



# **UPBEAT MAGAZINE**

## **INSIDE:**

■ **Our memories  
of VE Day**

■ **Life on the  
Ocean wave**

■ **Photos of our  
summer events**

## **AUTUMN 2015**

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Email: hils1947@yahoo.co.uk

Full list of officers – Page 9  
How to make a donation to  
Upbeat – Page 45

# How lucky we are

**T**HIS is the sixth edition of *Upbeat Magazine* I have edited and a new edition always coincides with a new season.

Either it's spring and we are looking forward to longer, brighter days and some sunshine, or, like now, it's autumn and we are enjoying probably the last of the sunny days before the cold of winter sets in.

Personally, I love the autumn and the beautiful changes we see in the garden or when we're out and about.

When I was a child, growing up in Richmond on the edge of London, my sister and I spent many hours in Richmond Park and Sheen Common, which were only a short walk from where we lived. We didn't realise how very lucky we were to have such places on our doorstep and to be able to enjoy them freely.

Now, living in rural Suffolk, it's hard not to be aware of the changes in the fields and countryside around us. The grain harvest is in, apples are reddening on the trees, and soon we shall have the lorries laden with sugar beet making their way

to the factory in Bury for processing.

I miss what was a common sight when I first moved to Suffolk: the burning of the stubble in the fields. To me there was something timeless and almost mystical in the sight of bent figures just visible through billows of smoke in the early darkness of late afternoon as I was coming home from work.

We don't see that any more, of course. Things have changed a lot in 40 years and I sometimes find it hard to believe I've lived in Suffolk now for longer than I lived in London. Probably it's the same for many Upbeat members who, like me, came to Suffolk as 'London overspill'. We left a city which, as children, we'd seen bearing the brutal scars of war, and came to this peaceful haven. How lucky we were!

Whatever one's views on whether this country can or should admit immigrants, few among us can have failed to be moved by recent events in and around the Mediterranean where thousands have tried to flee wars to make better lives for

**Continued on next page**

Editorial contributions and ideas for features and other items to David Axton.  
Tel: 01284 747238 or 07946 225612. Email: daxton42@btinternet.com  
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**See our website on [www.upbeatheartsupportgroup.org.uk](http://www.upbeatheartsupportgroup.org.uk)  
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themselves in Europe, sometimes dying in the attempt.

The image of the Turkish policeman holding the body of the three-year-old Syrian refugee boy who had drowned along with his brother and mother, touched hearts around the world, and should certainly lead us all to count our blessings. As I wrote in a previous issue, however bad things may seem for us, there is always someone, somewhere who is worse off.

As I write this, celebrations and commemorations are taking place to mark the fact that the queen has become the longest-reigning monarch the country has ever seen. I can remember her father, King George VI, and her uncle, the Duke of Windsor (though not as king, of course, I'm not old enough for that!).

No doubt some of our older members can remember the drama of the abdication which led to Princess Elizabeth becoming heir to the throne. The general opinion seems to be that it was fortuitous for Great Britain and the Commonwealth that she did, and certainly anyone would be hard-pressed to find fault with all that she's done since then, and continues to do.

In our centre pages you will find pictures of our own Upbeat celebrations to mark VE Day, when there was lots of red, white, and blue in evidence. Upbeat members surely do like getting together and having a party, and on Pages 46 and 47 you can find details of some of

the events planned for the coming year. Check your diaries and book early to avoid disappointment, as they say.

Other items of interest include Bob Leader's reminiscences of his days in the merchant navy, to be found on Pages 11-13, Nurse Tracy's article on the Heart and the Thyroid, Michelle's on Exercise, and Tony Scarfe's interesting piece about his unique walking stick. That's on Pages 48 and 49.

I must apologise to Bury member John Dawkins. Last September members enjoyed a day's boat trip on the River Orwell and John was kind enough to write

an interesting report on the day which appeared in our Spring issue. However, I neglected to acknowledge him as the author of the write-up. Sorry, John! I hope it won't stop you writing some more for us in the future.

Finally, on behalf of the Committee and all members, I must express our grateful thanks to the retired Treasurer, David Camp for his many years of exemplary service to Upbeat.

He hasn't disappeared entirely from the radar and is still involved, but at the AGM he stepped down from the role he has carried out so well for as long as many of us can remember.

David has watched over Upbeat's finances with care and diligence and we all owe him a debt of gratitude for all he has done. Thank you, David.

David





## Your support makes this job worthwhile

I AM happy to report that we are gaining new members and everybody seems to be adapting well and enjoying Upbeat.

Valerie Axton has now taken over completely from David Camp as treasurer and seems be happy to continue in this role, thank goodness.

We went to London to see Miss Saigon in May and several members who are unable to join us regularly for exercise came on the trip which was good.

We all enjoyed the show and had a lovely day out in London. The coach journey through our capital was

spectacular, taking in all the sights along the River Thames embankment and the busy streets of the city - very memorable and we have to thank Sylvia Bambridge for organising this event.

In June we enjoyed Peter and Ilva Maxey's hospitality when they staged a garden party at their home in Great Barton. Although the weather was not so kind to us, the food and entertainment provided by Brian our resident DJ were

**Continued on next page**

fun and enjoyed by all.

On 10th July, Hilary and I went to BBC Radio Suffolk to talk about Upbeat. We went into the Green Room, then the op's room and then into the recording studio. We put on earphones and spoke to Stephen Foster who was standing in for Mike Murphy, the usual host for the morning show.

We were invited to attend to talk about Upbeat and also to plug Suffolk Foundation, which runs the "Suffolk Dog Day", an event raising lots of money for charities.

Stephen Singleton, who is the CEO of the Suffolk Foundation, has already donated to us and we have received £4,000. He is a lovely man and will be coming along to see us and we are hoping he can help us get some more grants. It was a good session and we hope we came over well.

The summer fête was a terrific success again, despite lots of other local events being held on the same day.

Beth and Viv did well selling bacon rolls and loads of members helped out on stalls. The weather was good, Joyce had lots of wet sponges thrown at her, Brian sorted out the music for us and it was a good day. We made £1700 profit, which was fantastic, and big thanks go to all who helped, especially to Joyce and Ron and Penny who handled the whole event.

Our Strawberry Tea at Newton Green

went off very well. It is a lovely setting, so with music, good food, good weather and a great profit of £700, it proved to be a fantastic afternoon.

We now need to get everything in place for the end of this year and the start of 2016 so check the events diary to ensure you do not miss the new treats and events we have in store for you all.

Sorry to have to mention it but, as always, we have to look carefully at our financial position going forward as it is becoming increasing hard to raise funds. Many grants which were available, are no longer, so every charity is chasing the same pot of money. I may have to come back to you all about this in the near future.

I still feel that we are a fantastic charity and as I move about among you and listen to you tell me how Upbeat is helping you and what it means to have this support it makes my job worthwhile. The instructors and nurses, together with the executive committee, work very hard to keep Upbeat going and will continue to do so.

As mentioned before, please, if anybody needs help, assistance, or feels we can improve in any way – do speak to me.

Let me know what you feel about trips etc. If you want to go somewhere or do anything different, we need your feedback.

*Sylvia*

## **Some inspirational thoughts about time ...**

"When the past calls, let it go to voicemail. It has nothing new to say."

"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending."



## Our events provide much-needed cash

**W**E HAVE just completed the early summer events at the time of writing: the Strawberry Tea, the Summer fête, the VE Day Anniversary Celebrations and Quiz Night over the last couple of months. It has been a very busy time for the Social Committee.

These events provide much-needed funding for Upbeat. If you attend the AGM each year, you will see the accounts and probably think there is plenty of money in the bank, why bother to fundraise?

If, suddenly we stopped fundraising, this pot of money would be gone within about a year and we would be struggling to keep open. We have to keep applying for grants and fundraising so we have contingency money available.

We like to sing our praises when we get a grant, or raise money through an event, but please, never think these monies are anything like what is needed. They are a help. We need to continue to fundraise and we need everyone's support if we are to continue with the group. We are especially grateful to Borough and County Councillor Sarah Stamp for a generous donation of £500 towards the costs of printing our magazine. Thank you, Sarah!

Grants are getting much harder to come by and in the next five years the situation, according to our local councillors, is only going to get worse. The Lottery Grant Application I am still working on and we hope to have all the extra information they need such as consultation with local groups, etc. by the end of the Autumn.

We hope to submit by the end of the year, but I am told the locality we are in is low priority for Lottery grants. We live



in a comparatively affluent area of the country, but we must press on and try.

The Hardwick School which we hire for Friday nights is due to close next year and our own Newbury Community Centre is being replaced within the next few years. All this means change of hire and inevitably higher charges for new venues.

It is not all gloom and doom, however. We have some wonderful members who think of us whenever they can in many different ways. Please keep supporting the events and let us know if you have any ideas for an event, or better still, come on to the Social Committee and get involved.

Our continued thanks go to all the members who volunteer in so many ways. We thank you all. Sylvia has done a great job as Chairman and we have had a lot of fun along the way, so long may it continue.

Hilary

# I'm getting to grips with my new role

**A**S I COME to write my first treasurer's report, I look back on the last 10 months and think what a lot I have learnt and how much more there is still to get to grips with!

From my initial discussions with my husband about whether we could help, to saying yes we would be treasurers, to me really doing it on my own (with very slight input from my husband on using Excel), it has been a very steep learning curve but an interesting, enjoyable and rewarding one.

However, I am absolutely indebted to David Camp who has trained me through all the various processes of inputting data, dealing with income and expenditure, paying invoices and a multitude of other issues.

I can always ask him for advice and his knowledge of everything to do with Upbeat is a fantastic bonus. I know I can rely on him. Thank you, David.

Having been a Headteacher, I have run my own school finances for many years and dealt with budgets etc, but every system is different and I certainly had not done all the "nuts and bolts" of accounts.



I have enjoyed the challenges and feel more confident every month. It has not helped that at the same time we have had a building project going on and our house has been in chaos! After six months, I now have an office to work in and can get myself properly organised.

The rewarding side has been all the donations that come in, whether large or small. We do not get many grants now, although Hilary Neeves continues to work tirelessly chasing grants and many thanks must go to her and Sylvia for all the effort they put into meeting people and writing applications.

It is your donations that count, from paying for your teas and coffees, putting money in the collecting tins, to giving larger sums from events and activities or donating a regular sum every week or month.

Special mention must be made of all the fundraising Bob Fuller does in a whole variety of ways – regular





## **Fundraising & donations over £20 February 2015 – August 2015**

### **GRANTS/SPONSORSHIP**

Shadwell Fund/ Suffolk Community Foundation	£500.00
Suffolk Community Foundation for a nurse	£2000
Gift Aid – HMRC Charities	£1198.72
Councillor Sarah Stamp Locality Budget	
For Magazine Printing	£500

### **FUNDRAISING**

Pat Pearce – Tombolas	£217.50
Donation from Judge Sampson for Xmas Cards	£190
Easter Raffles Hardwick & Southgate	£78.70
Easter Raffle – Sudbury	£122
Easter Raffle – Newbury	£217
David Camp – Sudbury Fun Run	£269
Quiz Night 29.5.15.	£347.76
John Stemp – Hanging Baskets	£70
David Deacon – Talk	£30
Summer Fete	£1,673.33

donations, fun run, car washing, packing bags etc. In the last six months he has raised over £700. Well done, Bob!

Also to Pat Pearce for her tombolas that she organises. They have raised over £217. Thank you, Pat.

We have had some very successful events, including the Annual Lunch and Raffle, Easter Raffles, Quiz night, Garden Party, Strawberry Tea and Fête.

A very big thank you must go to the organisers and helpers.

Every event is a lot of work but helps

raise funds for Upbeat.

Your support for Upbeat is much appreciated - but we need more help both financially and with jobs on a regular basis and just occasionally for some of the events. **COULD YOU HELP?**

If you can help in any way with activities, events or by monetary donations please contact any member of the committee. We would be delighted. Thank you.

valerie

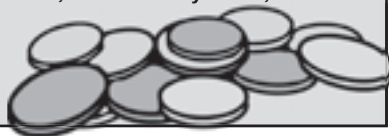
## Fundraising & donations over £20

### February 2015 – August 2015

#### DONATIONS

Bob Fuller- Donations/Car Boot/Walk etc	£706
Thursday Coffee Morning	£ 125
Sudbury Collecting Tin	£186.84
Newbury Collecting Tin	£125.50
Eileen Shurmer	£40
Easy Fundraising (Members Internet Purchases)	£28.64
Rodney Johnson	£60 + 120 (Barclays)
Treatts Ltd Daemon Reeves	£96.40
Ultra Ingredients	£67.42
Richard Morris Bird Boxes	£35
De Vere Primary School Charity Day	£89.79
Gosfield Primary School	£150
Ridgewell Primary School	£86.20
In Memory of Mary Lee	£290
In Memory of Brian Gardiner	£446.55
In Memory of Brian Musgrove	£100
In Memory of Olive Kentzner	£191.75
Bulmer Primary School	£76.15
Peter & Maria Walker	£20
Sylvia Baker	£21.39
John Besent	£50
Jack Haldane	£25
Tony & Eileen Elston	£20
John & Wendy Godfrey	£25
John & Peggy Simmons	£25
S Szwejkowski	£50
David Catton	£30
John & Gabrielle Marr – Golden Anniversary	£375
John Besent – 100 Club winner – donation	£100
Dennis & Anne Everett	£150
W A Deacon	£50

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.



## UPBEAT EXECUTIVE COMMITTEE

**Sylvia BAKER (Chairman)**  
15 Abbeyfields, Haughley,  
Stowmarket, IP14 3TA  
01449 774333  
e-mail: sylvia.baker16@  
btinternet.com

**Peter MAXEY (Vice  
Chairman)**  
01284 787516  
The Lodge, 7 The Coppice,  
Great Barton, Bury St  
Edmunds, IP31 2TT  
e-mail: pimaxe@gmail.com

**Hilary NEEVES (Secretary)**  
33 Maltings Garth, Thurston,  
Bury St Edmunds, IP31 3PP  
01359 232678  
e-mail: hils1947@yahoo.  
co.uk

**Valerie AXTON (Treasurer)**  
Vistri Vale, Old Hall Lane,  
Fornham St Martin, IP31  
1SS  
01284 747238  
e-mail: valerie\_axton@  
hotmail.com

**Alan BAMBRIDGE**  
21 Bush Grove, Sudbury,  
CO10 7HH  
01787 372839  
e-mail: alan.bambridge@  
talktalk.net

**Kenneth BISHOP**  
11 Grange Mill, Chevington,  
Bury St Edmunds, IP29 5PQ  
01284 850752  
e-mail: kandebishop@  
btinternet.com

**David DEACON**  
Quinway, Bears Lane,  
Lavenham, CO10 9RT  
01787 248147  
e-mail: funerals@wadeacon.  
fsnet.co.uk

**Rodney JOHNSON**  
23 Holywell Close, Bury  
St Edmunds, IP33 2LS  
01284 754844  
e-mail: rjhoclo@btinternet.  
com

**Clare KETTYLE**  
High Willow, Lavenham  
Road, Great Waldingfield,  
Sudbury CO10 ORN  
01787 310311  
e-mail: clare.ketty@gmail.  
com

**Penny MORRIS**  
"Redroof", Chapel Lane,  
Brockley, Bury St Eds., IP29  
4AS 01284 830588  
e-mail: richard460morris@  
btinternet.com

**Brian RICHELL**  
25 Stanley Wood Avenue,  
Sudbury.CO10 1WA  
01787 881968  
e-mail: brian.richell@  
btinternet.com

**Elisabeth RICHES**  
19 Rectory Meadow,  
Fornham All Saints, IP28  
6JR  
01284 761818  
email: richespeter@yahoo.  
co.uk

## NON-EXECUTIVE MEMBERS

**CARDIAC NURSE  
REPRESENTATIVE**  
**Kate TURNER**  
01359 250202  
e-mail: catur@sky.com  
Nurses: Jane Bridges, Anne  
Graham, Mandy Scales,  
Tracy Wallace

**EXERCISE INSTRUCTOR  
REPRESENTATIVE**  
**Michelle JERMY**  
Mobile: 07725 582817  
e-mail: michellejermey@  
hotmail.com

Instructors: Peter  
Azzopardi, Martyn  
Blackford, Maureen  
Cooling, Yvonne Galloway

**GRANT FUNDING**  
**Hilary NEEVES**  
01359 232678  
e-mail: hils1947@btinternet.  
com

**SOCIAL EVENTS &  
FUNDRAISING**  
**Sylvia BAKER**  
01449 774333  
e-mail: sylvia.baker16@  
btinternet.com

**THEATRE TRIPS**  
**Sylvia BAMBRIDGE**  
01787 372839  
e-mail: sylvia.bambridge@  
talktalk.net

**MAGAZINE EDITOR**  
**David AXTON**  
01284 747238  
Mobile: 07946 225612  
e-mail: daxton42@  
btinternet.com

**100 CLUB**  
**Rita HOWELL**  
01284 762976  
e-mail: rahowell@tiscali.  
co.uk

**WEB SITE CO-  
ORDINATOR/MEDICARD**  
**David CAMP**  
01787 376723  
e-mail: davidcamp44@  
btinternet.com

# New committee members



## Brian Richell

I was born in Boreham, Essex in 1941.

After 10 years schooling, I got a five-year apprenticeship with the Eastern Electricity Board and at 21, I became a fully qualified electrician.

In 1983 I became Landlord of The Anchor Inn, Tiptree. I moved to the Boxford White Hart in 1987 and in 1989 on to The Marsham Arms, Chelmsford.

In 1998, the Brewery raised our rent to a ridiculous amount so I decided my sell-by date was up and I became a full time bus and coach driver – a job I did until 2013 when I had a surprise triple bypass and aortic valve replacement. After being signed off by the NHS, I joined Upbeat and have not looked back since. I am a great sport and music lover and apart from my Upbeat exercise, I dance whenever possible.

I consider it an honour to be selected for the Upbeat Executive Committee and will do my very best for you all.



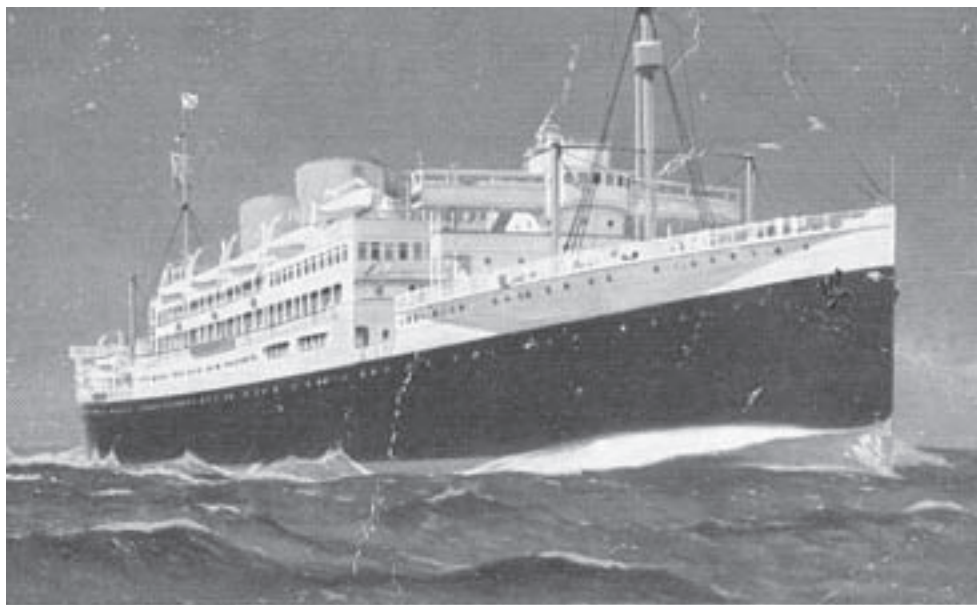
## Clare Kettle

I was born in Ipswich and lived there until I was four, when we moved to Chelmsford. I remained there until I completed my education which included spending a year at secretarial college and from there obtained a secretarial job in the Chelmsford School of Nursing where I stayed for eight years.

I then had a break from work when I had my only child, a daughter. After 15 years I returned to work as a receptionist for a civil engineering and earthmoving company near Colchester, where I stayed for just over 20 years until I retired in 2014. Before I retired my husband had several heart attacks, hence my involvement with Upbeat as a Carer and I participate in the exercise class and help out at fundraising events.

Since my retirement I spend quite a lot of time working in the garden. My daughter, who attended Bournemouth University, met her husband and settled there. They now have three children, all boys. I now have more time available to spend with them.





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# A Life on the Ocean Wave

By Bob Leader

**L**LEFT school at 14 and went to work in a saw-mill. Opportunities were limited in Brandon: if you were a boy it was the saw-mills, the forestry commission or one of the two rabbit-skin factories.

If you were a girl it was only the rabbits! Your dad or your uncle simply had a word with the foreman to "Get you in." In those days every school leaver would be employed.

Standing at the back of a saw bench, choking on

saw-dust and deafened by the scream of the band saws and circular saw blades didn't seem like much of a future to me. I wanted to see the world and, more important, let the world see me, so at seventeen I joined the Merchant Navy.

In those days, before the arrival of large commercial airlines, Britain had a huge merchant navy.

The big shipping companies ran scheduled passenger/cargo services

to all corners of the globe. Cunard served North America on the trans-Atlantic routes, Royal Mail Lines sailed to South America, P & O lines sailed to Australia and the Orient, and Union Castle liners circumnavigated Africa.

The smaller, non-scheduled lines like Blue Star and Blue Funnel loaded and unloaded cargo

■ **Continued on next page**

wherever it was found and wherever it was needed.

My first ship was the Highland Brigade and I washed dishes all the way to Argentina. The pantry had this useful little circular wall safe where we would, "save for later," all those awkward dishes that would come in after we had cleaned down. Half way through the voyage the Head Waiter was wondering where all his plates had disappeared to.

I did a second voyage on the Highland Brigade, calling at the same ports: Lisbon, Rio, Santos and Buenos Aires, but this time I was a saloon boy with unlimited access to all the side table food delicacies and the sea air provided a healthy appetite.

I vividly remember Santos where every shop overflowed with table tops and trays which were gloriously filled in with

designs made of butterfly wings.

This was before conservation became a byword and the Amazon basin was filled with huge spectacular butterflies in a myriad of glowing colours. Using hundreds of their wings as decoration had become a unique Brazilian art form.

I can also remember sailing away from Rio at dusk with that huge statue of Christ outlined by a most magnificent sunset.

After that I changed ships and did one trip to New Zealand via Panama on the Rangitiki. It was a four-week voyage across two oceans.

Like the Brigade the Rangitiki had refrigerated holds. The Brigade brought back frozen beef from Argentina, the Rangitiki brought back frozen lamb from New Zealand. Both ships took out migrants.

The Brigade picked up Spaniards and Portuguese from Vigo and Lisbon, while the Rangitiki took out English migrants to New Zealand.

We spent seven weeks in New Zealand, loading meat in Auckland, Wellington and Lyttleton. Lyttleton was best, with steep climbs into the mountains where you could look down on Christchurch on one side and on the other the tiny ships in Lyttleton harbour.

I did my final trip on the Dunnottar Castle, sailing around the coast of Africa. I worked in the ship's steam laundry on the Dunnottar Castle. In the tropics we started at two o'clock in the morning to get the job done before the worst heat of the day, but even so I could wipe the dripping sweat off my bare chest and watch the bubbles immediately seep through my skin. We were fed an extra diet of





THE UNION-CASTLE LINE M.V. "DUNNOTTAR CASTLE" 15,054 TONS

salt tablets to make up the deficiency. I only took the job because the ship was due back in England for Christmas.

However, as things happened, Egypt's President Nasser chose that year to close the Suez Canal. We missed the last convoy through the canal by 20 minutes, which was fortunate because the tail-end ships in that convoy were sunk by the Egyptians to block the Canal. The bulk of the convoy was trapped there for almost two years.

The Dunnottar Castle was ordered out of the Mediterranean. When we sailed into Port Said we had been met by a small fleet of bobbing bumboats, all filled with grinning little men trying to sell us everything from sunglasses to their sisters.

When we sailed out the next morning the same bumboats saw us off, but now the grins were gone and they were screaming abuse and hurling rotten fruit.

We circumnavigated

Africa counter clockwise all the way down the west coast, round the Cape of Good Hope and up the east coast to Mombasa. There was just time to get sunburnt on glorious Nyassa Beach.

I had my first swim in the Indian Ocean and was suddenly terrified when I realised I was being followed by a long, dark shadow. I swam for my life and then almost drowned laughing at my own stupidity. The shadow on the sea bed was the wrong shape for a shark and I suddenly realized that the shadow I was fleeing from was my own.

The Suez Canal was still closed and the Dunnottar Castle had to return by the same route. I spent my second Christmas at sea, with a fine disappearing view of Table Mountain, and didn't get home until February.

Because the ship was so far behind schedule, port calls were quick and hurried and there was no time for shore leave. I got

disillusioned and quit the Merchant Navy.

I tried to join the army for three years, hoping for postings to Hong Kong or Singapore, but because of an old bone disease of the hip that had kept me on crutches for a year when I was eleven my services were declined.

I tried to rejoin the Merchant Navy but three liners had just been decommissioned, putting a thousand stewards out of work. I actually went on board and got a job on the P&O flagship Canberra, again heading for the magical orient, but the all-powerful seaman's union wouldn't let me take it up.

I hadn't meant to clip my Merchant Navy career quite so short but it was over. However, it did give me some inspiration for some of the early thrillers I was to write later. Sea Vengeance, Cargo to Saigon and The Scream of a Dove all had sea-faring backgrounds.

See my website at [www.robertleadauthor.com](http://www.robertleadauthor.com) for more details.



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one day.**



# Exercise: Breaking it down

by Michelle Jermy

**U**PBEAT offers various classes to suit a range of abilities, medical conditions and/or musculoskeletal problems, but within any exercise session there is a sequence we instructors follow to ensure it is safe and effective. I have broken down the session into sections and explained the importance of each.

## **Warm-Up: 10-15 minutes**

This section includes a pulse raiser whereby we gently increase your heart rate. Typically this includes movements like heel digs, toe taps and walking, with the aim of increasing circulation of the blood around the body.

We extend the warm-up compared to mainstream exercise classes as research shows cardiac clients need longer; their bodies take longer to reach what we term 'steady state', partly due to medications. You will also perform various mobility movements.

Think about how in class we roll our shoulders or perform side bends or trunk twists. We want to lubricate the joints, including the spine. As we age and/or suffer with osteoarthritis the joints have less fluid covering the joint. Mobility exercises increase the fluid

around the joint, reducing stiffness and allowing you to increase movement and gain more from your session.

Finally we stretch. Stretching allows us to prepare muscles for the session. In recent years, the emphasis on warm-up stretches has diminished and we focus on replicating movements we will perform in the main workout but within exercise referral/rehabilitation, stretching gives a good opportunity to address posture and breathing but also to identify any severe muscle tightness or imbalances.

## **Main Workout: 20-35 minutes**

In traditional cardiac rehabilitation circuits we focus on continuous moderate exercise with the aim of increasing the 'cardiovascular fitness', in other words, the heart's ability to pump blood around the body.

We achieve this by completing a number of exercises. We use a lot of leg muscles, your big muscles which are hugely responsible for maintaining independence including sit to stand, side steps, knee lifts.

Within the circuit we factor in what we term 'active recovery'. The sequence of exercises

will vary; some are less strenuous, giving you time to ensure working at appropriate level, reducing intensity if you need.

The chair session is slightly different, though we do consider improving the heart health. For many clients, due to the fact their exercise tolerance is very low or they have other medical conditions and/or musculoskeletal problems that severely affect their independence, we focus on improving the ability to perform everyday activities, regaining confidence, and thus promoting quality of life.

## **Cool-Down: 10 minutes**

As in the warm-up we complete a pulse lowerer, the opposite to the raiser, focusing on slowly reducing heart rate and maintaining a steady breathing rate. The stretches in the cool-down aim to maintain flexibility within the muscle and help aid removal of tightness or tension.

In some sessions there is a section of relaxation whereby we look to relax the body and clear the mind.

If you would like to discuss any aspects of the article or exercises we perform, please feel free to speak with me.

*Michelle*

# The Heart and the Thyroid

by Tracy Wallace

**T**HE human body is fascinating! Each individual organ is complex and highly technical and yet they depend on each other for our bodies to function well.

A slight tip in the balance of one organ can affect another and have an impact on how our body works and how we feel. This is true of the relationship between the thyroid gland and the heart.

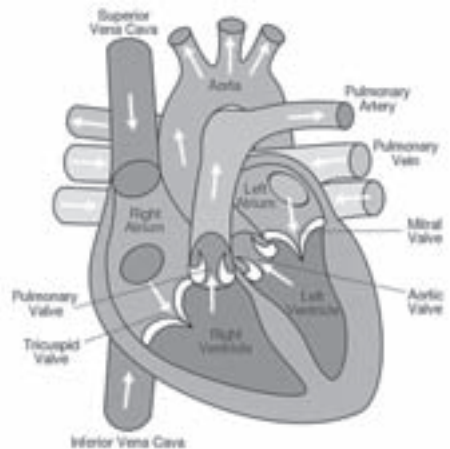
To understand the relationship between the two it is necessary to understand how both the heart and the thyroid work.

The heart needs to be understood in two ways; firstly, it is a muscular pump which contracts and pumps blood around the body.

It needs oxygen to do this and receives this through the coronary arteries that surround and feed into the heart muscle. Secondly, for the heart to beat in a coordinated, synchronised way it is stimulated by an electrical impulse which starts at the top right chamber of the heart and spreads down and across the two ventricles of the heart.

The thyroid is a gland found in the front of the neck attached to the lower part of the voice box. It looks like a butterfly in shape as it has 2 lobes. The thyroid produces thyroid hormones, the 2 most important are thyroxine (T4) and triiodothyronine (T3).

These hormones are essential and have many effects on how the body metabolises, grows and develops.

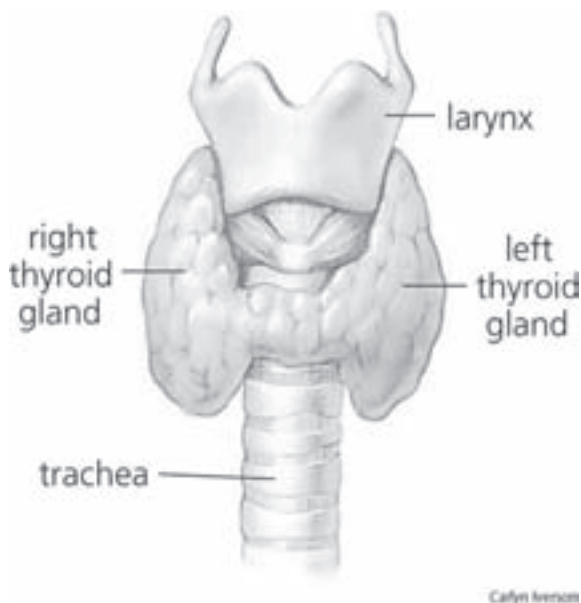


If the thyroid gland is diseased it can directly affect the normal function of the heart. When the gland is overactive it produces too much thyroxine, a condition called hyperthyroidism.

The increased level of thyroxine can stimulate the heart to beat more quickly and cause the patient to feel palpitations. If prolonged sometimes this can lead to an irregular rhythm of the heart called atrial fibrillation.

Symptoms can include breathlessness and in the presence of heart disease worsening angina. The increase in heart rate can also cause a rise in blood pressure, a risk factor for heart disease. Hyperthyroidism can be treated with drugs or thyroid surgery depending on the problem.

■ **Continued on next page**



Collyn Iversen

Hypothyroidism is the opposite of the above where the thyroid is not producing enough thyroxine and is underactive. The effect on the heart is to slow its rate and lower blood pressure.

This can be good for angina but it can contribute to an increase in LDL cholesterol, the bad cholesterol which increases coronary heart disease. In hypothyroidism the heart muscle can become weakened and doesn't pump as efficiently as it should. The slow heart rate can also lead to irregularities in heart rhythm.

Symptoms again can include shortness of breath and lack of energy. Hypothyroidism is treated with drugs to replace the thyroid hormone thyroxine.

Your thyroid function will be checked alongside other tests when you have your annual cardiac health check, or if you were having other investigations to rule out an underactive or overactive thyroid. You may see it as 'TFT's' on the blood form: Thyroid Function Test.

The test measures the level of TSH:

Thyroid Stimulating Hormone.

If the TSH is high it indicates an underactive thyroid as not enough thyroxine is being produced. If the TSH is low the thyroid is producing too much thyroxine and is overactive therefore hyperthyroid.

Treatment aims to get TSH levels back to normal range. It's worth noting that thyroid problems often run in families, if you have any concerns then do discuss them with your GP.

It is therefore important not to ignore when it is time for blood tests. They give so much vital information to help keep the delicate balance to maintain our finely tuned bodies!

Refs:

'The Heart and The Thyroid Gland' J. Malcolm, O. Arnold.  
Anatomy and Physiology, Ross and Wilson



# VE Day Anniversary Party

By Polly Upperton

**T**HERE was a flurry of red, white, and blue, singing and dancing filling the hall, when we gathered to commemorate the 70th anniversary of Hitler's come-uppance on May 10th.

Those who were too young to remember that celebration sang as lustily as older members and the Upbeat 'Vera Lynns' were in good voice under Brian's baton.

Many recent tributes have rightly been paid to the fallen, Poppy Day and Cenotaph ceremonies being dear to our hearts, but it was time to celebrate our triumph, have a knees-up, and rejoice that we had survived.

Younger members knew VE Day marked the successful

climax to their parents' struggles and that Dad would be home from the front in his de-mob suit, so we were all celebrating in a happy party made possible by the hard work of Joyce, Ron, and Chris, with music by Brian and Master of the Revels - Sylvia!

They all deserved a Service Medal for giving us an inspired evening.

The family ration book would not have allowed the banquet that they provided, but now we could feast ourselves on spam sandwiches, jellies, sausage rolls, and fancy cupcakes, finishing with a cup of Camp coffee - a real reminder that there were no fancy coffees in



the 1940s.

We found time for a raffle and quiz in between the dancing and singing.

We waved our flags, remembering tunes we hadn't sung since the '40s, let our hair down and belted out the choruses!

There were bluebirds over the white cliffs of Dover once again and the world was free.



# Our remembrances

*Peace at Last*  
by Eddie Johnson

I USED to say to my mum: 'The day the war is over and peace is declared, what will it be like?'

She'd think for a moment and said: 'It will be a wonderful time. There'll be sweets and food and clothes in all the shops. The soldiers will all come home. We'll have parties all day long. It'll be lovely!'

I said: 'Would you go to church and thank God?'

'Course I will,' she said.

All through the first half of 1945 the war was shuddering to a halt. The Allies were reporting victory everywhere. The German army was crumbling as the weight of the combined Russian, American and British armies was too much for them and they surrendered.

There was wild celebration, all-night parties with huge bonfires burning on all the debris-strewn bombsites. Nobody went to church to thank God on bended knees, apart from me. I found myself alone. The cockneys were a godless lot!

VE Day was the official celebration. The troops



that had fought on our side, the dignitaries, politicians and the King had a huge parade through London.

Many of the troops would be marching and riding down Cambridge Heath Road in Bethnal Green so that morning I got up early and went to Bethnal Green tube station where a year or two previously hundreds of people had been crushed as they tried to escape on to the tube during what they thought was a bomb attack.

At the time it had been hushed up and never publicised for reasons of morale but of course, all the local people knew of someone who'd been killed on that dreadful day.

I climbed onto the roof of the station, along

*I remember the bonfires*  
by Terry Lifford

I remember the bonfires being lit on Tayfen Road on VJ day. Flags were hanging out from every house, and people were dancing to music played on a gramophone. The bonfires were so intense that the tarmac was ruined!

with about a dozen other people and from there I had the best view in London. Along they came, swinging their arms proudly: Highlanders with their bagpipes, Ghurkhas, Sikh regiments, Free French, Canadians, Australians, South Africans and New Zealanders. They marched with rifles on the

# of VE Day

slope; they drove their tanks and machine gun vehicles.

There were ATS, Wrens and WAAFs, as well as NAAFI girls. The Coldstream Guards, the Royal Marines, all the regimental bands and buglers were playing and all the regimental flags were flying. Even as a schoolboy I could feel my heart swelling with pride at the sight of it all.

The march past seemed to go on for ever, and after that the street parties never stopped. There was dancing in the streets, girls embracing soldiers and sailors, exchanging kisses with wild abandon, some meeting for the first time partners they would later marry and have families with. Others deserted wives or husbands for pastures new - it was a wild, wild time but above all was the knowledge that the siren wasn't going to blare its awful warning any more.

It was a great day and Britain, although rationing wasn't to end for another eight years, went on to become a great country to live in with a health and welfare service that became the envy of the world.

## Blitz Kid - The Day War Broke Out by Eddie Johnson

I WAS seven when war was declared.

The street where I lived was like the hundreds of little terraced house streets around us and had been built for the poor of London. The rest of the country talked of the 'slums' of the East End and it was a time when middle and upper class gents and ladies would venture into this area with the same trepidation that they went to darkest Africa.

But, of course, it was home to me, my brothers and sister, and none of us kids of Old Ford, Bow, knew we lived in a slum or that we were looked upon with some disdain by the rest of the country.

On that fateful September day my Dad rigged up a loudspeaker in the street and plugged it into our wireless so all the neighbours who had no radios could listen to Mr Chamberlain when he told us we had declared war on Germany.

It was a sunny day and I was talking to my mate, an older boy named Bertie Hazel. I asked him if we could go to the park and he answered: 'No! There's



a war on!' Over the next five years that would become one of the most used phrases ever!

It didn't seem long after that the first siren of the war went off. Everyone seemed to be in a wild panic. Old Mr Hazel, Bertie's dad, came to the door with his old First World War tin helmet on, urging everyone to stay calm, even as he tripped over his bootlaces which he'd neglected to tie up. Most of the people started to run to Victoria Park where they had been digging the shelters for the past months. My dad told us all to go into the front room and he got the corrugated iron sheets of the Anderson shelter that had been delivered to all households, and started to put them against the window.

Then, seeing everyone else in the street,

■ **Continued on next page**

## People seemed calm by Ron Lawes

I WAS five years old and lived in Crouch End, London, in a small block of three-storey council flats.

These were built in a U-shape, with a lawn in front. People from the area were assembled on the lawn, dancing and singing to a gramophone. I was given a bag of crisps and lemonade and joined in the dancing with another boy of my age.

People seemed to take the war very calmly. I remember sitting under our dining room table with my mother when a bomb was heard landing. I asked:

'What's that, Mum?'

'Just a bomb,' she said!

After the war, us urchins had a great time playing soldiers on the bomb sites, throwing brick 'grenades' from the bomb craters, climbing up partial staircases, and walking across the exposed rafters in the lofts where the ceilings were non-existent. If my children had done anything as remotely dangerous I would have been a nervous wreck!



### ■ Continued from previous page

disappearing into the distance, he changed his mind and we all had to go to the park.

There was me, my brother Kenny, wrapped in a towel because my mum had been bathing him, my pregnant mum, my mum's sister, Aunt Kate, and my grandmother, Nanny Bennett. There was also my dad's sister, who lived next door, my two cousins, Rita and Joycie, and my Uncle Harry.

We all started to run towards the park. Half way there a strong breeze blew some leaves along the street and a woman screamed, shouting: 'They're shooting at us. They're machine-gunning us!'

There was a plane in the sky so it made us run all the faster! My Aunt Kate and my grandmother couldn't keep up with us and they waved us on while they took shelter in the ladies' toilet that was opposite the Mitford castle, my dad's favourite pub. Most of us had gas masks and I envied my brother Kenny and my cousin Rita as they

both had the children's 'Mickey Mouse' gasmasks.

Eventually we got to the shelter. They were not yet in the advanced stages they were to become - deep, deep trenches in the lovely park earth, battened up and covered over, lined with planks for seats. We all crowded down and I sat on my dad's lap and started to cry, I was so worried. All the other kids - and there were loads - seemed to be enjoying it, singing all the old Great War favourites: *Pack Up Your Troubles in Your Old Kit Bag* and *Keep on Smilin'* and gradually I cheered up.

It was a false alarm! Poor old Lamprell Street's fate wasn't decided that day. In fact, it so was eerily quiet on the war front it came to be known as 'the phoney war'. Lots of us were evacuated but after a few months nearly everyone started to drift back to London and everything seemed pretty normal. Even rationing didn't seem as strict as it was later to become.

Of course, later our street, with many others, took a terrible bashing. Many were killed, lots were wounded. Thousands lost their homes and misery and greyness would permeate our lives. But all that was yet to come.



## Early Days of the War by Polly Upperton

THOUGH the thunder clouds were gathering that summer of 1939, amid the filling of sandbags and the fitting of gas masks, I was carefree.

As the tension built, preparations were made to evacuate our LCC school from south London. We were given a label, a blanket, a gas mask and a small case for personal things and sent off by train to Eastbourne on Friday, September 1. Like our stoical parents, we thought we would be home before Christmas.

Six of us were sent to 67 Cavendish Road, a comfortable house where we passed the maids who were leaving to join up. It was the end of an era of service for them and a new life for us. Two days later, on the Sunday, we were taken to church, St George's, I think, and during the service the vicar broke in to tell us from the pulpit that war had been declared.

Later, from number 67, the nephew of the house took two of us on the pier and spent half a crown on amusements. We liked that! His name was Aubrey and he was an airman. I often wondered



what became of that kindly fellow. Did he make it, or was he one of the many, many who didn't survive?

Later we were moved from this warm clearing house to the back of the town, under the Downs. Two of us were taken in by a policeman and his Welsh wife. (One of his jobs was to recover suicides from the bottom of Beachy Head.) I was lucky with them. We shared schools with the local children, had our own teachers, but we were restricted to half days.

By early summer 1940 we began to hear heavy gunfire from across the Channel, and France fell. Our Warmington-on-Sea was now right in the firing line. The pier was closed and barricades closed off the beach.

We returned to London,

where air raids broke up the days and nights. The wailing sirens filled us with anxiety, and calm only returned with the high, clear, single note of the 'all clear'.

One night a bright firework dropped into our lilac tree, a flare dropped from a German plane to help the bomber's aim. The night sky was turned to a rosy glow as London suffered the worst night of the Blitz. Down Clapham South underground station many local families spent their

nights seeking protection, with bunks arranged along the platform, but they were empty during the day.

At nearby Balham underground station, as many as 64 of those sheltering, and four staff, were killed when a bus fell into a crater created by the explosion of a 1400kg bomb, as mentioned in Ian McEwan's novel *Atonement*.

After summer 1940, my parents sent me away from all this, but they remained to carry on. Later in the war, when a flying bomb wrecked the house leading to much dust, stress, and the second flowering of our pear tree, they were saved by a metal table shelter under which they slept.

We were the lucky ones!















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# Ode to Terry

Written for Terry by his daughter Jenny

My name is Terry Lifford.  
Trouble's my middle name.  
I like to try them all out,  
So I'm back in hospital again!

Echoes, scans and bedpans;  
Making friends in every bay,  
And also I can tell my  
grand daughter  
'I've been to Bury today.'

I've made friends with all the doctors,  
So I'll be back up and dancing soon.  
I can't wait to get back on my feet.  
Jackie says we're picnicking in June!

I've got so many nurses' numbers  
My black book is now quite full.  
Anyone would think  
I've been out on the pull!

They all ask me my date of  
birth,  
Pretending it's their job,  
When we both really know  
It's 'coz I'm a heartthrob!

I'm told I should behave  
And leave the buttons  
well alone,  
But this is what happens  
When they leave me on  
my own.

Soon I will be back home.  
Seeing the nurses is such a  
treat,  
But I've got to get back  
Before they've eaten all my  
sweets!



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# What is Osteomyology?

**H**I, MY NAME is Dr Nikki Delglyn and I am an Osteomyologist. Although I'm not a medical doctor, I have undertaken many years of training and have a real interest in how the body works, how it gets injured and how it can recover.

Osteomyology is a fabulous way to work for a therapist, as it is a truly holistic system of health care. The aim of Osteomyology is to get to the root cause of an injury and to facilitate a quick and effective recovery so you may return to sport, the active lifestyle you love or quite simply, be able to return to work.

The skilled use of a variety of safe therapeutic techniques to treat the root cause of a symptom helps restore balance and encourage the healing process. This seems to be particularly effective in the treatment of long-term and repetitive conditions.

As our founder, the late Dr Sir Alan Clemens, stated: "Osteomyology puts aside the usual tunnel vision of rigidly trained philosophies and allows the practitioner to switch seamlessly from one bodywork protocol to another, even combining some methods together. This way the practitioner is never defeated as his/her armory is limitless."

Osteomyology is widely recognised as a treatment for aches and pains, arthritic, back, joint and rheumatic pain, backache, muscle spasms, circulatory and digestive problems, cramp, lumbago, fibromyalgia, neuralgia, sports injuries and inability to relax.

In clinic I use a variety of techniques, which could include any combination of the following treatments, depending on what you require:

- Deep Tissue Massage
- Sports Massage/Therapy
- Clinical Aromatherapy
- Trigger Point Massage



- Reflexology
- Indian Head Massage
- Cupping Massage
- Hands Free Massage
- Hopi Ear Candles
- Hot Poultice Massage
- Paraffin Wax
- Dry Needling
- Exercise Prescription
- Nutritional Advice
- Manual adjustment
- Muscular Energy
- Kinesio Taping
- Emotional Release techniques

I am also a qualified Personal Trainer, Exercise to Music Instructor and Nutritionist and I hold my Adult Education & Training Certificate.

Follow me on Face Book Dr Nikki Delglyn Ostm Osteomyologist or on my website [www.delglynclinic.co.uk](http://www.delglynclinic.co.uk).



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### **What to do**

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

**Simple, but it could help in the hour of need.**

# Heart attack? Stroke?

## Did you know?

■ A cold home can affect your heart by increasing heart rate and blood pressure as your heart works harder to keep you warm.

■ Cold temperatures lead to changes in your blood which can increase the risk of developing blood clots, and further increase the risk of a heart attack or stroke.

■ Being cold also increases the chances of a trip or fall, catching a cold or the flu as well as affecting your mood.

In Suffolk we are fortunate to have a project dedicated to helping those vulnerable to cold stay warm and healthy during the colder weather. Warm Homes Healthy People is a council-supported partnership programme supported by the District Councils, County Council and Public Health Suffolk.

The project is aimed at helping the following households:

■ Those with a long term



health condition such as those who have suffered a heart attack or stroke.

■ The elderly.

■ Those with children 0-5.

■ Those with a disability.

■ Low-income household where lack of heat is affecting health.

Warm Homes Healthy People can provide practical help with keeping you warm, as well as reducing your energy bills and saving you money!

Help available includes:

■ Free home energy efficiency surveys to ensure your home is ready for the cold weather.

■ Potential funding available towards loft insulation, and wall

insulation.

■ Free draught-proofing and radiator reflectors.

■ Emergency fuel payments for temporarily heating your home.

■ Financial assistance towards the cost of repairing or replacing a boiler.

■ Loan heaters in cases of breakdowns.

■ Free energy advice and signposting.

Eligibility criteria apply.

To find out if you or someone you know or care for may be eligible please call our help line on 03456 037 686.

Helpline available Monday-Friday 9-5, calls charged at your local rate.

We can help you have a warmer, happier and healthier home.

# A.A.A.D.D.

**R**ECENTLY, I was diagnosed with A. A. A. D. D. - Age Activated Attention Deficit Disorder.

This is how it manifests: The postman rings the doorbell. I answer and take from him the bundle of letters.

I notice that the rose bush beside the door has a long sucker which is hanging across the doorway so I decide to do a spot of pruning.

I put the mail on the hall table, go and get the secateurs from the utility room cupboard and head outside.

Once outside I look at my car on the driveway and decide it needs washing. I go back indoors to replace the secateurs and I remember the morning's mail is still on the hall table.

I decide to go through the mail before I wash the car.

I lay my car keys down on the table, and begin to sort the mail. There are the usual bills and, as always, a load of junk mail.

I go to put the junk into the rubbish bin under the sink, and notice that the

bin is full. So, I decide to put the bills back on the table and take out the rubbish first to put it in the wheelie bin which I keep at the end of the drive.

But then I think, since I'm going to be near the roadside when there's a postbox when I take out the rubbish, I may as well deal with the bills first so I can post them while I'm out there.

I take my cheque book from my bag, and see

that there is only one cheque left. My extra cheques are in my desk in the study, so I go through the house to my desk where I find the can of Coke that I had been drinking before the postman called.

I'm going to look for my cheques, but first I need to put the Coke aside so that I don't accidentally knock it over.

I see that the Coke is getting warm, and I decide I should put it in the refrigerator to keep it cold. As I head toward the kitchen with the Coke a vase of flowers on the coffee table catches my eye - they need to be watered.

I set the Coke down on the table, and I discover my reading glasses that I've been searching for. I decide I better put them back on my desk, but first I'm going to water the flowers.

I set the glasses back down on the coffee table and head again for the kitchen. I fill a container with water and suddenly I spot the TV remote.

Someone left it on the kitchen table. I realize that tonight when we





## Happy Anniversary John and Gabriele



*16th June 1965*

WE'D like to express our thanks to John and Gabriele Marr who celebrated their Golden Wedding on July 12th and donated £375 to Upbeat funds, the generous donations of guests at their celebration tea.

Here you see the happy couple on their wedding day: June 16th 1965.

Congratulations, John and Gabriele. May you enjoy many more happy years together.

go to watch TV, I will be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers...

Carrying the remote in one hand and the water jug in the other, I head back into the sitting room. In going to put some water into the vase, I spill most of it on the table top.

So, I set the remote down on the coffee table, get some paper towels from the kitchen and wipe up the spill.

Then I head down the hall trying to remember where I was heading and what I was planning to do.

At the end of the day:  
-the roses aren't pruned  
-the car isn't washed,  
-the bills aren't paid,  
-there is a warm can of Coke sitting on the coffee table, together with a jug of water,  
-the flowers in the vase are drooping,  
-there is still only one cheque in my cheque book,  
-I can't find the remote,  
-I can't find my glasses,  
-and I don't remember

what I did with the car keys.

Then when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all day long, and I'm really tired.

I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mails.

Don't laugh - if this isn't you yet -your day is coming!

Growing older is mandatory, growing up is optional.

Laughing at yourself is therapeutic.

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## **“You Know You’re Getting Old When.....”**

■ The little old grey-haired lady you help across the street is your wife.

■ Your secrets are safe with your friends because they can’t remember them either.

■ You are cautioned to slow down by the doctor instead of by the police.

■ You’re asleep, but others worry that you’re dead.

■ Your ears are hairier than your head.

■ It takes twice as long to look half as good.

■ You sit in a rocking chair and can’t get it going.

■ Your knees buckle and your belt won’t.

■ You and your teeth don’t sleep together.

■ Getting lucky means you find your car in the car park.

■ Your children begin to look middle aged.

■ Everything hurts; and what doesn’t hurt, doesn’t work.

■ Your back goes out more than you do.

■ You feel like the morning after when you haven’t been anywhere the night before.



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Held every other Thursday at The Southgate Centre, on the following dates between 10.30am and 12 noon

2016 January 7th & 21st, February 4th & 18th, March 3rd, 17th & 31st, April 14th & 28th, May 12th & 26th, June 9th & 23rd, July 7th & 21st, August 4th & 18th, Sept 1st, 15th & 29th, Oct 13th & 27th, Nov 10th & 24th, Dec 8th & 22nd

## NEWBURY

Held every Monday, Wednesday and Friday at Newbury Centre, St Olave's Road, 9.15 to 12.30 (same times as the exercise sessions).

There is ample free parking at both venues.

# 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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<b>Full Colour</b>	Full Page £60		

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

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)

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

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# Absent friends

Sadly some of our friends are no longer with us. Please remember them.  
Written by the Chairman or with personal dedications from members

## Don Tyrrell

Don joined upbeat in 2004 and quickly become involved with day-to-day running of this charity. Although he was involved working as a volunteer at Lackford lakes he still found time to help out with Upbeat.

He took over manning the door entry for one day per week then quickly managed to work Mondays, Wednesdays and Fridays for many years.

He was the first point of call for Upbeat members making sure he collected the monies for exercise, also making sure that any new member was properly welcomed. He operated the "Bonus Ball", did the banking, keeping meticulous records, and he knew everyone by name.

He took this responsibility very seriously and cared a great deal about Upbeat and wanted to ensure its continued future.

He had an easy banter and would love to have a joke with members. He had special names for some of us and always called Vicky "mother". I was "Deputy Dog". Joyce always called him "Sweetie Pie". There was often a twinkle in his eye and he chuckled and belly laughed which was good to hear. He did all this as well as keeping us all supplied with fresh veg which he grew on his allotment.

Don involved his family too, with Sue organising mystery photo quiz events about town and helping out at our fêtes etc. He hated "the chimes" and got quite grumpy with some of the members. He also made us all hungry

when he and his pal Mike Gooch ate fish and chips but we all tried to pinch his chips anyway.

Like many people I liked Don and will miss him and I hope that we all will remember him and cherish his memory as a true friend of Upbeat.

Sylvia

## Olive Keatzer

I first met Olive when our husbands were at West Suffolk Hospital during their Cardiac rehab course. While John and Ron were exercising, Olive and I would sit and watch and generally put the world to rights. We formed an immediate and long lasting friendship. She had the ability to put people at ease and cared for others and their problems.

She was a very talented seamstress and after she joined Upbeat, Olive helped in our fundraising events and joined in regularly dressing up in silly costumes at Christmas and helping us at fetes and our bazaars. I miss her friendship very much and our lengthy phone conversations and I know that she will be missed by many of the Upbeat members.

Joyce Lawes

I would like to add that Olive was a lovely lady and she will always be part of us at Upbeat because she thoughtfully made and then donated free of charge a supply of money apron/bags bright orange for us to use at fundraising events.

They are so useful and a living memory to Olive. She





sadly left us too early and will be missed by us all. Our thoughts and prayers go out to her family.

Sylvia

### **Jim Jelley**

Jim joined Upbeat in 1998 when he began to have heart problems, later being fitted with a pacemaker. He was encouraged to join Upbeat, then at Sudbury Town Hall, by Jill and Ken Brooks who were fellow bowlers at Sudbury bowls Club and founder members of Upbeat.

Jim soon became a keen member, enjoying the support of the cardiac nurses and the comradeship of other members. He liked to take part in fund raising activities and played bowls for the Upbeat team at Bury St Edmunds, Boxford and Sudbury. He was also fond of joining Upbeat coach and boat trips and loved to travel. With Jean, he enjoyed holiday trips with Upbeat to Bruges, Switzerland and Italy.

When Jim was a young man, aged 17, he volunteered for service in the Royal Marines. After training he joined 42 Commando and spent three years in Malaya after which he served aboard ships in Bermuda, USA and the Mediterranean.

He was a lovely family man, adored by his children, grandchildren and great grandchildren and is greatly missed by Jean and family. He is remembered by everyone for his easy going, cheerful nature. He died on 25th July 2014.

*Jean Jelley & Trevor Davies  
(long-time friend)*

### **Maud List**

Maud died on 5th June 2015 in her 91st year. A very tough lady, she had bravely

struggled with tenacity against declining health in recent years.

During the war she was a Leading Fire Woman in the Fire Service of her native Norwich.

Maud was a keen sportswoman, playing tennis and table tennis and swimming. She was secretary of the local Table Tennis League for a good many years and a keen supporter of the British Heart Foundation annual swim, raising over £1,000 each time. Some people will remember Maud as a pool supervisor at the Hospital Swimming Pool.

Among the first members of Upbeat, Maud was an enthusiastic exerciser and took on the secretary's job for a while. She and her husband, Allan, enjoyed social events and coffee mornings, which she has still managed to attend occasionally in recent years.

We remember Maud with affection and respect and send our sympathy and good wishes to Alan and all her family.

### **Mollie Merrill**

I lived near Mollie as a child and then again a few doors away when we moved to Westley Road. When she told me she had a heart condition I introduced her to Upbeat. Although she did not exercise, she enjoyed her Thursday coffee mornings.

She was a lovely lady, a quiet person, and I will miss her a lot, as will all her Thursday morning friends.

*Daphne Simpson*

Mollie and her husband Frank joined Upbeat in October 2008. Mollie had been

■ **Continued on next page**

fitted with a pacemaker at Papworth and was told about Upbeat as a result by Daphne.

Mollie didn't feel able to join in the exercise classes but came to the Thursday coffee mornings with Frank until he died in 2013.

Mollie continued coming to coffee mornings, firstly with relatives and then by herself until she became too unwell with heart valve problems which led to her needing oxygen all the time.

Even then she kept in touch with a couple of members by phone and by them visiting her and she always wanted to know how everyone was, making sure no-one was left out. She was such a caring person who will be sorely missed on Thursdays.

*Ann Clarke*

## **Harry Patel**

Harry Patel was born in 1937 in Dar es Salaam, Tanzania. He did his medical training at the Royal College of Surgeons in Dublin in 1961, where he met his future wife, May. He graduated in 1967 and moved to Sudbury in 1971 to

start his career as a GP at Gt Cornard & Sudbury.

He loved being a family GP and caring for people and was very highly respected during his long career and retired in 2000 due to ill health.

In later years he got involved with Upbeat, making many friends and enjoying many happy holidays with them, also going to race evenings and playing both carpet and 10 Pin bowling. He loved to play snooker once a week while he was still able. He had a wonderful sense of humour and took great pleasure in seeing people enjoying themselves.

He had three children and was a real family man.

He loved to travel the world with his family but they equally enjoyed their caravan holidays at Hunstanton. His great pride was that his all children followed him into medical careers in the NHS, an organisation Harry truly believed in.

He had four grandchildren who gave him great pleasure and much amusement from time to time. Harry and May moved to Chesterfield last year to be nearer their family as his health deteriorated.

He was a true gentleman in every respect and a very caring person.

He showed great courage during his long fight with Parkinsons and never lost his sense of fun. He was in a class of his own

and will be greatly missed.

He died on July 19 and was cremated at West Suffolk Crematorium on the 12th August. The service was very well-attended by family, friends, patients and people he knew, showing how highly he was thought of and bringing much comfort to May and his family.

*Yvonne Welsford*

## **Jean & Eugene Broughton**

Jean Margaret Broughton passed away suddenly on April 5, 2014 aged 75 and Eugene Broughton passed away on January 18, 2015 aged 82, after a long illness.

Jean and Eugene were regular bowlers for many years at Cornard Bowls Club and also attended the monthly supper dances at Delphi with their friends, Jean, Eileen and Pat. They joined Upbeat in 2010 and regularly attended the Sudbury sessions.

They are dearly missed by all their family and friends.

## **John Albon**

John was had not been an active member recently but he was very loyal to Upbeat.

He became ill very suddenly and was taken to Addenbrooke Hospital.

Sadly he died later that same evening but all his family were with him at the end. Our thoughts best wishes must be with his wife Janet and family.



# Don't quit

When things go wrong, as they sometimes will,  
When the road you're trudging seems all uphill,  
When the funds are low and the debts are high,  
And you want to smile, but you have to sigh.  
When care is pressing you down a bit,  
Rest if you must, but don't you quit.  
Life is strange, it will twist and turn,  
As all of us will someday learn.  
And many a person turns about,  
When they might have won, had they stuck it out.

Don't give up, though the pace seems slow.  
You may succeed with another blow.  
Often strugglers have given up,  
When you might have captured the victor's cup,  
And you learned too late when the night came down,  
How close you were to the golden crown.

Success is failure turned inside out,  
The silver tint of the cloud of doubt.  
So stick to the fight when you're hardest hit,  
It's when things seem worst that you mustn't quit!



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The Medicard provides all the essential information needed by a hospital if you are admitted to the A&E Department. It also provides information for ambulance staff, pharmacists and medical staff in any part of the world.

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Application Form please contact:  
David Camp Tel 01787 376723  
or email: [dc@davidcamp.demon.co.uk](mailto:dc@davidcamp.demon.co.uk)

## 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.

## Ode to a Pill

1. Little pill here in my hand,  
I wonder how you understand  
Just what to do, or where to go  
To stop the ache that hurts me so.

2. Within your content lies relief.  
You work alone in disbelief.  
You sink to regions there below  
As down my throat you quickly go.

3. But, what I wonder, little pill,  
Is how you know where I am  
ill,  
And just how do you really  
know  
Exactly where you have to  
go?

4. I have a headache, that  
is true.  
My broken ribs are

hurting too!  
So how can anything so small  
End my aches in no time at all?

5. Do you work alone, or hire a crew,  
To do the good things that you do?  
I'm counting on you mighty strong  
To get to there where you belong.

6. Don't let me down. Please do not  
shirk

To do your undercover work.  
So down my throat, be on  
your way,  
And end my aches for an-  
other day.

7. Don't take a wrong turn,  
is my plea.  
I can't take another 'til after  
three!



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# DONATIONS TO UPBEAT

To enable Upbeat to achieve our aims and to offer support, exercise facilities, and 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 generously giving their time and efforts completely free of charge, as well as all members for supporting functions, raffles and the like.

We are self-financing and do not receive direct funding from the Government, the NHS, the BHF or any other body, apart from the occasional grants for specific use. Therefore, we appreciate any and all donations that we receive from members, friends and business supporters. If you do not exercise and therefore do not contribute to our costs, you might consider a small donation to offset some of the expense of items like this 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 we, as a registered charity, can currently claim back 25p in every £1 that you give. For us to be able to do this a Gift Aid 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 to our funds!

You can also donate via our website: [www.upbeatheartsupport.org.uk](http://www.upbeatheartsupport.org.uk).

Thank you.

I enclose a donation of £ ..... towards Upbeat Heart Support Group funds.

Name: .....

Address:.....

.....

Please make cheques payable to Upbeat and forward to: The Treasurer, Valerie Axton, Vistri-Vale, Old Hall Lane, Fornham St Martin, Suffolk IP31 1SS.

To enable us to claim back tax, please tick here for a Gift Aid Declaration Form and we will send one to you.

☐

# Events & Social Functions 2015/16

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 web site.

## Forthcoming events

21st October

### **Jesus Christ Super Star**

Theatre Royal Norwich. Matinée

Performance £32 some tickets left

31st October

### **Halloween Dance**

Featuring special singer/entertainer

Freddie. £10, including Fish and

Chips - bar available. Tickets on sale

at every venue. Dress up if you want.

Should be a fun evening. Raffle. Gt

Barton Village Hall. 7.30pm start.

November

### **Dog Racing Night**

40 tickets ordered to see how they

sell but can obtain more. Date and full

details to follow.

December

### **Christmas meal**

Greengage Hungry Horse Pub,

Tollgate Lane, Bury. Joyce and Ron

looking into arranging this

### **Christmas parties and raffles**

Sudbury 15th December

Bury 16th December

Hardwick 18th December

All Upbeat classes finish on

December 18 and re-start on January

4, 2016

January 16th

### **Jumble sale**

New Bury Centre – hall. 20p

admission fee. (Selling Jumble – white

elephant – books – nearly new – bottle

tombola and tombola and a cake stall)

February

### **Valentine's Old Time Music Hall evening**

Organised by Brian Richell. Full details

to follow. New Bury Centre.

10th March

### **Annual lunch**

Stoke by Nayland Golf Club £25.00

per head plus £6 coach. Guest

speaker – LINDA SCOLES (she is

well-known in East Anglia for her lively

and humorous presentations).

25th April

### **Sudbury Fun Run**

Possible charity sponsor event

April

### **Quiz Night**

Date and price to be agreed

Possible events or outings yet to be determined

House of Commons

River trip (As they are always popular)

Summer Fête

Strawberry or afternoon tea

Pig Race



## Regular events

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

**2015:** 5th & 19th March, 2nd, 16th & 30th, 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.



# News from the Upbeat Quiz Night

OUR Upbeat Quiz Night is proving to be a very popular annual event. Again this year, 10 tables of six people eagerly awaited the questions. We had all chosen team names and were ready to go.

The titles of the various rounds were quite ambiguous, and with Jokers to be used on one of them we had trouble deciding when to use ours. With double points at stake it was vital to utilize the joker at the right time!

After the first session of questions came the fish and chips, which are always a highlight of the evening. They were, as usual, very good and went down very well.

During this break period we were given a map of Great Britain and asked to name all the counties - a challenging task which some found easier than others!

After our final session of questions, the winners were presented with a money prize to share. They kindly donated it back to Upbeat.

Once again, we have to thank Tracy and her son, Mark, who ran the whole evening so efficiently and for giving up their time so we could raise the amazing sum of £322.76!

A good time was had by all, with the usual Upbeat camaraderie.

*by Beth Riches*

# How my walking stick badge chance meeting with fellow

by Tony Scarfe

**I** WAS called up for my National Service in 1959 and when I was asked my preferred regiment to join I chose the REME.

As I had just completed my apprenticeship in motor body repairing and spraying this seemed appropriate, but what did I get? The Royal Artillery Infantry!

So after training at Oswestry in Shropshire I was then sent with the Royal Artillery to Malaya where I served the next 18 months.

Our duties included jungle patrols to 'clear up' after the Malayan Campaign, which was just coming to an end. Sometimes things we saw and experienced were not nice but when we came back to camp, after perhaps three weeks at a time away in the jungle, our first call was to the nearby town to sample the local food, which was much appreciated after three weeks of army rations.

A few of us formed a skiffle group and called ourselves 'The Diamonds'



and we entertained the troops on camp.

I returned to England in 1961, sailing home on the same ship that had taken me out there, 'The Nevasa'\*. It was a total of 36,000 miles round trip.

Whilst in Malaya we were attached to the Gurkha regiment and this is where I came to appreciate and respect them very much. Their loyalty to the British soldier and our country is unbelievable, and they really are a wonderful race of people.

Therefore, this leads me to my collection of

Gurkha cap badges. The first was the Gurkha 6th Rifle Brigade and the second was the Gurkha 3rd Rifle Brigade given to me by two Gurkha soldiers in Malaya that I became friendly with.

After returning home and over the years I acquired a few more badges from various antique fairs and so my collection has grown, my most treasured being the two mentioned previously and also one from the First World War.

In later years it became necessary for me to use a walking stick and so I made my own and decided to pin my badges down the front of it. I also had a badge from my own regiment, the Royal Artillery, and two farthings that belonged to my parents so these were put onto my stick too.

One day whilst walking in the Abbey Gardens a couple came up to talk to us. We did not remember them at all and they said we had been on the same coach tour as them to Scotland, and whilst they did not remember us, they

# led to a veteran

remembered my walking stick.

Another amazing occasion was when we were visiting Hughendon Manor in High Wycombe, Buckinghamshire and we were sitting having a cup of coffee when a gentleman started talking to me after spotting the badges on my stick.

We discovered that both of us had been in Malaya at the same time, at the same garrison and in the same regiment but our paths had not crossed.

We both belonged to the Royal Artillery Veterans in our own home town and we had both been in the same line of work in the motor industry.

We spent an hour chatting and both of us said how it had made our day. What a chance meeting!

And all because of my walking stick!

*\*Editor's note: Some members may remember the 'Nevasa' in her later incarnation as an educational cruise ship, which she was from 1965 until she was scrapped in 1975.*





# 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 March 2015 to August 2015

- |                             |                           |                                   |
|-----------------------------|---------------------------|-----------------------------------|
| ■ Michael Arbon             | ■ Susan Estop             | Munns                             |
| ■ Derek and Shirley Barclay | ■ Charles and Iris Fox    | ■ John Joseph Murphy              |
| ■ David and Brenda Begg     | ■ Keith and Naomi Francis | ■ David and Diane Plester         |
| ■ Peter and Jelka Coles     | ■ Ian and Gillian Hendry  | ■ Richard and Heather Smurthwaite |
| ■ Mavis Donegan             | ■ Jo Matten               | ■ Derek Wakeman                   |
| ■ John Dutton               | ■ Roger and Christine     | ■ Barbara Yeates                  |

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 may be doing wrong. Due to the printer's deadline this list is correct up to August 31st 2015. Members who joined after this date will be shown in the Spring 2016 edition.

## £100 CLUB WINNERS

### Feb

1st prize - Sarah Taylor-Balls (335)

2nd prize - Geoff Fisher (156)

### March

1st prize - David Catton (101)

2nd prize - Peter Empleton (340)

### April

1st prize - Heather Stanndard (106)

2nd prize - Oliver Gardener (082)

### May

1st prize - Keith Bird (133)

2nd prize - Mr H G Williams (206)

### June

1st prize - Sheila Besent (074)

2nd prize - Pia Bird (196)

### July

1st prize - Peter Empleton (341)

2nd prize -Anthony Chaplin (029)

### August

1st prize - Keith Bird (204)

2nd prize - Robert Lees (352)



**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**

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

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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

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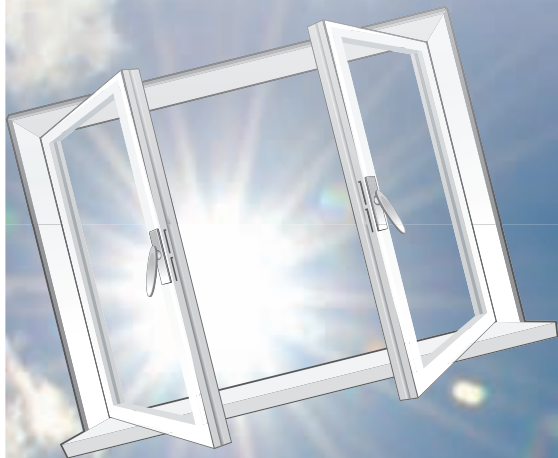
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