



**UPBEAT MAGAZINE**

# **Colin Hands tells us about some Bury landmarks**

**PLUS:  
Pat Simpkin  
visits the Baltic**

**David Williams  
remembers  
an old flame**

**AND**

**Bob Smith  
enters  
the world  
of e.books**

**AUTUMN 2013**

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**Full list of officers – Page 9**

**How to make a donation to Upbeat – Page 45**

## The ups and downs of downsizing

A few weeks ago my wife and I spent a few days in North Wales visiting a very old and dear friend who lives in a village near Porthmadog. She has a very comfortable little house with a patchwork of garden in which we were able to sit and enjoy the lovely summer evenings and it gave us the chance to imagine ourselves living in a much smaller property.

Our house is on the market and we are 'downsizing'. Although I know it makes sense to move to something smaller while we are still capable of doing our own packing and coping with it all, a large part of me doesn't want to move. I expect many Upbeat members have been through the experience and can identify with the very mixed emotions it brings.

After 30 years here, there are many memories we shall have to leave behind. We've grown used to having lots of room and we have almost an acre of garden. That's lovely to walk in or to sit in, but it's expensive to maintain (we have someone who looks after it for us). There's also a bungalow in the garden, in which my wife's parents used to live, but which we don't need now and we certainly don't need to pay the extra council tax St Edmundsbury want for it. So, it makes sense to move and I have resigned myself to it.

We've spent quite a bit of the summer looking at other properties and are forming ideas about what we like and what we want in our next home, as well as weighing up the pros and cons of downsizing. For one thing, it's almost certain to be more economical living in a smaller place – reduced council tax, lower energy bills, fewer rooms to keep clean and decorate, and maybe some cash in hand from the sale of

■ **Continued on page 2**

### **Editorial contributions and ideas for features and other items to**

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**Advertising enquiries – See Page 21**

*Our front page picture was taken by Colin Hands – see Pages 22 & 23*

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

our present house. One website I looked at said we could expect reduced stress levels as a result of the other benefits, and that would be beneficial, wouldn't it?

One of the things I remember particularly from my days in rehab, after my MI in 1996 is the nurse telling us that stress was like making love to an elephant – okay if you were on top of it! So, reduced stress levels have to be a good thing, don't they? The trouble is, the whole business of selling and buying houses and moving is said to be as stressful as bereavement or divorce, so we are unlikely to avoid it entirely. However, it will be lovely when it's all done and dusted . . . I hope!

Of course, there can be disadvantages to downsizing. In 30 years we've collected an enormous amount of 'stuff' – furniture, books, pictures, ornaments – you name it. At least half will have to go, and we have already sent much to the hospice and BHF shops in town. Sorting through the accumulation of almost 40 years of married life, deciding what to keep and what to get rid of, is quite a chore. A French student we had staying once commented that she had never seen so many pots, pans, casserole dishes and the like in one kitchen. It's been said we can form emotional attachments to such things and find it difficult to part with them. Downsizing, however, will require we are ruthless!

One house we viewed in our quest to find our next home was beautifully presented – immaculate decoration in every room, a perfectly groomed garden, not a thing out of place anywhere – but it felt so small! Apparently some who

downsize report feeling cramped in their new, reduced surroundings and finding it difficult to enjoy private, quiet time away from other family members because there are fewer rooms to escape to. In the classic scenario, husband has a shed or garage to retreat to, but not being a handyman in any sense of the word, I would find no comfort there. I have a separate 'study' in one of the spare bedrooms and would certainly want to be able to enjoy such a facility wherever we end up.

It's taken me quite a long time to adjust mentally to the idea of downsizing and I think one of the problems for me has been that the process is part of the general issue of getting older and accepting that I am no longer able to do or to cope with things I used to take in my stride. It must come to us all, I suppose,

and it's best to accept it and make the best of it, as with everything.

We need to focus on the positive in life and not become bound up in material possessions. The Bible advises us:

"Having sustenance and covering ... be content with these things." Having around us friends and family to love, and finding satisfaction in what we do, are, perhaps, the most important things. I've found great pleasure and satisfaction in editing the Upbeat magazine and I'm grateful once again to those who sent contributions. Actually there were more than I could include in this issue so my apologies go to those whose pieces I haven't managed to squeeze in. They are already earmarked for the Spring issue, by which time we might have moved house!

**David Axton**



# Chairman's Report

## Happy memories of a very special day

THANK you to all those who supported Ken and myself at this year's Chairman's Lunch in March. There was almost a full house, with 182 people. Consequently, we were able to donate £2,300 to Upbeat, raised from the lunch, draw and donations.

Anyone who was there will know Ken was presented with a beautiful white orchid and a certificate of appreciation in recognition of his 18 years of hard work on behalf of Upbeat. He raised thousands of pounds organising and running indoor and outdoor bowls tournaments at Sudbury, Boxford and Bury St Edmunds, as well as supporting me in every way, particularly with the day-to-day administration of the group. To say Ken was surprised and touched at the accolade would be an understatement. Our son was able to come down for the weekend to support us, as Ken was not too well, and he was very proud on his dad's behalf.

Sadly for us, within a week of the lunch, Ken was back in West Suffolk Hospital, followed by Papworth Hospital and finally St Nicholas Hospice. However, it is wonderful to have the photographs and happy memories of that day and we shall always treasure them. Thank you to everyone for their support on that day and since and also for your donations to Upbeat, which have amounted to £1,050.

Can you imagine life without Upbeat?

In 1986, out of the blue, Ken had his first



By Jill Brooks

major attack and was seriously ill. Another attack and five bypass grafts followed in 1991. I, in my turn, suffered a heart attack and serious complications in early 1992. In a very short time, we had both lost our careers and our living and were feeling desperate. We shall always be grateful to our sister-in-law, who came to stay with us to help out and gave us confidence that we would still be alive the next day. It sounds melodramatic but is absolutely true. That was life without Upbeat.

During Ken's first illness, I became a member of the British Heart Foundation and subsequently Chairman of Funding in Sudbury. This allowed me to go to talks and lectures, both locally and in London, with the aim of discovering more about our heart conditions and what we could do about them.

During this time, I heard about heart support groups, which were very much in their infancy. I made enquiries and received more information about the groups but was unable to do any more until I had recovered from bypass surgery in 1994. It wasn't until 1995 that I received a letter from West Suffolk Hospital, inviting me to a meeting with the Cardiac Nurse, Ali Shorten and two heart patients who were interested in trying to start a group.

■ Continued on page 4

Also present at that first meeting were two BHF representatives, a local councillor and members of the local health team.

Once we had agreed to try to set up a group, the discussion included the format of the group and the meetings; when and where we would meet; whether exercise would be included; whether a nurse would be required at every meeting; how we would fund the group; and what we would call ourselves.

It was agreed we would set up the group using the BHF guidelines and would wish to provide a cardiac nurse and exercise instructor at each meeting. Membership would be free and it was expected that patients would be ready to join us following their six weeks of cardiac rehabilitation. We decided on a name and a logo and shortly after the meeting Ali Shorten sent out the first few letters inviting people to join us. We were off!

Ken did not join Upbeat at the beginning, as he was my carer and was feeling quite well and didn't feel it was necessary. However, I eventually suggested he might join, as he was doing so much work raising money and supporting the group. As time went on, I think Ken suffered every complication possible (I've lost count of the number of ambulances I followed to the hospital) and we were so lucky to have such fantastic support from the group. Like everyone, we needed the special care Upbeat provides – the knowledge that you can usually see a specialist nurse the following day if you need to and that there are friends who will understand and listen and help you to cope.

Ken and I shared a belief in Upbeat and its basic philosophy of helping others. He used to get cross with me for working too hard – mainly because he worried about my health – but he would then

creep upstairs to the office “just” to print off a few dozen more tickets for an event or send off a few emails he felt couldn't wait. He was not a very gregarious person and really preferred his own company, unless he was taking part in one of his special interests, so he didn't attend Upbeat very much. However, he was a very loyal member and promoted the cause and raised funds wherever he could and supported the setting up of each new class in both Sudbury and Bury as it came along. I know he would wish Upbeat to continue to offer the support and purpose in life to others it has given to us.

For the last five years, Ken was very ill but still allowed himself to be a guinea pig for two different medical trials, in the hope that they might help others in the future. He never gave up and was always positive, rarely grumbling or complaining. He will always be my very special friend and an example to all.

#### **Editor's note:**

That is where Jill ended her autumn report. I'm sure many of you will understand what a difficult and emotional task it must have been for her to write it, and that you will want to extend to her once again our love and thanks.

Throughout the past few months, despite Ken's illness and death, Jill has continued to work for Upbeat, helping at events and planning for the future.

In her report she asks where we would be without Upbeat. Like me, many members will wonder where Upbeat would be without Jill. Her *Absent Friends* reports always stress that Upbeat is here for those who have been bereaved. Now is our time to say “We're here for you, Jill.”

# **CELEBRATE OUR 20TH YEAR – 2014**

## **SPECIAL EVENTS PLAN**

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### **Chairman's Lunch**

Stoke by Nayland Hotel, March 13th 2014. Speaker  
Charlie Haylock (prog 2) Grand Draw. Tickets £25.

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### **Strawberry Tea**

on Thursday July 10th, 2014, 3pm at  
24 Gloucester Way, Sudbury

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### **Swimming Event**

at Bury St. Edmunds Leisure Centre on Saturday  
September 13th, 2014. Lots of fun. Water wings allowed  
up to age of 80. Sponsored swim – Family Relays –  
Races – Boys and Girls Water Polo. Swim Fun Time

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### **Special Evening at Delphi Centre**

Sudbury on Saturday 15th November, 2014.  
Details to be announced.

*Details of all the above events can be obtained from Jill  
Brooks. Call 01787376920 or email [kenafb@talktalk.net](mailto:kenafb@talktalk.net)*

# Treasurer's report

FOR those who attended the AGM in May, please bear me with while I perhaps duplicate what was said then. For the first time since 2005, I had to report a reduction in our cash reserves. This is mainly due to the loss of a substantial Carer's Grant we have received from Suffolk County Council which, due to government cuts and the economic situation, has ceased.

This has meant our cash reserve figure is down to the figure we were at in 2007. It is not all doom and gloom. If we look at the six years prior to that we fluctuated between a sixth of what we have now and a half. However, of course, we have grown enormously and opened further daily sessions and exercise classes. Just the nurse, instructor and rent costs £53,000 a year!

Your Committee looks at a detailed financial report of Upbeat's income and expenditure each month and is concerned at a drop in reserves. With basic expenditure as mentioned, it doesn't take an Einstein to work out without regular income to cover this we could be in financial difficulty.

What this situation does is make us all look a bit more closely at costs and income streams. Sadly, in January, we imposed an increase in the cost of exercising by 50p to £3 and introduced a charge of 50p for seeing the nurse.

We also had to reduce the number of sessions on Friday evenings from two to one and

remove the fourth session of pilates at Newbury. All due, regrettably, to their cost-effectiveness.

We continue to monitor the situation and hope to make the correct decisions for the long-term sustainability of the group.

We welcome members' suggestions and input and if you have a comment it would be appreciated if this could be put in writing to the Secretary and the matter will be discussed by the committee. The issue of whether to introduce a membership charge or a charge for the magazine and/or postage has come up from time to time.

This has been discussed at length in Committee and, for the moment, we have decided not to do so. For those taking an opposing view, we would never say no to a voluntary annual contribution. That applies across the board, and the occasional donation in the collecting tin or sent to me is more than welcome and will make all the difference in the end. For those who already do so, we extend our sincere thanks.

I have always asked members kind enough to send donations, to ensure they signed a gift aid form if they paid income tax, to allow us to claim a further 25p in the pound on such donations. This year there is new law which states any individual donation of up to £20 may have Gift Aid claimed on it. This means I can claim a further 25% Gift Aid



## by David Camp

addition on money put into collecting tins. Please, therefore, give generously!

We are as you know, always looking for fundraising opportunities and would welcome further help on this. Your Secretary, Hilary Neeves, is working extremely hard trying to find other grants and donations and, in a difficult climate, is doing very well indeed. She obtained a £5,000 grant from Santander in April, has a customer initiative at Nationwide which has netted £100 which could be £500. She has also obtained £350 from the locality budget of Councillor Colin Spence towards the cost of leaflets and folders and £1,500 from the locality budget of Councillor Trevor Beckwith towards the cost of printing this magazine.

Other income includes exercise income, coffee sales, 100 Club, the weekly Lottery Bonus Ball, our fundraising activities and, of course, donations, large and small from members and friends, which are really our life blood. Donations for the last financial year totalled £11,753, including £4,566 from Sainsbury's as their local Charity of the Year.

My usual thanks go to all the helpers who work week in, week out collecting money, banking, serving

refreshments, setting up and clearing away, often without recognition or thanks – Upbeat could not survive without you. Thank you.

There are also individuals who work tirelessly to raise money for Upbeat, whether by collections, car boot sales, sponsored fun runs and walks, cake stalls, craft sales, bringing items for sale like jams and

chutneys, eggs, fruit and vegetables. You know who you are – a huge thank you. It's people like you who make Upbeat tick.

Lastly to our good friend Steve Dennington for putting up with my requests and changes with the design and for publishing our web site. Do pay a visit. Also sign up to the Easy Fundraising on the site if you purchase items

on the internet (from which Upbeat get a donation each time). It is so easy.

Contact me for further information, if you experience any problems. Please let us have your ideas for the web site, the magazine, social events, fund raising events – try and get involved.

It's YOUR group. It needs more input, more help, more ideas to take it forward and to continue to provide the care, support and help that we have achieved very successfully, since 1995.



# Fundraising and donations: February 2013 - July 2013

## Fundraising

Easter Raffle Bury Fri	£83.00
Easter Raffle Sudbury	£82.00
Easter Raffle New Bury	£196.00
Annual Lunch	£2,318.05
Bury Guided Walk	£80.00
Jam/Marmalade Sales Newbury	£50.00
Easy Fundraising (Internet Purchases)	£100.42
(Total to date: £384.27)	
ASDA Store Bury	£50.00
Stuart Davis Sponsorship	
Paris Marathon (inc Gift Aid)	£ 1,477.07
Bob Fuller Sponsorship Sudbury Run	£396.00
Bob Fuller Collection	
Bury Town Football Club	£67.00
Bob Fuller Collection Warehouse Clearance	£142.00
Bob Fuller Collection	
Tollgate Car Boot Sale	£95.00
Joyce Lawes	
(Sales of Name Badge Lanyards)	£74.00
Gift Aid (For Financial Year 2012-2013)	£720.36
British Sugar Bowls Day	£235.00
Joyce Hurrell Cake Stall Sudbury Market	£160.30
Nationwide Building Society	£100.00
Soup Lunch Newbury	£236.00
Turkey Raffle Sudbury	£63.00
Rock 'n' Roll Night	£1,000.70
Pat Pearce Tombola at car boot sale	£45.00
Strawberry Tea in memory of John Deeks	£387.00
Summer Fete at Newbury Centre	£1,425.29

## Grants

Santander Community Plus Grant	£5,000.00
Colin Spence Suffolk CC Locality Budget	£350.00
Trevor Beckwith Suffolk CC Locality Budget	£1,500.00

## Donations

Sudbury Collecting Tin	£360.65
Bury Collecting Tin	£187.50
Bob Fuller	£250.00
Christine Howard	£20.00
Peter Empleton	£50.00
David Camp (Ramblers Accounts)	£20.00
Jean Davis	£20.00
In Memory Of Marjorie Mulley	£276.00
In Memory Of John Deeks	£440.10
In Memory Of Cliff Letton	£300.00
In Memory Of Ray Warren	
(inc Gift Aid via Just Giving)	£646.48
In Memory Of Alan Herridge	£305.50
In Memory Of Ken Brooks	£1,002.80
Rodney Johnson	£70.00
Barclays Bank Payroll Giving	
(Rodney Johnson)	£122.50
Betty Raymond	£20.00
Colin Hands (Photo Sales)	£30.00
Eileen Shurmer	£30.00
Ann Clarke	£23.00
Tony & Eileen Elston	£20.00
John & Peggy Simons	£25.00
Edward Hitchings (Talks)	£90.00
Dennis & Penelope Everett	£50.00
Patricia Corbett	£50.00
David Deacon (Talks)	£30.00
Great Cornard Bingo Club	£267.50
Lakenheath Amateur	
Dramatic Society	£150.00

Plus many smaller donations, some on a regular basis, some anonymous – too numerous to mention, but sincere thanks to everyone. It really does make a difference.

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# Sharing early memories of Sudbury

I WAS requested to perhaps write an article for the magazine and then the stumbling block: What should I write about?

I have no particular skills, I no longer have any hobbies, my last pastime being bowls but that was more than 15 years ago. I am not interested in politics. I am not a globetrotter although I have been to Russia and China with 17 and 18-year-old students from Hedingham School, but I cannot believe that many folk would be interested in those trips, as wonderful as they were to me.

Perhaps people may be intrigued to know how the son of a man born in the Suffolk village of Stoke By Clare on the estate of Lord Lock and a woman born into a mining village from Tredegar in South Wales, came to meet in London during the 1930s depression, married and had two children – my sister and me.

A mad Austrian painter/decorator altered our family's life along with thousands of others. During the blitz we moved from our home in St Marylebone to Sudbury; that was late 1940, so you can see that we must have liked it here.

With my father working for Pye's at Cambridge, where electronics were manufactured for our armed forces – he was too old for the army – and my mother being treated for the early signs of cancer, it made it difficult for me and my baby sister, but somehow we got through trials and tribulations, just as the whole country

did at that time.

Sudbury was indeed fortunate in having the schools we did: the Grammar School, Girls High School, Modern Secondary School, North Street Junior School, Catholic School as well as two private schools at The Lymes and Salters Hall.

I attended the North Street Junior School and the first thing you noticed was the high percentage of lady teachers. The reason, of course, was that so many young to middle-aged men were called up to fight a war.

As regards our education, we received a pretty good grounding in the basic subjects and that stood us in good stead when we moved on to senior school.

Due to pleurisy and pneumonia I missed sitting the Eleven Plus to see if one would go to the Grammar or High School and instead was given my exam on my second day back from illness. I sat in the drawing room of the Grammar School's headmaster, Mr Gillingham. My invigilator was Mrs Gillingham who told me not to worry and just to do my best.

I did and it was not good enough. I felt very down, but after a while at Mill Lane, which was how the Secondary School was known, I realised how much I was learning and then the most influential person took over as headmaster – George Peake, a softly spoken gentleman from Lancashire.

After the fairly rigid rules and

During the Blitz we moved from our home in St Marylebone to Sudbury; that was late 1940, so you can see that we must have liked it here



by Charles Smith

regulations we had known came a fresh discipline! The rules were still there but instead of the emphasis being 'do as you are told', we were informed why behaviour was important and we were trusted to use our own judgement in different situations. Children who had been introverted by the war as well as regulations at school, suddenly became outgoing individuals.

Mr Peake encouraged staff and pupils with school concerts and plays. Those of us who can remember, will cherish the production of *1066 And All That*, with staff endearing themselves to everyone – singing and dancing with their daytime charges.

Many other performances followed – *Make Believe* was another favourite.

Our sports masters and mistresses produced some of the best swimmers, runners, cricketers and footballers – not to forget the girl hockey and netball teams. We began to beat some of our more illustrious schools from Bury St Edmunds, Newmarket and our near neighbours, Sudbury Grammar. Oh! For those wonderful days to return – sport in schools.

Living in this beautiful part of Suffolk I have got to know many wonderful people. Their stories may be for a future

magazine to enable me to express the feelings I have for the hundreds of lovely folk I have been fortunate to know – in the Sudbury area, as well as many more from Bury St Edmunds, including those I worked with and met while working for Claytons Sports and Guns in The Traverse, several years ago.

A lot of these lovely people are no longer with us sadly. Some I knew growing up, others I met through Upbeat. Gone but never forgotten.

I could go on about Sudbury for hours, rather like a friend of Upbeat, Barry Wall, a respected local historian.

Barry and I sang together in the choir at All Saints Church and we took part in several amateur dramatic productions, including *On The Frontier*, which won us a trophy at The Spa Pavilion at Felixstowe.

On another occasion, Barry was producing Schiller's *Mary Stuart*, when his friend John Weler-Coley (a very good actor with a resonant voice) had to pull out through illness.

Barry asked me to fill in at the last minute, which I did but I was a poor substitute for Mr Weler-Coley, who sadly died soon after. Another member of the cast was a lovely man, Paul Norman of Brundon Hall, alas also no longer with us.

Perhaps some more recollections in future magazines.

# Lucy Lagonda – the

MY first car was a Lagonda and I called her Lucy – how's that for a big-headed boast! But stay with me, for my story shows that, as with many other girls of stylish shape and big headlights, the ending is not always happy.

I first saw Lucy on a rainy day in South Wales where I was working at the time. Like any other girl who had spent most of the war years in a straw-filled cattle shed, she looked somewhat worse for wear.

Her bodywork badly needed attention, blemishes showed in quite a few places but she had the air of a girl with a noble background and was now looking forward to better things. It was the early 50s, so weren't we all?

I asked the man under her long, elegant bonnet if she was in going order. 'Come back in a week and I'll tell you,' he said. When I returned he was still under

By David Williams

the bonnet but coming from it was a low throb of a classic engine.

He took me for a ride in the surrounding hills and I knew Lucy was back in business. I fell in love immediately. 'How much do you want for her?' I asked. 'A hundred,' he said. 'I haven't got that,' I said, 'and she needs doing up.'

We settled in the end for £75 if he filled the petrol tank. It was nearly two months' wages but she was worth starving for.

Her manual told me she was a 1932 model, the same age as me, a two-litre, four-door pillarless saloon (meaning that she had no ugly strut down the middle with door catches and things; her front and back doors still closed on each other with a quiet clunk).

Her interior was a bit grubby but my, was she

comfortable! Real leather upholstery, carpets that looked as though they had come from Harrods, a spare wheel on the running board and an array of dials and brass knobs on the dashboard.

Here was my first problem. 'Where's the choke?' I asked, (For younger readers, this was a knob you pulled out to give you a better mixture of petrol and air which helped the car start). The man sneered. 'Choke?' he said, 'We've got a Ki-gas.' This turned out to be a large brass knob fixed to a plate on the dashboard. He unscrewed it, pulled it out and rammed it in again, then went outside with the starting handle and turned the engine over.

Lucy started with bang and a cloud of smoke from the exhaust pipe. The man explained the Ki-gas injected neat petrol vapour into the engine and she always started first time. I didn't understand the mechanics but that turned out to be mostly true. The only other Ki-gas contraption I have seen since was on an aeroplane dashboard.

Another novelty in those far off days before synchromesh was the gear-changing. Other

**The front view of a 1932 16/80 Pillarless Lagonda**



# first love of my life

**On Friday nights I frequently drove down the old A40 trunk road to London or on to Suffolk, lighting up the many villages and towns on the way with my giant headlights like an illuminated Mr Toad**

drivers had to carry out a complicated double-declutching operation to change up or down.

Lucy had a simple answer to that. When you put your foot on the clutch pedal the drive shaft from the engine parted from the shaft that drove the wheels and immediately this happened you had to bang the gear lever up or down and then let the clutch out again smartly. If it went well the drive went smoothly. If it didn't she bucked like a bronco and virtually snarled, but still kept going.

So started a summer of real motoring, the like of which I have not experienced since. I always had a waiting list of friends who wanted to chip in for the petrol and join me on



**A side view of a 1932 16/80 Pillarless Lagonda**

evening jaunts up and down the Welsh hills, stopping now and again for a pint or two, except of course on Sundays when the pubs there were not open.

On Friday nights I frequently drove down the old A40 trunk road to London or on to Suffolk, lighting up the many villages and towns on the way with my giant headlights like an illuminated Mr Toad.

But it didn't last after I was offered a better job in Manchester. One weekend I loaded Lucy up with all my belongings, including a wicker flower basket hanging from the inside roof, and drove north. Just over the Manchester border it rained like I had never seen before and Lucy, the water sloshing in through all her many holes, gave up and came to rest in a puddle.

I phoned the AA and the little yellow breakdown van had its moment of glory as it towed me and my stately car to the flat where I was

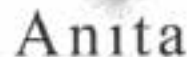
going to live.

The man at the garage gave her the once-over, sucked in the air through his cheeks as they do and said he would do his best, but Lucy never really recovered. She sprang a big leak in her radiator, which would have cost a fortune to mend, and then when I was coaxing her through the middle of Manchester in the rush hour one day she shed her exhaust pipe in a fit of temper and I had to drive on with the unsilenced engine blasting away like a German bomber.

Then I got a job offer in London and decided it was then we must part. 'How much do you want for it?' asked the garage man. 'I'll take £50,' I said. '£40 at the most,' he said. I gave in and caught the train to the capital.

Even today I still wonder if Lucy found someone with money to look after her. I hope she did, because I looked on Google the other day to see what a 1932 16/80 pillarless Lagonda saloon in good condition would fetch now and found it could be anything up to £100,000 or even more.

If only I'd had more money at the time we could have grown old together with a good pension.



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4

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# Absent Friends

## by Jill Brooks

### JOHN RAYMOND

John and Betty Raymond joined Upbeat in July 1999 at the Town Hall in Sudbury. Betty was the heart patient and came regularly to the Town Hall.

Both she and John were avid supporters of the various bowls matches, helping us to raise a lot of money over the years. Although we had not seen them of late, they were keen supporters of the Hundred Club.

On a recent holiday in Austria, John had to go into hospital after a fall and hitting his head. Sadly, he did not recover.

Our thoughts are with Betty. Hopefully, we will see her again if she would like to come back to Upbeat.

### CLIFF LETTON

Cliff and Valma Letton joined Upbeat in May 2009.

Cliff, a retired PE teacher, was finding life difficult. He had been looking forward to his retirement only to be thwarted by a heart problem.

Then, being persuaded to exercise in a

specialised class, when he considered he was fit, was certainly not on his agenda!

However, he persevered and tried so hard – I hope he found it helpful.

Sadly Cliff had not been well enough to exercise lately and I was very touched when he and Valma arrived for a short visit to give me a special set of crystal wine glasses bought in France for the draw.

Our thoughts go out to Valma and the family.

### COLIN WEST

Colin and Olive joined Upbeat in August 2007 at the Town Hall. They were both very poorly – Olive came to get advice to help her look after Colin.

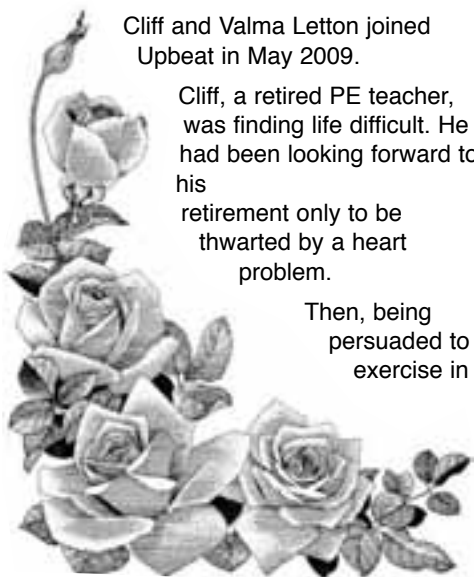
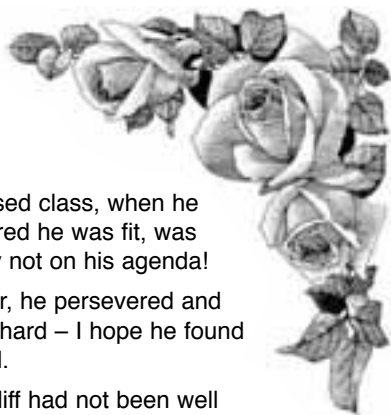
Unfortunately, when we moved to the Delphi Centre, Olive felt she no longer had the time to get to us. She continued to look after Colin for the next two years, 24 hours a day, and life was very difficult. She is such a brave lady.

Sadly Colin is no longer with us and Olive is missing him dreadfully. We hope she will come to visit us as soon as she can to find a friendly shoulder and so that we can try to help her through this very sad time.

### RAY WARREN

Ray and Margaret Warren joined Upbeat

Continued on Page 16



# Absent Friends by Jill Brooks

**Continued from Page 15**

at the Newbury Centre in December 2011. It was sad, as Ray was only with us for a very short time.

He was a real gentleman and I was one of the lucky members who met him. He always had a ready smile and seemed quietly to enjoy every time he came, getting to know most people in the group.

I only wish we could have done more for him.

We send our love to Margaret and the family and hope they will join us again, either at the centre or one of our social events.

## ALAN HERRIDGE

Alan and Helen joined Upbeat in May 2007 at the Newbury Centre.

Alan wasn't at all well and Helen was disabled with a bad back and hips and confined to a wheelchair.

They both joined in exercise classes with great enthusiasm and Helen was one of the first members to take part in a seated class.

Both were so determined and Alan exercised with oxygen as his partner. In a very short time, Helen was able to abandon her wheelchair.

They fought their difficulties with great fortitude, making many friends and the most of every minute.

We were all so sad to say goodbye to Alan

unexpectedly in the end.

Our love goes out to Helen and the family and we hope they will carry on coming to the group.

## MIKE McKEON

Mike and Suzanne joined Upbeat in July 2002 when we were at the Town Hall in Sudbury.

Mike had a heart problem but remained positive and he came to try to improve his fitness. He was a jovial character and was able to exercise gently in the

earlier years, but started to find it a little difficult as time went on.

They moved to Felixstowe a few years ago but continued to come to Upbeat at the Dephi Centre on a regular basis.

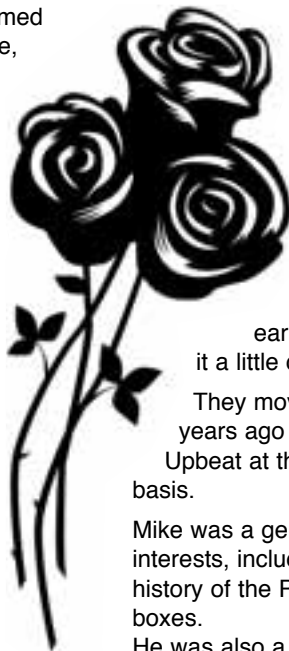
Mike was a gentleman with wide-ranging interests, including giving talks on the history of the Post Office and Victorian post boxes.

He was also a collector of old jokes and Victorian songs. He still found time to write the occasional article for the magazine, as well as to be one of the advertising team.

We miss him and our thoughts go out to Suzanne and the family and we hope she will keep in touch and allow us to support her where we can.

## BRIAN PEARCE

Brian and Sylvia joined Upbeat just over a year ago in May 2012 at the Newbury Centre.



# Absent Friends by Jill Brooks

Brian had been to Cardiac Rehabilitation at the hospital and followed this by coming to Upbeat to improve his fitness.

He seemed to enjoy himself with us and was a very quiet gentleman who we are very privileged to have met.

Sadly Brian wasn't with us for very long and we are sorry that we could not do more. Our thoughts go out to Sylvia and her family.

## LES ORBELL

Les and Yvonne joined Upbeat after Les had heart bypass surgery in April 1998.

They were two of our earliest members when we only had one class at Hardwick School and a coffee morning once a fortnight at the Southgate Centre, both in Bury St Edmunds.

Les had had quite a difficult time and as soon as he was well enough, he and Yvonne joined in everything they could and made lots of friends, helping wherever possible.

One of my treasured memories is of Les doing hours and hours of washing up at the many bowls tournaments he helped with.

I worked out one day that he washed at least five hundred pieces of china. He would arrive with his "pinny" and take over the sink, asking Yvonne to wipe the perspiration off his head at regular intervals. Eventually, a major decision had to be taken that we used disposable plates!!

Les was an accomplished painter and craftsman, loving the countryside and using this as his subject. Many of us have bird boxes made by Les to raise money for Upbeat.

Les was a "gentle man", who cared so much for others. He had a love of life, trying so hard to beat his illness.

We shall miss him very much and our love goes out to Yvonne. We hope we can all be there for her in the future.

## PATSY MARCHANT

Ken and I first met Patsy and Tom when we all played indoor bowls together at the Sudbury Indoor Bowls Club.

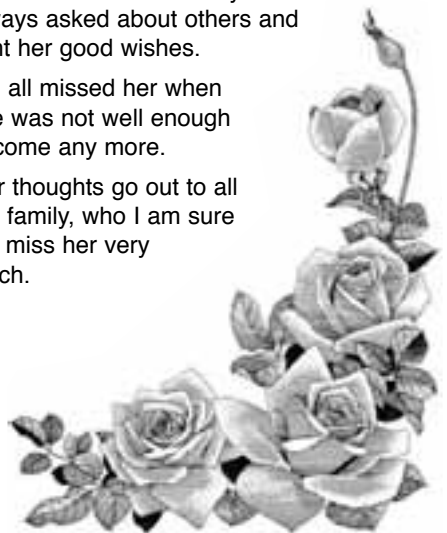
Tom became very poorly and we suggested that he might like to try coming to Upbeat to see if we could give him extra help and support.

Unfortunately, his condition rapidly worsened and he was never well enough to come. Eventually Patsy did come along with some very good friends and was, I hope, able to gain some help and support from our nurses and other friends she met.

She was a wonderful lady who always asked about others and sent her good wishes.

We all missed her when she was not well enough to come any more.

Our thoughts go out to all her family, who I am sure will miss her very much.





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one day.**



# Secretary's report

ANOTHER magazine, another secretary's report needed. There is something in the air at Upbeat!

The last six months have been busy with fundraising events organised by the Social Committee . . . but I have also spent lots of time writing letters of thanks to various members, thanking them for their own individual efforts in raising money or following up ideas they may have.

It is quite amazing the various ways members have found to fundraise. From making lemon curd and marmalade, to making lanyards, to taking photographs, making greeting cards, running marathons, sponsored walking, collecting tins, car boot sales, cake stalls, hanging baskets, hanging down the side of buildings, jumping out of aircraft, making bird boxes, painting pictures, washing cars etc. The list is varied and endless.

All of these things have been undertaken by members on their own initiative, to help out. It says something of our group that when the chips are down everyone comes up with ways and ideas of raising a bit of money. We thank you all.

Every single pound raised from these events, is a pound we don't have to get

from somewhere else, so never think because you can only make a few pounds doing something, it will not count. It absolutely does.

I continue to work on the grant situation and we are ever optimistic of finding some funds.

On another note, sadly we have recently lost Ken Brooks, who died in May.

Although we didn't see him much at Upbeat, he was a very powerful force and support to Jill. He did a lot of the photocopying, printing tickets and managing Jill's office behind the scenes at Upbeat. He had also raised thousands of

pounds for Upbeat over the years with the Bowls Tournaments he organised, until his health deteriorated. We owe a deep gratitude to Ken, he will be sorely missed.

The continuation of Upbeat is all we hope for, for all of us, and also the heart patients which will inevitably come along in the future.

With members willing to do such wild and wacky things for Upbeat we are indeed blessed.



By  
**Hilary  
Neeves**

# Introducing a new member

## Peter Maxey

I WAS born in Peterborough in 1939 just as the war started.

My father went into the army and as a family we moved to Grantham where we spent the war years. My father died as a result of injuries received at Dunkirk.

When the war was over we moved to Blackpool. We being, Gran, Grandad, two aunties and uncles, my cousin, Mum and I. We had a small hotel (boarding house), where we remained for 20 years.

I served my time as a carpenter and moved up to Assistant Manager before being appointed Regional Manager, with a London based-firm building which most of you will remember as Chef & Brewer steak houses. In between I married Ilva and we had two wonderful daughters.

Work slowed and a position was offered in London as Contracts Manager. We moved to Chigwell in Essex. Working in London was a very difficult time for Ilva and me, but joining the local church helped us to settle into the area. I was Church Warden for 17 years.

The change in jobs to a design company allowed me to be involved in all the fast foods being introduced



at that time – Beefeater, Taco Bell, Pizza Hut, Domino's Pizza, Wetherspoons and Whitbread development in and around London.

From the Design Company I went to work for Whitbreads as a regional surveyor where I stayed for 10 years. In 1984 I started my own company with a partner and worked in the London area. Unfortunately in 1991 due to the recession we had to cease trading. As a result, we had to sell up and move and I had to go back on the tools. Meanwhile our youngest daughter Sheralyne had moved to Australia and married. She now has two lovely boys and our other daughter, Tracy, is a chartered accountant and married to Chris, also a char-

tered accountant. They have two smashing boys and have moved to Kedington, where we eventually moved to live with Tracy and Chris.

I built two houses side by side for us all and we were there for nine years. I was involved with the Parish Council and became Chairman for four years.

Retirement looming and my son-in-law's travel to work becoming more difficult, we decided as a family to make a last move to ease retirement and Chris's journey time to work. The Bury St Edmunds area seemed the best choice for us all.

Tracy & Chris moved to Great Barton and two years later we followed, having built an annex onto their house.

Then I retired and three months after, I had a heart attack (luckily in the doctor's surgery). With the help of Mel Amps and the rehab nurses and three stents later I was able to resume a reasonably normal life.

With the loving care of these dedicated professionals and my wife of 51 years – where have all the years gone? – and family I am able to resume and maybe help others through Upbeat.

## COFFEE MORNINGS

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

### BURY ST EDMUNDS:

- 1) Held **every other Thursday** at Southgate Community Centre – 10.30am to noon

Sept 12th & 26th, Oct 10th & 24th, Nov 7th and 21st, Dec 5th & 19th, Jan 9th & 23rd, Feb 6th & 20th, Mar 6th & 20th, Apr 3rd & 17th, May 1st, 15th & 29th, June 12th & 26th, July 10th & 24th, Aug 7th & 21st, Sep 4th & 18th, Oct 2nd, 16th & 30th, Nov 13th & 27th, Dec 11th

- 2) Held every Monday, Wednesday and Friday mornings at Newbury Centre, St Olaves Road – 9.15am to 12.30pm (same time as exercise sessions)  
*Ample free parking at both venues*

### SUDBURY:

- 3) Held at the Delphi Club, Sudbury, every Tuesday morning – 9.15am to 12.30pm (same time as exercise sessions)  
*There is ample free parking*

## How you can help your magazine

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

Our advertising prices are modest. They are:

<b>Black&amp;White</b>	Quarter page £20	Half page £25	Full page £45
<b>Full Colour</b>	Full Page £60		

10% discount for clients who advertise in two consecutive editions.

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

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

# I've often wondered why

By Colin Hands

## The Norman Tower

A FEW weeks ago someone had a book of old photographs of Bury, one of which was a picture of the Norman Tower.

This is one of the things that has fascinated me since I moved here, but I have never tried to find out about it. I asked three people who were born in Bury why it was lower than street level; the answer from each of them was the same.

I've often wondered why that was. So I thought it was time I did some exploring. With the help of the Tourist Information Office and the Bury Records Office – both of whom were extremely helpful – this is what I discovered.

The tower was built between 1121 and 1148 by Abbot Anselm and was the gateway to the cemetery of St James Church and called St James's Tower. It stands 86 ft high and is 36ft square with walls 6ft thick. It was built into the wall surrounding the monastery. The gate led to the church and was called the church gate by local people – possibly where the name Churchgate Street comes from.

At the dissolution of the Abbey it was converted to a bell tower containing a peel of 10 bells. At some point in its history there was a Cupola on the top and sundial.

The sundial was removed in 1819 but the date of the removal of the Cupola is



unknown.

The tower was restored between 1846 and 1847 and stands very much as we see it today. Some say the tower could be even older than is thought, this is why the name Saxon Tower has also been attributed to it.

The answer to my original question is simply the roads around it have been built up over its long life.

The house to the side of it with the beautiful oriel window also has an

interesting history. Now it is called Tower House but it was originally called The Penny Bank because it was a bank. The property has recently been on the market for rather more than the penny – at just over a million pounds.

## Plaque to Captain Gosnold

IN THE old grave yard between the Cathedral and St. Marys Church there is a mausoleum with a plaque that attracted my interest. It is the burial site of Captain Bartholomew Gosnold who died on August 22, 1607, and his wife Mary, who died in 1665.

Captain Gosnold was the leader of the first group of English people to settle at Jamestown Virginia in America.

In the same tomb are his wife Mary's mother and father Robert and Martha



# that was . . .

Golding who died in 1611 and 1614 respectively.

The last name on the plaque is that of his daughter Martha, named after her mother. She is the Martha of Martha's Vineyard off the east coast of America. She died before all of them – in 1598.

## The Pillar of Salt

WHEN I first came to Bury to sell optical equipment to Leesons in Abbeygate Street where the Cornish Pasty shop is now, I was attracted by the road sign on Angel Hill, very different to anything I had seen on my travels.

It has the somewhat biblical title of The Pillar of Salt.

The design was by Basil Oliver, the architect from Bury St Edmunds Council. It is a listed structure of the Art Deco period and was erected in 1935; special approval had to be obtained from the Ministry of Transport because all road signs had been standardised under the 1933 regulations.

It was the first illuminated sign manufactured and is unique to Bury. In October 2002 there was a storm which removed the directional arm to Mildenhall, Thetford and Great Yarmouth leaving only the arm for Ipswich, Stowmarket and Sudbury.

This has since been repaired by a specialist company in Ipswich. The roofs of Moyses Hall and Tesco were also damaged and part of Bury was left without electricity.

Although since the opening of the A14



Bury bypass it is largely redundant it is still a beautiful monument and features along with the Abbey Gate, Abbey Gardens, the Abbey Ruins and the Cathedral on many tourists' photographs.



## The Nutshell

THE Nutshell is shown in the Guinness Book of Records as Britain's smallest pub. Located in The Traverse and measuring just 15ft x 7ft. It has been serving beer since 1867.

The earliest record is of a sale by Richard Peck, a fruiterer to Richard Caney, another fruiterer in 1844.

The building was later sold by Bridget Caney to F W King, a brewer who later joined forces with the neighbouring Greene Brewery which then became Greene King in 1887.

# Our voyage of Discovery

WE CHOSE this cruise for several reasons, one of which was that the ship – the MV Discovery of Cruise and Maritime Voyages – only carried 750 passengers.

Also, it was sailing from Harwich, which would be easy to get to from home, and mainly, Vivienne had always wanted to visit the Hermitage Museum in St Petersburg. I think she was trying to educate me! Another factor was that on this particular cruise the ship stayed in St Petersburg for three days.

Our 13-day cruise was planned to take us to six countries: Denmark (Copenhagen), Finland (Turku), Estonia (Tallinn), Russia (St Petersburg), Poland (Gdynia), and Germany (Warnemunde).

On May 22nd we parked in the long-stay car park at Harwich port; our cases were taken to the ship, and we caught a bus to take us to the ship also. We were quickly through security and found our way to our cabin, which was spacious, with plenty of wardrobe space, and a good bathroom. Although the beds were a bit narrow, they were very comfortable.

As we started sailing we got a bit worried when we heard that our captain was Italian, especially when he kept waving to people on shore at Harwich! The crew was mostly eastern European and very efficient. Food was plentiful and the shows we saw were very good.

As you might expect when sailing from a local port we met several people who lived near us – one couple from Woolpit, another couple from Hartest, and another couple who lived just 200 yards from our own

home! We even found four people from the Beccles area who played bowls against my brother in Bungay!

The first day and a half were spent at sea which we didn't find especially interesting, although there were things to do on the ship if you wanted to.

Our second day at sea was a bit choppy when we were sailing through the area where the Baltic Sea met the North Sea.

This caused a swirling motion on the ship and lots of people were seasick. The ship's medical staff gave them injections or pills to help them.

Because of the turbulent waters the Captain had to slow the ship right down, which unfortunately made us late for the next port of call. Sad to say, throughout our cruise we kept losing time, sometimes missing our docking time. This affected lots of the tours we were due to take in the various countries. Some of the tours were cut short and others

were cancelled due to the lack of time in port. We did get refunds: 10% on one tour and 20% on another.

We enjoyed our tour of Copenhagen, where we saw the statue of the Little Mermaid – a fine sculpture but so small that if you blinked you might have missed it!

The architecture of some of the buildings was superb. We walked through a huge cobbled square with, on one side, the Amalienborg Palace, the home of the Danish Royal family since 1794, and currently home to Queen Margrethe II. Around the square stand other palaces where other members of the royal family



**A tower in Tallinn's ancient walls**

# around the Baltic

by Pat Simpkin

live. Fancy living so close to your mother-in-law!

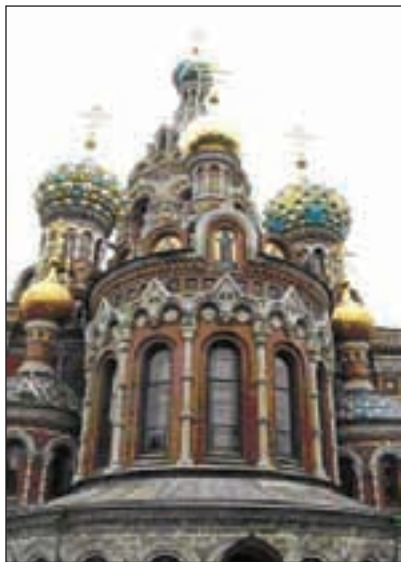
A highlight of the cruise was the visit to Tallinn, capital city of Estonia. This magnificent, heavily fortified mediaeval city, begun in 1219, has huge walls, broken by large bastion forts, 26 of the original 43 of which are still standing, with drawbridges and moats. At the top of a very high hill stands the castle. In this area the nobles lived, but lower down the hill, down the steep, twisting, cobbled street the merchants lived and worked. At the bottom, the common people lived.

As we walked, our guide was giving us a lecture. My wife, Vivienne, was with another lady some way in front. We all had earpieces so we could hear the guide speak. When she stopped to talk about a certain house, my wife and the other lady carried on walking, getting about 80 yards in front and disappearing round a corner. I told the guide of the problem and she said, "You had better speak to her on my microphone."

I spoke into the mic. "Will Mrs Simpkin return immediately!" When Vivienne turned round and started coming back, I said to the rest of the group, "It's the first time she's ever taken notice of me!" Unluckily for me, Vivienne also heard me, of course!

Another highlight of the cruise was the visit to St Petersburg, the second largest city in Russia, formerly known as Leningrad, with a population of five million people. We docked at a new cruise ship terminal on the mouth of the River Neva, which could hold up to ten ships.

All along the banks of the river there were buildings with golden domes covered in gold leaf. Around the city is a huge canal system spanned by 620 bridges. The city is very well laid out but has a terrible traffic problem. We thought the drivers were terrible – rather



**The Church of Our Saviour on the Spilled Blood**

like kamikaze pilots – so you just shut your eyes and hope for the best.

On our first day in St Petersburg we visited the Hermitage Museum which has 20 kilometres of corridors linking 1,000 rooms containing 2.7 million items of precious metals and stones, paintings, sculpture, porcelain, etc.

The highlight here was the Gold Room, entry to which was carefully controlled. We were in groups of 10 and only two groups were allowed in at a time. Some of the exhibits were so fine in detail that you had to look through a magnifying glass to see the intricate work of the craftsmen. I thought the craftsmen's eyesight wouldn't have lasted long doing that kind of work.

We were in for a shock for the next two days when the traffic jams got even worse

**Continued on page 26**



**Above: The magnificence of Catherine's Palace. Right: A guard at the Amalienborg Palace**

### **Continued from page 24**

because the Russian President, Mr Putin, decided to visit the city.

Once through the jams we drove 17 miles through the countryside to the town of Pushkin to Catherine's Palace, where Catherine the Great once lived. It had very ornate, magnificent rooms, with patterned silk wall coverings. Many rooms had huge heaters in the corners, each covered with Delft tiles from Holland.

We had to wear foot coverings to protect the wooden parquet floors. One of the greatest treasures of Catherine's Palace is the famous Amber Room, a gift to Peter the Great in 1716 celebrating peace between Russia and Prussia. The Nazis looted it during World War II, and in the final months of the war, the amber panels, which had been packed away in crates, disappeared. Reconstruction of the Amber Room began in 1979 and was completed 25 years-and \$11 million-later.

On Day 3 we boarded a canal boat for an hour's trip around the waterways of the city, looking at lavish mansions and palaces which lined the banks.

After this we visited the Church on the Spilled Blood, which has recently undergone lengthy restoration inside and



out. It's a remarkable building with spectacular onion domes and richly-decorated walls. Inside, the walls and the five domes were covered with mosaics, precious stones, and ceramic tiles.

Alas, as we were running late we were only allowed 10 minutes to view this rather than the planned 45 minutes. Since it was one of the sights we had booked especially to see, we weren't very happy.

On the way home we transited the Kiel Canal, which links the Baltic with the North Sea, saving approximately 250 nautical miles in travel. It takes nine hours to get through and was very interesting, with low-lying farmland on either side and plenty of wildlife on the canal banks, as well as lots of ships heading in the opposite direction.

Back at Harwich we were an hour late arriving but we were quickly off the ship, through customs, and soon heading home. Although we didn't enjoy our sea cruise as much as we had hoped, what with traffic jams and shortened tours, at least it gave us a taste of several different countries and their culture, and there were plenty of highlights to look back on.



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Chiropodist 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.

Friars Clinic offers you a warm welcome and professional service at the clinic.

For an appointment or for further information please phone Alan the practice manager on 01787 - 882055.



# Upbeat Summer Fete

THIS year's fete was held on Saturday, 27th July at Newbury Centre.

The forecast was rain from lunchtime, getting heavier with thunderstorms. I thought: 'What have we let ourselves in for? Should we put up gazebos outside? Should we hold it indoors?' So many problems, so many decisions. I wanted some stalls and games outside, so went with a mixture.

Lots of people came to help; everybody mucked in, taking things to stalls, helped display items, put up bunting etc. It was very busy.

There were lots of minor panics: Where should we put this? How much should we charge for that? I started to worry if we would be ready in time for the grand

opening by Chairman, Jill Brooks, especially as locals started to arrive.

I need not have worried. All went well and Jill, dressed splendidly in a lovely red dress with a big hat, cut the ribbon, had a few fun words and declared the fete open.

After the dodgy weather forecast, we were relieved and delighted when it turned out to be beautiful – very hot and no rain.

The stalls looked good. We had lots of merchandise to sell and games to have a go on. We were very well supported by locals and lots of children came as well, of course, as Upbeat members.

The cake stall was superb and I have never seen so many cakes. Lots of people

enjoyed having a tea or coffee and a cake and took the time to sit and chat. The raffle went well and people manning the stalls were all happy and smiling.

I was very happy with the lovely atmosphere felt by all, and everybody seemed to have a really good time. It felt very friendly and happy – such a relief as this was the first time the social group had attempted anything like this. We had had lots of worry and anxiety during the build-up as you can imagine.

Ron and Joyce Lawes worked particularly hard and prepared us all very well. At the end of the day, without having to ask, people helped to tidy up and put things

■ Continued on page 30



## ■ Continued from page 29

away. It was marvellous!

Despite being very tired we were pleased everything had gone so well. The best bit was when the money was

counted. We found we had made a profit of over £1,400, which I am sure you will all agree is absolutely fantastic. I am still smiling now!

Well done to all involved. We could not have achieved

this without the help and support of the Upbeat members – thank you all for making this a really successful day.

**Sylvia**



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# You're sweet enough!

I HAVE been aware of Upbeat and its great work for some years now.

In 2008 my Grandad, Gilbert King, suffered a heart attack and was given a triple heart bypass. It's safe to say he was very stubborn and keen to get back on his feet! He had numerous avenues of support from nurses and family but also from Upbeat and therefore I am keen to spread the good word of Upbeat and the invaluable help and support it offers.

Working, as I do, alongside numerous dieticians in both sport and health settings, the vital role of what we eat and how it affects us has become something of great interest to me. It has long been known that eating right and maintaining a healthy weight has strong links with keeping a healthy heart.

## Eating to keep it beating

As yet I am not a qualified dietician, I am not able to treat and assess individuals through dietary advice. However, I would like to share with you my understanding of why people struggle to maintain a healthy weight and ideas of how to eat well to help your heart beat well.

With 21st century advancements in technology, coupled with the want of businesses to make as much profit as possible, maintaining a healthy diet and weight has never seemed more confusing and complex.

## Are you sweet enough?

The answer is almost definitely YES! I like

to keep nutrition simple, with three simple rules – eat fresh, eat fibre and avoid sugar.

Foods which only last three to four days without being frozen are the best foods to eat. Another easy tip is that if it has more than three ingredients it's probably not that good for you.

But how and why do these simple rules work? Recently the effect of sugar on health and body weight has been brought to the forefront of obesity prevention. Positive correlations have been found between sugar consumption and the rise in obesity.

Sugar is hidden away in practically all of our processed foods, especially condiments (ketchup and sauces), cereals, breads, and pre-packaged meals. Even pre-cooked chickens have hidden, added sugar.

By avoiding packaged foods with lots of ingredients you avoid the risk of consuming hidden sugar. Increasing the amount of fibre through consumption of foods such as nuts, seeds, beans, pulses and vegetables can help the body deal with sugar more effectively.

With this in mind, beware of your fruit smoothies and juices, when juiced a lot of the fruit's fibre is destroyed but all the sugar remains.

## Remember the big 3...

- Eat fresh
- Eat fibre and
- Avoid sugar

Remember, you're sweet enough!



**My name is Lana Watts, and I am a recent graduate from the University of Bath where I studied Sport and Exercise Science for four years.**

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# We loved rock 'n' roll!



THE hall was decked and dressed. The tickets were sold. The food had been sorted and the quiches had been made. Upbeat was set for a night of rock 'n' roll.

Even before the start time, people arrived and when Freddie started singing they began to invade the dance floor, and just kept going all evening.

Everyone enjoyed themselves. Freddie Chennerly who had given up his time to help us raise some money, sang his heart out all night long. He has a great voice and everyone appreciated the choice of songs. His lovely wife Rosemary had been busy selling tickets and brought a host of guests who helped make the night such a success.

We all had a delicious supper and the raffle prizes were drawn. The night raised a magnificent amount of £1,000.70p for Upbeat Funds. £1000.70p!

Very many thanks to all those who helped in so many ways, from setting out in the morning, to sweeping up last thing at night. You know who you are and the effort put in helped to make it such a success, so thank you all.

Thanks also to Freddie Chennerly who entertained us for free, Rosemary and all the people who came and supported us, either by giving raffle prizes, making food or turning up on the night.

Rock on!

## Celebrating Bob's running total

OUR very own Sudbury Fun Walker, Bob Fuller, made the trip to Sudbury on Good Friday. It seems a long time ago, but certainly deserves a mention.

Alas, he was Upbeat's only entrant this year. It was a cold but bright sunny morning and the 600 or so entrants started at the leisure centre at 9.15am.

Bob has completed the annual Diabetes UK Charity Walk/Run walk for Upbeat for the past five years. He did a sterling job, completing the course in an hour and 10

minutes, raising hundreds of pounds for Upbeat. Well done, Bob! He was even stopped by a reporter of *About My Area* and had an article put on the internet about it. Now that is cool!

Let's try to get some more members from Upbeat to accompany Bob next year. I have promised to go, so let me know nearer the time if you wish to participate. Next Year it is on Good Friday, April 18, 2014.

Hilary Neeves (Secretary)



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## LYRICAL UPDATES

Some of the artists of the '60s are revising their hits with new lyrics to accommodate aging baby boomers. They include:

Herman's Hermits – *Mrs Brown, You've Got a Lovely Walker*

Johnny Nash – *I Can't See Clearly Now*

Paul Simon – *Fifty Ways to Lose Your Liver*

Commodores – *Once, Twice, Three Times to the Bathroom*

Bobby Vinton – *There! I've Said It Again ...Again*



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# Upbeat author Bob Smith goes online

IN THE 1980s Upbeat member Bob Smith was enjoying a successful career as a novelist.

Writing under the pen names Robert Charles and Charles Leader he had produced a long string of political, espionage and crime thrillers. Later the opportunity to republish all his titles in large print with Ulverscroft gave him a second bite of the cherry.

Now, at 75, he is aiming for a hat trick with a brand new online and e-book venture.

Bob has set up a website – [www.robertleaderauthor.com](http://www.robertleaderauthor.com) – which aims to showcase a lifetime of travel and writing, and to promote the launch of a range of new and re-print titles with Amazon and Kindle. The books are available online as print books with Amazon's new Create Space publishing venture, and as e-books with Kindle Publishing direct.

The website is aimed at readers and writers and includes two free book downloads, free-read extracts as tasters to all the books, and the story behind the story which tells how each book came to be



inspired and written.

The new books include *Serpents In Eden*, a psychological/horror novel set in Polynesia, and *The Gods of Ice*, a heroic fantasy set between the last two earth ice ages.

However, Bob's main aim in setting up the website was to launch his epic six-book series of novels about Vietnam under the series title *Extinction's*

■ **Continued on page 40**

*Edge*. Vietnam has always been a difficult subject with mainstream publishers and despite coming close several times until now it has never been published.

Under three pen names Bob has published more than 50 books but he still believes this was probably his finest work.

The Vietnam novels begin with *The Lost Colonial War*, which tells the story of the fall of Dienbienphu and the end of the French occupation of Indo China. *The Years of the Warlords* covers the period between the withdrawal of the French and the arrival of the Americans. *Blood on the Yellow Robe* is the story of the Buddhist rebellion that ended the rule of President Ngo Dinh Diem. *The Rise of the Viet Cong* and *The American War* present mirror images of the war as seen from both sides. Book Six, *The Fall of Saigon*, brings the series to a conclusion with the US withdrawal at the end of the Great Tet Offensive.

The novels are linked by the French paratroop lieutenant Rene Chauvel who survives Dienbienphu and later returns to Saigon as a war reporter, and by Phat Sangh, the orphan girl who grows up on an endless refugee journey from North to South Vietnam.



A third chain of continuity comes from the alien Marregh/Riken who observes it all through mind-melting techniques and struggles to understand what to them is mindless insanity. A decision has to be made whether the human race should be allowed to develop and expand into the galaxy.

Among the reprint novels on offer is *Witchfire*, an occult horror novel with a strong local background set in Breckland. During the scorching hot summer of 1976 Bob was a member of the retained fire crew at Brandon.

All of Breckland was tinder dry and through July and August the Brandon fire crew were racing from one fire to another, heath fires, forest fires and blazing fields of standing corn. There was barely time to sleep or eat. Bob rarely

finished a meal and never finished a paragraph on the book he was trying to write. At one stage he did 30 hours of non-stop fire-fighting, riding from one fire to the next. To end that very hot summer an American fighter plane crashed with a full load of fuel on take-off from the USAF base at Lakenheath. It set a square mile of forest alight and took three days and 30 fire engines to get it under control.

It was during this period Bob read an account of the fascinating phenomenon of spontaneous human combustion. Breckland was reinvented as a separate fire authority, Brandon and Bury St Edmunds were re-arranged with fictional names, and the idea for *Witchfire* was born. It was originally published in hardback by Robert Hale as *The Burning*, but here it has a new title and a new cover.

The range of books on offer illustrates Bob's versatility as an author. If his new venture is successful he plans to re-publish many more of his out-of-print books, and, of course, to continue writing.

*The Gods of Ice* is the first book of a trilogy which he intends to complete, and then there may be a return of the Marregh/Riken.

# Upbeat goes on tour!

ON 29th April 20 hardy Upbeaters enjoyed a guided walking tour around Bury St Edmunds with official tour guide Martin.

Our tour started in the Cathedral Cloisters and we then headed across the road to Angel Hill where we were told the origin of the directional obelisk and the history of the Angel Hotel and surrounding buildings. Martin then led us up Abbeygate Street giving us the history of the old shops and their original owners.

Our next stop was the Market Square. It is amazing how many former Public Houses and Inns are now shops around the



Square.

Places we pass every day and never look at took on a new meaning as Martin pointed out all the interesting features and their historical importance.

From the Market Place we proceeded down the back streets to where the affluent Bankers and Merchants lived, past the beautifully preserved Elizabethan houses and round the narrow alleys leading us back to the Cathedral.

It was a good and informative couple of hours, Martin providing us with a witty and very interesting commentary. We finished our tour in a local café for a well-earned "cuppa". A perfect afternoon!

## *The Heart Forum*

PAIN. Worry. Fear. Anger rage resentment depression exhaustion. Hope. Elation. We know how you feel – and that's why The Heart Forum is such a good place to get practical advice and sympathetic support.

I set up The Heart Forum in July 2013 as a community for heart patients, their family, friends and carers. It is friendly and welcoming and our members have had a range of conditions and treatments (I had a triple bypass in August 2012). The forum is aimed at lay members but of course healthcare professionals are welcome too.

The founding members of

The Heart Forum have all been members of other forums and we have pooled our ideas about what makes a good community, and I always welcome suggestions for improvement.

We feel the important things about our forum are:

- Registration is easy (and free);
- Privacy is important and nobody has to give any personal identity details;
- It is easy to use and clearly laid out;
- It is actively managed and moderated to make discussions easy to follow;
- We talk about all kinds of topics, whether it's

medications, side effects, insurance, healthy eating, or general chat and jokes;

- We welcome new members and always try to reply quickly to their posts.

The Heart Forum is based in the UK but it is open to anybody.

To join just visit [www.theheartforum.com](http://www.theheartforum.com) and click the link to register. You will be asked for some basic information, including your email address but this will not be shared with anybody. It only takes a few minutes to complete registration and then you can join the discussions.

We look forward to seeing you there!

# LIST OF PUBLICATIONS AVAILABLE

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

- |   |  |  |
|---|--|--|
| 1. Physical Activity And Your Heart       | 19. Implantable Cardioverter Defibrillators (ICDs) | 33. Physical Activity And High Blood Pressure    |
| 2. Smoking And Your Heart                 | 20. Caring For Someone With A Heart Problem        | 34. Physical Activity And Diabetes               |
| 3. Reducing Your Blood Cholesterol        | 21. Returning To Work With A Heart Condition       | 35. Guide To Food Labelling                      |
| 4. Blood Pressure                         | 22. Diabetes & Your Heart                          | 36. Food Should Be Fun And Healthy               |
| 5. Eating And Your Heart                  | 23. Cardiac Rehabilitation                         | 37. A Guide To Losing Weight For Men & Women     |
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| 14. Palpitations                          | 32. Physical Activity After A Heart Attack         | 5. The Beat Goes On (ICD's)                      |
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| 16. Peripheral Arterial Disease           |  |  |
| 17. Medicines For The Heart               |  |  |
| 18. The Heart - Technical Terms           |  |  |

## Remembering Upbeat in Your Will

We have been reviewing longer-term sources of funding and wondered if some members or family or friends, who will have understood and valued all the benefits provided by Upbeat, may, when making a will, be good enough to consider giving a legacy to our charity.

### (Upbeat - Registered Charity 1087415 )

All gifts and donations are greatly appreciated by the whole membership and help towards continuing our endeavours. While there is no Gift Aid type advantage to legacies to charity they are deducted from the estate before Inheritance Tax is worked out.

As a matter of interest new measures give charities the ability to claim Gift Aid type benefit (currently 25%) on small donations not exceeding £20 where there is no existing Gift Aid declaration, up to a total of £5,000. This, for example, means collection tin and maybe some sponsorship money will be worth that much extra for us.

**R. J.**

**The British Heart Foundation** is the largest source of funds for independent heart research in this country. Set up in 1961, it has fought to understand and control all forms of heart and circulatory disease through raising and providing funds for vital research. Over the years it has evolved into other aspects including the causes, prevention and rehabilitation. It still has 1,200 research projects ongoing, looking at every aspect from safer drugs to improving surgical techniques. Patient networks, as in Upbeat, are assisted in starting up by a small support team and then left to go on their way. BHF remain in the background with support of every possible kind. This includes toolkits to help with management, advice for insurance, etc, all the booklets, DVDs, etc, and education of a high standard.

All of us with heart problems who are patients owe our present lifestyles, and in many cases our lives, to this amazing charity. Personally I cannot thank them enough and support them whenever I can.

*Jill Brooks*

# Your money in action locally

## £3million boost for heart research in East Anglia

A CUTTING-EDGE BHF Centre of Research Excellence has been funded by the British Heart Foundation in Cambridge for the next five years, which will be a training ground for the next generation of pioneering heart researchers.

The Centre will bring together scientists of different disciplines to focus their expertise on the major cause of heart attacks and discover new ways to prevent and treat them and coronary heart disease.

The new centre will aim to bring people from different subjects throughout the University and Addenbrookes to work at the centre.

The BHF Chair of Cardiopulmonary Medicine and Clinician at Cambridge University Professor Nick Morrell said: "This is a brilliant opportunity to bring together lots of brilliant young minds from disciplines from all around Cambridge, working together to tackle this problem.

"Often scientists from different disciplines work on their own projects independently. This funding will encourage and promote people to collaborate and share their ideas.

"Because the centre's focus will be around scientists' early career development, it will hopefully draw people into the heart disease field who will continue their careers around it."

Meanwhile heart researchers at the University of East Anglia have been boosted by funding for a project that aims to develop new medicines for people with coronary heart disease.

Dr Samuel Fountain has been awarded the three year grant to find out how immune cells called monocytes contribute to atherosclerosis – the build-up of fatty deposits in blood vessel walls that cause coronary heart disease.

Alex Mayer from the British Heart Foundation said: "This funding could only happen because of the enormous generosity of our donors and volunteers.

"But heart disease isn't beaten yet – we urgently need more donations to keep supporting vital research here in East Anglia."



“ This funding could only happen because of the enormous generosity of our donors and volunteers ”

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

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

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

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

*Thank You.*

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*Thank you.*



## EVENTS AND SOCIAL FUNCTIONS

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.

## REGULAR EVENTS

Throughout the year there are on-going 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 12th & 26th, Oct 10th & 24th, Nov 7th and 21st, Dec 5th & 19th, Jan 9th & 23rd, Feb 6th & 20th, Mar 6th & 20th, Apr 3rd & 17th, May 1st, 15th & 29th, June 12th & 26th, July 10th & 24th, Aug 7th & 21st, Sep 4th & 18th, Oct 2nd, 16th & 30th, Nov 13th & 27th, Dec 11th

**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

**A list of events and functions is shown opposite**



# Forthcoming events

Thurs 12th Sept

## **River Thames Trip**

A return trip on the MV Princess Pocahontas from Tilbury to Chelsea. Tickets £42 per person including cruise, coach and ploughman's lunch on board.

SOLD OUT

Mon 16th Sept

## **Fashion Show by Edinburgh Woollen Mill Shop, Sudbury**

To be held at the shop. Start 7pm. Limited numbers. Tickets including a free glass of wine: £2.50 per person. Apply for tickets from Jackie Williamson. Call 01787 370753

Thurs 19th Sept

## **Guided Walk around the village of Lavenham**

Conducted by David Deacon. 6pm start from the Market Place. £1 per person, limited places (max 20). Book please via David Camp. To conclude at The Angel for a drink and/or snack

Sat 28th Sept

## **A Concert by the Voice Squad Cadet Choir at St Paul's & St Peter's Church, Lavenham**

7pm. The award winning cadet choir, supported by seniors, sing music from the shows and much more. Wine and fruit juice bar during the interval. Everyone is welcome – there is no shortage of space, so bring family and friends. Tickets: adults £7, concessions £5 (children under 14 & adults 65 & over). Available from Upbeat Sessions, Sparling & Faires, Bakers of Lavenham or Voice Squad 07928 515693

Sat 2nd Nov

## **Craft Fair at St Peter's Church, Market Hill, Sudbury.**

From 10am. If you like making things, now is your chance to help us raise money at the Annual St Peter's Craft Fair. Volunteers also needed to man stalls and help set up on Friday. Contact: Jean Davis (Sudbury) or Hilary Neeves (Bury) for more information.

Fri 29th Nov

## **Theatre Trip to Norwich Theatre Royal to see *Priscilla, Queen Of The Desert***

Matinee performance, combined with the chance to do your Christmas Shopping in the busy and popular city of Norwich. Tickets: £28 per person available from Sylvia Bambridge (Tel: 01787 372839). Application Forms available at all sessions.

Fri 13th Dec

## **Christmas Party at Hardwick School, Bury St Edmunds**

Tues 17th Dec

## **Christmas Party at The Delphi Centre, Sudbury**

Weds 18th Dec

## **Christmas Party at The Newbury Community Centre, Bury St Edmunds**

**Upbeat will be closed over the Christmas and New Year period on  
Fri 20th Dec, Mon 23rd Dec, Tues  
24th Dec, Weds 25th Dec, Fri 27th  
Dec, Mon 30th Dec, Tues 31st Dec  
& Weds 1st Jan**

# Danube Waltz

By Ken and Elaine  
Bishop  
(Travellers  
extraordinaire)

---

ENCOURAGED by the article in the Upbeat Spring 2013 magazine and the romantic cruises accompanying the *Lewis TV* programme we looked forward to a Danube River Cruise in June.

We flew to Vienna on Friday 31st May in time for lunch in Vienna of wiener-schnitzel and apfel strudel followed by free time . . . except it rained so hard we had to stay in the restaurant.

Our coach took us to the ship *Filia Rheni II* moored outside Vienna at Nutsdoorf Village where tea and the Captain's welcome awaited us! What a welcome!

Unfortunately the Danube was closed to traffic, too high, too fast and the boat wouldn't get under the bridges, so we were told we might have to wait until Monday to cruise.

However, we woke to a brighter day and did a coach and walking tour, enjoying the sights and interests of Vienna. In St Stephens Cathedral



**What an adventure:  
From top, overnight  
the river banks burst,  
crew members ferried  
supplies to us by  
dinghy, life jackets  
were donned and  
rescue at hand!  
(That's us in the top  
right hand corner!)**

Eventually a decision was made by the authorities to build a pontoon between the railway embankment and the boat. Excitement built up, cameras started flashing and crew members were summoned to stand by!

rehearsals were under way for the Vienna Concert which we planned to attend during the week. Later that day we visited the Summer Palace and gardens in Vienna. The trip looked good.

BUT on Sunday morning, as the rain pelted down outside, a compensatory coach took us to Melk Abbey where thankfully we had a guided tour inside.

Overnight the river banks burst and flooded the access to and from the boat

and the Captain advised us we would have to wait for the river to go down before we could cruise or even leave the boat.

So from Monday to Thursday we were marooned on the boat! Entertainment in the form of quizzes, crosswords, game shows, films, music and dancing was organised by the boat's entertainer JJ. We palled up with two other couples and enjoyed their company, especially at mealtimes; the food was excellent and accompanied by flowing drinks which were also offered free during the evening. (So much for the healthy heart!)

Exercise was available in the gym, jacuzzi and walking on the (sun!) deck plus a half hour seated session each morning of Michelle Jermy-style aerobics led by one of the tour team.

Highlights of the week came when crew members rowed back and forth in a dinghy with more food, drink and 'toilet' supplies from vans on the embankment.

Rumours and activity rumbled through the decks as ways were sought to evacuate us by police, fire brigade, local dignitaries



**The Hofburg Palace**

and travel executives, the latter being flown out from the UK.

Were we going to be rowed ashore – or possibly airlifted by helicopter – one was seen hovering overhead, or perhaps a 'bosun's chair' would be organised! The minds boggled!

Meanwhile the local and national press had rowed to come on board to interview and photograph us in our plight. A doctor and nurse also arrived with medical supplies (costing some folk £1,000!).

Eventually a decision was made by the authorities to build a pontoon between the railway embankment and the boat. Excitement built up, cameras started flashing and crew members were summoned to stand by!

Conversation was animated and speculative over lunch until the Captain and Tour Manager announced we were to pack

our bags and be ready to leave the boat by 7pm. All systems go, cases packed, more food and drink to sustain us and life jackets were donned.

At the scheduled hour, in groups of 10, the crew helped us down the pontoon and handed us to the fire brigade who helped us up the embankment, across the railway line (which was in use and trains were having to stop for us) and up another embankment to waiting coaches. In all 120 passengers were rescued!

We were then taken on a three-hour coach journey via Bratislava to an overnight stay in a hotel in Budapest (the original destination of our river cruise!) before leaving at 7.30am for the flight home.

This may all sound scary, disappointing and somewhat of a nightmare but the Titan Tour Company came good. They fully compensated everyone plus a discount on a future trip with them. We had made excellent friendships and it was really a very relaxing, exciting and unusual holiday! So much so we have booked the same trip in reverse and trust that next time the Danube will behave itself.

# WEEKLY EXERCISE SESSIONS

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

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

## IMPORTANT

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

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

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

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

OR

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

ALSO

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

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

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

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

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

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

Please wear comfortable clothes and suitable footwear.

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

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

# NEW MEMBERS

Roy & Val Bareham  
 Lady Angela Bridges  
 Ann Piper  
 Michael Berry  
 June Kiddy  
 Paul Spencer  
 Joan Baldock  
 Roy & Sheila Fincham

Richard & Bridget Brunning  
 Jacqueline Curtis  
 Iris Wraight  
 Edward & Jeanette James  
 David & Barbara Rowe  
 Tony & Janet Turner  
 Robert & Joan Harris  
 Paul & Joan Read

Paul & Aileen Gooderham  
 Catherine Bird  
 David Last  
 Bert Cockrill  
 Shirley Saunders  
 Horry & Susan Parsons  
 Derek & Peggy Edwards  
 Harry & Gwen Williams

■ A very warm welcome to you all. We hope you receive support and help from being an Upbeat member and would welcome your comments on what we do right and what we are doing wrong. Due to the printer's deadline this list is correct up to 1st August 2013. Members who joined after this date will be in the Spring 2014 edition. Our apologies for a misprint in the Spring edition new members list. The entry which read Dennis & Marion Pettitt should read Dennis & Marion Pitt. Sorry, Dennis and Marion, but welcome to Upbeat.

# £100 CLUB WINNERS

## March

1st: £100 - John WOOD -  
 No 034

2nd: £72.50 - Brian  
 GARDNER - No 274

## April

1st: £100 - Beryl LAND - No  
 143

2nd: £72.50 -

Tony CHAPLIN - No 069

## May

1st: £100 - Peter  
 EMPLETON - No 341

2nd: £75.50 - Brian  
 BREATHWICK - No 112

## June

1st: £100 - Beryl ELSTON -  
 No 315

2nd: £75.50 - Faye

WARNER - No 269

## July

1st: £100 - Graham

BRAGG - No 080

2nd: £75.50 - Angela FORD

- No 181

## 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 a free copy by phoning the BHF on 0300 330 3300

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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.

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