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You can't beat Autumn

LAST time I set about writing my editorial for the Spring issue of our magazine, I commented that the daffodils were in bloom, the sun was shining, and there was blossom on some of the trees. Well, that blossom has been replaced by conkers – a sure sign that Autumn is almost upon us. It's a season I love, and I am especially fond of hunting for conkers, kicking over the fallen leaves in the hope of catching a glimpse of the shiny red-brown fruit of the horse chestnut tree. It's an activity that takes me back to my own childhood, when my sister and I would collect hundreds of them, in the hope that among them we would find the champion which would survive all the bashings received from the other children's when we had conker fights in the school playground. Later, I took my own children conker hunting and relived the excitement and pleasure all over again. Nowadays, I tend to go alone, which, I must admit, is not quite the same as hunting in the company of others, but is still nonetheless something magical for me. I wonder if other Upbeaters feel the same?

The year seems to be flying past, as they all do when you're getting older, and it's been an eventful one for Upbeat, with many changes to our Committee, including the retirement of our long-serving Chairman, Jill Brooks, and the appointment of several new members, including my wife! She said when she retired a couple of years ago that she might get more involved and so she has. Well done, Valerie!

It's been a good year for the organisation financially, as David Camp tells us in his report, and as well as active fund-raising events our Social Group has arranged, we have been fortunate to be recipients of sizeable donations from several outside groups, all of which has helped enormously. As always, though, it is the membership – yourselves – who work hard to make Upbeat successful and to bring in the all-important cash. The

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Editorial contributions and ideas for features and other items to

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

centre, colour pages of this issue show photographs of some of the events you have supported so well. Whatever the occasion and whatever the weather, it seems Upbeaters are ready and willing to turn out and help. That was very evident at the Bury summer fête back in June. What a day that was! Everyone enjoyed themselves, and the magnificent sum of £1,750 was raised. Most members are, shall we say, 'of an age', many with health problems, but it doesn't stop you all from enjoying a laugh and helping out when and where you can. Thanks to everyone who's given time and energy throughout the year. Long may it continue!

On the wider front, it's been a year of commemoration, remembering the start of the Great War in 1914, 100 years ago. Old as we may be, none of us can remember those dark days, but they are far from being distant history for many of us. My father fought in both wars – the 1914-1918 and 1939-1945. He was more involved as a combatant in the first, being part of the crew of a battleship at the Battle of Jutland in 1916. Over two days the Royal Navy's Grand Fleet comprising 151 ships (which also included some from the Royal Australian Navy and Royal Canadian Navy) waged a fierce battle against the Imperial German Navy's High Seas Fleet. Fourteen British and eleven German ships were sunk, with a total loss of life of 9,823 men, of which the British losses were 6,784 and German 3,039. One of the sailors, though I don't know on which ship he sailed, was my father, who had joined the RN as a boy of fourteen in 1905. Also among the combatants was the then 20-year-old Prince Albert, second in the line to the British throne, a junior officer in the Royal Navy, who would reign as King



George VI from 1936 until his death in 1952. The last surviving veteran of the battle, Henry Allingham, a British RAF (originally Royal Naval Air Service) airman, died on 18 July 2009, aged 113, by which time he was the oldest documented man in the world and one of the last surviving veterans of the whole war.

Like all the battles ever fought, Jutland must have been an awful experience for those involved. Though the loss of life was dreadful in scale, it almost seems as

nothing compared with the great land battle that was fought between July and November that year around the River Somme in France in which more than a million men were killed or wounded. July 1st, 1916 was the worst day in the history of the British Army, which suffered around 60,000 casualties. Reading such figures now we may feel shocked, perhaps saddened, but inevitably we are distanced from the terrible

grief and hardship which so many survivors must have felt at the time.

Today, at the Tower of London, more than 800,000 ceramic poppies are being planted to mark the 100th anniversary of World War I, one for each of the Commonwealth dead, and recently we have seen many commemorative services held in this country and throughout Europe. It would be wonderful to think that mankind had learned its lesson and that nothing like WW1 could ever occur again, but sadly, looking around the world, you may think it is hard to be optimistic. All the more reason, to make the most of the simple pleasures, such as hunting for conkers, and to show love for each other whenever we can. As our 'Absent Friends' section shows, none of us is promised tomorrow, so let's all make the most of our today.

David Axton

Chairman's Report

I'm delighted with my new role

IT FEELS very strange as I sit at my computer trying to put words onto paper. I have not had a problem previously when reporting an event or such like but as this is my very first time writing as Chairman it feels completely different.

Having missed the AGM due to being holiday I had no idea what had taken place but was delighted to learn that I had been voted on as Chairman for Upbeat.

I feel very honoured and will try my hardest to ensure that Upbeat continues to thrive. I appreciate I have a lot to learn and am working hard to get to grips with the day-to-day running and sorting out the best way forward for the future.

I will need everybody's help and support but it feels right and good that we have a very good executive committee and several new members to pull together so we can get stronger. There is a lot to be getting on with, sorting out health and safety matters, learning what each group's needs are and ensuring we try to give support to all our members.

As we all get older our needs take on different values and requirements so we must be mindful that as some are less mobile and several of us are unable to drive now, we must seek to ensure we look after these members.

We are lucky we have a super team of nurses and instructors who look after us



By Sylvia Baker

very well and they keep us up-to-date with latest trends and correct ways to exercise and hospital recommendations etc.

Lots of social/fundraising events are planned for the year and hopefully this should give us all some laughter and fun as well as raising money, which you all know is necessary for us to continue. We do appreciate all the help and support the members give to the social group.

Thank you for the raffle prizes, donations, baking, etc., and we are especially grateful for giving up your precious time to help out on these occasions.

I intend to visit each exercise venue regularly and get to talk to as many members as possible to get to know you all.

If any member knows about somebody being ill or in hospital please bring this to the attention of any of our committee so

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we can make contact.

My first official visit as chairman was to attend a meeting in June with Hilary at the St Mary's Wives Group in Bury. Upbeat was nominated as their charity of the year and I was thrilled when presented with a cheque for £1,000. It was a lovely evening meeting these ladies who had worked so hard to raise this money for us.

My first actual talk about Upbeat was a bit scary as I was so worried because I wanted to do well. The presentation was delayed due to a lady "passing out" which resulted in an ambulance being called.

I tried to re-start my talk but was interrupted by paramedics deciding the lady needed to go to hospital, and a hunt for her bag and glasses took place.

Apparently there had never been any problems previously, so both us and the Bury wives will always remember this encounter. The lady luckily was only taken to hospital as a precaution so finally when I actually received the cheque there was a lot of laughter and the ladies seemed to enjoy my talk and our visit.

A very kind lady, Phyllis Pettitt, held a coffee morning on the 19th June at her home and donated the proceeds to Upbeat and made over £657 which was fantastic. She had made a special effort with so much going on in her garden. Some of her ideas we can use at our events.

It was a lovely occasion and super for us. Phyllis came to our fete to hand over the cheque and you will see a photo elsewhere in this magazine.

We held our Fete on 17th July and the weather was kind to us for most of the

day, although it ended in a horrible thunderstorm. Our Social/Fundraising team, led by Joyce and Ron Lawes, made sure people had a good time. Everyone enjoyed themselves and we raised £1750.00.

We also had the help of Ivy and her team from the Newbury Centre as well as the local church members cooking the barbeque for us. It was a special day, hard work, but great fun.

The Strawberry Tea on 17th July, organised by Hilary, was a great success but please don't ask me to go picking strawberries again for a while! It was a very hot day and I am grateful for all the help in setting up and clearing up afterwards.

The food was wonderful, so a big thank you to all who provided this and to Brian and his music, who got everybody tapping toes. It was altogether fabulous and the total raised was more than £600.

Later in this issue you can read about other events I attended and donations made to Upbeat. These contributions really are our life-blood and we are very grateful to all those who think of us and work so hard to raise money on our behalf.

Check out the social calendar for events planned for the future and provisional ideas going forward. If anybody has any suggestions or improvements they would like to discuss please feel free to contact me. Should you just want to talk to me, again please do not hesitate to speak to me. My contact details are in the magazine and I look forward to chatting to you.

I care very much about Upbeat and am determined to make a success of my time as chairman.

Sylvia

Secretary's report

With the summer behind us, and the seasons changing, we reflect on another year of Upbeat that seems to be flying by.

We have had our own changes here at Upbeat – Jill Brooks' retirement and a new Chairman elected, Sylvia Baker. We have gained some delightful new members and sadly lost some dear friends. My job is to keep the wheels moving behind the scenes and to take up every opportunity of funding that presents itself.

At the AGM our Treasurer was able to tell us that things were looking pretty good. BUT, there is no room for complacency and we HAVE to keep fundraising.

I said at the AGM that we were starting a new period of Upbeat and hoped for a good year. Well, we have had some serious financial help this year from

- (a) The Beer Festival,
- (b) A large company in town (Treatts)
- (c) The St Mary's Wives Group and
- (d) Phyllis Pettitt's Coffee Morning.

All of these donations have come about by someone thinking about Upbeat and mentioning it to someone else as a possible cause to help. I will always follow things up, if given a few details.

Fundraising has also been full on with the Summer Fete and Strawberry Tea. Thank you to everyone for supporting these events.

We have to find someone to take on

the Treasurer's job. David will be leaving soon, and we need someone on board who can work beside him for a few months to see what is involved. Please have a think and ask around.



By
Hilary Neeves

If we have to start paying someone to do this job, our finances will quickly become depleted so we need a willing and able volunteer. Could it be you?

There are many members that are not able to get out and come to sessions, but just like to keep in touch; we understand that.

But with over 800 members now, there must be some of you who could benefit from some exercise and a

social morning. How about coming back and rejoining the sessions?

A big thank you to all you lovely people that turn up each session and help out – those that come and exercise, those that come and have a coffee and those that support the fundraising events. If I haven't mentioned you, maybe it's time to get involved!

Enjoy the rest of the Summer and please don't forget to attend some of the Autumn Events.

Our treasurer will be retiring soon. We need a willing and able volunteer. Could it be you?

Treasurer's report

FIRSTLY, I would like to thank all the members who came out to attend our Annual General Meeting this year in May.

There were, I believe, nearly 100 people in attendance (with a further 35 apologies for being unable to attend) and it is encouraging to be aware there is the support and interest in the progress of the group.

A report of the meeting is given elsewhere.

It was particularly pleasing to note that five new Committee Members were elected and for the first time for a number of years we are able to field a full committee with all promising to bring their own expertise and experience and keen to take on some of the responsibilities of running the group.

Add to this a new Chairman in Sylvia Baker and, since the meeting, the appointment of Peter Maxey as Vice Chairman – there is a good and

positive vibe to the meetings and a promising future for the group.

On the financial side, I was able to report that the decline of our reserves which had been evident the previous year had been halted and we had actually an improved bank balance.

This, despite the loss of the Suffolk County Council grant, has been achieved by some very hard work in our fundraising activities, led in the main by Sylvia and Hilary but with some excellent support and helpers. Well done to them all.

Donations are of course another main feature and these also increased over the year.

I singled out two particular people who have worked especially diligently on behalf of Upbeat. Firstly, Bob Fuller, who raised more than £1,300 from various enterprising sources, from the Sudbury Fun Run, Car Boot Sales, Collections and even car washing. As

I said at the time, the man is amazing and deserves our thanks and gratitude for all he does.

The other person I singled out was Pat Pearce, who on her own initiative decided to run regular tombolas at our sessions, which bring in good and vital income. Well done, Pat.

Indeed, well done to everyone of our helpers, fundraisers and supporters and for those who regularly donate small, and some not so small, amounts for the cause.

It is quite humbling to see the goodwill and generosity of so many people who want to give something back, who appreciate what Upbeat are achieving and perhaps have been fortunate enough to have gained from being a member and enjoyed the help, support and friendship that we offer.

Now to really take the group forward, we need your input. We need to know what you feel: what

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by David Camp

we are doing right, what we are doing wrong, what we can do that we are not at the moment.

Everyone must have a view, yet we rarely hear it. Please let us know. There is a Contact Us form on the web site and there are comments cards at all the sessions, or you can just write or email, preferably to the Secretary and she will then ensure that the points made are brought before the committee for discussion. They can be anonymous if you prefer. I have been making this request, for what seems years. Please respond (or am I just speaking to a big black hole out there and no one is bothering to read this. It sometimes feels like that.)

I will make my usual thanks to all our helpers – what would we do without them? – too numerous to name, but without you, we just could not function. Thank you.

Also thanks to our Webmaster, Steve



Dennington, for all the work that he gives so generously and willingly to produce and maintain our superb website.

Lastly, you will all probably be aware that last autumn, I gave notice to the Committee that after what will be 16 years on the committee, I intend to retire from my position as Treasurer at the 2015 AGM.

We have asked for someone to take over, so far without any success. There has to be someone out there who can spare a little time each week to record the income and expenditure, make a

monthly report for the Committee and send an annual total breakdown to our Independent Examiners to produce a full set of accounts for the Charity Commission.

If you feel that you MAY be interested, let's have a chat, let me show you what is involved and see if it may be suitable. At the end of the day, if we don't get a member to take

the job on voluntarily, we may have to get a professional in, with the relevant drain on our resources that would entail.

We don't want to go down that route – the Upbeat Heart Support Group was founded by volunteers and has been operated by volunteers and to start paying the management would be, in my opinion, a very detrimental move. I wait to hear from you...

Thank you for your help and support.

David

Fundraising and donations February-July 2014

Grants/Sponsorship

David Nettleton Locality Budget	£1289.00
Norwich & Peterborough Building Society	£ 290.00
Gift Aid (2013-2014)	£891.39

Fundraising

Annual Lunch	£2,144.45	Bob Fuller Car Boot Sales	£147.05
Voice Squad Concert	£652.96	Pat Pearce - Tombolas	£348.00
Easter Raffles – Hardwick	£80.00	Felicity Stamp	
– Sudbury	£100.00	- Sale Of Hanging Baskets	£121.00
– Newbury	£232.00	Theatre Trip ("Cats")	£70.80
Sudbury Fun Run		Quiz Night	£ 274.36
- Hilary Neeves	£407.00	Summer Fete	£1,750.00
Bob Fuller	£336.40	Sudbury Cake Stall	£137.00
Christmas Raffle		Strawberry Tea	£ 669.61
(extra) Newbury	£65.00	CAMRA Beer Festival	£2,000.00
Bob Fuller Collection	£132.00		

Donations

Bob Fuller	£260.00	Beth & Peter Riches	
Thursday Coffee Morning	£100.00	(Golden Wedding)	£409.29
Jess Lifford	£20.00	Caroline Fox	£40.00
Sudbury Collecting Tin	£196.78	Mrs N Frost	£50.00
Newbury Collecting Tin	£170.00	Nicola Delglyn	£35.00
Eileen Shurmer	£55.00	Robert Lees	£30.00
Easy Fundraising		Great Waldingfield W.I.	£50.00
(Members Internet Purchases)	£101.63	Martyn Roper	£ 30.00
Colin Hands (Photos)	£28.00	R.C. Treatt & Co Ltd	£1200.00
In Mem of Joan Barwood	£150.00	Rachel Bonsor	£ 25.00
In Mem of John Reynolds	£440.00	Mary Beech (Sale of Books)	£100.00
In Mem of Michael Odell	£337.50	Sheila Welham (Golden Wedding)	£30.00
In Mem of Alan Andrews	£100.00	John & Peggy Simmons	£25.00
Rodney Johnson	£204.00	St Mary's Church Bury Wives	£1,000.00
Barclays Bank		John Besent	£23.95
Payroll Giving Scheme	£120.00	Phyllis Pettitt (Coffee Morning)	£675.00
Barbara O'Neill (Marmalade)	£20.00	Day Lewis Pharmacy Ltd	£191.52
David Camp (Ramblers Accounts)	£20.00	John Sayers	
Sylvia Baker	£44.40	Fortnightly Tea Dances	£20.00
Fred & Mary Turkentine	£ 50.00		

Plus the many smaller donations, some on a regular basis, some anonymous, some spare coppers put aside and saved – all too numerous to mention, but sincere thanks to everyone. It really does make a difference.

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Upbeat AGM

15th May 2014

THE 20th Annual General Meeting of Upbeat was held at the Southgate Centre, Bury St Edmunds on 15th May 2014. It was attended by 93 members and a further 35 had sent their apologies, being unable to attend. Many thanks go to all that attended and showed their support.

Following matters arising and acceptance of the minutes from last year's AGM, the meeting conducted by the Secretary, Hilary Neeves, advised that, although the previous Chairman, Jill Brooks, had resigned her position, she had expressed a wish to address the meeting and she gave the following address:

"I wanted to come to the AGM today to see everyone and thank you all for your tremendous support. In the last couple of years, the Chairman's Reports have been written

by me but read by the Secretary in my absence. However, as this is our 20th AGM, I made it my aim to be here.

"It has been very difficult for a few years but I don't intend to dwell on that and would just like to thank the Committee for helping me through it. Everyone's good wishes have kept me going.

"It was great to see everyone at the lunch in March and I donated what I could in Ken's memory. Although it does raise funds – mainly due to the draw – my main aim for the lunch in recent years has been to get as many members as possible from across all groups together to meet and make friends across the great divide between Bury and Sudbury.

"To say I wasn't at my best on the day would be an understatement – I had fallen yet again and getting clothes on and off again with one arm is not the easiest of things, even with

a good set of teeth. Many thanks to Hils and Sylvia for helping me.

"As I said, I aimed in particular to get here today. Upbeat has been going a little over nineteen years but the first meeting was held after only a few months in order to agree a constitution and appoint officers and committee members. This is therefore our 20th AGM.

"It is not really possible to compare the Upbeat of today with the early days, when there were only around 25 members, all of whom had heart bypasses because that was the only treatment back then. I do remember it being a lot of fun. I wasn't Chairman in those days – just 'the lady wot did' (no change there then). Most of the Committee were gentlemen (how times have changed!)

"I used to call them 'The Godfathers'. Although not chairman, I pushed hard for new groups and under a lot



of supervision, gradually got my way because I believed in what we were doing.

"Eventually, in 2003, I was asked to be Chairman – no-one else was more surprised than me. In retrospect, much as it is now, no-one else wanted the job. I became a dedicated working Chairman – which basically meant I worked in the group continually and didn't just occasionally turn up for committee meetings as our previous Chairman had

started to do.

"Despite the sad loss of Ken, my right hand man, I was still working as usual up until Christmas, with a short 'break' in hospital in November.

"However, following further stays in hospital in January due to very painful arthritis and ongoing heart disease, both of which restrict my mobility and the work I am able to do, I decided with regret that it was time to resign from Upbeat.

"Hopefully, I will see some of you sometime as all my friends are in Upbeat.

"I will step down now and leave you to your further business. I wish you and your new committee all the very best for the future."

Rodney Johnson, gave a response and tribute to Jill: "Jill, fellow members... I am sure we are all saddened to learn of your decision.

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Report on Upbeat AGM – 15 May 2014

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"We wish you well and trust that in time you will feel inclined to take part in future Upbeat activities. Meanwhile many of us will hope to keep in touch if that should be your wish.

"I first made Jill's acquaintance at the inaugural meeting for the heart support group named UPBEAT.

"She was enthusiastic and energetic and immediately volunteered her active involvement. Over the years Jill has held various posts including Secretary and then Chairman for many years now.

"Always eager to explore and nurture exercise and social and fundraising activities, Jill was there with her 'sleeves rolled up' – showing a leg - and who will ever forget those fish-net tights!

"I recall a concert by the Honington RAF Big Band (facilitated by Stan an ex RAF member) when Jill set to and made bunting to decorate the stage in what was then the hospital sports hall (now the education centre) .

"Jill and Ken, through their close association with the bowls community,

organised bowls tournaments at Boxford and with help from many of our members, beavering away in the background, something they have always done at social and fundraising events, raising substantial funds.

"Jill has been behind our activities at Stoke By Nayland Golf Club – who have been very generous and helpful to us over the years – dinner-dances at first and the very successful Chairman's Lunches in recent years, again raising significant funds and with the help of many members.

"It was Jill who moved the committee to let her set up the Sudbury group which started upstairs at the Town Hall where it was possible to have an area for coffee which proved very popular.

"She also led a Sudbury-based social activities subgroup, arranging outings and social events. The Sudbury group proved very successful and the instigation of a morning group in Bury St Edmunds was again a project for which we must give Jill total credit.

"Her intuition and enthusiasm for this project proved to be entirely justified as the subsequent expansion into Mondays

and Fridays has proved.

"Few, if any of us, realise all the activities Jill has undertaken for Upbeat and I'm sure this tribute could not include them all. A few better known ones include:

Attendance at Hospital rehab sessions, Membership of NHS committees leading to useful networking, raising Upbeat profile with NHS administrators, nurses and doctors, Giving talks promoting Upbeat to interested groups and thereby raising funds.

"Jill has a remarkable memory for our names and conditions and because of her own experience she has been a confidante, friend and supporter of many members who have felt able to phone her and value her advice.

"This tribute would not be complete without a sincere acknowledgement of the help and support of Ken, the more so in recent years as Jill's commitment to Upbeat increased, when he devoted much time and computer skill to being Jill's, what these days we call P.A.

"Having been in at the birth of Upbeat and nurtured its growing up to the end of its "teen" years I think we might well look upon Jill as the mother of

‘ Having been in at the birth of Upbeat and nurtured its growing up to the end of its ‘teen’ years I think we might well look upon Jill as the mother of Upbeat – a role which will ever be attached to her ’

Upbeat – a role which will ever be attached to her.

“Looking to the future (our 20th year is beginning and our 21st follows) it is clear Upbeat is a viable and functioning whole with a sound future for exercise and support of heart patients, their partners and carers – a fitting legacy.

“Jill, in appreciation of all you have done for Upbeat, please accept this locket with, as the engraving says, our love.”

A bouquet of flowers was also presented, on behalf of Upbeat by Joyce Lawes and Jill left the meeting to applause.

The meeting continued with the Treasurer's Report by David Camp, who ran through the Balance Sheet and the Income and Expenditure Accounts and noted that the recent decline in reserves had been halted and we had actually enjoyed a net surplus of £2,103 over the year as opposed to a deficit of £15,568 the previous year.

The Financial Statements were approved by the meeting, as was the appointment of auditors for

the present financial year.

The election of Officers to serve on the Committee followed and Sylvia Baker was elected Chairman and with six other members retaining their positions, five new members were elected as can be seen elsewhere. For the first time in a number of years, Upbeat had a full complement of Committee Members as allowed under our Constitution.

A brief ‘Any Other Business’ was conducted and Hilary gave a final address on how she and the Committee felt on the future of Upbeat: “I would just like to say, we, the group and the committee in particular, have all had a very difficult year this year, with Jill not being well.

“I think we should be very proud of the way the committee has exercised enormous patience, and tried everything so she could still be involved in Upbeat, albeit in a different role, i.e. President.

“We hope in time she may come back and use the service for herself but she has now made her decision and now we move on.

“But, I’ll tell you something, Upbeat is not going to fail. We are not going to lose any staff members. We are not going to lose any volunteers.

“We have a renewed energy with a new committee to go forward with enthusiasm as one group, looking after and caring for each other to make it a happy place where people really WANT to come.

“We have a belief in our own abilities that we will succeed to make this group grow and thrive.

“A thank you to all of those that give of their time, the most precious resource you have in your lives, and yet you give freely to us. Thank you. Thank you. Thank you.

“Let us all look forward to not only another year, but a brilliant year, new friendships, caring and sharing with happy faces all around.”

The date of next year's AGM is Tuesday 19th May 2015 – please note change of day again!

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

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Heart failure:

What's it all about?

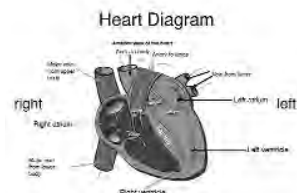
HEART failure is a term that is often spoken about but not always completely understood. It sounds like a frightening term as 'failure' is defined in the dictionary as 'unsuccessful'!

So it's much more helpful to think of it as 'my heart is failing to work as well as it should and needs medication to support how it works'.

Many people with heart failure can have a good quality of life and take control of the condition with medicines and by lifestyle changes. The good news is things are improving all the time.

Your heart is a powerful muscular pump that delivers blood and oxygen around your body. Heart failure is an umbrella term used to describe symptoms that happen when the heart is unable to deliver as much blood and oxygen around the body as it should.

There are many reasons why this can happen



including:

- Coronary heart disease
- High blood pressure
- Disease of the heart valves
- Cardiomyopathy (disease of the heart muscle)
- Lung disease
- Diabetes and drugs.

The heart muscle can become weak and/or stiff, valves may leak or become narrow and sometimes there can be abnormal heart rhythms.

As a result the heart muscle is then not pumping as well as it should and causes a build up of blood back to the lungs and other parts of the body causing 'congestion'.

The heart tries to work harder to clear the

congestion but it is unable to and therefore swelling is caused in the ankles, feet and abdomen. The swelling is extra fluid building up and causing sudden weight gain.

If the fluid is in the lungs it leads to shortness of breath; if it's in the muscles it causes fatigue.

To confirm that symptoms are due to heart failure and not other medical conditions tests include an ECG to look at heart rhythm, blood tests, chest X-ray, an echocardiogram (a scan to see how the valves, muscle and pumping action of the heart are working) and lung function tests.

Sometimes doctors talk about the four 'classes' of heart failure. These relate to the 'New York Health Association' (NYHA) scores.

They range from:

- Class 1: no symptoms
- Class 2 symptoms on moderate exertion

■ **Continued on next page**

■ Continued from page 15

■ Class 3 symptoms on mild exertion

■ Class 4 symptoms at rest.

The doctor may also talk about 'ejection fraction'. This is the amount of blood that is pushed out of the left ventricle every time the heart beats and is written as a percentage.

A normal ejection fraction is 50-65%. Some people with heart failure can have a normal ejection fraction while others can be very low.

Unfortunately heart failure cannot be cured but treatment is aimed at improving symptoms and preventing it from getting worse.

The good news is treatment is improving all the time and research is looking into how the damaged heart muscle can be repaired. Heart failure affects different people in different ways, and outlook depends on which class of heart failure you have, the cause, your age and general health.

The doctor will prescribe a combination of medicines which maybe adjusted from time to time. Talk to your nurse or doctor if you have any questions or concerns with your medication. There are now specialist heart



failure nurses who can advise regarding symptoms and medication.

People can also help manage their symptoms by weighing themselves regularly. If an extra 2-3 pounds/ 1-2 kilos is put on over 2-5 days it could be fluid congestion but if it's over a period of several weeks it's more likely to be muscle or fat.

With an increase in weight and worsening symptoms, or a decline in exercise tolerance or an increase in pillows at night due to breathlessness, it is important to contact the Heart Failure nurse or Doctor for advice.

You may be advised to limit fluid intake and keep to a certain fluid restriction (for example 1.5-litres/24

hours), or medication may need to be adjusted. Cutting down on salt, eating a healthy diet, stopping smoking and keeping active can all help.

Regular physical exercise can help improve energy, stamina and fitness but it is important to seek advice from your doctor or nurse about how much activity you should be doing and how to build up gradually.

It's worth pointing out that even a small amount of activity is good for your heart. Talk to your nurse about setting realistic goals and pacing yourself.

Finally, being diagnosed with heart failure and living with it can be very stressful and cause anxiety for both carer and patient. Medical information can be complicated so do make sure you ask your doctor or specialist heart failure nurse as much as you need to understand the condition.

They can also advise and give information on specific organisations and support groups that may help with daily life. As many have found through Upbeat, knowing that you are not alone can be a huge support.

Tracy Wallace

How much is enough? High Intensity Exercise vs Any Exercise

By Michelle Jermy

HIGH Intensity Training (HIT) has been around a very long time. In recent years there have been some beautifully packaged training programmes that have made high intensity interval training more appealing.

Recent media articles tell us we now only need to do 3 minutes a day! That got everyone's attention. Why or how has this come about? Research has shown health benefits of short intense exercise bouts. New research has shown no adverse affects to cardiac clients!

Latest health guidelines highlight we need to perform every week 150 minutes of continuous exercise (steady) or 75 minutes of vigorous exercise. This can be done in bite-size pieces.



So you may be wondering how much should you do and how hard? Ask yourself: Do you like exercise? How much are you currently doing? Do you feel any discomfort on exercise? When walking? Or carrying out general daily activities?

If you exercise at a level that allows self-select intensity, you choose how

easily or hard you exercise.

You will naturally find a level that maintains a steady pace and has a positive effect on your state. Over time you will gain confidence, be efficient in your movement and even exercise harder as you get fitter.

Also do consider the fact that research subjects tend to be healthier individuals or individuals with minimal medical conditions or complexities. Study numbers are not usually a true representation of the local community. Keep an open mind.

So which should you do: interval, continuous, HIT, aerobics, zumba, pilates, circuits, or walking?

Do what makes you want to do more! The more you enjoy, the more you do!

Michelle

Bury Exercise Sessions

CAN members please be mindful that after exercise is finished equipment has to go back into the cupboard, which should be re-locked. Please ensure this happens by 12.40 to

allow Patrick or Colin to get away on time. Recently it is getting later and later and we must be mindful that these guys need to be away by 12.45. Thanks for your co-operation.



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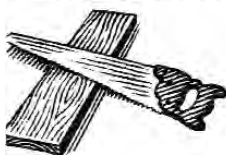
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A cruise on the not so Blue Danube

by Pat Simpkin

ON Friday 2nd May we left for a cruise on the so-called Blue Danube.

We chose to go with Titan, a company we had used before in the Canadian Rockies and for a river cruise in Portugal. With Titan you have the luxury of being collected from your home to be driven to the airport, and then driven home again at the end of your holiday.

We were picked up at 4.10am – a very early

start, but we had to be at Heathrow by 7am. En route we picked up two more passengers at Hartest and were soon on the Sudbury Road.

However, that's when we experienced the problems that relying on a SATNav can cause. It directed us to turn right and we proceeded along horrible twisting lanes, stopping at many road junctions in the dark, before we finally came to

Halstead.

I do believe we had bypassed Sudbury at 5 o'clock in the morning due to terrible traffic jams (two sheep and a pig on the road!). This must have put an extra 30 minutes on our journey.

The journey home was no better. At 4.30 on a Friday afternoon we went sailing along the M25 with ease and onto the M11.

■ Continued on next page

■ Continued from page 19

We were well past Stansted airport when the deadly SATNav took over again. It said turn left for Duxford Air Museum, then right onto the A505. We were within 200 yards of the A11 dual carriageway to Bury St Edmunds when it said 'Turn left' and although we protested to the driver, he carried on following the SATNav, eventually taking us to within four miles of Haverhill!

It directed him to turn left to Great Thurlow and the roads were getting worse and worse when suddenly, at a road junction, SATNav lost his way and died a death! The driver was stumped so my wife, Vivienne, asked him if he would like us to show him the way. He looked relieved and eventually we got home well past 7pm, having had an extra three quarters of an hour added to our journey.

But what of the Danube? I hear you ask. Well, for a start it isn't blue. It looked more like a murky brown to me!

We usually have very good Tour Directors or Couriers on our trips around the world but the

Bratislava



one we had on this trip was an exception. Let's call him M. He was diabolical (and that's being polite!).

Throughout the tour he had an A-Level in how to avoid work or helping the disabled. He gave us mis-information and after a couple of days I avoided him like the plague. He was continuously playing games on his I-Pad – having a wonderful holiday on Titan, and at our expense.

On returning home I wrote a letter telling Titan that he was giving the company a bad name.

Now, from what I've written so far, you might think that we had a bad holiday. In fact, it was marvellous! We met some wonderful people on the cruise and enjoyed plenty of banter and laughter. They certainly added to

our enjoyment of the tour.

The ship, which took 176 passengers with just over 40 crew, was excellent. It was spotlessly clean, with spacious cabins and good bathroom facilities. The crew were mostly Eastern European and they worked extremely hard, often going further than the call of duty. Lots of them entertained us on two evening shows – singers, a conjurer, a bell-ringer, doing skits, and even the young-ish captain playing his guitar. The food was superb, with many varied dishes.

The only trouble was that with breakfast, lunch, afternoon tea, and dinner, we found we soon had to cut down on a few courses a day as we were getting fat!

The cruise itself started off in Passau a town in

Lower Bavaria, Germany. It is also known as City of Three Rivers, because the Danube is joined at Passau by the Inn from the south and the Ilz from the north.

From there we cruised down the Danube with stops in Melk, Vienna, Budapest, Bratislava and Linz in Austria, before sailing back to Passau.

Altogether we negotiated 11 locks each way, sometimes sailing overnight. Lots of the journey was very scenic, with castles, mansions, and churches perched high on the hillsides, and the river was very busy with lots of traffic, mostly passenger cruisers like ours.

Among the highlights of the cruise were: a trip around the huge Melk Abbey, a Benedictine abbey in Austria which is said to be among the world's most famous monastic sites, and going to a super concert in Vienna, listening to the music of Strauss and Mozart, with an orchestra of 32 musicians, four vocalists (two ladies and two gentlemen).

The acoustics in the large hall were superb. Another highlight was seeing some of the famous Lippizaner horses

in stables in a side street in Vienna. Most people think of the Lippizaners as being white but they are actually grey.

When born, they are brown or black in colour and become lighter each year as the greying process takes place. Like all grey horses, they have black skin, dark eyes, and as adult horses, a white hair coat. The greying process is usually complete at between six and 10 years of age. Only stallions are used for the shows and they are especially selected from studs at four years of age. The training takes four years and they can perform until they are about 28 years old. Then they go back to the countryside to retire.

We enjoyed seeing Bratislava, capital of

Slovakia, with its castle in a very commanding position high above the river.

Lower down, we went round many streets and squares with beautiful buildings. Some of the walls had cannon balls embedded in them from the Napoleonic wars.

Our guide said that it was decreed that if residents left them embedded in their walls they wouldn't have to pay tax for two years. Suddenly several more cannon balls had appeared, so it seems that fiddling the government was rife even in those days.

On reflection, would we go with Titan on holiday again? Yes! As long as my friend M was not in charge!



Budapest

Social & Fundraising Group report

There have been lots of social and fundraising events since the Spring issue of the *Upbeat* magazine, and there are many people and organisations to whom we must say a big thank you. Some of them are listed here, and photos appear in the centre pages. Further thanks appear on Page 39.

CAMRA

THE Campaign for Real Ale (CAMRA) was founded in 1971 and has been campaigning for real ale, pubs & drinkers' rights ever since. CAMRA has over 200 branches around the UK and all its activities are led by volunteers.

Members give up their own time to work with pubs in their area, host beer festivals and campaign on a variety of issues.

Upbeat were very lucky to be named as joint

Charity of the Year, along with the Voice Squad, a youth choir from Bury.

The deal was that Upbeat members were asked to help out at the beer festival held at the Apex in Bury over a three-day period back in April. Upbeat members were there, wearing sashes denoting who we were and proudly actually serving beer, selling goods, and manning the door entry.

There were lots of us and although it was hard work, it

was great fun. All of us who took part enjoyed working alongside the people from CAMRA. It was extremely busy and having lots of visitors kept us on our toes.

I went with Hilary on July 26th to receive a cheque from CAMRA – it was for £2,000, which was absolutely fantastic.

Well done, and many thanks to all who took part and helped to make the event such a success.

St Mary's Wives Group

THESE ladies do so much good in the community and invited Hilary and me to attend their Strawberry Tea held on 10th June.

They too had made us their preferred charity for the year and wanted to present a cheque to us. When Ann Kirkwood, the leader, asked me to go to collect this she said she wanted to

surprise us so would not tell me the amount they had raised. She asked me to give a little talk about Upbeat, who we were and what the group was all about.

We went along and enjoyed a lovely tea and when I was given the cheque it was for £1000!

It was a wonderful surprise and the occasion was all the more special

because it was my first official venture on behalf of Upbeat.

There was a slight hiccup with a lady being taken ill and an ambulance being needed but luckily the lady was ok, which was good. We were made very welcome by the members and had a good evening.

Our grateful thanks go to the Bury wives for collecting for us.

Day Lewis

DAY Lewis, the chemist held a day in the store where they sold cakes etc, and all monies raised were very kindly donated to us.

We were delighted to receive a cheque for £191, which was very welcome and a lovely surprise.

Treatts

TREATTS is a Bury company but is known worldwide for providing essential oils and is very keen to give back into the community.

It is aware that, although a global firm, not a lot is known about Treatts locally and it wanted to rectify this. Treatts approached us to say it wanted to make a donation. How lovely is that? No having to beg!

Hilary, Bob Fuller and myself went to their offices on 24th July and the CEO, Daemmon Reeve, together with his CFO, Richard Hope, took photos and chatted about Upbeat before presenting us with a cheque for £1000.

They also gave cheques to other local charities. We have asked them to come and visit and see what we are about and where the money will be spent, so we look forward to meeting them again soon.

Summer Fete Newbury Centre

THE weather report was awful – frequent, heavy, thundery showers – but this did not dampen our spirits.

Joyce and Ron tirelessly led a team of stall holders for what seemed like weeks of preparation. Everyone's spirits were high with optimism, and everyone was keen to make lots of money and have a fun time at the same time. No one was disappointed.

The sun shone and the threatened thundery showers saved themselves for later, causing only a small disruption. The stalls were amazing – colourful and plentiful, with everyone in a jolly mood. Upbeaters and local residents supported us very well and the grand sum of £1,750 was raised.

Well done everyone.

Strawberry Tea, 17th July 2014

IT was the hottest day of the year – 31 degrees. The scene was set in the morning at Newton Green Village Hall. The gazebos were being erected, bunting hung up on every hook and branch available, garden games put out and the music station was being prepared.

After a very enjoyable trip to the pub to get a cold beer at lunchtime, we were refreshed for the afternoon. Members arrived with plates of cakes and sandwiches. We had a

wonderful crew of helpers in the kitchen, in the food prep room and outside in the lovely garden. The music was a great addition to the atmosphere. Thanks, Brian!

It was a beautiful day, if a bit hot, but everyone enjoyed a delicious afternoon tea.

Sylvia and Hilary would like to thank everyone who helped on the day in whatever capacity to make it a such a lovely occasion. We raised £659.61 – a fantastic amount. What a great team!

Phyllis Pettitt

PHYLLIS PETTITT is a local Bury lady who is famous for her wonderful work raising funds for local charities.

Phyllis held a coffee morning on 19th June with funds going to Upbeat. It was a festive affair with stalls, tombola, raffles etc and she raised the fabulous amount of £675.

She came along to our Fete to

present the cheque and we were delighted to give her a certificate making her an honorary member of Upbeat for life.

It was all the more special as Phyllis feels she can no longer fundraise on a large scale, and we were lucky to be her final coffee morning beneficiaries. She was such a kind and lovely lady and deserves all our thanks.

A big thanks to all our



Sylvia accepts the cheque from Ann Kirkwood of St Mary's Wives Group



Hilary, Phyllis Pettitt and Sylvia. Phyllis generously raised £675



Many thanks to Pat Pearce for fundraising with her Tombola



Children enjoying games at the Fete



Getting ready for the fete



The Quiz Night raised almost £300

wonderful fundraisers



CAMRA donated £2,000 to Upbeat



Goodies ready for the Strawberry Tea



Picking fruit for the Strawberry Tea



Visiting Suffolk Land Rover Owners' Club, above.

All ready for the Sudbury Fun Run (or Walk!)



Continued on page 26



Michelle and friend enjoying the fete



Cheque handover at N&P



Joyce Lawes enters fully into the spirit of the fete



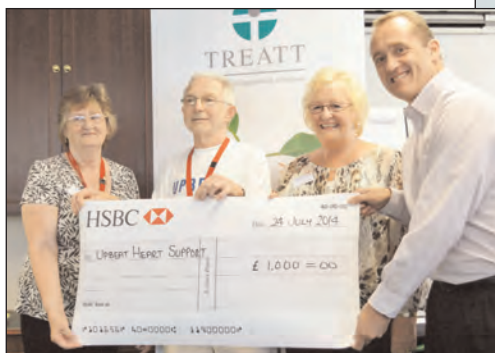
Presentation of the cheque from Day Lewis Pharmacy



Manning the door at the Beer Festival



Willing volunteers at the Beer Festival, including Peter, above



Hilary, Bob and Sylvia accept the cheque from Treatt's CEO



Social & Fundraising Group report

Additional thanks

UPBEAT also needs to thank the following, who support, assist and help us with all we do and who help keep us a strong working charity. All members help where possible, but special thanks go to the following:

■ **PAT PEARCE** has raised lots of money, turning out in all weathers at car boot sales where she runs tombola stalls and gives Upbeat the profit.

■ **IVY GOODMAN** who runs the Newbury Centre and supports us any way she can, running stalls at our events and providing tea, coffee and soft drinks at our Fete, together with her grandson Liam and team of helpers. They have provided raffle prizes and so much more.

■ **FELICITY STEMPE** ~ for making up and selling the hanging baskets which we all enjoyed.

■ **BOB FULLER** ~ What a star! Bob does anything he can to help promote Upbeat and can be seen all around the town with his collecting tin. He talks to anyone who will listen: businesses, at football and rugby venues, in fact anywhere he can, trying to obtain sponsorship.

■ **JOYCE & RON LAWES** knocked themselves out organising the recent Fete. Nothing was too much trouble and they endured many long hours and sleepless nights. They shopped to get gifts and prizes, sorted out games and stalls, and the books and handicraft items. Their fantastic work achieved a super result as the Fete was a great success.

■ **SYLVIA BAMBRIDGE** – **we are very lucky to have Sylvia who organises the super theatre trips enjoyed by us all.**

■ It would be wrong not to thank all the people who go the extra mile for us so **HUGE THANKS** to the Social and Fundraising group who work very hard organising and overseeing events, to the ladies who always sort our raffles, selling tickets, folding them etc and just always being there at every event.

■ **Thanks also to all those who open up and set up as well as clearing away and closing up when we have finished exercising, to all those who turn up whatever the weather to man door entry, take payments etc at our venues; to our meet and greet teams; to all who all make us our coffee and tea and do the washing up. We could not do**

without your support and help so we want you all to know we do appreciate all your co-operation and assistance.

■ **Suffolk Landrover Owners Club.** We were contacted by the Suffolk Landrover Owners Club (again by a recommendation from a member). After chatting to Simon Turner, their Promotions Officer, they agreed to us becoming one of their four charities whom they will help this year. They hold a series of events during the year at various shows e.g. Suffolk Show etc. where they give people rides in their Landrovers over an all-terrain course they have built themselves. The owners themselves give their time and petrol free, and any money which is taken for fares for rides, will be shared out between the charities at the end of the year. We went to visit them at their first show of the season to introduce ourselves. They were an extremely friendly bunch of guys who immediately set to, to take Giles around the track and up and down the see-saw!! We wish them well during the summer and many thanks for thinking of us.

■ **Continued on page 39**



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Fantastic news!

Many, many congratulations go to

JOHN GREEN & YVONNE WING

These members met each other at Upbeat. They fell in love and are getting married on 19/9/2014.

Please join me in wishing them both every happiness in their future life together

Sylvia Baker



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Derek's story and his dream

I WAS born in May 1942 to parents already in their early forties; consequently I was an only child.

My mother was a lady's maid, my father serving in the RAF, later a coach driver. I had a normal upbringing, living in Acton near Sudbury, and went to local schools.

My wife says "You know everybody." She finds going into town with me takes three times as long as I stop every few steps to talk to someone.

I left school at 15 and started working full-time on a farm that I had worked on during the school holidays. At that time there were several Suffolk Punch horses still being used and for that time very modern tractors. There was also fat stock bred for the meat market: pigs, bullocks, and a large flock of sheep.

The farm also had combine harvesters and a large grain drier.

Like most lads of those days I had a motorbike at 16 and passed my car driving test at 17. At the age of 21, I got a job as driver for a flour and animal feed mill in Lavenham. They only had one lorry, a late 1950s Bedford S type.

I delivered feed and collected corn from local farms, and twice a week took 10 tons of flour to Peak Freans biscuit factory, or to flour packers in London, where flour was mixed and packed as self-raising flour. From there I usually re-loaded from Vitamelo in Hammersmith or from B.O.M.C. in Silvertown or Canadian wheat from the India and Millwall grain terminal.



In those days wheat weighed 18 stone or 2¼ cwt per sack and barley was 16 stone or 2 cwt per sack.

After I had been working there for 3 years the mill closed down and I saw an advert in the local paper for holiday relief drivers with BRS (British Road Services) in Stowmarket. I applied and duly went for an interview. It was more like the 11+ exam! I went for a driving test around Needham Market with the foreman. I had never driven an 'artic' before but managed it well, even reversing into the depot gates. "You'll do!" were his words. "When can you start?" I started a week later – that was in 1966/7.

I started as a tramper. For two weeks I

■ Continued on page 34

■ Continued from page 33

drove an AEC Mercury and then moved on to an artic – the first one being a late 50's Leyland Comet with the "mouthorgan" front. We had a variety of vehicles at Stowmarket: AEC Mercury, Mandator, Leyland Comet, Beavers, Albions, and Guy Invincible, Bristol 8 legger, Bristol unit, and Seddon.

After working for BRS for three months I was summoned to the manager's office and asked to produce my birth certificate and given a permanent position and a brand new lorry, a Seddon 16/4 artic unit.

The main traffic at Stowmarket was stramit board, 8 x 4ft and 2ins thick compressed straw board, mostly delivered to building sites.

Usually the loads were 12 ft or more high, needing at least 4 sheets to cover, secured by ropes with a double dolly and a long piece of pipe through a third dolly, levered down to tighten it. I think my best years on the road were with BRS.

During the Thatcher government BRS was privatised and the Stowmarket branch was closed in September 1980, putting us all out of work. This was the only time from 1957 until 2007 that I was unemployed and that was only for three days as I immediately got another job. I then worked for a corn haulier doing bulk corn loads, but it was the same thing day after day and I preferred the variety of general haulage.

Two years later I started work for Drakards, a general haulage firm.

I did low-loader work, containers, and ferry trailers. I do not think today's drivers would think much of having to refuel up the road using your own bank or visa card and being reimbursed at the end of the week.

I did this job for three years, then a traffic clerk and two drivers decided to



start their own company and asked me to drive for them. Although the bosses sometimes changed, I did this job for 23½ years. I pulled Cobelfret trailers out of Harwich and I really enjoyed this.

The drivers who, like me, were hired out to Cobelfret were a great group of men, ready and willing to help and support each other.

The last three years I was put on hire to DHL at Felixstowe. At this time my boss did not want me stripping trailers because of my age, so he put me on containers. This was easier work but I liked the trailers best, as there was more camaraderie amongst the trailer men - they were a great group of men.

I found containers quite frustrating as a "bit of windy weather" and the whole dock would shut down or you could not "tip the box". The ones I usually had were from the Far East and they would take three to four hours to tip, and we just had to sit and wait.

Some places demanded your lorry keys so you could not move, and could not even listen to the radio. If you refused to hand over your keys you were told to take your load away.

After the BRS closed I never had another hourly paid job; it was always a salary plus a percentage of what the lorry earned, and if the wheels were not turning I did not earn any.

I married a local girl in 1964 and we

had two sons. One lives locally and he has two sons. The other son served 24 years in the Army and retired at aged 40 as a WO2. He is now working in Army recruitment.

My first marriage broke down in 1977 and then in 1979 I met Peggy. I jokingly tell people that I met my wife at a second hand club.

We had a dance together, and as the saying goes, "never looked back". We lived together until 1981 then got married. I inherited a lovely daughter and two stepsons, so together we have five children.

Fortunately they all got along really well, which made family occasions great fun. From my step-children and children we have five grandsons and one granddaughter and four great grand children.

When she was aged 11, Peggy and her five siblings were abandoned by their mother and placed in children's homes. She only knows one sister with whom she is very close. After many years of trying to trace her Mum, Peg thought she must be dead. She then discovered computers and finally found out that her mother had remarried and had five more children, and had only died two years before the search. She was heartbroken over this.

I had never travelled abroad, or seen any of the world outside the UK and then in 1993 on Christmas Day, Peggy presented me with a roll of wallpaper as a present. I undid it slowly and it revealed lots of pictures and a map of Canada. She had saved up and booked for us to go to Canada for 3 weeks in July 1994.

We started in Toronto for three days, flew to Calgary and then had seven days in the Rockies and a few days in Vancouver. As I had never flown before

Peg contacted Air Canada, who were marvellous. They made a real fuss of me, took me to the flight deck where the whole crew presented me with all their signatures on a copy of the flight plan.

That is still one of my greatest memories.

Since then we have been to Australia, New Zealand, Canada twice more, across the USA coast to coast, Caribbean cruising six times and cruised to Alaska. This year we cruised the Baltic to Russia.

Now we have, as they say, "spent the kids' inheritance" but we did have a great time. From now on it will be our "wobble box" as I call our little caravan, in the New Forest or Norfolk, not too far from home, that is, unless the wanderlust strikes again.

Peggy and I have a lovely united family but it has been hit by great sadness at times. In 1997 our daughter-in-law died at the age of 32 after a long battle with cancer; our grandson was 12 years old. At the same time Peggy's daughter was diagnosed with cancer and had two years of uncertainty.

She finally recovered, but had ongoing problems, which only this year have finally, after a massive operation, hopefully been successfully treated.

I spend a lot of time in my shed making various toys, rocking horses, windmills, etc, to sell at charity events.

I belong to the MEBCC which is a club locally for people interested in old cars, lorries and tractors etc. I like to attend as many steam rallies as I can and I help my friend who has a 1926 steam roller. I like to keep it well polished. My dream would be to have a rusty Scammel Crusader lorry and totally restore it, but that's only a DREAM.

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BURY ST EDMUNDS:

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

2014: Oct 2nd, 16th & 30th, Nov 13th & 27th, Dec 11th

2015: Jan 8th & 22nd, Feb 5th & 19th, March 5th & 19th, April 2nd, 16th & 30th, May 14th & 28th, June 11th & 25th, July 9th & 23rd, Aug 6th & 20th, Sept 3rd & 17th, Oct 1st, 15th & 29th, Nov 12th & 26th, Dec 10th

- 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 pass their details to the two people named below and they will see that an Upbeat member makes contact.

Our advertising prices are modest. They are:

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If you're interested in advertising in future issues, please contact either David Axton (01284 747238), David Camp (01787 376723) or Peter Maxey (01284 787516)

All advertisers also get a FREE link on our supporters page on our web site.

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.

Social & Fundraising Group report

Additional thanks

■ Continued from page 27

■ **David Nettleton – St Edmundsbury Borough Councillor.** David came to see us at Upbeat to see for himself the service that we provide. He had been recommended to visit by one of our members. He was impressed with the work we were doing and when we put in an application for money from his Locality Budget, for printing the magazine, he was more than happy to recommend it. We received the total costs of printing of £1,289. We thank David and Suffolk County Council for their tremendous support in this matter.

■ **Quiz Night by Pat Darge.** Excitement brewed as the brains of Upbeat dusted off their Encyclopaedia Britannicas and swotted for weeks. With eager anticipation to flaunt our general knowledge we arrived early, keen to get to the wine and have a laugh with friends.

Tracy, our quiz master, told us the rules (rules in Upbeat?). She ruled like an Iron Lady (or was that Maggie?) Her word was final. No arguing then? OK. After a few glasses of wine, that was acceptable, after all Tracy had done all the hard work. Her son, Matthew, gave out the first round. Excitement mounted until we saw the questions.

"I know that one," said Keith. "It's on the tip of my tongue." Alas that's where it stayed! This seemed to set the tone at our table, and judging by the groans from surrounding tables they seemed to be in the same boat. Fish and chips saved the day at half time. Surely that extra intake of Omega 3 would boost the brain cells? There was lots of laughter all round, which is what Upbeat thrives on, but alas Omega 3 failed to inspire us to victory!

At the end of the evening, as usual there are no losers; we are all winners, so I'm not mentioning any names, except to thank Tracy and Matthew, and Sylvia and her team for arranging a super night, and to ask Tracy, when we have that Eureka moment at 2am, can we phone you with the answers we really knew all along? Recall is just delayed!

■ **Norwich & Peterborough Building Society.** Following information from a member that the N&P were keen to help local charities we wrote to them to ask if they could help us with the purchase of a new Portable ECG machine as our's had just broken.

I met Mrs Janis Ashcroft, the Manager, and she proved to be very keen to help. In due course we were presented with a cheque for £290. Janis is going to pop in and see us on a Wednesday sometime to see what we do and see

if there is anything else they can help us with.

We thank the Norwich & Peterborough Building Society and Janis, the Manager, for providing the funds for such a vital piece of equipment.

■ **Sudbury Fun Walk, 18th April by Hilary Neeves.** Bob Fuller and I started out at 9.15am on Good Friday in Sudbury town for the five-mile walk. Accompanying us were my daughter Karen and granddaughter Jasmine. It was a beautiful day and hundreds of people were at the start line. Bob had done this many times before but it was my first time, and Karen thought it a prudent move to accompany me "just in case".

Five miles is quite a long way if you are not used to it but it proved a delightful walk through Gt Cornard and back on to the Newton Road to the Belle Vue Park, Sudbury. It was a fantastic experience with many people on the route cheering us all on. Needless to say Bob was way ahead of me, but it didn't matter at all because we were both there to raise money for Upbeat, which we did – many hundreds of pounds! Bob and I would like to thank everyone from Bury and Sudbury who were so generous in sponsoring us. Roll on next time!

PS. There are always spaces for anyone willing to have a go.....

Absent friends

by Jill Brooks & Sylvia Baker

DON POPE

Don and Edna Pope joined Upbeat on 19th March 2001 at Bury St Edmunds. Don was diagnosed with a heart problem and joined the Monday morning class, although he did find it rather noisy and preferred the Friday evenings at Hardwick, which he and Edna never missed.

They also regularly came to the Thursday coffee morning. Don was a gentle man and always made a point of talking to me. At one point he was on the Upbeat Committee and I respected his advice. We had long chats.

More recently both Don and Edna found life very difficult. Only a few weeks ago, he said with tears in his eyes that he felt both of them would have to give up exercise but they would still come to Upbeat, which they did. It was a privilege for both Upbeat and me to be able to help them both for as long as we could.

We send our love to Edna and family. I know she is moving so that she can have more help and we shall all be thinking of her.

GERARD MELIA

Gerard and Ann Melia joined Upbeat on 4th December 1999 at Sudbury Town Hall, although this was not when Ken and I first met them.

Some time previously, Ken was dejected as he had just had an appointment with a Consultant in Hadleigh and the news was not good.

We decided to go out for lunch at a nice local pub which was shortly closing down. By coincidence, Gerard and Ann had been



to the same Consultant, had the same news and arrived for lunch at the same place. Both Ken and Gerard struggled to get their legs into the complicated bench seating at the pub and, unusually for Ken, they were soon chatting.

Gerard said what had happened and Ken replied, "Join the club" and invited him to join Upbeat. I was a little reticent at first, having been a teacher for many years and discovering Gerard was a retired Ofsted Inspector.

However, the years went by, Gerard and Ann became regular members and our friendship continued.

Recently, Gerard suffered a stroke and Ann, like me, felt the strain. It has been difficult to get together but we have recently made contact again. My thoughts and love, together with those of the group, go out to Ann and their four wonderful daughters.

MICHAEL DIGGINS

MICHAEL and Marion Diggins joined Upbeat at Sudbury when we first started at the Town Hall in March 1999.

As so often happened, Ken and I knew them both through playing bowls together and they were already playing to raise money for Upbeat. Shortly after they joined, Marion became unwell and Michael nursed her – I tried to visit and do what I could.

Michael lost Marion in 2001, after which he rejoined Upbeat. He was so determined to come, other members helped out with lifts where they could and we always had a chat. Despite gradually becoming weaker Michael only recently enjoyed a trip to Norwich and we all spent many happy hours together.

Our thoughts go out to Michael's family and we hope that Upbeat helped both him and Marion through a lot of difficult times over the years.

ALAN ANDREWS

ALAN and Jennifer Andrews joined Upbeat on 11th March 2000 at the Newbury Centre. It was a huge surprise suddenly to meet an old friend whom I hadn't seen since 1997 – Ken and Alan had been Police colleagues for some years, working the beat together. We lost touch when Ken was still in the force and had his first heart attack. Alan had left the force some years later and Ken was happy to be able to chat to him and catch up on old times.

In recent months, I had been able to help Jennifer, transporting both Ken and Alan to and

from Papworth. In retrospect, driving two former Police drivers along the A14 was not the best move. Sadly, since then, they have both lost the fight.

On behalf of Upbeat and their friends, our love goes out to Jennifer and the family.

MICHAEL O'DELL

MICHAEL and Rita O'Dell joined Upbeat in March 1999 in Sudbury when we first started at the Town Hall. I knew the family from my teaching days. The nurse decided Michael needed help, as he had breathing problems, and he was not able to do much in the beginning, although he gradually gained some strength.

Michael had several hobbies which took up his time. He was a talented artist and musician and a specialist stamp collector. Until quite recently, he was allowed to drive and Rita was able to work.

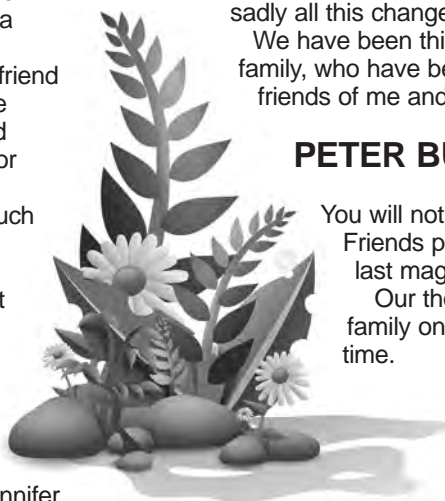
Michael was very determined and came to our very first concert at the Drummond Centre, where we had two bands. We became very good friends for many years and did what we could to help, although sadly all this changed over recent years.

We have been thinking of Rita and the family, who have been, and remain, good friends of me and Upbeat.

PETER BUFFERY

You will notice I wrote an Absent Friends piece about Ena in the last magazine.

Our thoughts go out to the family once again at this sad time.



■ Continued on
page 42

Unfortunately as I write I am aware that I have not personally met all the members of Upbeat. Therefore, to enable me to give a true picture I have enlisted the help of the members who were friends and did have personal knowledge. I apologise if I have not included everybody who we have lost since the last issue of the magazine, but there has been some confusion due to Jill Brooks retiring and my appointment as Chairman. I am really sorry about this.

Sylvia Baker

RAY FORDHAM

(Information gathered from Rodney Johnson/Ann Clark & Diane Fordham)

RAY joined us in 2003 along with his wife Diane, both exercising at Hardwick School on Friday nights. They both enjoyed the social events, especially the walks.

Ray was a quiet man, well-respected as shown by the huge attendance at his funeral in June 2014. He was musical and played the squeeze-box for the local Morris dancing group. He was passionate about Scottish dancing until too ill.

Ray lost his fight to cancer at the end of May and is now at peace. He will be missed by all. To Diane we send our thoughts and prayers

MICHAEL DIGGINS

(Written by Martyn Roper)

SUDBURY will be a sadder place now Mike has gone.

I first got to know him in my early days at Upbeat, when he used to come with his late wife, Marion. She was a martyr to arthritis, but was always positive and pleased to see everyone.

They were obviously from the same mould, as Mike stayed just as cheerful as he became increasingly immobile and was reduced to creaking in on his walking sticks.

Indeed the day he died he had attended Upbeat at Newton Green, and although he felt unwell, he chatted away with friends.

When I joined Sudbury Bowls Club I found he and his family had all been noted bowlers.



Sadly, I never saw him in his pomp – a look round the walls reveals his name on championship teams going back to the 1970s – but even when he could hardly walk he could still send down a mean delivery, and enjoyed playing until he really could not continue. As a life member, he was one of the guests of honour at the club's centenary last year.

Mike was not the kind to make a fuss, but I am one of the many who will sadly miss his quiet smile and good humour.

Mike, a silk factory worker, also enjoyed the social trips, especially the river boat when he came with his sister.

Graham, one of his sons, told me that Upbeat had helped Mike overcome his loneliness and that he always enjoyed his sessions at Sudbury.

Our thoughts are with all his family

ALAN ANDREWS

(by Ron Jackson)

Alan was born in Dereham, the elder of two children.

His first job was in a solicitor's office. He joined the Air Training Corps, which gave him the opportunity to fly, and did his national service in the RAF. His hopes of widespread travel were disillusioned because he was posted only a short distance from home to West Raynham. He then went on to be a housemaster for Dr Barnardo's before joining the Police.

I met Alan in 1973 and his skills gathered while working with the solicitor were recognised because he was assigned

to admin duties with Bury St Edmunds Police divisional HQ. A more helpful, courteous and nice individual you

couldn't wish to meet

Years went by and I moved to Sudbury, Force HQ, Martlesham while Alan's job was civilianised, so he retired. However, he applied and he got his old job back as a civilian administrator at Bury Divisional HQ.

Both of us retired in the late 1980s and it wasn't until I joined Upbeat in 2004 that we met up again. We went to Wednesday sessions and we would sit with a mug of coffee afterwards and reminisce about old times. Unfortunately, Alan had fresh troubles with his heart and had to undergo a number of procedures before it was stabilised and then cancer took hold. He was quite ill at the end and sadly died in St Nicholas Hospice on the 28th March 2014, leaving his wife Jennifer and daughter Karen.

Everyone who came in contact with Alan will have come to the conclusion he was a very gentle man. He always greeted you with a smile on his face and above all, I can honestly say that I never heard Alan

say a bad word about anyone. He will be sorely missed.

KEN RICHES

(By Joyce & Ron Lawes)

Ken sadly died on the 25th July 2014 in Bury Hospital. He had been unwell for some time and we are glad that he is now at peace.

A gentle dignified man who was a member who exercised at Sudbury and Bury for many years, he put up with his many illnesses without complaining and tried hard to keep coming to Upbeat, even when the nurse told him he could not exercise.

Always willing to have a chat and with a ready smile, he was a lovely man. Towards the end his stay in hospital was not pleasant and he suffered a lot. We will miss him. Our thoughts go to Karen, his daughter, and family and his two sisters

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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.**

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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 25p in every £1 that you give. To do this a Gift Declaration Form needs to be completed – just the once. Please ask for a form from any committee member. It makes a great deal of difference to your donation and our funds!

You can also donate on our web site www.upbeatheartsupport.org.uk

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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

Coffee Mornings at The Southgate Centre, Bury St Edmunds, on the following Thursday mornings at 10.30am:

2nd, 16th & 30th Oct; 13th & 27th Nov; 11th Dec 2014, 8th & 22nd Jan 2015, 5th & 19th Feb, 5th & 19th March, 2nd, 16th & 30th April, 14th & 28th May, 11th & 25th June, 9th & 23rd July, 6th & 20th Aug, 3rd & 17th Sept, 1st, 15th & 29th Oct, 12th & 26th Nov, 10th Dec.

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

Ten Pin Bowling at Sudbury Bowl on Monday mornings at 10am. Just £2.50 per game. Join in with other Upbeat members – our aim is enjoyment. It is not competitive and no experience is required. Great fun guaranteed. Everyone is made very welcome especially beginners 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 2014/5

You are invited to attend any or all of the following events. To ensure your place on a trip or an event, **PLEASE BOOK EARLY**. You may bring guests, provided there are sufficient places available. All events are operated on a paid for, first come, first served basis. Additions, changes or further details of times or costs etc. to the programme will be advised on your notice board and on the Upbeat website.

THURS 11TH SEPTEMBER

River Cruise on The Orwell Lady

A 3½ hour cruise on the River Orwell from Ipswich Marina to Felixstowe docks and Harwich. Includes a buffet lunch on board. Also a stop will be made at Suffolk Food Hall on the return journey. Tickets £35.

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SUN 23RD NOVEMBER

Classical Spectacular at The Royal Albert Hall, London

The UK's greatest popular Classical Music Show - varied programme of well known pieces, with lights and lasers. Coach from Bury & Sudbury. Tickets £39. Application Forms available from all sessions. Book early - this will sell quickly. Details: Sylvia Bambridge Tel 01787 372839

SAT 29TH NOVEMBER

Christmas Bazaar at Newbury Community Centre

See the notice boards or the web site for latest details.

Further events are under discussion and planning. Events for the rest of 2015 will be shown on posters at sessions and on the website. If there are other events that interest you and you think there would be sufficient demand, please contact:

Sylvia Baker Tel: 01449 774333 email: sylvia.baker16@btinternet.com or

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

Likewise if you would like to organise an event, we would be happy to support and help you to set it up and to sell tickets. It is important that we have more volunteer leaders and helpers to ensure that we can provide a varied and entertaining programme of events.

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

TUES 16TH DECEMBER

Christmas Party & Lunch at The Delphi Club, Sudbury

WED 17TH DECEMBER

Christmas Party & Lunch at Newbury Community Centre, Bury St Edmunds

FRI 19TH DECEMBER

Christmas Party at Hardwick Middle School, Bury St Edmunds

THURS 12TH MARCH 2015

Annual Lunch at Stoke By Nayland Hotel & Golf Club

Details to follow

TUES 19TH MAY 2015

Upbeat Annual General Meeting

Over the Christmas & New Year Holiday period, we will be closed on the following dates: Mon 22nd, Tues 23rd, Weds 24th, Fri 26th, Mon 29th, Tues 30th, Weds 31st December 2014 & Fri 2nd Jan 2015

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The best one-liners of the Fringe

The following joke was voted the best one-liner at this year's Edinburgh Fringe: I've decided to sell my Hoover... well, it was just collecting dust.

It made me wonder which were voted the best jokes in recent years, so here's a list, and I hope some of them make you smile.

■ I've written a joke about a fat badger, but I couldn't fit it into my set.

■ You know who really gives kids a bad name? Posh and Becks.

■ I saw a documentary on how ships are kept together. Riveting

■ I took part in the sun tanning Olympics: I just got Bronze.

■ I waited an hour for my starter so I complained: 'It's not rocket salad'.

■ I needed a password eight characters long so I picked Snow White and the Seven Dwarves.

■ As a kid I was made to walk the plank. We couldn't afford a dog.

■ Being an England supporter is like being the over-optimistic parents of the fat kid on sports day.

■ Dave drowned. So at the funeral we got him a wreath in the shape of a lifebelt. Well, it's what he would have wanted.

■ Last night me and my girlfriend watched three DVDs back to back. Luckily I was the one facing the telly."

■ I was raised as an only child, which really annoyed my sister."

■ You know

you're working class when your TV is bigger than your book case.

■ I'm good friends with 25 letters of the alphabet ... I don't know why.

■ I heard a rumour that Cadbury is bringing out an oriental chocolate bar. Could be a Chinese Wispa.

■ I used to work in a shoe-recycling shop. It was sole-destroying.

■ My friend told me he was going to a fancy dress party as an Italian island. I said to him 'Don't be Sicily'.

■ I can give you the cause of anaphylactic shock in a nutshell.

■ You know you are fat when you hug a child and it gets lost.

■ The universe implodes. No matter.

■ I've just been on a once-in-a-lifetime holiday. I'll tell you what, never again.



WEEKLY EXERCISE SESSIONS

Monday mornings at the New Bury Community Centre, St Olaves Road, Bury St Edmunds	9.15am-12.30pm
Tuesday mornings at the Delphi Club, Sudbury	9.15am-12.30pm
Wednesday and Friday mornings at the New Bury Community Centre	9.15am-12.30pm
Friday evenings at Hardwick Middle School, Bury St Edmunds	6.45pm-8.15pm

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

IMPORTANT

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

We advise anyone who has not been a 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 adviser and the exercise instructor of the following before you take part in any exercise sessions (this can include your exercise programme at home too):

- * 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 dizzy, have pain etc during a class,

please stop and make the instructor aware of your symptoms.

If any of this applies, it means 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. 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 £3 per session towards class expenses.

NEW MEMBERS

Derek Proctor
Mary Roberts
Stanley Shields
Leonard + Monica George
John + Victoria Haynes
Chris + Anne Brinkley

Pamela Siney
Mark Seymour
John + Angela Lord
Heather + Barry Stannard
Mike + Ann Coleman
Colin + Marilyn Root

Christine Anderson
David Catton
Dennis Pierce
Thomas + Elizabeth Sharkey
Tony & Barbara Scarfe

■ A very warm welcome to you all. We hope that 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 August 28th, 2014. Members who joined after this date will be in the Spring 2015 edition.

£100 CLUB WINNERS

February

1st Prize: £100
James Dillon - No 186
2nd Prize: £45.50
Maggie Scales: No 219

April

1st Prize: £100
David Axton - No 99
2nd Prize: £51
Amy Trust - No 125

June

1st Prize: £100
David Cook - No 081
2nd Prize: £52.50
Ron Jackson - No 176

March

1st Prize - £100
Bridget James - No 360
2nd Prize: £50
Ian Emmerson - No 327

May

1st Prize: £100
Margaret Martin - No 168
2nd Prize: £52
Pat Simpkin - No 122

July

1st Prize: £100
Michael Hall - No 239
2nd Prize: £52.50
Betty Raymond - No 334

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. We receive many requests from outside the area. You can also help by asking Hilary or Sylvia for extra copies to hand out to your friends and to other people such as your dentist, chiropodist, physiotherapist, or church or other group

Upbeat is affiliated to the British Heart Foundation and Arrhythmia – the heart rhythm charity



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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Register at www.easysearch.org.uk/register

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

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