

A close-up photograph of autumn foliage. The leaves are in various stages of color change, ranging from bright yellow to deep orange and red. Interspersed among the leaves are several clusters of small, round, bright red berries. The background is slightly blurred, showing more of the same foliage and some thin tree branches.

UPBEAT MAGAZINE

Journal of the West Suffolk Heart Support Group

Autumn 2023

www.upbeatheartsupport.org.uk Reg Charity No. 1087415
e.mail: upbeatheartsupport@btinternet.com



**The Queen's Award
for Voluntary Service**

**Patron: Dr Pegah Salahshouri
Consultant Cardiologist
West Suffolk Hospital and
Papworth Hospital, Cambridge**

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Chief Executive Officer
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Bury St Edmunds**

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Hello again to all members and friends.

As I sit at my keyboard to write this, I can hardly believe it's August already and more than half the year has passed. Sadly, the English summer is turning out to be its usual disappointing self, with plenty of grey days, rain, and wind so we haven't done much sitting out in the garden in the evenings enjoying a glass of something. However, it's been good to see so much green after last year's very dry summer. Unlike last year we are enjoying a good crop of runner beans and I am picking quite a few each day. I am growing them in a couple of very large pots, with metal obelisks for them to climb up. They suffered a bit on a couple of very windy days when the whole lot blew over more than once, but they survived and, as I said, we are getting a good crop.



A lot has been written in this issue of our magazine about finance and the problems associated with trying to arrange social activities to help with fund-raising, but there have been several most enjoyable events this year and I hope you like reading about them and seeing the photo's. If you have any suggestions for possible future events, please get in touch with a member of the committee and let us know. Before Covid we had several successful quiz evenings, both in Bury and Long Melford, with fish and chips included and we could fairly easily mount such an evening before the nights draw in if there were sufficient interest. What are your thoughts? Would you support it? Let me know, please.

You will find information about our next pantomime visit on the last page of this issue. Get in quickly if you want tickets as they are limited to 25!

Best wishes to you all.

David

Chairman's Report

We held the AGM on 11th July and I have attached a copy of my report for you all to read.



I have made lots of friends and meet such lovely people whilst working as Chairman for Upbeat and have enjoyed the challenge of promoting Upbeat and looking after the welfare of the group. There have been challenges, joy, and sadness as well and I hope you feel I have served you well.

Covid affected everybody and Upbeat has suffered from greatly-reduced numbers attending our classes so that we are now seeking to run additional classes covering heart-related problems. Our Instructors and Nurses are qualified to operate sessions and the Hospital have given us the go ahead so we are starting to put this into operation immediately.

Fundraising is the only way we can get funds, but how to operate them due to such increases in costs is a problem. Any ideas would be welcome. We did hold a craft stall at Bury, afternoon tea at Great Waldingfield village hall with entertainment by the ukulele band "What No Cake", and the Strawberry Tea at Newton Green. These events raised money and provided fun for those who attended but we do need more members to support our fundraising efforts.

You will see reports in this magazine about our finances and a message from Hilary, our Secretary. Please take the time to study these and see if you can help going forward.

Thank you to everybody who helps out at venues, all of you who support the 100 Club, and to the Executive Committee who work on your behalf. You can speak to any of them if you have any ideas or problems.

Sylvia

Chairman's report to AGM 11th July 2023

Thank you all for coming along this evening.

Upbeat still has support and does help people in the area who have experienced heart problems but we find ourselves in a difficult situation. We have a healthy bank balance as you will see from the figures produced by our hard-working Treasurer, Valerie Axton, but sadly our numbers are decreasing due to several factors. Also those of us remaining are getting older and less able to perform duties which came easily in the past.

Hilary is fantastic - a great Secretary who gives so many hours of her time working in Upbeat's behalf - but we all need help. I am working together with NHS and Hilary and Valerie, plus the Committee, to get new members but the economic climate means we all need to tighten our belts and this affects how we raise funds. Where we used to be able to hire a coach for £400 this has now risen to £800 plus. Meals which used to be in the region of £23 now cost £32. We held an afternoon tea where we were entertained by the "What no Cake" ukulele band. This was organised by Joyce Hurrell – big thank you, Joyce – and this was really enjoyed and we made a profit. We have just had the Strawberry Tea, organised by Clare Kettle and her team at Long Melford. This was a lovely afternoon, with good food and the entertainment was provided by our Nurse Katie Orriss's parents who said they would play and sing for one hour but who performed most of the afternoon. Great stuff, for which we thank them.

A big thank you goes to Keith Rolphe, who kindly drove to Bury, picked up the gazebos, took them to the event, and helped erect them and take them down afterwards! For such an event it's not only the food and venue to organise but the decorating and cover against sun and rain. Thank you to everybody who helped. There is a need to socialise, provide friendship, and get together but costs are shutting avenues down and members are not supporting local events as they used to, resulting in lack of revenue. I don't know how to change this. Do we stop trying to have social fund-raising events? The whole dynamic of this group is changing and whilst we can continue to run at a loss for a while, obviously our reserves will not last indefinitely.

I have always worked on the principle that Upbeat is a health group who help members recover, form friendships, and give support to the patient and the carer. It was never about making money – well-being and reassurance being key. However, realistically we have to cover the costs of hiring halls, all of whom are increasing prices from the Autumn, and paying our Nurses and Instructors. Our income should cover this outlay but at the moment it is falling far short. Our Committee and volunteers who help out at exercise venues do not get paid and sometimes there is a lot of running about which takes time.

We are very lucky to have such a great team of professional Nurses and Instructors working with us. At a recent meeting they got together to find ways to alter classes to give more variety and they bring such knowledge to our group.

Our editor David Axton works hard to produce a very high quality magazine and puts a lot of time and effort into this production. We should thank him very much – and he would like you to come forward with articles or if you have something you want to say please contact him.

We still run the 100 Club and thank David Camp for organising this. We can take more members so please contact him or Hilary if you would like to take part in this monthly draw.

We are starting another class on a Monday in Bury for the less-able, as well as widening our scope to include other heart-related and other problems such as diabetes, lung and breathing problems, reduced mobility, etc., and it's good that our Instructors and Nurses are well up-to-date and qualified to teach and to oversee new classes. You will see new information leaflets and advertising in due course. I am working with the consultants to ensure we get support from the hospital.

I do feel a lack of support and nobody has come forward to offer help in the running and organisation of Upbeat. Please can you look into your heart and see if you could give up some time to assist us? I feel quite despondent at times with lack of interest, then I talk to members and see what we mean to them and I get uplifted again.

Upbeat is a fantastic group and we do help heart patients and save the NHS a lot of money, helping to keep members healthy and happy. I have made so many friends and sometimes the hardship and health issues I hear about fill me with admiration for how people cope with all the problems that life throws at them.

We do need to take stock and it's not all doom and gloom. This horrible pandemic has hit us all hard and affected us all in one way or another but life goes on. We may be getting older but we can still laugh with and at each other, which is the best medicine.

If you still want me to be Chairman I will stay to help you for another year. I said I would serve for three years and I have now done nine as well as three as Vice Chairman. It really is enough but we need to pull together. We cannot let Upbeat fail!

Thank you to everyone who helps - to Committee members and to all the friends who support us.

Sylvia



STRAWBERRY TEA

On the 6th July Upbeat held our yearly Strawberry Tea at Newton Green Village Hall and it was a very joyous occasion.

Gazebos to protect against the sun were collected from Bury by Keith Rolfe and erected on the site by a busy team of volunteers who put out chairs and tables, and lots of bunting was put up so that everything looked good.



We had a plant stall run by Sue Tyrell as well as a raffle run by Wendy Deeks and myself. Entertainment was provided by Gay and Richard Scott (mum and dad to our nurse Katie Orriss). They were terrific and performed all the afternoon even though they had said they would play for an hour. John also joined them, playing on his drums which he fortunately carried in his car, so we were all very well-entertained. The strawberries, sandwiches, and cakes were provided by Clare Kettle and her team, with meringues provided by Joyce Hurrell so there was plenty to eat and it was all delicious.



Val Carr and Joy worked hard providing tea and coffee throughout the afternoon. David Axton provided quiz sheets to keep us busy and the sun shone again for us. It was a very happy occasion with lots of smiling faces. It was so nice to be able to chat with other members and a lovely afternoon was had by us all.



A big thank you to all who helped make this day a success.



Sylvia



Treasurer's Report



Moore Green of Sudbury audited our accounts in May and found all to be correct. Attention was drawn to the fact that our reserves had fallen by £11,330 for the financial year 2022-2023 but we still have healthy reserves. Our income for the year was £49,008 but expenditure was £60,338. The full accounts were presented at the AGM in July. Finance has been written about elsewhere in this magazine; we are fine at present, but for the future we must find ways of increasing funds.

Ways members can help financially are:

- Attending classes and/or seeing the nurse
- Attending fund-raising events/ Providing prizes
- Putting loose change in the Upbeat collecting tins
- Joining the 100 Club
- Completing a gift aid form (See Page 25)
- Using Easy Fundraising by nominating Upbeat when buying on the internet
- Donations
- Nominating Upbeat as a charity to support.

Since the Spring the following have given donations or raised money for Upbeat:

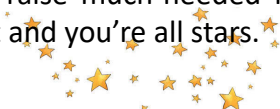
- Southgate Coffee Mornings £100.00
- Jean Davis £200.00
- Martyn Roper talks £328.00
- Lakin Rose £500.00 via nomination from Ilva Maxey
- VETCAR £200.00 via nomination from Val Carr
- BSE Round Table £470.00
- Donations in memory of Charles Weston
- A legacy from a will of £1,000
- Bequest from the will of Trevor Davies £250

I now run three bank accounts for Upbeat – two with CAF bank and one with Nat West which gives easy access for paying in money and makes no charges for cheques, but gives no interest. CAF bank is now giving interest which provides us with useful funds.

Fund Raising 2022 – 2023 Monies Raised

April - May 2022	Easter Egg Raffle New Bury	£235.20
	Great Waldingfield Tea Raffle	£396.00
	Great Waldingfield Tea	£230.00
June - July 2022	New Bury Tombola	£174.00
	Strawberry Tea	£672.27
August – October 2022	Annual Lunch	£710.55
November – December	Long Melford Raffle & Hamper	£178.00
	New Bury Raffle & 100 Square	£253.00
	New Bury Christmas Craft Stall	£295.55
	Christmas Cards (Approx.)	£200.00
January – February 2023		None
March – April 2023	Annual Lunch	£901.90
		(Grant helped for this)
	New Bury Easter Craft Stall	£176.25
	Long Melford Easter Draw	£115.00
	New Bury Easter Draw	£137.00
May 2023	Great Waldingfield Tea & Raffle	£684.50
July 2023	Strawberry Tea	£781.62

A big 'Thank you' to all members who helped to make these events successful and to raise much-needed funds. Your support is vital to the survival of Upbeat and you're all stars.



Valerie Axton

Secretary's Report



At the time of writing the combines have been dusted down and brought out from their winter sleep and are busy in the fields bringing in the harvest. Time seems to move quickly these days and it doesn't seem like five minutes since the last harvest. Let's hope the sun will shine for the farmers so they can get the harvest in quickly. It's been an up and down year for Upbeat, and times are hard for everyone, but we should count our blessings when we remember what is going on in the rest of the world.

The social side of Upbeat is very important, but if we are not able to put on as many events we must take advantage of those available. The Afternoon Tea and the Strawberry Tea are a prime example of getting everyone together and enjoying each other's company. These are always appreciated by everyone who attends and it's nice for the groups from Bury and Long Melford to get together. We're planning a Christmas meal both at Bury and Long Melford which we hope you will come to and of course the Pantomime at the Theatre Royal, tickets available soon. (See Page 32 for further details.)

The best bit about the group sessions is what comes after the exercise - the chit-chat with a cup of tea or coffee. You know when things are going well, when you hear the noisy chatter and laughter at the tables.

At last year's AGM both Sylvia and I gave notice that we had come to the end of our terms of office and that someone else must be found to take our places. No one has come forward, therefore we agreed to stay on for one more year, so we are giving a big push to try and recruit more members to make the group more viable. We have meetings planned with Dr Pega Salashouri, Lead Cardiologist from West Suffolk Hospital, the Social Prescribing Team, the Patient Portal from West Suffolk Hospital, and various other agencies. We are working hard on your behalf to keep Upbeat going. We are opening up the criteria somewhat, so we can take people with other conditions, such as diabetes, high blood pressure, high cholesterol, stroke, etc., changing the emphasis somewhat to PREVENTION of heart problems as well as rehabilitation, hoping this might bring us more members. We are redesigning the information we give out to make it more relevant. Times

are a-changing and we have to change and modernise. We have a brilliant team of Nurses and Instructors who have really thought about how we could improve and have made suggestions. We are so lucky to have them on board. Thanks go to Valerie, our Treasurer, who puts in many hours of work on our behalf each week, keeping the finances straight and complying with the Charity Commission requirements, and to David for all his hard work putting the magazine together. We will be doing a membership review this year, so please remember to send back your forms confirming your membership, otherwise you will be taken off the mailing list. If you no longer want to receive our emails or magazines etc., let me know and we can take you off the mailing list, saving you unwanted contact and saving us postage.

We are always looking for more members of the 100 Club; the prizes stand at £100 first prize and £38 second prize each month at the moment with 276 members. Contact me for forms if you would like to join. Thanks go to David Camp for collating the 100 Club members. To join in September the cost would be £5 until February when the new year starts. Forms will be at both venues.

Thanks go to members at both venues for all the help setting up, taking money, making tea/coffee, clearing away etc. We couldn't function without you, and you are ALL greatly appreciated.

With best wishes,

Hilary x

John Stemp

We were very sad to hear of the death very recently of John Stemp. He was a great fundraiser for Upbeat, spending hours each year volunteering at the Beer Festival with Felicity on Upbeat's behalf. During Covid he and Felicity sold jams and marmalades at their door for Upbeat funds. He was a great sport too, taking part in the Christmas pantomimes, especially as the Fairy Godmother. What a great guy! Always with a twinkle in his eyes and ready for a laugh. We will miss him and send our love to Felicity and the family.



Hilary

Introducing Our New Committee Member, Darren Welham



I was born in Bury St Edmunds and have lived here ever since. I have two lovely children and two beautiful granddaughters.

Leaving school at 16, I started work for a local architect's office, before re-training to become a Building Surveyor and then a Chartered Building Engineer.

In my spare time I used to enjoy playing sport, especially football, and ran a local Sunday morning village team for a number of years. As work became busier and I got older, football then unfortunately became just a spectator sport. I always thought that all the years playing sport would stand me in good stead healthwise in future. Imagine my surprise then in 2010 when I took myself to West Suffolk Hospital feeling unwell and was diagnosed as having a heart attack before being blue-lighted to Papworth.

Looking back I remember both the physical and mental effects of recovering from a heart attack, and that is where, first of all the Cardiac Rehabilitation course, and then Upbeat were invaluable to me. Whilst physically I recovered fairly quickly, I struggled mentally coming to terms with what had happened. For me the support I gained from others at Upbeat who had experienced a similar event, together with the presence of the cardiac nurses at the exercise classes, was instrumental in helping me regain my confidence.

Having recently read of the need for more members to join the committee, I felt it was time for me to give something back and help Upbeat continue to provide the fantastic service that members need and enjoy.

Kind regards,

Darren



Richard and Gay - The Entertainers

At the Strawberry Tea at Newton Green in July we were entertained for virtually the whole afternoon by a musical duo who had also played and sung for Upbeat members at the Christmas party at the New Bury Centre last December. Their songs included numbers by Buddy Holly, Neil Sedaka, Dolly Parton, and many others we were familiar with and with which we could sing along. As I went around chatting to people, several asked me who the musicians were and I thought members would be interested to know more about them so I got in touch and here's what they had to say about themselves. *David*

'Having had a music shop for twenty years Richard has had to be a jack of all trades so can get a note or two out of a bass, keyboard, etc, but guitar is his main instrument. Like our daughter Katie, one of the Upbeat Nurses, Gay worked as a practice nurse for the NHS so her talents are vocals.

We have played live with bands over the years but organising drummers etc. is always difficult so, like many other acts, we use midi backing tracks that we have recorded and Richard tailors beforehand. We enjoy all types of music, mainly pop and rock, but with country and a smattering of jazz and traditional numbers too.

Bookings come in by word of mouth, but as we are both retired, we play once or twice a month, although lately bookings have stacked up and we've been playing somewhere most weeks.

With running our own business (including teaching music) we've been blessed to get to know a great section of the community, so by accepting charity gigs in particular, we're able to put something back.'

Gay and Richard

THE ANNUAL LUNCH

March 11th once again saw members gather together at the lovely Stoke-by-Nayland Resort for Upbeat's Annual Lunch. It's always a good event, providing the opportunity for members from the Long Melford and New Bury groups to get together and socialise. As usual, the bar was open on our arrival so that tea, coffee, and, for those who preferred, something stronger were available. We were also able to order bottles of wine for our tables if we wished.



A large plan showed the numbers of the tables where we were to sit but there was plenty of time to chat and mingle before we took our places. Our customary MC, David Deacon, took charge of the microphone to let us know when we could be seated and when it was our table's turn to go to the servery to choose our meals. A splendid raffle was held and after dinner we were entertained and amused by magician, comedian, and puppeteer, Andy Leach.

The carvery offered a choice of meats, various vegetables, Yorkshire pud's, and cauliflower cheese, with a selection of desserts to follow. Personally, I thought the food was okay but I know that some members were unhappy with the quality. We have booked Stoke-by-Nayland for several years but costs have risen considerably. We were only able to maintain this year's charge to members because of a grant which we used to subsidise the cost.

As you know, in previous years we have run a bus from Bury, picking up in Long Melford and Sudbury, but coach hire costs are so high now that we are unable to do that without having to ask members for more than we think you would be willing to pay for the event. For various reasons the future of the Annual Lunch as we have held it for years is in doubt and nothing has so far been arranged for next year. We have investigated other venues but finding one which would cater for the numbers we usually have and which is within easy travelling distance for members is not easy. As a result, it may be that there will be no Annual Lunch next year but enquiries regarding an alternative are continuing. We will, of course, keep you informed.

David

THE ANNUAL LUNCH



Clarifying the WHO Announcement on Aspartame and Cancer: The Facts and Context



by Peter Azzopardi - MSc Sport & Exercise Nutrition

The World Health Organisation (WHO) recently mentioned a potential link between aspartame and cancer. It's important to understand the limitations and context of this announcement. Let's uncover the facts.

- The WHO announcement is based on studies conducted on animals exposed to much higher levels of aspartame than humans typically consume. To pose a cancer risk, an individual would need to drink 17-21 cans of diet soda daily, an amount far beyond average consumption.
- As a nutritionist, I encourage water as the primary beverage choice. However, for those seeking alternatives to high-sugar drinks, diet options can aid weight loss due to reduced calorie content.
- Reducing excessive sugar intake brings numerous benefits, including improved metabolic health, lowered risk of chronic diseases like diabetes and heart disease, and enhanced overall well-being. Opting for diet drinks over high-sugar options can help lower calorie intake and reduce weight-related health risks.
- It's important to keep the WHO announcement in perspective, avoiding alarmist views. Studies on aspartame are limited, and no conclusive evidence establishes a direct causal relationship between aspartame and cancer in humans. Regulatory agencies, like the FDA*, deem aspartame safe within recommended limits. * United States Food & Drug Administration
- Balance and moderation are key. The occasional diet drink is unlikely to be harmful when your overall diet focuses on whole foods, fruits, vegetables, lean proteins, and whole grains.
- Stay informed, make choices based on scientific evidence, and prioritise your well-being. Remember, I'm here to provide evidence-based guidance. Drink water, make mindful choices, and enjoy a balanced lifestyle for a healthier you!

Need help with making informed dietary choices to reach your goals? Contact Peter today! www.pmapersonaltraining.com

As people with heart complaints we are all well-advised not to be overweight. Last year, as I reported in a previous issue of our magazine, my GP referred me to 'Slimming World' as I was very overweight. In an attempt to shed the pounds I cut out sugar, switching instead to artificial sweeteners. At first I missed the sweetness of sugar and other sugar-rich foods – jam, cakes, biscuits and the like. Also I found there was an after-taste to the sweeteners which I didn't care for. However, I have persevered and am now quite happy with sweetener tablets in my coffee and a granulated variety on cereals. I'm sure that cutting out sugar and sugary foods isn't entirely responsible for my almost three stone weight loss but it has certainly played a major part. However, the sweetener I have used mostly during the last eighteen months has been aspartame, so you will understand that I was concerned by recent reports that a link had been found between aspartame and cancer. Because of this, I was particularly interested to read the article by our Instructor, Peter Azzopardi, which appears on the opposite page. I include it in this magazine so that we may all benefit from his research.

David

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SOCIAL EVENTS & FUNDRAISING

*At present no-one is responsible for these but we
would greatly welcome somebody to take on the role.*

MAGAZINE EDITOR

David AXTON e-mail: axeditor@btinternet.com

GREAT FUN AT GREAT WALDINGFIELD

by Rosie Rayson

A fun afternoon of music, tea, and cake was enjoyed by Upbeat members at Great Waldingfield Village Hall on June 1st. 'What No Cake' ukulele band returned for the second year running to entertain us. They kindly play for charities free-of-charge in exchange for tea and cake!



The performance kicked off with 'I do like to be beside the seaside' and 'Bring me sunshine', followed by some old songs like 'Leaning on a lamp-post' thrown in to test our memories. Jan and his wife Jenny sang a duet of 'Three wheels on my wagon' and their American accents were impressive! An amusing poem was read about a Fiat 500 ending up in a Tesco trolley park! Altogether twenty-nine songs were played, ending with the Beatles' number 'A hard day's night', which went down very well with everyone.





A traditional afternoon tea, including a good selection of sandwiches, sausage rolls, and cakes, plus tea and coffee was served and enjoyed by all, including the band.



The raffle raised £151 and ticket sales £533.50, giving a grand total of £684.50. Thank you very much to Joyce Hurrell for organising the event, and to all the people who donated food, helped set up and clear away, to those who ran the raffle, and those who helped in the kitchen. Last of all, of course a big thank you to everyone who attended and helped to make this a successful and enjoyable afternoon.



New Members

*Mr & Mrs Alex and Val Jones Mr Neville Martin Mr Peter Hull
 Mr Christopher & Mrs Janet Ridsdill-Smith Mrs Joan Lane
 Mr Charles & Mrs Maria Quinn Mr John & Mrs Janet Rimmer
 Mr Graham & Mrs Barbara Jones Mr Lawrence Lord Mrs Anne Miller
 Mr Mark & Mrs Carol Hatton Mr Ed Callaghan
 Mrs Yvonne Hebditch Mr Mike and Mrs Liz Moore
 Mr David and Mrs Kim Finch David Girling and Hilary Angel*

We extend a very warm welcome to you all. We hope you receive support, help, and companionship from being an Upbeat member and we would welcome your comments on any improvements or innovations you think might help to make the organisation run more smoothly or to the greater benefit of our members.

Due to the printer's deadline, this list is correct only up to the end of July 2023. Members who joined after then will be shown in the next issue of the magazine in the spring.

100 Club Winners

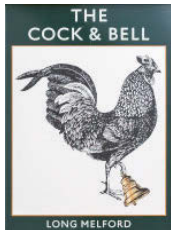
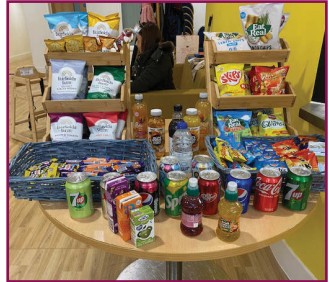
February	1st Prize £100	Number 084	Mr R Wakerley
	2nd Prize £27.50	Number 011	Mr C Durston
March	1st Prize £100	Number 108	Mr M Harding-Payne
	2nd Prize £35	Number 254	Mrs R Deeks
April	1st Prize £100	Number 073	Mrs D Simpson
	2nd Prize £36	Number 258	Mr G Rice
May	1st Prize £100	Number 170	Mrs S Bambridge
	2nd Prize £36.50	Number 263	Mr R Bean
June	1st Prize £100	Number 256	Mr G Rice (donated £20 to Upbeat)
	2nd Prize £38	Number 144	Mr D Foulger
July	1st Prize £100	Number 221	Mr D Baldree
	2nd Prize £38	Number 172	Mrs P Wappett

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

Future Events

Monday, 20th & Wednesday, 22nd November 2023

at the New Bury Community Centre 9 am to 12 noon on both days. Following the success of the Pop-Up Christmas stall last year and the subsequent Easter stall, Rosie and Vivienne will be manning the stall again this year. They are looking for donations for the stall, so anything Christmas or Winter-themed would be very gratefully received. Last year things that sold really well were the Christmas Baskets, Decorations, the hot water bottles in knitted jackets, and of course the jams, preserves and cakes, so get crafting, knitting, and baking, please!



A Christmas Lunch is proposed on **28th November** at The Cock & Bell Public House, High Street, Long Melford for the Long Melford group. Val Carr is organising this with the help of Joy Espinar. Cost and further details will follow at Long Melford venue nearer the time.

A Christmas meal has been booked at Ashlar House, Bury St Edmunds, for Thursday, **7th December, 2023**. All active and non-active members and carers are welcome to attend. Further details will follow. For further information, speak to Alan CHAPMAN, David BYATT, or Rosie RAYSON.

Thursday, **December 14th**, at the Theatre Royal Bury St Edmunds, this year's pantomime, 'Snow White'. See Page 32 for details.



A Christmas Raffle will be held at both venues as usual just before the Christmas break. *Raffle prizes would be most welcome.*

Christmas break will be from December 20th until January 2nd. This means that the last exercise session at the New Bury Centre will be on December 20th, resuming on Wednesday, January 3rd 2024. Long Melford last exercise session will be Tuesday, December 19th, resuming on Tuesday, January 2nd 2024. There will be no Zoom meeting on Friday, December 22nd.

We're hooked on Velcro



Earlier this year Valerie and I joined one of the Southgate Green coffee mornings and as we sat enjoying our coffee and biscuits and chatting, I couldn't help noticing that none of the men present was wearing shoes with laces. Instead, each had shoes with the same fastening as mine – not laces but Velcro! This got me thinking; how did we ever manage without this wonderful invention, and how did it come to be? Well, like many others, if I want to research something, I go to 'Professor Google' who has, it seems, all the world's knowledge at his fingertips.

Apparently, back in the 1940s a Swiss engineer called George de Mestral went walking in the countryside and noticed that his woollen socks, his coat, and his dog had clinging to them lots of burdock seedheads or burs. Probably many Upbeat members have experienced the same thing. I can remember as a child using burs as darts to throw at friends with the aim of making them stick to their clothing. If only I'd had the same sort of enquiring and inventive mind as George! He studied the burs and observed that the surface was composed of lots of hooks or teeth, the main purpose of which was to disperse the seeds contained in the bur. De Mestral's creative mind got to work and he decided that what he had discovered could be turned into something useful. Over the next few years he developed a man-made version, which he introduced commercially.

De Mestral's invention consisted of two parts, one of which copied the hooks of the bur while the other had a surface of small loops. When the two were pressed together the hooks caught in the loops and the two pieces fastened to each other as the burs had clung to his clothing and his dog when he was on that country walk. Wishing to give a name to the 'hook-and-loop' fastening system which he patented, he took two French words: 'velours',

meaning velvet, and 'crochet', meaning hook. From these he created the portmanteau word which has become known worldwide: Velcro!

Little could he have known how widely his invention would be used! In the early days it was used as a fastener for clothing, but today it can be found in cars, planes, hospitals, nurseries, computer labs, and almost any other environment we could think of.

As we know very well, when we pull the two surfaces apart, there is a distinctive ripping sound. When I was a head teacher taking morning assembly, I found it a little exasperating that many of the children were more interested in noisily and repeatedly tearing the Velcro fastenings on their trainers than listening to what their head teacher had to say. The sound of Velcro has a strange sort of fascination it seems!



Today Velcro has become an intrinsic part of our everyday lives and has been put to use in countless ways, including toss and catch ball games.. Apparently Velcro is manufactured in polyester and in nylon, each of which has its advantages and disadvantages. For instance, polyester Velcro doesn't degrade in strong sunlight and it isn't affected by water but retains its strength and holding power. Nylon

Velcro, on the other hand, doesn't have those properties but in ordinary use it has a much longer lifespan, opening and closing up to 10,000 times, compared with polyester's 3,500.

So, next time you fasten your shoes, or make use of this versatile material in one of its many other forms, give a thought to the man whose inventive mind saw the possibilities in those annoying burs and invented a new product and a new word - Velcro!

David

DONATIONS TO UPBEAT

Do you see the worried look on the face of our piggy? He has good reason to be glum. Currently our monthly income is about £2,000, but we are spending about £4,000! Although we have reserves in the bank at the moment, clearly we can't continue this in the long term but must increase our income somehow or face going broke!



To enable Upbeat to achieve our aims and to offer support, exercise facilities, and educational and social functions we need to raise money continually. During the pandemic we were unable to hold our usual exercise groups or any fund-raising activities, and since resuming our income has fallen considerably as fewer members attend exercise classes or see the nurses.

Our costs include payment for hire of the premises, salaries to our nurses and instructors, printing, stationery, and general running costs. We sincerely thank all committee members and helpers for generously giving their time and energy, completely free of charge, as well as all members for supporting functions, raffles, and other events, but there are many members who for various reasons do not take an active part.

The Executive Committee has discussed instituting a membership fee but to do this would not be in accordance with the original ethos of Upbeat and so the Committee have deferred making such a decision. As we are completely reliant on contributions and money we can raise, we appreciate any and all donations that we receive from members, friends, and business supporters. If you do not exercise and therefore do not contribute to our costs that way, can we ask that you consider making a small donation to offset some of our expenses? If you are able to make a donation to Upbeat, we would be most grateful, and if you pay income tax or capital gains tax, as a registered charity we can currently claim back 25p in every £1 that you give. For us to be able to do this a Gift Aid Declaration Form needs to be completed - just the once - and it can make a considerable difference to your donation and to our funds! You will find the Gift Aid form on the opposite page.

**You can donate by cheque, payable to Upbeat and sent to The Treasurer:
Valerie Axton, Vistri-Vale, Old Hall Lane, Fornham St Martin, Suffolk, IP31 1SS.**

**You can also donate via our website at www.upbeatheartsupport.org.uk, or via
BACS to: NatWest Bank Upbeat Sort Code: 52-30-31 Account No.: 52650456**

Thank you.

Valerie

GIFT AID DECLARATION FORM

UPBEAT Heart Support Group in West Suffolk
Registered Charity: 1087415

Mr/Mrs/Miss/Ms _____

Forename _____ Surname _____

Address _____

Postcode _____

I am a UK tax payer and I would like Upbeat Heart Support Group (Registered Charity number 1087415) to treat any personal donations I make in the future and have made in the past 4 years as Gift Aid donations, until I notify you otherwise. With this declaration Upbeat Heart Support Group can reclaim 25p of tax on every £1 that I donate.

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each year (6 April to 5 April) that is at least equal to the amount of tax that all the charities that I donate to will reclaim on my gifts for that tax year. I understand that if I pay less Income tax or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it will be my responsibility to pay any difference.

Signed _____ Date _____

Please return to: The Treasurer, Mrs Valerie Axton, Upbeat,
Vistri-Vale, Old Hall Lane, Fornham St. Martin, Suffolk, IP31 1SS

(Please notify Upbeat, as soon as possible, if you change your address or no longer pay income tax.)

HEALTHY HEART ...

..... AND HOW TO LOOK AFTER YOURS



by our Nurse Mandy Scales

Recently Sylvia, Hilary, Bill, Claire and myself attended a public talk by Dr Pegah Salashouri (consultant cardiologist at WSH and Upbeat patron). The focus of her talk was to help people understand, recognise, and reduce the modifiable risk factors of Cardiovascular disease.

The phrase “Prevention is better than cure” is reputed to have been said by Desiderius Erasmus way back in the 16th century. The same is true today. Modern medicine is enabling people to live longer but often in poor health. The NHS has a budget of £180 billion for the entire service and cardiovascular disease accounts for £20 billion.

Cardiovascular disease (CVD) not only covers Coronary Heart Disease (CHD) but includes “strokes” (Cerebral Vascular Disease, CVD). These diseases are the major causes of death worldwide.

The non-modifiable causes are hereditary and cannot change. However, the modifiable causes can be influenced by a change in human behaviour.

Because of today’s lifestyle and modern technology, obesity and Type2 Diabetes are on the rise. Consumption of high-fat, high-sugar, and heavily-processed food, coupled with lack of exercise contribute to CVD. The British Heart Foundation and the World Health Organisation recommend 150 minutes of aerobic exercise per week. This can be achieved by walking more and resting less. Activities such as gardening, housework, sports, or just parking further away from shops and walking to them can help.

Smoking cigarettes has been proven to be detrimental to health. Vaping is a

new habit and unfortunately there is no scientific data regarding the impact on health. However, any substance inhaled into the lungs will cause harm.

Dr Salashouri spoke of the importance of “knowing your numbers” of your blood pressure, pulse, weight, cholesterol, and blood sugar (if you are a Diabetic).

Undiagnosed Atrial Fibrillation (AF) is a major cause of a severe debilitating stroke; however, many people are unaware of having this arrhythmia. Detection of AF can be discovered by feeling the radial pulse or will show as an error on an automatic blood pressure machine or by using a modern fingertip rhythm device (Avacor).

If you attend Upbeat we can help you monitor your blood pressure, detect any heart arrhythmias, and provide support to help manage your heart condition.

Joining the exercise group ensures you get 60 minutes of aerobic exercise; also the social aspect of meeting together and enjoying other people's company helps stave off loneliness and depression.

Absent friends

*We are sorry to have to record the loss in recent months
of several dear members of Upbeat:*

*William Hanna - Original Member since 1996
John and Peggy Simmons - Members since 2005
Ken and Joan Davies - Members since 2006
John Stemp - Member since 2006
Margaret (Peggy) Ransom - Member since 2006
Naomi Francis - Member since 2015
Gill Hollingdale - Member since 2019*

We extend to all their family and friends our sympathy in their loss.



THE IMPORTANCE OF SUPPORTING SOCIAL EVENTS

Charities like ours are always reliant on fundraising to keep our finances in order and one way of doing this is to put on various social events during the year.

As has been stated more than once in this issue of the magazine, the price we pay for our exercise sessions does not cover the actual cost of staff and hiring the venues etc., so a shortfall is inevitable. If we had more members using the facilities to exercise, this would help us enormously. We are still nowhere near the numbers we had pre-pandemic and it shows only too well in our annual accounts, with a substantial loss for the year.

Should we increase the price of each exercise session? We are always reluctant to do this as we are then penalising the very people that come to the sessions week in and week out to support us, and that doesn't seem a fair way of doing it. The Committee put on a calendar of events which we hope all members can enjoy - regular exercisers as well as those who for various reasons are unable to exercise. The Annual Lunch in the spring and then the Strawberry Tea and Afternoon Tea are just some of the activities where we get together.

We have a wonderful core group of regular attendees at New Bury, Long Melford, and the Southgate Coffee mornings. They probably number about 150 maximum in all. At the time of writing, we are just organising the Strawberry Tea at Newton Green and we have around 50-60 tickets sold. Roughly the same number of people came to the Afternoon Tea at Great Waldingfield where we had the ukulele band playing. It is likely that the same members attend both these events. The AGM last year had very poor attendance - two dozen at most - and this year only 30 attended, with 32 sending apologies. That means that more than 600 members did not attend the social events and AGM. How can we encourage you to come along more and play a greater part?

The reason we all joined Upbeat was for cardiac health and support, so when we first started out on this journey, we were hoping for improved health and were very glad and reassured to have a cardiac nurse on hand when we came to each session. Over the years I think we have all got so

much more from it than that. We have made lots of friends on the way and enjoyed each other's company at various locations and events.

Upbeat is not a profit-making business, and cannot be run as such, but we have to find a way to continue in the future so that Upbeat still exists to help other heart patients who will inevitably come along.

We need more support from the membership, attending functions, helping at events, buying a ticket to something, even if you know you cannot come, a bit of change in the donation box - all of these things help us to keep going. We also need new people to come on to the Committee with fresh ideas.

We have over 740 members on our books. I am acutely aware that we are gifted donations from some of you and we are extremely grateful to you for those. We know that many of you cannot come to sessions any more. We understand that, but maybe there are a few more members that could participate a bit more to spread the load.

Times are hard, that we all understand, and money is tight like never before, but before dismissing the next event or request for help, please think back to when Upbeat was there for us when we needed help. I feel we have an obligation to ensure that Upbeat is there in the future for new heart patients but without greater support from all present members, sadly Upbeat will fail. Please let's not allow that to happen.

Hilary

My friend called his dogs Timex and Rolex. They're watchdogs!

What do you call a belt made of watches? A waist of time.

This morning I was reminiscing about the amazing herb garden I had at home when I was growing up. Good thymes!

Join Us for a Morning Session at the New Bury Centre

Every Monday and Wednesday morning Upbeat members meet at the New Bury Community Centre in Charles Place on the Howard Estate. It's an excellent venue, modern, light and airy, with plenty of parking on site.

The main purpose is to take part in aerobic exercise supervised by qualified BACPR instructors with a registered cardiac nurse in attendance. Monday's sessions include a seated class for those it suits. Many members choose not to exercise but come along either just to see the nurse to have blood pressure and pulse checked and to discuss any problems or queries relating to their heart condition, or simply to meet friends for coffee and a chat in pleasant surroundings.



A Wednesday morning exercise class





Nick, Tony, and Sue ready to greet members as they arrive

There is no membership fee to join Upbeat but there is a charge of £5 for taking part in a class. This also includes seeing the nurse and getting coffee or tea. Anyone wanting only to see the nurse, without taking part in the exercise class, is charged £3. These can be paid by cash or card at the table as shown in the photo to the left. Most members choose to sit and have a natter either before or after class.

There is a café selling cakes, pastries, and light lunches, and the large communal area is also used by local people including a mothers and babies group on occasions.



Michelle Jermy, Lead Instructor, miked-up and moving



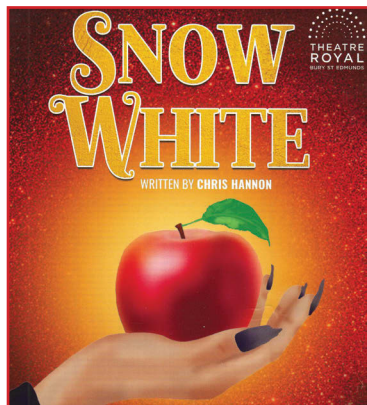
Since Covid and lockdown, when all classes were suspended, numbers exercising and seeing the nurse have fallen considerably, with a resulting drop in Upbeat's income. You can read elsewhere in this magazine of the uncertainty this raises for Upbeat's future. We'd love to see more members returning or new ones joining us. You'll be sure of a warm welcome and, remember, our well-being is greatly enhanced by social interaction, friendly company, and a good laugh now and again!



Mandy Scales, one of our long-serving cardiac nurses

It's Panto time again!

.....Oh yes it is!



Last year Upbeat members enjoyed the pantomime 'Robin Hood' at the Theatre Royal in Bury. This year's production will be 'Snow White' and once again we have **25 dress circle seats** booked. As with last year's outing, we will not be providing transport as this is now terribly expensive, but members will be able to make their own way to the theatre, perhaps sharing cars.

These are the best seats in the house, directly opposite the stage and access involves only a few steps so that they are fairly easily accessible. They will be available on a first-come-first-served basis at £20 each. I must stress that we will not be able to add to the number so if you want to enjoy the fun, you need to be quick!

'SNOW WHITE' - THURSDAY, DECEMBER 14TH 1.30 PM

*To apply for one of the tickets, in the first instance email, call, or text **David at axeditor@btinternet.com** or **07946 225612** stating the number of tickets you would like. If there are tickets available you will then be able to pay by cheque or BACS, the details for which I will give you. Thank you. I'm sure we can look forward to an enjoyable afternoon.*