

UPBEAT MAGAZINE



A Royal Day Out - Ken Bishop at the
Patrons' Lunch

Focus on Healthy Eating - Tracy Wallace

Tea Tree Oil Benefits Kenyan Communities

Meet Our New Staff Members

... and much more



AUTUMN 2016

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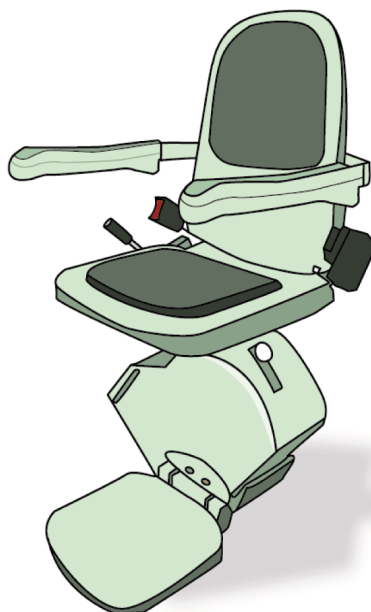
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Full list of Officers: Page 2
How to make a donation to
Upbeat: Page 38



Another edition of the Upbeat magazine, and one which I hope you will find of interest. This is the eighth issue I have edited and this one is produced by a different printer, our previous printer having ceased trading. You will notice that we have gone for a full-colour publication, which I think adds greatly to its appearance as well as improving the quality of all the photographs. I am grateful to all those who have contributed items for inclusion and I must once again apologise to those whose pieces have not made it into this issue. It does mean that I already have some interesting material ready for our Spring 2017 issue, so that's good. However, I repeat what I have often said before. Please, if you have an idea for an item for the magazine, get in touch, or e.mail it to me at the address shown below.

Soon after distributing our last issue I awoke one morning to find myself in sore need of the services of our trusty NHS. Immediately I recognised the chest pains for what they were, and Valerie dialled 999. The first paramedic was with us at our house in Fornham St Martin within ten minutes, followed very closely by an ambulance with three more paramedics. They worked on me for a while before racing me to Papworth where I had a couple of stents inserted and was soon as right as rain. The procedure was completed within two hours of my having woken up. How's that for speedy service? I had only three nights in hospital before being discharged to home and, thankfully, have been fine ever since. Such an event certainly serves to drive home how lucky we are to have our National Health Service and the many wonderful personnel who work within it, and I know that most of our members will agree, having benefited from the excellent medical care themselves over the years.

We at Upbeat have had some changes forced on us by various circumstances, with several exercise classes having to change venues, but I think that at the time of writing things seem to have settled down well and the new arrangements are proving more than satisfactory, which is good. Upbeat continues to serve the needs of its members, thanks largely to all those who freely give their time and energies to keeping it going. Well done, everyone, and thank you.

For editorial contributions, ideas for features or other items please contact David Axton Tel: 01284 747238 or 07946225612, e.mail: daxton42@btinternet.com.

For advertising rates or enquiries, please see Page 33.

Visit our website: www.upbeatheartsupport.org.uk

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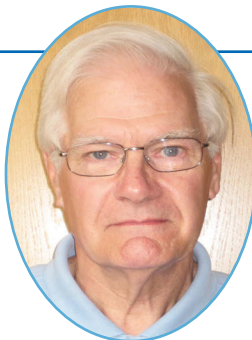
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Meet Keith - Our New Committee Member

Home for my sister and me was New Malden in Surrey, where the Bury Free Press would arrive by post from Lakenheath, often accompanied by a rabbit and butter! My father was born at Barton Mills in 1897 and my mother in Beckenham in Kent in 1901. The Theobalds were agricultural, plus pigs and dairy, and my parents met in Cockfield.



I was forced into woodwork when I broke my father's broom handle and tried to repair it with some shoe glue and brass pins. I ran over it on my tricycle. Somehow I managed to attend Glyn Grammar School in Epsom and preferred woodwork to art. In literature, analysing the various parts of Henry V seemed unnecessary; I failed English language due to the use of the Suffolk 'brewing' for an approaching thunderstorm rather than imminent, but achieved French, German, Geography, Biology, History, and Woodwork!

Surprisingly, I chose the London College of Furniture, designing domestic furniture, including a sideboard which appeared in Heal's window in Tottenham Court Road. I then moved to the furniture department of Courage Eastern Ltd at Tower Bridge, with public house renovation layouts, in the days of Vymura!

However, Rosalind arrived at the college soft furnishing department and we married in 1967. After a brief stay in Andover, I found another brewery in Tisbury, Wiltshire, then used for making Boff pine lamp shades. Yes, the days of pine! Someone came in one day and wanted three legs for Ronnie Scott's piano (as most people do). He was the West of England technical person for Broadwoods and wanted to make harpsichords, so the first one was built in the mill in Tisbury. After brewing there ended, I became self-employed and ventured into harp-making, not orchestral, but large, with increased tension for teaching. Many were exported to the Netherlands from my workshop in Norfolk, one even making its way to the Conservatorium in The Hague.

The family arrived in 1970 and 1972, Julian and Angela. Julian went to university in Bangor and then Aberystwyth, where he met Anne from Lancashire. They now live in New Zealand, with James, Ellen and Amy. Angela and her husband Peter live in Sudbury with their son, Harry. Angela works as a carer.

After suffering a heart attack and with the skills of the West Suffolk Hospital, the ambulance driver and paramedic, my wife Rosalind, and the support of Upbeat, I plucked up the courage to join the exercise class after rehabilitation. It has fortunately been a better future than I envisaged in the days after the heart attack and I have now decided to join the Upbeat Committee and try and help others to have the same kind of help and support that I have enjoyed.

Chairman's Report

Sylvia Baker



So much has happened since the AGM and the last issue of our magazine. I have been on a lovely holiday to Canada as well as been travelling to and fro on the A14 and M25 for graduation and family visits. I always seem to be chasing my tail and there is never a dull moment at Upbeat. It keeps me very busy. I must remind you all again that at the AGM I informed you that I would not stand again as Chairman. I have had three years in the chair and three as vice-chairman so feel it is time for somebody else to step up.

Sadly, we have again lost some friends and tribute is made to them under 'Absent Friends' later in the magazine. We also have had several new members who all seem to be settling in nicely; please make them welcome.

Finances will be detailed by our Treasurer but thanks to fund-raising, efforts are proceeding well and Hilary has put a lot of effort into getting more aid and has promised to slow down a bit in August..... we shall see how much the Suffolk Foundation has helped us.

Treatts again have been very supportive and we must be very grateful for all the help they give us. Daemmon, the CEO, is getting married in September and asked his guests not to give wedding presents but to donate instead to Upbeat. What a very lovely, kind thing for him and his new bride to do! As we are still getting money in on this we won't know the results until after this magazine has been printed. Watch out for the final figure later on. Treatts

also help by selling raffle tickets around the factory and doing printing for us. What a super firm and a great group of people!

Another group called "Upbeat" - a choir - recently held a sell-out concert in Lavenham and donated all proceeds to us. Their leader, Andrea King, presented us with a cheque for £1900 but when I counted the cash the sum was £1940.20 which is fantastic. Many thanks to all who arranged the concert, performed in it, and attended.

Sally, the daughter of one of our members, completed the Pathfinders walk/run of 42 miles on our behalf and presented us with a cheque for over £600. Again, we'd like to congratulate Sally on a great achievement and thank her for the cheque. Fantastic!

Beth and Peter Riches' granddaughter, Lucie, gave dinner parties for thirty-two people at a time at her parents' home, cooking different themed meals such as Indian, French, Italian, etc. She put a lot of time and effort into this and raised £1800 for Upbeat. Again, this was such a lovely and thoughtful thing to do, and lots of hard work, but what a result! Magic! Lucie is also going to come along to present a cheque and meet our members. We have had problems over venues this year and when advised by the Delphi centre in Sudbury that our Tuesday morning exercise sessions would not be

able to continue there, the committee had to make the decision to move premises. This presented other problems as there are not that many halls available with parking and at the right price. However, we feel that we have been fortunate in obtaining the Long Melford Old School hall as a replacement. Classes started on the 6th September, 2016. There will be some changes as we will only run two exercise sessions but hope that this new venue will encourage existing members to exercise and as it is also on two bus routes we hope to attract new members.

With the reorganisation of the education system in Suffolk and the closure of the middle schools, classes held on Friday evenings at Hardwick Middle School could no longer continue, so we had to make changes. We are now operating out of Sexton's Manor Primary School on Bury's Westley Estate and members seem happy with this change. We look forward to a long and happy association with the school.

In due course a new centre is to be built to replace our existing venue, the Newbury Centre at St Olave's Road, but planning discussions are in the early stages so nothing will change there at present.

The Executive committee lost Clare Kettle from Sudbury but we have gained Keith Theobald who is also a Sudbury member. Beth Riches from Bury resigned but thankfully she will continue to work with the Social group, Sincere thanks to Clare and Beth for helping out last year and welcome to Keith. Michelle has taken a step back from her lead Instructor role as she wanted to cut back and take some time away. We hope to welcome her back

later in the year. Yvonne Galloway has stepped up and is now our Lead Instructor. Before Michelle stopped coming to us she helped to recruit two new instructors, Amanda and Gregg, both keen, and with very different styles. They have proved to be a great success and members are very happy. Also they make a great addition to our team of fantastic instructors and nurses. All instructors have asked that we give them feedback as to whether we can hear them properly, if we like the music they use, etc., so if you feel you agree or disagree let me know and I will give them the feedback.

Can I again thank all the volunteers who set out tables, open and close up venues, take the money and make the tea and coffee? Also, those people who always turn up to give support and help with baking, supplying raffle items, and operating the raffles and tombola, and Bob who clears the field and keeps the place looking good as well and rattling his collection tin on any occasion he can. I hope you all know how much I appreciate your support, help and friendship. Thank you all.

We now have some new meet-and-greeters at Bury: Heather Stannard, Richard France, Janet Arnold, and Marilyn Root. They all wear yellow badges - please welcome them getting more involved with Upbeat.

Many of you tell me what a difference Upbeat has made to your lives, so help me to keep us going. Please support our fund-raising events; the social team work really hard on your behalf so try to come to as many trips as you can.

Upbeat Does Broadway

Guys and Dolls

Theatre Royal, Norwich



The day started well with warm spring sunshine, and improved upon the arrival of our coach. This turned out to be a luxury three-week-old limousine. This beautiful vehicle wafted us to Norwich through the sunny Norfolk countryside, enveloped in the aroma of new leather from the head restraints. On arrival at Norwich we de-bussed and dispersed to various hostelries and cafés in the local area. After a very convivial lunch with Mel and Colin Root we returned to the theatre and took our seats ready for an afternoon of fun. The first half of the production seemed at times to be slow and somewhat stilted; I am sure that there was at least one occasion when the cast seemed to lose their way. However, this was somewhat alleviated by the wonderful performance by Louise Dearman as Miss Adelaide. Wonderful stuff, very reminiscent of the late great Lucille Ball! With the only really recognisable song being “If I Were a Bell” the first half, I am afraid, lacked lustre. However, the second half was a different animal with, it seemed to me, much more pace and with a fine rendition of “Luck, Be A Lady Tonight” from Richard Fleeshman as Sky Marsterson, things were on a different level from the first half. And then a wonderful performance of “Sit Down Your Rocking the Boat” by Jack Edwards as Nicely-Nicely Johnson (bearing a passing resemblance to Stubby Kaye from the original 1950s film) which brought the house down. Some of the audience were on their feet and calling for more. Overall, it was a very good afternoon’s entertainment, enjoyed, I am sure, by everyone. Many thanks once again to Sylvia Bambridge for organising a very pleasant trip and we are looking forward to the next excursion.

Review by Barry Stannard

Our wonderful companions

by Mary Roberts



In writing this article I am hoping to explain about my relationship with animals past and present and how I am involved with Our Special Friends*. I also wanted to demonstrate personally my own experiences so far to prove the importance of dogs in our lives. As long as I can remember I have loved animals. This possibly goes back to being adopted at an early age, and a feeling of having been abandoned. I had a puppy at nine years old and he was my rock, never letting me down, and giving me unconditional love! My adoptive parents were wonderful but my dog did not reject me. Later in my life I was diagnosed with breast cancer and I had a rescue cross Collie-Alsation. She was allowed to attend my chemotherapy at each session, and not only did it help me but every other patient who met her. She was a truly wonderful distraction and walking her was a motivation to get up and also to get exercise. She was also registered as a pat dog so I visited residential homes with her. It was devastating when she died but later I had two rescue cocker spaniels, one of whom volunteered at OSF. Sadly, she died at an early age but her main achievement was helping a young boy with autism. This was so successful that he now has his own dog and is very different from the way he used to be. My other dear spaniel died last year but I have a cockerpoo called Buster who is now two. He is well-known in Sudbury as he



accompanies me everywhere. He has already played his part by helping me through a heart operation and now, hopefully, he is helping others by visiting some Mencap patients on home visits and in a residential home. I first heard about OSF on Suffolk Radio when Belinda was being interviewed and I took it from there. I hope this helps all our beliefs that dogs are wonderful companions that love us unconditionally and help others. This is why OSF is such a wonderful organisation. Long may it continue.

****Editor's Note: For many of us, pets are much-loved companions but for vulnerable or isolated people, they can be a lifeline. Based on her own life experience, vet Belinda Johnston was inspired to set up Our Special Friends to help ensure that vulnerable people could continue to benefit from the companionship of animals through the most difficult of times.***

To find out more, try logging on to: www.ourspecialfriends.com

Treasurer's Report by Valerie Axton

Once again thank you very much for all the donations and fund-raising monies that come in every month. As you know we get no grants or funding from the Council or Government so we rely on your donations and goodwill. You will see from the list on the following pages that donations are wide and varied but it is those which keep Upbeat going - from a few pennies in the collecting tins, to regular or one-off donations and the many and varied fund-raising activities.



Special mention must be made of Sally's Pathfinder March and Lucie's Pop Up Cafés that they opted to do to raise money for Upbeat and also the generous donations from other organisations. Please read through the list; it is quite inspiring to read and there is often a story behind each one. For example, Honey, a little girl, gave her donation via her grandparents to thank them for looking after her over a weekend.

Another way of raising money for Upbeat is by Easy Fundraising by using your computer. In the last six months we received £61.46 but I think many more people could sign up to it and raise more funds for us. Full instructions are below.

Thank you for all your efforts in raising money for Upbeat.

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Upbeat Choir Lavenham	£1940.20
RAOB Hand of Fellowship Lodge- Buffs	£50

FUND-RAISING

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Valentine's Night	£1,064
Easy Fund Raising	£61.46
Bob Fuller – Sudbury Fun Run	£309
Easter Egg Raffle Sudbury	£95
Easter Egg Raffle Newbury	£177
Easter Egg Raffle Hardwick/Southgate	£82
David Camp – Sudbury Fun Run	£258
Quiz Night + Donation of first Prize	£301.10
Pat Pearce Tombola's - 6	£325
Bob Fuller – Collection	£31
Sally's Pathfinder Walk	£600
AGM Drinks	£28.21
Peter & Ilva's Garden Party	£695
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Chrissie Medcraft Car Boot	£49.50
Town Walk	£22
Pop Up Restaurant- Lucie Clift	£1,800

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(Apologies- the above donations should have been in the last magazine)	
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MUSIC AND DANCE AFTERNOON

Report by Ann Richell and Mary Carter

Photo's by Giles Washbourn



Due to unforeseen circumstances the annual Upbeat fête had to be cancelled, so at short notice the committee decided to have a free afternoon of music and dance. We were not disappointed. The afternoon began with a lively performance by Eddie and Jeanette James with friends from Cathedral Squares giving a demonstration of square dancing, Eddie being the caller and looking very dapper wearing his Stetson. Sitting down it

looked very relaxed and easy then they encouraged Upbeat Members to join them and learn the steps – time for the audience participation! It was great as members who had never danced before gave it a go.



After a few walk throughs and wrong turns Eddie said that we were ready for the music. It was much more energetic than it had looked but great fun, for those taking part as well as those watching! After all this exercise it was time for the interval, during which we enjoyed a

much-needed cup of tea and delicious homemade cakes made by Upbeat members.

DJ, Upbeat member and Delphi dancer Brian Richell provided music for all to enjoy and while we were enjoying the refreshments Brian tested our knowledge with a short musical quiz, and Beryl Hazell performed a tap dance to Singing In The Rain,



complete with umbrella and rain coat, but thankfully no rain! Ten members of the Sudbury Delphi Dance Club demonstrated ballroom and Latin-American dances, including the waltz, quickstep, foxtrot, cha-cha-cha, rhumba and rock 'n' roll. The highlight was a sparkling Argentine tango performed by experienced dancers, Christine and Paul, who brought a touch of 'Strictly' and a real 'wow factor' to the occasion. They encouraged everyone onto the floor to dance a 'Charleston- type'



line dance and the afternoon ended with many on their feet dancing to YMCA, Let's Twist Again, Rock Around the Clock and, finally, The Last Waltz. Everyone had a really enjoyable time and it was a thoroughly delightful way to spend a summer's afternoon.

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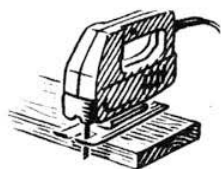
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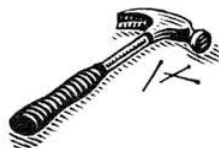
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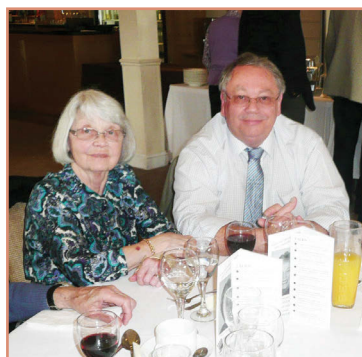
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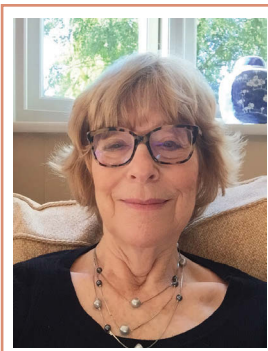




Upbeat Annual Lunch

Stoke-by-Nayland Golf Club

Thursday 10th March 2016



By Marjorie Clarke

Having become a member only in November 2015, I attended my very first Upbeat Annual Lunch this year. I arrived at the event knowing only two members of the association, my friends, Valerie and David Axton, but by the end of the afternoon I was on first-name terms with at least two other members and had been introduced to many others. I also knew more about Upbeat as a support mechanism for heart-related problems, its aims, objectives and its members, than you could ever learn by just reading the material provided. The whole afternoon ran like clockwork. Thanks to David Axton, I arrived early and we watched as the venue filled up with members greeting each other and obviously pleased to be spending some time together. Table plans were looked at, places found and soon we were listening to committee member David Deacon who explained the order of the afternoon. After a delicious roast lunch, we settled down to listen to our guest speaker, Linda Scholes. Linda lives in the village of Great Barton and is a well-known speaker to local groups and associations in Suffolk. Originally from the USA, she settled in Great Barton, where she has lived for more than twenty three years. She is a shrewd observer of people, their actions and of ordinary, everyday events. She gave us a considered and humorous view on her perceptions of the situations and actions that we all encounter in our daily lives. And then it was the raffle. What a raffle it was, with prizes extending over two or three tables, all donated by members or local businesses and organisations! There were many, many winners. I was lucky enough to win a prize myself and I became the delighted recipient of a range of face and body products, which I still use each day. Finally, thanks were given, hard work recognised and rewarded and soon members were saying goodbye and departing. I had a lovely afternoon meeting lots of interesting people and getting to know more about Upbeat. So if you haven't yet attended an Upbeat Annual lunch, put your name down now! I can assure you that you'll be entertained, have a good time and eat a super lunch in pleasant, friendly and welcoming company.

An Up-beat Atmosphere at Charity Pop-Up Restaurants

The presentation of a cheque for £1800 is the ultimate climax following three pop-up restaurants put on to raise money for Upbeat.

After spending some time at an Upbeat exercise group, Lucie Clift, an amateur cook, decided that she wanted to do something to raise money and awareness for our worthwhile cause.

The need for support and education for patients and carers following treatment is enormous. With all the cuts to the NHS's budget and the lack of funding provided to small charities it is often hard for important facilities like Upbeat to stay operational. Upbeat, a group set up by ex-cardiac patients, relies on money raised from fundraising and independent donations.

Lucie says 'Groups like this are vital to helping people stay out of hospital long-term. I wanted to help this charity because I can see how important it is to the people like my grandparents, Beth and Peter Riches, who attend. It is a place where people can go to seek advice and support as well as somewhere where they can exercise in a safe environment and continue on the path to a healthier lifestyle.' She continues: 'At a time when hospital beds are at premium I think that it is crucial that places like this are available so that these patients continue to be healthy and can stay out of hospital. I hope that by spreading awareness I can help encourage other organisations like this to begin, especially in King's Lynn where I live.'

Three themed, pop-up restaurants, a French, a Middle-Eastern and an Indian, were all held at Lucie's house in Norfolk where a completely homemade, four-course dinner, including canapés, was served. Diners were treated to a selection of naan breads, samosas, onion bhajis and dips at the Indian, savoury choux buns, Dijon chicken with wild mushrooms and macaroons at the French, and lamb and almond tagine with roasted vegetables, home-made flatbreads and hummus and traditional Moroccan mammuls (date-filled biscuits) at the Middle-Eastern.

The hope is to build on the success of these in the future with more pop-up restaurants and charity fundraisers. Lucie's dream is of opening her own healthy cookery school for families so with this experience behind her, hopefully it will be a step in the right direction and help her towards her goal.

The money raised will go towards the continual funding of the keep-fit instructors and cardiac nurses who are present at all meetings, as well as the hiring of the hall.



Lucie presented a cheque for £1800!



Lucie busy in her kitchen



One of Lucie's delicious desserts

***Food!
Glorious
food!***



Dinner guests contemplate the enticing menu!

Secretary's Report

Hilary Neeves

As I write this report we are in the midst of a political circus which is in full swing. Resignations are flying around everywhere and every day, even hour by hour, the news is changing on who is coming in and who is being 'let go' and some are even hanging on by their fingertips.

Nothing stays the same for ever, and change is bound to happen. We get a bit complacent when things are running along nicely; we just let things carry on; no need to meddle or upset anything. Upbeat as a group is reliant on volunteers and as a default position we just tend to let them get on with it. Every way we turn a volunteer is needed and I am pleased to say we have had

a few people coming forward after our requests for help. This is never quite enough and if you feel you could help out one morning, setting out or staying at lunchtime to put everything away, please let one of us know and we can put you on the rota. If we all did a little it wouldn't be too much of a burden to anyone.



I have enjoyed my time as Secretary, but at the next AGM I will be standing down. Please think about this seriously. Could you take over as Secretary? It will be my 6th AGM next year and I feel I have completely run out of steam. The actual secretarial work is not too demanding: use of a computer, a photocopier, and a bit of space for all the files is all that is needed. I will continue to do the Fundraising and Grant Applications if needed.

*At the next AGM I will be standing down.
Could you take over as Secretary?*

By the time of publication of this issue of the magazine we may have had our morning of filming and our two-page spread in the East Anglian Daily Times, all arranged through the Suffolk Foundation with the Ipswich Building Society. These are the sort of partnerships that we must nurture and encourage. Treatts is another connection we look after, and it has grown from a tiny seed of asking for sponsorship for the Sudbury Fun Run to the great help they have given us and continue to give us. One example of this is that Daemmon, CEO of Treatts, is getting married and has asked his wedding

guests for donations to Upbeat in lieu of presents. It cannot get any better than that!!!

Our move on Friday evenings to Sexton's Manor Primary School went very smoothly with the help of Ann Clarke and her group. The new venue is proving very satisfactory and by the time you read this the Sudbury group will have moved also, to Long Melford Old School.

We have had some wonderful events this year and a lot of people have worked really hard on Upbeat's behalf, so we thank you all for your efforts.

We love all of our volunteers, and thank you so much for the gift of your precious time.

Hilary

Editor's Note: In the summer Hilary's grandson, Oliver, spent time helping out with Upbeat activities as part of his work experience. He has written the short piece below

Work Experience

For two weeks, I spent my work experience at Upbeat and I must say that those weeks were interesting and entertaining. I enjoyed the jobs I had to do and I learnt a lot about what Upbeat does and how it operates.

Everyone was very friendly towards me and I am thankful and grateful. Overall my two weeks at Upbeat were well spent.



Oliver Nunn.



My dad has suggested that I register for a donor card. He's a man after my own heart.

Masai Graham

This was voted the funniest joke at the recent Edinburgh Fringe Festival. DLA

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 Long Melford Old School, Long Melford 9.15am-12.30pm.

Wednesday and Friday mornings at the New Bury Community Centre 9.15am-12.30pm

Friday evenings at Sexton's Manor Primary School, Westley Estate, 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 are available at the Bury and Long Melford 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, or £1 just to see the Nurse.

Meet Kate Orriss - Our New Nurse

I was born in King's Lynn and moved to Thetford where I grew up. On leaving school I attended a pre-nursing course at NORCAT. On completion of my course I took a full-time job with Sainsbury's and ended up staying with them for ten years. After this time I applied to do my nurse training as my heart just wasn't in retail. My mum was a nurse, which I think always influenced me and I'd find her stories really interesting after a day at work.



I started my nursing diploma at West Suffolk Hospital and qualified as a registered nurse in 2001. My first job was working on an acute medical ward. This gave me the good overall experience I needed as a newly-qualified nurse.

A year later a job opportunity came up on the Cardiac Care Unit. I'd always had an interest in cardiac nursing and I'd spent some time on there as a student so I applied and was accepted to the unit. I spent nine years full time on CCU as a senior staff nurse before I took some time out to have my children.

I really enjoyed cardiac nursing. I've met many patients and their families and always felt it is a very rewarding job.

In 2011 I left to have my first daughter, Ellie, and to get married to Mark, my husband. Then in 2014 I had our second daughter, Rosie. After a break away I returned to CCU to do some bank night shifts. I'd kept in contact with the cardiac rehab girls and was delighted to hear there was a position available on a Friday evening at Upbeat. I'd always enjoyed the rehabilitation side on CCU.

I love my role as an Upbeat advisor. It's fantastic to see everyone exercising and keeping well and forming such strong friendships.

I don't have much spare time as I am kept busy with looking after my girls and watching Peppa Pig but I do enjoy swimming and running and try to keep healthy by my love of cooking.

Kate

Hi to everyone at Upbeat



I'm sure most of you know me already but my name is Gregg Whyman and I'm one of the new instructors at Upbeat. I've been asked to say a few words about myself so here goes!

Well, I've been working in the industry for ten years and I've been working in cardiac rehab for seven years. I knew very early on that I wanted to work with people that needed to stay or become active because of health reasons. I've always wanted to help people so what better way than to help people become active? Firstly, it's obviously much more fulfilling and secondly, it's much more fun!

As most of you know, I do like to have fun during the classes. Smiling and laughing is the best medicine so if we can do both of them whilst exercising, hopefully we'll live a long and prosperous life!

At the same time, I'm extremely serious about what I do and I'm always looking to improve what I do in class. I always try and make the exercises I do as functional as possible. I'm a massive believer in 'use it or lose it' and I'd always encourage people to move around as much as possible. I'd like to think that for everything I do, I can give a rationale for every exercise I prescribe.

In terms of me as a person, what can I say? Well, I do lots of exercise; I've competed in football, martial arts (until I seriously injured myself and had to have major knee surgery) and now I'm a competitive cyclist.

If I had to describe myself in three words they would be motivated, hard-working and dis-organised!

I'd like to finish my little profile off by saying that I've had a great time so far teaching Upbeat classes. I think Upbeat is a great organisation and long may it continue because we could do with something like Upbeat here in Essex.

All the best, 'Upbeaters', and I hope you continue to enjoy my classes!

Gregg

Hello to all the members of upbeat!

My name is Amanda Pearson. I am one of the new Upbeat instructors, and I have been asked to say a few words about myself for the new Upbeat magazine and website.

I have been working in the fitness industry for eighteen years and almost straight away got involved in specialising in rehabilitation.

What made me want to do this was because of my own health issues. Being fourteen years old and being diagnosed with Rheumatoid Arthritis I was advised to stop exercising and wasn't allowed to participate in any physical education. It was through my own initiative that I started to realise that the less I was doing the worse I felt! So I started going back doing the things I love, dancing and exercise, and gradually started to feel much better. This then led me into the fitness industry as a career choice.



I knew I wanted to help others make a difference and help improve their quality of life. I started by getting involved with the inclusive fitness initiative which made my work place at the time accessible for people with physical and visual impairments. I then started running regular exercise sessions for people who needed extra support, working with people with learning and physical disabilities. This then led me into Cardiac Rehab which I have been doing for thirteen years now and I love it. I have been running phase IV classes and also working on a one-to-one capacity with people who are undergoing rehabilitation.

For me, having a job you love doing and seeing how happy others are by having a place to come and interact with others who are going through the same thing and taking support from each other is great.

Being a newbie at Upbeat I would like to say how welcome you have all made me and how much I enjoy taking the classes.

Kind regards ,

Amanda.



A Right Roar *by Elaine*

To put you in the picture, about twelve years ago Ken volunteered to help our son-in-law Andy Malcolm, who is East Anglian Regional Fund-Raiser for the Royal National Mission to Deep Sea Fishermen. This involved Ken placing and visiting 'Albert' Collection boxes in fish & chip shops, pubs, etc. Ken took it a step further and catalogued all the information. As a result, in those years he has collected over £80,000. In recognition of these efforts the Fishermen's Mission invited him and Elaine on behalf of the Queen to her 90th Birthday Patrons' Lunch in London.

So it was that, at 9.30 am on Sunday 12th June we and six other Fishermen's Mission honoured guests made our way to The Mall. It was already raining as we joined the queue with our security information and went through the airport security booth. Then we were given ponchos (to put on over our already wet clothes!), canvas bags of goodies from Boots, and PG tips tea boxes, which we later discovered each held



a delicate commemorative china cup and saucer.

We deposited our goodies on our reserved table and chairs and collected our wicker picnic hampers, one each, from the assigned marquee. By this time the rainwater was dripping from the tables onto the chairs and the table runners were soaked! We took advantage of a hot cup of tea (all free) and chatted to the other spectators as the rain ran off our ponchos and dripped from our noses!

At 12 noon music heralded the parade

from Horse Guards Parade, with military bands, bagpipes and kilts, dancing girls, all representing the decades of Her Majesty's reign. Unfortunately, we, and most of them, looked more like ghost-busters in our white ponchos! With the rain still persisting the press photographer who stood in front of us with a large umbrella kept bobbing up and down to allow us to use our cameras.



yal Day Out

the Bishop



At 1pm it was picnic time so we mopped up the tables and chairs with tissues and opened our beautiful baskets (courtesy of M&S). They included various sandwiches, smoked salmon hors d'oeuvres, pork pie topped with appropriate medallion, chicken and potato salad, fresh raspberry trifle, cheese and biscuits, butterfly cakes, all to be washed down with Pimms, apple juice or mineral water. They even

included a napkin, moist tissues, wine glasses, plates and cutlery! Such a shame that we couldn't put it on the table!

But, praise the Lord, the rain stopped! The sun came out as everyone moved to the barriers again to await the arrival of the Royal Family and we were in line for William, Kate and Harry's walkabout. Harry walked along first, smiling and waving, closely followed by William and, to our delight Kate, who came up and chatted to us. She was accompanied by her lady-in-waiting and nearby was Peter Phillips, overseeing his 'plans'.

They were followed by Her Majesty in her fuchsia



outfit and Prince Philip in his raincoat in their open-topped Range Rover. The sun continued to shine as the Royals gave their speeches before returning to Buckingham Palace to watch the Grand Parade, this time in full costume, music blaring, and

(Continued on Page 31)



This issue of Upbeat magazine has been printed by





without ponchos! After this, more music floated down to us as Darcy Bussell led a troupe of dancers at the Victoria Memorial to bring proceedings to a close. Now we had to fold up the wet ponchos, repack the picnic baskets and other goodies, dispose of the used cups and soggy tissues and make our way out of The Mall. One of our group, who was in a wheelchair, was disappearing behind all the picnic baskets we piled on top of him as we pushed him back to the hotel! That's a Royal bird's-eye view of our day. It was a wonderful experience and certainly appreciated by us and I am sure everyone else who was there. What we haven't mentioned is the indomitable British spirit of everyone in spite of the weather. Not only the invited guests but also the security officials, policemen, M&S staff, stewards, refreshment servers (including free ice creams), rubbish collectors and many others were all helpful, smiling, joking and patriotic.



RISK FACTORS - FOCUS ON HEALTHY EATING

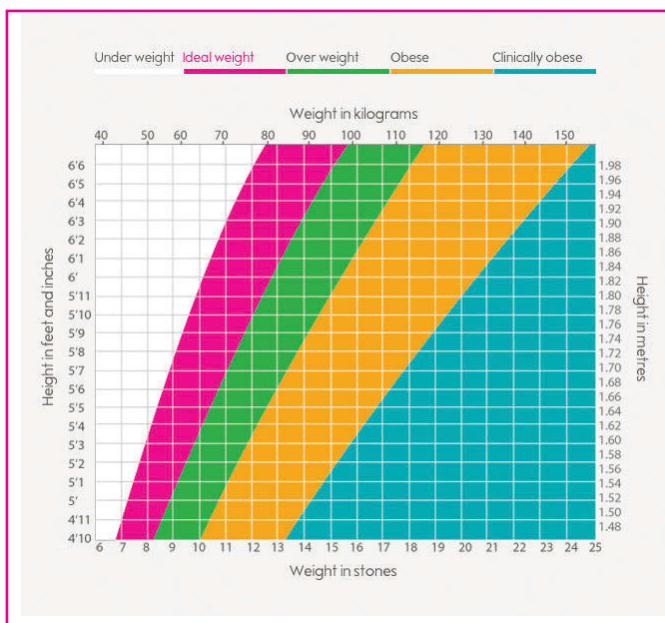
by Tracy Wallace, Cardiac Nurse

Risk Factors are conditions or habits that can make a person more likely to develop a disease. They can also increase the chances that an existing disease will get worse. Risk factors for Coronary Heart Disease (CHD) include: smoking, diabetes, high blood pressure, family history, high blood glucose, being overweight or obese, being physically inactive and an unhealthy diet. The good news is that for most of these risk factors you can do something about them.



In the Spring issue of the Upbeat magazine, Mandy focussed on blood pressure and Peter wrote about behaviour change. I will be focussing on a healthy diet but the other articles would be good to revisit as they are linked and relevant.

A healthy diet can help reduce your risk of developing CHD and stop you gaining weight, reducing your risk of diabetes and high blood pressure. It can also help lower your cholesterol levels. If you are not sure if you need to lose weight then talk to your nurse or doctor about your body mass index (BMI). This is a measurement used to work out which of four categories you fall into; underweight, ideal weight, overweight, obese, clinically obese.



overweight, or obese. Your BMI is calculated using your weight and height measurements. It is, however, only a guide and your body shape can also affect your health risk. Fat around your middle raises the risk of CHD, high blood pressure and diabetes. Basically a BMI of over 25 means you may be overweight, and a BMI of 30 or above is classed as obese. If you're a man with a waist over 37" or a woman with a waist over 32" your health is at 'increased risk.' If you have any questions regarding BMI or waist measurements do talk to your nurse or doctor.

Everyone, even if you are at your ideal weight, should aim for a well-balanced diet and the right amount of food. Sometimes we eat the right foods but aren't losing weight because we are eating too much and are not burning it off with enough physical activity therefore the balance is tipped. It's important to look at what we are eating and how much activity we are doing to identify where the balance is tipping the wrong way. A food diary can be very useful but you have to be honest!

Food can be placed into different food groups, and the aim is to eat from each group to maintain a balanced diet. These include: plenty of fruit and vegetables. (try to include at LEAST five portions a day - a portion is about a handful and can be fresh, frozen, dried or tinned), starchy foods, such as bread, rice, potatoes and pasta, some milk and dairy products, some meat, fish, eggs and beans. You should have only small amounts of foods and drinks high in fats and sugar. Saturated fats can increase the amount of cholesterol in the blood so try and replace them with mono and polyunsaturated fats (eg olive oil, rapeseed oil, sunflower and vegetable oil.) These are healthier choices but it's still worth pointing out that all fats and oils are high in calories so the advice is to use them in small amounts.

It is important to keep within the recommended guidelines for alcohol, which is now 14 units a week for both men and women. However, if you are trying to lose weight remember wines and beers can be high in calories with no nutritional benefits.

There is no doubt that losing weight can be hard and then maintaining weight and a healthy balanced diet is a lifelong commitment. To try and make big changes to diet is often unsuccessful or difficult to continue. Sometimes it's about making small, realistic, achievable changes over many weeks until they become good habits themselves. So don't be discouraged if progress is slow. You are moving in the right direction to a healthier lifestyle!

The British Heart Foundation have produced a really helpful booklet called 'Your simple guide to healthy weight loss' which includes lots of advice on getting started and understanding what and how much to eat. Do talk to your nurse about how to obtain a copy or visit the BHF website to order or download a copy.

What's Your Poison?

by Kate Turner

Warfarin is an anticoagulant normally very successfully used to prevent the formation of blood clots in the blood vessels and their migration elsewhere in the body, which can cause problems such as deep-vein thrombosis and strokes. As some of you may be aware, it is also used for certain irregular heart rhythms and following some heart valve surgery. However, I'm sure many of you have also heard of warfarin being referred to as "rat poison". Well, yes you are quite right; read on for a little history and my first-hand use of warfarin.



Warfarin is part of a group of plant-based compounds called coumarins. These coumarins are found in red clover and sweet clover as well as many other plants. In the early 1920s, when a group of American veterinarians noticed that at certain times of the year some cows had problems with bleeding, they called this phenomenon "sweet clover disease" because it was eventually linked to cows that ate sweet clover hay that hadn't been cured properly. It wasn't until 1934 that "Dicumerol" was identified as the naturally-occurring compound in the sweet clover that remained active and was responsible for the bleeding.

In 1945, a more potent cousin of dicumerol was patented by the Wisconsin Alumni Research Foundation (WARF), they added the "arin" from the compound coumarin to WARF, and therefrom hailed the name "warfarin". It was initially introduced in 1948 as a pesticide against rats and mice and is still used for this purpose. It wasn't until the early 1950s, that warfarin was found to be effective and relatively safe for preventing thrombosis and thromboembolism in many human disorders.

However, going back to the rodents, did you know that rats cannot vomit? They can and will eat almost anything, but unlike humans, they are unable to vomit up spoiled or poisoned food. A reason rats are difficult to exterminate is that they are very hard to poison successfully, as they only eat a small amount of a new food source at a time. They sample the food, and if they become ill they will avoid eating any more of it. Another reason rats are hard to kill with poison is their sensitivity to taste and smell. To be successful, any rat poison added to food or bait has to be odourless, practically tasteless, and, importantly, have a delayed action.

Having recently heard scurrying above my ceiling whilst trying to get to sleep, I now have first-hand knowledge of the furry problem! Identification of the invaders was my first step. Very cautiously I popped my head through the loft hatch. I wasn't sure what was going to greet me, and thankfully I didn't come face to face with my lodgers. An inspection of the poops was what was needed! I wasn't sure if I would find mice, rats or squirrels. I had never seen squirrel poops before, and on inspection I decided it was mice. Thank goodness definitely not rats although when lying in bed listening to them charging around my attic I thought they must have been wearing boots! They had nested themselves quite comfortably in the insulation, and had a wonderful time nibbling through all my clutter stored up there.

I set to work with my little packets of poison; they were really hungry little critters and when I checked after a day they had eaten all the little packets. I think they must have invited their friends too as the scurrying continued. I knew I had to up my game, so I brought in the big guns: an all-singing and all-dancing electric plug-in rodent repellent! This was ultrasonic, ionic and electromagnetic, and I thought "That should do the trick". I also placed more bags of poison for them, and yippee!!! So far it seems to have worked. I haven't found any little corpses, but then I didn't really want to look, as I do normally love all animals, just not the uninvited, destructive little pests, so I have just let them stay in their pink fluffy insulation beds. The electric rodent repellent is still in situ and seems to be doing the trick, as do the bags of poison. Hopefully this will send out the message to any new furry lodgers thinking of taking up residence in my roof.

HOW YOU CAN HELP YOUR MAGAZINE

Upbeat members and friends can help Upbeat Magazine by 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, as shown below:

Black&White Quarter page £20 Half page £25 Full page £45
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10% discount for clients who advertise in two consecutive editions.

To advertise, please contact David Axton 01284 747238 or 07946225612 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.

Garden Party June 2016

After the awful weather we had been having Richard Morris came to help Peter assemble the marquees in the garden on Thursday but when we awoke on Friday morning our large marquee had collapsed under the weight of the rain! So after "Upbeat" Friday, Richard came back and helped repair it and we crossed our fingers and hoped for the best.

It wasn't a good start as at 1 pm it poured yet again. At 2pm it was fine until just before 5pm. As Peter was thanking everybody it thundered and everyone had about five minutes to dash for their cars.

It was a really good afternoon. Brian Richell provided the music and also an after-tea Quiz. Daphne and Brenda did a sterling job with the raffle. Penny and Linda worked hard keeping everyone supplied with tea or coffee and my thanks go to all the Committee and ladies who provided sandwiches and cakes and especially Hilary whose pavlovas soon disappeared.



We all had a lovely time and I was staggered to know we raised about £720.00 for funds.

Well done, everyone, and thank you.

Olva



Quiz Night MAY 27TH

by Margaret Orr



Another day and another Upbeat Quiz night.

As in the past we were ably organised by Tracey Dougherty and son Matthew (Peter and Ilva Maxey's daughter and grandson) who compiled the Quiz.

There was much whispering and sign language going on and lot of shushing to ensure other players did not learn your answers



We took a much needed break for fish and chips during which time Tracey thoughtfully gave us another quiz to complete before the re-start, then it was back to the second half.



Before we knew it, it was all over bar the shouting and the winners were declared.

Verdict – a very enjoyable and educational evening was had by all with the sum of £301.10 raised for Upbeat funds.

Well done, everyone!

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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 costs and we sincerely thank all committee members and helpers for generously giving their time and energy, completely free of charge, as well as all members for supporting functions, raffles, and our many other events.

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 making 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, as a registered charity we 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 any committee member for a form. It makes a considerable difference to your donation and to our funds!

You can also donate via our website: 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 send to The Treasurer, Valerie Axton, Vistri-Vale, Old Hall Lane, Fornham St Martin, Suffolk, IP31 1SS.

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

Coffee Morning Dates October 2016 - May 2017

2016 : Oct 13 + 27, Nov 10 + 24, Dec 8 + 22.

2017 : Jan 5 + 19, Feb 2 + 16, Mar 2 + 16 + 30,

Apr 13 + 27, May 11 + 25.

Any member attending is guaranteed a warm, friendly welcome and a good selection of biscuits to go with their coffee or tea.



The original exercise classes held only on Friday evenings started in 1995 at the Bury St Edmunds leisure centre where, after class, some would gather in the bar there. For others though, it was thought that a coffee morning would provide an appropriate opportunity to socialise and support one another. So coffee mornings started and have been held in the same committee room at Southgate Community Centre ever since. We are still using the same plates for those biscuits!

A chap called Stan (Bradford) was the first organiser. He had retired from the RAF and had friends in the RAF Honington Big Band. In those early days he facilitated a very successful concert for us in the hospital gym, now the education centre. Ella and Rodney Johnson followed Stan and at present Rodney and Ann Clarke lead with Greta and John Steed ensuring vital supplies and preparation .

About 2003 it was considered whether Thursday Coffee Mornings might be combined with the Newbury group but it was decided to keep going at Southgate. As with many Upbeat functions some members attend regularly and others join and move on or drop in from time to time. For a good number of years we've had an annual lunch, usually around Springtime, at various venues in and around Bury.

Members provide the coffee and biscuits etc., share goodies at the meeting before Christmas and sometimes celebrate special birthdays or anniversaries with a cake. We contribute to a kitty from which we donate to Upbeat towards the rent and use part to subsidise the lunch.



So if, on a Thursday morning, you fancy good, sympathetic and reassuring company do come and join us. We will be delighted to meet you.

If you have enquiries please do call Rodney on 01284 754844 or Ann on 01284 750980.

November

5th 7 pm at Gt Barton Village Hall
Fancy Dress party with Freddie Chenery.
Fish & chip supper. £10 per person
(Tickets available now)

24th Thursford Christmas Spectacular
SOLD OUT

December

12th 1pm Christmas meal by Roff's
Caterers at Ashlar House, Bury. Own
transport. Menu details available at
Newbury Centre. £25 per head to
include gratuities.

16th Christmas Party for Sexton's
Manor School group. Group resumes
January 6th

Future Events

20th Christmas Party Long Melford.
Brian Richell providing music. Group
resumes January 3rd

21st Christmas Party at Newbury
Centre. Brian Richell providing music.
Group resumes January 4th

2017

February

11th 12 noon Jumble Sale at Newbury
Centre. 20p admission.

Date tbc Quiz night at Newbury Centre
with fish & chip supper. £10 per person

March

9th ANNUAL LUNCH Stoke-by-Nayland
Golf Club. Speaker: David Reeve, former
police chief in charge of royal security in
West Norfolk. Details to follow.

23rd Theatre Trip: Matinée performance
of Mamma Mia at Theatre Royal,
Norwich. Price and further details to be
confirmed

May Tuesday 16th at Southgate
Community Centre AGM

June

10th Special Event late afternoon at
Gt Barton Village Hall, followed by a
musical evening with food. Details to
be confirmed.

*These are all the events so far
confirmed by the social group
at the time of going to print.
Other events and outings will be
arranged and details provided
when available. If you would
like to see a particular type of
event arranged, please contact
one of the committee members
and we will see what we can do.*

New Members February - August 2016

John Adams
Devi Appadoo
David Battens
Susan and David Callf
Adrian and Marie Carter
Tony and Ann Ciorra
Raymond and Ginny Dale
Janet Dalby
Roy and Tessa Hamilton
Terry and Janet Hill

Evelyn Jennings
Christopher Lacey
Brian and Jean Mackender
Steve and Anne-Marie
McKenna
Josephine Munnings
Janet and Frederick Murrell
Christine and Derek Nobbs
Carol Palombo

Simon and Hazel Parsons
Amanda Pearson – Instructor
Deborah and Andrew Perry
Rosemary Rayson
Elizabeth Sharkey
Shirley and David Venables
Pamela Wappett
Ian and Marion White
Gregg Whyman – Instructor
Margaret Wright

We extend a very warm welcome to you all. We hope you receive support and help from being an Upbeat member and we would welcome your comments on what we do: what we do well, or what we may be doing not so well.

Due to the printer's deadline, this list is correct only up to the end of August 2016. Members who joined after that date will be shown in the next issue of the magazine in Spring 2017.

100 Club Winners

February

Mr Peter Empleton £100 No 147
Mrs Rosie Seeley £42.50 No 012

March

Mr Graham Hardy £100 No 052
Mrs David Pratt £54 No 219

April

Mrs Betty Raymond £100 No 049
Mr John Imrie £54 No 103

May

Mr Harry Williams £100 No 247
Mrs Wendy Deeks £54 No 062

June

Mr Patrick Copping £100 No 028
Mrs Elizabeth Williams £56 No 167

July

Mr Peter Truman £100 No 166
Mrs Amy Trust £56 No 281

August

Mr Brian Evans £100 No 241
Mrs Eileen Yates £56 No 120



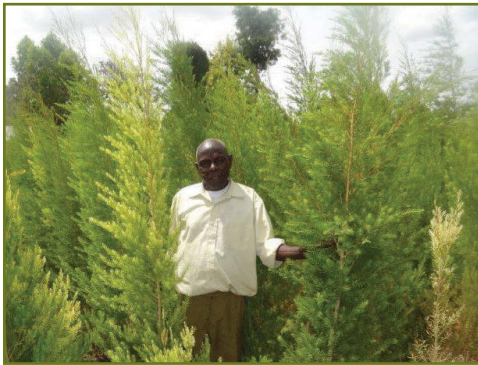
The amount of second prize money increases if more people join the 100 Club during the year.

Tea Tree Oil Benefits Communities in Kenya

Report by Claudia Brackenborough
of Treatt

What's the connection between tea trees and Bury St Edmunds?

Do you have any tea tree oil at home? People have used it for hundreds of years to help with skin ailments like acne and psoriasis because of its antifungal, antibacterial, antiseptic and anti-inflammatory properties. It's said that in its native



Walking through the tea tree rows

Australia hundreds of years ago, pools containing fallen tea tree leaves were used to bathe in because of the healing properties of the leaves. It is believed that the indigenous people of eastern Australia used tea tree as a traditional medicine. They inhaled the oil from the crushed leaves to treat coughs and colds, applied the leaves on abrasions, insect bites and stings and as a poultice for minor wounds, and even brewed an infusion of the leaves to make a tea for treating

sore throats. During the 19th century, tea tree's effects as a folk medicine spread among Europeans as they settled in Australia but it wasn't until the 1920s that the oil was formally identified and reported on. Since then it has been found to be effective against bacteria, fungi, and viruses, as well as stimulating the immune system. Today it is widely used in health and beauty products such as shampoos and conditioners, creams, skin cleansers, moisturisers, body lotions, mouthwashes, soaps, foot sprays, foot powders, shaving products and deodorants.

Tea trees are now grown successfully in other parts of the world which have a similar climate. Treatt, of Northern Way in Bury, and proud supporter of Upbeat, has a personal care and cosmetic ingredients division called Earthoil which grows and produces tea tree oil in the foothills of Mount Kenya, the highest mountain in Kenya and the second highest in Africa after Kilimanjaro. It's almost on the equator, but the microclimate and 2000 metre altitude mean that they can still get frosts there. Here, over 5 million tea trees have been planted in over 250 acres of land which are tended by over 600 farmers who are contracted to grow the tea trees for Earthoil.



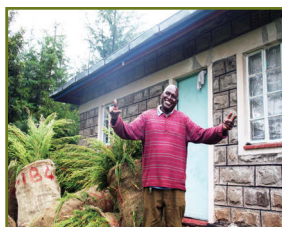
Nanyuki airstrip

Earthoil's own demonstration farm with office and distillation unit is close by. The land is in one of the poorest and driest areas of Kenya and so tea trees are an ideal crop for the farmers as the trees grow very quickly, do not need a lot of water and last about 25 years. As well as tea tree, the farmers grow subsistence crops and a few vegetables and also have a few livestock. The farmers are not

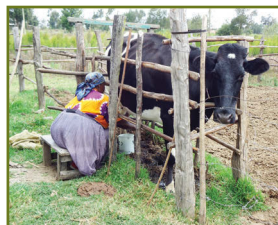
allowed to plant other vegetables between the tea trees to preserve the crop's organic status but neighbours often grow other vegetables and use chemicals so the farmers have to grow hedges in between as a barrier. The Earthoil project has had a big impact in the surrounding communities and the increased income that is generated by the tea trees has significantly improved the lives of these small-scale farmers.



Working in the field



Proud George



Livestock provide food

Making the oil

Tea trees grow very quickly and after about 15 months, when they are about 6.5 ft high, they are cut down by hand, leaving 6 inches in the ground. The cut trees regenerate and will be ready to be cut again in about 6-8 months. The sticky, aromatic tea tree leaves are brought to the farm and loaded into a bin. Steam goes through the biomass (the plant material from the tea tree) and it then goes into the condenser and the separator, where the oil separates from the water. After condensing, it liquefies into oil. The oil is then packed into sealed drums and shipped to Bury St Edmunds, from where Earthoil supplies its customers. At the end of the distillation process the spent plant material from the tea tree is hauled out of the bin and taken away to be used as mulching on the farm to help improve the

soil. However, Earthoil creates far too much tea tree biomass than it needs for mulching and so it is converted into charcoal in a special gasifier to produce biochar. This is completely different to the traditional way of making charcoal as it doesn't generate any smoke and is far more efficient. The biochar has the potential to store carbon in the soil and so it is mixed with the compost to create a superior soil enhancer.



Donkey and cart with waste products used for mulch

Economic benefits

Earthoil works very closely with the farmers and 10% of the farm gate price is paid into a separate account for community, environmental and social projects. An investment panel decides what the money should be spent on and Earthoil is there to advise and ensure that the funds are used wisely. In Kenya, only primary school education is free and the children need more schooling than this to get a decent job so some of the funds have been used for scholarships to send needy children to secondary school. Water tanks have also been given to the farmers in this arid land where many people collect water from the river, and even people who have pipes and taps find that water is not always available. The new water tanks mean that the villagers can collect water from the roofs of their homes for domestic use and for irrigation. Because of the costs involved it's going to take a couple more years for enough funds to become available to allow all farmers in the project to have a tank.

Earthoil Workers' Trust

A separate Earthoil Workers' Trust is now being set up to provide scholarships and bursaries for secondary school education for the workers' children and other needy children in the community, bursaries for the workers' primary school education and also for college or university. In addition, desks have been given to the primary school to allow the children more space to work as they were often seated 4 to a desk, as you can see from the photo. Earthoil has also donated footballs to the schools in the community and rice and beans for the orphanage, trained workers on computer



New seating in school, thanks to Earthoil

packages and also given driving instruction. Look at the photo to be amazed at what they were using to play football! Courtesy of Liverpool Football Club, Treatt has also recently sent out some footballs and T-shirts to the local orphanage, and is now planning to ship out 15 of its old PCs for the Earthoil workers and for local schools.



Delighted with their new kit



Makeshift footballs

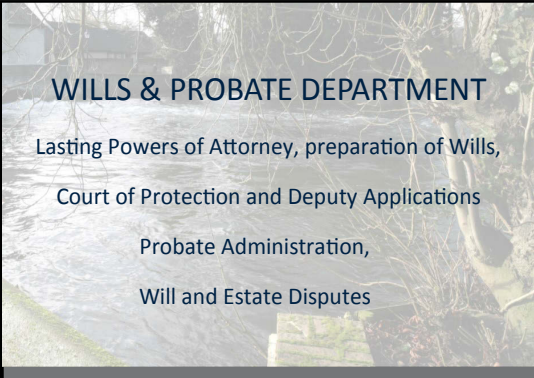
Gasifier stoves

Earthoil has also neutralised its carbon emissions in Kenya by donating and installing special gasifier stoves to most of its Kenyan farmers. These are less polluting, smoke-free and much more efficient than the open fires they were using. When compared with an open fire, the new stove has twice the thermal efficiency, uses less than a third of the fuel, cuts poisonous carbon monoxide by a factor of 10 and smoke-borne particulates by a factor of 16. The wood-gasifier stoves can also use multiple types of fuel, such as crop residues, not just firewood, and gasification yields reusable charcoal. Before getting these new stoves, the villagers used to make a fire inside the house and were at risk, especially children, of dying as a result of the smoke. The plan is to furnish all the remaining farmers with these new stoves as soon as funds permit.



Charity Mbaya at her new gasifier stove

So now you see the connection, and the next time you buy some tea tree oil or a product that contains it, the tea tree oil could well have come from one of Earthoil's own farms on the slopes of Mount Kenya, and you'll know that by buying it you are supporting and improving the lives of many needy Kenyan people.



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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.**

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

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.

A few of our wonderful fundraisers



The Sudbury Fun Runners raised almost £700.



Upbeat Officers were on hand to fly the Upbeat flag.



Sally presented us with a cheque for £600.



Even a small group walk around Bury raised £22.
Every little helps!



The choir named Upbeat donated £1940:
the proceeds from a concert given in Lavenham.



Absent Friends

Jill Van de Plasse remembered by Sylvia Baker

Jill was a very intelligent well-spoken lady and became very popular whilst attending exercise sessions. She had led a very interesting life, travelled a lot, and seen and done many things and could tell a good tale. After her re-hab and with her nursing background she soon became involved with Upbeat, becoming a member of the executive as well as the social committee.

She was good at organising events, researching where the event was to take place, checking it was OK, not too steep or uneven, ensuring toilets were available, etc. She would ensure that if the group was to split up everyone had a phone number and a location point in case of emergency which ensured things ran smoothly.

As Jill's health improved she took groups of people on coach holidays, again always well-organised with lots of different things to do and see. She catered for all tastes and abilities - not an easy task - there is always somebody who gets lost, can't remember what they were told, etc., but she handled it all superbly.

It was a shock when she became unwell a few years ago and again had to undergo intensive heart surgery which put a stop to tennis and exercise. She came through this and being the determined lady she was, made a good recovery. She became less active at Upbeat but kept in touch and came to all the big events. She also supported us financially whenever she could and always kept in touch with what was going on.

Jill was a good friend, and she always had an opinion worth noting. I admired her so much and she helped me a great deal. After all she had gone through it was a blow when she was diagnosed with cancer but she bravely said 'No!' to chemo.

Members who knew Jill will remember that she had a wicked sense of humour and always, always was lots of fun. We have all lost a lovely, lovely friend.

God Bless! Rest now, Jill. You will not be forgotten.

Don Elston

Don was born in 1933 and lived in Ashford, Kent where he went to the local grammar

school. On leaving school he worked on the railways but studied part-time to be a draughtsman.

He did his National Service in the RAF at Henlowe in Bedfordshire, where he became pen-pals with Beryl. This developed into romance and they married in 1958. They moved to Gazeley where Gary and Kevin were born and later they settled in Barrow.

Now a qualified draughtsman, he worked for Webbs Agricultural Engineering, then Howard Rotivators at Saxham, Swards Medical in Thetford and the PEP. Don finally ended up working for Graham Parish at Cockfield.

Don was an avid Ipswich football club supporter, good at D-I-Y, and loved his garden. Beryl and Don were members of the over 60's club in Barrow but most of all he enjoyed his cruising holidays with Beryl.

In 2008 he experienced his first heart problems, needing stents and having a pacemaker fitted. After re-hab they both joined Upbeat and loved coming to classes and joining the activities.

Suddenly this January he was diagnosed with leukaemia and admitted to hospital. Sadly he did not come out but died peacefully in April, surrounded by all his family

Don was a lovely man with a huge smile and we all miss him very much. Our thoughts go to Beryl, sons Gary & Kevin and of course their families.



Enid Chaplin

Born in Glasgow in 1940, Enid was a softly-spoken, proud Scot who loved the land of her birth.

She moved South in 1956 and grew up in North London. She started her working career with Kodak but her ambition was always to be a nurse and after completing her nurse's training she worked at a hospital in Essex.

Enid met and married Tony and they had four children. Because of his service in the Royal Navy they moved home several times. Always a very caring person, Enid managed to combine raising a family, moving about, and being a nurse. She also acted as a carer and still found time to do lots of craft work, patchwork, knitting, and quilting, as well as card-making. Enid made handicraft items for Upbeat and helped out at fêtes and bazaars manning stalls. She could always be relied upon to give

balance and fun whilst working with members.

In January she became ill and started the long, tiring round of hospital visits, scans, x rays, etc. Being a nurse, she knew what was going to happen. Enid had given so much care to others; she made a difference and touched many people.

She slipped quietly and peacefully away in June, having fulfilled her life's ambition always to help others. She certainly achieved this with a great deal of success.

Enid is sadly missed by us all and our thoughts go to Tony and the family.

Margaret Martin Remembered by Stuart Martin

Margaret died on March 20th, aged 87. She and John moved to Hunston in 1993 and were among the earliest members of Upbeat when it began in 1995. Both were active members and they hosted an Upbeat strawberry tea in their large garden that was a finalist in the 2006 Suffolk Radio garden competition. The garden kept them active during the day, sequence dancing in the evening, and Upbeat activities were also



fitted in. Both made use of Papworth hospital, fortunately at different times. John had a bypass operation and Margaret a pacemaker fitted. In 2006 they "downsized" to a bungalow in Newmarket. After John died in 2007, Margaret continued to be a regular at the Wednesday class in Bury and also a number of the Upbeat holiday trips and day outings. In 2012 Margaret's eyesight had deteriorated and she had to give up

driving but was able to continue attending exercise classes thanks to the support of a full-time carer. Unfortunately, Margaret's mobility and stamina deteriorated over the next few years and she finally felt she had to give up the classes in 2014.

After a number of falls, and having recovered from a broken arm following one of these, Margaret had a major fall that resulted in a significant blow to the head and an ambulance trip to West Suffolk Hospital where she died two weeks later.

Margaret had very fond memories of the friendship and support she had from the Upbeat family over the years. We were very pleased to welcome friends from Upbeat to the funeral service in Newmarket where the collection was donated to Upbeat so that others may benefit from the services and support offered by Upbeat.

David George Remembered by his wife

David sadly passed away on the 30th April 2016 after a short illness. He was 75.

David and his wife Carole were both members of Upbeat, exercising at Sudbury. He retired at 65 after working as an area manager for East Anglia & Norfolk air conditioning and maintenance. Throughout his working life he enjoyed playing snooker and carpet bowls, bowling for Upbeat at Long Melford and Boxford as well as bowling for Sudbury.

David and his wife Carole enjoyed cruising holidays on Royal Caribbean with friends. He also acted as carer for Carole and was a very sociable man. David and Carole were married for 57 years and Carole and his family have many happy memories to treasure, but of course he will be sadly missed.

Upbeat would like to send every good wish to Carole and her family and look forward to seeing her return soon.

Carol Whymark

The tragic circumstances of Carol's death have been reported in the local press so that many will already be aware of her passing. Carol had been a member of Upbeat since 2008 although she did not attend exercise classes very often. It was her husband Des who attended the Friday evening classes at Hardwick School. She and Des had celebrated their Golden Wedding four years ago.

Des and Carol were on a coach holiday to Scotland in April when she was taken ill. As she was not feeling at all well, they decided to cut short the holiday and return home to Stanton, a journey of more than four hundred miles. Once she was home, her daughter called an ambulance but Carol suffered a heart attack and died in the intensive care unit at the West Suffolk Hospital the following day. She was 70.

Carol was a well-liked and respected lady, as reflected in the donations to Upbeat in her memory, which totalled £600.

Our sympathies and condolences go to Des, their daughter, Sharone, and the family.



== *W. A. Deacon* ==

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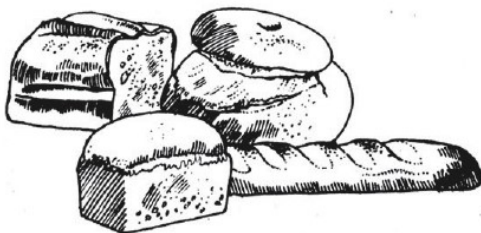
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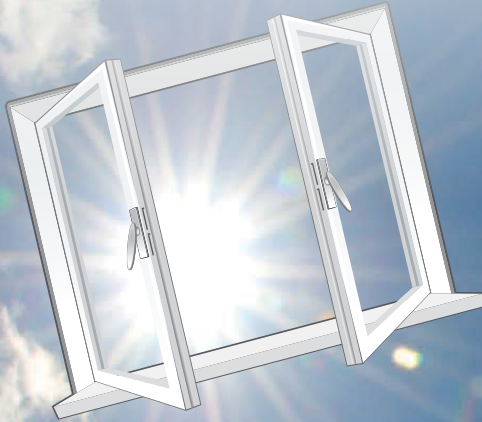
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