



**UPBEAT MAGAZINE**

# The village that lost its big house

**Nightmare of  
war had dream  
ending for an  
Upbeat member**

**Sainsbury's**

**Charity of  
the year**

**SPRING 2011**

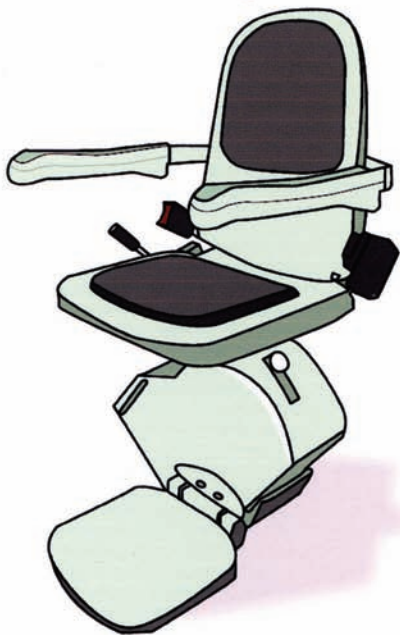
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**Secretary: Brian H Bagnall, 14 Hardwick Lane, Bury St Edmunds IP33 2QF,  
Tel: 01284 755094, email [b.bagnall@btinternet.com](mailto:b.bagnall@btinternet.com)  
Full list of officers – Page 7  
How to make a donation to Upbeat – Page 49**

## **Tell us your stories – it's our way of recording history**

Upbeat Magazine is written mostly by its members and is distributed to them so that they can keep up-to-date on what the group is doing in its work of cardiac care, in its money-raising efforts as a self-funded local charity and with information about its diary of events which its members can take part in throughout the year.

There is no research on whether Upkeep helps its near-800 members to extend their life span after the treatment they receive for heart and related conditions, although there are many who think this is so, but it does mean that their life can be more active and companionable, and happier as a result.

This issue of the magazine, for example, records activities such as a shopping day in one of London's newest centres, a trip to a West End theatre, pictures from our Christmas party which seems to get better every year, and details about all the events members can enjoy during the coming summer.

The magazine is a medium where members can share their stories of what they have been doing and where they have been. It is also somewhere they can share their experiences of the past, because the age range of Upbeat members is such that the memories they have and the stories they can tell are a unique record of history and our way of life over the past many decades.

For instance in this edition one member tells a remarkable story of his war experiences that began in Poland and continued in the Middle East before he came to England. Another tells of the humour of life in the London blitz – and we're sure there are many other stories that members can contribute. It's your magazine, so why don't you write and tell us about them.

*Front cover picture – Rushbrooke Church, a photograph taken during an Upbeat walk around the village in the autumn.*

**Editorial contributions** and ideas for features and other items to David Williams (01284 850 836, email [djwilliams.chedburgh@yahoo.co.uk](mailto:djwilliams.chedburgh@yahoo.co.uk))

**Advertising enquiries** - see Page 24

**See our website on [www.upbeatheartsupport.org.uk](http://www.upbeatheartsupport.org.uk)  
Charity Number 1087415**

# Chairman's Report

## Where has the past year gone?

THE spring report reminds me that we are just about to finish another year and start our seventeenth.

As I try to concentrate on this, unusually looking out of the window, the sun is shining and the snowdrops and crocuses are looking back. It would be nice to think we are at the end of winter. On the other hand life is too short to wish the days away. Where has the past year gone?

The AGM is again looming and you will soon be getting your nomination forms. Please attend if you possibly can as we need a minimum of 90 members to form a quorum under the constitution or the meeting cannot be held.

We are desperate for more committee members, both for the Executive Committee and for the sub-group.

The only real requirements are enthusiasm and a bit of time. You will see this request echoed all through this edition of the magazine.

It has been a sad few weeks as Upbeat has lost some very good friends, all of whom have been with us a number of years.

We especially thank their families for their generous bequests in memory of their loved ones and can take comfort from the fact that they were able to relax and made



by  
**JILL BROOKS**

many friends over the years.

We especially miss Peter Carr as he was an active member of the sub-group. He had a tragic accident but sadly did not recover. A very special, kind and loving person to us and his family, he was always ready with a laugh and joke and a helping hand where he could.

He was especially understanding with a quiet word when you needed it most which is what Upbeat is all about. We hope that all their partners will still come to see us at the centres as they did before.

At the moment everything is in a state of flux with the national health system. I personally feel that, now we are retired we have too much time to worry, largely about things that we are in no position to do anything about.

We are in touch with one of the directors of public health and should be given information as it comes through. As I write this the nurses are still uncertain whether they will have posts in rehab or not and it is a worrying time for them.

By the time that you read this report a very large number of you will have been to the

Celebration Lunch at Stoke by Nayland. I am getting a bit jittery at present and keeping my toes fingers (and eyes) crossed that you will enjoy every moment and forget the world outside for a few hours. This is especially for many of our members who do not get out that much, can't walk and for carers who need a break. While organising this day it has occurred to me that many people join Upbeat for life. Although unable to attend sessions, they still keep in contact through the magazine. This has been brought home to me by seeing the names of those who have returned their draw tickets and put little notes in to say they are still around.

Thank you all so much, not only for your donation but for that special contact.

Thank you everyone, many times over, for making Upbeat the success it is, in helping others especially when times are difficult. We still need help to keep this going so should you feel bored come and see us. We will be able to find you a job even if it is only cheer-leaders for the exercise groups. Anyone who came to the Xmas lunch at New Bury will know that there are one or two spare 'Tu Tus' going cheap from redundant elderly 'Cygnets' after our version of Swan Lake.

Laughter is still the best medicine.

Best wishes, *Jill Brooks*

## Table sales

MY table sales have now come to an end and I would like to thank all of you who gave me, for free, the things I sold. Many items were new, others in excellent condition and the table was full.

I sold everything from plant pots, electrical items, many books, puzzles and clothes, etc.

Along the way I've made many acquaintances and had some fun. I've been fed crisps and rice (not necessarily at the same time) and drunk numerous cups of tea and coffee.

I've had help from Don and my daughter Sally and many members called for a

chat. Altogether £219 was raised for Upbeat funds.

As with all table sales and car boots you never sell everything so what I had left I split between the Salvation Army, EACH, the St Nicholas Hospice and of course the British Heart Foundation. At last I can see my stairs again.

One thing I have discovered is that the RSPCA charity shop opposite Denny Brothers in St Andrews Street South will take small electrical items; they have someone who is trained to check them for resale.

*Sue Tyrell*

## Answers to the Magazine Quiz in the Autumn 2010 edition were:

- |                         |                      |                        |
|-------------------------|----------------------|------------------------|
| 1 Ecuador               | 7 Excalibur          | 13 No – dead           |
| 2 116 years (1337-1453) | 8 Highlight          | 14 3                   |
| 3 Squirrel Fur          | 9 Crosses On A Tomb  | 15 Monday of following |
| 4 Albert                | 10 3 days & 2 nights | week                   |
| 5 New Zealand           | 11 Square (only 2D)  |                        |
| 6 Red                   | 12 Coffin            |                        |

# Treasurer's Report

## We really do need a fund-raiser



by  
DAVID CAMP

I AM pleased to report again that Upbeat's financial situation is sound and with a positive reserve in the bank to cover our immediate, considerable monthly outgoings.

We are indebted to Suffolk County Council for a further Carers' Grant of £6,750 for the period up until the end of September.

In view of this, please continue to send in your Carers' Returns each month and if you require further return sheets, please request accordingly.

After September, under the current cut backs, this grant will cease and we will endeavour to find a replacement to cover this huge loss.

If unsuccessful, we will need to rely on the generosity of our members and friends for their wonderful donations that are steadily produced throughout the year, both large and small, and for which we are very grateful.

This year we have also had the proceeds of donations made in memory of sadly, a number of members who have passed away. We appreciate this support from the families concerned.

We are also indebted to the hard work of our Events & Social Sub Group, who as well as social trips and events run various fund raising events. The Sub Group, as reported elsewhere is unfortunately quite depleted at the moment and they are urgently looking for extra help.

A fund raising co-ordinator is also desperately needed as I have been emphasising for the

last three years or so, without any success or indeed even an enquiry.

With the possible demise of grants that we have enjoyed, our own fund raising will take on vital importance over the coming years if we are to remain viable. If you feel that you may be able to help, please make contact with any committee member.

As mentioned in the last magazine, we are Sainsburys of Bury St Edmunds 'Charity Of The Year' and whilst at the time of writing I am unaware what this will produce in the way of donations, it has enabled us to make a couple of store collections which will be substantial and you may have seen our display board on show in the store foyer, which has given added PR to the group.

If you should kindly donate to Upbeat, we would ask you to consider using the Gift Aid scheme as this enables us to claim an extra 28p on every pound donated if you pay standard Income Tax. Please ask for a form – it only needs your name, address and signature.

For your convenience, you may also donate on line on our web site by credit card or PayPal, if you prefer.

We also have an account with Just Giving should you decide to have a sponsored function or a number of external people donating towards your cause. Contact me for further details.

Our web site [www.upbeatheartsupport.org.uk](http://www.upbeatheartsupport.org.uk)

goes from strength to strength and I would urge you to have a look at it. We have added a number of pages, including many on medical matters and there are photographs of recent events in the Gallery and Archive sections. Incidentally, this is your web site – if you have photographs to share or a story to tell, please let me know.

Our huge thanks must go to our webmaster, Steve Dennington, who voluntarily designs and keeps up to date the site.

I will end, as usual with pleas for help.

Upbeat is run by a very small group of volunteers, who willingly give up their time for free for the benefit of all of us.

We cannot keep relying on these same people to forever be here for years. We do need help. We need fresh faces and new ideas.

Whether it is on our main Executive Committee, our Events & Social Sub Group or Fundraising, Grant applications or just

plain help with running sessions on a daily basis or occasional help with events etc. We need your help and support.

We need backup in case one of us becomes ill. We cannot just rely on Upbeat just ticking on forever. It has to be organised and co-ordinated and if the people are not here to do that then one cannot guarantee continuity.

Please make contact and discuss how we can continue to make Upbeat the great success it is.

To those of you who week in, week out do keep Upbeat running as smoothly as it does, our heartfelt thanks.

I include in this list all those who serve the coffee, take the money, set things out, clear things away, donate towards raffles etc as well as those stalwarts on the committees.

Thank you.

*David Camp*

## Fund raising Events – money raised

### JULY 2010 – FEBRUARY 2011

Sudbury Fun Run – Joyce Lambert	£187.00
Bury St Edmunds Concert Band	£541.95
Race Night	£401.83
Christmas Raffles – New Bury	£585.00
Hardwick Fri PM	£152.00
Sudbury	£299.00

### GRANTS

Suffolk County Council – Carers Grant	£7,500.00
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### DONATIONS

Don Pope	£ 41.00
Rodney Johnson	£130.00
Eileen Shurmer	£ 40.00
Bob Fuller	£200.00
Abbot Baldwin Freemasons	£500.00
Pat Darge	£250.00
Table Sales (Sue & Don Tyrell)	£148.50
Jean Davis	£100.00

Jill Brooks (Talks)	£150.00
John Simmons	£ 25.00
Bob Cross	£ 25.00
Jill van de Plasse	£ 40.00
David Camp	£ 35.00
Mary Turkentine	£ 50.00
Sudbury Charity Bingo	£800.00
Alan Williamson	£250.00
In memory of Evan Griffiths	£531.34
In memory of Gerry Worthington	£408.00
In memory of Ted Purnell	£125.00
In memory of Peter Carr (to date)	£390.00
In memory of Derek Finch (7th Darts Trophy)	£125.00
Sudbury Collecting Tin	£274.51
Bury Collecting Tin	£143.00

*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

<b>Monday mornings</b> at New Bury Community Centre, St Olaves Road, Bury St Edmunds	9.15am – 12.30pm
<b>Tuesday Mornings</b> at the Delphi Club, Sudbury	9.15am – 12.30pm
<b>Wednesday Mornings</b> at The New Bury Community Centre, Bury	9.15am – 12.30pm
<b>Friday Mornings</b> at the New Bury Community Centre, Bury	9.15am – 12.30pm
<b>Friday Evenings</b> 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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	Mary Lee (Minutes Secretary)	01284 763577 e-mail: leesatbse@yahoo.co.uk
	Anthony Warner	01284 828055 e-mail: tonfay53@btinternet.com

\* \* \* \* \*

**EVENTS AND SOCIAL FUNCTIONS SUB GROUP** Trevor Davies (Chairman), Jackie Williamson (Secretary), Members - Val Carr, Ann Clarke, Paul Cooper, Ken Davis

**THEATRE TRIPS** Sylvia Bambridge 01787 372839 e-mail: sylvia.bambridge@talktalk.net

## **CARDIAC NURSE REPRESENTATIVE**

Kate Turner 01359 250202 e-mail: kate.turner@wsh.nhs.uk

Nurses: Jane Bridges, Anne Graham, Simone Meldrum, Mandy Scales, Tracy Wallace

## **EXERCISE INSTRUCTOR REPRESENTATIVE**

Michelle Jermy 07725 582817 e-mail: michellejermy@hotmail.com

Instructors: Peter Azzopardi, Martyn Blackford, Maureen Cooling, Yvonne Galloway

## **MEMBERSHIP SECRETARY**

Catherine Palmer 01284 760960 e-mail: catherinepalmer1@googlemail.com

# Secretary's Report

IN the Autumn 2010 Magazine I did not contribute a secretary's report since the cut off date seemed so soon after I had taken over the post and, furthermore, I felt reading a profile about me was probably quite enough for one edition. In previous editions Rita Howell has described her activities as secretary with a wider role. We have now changed the job description and the Upbeat secretary now is concentrated on the requirements for a Charity and our links with the British Heart Foundation with which we are affiliated.

Running the 100 club remains Rita Howell's responsibility, while the Social Events Sub Group have Jackie Williamson as secretary. We were required to notify the British Heart Foundation that I had become the Secretary and while electronic communications were functioning the hard copies required for our reaffiliation were not being delivered, not just ours but 200 groups in all. It seems that the BHF Freepost system was not being delivered by the Post Office so we were told in the end to write to their London address,

This was not a very good start, added to which I found out that if I sent e-mails to members of our Executive Committee as a group, Windows XP could mysteriously leave one person off the list with no evidence that this had happened; that person just did not get the agenda.

It just goes to show you cannot always rely on computers. Although British Heart Foundation tell me that in future we can reaffiliate on line I think I shall send a hard copy as backup just to make sure, since we rely on the system to make sure Upbeat is fully insured

Each month Catherine Palmer our membership secretary sends me a list of new members and sadly also the names of those members who have died.

We were very sad to learn of the sudden death of Peter Carr who was Deputy Chairman of our



by  
**BRIAN BAGNALL**

Social Events Group. Our thoughts have been with Val Carr during the recent weeks and we hope she will feel able to join in some Upbeat events so that she can have the company of some friends.

As always time keeps flying by and it will soon be necessary to make plans for our AGM. This will be on Friday, 20th May at Southgate Community Centre, Bury St Edmunds, at approximately 8.20 following the exercise session. All members will be welcome and I hope you will put the AGM in your diaries, we hope for a good turnout.

Upbeat is becoming a very essential service for patients who have suffered both heart and circulatory problems.

We therefore need to plan ahead so that we can cope with the increasing demands for our services

In sending this item to David Williams as a contribution to the magazine I would like to thank him for his work and that of his team in providing us regularly with such interesting editions.

*Brian Bagnall*

# Alcohol and your heart

Upbeat Nurse Mandy Scales says too much alcohol can be dangerous – but some chocolate can do you good



THE advice from the general medical council is to limit your alcohol intake to 21 units per week for men and 14 units for women.

One unit of alcohol is defined as a small glass of wine, 125mls of 9.8% alcohol by volume, or half pint of beer or lager of 3.8%abv, or 25mls or a pub measurement of spirits (whisky, rum, vodka, gin etc.). If the alcohol content of the drink is increased then this increases the unit contained within the drink e.g. a 250mls large glass of stronger wine e.g. 12.5%abv, or stronger beer/lager can equate to 3 or more units for that drink.

Sporadic heavy drinking or 'binge' drinking is defined as consuming more than 8 units for men or 6 units for women in one session. This can double your risk of developing high blood pressure and heart disease. Binge drinking has also been called 'holiday heart syndrome' as it can cause a sudden irregular heart rhythm in previously fit people, causing them to become severely unwell with palpitations, chest pain and breathlessness.

Alcohol is also loaded with calories so will also lead to weight gain.

However there is some good news for people who enjoy a 'tipple' as there is some evidence to suggest that a regular pattern of drinking 1-2 alcoholic drinks, 3-4 times week can reduce the risk of heart disease in men over the age of 40 and post menopausal women.

The exact reason why a small amount of alcohol may be beneficial to the heart is unknown but it is thought it may improve the elasticity of the arteries thereby reducing blood pressure. It may

also prevent narrowing of the arteries as well as decreasing the stickiness of the blood which could prevent a blood clot (thrombosis) occurring.

Recent research was done by the William Harvey Institute and the University of Glasgow, who performed a population study on a group of people living in the south west of France and Sardinia, to discover the reason behind these people's longevity. One common theme was that these people regularly drank the traditional fermented red wine which was produced locally. The research discovered that this particular red wine was rich in a plant chemical known as procyanides.

Procyanides are known to have a beneficial effect on the endothelial cells that line the arteries. Most red wines contain procyanides, however only the traditional ones where the grapes are fermented for 3-4 weeks as opposed to much shorter duration being used in modern wines have enough procyanides to have any beneficial effect. The ripeness together with the type of grape was also relevant to producing enough procyanides. The best grapes were the cabernet sauvignon and nebbiolo.

Procyanides can also be found in dark chocolate, apples and cranberries (however any person taking warfarin should not have cranberries)

To maintain a healthy heart, the British Heart Foundation advises not to exceed the recommended alcoholic units, take regular exercise, eat a healthy balanced diet, maintain an ideal height to weight ratio, try to reduce stress levels and don't smoke.

# Collecting tins, carrier bags and some nice surprises

By Sylvia Baker

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THE forecast was for a really lovely sunny day – nice and hot – exceptional for early October. But it actually turned out to be dull and overcast day and I really hoped this was not a bad omen as I wanted our first collection day at Sainsbury's – who had voted us their Charity of the Year – to be special.

I arrived at 8.45am to find Colin and Bob putting together our display boards – pesky things would not seem to stay put!

Lots of pushing, heavy breathing and bits falling off and then it was all OK. We decided where it was to be located, shoved it about and got ourselves settled in.

Wendy arrived and we put on our Upbeat name sashes and had our collection tins at the ready as we prepared to get the Collection day started. I had no idea what to expect as the only instructions received via the store were –

- Don't get in the way of customers (how we did not get seriously injured with a trolley is beyond me – they come at you from all directions)
- Don't intimidate customers (Ha! Some were quite threatening to us)
- Only collect outside the store entrance
- Don't hand out leaflets (in case people throw them away to cause litter, I think)
- Ensure local by-laws concerning collection were complied with. (we probably broke every law)

Soon it was the time for Beth, Ricky and Mary to arrive. Beth and Bob decided to help with bag packing – but they had to have training before this could happen! Bob's fear was packing wine in case the bag broke and bottles could smash and just his luck his first attempt was a lady spending over £200 on her shopping meaning Bob had to use about 20 bags. However

Beth seemed to get lots of couples who did not need help so she came back to collect with us using tins.

Ricky was then going to bag-pack but was told nobody could be spared to train him. Poor Ricky, he was only trying to help so he abandoned bag-packing as well.

Next on the scene were Jess and Terry, Joyce and Ron – you can guess what fun Ron made of asking ladies where they would like him to place the sticker!

Joyce was told several times how good she looked so this kept her happy – she smiled and chatted to everyone and Jess made jokes about swapping husbands – won't go into that – and Terry kept our spirits up.

Next on the rota were Rita and Ray and Yvonne. Rita seemed to know lots of people from her nursing days and nobody escaped without putting money in her tin (she did hassle customers but very nicely).

Yvonne showed people, via her laptop, what type of exercise we did at Upbeat sessions. Soon Pat and her son Grahame together with George arrived to help.

Nurses Tracey and Kate came along and even managed to do some blood pressure checks – although I saw Kate looking at some customers with a view to how long it would take before they became her next patients.

We found that some of the younger children got so excited about having a sticker that they embarrassed the parent into putting into the collection tins, so we always asked if the children wanted a sticker!

Wendy knew lots of people too and managed to get £5 notes donated so we want her on the team again.

Ray got a seat and sat in just the right spot so



**Our first collection day at Sainsbury's**

they had to put into his tin. George had fun with the children and generally made people happy. Pat took people under her wing and told them all about Upbeat, Grahame helped me and did his bit with the collection tin.

It was a long day but people were very generous.

You cannot make assumptions...

some people who we felt sure would donate didn't and others you

least expect to, do. Lots want to talk about the

*'One lady was talking to me about her 'Jerry'. Then I suddenly twigged she meant her pacemaker...'*

charity and many simply will give because they have family members with heart problems.

One lady was talking to me about her 'Jerry'. Then I suddenly twigged she meant pacemaker... but we all had a good time, they were a fantastic team and we raised £500 which is a great effort and I look forward to the next collection day.

At least I will know what to expect next time. Well done and thank you again to all the team of helpers.

# A big thank you

I WAS going to try to give an update about what's been going on but I thought instead it is the right time to present Upbeat New Year Honour awards so please accept our special thanks...

**Don** – who is the first person you see when going to exercise sessions. He greets us by name, a quick wit ready with a joke and then takes our money and looks after us all very well.

**Vicky** – always with a smile, she and her team of ladies provide drinks and biscuits and take care of all the washing up.

**The greet and meet team** – always such a lot of laughter going on whenever they are about – they make new members very welcome and very happy.

**Nurses** – our team of lovely nurses who always support us – sorting out our medical worries, who give help and advice as well as hearing all our problems, and they always keep smiling.

**Trevor** – and his fantastic social and fund raising team... this year they not been large in number but they have worked hard to provide lovely trips for us all and made money and managed to supply new venues for us – much appreciated.

**David Camp** for keeping the books and taking care of all the charity issues, as well always being the voice of reason for us.

**Bob** – who keeps the Newbury centre and surrounding area clean and tidy.

**Rita** for the work she puts in on 100 club – sorting out walks/rambles and her help with organising food for our various events.

**Viv, Beth, Joyce, Mary** – a big thank you to all the ladies who helped sort out and arrange all the super food for our Christmas party. **Daphne, Brenda, Betty** – who always manage the raffle so well, not only at Christmas but at all our events – thank you.

A special mention should made to **Ron & Joyce** – it will be hard to forget the ballet instructor (or his lunchbox) and his superb swans; they were really fantastic, as were the Rapping Nuns who were excellent. No Christmas party would



**Sylvia Baker, vice chairman**

be complete without the members who came in fancy dress and of course the star turn **Patrick**, what would we do without him – he mimicked Michelle really well.

**Instructors** – they are all wonderful.

**Ken Brooks** – who supports Jill so much and does such a lot of work for Upbeat, printing, filing, stapling, keeping records etc, he actually spent many hours getting the latest letter folded and sorted into envelopes, we should give a special thank you to him.

**David, Bob and Eddie** – for all their hard work in producing the magazine.

Lastly **JILL BROOKS**, who gives her time and loads of effort and support always, so she deserves the biggest medal.

I do hope I have not missed anybody, forgive me if I have but these are just some of the very special people who should be recognised for continuing to ensure that Upbeat survives.

It has been a hard year so we can all look forward despite the economic situation to being part of a happy caring group. A happy year to you all.

As soon as details are available regarding another collection day at Sainsbury's, I will be asking for volunteers.

*Regards, Sylvia Baker, Vice Chairman*





**Rushbrooke Hall in its days of glory, above.**

**Right: Upbeat members who took the walk to Rushbrooke**



## Sad end to an historic hall

A GROUP of Upbeat ramblers had a lovely walk around the Rushbrooke Estate in October. The leaves were just turning into their autumn colours, the path up from the Rushbrooke Arms car park took us through woodland and when we got to the top of the rise we had a magnificent view over Bury and down over the village church.

We finished up with a tasty lunch at the pub and everyone said how much they enjoyed it. But for me there was one thing missing – what had they done to the great Rushbrooke Hall? It was certainly there during the war, when, I remember, a friend came back from a walk with his parents round the village and told me all about it – “It’s huge, it’s the biggest house you’ll ever see,” he said.

That gave me an ambition to see it, which I always meant to do. The trouble was I left it too late and, as I had not kept up with local history, I did not realise the hall, described in its time as one of the most important 16th Century houses in Suffolk, had been destroyed by fire while being demolished in 1961.

But what a history it had and I wanted to know more.

I found the answers in a book published last year, *Lost Country Houses of Suffolk*, written by W.M Roberts and published by the Boydell Press, Woodbridge. A chapter in the book tells

how Rushbrooke Hall was built in the mid 1500s by the prominent local family the Jermyns, who entertained Queen Elizabeth 1 there in 1577.

The Jermyn male line ended in 1708 and the house eventually passed into the Bristol family, of Ickworth, who exchanged it in 1808 for the Little Saxham estate of Colonel Robert Rushbrooke.

It remained that family’s seat until after World War I. It then had a variety of owners until Lord Rothschild bought it in 1938 and set about modernising and enlarging it.

Unfortunately as the work was being finished World War II broke out and Rushbrooke became a Red Cross convalescent home for servicemen, which would have been about the time my friend saw it.

The Rothschilds never returned to live in the house, although they retained the estate.

After the war it was offered to various organisations but the cost of heating – it needed five tons of coal a day – and the spread of dry rot did not make it an attractive property to take over.

Hence the decision to demolish it, hastened by the fire, and one of our most historic houses has now disappeared without trace.

I wish I had visited it sooner.

**David Williams**

# C R Talbot

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## CASE STUDY

# An inspiration to us all

**By Michelle Jermy,  
Upbeat Exercise Instructor**

WE are looking for volunteers to come forward to share their good news stories with all Upbeat members. With many members having experience of the many benefits from attending regular exercise with Upbeat we want to share this with everyone.

For someone considering exercise for the first time, reading your story could be the motivation they need to make the next step. This edition we feature Helen Herridge, aged 65.

Helen has been married to Alan for 14 years and they have lived in Elmswell for four years. She attends exercise sessions at the Newbury Centre, Bury St Edmunds.

Helen's husband Alan joined Upbeat as a cardiac patient – referred from the hospital after completing rehabilitation. Helen was in a wheelchair and had no experience of exercise previously. When she attended sessions with Alan she had not considered exercise for her. Helen was reassured the chair exercise would be gentle, allowing confidence to grow. She has attended on a regular basis, received support and guidance from the Upbeat team and the results have been excellent. Her progress has been inspirational.

Helen said: "I was sure I would be in my wheelchair for life. The chair exercise at Upbeat showed me if you try and want to get fit, it's up to you. I have also lost over three stone in weight."

Having worked closely with Helen for many years it is very rewarding for me to see the physical gains, greater mobility, improved fitness, strength and the excellent weight loss. It has also had a huge impact on her confidence and self esteem.

Helen should be very proud of herself.



**Helen Herridge – and the trousers  
she once wore**

# ‘How my nightmare turned into a dream’

Upbeat member Julius Badyan recalls the chapters of his life that make a remarkable war story

---

A LITTLE while ago I went to Lincoln where in the last years of World War II I served on the Polish Air Force base in the nearby village of Faldingworth.

I walked the streets looking for reminders of that chapter of my life – a boy in his late teens with a crowded past, which had not been without adventure, sadness and tragedy – but at that time I had not much idea of the future.

I listened for the silent roar of the aircraft engines and searched for the now non-existent runways and barracks. I was remembering how I lived on the base and cycled to Lincoln for entertainment. I stayed in the Salvation Army hostel, went on pub crawls on the lookout for female companionship. If I was not fit to return I slept among the tombstones in the local churchyard or in the field and then I would hurry back to the camp in the morning.

But then I turned in my thoughts to the earliest chapters of my life – a happy childhood in eastern Poland, carefree days of family life, school and holidays in the country. I turn over the pages and the next chapter of my life starts with the tragedy of war in 1939 when the Russians and



**Julius Badyan today**

Germans colluded to invade my country. My father was arrested in the winter of 1939 and disappeared for more than a year, which included imprisonment in the notorious Lubianka prison, then he was sent for forcible resettlement near the Aral sea. From the beginning of 1940 the Russians started mass deportation of thousands of families, including mine, to remote parts of Siberia. They included children, old people and even the bed-ridden. We had wooden bunks, a hole in the floor for a ‘toilet’ and daily rations. Luckily we were deported in spring but winter deportations had many deaths with burial on the way.

This chapter ends with the loss of my family life, my childhood and all my dreams and hopes for

the future.

Winter 1940 starts with my mother and my younger brother working in the village field in freezing conditions, deep snow and little food. Old people and children are dying from cold and hunger. But we survived and I am now ready to start a new chapter of my life.

With the outbreak of war between Germany and Russia attempts were made in Soviet Asia to form a Polish Army from the surviving prisoners of war from the gulags.

I joined the Polish Army School in 1942 but diseases were rife and while I was ill with typhoid my younger brother died.

Most of the survivors had been in labour camps in the north and many died, while those who lived were hardly in the state to form an army. However we deported civilians were able to join them as we tried to recover from malnutrition and other diseases.

We were reunited with my father, who had now been deported to Eastern Kazakhstan, and we were allowed to leave Russia on boats across the Caspian sea, then driven in army convoys through Persia to Palestine.

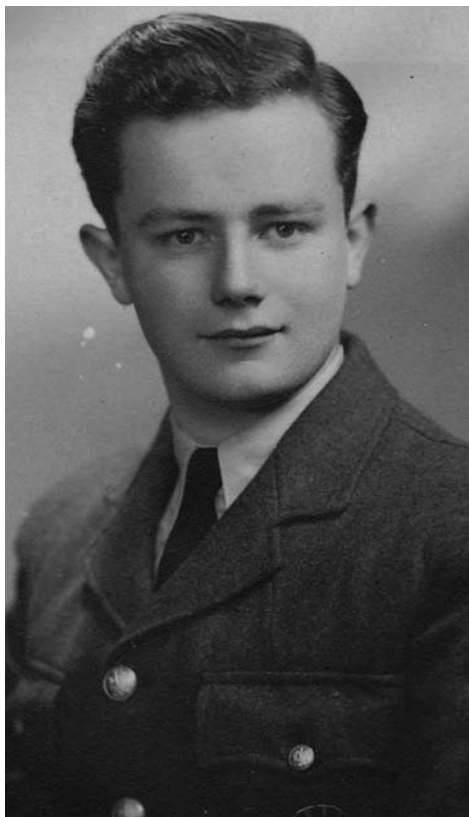
I was emaciated and needed convalescence before starting school again. As my life continued I was in uniform, studying hard to catch up with the lost years and go through army training. I was well again and strong and enjoying my life and freedom.

After final exams I was ready to start another chapter of my life, joining the Polish Air Force in England in 1944.

A new country, a new language, a new life and a new challenge.

At Faldingworth base I worked on intelligence, preparing for flights over Germany and debriefing returning crews until I got a scholarship to study.

The war ends and I am in civvies, studying phar-



**Julius Badyan pictured as a young man**

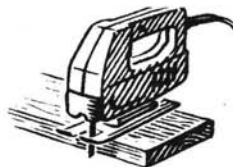
macy. On qualifying I start my last chapter. I marry, have two daughters and am very lucky to be able to rebuild my lost life. And here I am today settled in Sudbury and a member of Upbeat. I have lost my parents, my wife and many of my friends but, as Leon Trotsky said, 'Old age is the most unexpected of all things that happen to man'.

And so it has happened to me in the closing chapters of my life.

*'From the beginning of 1940 the Russians started mass deportation of thousands of families, including mine, to remote parts of Siberia. They included children, old people and even the bed-ridden. We had wooden bunks, a hole in the floor for a 'toilet' and daily rations'*



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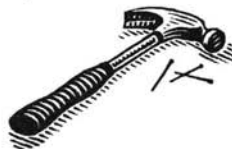
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# Double Diamond

TWO well known Bury couples, Maud and Allan List and Greta and John Steed, who were married on the same day in 1950, were at the Upbeat Thursday coffee morning on 16 September to celebrate their diamond weddings. Maud and Greta, both heart patients, were very early members of Upbeat and their husbands are also members. They have all regularly attended Upbeat activities.

Maud was Upbeat's second secretary and for a number of years was active in the Hospital Swimming Club and in organising and taking part in the BHF Annual Sponsored Swim.

Greta, a member of the Cotton family of butchers who traded under the name of Johnson from the shop in St John's Street, has been the "mother" of Upbeat's Thursday coffee morning for several years.

Allan, an electrical engineer and former member of the Fleet Air Arm, worked with the Eastern Electricity Board and other local firms. In his younger days he played in goal for Stowmarket Football Club. He looked after the maintenance of the Hospital Swimming Club pool for many years.

John, a former member of the SAS and the Palestine Police, was a manager at Barclay Motors (which used to be on the corner of Kings Road and St Andrew's Street South) and, of course, assists Greta at coffee mornings. Both Allan and John are Honorary Freemen of the Borough of St Edmundsbury.

At the September 16 coffee morning both couples received warmest congratulations and good wishes from many people, including a messages from the Queen.

RJ

## George's surprise

GEORGE O'Neill had a surprise when all his family turned up one Sunday in November and his grand-daughter handed him an envelope, insisting he opened it immediately. "But it's not my birthday until the 18th," George said, but he gave in. Inside he found a letter saying his favourite singer Andre Boccelli was appearing at the 02 arena in London on November 12 and that to celebrate his 80th birthday he and his wife Barbara would be picked up at Bury bus station to take them to the Tower Hotel in London and then on to the 02.

"I was gobsmacked," said George.

So on the 12th, after a drive through London's rush hour, he and Barbara got to the arena well in time to hear Boccelli sing. "What a glorious sound, he was marvellous," George

said.

The following day they were taken by coach to Hanover Square for a day's shopping before leaving London at 3pm. But the celebrations didn't end there. On his actual birthday his youngest son took him and Barbara out for an evening meal and the next day their eldest daughter invited them to lunch at the Flying Fortress. But instead of going to the pub his daughter said they had changed their minds and they would be having lunch at her place.

Then people started to arrive, including friends they had known for many years. "And then it dawned on me, I'd been conned again," said George. "After two wonderful surprises I can't help thinking what a sneaky but truly wonderful family I've got and I'm so proud of them all."

## A musical masterpiece

**Review** by Marina Reed

A full coach party from the Sudbury and Bury groups went to London's Drury Lane Theatre to see what was described as a 'musical masterpiece', and indeed it was. Oliver has been a big

success running for many years but is now nearing closure.

It was a brilliant performance, greatly enhanced by the many youngsters, the main role being played by a ten-year-old. The stage sets were most impressive and the whole performance was colourful and lively. It was also good to hear many recognisable songs.

Many thanks to Sylvia for organising another lovely day out.

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# Our Hawaiian adventure



## By Pat Simpkin

ON our 60-day tour of America and Australia last autumn Vivienne and I stopped for three days in a hot and sunny San Francisco where our highlight was a ride on the cable car on the very undulating streets.

We had a boat trip under the Golden Gate bridge, which we found disappointing as it looked a rusty orange to us.

We then flew to Honolulu (Hawaii). Next day we had a trip round the Pearl Harbour Memorial, a very moving experience. We saw a film about the Japanese raid on Pearl Harbour on December 7, 1941, where the U.S. Navy suffered its greatest defeat. Twenty one vessels were sunk or damaged and American air power on the island of Oahu was smashed. American dead totalled 2,390 with hundreds wounded.

Japanese dead totalled 55 airmen and nine sailors, with 29 planes and five midjet submarines destroyed. This action brought America into World War II.

We then sailed out to a monument-shaped ship situated above the sunken warship, the Arizona. This was visible just a few feet below the water level with the dead sailors still entombed. You could still see oil leaking from the vessel.

In the afternoon we boarded a huge liner, the Pride of America, which carries 2,400 passengers with 950 crew. It had 14 restaurants, some had to pay \$10, \$20, or \$30 extra per head for the posh ones. We ate mostly at one which was no extra cost. The cruise, starting at 7pm, was seven nights visiting five islands.

We docked at Kahuli in Maui, the second largest island with a population of 130,000. It

>> Continued on page 23

# 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

April 14th & 28th; May 12th & 26th; June 9th & 23rd; July 7th & 21st; August 4th & 18th;  
Sept 1st, 15th & 29th; Oct 13th & 27th; Nov 10th & 24th; Dec 8th & 22nd

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

*Ample Free Car Parking at both venues.*

## SUDBURY

3) Held at the Delphi Club, Sudbury, **every Tuesday morning** – 9.15am to 12.30pm.  
(Same time as the exercise sessions)

*There is ample free car parking.*

# GOLD AND SILVER COLLECTION

## WE'RE NOW COLLECTING SILVER

After the huge success we had with collecting gold our attention is now focusing on silver. We are still collecting gold but I would ask you to talk to your friends and families about donating their broken chains, odd earrings, bracelets, medals, pendants, pocket watches, wrist watches, old photo frames, silver coins.

Everything SILVER and GOLD is acceptable, no matter what condition.

Teenagers nowadays prefer silver or white gold so maybe your nieces or grandchildren have pieces that they no longer use and would like to donate to Upbeat.

Although we won't get as good a price as we did for gold, everything helps in our quest to maintain Upbeat at the level it is at the moment.

Please keep reminding your families and friends about our success **WE NEED THEIR SUPPORT TOO.**

Many thanks  
Jean Davis

tel: 01787 373845 email: [jeandavis2davis@btinternet.com](mailto:jeandavis2davis@btinternet.com)

>> continued from page 21

has 2 million visitors each year, their largest business. The rainfall is 300 inches each year. There are plenty of wild goats, deer and wild boar but no venomous snakes. Crops grown are 37,000 acres of sugar cane which take 18 months to reach maturity. They also grow pineapples and get six crops in three years. Alas, soon the sugar cane and most of the pineapple industry will disappear from Hawaii because workers get the American minimum wage so they cannot compete with third world countries. Other crops grown are coffee beans (picked twice a year), bananas, mango guava and macadamia nut plantations.

We then travelled round a very undulating road to Hanna. In 1850 they brought in Chinese workers to quarry this road out of the hillside for 18 miles. It took 2 years to complete. They were renowned for the use of picks and shovels (no dynamite) and were cheap. While still docked in Kahuli we went on another bus tour visiting Bucki (Maui Tropical Plantation and Gardens) where we had a tram ride round the gardens and plantation. Next stop was the Marine Centre where we saw marine life.

On Tuesday we had sailed overnight to the Big Island where we docked at Hilo, the capital. We visited the volcano park, seeing smoke rising from a huge crater, with a horrible sulphur smell near the visitor centre. Also around the surrounding land several smaller plumes of smoke were rising from ground. Later on we walked on a very rough lava field, then there was a short journey to a lava tube. Here we walked through the tube for about 100 yards. Years ago the lava would flow down the hillside. The outside crust would set and the inside would keep flowing. When the flow stopped it left this huge tunnel 12ft.x12ft. which went down for miles to the sea.

On Wednesday we sailed to the other side of the island to Kona, where we had to dock offshore and a tender took 10 minutes to get us ashore. We had a very interesting tour of a centre where they breed sea horses of various colours. Entering the centre we had to wash our arms from elbows to hands to stop contamination. Their project was to rear domesticated sea horses

*'While docked in Kahuli I went to the medical centre to give a warfarin blood sample because I'd had a bad reading the week before our departure.*

*At West Suffolk Hospital I was told it might cost me £85 to get it done but in Hawaii a nurse took the sample, gave me a reading in 10 minutes and it cost only £14-£15, a truly magnificent service'*

---

es for sale to the general public instead of taking them from the wild.

On Thursday we sailed all night to Nawillwill on the island of Kauai, where we had a tour to Kilhana Plantation. In its heyday (1935) it was owned by Gaylord Parke Wilcox who built a dream house of richly crafted woods for panelling. At that time they grew 26,000 acres of sugar cane.

Then came a train trip round orchards of fruit and nuts with numerous wild boars, chickens, sheep, cattle and horses running about. At dusk we were taken to our tables around a huge stage. They had roasted this pig in the ground heated by hot stones for 12 hrs and we had a huge feast of pork, chicken, Maui-Maui (fish), purple mashed potatoes, rice, noodles, ratatouille and pasta with cheese, followed by sweets. Then there was a magnificent show with singers and dancers. They were telling the story of Polynesian men leaving their islands to explore other islands.

On Saturday we disembarked from the ship. We loved the Hawaiian people (so friendly) as well as the fauna and flora.

The next 50 days we spent in Australia where we did a four-night cruise on the Great Barrier Reef from Cairns. We travelled along the East Coast seeing friends and relations in Brisbane, Gloucester, Wyong, Hunter Valley, Blue Mountains (near Sydney), also in Sydney. For the last 12 days we flew to Perth, Western Australia, to see more friends.

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

## HELP UPBEAT EVERYTIME YOU MAKE A PURCHASE VIA THE INTERNET?

**HOW?** Just register with [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk), state that your chosen charity is UPBEAT and then each time you wish to purchase something, sign in, select the company you wish to deal with and you will automatically be transferred to their website for you to place your order in the normal way.

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It is also possible to get to easyfundraising by selecting the advert on Upbeat's website at [www.upbeatheartsupport.org.uk](http://www.upbeatheartsupport.org.uk)

All of the major retailers and companies are in the scheme and donations range from up to 5% (sometimes more) of your purchase total to a cash figure if you take out insurance for example (Churchill are offering £35 for insurance taken out in this way)

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Upbeat members Geoff and Mary Carter are just two of the many people who have the hobby of keeping alive memories of what life was like during the war. Here they tell of a weekend of World War II nostalgia they spent in the North Yorkshire town of Pickering in October



Geoff and Mary Carter in 1940s dress, during their weekend away

## Stepping back in time

ARRIVING at lunchtime we were pleasantly surprised to find several people in period dress as there was not much going on that day. After lunch we had time to walk about and look at all the shops and houses decorated with Union Jacks and other war-time memorabilia, also town residents selling tea, sandwiches and cakes from their houses. Saturday 16 October is the big day for the town when most visitors dress up and wait for the parade at 10.30am. The main street is closed off to traffic and there is entertainment and dancing in the street.

The parade starts with bands playing popular war-time songs followed by vintage cars, jeeps, various military vehicles with Winston Churchill and Field Marshall Montgomery and a Sherman tank. After the parade it was off to the station to catch the train to Levisham (Le'Visham) for the weekend which is a German occupied French village and Goathland. As you could imagine the trains were very full and standing room only for some in the guard's van (rather reminiscent of Dr Zhivago.) On alighting from the train at Le' Visham "German" soldiers were watching our every move with expressionless faces; luckily we

were not on the wanted list although we did see a picture of Gordon Brown on one of their clip boards.

After a French lunch (we looked for Renee and Edith but did not see them) it was time to board another train to Goathland where the station was guarded by soldiers against attack. A 'Ministry of Food' cookery demonstrator was showing us how to make frugal rationed food go a long way. We then walked very slowly up the hill to the village where there were more military vehicles, and then it was time to walk back to the station and catch the next train to Pickering.

Sunday morning dawned bright with a sharp frost so it was fur coat time (my mother's came out of retirement.) After Sunday service it was a leisurely walk with several street entertainers singing war-time songs and telling jokes and spivs trying to sell black market goods. After a cup of coffee and cake at the WRVS and a little swing jive it was time to have another quick look around and then head for home.

It was a fantastic weekend, one that we will not forget for a long time. It is estimated that 40,000 people attended and we will be booking for next year.

# Upbeat profile

By Ken Davis of the Social Events Committee

I'M a proud born Londoner but I wouldn't go back to live there.

I had a happy youth, one of three children – a brother seven years my senior, now deceased, and a sister seven years younger. My dad spent many years in Africa – the proof speaks for itself.

My early memories are as a choirboy at St George's Church in Maddox Street, near Hanover Square, and singing a solo in Handel's Messiah at St Paul's Cathedral.

During the war we were bombed out three times and spent many hours below ground at Bond Street tube station. My brother and I used to go out after a raid and collect souvenirs. One day we took home a live incendiary bomb. Mum put it in the toilet room and when my dad came off his ARP warden duty the building was evacuated. We were not popular, but we had no fear. We moved to Kent in 1946 where I had happy school days and my first serious girl friend. I loved football and played for the school's first 11, then Kent schoolboys and a local team in the Kent Amateur League.

I went into the RAF in 1951 and spent two and a half years in Egypt. I met my wife Joan when I was stationed on the Isle of Man; she's the jewel of my life.

We were married in 1955 and had two daughters, Christine born in 1956 and Helen in 1960. We were now living in Blackburn, Lancs, where I was an electrician for the Cherry Tree Machine Company (best job in my working life) and ended up as foreman travelling all over the UK installing commercial laundry equipment in hospitals.

I moved to Suffolk in 1967 as a supervisor installing launderette equipment throughout East Anglia, including Essex, then Kent and eventually the UK as a troubleshooter. It was a good job but very stressful.

I spent 14 years with Property Service Agency then at RAF Wattisham where I ended up Planning Foreman until 1993 when the then government shut it down.



In January 2006 I had a suspected heart attack and was taken to West Suffolk Hospital in January 2006 and had a triple bypass in the February at Papworth.

After further set-backs I started re-hab where I was reintroduced to Kate, our cardiac nurse, who was marvellous. She helped me so much, through the mist in first instance when I was admitted to West Suffolk then gave me an A-Z of what would happen to me when I got to Papworth. How does one say thank you to Kate and the staff at West Suffolk and Papworth? They are priceless.

Then along came Jill and Upbeat and the seed was planted.

To conclude, Upbeat Wednesday is now part of our life, the companionship is second to none, the fun is fantastic and being a member of the Social Events Committee is real cool.

Thanks for a second chance. I am privileged.

*Ken Davis*

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Colourful creativity from the fancy dress line up

# ~~This is your my life!!~~

Michelle Jermy tells the story of her extra special Christmas surprise...

CHRISTMAS time once again and Newbury members celebrated in full style. Some members start preparing for the festive activities months in advance, though would I say names? Patrick... (laughing to myself).

The build up to festivities involves many members discussing food preparation, music entertainment, cabaret acts and fancy dress. One thing for certain, it takes much organisation and hard work to organise the day and make it the success it has been for many years.

The morning started with a few musically-gifted members playing various Christmas hymns and festive songs to which the group could sing along to.

A big thank you to those who helped with the music, including Giles Washbrook, David Roddan, and Barry Metcalf. We even have our own musical conductor!

Then came the fancy dress parade – much effort



Nick Baylie clowns around with Sylvia Baker and Rudolph (who has distinct similarities to Marion Reynolds).

and creativity goes into the costumes – various games, raffles, buffet and pleasant conversation. Finally the much eagerly awaited cabaret acts. Well I wasn't expecting what came next. Patrick had briefed me that this year's sketch was on

>> turn to page 31



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**Above: A surprise for Michelle when she meets her (almost) look-alike Pat Simpkin.**

**Right: With apologies to Strictly Come Dancing - Jill, Jess, Joyce, Carol and Margaret.**



>> Continued from Page 29

Jill Brooks and that he was following the theme from 'This is Your Life'.

As I called Jill to the floor, to my surprise Jill was in on the act. It wasn't about Jill but me. Out walked Patrick dressed as me, the black bottoms, red T-shirt, padding in his trousers (hmmm), full bust with a knitted apple in his cleavage (doubt I will ever live that calendar photo-shoot down). Patrick and his group performed a short accurate piece on me, they know me too well. Followed by a lengthy poem describing me and my personality traits and recent antics; honestly they were lying, or were they?

Jill Brooks, Jess Lifford, JoyceLawes, Carol Taylor and Margaret Riley performed a beautiful and entertaining piece. They came in dressed as beautiful, graceful swans from, they alleged, the Anne Widdicombe School of Dancing. The exit not so graceful.

Final act included myself, Yvonne Galloway and Kate Turner dressed as nuns, rapping to some silly verses finished with a dance routine to 'Sisters are doing it for themselves'. Every year the performances are getting bigger and better, I have no idea what we can do next year?



**Naughty nuns complete with rap songs - Yvonne, Kate and Michelle.**

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# A Christmas trip, with all the trimmings

By Anne Clarke

Four intrepid Upbeat members met at Bury bus station on December 2 wondering whether we were mad to risk a coach trip to London in such wintry weather.

However, once we had joined lots of others in Long Melford and Sudbury and were settled on the warm, comfortable coach, suitably decorated for a Christmas outing, we soon felt more festive.

Westfield proved to be a fantastic new shopping centre containing many smart boutiques, but also old favourites like M&S, Debenhams and House of Fraser.

The building is extremely spacious with many varied seating areas and a large choice of restaurants and drink and snack stalls. An ice rink and Santa's Ice Kingdom had been added for Christmas and there were groups of schoolchildren singing festive songs.

Those members who had booked to go to the BBC staggered back to the coach with their purchases, then made their way to the Television Centre in two groups. We were shown the News Centre, where we recognised one or two of the correspondents, and briefed on how news is compiled for destinations around the world. We were also taken into a typical star's dressing

room and told of the particular requests of Paul McCartney (who as a vegan refuses to have leather upholstery) and Elton John.

We were then taken to a viewing area for a studio which was broadcasting live the Alan Titchmarsh Show for ITV.

We hadn't realised that under the statute for the BBC, 25 per cent of programmes produced at the TV Centre have to be for other companies in order to raise revenue and keep our licence fee down. Next the Weather forecasts were explained to us and finally we watched the staging of a mini quiz show between three of our members to show how this is done. Well done to Tracey in our group who won a BBC mug!

After our tour, we located our coach and settled down to take in the sights of central London. The lights in Regents Street depicting scenes from Narnia were unusual and we also saw the Christmas tree in Trafalgar Square and the lights along the Embankment.

The coach then headed for home, accompanied by Christmas songs and carols with which several members joined in, keeping us well entertained!

Thanks to Jackie Williamson and Paul Cooper for a very successful outing.



Upbeat members enjoying their Christmas trip to London

# Take a moment to ponder over these ...

If you take an Oriental person and spin him around several times, does he become disoriented?

**If people from Poland are called Poles, why aren't people from Holland called Holes?**

Do infants enjoy infancy as much as adults enjoy adultery?

**If a pig loses its voice, is it disgruntled?**

If love is blind, why is lingerie so popular?

**Why is the man who invests all your money called a broker?**

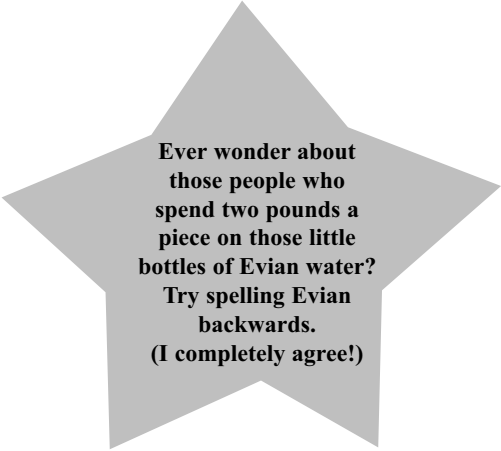
When cheese gets its picture taken, what does it say?

**Why is a person who plays the piano called a pianist but a person who drives a racing car not called a racist?**


Why are a wise man and a wise guy opposites?

**Why do overlook and oversee mean opposite things?**

Why isn't the number 11 pronounced onety one?



**Ever wonder about those people who spend two pounds a piece on those little bottles of Evian water? Try spelling Evian backwards. (I completely agree!)**



**What hair colour do they put on the drivers' licences of bald men?**

**'I am' is reportedly the shortest sentence in the English language. Could it be that 'I do' is the longest sentence?**

If lawyers are disbarred and clergymen defrocked, doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners depressed?

**Mothers over here feed their babies with tiny little spoons and forks, so do Chinese mothers use toothpicks?**

Why do they put pictures of criminals up in the Post Office? What are we supposed to do, write to them? Why don't they just put their pictures on the postage stamps so the postmen can look for them while they deliver the post?

**You never really learn to swear until you learn to drive.**

No one ever says, 'It's only a game' when their team is winning.

**Isn't making a smoking section in a restaurant like making a peeing section in a swimming pool?**

If 4 out of 5 people SUFFER from diarrhoea, does that mean that 1 enjoys it?

**Why if you send something by road it is called a shipment, but when you send it by sea it is called cargo?**

# Congratulations!

... to all of you who were born in the  
1940s, 50s, 60s and 70s

FIRST, we survived being born to mothers who smoked and/or drank while they carried us and lived in houses with asbestos ceilings. They took aspirin, ate blue cheese, raw egg products, loads of bacon and processed meat, tuna from a can.

Then after that trauma our baby cots were covered with bright coloured lead-based paints. We had no childproof lids on medicine bottles, doors or cabinets and when we rode our bikes we had no helmets or shoes – not to mention the risks we took hitchhiking. As children, we would ride in cars with no seat belts or air bags. We drank water from the garden hose and not from a bottle.

Takeaway food was limited to fish and chips, no pizza shops, McDonalds, KFC, and few other fast food shops. Even though all the shops closed at 6pm and didn't open on Sundays, somehow we didn't starve to death! We shared one soft drink with four friends, from one bottle and no one actually died from this.

We could collect old drink bottles and cash them in at the corner store and buy toffees, gob stoppers and bubble gum. We ate cupcakes, white bread and real butter and drank soft drinks with sugar in it, but we weren't overweight because we were always outside playing!

We would leave home in the morning and play all day, as long as we were back when the streetlights came on. No one was able to reach us all day. And we were OK. We would spend hours building our go-karts out of old prams and then ride down the hill, only to find out we had forgotten the brakes. We built tree houses and dens and played in rivers with home-made rafts.

We did not have play stations, Nintendo Wii, X-boxes, no video games at all, no CBBC, no SKY, no video/DVD films, no mobile phones

(therefore no intrusive text messages), no personal computers, no internet or internet chat rooms, no Facebook or Twitter . . . WE HAD FRIENDS and we went outside and found them!

We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents. We could even gather conkers without putting on a suit of armour!

Only girls had pierced ears! We ate worms and mud pies made from dirt, and the worms did not live in us forever. You could only buy Easter Eggs and Hot Cross Buns at Easter Time, and Christmas didn't start immediately after the summer holidays.

We were given air guns and catapults for our 10th birthdays, we rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just yelled for them – there was no money to phone them! Fewer mums had to go to work to help dad make ends meet!

Football, rugby and cricket had trials and not everyone made the team.

In races only the winners got prizes. Those who didn't had to learn to deal with disappointment. Imagine that! Success was based on merit. Our teachers used to hit us with canes and gym shoes and bullies always ruled the playground at school (but we had our crafty ways of dealing with them).

The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law! Our parents didn't invent stupid names for their kids like Kiora, and Blade and Ridge and Vanilla, or even Brooklyn.

We had no stupid 'elf and safety regulations which stopped us going on school trips. We had freedom, failure, success and responsibility, and we learned HOW TO DEAL WITH IT ALL ! And YOU are one of them!

Congratulations!

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# Memories are made of this...

By David Williams

I'VE always had a dodgy memory or done things in the wrong order. I often recall the war-time day when my mother gave me two tasks – take the ration books to the village shop and buy a tin of pilchards for the family tea and while doing so post some letters for her in the post box on the village green.

I completed the posting operation successfully, so I thought, but when I got to the shop I still had the letters in my hand – but no ration books; I had posted them in the letter box. No ration books, no pilchards, and in those days of rationing there was little else in the house for tea. My mother dragged me to the village post office to ask the postmistress if she could open the post box to get the ration books out but it seemed Post Office rules said that anything put in the postbox was legally the property of the Postmaster General until it was delivered to the correct address.

The next morning the postman duly put the ration books through our door and we had the pilchards for lunch but I wasn't very popular with my hungry brothers and sisters. "Your memory is like a sieve," they said. "You're just a Johnny head-in-air," said my mother. And so it continued through life.

Much later, on one occasion I recall going to the bathroom with two tasks – one to put some clothes in the laundry basket and also to answer a call of nature. You know what? I threw the clothes in the toilet basin and, just in time, stopped myself from disgracing myself with the laundry basket.

I doubled up with laughter but my ever-understanding wife just raised her eyebrows at the acceptance that she had married a nutter. "You were day-dreaming again," she said.

All this gives me an understanding as to why, as the condition has obviously developed, that I often call people by the wrong name, sometimes go to the wrong destination and forget to do things I should be doing. So you must excuse me if I ever address you by the wrong name, or no name at all (that's why the Upbeat identification badges are a boon, if only you can read them

while people are side-stepping and knee-bending and all that).

Even when working I had trouble with names. Often I would go to a lunch or reception and get talking to someone I knew well but whose name had gone beyond recall. Then we would be approached by another guest, familiar face but forgotten name. I got over the problem of introductions by pushing them together, saying, "Of course you two know each other," and move on my way, leaving behind two somewhat puzzled people trying to find a common talking point. My sister had an easy answer to all this; she referred to everyone as "Wossisname, you know old Wossisname." And you didn't want to stop her in full flow of a juicy piece of gossip by saying you didn't know. She lived to a ripe old age and as far as I know she didn't lose any friends on the way.

I'm told American business schools have an answer to the name problem. They tell you that when being introduced to someone new that you repeat their name back as often as possible – "Nice to meet you Jack, where did you say you live Jack? Have a drink Jack, we must have lunch Jack" and so on. That's OK if you remember their name when you are first told it, which these days I don't always do.

Then there is the method they call mnemonics, whereby you remember a name or place by associating it with some startling picture you keep in your mind. One chap I knew was called Ivan Green and I pictured him in a Cossack hat dancing on the village green, and I always remembered his name.

Another whose surname was Cocksedge I pictured as an enormous large cockerel walking by with its head showing over the top of a hedge (there are obviously other versions of that but don't let's go there).

You may have your own methods of recalling names and facts.

Just send them to – er – me at 13, Forget-me-not Lane, Wherever (or better still email them to me, with anything else you have for Upbeat magazine, to [djwilliams.chedburgh@yahoo.co.uk](mailto:djwilliams.chedburgh@yahoo.co.uk))

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# It's time for a laugh...

## Retired fun

Working people frequently ask retired people what they do to make their days interesting. Well, for example, the other day, my wife, and I went into town and visited a shop. We were only in there for about 5 minutes. When we came out, there was a warden writing out a parking ticket.

We went up to him and I said, 'Come on, man, how about giving a retired citizen a break?'

He ignored us and continued writing the ticket. I called him a dumb arse. He glared at me and started writing another ticket for having worn-out tyres.

So my wife called him a s\*\*\* head. He finished the second ticket and put it on the windshield with the first.

Then he started writing a third ticket.

This went on for about 20 minutes.

The more we abused him, the more tickets he wrote.

Just then our bus arrived, and we got on it and went home. We try to have a little fun each day now that we're retired.

A classic Tommy Cooper-type gag: I said to the Gym instructor "Can you teach me to do the splits?" He said: "How flexible are you?" I said: "I can't make Tuesdays."

**Two aerials meet on a roof - fall in love - get married. The ceremony was rubbish - but the reception was brilliant.**

Doc, I can't stop singing the 'Green Green Grass of Home'. He said: 'That sounds like Tom Jones syndrome'. 'Is it common?' I asked. 'It's not unusual' he replied.

**I'm on a whisky diet. I've lost three days already.**

A man walks into a bar with a roll of Tarmac under his arm and says: 'Pint

## Four times married

When the local news station heard that 80-year-old Phoebe had just got married for the fourth time they sent a reporter to see her. 'Obviously you think marriage is a good thing,' the reporter said. 'Can you tell me about your new husband?' 'He's a lovely man, he's a funeral director,' she replied. 'That's interesting,' said the reporter, 'Can you tell me something about your previous husbands?'

Phoebe paused for a second to recall her life and said her first marriage was when she was in her 20s to a banker.

'What about the others?' the reporter asked.

'I was 40 when I married a circus ringmaster and in my 60s I married a vicar,' Phoebe said. 'Now, as I said, I'm marrying a funeral director.'

The reporter looked astonished and asked why she had married four men with such different careers.

Phoebe smile sweetly and explained: 'I married one for the money, two for the show, three to get ready and four to go.'

please, and one for the road.'

**I went to the doctors the other day and I said, 'Have you got anything for wind?' So he gave me a kite.**

My mother-in-law fell down a wishing well, I was amazed, I never knew they worked.

**I saw this bloke chatting up a cheetah; I thought, 'He's trying to pull a fast one'.**

I went to buy some camouflage trousers the other day but I couldn't see any.

**When Susan's boyfriend proposed marriage to her she said: 'I love the simple things in life, but I don't want one of them for my husband.'**

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# Old time Jewish humour

A car hit an elderly Jewish man. The paramedic says, 'Are you comfortable?' The man says, 'I make a good living'.

I just got back from a pleasure trip. I took my mother-in-law to the airport.

I've been in love with the same woman for 49 years. If my wife ever finds out, she'll kill me!

What are three words a woman never wants to hear when she's making love? 'Honey, I'm home.'

Someone stole all my credit cards, but I won't be reporting it. The thief spends less than my wife did.

We always hold hands. If I let go, she shops.

My wife and I went back to the hotel where we spent our wedding night, only this time I stayed in the bathroom and cried.

My wife and I went to a hotel where we got a waterbed. My wife called it the Dead Sea.

She was at the beauty shop for two hours. That was only for the estimate. She got a mudpack and looked great for two days. Then the mud fell off.

I was just in London – there is a 6-hour time difference. I'm still confused. When I go to dinner, I feel sexy. When I go to bed, I feel hungry.

The doctor gave a man six months to live. The man couldn't pay his bill, so the doctor gave him another six months.

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# A few more laughs...

## Why, Why, Why,

Why do we press harder on a remote control when we know the batteries are almost dead?

**Why do banks charge a fee on 'insufficient funds' when they already know there is not enough money?**

Why does someone believe you when you say there are four billion stars; but have to check when you say the paint is still wet?

**Why doesn't Tarzan have a beard?**

Why does Superman stop bullets with his chest, but ducks when you throw a revolver at him?

**Why do Kamikaze pilots wear helmets?**

Whose idea was it to put an 'S' in the word 'lisp'?

**If people evolved from apes, why are there still apes?**

Why is it that no matter what colour bubble bath you use the bubbles are always white?

**Is there ever a day that beds are not on sale?**

Why do people constantly return to the refrig-

erator with hopes that something new to eat will have materialized?

**Why do people keep running over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it, then put it down to give the vacuum one more chance?**

Why is it that no plastic bag will open from the end on your first try?

**How do those dead bugs get into those enclosed light fixtures?**

When we are in the supermarket and someone rams our ankle with a shopping cart then apologizes for doing so, why do we say, 'It's all right?' Well, it isn't all right, so why don't we say, 'That really hurt, why don't you watch where you're going?'

**Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?**

In winter why do we try to keep the house as warm as it was in summer when we complained about the heat?

**How come you never hear father-in-law jokes?**

## Be Thankful

There's always something to be thankful for if you take the trouble and time to look for it.

For example; I'm sitting here thinking, "How nice it is that wrinkles don't hurt"

*Submitted by John Simmonds*

## Quote Of The Day

Out of the gloom  
A voice said to me,  
"Smile and be happy,  
Things could be worse"

So I smiled  
And was happy  
And behold,  
Things did get worse.



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# Absent friends

by Jill Brooks

## **Peter Carr**

It was a huge shock and a very sad time when we heard the tragic news about Peter. He joined Upbeat in March 2004 at Sudbury Town Hall.

Following serious heart problems he was unable to carry on running his business owning and running a public house in Ramsgate.

It had been a very difficult time for him and Val as they made the major decision to move to Suffolk to be nearer some of their relatives. The combination of his illness, losing the business, moving away from the area with the loss of friends, made it a very difficult time for them all. Peter felt very down and depressed when he first came to Upbeat but, little by little, after a time Upbeat worked its magic and he made some special friends who carried him through.

Peter especially enjoyed the Ten Pin Bowls group, meeting people from Sudbury, Bury and Ipswich. Over the past three years he was a member of the sub-group helping to run events and trips and was vice-chairman for the past two years, filling a very important role, and he was also a member of the magazine team.

Peter was a splendid person, very quiet and with a great sense of humour. He appreciated what he had felt like himself and was always there with a word of encouragement for others. We shall miss him a lot. Our love goes to Val and his family at this time.

Our thanks for the bequests following the funeral

## **Evan Griffiths**

We were very sad to hear of the death of Evan, or 'Griff', as he was known to his friends.

He joined Upbeat in April 2005 after a few problems and came to see us occasionally. We met on a regular basis to play bowls when he could. He played in the annual outdoor tournaments at Boxford to raise money for Upbeat.

A real gentleman, he will be sadly missed.

Our thoughts go out to Olive and their family with our grateful thanks for the bequests sent to Upbeat following his funeral.

## **Gerry Worthington**

A very special friend to me and many others, Gerry joined Upbeat in February 2003 following some health problems.

He visited for advice when necessary and was always in the background supporting Upbeat.

In spite of his difficult illness in latter years, he was always cheerful and positive.

Another member of Boxford Bowls Club who, with his wife Emily, helped me to organise the annual bowls events.

They both went on several trips and especially enjoyed the theatre trips. They both appreciated all that was done for them..

Thank you to Emily and the family for the kind bequests following Gerry's funeral. Our love and thoughts go out to them.

## **Ted Purnell**

Ted was one of the first members to join the Sudbury Town Hall sessions in 1999.

He came with his wife, Pam, on a regular basis for many years and they both took part in exercise on a weekly basis.

Over time his health deteriorated and he had to use a wheelchair and receive regular dialysis. He was very brave but we eventually only saw him occasionally, which was very sad. He always enjoyed trips and days out.

The special Christmas treat for his grandchildren was the visit to the Rock & Roll pantomime at the Wolsey Theatre in Ipswich.

He was the first to book his seven seats and it was a joy to see Ted's and the children's faces as they boarded the coach for the trip.

Another member of Boxford Bowls Club, he played in the tournaments and supported us over the years.

Our love and thoughts go out to Pam and his family with our grateful thanks for the bequests following his funeral.

>> Continued on page 46

### **Alf Jewell**

Alf joined Upbeat in September 2001, another bowler, but this time from Sudbury and Cavendish.

He came to ask me if he could join Upbeat as he had a problem, was 81 years old and needed advice.

He had been advised that, even at the great age, he needed by-pass surgery and the consultant was willing to operate, what did I think. A dilemma. Anyone who knew Alf will remember him as a very strong character and bowls brought out the worst in him.

I advised him to talk to our nurse. He said, "No, you know what it is like. How long will it take me to get over it".

Hedging my bets I said I thought it would take him at least a year. "Good gracious", he said, "I can't spare that time to get better".

He went back to his consultant and told him to use his time to treat someone younger to give them a chance and he would attend Upbeat.

Alf lived for another eleven years and played bowls almost to the end.

Alf, I don't know what kept you going, Upbeat or bowls, I suspect a bit of both.

Very much love to Lillian, your wife, who I know misses you very much.

### **Marion Diggins**

Marion joined Upbeat at Sudbury in January 2001 as the carer for her husband Michael. She was not at all well herself with a high level of pain. She never grumbled and was always smiling and very brave.

Their good friends, Ken and Peggy from Upbeat, supported them and brought them every week to enjoy a chat and to visit the nurse when needed. This, in later years, was the highlight of their week, especially as they followed the visit with a lunch out.

Marion will be sadly missed, having been an inspiration to us all. Our thoughts go out to Michael, Sheila and the family.

### **John Kentzer**

John and Olive joined Upbeat in November 2007, following John's rehabilitation at the West Suffolk hospital. They have been regular members at the New Bury Centre, enjoying taking part in exercising, meeting new friends and a holiday at Gunton Hall.

As we got to know John we found that he had a wonderful sense of humour with special twinkly eyes. We shall miss him.

Olive has not been well lately and we are thinking about her and the family at this difficult time. Our thanks for the bequests following the funeral.

## **Social Events Sub Group**

THE Social Events Sub Group plans and organises social events, outings and fund-raising events for Upbeat. It can have up to 12 members, but currently has only six who have volunteered to stand – we are not elected at the AGM like the Executive Committee.

We would be really pleased to welcome more members with varied ideas and experiences of Upbeat (at present, New Bury Exercise Classes are under-represented and there aren't any Social Events members to represent those who don't attend exercise classes or coffee mornings).

If you are able to suggest ideas for events, are willing to help organise them and can attend our meetings (Monday mornings, 10 – 12 noon, about 10 times a year, at All Saints' Church, Park Road, Bury), please contact our Chairman, Trevor Davies (01787 374345), our Secretary, Jackie Williamson (01787 370753), or me, Ann Clarke (01284 750980), to arrange to attend our next meeting. Without more help, we will struggle to continue with our varied programme of events, so please volunteer if you can!

***Ann Clarke, Social Events  
Committee Member***



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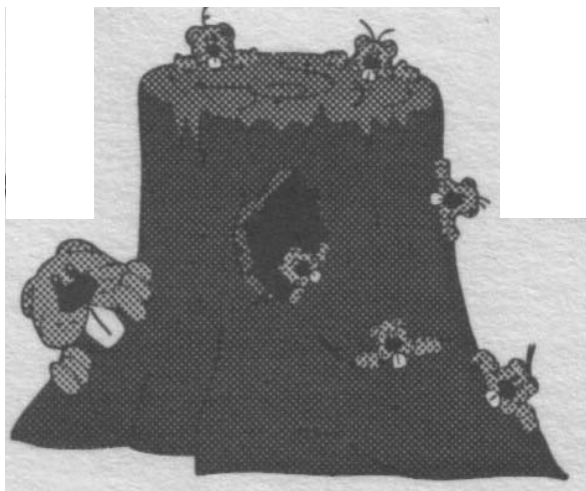
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# DONATIONS TO UPBEAT

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

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

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

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

You can also donate on our web site [www.upbeatheartsupport.org.uk](http://www.upbeatheartsupport.org.uk)

*Thank You.*

## UPBEAT DONATION

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

Name .....

Address .....

.....

.....Post Code .....

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

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

*Thank you.*



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## EVENTS AND SOCIAL FUNCTIONS - 2011

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](http://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: April 14th & 28th; May 12th & 26th; June 9th & 23rd; July 7th & 21st; August 4th & 18th; Sept 1st, 15th & 29th; Oct 13th & 27th; Nov 10th & 24th; Dec 8th & 22nd. 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. **2011 dates are:** April 4, 18; May-August summer break; September 5, 19; October 3, 17, 31; November 14, 28; December 12.

*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**

# OUTINGS & EVENTS

## April-December 2011

### **Saturday 2nd April**

Quiz Night & Ploughman's. A fun evening to be held at All Saints Church Hall, Bury St Edmunds at 7.30pm. Quiz Master Roger Bawden. Tickets £6 per person, available from all venues

### **Friday 15th April**

Easter Raffle: Hardwick Middle School & New Bury Community Centre (drawn Weds 20th April)

**Monday 18th April** Easter Raffle: New Bury Community Centre (drawn Weds 20th April)

**Tuesday 19th April** Easter Raffle: Sudbury Delphi Club

**Wednesday 20th April** Easter Raffle: New Bury Community Centre

**Friday 22nd April** The 30th Good Friday Annual Fun Run, Sudbury. Join us for the sponsored five-mile walk (or run). Application forms: Jill Brooks or Trevor Davies. If you cannot join us please sponsor a walker in aid of Upbeat. Thank you.

**Saturday 14th May** Rock & Roll Dance: at Gt Whelnetham Village Hall. An event returning by popular demand following last year's success. Dance and sing to the music with Freddie Chenery. Tickets £8.50 from Jill Brooks, including a Fish & Chip Supper. Bar available. Raffle.

**Wednesday 18th May** London Theatre Trip – 'Wizard of Oz'. A chance to see this wonderful show which is still in its early days. Tickets: £52 including coach. Contact Sylvia Bambridge Tel: 01787 372839

**Friday 20th May** Upbeat AGM. This follows exercise at Southgate Community Centre, Bury St Edmunds. (approx. 8.20pm) All Members welcome.

**Wednesday 15th June** Coach Trip to The Bluebell Railway & Brighton. A one hour steam train trip on Britain's premier heritage line from Horstead Keys to Sheffield Park, where there will be time to explore the vintage locomotive collection or have lunch or a drink at the station buffet. A short coach journey takes us to Brighton where we can enjoy the afternoon at our leisure. Tickets available from all sessions at £29 per person (inc Coach & Steam Train ride)

**Thursday 23rd June** A Guided Walk with Barry Wall around the Gainsborough Country of Althamstone & Pebmarsh. Meet at Althamstone Village Hall 6pm. Optional meal or drink at the Lamarsh Lion afterwards. Tickets £1 from David Camp 01787 376723

**Saturday 2nd July** Strawberry Tea: at Stanningfield Village Hall. This starts at 2pm with garden games followed by a marvellous tea at 4pm. Tickets £5 for adults, £1 for children. There will be a raffle. Donations appreciated.

**Monday 8th August** Coach Trip: Mystery Tour & Meal. Always a great afternoon with good food & great company. We depart at 3pm from Sudbury and 4pm from Bury to ... who knows where? We can guarantee that it will be interesting and enjoyable. Last year's was a great success. The price includes a two course supper in a renowned rural hostelry where we can relax before the journey home. Tickets available from all sessions at £24.50 (inc supper).

**Friday 9th & Monday 12th December**

Exercise & Mince Pies at New Bury Centre

**Tuesday 13th December**

Christmas Festivities & Grand Draw at Sudbury Delphi Club

**Wednesday 14th December**

Christmas Festivities & Grand Draw at New Bury Centre

**Friday 16th December PM**

Christmas Festivities & Grand Draw at Hardwick Middle School

Over the Christmas & New Year Holiday period we will be closed on the following dates; Monday 19th, Tuesday 20th, Wednesday 21st, Friday 23rd, Monday 26th, Tuesday 27th, Wednesday 28th and Friday 30th of December 2011. Monday 2nd January 2012

We will also be closed on Good Friday, Easter Monday, the bank holidays of Friday 29th April, Monday 2nd May, Mon 30th May & Monday 1st August.

Members should watch the notice boards at the centres, or our web site [www.upbeatheartsupport.org.uk](http://www.upbeatheartsupport.org.uk) 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, Jackie Williamson 01787 370753 or any committee member – we are working on the programme for 2012. If you would like to organise an event, we would be happy to support and help you to set it up and to sell tickets.

***CONDITIONS FOR BOOKING TRIPS AND EVENTS***

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

# LIST OF PUBLICATIONS AVAILABLE

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

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

35. Guide To Food Labelling
36. Food Should Be Fun And Healthy
37. A Guide To Losing Weight For Men & Women
38. Salt - Facts For A Healthy Heart
39. Cut The Saturated Fat

## DVDs FOR LOAN

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

**The British Heart Foundation** is the largest source of funds for independent heart research in this country. Set up in 1961, it has fought to understand and control all forms of heart and circulatory disease through raising and providing funds for vital research. Over the years it has evolved into other aspects including the causes, prevention and rehabilitation. It still has 1,200 research projects ongoing, looking at every aspect from safer drugs to improving surgical techniques. Patient networks, as in Upbeat, are assisted in starting up by a small support team and then left to go on their way. BHF remain in the background with support of every possible kind. This includes toolkits to help with management, advice for insurance, etc, all the booklets, DVDs, etc, and education of a high standard. All of us with heart problems who are patients owe our present lifestyles, and in many cases our lives, to this amazing charity. Personally I cannot thank them enough and support them whenever I can.

*Jill Brooks*



## NEW MEMBERS

Cyril & Margaret Lancaster  
 Bob & Shirley Brown  
 Lisa Matthews  
 Patrick & Helen Nicholl  
 Shirley Mortimer  
 Brian & Maureen Clark  
 Peter & May Truman  
 Norman & Carol Smith  
 Anthony & Jayne Williams  
 John & Avis Betts  
 Christopher & Linda Pollen  
 Angela Lee  
 Alan Handyside

Denis & Penelope Everett  
 Richard & Penny Morris  
 Giles Washbourn  
 Hilary Neeves  
 Patricia Corbett  
 David & Diane Padley  
 James & Sally Earnshaw  
 Roy & Coral Canham  
 Ian & Joyce Harper  
 Robert & Veronica Westbrook  
 Jill Ashton  
 John & Gabriella Marr  
 Margaret Bruce

Sheila Green  
 Brian & Sally Evans  
 Roy Tubb

This is to 31 January 2011.  
 The names of members who  
 have joined us since then will  
 be published in our next  
 edition.

## £100 CLUB WINNERS July 2010 -January 2011

### July

Geoffrey Clarke £100 192;  
 Les Orbell £77.50 103

### August

Olive Kentzer £100 217;  
 Pat Darge £78.50 317

### September

Pat Darge £100 319;

Valerie Barton £81 273

### October

Marion Reynolds £100 172;  
 Ron Jackson £82.50 173

### November

Doris Rumsey £100 288;  
 Doreen McLaghnan £82.50  
 77

### December

Diana Collier £100 234;  
 Carole George £82.50 195

### January

Harry Patel £100 83;  
 Angela Ford £82.50 210

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

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



heart health is published every two months  
 by the British Heart Foundation. You can get  
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**2011 special offer: 10% discount for Upbeat members!**

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

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Easysearch is a FREE charity search engine that enables you to raise funds for Upbeat whenever you search the Web. Easysearch tracks down and displays only the most relevant and accurate results for your search, while helping you raise valuable funds for Upbeat at the same time. Please help me & register @

<http://www.easysearch.org.uk/>

Register!. Easyfundraising provides a FREE service where you can shop with your favourite online stores and at no extra cost raise funds Upbeat. You still shop directly with each retailer as you would normally, but simply by using the links from the Easyfundraising site first, each purchase you make will generate a cashback donation to the cause you wish to support.

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