

UPBEAT MAGAZINE

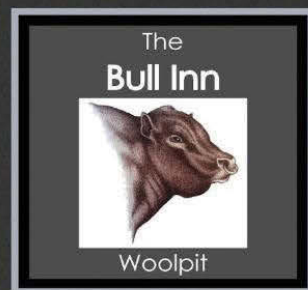
Journal of West Suffolk Heart Support Group



Autumn 2019

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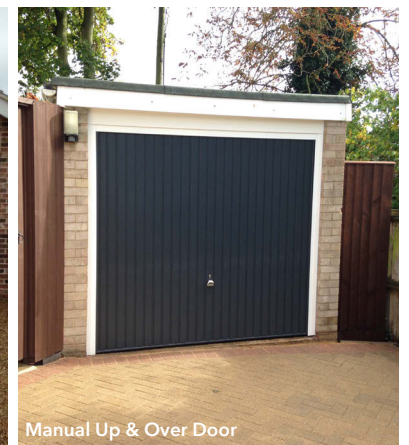


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Front Cover: Former Upbeat cardiac nurse Tracy Wallace supported by her husband Simon after successfully completing the 2019 London Marathon in aid of the British Heart Foundation.

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Once again I have the pleasure of presenting to you our latest Upbeat magazine. It's clearly been a busy time for Upbeat over the last six months, and I hope you have enjoyed the varied events the Social Committee has arranged for you. Please look at Page 37 to see what's in store for the coming months.



At the time of writing this, I am reading a book about the Battle of Jutland in 1916. It's of special interest to me as my father was serving on HMS Caroline, a light cruiser which took part in the battle. In October Valerie and I are going to visit the ship, the only British First World War ship still remaining, which is now a floating museum in Belfast. It will be a moving experience, I think, to see where my father, then a young telegraphist, sat in the radio room, tapping out Morse code messages to other ships in the fleet. He came through relatively unscathed, but thousands lost their lives when some of the battleships, cruisers, and other warships were sunk by 'enemy' fire. Those enemies, the Germans, are now Britain's allies, of course, and one can't help questioning whether what was achieved was worth all that death and destruction, and the sorrow it brought to so many.

Our membership continues to grow, despite the loss of some dear friends. It means there are more people with heart problems who need our services, and it's good to welcome all newcomers. We hope you find pleasure in the exercise and companionship which Upbeat provides. Remember that if you don't feel up to exercising, you can always come just to socialise over coffee and biscuits. I hope to meet you at a session before long.

David

Patrons

Dr Pegah Salahshouri, Lead Consultant Cardiologist at West Suffolk Hospital
Daemmon Reeve, Chief Executive Officer at Treatt PLC

Chairman's Report Sylvia Baker

I write this as the weather is just starting to heat up after a heavy rain storm. Looking back over the last few months you wonder where the time has gone.



In March we held our Annual Lunch at Stoke-by-Nayland and again we were lucky with the lovely weather. We enjoyed a good lunch and then had to explain to guests that unfortunately our speaker had lost her voice that morning so was unable to attend....not what you want to hear on the day! However, thankfully our wonderful MC, David Deacon, stepped up and, aided by Brian Richell, entertained us by telling jokes and stories. Considering they had no notice they both were great and saved the day. It is a lovely event and gives all groups the chance to get together in a lovely setting to meet and greet friends.

In May we held our AGM. It is always a disappointment that more of you do not attend. This is the time when you can all have your say and determine the way forward. The AGM also gives everyone the chance to look at the accounts and get information from your Executive Committee who work hard on your behalf. Please make a note of the date for next year: Tuesday 12th May 2020, and try to come along.

The Nurses and Instructors have all been meeting to update their methods of teaching and working together to standardise all sessions, thereby keeping Upbeat up-to-date. If any of you need information or need any advice we are all here to take your questions on board and help you wherever we can.

I always stress that we need more help, setting up, putting away, making tea and coffee and washing up. Please if you can spare some time, come forward and help.

We now have a lovely new notice board, thanks to Frank Murrell, so make sure you check out forthcoming events and don't miss out on anything. Many people do not notice announcements when they are simply placed on the entry table but we hope this notice board will make a difference.

There will be a list of social events shown separately in the magazine, including another bingo session, and a jumble sale...so sort out your jumble and get ready!

I have to say a special thanks to Phil and Jacqui Goodyer for organising the Delphi Vintage Day and the Dance. It was a really special event and lots of very hard work and effort were put in by this amazing couple. Joyce and Ron Lawes, together with Chris and Frank Medcraft, worked hard to produce a tombola and a bottle stall which looked fantastic

on the day and produced a whopping £600 profit! Thanks to all our members who kindly donated items and to all who came along to help. I think it's true to say everyone thoroughly enjoyed themselves.

The biggest surprise was when Phil came along to present to us a cheque for £1300 raised on the day, which was great. He and Jacqui have agreed to hold a Christmas Dance for us in December which is very kind. Please see the advertisement for this on Page 26 of this magazine.

Treats continue to support us, helping with printing, postage and donations so big thanks to them for all the care they show us.

Barbara at the New Bury Centre has been very kind and helped with our social events.

Thanks to Valerie, our hard-working Treasurer, and David, who edits our magazine, and of course Hilary, our hard-working Secretary. We appreciate the time they all spend working for us; they make a great team and we are lucky to have them.

To the Executive and Social Groups and members who attend the rehab exhibitions, as well as those who man the entry desks, help to set up etc. I salute you all and say, "Thank you!"

Please continue to support us and let's help each other to make Upbeat even more 'Upbeat'!



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Treasurer's Report

Valerie Axton

A very short piece from me this time as the magazine is nearly full.

As I reported at the AGM in May, Upbeat finances remain healthy due to the excellent fundraising, donations, and grants that have helped enormously. Please look at our donations page. We are very grateful to everybody who has donated. It makes a big difference.



We have had a grant of £5,799 from the NHS to pay for one cardiac nurse for a year. This is the first time ever. We had £1,773 returned from HMRC for Gift Aid, so both these will be a great help for this financial year.

Please remember Upbeat for any donations, gift aid, Easy Fund Raising/ Amazon Smile, charity collections, legacies or other collections.

Membership is free - BUT ...

Several members have asked why we do not charge a joining or annual membership fee and have indicated that they would be willing to pay.

From the start it has been the policy for Upbeat not to charge a joining fee or annual membership because new members are often at their most vulnerable, having been ill and often shocked by what has happened to them and Upbeat is providing support in various ways at very difficult times. Also, in other areas where fees have been introduced to heart groups, it has been found that many people leave and do not access much-needed help.

However, we have 835 members, of whom only about 250 come to sessions and pay money to exercise, see the nurse, have coffee, or take part in events. If you do not come to any of our sessions or events, please would you be willing to make a donation to funds to enable us to keep going? Any sums, large or small, would be most welcome. They help to pay our running costs - hire of venues, pay for instructors and nurses, printing costs of the magazine, etc.

Please send donations to Mrs V Axton, Treasurer, Vistri- Vale, Old Hall Lane, Fornham St Martin, Bury St. Edmunds IP31 1SS. Cheques should be made out to Upbeat.

Every penny helps. Thank you.

Valerie

FUND RAISING & DONATIONS OVER £20

February 2019 – August 2019

GRANTS / SPONSORSHIP / GROUP DONATIONS

Treatt	£210
Sudbury Wine Club	£35
Hesketon Whist Drive	£50
St Edmundsbury Borough Council	
Grant for Instructor Training	£465
HMRC - Gift Aid 2018-2019	£1,773.53
NHS Grant for one Cardiac Nurse for 1 year	£5,799.50

FUND RAISING

Mrs Hubbard's Lunch 31.01.2019	£332
Stoke-by-Nayland 28.03.19 Lunch & Raffle	£2,023.40
New Bury Quiz Night 13.04.19	£270
New Bury Quiz Winners Not Us donation	£30
Easter Raffle - Long Melford	£100
Easter Raffle – Sexton's & Southgate	£68
Easter Raffle – New Bury	£212
Long Melford Quiz Night 18.05.19	£193
AGM Drinks Profit	£28.45
Car Boot Sale 25.05.19	£267.72
Delphi Day 22.6.19 + anonymous donation	£600
Delphi 1940s Dance 22.6.19 Phil Goodyer	£1,302
Strawberry Tea 4.7.19	£765.75
Felbrigg Hall Trip 13.06.19	£185
Fête at New Bury 3.8.19	£457
Quiz Night at New Bury 16.8.19	£154

DONATIONS – Individual Over £20

Long Melford Collecting Tin	£41.35
New Bury Collecting Tin	£240.39
Thursday Morning Coffee Group Southgate	£50
Eileen Shurmer- Small regular donations	£100
Rodney Johnson/ GYE Charities Trust- Monthly	£370
Martyn Roper Talks to the English Speaking Union, Conservation Society, Cavendish Ladies, Long Melford Ladies, LMFMS, St.Mary's Fellowship, Wickham St. Paul WI	£315
Robert Mountford	£100
Ken Boughton	£50
Joyce Hurrell	£40
Olive Gardiner	£20
Beryl Hazell	£50
E & M Clarke	£55
Dr. Evelyn Lee	£80

Peter Empleton	£50
Ernie Edrupt	£45
John & Peggy Simmons	£25
Giles Washbourn for Stemp Hanging Baskets	£50
Mrs S Keeley	£1,000
David Catton	£40
John Adams	£20
In Memory of Violet Bannister	£262.09
In Memory of Dickie Bird	£475.97
In Memory of Helen Edrupt	£275.10
In Memory of Ray Bennett	£589.16
In Memory of Doug Powell	£319.95

Donations over £20 Towards Annual Lunch

David Catton	£40
Evelyn Payne	£26
Eileen Webb	£20
Norman Langridge	£50
Anonymous	£100
John Simmons	£21
Penny Morris	£27
Barbara Bannister	£34

Other donations for the Annual Lunch under £20 totalled £103



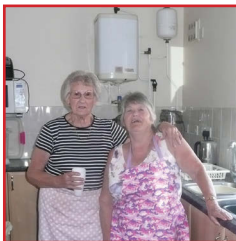
Plus the smaller donations, some on a regular basis, some anonymous – all too numerous to mention, but sincere thanks to everyone. It really does make a difference.

Strawberry Tea

by Hilary Neeves

Perhaps the most popular event of the Upbeat calendar year is the Annual Strawberry Tea.

I feel I am able to write a proper report on the Strawberry Tea this time as the event was completely run by the Long Melford ladies and I, along with others from Bury, were able to really enjoy it this time. Clare Kettyl and Sylvia Bambridge took over the running of the tea, with helpers from the Long Melford group.



We are normally blessed with good weather at this event, and this year was no exception. The sun was shining as Upbeat members and friends gathered at the pretty garden setting of the Newton Green Village Hall on Thursday 4th July. The gazebos, bedecked in colourful bunting, provided welcome shade from the sun as we were treated to a wonderful spread of savouries and cakes, accompanied by strawberries and cream to match the occasion. You did us proud!

We were serenaded during the afternoon with Brian Richell's music, (thank you, Brian) and then just as we were flagging in the heat, he had organised a quiz to wake up the brain. Fun and laughter were the order of the day and it was one of those occasions when you can just catch up with and relax with friends. Normally at the exercise sessions there is not much time for chatting, but the Strawberry Tea is an opportunity to get to know each other better. We finished off with a raffle with lots of donated prizes. The event raised the magnificent sum of £765.75 for the Upbeat Funds.



If you didn't come this year and like the sound of it, you would be most welcome to come next year. It is normally at the beginning of July.



Many, many thanks go to the team of chaps who helped set up everything in the morning and took it down after it was all over, to the raffle ladies, to Bill for donating the strawberries, and most of all to Clare, Sylvia and their fantastic team of helpers for such a memorable afternoon. You all worked incredibly hard and I hope those tired legs at the end of the day soon got rested. Thank you.

Secretary's Report

Hilary Neeves



Here we are again, another Summer almost gone and another magazine to fill. It's been a busy year so far with more events to come. I wonder if we all appreciate the benefit of the social events. It is not all about fundraising, although that is a necessary part of it.

I attended an Older Persons' Fair at the Athenaeum at the beginning of the year and there were several organisations dealing with loneliness and how to counteract it. Of course, being alone and being lonely aren't the same. Loneliness feels draining, distracting, and upsetting; desired solitude feels peaceful, creative, restorative. All our social events need a team of people to organise them and perhaps we take for granted the friendships that ensue.

We have had several members lose their partners this year and also several members battling illness. Upbeat as a group is still small enough that we mostly get to know what is happening but if you need a bit of extra support, speak to us or come and join the Social Committee. It is a great way of getting to know people and making strong bonds with other people. This is what Upbeat does best.

I have listed on the next two pages a few organisations and numbers from the Older Persons' Fair which might be of benefit to you. Have a look; you might find something of interest.

Back to secretarial matters, we are always looking for new members for the 100 Club. Our monthly draw prizes at the moment are: 1st prize £100 and 2nd Prize £40. This is for a yearly cost of £12. See me or David Camp if you would like to join up. The Bonus Ball Draw (£1 per square) is another way of helping the group.

We are always looking for advertising for the magazine. If you or someone you know would like to take over finding advertisers, we would welcome you with open arms. Our advertising revenue has almost halved over the last couple of years, and we desperately need someone willing to try and get more adverts. Articles for the magazine are always welcome. David Axton, our Editor, is always willing to have a chat with you if you have an interesting story to tell. There is always something to get involved in if you want.

Many people put in a great deal of time and effort to keep the group running and we thank them all.

OLDER PERSONS' FAIR AT THE ATHENAEUM
A few numbers that might be useful

Careline	01473 0599067 www.county-careline-suffolk.co.uk Helps people to maintain their independence by allowing them to remain in their own homes with the peace of mind that help is on hand at the touch of a button.
Sue Ryder Dementia Together	08081 688000 www.dementia-together.com Providing practical information and support for anyone interested, concerned about, or living with dementia.
Contact the Elderly	07949 706918 Alexandra.berwick@contact-the-elderly.org.uk Tackling social isolation and loneliness. Free monthly social meetings on Sundays.
The Voluntary Network	01638 608 022 info@thevoluntarynetwork.org Provides Community Transport, Befriending Service and Connect Support Service.
Meet-up Mondays	01379 855338 ann@ruralcoffeecaravan.org.uk The Rural Coffee Caravan addresses the stress of loneliness and isolation across rural Suffolk. Our team of volunteers offer friendship and a listening ear, fostering stronger relationships within the community.
Parkinson's Society	0808 800 0303; 01284 761622 www.parkinsons.org.uk Now Parkinsons UK set up in 1969 to provide help and support.
Citizens Advice Bureau	0300 3301151 www.suffolkwestcab.org.uk Gives people the knowledge and confidence they need to find their way forward, whoever they are and whatever their problem.

Age UK Suffolk	01473 351234 www.ageuksuffolk.org Providing vital services and support for older people across the county.
Suffolk Carers Matter	01284 333035 www.suffolkcarersmatter.org.uk Information, Advice, Guidance and Emotional Support for all unpaid Carers across Suffolk.
Our Special Friends	01284 247077 www.ourspecialfriends.org A Suffolk human/animal bond charity, aiming to enhance wellbeing through animal companionship, providing friendship, security and continuity for those unwell or struggling at a difficult time in their life.
Vivavoices	01284 700286 www.vivavoices.com A friendly community choir open to everyone. No audition or need to read music.
Bury St Edmunds Rickshaw	01284 339449 Rickshaw offers free rides to Bury residents who need a bit of help to get out and about.
BreatheEasy	030000 030555 helpline@blf.org.uk Philip.gladwell@abagri.com A support group of the British Lung Foundation offering friendship and support for those living with a lung condition. Family & carers also welcome.
West Suffolk Council Social Subscribing	07967 670602 / 01284 757097 Suzanne.Stevenson@westsuffolk.gov.uk Participants can be referred by a professional but can also self-refer. LifeLink provides a free, confidential service for people who want to improve their well-being introducing a wide range of social activities and support and provide links to clubs and societies, arts and culture, sport, health, housing, welfare, social care, housing and financial advice amongst others.

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SOCIAL EVENTS & FUNDRAISING
At the time of going to print, no member has
specific responsibility for organising social events

THEATRE TRIPS
At the time of going to print, no member has
specific responsibility for theatre trips.

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Meet Our New Committee Member - Iain Robertson



I was born and brought up in a village called Nethy Bridge, thirty miles south-east of Inverness, which is now part of the Cairngorm National Park. In the mid-fifties my parents moved to Glasgow where I completed my education.

I served an engineering apprenticeship with Rolls Royce, Aero Engine Division, and on completion I was sponsored by Rolls Royce to instruct in engineering in Uganda for two years. Returning to the UK I was a Senior Technician running the Engineering Department at the Department of Physics, at St Andrews University. I moved to East Anglia in late 1979, working for several companies as an engineering manager.

In February 2017 my doctor sent me for an angiogram to West Suffolk Hospital. I was shocked to find I needed a double bypass, which I had two weeks later. Thanks to our fantastic National Health Service, and its dedicated and professional staff, I have made a remarkable recovery.

I have five grandchildren aged 5 to 21. I am pleased to become a committee member as I would like to return some of the help I have received in hospital and rehab.

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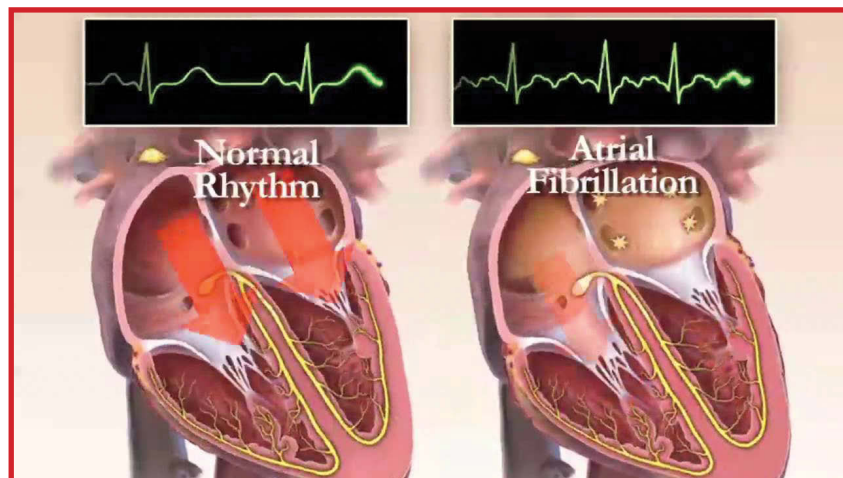
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ATRIAL FIBRILLATION

by Cardiac Nurse Mandy Scales

The heartbeat is controlled by electrical messages normally sent from the sinoatrial node (natural pacemaker) producing sinus rhythm. These messages follow an organised pathway through the heart causing the heart to contract and pump blood around the body. This produces a regular pulse.

Atrial fibrillation is a common abnormal heart rhythm that occurs when the electrical impulses fire off from different places in the atria (top chambers of the heart). These impulses occur in a disorganised way and override the heart's natural pacemaker which can then no longer control the heartbeat. The atria contract randomly and sometimes so fast that the heart muscle can no longer relax properly between contractions. This reduces the heart's efficiency and performance, creating an irregular pulse.



Atrial Fibrillation is more common as you get older and affects about 10% of people over 75 years.

Atrial Fibrillation is more likely to occur in people with other conditions such as coronary heart disease, high blood pressure, heart valve disease, overactive thyroid, and pneumonia, and also can be caused by alcohol or drug abuse.

Atrial Fibrillation is generally not life-threatening but can be uncomfortable, causing palpitations and breathlessness.

Atrial Fibrillation always needs treatment as the condition increases the risk of having a "stroke" because the heart does not contract properly. This can allow the blood to pool in the heart, leading to a clot which can travel through the arteries supplying the brain, depriving it of oxygen.

Treatment normally consists of medication to thin the blood and medication to control the heart rate or to restore the heart rhythm.

Anticoagulants such as Warfarin or the newer drugs such as Dabigatran, Rivaroxaban, or Apixiban will be prescribed to prevent blood clots.

Medicines called antiarrhythmics, such as Flecainide, Betablockers, Amiodorone, Dronedorone or Digoxin will be used to control the heart rate.

In patients with newly diagnosed Atrial Fibrillation, a procedure called "cardioversion" may be considered. This procedure is done under general anaesthetic and a controlled electric shock is given to the heart, which may restore a normal sinus rhythm in some patients.

Catheter Ablation might also be considered. This procedure is performed under local anaesthetic with sedation and consists of a wire being fed into the heart. When the source of electrical activity is found, high frequency radio waves are applied to burn out the irritable focus, enabling the normal conduction pathway to take control.

Pacemakers are also considered sometimes, but they will not cure Atrial Fibrillation. However, coupled with medication they will control the heart rate and prevent long pauses between heart beats.

Unfortunately, Atrial Fibrillation does not always produce any symptoms of feeling unwell and is only discovered on having your pulse felt. If the pulse is found to be irregular it is important for the you to have an ECG to confirm diagnosis, investigate the cause, and commence treatment

Fortunately, at Upbeat we now have a fingertip monitor (kardia) which we can use on anybody we find who has an irregular pulse. Once the rhythm is identified as Atrial Fibrillation we can fast track the patient to their GP for an ECG, investigations and treatment, thereby reducing the risk of a "stroke".

Ref: AF association, BHF, NHS.

A Soggy Day

- Upbeat's Outing to Felbrigg Hall

As reported by Marjorie Clarke

The skies were dark and the weather forecast uncertain on Thursday, June 13th, but this did not dampen the enthusiasm of the forty-nine Upbeat members as they clambered aboard the waiting coach for their outing to Felbrigg Hall.

Once in the coach, the Upbeaters, armed with their wet-weather gear and with optimistic smiles, exchanged warm greetings and soon there was a friendly buzz of conversation as the bus departed for its destination.



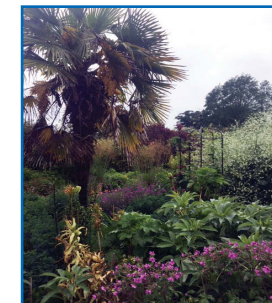
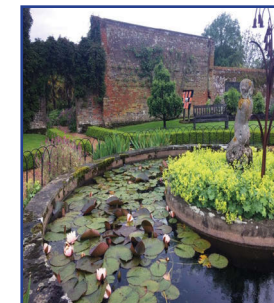
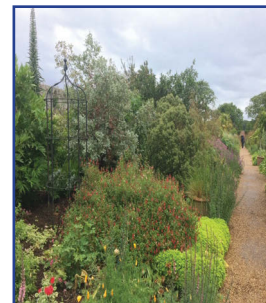
Felbrigg Hall is a 17th century, English Country House situated near the village of Felbrigg in Norfolk and not far from the seaside town of Cromer. The Hall is now managed by the National Trust as it was placed in their care by the last Squire, Robert Wyndham Ketton Cremer in 1969.

On arrival at the Hall we were welcomed by Felbrigg staff who gave us all a very helpful "Welcome

leaflet" containing maps and instructions plus information to help us to make the most of our visit. I'm ashamed to say that I did not read my leaflet whilst at Felbrigg and only on looking at it afterwards did I realise the true extent of what was on offer to the visitor.

Once out of the coach my friend Liz and I made straight for the Walled Gardens. We had been told that the gardens were "not to be missed" and they certainly didn't disappoint.

The garden area is very attractively laid out and almost every plant was labelled so that visitors could identify the species. Liz took several photos which we hope have captured the true loveliness that lay before us.



From the gardens we progressed to "The Squire's Pantry", which offers a selection of food and drinks. Once refreshed and restored we headed off, in the rain, towards the house itself.

The Jacobean house was built in the seventeenth century and is reputed to have remained unaltered to the present day, so we were able to see the building just as it was then and throughout the centuries in between.



In the time available to us it was impossible to see everything in the house, but of the rooms I did visit, my favourite was one of the Georgian bedrooms where the walls are decorated with an oriental wallpaper. We learned that the wallpaper was ordered through the East India Company and block printed in China, with figures hand painted on a beautiful, creamy background.

The guide in that room informed me that in 1751, William Wyndham spent a "small fortune" transporting the paper back to England from China and also paying 3s 6d per day (17.5p) and 6d (2.5p) per mile travelling for a specialist wallpaper hanger to position it on the walls of the room. I also learnt that later on, when this wallpaper became dirty and needed cleaning, each piece was carefully taken down, cleaned, restored and replaced on the wall. What an enormous task that must have been! It is certainly magnificent to look at and gives the room an impressive and luxurious look. In my opinion it was well worth the huge expense. William's guests must have been overwhelmed by its lavishment, but I have to say that I am very



thankful not to have been responsible for paying for it!

Too soon it was time to leave and before long we were travelling on our way to Cromer. By the time we arrived the weather had improved and we actually saw the sun. Our Editor and his wife were even seen on the pier enjoying ice creams! Here we spent our time exploring the pier, the church and the local shops, and having a cup of tea. Some Upbeaters went into the church where a closed-circuit television was relaying pictures of Peregrine falcons nesting on the church tower. They were able to have a good view of the chicks but unfortunately the adult birds didn't show while they were watching and soon it was time to be travelling back to Suffolk.

On reflection, I could easily have stayed longer at Felbrigg to see more of the building and the beautiful park which surrounds it. It would have been nice to have another walk around the gardens, but it was rainy and we were all a little "wind-blown" and damp. However, we had enjoyed a truly interesting day and it was time to go home.



*Thank you, Ilva!
That's another
fine visit you've
organised for us all!*

Upbeat's Annual Lunch -

Stoke-by-Nayland, March 28th by Jean Davis

The Annual Upbeat Lunch held on Thursday, 28th March, was a great success with old friends meeting once again. Normally Joyce Lawes makes her presence known to the members from Sudbury but this year she and husband Ron were unable to attend and we missed them very much. Ron wasn't there to take his usual photographic session which was a shame as I'd brushed the Pearly Whites for that special smile!



My friend Eileen Shurmer and our friends Mike and Sheila Smart joined us on Table 10 with several Sudbury regulars who kindly welcomed us to their table in 2018. I have to say, we all had a great afternoon.

The Master of Ceremonies was David Deacon who was very much on form this year. He showed just how masterful he can be with his quick wit and easy manner.

Unfortunately the guest speaker – the author Erica James - had flu and couldn't appear. However, David rose to the occasion with his usual charm. Accompanying him from time to time was Brian Richell, quizmaster and music-maker extraordinaire! The two of them gave us an insight into their minds, which may not have been to everyone's taste, but it certainly gave Table 10 guests a really good laugh. As I looked around there were several others with knowing smiles on their faces too.

There were special recognition thanks and presentations made to several members including Penny Morris, who was retiring from the Committee, Valerie Axton, the Treasurer and Membership Secretary, for all her hard work, especially on the accounts, and Felicity Stemp who made the Christmas hampers and the table decorations at the lunch.

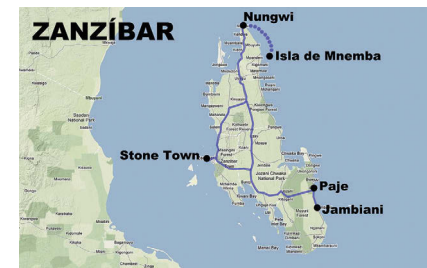
This is very much appreciated by Upbeat members. There are so many volunteers who give their time to make Upbeat special. There is great camaraderie amongst members and no one need ever feel alone. There is always a listening ear at all of the sessions to make you feel "you can cope".

I hope there will be an Annual Lunch in 2020 at Stoke-by-Nayland Golf Club and Spa. The food is always enjoyable with excellent service in a fantastic venue.



'Bon Appetit' at the Annual Lunch

Our Zanzibar Holiday



by Jim and Christina

Christina's daughter, Tracey, is co-owner of a holiday complex in Nungwi, a coastal resort at the northern tip of the island of Zanzibar which is off the east coast of Africa. We try to visit her twice a year and we have had good holidays with temperatures hovering in the nineties Fahrenheit.

Zanzibar has quite a history, having been conquered and occupied by several countries over the years. It has often been nicknamed 'The Spice Island' and has about thirty spice farms dotted around the island. It has also played a part in the African slave trade but today it is a welcoming and interesting tourist attraction.

The capital is Zanzibar Town but the locals call it 'Stone Town'. Freddie Mercury, the lead singer of the pop group Queen was born and raised in Stone Town. His home, called Mercury House, is on the list of attractions. This year Brian May (lead guitarist with Queen) and his wife, the actress Anita Dobson, visited Stone Town as a sort of pilgrimage.



**Zanzibar is often nicknamed
'The Spice Island'.**

Nungwi has a lovely beach with near-white sands and the blue Indian Ocean. It also has an area which the locals call 'Manchester'.

We visited one of the many spice farms and had a conducted tour. We were given various spices to examine and in some cases were invited to taste them. The spices have three main uses. Some are used to flavour food, some are used in cosmetics and perfumes, others are used to produce medicines.

One of the interesting sights was a member of staff climbing a tree at great speed. He put a rope round the tree, leaned back and using hands and feet alternately shot up the tree. The tree was about 80 feet tall with the lowest branch about 60 feet up.

One of our other trips was to visit Cheetah's Rock (www.cheetahsrock.org), an animal rescue centre. As the animals had been cared for and fed by the staff they have become accustomed to humans being around and we were told that if we respected the animals they in turn would respect us. Most of the animals were in large open air enclosures. In some cases we were allowed into the enclosures with the animals and staff had given us food which we could give to them.

We fed zebras and were told that a zebra was about four times stronger than a horse of similar size. Their back legs were 'knock-kneed' which allowed them to change direction sharply while running at full speed. This is very useful if they were being pursued by a predator!

We then went to the bush babies' enclosure. We had food for them. They are like tiny monkeys and they jumped from one human to another, landing on their shoulders or in their laps. They were so light that you were hardly aware that they were on you but they are lovely little creatures.



Christina's fingers were less than two inches from the lion's mouth.

The next enclosure had dik-diks. They are miniature antelopes, beautifully proportioned, but are only the size of a domestic cat. Their curious name is derived from the sounds they make when sounding alarm to others when they feel threatened.

We were given a piece of meat to give to a white lion. We were not allowed into this enclosure but Christina's fingers were less than two inches from the lion's mouth when feeding it..

A lot of information was given out during the tour. We saw a striped hyena and we were told they had the strongest jaws in the animal kingdom.

The last part of the tour was to enter the cheetahs' enclosure which housed five cheetahs. We were advised not to make



We were advised not to make any sudden movements.

sudden movements near the animals or try to pat their heads. We had our photograph taken with one of them and despite all the reassurances from the staff we breathed a sigh of relief once we were safely outside the enclosure.

At the end of the tour we had a glass of champagne and the owner gave us a talk about how the rescue centre was founded and the problems they had to face and overcome. It had been a really enthralling visit!

Zanzibar is an interesting island. The main language is Swahili but English is the second language so we were able to make ourselves understood. On our walks in the Nungwi village we were often greeted with calls of 'Jambo', which is Swahili for 'Hello'.

Another excursion was a trip to mainland Tanzania for a safari to the Kilimanjaro National Park. There we saw a wide variety of wildlife. At night we stayed in rather fragile accommodation but did not get much sleep because of the noise of herds of animals passing very closely and the roars of lions. In the morning we found footprints of the animals only a few yards from the door.

During the safari we had a Maasai tribesman as a guide. The Maasai rub an oil into their skin. Humans are not too aware of any smell but animals find the scent repugnant and this allows the Maasai to move more safely among animals.

Our guide took us to a river where there was a herd of hippopotami wallowing in the water. He warned us not to go near them as they are extremely dangerous and were responsible for many human fatalities. We were surprised to hear this. We were even more surprised when we attended this year's Upbeat quiz night when one of the questions was to name the species of animal in Africa which caused most human deaths.

Wasn't that lucky?



White Tie Glitz & Glam
Dance Night

Featuring big band "Swing Machine" from Suffolk
Playing music from 1920's to 1950's
with a special Guest appearance of Nettie Osman
singing 2 sets of 60's songs to get the party swinging

<p>Saturday 28th December Tickets £17:50</p> <p>From Sudbury Tourist Office or dancewithussuffolk@outlook.com or phone 07909993799</p>	<p>The Delphi Centre Alexandra Road, Sudbury CO10 2RR</p>	<p>7:00pm for 7:30 til late Licensed bar BYO nibbles</p>
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A Charity fund raiser for "UPBEAT" Heart Support for West Suffolk.

Delphi 1940s Revival Day

We arrived at the Delphi at 8.30 am, only to find Chrissy and Frank, Ron and Joyce, together with Giles and Hilary, already there with our Upbeat gazebo erected and the tables being loaded with goods for our Tombola stall. The field was laid out superbly; a dance floor had been laid next to the marquees, which housed stalls displaying and selling goods and memorabilia from the 40s. Lots of stalls around the field displayed items that brought back lots of childhood memories for me.

In the centre of the field was a small fair for children of all ages, surrounded by numerous American army and air force vehicles - even a genuine mobile tea and coffee wagon! Two rows of vintage cars were being proudly displayed by their owners. Next came the food stalls, selling bacon sandwiches, barbecued food, pizzas and hot dogs, as well as lots of ice creams! The foyer of the Delphi building was transformed into a 1940s Tea Room, selling tea in real china cups and offering delicious Victoria sponges along with many other sumptuous cakes.

The weather was beautiful and the public started to arrive with at least 50% of them wearing outfits from the 40s. The men looked very dapper and the ladies were beautiful in their colourful dresses. The dance floor was full all day with music from 'Chocks Away'* and the rich voice of Sarah Mae**, singing all the songs from the era. The atmosphere was terrific and the whole scene was watched over by the "Dad's Army" Brigade.

Many thanks to everyone who came and helped to run our tombola stall. On the final count up we had raised £600 through the day. Well done!

A successful day was followed by a memorable evening. The Glenn Hurst Dance Band in their US Air Force uniforms played all the 1940s' hits at a sell-out dance, with Mayfair Music filling the intervals with music from the era and dance lessons, such as 'The Lambeth Walk', completing the entertainment.

Phil and Jacqui and your team of willing helpers, 'Thank you for a most enjoyable and entertaining day and the fantastic effort and organisation you all put in to make it so.'

Upbeat were presented with a cheque for £1302.00 by Phil and Jacqui. Add this to the £600.00 we took on the tombola and it proved to be a very worthwhile, as well as an enjoyable, day.

Brian Richell

* www.chocksawayfordancing.com ** www.sarahmae.co.uk



1940s Vintage Day at the Delphi



The Simpkin Saga -



Part Two

The last that readers will have read of our friend Patrick was in the Spring 2016 edition of our magazine when we read about his early days growing up on a farm. Here we pick up his story when he is in his mid-teens.

When David and I reached 16 years of age we both went to study agriculture at Chadacre Institute, near Hartest. It was a two year course – you would go to the college for six months and then to a farm for six months in the summer time. It consisted of some theory but was mainly practical. There would be about thirty students in each year and when David went it was about the end of Mr Seawood's time as principal. There was a lot of bullying of the first-year students by the second-years and I remember David coming home for his first weekend visit. His complexion was yellow and he, being quite small, had really been put through it! When I went there was a new principal, Paton Phillips, and he stopped most of the bullying.

Chadacre was a huge hall with parkland round it. The main farm was Home Farm, where the cows were kept. Pigs were kept at Rivett's Farm and there were sheep and poultry, some in a deep litter shed and some in battery cages. The land was very heavy and, coming from a farm with light land, I couldn't get used to the mud clinging to my boots and gradually going up the inside of my trousers via my wellingtons!

The sleeping accommodation at Chadacre was in several dormitories, each housing a different number of students, from three going up to twelve. The beds were made of two wooden trestles, five wooden planks, and a horsehair mattress. They were very hard but you got used to them and then they seemed more comfortable. The only trouble with those collapsible beds was that sometimes you went to bed and your dorm had been attacked, with all the planks, trestles, and mattresses in a heap in the middle of the floor. Even worse, if you were in a dorm known as Windy Ridge, which was on the third floor of the building, it had been known for all the beds and bedding to be thrown out of the window, so you had to carry everything back up two flights of stairs!

Some students had to take turns in doing various early morning duties. Three people would do household duties, which meant getting up at 5.30 am to light fires in the Common Room, a big thatched building to one side of the big house. There was a big open fire at one end and a table-tennis table, dart board, and record player with vinyl records. This is where many students would spend their spare time. The boys doing household duties would make tea and cut up bread for toast for other early

morning students to have a bite to eat and drink before they went out to work. The household boys would then go around to boys who were on other early morning duties like milking cows, feeding pigs, and looking after the poultry and sheep. I was on household duty one day and I woke up a second-year student called John Farrow. (He later became a brilliant rugby player, playing for Bury, and also had a spell with Bedford who were a top English club at the time.) John was not very happy with me waking him and I had to clean his motor bike for a week as punishment!

I remember that in addition to the regular teachers there were people from the Ministry of Agriculture, one of whom came to give us lectures on poultry. He was a very boring man who had one gold tooth. This seemed to hypnotise me, and I would soon be nodding off.

There were still horses being used there for various jobs such as pulling trailers for carting straw and sugar beet tops for the animals. I didn't get on with the mostly Suffolk horses. I found that when getting them ready for work, putting on the harness and lifting the collar over the head, some of the horses would turn their heads and bite my arm. Quite often, while I was holding the reins and walking beside them, they would stand on my foot. Ouch! You couldn't blame the horses really; I'm sure that with so many students about each year they had been badly treated by some, and animals never forget.



There were various seasonal jobs to be carried out, including threshing the corn stack. One cold day the threshing machine turned up. It was pulled by a steam engine and driven by a long, flat belt which ran from the engine to the thresher. A piece of wire



netting was put a little way from the stack but all the way round, to trap the rats. As you got further down the stack the rats would try to make their escape. A terrier dog would help to kill them, or we chased them about and killed them with a stick. There was a story about my grandfather in his earlier days which said

that a rat had run up the inside of his trousers. He grabbed hold of it and killed it before it could do any damage to him!

On the corn stack two men would pitch the sheaves of corn on top of the thresher where another man would cut the string that bound it and then feed it gently into the thresher. After threshing the corn away from the straw, the straw would go out of the back and either be baled or carted away loose. There was a fan inside the thresher which would take the chaff away from the corn. The chaff went to a bagging-off area; the bags were taken away and the chaff fed to the horses as part of their daily diet. The grain would go to another bagging-off area and then would be taken away in coomb sacks* and stored.

Another manual job was knocking and topping of sugar beet, so they were ready to take to the beet factory in Bury St Edmunds. A machine would lift the beet out of the ground, and we would then get a beet in either hand by holding the leaves. Then we had to knock them together so that the dirt fell off. They were then laid in rows across the field until we got round to topping. For this the beet was picked up by the root and held horizontal. The top was then cut off just below the leaf formation (called the crown) by a beet hook. This was a very sharp blade with a little point at the end for picking up the beet. The topped beet were then left in heaps between the rows of tops, which were left to wilt before being picked up to be used for feeding to the cows and sheep.

Potatoes were lifted by hand in those days too. We students had so many yards each to pick up after a machine had spun them out of the ground. We picked them up, put them into buckets, and then transferred them to sacks. Later on, the sacks were loaded onto a trailer and taken to a shed for storage through the winter. Straw was put on the inside of the shed, on all sides, as insulation against frosts and extra straw was shaken loosely on top. In the new year they were put over a mechanical riddle to get the dirt out and people on either side would then sort out the rotten ones. The rest were bagged up and used as needed.

We also had ditching, hedging, making fencing, ploughing, milking, and, of course, mucking out the animals. There was always something to do at Chadacre!

Quite a few years after I left, Chadacre had to close because of a lack of new students. Farming was going into crisis and change and not so many people were needed in agriculture. The loss of job opportunities meant that there was no need for so many farm managers, foremen, etc. A man who used to write speeches for Margaret Thatcher bought Chadacre and almost immediately had some of the buildings bulldozed before any questions were asked, and he got away with it. What a shame!

* A coomb was equivalent to four bushels, that is about 4 x 140 litres. The 4-bushel bag was the standard international shipping unit for grain, and the coomb was in common use in farming in Suffolk until well after the end of World War II, in fact for as long as grain was handled in sacks, a practice which ended with the introduction of combine harvesters which had bulk grain tanks.

travel counsellors

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Book Your Holiday In The Sun ~

**and raise money for Upbeat
at the same time.**



After a 22 year career in the Travel Industry Upbeat Patron Daemmon's wife, Gemma Reeve, has decided to become a Travel Counsellor and open her own business, serving business and leisure travellers, from European holidays through to long-haul life adventures and in doing so she plans to become a supporter of Upbeat. Gemma says:

I have been in the travel industry all of my career. I have extensive product knowledge, travel experience, and significant first-hand experience of the USA, especially Florida, where I was lucky enough to live for 18 months whilst working for a villa-rental company. I have also worked for some of the travel industry's most respected brands. In more recent years I have been trying to visit as many European cities as possible with Porto, Valencia and Malaga currently my top three favourites.



As a Travel Counsellor, I well understand that not everyone has time throughout an average working day to talk about their forthcoming travel plans, which is why I can be flexible to suit the individual needs of a client. I am here to take away the stress and the time it can consume planning your next trip. I will listen carefully to your requirements and will build bespoke itineraries just for you, helping with your decision-making and delivering the optimum solution for you. I am always happy to talk or email to make sure that I get it just right.

Why Travel Counsellors? I wanted to start my own business, to leverage my significant experience in travel and combine that with a customer-facing role. Having been aware of the growing success and unrivalled reputation of Travel Counsellors I found it to be a perfect fit. I am passionate about excellence in customer service, know how good it feels to receive it, and I am now in a position to deliver just that to my client-base. The icing on the cake for me was the fact that 96% of customers say they would recommend Travel Counsellors to their friends, family and colleagues. My goal is to drive that number even higher.

When it comes to travel, it's important to know you're booking with someone you can trust. Our business model is built on establishing trusted personal relationships with all of our customers, whether that's our leisure holidaymakers or business travellers.

We underpin our unique personal service with our own 'Travel Trust' financial protection for customers, as well as the reassurance provided by our ATOL and IATA licences. We work in partnership with thousands of hand-picked suppliers and trusted travel providers around the globe to ensure our customers receive the highest possible levels of protection, care, support, and service wherever and whenever they travel with us.

The company's growth strategy continues to be recognised nationally, with a seventh listing in the Sunday Times Fast Track for International Growth. We also won the Lloyds Bank National Business Award for Customer focus in recognition of our customer care.

My husband is a passionate advocate of Upbeat in his role as Patron and I know how much he cares about the wonderful help given to members so it wasn't difficult for me to decide to choose to support Upbeat and make a donation to Upbeat for every referral I get from members, or family or friends of members, which results in a booking.

So whether it is a city break, family holiday, luxury long-haul, or 'once-in-a-lifetime' experience you are looking, for please get in touch.

I recently worked with a grandfather who took his family of eighteen to Dubai, and a couple who celebrated their 40th wedding anniversary with a round-the-world cruise with a surprise chartered helicopter flight in New York en route. A senior couple also spent a month travelling to some major European capitals with lakes and mountain stays in between.

I have access to thousands of worldwide holidays, hotels, and choices at my fingertips and I will dedicate my time, passion and energy into getting this right for you. All bookings are backed up by state-of-the-art technology, significant purchasing power, and the 100% protection you would expect. My goal is to obtain repeat business and you recommending me to your family and friends. You have my personal undertaking that I will strive to deliver every time, and for every booking I will be making a donation to the wonderful cause which is Upbeat.

Thanks kindly for considering me for your travel needs. Please tell your family and friends. Do take a look at my website <https://www.travelcounsellors.co.uk/gemma.reeve> or on Facebook @gemlreeve which has regular tempting travel offers.

Thank you and best wishes to all at Upbeat, I look forward to giving something back to this wonderful Queen's Award-winning cause.

New Members February 1st to August 31st 2019

Raymond Ball	Chloe Ludkin - PA to our Patron: Daemmon Reeve
Kenneth & Pamela Berry	Beth McFall
James & Irene Brennan	Linda Munson
Edi & Ken Butcher	Les Parliament
John & Lynn Cousins	Finian Perth
Doreen & Alan Emberson	Michael & Carole Poulter
Gail & Matt Fulbrook	Janice & John Purves
Harry & Florence Godfrey	Kenneth & Edna Reeve
Graham & Jacqueline Halls	Stuart Russell
James & Elaine Haley	John & Margaret Ryan
Mary Hills	Arthur & Muriel Skippings
Michael & Irene Harding-Payne	David & Lilian Sloan
Gill Hollingdale	John & Janet Smith
Christine & Wayne Johnson	Ann Stevenson Smith & John Smith
John & Susan Knight	James Wilson
Raymond Lenoir	Nicky & Trish Mooney
Robin & Pauline Lock	

100 Club Winners

February 2019	1st Prize Mr & Mrs G Clarke £100 Number 229 2nd Prize Mr A Chisholm £29.50 Number 151
March 2019	1st Prize Mrs S Taylor Balls £100 Number 180 2nd Prize Mrs j Purves £ 36.50 Number 235
April 2019	1st Prize Mr N Langridge £100 Number 122 2nd Prize Mrs J Jelley £40 Number 223
May 2019	1st Prize Mrs J Porter £100 Number 214 2nd Prize Mr & Mrs D Hurrell £40 Number 249
June 2019	1st Prize Mrs R Deeks £100 Number 202 2nd Prize Mrs D Willoughby £40 Number 047
July 2019	1st Prize Mr W Kettle £100 Number 057 2nd Prize Mr D Rowe £40 Number 228
August	1st Prize £100 Mrs Mandy Scales Number 061 2nd prize £40 Mr Michael Bailey Number 111

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.

2019

November	Saturday 2nd - 2.00-5.00 pm Bingo and afternoon tea at New Bury Centre
December	Thursday 5th 1pm Christmas Meal at Ashlar House Tuesday 17th Last class & Christmas Party, Long Melford Wednesday 18th Last class & Christmas Party New Bury Centre Friday 20th Last class & Christmas Party Sexton's Manor Saturday 28th - Delphi Centre, 7 pm: Glitz and Glamour night with 17-piece big band and 60s music organised by Phil Goodyer

2020

January	Friday 3rd Classes restart at New Bury Centre Tuesday 8th Classes restart at Long Melford Friday 10th Classes restart at Sexton's Manor
March	Thursday 19th Annual Lunch at Stoke-by-Nayland Golf and Spa Hotel
May	Saturday 9th VE Day party – New Bury Centre Tuesday 12th AGM at Southgate Community Centre

We extend a very warm welcome to all new members. We hope you receive support and help from being an Upbeat member. 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 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.

Due to the printer's deadline, this list is correct only up to the end of August 2019. Members who joined after that date will be shown in the next issue of the magazine in Spring 2020.

The London Marathon 2019



by Tracy Wallace

Never in a million years would I have imagined I could run a marathon! But here I am, the other side of the Virgin London Marathon 2019, and one of the most amazing days of my life.

I had started running a couple of years before in a bid to try and get a bit fitter and help clear my head from sometimes overcrowded thoughts. I am a plodder, slow and steady and could just about manage a 5km distance. In 2016 I set my sights at a 10k and started to run a bit more regularly. I soon began to realise the benefits of the regular exercise both physically and mentally. Having achieved the Cambridge 'town and gown' 10k in October 2016 I felt I had a little more in me and decided to go for the half marathon distance. I ran the Royal Parks Half Marathon in London in October 2017. I found this so tough and finished feeling like I could never imagine running the same distance again and that anyone who signed up for a marathon must be absolutely mad!

In the summer of 2018 my husband, who has run several marathons, 'encouraged' me to sign up for London. I had always been the spectator and as I thought the chances of getting a place were slim I let him go ahead and sign me up (he knew that left to me it wouldn't get done!). I had already missed the ballot, so my only chance was getting a place through a charity. That was the easy bit as there was one close to my heart. As most of you know my job as a cardiac nurse brings me into contact everyday with people affected by heart disease. Not only does it affect their lives but their families' too. The British Heart Foundation's research has helped halve the number of people dying from heart and circulatory disease. It has helped fund study days I have been on and our own Upbeat is affiliated with it. This was my chance to be able to give something back.

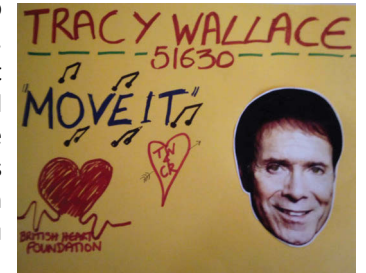
When the email came through last August to say I had got a place, I was in disbelief! I now had two daunting tasks ahead of me - the training and the fundraising, with a target of £2500 to reach.

Before Christmas I was running up to about 12 miles. From January to April (Marathon day was 28th April) I started a training programme that involved three runs a week and a circuit class. The runs consisted of a short 3-mile run, a slightly longer run of

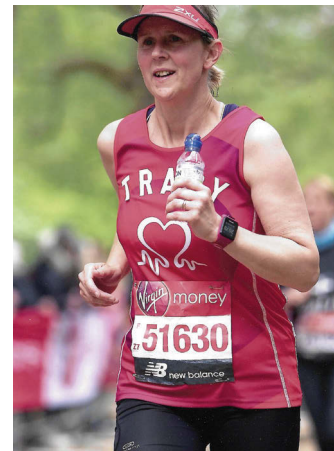
around 5 to 7 miles and a long run which gradually increased up to 20 miles. Those long runs were tough. I ran in rain, snow, wind, and sun and many times wondered if I could actually manage the task ahead.

When race day came, I was a bag of nerves and excitement. I was in the last pen to cross the line so watched like a spectator as other pens started. It's such an emotional day as everyone has their own reasons for running and there is a very special atmosphere. I don't know what it was like for Sir Mo at the front but everyone in my pen was in great spirits and keen to get going. I knew I had so much support from friends, family and all at Upbeat, so I was going to give it my best shot.

The London Marathon really is what everyone says it is. The crowd support is phenomenal; it feels like everyone is calling your name and encouraging you. I ran with rhinos, princesses, and dinosaurs and when I crossed Tower Bridge at the halfway mark I made myself take a look back to appreciate where I was and all that was around me. Further on the road starts to get sticky with spilt Lucozade, you start to get fed up of sweet gels and jelly babies every 3 to 5 miles. Your legs feel like they don't quite belong to you. My best friend was waiting for me at mile 17 holding up a poster with Cliff's face on. It was a welcome boost (many of you know my admiration for Sir Cliff Richard!!)



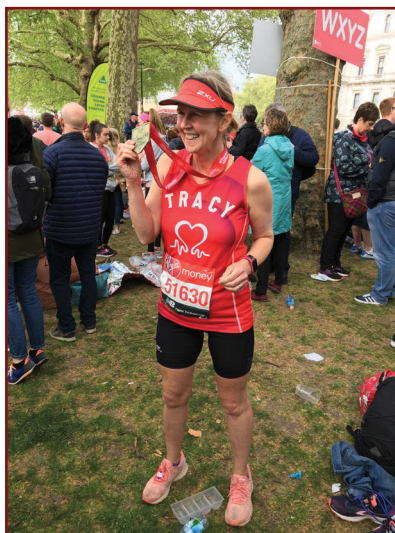
At mile 20 many are starting to struggle, lots of people walking or sitting on the side of the road. This was the point I had to dig deep. I knew my family were at mile 25 and I was getting closer. The roar of the crowd, the wonder of seeing London in such a unique way, spurred me on. I managed a quick hug with my girls at mile 25 and then I was on to the finishing stretch of the Mall, Buckingham Palace behind me! The sense of utter relief crossing that line is hard to put into words. It's an emotional moment, an incredible day, an incredible experience. I finished in 5 hours and 30 minutes having run 27.3 miles. No-one tells you beforehand you do more than the 26.2 because of all the weaving in and out and round the corners!



I felt immensely proud running for the BHF and every time I saw a fellow BHF runner we encouraged each other. Before race day I was short of my target of £2500 and I doubted if I would be able to reach it. Visiting Upbeat on my return

changed all that when Sylvia handed over a cheque for £500. I received some more donations from the Friday night and Tuesday Long Melford groups too. This took my total to £2675! I was totally overwhelmed by your support and generosity and I just want to take this opportunity to say 'THANK YOU all so very, very much. I couldn't have done it without you!'

Many have asked if I'd do it again. It's a little too soon to answer that but for now I will savour the memories of the day and enjoy being a spectator again!



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 BACPR 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.

Ask me another...

Upbeat Quiz nights test our memories

Saturday, April 13th was the evening of the Bury Quiz Night. When we all arrived, we found that very professionally our excellent Quiz master, David Axton, together with his helpers Valerie and Oliver, had the projector and screen working, all set up ready to go.

It was lots of fun with some questions being very hard, some easy, and some tricky, with lots of whispering and giggles. We tried our best to get high scores.

We brought our own food and snacks but used the bar for drinks and I think we ate more because we seemed to be grazing all the evening.

Again David tested us all well and a very entertaining evening was had by all with only a little cheating taking place.

Thanks to David and his team we will certainly ask you to do this again

Sylvia

Friday, May 17th saw Valerie and me, together with quite a few other Upbeat members, attending the Quiz Night in Long Melford. Our excellent Quizmaster was Brian Richell, who had prepared a selection of questions to suit everybody, some relatively easy, others designed to get your 'little grey cells' working. We had all brought our own food and drink and were able to enjoy a very pleasant evening, in good company, for very little cost.

Valerie and I joined Hilary and Giles, and Wendy and Sylvia, to make up a team and, surprise, surprise! When the scores were tallied by Brian's lovely wife, Annie, we were the winners!

It's amazing what trivial facts one remembers, and also, what one forgets – especially as the years advance! Such evenings as this I think help keep our brains active as well as providing the very welcome chance to enjoy each other's company.

David



Southgate Coffee Mornings

Coffee mornings are held at the Southgate Centre on the Nowton Estate every two weeks 10.30 -- 12 noon. There are no exercise classes but the meetings give members the chance to socialise, chat, and enjoy one another's company. Numbers attending are usually between ten and twenty - some members attend regularly while others come whenever they want. You're free to drop in for as long as you like. The dates for the next few months are shown below. We look forward to meeting you.



Coffee Morning Dates

Thursdays 2019

Sept 5th, 19th

Oct 3rd, 17th, 31st

Nov 14th, 28th

Dec 12th

Thursdays 2020

Jan 9th, 23rd

Feb 6th, 20th

Mar 5th, 19th

Apr 2nd, 16th, 30th

May 14th, 28th



Long-time Upbeat member, John Steed, 91, picks the Bonus Ball, watched by Upbeat Treasurer, Valerie Axton.

Upbeat Coffee
Mornings
10.30 - 12 Noon
at Southgate Centre



Friends enjoy chatting over their coffee.



Which biscuit do you want?



Rodney Johnson in conversation with Jean Dillon

If I could go back ...



If I had the power to turn back the clock,
Go back to that house at the end of the block -
The house that was home when I was a kid,
I know that I'd love it more now than I did.

If I could be back there at my mother's knee,
And hear once again all the things she told me,
I'd listen as I never listened before,
For she knew so well just what life had in store.

And all the advice my dad used to give,
His voice I'll remember as long as I live;
But it didn't seem very important back then.
What I'd give to be able to live it again.

And oh! What I'd give for the chance I once had,
To do so much more for my mum and my dad;
To give them more joy, and none of the pain,
A little more sunshine - a little less rain.

But the years roll on and we cannot go back,
Whether we're born in a palace, a mansion or shack;
But we can start right now, in the hour that is here,
To do something more for the ones we hold dear.

And since time in its flight is travelling so fast,
Let's not spend it regretting the things that are past,
But let's make tomorrow a happier day
By doing our 'good things to others' today!

Author Unknown

Absent Friends - Loved and Lost

Raymond Ernest Bennett

By his son, Rod



Ray was born at Hopton on the Norfolk/Suffolk border on 5th April, 1930 to Ernest and Ellen Bennett. An only child, Ray attended Hopton Primary School and spent his early years in and around Hopton and the local area. Prior to the start of World War II the family was to move to Rougham, near Bury St. Edmunds, where his father was to obtain work on a local farm. However, this was to be only temporary as they moved once again, this time to Elmswell, Hawk End Lane. This proved to be his family home for some time. Ray attended Elmswell School and had often spoken of his school experiences, including the time when he was hit in the face by a blackboard rubber for not paying attention!

As WWII began, Ray, who was now nine, like many of his friends became interested in the goings-on of War. His father Ernie was a member of the Home Guard and Ray spoke often in his later years, to myself and others, of the exploits of his Dad within the Home Guard, most of which proved to be hilarious. In fact, he once mentioned the fact that two years after the war, two policemen had turned up at their home and questioned his dad on the possibility of him still having a rifle he had been issued. He promptly went into the back room and produced the very same rifle he'd been issued with during his time in the home guard. Said policemen left with the rifle, thankfully.

As the US joined the War, Great Ashfield was to be the home of the Flying Fortress. Ray was to befriend several American personnel who served at Great Ashfield. Of course, this period was to prove difficult for all who lived through it and Ray had many sad and sometimes distressing stories. One such story was the time when two B17s were to collide over Norton Wood and he stood with my uncle and watched one of the B17s nose dive into the wood. As it turned out, both planes were part of the group from Great Ashfield. Ray was to join the Air Training Corps (ATC) and following the War as a 16 year old was up in a B17 when he was asked if he would like to take the controls. Of course he jumped at the opportunity, so with the US pilot beside him he carried out a turn in a B17. He was never to forget it. The Americans were to return to the US but this time held not only sad but good, lifelong memories.

Following the War Ray was to work locally as a farmhand. Like many others he was to receive his call-up papers and he served two and a half years in the Royal Electrical &

Mechanical Engineers (REME). He spent most of this time in Northern Germany and was to experience firsthand the result of a nation losing a war. He reminded me often that following his training, not only as a soldier but as a vehicle mechanic, in the two and a half years, his only task was to change an axle on a US jeep and that was to break down four days later. On return from his time in the army, he met Rita, who lived in Elmswell and in 1953, they married in Elmswell Church. They were fortunate to get a small house in School Road, (the small cottage type houses opposite the Methodist Church) and in 1956 they had a son. In 1962 the family moved to 17 Thedwastre Close, a bungalow. Ray had found work at Stramitt's in Stowmarket but was to have a serious accident where a number of boards fell onto him, fracturing up to three vertebrae. However, following quite a lengthy period of rest and recuperation he returned to work. He had said goodbye to Stramitt's and worked as a driver for Advance Laundry in Stowmarket. On one occasion he was showing me how to cold start an engine on a freezing cold morning. I remember sitting in the van when he opened the air cleaner and proceeded to spray this cold start spray into the top of the Carburettor. Suddenly, there was a huge bang, an explosion that big that it blew me out of the door! No matter; the engine had started. He appeared round my side of the van to see if I was OK. I was and following a short "Quick! Get in! We'll be late.", we were on our way.

Once again the family were to move, this time in 1972 to 15 Eastern Way, a new Council house which was to prove too good an opportunity to miss. He finally left the laundry and began his long and lasting relationship as a lorry driver with the Bacon Factory in Ashfield Road. Driving back from Dunmow one day I was with him, when a big crunching sound resulted in the front left wheel leaving the vehicle and deciding to go home a different way to the rest of the lorry. I commented, "Dad, is that ours?" He answered, "Not any more." His humour was sometimes brilliant; even in difficult situations, he saw the humorous side.

Ray continued to work at the Bacon Factory up to his retirement in 1996. He was to suffer the loss of his wife, my mother, Rita, on 11th April, 2000. He managed this difficult time very well but was determined to continue to enjoy his retirement in whatever way he could. Constant visits to his son and family in Devon helped to alleviate the loss. In 2003, Ray was to undergo a triple bypass at the renowned Papworth Hospital, to which he responded well. Fish and chips were back on the menu!

He was to be introduced to a group called Heartbeat, all of which had experienced heart surgery. I know he was very grateful to this group and lasting friendships were had.

Ray continued to enjoy his time in Elmswell, travelling locally and making various friends when one day, he contacted Upbeat. This was to prove



to be his catalyst for the coming years. He was able to meet and carry out various activities that helped him hugely in dealing with day-to-day life. He often spoke of Upbeat and how much he valued the friendship of the dedicated team within this group. I know he was very grateful.

As the years passed, Ray was to become weaker. Although keeping active was his goal, sometimes this proved too much and therefore he was restricted to staying at home more often. The local support he was to receive was of course always welcome.

On 3 March, Ray had a fall in his house and broke the top half of his right hip. After admittance to West Suffolk Hospital and a successful operation to fix his hip, a lingering chest infection was to turn into pneumonia and on 12th March, at twenty minutes to midnight Ray, my father, passed away peacefully.

Ray was not alone as his family had managed to make the journey from Devon to be with him.

To sum up, Ray, my Dad was a very special person. Like his mother, he had lived his life as a kind, honest and considerate individual. He will be remembered for many reasons by all who loved him. I am certain that if we lived our lives showing the same level of kindness and thought for others that Ray did, the world would be better for it.

Thank you, Upbeat.

Pat Robinson

By her daughter, Penny

Pat and Fred Robinson were happily involved with Upbeat for many years. It all began about twenty-five years ago with Pat's need for a triple heart bypass. Not to be left out Fred had a pacemaker fitted along with three stents.

They were introduced to Upbeat and thoroughly enjoyed the social side of the meetings, taking part in carpet bowls and various other outings, but more importantly the care and support that Nurse Ali gave them was invaluable.

As time moved on they were unable to attend the various gatherings due to their failing mobility and sadly on the 25th of May this year, after a brave fight, Pat passed away.

Fred is still with us and although he is no longer able to attend Upbeat he is grateful for the memories and kindness of all the friendships they both enjoyed.



Helen Ann Edrupt

By Ernie Edrupt

Helen was born in Dartford Kent in June 1939 to Dorothy and George Gordon. She had a very happy childhood, loved school and attended Bexley Tech where she trained in shorthand and typing, which enabled her to get a job in a London solicitors as her first job.



Whilst still at college she worked in a sweet shop on Sundays to make a little pocket money. It was here that she met Ernie, who would keep popping in to buy boxes of matches. This proved to be very lucky for Ernie who, in 1956, joined the RAF and, after training, was posted to Germany. He was there for two and a half years, so long-distance courting had to take place.

Helen and Ernie were married in Dartford Catholic Church on 27th of May, 1961 and lived in a caravan at Bassingbourn, near Royston, until a posting to Ireland in 1963, soon after which Andrew was born.

Ernie having been sent to Aden, Helen and Andrew continued to live in Portrush where Helen made lots of friends.

After two years in Tobruk, where Helen helped to form the Third World group, raising money for children in Africa, in 1970 they all moved to Bury.

Over the years Helen was an assistant Cub Scout leader and worked in a book shop. She loved books! Helen was also involved in various fund-raising functions with the Red Cross.

We were very lucky to be able to travel, which we loved. Helen made many friends during our years in Bury, including in Upbeat. Since she passed away in March 2019 after a long battle with cancer, she is sorely missed by her friends and family, by whom she was dearly loved.

Brian Mason

By Mike Smart

I appreciate this opportunity to express a few words since the passing of Brian Mason, sadly after a long period of ill health.

To the members who joined after Brian's degenerating health prevented him continuing,

as a founder member his energies were spent in doing what makes life worthwhile for others, work which continued into the early period of his ill health.

It would be magic to be able to share with him now the successes the new blood within Upbeat is achieving; a truly fine service for the cardiac community and their carers has now travelled far beyond the goals we hoped to achieve at its inception. Well done, Upbeat!

Born a Suffolk lad, Brian served his country in the Royal Navy. He loved and successfully played competitive cricket for the greater part of his adult life.

My family and I offer our sincere condolences and sympathy to Colona and her family.

We were also sad to hear of the deaths of the following Upbeat members:

Doug Powell - Member since 2003 Dickie Bird - Member since 2004
Michael Howell - Member since 2010 Gerald Black - Member since 2014
Eileen Yates - Member since 2015 Helen Sturdy - Member since 2017
Alan Feaver - Member since 2017

Our sympathies are with the families and friends of them all.



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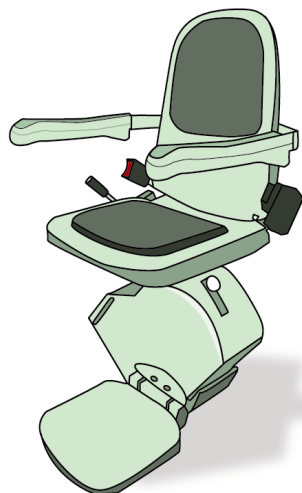
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