

UPBEAT MAGAZINE

Journal of West Suffolk Heart Support Group



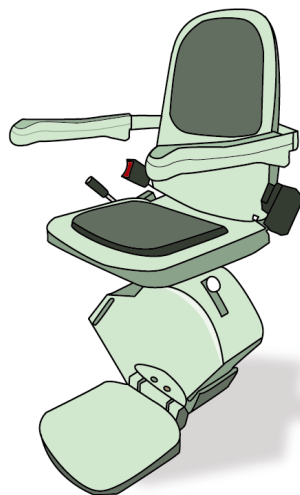
Autumn 2018

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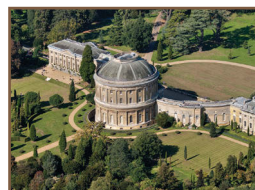
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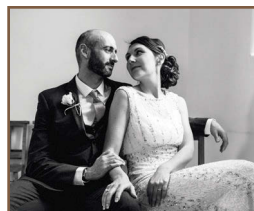
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Front Cover: Upbeat Chairman, Sylvia Baker, with Secretary, Hilary Neeves, at the Buckingham Palace Garden Party.

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How time flies! Here we are again, with the fields harvested, the nights drawing in, and another Autumn issue of the Upbeat magazine winging its way to you all. Once again it's been an eventful year for Upbeat, the highspot almost undoubtedly being our receipt of The Queen's Award for Voluntary Service, about which you can read in the Chairman's Report on Pages 6-8. This really is a tremendous achievement and clear recognition of the valuable work carried out by the organisation and all its volunteers. Well done, everyone! The actual Award is to be presented by the Countess of Euston, Lord-Lieutenant of Suffolk, on November 21st at the New Bury Centre and we hope many of you will be able to attend to share in the event.

It's said that we never stop learning and I found that to be true when Upbeat visited Holkham Hall in June. As well as the splendours of the house itself and its contents, there were various exhibitions, one of which related how Bowler hats were first devised and designed during 1849 by the London hat-makers Thomas and William Bowler to fulfil a commission to design a low-crowned hat to protect gamekeepers from low-hanging branches whilst on horseback at Holkham Hall. There were several hats for visitors to try on, and I couldn't resist donning one to see how it suited me! Somehow, I don't



think Upbeat members can expect to see me wearing one at future meetings. What do you think? Still, knowing their origin might prove useful if ever they are the subject of a question in a future pub quiz!

Talking of quizzes ... check out the list of future events on Page 45. Another quiz is among the various events we've arranged for the coming year, and I am also planning a theatre trip to London. I'd welcome members' suggestions as to shows that you would like to see. Sylvia Bambridge did an excellent job for many years organising our theatre visits but I'm not sure which shows she booked for in recent years. I don't want to book for something most people have already seen. Also, with transport costs escalating all the time, any trip to a London theatre is likely to cost in the region of £55 a head. Again, I'd welcome members' views on whether that makes it too expensive to consider. Please e.mail me your thoughts. Thank you in advance.

Best wishes to you all. *David*

Chairman's Report

Sylvia Baker

What a hectic few months! You can all guess what my report is going to be about, I'm sure – yes, of course! It's the fantastic award from the Queen to Upbeat.

On the 7th April I received an e-mail from the government stating 'Do not reply'. It stated:

I am writing to inform you that UPBEAT HEART SUPPORT was nominated for The Queen's Award for Voluntary Service 2018. This award was created by the Queen in 2002 to celebrate the anniversary of the Queen's coronation, recognising excellence in voluntary activities carried out by groups in the community. It is the MBE for volunteer groups.

The work your group does for the community was very much admired by the independent Assessment Committee, chaired by Sir Martyn Lewis CBE and I am delighted to inform you that your group has been selected as a recipient for The Queen's Award for Voluntary Service (QAVS) 2018.

The award of The Queen's Award for Voluntary Service 2018 represents a tremendous achievement for your organisation. We hope that everyone involved, and particularly your volunteers, feel immensely proud of the recognition that this Award represents.

This notification has been sent to you in confidence and it is vital that you do not reveal you are a recipient of the Award before the official announcement on 2 June from Buckingham Palace.

You can guess how excited I was. I knew that we had been nominated for an award as Hilary and I had to undergo two interviews with the Lord-Lieutenant's officers but then all their findings and reports about Upbeat had to be presented to an independent committee, along with all the other nominations from other groups who had been put forward from Suffolk, and luckily they selected Upbeat.

But not being able to tell anyone!!!! This was so very, very, hard but I was smiling a lot inside as it is such a big thing, and such an honour for us all. What made this more difficult was the fact that I was invited to attend a Royal Garden Party at the Palace and was only allowed to take one guest, which obviously had to be Hilary. Three dates were given, only one of which could Hilary attend and this was the day



of the AGM.....so, apologies for our non-attendance.

What a wonderful day this was! The weather was beautiful and two very excited ladies, dressed in our posh frocks and with our big hats on, set off down The Mall towards Buckingham Palace. We were stopped on three occasions by people wanting to take our photograph. What fun! But I guess we looked so happy. We queued along with lots of others, all dressed up in our best attire, very colourful. Once in the main gates we walked through two rooms then outside to the garden. A big marquee held the food, together with a few tables and chairs. There were two areas with military bands playing soft music, the lake as a background and the grass - so green, like a carpet, not too short but soft and springy.

We were called to partake of refreshments....delicate sandwiches of all sorts, small cakes, scones and a fruit cake plus tea. The Royals joined us at 4pm and they arrived escorted by Household Cavalry; they stood at the top of the steps in a line: Prince Edward and his wife, Sophie, then Her Majesty and Prince Andrew. They stood whilst the national anthem was played then they walked down steps to join us in the garden. The Queen (92 and looking beautiful in a turquoise green coat and hat) walked unaided through the crowds, and it took nearly two minutes for her to reach where we were standing. She was so close we could have touched her, and ladies, her skin was amazing! No wrinkles, but she is tiny. Her aides dwarfed her.

We strolled around talking to other people and were given an ice cream in a tub – organic of course! It was magical, and we took with us photo's of Upbeat members so you all came too. At the end of the afternoon the Beefeaters, bearing pikes and staffs, escorted the Royals back into the palace.

We were not so light-hearted walking back up The Mall. All the standing had made us both very tired and our feet hurt, but we were happy and it had been a lovely day with so many lovely memories.

The final event in connection with the award will be when the Lord-Lieutenant visits us to give the documentation certificate, signed by the Queen, together with a small piece of glass work. This will be in the autumn when we can get everybody together, past and present members, to share the experience, so watch this space for further



All dressed up in our best attire



The Queen was so close we could have touched her

details. We should all feel immensely proud as this is a great honour, and we are the only group in Suffolk to be awarded anything this year.

Sadly we have lost a few members but we have also had a big intake of new members at Long Melford and Bury so we are growing all the time.

The biggest problem we have at the moment is a shortage people to make the tea and coffee at Bury so if anybody is prepared to spare some time to help out serving this it would be appreciated. Please see me if you can help.

The social group is working hard on your behalf so please... when you come into our venues LOOK AT THE TABLE AND NOTICE BOARDS where you will find all the details

of future events with prices, etc. We intend to hold another first aid session with Martyn, so anybody interested, please let me know.

UPBEAT are sponsoring some artwork (a big yellow camel depicting the Camel Division in WW1). This will be placed in the Apex; it's large and colourful and it's to help with the WW1 trail which is going on from 21st July until Armistice Day in November. This is in connection with Treatt and Greene King and is aimed at promoting Bury St Edmunds.

At the end of this period an auction will take place to raise more money. All this is for 'Every Heart Matters' and to help the hospital cardiac unit. We want members to walk this trail to publicise this event. More details will follow later.

Thank you for voting us back onto the Executive Committee and I am proud to be your Chairman for another year.

Sylvia



Delicate sandwiches of all sorts, small cakes, scones, fruit cake and tea

Treasurer's Report

Valerie Axton



The audited accounts for the year 2017 to 2018 were presented at the AGM in May and Upbeat is currently in an exceedingly good position financially due to some grants and donations, large and small, received in the last year. It means we have about twelve months running costs in the bank, which is what is required by the Charity Commission. Please look at the donations page and see the variety of financial gifts we have received.

Our very grateful thanks must go to you for all the fundraising activities that take place: raffles, jumble sales, events and trips, selling jams, marmalades and other produce, car boot sales or selling one-off items, etc. Also, donations from funerals, or golden wedding donations from Mr and Mrs Godfrey.

Our deficit for last year of expenditure over income was £29,991. However, our nurse income, coffee and tea monies, Bonus Ball and 100 Club help to offset our deficit by about £12,000 a year. This left us with a deficit of £17,733 which we cover by our grants, fund-raising and every other means that we can use. If you pay tax and you make any donations, please complete a gift aid form as we can claim gift aid on any donated monies over £20 and it is a very useful contribution to Upbeat. Once completed you do not have to do anything and the tax man does not contact you! Gift aid forms are available at each venue or from me. If you can help deliver other members' magazines in your road or village it would help with our costs. We have lost our cheaper direct mail post and it costs over £1.30 to send via Royal Mail. For example, we have a member who delivers all the magazines for the village of Barrow. Maybe you could deliver the magazines to your street or neighbourhood.

Thank you to all who renewed their membership details for the next three years. Many members did not return their forms and so have been taken off our list. If you do not get your magazine in an envelope we may not have your details on file any longer and you need to let us know. All membership details are confidential. We do not share your individual data with anyone. Names, addresses and telephone numbers are kept at each venue in case of emergency only.

Lastly, please think about becoming a helper as we need people to keep going and to share the workload. We are all volunteers. We have no paid workers, so any offer of help is much appreciated. Currently we need more people to help clear up at New Bury at the end of sessions on Monday, Wednesday and Friday and to help with coffee on Fridays. Help can be on a rota so that it is not all the time, e.g. banking at New Bury is now done by three people for a month at a time. Any help is always much appreciated. Thank you.

FUND RAISING & DONATIONS OVER £20

February 2018 – August 2018

GRANTS / SPONSORSHIP / GROUP DONATIONS

| | |
|----------------------------------|----------|
| Suffolk Community Foundation | £2,000 |
| CAMRA East Anglian Beer Festival | £5,000 |
| Gift Aid HMRC 2017-2018 | £1789.19 |

FUND RAISING

| | |
|--|---------|
| Jumble Sale 17.02.2018 | £819.35 |
| Annual Lunch tickets and Raffle | £1.872 |
| Joyce Hurrell – Long Melford Ladies | £40 |
| Sexton's Manor and Southgate Easter Raffle | £82 |
| Long Melford Easter Raffle | £64 |
| New Bury Easter Raffle | £185 |
| Easy Fund Raising | £32.64 |
| AGM Drinks | £35.51 |
| Long Melford Quiz night 22.6.18 | £194 |
| New Bury Quiz Night 30.6.18 | £263.30 |
| Strawberry Tea 5.7.18 | £573.30 |
| F and C Medcraft - Produce sales | £200 |
| Sylvia Baker – Talk Barrow wives | £35 |

DONATIONS – Individual Over £20

| | | |
|--|---------|---------------------|
| Long Melford Collecting Tin | £81.06 | |
| New Bury Collecting Tin | £257.96 | |
| Thursday Morning Coffee Group Southgate | £50 | |
| Eileen Shurmer- Small regular donations | £40 | |
| Rodney Johnson/ GYE Charities Trust- Monthly | £260 | |
| Betty Raymond | £35 | |
| David Redfern | £50 | |
| Robert Mountford | £200 | |
| Barbara O'Neill | £20 | |
| J & S Besent | £100 | |
| Anne Everett | £52 | |
| K P Boardman | £100 | |
| John Godfrey Golden Wedding Donations | £530 | In memory of: |
| John Adams | £20 | |
| Mrs J D King | £30 | Neville Fox £214.20 |
| Derek Proctor- Donation of win on Bonus Ball | £30 | Jean Baddock £305 |
| Mr & Mrs C Fox | £25 | Patsy Marchant £15 |
| Stanningfield Wives Group | £35 | |
| Martin Roper -Donations from talks x3 | £135 | |
| John Simmons | £25 | |
| John Stemp – Donation from sale of hanging baskets | £40 | |
| Ernie Edrupt – Sale of food warmer | £25 | |
| Jean Davis | £100 | |
| Phil Goodyer – Donations from evening- Delphi, Sudbury | £405 | |
| Dr. Evelyn Lee | £60 | |

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

Secretary's Report

Hilary Neeves

Only one topic has been on everyone's mind these last few months: The Queen's Award for Voluntary Service. This will, I am sure, be covered fully elsewhere in the magazine, so suffice it to say, "We kept telling our volunteers they were wonderful and now it's official." Well done, everyone!

At the time of writing we have not had the presentation, but hopefully by the time the magazine is out, you will all have enjoyed the celebrations.



I hope that by now you have all completed the form for renewal of your Upbeat membership. New Data Protection regulations mean that if we have not received your written consent, we will be unable to post the magazine to you and your name will have to be deleted from our membership list.

I am also asking that members sign the photo-release form. This is something new under the Data Protection laws which allows us to send photo's which we have taken at Upbeat or Upbeat events to local papers, put them in our magazine or other printed matter, and also put them on the website. It is a grey area for us whether we need your consent or not, but I would rather be on the safe side, so if you are a regular attendee at the venues or events, please seek out the form, which I normally have to hand. Thank you.

The 100 Club could always benefit from a few more members. Last year it made a profit of just over £1500, whereas a few years ago we were making over £2000. I am making a plea to all new members that have joined us recently: please come and join the 100 Club. It is open to family and friends as well. The first prize, which is £100, is drawn monthly (as long as we have 200 members); the second prize is 50% of the additional shares sold. (If there are fewer than 200 members, there will be only one prize of £100.) The cost per share is £12 per year - equivalent to £1 per month going into the draw.

It has been a great year so far. Apart from The Queen's Award we celebrated Suffolk Day at Ickworth House, a brief report on which appears on Pages 22 and 23. Thanks to Peter and Ilva, Giles and Rosie for participating in the interview and filming on the

front lawn with The Suffolk Community Foundation. We hope to get a copy for the website when it is edited.

We now have to think ahead to our Christmas Stall at Treatt's. It is never too early to plan.

Let me know if you have any ideas for things to sell.

Finally, as always, a big 'Thank you!' to everyone who comes in week after week to help at each of our venues. You are all stars!

Hilary

Congratulations to Upbeat members Ken and Peggy Beck. Ken and Peggy were in the same class right through their school days from the age of 5 and both lived in Braintree. They are now 94 years of age and celebrated their 75th wedding anniversary on 25th August.



Peggy was a director of St Nicholas Hospice for several years and a keen fund-raiser. They were also regular Upbeat members, attending sessions at Delphi, Sudbury. Best wishes from all your friends at Upbeat.

Some amusing signs seen at business premises

Outside an Exhaust Repair Shop:

"No appointment necessary. We hear you coming."

In a Veterinarian's waiting room :

"Be back in 5 minutes. Sit! Stay!"

In a Chiropodist's office:

"Time wounds all heels."

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It is with considerable sadness that, at the time of printing of this magazine, we have received news of the death of Alan Bambridge, long-time Upbeat member and member of the Executive Committee. We will miss him greatly and extend our deepest sympathy to Sylvia and the family.

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THEATRE TRIPS
At the time of going to print, no member has
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Weight-loss supplements - do they live up to their claims?

By Peter Azzopardi



Wouldn't it be nice if we could eat and drink whatever we want, not even think about creating a calorie deficit through watching our diet or exercising to burn more off energy and yet still magically lose weight (more specifically body fat) due to a 'weight-loss supplement'? Just lately, I've come across a lot of local 'For sale' sites where people are making outrageous claims such as 'Take our shots for 2 weeks and achieve weight loss. You must be suffering from bloating, lack of energy, can't lose weight', etc., etc.

Recently, on seeing one of the latest supplements being peddled, I immediately challenged the claims made for weight loss on the local Facebook 'For sale' site and was immediately blocked by the lady selling the product (apparently due to my references disproving the claims made for the active ingredients. How rude of me to provide scientific evidence!).

So before I address each of the ingredients individually and the science behind them, let me first start by saying that the laws of thermodynamics regarding weight loss state that you must be in an energy deficit in order to lose weight. Put another way, imagine if I am eating 5000 calories per day and this adds up to 3000 more calories than I burn daily, no amount of 'magic formula weight-loss shots' will make a blind bit of difference. The opposite also holds true; imagine that you required 3000 calories daily on average, in order to maintain your weight. You'd then need to create a deficit of at least 500 calories to kick start the weight-loss process (a smaller deficit may be required for people who are smaller and are already maintaining on a lower number of calories). This law of thermodynamics is applicable throughout the entire universe, yet some people seem to think that the human body is somehow exempt from this and that they'll lose weight eating more than they burn by 'magic'. In fact none of the adverts posted even makes reference to exercise, activity, diet or energy balance, like it doesn't even matter!

Let's now look at the active ingredients and see if the science supports the claims:

1) **Raspberry Ketones**

Put bluntly, oral doses of this supplement are not effective for weight loss. All of

the evidence has been observed in vitro (outside the body), in test tubes where the conditions couldn't be more different from the human body. In addition, the concentrations raised in these studies cannot be replicated by oral supplementation. What is possibly most damning of all is that many of the studies were conducted on rats taking an astronomically high dosage compared with what a human is expected to take. In addition, human response to supplements is radically different to that of rats!

2) Guarana

Guarana contains caffeine and anyone with a history of heart impairments should consult their doctor before using it as a supplement. Regarding its role in fat loss, increases in metabolism are due to genetics and also to being naive to caffeine. In other words you haven't drunk any tea, coffee or other caffeinated beverage or eaten any chocolate for a week, even up to a month. Minor increases in fat oxidation, due to increases in adrenaline, have been shown in three reliable studies. However, compared with the energy balance equation, it has a pretty inconsequential effect (eat & drink to excess and caffeine will do you no good in losing weight).

3) Green coffee bean

The main active ingredient here is Chlorogenic acid, a derivative from green coffee beans. Studies show that at best, it's either weakly or moderately effective at helping with fat loss. Of the studies themselves, two were funded by profit-making companies with a vested interest in the supplement and others used mice as subjects.

4) White tea

White tea extract tends to be the most relaxing tea (compared with black or green tea, Pu-erh /fermented tea or Oolong tea) due to an ingredient called GABA. Other ingredients include caffeine, which as we've seen with Guarana, has only minor effects and under specific circumstances. Of most note is the catechin content contained in the white tea. Catechins are four molecules, the most potent of which is called EGCG.

It is reported that the catechins contained in white or green tea are cardio-protective, neuro-protective, anti-obesity, anti-carcinogenic, anti-diabetic, anti-atherogenic, liver-protective and beneficial for blood vessel health. These beneficial effects are seen in doses present both in green tea itself (as a drink) as well as from a supplemental form. However, of note is that the benefits of green tea catechins on lipid oxidation and related fat-burning pathways are achieved in a dose-dependent

manner. Significant effects in humans are noted only at high doses, such as 400-500mg EGCG equivalent per day (most Green Tea Extract supplements are roughly 50% EGCG). Fat-burning effects are highly synergistic, almost dependent on not consuming caffeine habitually! (Have you stopped tea, coffee and chocolate for a month?)

The Acti-Shots only contain 200mg of white tea leaf so you can be sure that this active ingredient is not of a high enough dose to be effective!

There is no magic formula to weight loss

In summary, there is no magic formula to weight loss, no magic pills, potions or drinks that will create the calorie deficit crucial for weight loss. Weight management depends on making gradual lifestyle and habit changes to your diet, exercise and general activity levels. There are many diets that can achieve this from Keto to Intermittent fasting to calorie-counting to Weight Watchers and Slimming World. All of them ultimately work by creating a calorie deficit. Diets do not fail but many do not promote long-term adherence because they can be restrictive. Different people will find different diets more or less effective than others so the key is to find one that is family-friendly, still allows you the occasional treat, yet creates the negative calorie balance required to sustain weight loss without feeling hungry and deprived.

As well as being one of Upbeat's Exercise Instructors, Peter is a Personal Trainer with over seventeen years' experience in the fitness industry and has four Diplomas in Nutrition, Weight Management, Sports Supplementation and Behaviour Change. He says that he uses a unique system by assessing his client's readiness to change in a diet scenario by use of Psychometric testing. His certifications are with the Association for Nutrition, who accredit evidence-based University Degrees in Nutrition and other Nutrition courses to ensure that they are evidence-based. Peter can analyse your diet and activity levels and assist you with making long-term, sustainable changes to your diet and exercise. He offers his in-home personal training services throughout Suffolk and Norfolk through his company, PMA Personal Training, and can be contacted directly through his web site: www.pmapersonaltraining.com



Water Bottles

Don't forget to bring your own named water bottle to classes please.

Our Visit to Holkham Hall

by Marjorie Clarke

If you want a really good day out in friendly, convivial company, get Ilva Maxey to organise a visit to Holkham Hall and Wells-Next-the-Sea. The visit she planned and arranged for June 14th was superb. Despite one or two little anxious moments for her, she remained calm and efficient from beginning to end and we all went home with a great feeling of being well-catered for.



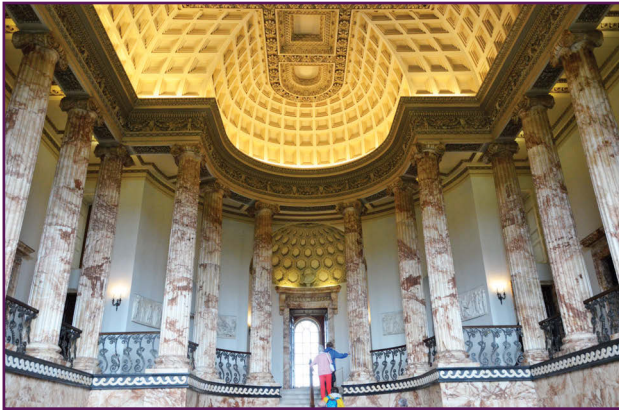
Despite a rather dubious weather forecast of cloudy skies, light rain and strong winds, forty-seven members were in an “Upbeat” mood as we left the New Bury Centre behind and looked forward to our day out in nearby Norfolk. Before us lay the promise of a day filled with Historic House culture at Holkham Hall plus the chance of a delicious fish and chip meal in nearby Wells-Next-the-Sea.

Our transport, provided by Angus Coaches of Needham Market, was comfortable and the friendly and very competent driver soon had us all relaxing. As the journey progressed a sociable buzz of happy passengers could be heard from all areas of the coach. Hilary, circulated amongst us and had a word with most of the group whilst photographs and information about the recent, well-deserved, Queen’s Award were circulated.

The journey passed very quickly and in no time at all we were pulling in to the spacious grounds of Holkham Hall with cries of pleasure as we passed groups of water fowl gathered around a splendid lake and a large herd of deer assembled in the distance. We pulled into the dedicated parking area and were met by a member of the Holkham staff who greeted us warmly and gave us an informative booklet to help us navigate the grounds and gardens, with suggestions about what to see whilst in the home of the Earls of Leicester. My companion Janet and I decided to explore the Hall first, saving the gardens until the end of the visit.

The entrance of this eighteenth century Palladian-style building is spectacular with a fifty foot, pressed plaster, domed ceiling with walls of English alabaster, not marble, but decorated to closely resemble a marble finish. It was a real WOW factor for us.

As we found our way around the rooms, not always in the correct order, but helpfully and courteously redirected where necessary by the stewards, we found



The entrance of this eighteenth century Palladian-style building is spectacular

a wealth of noteworthy architecture, original furniture, and art works with collections by Rubens, Van Dyck and Gainsborough to name just a few.

We learnt that the creator of Holkham Hall was Thomas Coke, who after a Grand Tour of Europe and bringing together a worthy collection of treasures, returned home in 1718 and started building this

family home, which today is still inhabited by his successors the Earl of Leicester and his family. As you progress the building you see evidence of this as a family home as well as glimpses into the culture and the lifestyle of yesteryear.



Our trip to the gardens was rather brief as we were running out of time. The sections we visited were not dazzling but we were informed by a

volunteer gardener that just two years ago the whole garden area was a wilderness and was only now returning to some form, colour and structure.

Soon it was time to return to the coach and travel on to nearby Wells-Next-the-Sea. Our arrival at Wells coincided with the arrival of sunshine and we were able to leave our coats on the coach before disembarking. Some members opted to sample the local fish restaurants whilst others chose to explore the town's shops, tea rooms and restaurants.

We wandered up the long, narrow, and gently-sloping town street, popping into bookshops, admiring items of clothing displayed in shop windows, and purchasing delicious foods from a small, but well-stocked greengrocer's.

Almost at the top of the street we discovered a pleasant-looking restaurant serving various crab dishes and salads. We went inside and gradually other members from the coach drifted in. Soon we were all eating delicious crab concoctions of our own choosing and chattering amiably together.

Back in the coach Janet and I reflected on our day. Though Holkham Hall is not large we were only able to view a small proportion of what it has to offer and there is so much more to see. We agreed it had been a most enjoyable and relaxing visit with lots to do and see in delightful company .

Thank you, Ilva, for arranging and managing this very well-organised trip. Thank you also to our fellow passengers for their friendly, sociable company.

Marjorie

I.C.E. - IN CASE OF EMERGENCY

We used to recommend that those with mobile phones could enter an I.C.E. number which the emergency services would look at to obtain a contact in an emergency situation. However, ICE numbers stored in phones are no longer a useful solution, as most modern smart phones are locked with a passcode which prevents medical staff from gaining access to your emergency contact.

There is an alternative which you can keep in your wallet. Credit and ID cards have your name but more information is often needed in an emergency. Having all the essential information accessible on one card could help medical responders provide the best help and care, and enable them to contact your next of kin promptly. Information about medications and allergies facilitates making fast decisions about treatments and, especially in the case of heavy blood loss, it is important for emergency staff to know your blood type.

Visit <https://geticecard.com/> to see how to print your own ICE card.

It could help in your hour of need!

Meet our Honorary Members, Phil and Jacqui Goodyer

My first official duty as Upbeat 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!

Subsequently I received a second cheque from Phil and Jacqui for £400 for Upbeat - profit from their Christmas Dance at the Delphi. They have become great supporters of Upbeat and have promised us further support in the future.



Philip and Jacqui have been married fifty years and both were brought up in West London, Hayes and

Brian Richell and his wife Annie, pictured receiving a cheque from Phil and Jacqui Goodyer

Ruislip. They met at a dance at the BEA social club near Northolt Aerodrome in 1963, and have always enjoyed dancing but, of course, had to give it up when their two children were growing up. Jacqui worked in secretarial and PA roles for many years, and Philip served an engineering apprenticeship at A.E.C. in Southall. He continued in engineering all his working life, moving to the Essex/Suffolk border in 1987 and finally taking retirement from Bosch in Stowmarket. Philip & Jacqui now live in Leavenheath. Philip is the Leavenheath Recorder and they both have organised major functions for the village including several Open Garden events, a Magna Carta celebration, Scarecrow Day, and regular yearly coach trips for the village. They have a son and daughter and three grandsons aged fourteen, ten, and nine, all of whom live locally.

Their other hobbies include gardening, walking, Swing Jive and socialising with friends. They both attended the Upbeat Annual Lunch and Phil's report on this can be seen on Pages 24 and 25.

Brian

Meet Our New Committee Member, Christopher Edmunds



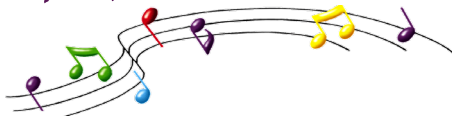
I was born in Colchester in 1947 and have lived in Polstead for the past forty years.

I had a heart attack just over a year ago and was expertly looked after by Basildon Hospital cardiac unit and subsequently by the cardiac rehabilitation unit at Sudbury.

Last September I started with UPBEAT, which provides me with an ideal mix of exercise, clinical monitoring, and discussion. I recently became a member of the Upbeat Executive Committee and consequently a trustee. My main interest is to preserve the mixture of exercise, clinical support and friendship within Upbeat.

Christopher Edmunds

Elmo's Tunes



30s, 40s, 50s, 60s, 70s, & 80s

*Music for Parties,
Celebrations, etc.*

Telephone: Brian Richell
01787 881968

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To arrange a collection, telephone 01842 422100, visit Thetford BHF Furniture & Electrical store or go to bhf.org/collections.



A Bit of Fun at Ickworth House

by Hilary Neeves

Suffolk Day is a county-wide party to recognise the many good things about our county. This year it was held on Thursday 21st June and various events were organised throughout the county. From Southwold to Sudbury, Lowestoft to Lakenheath, Haverhill to Helmingham Suffolk's attractions, landscapes, institutions, and people were recognised and celebrated. One of the events organised locally was held at Ickworth, the 18th Century mansion, formerly the home of the Earls of Bristol, but now owned by the National Trust.

Upbeat were invited to attend for the afternoon to be interviewed as part of a project to celebrate Suffolk charity organisations and all their volunteers. The new High Sheriff, Mr. George Vesty, was present as well as Tim Holden from the Suffolk Community Foundation. Besides myself and Giles, Ilva and Peter came with their daughters, Tracy and Sheralee and Committee member Rosie Rayson also came over and joined in. The interview went out live on the Lesley Dolphin show on Suffolk Radio and afterwards we hung around for the film crew to appear and we were filmed with representatives of other charities about volunteering in Suffolk. I hope to get a copy on the website soon.



Suffolk High Sheriff, George Vesty, with Tracy and Sheralee



Annual UPBEAT lunch

held at Stoke By Nayland Golf & Spa on Thursday 8th March

Jacqui and I were very surprised and pleased to be invited to the Annual Upbeat Lunch as we have only been involved with Upbeat over the past two years as fund raisers for this well-deserved charity. Our friends, Brian Richell and his wife Ann, whom we met while re-learning to ballroom dance about four years ago, told us about his major heart surgery and the support that Upbeat gave to them both; this was the reason we decided to choose Upbeat to support at our events at The Delphi Centre in Sudbury.

On arrival at the venue we were welcomed by Sylvia Baker and David Axton; the function room looked splendid and 145 Upbeat members and friends were treated to a wonderful three-course lunch with all the trimmings. Our compère, David Deacon, was great and the poem of the day was written with great humour and received generous applause.

The special guest of the day, Mark Murphy from Radio Suffolk's breakfast show, gave us a potted history of how he came into broadcasting, with a number of very humorous anecdotes of Suffolk people who ring in to his show. His love of broadcasting was plain to see, especially his love of Suffolk.

The charity raffle was a great success, with all tickets being sold, and the raffle table being full of great prizes. Also each table had some small brown envelopes which were purchased for a £1 and one contained a "Winner" ticket for the centre table decoration - a very nice touch, and Jacqui was fortunate to have the winning ticket on our table!

With any charity that is not funded, volunteers are essential and many of those were presented with gifts and applause for the great work they do. During the afternoon we were approached by Valerie Axton and asked if we would like to be honorary members of Upbeat. This was a very nice surprise and were pleased to accept.

We were able to share with Sylvia a further event that we will be organising this year to raise more funds for the charity: a Masquerade Big Band Dance at the end of the year on Saturday, December 29th. See the poster opposite for details. We would love to see some of the members of Upbeat attend.

Philip & Jacqui Goodyer

Masquerade Big Band Dance Night

At the Delphi Centre, Sudbury CO10 2RR



Charity end-of-year black tie dance

Saturday December 29th 2018

Funds for UPBEAT heart support for West Suffolk

Featuring the return of 'Swing Machine' 17-piece big band

Music through the decades 1920s - 1960s

DJ Mayfair Music during intervals

Tickets only £16.50 7.00 for 7.30 pm (Carriages at 12.00)

Bring your own nibbles but due to licensing laws all drinks must be purchased from the bar.

*For Tickets visit Sudbury Tourist Office
or phone Phil: 07909993799*

*e.mail dancewithhussuffolk@outlook.com
www.dancewithhussuffolk.co.uk*



Annual Lunch



Photographs courtesy of Christopher Pollen

Pills for the Heart

**Kate Turner,
Senior Nurse**



I thought as the article on medication in the last edition of our magazine was received with great interest, I would cover a few more medications used for coronary heart disease and related conditions. You may be familiar with some, but with constant research and development in the treatment of heart disease new medications are frequently being introduced.

The following information is intended for general guidance. If your doctor has given you different advice, please follow his or her instructions.

New drugs for Atrial Fibrillation

Apixaban, Dabigatran, Rivaroxaban, Endoxaban

People with atrial fibrillation (AF) are at an increased risk of stroke (where a blood vessel in the brain is blocked by a blood clot). The doctor will prescribe an anticoagulant to reduce the risk. Anticoagulant medicines prevent the blood from clotting as quickly as it does normally. For many years Warfarin has been used to prevent strokes but there are now alternatives to treat AF. Unlike Warfarin, they are used at a fixed dose, and they do not require close monitoring of blood-clotting levels.

Also used for:

- prevention of the formation of blood clots in the veins of patients who are undergoing some surgical operations.
- treatment of deep vein thrombosis (DVT) or a pulmonary embolism (blood clot on the lung).
- As stated above, they can be used as an alternative to Warfarin in patients diagnosed with atrial fibrillation who do not have 'heart valve' disease as they are considered to be at risk of having a stroke or a blood clot in another organ, e.g.. heart attack.

Possible side effects: (This list is not exhaustive)

- Bleeding is the most common side effect, as they increase the time it takes for the blood to clot.
- You should seek medical advice immediately if you suffer a significant blow to the head or have been involved in an accident, or if you have any of the following:
- Prolonged nose bleeds (over 10 minutes)
- Unusual headaches
- Blood in your urine
- Black stools
- Unexplained or severe bruising

General points:

If you cut yourself, apply pressure as you would normally. It may take longer for the wound to stop bleeding. If bleeding continues attend your nearest A&E department and tell the person treating you that you are taking an anticoagulant. It is also important to inform your dentist that you are on an anticoagulant.

With Warfarin there are many foods that have to be avoided but with this group of medicines there is no need to change what you eat. You should maintain a healthy, balanced diet.

And now for the good news!!!! This group of medicines are not directly affected by alcohol. However, it is recommended that you do not exceed the safe limits of alcohol (14 units per week for men and women), as this can increase your risk of bleeding.

Your GP should order routine blood tests, at least every year, to check your kidney function and for any side effects.

It is recommended that you carry an anticoagulation card with you at all times in case of emergency. If you do not already have a card, ask your pharmacist for one.

Entresto (Valsartan with Sacubitril)

This is one of the newer medication treatments that are now being used for patients with a type of long-term heart failure. This type of heart failure occurs when the heart is weak and cannot pump enough blood to the lungs and the rest of the body. The most common symptoms of heart failure are breathlessness, tiredness and ankle swelling. The combination of these two drugs works by relaxing blood vessels

so that the blood can flow more easily. This in turn improves the ability of the heart to pump the blood to the organs. By improving the blood flow to the kidneys it then improves removal of fluid from the body.

Possible side effects:

- Anaemia, diarrhoea, gastritis, nausea, dizziness, low blood pressure, low blood sugar levels and low blood potassium levels.

General points:

This medication cannot be taken in combination with ACE inhibitors (e.g. enalapril, lisinopril or ramipril). If Entresto is prescribed, you would have to wait 36 hours after taking the last dose before you could start taking it. As there are several other medicines to be avoided when taking Entresto, your current medications, including any over-the-counter or herbal supplements, should be reviewed prior to commencing Entresto.

If you accidentally take more than the stated dose you should contact your doctor or nurse, as it can cause severe dizziness or fainting.

If you forget to take a dose you should take the next one at the scheduled time. Do not take a double dose to make up for a forgotten tablet.

This drug is initially commenced at the lowest strength for 3 – 4 weeks, then, if tolerated, the dose will be increased again for 3 – 4 weeks; if this is tolerated then a further dose increase will be made.

Ivabradine:

Ivabradine works by reducing the heart rate by a few beats per minute. This lowers the heart's need for oxygen, especially in the situations when an angina attack is more likely to happen, such as during exercise, emotion, exposure to cold or after eating. Therefore, Ivabradine helps to control and reduce the number of angina attacks.

The drug can be used for symptomatic angina in adult patients whose heart rate is equal to or above 70 beats per minute. It can be used in people who cannot tolerate beta-blockers (such as asthmatics). It can also be used in combination with beta-blockers in people whose angina is not fully controlled by a beta-blocker.

Another use is in chronic heart failure, where the patient's heart rate is 75 beats

per minute or above. It would be used in combination with standard heart failure therapy, including beta-blocker therapy or when beta-blockers are contraindicated or not tolerated.

General points:

Again there are many warnings and precautions that need to be taken into account before being prescribed this medication.

If you forget to take a dose of Ivabradine, take the next dose at the usual time. Do not take a double dose.

- Avoid grapefruit juice during treatment with Ivabradine.
- Ivabradine contains lactose; if you have been told you have intolerance, you should contact your doctor before taking this medicine.

You should not take this medication if: (This list is not exhaustive)

- Your resting heart rate before treatment is too slow (below 70 beats per minute)
- You suffer from a heart rhythm disorder
- You have heart failure which has recently become worse
- You have severe liver problems
- You are taking medicines to treat fungal infections, certain antibiotics and certain tablets used for high blood pressure.

Some possible side effects:

- Luminous visual phenomena (brief moments of increased brightness, most often caused by sudden changes in light intensity). They can be described as a halo, or coloured flashes. These generally occur within the first two months of treatment after which they may occur repeatedly and resolve during or after treatment.
- Abnormal perception of heart beat, uncontrolled blood pressure, headache, dizziness and blurred vision.

I hope you've found this interesting and helpful. Remember: this is only general advice. Always consult your personal GP if you have any concerns.

Thank you.

Kate

Nonsense Book Titles

by Charles Smith



Charles pictured with his friend Martyn, 'the Coffee Maestro' at Long Melford.

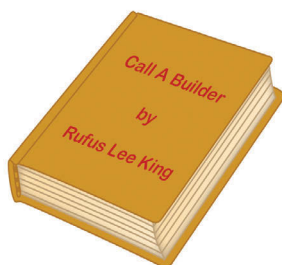
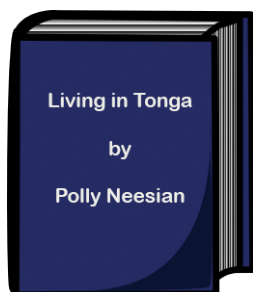
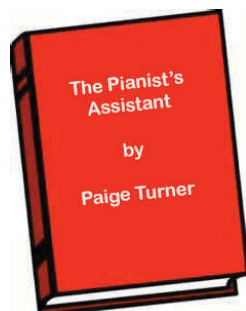
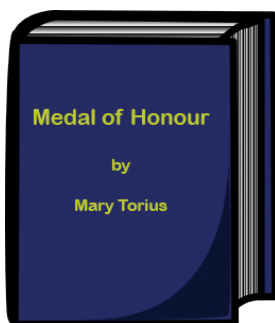
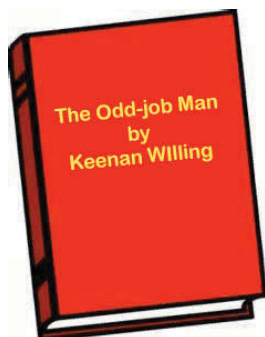
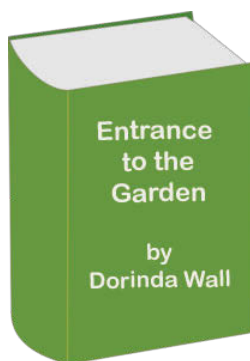
I have belonged to Upbeat since 1998 and in that time we have seen a lot of changes. A lot of these have been upsetting, involving the loss of dear friends, some of whom we knew in our schooldays and others whom we met through being members of Upbeat. For those of us who attend the Sudbury sessions other changes meant changing venues a couple of times, but this has given us the chance to meet even more friends.

Everyone involved in these weekly meetings offers something different, from the professional expertise of the nurses and instructors to the dedication of the volunteers, without whom the sessions could not take place, and the friendly words and actions of the members themselves. To name them all would necessitate taking up another page but one or two who turn up every week like Val, Charlie, Trevor, and David deserve a special mention. However, the person responsible for me writing this missive is Martyn – the coffee maestro!

I have known Martyn for many years, from when he was teaching and I was working in sports retail. Our main subject that we have in common is our love of cricket, the other being our sense of humour, which could be described as 'under-developed'. I made up some nonsense book titles - you know the sort of thing: 'The Pile in the Road' by G G Dunnit, or 'The Haunted House' by Major Jump. I came up with a couple which Martyn found amusing and since then it has got to the stage where I produce a couple every week, some more amusing than others.

Martyn and David suggested that I offer some of them for inclusion in the Upbeat magazine, which I have duly done. My excuse for doing this is that it keeps my 82 year old brain functioning!

Charles



Some of Charles' spoof book titles and their authors

Wedding Bliss

for Gregg and Danielle

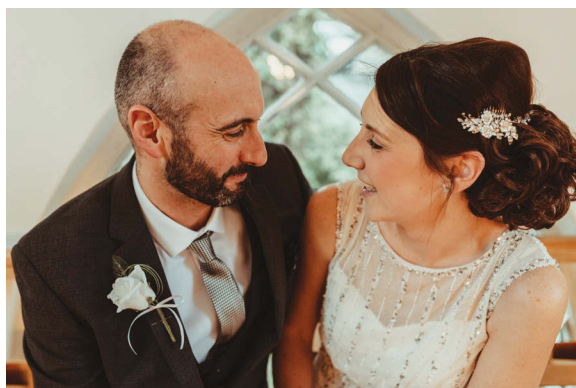
As some of you may already be aware Gregg Whyman, one of our Upbeat Instructors, tied the knot earlier this year! Here, he shares a little bit about the big day...



The wedding planning had been a breeze; we both knew what we wanted, a small, intimate day shared with loved ones, great food and lots of laughs - and that's certainly what we achieved.

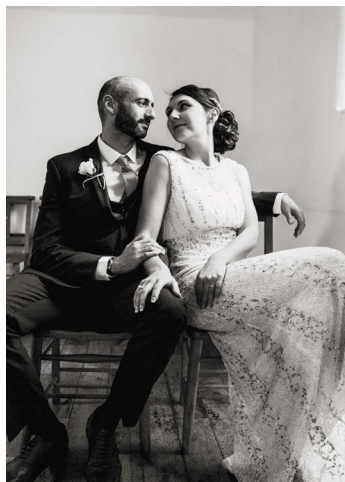
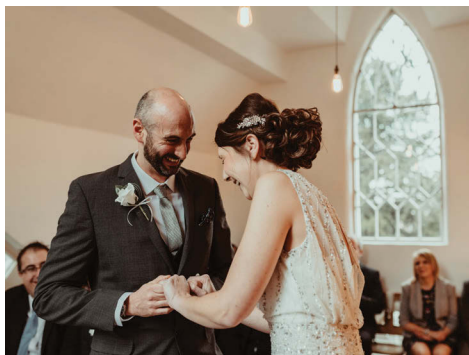
We loved our venue as soon as we saw it; in fact, it's the only one we viewed. We adored the combination of the old-look of the exterior and modern interior and little nods to its history as a church school house (as seen in the arched windows which provided perfect photo opportunities). It was the perfect backdrop to our metallic and blush colour scheme which Danielle followed to create all of our flowers, centrepieces and decor - well, she is a wedding editor after all!

On the day itself I was a little nervous - ok a lot - and couldn't wait until I saw Danielle for the first time as she walked up the stairs to the ceremony area. I was so relieved as soon as she was next to me - and she looked beautiful; she took my breath away.



We'd written our own vows, which made it personal, and true to form we laughed our way through the proceedings just like we do in life. I wouldn't have wanted it any other way.

Following the nuptials, guests tucked in to champagne and canapés, a roast dinner (my favourite) and cheesecake to finish (Danielle's ultimate



dessert!). Before we knew it, the jukebox was being set up for the evening entertainment and we were on the dance floor!

I can honestly say it was the best day of my life. I married my best friend and I would do it all over again tomorrow!

Gregg

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

**DON'T KEEP THE MESSAGE OF UPBEAT TO
YOURSELF - SHARE IT AROUND**

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.

My Friend Albert

by Ken Bishop

In 2003 my son-in-law, Andy Malcolm, took on the job of East Anglian Fund Raiser on behalf of the Fishermen's Mission. If you are not familiar with the Fishermen's Mission, let me enlighten you. It cares for the men and their families who live daily with worry and anxiety as their loved ones earn a living in the UK's most dangerous peacetime occupation. Working alongside other maritime agencies the FM is committed to reducing the injury and fatality rate in the UK fishing fleet. Statistics show one fisherman killed every six weeks, a fishing vessel lost every twenty days, one fisherman injured every seven days, and five accidents every week. The Mission provides emergency support and long-term care, emotionally and practically, for the fishermen and their families.



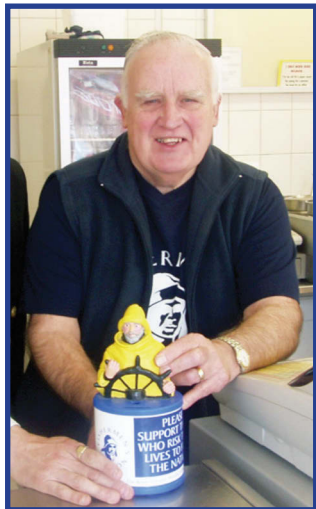
*100 fishermen have lost their lives
to the sea in 10 years.*

Being fairly new to the area ourselves, Elaine and I visited various coastal and other towns and Andy suggested we might like to collect FM money boxes for him from fish shops. These money boxes are in the shape of the figure of a fisherman, 'Albert', in his bright yellow oilskins and sou'wester. As we visited different places we noticed more fish shops and asked the shopkeepers if they would like to display Albert on their counters. That's how I started to become an official volunteer for the Mission!

I soon found I needed to keep a record of the shops in which I had placed an Albert and also when and where I collected them. From these small beginnings I was soon visiting 250 shops throughout East Anglia. On returning home I took on the task of opening the boxes, counting and recording the monetary contents and sending a receipt to the shops for their collections. As you can imagine the Alberts were sometimes greasy-fingered and definitely smelt of fish so had to be washed. As the numbers increased I have very much appreciated the help of a couple of friends who took on this job for me so that the Alberts were returned to the shops in shiny, clean, sweet-smelling condition!

Time was something else I had to consider. As most of you will appreciate fish

and chip shops often don't open until late morning, over lunchtime, and similarly around tea or dinner time. I worked out my travel times to tie in with shop opening times and drew up a map to cover as many shops in a specific area and time as possible. Another consideration was parking near to the shops as dear Albert could be quite heavy if that shop's customers had been generous – paper money was best!



Ken with his friend 'Albert'.

It was very rewarding for me to be recognised as 'The Albert Man' when I went to the various shops and on occasion I had time to stop and have a chat with the sellers and hear any local gossip. Often I was offered free fish and chips but I can honestly say I never succumbed to these treats! I only took the smell away with me!

I did, however, receive a lovely surprise in April from Andy's Manager – even Andy didn't know about it! I was invited to the Fishermen's Mission AGM to receive an Achievement Award. This was in recognition of my twelve years' service as a volunteer and in that time raising £90,000. My wife, Elaine, was also invited to the beautiful and interesting Trinity House on the Thames Embankment.

We were given a warm welcome by Alison Godfrey, Director of Business Development, and other staff members, including Andy, and introduced to other supporters of the Mission while we had coffee. The AGM was conducted swiftly and efficiently in our presence and led into the presentation of awards: to the bereaved family of a fisherman, a church in Colchester, and other supporters including myself. This was followed by a delicious buffet lunch, more introductions, and numerous photo shots before we departed into a sunny spring afternoon opposite the Tower of London.



Ken receiving his award from Glyn Tonge, Chairman of Trustees of the Fishermen's Mission

A Bus Ride in the Rain

by David Camp

After eight weeks of wall-to-wall sunshine and heat, Upbeat chose Thursday 9th August to conduct a Mystery Coach Tour – and what was probably the first day-time rain of the summer! It drizzled in the morning and decided to water the gardens well and truly from lunch time.

The day was organised by Joyce Hurrell who arranged, secretly of course, for us to enjoy an informative, varied and enjoyable day out. On the day we were led by Ilva Maxey and Hilary Neeves, who proved their mettle by helping out and ensuring that everyone got what they ordered for lunch and that no one got left behind at any of our stops!

Picking up our members in Bury St Edmunds and travelling on to Long Melford and Sudbury we soon had our thirty-six members on board so we were off to our first stop of the day.

Travelling via Stoke-by-Nayland and some beautiful Suffolk countryside we stopped at John Constable's birthplace at East Bergholt and visited the parish church of St Mary The Virgin. The churchyard has a most unusual feature, being a Bell Cage, built in 1531, which houses five huge bells weighing 4½ tons which are the heaviest being rung in England. What is interesting is the fact that the bells are rung by force of hand directly to the bell stock and not by ropes as is usual.

Whilst half of the group were having a conducted tour of the church and Bell Cage, the others were receiving a talk and being shown a video. We then enjoyed a tea or coffee and a slice of cake before the groups were changed over.

Back on the coach, we travelled down to Manningtree and then on to nearby Lawford where we stopped for lunch at The Heart's Delight Restaurant at the local garden centre.

After an enjoyable and tasty lunch it was back to the coach and moving off to our main venue of the day. By then it was raining quite hard and entering Harwich we realised that the guided tour of the historic parts of this old town, including the redoubt, the dockyard, lighthouse, cinema and old buildings was not going to be feasible.



Parish Church of St Mary the Virgin,
East Bergholt



Looking at the Bell Cage



The Bells, East Bergholt



The Bell Cage dates from 1531

We were met by the town crier, wearing his full regalia and looking splendid in his scarlet frock coat and breeches, and were conducted to the small museum on the Halfpenny Pier, a Victorian wooden pier, one of only a few remaining examples of working wooden piers in the UK.

The town crier formally rang his (very loud) bell and welcomed us to the town in the traditional manner. A member of the Harwich Society then gave us an informative talk on the main features that we had missed, including advising that Harwich was the likely starting point of the Mayflower, which carried English puritans to North America, and the birthplace of its captain, Christopher Jones.

Missing out on the tour was a disappointment but we felt that we got a taste of the history of the town and no doubt many will return and visit in better weather. Having voted to return to the garden centre at Lawford



for tea rather than making our way home we were all able to enjoy afternoon tea and peruse the centre.

At 4 pm, we started to make our way home and joined the A14 back to Bury. It had been a different and enjoyable day out despite the weather and thanks must again be made to Joyce for her organisation and to Ilva and Hilary for ensuring everything ran so smoothly.



The Halfpenny Pier, Harwich

COPIING WITH STRESS

MANDY SCALES, Cardiac Nurse

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 a certain 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, relationship, 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, dizzy, and cause palpitations and angina.

Learning diaphragmatic breathing is not difficult and is taught in yoga practice. First find a quiet place to either 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 of 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.

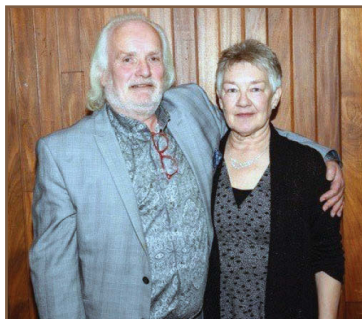
Ref. NHS stress website. BHF Heart manual. Yoga for stress (Vimla Lalvani).

Upbeat Auditor and Member Retires

Graham Hardy prepared the Upbeat accounts and was our Auditor for the past twelve years. After suffering heart problems he joined Upbeat in 1999, making him one of the longest-serving members of the group. Recently he retired from his position with Moore Green Accountants (formerly Norman Green) in Friars Street in Sudbury after fifty-one years' service, having started as a fifteen year old.

Mr Hardy met his wife Gwen, who was his secretary, at the firm and he regards that as his best moment at Moore Green. The couple have been happily married for thirty-eight years.

He is a founder member of Project Seven, a charitable organisation which has donated more than £600,000 to local charities since it was launched in 1982 and he intends to spend more time working with Project Seven as well as taking up fishing again in the future.



Nick Farr, managing partner at Moore Green, said, "We are all going to miss Graham's upbeat manner and accountancy expertise; however, we wish Graham a long and happy retirement – he deserves it."

As an appreciation of his help and support for all that he has done for Upbeat, a 'thank-you' lunch was arranged at The Swan Hotel, Lavenham, attended by Graham and Gwen with Sylvia Baker, the Upbeat Chairman, Valerie Axton, the current Upbeat Treasurer, and David Camp, previous Upbeat Treasurer.

Thank you, Graham, and enjoy a long and happy retirement.

David Camp

Some more amusing signs seen at business premises

At an Optician's Office :

**"If you don't see what you're looking for,
You've come to the right place."**

On a Plumber's truck :

"We repair what your husband fixed."

Our Youngest Member: Oliver

Hello all, my name is Oliver Nunn. I have been associated with Upbeat for several years now, having done my work experience at the charity in 2016 and helped out with several functions since then. I am writing in this magazine to explain my own experiences in heart care, and describe how heart problems can affect anyone at any time (even a seventeen year-old such as myself).



My own experience in heart problems (which pales in comparison to the heart attacks which many members of Upbeat have endured) occurred in early March, when, in the aftermath of a nasty bug, I found myself with significant pains in my chest and arms which forced me to be rushed to hospital quickly by my father in the early hours of the morning.

In the aftermath of a nasty bug, I was diagnosed with acute myocarditis

As it turns out, the disease had led to my heart being inflamed, and after several scans and investigations, I was diagnosed with acute myocarditis. I had to spend several days and nights in hospital recovering before being discharged with a few pills, most notably Ramipril (which I have been taking over the past four months) and doctor's orders on what to do and what not to do. I used to run three miles, two or three times a week and cannot do that or any exertion anymore until I go back to see the doctors. I hope when I go back for my check up in a few weeks' time, I will be signed off.

I would like to thank the members of staff whom I met on the ward at West Suffolk Hospital who are also associated with Upbeat – Anne Graham, Dr Pegah Salahshouri and Dr Liam Ring – and wish them all the best.

Oliver

New Members February 2018 - August 2018

| | | | |
|-----------------------------|-----------------------|-----------------------------------|---------------------------|
| Bill & Patricia Allan | Gerald & Teresa Cook | Cyril & Joyce Jones | Derek & Carole Richardson |
| Ralph & Pamela Amos | Eileen & Frank Crosby | Renee Jones | |
| Brenda Barfield | Valerie Cownley | James Lang | Veronica Rowland |
| Anne & Colin Barrable | Celia Dixon – Wright | Robert & Tina Lukes | Teresa Sawyer |
| Karen Beeton | Jane & Mick Dodd | Marilyn Milligan | Roger Stearns |
| Raymond Blissitt | Colin & Carol Durston | Francesca & Ivan | Kevin Stevens |
| Frances Brown | Peter Eastwick | Newman | Christina Vatcher |
| Kevin Boydell | Monica Girling | Helen Nicholl | Pat Viner |
| Wilson Carson | Lesley Glendenning | Jenny Nunn | Johnny and Sue Walker |
| Anita Cleaver | Philip & Jacqueline | Linda & Michael Pease | Tom Wells |
| Francis & Margaret Connolly | Goodyer | Richard, Rachael & Georgia Priest | |
| | Audrey & David Jones | | |

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 any improvements or innovations you would like to see.

Due to the printer's deadline, this list is correct only up to the end of August 2018. Members who joined after that date will be shown in the next issue of the magazine in Spring 2019.

100 Club Winners

| | |
|-----------------|--|
| February | 1st Prize £100 Number 077 Mr W Hanna 2nd Prize £34 Number 110 Mr & Mrs E Edrupt |
| March | 1st Prize £100 Number 042 Mrs P Harrold 2nd Prize £39 Number 219 Mrs P Wappett |
| April | 1st Prize £100 Number 171 Mrs C George 2nd Prize £41 Number 152 Mr & Mrs W Halliday |
| May | 1st Prize £100 Number 093 Mrs E Sharkey 2nd Prize £42.50 Number 153 Mrs R Chisholm |
| June | 1st Prize £100 Number 031 Mrs Y Orbell 2nd Prize £42.50 Number 079 Mrs D Willoughby |
| July | 1st Prize £100 Number 090 Mr M Bailey 2nd Prize £45.50 Number 159 Mr R Jackson |
| August | 1st Prize £100 Number 035 Mr A Chaplin 2nd Prize £45.50 Number 189 Mr B Evans |

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

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.

October 2018

5th 7pm prompt Bingo Supper at New Bury Centre Jacket potato meal with choice of fillings Bar available Tickets £8 available at venues

November

21st New Bury Centre: Visit by Clare, Countess of Euston, Her Majesty's Lord-Lieutenant of Suffolk, to present to Upbeat The Queen's Award for Voluntary Service. Further details will be posted at the venues.

December

6th Christmas meal at Ashlar House 12.30 for 1 pm Tickets on sale at New Bury Centre

7th Treatt's premises to sell Upbeat goodies

14th Upbeat Christmas party at Sexton's Manor

18th Christmas party at Long Melford

19th Christmas party at New Bury Centre

29th Masquerade 'Black Tie' Big Band Dance Delphi Centre, Sudbury 7 pm Bar but bring your own nibbles. Tickets £16.50 from Sudbury Tourist Information Office or from Phil Goodyer Tel: 07909993799

January 2019

31st Mrs Hubbard's 3-course Roast dinner New Bury Centre 12 noon Tickets on sale at venues

February

23rd Jumble Sale New Bury Centre 12 noon

March

28th Annual Lunch at Stoke by Nayland Hotel, Golf & Spa. Further details will be available at our venues

April

Quiz at New Bury Centre

May

14th AGM 7 pm Southgate Centre

Coach trip Details to be confirmed

June

60s Theme Music Night Details to be confirmed

July

4th Strawberry Tea at Newton Green

September

London Theatre trip Your chance to see one of the spectacular musical shows currently running in the West End. Tickets, to include coach and good stalls seats, will be approximately £55.

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 9.15am-12.30pm.

Friday evenings at Sexton's Manor Primary School, Greene Road, 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, named bottle to reduce our use of plastic cups.. 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.

Absent Friends

Eddie Johnson

By his son Gerard



Dad could be a wicked prank or a wind up. There were so many different levels to him. He was fair, non-judgmental, had a huge heart and, with those gleaming blue eyes, could be a bit crafty as well. Dad mellowed as he got older and was a kind soul, but he still had that command over people and could then just rely on his wit instead of his fists.

Years of having to size people up in the pubs as they came through a door enabled him to know someone quickly, and his warm persona served him well. Even in the time of Google you'd be hard-pressed to catch him out on anything. He was well-versed on politics, film, literature, music and food, being well-read in an age where it doesn't seem to matter anymore.

Although well known as a publican, Dad's lifelong dream was to be a writer. Ever since he worked on Fleet Street as a young boy, he devoured books, and wrote lots of stories himself. Some were about years ago, some were written for us as kids, all with a style of their own. His letters would also regularly grace the pages of the Independent or Guardian newspapers, on a wide range of subjects. It was a joy to see him enjoy the recent success of the Two Puddings book; he looked completely at ease with all the attention and the rave reviews it received. He revelled in it.

Food was Dad's other obsession. He became a very competent cook himself in recent years, something my mum probably wouldn't have imagined. She always wanted to teach him and his answer was always the same, "I'll be gone years before you, so I won't need to know."

I've also never known anyone love butter so much. He blamed it on the war and rationing, making up for lost time by spreading it thick, all the while convincing us he had very low cholesterol. He just wouldn't be told. He also said by eating lots of butter he never had a cold. Ever! And to be fair, I don't remember if he ever did, although a double heart bypass twenty-five years ago may have had something to do with all that butter.

I first saw dad cry when I was 16 years old. We'd lost my brother, Eugene, out of the blue and I saw this strong, fearless man collapse in front of me; he was broken

completely. We all were. That was when everything changed. Up until then we were a perfect family.

He could have given up at that point and no one would have blamed him but even after mum got so ill, he managed to bounce back. Even after Andrew got so ill, he bounced back again, never fully getting over the blows that life dealt but becoming a rock for the family that remained.

Dad, stayed strong until the very last breath. He never showed the fear he must have felt; if anything all the knocks and blows galvanized him to be a bigger, stronger man. He left an impression on everyone he met and we all share that strength now.

Jean Baddock

By her son Barry

My mother – Jean Baddock -- was recently a heart patient in the spacious facilities of the West Suffolk and she was reminded of the day in 1931 when, as a 7-year-old, she walked from her home in Horringer to visit her own mother – my grandmother – in the “Heart Ailments” ward of Bury’s old hospital, near Priors Estate.



In that far-off time, X-rays, heart surgery and by-passes did not exist. Nor had such caring organisations as Upbeat yet seen the light of day! So when my grandmother was bundled off back home to Horringer, the only remedy prescribed for her was a “meat and brandy diet”. How times -- and medical practices -- have changed! I can well imagine that the meat – rabbit, say, or pheasant – was acquired somehow, but, given the needy state of village families back then, I cannot think how money was ever found for the brandy.

Despite all, I do believe that long-ago stay in the old West Suffolk General Hospital worked some kind of magic for my grandmother for, after giving birth to eleven children in Horringer, she lived on into her 90s, surviving her husband by many years. When asked the secret of her long life, she would attribute it to the tiny thimble of brandy she always took at bedtime.

One of those children, of course, was my mother, Jean, who herself survived to be 95, living independently until just a few weeks before she passed away. She attended quite a few Upbeat functions and very successfully managed to get herself photographed and in the magazine, which always delighted her.

Jean Baddock By Margaret Orr

I first met Jeannie, as she liked to be called, when we both worked for SAPPa in the 60s. We met up again fifteen years ago and so started our Tuesday afternoon 'adventures', as she liked to call them. We would go out and about in the Suffolk countryside which she loved. Usually we would find somewhere to have a 'cuppa' (we once gatecrashed a wake!). Jeannie came to several Upbeat events and consequently, when she died her son requested that friends make donations to Upbeat. Rest in peace, Jeannie.

Ann Piper By her daughter Jane Trayton

My mum had struggled with her health quite a bit over the last few years. Her main issues were heart related; she had a TAVI procedure in July 2017 and although she seemed to recover quite well from that, she was found to have fluid on her lungs not long after her op. She never really fully recovered from that and I would say her health deteriorated from then on. She had a fall in her porch on March 8th 2018, from which she sustained a head injury and a fractured eardrum. She spent the next two months mainly in hospital, with about a week at home where we all looked after her. She was readmitted after becoming very poorly and passed away in hospital on May 6th.



As much as her health would allow, my mum was a very independent lady. She had been widowed for twenty-six years and remained living on her own during that time. She had simple pleasures in life which included spending time with me, my husband Ian, and our three children, working two afternoons in a charity shop, meeting friends for coffee or lunch and tending her garden. She enjoyed going to Upbeat as she felt safe and welcome there. By safe I mean the fact that there was a nurse on hand to chat things over with, about anything that was worrying her about her health. She always said the group as a whole was very friendly and I know she made a few friends that she kept in contact with even though she'd stopped attending the club.



Upbeat Coffee Mornings

Coffee mornings at the Southgate Centre
will be held on the dates shown below.
For more information, please call either
Rodney on 01284 754844 or Ann on 01284
750980. We look forward to meeting you.

2018

October 11th, 25th
November 8th, 22nd
December 6th, 20th

2019

January 10th, 24th
February 7th, 21st
March 7th, 21st
April 4th, 18th
May 2nd, 16th, 30th

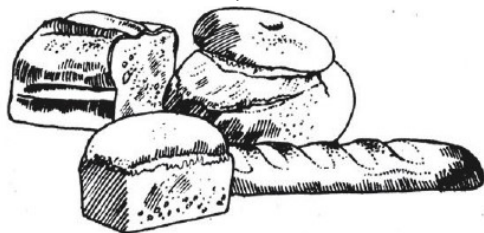
2019

June 13th, 27th
July 11th, 25th
August 8th, 22nd
September 5th, 19th
October 3rd, 17th, 31st



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