

UPBEAT MAGAZINE

REVEALED - the
story behind That
Calendar

And all the rest of
Upbeat's news
and views



SPRING 2010

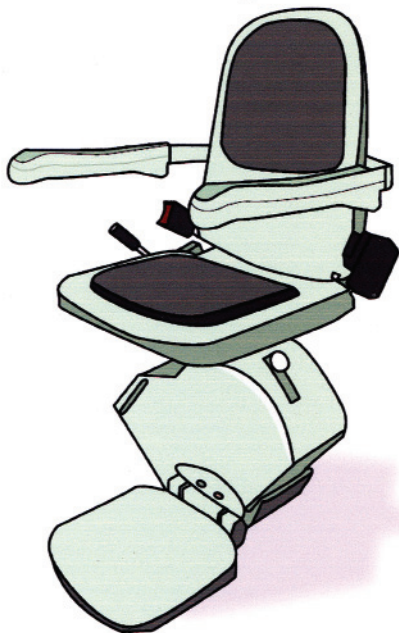
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01206 231568

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Full list of officers – Page 7
How to make a donation to Upbeat – Page 49

Spreading the word

AS Upbeat continues to grow, more and more people are coming to hear of the of the group's work. Take the brilliant calendar our exercise and cardiac advisers published at Christmas time – a little saucy maybe, but the amount of publicity and goodwill it generated among people, many of whom had probably never heard of the group before, spread Upbeat's name to the population at large. It was certainly worth all the goose-pimples the calendar team bravely endured on our behalf!

In her Chairman's report on Page 3, Jill Brooks explains how Upbeat's work for heart care patients has now widened to include those with related illnesses, which has increased membership and with it the work and knowledge needed of our nurses and exercise instructors.

Jill also writes of the importance to care for the carers and it was one of those carers, Ilva Maxey, who recently wrote to the Suffolk West WI News about a presentation she did for fellow WI members about the benefits she and her husband Peter had gained from Upbeat membership.

"As a carer, I have found the support fantastic as they check my health as well," Ilva wrote. "We both exercise twice a week in Bury and have made some good friends, all in the same boat, and we have a chat over coffee after."

You will be glad to hear that after Ilva's presentation, Great Barton WI voted for Upbeat as their chosen charity of the year. Other organisations please follow!

Editorial contributions and ideas for features and other items to David Williams (01284 850 836, e-mail daveliz30@hotmail.com)

Advertising enquiries - see Page 24

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

Chairman's Report

Upbeat – just one large extended family

DOESN'T time fly? On Friday 15th May, we shall be holding the AGM at the Southgate Centre, Bury St Edmunds, and marking the start of our 16th year. Here's hoping as many of you as possible will be there.

As you will read in 'Absent Friends', Upbeat has sadly lost a very special member this year in Selwyn Prime. He was the first Vice Chairman/Secretary and a good friend to Upbeat and to me over the past 15 years.

Recently, he visited Sudbury and we had one of our many chats about the group. We often discussed how it all started and how we had had no clear thoughts as to where we might be going, nor envisaged that the number of members would grow almost beyond belief. He asked if I felt there had been many changes over time and with so many more people. We talked it over and decided that, thankfully, the basic ethos of always trying to welcome new people at the door and giving the best possible care, from professional help to simply having time for each other, had not really altered.

Upbeat was still like a giant jigsaw – we started at the corners and now try to fit in all the pieces to keep the organisation running smoothly, hoping we do not find too many bits left in the box. My chat with Selwyn stayed in my mind and since then I have thought more deeply about changes. One of the most important differences today is in the number of professional staff we are able to provide. Originally, there was one cardiac nurse and a general exercise instructor and only one exercise class per week. Now we have 13 exercise sessions requiring six nurses and five instructors, all specialising and continually updating their skills in cardiac rehabilitation and most having extra qualifications in their particular fields. Their knowledge and dedication is without doubt the backbone of our success. Twice a year, on a Saturday morning, these professionals meet together to ensure that they are all working to the same programme



JILL BROOKS
takes a look
at how
Upbeat has
grown in its
16 years of
existence

and to discuss any further training, as ideas in the medical field are continually changing. The service given by and expected of Upbeat is huge. It is part of my responsibility to ensure that the Committee is aware of all issues related to the day-to-day running of every session and that I remain in constant contact and support staff and members whenever needed. I try to remind everyone that Upbeat is not a collection of small groups – eg 'the Tuesday mornings at Sudbury group' or the 'Friday evenings at Bury group' – but aims to be more like one large extended family. I am sure you will agree with me that we cannot thank our staff enough for all they do for us. If you have bought a calendar, you will know who they are! A very big thank you, too, to all the hard-working volunteers – both Committee members and others – for all the work you do.

When we began, the only patients who came to us were those who had suffered a heart attack, followed by angioplasty or bypass surgery. Six to 12 weeks after the initial treatment, they went through the hospital rehabilitation programme and were then offered the opportunity to continue looking at a healthy lifestyle and exercising

with Upbeat or at a gym. We still have this type of patient. However, such patients represent a relatively small proportion of those suffering from heart and related problems and our numbers were therefore relatively low. However, one of the objects within our charity's Constitution is 'the relief of sickness among people who have had coronary heart disease and related illnesses' and the increased need to address the latter part of this object – "related illnesses" – constitutes a major aspect and change in Upbeat today.

This places a lot more responsibility on our staff than in the early years and greatly increases our numbers. These illnesses could include recurring angina, valve difficulties, pacemakers, palpitations, cardiomyopathy, heart transplants, more serious heart failure or a recurrence of a heart problem after some years. Due to our high profile and changes in medical thinking, any of these types of patient could be (and are being) referred to Upbeat and we work with hospitals, consultants, GPs, physiotherapists etc, as well as members coming to us through advertising and word of mouth.

Those already in Upbeat, both members and carers, may also, over time, develop other conditions, such as diabetes, strokes, COPD, various cancers and other forms of degenerative

disease. This inevitably means that nurses and instructors have a much wider brief and different responsibilities with regard to members' health. They are working alone without the umbrella of the hospital or clinic. However, if there is any doubt, members are referred to their GP or hospital – the same day if possible – and are not allowed to exercise. The advent of the seated class has given more people the chance to exercise gently under specialist instruction, in order to help circulation, breathing and general health. This is a new and valuable service, which is rapidly being taken up.

Another issue resulting from the large number of members attending Upbeat sessions is noise. This can cause difficulties, especially for new members and for those who do not feel particularly well. We do try to monitor this and address the problem where we can although, hopefully, it is the noise of happy people chatting and laughing with friends.

As you will see, we have changed over the years and the help and care we are able to offer has broadened. There is no doubt, as membership numbers continue to rise, that we provide an invaluable service to the community.

Hopefully, thanks to the constant and generous donations from you and our friends, we can ensure that this continues into the future.

We need to care for the carers

OFTEN, when people join Upbeat they are surprised to be called a 'carer', especially when they don't feel they are looking after a disabled person. Although the patient may be able to care to some degree for themselves, how would that person feel without your support? That is probably the question. The recognition of the role and health of the carer is very much part of our overall strategy. To be able to discuss problems with a cardiac nurse, hopefully, helps to relieve what may be stressful situations, especially in the early worrying stages, and can help to promote more understanding in sometimes frustrating and difficult circumstances.

There may be a need for different levels of care but it is always important that carers themselves remain as well as possible, both mentally and physically. At Upbeat, they can receive exactly the same support as the patient, with blood pressure checks and advice, and can be referred to other agencies if necessary on health and social grounds. Carers may exercise at whatever level suits them, have coffee with friends or use the time during which the patient is at Upbeat for some respite for themselves.

It is in everybody's interest, including that of the patient, that someone cares for the carer. Upbeat is here for you, too!

TREASURER'S REPORT

I AM pleased to report that Upbeat is maintaining a healthy and comfortable financial situation, despite ever increasing demands and overheads. This is due to the hardworking efforts of the members of your Executive Committee and the Social & Events Sub Group who continue to organise fund raising and social activities, and to the many unsung heroes who week in, week out help with the coffees and teas, selling the bonus ball, 100 club, raffle tickets etc. We are indebted to each and every one of you. Thank you.

But fund raise we must as costs have risen, with increased rents and outgoings associated with the extra sessions that we have introduced over the past year.

We have been fortunate in being able to negotiate a further Carers' Grant for another year – something we felt and were told, would be unlikely. We are therefore grateful to Suffolk County Council for its continued support, and the £15,000 involved helps considerably in providing the service that we offer to heart patients and their carers. As part of this grant, we have to submit detailed six-monthly returns and the information for this is provided by the Carers Form Returns that many of you submit each month. In view of another year's funding, I do request that you continue to complete your forms each month and if you are not, please ask a committee member for forms to do so. It is very simple, but essential that I get sufficient returns to match the targets set.

As ever, a huge thank you to all those who give donations. We even have a few people now who save up their copper coins and every so often will bring them in and put them in one of the collecting tins. Every penny is truly appreciated.

I will mention again that if you do make a donation and are an income tax payer, please consider signing a Gift Aid form as we are still able to claim a further 28p with every pound donated. Just ask for a form or download one from our website.

Another perennial request I will make is that we are still looking for a Fund Raiser Coordinator. Someone to oversee the fund raising activities, grant applications etc – either individually or with



DAVID CAMP
reports the
group's
finances
remain
healthy

the help of a sub group. Help will be available from various Upbeat sources, including myself. A special mention and thanks to a new initiative of fund raising this year by Jean Davis. She has actively and vigorously promoted the collection of gold articles that members may have sitting in a drawer at home, either unwanted or broken. We probably all have them, so convert them to cash and help Upbeat at the same time. With the valued assistance of Mike Smart, Jean has collected and sold gold, at the time of writing, to a value of £2,922 – an incredible effort and a wonderful donation to funds. This collection is still ongoing, so please consider passing on any unused or broken gold items. Jean has also moved on to collecting foreign coins and notes – again, many of us have probably got them sitting at the back of a drawer. Make good use of them, pass them on to us and Jean has a facility to exchange that money into English pounds, so please have a search and send them through.

Jean's niece, Shelagh Lennon, ran the Great South Run last year and chose Upbeat as one of her sponsorship beneficiaries. We set up an Upbeat page on the 'Just Giving' website and Shelagh raised, with Gift Aid, a grand total of £752.94 – a wonderful achievement and thank you.

I am hoping that you are all aware that at the beginning of the year we introduced a new, brighter, easier to use, more informative, website. The previous one was good – we considered it probably the best of the Heart Support Groups in the country – but this site is even better. Our grateful thanks go to our web designer Steve Dennington, who generously produces and

Hard work by all keeps money rolling in

updates the site entirely as a volunteer. We would welcome your comments on the site. There is a wealth of information there, so I encourage you to have a look at www.upbeatheartsupport.org.uk. There is provision for you to comment directly while you are there.

I will remind you that if you purchase anything from the internet, please consider using 'Easy Fundraising' – there is a link on our website which takes you to their site. One merely has to register, select Upbeat as your chosen charity, select the company you wish to buy from and you will be transferred to their site and we will receive a donation based on a percentage of the sale. So far, we have raised nearly £60. Please consider using it – it costs you nothing. Also, when you wish to search the web, please consider 'Easy Search', again register Upbeat as your cho-

sen charity and we receive a donation from every search you make.

You are now also able to donate to Upbeat via our website and we are registered with PayPal for secure and guaranteed payment. I have mentioned our 'Just Giving' page which enables persons who wish to utilise sponsors for a fund raising event e.g. Fun Run, Marathon etc. This method takes away the need to collect money from those sponsored as it is all done online and they claim any Gift Aid, where applicable.

The opportunities to help Upbeat appear endless. However, we welcome your ideas, suggestions and even more, your assistance in any way possible. We are all unpaid volunteers who give up our time to perhaps put something back to help others and to ensure that Upbeat continues to flourish. Thank you for your support.

Fund raising successes

JULY 2009 – FEBRUARY 2010

Bowls Tournament – Boxford	£502.25
Suffolk Coast Trip – Alburgh/Dunwich	£190.00
Mystery Coach Tour	£ 40.25
Born In A Barn Show	£1,157.55
Thursford Christmas Show	£90.10
Christmas Lunch	£70.00
Christmas Raffles	£898.00

GRANTS

Suffolk County Council Carers' Grant	£7,500.00
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DONATIONS

Jill Brooks (Talk)	£94.00
Rodney Johnson	£80.00
Collecting Tins (Sudbury) inc Charles Smith Fruit	£251.64
Collecting Tins (New Bury) inc Veg/Plant sales	£ 220.50
St Edmundsbury Ladies Club	£40.00
Abbot Baldwin Freemasons	£500.00
Peter Brooks	£100.00
John Besent	£75.00
Oddfellows Sponsored Walk	£850.00
Easy Fundraising/ Easy Search	£57.98
Simon Browne (Calendar Sponsorship)	£100.00

Tom Marsh	£50.00
John Simmons	£25.00
Cavendish Bowls Club	£190.00
Shelagh Lennon (via Upbeat 'Just Giving')	£752.94
Bob Fuller	£150.00
Bury St Edmunds Folk Dancers	£46.00
Mary Beech (inc Poem Book Sales)	£30.00
Martyn Roper (Talk)	£25.00
Jean Davis (Gold Collections)	£2,922.32
Jean Davis (Foreign Coin Collections)	£ 17.50
Sudbury Charity Bingo	£1,000.00
Derek Finch Memorial Darts Competition	£150.00
Pat Darge	£40.00
Jo Breathwick	£40.00
Pam Green	£50.00
Sticker Factory, Sudbury	£55.00
Graeme Sargeant	£30.00
In Memory of Rev Alan Stephens	£200.00
Betty Raymond	£100.00
John Sayers Fortnightly Tea Dances	£30.00
Choir Of St Edmunds Roman Catholic Church	£100.00

Plus many smaller donations, some on a regular basis, some anonymous – 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 the Delphi Club, Sudbury	9.15am – 12.30pm
Wednesday Mornings at The New Bury Community Centre, Bury	9.15am – 12.30pm
Friday Mornings at the New Bury Community Centre, Bury	9.15am – 12.30pm
Friday Evenings at Hardwick Middle School, Bury St Edmunds	6.45pm – 8.15pm

Exercise Sessions are supervised and run by a BACR Qualified Exercise Instructor. A Cardiac Nurse is in attendance at most sessions to answer any heart-related queries or problems. Drop-in facilities for a tea or coffee and a chat are available at morning sessions.

IMPORTANT

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

We advise anyone who has not been 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

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* * * * *

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Kicking the caffeine habit

Nursing Adviser Kate Turner makes the case for swapping caffeine for herbs



HAVE you ever considered the effect caffeine has on your body? Has your body been giving you alarm signals that it no longer tolerates caffeine like it used to when you were younger, but you love that coffee habit! It's the morning brewing ritual and that rich aroma of freshly brewed coffee that does it for me.

It's the caffeine jolt that makes waking up seem easier, not to mention the headaches that can be severe when you miss your next cup of coffee.

Don't worry, there is an easy way to quit, some satisfying alternatives to replace that roasted brew, and plenty of good reasons to do it now.

You can get off of caffeine painlessly using a weaning process that gradually reduces your caffeine intake while you rebuild your natural energy supply. The solution is herbal coffee. Like herbal tea that is caffeine-free and made from herbs that are brewed like tea, caffeine-free herbal coffee is made from herbs, grains, fruits and nuts that have been roasted, ground and brewed just like coffee. Herbal coffee is high in potassium, an electrolyte mineral that stimulates nerve impulses, helps oxygenate the brain, lowers blood pressure and enhances athletic performance, exercise instructors beware!!

Herbal coffee helps you rebuild your own natural energy supply by nutritionally supporting your body's energy production. No more drug-induced jolts that leave you with an energy crash a few hours later!

Coffee has become a fixture in our lives because of one thing. It is an excellent drug delivery system for caffeine. A coffee drinker wants, expects and has grown to require an energy lift. But let's look at this more closely. Does caffeine deliver an energy lift? To answer that, we have to define

what energy is and what isn't. We know food delivers energy. Food supplies calories in the form of carbohydrates, protein and fat which, when metabolized, provides the body with glucose, vitamins and minerals that feed the brain and the muscles. Without real metabolic energy, our bodies can't perform.

But what do caffeine and coffee supply? They don't contain any nutrients so they aren't feeding our brain and muscles. In fact, they don't give us energy at all. They give us stress. Caffeine is a drug that stimulates the adrenal glands to produce the classic 'fight or flight' syndrome.

Chemicals are released by the adrenals into the blood stream to shut down any ancillary systems that require energy, like digestion and immune protection, so that all the body's energy can be channelled into survival. This was great for facing sabre tooth tigers and other life threatening dangers, but what happens when our bodies are kept in this emergency state day in and day out, all day long?

Well, imagine that your adrenal glands are like a bank account. The answer to how long you can continue to make repeated withdrawals against your reservoir of good health and longevity depends on your genetic inheritance and other lifestyle habits. But you can be sure of one thing. Caffeine depletes energy, it doesn't supply it.

These extraordinary glands are therefore very important to good health and longevity. If we are whipping them everyday with caffeine, we can expect our aging process to accelerate, especially as we hit our forties when hormone production starts to decline. High levels of cortisol, which unfortunately can stay elevated as long as 18 hours after a cup of coffee, will compromise your

immune system and interfere with your body's ability to fight off harmful bugs. If you are one of those coffee drinkers who goes right to sleep after a double shot of espresso, ask yourself, why am I still waking up exhausted and reaching for another cup of coffee? Caffeine interferes with you reaching the stage of deep sleep called Stage Four sleep where your body does its essential rebuild and repair work.

And how about the way you feel when driven by caffeine? Remember the last time you or someone else flew off the handle when faced with an everyday challenge? It would be interesting to know how many cups of coffee preceded the meltdown, because caffeine lowers the brain's 'stress threshold'.

Consider that most working adults consume 300mg or more of caffeine before lunch, often on an empty stomach. Research shows conclusively this can produce anxiety, irritability and in some individuals, panic... exactly the opposite of what we need when facing life's inevitable delays or conflicts. Remember that caffeine is the greatest cause of stress in our culture.

Rebuild Your Natural Energy Supply

When a coffee drinker quits caffeine, they miss that drug-induced jolt that gave them the sensation of having enough energy to get going. What they really need is a true natural energy lift. Herbal coffee, unlike coffee beans, actually has calories because it is made from herbs, grains, fruits and nuts that contain food nutrients. The herbs in herbal coffees are naturally high in potassium. Potassium is added to sports drinks to help athletes recover their energy after workouts. So herbal coffee gives the body a natural energy lift that is produced by the body's own natural energy systems.

Caffeine, on the other hand, forces the liver to release glucose into the blood stream. This produces a temporary blood sugar high that is often followed by a blood sugar low when the body reacts by producing insulin to store the excess sugar as fat. With herbal coffee, you can avoid this metabolic stress and enjoy a steady energy state produced by complex carbohydrates and potassium.

Some people find their natural energy returns easily but others suffer from some energy lows during the first few weeks after quitting coffee. Allow yourself to feel more tired than usual. Your body is giving you some important signals you may have been ignoring for some time as you continued to seek energy from caffeine. That tired feeling is temporary but you may find you need to catch up on some much needed sleep. Remember to drink more water – at least 8 cups per day – during this detoxification period.

De-caf Versus No-caf

Why not just switch to decaf coffee you may ask? Decaf still contains a small amount of caffeine, enough to give healthy adrenal glands a good jolt. Decaf still has all the coffee acids and oils that may be giving you problems with your digestion or liver. In fact, since decaf is made from stronger flavoured but highly acidic robusta beans, it tends to be even more caustic than regular coffee, which is usually made primarily from the higher grade arabica beans. Scientific studies have shown that decaf raises blood cholesterol levels faster and higher than regular coffee!

Coffee drinkers also rapidly deplete their calcium reserves and are at increased risk for osteoporosis.

Caffeine and Your Body

If you need additional motivation, keep in mind the following health problems that can be exacerbated by caffeine.

■ **Cardiovascular Problems:** Caffeine increases your heart rate, elevates your blood pressure, and can contribute to the development of heart disease. Both decaf and regular coffee increase your cholesterol and homocysteine, giving an increased risk for heart attack.

Caffeine is also linked to coronary vasospasms, the cause for 20% of all fatal heart attacks which kill otherwise perfectly healthy people.

■ **Stress:** Caffeine stimulates the excretion of stress hormones which can produce increased levels of anxiety, irritability, muscular tension and pain, indigestion, insomnia, and decreased immunity.

... continued on P36

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: £14.49

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

FROM YOUR SECRETARY

I AM writing this report at the end of February having spent many hours on the computer over the last two months handling the membership renewals and 100 Club applications. I did have to send out an unprecedented number of reminders this year and have come to the conclusion that the very bad weather we had was a factor as it was more difficult to get out in the snow and frost so paperwork was put to one side and forgotten. I know I hibernated when it was very slippery as I am terrified of falling over!

However, Spring is upon us – the snowdrops are out, the bulbs are shooting up in the garden and the birds are singing, which lifts the spirit and puts the smile back on peoples faces.

I am very pleased with the response we have had to the 100 Club this year. We had a record number of 350 shares sold for the first draw in February and I would like to thank everybody for their support and remind you that you can join at any time during the year, paying for the number of months remaining. Family and friends are also able to join and they may feel, like my family, that this is a very good way of supporting our charity.

It seems our popularity is unbounded and membership has increased to record numbers. We have introduced an additional chair class at Delphi and at New Bury we now have three sessions, three times a week which are enjoyed by all. Michelle is organising a Pilates class for people to try which I hope will be well supported as I know from experience it is very good, gentle exercise, working on core stability.

I am pleased to see that more people are wearing their name badges at the classes but will not be entirely satisfied until EVERYONE is doing so. As you know, Upbeat require these to be worn on the grounds of safety so that you can be identified in the event of an emergency. I realise at the classes most of you know each other and have done so for years, but it helps to break the ice with new members, who may find



Rita Howell

**Upbeat celebrates
record membership,
new classes and
camaraderie**

it quite daunting to be faced with a sea of people they don't know. Just try to remember how you felt at your first session. I will, of course, provide you with a new badge if you have lost your original or, as often happens, put it through the washing machine!

I am sure you will agree the Social Events committee have done an excellent job again in providing us with a varied programme. This small band of people work hard to organise events and as two people will be retiring from the committee in May we urgently require members to come forward to take their place.

We cannot afford to cut back on our social programme and fund raising events which have always been a backbone of Upbeat.

For my part, I am looking forward to our holiday to Somerset in June and am now finalising the arrangements.

Calendar uncovered

Michelle Jermy reveals some of the untold stories about the Upbeat Calendar Girls project which caused such a sensation last year.

LAST May all nurses and instructors met for our bi-annual meeting, I had put on the agenda 'fundraising' because I wanted to discuss possible ways we could help give back to Upbeat. Yvonne Galloway was quick to suggest, jokily, why not produce a charity calendar in the theme of Calendar Girls? After much laughter and a few looks of horror it was decided that at least we would pursue the idea further.

Yvonne and I agreed to lead the fundraising activity. Yvonne was in charge of finding out print costs, I was in charge of finding a photographer and funding to help support the idea. I wrote to various agencies and Jill Brooks was very proactive, asking for donations at the exercise sessions. We received much generosity and became very excited that this idea could become reality, though I think some were hoping the idea would become a distant memory. Yvonne and I were clear on how we wanted the calendar to look, but sitting down looking through various print companies brochures we soon realised we may not have the funds to secure our dream until . . . by chance we were referred to a print company, Premier Print. One afternoon, I arrived at Yvonne's for a meeting with Spencer, director of the company. We made our wishes clear and after fully explaining the content of the calendar, semi-naked instructors and nurses (at this point Yvonne clearly pointed out not top shelf material!), our wishes came true – we received a quote within our budget. Yvonne and I were sooo happy and then as I drove home I thought – this means I have to take my clothes off, arghhh. When I thought more about the calendar, I wanted to offer something different and hence

the idea that each month the photo would follow a healthy educational message. I emailed everyone and asked for feedback on the type of photo they were happy to pose for and the health caption they would use; Keith, the photographer, was happy for us to book in studio times throughout September; all was set!

Many nurses and instructors had a good idea on what they were happy to do, those that didn't, I happily gave suggestions. Martyn Blackford was the funniest, he didn't care. I suggested an idea that Yvonne and I had played around with, he was like, 'yeah, that's fine'. It was one of the most daring poses, but he was not fazed.

The nurses booked studio time and then, the night before, I received a voice mail while I was working. I finished at 9pm and returned the call to Jane as the studio was booked for 11am the following morning. The nurses had, unfortunately, been warned against posing semi-naked. Even though all photos would be tasteful and for charity, they had to act with caution and take into account their careers. The photo session went ahead and some lovely photos were captured but more clothes were worn than originally planned.

Pressure was then on the fitness instructors. The members had been teased they would see the nurses and instructors as they have never seen them before, me with make-up and my hair done would be a start!

I received a phone call from the photographer who suggested it would be nice to have a location shoot, so we could vary the backgrounds. I frantically phoned Yvonne and asked if she could investigate local hotels, gardens, manor homes we could possibly use. Due to use by members of the public, we could not be seen to be walking around semi-naked, though that would have been a funny sight. Luckily, Yvonne had contacts with someone who had a beautiful property with spaciouly private gardens.

Continued, with pictures, on pages 28 & 29...

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This group of around a dozen Upbeat walkers met at Risby for a fine weather walk around the thousand-year-old village in October, led by residents Les and Jill Southgate. After enjoying broad views across the Brecklands and over to King's Forest, they then walked through the village for a deserved lunch at the Crown and Castle pub



Review

Jersey Boys, by John Swayne

THIS was the first time that I was going with Upbeat to a show that I knew absolutely nothing about. However, Sylvia's choices had always been good before, so I took the plunge and I was glad I did so.

The coach dropped us off in Charing Cross Road, down the road from the Prince Edward theatre.

Our seats were in the dress circle giving us an uninterrupted view of the stage. We looked down on the set which was like a great cage, with a couple of staircases and a high walkway. By removing parts of the set and adding furniture to it at others, it was transformed into the various locations needed to tell the story.

Before the show started I had read enough of the programme to discover the show was all about the lives of Frankie Valli and the Four Seasons. These were names I remembered from the past. It was the story of how they came together and wrote and performed their songs. As the story progressed, we learned about the group's ups and downs, agreements and disagreements. Above all, despite these, it was the songs that captivated the audience. At various times we had a drums, a keyboard, a piano, three saxophones, two trum-

pets, a trombone and two tambourines accompanying the four singers, the group called The Four Seasons.

The songs were very tuneful, toe-tapping and catchy, the choreography was slick, well performed and riveting to watch. All the supporting characters were also delightful cameos and the teamwork was superb whether talking, singing, dancing or even acting as furniture shifters. The audience was carried along by the music and showed their appreciation with tumultuous applause after each number and at the end. Finally, a mention of the 'holes' in stage.

Through one of them the drummer, who was superb, rose like an old time cinema organist. He went one better, however, as he was able to then glide around the stage to wherever he was needed without ever missing a beat. Through another hole, the microphones appeared whenever they were needed.

All in all, a thoroughly enjoyable experience which sent us all out into the world with a smile on our faces. Thanks very much, Sylvia.

■ This was John Swayne's last theatre review for Upbeat Magazine before he died. You can read a tribute to him in Jill Brooks' Absent Friends feature.

Upbeat profiles

Anne Graham – Cardiac Adviser

I was born and brought up in East Anglia. As the youngest of three daughters we moved several times due to my father's work before finally settling in Sudbury. Following school, I trained as a nurse and on completion of training I worked in several specialties.

I married Keith in 1983 and we have two children. Since my marriage, I have always lived in the country and have enjoyed living in a close community.

After having the children I went back to work on the cardiac unit of the local district hospital. As my children became older, I decided to broaden my career by studying for my specialist practice nursing degree, specialising in cardiac nursing. I now run nurse-led clinics for certain specialist heart tests.

In 2002, Keith suffered a heart attack and I was able to be "on the other side of the fence".

After going to rehab at the hospital, Keith and I joined Upbeat.

About two years ago I became a cardiac adviser for Upbeat. I felt that I was in a unique position, being a cardiac nurse and living

with somebody with heart disease, and could relate to potential situations of fellow members. Being a member and working as a cardiac adviser for Upbeat has been a very rewarding experience for me. I have met many interesting people and made many new friends, and I have benefited from all the support that Upbeat provides to both members and helpers alike.



Simone Meldrum – Cardiac Adviser

I left home in North Yorkshire at the age of 19 to train for nursing in Kent and after qualifying I worked in A&E in Ashford. There I became very interested in the heart conditions coming through the doors and I moved to the Freeman Hospital in Newcastle where I gained vital experience in the cardiothoracic intensive care and transplant unit. I returned to Yorkshire to work at Wharfedale General Hospital in Otley on a combined general intensive care and coronary care unit. During my three years here, I gained my staff nurse qualification and completed my Diploma in General Nursing.

In 1997, I gained a higher grade at the Friarage Hospital in Northallerton, North Yorkshire, to work as a staff/registered nurse in charge of a small coronary care unit where I was involved with cardiac rehabilitation. I

also was seconded as a research sister for the diabetic consultant and completed research on evaluating devices for measuring blood pressure, which has been published.

At the Friarage Hospital, I met and married my husband, Euan, in 2000 and we had two

daughters. My husband then took the opportunity to work in Arkansas for two years and we travelled in the States as much as we could.

We returned to the UK in 2006 and moved to Suffolk. I applied for the position of Community Cardiac Rehabilitation Nurse and met Jill, which is how I became involved with Upbeat.

I have now become a British Heart Foundation Nurse and qualified through the British Association of Cardiac Rehabilitation to prescribe exercise. I am part of the Anglia Stroke and Cardiac Network and Suffolk Pathway Groups which help to promote and develop Cardiac Rehabilitation within Suffolk.



Upbeat profiles

Tracy Wallace – Cardiac Adviser

I was born in Devon, though spent my childhood in Tiptree. I moved to Bury St Edmunds to do my nurse training in 1988 and my first job after qualifying was on an orthopaedic ward. I then moved to a general medical ward where I started to become interested in coronary care. In 1995, I moved to the Coronary Care Unit and did the specialist course in 1996.

I have met some wonderful people, both in patients and staff. It is a very interesting area to work in and one that is developing and changing all the time as new research is done. I got married in 1995 and had three girls Emily, Anna and Rosie. In 2007, Kate Turner asked if I would be interested in working for Upbeat on the Friday evening session on a rota basis. I went along and was so impressed not just by the

excellent exercise on offer, but by the obvious sense of support and friendship between people.

Earlier this year, I became involved with the Friday morning group and as my youngest daughter was about to start school the timing was perfect.

My role as an Upbeat Adviser is to ensure people are well to exercise, taking blood pressures and pulses, giving advice regarding medications and answering any queries that may arise. I may even get on the exercise floor myself!



George O'Neill – Social Committee

I was born in Sunderland in 1930 but moved South with my family, returning to County Durham in 1939. When I left school, I worked as a shoe repairer and at 18 I joined the RAF for five years. While stationed at RAF Barnham, I met my wife Barbara through a blind date. I served two and a half years in Malta. On being demobbed, I moved back to County Durham, later moving to Bury St Edmunds to get married. I worked at E. Pordage & Co, fruit and vegetable merchants, for 32 years, moving to W. Vintens, where I retired in 1995.

I was a school governor at St Louis' Middle School in Bury for nine years.



In 1954, I became a member of the Manchester Unity of Oddfellows, a Friendly Society, in which I took a very full active part. I have been Lodge Secretary for seven different lodges and was a Provincial Grand Master of our district as well as President of the East Anglian Group Conference. I am still

very much involved with my Oddfellows work. I served as District Trustee for 36 years and I am still a Lodge Trustee.

Barbara and I have four children and six grandchildren, most of them living locally. In December 2003, I went into West Suffolk Hospital with angina and in October 2004 I had a triple by-pass at Papworth. I was told about Upbeat at WSH and since I started at the sessions I have never looked back.

I enjoy gardening; I am still able to do my own including the digging! I also like doing jigsaw puzzles.

Being directed to Upbeat by the hospital was a very positive thing. The number of people you meet keeps you going and many of them have become very good friends.



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Golden oldies

What do you remember of the golden oldies?

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Try this Upbeat quiz and see how you score as a true 'Oldies Fan'

1. When did 'Little Suzie' finally wake up?
 - (a) The movie's over, it's 2 o'clock
 - (b) it's 3 o'clock
 - (c) it's 4 o'clock
2. 'Rock Around The Clock' was used in what movie?
 - (a) Rebel Without A Cause
 - (b) Blackboard Jungle
 - (c) The Wild Ones
3. What's missing from a Rock & Roll stand-point? Earth _____
 - (a) Angel
 - (b) Mother
 - (c) Worm
4. 'I found my thrill . . .' where?
 - (a) Kansas City
 - (b) Heartbreak Hotel
 - (c) Blueberry Hill
5. 'Please turn on your magic beam, _____ bring me a dream'
 - (a) Mr. Sandman
 - (b) Earth Angel
 - (c) Dream Lover
6. For which label did Elvis Presley first record?
 - (a) Atlantic
 - (b) RCA
 - (c) Sun
7. He asked, 'Why's everybody always pickin' on me?' Who was he?
 - (a) Bad, Bad Leroy Brown
 - (b) Charlie Brown
 - (c) Buster Brown
8. Bobby Darin's 'Mack The Knife', the one with the knife, was named:
 - (a) MacHeath
 - (b) MacCloud
 - (c) MacNamara
9. Name the song with 'A-wop bop a-loo bop a-lop bam boom'.
 - (a) Good Golly, Miss Molly
 - (b) Be-Bop-A-Lula
 - (c) Tutti Frutti
10. Who is generally given credit for originating the term 'Rock And Roll'?
 - (a) Dick Clark
 - (b) Wolfman Jack
 - (c) Alan Freed
11. In 1957, he left the music business to become a preacher:
 - (a) Little Richard
 - (b) Frankie Lymon
 - (c) Tony Orlando
12. Paul Anka's 'Puppy Love' is written to what star?
 - (a) Brenda Lee
 - (b) Connie Francis
 - (c) Annette Funicello
13. The Everly Brothers are . . .
 - (a) Pete and Dick
 - (b) Don and Phil
 - (c) Bob and Bill
14. The Big Bopper's real name was:
 - (a) Jiles P. Richardson
 - (b) Roy Harold Scherer Jr.
 - (c) Marion Michael Morrison
15. In 1959, Berry Gordy, Jr, started a small record company called...
 - (a) Decca
 - (b) Cameo
 - (c) Motown

A bottle of wine to the winner, kindly donated by Sylvia Baker. Answers please, with name and telephone number, to David Camp, 24 Swanfield, Long Melford, Suffolk CO10 9EZ or email to dc@davidcamp.demon.co.uk by June 12 latest. If there is no outright winner, there will be a tie-break. Answers in Autumn 2010 Magazine

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Can you name this ancient Suffolk town?

How well do you know your Suffolk? Upbeat member Bob Smith sets you another question from his book *Secret Suffolk*, which he has written under the name Robert Leader

IT WAS in 1348 that this mediaeval Suffolk town and its manor were officially granted to the Austin Abbey of St Osyth in Essex. Its market charter was granted in 1387, and it is still a thriving little market town.

The charter reverted to the Crown with the dissolution of the monasteries and was purchased by the town in 1927. Today, its stalls are a Thursday and Saturday magnet for shoppers from all the surrounding villages.

It is happily situated in the centre of the county, with excellent transport links in all directions. Always on a main road, it was also linked to Ipswich by canal in 1793 – the river traffic only declining with the coming of the railway.

The delicate church spire which dominates the town bears St Peter's keys in gold. It is one of a long line of church spires. One was blown down in the Great Storm of 1703, a new one was erected in 1715, but eventually that, too, deteriorated over the next 250 years until it had to be taken down as it was in danger of falling. What remained was affectionately known as 'The Stump', until the present spire was put up in the mid 1990s.

Inside the church are the memorials to the



Does this country town scene ring any bells with you?

Tyrrell family, who lived at Gipping in the 17th and 18th centuries. One of them, Sir James Tyrrell, was beheaded on Tower Hill in 1502, after having confessed to the infamous murder of the two princes in the tower.

So where in Suffolk is it?

Answer on Page 41 . . .

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 noon.
2010 – April 1, 15, 29; May 13 & 27; June 10 & 24; July 8 & 22, Aug 5 & 19; Sept 2, 16; 30; Oct 14, 28; Nov 11 & 25; Dec 9. **2011** – Jan 6 & 20

2) Held **every Monday, Wednesday and Friday mornings** at Newbury Centre, St Olaves Road - 9.15am - 12.30pm (Same time as exercise sessions)
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SUDBURY

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ABSENT FRIENDS – by Jill Brooks

SELWYN PRIME (Vice Chairman/Secretary 1995-2000)

Following his heart attack and rehabilitation at the West Suffolk Hospital, Selwyn became a founder member of Upbeat. He was Vice Chairman/Secretary on the original committee in 1995, standing down in 2000. In later years, after a few problems, he had bypass surgery in 2009. Making a good recovery, he was well enough to pay a tribute to Ali Shorten in July on her last day at Sudbury. Sadly, not long after that, an unexpected and unrelated illness claimed him. He was one of the nicest people I shall ever know, and a gentleman. We met at the first meeting of Upbeat and he has been a great friend and “guru” to me and Upbeat ever since. He was instrumental in setting up the group, knowing and finding ways around the system and endless different departments to help us get established. He played a large part in our obtaining charity status, which took months of patience as the goal posts seemed to be continually changing. After retiring from the committee, he was still an active member, coming with his wife Sue to all the main events. We enjoyed many happy evenings at Upbeat functions but special memories are the annual dinner dances held at Stoke by Nayland. Some of us made it a special weekend break, which was great fun with lots of laughter. Over the last three years, we worked together giving talks to patients in the Cardiac Rehabilitation Group at West Suffolk Hospital, trying to demonstrate to a sometimes worried audience how fit and well we were in the aftermath of heart problems. However, Selwyn was the first to admit he didn’t really like exercising. His stock phrase was “If exercise is good for me, it’s good for my carer – so we both go!” Being Chairman of Upbeat can be very stressful. When the responsibility became overwhelming, I would often ask Selwyn’s advice and help. He was always encouraging and gentle, often looking at a problem from a completely different direction and always giving positive food for thought. He always gave a great deal of support and confidence when the going got tough.

Upbeat has lost a great member and friend. I will miss him terribly but have fond memories and give thanks for his work, which we will try to carry on.

Our love goes to Sue and his family at this sad time.

JOHN FORGE

John and his wife Kathy became Upbeat members in 1999. He was a keen member of the exercise group on Friday evenings and enjoyed being there with Kathy and meeting his friends. They both became even more involved when Kathy became a committee member.

Our thoughts are with Kathy and their family at this time.

JOHN SWANE

John and his wife Yvonne joined as friends of Upbeat a few years ago when they both retired. They were very much interested in the group and gave a lot of support, especially at the time when the social aspect was being developed and we needed people at functions and to fill coaches on trips. As a retired headteacher and an English and drama specialist, John was enlisted as the main reporter for theatre outings and other events. He became a “proper” member, as he called it, just before Christmas when he became unwell with heart problems, which, sadly, he wasn’t able to overcome.

Our thoughts are with Yvonne and the family.

ED TAYLOR

Ed and his wife Carol had only been with Upbeat a very short time, coming when he was able to and really enjoying the company and chat of the coffee mornings. Although Ed was seriously ill, it was his ambition to organise a trip to Duxford for the members. Unfortunately, this was not possible. However, in our last magazine, he wrote a superb article about his days in New Zealand. We are thinking especially about his wife Carol at this difficult time, particularly as she is also unwell at the moment.

Our condolences also go to the families of
Tom Marchant and **Ron Heardon**.

How you can help your magazine

Upbeat members and friends can help Upbeat Magazine in contacting local businesses and tradesmen to obtain advertising. Mention to them the possibility of taking an advertisement in the twice-a-year magazine to help their businesses and as a way of supporting Upbeat. If they are interested, just pass their details to one of our advertising team named below and they will make contact.

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Suffolk coastal tour

UPBEAT members had a day full of interest when they went on an escorted coastal tour by coach on July 30.

Paul Cooper took over the mic and gave us some points of interest and local history on the towns and villages we would be passing.

Our first stop was the Stonham Barns Craft Centre, where Paul had pre-arranged tea and coffee. We then had time to look around the several craft and clothing shops on the site, while some visited the Owl Sanctuary.

The friendly owner of the attractive antique shop told us that the complex has just got a new owner, and we could expect expansion and development. Then we were chased back to the coach by the first drops of rain.

Our next stop was Aldeburgh. On the way, we passed through picturesque Framlingham, once the home of the powerful Bigod family who built the famous castle. Leiston was a pretty village, which has a famous butcher's shop and its

own brewery, which brews two beers, Victoria and Albert (which is also the name of the pub!).

Within a few minutes of leaving our coach in Aldeburgh, an enormous storm began, with hailstones, thunder and lightning. Brian and I scrambled into our plastic macs and dived down a side street, where I had spotted a small pub and where we enjoyed a pub lunch and Suffolk brewed beer and cider. When the rain had stopped, we climbed the steep steps to the two churches on the top of the hill, with fine views over the sea and the rain-washed town. Then we walked down to the beach and sat for a while until the clouds began to look angry and we decided to look in the Moot House Museum. A number of our friends also gained a sudden interest in history as the rain began to fall again!

The rain cleared as some 20 of us gathered for the walk (light stroll?) along the coast path from Aldeburgh to Thorpness. On the way, we saw a shell sculpture, made of metal,

erected in memory of the composer Benjamin Britten, which I thought was lovely.

Another feature of Thorpness is 'The House in the Clouds', or so it looked from the lake-side. Then the sky looked rather dark, so we moved into the café for tea and cakes. Our last stop was Dunwich. Once it was a great seaport, but over the centuries the town was swallowed by the sea, leaving today a small village on the cliff edge. We were all looking forward to our fish and chip supper from the shack by the sea. Thanks to Paul's organisation, they were expecting us and the service was great.

As we left Dunwich, we passed the ruins of what had been the last leper colony in England. Our thanks go to Ann, for setting up the trip, Paul for seeing that everything was ready for us at different stages of the day, and David for his smooth driving and care as we got on and off the coach.

In all, a great day out.

Jean Way (Friday group)

Gentle walk raises the pace of fundraising

MEMBERS of George O'Neill's Oddfellows Lodge raised £850 for Upbeat funds with what he describes as 'a gentle walk' through Nowton Park, Bury, on June 16. Twelve members took part in the lodge's 7th charity walk. "It is our way of helping other people as well as being a lovely social event with a cup of tea and a piece of cake afterwards," said George.

"We only walk about two miles, but that's not bad as some of us have bad legs, bad knees and nearly every one is retired."

The Oddfellows have walked in the past for EACH, Papworth Hospital, the Alzheimers Society, Macmillan Nurses and Genesis, an Oddfellows charity. The total raised over the seven years is £5,150.

Jumping through hoops

Why not join up and enjoy 'a rum old game'

By Neville Tribe

IT'S a rum old game. You can play a perfect shot from long range to leave your ball just in front of the hoop – the lightest of tap-ins for a golfer. Next moment, your opponent will play his ball hard against yours, sending it further away than when it first started. You grind your teeth and start again.

It can be worse. a skilful player may play a 'stop shot', as is done in snooker, leaving his ball on the favourable spot previously occupied by yours. A double whammy. Also many players can do 'jump shots' whereby their ball becomes airborne and skips nimbly over another which may be blocking their desired line of play.

The old railway bridge at Long Melford was always known as Arch Bridge or the Railway Arch. The permanent way was, of course, flat and the infrastructure contained nary an arch or curve of any kind. So with croquet 'hoops'. There is nothing remotely hooplike about them. Two vertical posts are connected at the tops by an iron crossbar. Together with the turf this makes a tall and narrow rectangle, so why 'hoops'? Perhaps in the distant past . . .

In croquet, players are their own referees. If you play a foul shot or otherwise transgress, you declare it and stand back and take the penalty. For competition, we do have referees but they sit comfortably off the lawns, making hay with the coffee and biscuits and only coming on if invited. Croquet is often thought to be a stuffy and even snooty game. Not so. When playing against other clubs, with our whites we also put on our best behaviour. Among ourselves, when four players are moving around the lawn in competition and close proximity, badinage and jocularly cannot be suppressed.

Once, when playing against D . . . I missed an important shot and he exclaimed, 'Hurrah, he has missed it!', immediately correcting this to,

'Bad luck old boy.' Now, when either of us makes a bad shot, we say pointedly, 'Bad luck old boy' and each knows what that really means.

K . . . is a delight to play with. The delight is spiced with the anticipation that in certain circumstances she may cast her hat violently to the ground and jump vigorously up and down, lamenting the while.

(I had better declare now that any person or persons or characters mentioned here-in are entirely fictional and bear no relationship to any real person alive or dead. And we all know what that really means).

I referred earlier to putting on whites. We do this for competitions and for matches against other clubs but generally we are relaxed about clothing, especially in the winter on the allweather lawn. I much enjoy the winter mannequin parade. We dress for warmth and comfort and look like so many Michelin people, bulky and many coloured – co-ordinated not!

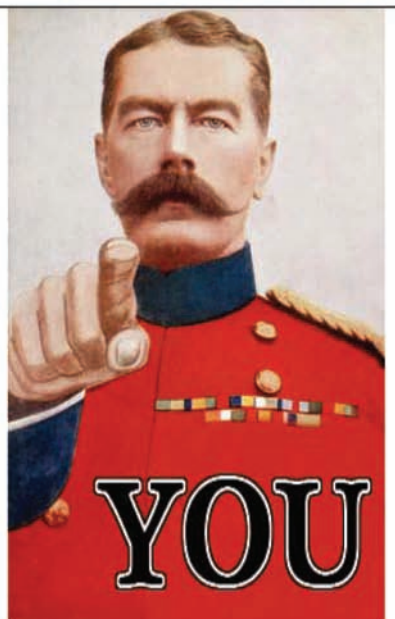
S . . . is an exception who would make an excellent advertisement for Harris tweed. (Other ladies who might feel slighted, please read the disclaimer in brackets above).

We get new members, of course. They are most warmly received, given a mallet, instruction and example and invited to have a go. What gets me are the NATURALS: those who from the very start can do all the things I have laboured for years to do. It ain't natural and it ain't fair, but life is like croquet and croquet is like life – rather enjoyable really. But enough of my ramblings. It is a rum old game and I wish I had discovered it many years earlier.

Details of how to contact the Croquet Club are on the page opposite.

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Calendar uncovered . . . from page 13



Michelle Jermy – In the bushes with in a provocative pose with an apple

Have a driving ambition!



Martyn Blackford – A daring pose but he was not fazed

Walkies are good for everyone



Maureen Cooling – did her dog know what she was doing?

The last Sunday in September we all gathered there – cars pulled up armed with props, make-up, clothes and very sheepish individuals. Thankfully the weather was lovely, we could not have wished for a better day; bright blue skies, warm. First up the group shot, some opted for the T-shirt some had their modesty covered by the Upbeat banner!

All went smoothly, we moved onto individual shots. As some of the nurses had already had their shots taken we let the rest of the nurses go first. The instructors bantered with one another, especially Peter Azzopardi, who was reluctant to expose too much. Martyn was walking around in his long towelling dressing gown, ready to bare all when his time came. Maureen Cooling had a hat and shoes ready and just had to keep her dog happy. He did well, though I'm not sure what he would have thought if he knew what type of photo he would be involved in! Martyn was up, we watched as he and the photographer walked into the distance near the lake. Out of view, we laughed as we knew Martyn would be baring all, making jokes and remarks – what if the farmer is out on his tractor in the nearby field? Looking at Martyn's

photos he seemed a natural at all this naturalist activity. Maureen was superb, completely comfortable in her own skin, she walked onto the green baring all (well nearly), up and down she walked, photographer snapping away. I was called to stand by the photographer with a whistle to gain her dog's attention.

Yvonne, Peter and I had been humbled by Martyn and Maureen's ease of posing semi-naked. Peter went for it and attempted poses way beyond what he originally was considering, my turn was next. I now felt I should also be brave and at the last minute changed my pose

u have never seen before

from what I had decided some months before. Off I went, barefoot, covered by a short silky dressing gown, briefly discussing the pose, but most important was the background and there it was – loads of bushes. Next came the fun part, climbing through the brambles, please note barefoot, please note short silky dressing gown. Trying to take my dressing gown off without being cut by the bush or exposing everything was the next mission. Yvonne had the job of placing the apple, yes we had to make sure it was secure and then the photographer needed Yvonne to hold a light reflector so poor Yvonne had to lean over the prickly bushes as the sun beamed down on us.

Last but not least, Yvonne with her chalkboard. Yvonne had a number of poses which looked great, I stood by for support as she asked me to make sure I told her if she needed to breathe in, as if!

We all chose our favourite pictures and then Yvonne and I visited the printing company to start the artwork where poor Tony had the job of going through the photos and zooming in to check nothing was showing that shouldn't be! We were really happy with the final product and can't thank enough everyone who supported us, all nurses and instructors that got involved. And for all those that have bought the calendars, thank you so much.

The Upbeat calendar team was Tracy Wallace, Martyn Blackford, Anne Graham, Yvonne Galloway, Simone Meldrum, Maureen Cooling, Kate Turner, Michelle Jermy, Mandy Scales, Peter Azzopardi and Jane Bridges



Yvonne Galloway – Let's do a calendar, she joked



Simone Meldrum – she was so relaxed about it all



Peter Azzopardi – at least he kept the gloves on



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2010 special offer: 10% discount for Upbeat members!

Bond girls are a main attraction

by **Eddie Johnson**

BEHIND a heavily beamed, rather crooked, wonderful old farmhouse known as the 'Old Cottage' at the bottom of Bull lane, Long Melford, there's around 70 acres of lovely Suffolk countryside where Paul Rylott and his wife Jude started their Alpaca farm.

The house was built in 1420AD and when Paul first saw it and decided to buy, it looked disquietingly familiar. Then he suddenly realised that when he was a tiny boy, living on a Lincolnshire farm, his grandmother had a jig saw that he much admired and the picture on it was of this house. 'It was fate' he told me, 'I had to have this place'.

Paul said he'd be happy to show Upbeat members around so, on a lovely summer's day, 13 of us gathered at the farm. While we had a delicious tea arranged by Jude and Vikki, who helps them, Paul told us how he'd been head of a huge multinational corporation in the UK which closed its operation in this country, making him redundant. A friend advised him, 'Go away, do something you always wanted to do', so he and Jude went to Peru, a place he always wanted to visit. They had a wonderful time, catching little trains that took them far up into the Andes. They enjoyed the climate, the friendliness and hospitality of the people and the animals, primarily the Alpacas but also the Llamas and the Vicuna, all members of the South American camelid family.

The Vicuna, a rare animal, has the most valuable fleece – a Vicuna overcoat from Saville Row would cost £50,000. As Paul said, what would you buy instead of a Porsche? Alpacas, whose wool is also soft, live on the lower slopes and congregate in herds of thousands but even they vary; Huacaya have a dense, spongy fleece that

covers the body but the rarer Suri has a lanky, silky long fibre coat that hangs in curly locks that is much sought after. Llamas, perhaps the best known of the camelids, are a little bigger, more domesticated and used as pack animals.

Eventually Paul and Jude bought the farm, imported three of the finest Alpacas and brought them to Long Melford. That was five years ago. They now have 120 and are known as one of the finest and most reliable breeders in the UK, hoping to export all over the world. The wool is also sold and is quite valuable. The best shearers in the world are New Zealanders and every year they come to the farm to shear the animals.

We went first to the nursery where all the cute little babies, known as Cria, were kept, we were told not to feed them as they were rather shy at that early age. Vikki knew the Alpacas by their names. All the females are named after Bond girls, there's even a Miss Moneypenny. The main prize stud is named Sean. Then we saw the adolescents, a more frisky bunch. Then the older

ones who needed no enticing. The colours of these charming animals range from black, blue-grey, grey, brown, mottled cream to white.

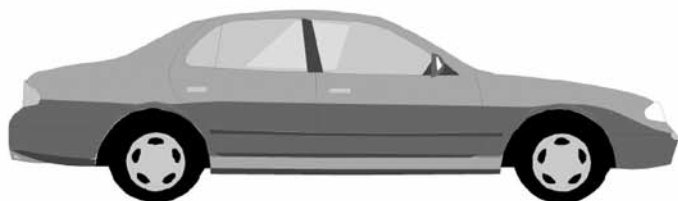
As well as being great pets that can be trained, they are also useful for protecting hens from the marauding foxes and have been known to kill them.

After our tour, during which many photos were taken, it was back to the start for more tea and cake. We all enjoyed the idyllic setting and the free and easy friendly manner in which Paul, Judy and Vicky welcomed us and we came away having high regard for the way in which the farm is run.

For details of how to contact Melford Green Alpacas, see the advertisement on opposite page.



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Fundraising

We need anything gold, old coins, foreign coins and notes and collectables

TO those of you whom I've badgered at the various sessions, I hope you'll take time to consider our fundraising as an important part in helping to support Upbeat activities. A special thank you to everyone who contributed with the gold collecting and to those of you who couldn't, we have plenty of other ideas which I'm sure you'll give your support to.

The gold collecting began in 2009 with an optimistic target of £1,000 and thanks to supporters of Upbeat we have exceeded our expectations with a total of £2,297.

Collecting gold is still one of our priorities and although it is hard to part with a piece of jewellery that belonged to someone special in our lives, I would say to you 'how special is Upbeat in your life?'.

One of my friends gave me a bag with jewellery, coins and a 1914 box which was given to soldiers in World War I. Upbeat members at Sudbury enjoyed finding out the history and contents of these boxes. Apparently, one had recently been on the antiques roadshow.

My friend gave me some commemorative

coins and various other coins and costume jewellery which brought in some extra funds and while researching for best value the ideas kept popping into my head.

COLLECTABLES

These are some of the items which we are pleased to accept to raise funds for Upbeat:-

Old British, America Dollar, and Commemorative Coins

Old Tins (in reasonable condition, the sort grandma kept for her private papers etc.)

Military Cap Badges and Medals

Gold – we would like to keep this going as long as we can

Foreign Coins and Notes. Unfortunately, we cannot accept European pre-Euro as there is no market for trading.

I would also ask you to consider other collectables which could be sold to raise funds. Upbeat Heart Support is a growing charity and a valuable asset to helping people with heart problems.

We need to continue fundraising to provide good advice and exercise for our members, so please give what you can.

Many thanks

Jan Davis

Autumn 09 Quiz Answers

Five members forwarded maximum correct answers to our Autumn quiz on parts of the body. Louise Waspe was the tie-break winner and received a bottle of Vodka as her prize.

The answers were: Two boxes (trunk/chest/voice box). Two coverings (eyelids/skin). Trophy for Indians (scalp). Something every joiner uses (nails/joints). Musical instrument (organ/(ear)drum). Two

measures (feet). Two kinds of fish (soles & 'eels/lung). Two young animals (calves). Two tall trees (palms/gums). Shell fish (mussels). Swift animal (hare) Two churches (temples). Two spring flowers (tulips/Iris). Articles of war (arms). Something a soldier must keep (instep/his head/his nerve). Some weathercocks have them (veins). It is very tasty, pressed (tongue). Two scholars (pupils). They are part of a cheer (hips). Top of a hill (brow).

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Fun and games

AN ODE TO ETHEL COLE

*This is the tale of Ethel Cole
Who thought she'd like to learn
to bowl,
So down the town she went
with speed
To buy up all the things she'd need
And to the park she went next day,
'Will someone show me how
to play?'*
*I think that I forgot to mention
Ethel was of large dimension,
Very broad across the beam
So skirt was stretched at
every seam.
The situation so to ease
She hotched it up above her knees
And giving a contented sigh
Exposed a large expanse of thigh.
Old Bert sat watching at the end
And just as Ethel tried to bend
He let out a mighty roar
'Hey gal, you ain't got on
your drawers.
I've never seen the likes of that
It's near given me a heart attack.'*
*Poor Ethel stood rooted to the spot,
First she went cold then she
went hot,
Still covered with embarrassment
She grabbed her bowls and off
she went.
She never learnt to play the game
And Bert has never been the same.
The last I heard she'd sold
her woods
And now played darts around
the pubs.
I've told you all this tale of woe
So just be careful how you go,
And girls don't be like Ethel Cole
Please wear your knickers when
you bowl.*

By Dinah Court (aged 89)



Ready for the draw . . . Upbeat members at Bury tip the numbered balls into the bag before the February winners of the 100 Club are drawn. Since 2006, the monthly competition has raised nearly £7,000 for Upbeat funds and given out a similar amount in prizes. Secretary Rita Howell said: "I am delighted that we have had a record number of 351 subscribers for 2010 and would remind everyone that you may join at any time during the year, paying only for the number of months remaining. Thanks very much to you all for your support."

■ 100 Club winners to February are listed on Page 55

TOMMY COOPER CLASSICS

Police arrested two kids yesterday, one was drinking battery acid and the other was eating fireworks. They charged one and let the other one off.

So I was getting into my car, and this bloke says to me "Can you give me a lift?" I said "Sure, you look great, the world's your oyster, go for it."

Apparently, 1 in 5 people in the world are Chinese. There are 5 people in my family, so it must be one of them. It's either my mum or my dad, or my older brother Colin, or my younger brother Ho-Cha-Chu? But I think its Colin.

Kicking the caffeine habit. . . cont'd from P9

■ **Blood Sugar Swings:** Diabetics should avoid caffeine because it stimulates a temporary surge in blood sugar, followed by an overproduction of insulin, causing a blood sugar crash within hours.

■ **Nutritional Deficiencies:** Caffeine inhibits the absorption of some nutrients and causes the urinary excretion of calcium, magnesium, potassium, iron and trace minerals, all essential elements necessary for good health.

■ **Male Health Problems:** It has been found that men can significantly reduce their risk for urinary and prostate problems by making dietary changes, including eliminating coffee and caffeine.

■ **Female Health Problems:** Fibrocystic breast disease, PMS, osteoporosis, infertility problems, miscarriage, low birth weight infants, and menopausal problems such as hot flashes are all exacerbated by caffeine consumption. Women on birth control pills are particularly at risk since they have a decreased ability to detoxify caffeine.

■ **Ageing:** Many people find in their forties they can no longer tolerate the same level of caffeine

consumption as they could in their twenties and thirties. The production of DHEA, melatonin, and other vital hormones start to decline and caffeine speeds up that downhill drop. Conversely, cortisol, a stress hormone, increases in production as we age and caffeine increases cortisol levels in the blood for up to 18 hours. Caffeine dehydrates the body and contributes to the ageing of the skin and kidneys. It has been shown to inhibit DNA repair and slow the ability of the liver to detoxify foreign toxins.

Quitting Coffee the Pain-free Way

Caffeine withdrawal headaches can be incapacitating. Often they are accompanied by fatigue as your body starts to recuperate from its former caffeine-driven pace. The good news is that you can avoid this pitfall by slowly weaning yourself off caffeine over a two to three week period. Start by mixing your normal coffee $\frac{3}{4}$ to $\frac{1}{4}$ herbal coffee. Gradually reduce the percentage of your coffee until you are drinking 100% herbal coffee. You should be able to avoid the headaches and also gradually adjust your body to less reliance on stimulants.

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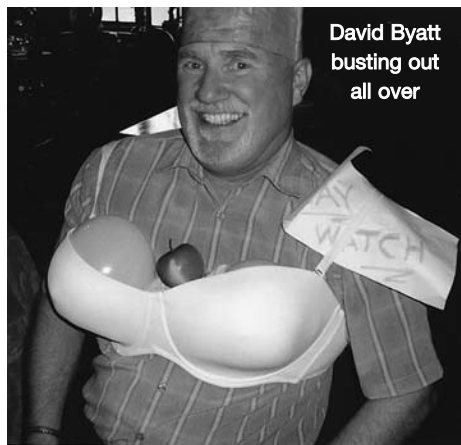
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It's time for a laugh . . .

MOST men have an ambition in life. Some would like to be engine drivers, some cowboys and others football stars. But from this picture it appears that joker David Byatt wants to be only one thing – an Upbeat Calendar Girl.

His inspiration was obviously Michelle Jermy and her discreet and tasteful pose with an apple for the real calendar. But which one do you prefer? (Don't bother to call us, we think we know the answer).

David's fancy dress caused a lot of laughs during a Christmas get-together of some Upbeat members at a pub in Barrow. It's obvious he is busting out all over with talent.



NEW NURSERY RHYMES

It is often said that nursery rhymes are a thing of the past. However, extensive research of walls and waste paper bins shows that the medium is alive and well. Members might like to share the fruits of their own researches.

Humpty Dumpty sat on the fence,
None of the parties had made any sense,
All of their promises far too remote,
To get Humpty Dumpty,
To go out and vote.

Mary, Mary, all contrary,
How are you going to vote?
"You'll find me with the BNP,
I just love rocking the boat!"

Gordon, Gordon, have you any gold?
No, sir. No, sir. It's been sold,
Some to the Saudis,
And some to the Yanks,
And some to the city boys,
Who ruined all our banks.

The man in the moon came down too soon,
And asked the way to Norwich.
The diversions were such,
He got quite out of touch.
And had to go home with no porridge.

Jack and Jill had fixed the till,
To make their VAT bill brighter.
The Revenue Man discovered their plan.
And now they're ten grand lighter.

Hickory Dickory Dock,
The shops are discounting their stock,
When all else fails.
We'll have more sales,
Hickory, Dickory Doc

Contributed by Brian Way of the Friday Group

Funny fillers

"Can you cut me a piece of glass about so big," said a customer at the builder's merchant, while indicating the size with his hands. "Will it fit?" enquired the assistant, who was not convinced by the customer's assurance that it would. "Hold out your hands at the exact size you want," said the assistant, while quickly measuring the gap. "Now hold them out again," he asked a little more exasperated and measuring a second time. "Just as I thought," he crowed triumphantly, "it's totally different this time." "Nay boy," said the customer, "course it will fit – I ain't made the frame yet."

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Gunton Hall weekend

UPBEAT members had their their second Turkey and Tinsel weekend at Gunton Hall, Lowestoft, in November. As before, Friday was Christmas Eve, Saturday Christmas Day, and Sunday New Year's Eve.

The weather was kind to us but although the wind was strong it got even worse when Father Christmas gave Rickie Lee a present (a whoopee cushion!!)

Our party of 57 included four members from Sudbury – a fiendish plot, we thought, by Chairman Jill Brooks to spread a bit of decorum into the Bury mob. Alas, it failed miserably as it was discovered when a lady we shall call 'M' changed into her swimming costume in the men's changing room!

The accommodation, food and entertainment was good. On Christmas Eve, the resident entertainers caused lots of laughter when two ladies – one petite one sturdy – did the 'mirror' dance (ballet). Two men entertainers did this ballet sketch with biggish ball between them, a bit rude, but funny. On Christmas night, Black Onyx, three men from Leeds, did impersonations of pop singers from the 60s, 70s and 80s and on New Year's Eve we

had a comedian. Each night several Upbeat members danced to the early hours.

On Saturday night, we had surprise visit by two Upbeat staff, Kate (cardiac nurse) and Michelle (cardiac fitness trainer). (Was this, we wondered a Gunton Hall plot to get the Bury mob under control?). Kate and Michelle looked magnificent in their outfits, though one man asked Michelle why she didn't wear the same outfit as on the Upbeat Calendar for September!

However, the jollity was short-lived as one of the members felt unwell and went back to her chalet, escorted by Kate and Michelle. Gunton Hall staff called the paramedics and she was taken to hospital at Gorleston, but allowed back to Gunton next day. Kate and Michelle had given up some of their valuable leisure time to come and see us, and then in the emergency they were quickly to the helm. This is what Upbeat staff and members are all about, caring for others.

Monday morning came far too quickly and we said our farewells and travelled home, tired but happy.

Patrick Simkin

Treasures of Tuscany

EIGHT members of Sudbury Upbeat and one from Bury joined a party from the HeartCare charity based in Lowestoft for a 10-day taster trip to see the Treasures of Tuscany. After a night in Arras, France, we continued to a hotel near the Italian border. Next day, we travelled through the Mont Blanc tunnel while Dennis Seager, who with Presy organised the trip, gave us details about its length and about the serious accident that caused its closure until recently. In Italy, the weather changed to hot

sunshine and stayed with us for the rest of the trip. Our destination was Montecatini Terme.

Next day, we explored the beautiful town, which is built around mineral springs, and its twin town Montecatini Alto, a fortified medieval town.

Visits were made to Florence, the walled city of Lucca, Pisa with its leaning tower and San Gimignano, a Unesco world heritage site. The best view of Florence was from a high point overlooking the town, which was also the most popular spot for Chinese weddings.

There were about half a dozen taking place while we watched.

On our return journey, we travelled through Switzerland, with spectacular views of the Alps, then stopped at a hotel overlooking Lake Lucerne. We stayed for a night near Metz before travelling home through the Channel Tunnel, exhausted but with many happy memories. We can thoroughly recommend trips like this, particularly for singles, as they would feel safe and part of a large friendly party.

Jean Penson

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HOW PUNNY CAN YOU GET!

A hole has been found in the nudist camp wall.

The police are looking into it.

Atheism is a non-prophet organization.

Two hats were hanging on a hat rack in the hallway.

One hat said to the other, 'You stay here, I'll go on a head'.

A sign on the lawn at a drug rehab center said: 'Keep off the grass'.

A small boy swallowed some coins and was taken to a hospital.

When his grandmother telephoned to ask how he was, a nurse said, 'No change yet'.

A chicken crossing the road is poultry in motion.

The man who survived mustard gas and pepper spray is now a seasoned veteran.

A backward poet writes inverse.

In democracy it's your vote that counts.
In feudalism it's your count that votes.

When cannibals ate a missionary, they got a taste of religion.

Don't join dangerous cults:
Practice safe sects!

IT'S GREAT TO BE BRITISH

Being British is about driving in a German car to an Irish pub for a Belgian beer.

Outside again, we grab an Indian curry or a Turkish kebab. At home, we sit on Swedish furniture and watch an American film on a Japanese TV, but the most British thing of all is a deep suspicion of all things foreign. Only in Britain can a pizza get to your house faster than an ambulance.

Only in Britain do people order double cheeseburgers, large fries and a diet coke. Only in Britain do banks leave both doors open and chain the pens to the counters. Only in Britain are there disabled parking places in front of skating rinks and DIY stores.

Only in Britain do we leave cars worth thousands of pounds on the driveway and lock our cheap lawnmower in the garage. Only in Britain do supermarkets make sick people walk all the way to the back of the store to get their prescriptions, while allowing healthy people to buy cigarettes at the front.

Famous sayings

Don't worry about avoiding temptation.
As you grow older, it will avoid you –

Winston Churchill

Maybe it's true that life begins at fifty ...
But everything else starts to wear out, fall out, or spread out – **Phyllis Diller**

Secret Suffolk (see Page 21)

The town is Stowmarket. Robert Leader's

book, *Secret Suffolk*, is published by Thorogood at £8.99

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



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Talking the talk, walking the walk!

In our autumn edition Upbeat, exercise instructor Michelle Jermy told how she had been invited by the BACR (British Association for Cardiac Rehabilitation) to do a presentation on her work, including her sessions with us, at its conference.

Here she tells how her visit to Birmingham went

ON A cold and wet October night Kate Turner picked me up and we set off for Birmingham. Thankfully, the drive to Birmingham was straightforward. I should mention that not only does Kate not like long drives, she hates driving through cities! But we soon found our hotel as 'sat nav' drove us through the heart of Birmingham.

Welcome to the city! The car parking prices were horrendous. We collected our belongings and headed for the reception. It was a beautiful hotel, and we were glad to reach our room and head to bed.

The day before my presentation, Thursday, October 8th, was an opportunity to familiarise myself with the surroundings, see the delegates attending the event and watch other presentations. The highlight for me was listening to Professor Panteleimon Ekkekasis (Paddy, as no one could pronounce his name) deliver a number of presentations on the Psychology of Physical Activity, 'The pleasure and displeasure people feel when they exercise'. His research was very interesting and very relevant for the work I hope to be involved in.

Anyone who has been subjected to attending presentations/conferences can appreciate a full day of sitting and listening can make one very tired. Kate does a great impression of the nodding dog, lol) and I get so fidgety.

Dinner was at 7pm, so I had the wonderful idea to go for a short, brisk walk around the outskirts of the hotel. When standing at the front of the hotel it appeared the road flowed in a neat square, so off we set. A minor diversion, however, led to an element of adventure – okay, we got lost! We decided to ask for directions and many attempts later found someone who knew the area and could understand us. The short, brisk walk turned into an hour-and-a-half hike, so when we got back to the hotel, there was no taking the

stairs, we headed straight for the lift.

We quickly showered, dressed and headed for dinner. I had rehearsed my presentation briefly, but Kate said I should run through it with her before bed. Unfortunately, that did not happen. The wine (which was free) tasted very nice and we ended up sitting at a table with a cardiac rehab team from Norwich Hospital. After good conversation and a few glasses of wine, the presentation didn't seem so daunting after all. After dinner, we headed to the bar and got talking to the cardiac rehab team from Addenbrooke's Hospital and, with much laughter, Kate and I were tag-teaming our stories of Upbeat. We now have a waiting list of people wanting to come and work with the group. We popped our heads into the disco – to see doctors and professors throwing moves on the dance floor made me smile and realise we are all human – before we headed to bed.

As I woke, the nerves kicked in. I managed to concentrate on the first presentation by Dr Dawn Skelton, excellent work and clearly demonstrated how cardiac rehabilitation and falls prevention training should be working in conjunction. The rest of the morning was a blur.

Then the brief for Innovative Practice was given and I was first up. I gazed across the room, so many faces staring at me, arghh. The time flew, I remembered the audience laughing when I hoped they would, but I felt like I had run a race, my heart was racing and my legs shaky. One question to go, but it came from an Anne Robinson lookalike (I am too scared to say anything more in case she reads this article), but I survived. Kate said I did great. Though the presentation was nervewracking, I really enjoyed it and hope to do more. The conference was a great networking opportunity the presentations were relevant and great for professional development. A big thank you to Kate for going along to support me.

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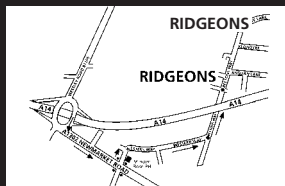
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Spectacular entertainment

I DIDN'T know quite what to expect when I booked for the Upbeat trip to Thursford. Everybody who had been there before kept telling me the Christmas Spectacular was the greatest show on earth, but as our coach drove out of Holt, in Norfolk, and turned into a narrow country lane I began to wonder if I'd made the right decision. Yes, this was Thursford and yes, if it is not the greatest show on earth, then it must be getting near. For more than two hours we were dazzled by more glitter and electronic lighting than you get in the Blackpool lights and entertained by an army of 100 entertainers, all of which left me dazed with delight as the perfect antidote to our credit-crunched way of life.

Thursford is a West End-standard £2.5 million glitzy, gaudy, sometimes cheesy but always breathtaking production. The excitement was you never knew what was coming next.

We started with a Christmas reading, a carol or two then we were straight into the ventrolquist, Steve Hewlett, hilarious and often naughty. Back to another reading then on came the line of more than 20 high-kicking chorus girls who were never far from the action.

There were old songs, pop songs, show songs,

then came a parade through the audience of a long line of berobed singers solemnly carrying giant candles, a scene which would not have been out of place in a cathedral. The only thing missing was the incense.

A selection of songs from Mary Poppins included Chim Chim Cheeree when a least 50 sweeps brushes were being whirled around on the whole length of the huge stage at the same time – they don't do things by halves at Thursford. Then a Wurlitzer organ would rise from the depths below the stage and we could watch the fast-moving fingers and feet of the organist Phil Kelsall in close-up on four giant screens. And, in between the sacred singing of two more carols, we had a comedian Maxi Mann, with jokes that would never be included in a school nativity play. It was that sort of show. As as we left in our coach after the matinée performance (Upbeat members don't like getting to bed too late) other coaches from all over the country were fighting for space in that narrow lane bringing people to Norfolk to see what is now regarded as the biggest and best show of its kind in the country. Long may it continue.

David Williams

Variety's the spice of life

VARIETY was certainly the spice of life for Upbeat members who braved a rainy night to arrive at Whelnetham Community Centre on October 31 for a fund-raising concert arranged by Paul Cooper and the events committee.

Compered by Chris Brown, the show opened with great gusto from Nutz & Boltz, a trio consisting of guitars and drummer – the latter bearing an uncanny resemblance to our compere! We thrilled to a toe-tapping mix of rock and skiffle, in which Elvis took pride of place.

By contrast, Born in a Barn – a nine-strong male voice choir – gave us a selection of songs from across the years, accompanied by their musical director Charmaine Cooper. There was

a hint of “humming along” at times from the audience, always a sign of contented enjoyment.

More variety came from Ted & Cecil, a couple of “real owd Suffolk boys”, who kept us laughing with their jokes and anecdotes of country folk, in their inimitable local dialect.

Moments of calm were welcome from Charmaine, whose piano playing was a delight. The second half gave us another helping of each act, which was equally enjoyable and we all went home with light hearts and good memories of a happy evening. True Upbeat style – more than £1,000 was raised

David & Ann Grunbaum

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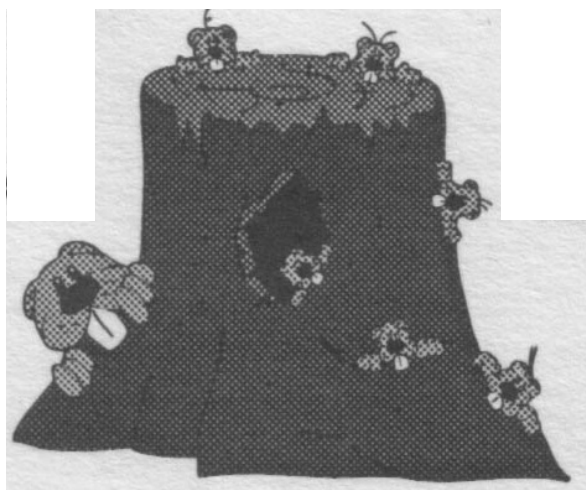
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To enable Upbeat to achieve our aims and to offer support, exercise facilities, educational and social functions to heart patients and their carers in West Suffolk we need to raise money continually.

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.

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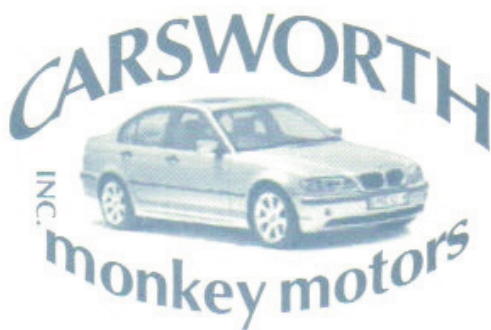
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EVENTS & SOCIAL FUNCTIONS - 2009

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.org.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: **2010** – May 13 & 27; June 10 & 24 July 8 & 22, Aug 5 & 19; Sept 2, 16, 30; Oct 14, 28; Nov 11 & 25; Dec 9.

2011 – Jan 6 & 20.

Go 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. 2010 dates are: April 19; Sep 6 & 20; Oct 4 & 18; Nov 1 & 15.

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 2ND APRIL Good Friday Sudbury 29th Annual Fun Run

Join us for a sponsored 5 mile walk (or run) – please obtain an application form from Jill Brooks or Trevor Davies. If you cannot join us, please sponsor a walker in aid of Upbeat.

SAT 10TH APRIL Quiz Night at All Saints' Church Hall, Bury St Edmunds

Commencing 7.30 pm. Tickets £6

Conducted by Roger Bawden. Teams of 6 if possible but individuals welcome and we will make up teams on the evening. Guests very welcome. Popular questions, supper in the interval, but no bar – please bring your own drinks. We can supply glasses. Car sharing from Sudbury – please enquire from Trevor Davies on 01787 374345

THURS 6TH MAY (note change of date)

**Coach Trip to Bletchley Park WWII Museum,
Grand Union Canal & National Waterways
Museum, Stoke Bruerne. Tickets £33.00**

Visit Bletchley Park and the National Codes Museum for a guide escorted tour. Tea/coffee on arrival, light lunch, two-part guided tour and afternoon refreshments included. Visit the canal side village of Stoke Bruerne for the National Waterways Museum (optional – admission £3.00 for concessions), or take a towpath walk to the Blisworth Tunnel entrance (approx one mile easy walking on surfaced path). Application forms from exercise venues or contact Ann Clarke on 01284 750980

FRI 21ST MAY

AGM 8.20 pm Southgate Centre, Bury St Edmunds

Followed by our usual delicious buffet.

SAT 22ND MAY

Bowls Tournament at British Sugar Bowls Club, Bury St Edmunds

By the kind invitation of The British Sugar Bowling Club, 'Upbeat All Stars' versus British Sugar.

Contact Jill Brooks

THURS 27TH MAY Guided Walk around Long Melford – 6pm

Led by local historian Barry Wall, this is a chance to continue with last year's interesting walk. Limited to 20 walkers. Price £1. Contact Peter Carr to book on 01787 376058

SAT 12TH – MON 21ST JUNE

HeartCare Holiday to Spain (Costa Brava & Catalonia).

Price £599 based on sharing twin room

Includes travel by coach through Eurotunnel, 2 nights half board on outbound journey in France, 5 nights full board at Don Juan Hotel in Tossa de Mar, with visits to Barcelona, Monserrat and Calella, and 2 nights half board on return journey. Deposit £100 (to confirm booking) with balance due by May 4th 2010. Led by Presy & Dennis Seager – 01502 564262. Booking forms available from exercise venues or David Camp on 01787 376723

MON 14TH – FRI 18TH JUNE

**Coach Holiday to Somerset. Price £325 with £30 single
room supplement**

Staying at the 4 star Ramada Plaza Bristol Hotel which has a health club and indoor swimming pool. Includes visits to Stow in the Wold, Longleat House and Safari Park, Bristol, Bath and Wells. Deposit £50 per person (to confirm booking) with balance due by April 14th 2010. Contact Rita Howell on 01284 762976 for more details and an application form

SAT 26TH JUNE

Strawberry Tea at 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, as well as the opportunity to meet members whom you've not met before. Tickets from exercise

venues or Trevor Davies on 01787 374345.

WED 7TH JULY (note change of date)

Coach trip to London for Thames Cruise.

Tickets £39.00 (to be confirmed)

Enjoy a gentle cruise from either Gravesend or Tilbury into central London and back, watching the sights as you pass. Buffet lunch on board included in price. This trip is suitable for the more able-bodied members as there are narrow gang planks and steep stairs to negotiate and no disabled toilets on board. Application forms available from exercise venues or Trevor Davies on 01787 374345.

WED 28TH JULY

Coach Trip to Sandringham Flower Show. Tickets £20.00

Your chance to visit this famous event and perhaps catch a glimpse of Charles and Camilla! Entrance to Sandringham House not included. Application forms available from exercise venues or Paul Cooper on 01284 754414

THURS 5TH AUGUST

Coach Trip to Felixstowe with Show at Spa Pavilion.

Tickets £22.50

Enjoy a day out at the seaside where you can stroll along the prom, sit and watch the world go by or enjoy a fish 'n' chip' lunch (not included). The day includes seats for a private afternoon variety show at the Spa Pavilion (by kind permission of the Gredley Charitable Trust). Application forms available from exercise venues or Paul Cooper on 01284 754414

SAT 11TH SEPTEMBER

Bury St Edmunds Concert Band plays 'Music from the Shows' at the Delphi Club, Newton Road, Sudbury, at 7.30 pm. Tickets £7.50

Postponed from February. An evening of entertainment by a local band with more than 40 members. Raffle and lucky programme. Licensed bar. Tickets on sale from Sudbury Tourist Information Centre, Sudbury Town Hall, exercise venues and Trevor Davies (01787 374345)

SEPTEMBER – To be announced First Upbeat Golf Challenge Day

Subject to sufficient interest we're planning a midweek golf day at the Suffolk Golf & Country Club, Fornham St Genevieve, Bury St Edmunds. A sandwich lunch, followed by 18 holes of golf and a three-course presentation dinner. Stapleford competition with shotgun start; teams of four – guests welcome. Prizes and trophies to be won! Open to players of all abilities. Expressions of interest are invited. Please complete the sign-up sheet at exercise venues or contact Paul Cooper on 01284 754414.

SEPTEMBER/OCTOBER Autumn Theatre Trip To be arranged

SAT 2ND OCTOBER

Horse Racing Evening at Great Whelnetnam Community Centre, commencing 7.00 pm. Tickets £7.50 including fish & chip supper

First race 7.30 pm prompt. The return of video horse racing – huge fun! Small stakes (50p) – can you win your fortune? Licensed bar applied for. Tickets from exercise venues or Trevor Davies on 01787 374345.

THURS 14TH OCTOBER Autumn Walk – 10.30am

Walk around the Rushbrooke Estate, followed by lunch at The Rushbrooke Arms Led by Rita Howell 01284 762976

FRI 26TH NOVEMBER

Christmas Hamper at New Bury Centre, Bury St Edmunds (drawn on Wednesday)

MON 29TH NOVEMBER Christmas Hamper at New Bury Centre, Bury St Edmunds (drawn on Wednesday)

TUES 30TH NOVEMBER Christmas Hamper at Sudbury Town Hall

WED 1ST DECEMBER Christmas Hamper at New Bury Centre, Bury St Edmunds

THURS 2ND DECEMBER Westfield Christmas Shopping, White City £13.00 & BBC Television Centre (optional – add £7.95 per person)

Visit London's latest undercover shopping centre. An American style mall which features 'high end' outlets and household names. Optional guided tour of the BBC TV's nearby and legendary Wood Lane Television Centre is also available. We return home via central London to admire the fabulous Oxford Street and Regent Street Christmas Lights. Application forms available from exercise venues or Paul Cooper on 01284 754414

FRI 3RD DECEMBER Christmas Hamper at Hardwick Middle School, Bury St Edmunds

FRI 10TH DECEMBER Exercise & Mince Pies at New Bury Centre, Bury St Edmunds

MON 13TH DECEMBER Exercise & Mince Pies at New Bury Centre, Bury St Edmunds

TUES 14TH DECEMBER Christmas Festivities & Grand Draw at Sudbury Town Hall

WED 15TH DECEMBER Christmas Festivities & Grand Draw at New Bury Centre, Bury St Edmunds

FRI 17TH DECEMBER Christmas Festivities & Grand Draw at Hardwick Middle School, Bury St Edmunds

Over the Christmas & New Year Holiday period, we will be closed on the following dates: Mon 20th, Tues 21st, Wed 22nd, Fri 24th, Mon 27th, Tues 28th, Wed 29th, Fri 31st December 2010, Mon 3rd January 2011. We are reopening on Tue 4th January 2011.

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 2011 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.

TERMS AND CONDITIONS

- 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

Simon Lewis
Val Huestis
Bridget & Kenneth James
John Duree
Richard & Yvonne Pritchard
Basil Cooper
Shirley Reader
Beryl & George Hazell
Alan & Ruth Simpson
Geoffrey & Mary Carter
Michael Brenton
Pauline & Neville Farrow

William & Doreen Ewing
Barry & Susan Metcalfe
Wanda Melia
Susan Tighe
Elizabeth Doel
Peter Empleton
Kerry Morris
Graham Davies#
Dorothy Lowe
Ann-Marie & Stephen
Kennard
Dave & Mary West

Christopher & Kay Nunn
David Clarke
Chris Manels
Rosemary Currell
Irene Johnson
Frank & Chris Medcraft
Jill Cailles

This is to 31 January 2010.
Anyone who has joined us
since then will be published in
our Autumn Magazine

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£69 Doreen McLanaghan no 077

November

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£71.50 Olive Braybrooke 226

January

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71.50 John Wood no. 34

February

£100 Guy Brown no 330
£75 Derek Foulger no 096

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, chiroprapist, physiotherapist or church group.



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They came, they saw, they conga'd



Upbeat members can't help exercising even when they're enjoying their Christmas festivities. After they had paraded before the judges at the New Bury Centre they stayed on the floor for a strenuous conga. One member, Marion Reynolds, packaged herself up prettily as A Present from Father Christmas while Ron Lawes, with blue bonnet and dummy, didn't cry for his bottle of milk but had a glass of white wine instead – who's a boozy baby then?



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