



UPBEAT MAGAZINE

Journal of West Suffolk Heart Support Group

Autumn 2017

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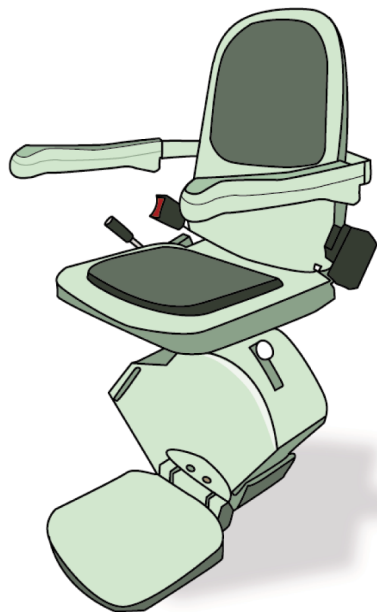
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In this issue



Front cover: Sailing Barge 'Thistle' photographed at Ipswich Marina during Upbeat's Mystery Tour.



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Welcome to the latest issue of Upbeat Magazine, the journal of West Suffolk Heart Support Group. Maybe this is the first time you've seen one of our magazines. Perhaps you came across it in your doctor's waiting room, or when you attended as an out-patient at the hospital. Maybe a friend has given it to you. Whichever is the case, we hope you enjoy it and that you will find something of interest in its pages.

Upbeat is run entirely by volunteers and funded through voluntary contributions and fund-raising. All our officers and helpers are either heart patients or their carers and the organisation exists to provide advice and support, including regular exercise sessions and frequent social activities. If you or a relative or friend has suffered with a heart problem why not come along to one of our drop-in sessions and see what's on offer? It could be life-changing for you, as it has been for many of us.

Those of you who are regular readers, may notice a few changes in the layout in this issue. Many of you will know that I am relatively new to this editing business and am still learning what can be done with the sophisticated software package which I use. My predecessor in the job, the late David Williams, had many years' experience in Fleet Street so he was a hard act to follow in many ways. I am grateful for the tuition he gave me when handing over the job, and many times wish that I were able to call on him for advice.

On Page 39 you will find a list of future events planned. Please support as many of these as you are able, as we rely on income generated by our social events to keep Upbeat running. I shall be organising the Quiz in April so why not get together with a few friends and enter a team? I promise the questions will not be too difficult, but will contain a selection of easier ones so nobody feels dispirited by not being able to get any right! One of the major fund-raisers is the Annual Lunch at Stoke-by-Nayland golf club. Next year's is to be held on March 8th and there's a write-up on this year's on Page 40, so you can see if it's an event that appeals to you.

Once again I should like to express my thanks to all those who contributed items for this issue, and put out my usual plea for contributions for future magazines. I'm always looking for members to write reports on events they have attended. Could you do that? Why not give it a try and see your name in print in the next issue? Thanks.

David

Chairman's Report Sylvia Baker

Since my last report we have held the AGM. Rodney Johnson, Ken Bishop and Peter Maxey decided to step down from the Executive Committee after many years of help and support, for which I thank them. We welcomed new committee members and you can read about them on Pages 12 - 14 of this magazine, or go onto the website, take a look and get to know who is working on your behalf, see profiles and photos so you know us.



We are lucky to have Bill and Clare Kettle, Peter and Ilva Maxey, and Margaret Orr attending the hospitals and rehab sessions, letting new patients know about Upbeat, so that we are getting new members coming along all the time.

This magazine in all its splendid colour is now completely down to our wonderful editor David Axton who does everything himself, saving us money, and we should be very grateful to him as he puts in many hours to create this high standard work. If any of you know somebody who would like to advertise in the magazine please let me know. Advertising rates, which are very reasonable, are shown on Page 21.

We welcome Gillian Leeks and Barbara O'Neill as new tea and coffee makers on Mondays and Fridays at Bury; thanks to you both - it's a great help.

Rosemary Rayson has taken over obtaining provisions for the refreshments, ensuring we do not run out of anything. Again, this is a big help, so thank you, Rosemary.

You will see on Page 39 details of the social group and what they have planned for the next few months, but we always welcome suggestions from members for things we might organise. Please let us know if we are doing what you want.

Always trying to raise our profile, accompanied by Hilary, I have given talks to the Probus Club, attended the High Sheriff's garden party, the hospice breathing clinic, and talked to local councillors. The Probus Club donated money to us and the Suffolk Foundation invited us to be part of their "Shine a Light" project, which resulted in us getting a cheque from Ipswich Building Society, which is fantastic news. Hilary still applies wherever she can for grant aid and thankfully she has been very successful.

It looks as if we can all look forward to another busy and enjoyable year and as we grow, so does the friendship within Upbeat, so keep coming along to sessions and supporting us wherever you can. Thank you all for your continuing support.

Secretary's Report Hilary Neeves

It does not seem possible that I attended my seventh AGM since becoming Secretary in 2010. It has been quite a journey. When I took over as Secretary, I was handed a large brown envelope with some stamps, a list of about three jobs to do during the year, a few copy letters and about three lever arch files of papers. I am now looking around and I have twenty-five lever arch files relating to Upbeat, plus masses of "office stuff" around me. The Secretary's job can be as easy or as complicated as you want it to be depending on the time available. Obviously I had too much time on my hands in the early days!

I had made up my mind to stand down as Secretary at the last AGM, but with no replacement coming forward and members asking me to stand again, I am in for another year. I would really like to reduce the secretarial role and concentrate on obtaining grants for Upbeat. I have really enjoyed working with Sylvia; we make a good team and together we have raised way in excess of £100,000 for Upbeat during our time, either with grants or fundraising events, and we need to thank the Social Committee for all their hard work. I still think Upbeat is such a unique organisation it must be cherished at all costs.

We have had two consecutive High



Sheriffs of Suffolk approach us about rolling out the group across the county and also the Suffolk Foundation's Tim Holder is trying to replicate the model elsewhere. It will only work if they can find a dedicated core of volunteers who actually want to start a group themselves. It cannot be done for them. We can advise and show them our model, but they need to find their own way with their own dedicated team of volunteers. We were very blessed with the early start-up members who took it upon themselves to start this group and will forever be grateful to every single one of them.

We are so lucky, or maybe it is not luck at all. We have all come together with a shared problem and have travelled the road together, caring and concerned for each other. It is the kind and considerate and attentive nature of the group that makes it such a wonderful success. Long may it continue.

Hilary

Treasurer's Report

Valerie Axton



Finances at Upbeat

At the AGM, I was very pleased to report that Upbeat finances continue to be in a very healthy state with reserves that will last us about eight months. Thank you for all your contributions via exercise, the nurse, coffee, 100 club, bonus ball, donations and fund-raising. You do a fantastic job.

Special thanks to Hilary and Sylvia who do a lot of PR work with other organisations and a great deal of form-filling to get Upbeat known and to obtain grants for us. This is very time-consuming work and is very much appreciated. Unfortunately, those responsible for awarding grants want more and more data on the organisation, which is why we now ask you for more information. Please see the piece about membership renewal in January 2018. Thank you.

You will see that we received £1,120.41 from HMRC in Gift Aid for the last financial year. If you pay income tax and you make any donations, PLEASE complete a gift aid form as we can claim gift aid (which is equivalent to 25% of the value of the donation) for all donations over £20. It is a very useful sum of money to Upbeat. Gift aid forms are available at each venue or from me and there is a donation page on Page 34. Easy Fundraising is also a very useful way of raising money when you are using your computer and buying goods via the internet. See Page 47.

Cheques in January / February 2018

In January, lots of information comes to you in our mailing, including asking for money for 100 club, the Annual Lunch in March, and tickets for the raffle. Unfortunately, if we pay in more than fifty cheques a month, CAF bank now charges us for each cheque above the allowance of fifty. Please can I ask you to put all your payments on one cheque so that we do not incur unnecessary bank charges? There will be a reminder on the forms.

Volunteers

As you know we are all volunteers at Upbeat, which is not the case with many charities. When we took part in the 'Shine a Light' Project last year for local Suffolk charities we were the only charity which had no paid workers. We are also getting older. Upbeat is growing steadily, with approximately 750 members and we need more helpers on a regular or occasional basis. Can you help in ANY WAY please? It may only be back-up when people

are on holiday or ill.

Help is needed with the following but these are only examples:

- Setting up and clearing away at all venues - URGENT
- Checking people in, 'Meeters and Greeters'
- Refreshments
- Assistants for banking and finance
- Organising or helping to run social and fund-raising events
- I need someone for a one-off job to self-audit our financial system
- Assistance with the magazine - writing pieces, planning and checking
- Obtaining adverts for the magazine
- Meeting new heart patients at Education events
- Writing policies or analysing/gathering data for grants – Currently we need six new policies to be written as required by the Charity Commission. These are also needed to obtain grants etc.

Membership Renewal

In January 2018, you will receive a form to update your membership. We send this out every three years to keep our records up-to-date so that we have correct details e.g. phone numbers, e.mail addresses, etc. You need to complete this form just to carry on receiving our magazine, whether you attend exercise or not. It is very important it is returned and to make it simpler it can be given in at venues or posted.

We do not share your data with anyone. Names, addresses and telephone numbers are kept at each venue in case of emergency and only a very limited number of members – currently four - can see the full list. Details about members are not given out when requested by other members e.g. an address or telephone number.

General data is collected from our membership details e.g. number of members in IP post district, number of members in a ten-year age bracket, number of male heart patients to female, number of carers etc. This is used to obtain grants.

Sometimes specific data is needed and some members will be invited to contribute. An example of this could be being asked to complete a form about how you are when you join, and assessing any progress you make over the following twelve weeks.

Please do complete the form and return it as soon as possible early next year.

Thank you all for your co-operation.

Valerie

FUND RAISING & DONATIONS February 2017 – August 2017

GRANTS / SPONSORSHIP / GROUP DONATIONS

St. Edmunds Trust Grant	£5,000
Norton W I	£20
St Edmundsbury -Grant for Nurses	£7,875
Probus Three	£466
Sudbury Swing Band / Dance	£700
Gift Aid HMRC - Reclaim	£1120.41

FUND RAISING

Jumble Sale	£950
Quiz Night+ Team Winnings	£326.80
Annual Lunch and Raffle	£1986
Auction of Picture at Annual Lunch	£105
Easy Fundraising	£31.54
Easter Draw – Sexton's Manor	£100
Easter Draw – Newbury	£238
Easter Draw – Long Melford	£67
Hand made Easter Gifts/ Cards	£31.70
AGM Refreshments	£38.76
Musical Event 10 June	£659.73
Long Melford Quiz Night 30 June	£232.15
Strawberry Tea 6 July	£751.90
Car Boot Sales-Pat Pearce	£221.80

DONATIONS – Individual Over £20

Sudbury/ Long Melford Collecting Tin	£69.96
Newbury Collecting Tin	£183.99
Woolpack Collecting Tin	£17.34
Sexton's Manor Collecting Tin	£11.15
Thursday Morning Coffee Group Southgate	£200
Bob Fuller- Small regular donations	£210
Eileen Shurmer- Small regular donations	£35
Rodney Johnson/ GYE Charities Trust- Monthly	£212.50
Miss CL Horricks- Donation to Annual Lunch	£153
RE and SA Addis	£50
M R Roper	£25
John Simmonds	£25
David Deacon – Donation from a talk	£50
Anonymous	£100
In memory of Sally Weston	£426.11
David Catton	£40
F J Peachey	£30
Mr and Mrs Edrupt – Wheelchair sale	£30
Vic Margliani	£25
Julius Badyan	£50
Gill Leeks	£20
R Sprake	£25
David and Valerie Axton	£50
A Everett	£20

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

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This edition of Upbeat magazine has been printed by



Introducing Your New Committee Members



Ilva Maxey

I was born one hundred yards from the sea in Blackpool in 1942. My parents ran a boarding house and at the time it was full of airmen, due to the war. After the war they ran a fish and chip shop for a few years and later went back to running a boarding house as my dad suffered ill health.

In my teens I joined our church youth club and was also in the church choir. That's where I met Peter but we didn't get together until I was sixteen. We were engaged just after my 17th birthday and married on my 20th birthday.

We have two daughters: Tracy and Sheralyne, and in 1970 Peter's job had us moving to London. We bought a house in Chigwell Row, Essex, where we lived for twenty seven years. We were both on the Parish Church Council and helped to run the youth club. I also joined the choir and ran a Christian bookstall in the church for many years, as well as starting the 'Thursday Club', as we did not have a 'Young Wives'.

When both the girls started school I worked as a book-keeper in Stratford, London. Later I became book-keeper for our own company in 1984. We moved to Kedington in 1986 as Tracy had moved there for her work and Sheralyne had emigrated to Brisbane in Australia to marry Roger. Later, in 2006, we moved again, to Great Barton and now live next door to Tracy and Chris in an annexe which Peter built.

We have five grandsons – three in Australia and two next door. I have been a member of Upbeat since 2008 when Peter had his heart attack, and I hope we will be members for many more years.

Des Whymark

I was born in Wivenhoe, Essex in 1944 and my school time was spent at Eastward School in Colchester. On leaving school at the age of fifteen and a half (in 1960) I joined the Royal Air Force as a boy entrant apprentice and remained in the RAF until 1989. My wife and I liked Bury St. Edmunds when we were stationed at Honington so that was a choice of ours to settle down and purchase a house there.

My employment on leaving the RAF was at St. Edmundsbury council as a building surveyor and I am still employed in this position on a part-time basis.



I have been a member of Upbeat for eight years after having had a triple bypass. I have found it rewarding as I am able to assist the heart patients whilst maintaining privacy and supporting the nurses and fitness crew. I have recently joined the Upbeat committee to give support in promoting our cause and will always provide 100% effort in all my duties assisting with heart support in Suffolk.

Rosemary Rayson

I was born in Bury St Edmunds in 1948 and have lived here all of my life. I have one son and one grandson who live nearby.

I left school at fifteen and became an apprentice hairdresser, progressing through to running my own business for the last twenty-four years of my career. I had lots of fun and made many friends over those fifty years.

My heart problems came on suddenly in 2015 and in the September I had heart bypass surgery. I felt very supported by my faith during that time and grateful to be given another chance. After I had done my rehab at the WSH I joined Upbeat and was amazed at the warm welcome I received and the happy atmosphere. Just what I needed! I have benefited so much from the support and friendship from everyone at Upbeat.



Margaret Orr



My name is Margaret Orr and I was born on the 1st August, 1940 at The Old Rectory, Tostock, Bury St. Edmunds. I went to school at Elmswell primary school as there was no school in our village.

At the age of eleven, I passed my 11 Plus and went to the West Suffolk Grammar School in Bury St Edmunds. I left at fifteen (much to the disgust of my headmaster) and started work in the accounts department of SAPP, where I stayed until my marriage to Ray on the 12th May, 1962.

Ray was in the RAF and was posted overseas to Aden in June of the same year and I followed in Sept, travelling by sea on board the SS Nevasa calling at Gibraltar, Malta, Cyprus and Port Said. When we came home we were posted to RAF St. Athan in South Wales and lived in Barry.

Whilst we were in Wales we had a son, Jonathan, born on the 19th February, 1965, who sadly died aged just two weeks.

We then left the RAF and returned to Suffolk when in July 1966 we had a son, Tony, and another son, Chris, in July 1972. Tony is now a policeman in Bury St. Edmunds and Chris is a physio at North Manchester General Hospital. We have six grandchildren, one girl and five boys.

Nicholas Baylie

I was brought up on a small dairy farm in Lincolnshire by my mother and step-father alongside my twin brother and my half-brother. Being on a dairy farm with eventually seventy or eighty milking Friesian cattle we were not unused to hard work, frequently having to get up early on a Saturday morning to help milk the cows when the herdsman had his day off. We all went to Louth King Edward Grammar School. I left in 1959 half way through VIth form and joined Lloyds Bank at a small town called Alford, eventually moving on to the Boston branch. I have to admit I did not enjoy being a bank clerk, giving money away all the time, so I left in 1962 and followed my uncle into the meteorological office where I stayed for forty-one years, retiring in April 2003.



My first posting was at a small RAF airfield called Strubby where they flew Meteors, Vampires and Canberras. I spent most of my career based in Lincolnshire either at Scampton or Waddington but I did also spend twelve years on and off in Germany, both as an assistant and later as a forecaster. I suppose my only claim to fame was as the weather forecaster for the Red Arrows at RAF Scampton in the mid-eighties. Apart from two trips to Ascension Island to help boost my pension, I stayed at Wattisham until my retirement.

I retired from the Met Office in 2003 when I reached my 60th birthday. Then you had no choice of staying on until 65! After leaving I could not sit on my backside and do nothing, so I joined the Ambulance Transport service, which I enjoyed immensely. I suppose I enjoyed helping people and also the driving. My only regret was not being taught driving under 'Blue-Light' conditions – that would have been fun! December 2007 is when things started to go wrong! I was at the Ambulance Christmas party at the Sicklesmere pub when I started to feel unwell, so I quietly slipped off home. My stomach was sore and no matter what I took it did not get better. So at 07.30 on the Saturday morning I called an ambulance. A crew from Stowmarket turned up and asked, 'Who is the patient?'. 'Me,' I said. 'Ok, get in the ambulance.' They gave me an

ECG and said, 'You have had a heart attack.' That is when it all started.

That Saturday night I was taken to Papworth and the following Friday, 21st December, I was under the knife having a triple by-pass. That Christmas Day was the worst I had ever experienced but I distinctly remember waking up on Boxing Day and thinking to myself, 'I feel better today'. By the weekend I was on my way home. After the usual re-hab at WSH I joined Upbeat around July 2008 and I returned to work with the ambulance service in the August, just six months after my attack. It could have been earlier if the physio at Ipswich hospital had not gone on holiday and forgotten to give me the 'all-clear'!

People frequently comment that I look brown. It is because I spend most of my holidays since my retirement in Malaysia. This photograph was taken as I sat in a rickshaw outside a temple in Georgetown in Penang. The only problem with going to Malaysia is the length of time it takes to get there and although food is cheap and very good, alcohol is relatively expensive as it's a predominantly Muslim country, so it is always nice to get home for a decent pint of bitter and of course a return to exercising at UPBEAT!!!



A Big Thank You To Phil Goodyer



My first official duty as your vice-chairman was to gratefully accept a cheque for £700 from my good friend Philip Goodyer. Phil and his wife Jacqui ran a mid-summer dance at the Delphi Centre, Sudbury, dancing to the Ipswich-based Swing Band, seventeen musicians and singers. The night was a sell-out and Phil and Jacqui, donated their profits to us. Thank You, Thank You, Thank you.

Brian Richell

Vice-Chairman

OOPS! Amusing extracts from medical notes

- Whilst in A&E, she was examined, x-rated and sent home.
- Patient has two teenage children but no other abnormalities.
- When she fainted, her eyes rolled around the room.
- The patient refused autopsy.
- Between you and me, we ought to be able to get this lady pregnant.

Fire Calls

Bob Leader recalls twenty years spent as a retained fireman on call with the Suffolk Fire Brigade

scale blizzard is raging, and East Anglia is doing one of its credible imitations of the frozen Arctic. Your brain is shattered, and your multitone pocket alerter is shrieking its urgent bleeping.

Somewhere out there in the howling, hostile night, there's a blazing inferno, or a piled-up road traffic accident with bloodied human bodies and mangled vehicles scattered over black ice -- or perhaps it's just a slice of burnt toast setting off somebody's over-sensitive automatic fire alarm. You won't know until you get to the Fire Station, and whatever it is, you have to respond to the call.

That was just one of the joys of being a retained fireman, on call 24 hours a day, 365 days of the year. And it's not just when your nicely tucked up in bed that the inconvenient call-out comes. Emergency situations happen when they happen. The bleeper has no respect for those most intimate moments of your private life, no coyness about whether you're in the bath, on the loo, or even making love.

Make no mistake, carrying a Fire Service bleeper is a definite pain. Constant interruptions dominate your life, and elicit howls of frustration from your luckless spouse. And yet, most of those who carry one would not be without it. I've collected my own Twenty Years Long Service and Good Conduct Medal from the Suffolk Fire Service, and I have no regrets. In fact, now that I'm retired and bleeperless, I find I miss the damned thing.

Now I can actually finish every meal I start, take the time to soak and luxuriate in a hot bath, and sleep peacefully right through every night; but sometimes I would just rather be riding that big red engine again, with the blue lights flashing and the adrenaline pumping as I struggle into the harness of a breathing apparatus set. It was often hard, dirty, hot, and even dangerous work, alternating with the frustration of the "Mickey Mouse" calls, as we dubbed the false alarms, the routine of small chimney and grass fires, or the boredom of just waiting on stand-by. But in action or waiting, you are always a part of an elite team, always ready for the 'Big One'.

It's three o'clock in the morning and you are wrenched out of a cosy, dreaming sleep like death catapulted out of a coffin. It's mid-winter and outside your bedroom window a full-



It's hard to know precisely how many lives the Fire Service saves. A "Persons Reported" message gets the blood pounding more quickly than anything, but mercifully live person rescues from burning buildings are relatively rare. The most common life or death situation is the road traffic accident. Here you work to free casualties as quickly as possible, without adding to or exacerbating the injuries they have already suffered. The final battle will usually be carried out by surgeons at the nearest hospital, but you have the satisfaction of knowing that if you have worked carefully and quickly enough, then you will have added to that person's chance of survival as the ambulance ferries them away.

On one occasion we arrived on the scene just as one of the crashed vehicles burst into flames. The driver was trapped, helpless behind the wheel, his feet crushed up between the foot pedals, and I shall never forget his horrified face, framed in the broken glass of the shattered windscreen and wreathed in tongues of leaping fire. Two of us hit the road running to whip the hose-reels, always the quickest means of attack, from either side of our machine, and I know for certain that on that day we did save a life.

Of course, for all of us old timers, our year of pride and glory was the hot summer of 1976. I was part of the fire crew at Brandon, and through July and August I never finished a single meal or slept a full night at home. We were in the heart of Breckland

and ran 'til we were exhausted from one forest fire to the next. We finished that scorching summer with a plane crash. A Phantom jet from USAF Lakenheath nose-dived immediately after take-off with a full load of aviation fuel on board. In those tinder-dry conditions it set four square miles of fir plantations alight. Adrenaline-pumping stuff indeed!



Waiting to go into the Sports Centre

In 1979 I transferred to Bury St. Edmunds, then a three-pump station, with the second and third pumps still manned by retained crews. In March the following year, at four-thirty in the morning of the 19th, the Bury St. Edmunds Sports Centre was completely destroyed by fire, an incident involving seventy men, fourteen major pumps and a turntable ladder. The fire had started in the cafeteria end of the upper building and when the first pumps arrived strong winds had swept the flames through the full length of the roof.

The first breathing apparatus teams to go inside were quickly pulled out again when the roof started to collapse. I went in twice with the second waves of BA teams

allowed in after the roof was down, hauling a fire-fighting jet up the concrete central staircase that gave us some protection from any further collapse, but there was no way to beat that particular fire. Fifteen hours later we were still there, sweat-soaked and smoke-blackened, wearily damping down a huge pile of twisted girders and steaming debris. But we didn't really lose that fire. As any fireman will tell you, it's still a good stop if you save the foundations!

So was it all worth it? Of course it was -- and there are always vacancies for those who can still do it. Most of East Anglia is covered by retained fire stations where crews are on bleeper call as and when they are needed, and even the few full time stations also need retained back-up. A full fire-crew is six fire-fighters, which means that to allow for sickness, holidays, and those times when you just can't respond, the ideal is for twelve fire-fighters to be on call for each pump. However, the demands of most modern employers mean that not many people in full-time employment can make the total commitment needed for what is technically a part-time job so many stations are often short of crew. I was writing through most of my Fire Service career, and for the last few years I was also self-employed as Rainbow Painting and Decorating.



Actually, it was not quite a total commitment. It was recognized that even retained firemen are only human, so we were only expected to make 65% of the station's total number of calls. Training was then an initial one-week course, and then a two-hour drill night once a week.

So if you are a fit and healthy insomniac who doesn't mind interrupted meals, and interruptions to all those other delicate activities which ordinary mortals expect to conduct in peace and privacy, then why not give it a go? Serving your community brings its own reward, and just one life saved, or one rampaging fire stopped in its tracks, makes it all worthwhile. Plus you're almost guaranteed a cheerful, wise-cracking camaraderie that you won't find anywhere else. London's Burning got that part right at least.

I know that I'd do it all again, if I hadn't had the heart attack and if only they'd let me.

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

**DON'T KEEP THE MESSAGE OF UPBEAT TO YOURSELF -
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Upbeat Magazine, published twice a year, is distributed free to all members. Copies are also placed in 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 friends and to other people such as your dentist, chiropodist, physiotherapist, or church or other group.

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Coping With *Stress* By Nurse Mandy Scales



Stress is the feeling of being under too much mental or emotional pressure. During moments of stress the body secretes the hormones of adrenaline, cortisol and norepinephrine and the body thinks it is under attack so prepares for physical action, which is often called the “fight or flight syndrome”. These surges of hormones will cause our muscles to tense, breathing will become rapid, the heart will beat faster and the blood pressure will rise.

In the short term an amount of stress is good for us because it can energise, challenge and excite our bodies. However, if we are exposed to stress in the longer term then these surges of hormones can contribute to other illnesses such as irritable bowel syndrome, panic attacks, depression, insomnia, colitis, gastric ulcers, high blood pressure and heart disease.

Whilst we cannot control certain major factors that can cause us stress such as bereavement, illness, relationships, financial or work problems we can learn how to cope better with the feeling of stress. Eating healthily, staying hydrated, exercising, enjoying hobbies, socialising with family and friends, not being a slave to technology, getting out in the fresh air, as well as learning to say “no” in some situations can help us stay in control.

Learning how to relax can be a valuable tool, and practising “mindfulness” and diaphragmatic breathing can help achieve a feeling of relaxation. Mindfulness has become a modern word but it just means living in the moment, and becoming more aware of how our thoughts, feelings and senses connect to our immediate surroundings. Noticing the simple pleasures of life, such as the smell of new-mown grass, listening to birdsong, seeing the reflection of trees in a river, can help calm and relax you. Practising mindfulness means not overthinking situations, not anticipating what might happen, or reliving the past. Trying new things or doing things a different way can help our minds notice the world in a different way.

Alongside practising mindfulness it is very beneficial to learn how to control and calm your breath. Breathing from the diaphragm (or abdomen) acts as a natural tranquiliser to calm and soothe the nervous system. When you watch babies breathe you notice that they breathe naturally from their diaphragm but as we grow up we forget how to do this. When we are anxious or upset we take small quick breaths, causing only the upper chest to move. This type of breathing can make you feel more anxious or dizzy, and cause palpitations and angina.

Learning diaphragmatic breathing is not difficult and is taught in yoga practice. First find a quiet place either to sit comfortably with your back supported or lie down. Loosen any tight clothing. Let one hand sit loosely on your abdomen and the other on your chest, then close your eyes. Breathe in through your nose and concentrate on keeping your chest still. Pull the air down to your belly and feel it inflate like a balloon, before letting the air slowly expand your ribs and fill your upper chest. Your shoulders will naturally rise at this point. Try to do this to a count of five. Now slowly let out your breath through your mouth, deflating your belly first, before letting the breath out from your upper chest. Your shoulders will naturally fall. Try to do this to a count of seven.

The “out” breath should always be a little longer than the “in” breath. Do not strain or let your mind wander; just focus on the air being breathed in through your nostrils and out through your mouth and keep your mind just on your breath. Keep breathing like this for two to three minutes, and as you relax you should feel your heart rate slow and your mind will become calmer.

With regular practice the art of this type of breathing will become easier, encouraging deeper relaxation and inner peace.

Ref. NHS stress website. BHF Heart manual. Yoga for stress (Vimla Lalvani).

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:

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

Visit by the High Sheriff of Suffolk

The High Sheriff of Suffolk, Geoffrey Probert, came along to Long Melford in May to see what Upbeat was all about.

He actually did a little exercise with Maureen and the class as well as having his blood pressure checked by Mandy and having coffee made for him by Martyn.

He was very impressed and wrote out award certificates in recognition of the valuable work done by several of our members namely: Sylvia and Alan Bambridge, David Camp, Hilary Neeves, and Rodney Johnson:



Sylvia and Alan because they attend every session, always helping out at the front desk. They attend care groups on our behalf and Sylvia organises the theatre trips. They have been associated with Upbeat for many years and are very well respected. Unfortunately, Alan is not too well at present and they both were very touched by this award.

Hilary works tirelessly for us. She attends most sessions, chats to members, and does lots of computer work. Obtaining grants, filling in forms and applications, is not

easy and takes up a lot of her time. We are lucky to have her so she again deserved the award.

Rodney has been with us almost since Upbeat was formed. His banking knowledge and attention to detail helped us write our Constitution and to this day he still banks and agrees the monies collected. He is a true gent and has earned the right to ease off a bit. He retired from the Executive Committee this year, but we have had lots of his time and he deserved this award.

David also has been with us for many years, much of that time as Upbeat Treasurer. He is really knowledgeable about all matters and people, past and present, and deserved to get an award for his services to Upbeat.

The Sheriff invited Hilary and myself to attend his garden party, which took place

recently. What an experience! He lives in a beautiful house in Bures and upon arrival we were greeted by a court jester wearing a striped suit and a three-cornered hat with bells on. The Sheriff was dressed in an old-fashioned style: black velvet, buckled shoes and sporting a sword. There were minstrels, dressed in Tudor clothes, playing old-fashioned instruments and also three sets of Morris dancers ready to entertain us. The house is set in a lovely garden, and we were served with nice food and drink. We also had a chance to mix in the "Chain Gang" - mayors from all over Suffolk plus their partners, all wearing their chains of office. We renewed friendship and association with Suffolk Foundation members who were among the other guests. They have been really helpful with grants and funding. We also talked with 'Shine a Light' project people, whose work you can see on You Tube. We had a lovely time and were able to do some useful networking, generally raising Upbeat's profile.

This was a very nice occasion but standing for over two hours in heels was a bit hard!

Sylvia

Rodney was presented with his certificate at Upbeat's AGM in May. He is shown here accepting the award. Afterwards he wrote to Sylvia:



Dear Sylvia,

At the AGM yesterday I was taken by surprise and had not quick enough wit to think of an adequate response. In writing today I address you and all who are or have ever been members of Upbeat. I much appreciate the certificate from the High Sheriff, your card, and the kind words, and accept the 'Swan' gift voucher with many thanks.

The efforts Ella and I put into Upbeat over the years are far exceeded by the rewards of friendship, support and love shown to us, particularly at the time of Ella's last illness and funeral. For this and the continuous support which Upbeat, through its members, provides I shall ever be grateful.

The Upbeat style of exercise, support and friendship will always be a need of heart patients; the very effective efforts made over recent years to raise Upbeat's profile and secure funding are a credit to you and Hilary in particular. I hope these efforts will encourage more to join and exercise. LONG LIVE UPBEAT! I look forward to many more active years of membership.

Yours affectionately,

Rodney



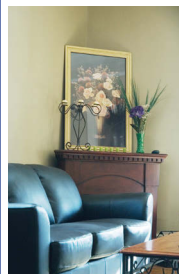
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Action in an Emergency

Whilst we never want to think about the possibility of having to phone 999, having the skills and confidence to act in an emergency can really be helpful to ensure our loved ones (or ourselves) receive the best possible treatment as early as possible.

To help give Upbeat members the basic skills and confidence to act in an emergency, we are proud to offer some practical training sessions on what to consider when making the 999 call, and things we can do before the arrival of the ambulance.

The session will last 1 hour and include following:

- 1) CPR.
- 2) Recovery Position.
- 3) Using an AED or Defibrillator.
- 4) General actions in an emergency.

Please enquire with a member of the Upbeat Committee for specific dates when training will be held, in the meantime here is a basic outline of what to consider.

Assessing the Casualty

When we are assessing the casualty, work through a process called **DR ABC** (Doctor ABC)

Danger – Is there any danger to us or the casualty?

Response – Is the casualty responding to our voice or touch?

Airway – If they are not responding we need to tilt their head back and lift the chin up.

Breathing – We need to bring our head down to their head and check for breathing by looking for chest movements, listening for breathing, and hearing for breathing. Keep the head back and the chin lifted while checking for breathing.

Circulation or CPR – If they are breathing 'normally' check for injuries and put them in the recovery position. If they are not breathing 'normally' phone 999 and start CPR with 30 chest compressions and 2 breaths. You only stop CPR if they start to wake up, the ambulance crew arrive and tell you to stop, or you become exhausted.

Making the 999 Call

Once the call handler has established your location and name, they will quickly ask you some broad questions about your reasons for the 999 call. Their aim is

to identify very early any 'red flags' which could include chest pains, breathing problems, lowered consciousness levels. If the call handler determines they have time, they may ask further questions. Quite often people feel these questions delay the arrival of the ambulance, but in reality a crew have already been dispatched and the call handler is gathering further information to update the crew en route.

To help the crew arrive at your address without delay also consider the following:

- Give them a clear address.
- If possible, ask someone else to wait outside in a visible area.
- If possible, leave your lights on and leave the door open.
- Secure any dogs in the house in an unoccupied room, as they may be a danger to the crew on arrival.
- If you are on your own and have to give CPR to a casualty, leave the door open so the ambulance crew can enter the house.



I hope this information helps you act more confidently in an emergency, and that you can attend one of our practical training sessions organised by Upbeat.

Martyn Blackford

Upbeat Exercise instructor / Community First Responder
East of England Ambulance.

OOPS! More amusing extracts from medical notes

- The patient has been depressed since she began seeing me in 1993.
- She slipped on the ice and apparently her legs went in separate directions in early December.
- Patient was seen in consultation by Dr Smith, who felt we should sit on the abdomen and I agree.

UPBEAT'S MAGICAL MYSTERY TOUR

On Thursday 27th July thirty-two members boarded a very comfortable coach for a mystery tour. Naturally we were all wondering where our final destination would be. The organiser, a member from the Sudbury club, was unfortunately not able to join us, so no clues there!

Having picked up the Bury members, we joined the A14 at the Sugar Factory, heading towards Ipswich. After reaching the Ipswich turn-off we travelled through the town and stopped in a side turning where the notice board on the gate said Christchurch Mansion. We alighted from the coach with surprise as most passengers didn't know of it. Sylvia told us

all to walk up to the house entrance where we were greeted by two guides, Marjorie and Brian, who were waiting to give us a very interesting guided tour. Because we were quite a large group, we were split into two, each with a different guide.



We learned that the House, 70 acre Park and Arboretum were given to the people of Ipswich by the last owners, the Tolly Cobbold Brewers. The house had quite a chequered history, being built between 1548 and 1550 on the site of a former priory, which suffered at the hands of Henry VIII. The house passed through the ownership of several large families before being bought by Felix Cobbold in 1894 to save it from demolition.

The Wolsey Gallery in the house had on display some beautiful paintings by Gainsborough as well as other artists, and also some very unusual furniture dating back over the years.



After about an hour or so, which was not nearly enough time, we boarded the coach again to go on to our lunch stop, which turned out to be quite close by at Isaac Lord's by the harbour.

We had intended to spend some time looking at the Marina after lunch but in true tradition the weather was against us with strong winds and rain so we boarded the coach for home, tired but looking forward to a longer visit in the future.



Shirley Saunders

Photographs courtesy of Giles Washbourn

Meet Our Patron, Daemmon

Chief Executive Officer Treatt, UK



Daemmon first became aware of Upbeat and the important work that is being carried out in the local community in 2013. He says: "I am delighted and humbled to be a Patron and really enjoy working with the Upbeat team and seeing the difference they are making. Upbeat continues to grow and word is spreading both locally and within Treatt about the fantastic social, health and exercise classes available."

We thought it would be nice to get to know Daemmon a little better and find out how he came to be Group CEO of local business Treatt.

Over the years, Daemmon has developed his passion for finding the perfect flavours and travelled the world seeking out ingredients for the finest flavours for some of our favourite drinks. Originally from Suffolk, Daemmon joined ingredient manufacturing company Treatt twenty-six years ago and has risen through the ranks from analytical chemist to CEO. Quite an achievement for someone who was initially turned down by the company!

"I didn't get the first job I came for at Treatt," Daemmon recalls. "Several weeks later they called me for a different job and I thought I'd give it another try. This time I was successful and I haven't looked back since!"

After several years working in the laboratories and manufacturing to learn the grass roots of the business, Daemmon was offered a position running the purchasing team. "I hung up my white lab coat and spent ten fantastic years travelling the world and meeting suppliers," says Daemmon. "I was lucky enough to visit around forty countries, sourcing raw materials for use in flavouring beverages. I travelled a lot to South America and Asia and met some fantastic people. I've been to Brazil about fourteen times but only ever saw the beach on my way in and out of the country!" His travels have brought many memorable experiences.

"I slept on concrete benches at a juice factory in remote Southern Iran for two nights while sourcing grapefruit and have lost count of the hours I've spent on trains

travelling through central China. I even got lost in the Tanzanian jungle while trying to find a farm that grew nutmegs. Just as it was getting dark and we were getting really worried we were found by some locals who escorted us to safety."

On another occasion, Daemmon dramatically jumped from a moving car in China as it headed towards a cliff! "The driver had only just passed his driving test and was showing us around a hilly area of central China," he recalls. "It had rained for several days, and as we were climbing a hill the wheels started spinning and the car began to roll back towards a sheer cliff. I threw myself out of the car which, fortunately, stopped just in time!"

Daemmon explains that all the drink flavours supplied by his company come from essential oils. "Most people associate essential oils with aromatherapy but that's just a tiny fraction of the market," he says. "Most essential oils are used to flavour food and drink, including nearly all types of squash and fizzy drinks."



He adds that the oils are by-products of the juicing process so are completely natural. The skill lies in sourcing the finest oils and then creating consistency of flavour. "There can be huge variations in the oils," Daemmon explains. "For example a lemon grown in Argentina will taste very different to one from Spain. It's our job to standardise the oils using the distillation process so that whether you enjoy a particular drink in Sudbury or Seattle it tastes exactly the same!" All of the people who work at Treatt play a part in taste-testing flavours.

The company sells its flavours in seventy countries worldwide.

"There will hardly be a shop or a pub where you won't find drinks with our ingredients in them," says Daemmon. "Unfortunately, I can't name names due to confidentiality agreements, but we supply some global and multi-national beverage companies, right through to brewers and tonic manufacturers. I get a real buzz from seeing our products on supermarket shelves or having a pint of craft beer containing one of our ingredients or better, hearing others get excited about a beer we are in."

Treatt is already supplying flavours to fifty breweries globally and also working with brewers locally in Suffolk. "People used to ask for a pint of bitter or lager - now they have a huge choice of beer genres and flavours, from single hopped IPA's to watermelon or chilli flavoured beer!" adds Daemmon, who has a huge passion for

craft beer and whose 'one day' dream is to start his own brewery and have a tap room.

In 2010 Daemmon was invited to run the US operation which meant re-locating to Florida. Two years later he became Group CEO and was given a choice of moving back to the UK or staying in the US.

"I ended up doing both – travelling back and forth between countries, spending two or three weeks in each," he says. "At one point I was officially Virgin's Number 1 US based flier!"



The constant travelling between countries also resulted in another unexpected and life-changing twist in Daemmon's life – he met his wife, Gemma, on a plane to Florida. "I was going home and Gemma was visiting Florida on business," said Daemmon. "We got chatting and by coincidence we discovered that ten years previously Gemma had lived in Florida only ten minutes from where I was!"

"Shortly after we met, Gemma invited me to her 40th birthday party which she was planning for the following year – our relationship developed and Gem's 40th turned out to be our wedding day. We share the same birthday and that was the day we got married!"

Daemmon has seen huge developments in the soft beverage industry. "Flavoured waters and functional drinks have become really popular and there's a huge range in our supermarket aisles. Innovation is rife.

"Cucumber flavoured tonic is trending, partnered with the rise in artisanal gins and newly introduced citrus extracts, such as blood orange and grapefruit, are currently in vogue for beer but orange, lemon and lime will always dominate the wider beverage market. In the US there's growing demand for tea extracts for the iced-tea market but it's never really taken off here in the UK.

"People today are really interested in what they are eating and drinking - they demand authenticity, and like to know where their food comes from."

He says that the main challenges for drinks manufacturers are sugar reduction, authenticity and flavour and Treatt helps give beverage manufacturers that point of difference in a competitive marketplace.

"The Holy Grail of the beverage industry is finding ways to reduce sugar without negatively impacting flavour, and we use a process which allows us to have products which have the flavour of sugar without the calories and carbohydrates."



Treatt moved to Bury St Edmunds in the early 1970s, employs 185 people locally and is one of the largest employers in the area, as well as a significant contributor to the region's economy. In order to expand and take Treatt to the next stage of its development, the company is planning to relocate from its current location across seven acres and six separate units in Northern Way, to a new ten acre site within the Enterprise

Zone on the Suffolk Business Park, also in Bury St Edmunds. This will enable Treatt to have facilities which will revolutionise the business and excite customers even more, as well as improve efficiency and accelerate growth.

"There's always something new to learn and discover and you can never know enough – that's what makes my job so much fun," says Daemmon.

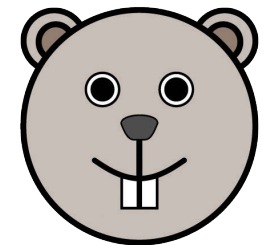
Smilng is infectious; you catch it like the flu.
When someone smiled at me today, I started smiling too.

I passed around the corner, and someone saw me grin.

When he smiled I realised, I'd passed it on to him.

I thought about that smile, and realised its worth;
a single smile like mine, could travel round the earth.

So if you feel a smile begin, don't leave it undetected,
Let's start an epidemic quick, and get the world infected.



OOPS! More amusing extracts from medical notes

- The patient has no previous history of suicides.
- On the second day the knee was better; on the third day it disappeared.
- I saw her for her ankle and I'd like you to run over it.
- Discharge status: alive, but without my permission.

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!

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Quiz Night at Long Melford

On Friday 30th June Upbeat held a Quiz Night at Long Melford Old School and around fifty members and friends attended for what proved to be a very enjoyable, entertaining and informative evening.

The quiz was set and run by Brian Richell, ably assisted by his wife Annie, who kept a tally of the scores from each round to determine a winner for the evening. The evening was set up by Val Carr.

A varied and eclectic range of questions were presented from Trivia to General Knowledge, taking in Sport and Entertainment along the way, even having a "Wally Test" round for the lateral thinkers amongst us. The questions were of varied degrees of easiness or not, as the case may be, but it did allow some of us to get some right!

The theme was to enjoy ourselves and nothing was taken too seriously.

Martyn Roper kindly provided tea and coffee and nibbles were provided to help get the grey matter working.

The winning table were 'Vicky's Adventurers', who enjoyed a magnificent prize which must have made turning out even more exciting!! Along the way, Upbeat found themselves the richer by £232.15, so a win/win situation for all.

Thank you, Brian, for a great evening – hopefully we can do it all again next year.





Thank you for the music

On June 10th Upbeat members gathered at Great Barton village hall for an afternoon and evening of musical entertainment organised by Brian Richell. The tables were nicely laid, with little vases of summer flowers making the venue even more attractive.

Brian started off the entertainment with a few jokes and short stories and later we had the 'Purple Harmony' shanty singers, fresh from their appearance at the Apex Theatre in Bury. Sandy, Ian, Mike, Barry and John gave us two very entertaining sessions and were a great success!

Our resident six-piece band, delighting in the name of the 'Heart Throbs' and consisting of Hilary, Karen, Yvonne, Giles, Barry and Martyn gave us a selection of tunes and Gillian Grinham, a friend of Beth's made us all laugh with her Joyce Grenfell Impressions, as did Martyn with his true story of an adventure in Sudbury!

During an interval in the proceedings a sumptuous tea of various sandwiches, cakes, scones, ice creams and much more was provided by the ladies in the kitchen. For all the goodies, many thanks to all who contributed.

Valerie read us a poem, 'Monday Morning Mouse Chase', written by David, putting yet another smile on our faces.

Beryl, our very own tap dancer, performed brilliantly to Mrs Mills playing 'By the Light of the Silvery Moon' - another great display, Beryl!

The afternoon was brought to a close by Brian singing his solo from the Apex Concert and being joined on the Karaoke by Sylvia and Hilary.

Finally from all of us who sat and enjoyed the proceedings, to the ladies in the kitchen, John, the man on the door, the ladies who ran the raffle, and all those who helped set things up and get everything ready: Many, many thanks to you all for making the afternoon very enjoyable and a financial fundraising success for Upbeat. The event raised the wonderful sum of £659.73!

Annie Richell

New Members February - August 2017

David and Elizabeth Baldree	John and Geraldine Debenham	Peter and Evelyn Payne
Barbara Bannister	Alan and Dorothy Feaver	Neil and Sally Paxman
Jean Bennet	Ivan and Honor Fitch	John and Susan Riley
Stuart and Mary Blackburn	Madge Harvey	Paul and Chris Rowley
Liz Boyles	Ulla Holmer	David and Margaret Smith
Ron and Pat Brown	Sheila Keeley	Barney and Dorry Squirrell
Geoffrey and Sybil Butcher	Jenny King	Pauline Stockwell
Denis and Julie Carter	Linda Martin	Helen Sturdy
Frederick and Angela Carver	Alan and Christine Morgan	Lawrence Sturdy
Alan and Louise Chapman	Michael and Hilary Morse	David and Susie Tweed
Dennis and Diana Coleman	John Newton	Robert and Janet Wakerley
Barbara Colman		Andrew and Glenda Waldock

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 2017. Members who joined after that date will be shown in the next issue of the magazine in Spring 2018.

100 Club Winners

February	1st Prize Mr Brian Clark £100 Number 166 2nd Prize Mr James Dillon £19.50 Number 032
March	1st Prize Ms D Crangle £100 Number 233 2nd Prize Mr G Bragg £24 Number 070
April	1st Prize Mr G Bragg £100 Number 070 2nd Prize Mrs H Neeves £26 Number 207
May	1st Prize Mrs J Porter £100 Number 238 2nd Prize Mr & Mrs D Woodward £26 Number 067
June	1st Prize Mr J Badyan £100 Number 213 2nd Prize Mr S Dennington £26 Number 125
July	1st Prize Mrs Y Orbell £100 Number 082 2nd Prize Mr B Bowell £26 Number 030
August	1st Prize Mrs R Howell £100 Number 198 2nd Prize Mrs J Cushing £26 Number 152

The value of the second prize increases if more people join the 100 club during the year.

October

14th 7 pm at Gt Barton Village Hall
Dance & Musical Entertainment by Freddie Chenery Fish & Chip Supper inc. £10

December

7th Bury Christmas Meal at Ashlar House
£25

8th 'Christmas Spectacular in the Land of Oz' Snape Maltings £41 inc. coach

12th Long Melford Christmas Meal at Cock & Bell in Long Melford cost tba

15th 8 - 9 pm Sexton's Manor Christmas Party & Raffle

19th 10.30 am - 2 pm Long Melford Christmas Party Brian providing music

20th 10.30 am - 2 pm Newbury Christmas Party Brian providing music

20th Sessions End until 2nd January 2018

January

18th 12.30 - 3 pm 3-Course Meal at Newbury Centre by Mrs Hubbard Raffle & Bar

February

17th 12- 2pm Jumble Sale Newbury Centre
Tea/Coffee Refreshments available

March

8th 12- 5 pm Annual Upbeat Lunch
Stoke-by-Nayland Golf Club Speaker: Mark Murphy from Radio Suffolk Raffle £26

Date tbc 7 - 11 pm 'Old Tyme Music Hall'
Gt Barton Village Hall Fish & Chip Supper

Future Events

These social activities help to raise much-needed funds to keep Upbeat going so we hope you will support any which appeal to you.

Brian Richell is organising this and needs entertainers to come forward
£10

April

Date tbc Theatre Trip Suggestions welcome

20th 7 -9 pm Quiz Night at Newbury Centre Fish & Chip Supper Bring your own drink. David Axton officiating
£10

May

15th AGM at Southgate Centre Wine & Nibbles All members welcome

June

Date tbc Chrissie Medcraft is organising a mystery Treasure Hunt around Bury. More details later.

22nd 6.30 pm Long Melford Quiz Night

July

5th 2 - 5pm Strawberry Tea Newton Green Village Hall £8

Yet to be confirmed: Mystery Tour, River Trip, Theatre Trip, Bingo Session, plus any other ideas you may suggest.



Stoke-by-Nayland, Here We Are Again!

What a beautiful morning! It's the second Thursday in March – the 9th – the day of the Upbeat Annual Lunch!

So it came to pass that members old and new made the familiar journey to Stoke-by-Nayland Hotel Golf and Spa in unseasonably warm and sunny weather. However, there are no trainers, shorts, or sleeveless tops in sight among the Upbeat crowd. Members and friends (all 127 of them) are attired in suits, jackets and ties, best frocks and attractive tops and skirts. What a revelation! Upbeat really has class and can rise to any occasion.

For the duration our regular Master of Ceremonies, David Deacon, guided us through the formalities, with a story or two thrown in. As for the meal, as usual it was hot, succulent and tasty, with a range of meats to choose from and mouth-watering desserts - probably not what the nurses would recommend but, hey ho! It's only once a year and I do believe that over the following weeks the instructors have vented their revenge.

Before we all went into afternoon siesta mode, our MC introduced the guest speaker: former Royal Family Protection Officer, David

Reeve. His was a telling and often humorous presentation of some of his experiences, without giving away any indiscretions! It certainly entertained me and stayed my afternoon nap! The one telling anecdote David revealed related to an invitation to take lunch with the Queen Mother. Now, if you or I had that invitation what would our major concern be? Formal or informal dress? Tidiness and style of hair? Spotless hands and fingernails? Worrying about knocking over a glass or spilling food in your lap? Not for David. He was only terrified that 'greens' would be on the menu! For me, he was an excellent choice of speaker.

Concluding the afternoon was the Grand Draw, once again with dozens of donated prizes and even a mini-auction, all of which swelled Upbeat funds by the remarkable sum of £2,071.

A big 'Thank you' goes to all those who organised and administered the lunch. Hope to see you all again in 2018 - and don't forget to eat your 'greens'.

John Stemp



Downbeat - Julius shares some information on his rare condition

Martin McGuinness died at the age of 66 with the same heart illness as I am suffering from at the age of 91 - amyloidosis. My story started when my GP rushed me from his surgery to hospital by ambulance with suspected heart attack. It was not a heart attack but I spent the next week between West Suffolk hospital and Papworth having a variety of tests and blood-giving every day. At the end I had no diagnosis and did not see any doctors or consultants. For the next few months I continued having tests, including echocardiogram, and angiogram and finally an MRI scan. I had to ask for results and after a few weeks I was diagnosed as suffering with amyloidosis.



The illness is rare, fatal and there is no medication, no treatment or management of the condition. It forms deposits of abnormal chemical protein (amyloids) on tissues and organs and stops them working properly. Deposits can cause heart failure at any time by inhibiting efficient pumping of blood around the body, leading to organ failure and death. For the rest of last year I visited consultants who offered me interest and sympathy. A few months ago I found on an internet site that there is in fact a National Amyloidosis Centre at University College Hospital in London, which appears to be unknown to any cardiac consultant and which offers, apart from diagnosis, a variety of specific tests, advice and support. My GP was happy to refer me to them and for three days I was offered not only a daily variety of tests but b&b accommodation nearby. Apart from clinical trials they carry out ongoing work on finding treatment and drugs to monitor amyloid deposits. I am lucky. I am an "asymptomatic" case, suffering no side-effects, and will continue, hopefully, to lead a normal life until the end.

For more information on this rare but serious condition, refer to the website:

<http://www.nhs.uk/Conditions/amyloidosis/Pages/Introduction.aspx>

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WEEKLY EXERCISE SESSIONS

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

Tuesday mornings at the Long Melford Old School, Long Melford 9.30am-12.00 noon.

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.

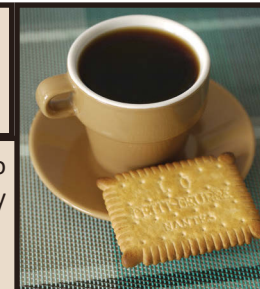
The Upbeat exercise sessions are supervised and run by qualified instructors and normally attended by a cardiac adviser but please remember **YOU EXERCISE ENTIRELY AT YOUR OWN RISK**.

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.

Coffee Mornings



Friday night may be music night or, for those of us who go back even further, maybe it's 'Amami' night, but Thursday morning is Coffee Morning time!

Upbeat's coffee mornings at Southgate Community Centre are a regular feature and give members the chance to get together over a cup of tea or coffee and have a natter and a biscuit or two. You don't have to be a regular attender - just drop in whenever you feel like it and you're sure of a warm welcome and sympathetic and reassuring company and there's usually plenty of parking.

The dates for the forthcoming months are shown below, and if you'd like any more information, please call either Rodney on 01284 754844 or Ann on 01284 750980. We look forward to meeting you.



October
12th, 26th

April
12th, 26th

November
9th, 23rd

May
10th, 24th

December
7th, 21st

June
7th, 21st

January 2018
4th, 18th

July
5th, 19th

February
1st, 15th

August
2nd, 16th, 30th

March
1st, 15th, 29th

September
13th, 27th



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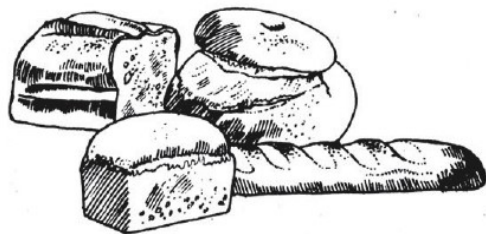
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Register at: www.easysearch.org.uk/register.

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

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

Remembering Upbeat in Your Will

We know that the companionship, support, and supervised exercise which Upbeat provides are greatly appreciated by members and their carers who understand and value the many benefits the organisation brings. You will have read many times in this magazine that we continue to function only because of the goodwill of our many volunteers and because of the income generated by fund-raising, successful grant applications, and generous donations. All gifts and donations are greatly appreciated and go towards financing our day-to-day operating costs, including paying our excellent cardiac nurses and qualified instructors and meeting rental costs on the different venues.

If you, or a friend or family member, have benefited from Upbeat's provisions, maybe you would consider leaving a legacy to Upbeat in your will. Any such legacies to charity are deducted from the estate before inheritance tax is calculated. Our Registered Charity Number is 1087415.

OOPS! More amusing extracts from medical notes

- **Examination of genitals revealed that he is circus sized.**
- **The lab test indicated abnormal lover function.**

Absent Friends

Joyce (known as Sally) Weston



Joyce was given the same name as her mother which years ago was the custom, but she soon got fed up with all the mix up and confusion over them having the same names so she became known as Sally to her friends and family.

She was born in Wembley, London, where fifty years ago she met and married Chas. They celebrated their golden wedding anniversary last year. They had a son, David, who lives locally and daughter, Julie, who lives in Australia.

Sally and Chas moved from London to the Cornard area in Sudbury and then on to Newton Green.

Sally started work in the 'Prologue' factory in the warehouse to help out on a seven-day temporary position. This lasted twenty years, although she was never actually made permanent.

Sally liked to be busy and helped out at the local school listening to children read, as well as being very active at the Newton Green village hall. She was starting to learn about Tai Chi from another Upbeat member, her friend Joyce.

After her heart problems she joined Upbeat and remained a member until, unfortunately, she collapsed during a session recently and was taken to West Suffolk Hospital where, sadly, she passed away.

It was a big shock and a very sad day for Charles and all her friends.

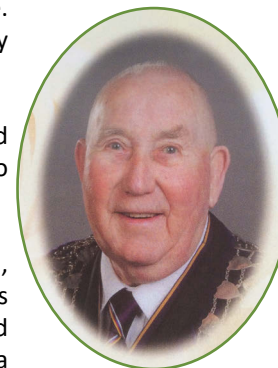
Upbeat members miss her smiley face and remember her with fondness.

Our thoughts go out to Chas and the family.



George O'Neill

George had been a regular member of Upbeat since 2003 and his first session with Barbara, his wife, was at the Bury Sports Centre. Everyone had a fond memory of George and the happy times they spent with him.



George was born in 1930 in Sunderland. He was a kind and caring father, a grandfather and for over sixty-two years a devoted husband to Barbara.

At fourteen years old he left school and struggled, partly because of shortage of work, but he always accepted that his lack of a decent education had prevented him from developing a career. This had a profound effect on him for most of his life and gave him a determination that it wouldn't happen to his children.



His first job was working with his father in a factory, followed by other temporary jobs that always ended up with disappointment. In 1948 he decided to follow in his older brother's footsteps by joining the RAF.

He was posted to Gt Ashfield in Suffolk and then Barnham, just outside Thetford and this is where his life finally took a new direction. He went on a blind date with a young telephonist who worked in Bury Telephone Exchange. Her name was Barbara and within three years he had proposed and they were married in 1954.

He quickly found a job with a company called Pordage. It was going to be a temporary job until he found something better, but it's funny how this temporary job lasted for thirty-three years!!

It was during his first year of marriage when he found the second love of his life: something called the Oddfellows. By 1958 he had been elected as "Noble Grand of Pride Lodge" which was preceded by numerous roles within the organisation.

George gave a lifetime of service to Oddfellowship and for his commitment and dedication he was awarded the District Merit Jewel at the Annual Meeting in 2001. During the ceremony it was acknowledged that his commendation should also reflect the unswerving loyalty and support of his wife, Barbara.

George always found time for the grandchildren; they were a big part of his life and during his retirement it gave him great pleasure to attend their school concerts or spend time with them on holiday.

George was a committed Catholic and his faith gave him great comfort; his rosary beads were always close by him. He enjoyed the participation in Sunday mass where he became a regular reader.

He left Pordage in 1986 after thirty-three years, moving to Vinten where he enjoyed his last nine years of working before retiring in 1995. He made many new friends there and finally found a less-stressful role - a perfect rundown to retirement.

In 2003 he was diagnosed with a serious heart condition and received triple bypass surgery at Papworth. This opened another new chapter in his life. He began to attend 'Upbeat' and enjoyed the exercise routines but, more importantly, the social interaction and fun. George and Barbara enjoyed their weekly visits and started to establish new friends as it opened up opportunities to take holidays around the country.



After he developed Alzheimer's in 2014 he was given wonderful support from two groups in Bury; the Gatehouse and Oasis clubs gave him the opportunity to mix and socialize. They were extremely caring and understanding during a very difficult and frustrating time in his life. It was during this time that George's visits to Upbeat started to dwindle.

George would be the first to admit he wasn't a university graduate or an A level student but his family awarded him a Master's Degree for his strong work ethic, exemplifying true family values and his recognition for a fair sense of justice and understanding.

After sixty-two years of marriage he has redefined the importance of loyalty, friendship and unwavering dedication to family life - an example which we must all follow.

Neville Tribe

We have learned also of the death of Neville Tribe, who had been a member of Upbeat since 2007 and exercised at Hardwick. Our condolences go to his family and friends.

Why Wear a Poppy?

"Please wear a poppy," the lady said
And held one forth, but I shook my head.
Then I stopped and watched
As she offered them there,
And her face was old and lined with care;
But beneath the scars the years had made
There remained a smile
that refused to fade.

A boy came whistling down the street,
Bouncing along on care-free feet.
His smile was full of joy and fun.
'Lady,' he said, 'may I have one?'
When she'd pinned it on, he turned to say:
'Why do we wear a poppy today?'
The lady smiled in her wistful way
And answered, 'This is Remembrance Day
And the poppy there is a symbol for
The gallant men who died in the war.
And because they did, you and I are free.
That's why we wear a poppy, you see.
I had a boy about your size,
With golden hair and big blue eyes.
He loved to play and jump and shout,
Free as a bird he would race about.
As the years went by he learned and grew
And became a man, as you will too.
He was fine and strong,
with a boyish smile,
But he seemed with us for
such a short while.
When war broke out he went away.
I still remember his face that day
When he smiled at me and said, 'Goodbye,
I'll be back soon, Mum,
so please don't cry.'

But the war went on and he had to stay,
And all I could do was wait and pray.
His letters told of the awful fight.
I can see it still in dreams at night,
With the tanks and guns,
and the cruel barbed wire,

And the mines and bullets,
and bombs and fire.
'Til at last, long last, the war was won,
And that's why we wear a poppy, son.'
The small boy turned, as if to go,
Then said, 'Thanks, Lady. I'm glad to know.
That sure did sound like an awful fight.
But your son, did he come back all right?'
A tear rolled down each faded cheek;
She shook her head, but didn't speak.
I slunk away in a sort of shame.
And if you were me,
you'd have done the same,
For our thanks, in giving, is oft delayed,
Though our freedom was bought -
and thousands paid.
And so, when we see a poppy worn,
Let us reflect on the burden borne
By those who gave their very all
When asked to answer their country's call
That we at home in peace might live,
Then wear a poppy. Remember -
and give!.



Editor's Note: Ilva Maxey discovered this poem while on a recent cruise and thought members might appreciate it.

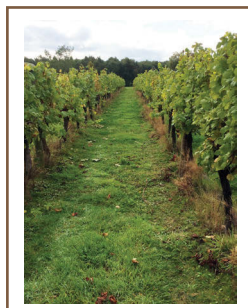
An Oyster You Can Drink?

An oyster you can drink? Surely there is no such thing?

Oysters have been fished in the Colchester area since Roman times and are justifiably famous. They were mentioned in the Domesday Book, but no-one would expect to find an oyster you can drink ...would they?



Well, that's what I thought until Valerie and I took advantage of a gift for a tour of a vineyard. We had received the present some months ago but put it away and only fairly recently got round to booking something. So it was that on a Saturday morning in September we found ourselves driving down to 'Constable Country', the Dedham Vale, to a vineyard which has been producing award-winning wines for the last 26 years.



Dedham Vale Vineyard consists of 40 acres of vines and countryside including three lakes, much of it managed for protection of wildlife. We were greeted by our guide, Simon, and joined a group of about thirty people for a walk between the rows of vines (nine varieties), most of which, we were told, were German, but some French.

Simon explained that harvesting had just started and they were hoping for a mild autumn without rain. Apparently they don't harvest when it's raining because the rain will dilute the wine! Perish the thought!



Dedham Vale is a small vineyard, producing 32,000 bottles of wine, many of which are sold to M&S and East of England Co-Op. They go for quality rather than quantity, and later, when we got to tasting their different wines, the general opinion seemed to be that they'd got the right idea. We were told a lot about the types of grapes grown and which wines they were used for. I was surprised to learn that red wine is made red by leaving the skins of the grapes lying on top of the juice for eight weeks. To get rosé wine, the skins are left for only four hours!

Because the weather forecast wasn't good, we'd been told to wear waterproofs and stout footwear but in the event, neither was necessary as the clouds cleared, the

sun came out, and it turned out to be a pleasantly warm day.

As we toured the vines, we were accompanied by the owners' dog, Ruby, and we saw a hare, pheasants, a family of guinea fowl who have made their home there, and Simon told us that the number of carp in the lakes had been



reduced because a mother otter had been feasting on them to feed a young family she was raising. Testament, I thought, to the success of their wildlife management programme. When we'd seen all the vines, we were shown the machines used for pressing the grapes, and the large vats in which the juice ferments. You could hear the wine bubbling and the shed was filled with the delicious smell of the wine!

When the tour was over, we returned to the tasting barn and sampled five different wines produced at the winery: a dry white, the vineyard's premium still white (appropriately named Bacchus), a rosé, a red, and a sparkling rosé. Simon told us something about each of them, the grapes from which they'd been made, the alcoholic content, and the sorts of dishes they would complement. Valerie and I are certainly no connoisseurs but while we enjoyed them all, we agreed which was our favourite – the dry white. And what was its name, you might ask? Why, it was called 'Colchester Oyster'! So, an oyster you can drink!

After the tasting we enjoyed a very nice buffet lunch before buying a bottle of the 'Colchester Oyster' to take home with us. It had been a very pleasant few hours - perhaps not something we would normally have chosen for ourselves, but very enjoyable. We learned a lot about wine-making generally and particularly the challenges of producing wine in our region. We had a tasty lunch, met some nice people, sampled some good wines and came home with a bottle to enjoy later. At £12 a bottle 'Colchester Oyster' isn't cheap, but it's good and hey! We're worth it!



David

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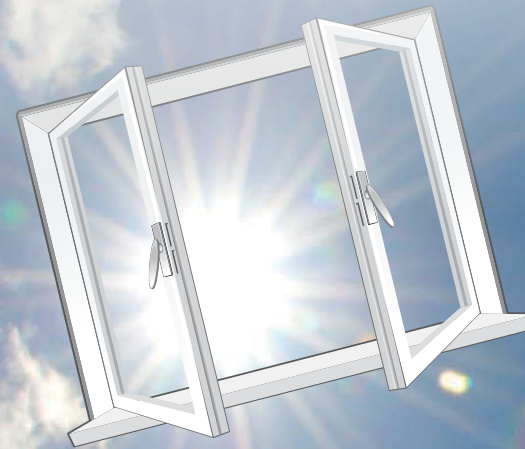
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