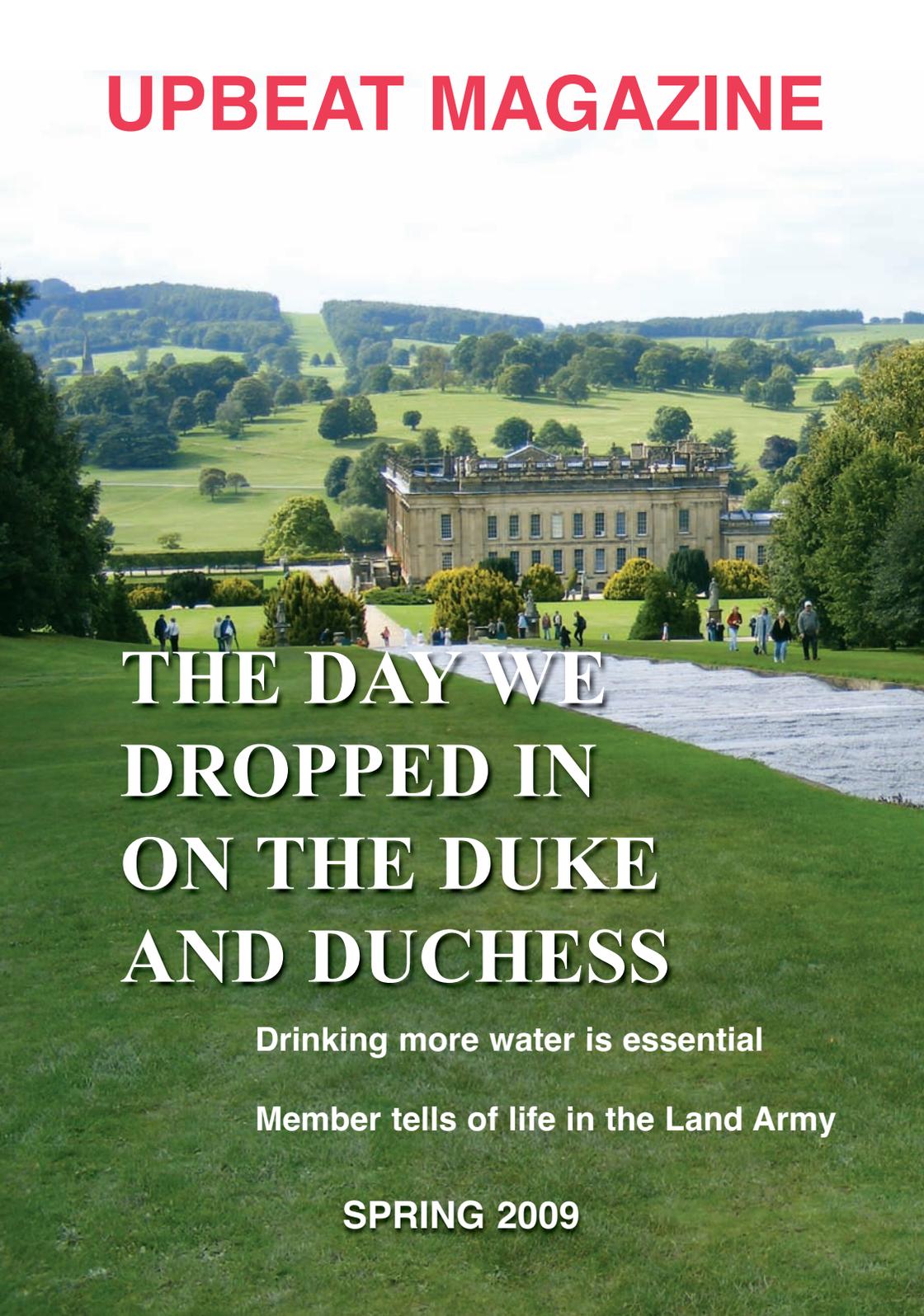


UPBEAT MAGAZINE



THE DAY WE DROPPED IN ON THE DUKE AND DUCHESS

Drinking more water is essential

Member tells of life in the Land Army

SPRING 2009



Computer Courses - Enrol and start anytime

- Learn to send Email and browse the Internet safely
- Write letters and create posters with Microsoft Word
- Learn to create formulas in an Excel Spreadsheet
- Design a Newsletter with Desk Top Publishing
- Create exciting PowerPoint Presentations
- Learn to create a Database with Microsoft Access
- Brush up on Maths and English
- Plus many other courses

Learn for Personal Interest or work towards a qualification.
Introductory courses cost between £18 and £38
or may be free. Terms and conditions apply.



ABAL Computer Services

South Suffolk Business Centre
Alexandra Road,
Sudbury, CO10 2ZX

Tel: 01787 374138

www.useacomputer.com

Secretary: Mrs R Howell, 26 Plovers Way, Bury St Edmunds, IP33 2NJ
Tel 01284 762976, email rahowell@tiscali.co.uk
Full list of officers – Page 7
How to make a donation to Upbeat – Page 51

Colourful future for Upbeat Magazine

As you will have seen from our outside cover pages, your Upbeat Magazine can now use full colour as an added attraction to readers and advertisers. Three regular advertisers accepted our invitation to use full colour in this edition and it is hoped to include more colour in the future.

Advertising contributes to Upbeat funds by helping to pay our printing costs. All members can help by mentioning the possibility of advertising in Upbeat Magazine to companies or tradesmen they use and to their family, friends and contacts. If anyone expresses an interest just pass their details onto our advertising team listed below and they will contact them.

Our advertising prices are modest: From our autumn edition they will be:
Black&White Quarter page £20 Half page £25 Full page £45
Full Colour Full Page £60

We offer 10% discount for clients who advertise in two consecutive editions.

Our advertising team is led by Bob Smith (01284 704305) aided by Tom Hunt (01284 810160), Eddie Johnson (01787 312223), Peter Carr (01787 376058), David Espiner (01787 374714).

Upbeat Magazine is distributed free to all members. In addition copies are distributed to surgeries and hospitals throughout West Suffolk for use in their waiting rooms.

All editorial contributions and ideas for features and other items to David Williams (01284 850836, e-mail daveliz30@hotmail.com)

Our front page picture was taken at Chatsworth – see Pages 27 to 30

See our website on www.upbeatheartsupportgroup.org.uk
Charity Number 1087415

When you receive this magazine we will hopefully be well into spring and all feeling better as the temperature improves. Christmas will have faded well into the background and be another set of memories.

This report does give me a chance to thank all those members who helped over the Christmas period, which was the busiest time ever in Upbeat. Every group had a celebration and they were all different. The theme that ran through them all was friendship among the groups that have formed at each centre, looking after and supporting each other in

good times and bad while we try to understand the vagaries of coronary heart disease. This is what Upbeat is all about and which gives me the inspiration to carry on.

By now you will have received your 2009 events programme, produced by the social events committee. Another very busy year is planned which we hope we will be able to fulfill. As with most organisations, we are unsure of the year ahead. The committee have tried to produce a sensible programme to ensure a sprinkling of money-raising events to help us to keep afloat. Hopefully you will not be too cross with me when I once again ask you for your support as the events arise.

Each edition of the magazine finds me reporting the same thing and that is that our numbers continue to increase. It is amazing how, lately, a number of people have come up to me in totally unrelated places and said, 'You won't remember me. I'm in Upbeat. When I felt better my life became busy' or 'I went back to work but I still receive the magazine and I know that you are still there for me. I shall possibly come back to exercise in the future'. Hopefully things can remain this way. The fact the we are 'just there' is a very important aspect of our work to a lot of people.

The AGM is due again in May and to keep the charity going this will be an important evening. The executive committee for the following year will be elected. We have worked this year with just ten members, two short of the twelve we

Chairman's Report



JILL BROOKS
thanks all those
who have helped
Upbeat in any way
this year – and
passes on some
useful information

would like and should have. Some members are retiring and we are desperate to replace them as we cannot function without doing so. The Executive Committee is essential for the efficient management of the group, the finances and profiling of the charity and runs within the guidelines of the Charity Commission. It supports the events committee and leads on some functions when required. Looking back over past magazines this is a recurring theme but the situation is now serious so hopefully some members will step forward to assist. If anyone is at all interested please let me know and I will explain to them what is required. However the most important qualification is enthusiasm.

Thank you to all those members who have helped in any way over the past year, especially those who come week in, week out. We appreciate every second of your time and commitment and hope that you enjoy what you do.

As a lot of you know, ever since the last publication Ken and I have continued to need the support of Upbeat as his health has been a cause for concern and for most of the year he has been in and out of hospitals. We are more than grateful for all the support we have had from everyone. This has helped us through some of the difficult times and we are looking forward to this year hopefully being better with some new treatment. As you know, my policy is to laugh when you can. It has been harder lately but I am still trying!

Best wishes,

Jill Brooks

Useful information about PALS, hospital parking and the BHF

P.A.L.S.

If you visit a hospital anywhere in the country you should see a blue notice saying P.A.L.S. (patients advice and liaison service). At the West Suffolk the office is to the left of the main entrance near the post box. In Papworth it is in the car park near the restaurant main entrance.

This service is there to help patients, relatives, carers, members of the public and staff, providing on the spot information, resolving concerns quickly and efficiently.

Most of us have spent some time, and are still spending time, in hospitals. It is not always apparent, in spite of these posters, that this service is available should you need support. If there is a ward or out-patient problem where you feel the situation should be solvable on the spot you are at liberty to ask to ring the PALS office for their advice or to ask them to attend. This is also available for the member of staff dealing with the problem. Should you feel you need advice, help or a discussion, not at the time but later, you are advised to call, telephone or e-mail the office as soon as possible. It is not advisable that you write as letters do go to a central office and take longer.

Office hours are 9am to 5pm Monday to Friday. There is a 24-hour answer phone service which is regularly checked, 01284 712555.

HOSPITAL CAR PARKING

When parking at West Suffolk Hospital you should see a list of charges next to the machine. There are also notices displaying a 'Hotel Week' for seven days parking. At the moment there is no charge shown for the latter but I found that it is £9.80 for the seven days. This is well worth considering if you are visiting a lot as I covered this cost in only two days. The

entrance ticket has to be taken to the office where you pay in advance and are given an amended ticket, which you can use to go in and out when you need. This is a big saving which I felt worth passing on which also saves 'clock watching' while visiting to see if you have gone into the next price zone.

BRITISH HEART FOUNDATION

A lot of us owe our lives to the amazing work carried out by the British Heart Foundation in raising funds to carry out research, fund equipment and education for coronary heart disease. They have recently awarded a grant to West Suffolk Hospital of £70,000 as part of the cost (£105,000) of a GE Vivid 73D 'Echo' machine with the relevant recording equipment. This machine is a lifesaver and will replace one of the existing machines, which is over ten years old and well out of date. As it was urgently needed BHF agreed immediately to this funding.

Many of you will have had an 'Echo' and will know that this gives another dimension to the diagnosis of diseases of the heart valves and muscles so enabling the best treatment possible.

BHF are also funding two cardiac nurses in the Cardiac Pathway Team. These nurses support various areas including cardiac rehabilitation.

Having been a volunteer fundraiser for the BHF for some years it is great to hear about local funding, which I know will benefit so many people. Upbeat is affiliated to the BHF. They help with our insurance and we use all their educational material, including their advice and workshops when needed. They are a huge support and very much appreciated.

Upbeat is affiliated to the British Heart Foundation (bhf.org.uk) and to Arrhythmia Alliance -- the Heart Rhythm Charity (www.heartrhythmcharity.org.uk)



TREASURER'S REPORT

I am delighted to be able to advise that Upbeat is still in a comfortable and stable position financially, in a similar situation at the end of the calendar year as we were at the end of the financial year last March. This has been achieved again by hard work by your Executive and Social & Events Committees. We are very fortunate to have such dedicated people in our group who work tirelessly and conscientiously for the good of Upbeat and its members – and remember they are all unpaid volunteers. We are indeed indebted for their efforts, which at times becomes a bit onerous for some, purely because there are not enough of us! As we keep on pleading at each AGM and in each issue of this excellent magazine – we need more help!

These pleas go out on a regular basis and indeed we have some welcome new faces on the Events Committee who are doing a wonderful job and we must all be thankful to them. However there are people who having done their stint, are retiring from some of the positions and they will need to be replaced. I do beg you, to consider in what way you can help to maintain the running of Upbeat effectively to continue to provide the help and support that we do to so many members. Have a word with one of the committee members and see if and what skills you might be able to apply.

As far as the Executive Committee is concerned, we do need back up for the Chairman, Secretary and Treasurer positions and we need someone to co-ordinate fund raising events and someone to apply for grants etc. These positions will become increasingly important over the next few years as our resources dwindle, which they will without replenishment. We have been fortunate with some grants over the last few years and most recently the Carers' Grant from Suffolk County Council – but this has just ended in March 2009. For all those members who have sent in regular returns for the Carers' Grant – very many thanks. As the grant is now



DAVID CAMP throws out a challenge to all Upbeat members

finished there is no need for any future returns.

You will see separately that the fund raising events are bringing in much needed and valued income, as are donations from members and friends, and it is this generosity that is the real bedrock of our financial standing. Apart from the list of those mentioned there are many smaller donations, often on a regular basis and anonymously which we are extremely grateful for. Thank you all. Please don't forget the Gift Aid scheme – ask for a form if you haven't filled in one and are making a donation. It does increase what you give by a further 28p in every pound.

Other regular income is derived from the popular 100 Club, Lottery Bonus Ball and coffee sales etc – please continue to support these and ask if you need a form for the 100 Club. We thank all those people who organise and run these on a regular basis – Rita, Val, Don, Trevor etc and for Martyn at Sudbury and Vicki at Bury for their coffee and tea making enterprises. All vital work and often done without a word of thanks or perhaps the appreciation that they deserve.

May I remind you to continue to use www.everyclick.com as your search engine if you surf the internet – we get a donation every time it is used. It has raised over £600,000 for 10,000 charities to date and was voted Website of the Year for 2008.

Please make use of our excellent web site at www.upbeatheartsupport.org.uk and keep up to date with what is happening in Upbeat. Have a

The key message from David's report is . . .

Upbeat is in a stable position financially . . . achieved again by hard work by your committees. But there are not enough of us! As we have been pleading at every AGM and in the magazine. . .

WE NEED MORE HELP!

look at the Forum pages, get involved and send a message or comment and if possible some of your photographs of Upbeat events. If you need help, please contact me. We must thank Steve Dennington who designed the site and keeps it up and running. We get 'hits' for the site from all over the world and many enquiries and comments via the feedback page.

There are also links to a number of heart related web sites which are full of relevant information. One recent addition has been Cardiac Matters which adds new articles every month on drugs, treatments, conditions, advice etc on anything cardiac.

We are also registered with www.easy-fundraising.org.uk which if you shop online with any of 600+ major stores including Argos,

Dixons, Amazon, BT etc and go via the Easy Fundraising site, up to 15% from every purchase is donated to Upbeat.

We have recently been affiliated to the Arrhythmia Alliance – The Heart Rhythm Charity. Further details and information about cardiac arrhythmias is on their web site: www.hearrhythmcharity.org.uk

Lastly on the information front, for those of you who are working and drawing a wage or salary and might wish to use the "Pay As You Earn" scheme to make a donation to Upbeat, we are now registered to do so with CAF Bank. If you require details then please ask.

Thank you for all your support

David Camp

FUND RAISING EVENTS - MONIES RAISED JULY - DECEMBER 2008

Annual Bowls Tournament - Boxford	£ 516.69	Sue Mullender	£ 100.00
Race Night	£ 473.77	Anthony Childs	£ 50.00
Aquarius Singers Concert	£ 390.40	Freemasons Pyefleet Lodge	£ 100.00
Kings Taverners Concert (Catherine Palmer)	£ 200.00	Freemasons Wayfarers Lodge	£ 100.00
Christmas Festivities:		David Deacon (Talks)	£ 68.00
5p in Jar (donated by Arthur Munnings)		Fortnightly Tea Dances (John Sayers)	£ 54.00
	£ 64.50	Jill Brooks (Talk - Tues Club)	£ 50.00
Michelle's XXXmas Hug	£ 35.00	Gillian Camp (Christmas Cards)	£ 59.10
Christmas Raffles:		In memory of Ray Leeks	£ 556.99
Sudbury	£ 436.60	In memory of Derek Finch (Darts Tournament)	£ 120.00
Bury Monday/Wednesday	£ 486.00	Project 7	£ 100.00
Bury Friday	£ 188.00	Anonymous	£ 500.00

DONATIONS

Ron Jackson	£ 50.00
John Simmons	£ 50.00
Rodney Johnson	£ 60.00

Plus many smaller donations, some on a regular basis – too numerous to mention them all, but sincere thanks to everyone.

WEEKLY EXERCISE SESSIONS

Monday mornings at New Bury Community Centre, St Olaves Road, Bury St Edmunds	9.15am – 12.30pm
Tuesday Mornings at Sudbury Town Hall	9.30am – 12.30pm
Wednesday Mornings at The New Bury Community Centre, St Olaves Road, Bury St Edmunds	9.15am – 12.30pm
Friday Evenings at Hardwick Middle School, Bury St Edmunds	6.45pm – 8.15pm

All Exercise Sessions are supervised and run by a BACR Qualified Exercise Instructor
A Cardiac Nurse is in attendance at most sessions to answer any heart-related queries
or problems

Drop-in facilities for a tea or coffee and a chat are available at both morning sessions

IMPORTANT

All people with cardiac history who have attended the West Suffolk Hospital Cardiac Rehabilitation Course will have been advised regarding the suitability of exercising with Upbeat, taking into account their medical condition.

We advise anyone who has not been the patient attending the West Suffolk Hospital Cardiac Rehabilitation Course, or where you were the patient and a period of six weeks has elapsed since completion, to seek further advice from your GP regarding your suitability for exercise before starting sessions with Upbeat. You will understand, of course that Upbeat must reserve the right to refuse participation in exercise sessions.

It is important to advise the cardiac advisor and the exercise instructor of the following before you take part in any exercise sessions (this can include your exercise programme at home too) of:

- * Any recent injuries/operations
- * Recent treatments/investigations (eg angiogram)
- * Any major changes in medication
- * Any known change in blood pressure
- * Any new or more frequent occurrences of symptoms even if you have already seen your GP (eg angina, breathlessness, dizziness or swelling of arms, ankles or legs)

OR

See us after an exercise session if your normal programme is making you more tired, breathless or seems more difficult, than usual.

ALSO

If you feel ill, dizzy, have pain etc during a class, please stop and make the Instructor aware of your symptoms.

If any of the above applies, it means that we can advise on whether you should change your exercise programme slightly. But we can't unless you tell us!!!
So remember, HELP US TO HELP YOU.

It is important that you exercise at your own level. Do not feel that you are compelled to keep up with the rest of the group if you find a particular exercise difficult and with some exercises you may find yourself more comfortable restricting slightly the use of arms. If in doubt, please discuss with the instructor.

After exercise it is recommended that you spend a short period sitting down and relaxing. Tea and coffee is available at the Bury and Sudbury daytime sessions.

Water will be available at every exercise session for your use – please feel free to bring your own bottle if you prefer.

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

Please wear comfortable clothes and suitable footwear.

Upbeat reserve the right to refuse permission to any person to take part in these exercise sessions a) if it is deemed to be against the best interests of the individual or Upbeat and b) to comply with our insurance requirements.

There is currently a charge of £2.50 per session towards class expenses.

UPBEAT COMMITTEE

CHAIRMAN Jill Brooks 01787 376920
e-mail : kenbrooks@gloucesterway.fsnet.co.uk

SECRETARY/MEMBERSHIP SECRETARY
Rita Howell (see address Page 1) 01284 762976
e-mail: rahowell@tiscali.co.uk

TREASURER/WEB SITE David Camp 01787 376723
e-mail: dc@davidcamp.demon.co.uk

COMMITTEE

Theatre trips Sylvia Bambridge 01787 372839
e-mail: sylvia.bambridge@talktalk.net

Social Events & Trips Jill van-de-Plasse 01284 702756
e-mail: jvdplasse@yahoo.co.uk

Trevor Beckwith 01284 703894
e-mail: trevor.beckwith@tiscali.co.uk

Sally Bright 01284 810146
e-mail: sallyjanebright@hotmail.com

Val Carr 01787 376058

David Deacon 01787 248147
e-mail: funerals@wadeacon.fsnet.co.uk

Tom Hunt 01284 810160

Ali Shorten (Cardiac Representative) 01284 811393
e-mail: alishorten@hotmail.com

Yvonne Galloway (Exercise Representative) 01284 754258
e-mail: yvonne.galloway@tesco.net

CARDIAC NURSES Ali Shorten, Kate Turner, Mandy Scales, Jane Bridges,
Tracy Wallace, Anne Graham

BACR EXERCISE INSTRUCTORS Yvonne Galloway, Maureen Cooling, Michelle Jermy,
Ian Bliss, Peter Azzopardi, Martyn Blackford

SOCIAL EVENTS SUB GROUP Trevor Davies (Chairman), Sylvia Bambridge, Val &
Peter Carr, Ann Clarke. Paul Cooper, David Espiner, Tom Hunt, Jill van-de-Plasse. Lorna
Willcox

Take a chair – it's easier that way



Michelle Jermy, on the extreme right, leads the chair-based group at Bury. She explains here how you can adapt exercise to suit everybody's needs

My experience of working within exercise referral has driven my passion for adaptive exercise to improve the possibilities for everyone to benefit from exercise. Unfortunately those people that do not exercise usually have a misconception on what it is all about. Ever heard of the saying 'No pain, no gain?' Many steer away from starting exercise because they believe they are too unfit, their balance is not good enough, they have painful and/or stiff joints. The thought of exercise makes them fearful, will exercise cause further discomfort, sound familiar?

A research study carried out by Later Life Training looking specifically at the benefits for older individuals and found the following: regular exercise improved strength, flexibility, balance, ability to perform everyday tasks as well as decreasing depression, body fat, arthritic pain and the risk of falls. The benefits of exercise can change an individual's life, consider anything is better than nothing, be as active as you can as often as possible.

There are many types of exercise available – chair-based is one. Within chair-based exercise there are many classes as more and more people

realise the range of benefits. Locally you will find chair-based exercise varying in intensity, content and focus. Classes may be specific to cardiac rehabilitation, over 50's, mobility and strength or falls prevention. Chair-based enables you to exercise safely and effectively, the chair offers your back support (beneficial if you have back problems) sitting down means the weight your body has to bear is reduced, which is important if you have poor balance or arthritic pain.

When you first start movements will be small. Gradual improvements will lead to an overwhelming feeling of accomplishment and confidence will grow. The body is designed to move and it will start to move with more ease. The muscles will get stronger and the breathing will get easier.

The chair-based exercise classes will benefit you physically but the social contact will be so empowering, being able to interact with like-minded individuals, having the security of a specially trained exercise instructor offering adaptive exercises to suit you will improve the whole exercise experience and the realisation that exercise is fun, enjoyable and for everyone.

FROM YOUR SECRETARY

First, I owe everyone a big apology for sending out the 100 Club form with the wrong amount on it! I have stood in the corner with my hands on my head and recited my 12 times table for five minutes (early schooldays have such an impact on your life!) so am confident that I will not make such a mistake again. I would like to thank everyone who supports the 100 Club and do urge you to continue to do so and also try to encourage friends, neighbours and relatives to join.

People are able to join at any time during the year paying only for the number of months remaining in the 100 Club year, which runs from February to January. As we no longer have our carers grant, funding the 100 Club is a major fundraising activity. As the organiser, it is very gratifying to telephone two people each month to tell them they are winners, but it would be great if we could get over 400 members so we could have three winners a month – are you able to help us to achieve that goal?

At the time of writing we have 680 members in Upbeat. Most of our members join following their rehabilitation sessions at the hospital; some hear about us from their doctor's surgery, dentists, friends and other outlets. If you know of somewhere we can display our posters please let me know.

I think all members who come to our sessions will agree that the friendship that grows from chatting over a cup of coffee and support given, particularly if someone has hit a bad patch, is invaluable. Our cardiac nurses at the exercise sessions get to know us all very well and provide valuable advice and reassurance if we are feeling low. The exercise sessions are always enjoyable thanks to our excellent instructors. Of course, the laughter and light hearted banter



Rita Howell

when someone doesn't know their left from their right when exercising (whoops - wonder who that happens to?) is always taken in good spirit. In fact when you go to an Upbeat session it is always a happy, positive experience.

The Social Events committee have yet again worked very hard and produced an interesting and varied programme for 2009. Please remember they are always interested in having your suggestions for social events so don't keep your ideas to yourself – just let them

know when you go to one of our sessions or telephone me (details on Page 7) and I will pass the message on.

Because of the economic downturn it was decided not to hold an Upbeat holiday this year, although we had made plans to do so after our very successful holiday in Derbyshire. Heartcare from Lowestoft have kindly invited us to join them on two European holidays instead – details are in this magazine's Events and Functions list starting on Page 52, at all sessions or can be obtained from me. If you are interested in Upbeat providing a 5-day holiday in North Somerset visiting Bath, Longleat and other interesting places in the area in June 2010 please telephone or email me or ask a Social Events committee member to add your name to my list. We do require the names of 36 people who are completely committed to going on the holiday by 1st October 2009 – I look forward to hearing from you.

**A full list of Events
and Functions starts
on Page 51.**

UPBEAT CASUAL WEAR



T Shirts

Price: £7.99

Colours: White, Black, Steel, Aqua, Red, Bottle Green, Combat Green, Pear, Ash, Navy, Cranberry, Aubergine, Royal, Sunflower, Musk, Wine, Air Force Blue, Burnt Orange, Cappuccino. Sizes: 36, 40, 44, 48, 52

Polo Shirts

(Ladies or Gents)

Price: £14.99

Colours: White, Black, French Navy, Bright Royal Blue, Bright Red, Bottle Green, Burgundy, Birch, Sky Blue, Winter Emerald, Yellow, Purple, Pure Gold, Classic Red. Sizes:

Ladies - 32, 34, 36, 38, 40, 42 Gents - 34, 36, 38/40, 42, 44, 46/48, 50/52, 54/56



Sweatshirts

Price: £16.99

Colours: Bright Royal Blue, French Navy, Bottle Green, Winter Emerald, Sky Blue, Black, Yellow, Classic Red, Bright Red, Birch, Pure Gold, Brown, Burgundy, White, Light Oxford Blue, Purple. Sizes: 34, 36, 38, 40/42, 44/46, 48, 54, 58

All garments supplied with the unique embroidered Upbeat logo.

For colour illustrations, product and size details please see the information file at all three exercise sessions.



UPBEAT CASUAL WEAR ORDER FORM

Name

Address

.....

ITEMS REQUIRED:

Qty	Description	Colour	Size	Cost (Each)	Value
	T Shirt			7.99	
	Polo Shirt - Ladies			14.49	
	Polo Shirt - Gents			14.49	
	Sweat Shirt			16.99	
	Baseball Cap			5.50	

Total: .

NEW

UPBEAT Baseball Style' CAPS

Suit Ladies orGentlemen - Fully adjustable for all head sizes

All embroidered with our unique Upbeat logo

Colours in stock: French Navy with red trim

White with Navy trim

Black with red trim

ONLY

£5.50

each

All items are supplied on a cash/cheque with order basis.

Cheques payable please to Upbeat'

Note: All light colours will have a dark blue logo and all dark colours will have a light blue logo

Please return Order Form to:

Trevor Davies, 30 Middleton Road, Sudbury, Suffolk, CO10 7NT

Tel: 01787 374345

LAC Property Maintenance

Extensions
House Renovations
Painting and decorating
General building
Fascias and cladding
Driveways & block paving
Fire protection
Dry lining
Suspended ceilings

Telephone 01359 244511

Mobile 07723 301916

sales@LACFireprotection.co.uk

www.LACFireprotection.co.uk

11 Cornmill Green, Mill Lane, Woolpit, Bury St Edmunds IP30 9RB

For our trip to the Cambridge Botanical Gardens and Fitzwilliam Museum we split into two parties, each with a guide, and proceeded to enjoy very informative tours. The gardens were moved to their present site in 1846. We started in the 20th Century part of the garden which dates from 1945 onwards and saw many beautiful mature trees and plants. Then on to the Winter Garden, not quite in full splendour yet but containing many interesting plants with unusual stems, bark and seeds, including the Chinese Rain Tree with lantern shape seeds. We passed the herbaceous beds framed by an unusual birch tree which had smooth white bark and proceeded to the scented garden. More items of interest on our ramble were the Indian bean tree, the Yugoslavian hay rack and the maze constructed from knee high specimen grasses. You could cheat to find the centre! Next we visited 'Healthy Herbie', a bed in the shape of a man which contained many of the plants used in ancient and modern medicine,

**Cambridge
visit to
Botanical
Gardens and
museum was
well worth it**

including several used to treat heart disease. The hothouses have recently been refurbished using 90% of the original teak wooden structure with new specially curved glass designed to protect the teak from further rain water damage. The large glasshouse contained plants which had common ancestry from South Africa and Australia when the land masses were still joined. On turning another corner we came across the

first redwood ever to be planted in the UK in 1941, very tall and its still growing! Next to this was a swamp cypress growing with its feet in the water. And so back to where we started. A wonderful tour.

After lunch groups then chose to either shop or explore the museum. Jill, Vivienne and Lorna visited the new exhibition of tomb treasures of ancient Georgia with beautiful golden treasures ranging from decorative buttons through to magnificent head-dresses and necklaces made of intricate gold filigree crafted into tiny birds, turtles, horses, deer, lions and flowers. *LMW*

ROCK & ROLL, DANCE AND SING

IN AID OF UPBEAT HEART SUPPORT

Gt Wheltnetham Village Hall

50's, 60's & 70's Music

by Freddie C & Special Guest!

(Is he in the building?)

Saturday 9th May '09, 7.30pm to 11.45pm

Entrance £7.50, with fish & chip supper.

Bar Raffle

Tickets available from:- Jill Brooks, 01787 376920

Peter Riches, 01284 761818

and all exercise centres

C R Talbot

Painting & Decorating

Free estimates, references available, prompt, friendly service

38 Mayfield Road
Bury St Edmunds
IP33 2QT

Tel 01284 704468
Mobile 07917 341 930



R.H. LINDSAY

PLUMBING & HEATING CONTRACTORS

Crown Yard, Old Methwold Road, Feltwell, Thetford

CORGI and OFTEC registered

Gas, LPG or Oil

**Boiler repairs, servicing and Landlords Certificates
Oil tank or Boiler replacements**

**Plumbing alterations, repairs or refurbishments
Large installations or Minor Maintenance**

*For all your plumbing and heating requirements
Telephone 01842 828351*

Upbeat by name and upbeat by nature, that's us – official!



Our Upbeat Group has been named 'Bury's Bubbly Bunch' by the British Heart Foundation's magazine heart health. And it says the motto for our members in Bury and Sudbury could be the Monty Python song 'Always Look on the Bright Side of Life.'

The heart health writer who came to a Wednesday exercise session at the New Bury Centre wrote in their August edition 'A positive outlook isn't a prerequisite on the Upbeat membership form but it seems that's what the majority of members bring to the party.' And the article carries the headline 'Upbeat by name and upbeat by nature - that's the West Suffolk Heart Support Group.'

The article quotes Upbeat Secretary Rita Howell as saying, 'We have all got the same problems, that's what brought us together in the first place, but we all have an incredibly positive outlook. It is such a happy group.'

praises Upbeat chairman Jill Brookes. 'She regularly gives talks at rehabilitation sessions and these attract many new members. She has so much enthusiasm it draws people in.'

In the article Jill tells how she and her husband Ken both suffered heart attacks since their early 50s. The heart health writer says, 'Jill doesn't let her medical problems stand in her way. She is a human dynamo, getting involved in all aspects of the group.'

Rita, who had a heart attack in 2003 when she was 60, says she has kept well since then thanks to prescribed medication and monitoring. She has regular blood pressure tests by one of Upbeat's cardiac nurses and if there is any doubt she is referred to a doctor.

Rita says, 'The great thing about the group is the support it gives. Some of our long-standing members are quite frail now but the thing that strikes you most is their positivity.'



heart health is published every two months by the British Heart Foundation. You can get your free copy by phoning the BHF on 0300 330 3300

Water, water! For your health's sake make sure you get your share

By Kate Turner

Water is classed as the most important nutrient of life; it is something we take far too much for granted. We live by it, we are born from it and we survive on it. But we rarely think about what it really is.

Here are a few of its forms and qualities:

- It is natural
- It is a solid, a liquid, a vapour.
- It can be floated on and it can be travelled under.
- It has a skin, and we can be physically supported by it.
- It is snow, ice, clouds, rain and hailstones.
- It is sea, ocean, lake, pool and pond.
- It can be seen in the morning as dew and early mists that fade to show a wonderful day.
- It flows over waterfalls and it runs in underground streams.
- It generates power
- It washes away everything, physical and emotional.

Water is the main element of the body and forms on average about 70% of our body weight; the exact amount obviously varies with age and sex and also depends on the amount of body fat. It is vital to many functions in the body, including the maintenance of cell structure, forming a solvent within which chemical reactions in the body can take place, physically transporting other nutrients and oxygen through the body via the bloodstream. It transports white blood cells to fight infection, and enables the body to get rid of waste products via our excretory systems, such as through the formation of urine, in our stools and by evaporation from our skin and lungs.

Understandably more water is lost when the temperature is higher and the air is dry. Even in the absence of visible perspiration water loss through the skin is usually about 800 - 1000ml

per day. Urine output can be 1-2 litres per day, but again could be more if large volumes of fluid are consumed. Varying urine output is the main method by which the body regulates water balance in response to a wide range of fluid intakes and losses.

In the case of healthy individuals the body has a significant ability to self-regulate water consumption.

So lets consider 'dehydration'. In simple terms the body does not contain as much water as it should. This can result from heavy sweating, or excessive urine production in diabetes, vomiting and diarrhoea and simply not drinking enough. Early signs of dehydration include light-headedness dizziness, tiredness, irritability, headache, loss of appetite, flushed skin, dry mouth and throat, chapped and dry lips, dry eyes and skin that looks loose and loses elasticity. Urine output will be dark in colour and have a strong odour. Are some of these symptoms familiar to you?

Inadequate fluid intake is thought to be one of the most common causes of chronic constipation, which in its self is a jolly good reason to keep well hydrated!

Maintaining good levels of hydration is equally important for healthy heart function as dehydration increases blood viscosity therefore making our blood more sticky, potentially putting us at risk of developing a blood clot.

The kidneys are also involved; they are responsible in helping to control blood pressure by regulating the amount of salt in the body. If they become damaged or are unable to function properly because we allow ourselves to become regularly dehydrated, this can lead to high blood pressure and we know that high blood pressure increases the risk of heart disease.

Each and every organ and system – liver, kidneys, lungs, skin and intestines – uses water as

Continued on opposite page

Continued from opposite page

its vehicle for cleansing in some way or another. If you don't drink enough water the process slows down.

You can start to see that we really should consider dehydration as a very serious illness that we can cure by simply drinking more water each day.

As many members know I am always rattling on to them about making sure they take enough water-based fluids during the warm weather, I have noticed that during the hot spells often it tends to drop the blood pressure.

And for those of you that didn't realise alcohol has a diuretic effect on the body, meaning that it stimulates the body to produce more urine, it can make people less sensitive to thirst, so that by the time they feel thirsty, they are already more dehydrated than normal.

So how do we manage to increase our water intake without being in need of the loo I hear you saying!

Simply going from no water intake, unless heavily disguised in tea, coffee or alcohol, to 2 litres per day on a regular basis may be a shock to the system if not done correctly.

By following a sensible plan it should only take your body 2 or 3 days to get used to the extra water you begin to use as part of everyday cleansing. Initially, it is likely and totally normal that you will feel as if you are spending your life in the loo! So don't drink the full amount of water if you are planning a 3-hour bus journey. Once the first few days have passed you will wonder how you ever survived.

There are a few simple rules to follow:

Drink at least 2 litres of water per day.

On a hot day or in the summer, increase the daily amount by at least half a litre.

Make sure that at least 1.5 litres of the water you drink is still.

Make sure the water is fresh.

Make sure your water intake is spread over the whole day, one large glassful each hour works well.

Make sure you replace any water lost – every time you drink a cup of coffee, have at least the



Upbeat cardiac advisor Kate Turner explains why water is the essence of life

same amount in water. This will be in addition to your two litres. Do the same when drinking alcohol; match every glass with a glass of water. **If you exercise**, make sure you drink throughout the workout and after, but don't count this as part of your two-litre intake per day – exercise requires more fluid.

Herbal tea, still water, fizzy water and water mixed with fruit juice all count as water. Coffee, tea and alcohol do not count as water.

It may seem silly being told how to drink water. But if you simply go from drinking nothing to drinking two litres in a short space of time, it will be uncomfortable for your digestion. And it could actually be quite dangerous if you 'flood' your body, which will prevent it from absorbing the essential nutrients that it needs for good health.

Don't forget a lot of the food we consume contains a high percentage of water too. Cheers and Bon appetite.



Paul Jackson Carpenter & Joiner.

Apprentice served carpenter & joiner with over 25 years experience in all aspects of the trade.

No job too small or too large.

Kitchen fitting (including work top mitred joint).

Fitted wardrobes.

First & second fix.

Joists & flooring.

Laminate & hardwood flooring.

Roof trusses & hand cut roofs.

Decking & more.

Phone: 01284 701979.

Mobile: 07733 107450.

E-mail: peak.jackson@talktalk.net

**Don't throw this away you may need it
one day.**



See our website on www.peakjackson.co.uk

Lavenham, with its quaint half-timbered buildings, is now one of East Anglia's top tourist attractions, but an Upbeat group, pictured here, who visited there on a rare sunny day in November were given a different view of the town by their guide, fellow member David Deacon who has lived there all his life. Lavenham's history is that of a major industrial centre, based originally on the wool trade and its famous blue broadcloth that at one time in the 16th Century made it the 14th wealthiest town in the land, above cities like Birmingham and York. As the wool weaving trade moved north Lavenham turned to woolcombing and spinning but it gradually went into decline and many of the houses fell into a poor condition and were unoccupied.



Prosperity returned with new industries at the end of the 19th Century, including the country's first sugar beet factory, although this was followed by another dip in the 1930s. But during all these changes the houses remained and when better times came again they were still there to be renovated, making Lavenham the attractive town it is today.

We of course saw the well-known landmarks such as the beautiful church, the historic Swan Hotel and the house where once lived Jane Taylor, who wrote *Twinkle Twinkle Little Star*, one of our most popular nursery rhymes. But

the Upbeat tour was made unique by David Deacon's personal reminiscences, pointing out one now-prosperous property where he remembered cows walking down the street and going in to be milked, and showing us the pub where his grandfather was fined for producing too much beer. And, as we passed his old school, David confessed how, on his last day there, he and a pal climbed up to the bell and silenced it by putting rags round it. Looking at the respectable gent he is now you would hardly believe that, would you? *DW*

Car show and rain didn't spoil our picnic

Jill van de Plasse and I arrived at the park at 11.30 am to set up our area and we were amazed to find plenty of car parking spaces as our picnic coincided with the annual Motor Show which is usually extremely busy. We then had to sit in the car for 20 minutes to wait for a heavy downpour to pass before finding a quiet, sunny spot where we were able to people-watch on the path from the car park to the all weather-pitch so we could way-lay Upbeat members as they passed by. We ended up with 16 members coming and with

some of my family and grandchildren joining us it swelled the numbers to 23. We spent a pleasant afternoon eating, drinking and chatting and no-one seemed to feel the urge to have a walk around the park – everybody seemed too relaxed to be bothered and didn't want to be caught in the maze or the other side of the park just in case it rained again! The sky started darkening again about 4pm so it seemed a good time to pack up and go home for a cup of tea.

Rita Howell

My first day as a Land Girl started well enough – up early, cycled a couple of miles to a small market garden, where I was to work with two other girls. By lunchtime I was suffering from backache, which was to be expected. We went back to our hostel, had a wash and tidy up went into the dining hall where the rest of the girls were at lunch. They worked on a very large market garden close to the hostel.

I went to sit at an empty space at the table only to find it had been left messy. I asked who had previously sat there when a voice said ‘Me, what are you going to do about it?’ I asked politely if she would clean it up and she replied ‘I’ll kick your teeth in’ whereupon I drew myself up to my full 5ft 1.5ins, faced my 5ft 11 ins adversary and said ‘Go ahead then.’ The dining room fell suddenly silent awaiting the outcome, which to my delight and relief culminated in the other girl backing off, as all bullies do when confronted. This sent out the message that despite being small, I was not prepared to be pushed around.

During my stay there we worked with all sorts of people, prisoners of war, borstal boys and women and girls from Holloway prison, for whom we felt rather sorry. We were not supposed to associate with them, but we did chat to them and gave them cigarettes and make-up. We were all a bit too friendly, obviously, because on one occasion police cars with sirens sounding came through the market garden where we were working. We were unaware of the reason until we returned to our hostel for lunch to find the police waiting for us. Apparently five of the girls had managed to break away from the market garden, found their way to our hostel, cleared out clothes lines of the washing, changed into our clothing, and absconded. We received a stem dressing down from the police and were instructed not to talk to anybody while working, other than our own colleagues. After many happy experiences there I found the work boring, too repetitive and decided to transfer to dairy farming. I surprised myself as I had always been terrified of cows, but made up my mind to give it a try. After being homed and kicked a few times, I settled down and really loved working with cows.

This happened during the winter of 1946-47,



Upbeat member Vicki Boughton was a Land Army girl in the ‘40s and here are some of her memories

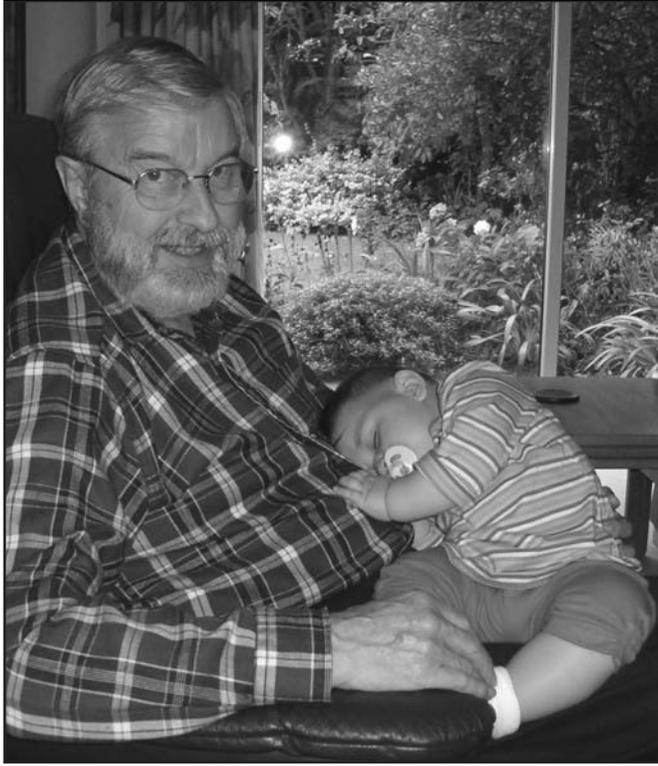
one of the worst winters ever when it snowed from Boxing Day until Easter. This entailed getting up at 4am and cycling miles through thick snow, during which we fell off our bikes more times than you could count, but arriving to the blissful warmth of the cow sheds.

When we finished at that farm, my friend Margie and I moved to a farm with a herd of Jersey cows. We did not stay long because the farmer, who had just returned from Rhodesia, refused to pay what he owed us and the Land Army took us away and refused to allow him any more Land Girls.

From there we went on to a hostel in Sussex and carried out a huge variety of jobs which included hedging and ditching, sprout-picking (with the frost still on them, the coldest job of all) potato picking and many others, finishing up on the threshing machine, on the drum, feeding in the sheaves of corn, the most dangerous job of all.

One day I found out that girls in other counties were receiving dirt money for cycling over five miles a day and danger money for the job that I was doing. I contacted the Ministry of Agriculture and Fisheries and asked if someone

Continued on opposite page



When it's been a busy day for little Charlotte Jayne Dawkins she knows where to find the best place for a nap – nestling up to Grandad and dropping off to the comforting beat of his artificial aortic valve.

Grandad is Upbeat member John Dawkins who received the valve at Papworth three years ago.

Charlotte was nine months old when this picture was taken

The day a mouse ran up my trousers

Continued from opposite page

would come and discuss the situation with us as we were not receiving any of the above. They were totally disinterested, very rude and off hand and put the receiver down on me. I spoke to the other three girls who were working with me and we decided not to go into work the following day, bringing the whole threshing operation to a standstill.

After many phone calls and heated arguments I was promised that a representative would call that evening to discuss the matter if we went back to work. We went back and the farmer and the owner of the threshing machine were totally supportive of our action. The representative did arrive and we were able to come to an agreement on the extra pay and I insisted that we

should receive all our back pay, which we did. I experienced many of the occurrences that most of the Land Army girls faced, such as a mouse up my overall trousers, living out in the country with a carter and his wife. Their house was a cottage with one slow running cold water tap in the kitchen, no bathroom and a toilet at the end of the long garden. The toilet seat itself was so high that I had to open the door, go back down the garden about 50 feet, then run and jump onto the seat, then kick the door shut. To compensate for this, the carter's wife was a wonderful cook and we had lovely meals. No matter what happened we laughed from morning to night, and I can only say that I thoroughly enjoyed my time in the Land Army.

Vicki Boughton

COFFEE MORNINGS

Do drop in for a chat and a coffee. You will be guaranteed a warm and friendly welcome and the opportunity to meet other members and carers.

BURY ST EDMUNDS

1) Held **every other Thursday** at Southgate Community Centre – 10.30am to 12 noon.
2009 April 2, 16, 30; May 14 & 28; June 11 & 25; July 9 & 23 Aug 6 & 20; Sept 3 & 17;
Oct 1, 15, 29; Nov 12 & 26; Dec 10; **2010** Jan 7 & 21

2) Held **every Wednesday morning** at Newbury Centre, St Olaves Road - 9.15am - 1pm
(Same time as exercise sessions)
Ample Free Car Parking at both venues.

SUDBURY

3) Held at Sudbury Town Hall **every Tuesday morning** – 10am to 1pm.
(Same time as the exercise sessions)
There is a lift to the first floor for those with trouble negotiating the stairs and ample free car parking for three hours nearby.

THE POWER TO HEAL WITH REIKI

*A Wonderful Gift For All
Who Wish To Learn*



'Self Healing' 'Treatments' 'Workshops'

Contact:
Joyce West – Reiki Master
01787 315597

Me, Mrs Jones and a legover

(And I have to say I blame it all on Michelle!)

You've grapevined, knee lifted, sidestepped and all the rest for nigh on an hour when our instructor Michelle says, 'You can relax now.' So you flop down on your sponge mat or slump in a chair at the Newbury Centre and . . . relax? You're kidding!

Not when Mrs Jones is there. And not when you've been told a few minutes before to do a legover. First let me tell you about that naughty Mrs Jones. I'll come to the legover later.

Honestly, Michelle, I know we need soothing music after all that activity to help us get our blood pressure back to normal. But then, from time to time you put on the CD that introduced me to Mrs Jones and my blood pressure shoots up to danger point.

'Me and Mrs Jones, we got a thing going on,' the man sings. *'We both know that it's wrong but it's much too strong to let go now.'*

Like all serial fantasists I've already put myself in place of the singer and I begin to wonder what actually is this thing which is going on? I have a good idea, though.

Actually, I don't think Mrs Jones will have too much luck today. What with me at my age, and now completely cream-cracked after surviving three circuits of Michelle's survival course.

But Mrs J is obviously persistent in her quest for this 'thing'. The song goes on, *'We meet every day at the same cafe, six thirty and no one knows she'll be there, holding hands, making all kind of plans while the juke box plays our favourite song. . .'*

My over-excited mind flashes to the film Brief Encounter but instead of a steamy railway refreshment bar Me and Mrs Jones are probably playing hooky in a greasy spoon caff in Bury

hoping no-one will see us.

'We gotta be careful we don't build our hopes too high . . .' the singer goes on *' . . . because she's got her obligations and so do I.'*

It's at that point that I begin thinking about what excuses I'll make when I get home. It is with some relief that I hear the words *'Well it's time for us to be leaving . . . now she'll go her way and I'll go mine.'*

Then through the fantasy comes Michelle's voice, 'OK everybody, raise your knees and sit up,' and I know I'm back to reality and Mrs Jones has gone until the next time. Phew! that

was an escape.

But what about that previously mentioned legover? Michelle came out with it without any previous warning earlier at the session. 'We'll now do a legover she said, all innocent like. It had an immediate effect. Pat Simpkin went white and stopped talking for a few minutes (only a few), some of

the lady exercisers looked startled – not all perhaps – and some of the men grinned as if in anticipation.

A legover? What's that? And Michelle showed us. In the end I'm afraid it only turned out to be a sort of toe tap when you put one leg across in front of the other while doing it.

What I'm worried about is that one day someone will ask Michelle what exercises we will be doing and she'll say, in the innocent way that she has, 'Oh, just a bit of this, a bit of that and a bit of the other.' And at the third option all our blood pressures will probably start to go up again.

David Williams



After all that exercise – time to lie back and think of England . . . and Mrs Jones

Facts about busy bees and other creatures

Bees have to suck about 4 million flowers to produce 1kg of honey.

A butterfly has 1200 eyes.

A blue whale needs 3 tonnes of food every day.

A caterpillar has 2000 muscles, as compared to man who has only 656 muscles.

The colour of cuttle fish blood is blue and it has three hearts.

An average housefly lives for one month.

The only three animals that can see behind themselves without turning their heads are the rabbits, chameleons and parrots.

An ostrich's eye is bigger than its brain.

Snails can sleep for three years without eating.

A ducks quacks does not echo and no one knows why.

The longest recorded flight of a chicken is 13 seconds.

It's possible to lead a cow upstairs but not downstairs.

Sponge does not have eyes, ears, brain, mouth and muscles.

A honeybee makes a teaspoon of honey in its lifetime.

Snakes smell with their tongue.

Cheetahs can run faster than 60 miles an hour.

Ostriches are the biggest animals in the world, can weigh 300 pounds and are 8 feet tall. They cannot fly.

A cockroach can live several weeks with its head cut off.

A hippo's skin is one inch thick, so a solid bullet would not pass through it.

DO YOU BUY GOODS OR SERVICES ON THE INTERNET?

THEN HELP UPBEAT AT THE SAME TIME

HOW? Once registered, for every order placed via
www.easyfundraising.org.uk

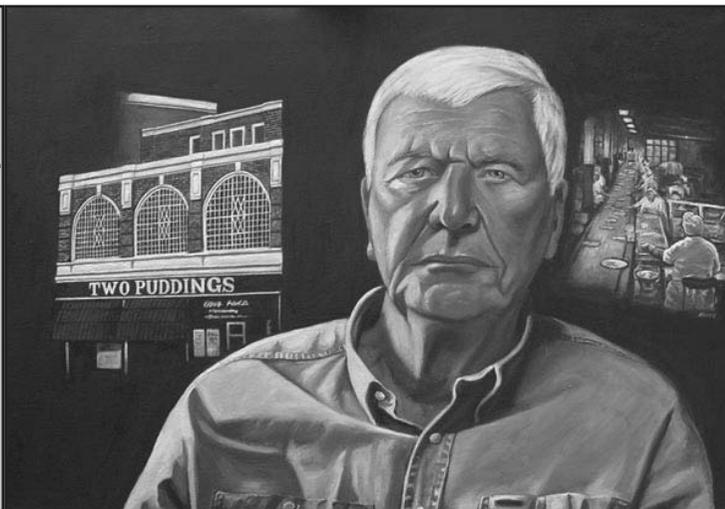
Upbeat will receive a cash-back donation.

Most of the national major companies and brands are involved including Amazon, Argos, Boots, Tesco, John Lewis, Comet, Currys etc. Interflora, for instance give a 4% discount donation on all purchases made. Direct Line or Churchill will donate £35 for any car insurance taken out

You deal direct with the company of your choice, but first you must register with easyfundraising to advise which charity you wish to support and before making any purchases, use the links on the easyfundraising page to the company you wish to purchase from. It is as easy as that and Upbeat will automatically receive a donation from all orders placed

More information : www.easyfundraising.org.uk

Eddie recalls the old days for exhibition to mark London's Olympic site



This painting of Upbeat member Eddie Johnson is included in a London exhibition to mark the London 2012 Olympics. Alan Williams, a Newham based artist, is making a unique record of the Olympic site in photographs and paintings of the Olympic site as it was and is now, before it is changed forever.

The exhibition, in Newham and on the internet, also includes sound recordings of people who have lived or worked in the area.

Eddie, who now lives at Long Melford, grew up in Stratford and was formerly the long-serving landlord of the famous Two Puddings pub in Stratford's High Street.

In an interview on the exhibition website Eddie tells how the pub got its name. 'One of the licensees in 1910 used to put Christmas puddings out at Christmas and he gave a slice to any pensioner who came along,' he said. 'There is not another pub of that name in the country.' He also tells how he and his brother started the

world's first disco in 1957. 'The idea spread and if we could have patented it we'd have made a fortune. It cost half a crown (12.5p) to get in.' Eddie also gives his childhood memories of the Clarnico chocolate factory in the area – 'It was a wonderful smell when you had been deprived of chocolates and sweets for years. We used to climb up the bars of the windows to look in just to smell the chocolate.'

He also tells how at one time the Beatles were making a film in the area but much to his disgust they went to another smaller pub. 'I used to have a big sign outside the Puddings saying "The Greatest Pub in the World." The following week the other pub put up a sign saying. "We might not be the greatest pub in the world but we had the greatest group in the world drinking in here."'

You can get more information about the exhibition on the website <http://www.beforelondon2012.com>

Aquarius Singers concert helps Upbeat funds

Despite wet weather, 108 people supported the Upbeat fund-raising concert by the Aquarius Singers at All Saints Church, Bury, on November 1. We were well entertained by the singers, which is a local ladies choir who have performed at different functions in and around Bury St Edmund's these past nine years.

A good variety of song and music was presented, and the soloist sang from *The Merry Widow*, which was most enjoyable. Thanks to all who gave their time and cooking skills to present, as usual, the appetizing foods as well as the good wine and other drinks. We were able to make a sizeable profit.

Jill van-de-Plasse

Canons and Can-Can at the Albert Hall

On November 26, in atrocious weather, our coach party made its way to London, stopping off near Trafalgar Square for some free time and lunch. We then moved on to the Albert Hall and took our seats in the front row of the circle in readiness for the aptly named Classical Spectacular.

The London Philharmonic Choir and the band of the Welsh Guards supported the Royal Philharmonic Orchestra under their conductor John Rigby; the soloists were, Stephanie Corley, soprano and Paul O'Neill, tenor. The cast also included the muskets and canons of the Moscow Militia, they being very evident in the wonderful finale of Tchaikovsky's 1812 Overture.

The programme contained fifteen performances of some of the most famous classical pieces of music; each performance was enhanced by spectacular lights and lasers, that, from our viewpoint, encompassed both perform-

ers and audience. John Rigby, as both conductor and M.C., encouraged us all to join in with the singing and flag waving when the Pomp and Circumstance March No.1 (Land of Hope and Glory) was played at the end of the first half of the programme. More audience participation was encouraged when The Hornpipe and Rule Britannia were played to rousing cheers and applause.

The finale was a very lively, noisy performance of the 1812 Overture with the full orchestra, military band, bells, fireworks and the muskets and canons of the Moscow Militia. And, to the delight of the audience, just when we thought it was all over, the dancers who had earlier performed the Waltz of the Flowers appeared around the seats in the main arena to dance the Can Can, again to rousing applause by a very appreciative audience; a wonderful ending to a spirit-raising show.

Sylvia Bambridge.

PALMERS BAKERIES

Traditional High Class Family Bakers and Confectioners

ESTABLISHED 1869

of

HAUGHLEY

Fresh Bread, Sandwiches & Cakes baked daily in Ancient Brick Ovens

Tel (01449) 673286

& Stowmarket, Stanton, Woolpit, Claydon & Ipswich

Largest stockists of Tiptree Jam in East Anglia
Purveyors of Paxton & Whitfield's Cheese & Pate
Organic Juices and Local Produce
Meats from Rolfes of Walsham



A group of Upbeat members went on a five-day coach holiday in the Peak District in Derbyshire in September. One of the big attractions was a visit to the stately house of Chatsworth, home of the Duke and Duchess of Devonshire. Here they are waiting to go in for what turned out to be a great day out. Below is a holiday diary written by members.

Peak District holiday diary

MONDAY SEPTEMBER 8 we set off for Macclesfield with glimpses of the sun through cloudy skies and were all hopeful that the sun would follow us up the motorway. We had a coffee break in Cambridge and then onwards to Derby where we had a long break for lunch which gave us the opportunity to meander round the shops.

Back in the coach and off again into glorious countryside where we were greeted by beautiful scenery with fields of sheep, cows, horses and goats separated in their own areas by dried stone walls. We had to take a diversion because of road closures and so passed The Cat and Fiddle, the highest pub in England.

We arrived at our hotel around 4 pm and had a quick dash to our rooms before heading off to the Macclesfield Silk Museum. We were split into two parties; one looking round the Museum while the other party had a guided tour of the Silk Mill before swapping over. Both places proved to be extremely interesting. The guides explained that silk came from the silk moth and a pupae was handed round. The silk was spun and had to be dyed and then wound on to large spools ready to be threaded onto the looms.

The patterns were made by card cutting machines which punched holes in card. The weaving room was quite dark and the machines close together. Each machine was operated by one person with a bell at the top for the operator to summon assistance. The women had to learn how to lip read because of the noise. We then returned to the hotel with only ten minutes to spare to unpack and get ready for dinner, which was very relaxed and enjoyable.

Daphne Simpson

ON TUESDAY after an excellent breakfast we drove through more of the lovely Peak District to Holmfirth. A cheeky guy called Gary hailed our driver at a traffic light and jumped on the bus, ostensibly to give him directions to a parking area. However, he then proceeded to ask everyone on the bus if they would like a guided tour of where the filming of 'Last of the Summer Wine' takes place and quoted us £3 per person for this experience. Jill vdP did a splendid job of negotiating him down to £1 per person and 31 decided to take the tour which lasted about an hour and was extremely enjoyable.

Continued on following pages

Welcome – especially to the Duke’s award-winning loos!

We then had an opportunity to look round the pretty town and enjoy a lunch at one of the many hotels and cafes. Unfortunately it started to rain when we got on the coach but we drove through many pretty villages and passed the Ladybower Reservoir arriving at the hotel at 4.15 in time for afternoon tea. *Audrey Turner*

ON WEDNESDAY, replete from a good breakfast, we took just over an hour to get to Chatsworth travelling through the scenic scenery of the Peak District – sadly wreathed in mist at this point.

We arrived at Chatsworth to an introductory speech given by one of the staff members. His proudest point was their award-winning loos – point proven as most of the party made a bee-line for them before setting off to see the sights. The ladies’ loos were indeed ducal and I understand the men’s also lived up to expectations! Choice of activities was very good, ranging from a guided tour, audio link tour (with children’s link) or a wander with a guidebook. A lift and guides were provided for those less agile and were very good and informative. There was a great deal to take in from paintings by Tintoretto through to modern day Freud and splendidly preserved furniture and painted ceilings. Sculptures from the historic to Salvador Dali placed in the house and around the grounds provided wonderful focal points, some owned by the estate and others part of Sotheby’s exhi-

bition. A beautifully kept house blending historic and modern – unusually you were encouraged to take photographs.

For lunch we were pleasantly surprised by the standard on offer at reasonable prices. There were several different types of eatery centred round what was the old stable block and carriage house with eating out available in the courtyard – something for everyone.

The sun shone as we progressed to the formal gardens and conservatories. A stroll round the grounds gave us chance to see the clever positioning of the various sculptures on view.

While wet weather had had its effect there was still much to see with many attractive water features. The Cascade, (*pictured on the front cover*) fed from the moors through lakes in the estate and falling 188 metres in a staircase of water disappearing at the bottom to feed the house, gardens and the Emperor fountain, the main feature facing the state rooms of the house. Sadly this no longer rises to its original ninety metres due to the age of equipment and furring pipes but is still a wonderful sight. The moors don’t provide water for the tourist side of things – all those loos! – this has to come more prosaically through the Severn Water Company.

Climbing through a damp rockery and reaching the viewpoint gave a panorama of the far parts of the estate through which various members of our party took a cart ride seeing the gathering lakes for the water features and house and



Rita Howell organised after-dinner quizzes in the bar. Here’s one group of Upbeat competitors who, judging by their grins, may have won – or perhaps cheated!

reaching the hunting tower (from which the hunt was spotted), at the base was a canon from Trafalgar. They finished their ride through a natural playground for children; evolved from the 15th Century to present times.

John and Marion Reynolds even met the Dowager Duchess of Devonshire while walking her dog and enjoyed a chat. I then passed a party of less able members enjoying a buggy ride round the grounds, which they later told me was fun and informative. The Coal Hole deserves mentioning; it took 300 tons of coal yearly, ferried through a tunnel to the boilers, to heat the seven miles of pipes for Paxton's greenhouse which stood where the maze now is – they blew it up to demolish it!

At the far ends of the gardens was the overgrown Trough waterfall fed from Grotto Pond and descending steeply past the Canal one arrived at the 300-year-old Second Cascade recently renovated. For a lady used to Suffolk it was a mountaineering experience, I was glad to walk back beside the canal and climb onto the coach.

Tim, our driver, commented we must have had a good day because we were so quiet as we contentedly wended our way back through scenery tinged with the beginning of autumn colours, bathed in late afternoon sunshine, contemplating another superb meal followed, for those with enough energy, by a quiz before bed.

Liz Williams

THURSDAY. In the early hours of the morning there were funny goings on in the bedroom of John and Marion Reynolds. Things went bump in the night, but John left it to “ghost-buster” Marion to investigate, all to no avail. We later discovered that there were suspicions of a haunting, possibly from the days when the house was an orphanage sixty years ago! We left after breakfast for the Spa town of Buxton, famous for its mineral water, a journey of about an hour though the lovely Peak District National Park. After parking under the Victorian viaduct which carries the railway line high over the centre of the town, we strolled through the shopping parade to the Pump Room where an exhibition of local art, sculpture and



No, we didn't go on safari at Chatsworth but David and Marianne Byatt found this friendly but stony-faced lion in the library but couldn't persuade it to join us on the bus

crafts was on show. Then past The Crescent (which is modelled on it's more famous Regency namesake in Bath), with its spa baths on the site of earlier Roman baths, and on to the Pavilion Gardens and the Pavilion itself. This houses a cafeteria (welcomed by most of us), restaurant and bar, tourist information centre, auditorium, conference suite, and conservatory leading on to the Opera House entrance next door.

Then it was back to the coach for a further trip through the rolling countryside to Bakewell, the largest town in the National Park. The population was swollen by the Farmers' Market in the town centre which was in full flow (selling mainly sheep today), and quite a few visitors sampling the famous Bakewell Tarts and Puddings from the more than 20 cafes and bakeries. Of notable interest was the large visitor centre with a myriad of local gifts and wares for sale, and an example of a 1925 Sheppee Cykelaid on display – a bicycle fitted with a 133cc 2- stroke petrol engine mounted on the front wheel, acetylene lamp, and tax disc (that ran out in 1997). There was no shortage of souvenir shops for mementos and presents, and then it was back on the coach for the trip back to Macclesfield and our hotel, for dinner and as it was our last evening a longer quiz to keep us

Continued on next page

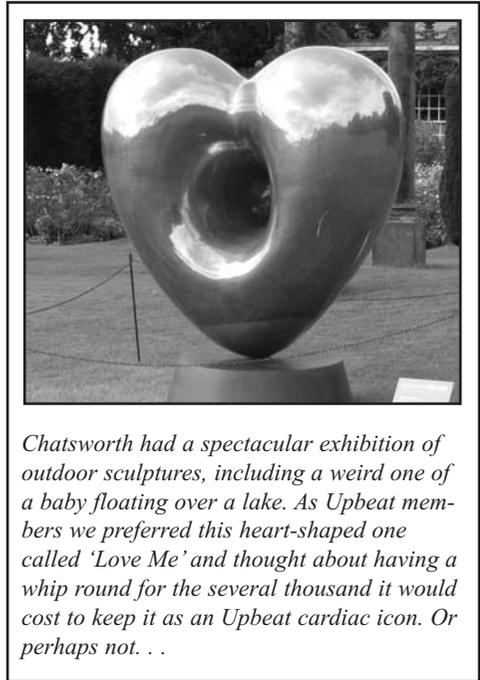
occupied with our drinks in the evening.

David Byatt

FRIDAY was the departure day. Everyone was ready ahead of time, so the decision was to depart – however, we did rescue two people who were about to start a little walk! It was a rainy type day, but it did not take long for the journey to get under way. After taking the usual stops and one visit to a hospital we were all home safe and sound in Bury by 5pm.

From the post-holiday survey sheets that I have received, the overall consensus was that the holiday was good, good value for the money, and almost all would be interested in a future Upbeat holiday. This has been most reassuring to me. Having not undertaken anything like this in my life before, I must admit I did find it a challenge, working in the unknown really. It was the support that I had from so many of you, but in particular David Camp and Rita Howell, who were indeed very supportive in the initial holiday preparations. It was all so well worthwhile.

Jill van-de-Plasse



Chatsworth had a spectacular exhibition of outdoor sculptures, including a weird one of a baby floating over a lake. As Upbeat members we preferred this heart-shaped one called 'Love Me' and thought about having a whip round for the several thousand it would cost to keep it as an Upbeat cardiac icon. Or perhaps not. . .

. . . and through the smoke I met the Duchess

The knowledge that two of our members had met the Dowager Duchess of Devonshire during our visit to Chatsworth brought back memories for me of when I met her in somewhat bizarre circumstances more than 50 years ago.

At that time the then rising artist Pietro Annigoni had come to London to paint a portrait of the Queen and while here was also commissioned to paint a portrait of the Duchess, a society beauty who had just succeeded to the title of Duchess.

I was then a young reporter on a London news agency and was sent round to cover a press conference Signor Annigoni was holding in his Chelsea studio. Unfortunately the agency news desk was not very efficient and I was given the time to be there as 1pm when in fact I should have been there at 11am – I wondered why there were no other press men about.

On ringing the bell I was met at the door by a

PR man covered with ash, his suit smoking from various burns and his hair singed. 'Come in old boy,' he said, 'You're just in time to help us clear up.'

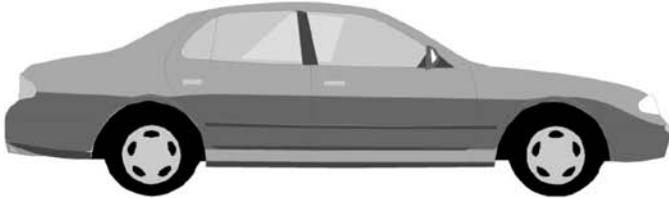
I went into the studio to find Signor Annigoni in a similar dishevelled state, as was the Duchess of Devonshire, who had been there for her first sitting.

What had happened was that the rather old-fashioned stove which heated the studio had exploded, showering the studio and its occupants with pieces of burning coke which were still smouldering away. I grabbed a broom and helped sweep up the burning debris while the PR man shovelled it back into the boiler.

The Duchess remained cool throughout, Signor Annigoni was full of apologies, while for me it was the first time that I had beaten the competition to a story by turning up late for an appointment.

David Williams

SUDBURY TOWN TAXIS



Tel: 01787 377366

Fax: 01787 372121

24 Hour Service
365 Days of the year

4, 6, & 8 Seater Vehicles Available

Local & Long Distance Work Undertaken
Including Airports, Seaports, Stations & Express Parcel Deliveries

We operate a reliable, affordable service in
accordance with Local Council Tariffs

Our Hackney Carriage and Private Hire Vehicles
are all fitted with meters

For Long Distance work, call us on the above number
for a competitive quote

LIST OF PUBLICATIONS AVAILABLE

The following **British Heart Foundation** information publications are available free of charge via Upbeat. Please order from Jill Brooks

1. Physical Activity And Your Heart
2. Smoking And Your Heart
3. Reducing Your Blood Cholesterol
4. Blood Pressure
5. Eating And Your Heart
6. Angina
7. Heart Attack And Rehabilitation
8. Living With Heart Failure
9. Tests For Heart Conditions
10. Coronary Angioplasty & Bypass Surgery
11. Valvular Heart Surgery
12. Having Heart Surgery
13. Heart Transplant
14. Palpitations
15. Pacemakers
16. Peripheral Arterial Disease
17. Medicines For The Heart
18. The Heart - Technical Terms Explained
19. Implantable Cardioverter Defibrillators (ICDs)
20. Caring For Someone With A Heart Problem
21. Returning To Work With A Heart Condition
22. Diabetes & Your Heart
23. Cardiac Rehabilitation
24. Atrial Defibrillation
25. Keep Your Heart Healthy
26. In Hospital After a Heart Attack
27. Smoking And How To Give Up
28. Stress & Your Heart
29. Get Active
30. Physical Activity And Angina
31. Physical Activity And Weight Loss
32. Physical Activity After A Heart Attack
33. Physical Activity And High Blood Pressure
34. Physical Activity And Diabetes
35. Guide To Food Labelling
36. Food Should Be Fun And Healthy
37. A Guide To Losing Weight For Men & Women
38. Salt - Facts For A Healthy Heart
39. Cut The Saturated Fat

DVD's FOR LOAN

1. Chest Pain
2. Heart Failure (Your Questions Answered)
3. Going With The Flow (Angiogram & Angioplasty)
4. Lifelines (Heart Surgery & After)
5. The Beat Goes On (ICD's)
6. Buying Time (CPR)

The British Heart Foundation is the largest source of funds for independent heart research in this country. Set up in 1961, it has fought to understand and control all forms of heart and circulatory disease through raising and providing funds for vital research. Over the years it has evolved into other aspects including the causes, prevention and rehabilitation. It still has 1,200 research projects ongoing, looking at every aspect from safer drugs to improving surgical techniques.

Patient networks, as in Upbeat, are assisted in starting up by a small support team and then left to go on their way. BHF remain in the background with support of every possible kind. This includes toolkits to help with management, advice for insurance, etc, all the booklets, DVDs, etc, and education of a high standard. All of us with heart problems who are patients owe our present lifestyles, and in many cases our lives, to this amazing charity. Personally I cannot thank them enough and support them whenever I can.

Jill Brooks

Turkey, tinsel – and Beatle George as well

To make sure they were fully trained for Christmas, 22 Upbeat members from Bury booked a long weekend called "Turkey and Tinsel" at Gunton Hall near Lowestoft on November 14.

Gunton Hall is one of many Warner Leisure Hotels dotted about the country. It has a large old house set in picturesque gardens with chalets and all the sporting facilities in the grounds. Warners have found this niche in the market where no children are allowed to stay for holidays. This was our first problem, as Vivienne Simpkin, Joyce Gooch and Jess Lifford were worried about their husbands Pat, Michael and Terry – would they pass the children test? Surprisingly they were allowed in.

The Friday night was classed as Christmas Eve, Saturday as Christmas Day, and the Sunday as New Year's Eve. Several of the group arrived around lunchtime and enjoyed the facilities before checking in, when we were welcomed with mulled wine and mince pies and told about the events arranged for the weekend. Dinner was served in a huge dining area which held over 300 guests. We were seated at four tables in an isolated corner, well away from the majority of the other guests.

Obviously our reputation for plenty of noise and unruly behaviour had preceded us! Each night the tables were well decorated, with crackers on Christmas night and special hats on New Year's Eve.

The food was very good, with a salad bar, or starters could be ordered from the menu (about five different choices). For the main course you had the choice of the carvery or you could choose from the different options on the menu. There were five different choices for dessert or a bar serving cheese, biscuits and fruit.

For breakfast you could order items from the menu or go up to the breakfast bar to get a full English breakfast, or smaller. My! Some of the plates coming back were more than full. It was a job to see who was holding the plates sometimes. Mandy and Kate, our Upbeat nurses, would not have been pleased!

After dinner each night bingo was played in the cabaret bar, and didn't the guests take the game seriously! Last time I saw it played was nearly 40 years ago. I hope it will be another 40 years before I see it the next time! How the game has changed. I remembered number 22 was quack quack, and for 88 everyone would shout "wobble wobble". I suppose in this PC world you

can't say "two fat ladies" anymore. Mind you, two of our ladies, Joyce Gooch and Olive Kentzner, both won, and had to have Securicor escort them back to their chalets at night with their winnings!

The Warners staff had put on a song and dance show which was supported by the Blue Diamond Band. It was very good. Then the dancing started, and on most nights, first on the floor were Margaret and Brian Riley, followed by Olive and John Kentzner – they looked like real professionals. Of course "old showoff" Pat Simpkin was showing the ladies how to do African dancing and sometimes

managed to dance with at least four ladies at a time. Even some of the men were dancing the right steps!

Each night the ladies were immaculately turned out in their glittering dresses and outfits. Most of the men scrubbed up pretty well too. During the day people went walking or into Lowestoft shopping. There was always a full programme going on at Gunton Hall, with its magnificent heated swimming pool with sauna, steam room, and a stand-in tanning room. There was also a



George O'Neill wowed the dancers in his 'borrowed Beatles wig, as you can read in Pat Simpkin's report from a weekend at Gunton Hall.

Continued on Page 35

PATH AND PATIO CLEANING USING 3000 psi PRESSURE WASHER

JB GARDENING & MAINTENANCE SERVICES
Phone Justin on 01787 376812 (Sudbury)
or mobile on 07971248866

D. B. SECURITY

Benchwork, lock opening and fitting services

24/7 CALL-OUT SERVICE IN LOCAL AREA

Insurers' locking requirements Retail supply of locks and safes
Large selection of locks, safes, window locks – available from stock

NEW LOCKS SUPPLIED AND FITTED

Master keying service available to both large and small premises
including locks keyed alike

Open: Mon - Fri 7.30am – 4.30pm Sat 8am – 1pm
36 Gaol Lane, Sudbury

Tel 01787 311511

Fax 01787 375200

Mobile 07966 882470

www.db-security.co.uk

Joseph and Co gave us a show to remember

Joseph and the Amazing Technicoloured Dreamcoat – review by John Swane

The coach driver dropped us off very close to the Adelphi Theatre, leaving us three hours to have lunch before the show – little knowing what a theatrical feast was in store for us.

We were first faced with a black stage with one wooden chair on it. Then the stage was invaded by a large number of children of various ages, on stage all the time as a sort of chorus helping the narrator to link together the story, and very good they were too.

Joseph arrived, coming down behind a translucent screen as though he was sliding down a rainbow. The screen lifted and we were confronted by something which resembled a giant lap-top, which together with three doors and a couple of revolving stages mainly constituted the stage setting. Up each side of the lap-top were staircases where the children spent much of their time.

All the cast, soloists chorus and "swing" (whatever that means) were a delight to hear. The interval came after only three quarters of an hour and as second halves are usually shorter than the first we thought we were in for a very

short show. Little did we know!

The second half got better and better, especially when Pharaoh finally made his entrance, as he turned out to be played by Elvis Presley. So that's where he's been all this time! By this time the stage was really jumping. The same actor had already played the parts of a Guru and Potiphar. I don't know how he had so much energy left!

The brothers were reconciled with Joseph. Father Jacob had come to join his long-lost son and we thought that we would soon be thrown out to wait for our coach, but we had reckoned without THE FINALE, which turned out to be an enjoyable reprise of most of the songs in the show, the longest finale I have ever known. Before the end the audience were on their feet wishing they could join in. Wow! Some show and I wouldn't have missed it for the world. Some of our ladies, while waiting for the coach, went to get pictures and autographs of the star, Lee Mead, of BBC fame. My favourites were the talking camel and the talking cobra, not to mention the sheep, both fully woolly and skeletal on the revolving stage. Unfortunately they were too sheepish to come and meet their fans.

Happy birthday – with a boob-shaped cake

Continued from Page 33

huge gymnasium and indoor games room. Outside was a pitch and putt golf course, plus putting greens, archery and rifle ranges. Indoors you could also go line dancing and ballroom dancing, with the staff teaching the steps. On Saturday it was Michael Gooch's birthday and in the evening he was called to the centre of the cabaret floor and presented with a chocolate birthday cake with lighted candles, plus another cake shaped like ladies' boobs covered in a red lacy bra! That night we were all singing and dancing to The Beatles Experience, a Beatles tribute band.

At dinner on Sunday we thanked Joyce Gooch for all her hard work in organising the weekend

and she was presented with a beautifully wrapped parcel – in which she found a tin of mushy peas and a tin of Limited Edition Spam, just what a northern lass would want. We then danced to a group called Heroes who played music mostly from the 60s, which brought back memories of our youth.

The highlight of the night was when George O'Neill borrowed a man's black Beatles-type wig and put it on. He then started dancing round just like Ringo Starr, or perhaps more like a wild dingo!

On the Monday, after a hearty breakfast, we said our farewells after a magnificent weekend away with friends. This is what Upbeat is all about.

Pat Simpkin

DO YOU SHOP AT THE CO-OP?

As part of the Co-op Community Dividend, Upbeat Heart Support Group now has its own Dedicated Share Account with its own Share Number: **292724**

Please support us by donating your dividend to our account when you shop at the Ipswich & Norwich Co-Op shops.

With the introduction of the Co-op Dividend Card system, shoppers can ask at the till that their dividend be diverted to Upbeat's Share Number

Remember our Share Number is **292724**

Every time it is used it is worth 3p in every pound you spend at Co-op local food stores or Solar, Co-Op Department & Home Stores, Dairy Rounds, Pharmacy, Optical and Funeral services

ABSENT FRIENDS

PHYLLIS BANE

We will miss Phyllis at Sudbury on Tuesday mornings. She joined in 2003 and at 93 was one of our oldest members.

An amazing lady who, although unable to exercise, took part in everything else that she could.

It was only recently that I realised her great age. Unless there was a very good reason she rarely missed a Tuesday or a theatre outing. When she first joined she went on most of the day trips and some of the holidays in conjunction with Heartcare.

She was very quiet, with a great insight and a dry sense of humour.

It is wonderful to think that, in her later years, she met old friends and made new ones through Upbeat. She remained independent and dignified and was last with us for the Christmas lunch. Our thoughts go out to all her friends and family.



GARAGE SERVICES ROGER FAYERS *For your MOTs and repairs*

Unit 5, Fish Farm Industrial Estate
Tut Hill, Fornham All Saints
Bury St Edmunds IP28 6LE

Tel 01284 769933
Mobile 07702 468620

ABSENT FRIENDS

RON NASH

For several months I had regularly seen an elderly blind gentleman striding past our house, presumably to catch the bus.

Imagine my surprise when he suddenly appeared at Sudbury Town Hall enquiring about Upbeat, having been diagnosed with a heart problem.

As he lived quite near I occasionally used to visit him, especially when he became too ill to come to Upbeat.

He was an amazingly interesting person and had had lots of different interests. One of his main hobbies had been, and still was, wood carving and turning. He had designed and built one of the most beautiful 'grandmother' clocks I have ever seen. Even in his last few months it was amazing how he overcame both his sight and heart problems to do something he really enjoyed.. A real gentlemen who it was a privilege to have known. Our thoughts go out to his

daughter, son and grand daughter and other family and friends.

RAY LEEKS

Ray arrived at Upbeat as many people do, feeling very apprehensive. However he was in the unusual position of having a brother who already belonged so had presumably been told that was worth a try.

It wasn't long before he and his wife Gillian became regular members, enjoying the exercise and fun.

After a very short time it came as a great shock to us all when he started feeling extremely tired and was diagnosed with an unrelated terminal illness.

Ray never gave up hope and looked forward to coming to see his friends at Upbeat again. Many of us miss him greatly and our thoughts and support go to Gill and his family. *Jill Brookes*



ADVANTAGE ENVIRONMENTAL

Pest & Hygiene Management

Talk to us about your particular needs and we will find the right solution with our comprehensive range of services. We advise on all options of treatment available to ensure effective eradication.

- Membership of the NPTA (National Pest Technicians Association- servicing company)
- Services to agricultural commercial, industrial, food service, local authority and domestic customers
- Rats, mice, rabbits, moles, insects and bird control
- Comprehensive FREE surveys and inspections
- Discreet and confidential 24hr 7-day service
- Contract servicing
- Electric insect control and service
- Rabbit trap HIRE is a specialist service we can provide
- Habitat environment management and customer education
- Proofing service
- Covering East Anglia
- Electronic pinpoint tracking of bait stations
- 20 years experience

01787 238515/07814943883

Great Yeldham, Essex

info@advantage-environmental.co.uk

www.advantage-environmental.co.uk

We care about your future

In today's complicated world it may sometimes seem easier to live for the present and let the future take care of itself. But if you want a fair deal for yourself and your family it is important that you keep abreast of the rules affecting your money so that you and they don't lose out.

Regulations affecting pensions, investments, bequests and all other aspects of the financial scene are constantly changing. Our job at Morgan Law is to use our expert knowledge to advise clients how best to use their income, capital and assets to their fullest advantage.

We want to help you enjoy the present AND plan for the future at the same time. If you would like to talk it over please contact us in complete confidence at our Ipswich or Bury St Edmunds offices.



Hyde Park House
Crown Street
Ipswich IP1 3BJ
Tel 01473 344415
Fax 01473 344416

Unit 10
The Old Wool Warehouse
St Andrews Street South
Bury St Edmunds IP33 3PH
Tel/Fax 01284 767872

Authorised and Regulated by the Financial Services Authority

Essex Stairlifts

Tel/Fax: 01206 231568

www.essexstairlifts.co.uk



- **Stairlift rentals**
- **New and used stairlifts fitted**
- **All makes of stairlift repaired and serviced**
- **No extra charge at weekends**

Essex Stairlifts is a small family firm. Our engineer has 16 years experience. We pride ourselves on our friendly and personal service and as we work from home we are available 7 days a week.

RENTAL STAIRLIFTS

Rental Stairlifts can offer *fast* fitting of rental stairlifts on a short-term basis. We charge £350 for the initial installation of the stairlift. This fee also covers the removal of the lift when it is no longer required. Thereafter we charge £10 per week. This charge comes with no hidden extras and there is no fixed term or contract. You can hire the stairlift for as long or as short a period as required and any maintenance or repairs are included in the cost. Unfortunately we can only supply rental stairlifts to customers with straight stairs.

01206 231568

Email - sales@essexstairlifts.co.uk

Partners: Nigel & Jane Brind, Brook House, Great Bromley, Essex CO7 7HX

Fireman Bob's 20 years in the hot seat

By Bob Smith

It's three o'clock in the morning and you are wrenched out of a cozy, dreaming sleep like death catapulted out of a coffin. It's mid-winter and outside your bedroom window a full-scale blizzard is raging and East Anglia is doing one of its credible imitations of the frozen Arctic. Your brain is shattered and your multitone pocket alerter is shrieking its urgent bleeping. Somewhere out there in the howling, hostile night, there's a blazing inferno, or a piled-up road traffic accident with bloodied human bodies and mangled vehicles scattered over black ice – or perhaps it's just a slice of burnt toast setting off somebody's over-sensitive automatic fire alarm. You won't know until you get to the fire station, and whatever it is you have to respond to the call.

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

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

Now I can actually finish every meal I start, take the time to soak and luxuriate in a hot bath, and sleep peacefully right through every night. But sometimes I would just rather be riding that big red engine again, with the blue lights flashing and the adrenaline pumping as I struggle into the harness of a breathing apparatus set. It was often hard, dirty, hot, and even dangerous work, alternating with the frustration of the

"Mickey Mouse" calls, as we dubbed the false alarms, the routine of small chimney and grass fires, or the boredom of just waiting on standby. But in action or waiting you were always a part of an elite team, always ready for the Big One.

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

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

Of course, for all of us old timers, our year of pride and glory was the hot summer of 1976. I was part of the wholly retained fire crew at Brandon, and through July and August I never finished a single meal or slept a full night at home. We were in the heart of Breckland and ran till we were exhausted from one forest fire to the next. We finished that scorching summer with a plane crash. A Phantom jet from USAF Lakenheath nose-dived immediately after take-off with a full load of aviation fuel on board. In those tinder-dry conditions it set four square miles of fir plantations alight. Adrenaline-pumping stuff indeed!

It took three days to get it under control. The

USAF turned out almost the entire personnel of Lakenheath Air Base to help as beaters on the second and third days. That was a good help. Their Commanding Officer and our Divisional Officer flying overhead in a helicopter was not. They may have had an excellent overall view of the situation, but the downdraft from the helicopter blades kept flaring the fire up again. In 1979 I transferred to Bury St. Edmunds, to the old three-pump station on Fornham Road where the second and third

pumps were manned by retained crews. In March the following year, at 4am on the 19th, the Bury St. Edmunds Sports Centre was completely destroyed by fire, an incident involving 70 men, fourteen major pumps and a turntable ladder. The fire had started in the cafeteria end of the upper building and when the first pumps arrived strong winds had swept the flames through the full length of the roof.

The first breathing apparatus teams to go inside were quickly pulled out again when the roof started to collapse. I went in twice with the second waves of BA teams allowed in after the roof was down, hauling a fire-fighting jet up the concrete central staircase that gave us some protection from any further collapse, but there was no way to beat that particular fire. We were still there, 15 hours later, sweat-soaked and smoke-blackened, wearily damping down a huge pile of twisted girders and steaming debris.

But we didn't really lose that fire. As any fireman will tell you, it's still a good stop if you save the foundations!

So was it all worth it? Of course it was – and there are always vacancies for those who can still do it. Most of East Anglia is covered by retained fire stations where crews are on bleeper call as and when they are needed, and even the few full time stations also need retained back-up. A full fire-crew is six fire-fighters, which

means that to allow for sickness, holidays, and those times when you just can't respond, the ideal is for twelve fire-fighters to be on call for each pump. However, the demands of most modern employers mean that not many people in full-time employment can make the total commitment needed for what is technically a part-time job, so many stations are often short of crew. Actually, it was not quite a total commitment. It was recognized that even retained

firemen are only human, so we were only expected to make 65% of our station's total number of calls.

Training was an initial one week course, and then a two-hour drill night once a week. Only once did I have to retrieve a body from a fire.

When we arrived at the house in Lakenheath it was in Fire Service terms, "well alright," and the house owner was still inside. Two of us went in wearing BA and carrying a hose reel.

Immediately I felt the fire blistering my ears. In full fire kit with gloves, helmet and BA face mask only the ears were left exposed and when you felt them burning it was usually taken as a sign to back off. But there was an elderly man reported trapped

inside and the golden rule was clear. 'GET IN - GET THEM OUT.' It was drummed into us by every training instructor on every drill exercise. We got him out but unfortunately on that occasion he was dead.

However, serving the community does bring it's own reward, and just one life saved, or one rampaging fire stopped in it's tracks, makes it all worthwhile. Plus there was also a wise-cracking camaraderie that I never found anywhere else. London's Burning got that part right at least.

I know that I'd do it all over again, if only they'd let me.



Bob on duty. It could be just a small blaze or a much more serious incident

== *W. A. Deacon* ==

Funeral Services



*An Independent Family Company, dedicated to your service.
Established over fifty years.*

Golden Charter pre-paid arrangements available.
Private Chapel of Rest

Norman Way, High Street, Lavenham, Suffolk, CO10 9PY.

24-Hour Telephone Service

01787 248282 & 248147

C.A. WATSON & SONS

Established over 50 years

**HIGH CLASS
FRUITERERS**



Suppliers to 'Upbeat' of Fruit
Baskets

**3 Gainsborough Street
Sudbury Suffolk
Tel: 01787 372573**

All your necessary info in an easy-to-carry form

THE MEDICARD

The Medicard provides all the essential information needed by a hospital if you are admitted to the A&E Department. It also provides information for ambulance staff, pharmacists and medical staff in any part of the world.

All the information, including any medication you are taking, is contained on a laminated card the size of a credit card, which means it can be carried in a wallet or purse.

Available to Upbeat patients and their carers at a very subsidised cost.

**For further information and/or an
Application Form please contact:
David Camp Tel 01787 376723
or email: dc@davidcamp.demon.co.uk**

Another look at our alternative dictionary

This is our last look at Upbeat Magazine's alternative dictionary, sent in by a member. This time we take the loony meanings given for the letters P to W.

PALISADE - A drink for a Queen
PANDEMONIUM - Monochrome musical instrument
PARACHUTE - Device to launch paratroopers
PARSNIP - Dad's vasectomy
PHYSIQUE - Perrier enema
PIANO - Musical shipping line
PICADOR - Find your own way out
PISTON - Humiliated
PLATYPUS - Give your cat pigtails
PLEBISCITE - Website for commoners
POLITICIAN - Famous Italian parrot painting
POLYGAMIST - Two timing parrot
POLYGON - Missing parrot
POLYUNSATURATED - Dry parrot
PORCUPINE - Regret becoming a vegetarian
PORTLY - Shaped like a harbour
POSTULATE - Poor postal delivery
PREAMBLE - Warm-up before walking
PROBLEMATIC - Dodgy loft conversion
PROPAGANDA - Have a good look
PROTRACTOR - Paid farm machine
PSYCHOPATH - Crazy paving

RAFFIA - Craft fair crime syndicate
RANSOM - Partial exercise
RAPSCALLION - Funky spring onion
RETARD (1) - Refreshed road surface
RETARD (2) - Very difficult in Yorkshire
RETREAD - Very red in Yorkshire
ROOK - What Japanese tourists do
RUGGER - Wig maker

SATIRE - A more elevated seating position
SCANDAL - Shameful foot-ware
SCURRILOUS - Mouse with no legs
SCINTILLATE - Commit adultery until midnight
SCOOBY DO - Responsible dog owner
SCUM - It has arrived
SENTIMENT - The perfume he intended to buy
SEWAGE - Legal work

SHAMROCK - Tribute band
SHREWD - A rude shrew
SHRINK - Ice skating shrew
SLIPPERY - A bit like a slipper
STIFLE - No room at the pigs home
STYLIST - Directory for pigs
SYSTEMATIC - Robot Nun
SNUFFBOX - Coffin
STOCKADE - Meat based fizzy drink
SUBSTITUTE - Underwater hooker
SUFFOCATION - A week in Lowestoft
SUFFRAGETTE - Package holiday flight

TADPOLE - Quarter Polish
TAFFETA (1) - Cannibal who prefers Welsh people
TAFFETA (2) - Welsh goats cheese
TAPAS - Gently strike a bottom
TAPIOCA - Disappointingly average dance routine
TORPID - Incomplete torpedo
TENSION - Stand up straight
TENTATIVE - Not sure about camping
THERMIDOR - Spanish lobster fighter
TITILLATE - Delayed puberty
TIMBRE - Call of a French lumberjack
TOMBOLA - A game throwing male cats
TRANSISTOR - A brother who wears his mother's clothes
TRIGONOMETRY - Cowboys' method for locating horse
TEUTONIC - Ordered with two gins
TYPHOON - Tea induced flatulence

UNDERTAKER - Trainee shop lifter
URDU - Liverpool coiffeur

VANISH - A bit like a van
VARNISH - To disappear in Mayfair

WHOLESALE - Moby Dick's lunch
WISP - Really pathetic wasp

THE HOME OF **BUILDING** INSPIRATION



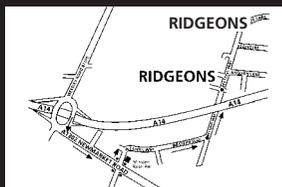
- Building Materials
- Timber & Boards
- Hand & Power Tools
- Security & Electrical
- Paint & Ironmongery
- Landcape & Paving
- Aggregates
- Kitchens & Bathrooms

Delivering across the East of England

Beetons Way
Bury St. Edmunds
Suffolk
IP32 6TD

Tel: (01284) 731500

Opening hours:
Mon to Fri 7.30am – 5pm
Sat 8am – 1pm



www.ridgeons.co.uk

THE IMPORTANCE OF WALKING

As we all know, exercise is good for us and it improves our weight, wellbeing and general health, including lowering blood pressure and cholesterol. But occasionally along comes the smart Alec who wants to add a bit of humour and he says . . .

Walking can add minutes to your life. This enables you at 95 years old to spend an additional 5 months in a nursing home at £6000 per month.

* * * * *

My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we don't know where he is.

* * * * *

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning, before my brain figures out what I'm doing.

* * * * *

Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

* * * * *

I do have flabby thighs, but fortunately my stomach covers them.

* * * * *

The advantage of exercising every day is so when you die, they'll say, 'Well, she looks good doesn't she.'

* * * * *

If you are going to try cross-country skiing, start with a small country.

* * * * *

I know I got a lot of exercise the last few years..... just getting over the hill.

* * * * *

We all get heavier as we get older, because there's a lot more information in our heads.

* * * * *

I like long walks, especially when they are taken by people who annoy me.

This crazy language of ours

The English language is sometimes more than a little odd. For instance, there is no egg in an eggplant or ham in a hamburger. There is also no apple or pine in a pineapple.

In what other language do people recite at a play and play at a recital?

We ship by truck and send cargo by ship.

We have noses that run and feet that smell.

How can a slim chance be the same as a fat chance while a wise man and a wise guy are opposites?

Have you noticed that a house burns up while it burns down?

You fill in a form by filling it out

An alarm goes off by going on

We take English for granted, but if we explore the paradoxes, we find that quicksand can work very slowly, boxing rings are square and a guinea pig is neither from Guinea or a pig.

Why is that writers write but fingers don't fing,

Grocers don't groce and hammers don't ham?

If you have a box of odds and ends and get rid of all but one of them What do you call it?

If teachers taught, why didn't preachers praught?

If a vegetarian eats vegetables, what does a humanitarian eat?

The plural of box is boxes. Why then is the plural of ox - oxen and not oxes?

One fowl is a goose, but two are called geese. Yet the plural of moose is never meese

You may find a lone mouse or a nest full of mice. Yet the plural of house is houses not (unless very posh) hice.

If the plural of man is always called men, why shouldn't the plural of pan be pen?

If I speak of my foot and show you my feet, and I give you a boot, would a pair be called beet?

If one is a tooth and a whole set are teeth why shouldn't the plural of booth be called beeth?

TREADfirst AT YOUR SERVICE

first FOR TYRES

- LARGEST STOCKS OF TYRES
- ALL THE LEADING MAKES
- ALL OUR PRICES INCLUDE NEW VALVE, BALANCE & VAT



first FOR BATTERIES

- LARGE RANGE OF BATTERIES
- FREE BATTERY CHECK
- EXPERT FREE FITTING
- 2 OR 3 YEAR GUARANTEE



first FOR EXHAUSTS

- 1000'S OF TOP QUALITY EXHAUSTS IN STOCK FOR ALL MAKES OF CAR
- APPROVED BOSAL CATALYST AGENTS



...and much, much more!

ALL LEADING MAKES OF TYRES AVAILABLE:



TREADfirst

www.treadfirst.co.uk

Tyre & Exhaust Centres

Agricultural & Commercial

BURY ST EDMUNDS

Chapel Pond Hill,
Bury St Edmunds IP32 7HT.
Tel: 0800 99 99 247

DISS

Vinces Road,
Diss IP22 4HG.
Tel: 01379 651976

HAVERHILL

49 Hollands Road,
Haverhill CB9 8PJ.
Tel: 01440 702606

SAFFRON WALDEN*

Shire Hill Industrial Est.,
Saffron Walden CB11 3AQ.
Tel: 01799 516565



SUDBURY

Martins Road,
Sudbury CO10 2FT.
Tel: 01787 880808

SUDBURY*

Milner Road,
Sudbury CO10 2XG.
Tel: 01787 377342



STOWMARKET

Stowmarket
Business Park,
Ernest Nunn Road,
Stowmarket IP14 2ED.
Tel: 01449 774922



*MOT TESTING
available where indicated.

www.treadfirst.co.uk

TYRES • EXHAUSTS • BRAKES • BATTERIES • WHEEL ALIGNMENT • SERVICING • MOT's*

GOODYEAR

DUNLOP

APPROVED DEALER

It's no joke getting old – or is it?

An elderly man had serious hearing problems for a number of years. He went to the doctor who was able to have him fitted for a set of hearing aids that allowed him to hear perfectly. The man went back in a month to the doctor and the doctor said, 'Your hearing is perfect. Your family must be really pleased that you can hear again.'

The man replied, 'Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!'

Two elderly men from a retirement home were sitting on a bench under a tree when one turns to the other and says: 'Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?'

Slim says, 'I feel just like a newborn baby.'

'Really!?! Like a newborn baby!?!'

'Yes. No hair, no teeth, and I think I just wet my pants.'

A senior citizen said to his eighty-year old friend: 'So I hear you're getting married?'

'Yep!'

'Do I know her?' – 'Nope!'

'This woman, is she good looking?'

'Not really.'

'Is she a good cook?'

'No, she can't cook too well.'

'Does she have lots of money?'

'Nope! Poor as a church mouse.'

'Well, then, is she good in bed?'

'I don't know.'

'Why in the world do you want to marry her then?'

'Because she can still drive!'

A little old man shuffled slowly into an ice cream parlour and pulled himself slowly, painfully, up on to a stool. After catching his breath he ordered a banana split.

The waitress asked kindly, 'Crushed nuts?'

'No,' he replied, 'Arthritis.'

Get a touch of the sun!



The view from our Spanish apartment, and the balcony with mountains in the background



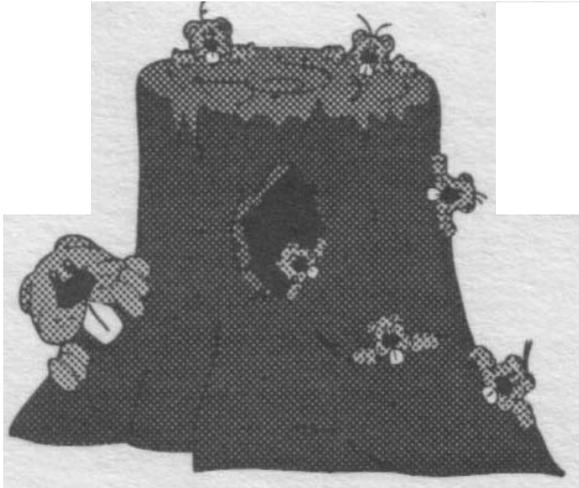
We are in Mijas, a traditional white mountain village near Malaga, in a garden setting with views over the Med. four miles away. Beaches in easy reach by car or frequent buses. Fly from Stansted or Luton.

Two bedrooms (sleep 4), lounge/dining room, bath/shower, cloakroom, in a block of only six apartments. Rental details from David Williams (01284 850836)
More info and pictures on www.holiday-rentals.co.uk (key in Property No 2249).

2009 special offer: 10% discount for Upbeat members!

Forest Stump Grinders

*All size and types of stumps removed and
all types of fencing carried out
at competitive prices*



**24 Bury Road, Barrow,
Bury St Edmunds IP295AE**

**Tom Wesley BEM
Tel 01284 811183
Mobile 07771 533865**

Household • Parks and Gardens • Large Contracts

DONATIONS TO UPBEAT

To enable Upbeat to achieve our aims and to offer support, exercise facilities, educational and social functions to heart patients and their carers in West Suffolk we need to raise money continually.

We have considerable professional fees, rents and general running expenses and we sincerely thank all committee members and helpers for the generous time and effort they give completely free of charge and for all members in supporting functions and raffles etc.

We are self-financing and do not receive direct funding from the Government, the NHS, BHF or anyone else, apart from the occasional grant for specific use. We therefore appreciate any and all donations that we receive from members, friends and business supporters. Perhaps if you do not exercise and therefore don't contribute to our costs you might consider a small donation to alleviate some of the expense of items like the magazine and postal and stationery costs.

If you are able to make a donation to Upbeat we would be most grateful and if you pay income tax or capital gains tax, as a registered charity we can claim back currently 28p in every £1 that you give. To do this a Gift Declaration Form needs to be completed – just the once. Please ask for a form from any committee member. It makes a great deal of difference to your donation and our funds!

Thank You.

UPBEAT DONATION

I enclose a donation of £.....towards Upbeat Heart Support Group Funds

Name

Address

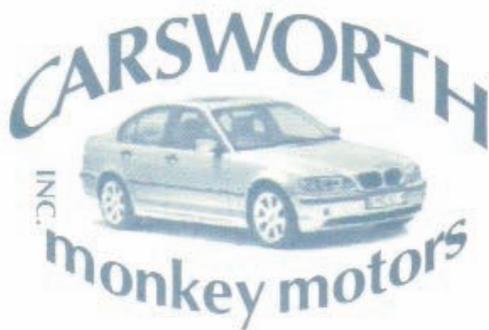
.....

.....Post Code

Please make cheques payable to **Upbeat** and forward to: The Treasurer, David Camp, 24 Swanfield, Long Melford, Suffolk, CO10 9EZ

To enable us to claim back tax, please tick here for a Gift Aid Declaration Form and we will send one to you.

Thank you.



Carrsworth of Pentlow

UP TO 70 CARS ALWAYS IN STOCK

Buntings Farm, Pentlow, Sudbury, Suffolk CO10 7JL

Telephone: 01787 281818

Mobile: 07811 752105

Website: www.carsworth.co.uk



Alltasks

1 Hudson Way

Barrow

Bury St Edmunds

Suffolk IP29 5DS

BRIAN EVERETT

Most jobs undertaken small or large

Mob: 07771 627912

Please ring to discuss if I can help

E-mail: bteverett@gmail.com



EVENTS & SOCIAL FUNCTIONS - 2009

You are invited to attend any or all of the following events. We hope that we have provided a varied and interesting selection of events and trips and always welcome comments, suggestions and help for future functions.

For further details or to book a function, please contact the person named who is responsible for the event. Cheques payable to 'Upbeat'.

Please note that booking forms will be available three months before the function and are operated on a paid for, first come-first served basis. You may bring guests, provided there are sufficient places available.

Additions, changes or further details of times or costs etc. to the programme will be advised on your notice board and on the Upbeat web site www.upbeatheartsupport.co.uk

REGULAR EVENTS

Throughout the year there are ongoing weekly, regular or seasonal events. For example:

Coffee Mornings at The Southgate Centre, Bury St Edmunds on the following Thursday mornings at 10.30am:

2009 - April 2nd, 16th, 30th; May 14th & 28th; June 11th & 25th, July 9th & 23rd; Aug 6th & 20th; Sept 3rd & 17th; Oct 1st, 15th, 29th; Nov 12th & 26th; Dec 10th. **2010** - Jan 7th & 21st
Come along, meet old and new friends for a friendly chat and get together

Ten Pin Bowling at Sudbury Bowl every Monday morning, including Bank Holidays at 10am.

We have three lanes reserved for our use each week at reduced prices and our aim is enjoyment. It is not competitive and no experience is required. Beginners are very welcome and for the less agile there are guide frames available to roll the balls down if required

We also have 'away day' sessions at Martlesham Bowl as guests of Ipswich Heartbeat.

Carpet Bowls at Long Melford Old School are held from 2pm - 4pm, generally on the first and third Monday of each month with a break during the summer. 2009 dates are:

April 6th & 20th; Sept 7th & 21st; Oct 5th & 19th; Nov 2nd & 16th

Costs are just £1.50 per person inc. tea/coffee/biscuits. We have the use of two carpets and it is just for fun. It is not competitive and beginners are particularly welcome. Do give it a try - you will enjoy it.

List of Events and Functions start overleaf

FRI 3RD APRIL **Easter Raffle at Hardwick Middle School, Bury St Edmunds**

**MON 6TH &
WED 8TH APRIL** **Easter Raffle at New Bury Centre, Bury St Edmunds**
(drawn on Wednesday)

TUES 7TH APRIL **Easter Raffle at Sudbury Town Hall**

FRI 10TH APRIL **Good Friday Sudbury 28th Annual Fun Run**

Join us for a sponsored 5 mile walk (or run) - please obtain an Application Form from Jill Brooks or David Camp. If you cannot join us, please sponsor a walker in aid of Upbeat.

THURS 23RD APRIL **Guided Spring Walk at Lackford Lakes,**
£4 per person including coffee. A leisurely 2 hour guided walk to watch birds and other wildlife. Meet at the Visitor Centre at 9.45am for coffee or tea. Walk starts at 10. Followed by optional lunch at The Plough, Icklingham. Tel Ann Clarke 01284 750980 to book.

SAT 9TH MAY **50s, 60s and 70s Evening from 7.30 to 11.45pm.**
Price £7.50 including supper. Rock, roll, dance and sing to live music by Freddie C at Great Wheltenham Community Centre. Fish and chip supper, bar and raffle. Organised by Beth & Peter Riches and Jill Brooks. Contact Jill Brooks 01787 376920

THURS 14TH MAY **Fairhaven Woodland and Water Garden, Norfolk**
Price £18 with optional £6 boat trip (excludes lunch). Enjoy the woods, water garden and private broad within the heart of the Norfolk Broads, and see the best cultivated collection of perennials in the UK and in particular the candelabra primulas. Optional 50-minute boat trip round St. Benet's Abbey. 95 bird species have been observed from the water and woodland. The head gardener will give us a conducted 1-hour 3 mile leisurely tour of the gardens. A shortened walk is available for those less able. First pick-up by coach at 8am. Contact Jill van-de-Plasse on 01284 702756

FRI 15TH MAY **AGM 8.20 pm Southgate Centre, Bury St Edmunds**
Followed by our usual delicious buffet.

THURS 21ST MAY **Guided Walk around Long Melford - 6pm**
Led by local historian Barry Wall. Limited to 20 walkers. Price £1. Contact David Espiner to book on 01787 374714

SAT 23RD MAY **Bowls Tournament at British Sugar Bowls Club, Bury**
By the kind invitation of British Sugar Bowling Club, 'Upbeat All Stars' versus British Sugar. Contact Jill Brooks

THURS 11TH JUNE **Day's visit to Sandringham**
Price £18 excluding lunch. Visiting the house (free-flow tour), museum and gardens. Museum contains vintage royal motor vehicles owned by British monarchs including 1900 Daimler Phaeton and many other vehicles. 60 acres of glorious gardens demonstrating formal planting of the Edwardian age with splendid specimens of trees. Tea rooms, self-service restaurant, plant centre, gift shop and farm shop. First pick-up by coach at 8am. Contact Jill van-de-Plasse on 01284 702756

SAT 13TH JUNE **Store Collection - Sainsbury's, Bury St Edmunds**

FRI 26TH JUNE Strawberry Tea, Stanningfield Village Hall

From 2.30 pm - Tickets £5. Another chance to enjoy our superb strawberry tea with raffle, games of skill and a quiz. There will be an optional guided tour of the church to see the famous "doom". Organised by Trevor Davies, 01787 374345

THURS 16TH JULY Bressingham, Norfolk

Price £8 excluding lunch. A visit to the famous gardens and steam museum. Tickets include rides on 3 trains, 2 of which can take wheelchairs, up to 3 rides on the gallopers, entrance to the museum and gardens and hopefully a guided tour of the exhibits. You can visit the café on-site or take a picnic or visit the separate garden centre and restaurant if you wish. Car share to Bressingham with ample parking. Bookings to Tom Hunt on 01284 810160

FRI 17- SUN 26 JULY 10-day tour to Italy with Heartcare - 'Treasures of Tuscany'

Tour highlights the treasures of Florence, Pisa and Sienna, the idyllic San Gimignano and Lucca and the beautiful island of Elba. Coach travel and Euro-tunnel crossing; 5 nights half-board at Hotel Ercolini & Savi, a 4-Star splendid hotel in lovely historic spa town of Montecatini Terme; 2 nights half board OUTward (1st night) at Holiday Inn. Arras, France, (2nd night) at Mont Blanc Hotel in heart of Haute-Savoie, Switzerland-Italy crossroads; 2 nights half board INbound (1st night) at Postillon Hotel Buochs, in Switzerland, (2nd night) at Novotel Hotel Saint Avoird in France. £630.00 per person in Twin sharing room. Deposit £100.00 to confirm booking. Balance due by 12/05/09. Collection points: bus stations at Bury St Edmunds & Sudbury. Details from Presy & Dennis Seager 01502 564262

THURS 30TH JULY Family Coach trip to Aldeburgh, Thorpness & Dunwich

Price £12 for coach fare only. Coach to Aldeburgh with a stop en route at Stonham Barns. Optional escorted stroll to Thorpness or hop on the coach again if you prefer. From Thorpness, take the coach to Dunwich for their famous fish & chips beside the sea or for your own picnic. Price does not include any food or drink. Tickets available from Ann Clarke on 01284 750980

SAT 8TH AUGUST Upbeat 13th Anniversary Bowls Tournament at Boxford

Contact Jill Brooks

WED 19TH AUGUST Mystery Coach Tour and Two Course Pub Meal

Price £20 approx to include meal. Leaving Bury 3.30 pm and Sudbury 4.00 pm, by coach to a mystery destination where you can either take a stroll or sit and watch the world go by for an hour or so. Then on to a two-course pub supper at 7.00 pm. Leave at 9.15pm to head home. Tickets available from Ann Clarke on 01284 750980

FRI 18-SUN 27 SEPT 10-day Tour to Spain with Heartcare, Costa Brava and Barcelona

Tour includes: coach travel and Euro-tunnel crossing; Gabri Park Hotel, Lloret De Mar x 5 nights. Full board (dinner/bed/breakfast & lunch) plus paella speciality lunch, Flamenco show evening, Welcome drink, lunch daily, mineral water and wine at Mainstay Meals; 2 nights half board OUTward (1st night) Holiday Inn Arras, France, (2nd night) at Villeurbanne Hotel, Lyon, 2 nights half board INbound at Novotel Thermalia Hotel, Vichy (2nd night) Novotel Creteil Hotel, Paris. £567.00 per person in Twin sharing room, Deposit £100.00 to confirm booking. Balance due 18/07/09. Collection points: bus stations at Bury St Edmunds & Sudbury. Details from Presy & Dennis Seager 01502 564262

SAT 26TH SEPT Kings Taverners Concert

Details to follow

- * SEPTEMBER** **Autumn Theatre Trip**
To be arranged
- THURS 15TH OCT** **Autumn Walk at Risby**
Led by Tom Hunt. Followed by optional pub lunch. Contact Tom Hunt on 01284 810160 to book
- SAT 31ST OCT** **'Born in a Barn'**
At Great Whelnetham Community Centre, 7.30 - 10.30pm. Tickets £8.50 (Upbeat members £7.50). Evening of musical entertainment, comedy, song and a load of Suffolk 'squid', hosted in unique style by country 'yokels' Ted and Cecil. CDs on sale. Tea, coffee and cakes available in the interval. Details from Paul Cooper on 01284 754414.
- * NOV** **Thursford Christmas Spectacular**
To be confirmed
- MON 30TH NOV** **Christmas Hamper at New Bury Centre** (drawn Wednesday)
- TUES 1ST DEC** **Christmas Hamper at Sudbury Town Hall**
- WED 2ND DEC** **Christmas Hamper at New Bury Centre**
- FRI 4TH DEC** **Christmas Hamper at Hardwick Middle School, Bury**
- MON 14TH DEC** **Exercise & Mince Pies** at New Bury Centre, Bury St Edmunds
- TUES 15TH DEC** **Christmas Festivities & Grand Draw** at Sudbury Town Hall
- WED 16TH DEC** **Christmas Festivities & Grand Draw** at New Bury Centre
- FRI 18TH DEC** **Christmas Festivities & Grand Draw** at Hardwick Middle School,

Over Christmas & New Year we will be closed Mon 21st, Tues 22nd, Wed 23rd, Fri 25th, Mon 28th, Tues 29th, Wed 30th December 2009, Fri 1st January 2010. Reopen Mon 4th January 2010.

Members should watch the notice-boards at the centres as there may be cancellations or additions to this list throughout the year. If there are other events that interest you and you think there would be sufficient interest, please contact Trevor Davies 01787 374345, Ann Clarke 01284 750980 or any committee member – we are working on the 2010 programme from January. If you would like to organise an event we would be happy to support and help you to set it up and to sell tickets.

CONDITIONS FOR BOOKING TRIPS AND EVENTS

1. All advertised trips operate subject to demand and may be cancelled at the discretion of the Social Events Sub Group.
2. Trips may be varied or curtailed at the discretion of the Social Events Sub Group in the event of unforeseen circumstances.
3. All tickets must be paid for in full at the time of booking.
4. Under normal circumstances, tickets are non refundable. In extenuating circumstances we try to refund, but only at the discretion of the Social Events Sub Group.
5. Purchase of an Upbeat trip or event ticket implies acceptance of these booking conditions.

Up-to-date details are shown on our web site: www.upbeatheartsupport.org.uk

NEW MEMBERS

Doris Rumsey
Ian Emmerson
Keith & Elizabeth Blasby
Derek & Marion French
Michael & Audrey Leeks
Mirella Coleman
James Clarke
Joanna Wright
Colin & M Brown
Derek & Rachel Bonsor
Laurence & Shirley Reeves
Edna & Kenneth Parsons
Derek & Pauline Smith
Steven Bartlett
John & Nancy Andrews
Alwyn Pryce

Tony & Enid Chaplin
Mollie & Frank Merrill
Sybil & Wolfgang Kruger
Gladys Winter
Stuart & Joy Brown
Ed & Carol Taylor
Mary & Fred Turkentine
David & Dolores Millar
Keith & Violet Bannister
Donald & Beryl Elston
Pat Darge
David & Barbara Roddan
Mary & Rod Beech
Laura West
Peter & Ilva Maxey
Raymond & Joy Hoskins

Teresa & Chris Lloyd
Christopher & Sandy
Davey
John & Heather Clifford
*List is dated to 31 - 1 - 09.
Anyone who has joined us
since will be listed in the
Autumn edition*

PASSED ON

Those who have died
include Roy Nash, Ray
Leeks, Eric Ranson,
Douglas Barwood and
Phyllis Banes. See Absent
Friends on Pages 36 and 37

£100 CLUB WINNERS

July 2008 draw - Ron Jackson £100 no.
175; 2nd prize - Margaret Bright £50.50
no. 289

August draw - John & Kate Badrick £100
no. 200; 2nd prize - Margaret Riley £53.50
no. 228

Sept draw - Glen & Mary Wiffen £100 no.
297; 2nd prize - Linda Foulger £53.50 no.
142

Oct draw - Brian Riley £100 no. 178;
2nd prize - John & Beryl Land £54.50 no.

253

Nov draw - David & Ann Grunbaum no.
127; 2nd prize - Alan Andrews £54.50 no.
180

Dec draw - Julius Badyan No. 137
2nd prize - Ian Emmerson £60 no. 305

Jan 2009 draw - Jill Cushing no. 177; 2nd
prize - Rosemary Seeley no. 071
*See Rita's appeal for new £100 Club mem-
bers and details on how to join in her
Secretary's report on Page 9*

DON'T KEEP THE MESSAGE OF UPBEAT MAGAZINE TO YOURSELF – SHARE IT AROUND

Upbeat Magazine, published twice a year, is distributed free to all members. Copies are also distributed to doctors' surgeries and hospital waiting rooms throughout West Suffolk and Jill receives many requests from outside the area. You can also help by asking Jill and Rita for extra copies to hand out to your friends and to other people such as your dentist, chiropodist, physiotherapist or church group.

I.C.E

IN CASE OF EMERGENCY

To assist the emergency services in the event of an accident or health problem, there is a scheme whereby those with mobile phones can enter an I.C.E number which the services would look at to obtain a contact in an emergency situation

WHAT TO DO . . .

Enter in your mobile phone address book 'ICE' under the name and a contact number for the services to use in the event of an emergency.
Simple, but it could help in the hour of need

CLICK THAT HELPS FUNDS

If you use an Internet Search Engine (Google, Yahoo, etc) give a try to www.everyclick.com. Every time you search or shop online you can raise money for charity or more specific, for Upbeat! The more you use the site the more money you will generate to us.

'Everyclick' allocates 50% of its gross revenue to charity each month. Each registered charity receives a proportion of that sum equivalent to the proportion its supporters use the website relative to the supporters of other listed charities.

Supporters are defined as anyone who selects Upbeat as their charity from the website – so that includes YOU. The more supporters we have, the more money Upbeat gets!



Caring for Life

First Aid & specialist courses available for Public, Commerce & Industry throughout Suffolk

We also offer a comprehensive Patient Transport Service in the UK & to & from Continental Europe

**Tel 08700 104950
or 01473 241500**

**Email
info@suffolk.sja.org.uk
www.suffolk.sja.org.uk**

Printed by Moreton Hall Press, Bury St Edmunds

"Go Further is a travel and events management company based in Thetford, Norfolk. We regularly organise trips to a variety of different destinations all over the U.K. We specialise in trips to West End shows. Please see below further information about trips planned for 2009, please feel free to contact us or visit the website should you require any further information. Best wishes, Terry Jermy, Go Further" (01842 750722 / 07742157967)

WEST END THEATRE TRIPS

Dates of evening theatre trips in 2009:

- Tuesday 12th May (Pick-up; Swaffham → Mundford → Brandon → Thetford)
- Thursday 23rd & 24th June (Pick-up; Thetford → Brandon → Mildenhall) (2 days)
- Thursday 23rd July (Pick-up; Watton → Thetford → Brandon)
- Thursday 29th August (Pick-up; Thetford → Brandon → Mildenhall)
- Thursday 22nd October (Pick-up; Swaffham → Mundford → Brandon → Thetford)
- Thursday 26th November (Pick-up; Watton → Thetford → Brandon)
- Thursday 17th December (Pick-up; Thetford → Brandon → Mildenhall)

As with all of our theatre trips, on each of the dates above, you can choose from a range of top shows including; Oliver, Joseph, Dirty Dancing, Grease, the Sound of Music, Hairspray, We Will Rock You, Chicago, Wicked, the Lion King and others! **Price: £80 per person, ticket and travel**

How it works: You ring us and tell us what show you would like to go and see and when. We will tell you if this option is available on this date, or suggest an alternative option. Most theatres are relatively close together so most people get to see the show of their choice on the day that they want. We send you your booking letter with travel itinerary, you send payment, we send a receipt, and then you are all set!



LONDON DAY TRIPS

Saturday Day-Trips; 18th April
23rd May, 29th August, 24th October, 12th December

London options: (All available on most dates)

London Shopping / Sight-seeing / 'Travel Only'; £20 per person

London Zoo; Adult: £27 Child: £24 Senior: £25

West End Theatre matinee shows available

Plus; Madame Tussauds, London Eye, Covent Garden, Houses of Parliament, Bu Palace. Free entry into all Museums + Art Gallery's!

Plus: Saturday 23rd May 2009; Chelsea Flower Show, £60 per person



To book your place or for further information, please contact us:
Telephone Terry Jermy on: 01842 750722

Postal address; FAO: Terry Jermy, Go Further Office, C/o Thetford Sports and Social Club,
70 Bury Road, Thetford, Norfolk, IP24 3DE



Air Conditioned Coach Hire for all group sizes

BURTON'S

Premier Travel Services

UK and Continental Travel Specialists

- Toilet/Washroom
- Seat Belts
- 'No Smoking' comfort
- Attentive uniformed drivers
- On-board Drinks
- Reclining Seats
- Comfortable modern fleet
- Theatres, shows, hotels and meals arranged

01440 702257

**Cambridge • Haverhill • Newmarket
Bury St. Edmunds • Stansted Airport**

- **Email: hire@burtons-bus.co.uk**
- **www.burtonscoaches.com**

