

UPBEAT MAGAZINE

Journal of the West Suffolk Heart Support Group

Autumn 2026

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



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From the Chairman

As I sit at my desk to write this piece it's late September already! Where have the months gone? Twenty years ago I'd have been back at school for the start of a new school year but of course such things do not concern me now. Rather than thinking about class sizes, teaching ratios, and parents' evenings my mind has been focussed on getting to grips with new software to produce this magazine. So far I'm quite positive about the results but the acid test will come when I send the artwork to the printer. Will it be in a format that is acceptable? Well, I sincerely hope so!

Although each season has something to commend it, I think autumn is my favourite. The poet John Keats described it as the 'Season of mists and mellow fruitfulness' and even after the extraordinary, drought-filled summer we've had this year, that fruitfulness is evident all around. Our apple tree is heavy with fruit and the horse chestnut trees around the town bear literally thousands of conkers, which I love to go looking for. As a child I would delight in scuffling through the fallen leaves in search of them, and later, as an adult and a father, I delighted just as much in conker hunts with my children. My youngest daughter, now a mother herself, remembers a particular tree in the Abbey churchyard here in Bury as one where we spent many happy times conker-hunting when she was little. I'm sure she will be doing the same with her own children when they are a bit older, making memories of their own.

Today Valerie was shopping in Bury and commented on the fact that M&S had lots of Christmas stock on display. Upbeat arrangements for the holiday period are already being made and details can be found on Page 35. However, let's not neglect to make the most of the intervening months. Enjoy these lovely autumn days while they last. There are still lots of opportunities to attend exercise classes or just to drop in for coffee and a chat. Getting together and socialising is a very important part of what Upbeat is all about. Let's enjoy each other's company and benefit from the friendship and support Upbeat gives.

See you soon, I hope.

David

SECRETARY'S REPORT



It is always a pleasure to reflect on what has been going on at Upbeat in the last six months, but always surprising how quickly six months passes and another report is due. We have had a lovely Annual Lunch at Stowmarket Golf Club to remember, a Strawberry Tea at Acton on the hottest day of the year, and a delightful Vintage Garden Party at Thurston - all very enjoyable occasions which made a good profit for the funds, and all with splendid sunny weather, I might add. Thanks to Sylvia for organising the Annual Lunch, to Clare, Bill, and the team for the Strawberry Tea, and Cardiac Adviser Sonia, for the Vintage Garden Party. Many thanks for some very generous donations of gifts for raffle prizes and many things to sell etc. on the stalls at events.

If you are part of the Google Group Family, you will have received updates on these events. I very much enjoy this part of being Secretary, communicating with you all through Google Groups. It is a fancy online "mailing list" enabling me to communicate with lots of members at the same time. If you have an email address or have recently acquired one and would like to be kept notified of what is going on etc., please let me know. Feedback is always welcome; at least then I know there is someone reading the messages at the other end, and anyway we are always keen to hear your suggestions and ideas.

At the moment I have 246 email addresses on my list out of a membership of 387, so let me know if you would like to be added. We have quite a large membership on paper but there is a regular core of members that attend sessions numbering probably no more than about 100, so I wonder where all the other members are? Maybe you have done your exercising years and just like to keep in touch with us, which is lovely, we welcome that. Maybe you came and joined the group, but for one reason or another didn't follow it up and are no longer interested, but didn't cancel your membership. If you are in this category, send Valerie an email at treasurer@upbeatheartsupport.org.uk and she will take you off the list and save precious resources.

With the introduction of the request for a £5 donation to help with the cost of printing the magazine, I've been surprised by the number of people not responding to let us know if they want to continue receiving the magazine. The committee agreed to this experiment, but to be honest, it has caused such an awful lot of work for Valerie, our Treasurer & Membership Secretary, that the committee will have to revisit the matter. Chasing people up by telephone, leaving messages etc. is extremely time-consuming.

We have a new committee member signed up at the AGM in July: Michelle Welham. She is going to take over the Secretary role at some point next year. After many years, I am stepping back, but not stepping away. I shall still be visible at sessions, but my house will be tidier without all the paraphernalia of Upbeat around everywhere. I have accumulated a lot of STUFF in the 14/15 years I have been doing this.

The best part of the job has been meeting some really lovely people on the way, meeting regularly and making valuable friendships. The worst part is when some wonderful people pass away. You get to know and love members, and when we lose them it is very personal. This year in particular we seem to have lost many long-term members, particularly thinking of Kate Turner, our wonderful Lead Nurse. This was a massive blow to all of us and she is greatly missed.

Kate showed us what "bravery" looked like, undergoing many rounds of treatments during her cancer illness. Even when she knew it would not be of help to herself, she participated in trials because it might be of help to future cancer patients, thinking of others right to the end. We all loved her and our condolences go to her partner Mike.

Another loss was Beryl Hazell from Sudbury who was a long-term member, renowned for her tap-dancing skills well into her eighties. She was a lovely lady who was so generous and willing to participate in all events. We also lost Brian Penson with his dry sense of humour, always ready to wind you up, but the kindest person you ever could meet. Rosie Seeley, another long-term member, and many more are noted elsewhere in the magazine. We are always pleased to hear from loved

ones; if anyone wants to add a paragraph in the Absent Friends column of the magazine please get in touch with our Editor, David, at daxton42@btinternet.com.

The social side of Upbeat cannot be overplayed. That sense of belonging is exactly what sets great communities apart. In a world that often moves too quickly, having a reliable space to connect, share a laugh, and find genuine companionship is incredibly valuable. We have that in spades and it is quite special and must be protected!

Enjoy the cooler days of autumn and the run-up to Christmas.

Best wishes,

Hilary x

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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.

Treasurer's Report

Thank you to all those who have given £5 or more for the magazines for this year. It has been very helpful, and it has raised over £1,000 towards the costs. However, it is time-consuming to administer and some members have not responded at all so we will reconsider what we do for next year.



I presented the audited accounts at the AGM in July, and they were approved and have been uploaded to the Charity Commission website where you can view them, if you wish.

Here are some of the key points from my presentation at AGM:

We have good reserves but need to have 6 to 9 months running costs in our account i.e. £24,000 to £36,000. We currently have just over £70,000 in the bank.

Our monthly costs are about £4,000, but we only bring in about £2,000 a month via our classes, so fund-raising and donations are very important to us.

Gift aid donations to Upbeat are very helpful indeed. We raised £2,081 in 2024 to 2025 via gift aid and £3,290 for 2025-2026. You need to complete one form only and you can have completed forms for other charities as well. You are not limited to one charity. If you have not completed a gift aid form and you pay tax, please consider completing a form. Thank you.

How You Can Help Financially

- If you no longer want to be a member of Upbeat, please contact me via the details on the opposite page.
- Have the magazine sent to you by email. Please let me know.
- Bringing your own water bottle to exercise classes saves our money on paper cups.

- Any donations from coins in the pot, to small regular donations and larger sums. We have had several funeral collections which have been very helpful indeed.

How You Can help by Volunteering

- Our MAJOR challenge is volunteers to help with so many things. Can you help at all? Even occasionally would be a help.
- At Long Melford taking turns to make drinks, setting up and clearing away/locking up? It would just help to have a list of people who could occasionally help out, particularly if someone is ill.
- At New Bury on the front desk.
- On Thursday Mornings at Southgate occasionally (Second and Fourth Thursdays 10.30 to 12.00)
- Help with planning an event or helping at events

Donations over £50.00 from February 2026

Masonic Relief Chest via family of Jeff and Chris Paine £500.00

White Rose Chapter £200.00 Jo Matten £55.00

Thursday Coffee Mornings £150.00 Ed Callaghan £75.00

Brian Clark £250.00 Lynne Smith £50.00 Jean Davis £200.00

Derek Galer £70 Brenda Farrow £50 Trevor Howe £60

Rosalie Chisholm £50.00 Bob and Frankie Mountfort £76.00

P Easter Ltd £696.00

Havebury Housing have refunded most of the money for our garage hire (storage) for this year £560.43.

There have also been many smaller donations which all add up and are a great help.

Donations in memory of Members

A gift in Rosemary Seeley's will - £1,000.00 -via Tanya Seeley

Catherine Turner – over £600 (A similar amount also went to the Hospice)

Brian Penson £1,105 – virtually all gift aided

Fund-Raising February 2026 to August 2026

Annual Lunch profit £1,158.00

Easter Raffles – Long Melford £104.00 New Bury £104.00 (Yes, the same amount at both venues!)

Lynne Smith's Hedgehogs - £55.00

Easy Fund-Raising £61.66 and £45.95

Peter Riches via his granddaughter Lucy £48.00

Strawberry Tea £1,016.16

Sonia Denny – garden party £411.70

Christine Horricks £75.00 plus other amounts via items sold.

Membership

New Members February 2026 to August 2026

Mrs Sonia Collingwood-Hall, Mr Keith Mothersole, Mr Mark Copeland, Ms Sarah Munro, Mr Peter Gillard, Ms Jayne Ellingham, Mrs Jackie Phillips, Mr Maurice Norton, Mr & Mrs Trevor & Suzanne Bluett, Mrs Jayne Gomer, Mrs Rosemary Webb, Mr & Mrs Robert & Tracey Lindsay, Ms Lynda Barnes, Mr & Mrs Gary & Julie Sutton, Mr & Mrs David & June Frost.

We welcome you to Upbeat and hope you will enjoy and benefit from being a member. Please contact one of the Committee if you have any suggestions or concerns.

Please remember to let me know if you change your address or phone number or email address, or if you no longer wish to be a member.

Valerie Axton 01284 747238 or membership@upbeatheartsupport.org.uk

Valerie

Meet Our New Committee Members

At Upbeat's Annual General Meeting in July a new Committee was appointed. Sadly, we said 'Goodbye' to David Byatt and Alan Chapman, both of whom had served on the Committee for a number of years, but we welcomed newcomers, Felicity Stemp and Michelle Welham, whose personal introductions appear below.

Felicity Stemp



Hello everyone, I'm Felicity Stemp. I have joined Upbeat to help raise funds for the group.

My late husband, John Stemp, enjoyed many happy years at Upbeat with his friend Rick Lee, doing the exercise classes. We also enjoyed several social occasions together with other Upbeat members. These activities have slowed down in recent times and I hope we can all work together to restore our fund-raising and social team.

I started off with a Tombola on the Bury Christmas market which many of you helped and supported. Our third stall is coming up in November. If you can help with any fund raising ideas do please let us know.

I have worked with Community Education and the Mental Health Service before I retired. I like to be busy and volunteer for Suffolk Carers and work in my garden to relax.

I try to pop in to the Bury group every week and Long Melford is on my list to visit.

I hope to meet more of you in the coming months.

Felicity

Michelle Welham



I was born in Liverpool but moved to Suffolk when I was three. I have two children and a two-and-a-half year old granddaughter called Rosie.

I began work at Nilfisk aged seventeen until I was thirty-two, with a short stint at Shering Plough in Mildenhall during that period.

After some maternity leave I joined St Edmundsbury Borough Council in January 1998 and worked there until 31 August this year when I retired.

I spent the last sixteen years working at The Apex, which was an amazing place to work.

My husband, Darren, had a heart attack in 2010 and is now the Upbeat Vice-Chairman. He suggested that I become a member of the Committee as I now have a lot of free time so here we are!

Michelle

Michelle has joined the Committee with a view to taking on the role of Secretary when Hilary's term of office ends. In the meantime the plan is for her to work with Hilary to become familiar with everything.

We welcome both Michelle and Felicity to the Executive Committee and look forward to working with them.

David

A Royal Connection for Upbeat's Annual Lunch

On Thursday, March 19th, almost sixty members and friends gathered once again at Stowmarket Golf Club for Upbeat's Annual Lunch. As in many previous years we were blessed with a fine, sunny day – not that the weather mattered all that much as we were inside the clubhouse, but the greens viewed from where our meal was held always look nicer when bathed in sunshine and who among us isn't made more cheerful by a bright morning? Unfortunately, three of our Long Melford group members making their way to the event met with an accident when their car hit a rather large pothole and suffered a flat tyre. The breakdown service called was unable to fix the problem and so our friends had to return home and miss the lunch, which was a great shame as it was a very enjoyable event.

The reduced numbers attending meant that the area was much less crowded than on previous occasions, which allowed for easier 'mixing and mingling', which was nice. The bar did a good trade before we seated ourselves and waited to be called to the carvery station to choose our meals. We could have roast beef or turkey, or a bit of each if we wished, and a good selection of vegetables, cauliflower cheese, Yorkshire pud's, stuffing, etc. Generally the food was good, although most agreed that the carrots were rather undercooked and hard. Apart from that, most people whom I asked were happy with their food but unfortunately, with so many to cater for, it was necessary to serve tables in order, which inevitably meant that some had to wait for their meals. However, from what I saw of the servings of those on the last table served, the chef seemed to have been more generous with the amount of meat they were given! Several ended up with cardboard 'doggy bags' to take home the surplus they hadn't managed to eat!

Our Master of Ceremonies was again David Deacon, who made his customary genial introductions once we were seated. After the meal he allowed everybody a 'comfort break' before introducing the guest speaker, Peter McGowran, MVO, former Chief Yeoman Warder at the Tower of London from 2018 to 2023, who entertained us with some of the history of the Yeomen Warders, or Beefeaters as they are often called, along with some of his personal experiences as the Chief.

Peter told us that to become a Warder one must have served at least twenty-two years in a branch of the armed forces, to have reached a certain rank, and to have received the Long Service and Good



Conduct Medal. Peter had served his time in the RAF and had gained the necessary decorations. We learned that new Yeoman Warders are 'sworn in' as part of a centuries-old ceremony in which they drink a toast of port. This is served in an 18th-century pewter bowl, and the Chief Yeoman Warder offers a toast to all new recruits. He explained to us the origin of the somewhat strange toast: 'May you never die a Yeoman Warder'. It seems that in the early 19th century the post of Yeoman Warder could be bought for 250

guineas which would be returned to the Yeoman Warder on his retirement, but if the Yeoman died in post, the Constable who had hired him inherited the money!

Peter said that one of the things he had enjoyed greatly while working and living at the Tower (Yes! He and his family actually lived there) was the Ceremony of the Keys, an ancient ritual which dates back more than 700 years. Each night the outer gates of the fortress are locked for the night and the keys delivered to the Resident Governor, who is the monarch's representative in the Tower. Peter told us that this even continued during the Covid lockdown.

For me, one of the highlights of his talk was when he described his role in the ceremony which marked the start of the lighting of the beacons to mark the Platinum Jubilee of the late Queen, Elizabeth II. He had the responsibility to carry, on a royal blue velvet cushion, the 'Commonwealth of Nations Globe', a blue globe set in a silver crown, and to present it to Her Majesty. Her hand placed on the globe began the chain of lights which comprised more than 3000



beacons across the UK and Commonwealth. Peter told us that this simple ceremony had been planned to take place at Buckingham Palace but the Queen's fragile state of health led to it taking place at Windsor Castle*. Peter admitted that the globe was heavy and he was worried that he might not be able to hold it for as long as it took the Queen to move slowly to the plinth on which it was to be placed. However, as we saw in the video he showed us, he carried out the task perfectly.

He also said that it was Queen Elizabeth herself who conferred upon him the honour of MVO (Member of the Royal Victorian Order) in her Birthday Platinum Honours List. Admission to the order, which was set up in 1896 by Queen Victoria and recognises distinguished personal service to the monarch or to members of the royal family, is at the sole discretion of the monarch, unlike most general honours which are bestowed by the sovereign on the advice of ministers. Here you can see Peter with King Charles.

**Her Majesty died less than 100 days later on 8 September 2022.*



There was a splendid array of prizes for the customary Annual Lunch Raffle, thanks to the generous donations by members. These included a first prize of £100, many bottles of various alcoholic drinks, a lovely hamper, and a round of golf kindly donated by the golf club.



Sun, Fun, and Strawberries Galore



Hottest of days for Upbeat's annual Strawberry Tea

On July 9th, with the country sweltering in its third heatwave in a few weeks and temperatures climbing into the thirties, Upbeat held our Strawberry Tea at Acton village hall. This was a first for us at Acton after many years in the garden at Newton Green village hall. The decision to move had been made because at Newton Green we had to take gazebos and set them up, and move tables outside, which meant a great deal of fairly heavy work for a few people.



At Acton we had the sole use of the large hall with a well-equipped kitchen including three fridges, a freezer, and a dishwasher!

When the forecast predicted such high temperatures we thought that maybe many

would be deterred by the heat and stay home but in the event almost sixty members turned up to enjoy the afternoon. Hilary brought extra fans and we ensured that there was a plentiful supply of iced squash to keep everyone hydrated.

Clare Kettle had taken the lead in organising the food supplies and once again members came up trumps, providing plenty of sandwiches and quiches together with a mouth-watering number of strawberries, scones, and pavlovas (Hilary's specialities!), all of





which were served earlier than usual during the afternoon because of the heat.

Everyone tucked in but we still had left-overs at the end of the afternoon. Some members took some home but some we had to throw away.



Upbeat's President, Sylvia, was busy during the afternoon at the raffle table, along with Lynn, while Rosie and Paula did a sterling job manning the plant stall which had been set up in the shade at the rear of the hall.



Once again Woolpit Nurseries' Andrew Brain had generously donated lots of lovely plants which raised a good sum for Upbeat during the afternoon.

In another part of the hall, Ann Clarke, who organises our Thursday coffee mornings, watched over a table loaded with



donated jigsaw puzzles, many of which were brand new and still sealed in their original wrapping and for which donations were invited.

As well as the cold drinks on offer, tea and coffee were served from the kitchen by a band of willing, if very hot, lady helpers.



Once again Gay and Richard, parents of our nurse Katie, sang and played for us a variety of well-known songs, and John Thurman also provided music with his keyboard.

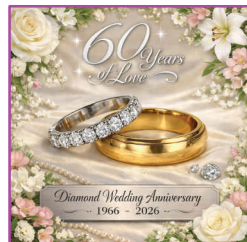


It was generally agreed that the afternoon had been a great success and that Acton village hall had been a good choice of venue which we would certainly use again. As well as providing everyone with an enjoyable afternoon and a quite splendid buffet, this year's Strawberry Tea raised £1016 for Upbeat funds. Well done to all who helped in any way.



Many thanks to Giles Washbourn for the photographs.

Diamond Day for John and Fay



On the afternoon of Sunday, June 7th family and friends gathered in Rickinghall Village Hall to celebrate the Diamond Wedding Anniversary of Upbeat members John and Fay Dunkley.

Guests were treated to delicious canapés, followed by a lovely buffet, with wines, beers, and soft drinks while entertainment was provided by two singers, Dan McClelland, who had performed at Upbeat's annual lunch in 2025, and Danny Shackell. John and Fay had requested that rather than gifts, donations be made to Macmillan Cancer Research.

The many cards of congratulation included one from the King and Queen.

The actual wedding day was June 4th 1966 and a photo of the bride and groom adorned the cake which, towards the end of the afternoon after a toast to Fay and John, was duly cut whilst lots of guests were busy with phone cameras to record the event.

Do you have a special anniversary or other celebration coming up? Perhaps you'd like to share it in the next issue of our Upbeat magazine. You can e.mail me details at axeditor@btinternet.com David



100 Club winners February 2026 to August 2026

February 2026 1st Prize £100 Mr & Mrs R Orr Number 042

2nd Prize £19.00 Mr Cyril Lancaster Number 197

March 2026 1st Prize £100 Mrs Elizabeth Moore 073

(£20 donated to Upbeat)

2nd Prize £31.50 Mrs Jennifer Streetin Number 194

April 2026 1st Prize £100 Mr L Lord Number 245 (£100 donated to Upbeat)

2nd Prize £33 Mrs G Debenham Number 213 (£33 donated to Upbeat)

May 2026 1st Prize £100 Mrs Elizabeth Moore Number 072 (£20 donated to Upbeat)

2nd Prize £33.50 Mrs Ann Clarke Number 166 (£33.50 donated to Upbeat)

June 2026 1st Prize £100 Mr & Mrs P Rose Number 093 (£50 donated to Upbeat)

2nd Prize £33.50 Mr & Mrs W Green Number 205 (£33.50 donated to Upbeat)

July 2026 1st Prize £100. Mrs Jennifer Streetin Number 192 (£50 donation to Upbeat)

2nd Prize £33.50 Mr David Camp Number 002

August 2026 1st Prize £100 Mrs Maureen Lazarus No. 137

2nd Prize £33.50 Shirley Addis No.038 (£8.50 donated to Upbeat)



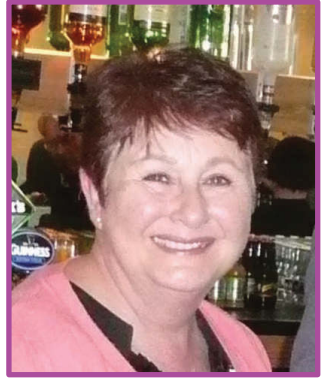
The amount of second prize money increases if more people join the 100 Club during the year. Thank you to those who have donated money back to Upbeat. It is very kind of you.

Subscriptions to the 100 Club represent a significant income to Upbeat funds. If you are not already a member why not think about joining when the new year begins in 2027? Not only will you stand a chance of winning the first prize of £100 or the second prize, but as stated above, the value of the second prize increases the more people there are in the draw. Watch out for information about joining the club in the Secretary's January mailing.



Farewell to Our Lovely Kate

On a beautiful sunny morning in June about one hundred and sixty friends, family members, and colleagues gathered at the West Suffolk Crematorium to say final farewells to Upbeat's lead nurse, Kate Turner.



Many members will remember the piece Kate wrote for our Spring 2024 magazine in which she described how she was first diagnosed with ovarian cancer in the summer of 2023. She used the article to draw female members' attention to what she called 'a silent killer'. At the time of writing in 2024 she had undergone extensive chemotherapy as well as surgery and was optimistic for the future. However, when she featured on the front cover of our Spring 2025 issue to commemorate her fifty years of service to the NHS, she was seen wearing a headscarf as she had lost her hair through further chemotherapy following a further cancer diagnosis.



Despite her illness and the daily difficulties it and the chemotherapy caused, Kate continued working, sporting the headscarf when she'd lost her hair, and enjoying the fact that when it re-grew it was curly! She enjoyed her sessions with Upbeat, chatting to members, taking blood pressures, listening to us and giving advice and encouragement. As was said at her

funeral, she gave of herself unstintingly, always thinking of others and doing all she could to make us feel better.

I remember when she came on night duty back in September 1996 when I had just been admitted after suffering my first heart attack. She put lavender oil on my pillow to help me sleep. Later she was the lead nurse in the Cardiac Rehab team, and then, of course, I met her as she worked with Upbeat. It is only a few weeks ago that she was at the New Bury Centre, taking my BP and oxygen levels, continuing working just as long as she could, and still smiling!

Kate was admitted to St Nicholas Hospice and died there on May 29th, aged just 69. I'm sure each of us will have our own memories of Kate, and we will miss her warm and friendly presence. Our sympathies are very much with her partner, Michael, and all those who loved her.

Donations made in her memory amounted to more than £1200 which, as she requested, was shared equally between Upbeat and St Nicholas Hospice.

David

Christmas Cards

For a number of years we have sold Christmas cards on behalf of Upbeat funds but the company from whom we buy have said that this is the last year they will be offering the service of printing a charity's name on chosen cards and they are not producing any new designs. As a result, we can only offer a limited range of cards this year. We have some packs left over from last year and the company have said they have a few remaining designs in their warehouse which they can make available but we do not yet know what those designs will be. When we receive more news we will post notices at each venue so that members who wish to can buy their cards there. We will be selling them at a reduced price.

Thank you for supporting us in the past by buying our Upbeat cards.

Remembering Rosie

For many years Jill Brookes, a former Chairman of Upbeat, used to write for our 'Absent Friends' pages a piece about each of the deceased members, often with contributions from that one's family. Sadly, I think that ended when Jill herself died and since then I've only listed the names but when compiling the list I've often thought that while we might forget the names of those we see at Upbeat sessions and social events, we are unlikely to forget their faces. Whilst I don't think it would be possible to write a very lengthy piece about all those members we lose in death, I hope that reading this, and seeing the photographs, will bring back memories for many who knew our member, Rosie Seeley.



Rosie died on November 25th last year and her daughter, Tanya, contacted our President, Sylvia, to let us know and to say that a bench in her memory was to be placed in Bury's beautiful Abbey Gardens.

Rosie joined Upbeat in May 2005 and regularly attended sessions at the old New Bury Centre, having moved to Bury in 2002. In 2004 she suffered a stroke and not long afterwards moved into the sheltered accommodation of Beeton's Lodge where I used to see her often when I was visiting an elderly friend. Rosie was very happy there and always kept busy, both as a member of Upbeat and of the local Stroke Club.

In January 2020, Rosie was in hospital with pneumonia - her second admission - and she stayed in hospital for nearly six weeks. The doctors finally realised her swallow mechanism wasn't working and food and drink were going into her lungs instead of her stomach, causing the infections. Rosie made the difficult decision to have a PEG* tube fitted. and should have been able to go home ten days later.....BUT Covid struck!

* A PEG (*percutaneous endoscopic gastrostomy*) is a surgery to attach a feeding tube which allows the recipient to receive nutrition directly into the stomach.

In March 2020 Rosie moved to Chilton Meadows care home in Stowmarket and because of Covid restrictions her daughter Tanya was unable to see her in person until mid July and then it was from behind a screen.

Tanya told me that Rosie received very good care there and made a good recovery but living there did clip her wings a little so she was delighted on the couple of occasions when she was able to join Upbeat's Annual Lunch at Stowmarket Golf Club, which was probably the last time many of us saw her.

At the care home she was allowed to run the coffee shop, which was open for visitors and staff, enabling her to carry on looking after others and she was always involved in the special days the care home arranged such as fetes, music days, and trips to Stowmarket.

'West Suffolk hospital were wonderful with mum at the end,' Tanya says. 'She was on the ward for two weeks before we had to make the decision to move her to palliative care.'

Rosie then spent her last four days at St Nicholas Hospice, which Tanya describes as being 'absolutely amazing' and where Rosie had volunteered during her time in Bury.

In Rosie's memory, the bench has been installed in Bury's Abbey Gardens, a place Rosie loved. Her children, Tanya and Warren, visited the gardens in June and were photographed sitting on the bench, which bears a plaque with Rosie's name. Next time any Upbeat members are enjoying the gardens, be sure to find Rosie's bench, which is near the bowling green. Take the right hand path as you go through the main gate from Angel Hill, sit a while, and spend some time remembering Rosie.



David

Hearty Support for Cardiac Adviser Sonia's Garden Party



On the afternoon of Saturday, July 18th, our Cardiac Adviser, Sonia, and her husband, Richard, opened their garden in Thurston to raise money for two charities - Upbeat and St Nicholas Hospice.

As well as friends, family, and neighbours quite a few

Upbeat members supported the event. There were games, a raffle, cakes and drinks and the afternoon raised more than £800! This was split evenly between Upbeat and St Nicholas Hospice so that when the donations were gift-aided each charity received £514.63 - a superb amount! Well done, Sonia and Richard, and thank you.

I asked Sonia to tell us how she and Richard came to organise these events and the following is what she had to say:

"Every summer my husband and I hold a vintage tea party in our garden to raise money for charity; we usually choose two charities and split the funds equally.

Charities selected have been very diverse over the years and included Battersea Dogs'

Home, Guide Dogs for the Blind, and East Anglian Air Ambulance, as well as many connected to the medical world. These have included



Great Ormond Street, Brain Tumour Research, Child Cancers, Save the Children, plus many others, one of which is a charity called Brighter Future which is based near Visikapathnam on the coast of the Bay of Bengal. A few years ago we went out to India and visited this particular charity; it was an eye-opening experience. Having nursed for 52 years I have always been aware of the amazing work charities do and how important fund-raising is to their cause.

Both my father and father-in-law died from heart attacks much too young. My father attended Upbeat in the Sudbury group and would regularly be found out in Sudbury with my mother and their collection tins.

I know Upbeat helped my dad so much; being with other people who had cardiac problems gave him more confidence. They also had a good social side.

I was a community sister for many years and would regularly work alongside other services such as the hospice, giving palliative care. I had worked with Kate, our beautiful lead nurse whom we lost recently, and my daughter, who is a heart failure specialist nurse, also spent time with her. Having worked as a bank nurse at the hospice many years ago I am comfortable that Kate would have received the care she deserved.

I'd also like to thank all those who supported us at our garden party and who do every year, the Upbeat members who made cakes and contributed, as well as all those who attended on the day.

Thank you to you all."

Sonia



The Dynamic Duo - Entresto+Dapagliflozin

For many years following my first heart attack in 1996 I was prescribed beta-blockers such as atenolol and bisoprolol, to slow the heart down and reduce its workload. However, following a bad episode when my heart rate reduced to 34 beats per minute, I saw Nurse Mandy at the New Bury Centre and she managed to get me a GP appointment, following which I stopped taking bisoprolol. Some time after that I was put on two new 'wonder drugs': Entresto, which had been approved by NICE* in April 2016, and Dapagliflozin, which was approved as late as December 2021.

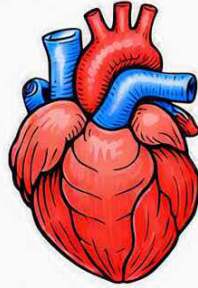
Entresto helps the heart by relaxing blood vessels and reducing the hormones that make heart failure worse. This allows the heart to pump more easily. Dapagliflozin helps the body gently remove extra fluid and supports the kidneys, reducing strain on the heart. Together, they make breathing easier, reduce swelling, improve energy levels, and lower the chance of going into hospital. They represent one of the biggest advances in heart-failure treatment in the last decade and are now considered two of the most important modern treatments for heart failure. Certainly since I began taking them I have felt much better and have experienced no symptoms of my heart failure.

As with many prescribed drugs, there can be side effects and I am monitored every three months by my local GP practice, especially with regard to my kidney function. Entresto can cause a rise in creatinine, a natural waste product that your muscles make all the time. It's filtered out of your blood by your kidneys, so it's one of the simplest and most reliable ways for doctors to check how well your kidneys are working. Dapagliflozin can cause a drop in GFR - the glomerular filtration rate (the glomeruli are the filtering units of your kidneys), but I've read that clinical trials indicated that in the long term dapagliflozin can result in improved kidney function, affording a measure of long-term renal protection.

David

*** The National Institute for Health and Care Excellence.**

The Dynamic Duo at Work



Weak Heart

- Tired &
Short of Breath

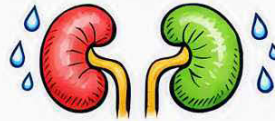
Need Help!



Relaxes
Blood Vessels

↓
Reduces Stress
Hormones

↓
Helps Heart Pump
Better



Gets Rid of Extra Fluid

↓
Eases Strain on the Heart
Helps Kidneys Work Well



- ★ Protect the kidneys
- ★ Help you breathe more easily
- ★ Give you more energy
- ★ Mean fewer hospital visits

Some Thoughts from Our Honorary President



Hello, everybody.

Well since leaving the Chairman position in Upbeat I feel a year has flown by.

I've had to make lots of adjustments and it is hard to step back and not be so involved but thank goodness David Axton has taken over this role and already is very busy. As well as managing the magazine and attending events, you can guess he is a very busy man as his daughter has had twins. Valerie seems to never stop working, as does Hilary, so we are lucky to have them working for Upbeat.

In June I went on a cruise around the Mediterranean, which was lovely. We visited Malta, which I found really lovely. I had been with my husband several years ago and didn't like it but sailing into Valetta and mooring alongside the town was very different and I would definitely go again. I also had a few days at Potters Resort with my friend Wendy. It was very different from cruising but nice food, clean, large rooms, and very good entertainment.

Upbeat has had the Strawberry Tea and oh, was it hot! But we enjoyed good food, lovely music from Gay and Richard, and John, a nice plant stall, and a good raffle. Thank you to all who supplied food and prizes; everyone worked hard and with a new venue it was successful and fun. One lady asked me how much raffle tickets were and when I said "£1 a strip." she informed me that she would not strip off for a £1!!! Well done, to all concerned.

We had the Beer Festival in Bury at the end of August and several of our members again worked as volunteers. It's always fun and we raise money for Upbeat. The amount we receive is calculated by the number of hours worked by those who help on behalf of Upbeat. Sadly, two of our volunteers had to drop out this year but let's see what we make from this event this year.

Air con, or lack of it at the New Bury Centre where we exercise, proved difficult for a few very hot weeks but thankfully it's now fixed. All of us have experienced

hot nights where it has been hard to sleep but most of us kept coming to group; we all need the benefit of exercise and meeting up socially with others.

Recently, I had a lovely surprise when I learned that both my lovely granddaughters were pregnant and both due in the same week! What are the odds of this happening? The babies are due in the first week of September, so it's not long before I will be the proud great grandma. I know that Hannah is having a girl but Ashley does not want to know if she's having a boy or a girl so I have to wait to find out, but as you can guess, I am thrilled.

Our Christmas lunch this year will again be at the New Bury Centre on 17th December. Full details will be given later as the committee have yet to finalise details. The Annual Lunch I have booked for 18th March, 2027, once again at Stowmarket Golf Club. Again, more details will be given nearer the event. I continue to support Upbeat and still believe that this is a fantastic group. I hope to see you all around.

Sylvia

Southgate Centre - Bury St Edmunds Upbeat Coffee Mornings

Join us for coffee and a chat on the second and fourth Thursdays of each month at the Southgate Community Centre, Caie Walk, IP33 2PJ from 10.30 to 12.00. Everyone is welcome.

Future Thursday Coffee Mornings:

2026

10 and 24 September 8 and 22 October 12 and 26 November 10 December

2027

14 and 28 January 11 and 25 February 11 and 25 March

8 and 22 April 13 and 27 May 10 and 24 June

Please contact Mrs Ann Clarke 01284 750980



Upbeat in Long Melford

It could be said that Upbeat originated in the Sudbury/Long Melford area when a group of heart patients including Jill Brookes decided they wanted to continue some form of exercise after their rehab sessions at the hospital came to an end. It's good, therefore, to know that the Upbeat group which meets each Tuesday morning at Long Melford Old School is thriving, thanks in no small part to a willing band of volunteers who set up, check members in, collect money, make coffee, and generally carry out the many jobs which keep the group going. As Editor of the magazine I felt that Long Melford members received much less coverage than those in Bury so I decided to remedy that by paying them a visit and taking a few photographs to highlight some of the regular attendees and those who play key roles.

The Instructor who leads most of the classes for the group is Peter Azzopardi, who is no stranger to magazine readers as he has worked with Upbeat for almost twenty years and contributed many articles during that time.



Here you see some of the group in Peter's class engaged in seated exercise. Peter says, "The seated resistance exercises were done after we'd done the usual aerobic component of the class. We spent around ten minutes doing these. On days where it's been too hot,

I have been conducting a full seated class without an aerobic component and, ironically, since doing the seated class with extra resistance (theraband exercises), the feedback from the class has been that they'd like to do more of it, hence why I've added this section to the 'usual' class!"

Our instructors are fully qualified so that they can adapt their classes to the needs of the members. Seated classes are also run in Bury.



Setting up for the day means an early start for Executive Committee member Bill Kettle and helper David Finch who get tables and chairs ready in the communal area

where members sit and chat over coffee before and after exercise. The social side of Upbeat has always been important, some members coming just for the association and not exercising or seeing the cardiac adviser.

Unlike the New Bury Centre, the Old School does not have a café but tea and coffee are served by willing helpers. For many years Martyn Roper was our barista but he stepped down not so long ago and now Clare Kettle and, on occasions, Yvonne Hebditch are our ladies at



the serving hatch. Here we see Yvonne having a check-up with Cardiac Adviser Shirley, who shares duties at Long Melford with colleagues Mandy, Anne, and Sonia.



The desk where members check in and pay for classes is usually manned by Val Carr but



on the day of our visit she was away on holiday and standing in for her was Sandra Napier. It's really helpful to have members who are willing to stand in for others who may be absent on holiday or for some other reason. Can you consider making yourself available for occasional sessions? If so, please let a member of the Committee know. Upbeat depends entirely on volunteers and we are very grateful

to the many, including those shown in this article, who already help keep the group going. However, it's vital that new people come forward to ensure Upbeat continues.

In the past there have been many social events for members, including trips abroad, bowls tournaments, fairs, jumble sales, boat and coach trips, and visits to the theatre, locally and in London. For several years, Long Melford member Sylvia Bambridge organised the theatre trips but sadly most of these events do not take place today, partly because of rising costs but also because no-one seems to be willing to organise them. Is that something you might be interested in taking on? Get in touch with a Committee member if you're interested.



Whenever I visit the group at Long Melford I think about how different those who used to go in through its doors would have been a hundred and more years ago when it was the village school. It's good that the old building remains as a reminder of times past and it's great to see it serving today as a useful community facility for groups such as Upbeat.

David

DATES FOR YOUR DIARY

Please make a note in your diaries and on your calendars of the forthcoming events:

Monday November 2nd and Wednesday November 4th Pop-Up Christmas Craft Stall at New Bury Centre - *no gifts needed, thank you.*

Thursday November 19th - Bury Christmas lights switch-on - as last year Upbeat will have a **Tombola Stall 3- 8 pm.** *Small items needed as prizes, and volunteers to set up, man the stall, and clear away.*

Thursday December 17th Christmas Lunch at New Bury Centre -

Further details will be posted at the venue in due course.

Long Melford Christmas Lunch - *date and venue to be decided.*

Donations of prizes are invited for Christmas draws at Bury and Long Melford.

Christmas Closure dates:

Long Melford - Tuesday December 15th - last session

Long Melford - Re-open Tuesday January 5th

New Bury Centre -Wednesday December 16th - last session

New Bury Centre - Re-open Monday January 4th

2027

Thursday March 18th - Upbeat Annual Lunch at Stowmarket Golf Club

Further details will be given in January.

Thursday June 24th - Strawberry Tea at Acton Village Hall

We look forward to seeing you at these events.

FROM UPBEAT CHESS GAMES TO NATIONAL MASTER

By Michelle Jermy

Some Upbeat members may remember my son Jaden.

When he was just eight years old, he used to come along to Upbeat during the school holidays while I taught the cardiac rehabilitation classes. While I was busy teaching, Jaden would sit and play chess with some of the Upbeat members.

Well... thirteen years later, I can share some rather exciting news!

This summer, at the age of twenty-one, Jaden was awarded his first chess title — National Master! He still plans to keep studying, improving his game, and hopefully working towards further titles.



Maybe those Upbeat members might deserve a tiny bit of credit... Jaden can say he got some of his early practice playing the Upbeat members! Who knows? Those holiday chess games all those years ago might have been part of the training plan.

From an eight-year-old passing the time while Mum taught cardiac rehabilitation, to a twenty-one-year-old National Master.

What an amazing journey!



Absent Friends

We are sad to report that since the last issue of our magazine in the spring, we have lost the following members:

Mr Cyril Jones – member since 2018

Mr Barrie Hull -- member since 2019

Mr Brian Penson – member since 2002

Mrs Catherine Turner – Cardiac Nurse and member since 2004

Mrs Rosemary Seeley -- member since 2005

Mr Maurice Wing – member since 2005

Mrs Grace Price – member since 2006

Mrs Beryl Hazell -- member since 2009

Mr Colin Root -- member since 2014

Mrs Pat Laithwaite -- member since 2024

Mr Tim Warner – member since 2024

We offer our sympathy and condolences to all their family and friends .



'CAMP 21' CULTYBRAGGAN

By Yvonne Galloway

Most of you know I am from Scotland. I grew up in a tiny village called Lochearnhead, then moved to Dunblane before eventually working down in England. Myself, Chris, and our two boys try and travel up to Scotland to visit family at least once a year. This year was no exception and we had a couple of days with my sister at Largs on the west coast before going up to my other sister's place at Auchterarder (literally round the corner from the Gleneagles hotel). You think you know the history of the area you grew up in, but while taking my mum out for lunch at a small town called Comrie (24 miles west of Perth) we passed what I had always thought were army training barracks when I was growing up. My Mum mentioned that it was actually an old prisoner-of-war camp in the 2nd World War before being used as an army training camp. Nowadays there is a little museum, various artefacts from that time, a little café, some barracks that have been converted into air B&B, and other businesses, e.g. a bakery.

We decided to drop in and have a look. The old camp store has been converted into a little museum telling visitors all about the fascinating history of this POW camp.



Cultybraggan's history as a POW camp dates from May 1941 when construction began. It was completed the same year and, under a peculiar numbering system, designated as "Camp 21". It is one of 600 camps to be built or adapted in the UK during the war. With a capacity of 4000 to 4500 it reached nearly full capacity in December 1944. It was also known as NAZI 2, one of the two maximum security camps in the UK housing a large proportion of the most ardent Nazis.

After the war ended and prisoners were repatriated, the camp was disbanded as a POW camp and became a British Army training camp, with the army cadets, reserves, and territorial army all using the camp over the years until its decommissioning in 2004. The site was bought by the Comrie Development Trust in 2007 and is now being developed by them.



A friendly volunteer gave us a quick history of the camp, telling a few of the stories from that time. We had a wee peek into a couple of the Nissan huts that have been set up to show how they would have looked for POWs. Us Brits seemed to have treated the prisoners very fairly.

There was a wood-fuel heater in each hut and prisoners received the same rations as British soldiers. The prisoners were given access to medical care and there were various lectures, concerts, crafts, sports, and games. Various talents emerged and our guide showed us paintings done by a prisoner of life in the camp. These paintings were donated to the museum relatively recently by the family of one of the British commanders in charge of the camp. Prisoners were not allowed to take anything with them when they left the camp.

Incoming prisoners to the UK were taken to one of nine holding centres, interrogated, and graded by a colour code, to indicate how much loyalty and affiliation they had to the Nazis, white indicating none, grey indicating no strong feelings either way, and black being for the most hard-core Nazis. Many of the “Black” prisoners ended up at Cultybraggan.

Prisoners were allowed to work in the camp and sometimes out at neighbouring farms and houses for small amounts of pay. The museum booklet I bought details many stories of prisoners and locals' accounts of life in and around the camp. After the war, prisoners were given a period of re-education and assessment before the bulk of the

repatriations took place in 1946-1947. Many prisoners chose to stay in Britain but some of those that returned to Germany have visited Comrie over the years, some even buying a house in the area or bequeathing something in their will. I am sure our guide said that there were nine prisoners who eventually married local girls but you would need to check that if you ever manage a visit!

Cultybraggan is one of the best-preserved purpose-built WW2 POW camps in Britain and is well worth a visit if you are ever up in that area of Scotland.

Yvonne

Beer and Cider Festival Volunteers

The festival was busier than ever this year, and consequently the volunteers had to work harder to keep up with our jobs.

I wish to thank all those volunteers from Upbeat who helped me on Admissions and Glasses. Some of you were thrown into a busy time but you all coped very well. I hope the experience didn't put you off as I couldn't have managed it without you all.

Valerie was especially good on Admissions, helping to train other volunteers to use the scanners when I was busy.

Our other volunteers on other jobs also worked hard, so I hope our efforts are rewarded with a good donation when the figures have been worked out.

Thanks again.

Felicity

