to register Upbeat as your chosen charity.



LADIES MORNING

This is an open session where you are more than welcome to come and join us for a 1 hour golf lesson followed by coffee and biscuits. This is a very social morning with a good attendance from ladies of all ages and abilities. FUN is the key word on these mornings. £7.50 pp 10-11.30am WEDNESDAY'S

SENIORS MORNING

This is an open session where you are more than welcome to come and join us for a 1 hour golf lesson followed by coffee and biscuits. This is a very social morning with a good attendance from senior men (over 50) of all ages and abilities. £7.50 pp 10-11.30am FRIDAY'S

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