

# UPBEAT MAGAZINE



## Tribute to our Upbeat veteran

**Poet's view  
of life after  
a stroke**

**Trip to  
Iceland  
(no, not  
the shop)**

**SPRING 2012**

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Tel: 01284 755094, email b.bagnall@btinternet.com  
Full list of officers – Page 7  
How to make a donation to Upbeat – Page 45**

# Thank goodness for Upbeat!

AT least the problems of providing countrywide rehabilitation for cardiac patients after treatment has been recognised in the highest quarters. Now it remains to be seen, in these financially restricted times, what can be done about it. And it makes you think how lucky we are in this part of the country to have an organisation like Upbeat to provide rehab services and advice for those who need them.

The recognition of the national problem comes from none other than the Medical Director of the National Health Service, Sir Bruce Keogh. In the current edition of the British Heart Foundation's magazine Heart Matters he surveys the progress made in heart care over the past decade and poses the question, 'And what could we still do better?' He provides his answer: 'Areas that have been less successful include cardiac rehabilitation – getting people back to health and a good quality of life after a heart attack,' he says and adds encouragingly: 'We'll be introducing financial incentives to improve provision of rehab and to encourage take-up by patients.'

Upbeat was born out of the recognition by a small group of cardiac patients in West Suffolk some 17 years ago that the useful but short rehab facilities provided by the hospitals was not enough to be wholly successful long-time, so they provided their own answer.

Now, as you know, Upbeat, a voluntary and self-supporting charity, has some 870 members, organises 15 exercise classes a week at minimum charge and this work is supervised by highly qualified medical and exercise staff.

This has not come about without foresight, hard work and dedication by those who founded the group and by those who followed on with the leadership and organisational work required.

If by 'financial incentives' the NHS chief means more money will be available for rehab, Upbeat members can give him some advice as to where some of it can be directed . . . to some of those who thought of it first. DW

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*Front cover picture: Upbeat's oldest member Graham Serjeant was photographed on his 90th birthday but sadly he died before the magazine was printed.*

*The story behind the picture is told on Page 11.*

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**Editorial contributions** and ideas for features and other items to David Williams (01284 850836, email djwilliams.chedburgh@yahoo.co.uk)

**Advertising enquiries** - see Page 22

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

# Chairman's Report

AS the time comes round again that I am asked for my report for the magazine, the first thing I do is have a quick read of past editions to try not to repeat myself in the opening paragraph. However nothing changes. 'Here we go again'. Where has the time gone? The A.G.M. at the end of our 17th year is upon us.

Thank you to all those members who, week in and week out, give their valuable time and energy to help us. We could not manage without you and you are very much appreciated. It has been an extremely busy time over the past six months and there is a lot going on.

Thank you to our dedicated staff and all those of you helped with the Christmas activities.

I had a big surprise at Sudbury when I was sworn to secrecy by the most unexpected source. A lady came to tell me she was a professional clown but had not practised for several years. She asked if it would be appropriate if she did a short session at the Sudbury party lunch. It was a great show, a big surprise to everyone and thoroughly enjoyed by all.

New Bury Centre had an amazing array of costumes, cabarets, Morris dancers and live music from members, all with lots of laughter. Hardwick School evening session had a fun exercise session followed by a tasty buffet and a draw.

Thursday morning coffee session had a quiet time enjoying each other's company as usual with the obligatory mince pies. This is the start of Christmas for many and gives them the chance to get into the mood especially giving fun and laughter to those who have no family and will have a quiet time.

In September a survey form was sent out to every Upbeat member, 830 in all. We have been in need of a comprehensive breakdown of the membership for some time to give us the necessary factual information about the group. This information is needed for various reasons such as applying for grants, supplying numbers to various Government health bodies and even



by  
JILL BROOKS

for myself when giving talks or general information.

Although the facts are only correct on the day we receive them, as a number of people will have joined us since they were produced, it does give us the necessary information to help plan for the future. 602 survey forms were returned, which is a fantastic return in terms of surveys. Thank you to everyone.

We have been asked for educational talks to be given. I felt inspired and quite emotional by some of the letters of thanks and replies I received during the survey. Members who I remembered from years ago said how much they enjoyed the magazine, feeling that they were still in touch even if they could no longer attend. Others who said that they were now able to cope without attending but still wanted the magazine to remain in touch and used information in the magazine. It was a comfort to them.

Thank you to Kate and Michelle who helped me to set up the survey and to David Camp who did the massive job of extrapolating the facts. This did take a long time.

Numbers and membership are constantly changing, including the fact that some members have heart disease as well as other illnesses and illnesses of the carers.

Originally only patients who had had heart attacks and/or angioplasties and who had been through the West Suffolk Hospital Rehabilitation scheme were accepted as members. Now, with better understanding of heart disease and

circulatory problems, shorter spells in hospital, improved drug therapy and the realisation that exercise at the right level is very beneficial and improves their condition, we are accepting many more patients, although a GP's referral is often required.

In the New Year I sent out an invitation to the 'Friends Together Lunch' and also a book of draw tickets to help funds. As I write this we have just had the lunch, which was attended by 182 members and guests. I was dubious about holding it for a second year but it was even better than last time. The weather did us proud, 18°C, and between the programme members were able to stand out on the balconies looking over the beautiful views of the valley. The meal and the speaker were superb, followed by the draw. It was even more special for me this year as Ken, my husband, was able to attend.

The speaker, Gordon Watkins, was very amusing and we enjoyed meeting him and his wife, Wilma, for the first time and to thank them very much for what they did. Our other guests were Presy and Dennis Seager from Heartcare, Lowestoft, who we met in the early days of Upbeat and who many of you will remember as they escorted us on their coach trips at home and abroad. It was great to talk about old times. I hope that all those who attended enjoyed the day.

Thank you to all those people who sent their draw tickets back and those who sent extra donations. Once again it was good to receive all your notes and good wishes and to hear from people who I have not had contact with for some time. At the moment I have no idea how much the lunch raised but it will be well over £1000.

During the past six months I have again spent time at the usual hospital meetings. The West Suffolk has now become a Foundation Trust Hospital. There are a few changes with the board and with the financing but nothing of note to report. However I have to admit that I shall scream if I hear the phrase again about our rising 'elderly population'. I don't think anyone got old before!

I attend the Patients Advisory Panel, which

## Thank you, Sim

Simone Meldrum, our nurse at the Delphi Centre, Sudbury, took part in a sponsored 10km run for Upbeat in Edinburgh. She raised £440. This money will be used for a third hand held ECG machine in order that we can have one at each venue.

Thank you Simone and all those who sponsored her.



keeps our profile up, and I try to pick up on specific problems that Upbeat members have told me about and report them. The Pathway Meeting with the Ipswich Hospital cardiac team helps to make sure that patients across the region are receiving the same level of rehabilitation care and in the West Suffolk area the chance to come on to Upbeat. The team now includes heart failure patient care and I am trying to work with the community heart failure team, especially to help carers of these patients. This is a need that was picked up from our survey. The User Group is a small committee designed to again ensure the best help possible for West Suffolk patients, both in hospital and for rehab, followed by Upbeat if required.

Several groups have asked me again this year to give talks, which I have willingly undertaken. I do try to make these amusing. Once again, this helps to raise our profile and helps when groups are considering where to send their charity donations

Anyone who attends Upbeat regularly will surely see many new faces. I would like to thank you all for making new members welcome as this is what Upbeat is all about. Over time I see many people arrive with their partners looking strained and worried. However long it takes that, hopefully, changes and life becomes a different place. Seeing this is what makes my work worthwhile.

Laughter is the best medicine.

*Best wishes, Jill*

# Treasurer's Report

## Thanks for all your generous donations



by  
DAVID CAMP

I CAN report another healthy and successful financial position (perhaps I should stop there!). In these hard, economic times, expenses continue to rise and at the moment we are able to cover these with the wonderful support of donations and fund raising activities. As I have mentioned previously, it costs us over £4,300 per month to keep Upbeat going, just on regular outgoings like room rental and nurse and exercise instructors remuneration.

Last time, I also mentioned that we had lost our valuable Suffolk County Council Carers' Grant due to government cuts. However, I have been able to apply successfully from Suffolk County Council, The Family Carer Partnership Board Innovation Grant of £10,000, which keeps the 'wolf from the door' and I would like to thank them for their continued help and financial support.

We have a small band of members running various fund-raising events, under the guidance of Sylvia Baker, and we are most indebted to all who help and organise these social and important activities. As ever, we do need more help on these and if you feel that you may be able to run or support a suitable event, please contact Sylvia.

I list separately, some of the donations that have been made to Upbeat by members, friends and supporters (I can make them anonymous, if preferred). Our sincere thanks, to every one of you, as well as those who put in regular small amounts into our collecting pots.

We are also fortunate for the income provided by coffee sales, the weekly Bonus Ball and the monthly 100 Club draw. All valuable and vital ventures that bring in a steady and important

income stream. Thank you to all those who give their time in running them. If you don't take part in the Bonus Ball or the 100 Club, please consider doing so to stand the chance of winning valuable cash prizes and helping Upbeat at the same time.

Most of you will be aware of our 'Medicard' scheme. Have you got one? Is it up to date? We have issued well over 200 to Upbeat members and they have proven to be very useful and helpful. They were set up by our friends at Heartbeat in Ipswich after consultation with Ipswich, West Suffolk and Papworth hospitals and major pharmacies. They are credit card sized card showing members details, what medication they are on and the dosage together with next of kin contact details. With many of us on a whole array of different medicines, it is sometimes difficult to remember them all when asked at hospitals, surgeries, dentists etc. With the Medicard it is all immediately to hand. To cover costs and postage, there is a small charge of £2.50. Please enquire if you would like one. As an example of their usefulness, a member wrote recently and in one week was able to produce her card on two separate occasions. One at a blood test, "where the chap was most taken up with the professional looking card and sang its praises". The other was at the chemist, who enquired if she knew what the pills were for – "out came the card and the chemist was really taken back by how well it was presented and how useful it was." Need I say more?

Have you visited our excellent web site lately? Our webmaster, Steve Dennington, has done another superb job in redesigning the site again – he likes to keep it fresh and as up to date as

possible. Elsewhere in the magazine you will find Steve's article on the 'slide-show', available for the photographs in the Gallery and Photo Archives. We get much positive praise for the site from all over the world and are often told that it is by far the best 'support group' site on the internet. What do you think? There is a lot of good information on the site about Upbeat and heart related matters and information. We really would like your comments and suggestions to make it even better.

We would also like your involvement. Send in your comments on the 'Contact Us' page, contribute an article, above all send in your photographs (in digital form to me please or upload them yourself – I will return memory sticks or CDs) for the gallery. They can be of Upbeat people, events or perhaps your own interests or hobbies. It's up to you, it's your site – get involved!

Lastly, if you search the internet, please use 'Easy Search' which uses Yahoo, Ask and other top search engines. After registering, every time you search a donation is made to Upbeat – it is that simple. Similarly, if you purchase anything online, please register with "Easy Fundraising" and a donation of, on average, 2.5% of the total value is made to Upbeat. There is a link to both sites on our web site, [www.upbeatheart.support.org.uk](http://www.upbeatheart.support.org.uk). Furthermore if you install their excellent tool bar, a further 50p is donated and it will advise you how much the site you are visiting will donate to Upbeat.

Thank you for your support. Please try and help us if you can and please let us have your ideas and suggestions at how we can improve the Upbeat experience.

*And remember – "Life isn't about how to survive the storm, but how to dance in the rain."*

## Fund raising Events – money raised

### August 2011 – February 2012

#### FUND RAISING

Christmas Raffles: New Bury	£448.50
Hardwick Fri PM	£142.50
Sudbury	£282.00
Thursday Coffee Morning	£250.00
Craft Stalls	£536.50
Rosemary Currell Sponsored Abseil	£229.50
Lincoln Christmas Market	£167.00
Simone Meldrum Sponsored Edinburgh Run	£439.50
Ploughman's Lunch	£111.41

#### GRANTS

Suffolk County Council – Innovation Grant	£5000.00
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#### DONATIONS

Rodney Johnson	£70.00
Don Pop	£30.00
Bob Fuller	£225.00
In memory of Ella Johnson	£1065.00
In memory of Joyce Gooch	£595.00
In memory of Margaret Lancaster	£400.00
In memory of Brenda Higgins (to date)	£20.00
Derek Finch Memorial Darts Trophy	£105.00
Sylvia Baker	£20.00
Sudbury Collecting Tin	£354.12
Bury Collecting Tin	£195.50
John & Peggy Simmons	£25.00

Easy Fundraising	£80.03
Graham Serjeant	£50.00
David Deacon (Talks)	£54.00
Peggy Ranson	£20.00
Jill Brooks (Talks)	£25.00
D.King	£20.00
Bernard Walmsley	£25.00
Hand Of Fellowship RAOB	£200.00
Rick Lee Birthday Party	£255.00
Reg & Joyce West Anniversary Party	£56.00
Edward Hitchens	£71.50
Fenlanders Harley Davison Group	£239.00
Christine Howard	£20.00
Tony Elston	£20.00
Jill van de Plasse	£25.00
Brenda Higgins	£23.00
Sudbury Weekly Bingo	£1000.00
David Camp (Sudbury Ramblers)	£20.00
Susan Szwejkowski	£25.00
Val Axton	£70.00
Betty Raymond	£50.00
Bury Guild Of Weavers, Dyers & Spinners	£20.00
Eileen Shurmer	£20.00
Oddfellowes St Edmundsbury Branch	£27.00
T & W Cardy	£200.00
Pat Darge	£20.00

*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
	Jacqueline Williamson	01787 370753 email: jackieww@live.co.uk

\* \* \* \* \*

**SOCIAL EVENTS & FUND RAISING COMMITTEE** A new committee is being formed  
**THEATRE TRIPS** Sylvia Bambridge 01787 372839 e-mail: sylvia.bambridge@talktalk.net

## **CARDIAC NURSE REPRESENTATIVE**

Kate Turner 01359 250202 e-mail: smartie1@hotmail.co.uk

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

## **EXERCISE INSTRUCTOR REPRESENTATIVE**

Michelle Jermy 01842 765786 or 07725 582817 e-mail: michellejermy@hotmail.com

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

## **MEMBERSHIP SECRETARY**

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**MAGAZINE EDITOR** David Williams Tel: 01284 850836

email: djwilliams.chedburgh@yahoo.co.uk

# Life after a stroke

**G**ERARD Melia, a poet and a long-time member of Upbeat, is writing a book on the effects of having a stroke, based on his own experiences over the past two years and we are proud to publish two moving examples of his work for magazine readers to appreciate.

The first poem, *At a Stroke*, deals with the problems he faced in Ipswich Hospital when he had his attack.

The other, *Just a Moment*, deals with coming to terms with his situation in convalescence. Gerard and his wife Ann, who is his carer, live in Hadleigh. They were among the first members of Upbeat to move to Sudbury Town Hall when the exercise class opened there some 12 years ago.

He is now 81 but still very active in poetry circles, as he has been for many years. He is a former chairman of the Suffolk Poetry Society

and has given a reading of his work in the Festival Hall, London.

It was while he was attending Ipswich Hospital for treatment that the staff there suggested he should keep writing.

“My speech gives me a little bit of a problem but Ann gives me a lot of help in getting it down on paper,” he said.

He is a member of the Stroke Group and hoping to write a book on what it is like to have a stroke in the hope that it will be of help to other victims.

Gerard takes a positive line on the effects of his stroke. “I think my poetry is much better than before,” he said.

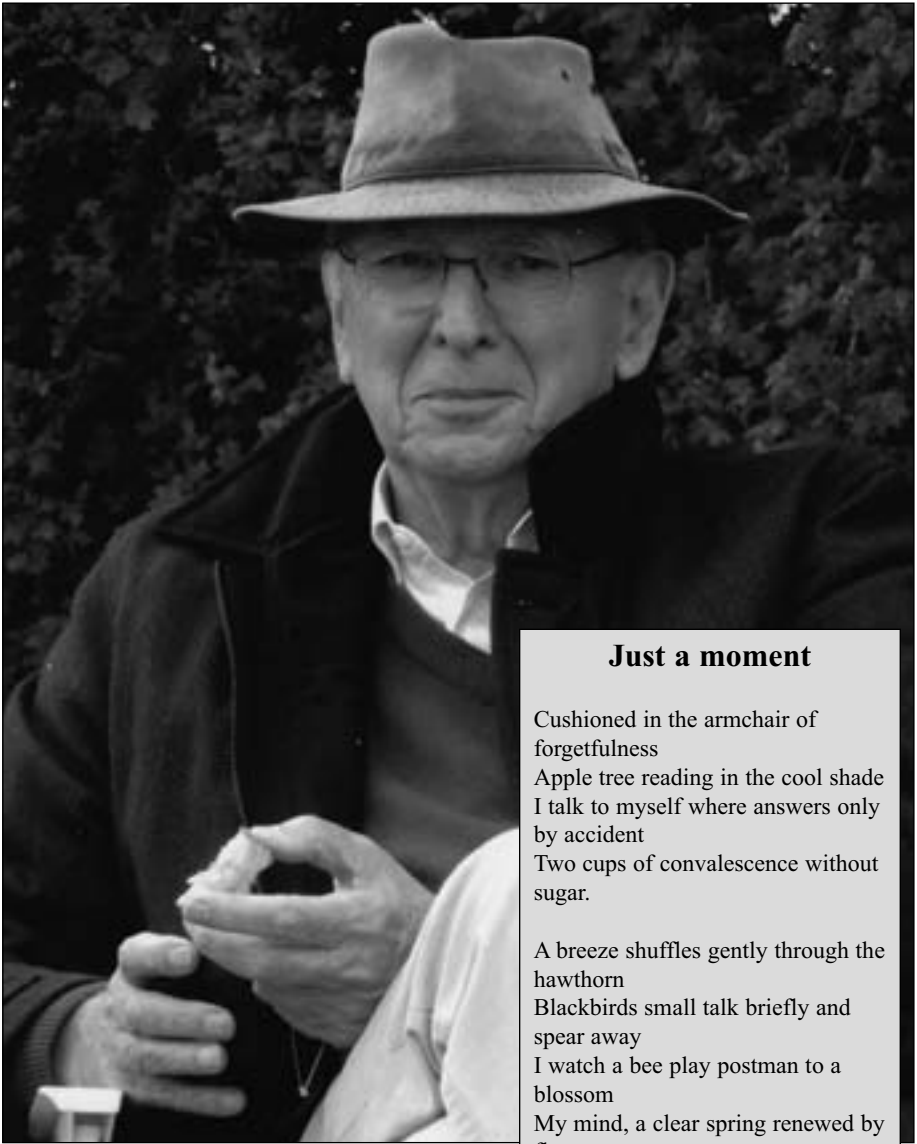
“It now takes me longer to write and I find I am able to choose better vocabulary in having to do so.”

Gerard and Ann are still regular attenders at the Sudbury Tuesday exercise class.

## At a Stroke

My speech is on a strange island,  
a peninsular of wrecked syllables,  
memory realises it has been impaired.  
My language game has unmanned goalposts,  
words lean against each other –  
drunken sentences propped up in a doorway  
on a street of misdirection

Inflections of the vocal chords  
flick the tonsils and slide the palate,  
wrench the weft and warp of utterance.  
I'm a mute in a wilderness  
of primitive ice age alphabets;  
a wounded dragon travelling in frustration.  
My tongue is tied to nothing.



### Just a moment

Cushioned in the armchair of  
forgetfulness  
Apple tree reading in the cool shade  
I talk to myself where answers only  
by accident  
Two cups of convalescence without  
sugar.

A breeze shuffles gently through the  
hawthorn  
Blackbirds small talk briefly and  
spear away  
I watch a bee play postman to a  
blossom  
My mind, a clear spring renewed by  
flow.

Following the excitement of ill  
health  
An invalid sheltered from the  
gravity of events  
My roses have a second coming  
As a poem parks quietly in the  
foliage.

'I think my poetry is much better than before. It now takes me longer to write and I find I am able to choose better vocabulary in having to do so'

– Gerard Melia, above



## Have you tried pilates?

By Michelle Jermy

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DO you suffer suffer back pain or have limited mobility? Then you might benefit from the weekly Pilates session held at the Newbury Centre, Bury St Edmunds, on Fridays from 12.30-1pm.

Pilates is an exercise programme that focuses on the core postural muscles that help keep the body balanced and are essential to providing support for the spine.

In particular, Pilates exercises teach awareness of neutral spine and helps strengthen deep postural muscles which are important to help alleviate and prevent back pain.

Pilates is an exercise system named after its originator, Joseph Pilates, who developed it in the early 1900s to improve his health.

Important principles of the Pilates exercise programme include:

- Use of mental focus to improve movement efficiency and muscle control.
- Awareness of neutral spine, or proper posture, throughout the exercises.
- Development of the deep muscles of the back and abdomen to support this posture.
- Use of breath to promote focus.
- Creating length, strength, and flexibility in muscles.

At Upbeat we have taken main Pilates exercises and adapted them so they can be performed seated or on the floor. We perform the exercises to gentle music with low lighting to create a calm environment. Every session includes a relaxation element to alleviate stress and relax the mind.

Contact Michelle if you are interested.



**Kate Turner**

## Huge thanks to Kate!

I WONDERED how many Upbeat members are aware that our Cardiac Nurse Kate Turner has been very busy working hard again for cardiac patients; she has organised and produced a very comprehensive booklet.

'Discharge Advice Following a Heart Attack' acts as a personalised plan for patients recovering from surgery.

A copy is given to people on discharge from the West Suffolk Hospital's Cardiac Care Department.

It is a super book, written in everyday language and is very easy to understand.

Kate should be given a huge pat on the back and a big thank you for her hard work.

*Sylvia Baker*

# Why Graham is our front page man

IT IS with deep regret that we report the death of Upbeat's oldest member Graham Serjeant, who died in February aged 90. This picture, taken at his birthday celebrations at the Newbury Centre, Bury, was planned for our front page because we thought it summed up at a glance the whole ethos of Upbeat – one of our veteran members being given some cheerful and close attention by exercise instructor Michelle Jermy and nurse Kate Turner – two of the people who kept a regular and watchful eye on his well-being at the exercise sessions he regularly attended right to the end. Graham died while Upbeat Magazine was in the last stages of being prepared for print and his family have agreed that we carry on using the picture as a tribute to him



and to the care he received at Upbeat.

Graham joined Upbeat five years ago after having treatment for angina. He retired 25 years ago after a working career spent mostly as an accountant and administrator. His wife died three years ago and he lived on his own in sheltered accommodation in Bury, looking after himself and doing his own shopping. What did he like most about Upbeat? "I like the whole community atmosphere, the

friendliness, the chat with other members and the exercise which helps keep me healthy and active," he said. And with a twinkle in eye he added: "And I love the kisses." You can tell that from the picture.

Graham's family have also asked that donations, if desired, are sent to David Camp, 24 Swanfield, Long Melford, CO10 9EZ made out to Upbeat.

*Picture by Upbeat member  
Colin Hands*



**Sylvia Baker, Upbeat Vice Chairman, thanking Upbeat member Ernest Edrupt for a £200 donation cheque from the RAOB Hand of Fellowship Lodge, Bury St Edmunds**

## IMPORTANT INFORMATION

If you need a stairlift but do not know for how long – such as if an elderly patient is likely to have to move, or during a terminal illness – financially it might help you to hire the equipment with the option of buying in the future if circumstances change. Reasonable rates are charged. Unfortunately this only applies if you have a straight stairway, although it is worth enquiring.

Note the advertisement in the magazine for Essex Stairlifts who are already serving Upbeat customers.

# Secretary's Report

WHILE considering what the Upbeat Secretary should write about this spring I thought of how much we depend on electronic means for producing documents and records and how much easier it is for us than for people who had to write in the past.

My mind went back to my schooldays when I had to read a set book by Thomas Hardy and at Christmas this year I started to read about the life of this time-torn man, born into a poor Dorset family, who went only to a local school because there was no money for him to go to University. His father, a local builder, found money to send him to a school in Dorchester which meant a three-mile walk each day. Thomas had a good ability to learn and at 11 he started to learn Latin. He soon knew he wanted to be a writer.

It took some years before he was accepted by publishers of note but he persevered until he was accepted by firms such as Macmillan and began to be recognised as an accepted national character.

The book showed me how determined Thomas Hardy was to become a leading author. He also became a well known poet. In all of this time he showed a tremendous discipline. At 78 he still went to his study each day at 10am to start writing for the day. He kept up his writing like this until he was 87 when he found he could write no more. It was certainly a tremendous achievement, all this writing by pen and ink. One thing is certain, if someone else had to read this contribution in my handwriting it would not be very acceptable. Thomas Hardy died when I was two years old and it makes me wonder what more he might have achieved if he had been able to use his talents to learn to use the electronic methods we have these days to communicate.

\* \* \* \* \*

Thinking ahead to our next Upbeat AGM I hope we can expect a few more responses for nominations for our committee. I hope we can have a simpler nomination form that more members will be willing to use.



by  
BRIAN BAGNALL

In a recent document from the British Heart Foundation they reported that Age UK have told us that 64% of people over 65 have never used the internet. This obviously shows up the difference in our age groups. The internet is a great source of up-to-date information. BHF would very much like members of Heart Matters to be on line and ensure they can access the website.

Upbeat would also like to have more of its members on e-mail, particularly as postal costs rise year on year. If you have an e-mail address please let us know.

## Lincoln Market

**A COACHLOAD of Upbeat members left Sudbury and Bury to visit Lincoln's Christmas Market on December 2.**

**Arriving in Lincoln we were dropped off at the top of a hill only a short walk to the Market, which was quite busy and there were hundreds of stalls selling all sorts of goods, from sweets to fur hats, food and drink and more items than I can name.**

**We had no problems walking through the market as it was all fairly flat but some of the streets were cobbled.**

**We had about four hours there, time enough to walk round and have something to eat. Everyone said how much they had enjoyed the day.**

*Peter Maxey*



**Plenty for  
Christmas  
shoppers to buy  
at when the  
Upbeat fair was  
held at Sudbury**

## Pleasure doing business ...

UPBEAT craft workers started their own cottage industry at Christmas and raised around £850 by manning stalls in Bury and Sudbury selling the many and varied items they and their families had made. Hilary Neeves acted as co-ordinator and the output from all the knitting and sewing that ensued was of great quality. The tables at the events were not big enough to

carry all the stock.

The events were held at Cornhill Walk in Bury, St Peter's Church in Sudbury and Horringer Village Hall, where they had two sessions. Among the leading sellers were Christmas bunting, Vicky's knitted toys and mince pies - 180 of these were put into bags the night before the fair and all but a few were sold.

### **By Sylvia Baker, Upbeat Vice Chairman**

It is hardly possible that we now have another Upbeat magazine – where does the time go? Christmas has now left us happier to have spent quality time with family and loved ones but poorer in our pockets.

I am very pleased with the support and help I get from the new Social/ Fundraising group and we are working hard to arrange events and trips. If anybody wants to help or has a suggestion or request please feel free to have a chat.

Our chairman Jill, still as active as ever – still giving talks, going to meetings, checking at hospital and meeting a greeting as well as keeping a watchful eye on members.

When the donation was made from the Harley Davidson motorcycle group the guy in charge was impressed with our mem-

bers and Jill for welcoming them, for showing interest in their bikes and generally having a laugh with them. He told me it was one of the nicest presentations they had made.

We have also received a cheque from the Buff's charity and Jill will give a talk to their members in the near future. It is kind and thoughtful that organisations like this donate to Upbeat and we do appreciate this.

We are now sorting out our final end with Sainsbury's, where we were their nominated charity, and I will let you know how much funds were raised when finalised. I am still very much on a learning curve and thank Jill and our treasurer David Camp for their patience and guidance. I feel lucky that Upbeat members have accepted me and thank you all for your help.

# C R Talbot

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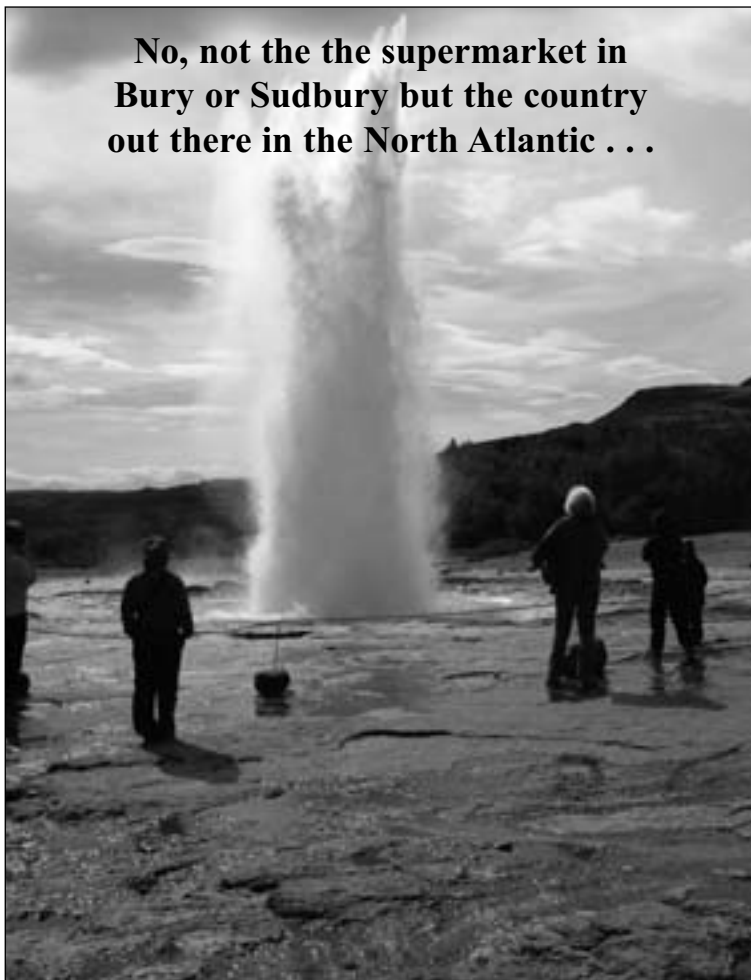
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# From Upbeat to Iceland

**No, not the the supermarket in Bury or Sudbury but the country out there in the North Atlantic . . .**



**By Faye and Tony Warner**

**A**S Iceland looked a very interesting country to visit we booked with the Camping and Caravanning Club for a tour with our motorhome. The tour, consisting of 24 motorhomes from all over the UK, was led by one of the club's experts who used a caravan.

On 12th June, 2011, we sailed overnight from

Harwich to Esbjerg, reaching Denmark at lunchtime.

We then had a 200 mile drive north to the port of Hirtshals and boarded another ferry the following morning to Iceland, via the Faroe Islands.

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» from page 15

The islands' capital is Torshavn and we arrived at 3pm the following day. From the ship we could see several of the houses around the harbour had their roofs covered in turf, which we discovered was very common here as well as in Iceland. Apparently it makes a very good insulation, but we did not discover how they kept the grass cut to a reasonable length.

We arrived in Iceland early the following day at Seydisfjour, on their east coast. The approach through the fjords was a lovely sight with high cliffs on either side and sea birds swooping.

We headed to our first campsite in the town of Myvatn. En route we were advised to visit the geo thermal spring power station, a strange site with hot steam rising from various places around the area and an array of pipe work which takes the boiling water to various parts of the island where it is used for heating some houses and public utilities.

We were due to go to Husavik next morning for a whale-watching trip but this had to be cancelled due to bad weather so we set off to visit a dormant volcanic crater.

After a steep climb on foot to the top we found the views were tremendous. A walk around the top perimeter of the crater took us an hour.

Next day the weather at Husavik was still not suitable for sea travel so our guide arranged a visit to a local museum for a talk by a park ranger about the region, in particular the thermal springs and volcanoes.

As the weather had improved by next morning, we set off for Husavik where we were booked on a schooner for a trip out to sea in the hope of seeing whales. This town is in the north of the island and was previously a whaling town. There we visited a fascinating museum which had the story of whaling in Iceland and had enormous skeletons of the various whales found in these waters.

In boarding our boat for the whale watching trip we all had to put on enormous survival suits covering the whole body and making us look like the Michelin man. Once at sea we appreciated these suits as it was very cold but

we were treated to hot chocolate drinks and cinnamon cakes. We travelled quite close to the island of Lundy where we saw thousands of pairs of nesting Puffins, lovely little birds swooping over the waves and then diving deep into the sea to gather their favourite food, sand eels.

Heading out to deeper waters, it took a long time before we saw our first whale, a Minkii. We followed this whale, watching it dive and then coming to the surface to breathe and then dive again. Shortly after this we spotted a Humpback whale and had the wonderful sight of it going for a really deep dive and in so doing showing its enormous fluke (tail). After several hours at sea it was time to head back to harbour and this time, instead of being under diesel power, the crew set up seven huge sails. It was a wonderful sight to be under full sail and travelling at a terrific rate of knots.

Next day was mid-summers day but the weather was cold with clear blue skies as we headed for our next destination, the town of Blondous. The scenery was spectacular, with the mountains surrounding the fjords topped with snow.

We diverted to visit a museum in the town of Hofsos, showing emigration in the 19th century from this country to North America and Canada. It showed the hardships endured by the Icelandic people in this country and why they decided to go to the new world.

Next morning we drove to our next stop, Grundarfjordur, and had to travel about 50 miles on uneven gravel roads. Our motorhome was not built for this type of terrain. On the way to our site we visited a shark museum where we were told about shark fishing in local waters. Apparently the shark caught was known as the Greenland shark which, when caught, was buried underground for about six months before being hung up to dry in sheds. We did sample a small piece but found it not pleasant.

We stayed at this site for two nights before heading towards Akranes for a four-night stop. En route we visited Deildartunguhver thermal spring power station where hot water is piped to various parts of the island.

We had a coach trip to Iceland's capital,

‘Heading out to deeper waters,  
it took a long time before we  
saw our first whale, a Minkii.  
We followed this whale,  
watching it dive and then  
coming to the surface to breath  
and then dive again’

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Reykjavic, and, although it is a nice city we were happy when we got back into the countryside.

We took the motorhome next day to visit a fjord at Hvalfjordur which during World War 2 was a anchorage for warships from Britain and the USA before going out on the Russian convoys.

Tuesday 28th June we set off to our next stop, Geysir, the place which gave its name to all the geysers in the world. Our site was within walking distance of an active geyser and it was fantastic to see it erupt about every five minutes to a height of around 40 feet. We also visited a waterfall called Gullfoss, (foss the word for waterfall). This one was the most impressive, not so much the height but for the width and the quantity of water tumbling over the rocks. The spray formed wonderful rainbows in the early morning sunshine.

When we left next morning along the south coast of Iceland the wind was very strong and we did not travel at more than 25 miles per hour. We later learnt that one of party had lost his clear roof light from the top of his motorhome. It was in this area that the locals were most affected by the 2010 eruption of Eyjafjallajokull, the volcano that caused all the disruption to air traffic that year.

The journey to our next stop was spoilt by rain and high winds restricting visibility and making driving difficult. On the way we passed a large river running into the sea where we saw icebergs breaking off a glacier and floating

away in spectacular fashion. They were a lovely pale blue colour and swimming amongst them were seals.

We were now below the glacier containing the volcano Grimsvotn, which erupted in 2011 causing more problems to air traffic but not as bad as the previous year.

We continued in our anti clockwise tour of Iceland until we reached the town of Egilsstadir, where we stayed the night and left next morning for the port and transfer to the Faroe Islands. We arrived at its capital Tshaven at 3am feeling quite tired. It was not a long drive to our site but it was eventful as most of us got lost, having missed a vital turning. It was quite something to see lots of motorhomes and some Danish caravans all looking for the correct road and it was a good job the roads were deserted of local traffic.

The Faroe Islands are made up of lots of small islands, the largest being Streymoy where we docked. We were staying on Esturoy and we arrived at our camp site and went to bed for a few hours before going out and exploring a nearby small town which was beside a fjord. After an early night we travelled all over Esturoy where we came across local farmers shearing sheep on the side of the road. This had attracted lots of spectators and we found it fascinating.

On our last day we decided to visit the large island and go to a town called Vestmanna where in the fjord close to the cliffs and caves thousands of various types of sea birds were nesting. We also saw grass-covered steep cliffs where sheep were grazing. How they did not fall into the sea is amazing.

We had an evening sailing back to Denmark and then had a 200 mile drive south to the oldest town in Denmark, Ribe, where we stayed one night before catching the ferry next morning. At a meal in a local restaurant organised by our tour company we said our goodbyes and exchanged names and addresses with new friends.

Iceland is a fascinating country and to view it properly you need transport and time to explore the places where tourists do not normally travel.



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# We're leaping out of a plane for Upbeat!

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By Steve Dennington  
Upbeat Webmaster

**MY daughter Lisa and I are going to do a tandem skydive some time in July 2012 and we would like to make it a sponsored event to raise funds for Upbeat.**

**We will paying for the £658 skydive ourselves, so all money donated will go directly to your funds.**

**Lisa has done this before but for me it's a first – and I am very scared of heights! We will travel to Beccles to jump with UK Parachuting, ([www.ukparachuting.co.uk](http://www.ukparachuting.co.uk)) located on the old Ellough aerodrome. The**

**flight up, between 15 and 20 minutes, will take us to 13,000 feet, about two miles. We should get quite a view from up there. Once we exit the aircraft it will be nearly eight minutes before we finally reach the ground.**

**The jump is weather dependent, but we hope we can jump on our first attempt. Sponsorship forms will be available at Upbeat sessions and full details will be posted on the Upbeat website, [www.upbeatheartsupport.org.uk](http://www.upbeatheartsupport.org.uk) where you can also donate online.**

**Please gift aid your donation as this will increase the value of your donation by 25%.**

## And now a word about the website . . .

As the man who organises the Upbeat website I will always try to do my best for you and your group.

After a member's suggestion we have upgraded the gallery section to provide you with a slideshow of the latest events taking place at Upbeat and all the previous content is also available in the slideshow format.

I am always very pleased when I hear from Upbeat Members (via our contact form from the Upbeat website) and I am always open to suggestions on how we can improve our website.

Does anyone have interest in photography, or has pictures they would like to share with other Upbeat members? If so please get in touch. We have a members' section where you could share your pictures and all we need from you is your e-mail address.

When enrolled in our new slideshow programme you can even upload your own pictures from your computer via the Internet, directly to the Upbeat website, which can then be dis-

played on that website. If you prefer send them to David Camp in digital form and he will upload them for you.

They can be of any subject you are interested in, anything will do! You can be a one-time subscriber or you can be a regular contributor to our picture gallery.

I became involved with Upbeat because I saw it as a dynamic organisation with plenty of interest and with plenty of things going on. At the end of the day it's you, the members who are the driving force and if you do not take part in the events which are organised for you, the organisation will eventually cease to exist.

I am looking forward to reading the new magazine, which I think is the best heart support magazine you will ever see, anywhere!

I would also like to say how well your committee performs and how dedicated they seem to be.

I extend my thanks to David Camp for being my website liaison; he does a fantastic job!

*Steve Dennington*

# Absent Friends

by Jill Brooks

## Pamela Backhouse

Pam became a member of Upbeat in August 1996, after husband, Don, had heart problems. She was keen to be active, going to coffee mornings and exercising weekly at Bury St Edmunds. In 1997 she joined me in the sub-group helping to set up major fund raising. Until this point we had had 'start up' money from the Council, Hospital and British Heart Foundation.

We discussed projects and most things suggested involved refreshments, which both of us had previous experience of providing. Pam suggested the first Strawberry Tea, which we had in her pretty little garden.

Most of the then members came (25) and it was a very successful event. We followed this with the first Bowls Tournament at Boxford, catering for about 70 people for lunch and tea and, in the autumn, 'Supper with a Song' at Bury St Edmunds.

These events were held year on year, with numbers growing as they became ever more popular, eventually becoming sell-outs. Pam loved cook-

ing and we had lots of laughs as she produced new ideas or something special out of her little book.

During this time we attended a number of seminars and she always made notes in the book if she found something worth recording for future use from their buffets. Over these years thousands of pounds were raised, giving Upbeat a secure base on which to build.

Over the last eight years Pam had major spine problems making walking and standing extremely painful but she never gave up, still making home made cakes when she could. Things got worse as she steadily contracted a very rare and aggressive form of Parkinson's disease and her life became very sad as she was unable to do the craft work which she loved.

Pam and I did so much together in those early years and she gathered a group of friends round her who were always there to help.

I miss her greatly and Upbeat has lost a great friend and supporter.

Our love goes to her family and friends.

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**Joyce Gooch**

### **Joyce Gooch**

During November 2006 Joyce arrived at the New Bury centre with, at that time a rather reluctant husband, Michael. Between us we had been trying to persuade him to come to meet other people and try exercise to help his condition.

They soon settled in and Joyce immediately became a very popular member of the group talking to everyone and willing to help, making people laugh with her Yorkshire accent and northern humour. She was a person who was full of fun but also very caring and understanding of other people's problems.

Earlier in life she had travelled the world during her distinguished career with the Foreign Office where she was held in high esteem, on her travels having touched many hearts with her kindness and compassion especially to local people less fortunate than herself.

It was during this time she met her husband Michael twenty-six years ago in Jerusalem. She loved and embraced the spirit of Upbeat and its members. She was enlisted as a member of the meet and greet team at Bury and I found her help and experience invaluable.

Joyce became a good friend as someone I could talk to and when she learnt of her illness she was one of the bravest people I have met – an example to us all.

Although knowing the timescale and conclusion of her future, she never once complained, and was always dressed so smartly and retained her dignity and humour to the very last.

Joyce's life was far too short and we can only

thank her by continuing to support Michael and his family as much as we can.

### **Margaret Lancaster**

After his heart problems in July 2010, Margaret's husband, Cyril, joined Upbeat and came to exercise.

We soon noticed that he rushed in and out, never stopping for a chat or coffee. When we asked why we discovered that he had his disabled wife at home and didn't like to leave her too long. It wasn't long after that that dear Margaret arrived in her wheel chair and was duly placed with some of the ladies for a chat. Although very weak she really enjoyed the company although she sometimes found it difficult to talk. It was great to feel that we could do a little something to help and she could watch Cyril exercise and enjoy himself. Sadly her condition worsened although she tried so hard.

We all miss her lovely smile and our thoughts are with Cyril and the family.

### **Peter Fordham**

I cannot believe that, in the last magazine, I was writing about Peter's wife Lydia. Although Peter was ill I wasn't expecting this news. Peter was a big supporter of Upbeat, joining in July 2000 He helped in his own quiet, gentle way to support Lydia, fetching and carrying all the goodies she cooked for events. He adored Lydia, his daughter Elizabeth and his two grandchildren and was so proud of their achievements.

Our thoughts go out to them all at this very sad time.

### **Brenda Higgins**

Brenda joined Upbeat in 2005. She was one of the members who were part of the team from Sudbury Bowls Club and a keen supporter of the bowls fund raising group. Over the years she has needed our help and she was a regular visitor to Sudbury Town Hall and then the Delphi Club. A wonderful older lady, who had a dry sense of humour and last year, with some other members, enjoyed her first game of croquet arranged by us at the local club. Always grateful for the support of Upbeat, she was a gracious lady and a great friend to us all. We shall miss her.

Our thoughts go out to her family and friends.

# 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

May 10th & 24th, June 7th & 21st, July 5th & 19th, Aug 2nd, 16th and 30th, Sept 13th & 27th, Oct 11th & 25th, Nov 8th & 22nd, Dec 6th & 20th

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

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## **SUDBURY**

3) Held at the Delphi Club, Sudbury, **every Tuesday morning** – 9.15am to 12.30pm.

(Same time as the exercise sessions)

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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.



# The bloody history of Bury

**B**URY St Edmunds – pleasant town to live, inhabited (mostly) by nice people.

Forget it, if history as portrayed by Upbeat member Bob Smith in his latest book is to be believed.

Bob, who writes under the name of Robert Leader, makes a shameless confession in the introduction of his new book about Bury in the *Bloody British History* series.

It is a story about the battles and beheadings, the hauntings and the hangings, the witchcraft and the scandals and the murders – a history with all the boring bits snipped out, he says. He starts of course with the fate of Edmund, the saint who gave his name to the place who finished up with a body full of Viking arrows and his head being cared for by a wolf.

We move on quickly to the beginning of the Abbey, which you might have thought would have brought a quieter life but some time later, with England split by civil war, forces from Bury helped King Henry's supporters take on the rebels at Fornham St Martin that turned into a massacre when the River Lark ran red with blood and 10,000 Fleming mercenaries were killed.

Over the years, as the power of the Abbey grew stronger so did the discontent of the Bury burghers and in 1327 a crowd of around 3,000 broke down the holy gates and while the monks screamed in protest they looted the building and almost destroyed the infirmary and the

sacristy. The Abbott of the time agreed to a new charter of liberties but later went back on his word, which brought new rioting resulting in near destruction of the Abbey. Many of the leaders of the riot were hanged.

Blood flowed again in the late 14th Century when the townspeople, angry at the high rate of taxes, rioted and took hostage a group of the King's high-placed men and killed three of them.

Bury did not escape the dreaded bubonic plague, which killed half the population and disaster came again in 1465 when the rebuilt Abbey was swept by fire which brought down the magnificent spire.

The end eventually came when King Henry VIII ordered the dissolution of all the major monasteries including Bury. Some of the townspeople took away rubble from the ruins and used it to build houses for themselves. Bury's bloodletting included 19 Protestants burned at the stake in Queen Mary's reign . . . 40 witches being hanged after being named by the Witchfinder General Mathew Hopkins in the 17th Century . . . onto the more personal killings such as that by the infamous William Corder, hanged outside Bury Gaol for the murder of Maria Marten in the Red Barn. They are all in Bob's book, and more besides. *DW*

*Bloody British History – Bury St Edmunds, by Robert Leader, £9.99, available from bookshops, and from the publishers at [www.thehistorypress.co.uk](http://www.thehistorypress.co.uk)*

## Food for thought . . .

A MECHANIC was removing the cylinder-head from the engine of a car he was repairing, when he spotted a well-known cardiologist in his workshop.

The cardiologist was there waiting for the service manager to come and take a look at his car when the mechanic shouted across the garage, 'Hey Doc, want to take a look at this?' The cardiologist, a bit surprised, walked over to where the mechanic was working under the bonnet.

The mechanic straightened up, wiped his hands on a rag and asked, 'So Doc, look at this engine. I open its heart, take the valves out, repair any damage, and then put them back in, and when I finish, it works just like new.'

So how come I make £25 grand a year and you make £500 grand when you and I are doing basically the same work?'

The cardiologist paused, leaned over, and then whispered to the mechanic...

'Try doing it with the engine running.'

# What Upbeat offers you

---

By Jean Davis

UPBEAT, for many members has been a real life saver in helping members cope with heart problems and many other illnesses.

When Peter Carr moved to Sudbury from Ramsgate he had such low esteem because of health problems and also moving to a new area without knowing anyone. It was devastating for him until he met some of the men and women who regularly meet on a Tuesday morning at Delphi who soon became firm friends. Sadly, Peter is no longer with us, but so many people miss him. He loved playing tricks and having a laugh. When I was collecting gold items for Upbeat funds he came up to me once with a huge brass tap asking if I was collecting gold. When there was an outing, Peter's group were always the loudest on the coach, because they laughed so much.

Several members find great relief in just being able to talk to someone else who may have a similar health condition. One member will be going for surgery soon and for him it's so important to see the nurse or just chat to friends, have a laugh and a cup of coffee. At the time of writing, the surgery has been put off and this in itself brings a huge amount of stress and a visit to Upbeat helps enormously. It's one day in the week that many members look forward to, and have the incentive to go out, especially in winter months.

Many widowed people are just glad to get out to see a friendly face, particularly when they live alone. Often their families live many miles away and sometimes a whole day can go past without them speaking to anyone. Quite often they have no-one to turn to when they're in poor health and thankfully the nurse is a huge comfort to them. Apart from taking blood pressure and giving advice, they are also very good listeners and this is invaluable. Just offloading

to someone else can be a huge relief.

When I came back from holiday recently I heard that Brenda Higgins had died and I immediately felt so sad for all of the ladies she met at Upbeat. Particularly one of her friends with whom she shared so much, since they had both lost their partners. Also, losing a friend suddenly, can enhance the sorrow of losing a partner. They have to adjust to doing things on their own again and as I've already said, meeting friends at Upbeat is a lifesaver.

Some of the carers accompany their partners to meet and have a chat. It is so important for them to feel that they are part of an organisation where they can get support. All in all, Upbeat is a terrific organisation which meets the requirements when people are discharged from hospital. However, we must not forget it takes a lot of work to keep everything running so smoothly. Many people volunteer and work tirelessly behind the scenes to give everyone the chance of a healthy lifestyle and for that I'm sure, we all appreciate the time they give.

If you or your partner have a heart related problem and perhaps been aware of Upbeat, but never taken that first step to come along to a session to find out what it is all about and how they may be able to help, come along.

You will be warmly welcomed, shown around and everything will be explained of what goes on and what help and support is available and if you wish, introduce you to other members who may be in just the same situation as you. You will have the opportunity to meet our resident cardiac nurse to have your blood pressure taken and who will answer any questions that you may have.

Qualified exercise instructors offer various levels of exercise for those that wish to take part and there are various social activities that you may wish to enjoy as part of your membership – which incidentally, is free.

# Harley Owners' £239 gift to Upbeat



**Upbeat Chairman Jill Brooks, with Vice Chairman Sylvia Baker, accepts the cheque from Derek Lawless of the Fenlanders Harley Owners Group at a Newbury exercise session.**

FIVE members of the Fenlanders Chapter of the Harley Owners Group (HOG) rode their motorbikes to an exercise session at Newbury Centre, Bury St Edmunds, in October to present heart care group Upbeat with a cheque for £239 which they had collected among their chapter.

The cheque was presented to Upbeat Chairman Jill Brooks by one of their members, Derek Lawless, who lives in Bury and who has a heart condition himself.

Other members with him were Stuart

Thompson, Fiona Thompson, Steve Wheeler and Elaine Lawless.

The Fenlanders, one of 37 HOG Chapters in the UK, have more than 500 members of Harley Davidson owners throughout East Anglia. They celebrate their 20th anniversary this year.

Jill Brooks said: "We would like to thank the Fenlanders Chapter for the cheque, which came as a complete surprise.

Upbeat members were honoured by their visit and the chance to see the sparkling, sweet-sounding powerful machines they use."

# From Bridget Jones to Fred Flintstone – it must be the Christmas party!

By Michelle Jermy

IT WAS Christmas time once again and before breaking for the holiday Newbury members celebrated in full style. The preparation for some members starts months in advance, especially when you have 100 bells to sew onto clothing! 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



P P P Patrick Simpkin sang songs about K K K Katy (and others)



Michelle Jermy and Kate Turner spreading all the gossip at the Christmas Party

success it has been for many years. Within Upbeat we have our own very talented musicians who joined to form a band. Many thanks to Barry Metcalfe, Giles Washbourne, and Ted Ashton.

The morning consisted of a fancy dress parade, this year first prize went to Elf and Safety (Vi Bannister), second prize Caveman Ron (Ron Lawes) and third prize Freddy Flintstone (Keith Bannister). So much effort and creativity goes into the costumes, various games (thank you Yvonne for your support with this), raffles, buffet and pleasant conversation.

This year I started off the performances with an account of Bridget Jones – Upbeat's very own. I walked in with my oversized dressing gown, fluffy slippers, hair tied up and full face mask on. I read out various entries of my diary from the year previous (may I add all fiction, OK mostly, I write laughing). As the entries were read out, our lovely nurse Kate Turner walked round the room holding up various photos to support what I was reading. Lots of laughter, all in good humour, as I finished and pretended to leave to go to bed I dropped my dressing gown to reveal a pair of over sized knickers Bridget



**The magnificent Morris Dancers, festooned with ribbons and bells, and their leader Bob Fuller gave us a colourful display to remember**

Jones style. To give you a taste I have added an entry from the diary...

*Friday 17th June 2011 – 11 stone 7lbs, holiday soon!*

*I so need a holiday, it is time for a break. I have been reviewing my role of Cardiac Instructor.*

*Few concerns I need to raise with the committee. Apparently I should do the following:*

■ *Suitable warm up and cool down periods.*

*Hmmm, getting control would be a start then. If I don't let them have a leg-over or shout out 'seven' at the appropriate time they go on strike!*

■ *Ventilation, availability of drinking water. I have often wondered if what they are drinking is water? Possible tests needed?*

■ *Watch out for warning signs of over working. Yeah right! They work their chuckle muscles for sure.*

■ *Be aware of signs of excess stress.*

*Hello, I am stressed! You try working with them!*

■ *Inform cardiac advisor should there be any concerns about health.*

*Cardiac advisors – I am concerned on their health? Are they normal?*

After my performance Joyce Lawes led a beautifully choreographed Morris Dancers routine with Margaret Riley, Jess Lifford, Olive Kenzer, Eileen Gay, Penny Norris, Janet Arnold and Ilva Maxey, with Bob Fuller as leader. So much effort went into the costumes and time learning the routine. What was so pleasing was the number who took part. There were a few who, if told a year before, they would be taking part in a dancing routine to demonstrate in front of others they would have said no way and here they all were, big smiles, having fun and enjoying the moment.

» turn to page 29

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**Osteopath Thomas Warner BSc (Hons) Ost, trained at the London School of Osteopathy and is registered with the General Osteopathic Council. He offers treatments for clients of all ages including babies, children and the elderly, for back, neck and joint pain as well as work-related and sporting injuries. He also deals with structural and cranial problems and all musculo-skeletal related problems. Thomas is registered with most major insurance companies.**

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**Fancy dress winners – Keith Bannister as Freddy Flinstone, Helen Herridge as a nun, Vi Bannister as Elf and Safety (please note the first-aid box!) and Ron Lawes as a cave man you hope you don't come across on a dark night.**

» from page 27

The final performance was Patrick Simpkin. He never disappoints and this year, despite the handicap of arthritis, rheumatism and old age which stopped him dancing, he entertained us with a selection of old songs to which he had put words about certain key members of Upbeat, like the one about Cardiac Nurse Kate Turner, sung to K K K Katy . . .

K K K Katy, beautiful Katy,  
 You're the one we all adore.  
 For K K K Katy, beautiful Katy,  
 You're the one we want to check us even more.  
 K K K Katy, beautiful Katy  
 Your Wednesday inspection queue gets far too long,  
 There are far too many malingers and they know it's wrong.  
 K K K Katy, beautiful Katy  
 Why can't you be nasty for a change

Give them an enema to get them on the move and feeling strange.

And there was one for Doorman Don, sung to Money Money Money . . .

Money money money makes the world go round.

For Don will take all your money I have found.  
 If you are able to sneak past him at the door,  
 If you haven't paid he'll drag you off the exercise floor.

For my one Patrick sang to 'If ever the devil was born' (the song Jezabel). Now this was complete lies so on that note I wont print it (love writing articles, put in what I want). When Patrick writes nice things about me I may print, (to be continued).

On behalf of everyone that attended the Christmas Party a great day all round. Lovely opportunity to all be together and spend quality time as a group.



### ***LADIES MORNING***

This is an open session where you are more than welcome to come and join us for a 1 hour golf lesson followed by coffee and biscuits. This is a very social morning with a good attendance from ladies of all ages and abilities. FUN is the key word on these mornings. £7.50 pp 10-11.30am WEDNESDAY'S

### ***SENIORS MORNING***

This is an open session where you are more than welcome to come and join us for a 1 hour golf lesson followed by coffee and biscuits. This is a very social morning with a good attendance from senior men (over 50) of all ages and abilities. £7.50 pp 10-11.30am FRIDAY'S

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# A walk on the wild side

A GROUP of Upbeat members put on their best wellies and walking shoes last summer for a stroll back in time at Bradfield St George Woods, near Bury St Edmunds. It is a nature reserve run by the Suffolk Wildlife Trust and is in an area which has been wooded since the Ice Age. Since medieval times it has been coppiced, a method of cultivation in which the trees are continually cut short to provide wood for building and burning.

The woods are a haven for wildlife and is a site for an innovative new education centre, appropriately built of Suffolk wood and which can be used by groups and schools.

Now, a confession has to be made – Upbeat’s reputation was put at risk when the party, inevitably, ended up in the local pub for lunch. The editor of Upbeat Magazine – who had already distinguished himself by arriving late and delaying the start of the walk – finished his

main course of baked cod, chatted for a while to members such as Daphne, Brenda and Rita, as you do, and left them to overdose on their puddings. He was quickly followed out to the car park by the lady behind the bar with her invoice book flapping in the breeze. ‘Are you paying for your meal, Sir, or are your friends paying for you?’ she asked.

The errant member followed her back to the bar, mumbled something about being absent-minded and, shamefaced, handed over his credit card.

It was very embarrassing for him but not to the other members, still eating their chocolate pudding and cream and hooting with laughter. They didn’t let him forget it for a long time. As far as is known, the matter has not been reported to the Leveson inquiry into the conduct of the press.

*David Williams*

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# Top Hat was a top show

By David Williams

TOP Hat at the Theatre Royal, Norwich, was the first non-West End theatre trip I had been on with Upbeat, but the chance for us to see the musical close at hand in October as part of its nationwide tour was a fabulous one by Sylvia Bambridge.

We saw a lavish and glitzy performance which received a string of well-deserved standing ovations at the final curtain.

And one of the best things about the day was that it took us not much over the hour to get home, compared with the marathon journey you normally endure returning in a London rush-hour.

The show's two stars, Tom Chambers and Summer Strallen, took the parts played by Fred Astaire and Ginger Rogers in the Hollywood version of the show first screened in 1935. And how well they met the challenge.

Tom Chambers is a former TV soap actor and Summer Strallen had previously been appearing

in a Lloyd Webber show in the West End.

They have now taken the show to its deserved place in London where it is receiving five-star reviews.

It doesn't matter that the plot is crazy. What it gave us was a sparkling exhibition of Astaire and Rogers-like dancing and with Irving Berlin classics like *White Tie and Tails*, *Cheek to Cheek*, *Dance the Piccolino*, *Let's Face the Music and Dance* and *I'm Putting All my Eggs in One Basket*, I could hear Upbeat members singing and humming along with the cast.

The script was peppered by one-liners which I wish I could remember but here's just one: Angry husband, "Are you saying you only married me because my father left me a lot of money?" Bitchy wife, "No, I'd have married you whoever left you the money."

We left the theatre to discover we had missed a rainy Norwich afternoon and after a pleasantly brief ride we were back in Suffolk in time for the evening's best TV.

Thanks Sylvia, it was a great idea.

## Get out of the car!

*This is said to be a true account recorded in the police log of Sarasota, Florida.*

An elderly lady did her shopping and on returning to the car found four men about to leave with the vehicle.

She dropped her shopping bags, drew her handgun and screamed at the top of her voice: "I have a gun and I know how to use it! Get out of the car!"

The four men didn't wait for a second threat. They got out and ran like mad.

The lady, somewhat shaken, then proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she could not get the keys in the ignition.

She tried and tried, and then she realised why. It was for the same reason she had

wondered why there was a football, a frisbee and two 12-packs of beer in the front seat.

A few minutes later she found her own car parked four or five spaces farther down the road. She loaded her bags into the car and drove to the police station to report a mistake.

The sergeant to whom she told the story couldn't stop laughing.

He pointed to the other end of the counter where four pale men were reporting a car-jacking by a mad, elderly woman described as white, less than 5 feet tall, glasses, curly white hair and carrying a large handgun.

No charges were filed.

Moral of the story? If you're going to have a senior moment make it memorable.

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## DID YOU KNOW?

A snail can sleep for three years.

**Almonds are a member of the peach family.**

An ostrich's eye is bigger than its brain.

**Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.**

February 1865 is the only month in recorded history not to have a full moon.

**In the last 4,000 years, no new animals have been domesticated.**

If the population of China walked past you, 8 abreast, the line would never end because of the rate of reproduction.

**Leonardo Da Vinci invented the scissors.**

Peanuts are one of the ingredients of dynamite

**Rubber bands last longer when refrigerated.**

The average person's left hand does 56% of the typing.

**The cruise liner, QE 2 moves only six inches for each gallon of diesel that it burns.**

The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.

**The winter of 1932 was so cold that Niagara Falls froze completely solid.**

There are more chickens than people in the world.

## Puzzling...

**Why is it called lipstick if you can still move your lips?**

Why doesn't glue stick to the inside of the bottle?

**If all is not lost, where is it?**

If Barbie is so popular, why do you have to buy her friends?

**Why do steam irons have a permanent press setting?**

Why are there flotation devices under plane seats instead of parachutes?

**You know that little indestructible black box that is used on planes, why can't they make the whole plane out of the same substance?**

Why do we drive on parkways and park on driveways?

**Why isn't phonetic spelled the way it sounds?**

If you're in a vehicle going the speed of light, what happens when you turn on the headlights?

**Have you ever imagined a world with no hypothetical situations?**

Why is it that when you transport something by car, it's called a shipment, but when you transport something by ship, it's called cargo?

A Sunday School teacher was discussing the Ten Commandments with her five and six-year-olds.

After explaining the commandment to 'honour' thy Father and thy Mother, she asked: "Is there a commandment that teaches us how to treat our brothers and sisters?"

One little boy (the oldest of a family) answered: "Thou shall not kill."

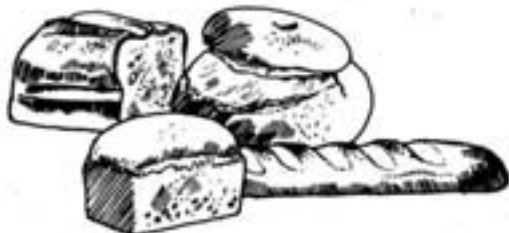
A KINDERGARTEN teacher was observing her classroom of children while they were drawing. She would occasionally walk around to see each child's work. As she got to one little girl who was working diligently, she asked what the drawing was. The girl replied: "I'm drawing God."

The teacher paused and said: "But no one knows what God looks like."

Without missing a beat, or looking up from her drawing, the girl replied:

"They will in a minute."

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# A generation of change

by David Axton

**F**or anyone under the age of about 50, it must be difficult to appreciate how greatly life has changed for the ordinary working man and his family in a relatively short time.

I was born during the Second World War – a time of national deprivation and hardship – but I was born to parents who had known more than their share of those unwelcome house-guests in their time.

My father, who was 51 when I was born, had grown up in the east end of London, left school at 14 and joined the navy.

I can remember him telling me that his first ship was a fully-rigged sailing vessel, presumably used as a training ship for new young recruits to the service.

He entered the navy at a time when Britannia really did ‘rule the waves’, when Britain boasted several fleets with scores of battleships and battle cruisers. He fought at the Battle of Jutland in 1916 and continued in the senior service until the early 30s, being recalled for the second ‘spot of bother’ as he used to refer to it, in 1939.

It was as a young sailor, whilst on leave in Portsmouth, that he met my mother, a Gosport girl from a very poor family. She was one of several daughters whose poor mother used to take in washing and sewing in order to earn enough money to pay the rent on their meagre home in Harbour Lane and feed her considerable family.

The youngest, my mother, would sometimes be charged with the task of carrying the finished sewn item to its owner, and on one occasion she had been told: ‘Take this to Mrs



‘My mother was one of several daughters whose poor mother used to take in washing and sewing in order to earn enough money to pay the rent on their meagre home’

– David Axton, above

So-and-so, and when she pays you, go and buy a loaf of stale bread from the baker’s.’

As it happened, Mrs So-and-so said she did not have the few pennies needed to pay my

» Turn to page 40

grandmother for her work, but said she would pay her the following week.

On returning home, my mother duly relayed this to her mother, who sat and cried because she had absolutely nothing to feed the family.

I remember my mother's eyes filling with tears as she related the story to me and my sister, and we, who, even in those days of rationing and national shortages, had never gone without food, wept with her.

My mother was one of nine children all of whom, bar one, were girls.

The only boy, my Uncle Bill, had fought in the Boer War and was in the city of Ladysmith when it was under siege between October 1899 and February 1900.

They must have been terrible times for those in the city, who were reduced to drinking contaminated river water and eating a sort of meat paste concocted from the flesh of their slaughtered horses, together with black bread and even, for the most desperate, locusts!

Many died from typhoid before the relief on February 27th, 1900.

Uncle Bill survived to return home and relate to his mother and siblings all that he had suffered. It seems that my grandmother gained strength from hearing about his ordeal because from then on, whenever times were hard for her and the younger children, such as when Mrs So-and-so didn't pay for the needlework, my grandmother would remind them that: 'No matter how bad things are for

us, they are not as bad as they were for Bill when he was in Ladysmith!'

Readers will understand, then, that my mother had experienced hunger and want in her younger days.

Even as a young mother herself, she knew what it was to be short of money and to struggle to feed her growing family. My sister, who is 92, remembers that when things were particularly hard, our mother would

prepare 'kettle broth' for the evening meal, a dish composed of hot water flavoured with salt and pepper.

She can also recall many times when mother would gather the children in an upstairs room and hum a tune to them to keep them quiet while the landlord knocked at the front door in search of his rent!

By the time I arrived in 1942, my father was back in the navy and, although there was still not a great deal coming into the house, the family income was boosted by having my eldest sister

working in a munitions factory, and my other sister receiving an allowance from her husband who was stationed with REME in India.

The combined rations for eight of us allowed my mother generally to place on the dinner table something more nutritious than her famed 'kettle broth', though there was seldom anything left over or spare in the cupboard.

My father was de-mobbed at the end of the war and joined the Post Office as a clerk. I've no idea what his wages were, but they were supplemented by a little my mother earned by doing various cleaning jobs.

'My sister, who is 92, remembers that when things were particularly hard, our mother would prepare 'kettle broth' for the evening meal, a dish composed of hot water flavoured with salt and pepper'

I do know that his aim was to be able to save enough to be able to leave in his will a sum of money which he thought would be sufficient to see my mother comfortably off for the remainder of her life. He was nine years older than she and clearly had no doubt that she would survive him. The princely sum he aspired to accrue was 1,000 pounds!

How times have changed! What would such a sum buy today? Not a lot, and yet to my father, who was born in 1891, and attended Queen Victoria's funeral, it seemed almost like the riches of Egypt.

When he died in 1972, his Post Office Savings Bank account was just a few pounds short of the thousand he had so wanted to leave her. Together with her state pension it proved to be enough for her needs until she died in 1976.

They had raised seven children, never owned a house or a car, and never bought anything on hire purchase.

The only holidays they ever had were to visit my mother's relations in Gosport. The never went on a plane, and my mother never travelled abroad. In fact the furthest she ever travelled was to the Isle of Man when we were evacuated.

Often I wonder what they would think of life today and of how their children have fared. Sadly, only four of the seven survive but our standard of living is beyond anything our parents could have imagined.

I'm sure they would be proud of much that we have achieved but also I think they would be shocked by much that goes on in the world today and which is accepted as 'normal'.

The standards they struggled to uphold, even in times of tremendous hardship, and which they passed on to us, are, for many today, old-fashioned and out-dated.

My surviving siblings and I are dinosaurs in an amoral world where celebrity is valued above integrity, where our newspapers tell daily of horrendous acts of terrorism and other violent crimes, and where common sense

'My surviving siblings and I are dinosaurs in an amoral world where celebrity is valued above integrity, where our newspapers tell daily of horrendous acts of terrorism and other violent crimes, and where common sense seems to be subordinated to so-called human rights or health and safety'

seems to be subordinated to so-called human rights or health and safety.

In a generation the world has come a long way. I hope that nowhere in the UK today will a child return home to tell her mother that she was unable to buy the loaf of stale bread she had been sent to get, leaving the family to go hungry, or that a young mother will serve her children hot water flavoured with pepper and salt and call it 'broth'.

Yes, times have changed and, even if we are perhaps unemployed and hard up, we would all do well to remind ourselves that 'No matter how bad things are for us, they are not as bad as they were for Bill when he was in Ladysmith.'

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*Jill Brooks*

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

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

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

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

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: May 10th & 24th, June 7th & 21st, July 5th & 19th, Aug 2nd, 16th & 30th, Sept 13th & 27th, Oct 11th & 25th, Nov 8th & 22nd, Dec 6th & 20th  
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** – Due to insufficient demand, Carpet Bowls has been cancelled for 2012.

*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

## ■ **Weds 25th April**

**LONDON THEATRE TRIP** “Wicked” at The Apollo Victoria, Theatre. Matinee Performance . Tickets (inc Coach): £34  
Organised by Sylvia Bambridge 01787 372839

## ■ **26th May**

### **UPBEAT DIXIELAND JAZZ BAND.**

An evening of music, dance and fun at The Delphi Centre, Sudbury.  
Raffle – Bar- Fish & Chip Supper Tickets (inc Supper): £8.50  
Tickets from Upbeat Sessions or Committee Members

## ■ **18th – Thurs 21st June**

### **UPBEAT HOLIDAY TO KENT**

4 day holiday, staying at the 4\* Ramada Hotel & Resort, near Maidstone. Price including all coach travel, half board hotel terms, Blue Badge guided tour of Canterbury and all entrance fees - £310 per person double/twin room (Single room supplement – max of 8, £25). Optional Travel Insurance £16 per person.  
Visiting Dickens World at Rochester, Canterbury (guided tour), Canterbury Cathedral, Howlett’s Wild Animal Park, Leeds Castle.  
Contact Rita Howlett for details 01284 762976

## ■ **30th June**

### **GARDEN PARTY AT GREAT BARTON**

Organised by Peter & Ilva Maxey. Details to follow.

## ■ **6th October**

**RACE NIGHT** at Great Whelnetham Village Hall. Details to follow.

### **Upbeat Closure Dates:**

We will be closed on Good Friday 6th April, Easter Monday 9th April, May Bank Holiday Monday 7th May, Spring Bank Holiday Monday, 4th June, Diamond Jubilee Bank Holiday Tuesday 5th June, Summer Bank Holiday 27th August  
Over the Christmas & New Year Holiday period we will be closed on:  
Fri 21st, Mon 24th, Tues 25th, Weds 26th, Fri 28th, Mon 31st, Tues 1st

# Time for a chuckle

## Church bulletins that nearly got it right

- » At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.
- » Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.
- » Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.
- » Please place your donation in the envelope along with the deceased person you want remembered.
- » The church will host an evening of fine

dining, super entertainment and gracious hostility.

- » Potluck supper Sunday at 5:00pm – prayer and medication to follow.
- » The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.
- » This evening at 7pm there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.
- » The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday.

A woman came home, screeching her car into the driveway, and ran into the house. She slammed the door and shouted at the top of her lungs, "Honey, pack your bags. I won the lottery!" The husband said, "Oh my God! What should I pack, beach stuff or mountain stuff?" "Doesn't matter," she said. "Just get out."

**Marriage is a relationship in which one person is always right, and the other is a husband**

### SMART KIDS

TEACHER: Maria, go to the map and find North America

MARIA: Here it is.

TEACHER: Correct. Now class, who discovered America ?

CLASS: Maria.

TEACHER: John, why are you doing your math multiplication on the floor?

JOHN: You told me to do it without using tables.

**A small boy was lost at a large shopping mall.**

**He approached a uniformed policeman and said: "I've lost my dad!"**

**The cop asked: "What's he like?"**

**The little boy replied: "Lager and women with big tits."**

Two Nuns were driving down the road when Dracula the Vampire jumped out right in front of them! "Show him your Cross" says the first nun. So the second Nun shouted out "Oi you! Get off my f\*\*\*\*\*g bonnet!"



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## NEW MEMBERS

Mrs Maria Bodi  
 Peter and Angela Bunyard  
 Iain and Anita Wilson  
 David Wheeldon  
 Mrs Sheila Burrows  
 Ian and Janet Cruttenden  
 Mike and Brenda Bradbeer  
 John and Kay Pymmer  
 Brian Stevens and Rita  
 Taylor  
 Terence and Wendy Cardy

Ronald Cawston  
 Mrs Pat Pearce  
 Richard and Carol France  
 Mrs Pat Nash  
 Derek and Kathleen  
 Rutherford  
 Bill and Brenda Rice  
 Tony Beech  
 Murray Gardiner and  
 Sheila Cocksedge  
 Paul and Julie Skinner  
 Mrs Ruby Biggs

Mrs Yvonne Wing  
 Raymond and Margaret  
 Warren  
 Peter and Janet Ladell  
 Mrs Barbara Gilbert  
 David and Sandra Hurst

*This is to 31 January 2012.  
 Names of anyone who has  
 joined us since then will be  
 published in our Autumn  
 2012 magazine.*

## £100 CLUB WINNERS July 2011 – January 2012

<b>July:</b> Michael Diggins	no. 290	124
£100, no. 185	Roberta Smethers £73.00	<b>Dec:</b> Ken Beck £100, no.
Joan Deacon £71.50 , no.	no. 150	002
135	<b>Oct:</b> Ron Jackson £100,	Betty Raymond £74, no.
<b>Aug:</b> Graham Serjeant	no. 175	321
£100, no. 355	Mary Walsh £74 , no. 190	<b>Jan:</b> Doreen Willoughby
Pam Venables, £71.50	<b>Nov:</b> David Axton £100,	£100, no. 129
no. 278	no. 123	Guy Brown £74, no. 33
<b>Sept:</b> Peggy Ranson £100,	Betty Raymond £74, no.	

### 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 your free copy by phoning the BHF on 0300 330 3300

## Get a touch of the sun!



View over the Med from our apartment, and the balcony with mountains in the background



*We are in Mijas, a traditional Spanish white mountain village near Malaga, in a garden setting with beaches just four miles away by car or frequent buses. Low-cost flights from Stansted or Luton.*

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More info and pictures on [www.holiday-rentals.co.uk](http://www.holiday-rentals.co.uk) (key in Property No 2249).

**2012 special offer: 10% discount for Upbeat members!**

## I.C.E

### IN CASE OF EMERGENCY

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

### WHAT TO DO ...

Enter in your mobile phone address book 'ICE' under the name and a contact number for the services to use in the event of an emergency.

**Simple, but it could help in the hour of need**

## RAISE MONEY FOR UPBEAT

### JUST BY SEARCHING THE WEB

I use Easysearch & Easyfundraising to raise funds for Upbeat Heart Support Group. Charity Number 1087415

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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