

**UPBEAT MAGAZINE**

# Falling for you

**Steve Dennington  
skydives in aid  
of Upbeat funds**

**PLUS –  
Not so brief  
encounter:  
Ron Lawes shares  
some memories**

**Footloose  
on the  
Danube:  
John Dawkins  
on a memorable  
river cruise**

**Spring 2013**

# Essex Stairlifts Ltd

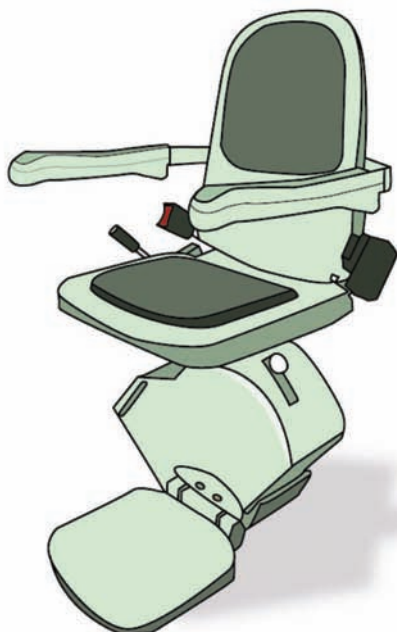
*Your local stairlift specialist*

Essex Stairlifts Ltd is a small family firm, covering Essex and south Suffolk. Our engineer has 19 years experience. We pride ourselves on our friendly and personal service and as we work from home, we are available 7 days a week.

- New stairlifts from **£1395** (supplied and fitted) with two year parts and labour warranty
- Re-conditioned stairlifts from **£600** (supplied and fitted)
- All makes of stairlift repaired and serviced
- No extra charge at weekends

## RENTAL STAIRLIFTS

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



# 01206 231568

[www.essexstairlifts.co.uk](http://www.essexstairlifts.co.uk)

Office: Brook House, Brook Street

Great Bromley, Colchester, Essex, CO7 7HX.

**Secretary:** Hilary Neeves Tel: 01359 232678 email: hils1947@yahoo.co.uk

**Full list of officers – Page 7**

**How to make a donation to Upbeat – Page 45**

## Did I *really* agree to this?

IT'S said that you can't teach an old dog new tricks, but I am hoping that's not true.

Many of you will know that I have no experience in journalism so I must acquire some new skills if the Upbeat magazine is to continue. Either that, or I try to find (very quickly) someone else to take on the task, which would not be easy. Some months ago I received a call from our chairman, Jill, asking if I would be interested in taking on the editorship as David Williams wanted to devote time to other things.

I know my memory is not what it used to be, but I don't remember saying "Yes.", but only saying I would be willing to think about it.

At the subsequent AGM I was introduced as the person who would be taking over from David! I should have learned from previous experience when I was teaching at a school in Ipswich. I had a colleague who was a former professional dancer and she worked with the children to stage some really excellent dance productions. She had a very cunning way of inveigling me into doing things. She would approach me over coffee during playtime and ask for advice. The conversation might go something like this: She: 'I'm doing this scene that includes four giants. As part of the costumes I'd like to make huge carnival-type heads but I'm not sure how to

go about it. What do you think?'

Me: 'Well, you could model the faces in clay, cover them in mod-roc (a special, fabric-reinforced plaster which sets hard) and then fix the face to a big cardboard box. Shape and decorate the box and you've got the head.' She: 'That's great. You're so clever. I'll leave it with you then. We need them for rehearsals as soon as possible!'

I got caught time and time again, and usually enjoyed working on whatever she'd conned me into doing. It wasn't quite like that with Jill and the Upbeat magazine but, as I say, I don't remember ever actually saying I'd take on the job. Not to worry; I got the job and the fact that you are now reading the magazine proves something.

Fortunately, David Williams has been more than helpful in showing me the ropes and giving guidance to a complete novice, so that I hope the Spring issue of our magazine will go to press and reach you all in good time for the AGM in May. As I said, I have no experience in journalism. Until 2007 I was a primary school head teacher in Leicester, having previously worked in middle and primary schools in Suffolk. I used to live in

» continued on page 2

---

*Front cover picture: Steve Dennington's Falling for Upbeat.... pages 48-49*

---

**Editorial contributions** and ideas for features and other items to David Axton. Tel: 07946225612 or 01284 747238, email: daxton42@btinternet.com.  
**Advertising enquiries** - see Page 22

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

## » From page 1

Leicester during the week, and come home to Suffolk for weekends and school holidays. During the 15 years I commuted like that, my attendance at Friday evening exercise classes was, to say the least, sporadic, but my wife Valerie did her best to encourage me to change from suit to shorts and join in at Hardwick Middle School when I could summon the energy. I have been very lucky since having a heart attack in 1996 not to have suffered any further trouble, but I have come to appreciate how valuable Upbeat is to its many members – both patients and carers. At first glance, to somebody dropping in on one of the morning exercise classes, at New Bury Community Centre, for instance, it might appear to be principally a social event – some brave souls disporting themselves to 60's music while many others sit around chatting and drinking coffee. Perhaps it's worth reminding ourselves of some of the reasons for Upbeat's existence, as detailed in our Constitution. One such declared aim is: "The relief of sickness among people who have or have had coronary heart disease and related illnesses, within the area generally known as West Suffolk."

Ah! So maybe the person just dropping in at New Bury Centre hadn't noticed the cardiac nurse, busy checking blood pressures while she dispensed advice and encouragement? What a vital role these professionals play in the everyday life of Upbeat and its members! A skip through our magazine will usually reveal tips on looking after ourselves, or direct us to publications or websites where we can get further information - all of which can contribute to relieving any health problems we may have and help us to feel better, thereby fulfilling that aim and, we hope, helping us all to last longer!

Our instructors too, play their part in this regard, don't they? How gently they treat us, whilst encouraging us to get those hearts pumping and those muscles working! It's all contributing to the realisation of that aim of bringing relief, isn't it? At the same time, it's usually enjoyable, though personally I don't think I shall ever learn to master the mambo step Michelle has tried to explain to me many times. I can just about manage a grape vine and a box step, but that's

about all. The Constitution goes on to give {among others} the following power. "Power to facilitate and foster contact and mutual support among people with coronary heart disease, their partners, families and carers."

So, now we get round to the social side of Upbeat, which for those who are unable or unwilling to exercise, can be the most important aspect of our association. When heart problems first strike it can be devastating for the victim and his or her nearest and dearest, so the mutual support which Upbeat provides is invaluable in helping us all to come to terms with our condition and to learn to live with it. We meet others who are worse off than we are, or perhaps not so bad. We meet other carers who share our worries and learn their strategies for coping. Perhaps above all, we learn that heart attacks, angioplasty, by-passes and the like are 'all in a day's work', so to speak, and we can and must get on with life!

I am grateful to all who have written pieces for this issue, and especially to David Williams, without whose support I would not have known where to begin.

Special thanks must also go to our sub-editor, Wendy Davey, who has done a marvellous job but for whom this will be her last issue as she is becoming editor of three Cambridge newspapers. Thank you, Wendy, and our best wishes for your future role.

Like Upbeat itself, the magazine exists for all members, and that includes you. I believe there is a vast collective knowledge and experience among Upbeat members and that we could all gain benefit and enjoyment from sharing it. Everyone has a story to tell. Maybe yours is like some of those in this issue, of recent holidays, youthful encounters, or childhood reminiscences. Maybe you have a particular interest or expertise you could share with us all. Perhaps you just feel like letting off some steam or sharing a funny story. If you don't feel up to writing it, I'll be happy to 'scribe' for you. My phone number and email address are in the magazine. Just get in touch.

I look forward to seeing you at the AGM in May. Until then, best wishes to you all.

*David L Axton*

# Chairman's Report

We must all value the love and compassion we can show each other at Upbeat

A VERY big thank you to everyone for making our Olympic and Christmas celebrations a very special time in our calendar.

We are especially indebted to all members and staff who gave extra help. It all seems a long time ago now!

Many of you will know that Ken has had another serious setback and I have been going backwards and forwards to West Suffolk Hospital in awful weather. As I came home one night, a car in front of me went into the ditch, landing on its roof. Although other drivers stopped, I felt rather ashamed that I didn't feel in a fit state to do so.

In order not to dwell on the incident, I turned the radio on. There was a discussion relating to the hospitals and the staff who work in them. The debate was "What is Compassion?" and "Can you teach Compassion?"

The programme took me back many years to when I was doing my philosophy exams and struggling to write a paper on "What is a Person?"

I looked up compassion in the dictionary – it said "sympathy". I think it's much more than that and I am not sure that you can teach it. It comes from many places, including what your parents taught you and how you deal with what life throws at you.

Looking around at Upbeat, we see amazing compassion and support for each other. The worry and stress of heart problems is shared;



by  
JILL  
BROOKS

those recently widowed or in pain can always find someone to care, to hold your hand or give you a hug. There is always someone there to listen.

I realise, especially at these times, how precious each day and each minute is. I hope each and every one of you finds the compassion you need at Upbeat and that, as your Chairman, I have led, and continue to lead, a caring and compassionate community.

Thank you to you all for the support you have given to me, Ken and our family at this time.

MOTTO: Keep smiling and never give up.

*Jill*

## THE FRIENDS DRAW

Very many thanks to all of you who have returned draw tickets by post.

I have had letters and notes from people I haven't had any contact with for, in some cases, years. I will try and reply to you all. Please send back your membership forms if you haven't done so – we still have a very large take-up. If you feel you don't need our support or the magazine, please let us know. We have had over 1,000 members through Upbeat and it's still very busy although desperate for funding.

I will let you know figures and the amount we have made in the next magazine.

*Jill Brooks*



# Treasurer's Report

## Times are hard: We all need to do our bit for Upbeat

FOR the last seven years, whilst serving as your Treasurer, I have had pleasure in being able to report a healthy and stable financial situation. This has been mainly due to a steady succession of successful grant applications, thriving fund-raising activities and of course, generous and welcome donations from members, friends and supporters.

As I have previously mentioned, the grant situation is becoming more difficult and at this moment in time, we have no grant income at all with the cessation of the Suffolk County Council Carers' Grants that we have enjoyed recently, in various forms.

We are actively trying to obtain further grant funding and Hilary Neeves and Rosemary Currell are working hard to achieve this aim. One so often hears that there are plenty of grants available, but in these more challenging financial times, it is not quite that easy.

Most grants are for specific purposes, areas of the community, particular age or social groups, ethnicity or sexual leanings etc. Demand is constantly high and most are only prepared to offer a grant for very precise and detailed projects which have to be proved, monitored, recorded and reported to cover the necessary requirements.

Being a successful group for the last eighteen years, we have grown accordingly to the size and set up that caters for over 930 active members. As you know, we run fifteen exercise



by  
**DAVID CAMP**

sessions, at three venues, on four days per week. We have a coffee morning twice a month, run a successful and renowned web site for information and advice and of course, produce the magazines, a copy of which you are currently reading.

It is very difficult to get funding for existing projects, for the day-to-day running of the group and costs associated with, for instance, the printing and distribution of the magazine. It has also been widely reported that donations to charities nationwide are currently down by approximately 20%. It is vital therefore, that our own internal fund-raising activities continue and are well supported by members. We need extra help in running events – it's a regular plea which, regretfully, gets little or no response.

Donations continue to come in from members, for which we are extremely grateful, whether large or small. They all add up and we do ask that if you are able to help, then please do so. It is customary to recognise donations, say of over £20, but I will be more than happy to call them anonymous if so wished.

Our Executive Committee made the decision to raise the costs of the exercise sessions from £2.50 to £3 per person from January 1st 2013. This is the first increase since 2005, so perhaps overdue. It was also decided to make a small charge of 50p to those members who wished to see the attendant nurse at our sessions. For

those that exercised, this charge was incorporated in the new, increased charge.

It's a small change, but in the right direction and with monthly costs of £4,500 per month for just the nurse, exercise instructor and room rental to cover our sessions, we need to review all streams of income and expenditure.

A recent example of this is that, due to the low numbers, we have unfortunately had to reduce from two to one the number of exercise sessions on Friday evenings. Hopefully these will improve and we will be able to go back to two sessions again in the not too distant future.

If our bank resources continue to fall to such a level as to make other sessions unviable then there may have to be further tough decisions

made in the next couple of years. In the worst case scenario, it could result in the total demise of Upbeat, or at least, in its present format.

We hope that will not happen and your committee will work very hard to ensure that it doesn't.

But, I am obliged to point out the problems and possible circumstances which could happen if sufficient funding and income is not forthcoming.

We value and appreciate your continued help and support.

*David Camp*

## Fund raising, donations and grants August 2012 – February 2013

### FUND RAISING

Christmas Draw Sudbury	£129.38
Christmas Draw New Bury	£429.00
Christmas Draw Hardwick	£93.00
Hamper Raffle Sudbury	£109.00
Hamper Raffle New Bury	£134.30
Craft Fairs (Hilary Neeves)	£515.40
Sale Of Gold Items/Jewellery (Jean Davis)	£269.32
Ploughman's Lunch	£17.00
Bury Walk	£19.00
Thursday Coffee Mornings	£100.00
Sale Of Material (Jill Brooks)	£20.00
Sky Dive Sponsorship (Steve Dennington)	£548.28

### DONATIONS

Sudbury Collecting Tin	£182.56
Bury Collecting Tin	£155.50
Pat Darge	£115.00
Eileen Shurmer	£30.00
Rodney Johnson	£72.50
Bob Fuller	£190.00
Margaret Bowell (Brettenham Whist Drive)	£100.00

Don Pope	£56.00
David Deacon (Talks)	£50.00
Edward Hitchens (Talk)	£35.00
Sylvia Baker	£27.20
John Stemp	£30.00
Peggy & John Simmons	£25.00
Bettina Preston	£30.00
John Sayers (Fortnightly Tea Dances)	£70.00
Roger Washbourne	£48.10
Rachel Benson	£25.00
St Edmunds Wheel	£500.00
Tracy Wallace (Talk – Ladies Fellowship)	£20.00
Patsy Marchant	£20.00
Pat & Mike Herbert	£50.00
Jill van de Plasse	£40.00
Pat Finch (The Derek Finch Memorial Darts Competition)	£215.00
Easy Fundraising (Internet Purchases) (Total to date: £315.58)	£54.74

*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 the 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 and Friday Mornings</b> at the New Bury Community Centre	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 £3.00 per session towards class expenses.



# UPBEAT EXECUTIVE COMMITTEE

**Jill BROOKS (Chairman)**

24 Gloucester Way, Sudbury, CO10 1LW  
01787 376920 e-mail: kenafb@talktalk.net

**Sylvia BAKER (Vice Chairman)**

15 Abbeyfields, Haughley, Stowmarket,  
IP14 3TA 01449 774333  
e-mail: sylvia.baker16@btinternet.com

**Hilary NEEVES (Secretary)**

33 Maltings Garth, Thurston, Bury St  
Edmunds, IP31 3PP 01359 232678  
e-mail: hils1947@yahoo.co.uk

**David CAMP (Treasurer/ Web Site)**

24 Swanfield, Long Melford, Sudbury,  
CO10 9EZ 01787 376723  
e-mail: davidcamp44@btinternet.com

**Brian BAGNALL 01284 755094**

Juniper Bank, 14 Hardwick Lane, Bury St  
Edmunds, IP33 2QF  
e-mail: b.bagnall@btinternet.com

**Nicholas BAYLIE 01359 241643**

4 Lower Broom Road, Woolpit, Bury St  
Edmunds, IP30 9UU  
e-mail: nbaylie@aol.com

**Trevor BECKWITH**

1 Salter Close, Bury St Edmunds, IP32  
7EQ 01284 703894 e-mail:  
trevor.beckwith@stedsb.gov.uk

**David DEACON**

Quinway, Bears Lane, Lavenham, CO10  
9RT 01787 248147  
e-mail: funerals@wadeacon.fsnet.co.uk

**Rita HOWELL (100 Club)**

26 Plovers Way, Bury St Edmunds, IP33  
2NJ 01284 762976  
e-mail: rahowell@tiscali.co.uk

**Rodney JOHNSON**

23 Holywell Close, Bury St Edmunds, IP33  
2LS 01284 754844  
e-mail: rjhoclo@btinternet.com

**Jacqueline WILLIAMSON**

3 Chilton Lodge Road, Sudbury, CO10  
2HD 01787 370753  
e-mail: jackiewww@live.co.uk

## NON-EXECUTIVE MEMBERS

**■ CARDIAC NURSE REPRESENTATIVE**

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

**Nurses:** Jane Bridges, Anne Graham,  
Mandy Scales, Tracy Wallace

**■ INSTRUCTOR**

**Michelle JERMY** Mobile: 07725 582817  
e-mail: michellejermey@hotmail.com

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

**■ SECRETARY**

**Catherine PALMER**

01284 760960 e-mail:  
catherinepalmer1@googlemail.com

**■ FUNDING**

**Hilary NEEVES** 01359 232678

e-mail: hils1947@btinternet.com

**■ Rosemary CURRELL 01284 386709**

6 St Thomas's Way, Great Welnetham,  
Bury St Edmunds, IP30 0TP  
e-mail: rosemary.currell@virgin.net

**■ EVENTS & FUND RAISING**

**Sylvia BAKER** 01449 774333

e-mail: sylvia.baker16@btinternet.com

**■ TRIPS**

**Sylvia BAMBRIDGE** 01787 372839

e-mail: sylvia.bambridge@talktalk.net

**■ EDITOR**

**David AXTON** 01284 747238

Mobile: 07946 225612

e-mail: daxton42@btinternet.com



One of the original coffee mornings. The Cathedral supported a charity with some of the proceeds from its Christmas fair in the Corn Exchange and the husband of the then secretary at Southgate, Ray Thompson, suggested Upbeat. Subsequently, a presentation was made and this photo was taken.

# Coffee break

Smidgeons of sugar...  
stirred anti-clockwise...  
dark grey coffee...

by Ann Clark

**W**HY do I need to know which Upbeat members are associated with each of these descriptions? It's a long story!

When I was working full-time, I vowed that I would NEVER go to coffee mornings or the like when I retired. My husband, Geoffrey, and I had been Upbeat members almost since the beginning, exercising on a Friday night, first at the Sports Centre and then at Hardwick Middle School. By 2005, when Geoffrey was unable to exercise for a while, we wanted to remain in touch with Upbeat, and I had cut my hours to part-time, so someone suggested the fortnightly coffee mornings at Southgate Community Centre. Shock horror on both of our faces! However, we decided to try it once to

confirm it wasn't for us ... and we are still going now.

What is the history of this prestigious gathering? I'm told by Jill that when Upbeat started at the Sports Centre it was felt that there wasn't the opportunity for much socialising, so the coffee morning was started in 1995. Members met in the Committee Room at Southgate and the morning was originally run by Stan Bradford who donated a table cloth and plates which we still use. The room was originally furnished with very low chairs which had cushions on top of strips of webbing. If a cushion slipped, the incumbent could easily fall through the strips, causing much merriment! Now, the chairs are much less comfortable, being the plastic bucket type, so we have to make our own entertainment and do so most of the time!

Original "coffee morningers" included George & Olive, David & Elizabeth, Daph & Baz, Gary & Maureen, Eve & Os, Greta & John, June, Amy & Ray, Ella & Rodney, Heather, Jill and Allan & Maud. In those days, the Cathedral supported a charity with some of the proceeds from its Christmas fair in the Corn Exchange and the husband of the then



**A chat . . . over coffee of course.**

secretary at Southgate, Ray Thompson, suggested Upbeat. Subsequently, a presentation was made at a coffee morning and photos taken.

One activity which happened some years ago was a poetry reading when members brought poems to read aloud. Needless to say, not all of them were serious and some caused lots of laughter.

There have always been folk willing to take over the organisation of the coffee morning and Ella and Rodney were in charge for several years with Greta and Eve and subsequently Greta and John taking on the role. Ella was so good at making everyone feel important and she used to work her way round the room speaking to us all. She knew everyone's history and always said the right thing to make us feel at ease – she is much missed. Greta and John are full of fun and there's always lots of laughter when they are about. At Christmas, they donned masks of the Queen and Prince Philip and toured the room making appropriate comments to their "subjects". There's always lots of hugging and kissing, teasing and joking, even though several of the members are now quite ill.

Another tradition which has continued to this day has been for an annual lunch following coffee

morning, when we decamp to a local pub and enjoy a good lunch, assuming that the waiters/waitresses can interrupt our chatting for long enough to take our orders! I doubt they realise that over half of us are heart patients with the hilarity and the sometimes unhealthy choices of food!

We also boast the "Double Diamond" couples, Allan and Maud and John and Greta, who share the same Wedding Anniversary and celebrated their joint diamond anniversaries on September 16th 2010 at coffee morning.

So where do the smidgeons of sugar, anti-clockwise stirring and dark grey coffee come in? I now help Greta to make the tea and coffee and have become expert on who has black coffee with a smidgeon of sugar, who requires his coffee to be stirred anti-clockwise and who likes such strong coffee with so little milk that it's dark grey! While I'm delivering cups, I move from conversations putting Ipswich Town to rights or discussing the progress of broad beans in the garden, to people exchanging photos of grandchildren or reporting on the health of mutual friends they've met. Do I still feel that I shouldn't go to coffee mornings? DEFINITELY NOT!

Why don't you join us?

# ROCK AND ROLL NIGHT

AT WHELNETHAM VILLAGE HALL

ON SATURDAY MAY 18TH 2013

Dance to Freddie Chenney singer and disco.

Bar and Raffle. Friends and family all welcome to this popular event.

Tickets available at all sessions **£7.50** including Light supper.

**Details Hilary Neeves 01359 232678**

**or Jill Brooks 01787 376920**

COME & BUY AT THE UPBEAT

CAKE STALL

AT SUDBURY TOWN MARKET

JUNE 1ST

ANYONE INTERESTED IN HELPING

PLEASE LET US KNOW

# SUMMER FETE

AT STANNINGFIELD VILLAGE HALL

Provisional date JULY 6TH

Come and have a social afternoon with friends and family

Games, tombola, afternoon tea etc

MORE DETAILS LATER

# Lunchtime fun

ON February 15th members enjoyed a light lunch of soup and bread at the Newbury Centre.

Our thanks go to instructor Yvonne who, at short notice, gave us an interesting talk after exercise.

A raffle was held and the event raised £235 for Upbeat Funds. Thanks to all who helped on the day:

Pat, Anne and Margaret in the kitchen, Brenda, Daphne and Betty for doing the raffle, Colin for supervising the tables and setting out, Ken for helping in the kitchen, serving at table, raffle selling, etc, and most of all thank you to everyone who came and



**Pat, Anne & Margaret did sterling service in the kitchen**

supported us, making it such a pleasant occasion.

Special thanks too, to Dawn and Karen (my two daughters) who made brownies and

shortbread for pudding and came and waited on the tables. It was great fun. We must do this more often!

*Hilary Neeves*

## Craft Fair, Sudbury

A FUND-RAISING craft fair was held at St Peter's Church, Sudbury, on Saturday, November 3rd. Members from Sudbury and Bury had been busy making things to sell and nearly £200 was raised on the day. Thanks to Jean Davis and her band of helpers for the time and effort on the day.

The setting up and clearing away at these events all takes a considerable time and we are grateful to those members who gave up their Saturday to help.

Thanks also to the ladies who had made all the lovely



**Manning the stall at St Peter's Church**

things to sell.

Other stalls were held over the Christmas period and a

total of £515 was raised for the Upbeat Funds.

Well done to everyone!





Joyce and Ron – a wedding day picture from 1963

# Not so brief encounter

It's a big year for those two Upbeat stalwarts Ron and Joyce Lawes. They celebrated their golden wedding on March 30 and it is obvious to all who meet them that it is a very happy marriage. But how did they meet? Here Ron tells the full hilarious story – (but he didn't let on to Joyce that he was going to share it with all our Upbeat Magazine readers)

**T**HE year is 1959. The place is the Harry Boulton School of Dancing, above the bus garage in Wood Green, later used for the filming of 'On The Buses' (no! I was not a stand-in for Olive!) I had ridden my Vespa scooter to the dance in the hope of meeting a delectable young girl. I

was wearing my best gear – grey flannel trousers, sports coat and my flashy gaberdine raincoat, two sizes too large as when I bought it the sales assistant said it was a perfect fit after grabbing the back with his hand and pulling it tight to my chest. Naivety was my second name.

I also wore my crash helmet for the ride. After leaving my raincoat and helmet in the cloakroom I entered the dance floor ready to commence battle. During the evening I danced with an attractive young girl with a sylph-like figure and decided to approach her and offer her a lift on my red roadster.

At the entrance to the ballroom I waited with bated breath and on her way out I asked if she would like a lift home.

After some hesitation and some prompting from her girlfriend she agreed. She lived in Edmonton, some five miles away, so I think she was happy to save the bus fare.

I duly dropped her at the door, opened by her mother, as being only 15 she was not allowed a



**Joyce & Ron Lawes celebrated their Golden Wedding on March 13th 2013**

key. After asking if she would like to go to the pictures the next night, I rode off merrily into the sunset, very satisfied with my night's work. The next evening found me driving up and down her road as I had forgotten to make a note of her door number. After some time she eventually came to her front door and stopped me.

We went to the Regal Cinema in Edmonton, a very plush affair with padded seats, and I paid for the best seats at two shillings and ninepence. The usherette showed us to our seats, where I proceeded to remove my crash helmet and raincoat.

An awesome look came over her face, which I mistook for a look of satisfaction. Twenty years later she advised me that it was dissatisfaction. Apparently she said to herself 'Who the hell is he?'

She had been dancing the previous night with a very suave young man in a grey suit and as she could only see my grey trousers under the raincoat she had assumed it was him.

Despite all that, she must have been overcome by my good looks and man-about-town ambience.

So if you want to get a girl get a crash helmet and gaberdine raincoat.

At the entrance to the ballroom I waited  
with bated breath and on her way out I  
asked if she would like a lift home.

After some hesitation and some  
prompting from her girlfriend she agreed



4

## BOWEN

- Bowen: A gentle treatment particularly successful in treating Back and Knee problems, Sciatica, Frozen Shoulder, Tennis Elbow, Asthma, Stress and Anxiety. Bowen can be performed through clothing.
- Anita is qualified to advanced level, has worked in Bosnia, and has 11 years experience.

Telephone: 01449 737812

Mobile: 07960 452343

For further information, please visit my website: [www.Anita4Bowen.co.uk](http://www.Anita4Bowen.co.uk)

Risbygate Sports Club, Westley Road, Bury St Edmunds IP33 3RR



## *Longs of Lavenham*

### *Supplier and Fitter of Quality Carpets*

*Carpets, vinyls and all accessories supplied and professionally fitted.*

15 Years experience and F.I.T.A. approved

- Free Estimates
- No Delivery Charge
- Re-stretch old and new carpets
- Re-adapt old carpets into new areas
- Will help with furniture and the uplift of old carpets

*We offer an ever increasing selection of samples for home viewing to suit all budgets.*

*We aim to achieve a friendly and professional service with very competitive prices and honest advice.*

**07932 830 686    01787 247095**

# Absent Friends

with Jill Brooks

## **BENNY PARSONS**

Benny and Betty joined Upbeat in June 2005 at the New Bury Centre.

They had moved to Brandon when Benny had to give up his work as a tiler when his health deteriorated. He was a keen golfer and was really upset when he found this too difficult.

His lovely, caring and patient wife, Betty, did all she could to help him.

When he could no longer drive Betty found the journey very tiring and we really missed seeing them so often. Benny always exercised and Betty always encouraged him to keep himself busy with crosswords and his woodworking skills.

He made various garden pieces and sold them to raise funds for Upbeat. I remember him every time I walk outside my front door as he made a wooden wheelbarrow, which is full of flowers most of the time.

We are still here for you, Betty, should you be able to come. With love from all your friends at Upbeat.

## **TONY SARD**

Tony and Joy Sard joined Upbeat at Hardwick School after Tony had heart problems. Until recently they had been regular members of Upbeat, exercising and attending functions when they could.

More recently Joy had experienced a very serious back problem and they were unable to visit but have regularly enjoyed the magazine.

The thoughts of all their friends at Upbeat are with Joy and her family.

## **JOHN DEEKS**

John and Ronia joined Upbeat when we were at Sudbury Town Hall in 1999 and have been active members until very recently. We have enjoyed some wonderful times with them and they both supported us in every way possible. I can well remember in the early days, when the group was considerably smaller, we enjoyed BBQ's in their very pretty little garden with John and David (Camp) in charge of the delicious food and all done to raise funds for

Upbeat. We were asked if we wanted to exhibit in the hall at Long Melford and again John sat for hours meeting and greeting in order to raise the profile of Upbeat.

John started the carpet bowls group at Long Melford on Monday afternoon and tried so hard to keep it going. He was desperately disappointed when it had to close through lack of support.

He was really upset when he could no longer drive but was determined to attend Upbeat and booked Dial-a-Ride, still arriving to sit and help on the coffee tables while enjoying deep conversations with Martyn and Brian about, among other things, the history of the area.

All who knew John will miss him very much as he was so much a supporter of Upbeat. Our love goes to Ronia and the family and we hope that she will continue to come to Upbeat.

## **MARJORIE MULLEY**

Marjorie was a widowed lady when she joined Upbeat after heart problems in 2004 with her only daughter Sue as her carer. She was very fortunate as her pretty little cottage was only a very short distance from the town hall where we had the Tuesday group and she was able to walk there independently.

In the beginning Marjorie was worried and felt alone but very quickly her endearing personality and lovely smile soon found her lots of friends. Quickly she was making the most of every minute, never missing a session if she could help it. She was one of the first people to be in the seated class at Sudbury and kept as fit as possible.

The events and trips were very special to her she wanted to be still able to see the world beyond Sudbury, especially the latest theatre shows.

With the help of Sue and the special care and understanding of Sylvia Bambridge she achieved this. Marjorie continued to be a very regular member and we already miss her dearly. Our love goes out to Sue, son in law Dean and grandsons Jamie and Billy. We hope you will keep in contact.



St Saviour's impressive entrance arch  
still stands in Fornham Road

# The Mediaeval Hospitals of Bury

By Brian Way

**M**EDIAEVAL Europe was a place and time of faith. Pilgrims flocked from all over Europe to visit the Shrine of St Edmund, king and martyr. Some came to worship, but many came in hope of healing. Many were spiritually healed, some gained bodily cures, as testified by abandoned crutches, splints and eye-patches. But even these needed convalescence; those whom St. Edmund had not healed needed alternative care, and almost everyone needed accommodation.

There were founded, under the auspices of the Benedictine Monks, a number of HOSPITALS, or places of HOSPITALITY outside the city walls, serving as hostels, convalescent homes, surgeries and hospices.

The largest and most famous was St Saviour's,

outside the Northgate, whose impressive entrance arch still stands in Fornham Road, commendably restored by Tesco's when they built the nearby store.

This hospital was favoured by royalty and princes of the Church, and offered such lavish hospitality that the Pope wrote to remind the Brothers of their vow of poverty, a rebuke which they ignored.

In 1447 Humphrey, Duke of Gloucester, uncle to King Henry VI, died at St Saviour's, a death suspiciously convenient for rival nobles who were gathering in Bury for a meeting of Parliament away from plague-ridden London.

Another memorial is the great Gothic window-frame at the end of Eastgate Street where Hollow Road and Barton Road divide.

This marks the site of St Nicholas', an isolation hospital for the infectious or incurable.

The nature of their patients encouraged the Brothers to try desperate remedies and unknown





**St Nicholas' was an isolation hospital for the infectious or incurable**

drugs, some of which worked and gradually turned St Nicholas into a notable centre of medical research, visited by surgeons and apothecaries from all over Europe.

The window itself came from another hospital: St Petronilla's, outside the Southgate, named for the supposed daughter of St Peter. It was founded to care for female lepers but later accepted paupers.

Nearby, on the main road from London, St John's welcomed travellers and offered short-stay accommodation to the poor.

St Peter's, outside the Risbygate looked after leprous clergy, and the sixth hospital was St Stephen's on Eastgate Street which boasted a phial of the martyr's blood.

Holy relics were believed to carry something of the sanctity and healing power of their saintly owners.

St Petronilla's held a fragment of their spiritual patron's skull, while the Abbey, as befitted one of the greatest shrines in Europe, preserved a fragment of the true cross as well as the penknife and boots of England's most famous

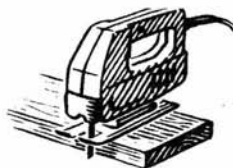
martyr, Thomas of Canterbury.

The Brothers and lay workers of the six hospitals did not care only for pilgrims and visitors. Several ran "meals on wheelbarrows" services for the poor of the town and early "equity release" schemes, offering lifelong care and accommodation in return for a bequest of property.

Generous gifts of property and purchases of land made the hospitals major landowners and sometimes unpopular landlords. St Saviour's was sacked in the same riots that destroyed the Abbey Gateway.

All six hospitals were swept away with the Abbey in 1539, to be bought by property developers who used the stone to build the stately homes which still dot the Suffolk countryside.

The men and women of the middle ages had a different world picture, and may have had a different faith from ours, but their needs were the same, and they were grateful in their day, as we are in ours for the Hospitals of Bury St Edmunds.



## **Paul Jackson Carpenter & Joiner.**

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

**No job too small or too large.**

**Kitchen fitting ( including work top mitred joint ).**

**Fitted wardrobes.**

**First & second fix.**

**Joists & flooring.**

**Laminate & hardwood flooring.**

**Roof trusses & hand cut roofs.**

**Decking & more.**

**Phone: 01284 701979.**

**Mobile: 07733 107450.**

**E-mail: [peak.jackson@talktalk.net](mailto:peak.jackson@talktalk.net)**

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



**See our website on [www.peakjackson.co.uk](http://www.peakjackson.co.uk)**

## Secretary's Report

# 'Upbeat is so valuable: we cannot let it fail'

IT'S hard to believe it is now a year on since I took over as Secretary of Upbeat. We are now, sadly, without the Carers funding that was available last year and a lot of my time has been spent looking at and looking for funding from various sources. In the economic climate that we are now enduring, this has proved extremely difficult and the general consensus is that charity giving is down around 20% overall. It is therefore even more important for us, as a group to try and help with all the fundraising events as much as we can.

Since taking over, I have been surprised by the amount of work that is required behind the scenes to keep everything up to date and running smoothly. On a brighter note 2012 was quite a year, nationally with the Queen's Jubilee and the Olympic Games. Of course, we participated in our own Olympics at Bury and Sudbury which was great fun.

2013 looks as if it will have its challenges, but with nearly one thousand members, I am sure that, together, we can support the various events and keep ourselves afloat. Upbeat is so valuable to so many people, we cannot let it fail.

Thank you to all members who completed the survey cards and made suggestions and fundraising ideas. We would always welcome more ideas. In fact if anyone would like to join the Fundraising Group please let me know. Maybe some of our new members would like to



by  
**HILARY  
NEEVES**

come forward.

Thanks to everyone who has supported us with the Stoke by Nayland Lunch. There has been a huge response with the Draw tickets. Also, thank you to all members who have sent back their Membership Forms. If there are any more forms to come back, please return them as soon as possible.

One way to generate more funds for us is to sign up to [Easyfundraising.co.uk](http://Easyfundraising.co.uk). It doesn't cost you a single penny. You don't get bombarded with e-mails, and for every purchase made online from say, Amazon or e-bay etc., a donation goes to Upbeat. We have only 23 subscribers at the moment, who together have raised over £300. Out of nearly 1000 members, surely we can generate a few more people who could sign up and increase the income. Even if you don't buy on the internet, I bet your sons and daughters do. Ask them to sign up - it is so easy. If you have any queries with how to do this, please let me know.

Finally a big thank you to all who have helped during the year, at various events, the regular helpers without whom we just could not manage and to all the members, who make Upbeat what it is today. Let us hope by the end of this year, the economic future will be looking a bit brighter.

# 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**



*The New*  
**LONG MELFORD**  
**swan**

PASSIONATE ABOUT  
FOOD & WHAT WE DO

Open all day every day  
Reservations 01787 464545  
[www.longmelfordswan.co.uk](http://www.longmelfordswan.co.uk)  
Follow us on facebook & twitter  

Don't forget...  
we are open every morning from  
10am for coffee & danishes

**DELICIOUS LIGHT LUNCHES  
SERVED EVERYDAY FROM  
12PM UNTIL 2.30PM**

# 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

Apr 11th & 25th, May 9th & 23rd, June 6th & 20th, July 4th & 18th, Aug 1st, 15th & 29th, Sept 12th & 26th, Oct 10th & 24th, Nov 7th & 21st, Dec 5th & 19th.

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

*Ample Free Car Parking at both venues.*

## SUDBURY

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

(Same time as the exercise sessions)

*There is ample free car parking.*

# HOW YOU CAN HELP YOUR MAGAZINE

Upbeat members and friends can help Upbeat Magazine in contacting local businesses and tradesmen to obtain advertising. Mention to them the possibility of taking an advertisement in the twice-a-year magazine to help their businesses and as a way of supporting Upbeat. If they are interested pass their details to the two people named below and they will see that an Upbeat member makes contact.

Our advertising prices are modest. They are:

**Black&White**      Quarter page £20      Half page £25      Full page £45

**Full Colour**      Full Page £60

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

To advertise, please contact David Axton 01284 747238 or 07946225612 or David Camp 01787 376723

All advertisers also get a FREE link on our supporters page on our web site.

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.





John and Anita enjoy a bevvy at the Captain's cocktail party

# Footloose on the Danube

by John Dawkins

**W**AS it the descriptive title which lured us, or was it simply that we felt we needed a holiday, and that a river cruise would fit the bill?

Autumn was fast approaching, and we had been more inactive and immobile than we had expected at the start of the year. But a stroke – albeit minor – was not expected in March, and stymied any plans for exploring far from home. The thought of cruising again on the Johannes Strauss was appealing. A few years back we had really enjoyed travelling from Prague to Heidelberg on the same ship.

This time we were to travel from Regensburg to Budapest in a little more than a week. The joy of cruising is the fact that, once you have arrived on board, your floating hotel will take you on to your next destination. River cruising also means that very often you will stop in the heart of a town or city, with many of the sights

just a few minutes walk away. And you'll never be seasick!

Johannes Strauss had improved since our last acquaintance. It had been sympathetically refurbished in 2011, and seemed even more comfortable. Also, wine and/or beer was served with dinner, and any “gratuities” were now included in the price. Furthermore, as we were soon to discover, Quietvox earphones were now used on guided tours.

Our holiday started ominously: there was snow on the ground as we left Munich airport, but fortunately this was not a sign of things to come. It was quite cold as we began our walking tour of Regensburg the following morning, but we saw no more snow. The newly adopted earphones were a huge improvement, as everyone could hear every word of the (local) guide's commentary, without the need to get close.

From Regensburg, famous, among other things, for its 12th century stone bridge – the oldest in Germany – we travelled overnight to Passau. Here, the Danube meets the rivers Inn and Ilz. Locals, apparently, like to point out that the Inn (which gives its name to Innsbruck) is both wider and bluer than the Danube. Somehow, The Blue Inn doesn't have the same ring....

By now we had almost left Germany, and our next stop was in Linz, Austria's third largest city. It has a proud musical history: Anton Bruckner was born close by; Mozart and Beethoven had already composed symphonies in the city (the Linz and the 8th respectively) but the city will, for ever, be most associated with an unsuccessful painter who lived here around the turn of the 20th century. He – Adolf Hitler if you haven't recognised him – is reputed to have made an early speech at Postlingberg, now a hilly suburb connected to the city centre by one of the steepest adhesion railways in the world – and well worth a ride.

We were accompanied on our cruise by a resident speaker: Godfrey Barker, art expert and a frequent contributor to Radio 4's Front Row. He is an entertaining speaker, and an amusing man to share a dinner table with. In fact, as is often the case, it was our fellow travellers – or some of them – who really made our holiday.

The next day took us to Melk. Before we came across this holiday, I had never heard of Melk, known for its abbey, which towers over the river. It is truly a magnificent building which still functions (in small part) as a school but is now better remembered for its marble hall and a library of more than 100,000 precious books. As a real contrast, we enjoyed a generous wine-tasting in the Wachau Valley.

We were left with our last three resting places – capital cities all. The first was Vienna, which overwhelmed us because of the sights to see. A much longer stay is clearly required. Equestrians will be relieved to hear that there were no burger stalls near The Spanish Riding School and fans of The Third Man (available on

Budapest was our last port of call.

It is a beautiful city and now firmly on our 'must revisit' list

the ship's in-cabin televisions for just that day) will be pleased to know that the Giant Ferris Wheel is still functioning!

Then it was off to Bratislava, the capital of Slovakia, and, apparently, the current destination of choice for British stag-nighters. Wind and rain caused our planned guided tour to be cancelled, but fortunately things had improved enough through the morning for us to be able to explore independently after lunch. This was certainly the least affluent place we visited, although it was not without charm. With newly found friends we hauled ourselves up to the castle – closed, but worth the effort for the views. In many places the cobbles were in a sorry state of repair, but there were amusing street-sculptures as if to compensate.

Budapest was our last port of call. It is a beautiful city and now firmly on our "must revisit" list. We were taken to the points of most interest by a splendid local guide whose excellent English was combined with a fine sense of humour. From Fisherman's Bastion we were able to see our vessel berthed close to the Chain Bridge – a prime position, really as the cruising season came to an end. We were also just a few hundred yards from Shoes on the Danube Promenade – a poignant memorial to Jews murdered in the last few months of World War II.

The holiday is four months in the past now. We would like to continue our journey from Budapest down to the Danube Delta later this year, if possible. Noble Caledonia's lease of Johannes Strauss ends this year, so we'll need to make our move soon.

# It's Christmas!

## Newbury-style, 2012

CHRISTMAS time once again and Newbury members celebrate in full style.

The preparation for some members starts months in advance, January 3rd, 2012, to be exact, considering a certain person, Patrick, had kept a diary on my antics for the whole year!

The build-up to festivities involves many members discussing food preparation, music, entertainment, cabaret acts and fancy dress. One thing is for certain: it takes much organisation and hard work to organise the day and make it the success it has been for many years. This year we seated record numbers and it was lovely to see many new faces joining us and to hear the positive comments of members who look forward to this event.

The morning consisted of a fancy dress parade. As you can see, much effort and creativity go into the costumes!

Members were entertained with various games, raffles, an excellent buffet, pleasant conversation and beautiful music.

Our very own band once again performed outstandingly, Barry, Giles and David coming together once again to form the Upbeat Trio - if not the oldest swingers in town, certainly coming a close second for that title!

This year Patrick started off the performances with an account of Bridget Jones, aka Michelle Jermy. He dressed as I had done the previous year, and the vision of Patrick in a a nightdress, night socks and face mask was a lot to take but worse still, to find out he had kept a diary on

my antics, wow! An autobiography with a twist! At the end Patrick presented me with a present which was a folder containing the diary, many poems and photos of the previous year. It was very touching and something I will treasure.

The gorgeous Upbeat ladies dressed up as gnomes and came out dancing and singing, in a well-thought-out and very entertaining routine .

For their debut performance all female nurses and instructors involved in the Newbury sessions took part in a performance: Upbeat's version of the Spice Girls.

Mandy and Tracy have resisted for years but this year they joined us and what a performance they gave! We danced around to 'Wannabe', the first Spice Girls track, and it was great to have everyone involved. I am sure the members appreciate us taking a step outside our professional role (maybe with the exception of myself who is constantly larking around!).

Just when you thought the action was over, Yvonne, Ken, Terry & Ron put on a Hula Hips performance. Dressed in little outfits they wiggled their hips and brought many smiles and much laughter into the room.

It was another great year.

Thank you to everyone who takes the time to support Upbeat and to make the group so special.

*Michelle*



Santa's little helpers, left.  
The gorgeous Hula girls, below



Upbeat's very own  
Spice Girls, left

The music makers,  
below



Do you recognise these  
Upbeat members in their  
fancy dress?







## How we found the perfect answer to a Big Birthday problem

### Overlooking the putting green and the course

We have always been good at putting up family for birthdays and Christmas, but it became more of a problem as the children acquired children and those children got bigger.

When my Big Birthday came up last year we knew we would have to feed and provide overnight room for at least a dozen adults and the answer was to find somewhere we could all meet, celebrate and have a good meal without the pressure on mum to spend all day over the cooker and find odd corners for all to sleep afterwards. That was how we came to ring the Suffolk Golf and Spa Hotel at Fornham St Genevieve just outside Bury. They could accommodate all of us for evening meal and bed and breakfast while enjoying all the facilities at the hotel. It worked a treat. The family, mostly living in the London area, arrived at the hotel just after lunch and booked into their large and luxurious rooms. Within minutes they were disporting themselves in the spa room, swimming in the large and safe pool, using the wet and dry hot rooms or just sitting and catching

up on family gossip while luxuriating in the jacuzzi. Some went for a walk in the 80 acres of woodland with a lake and we all met in the bar afterwards for pre-dinner drinks.

Then into the dining room to enjoy the meal, which was the result of pre-planning between us and general manager Amanda Mortimer and her chef. This meant everybody had a wide choice of menu, including those who had special dietary needs, a must these days.

More drinks, a lot more talk and everyone went to bed knowing there would be no drink-drive problems on the way home. Next morning after breakfast they were off again into the spa room for a swim or sauna or into the woods for a walk until it was time to book out.

They all agreed they had a great time and we came home knowing it had given us time to chat to everyone without the pressure that comes with cooking and serving a large meal and clearing up the mess after they had gone.

*David Williams*



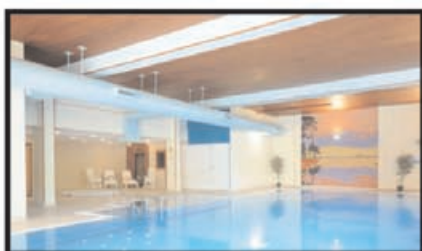
**An exclusive offer to Upbeat Magazine readers!**

# Suffolk Golf and Spa Hotel

**The Suffolk Golf and Spa Hotel at Fornham St Genevieve, near Bury, is making a special offer to all Upbeat Magazine readers for 25% off green fees and Spa treatments throughout April, May and June.**



The 18-hole golf course



The spa room and pool

**Quote Upbeat to take advantage of this very special offer, which is subject to availability and must be booked in advance. Telephone 01284 706777**

**Facilities at the hotel include an 18-hole golf course, a fitness centre, solarium, spa and wellness centre and of course a first-class restaurant**

**“bespoke”**  
HOTELS



# PODIATRY / CHIROPODY OSTEOPATHY

**Friars Clinic 11, Friars Street  
Sudbury, Suffolk CO10 2AA**

**www.friarsclinic-sudbury.co.uk  
e-mail: sjlong@talktalk.net**

**01787 – 882055**

Podiatrist Sara Long BSc, (Hons) Podiatry, is a member of the Society of Chiropodists and Podiatrists and is registered with The Health Professions Council (HPC). She studied at the University of Westminster and treats all kinds of general foot health problems including verrucae, diabetic foot care, corns, callous, thickened and in-growing toenails, bunions, hammer toes, fungal infections of the skin and nails, orthotics and nail cutting. She is registered and accepted by *Simplyhealth* Insurance (formerly HSA).

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.

Friars Clinic offers you a warm welcome and professional service at the clinic.

For an appointment or for further information please phone Alan the practice manager on 01787 – 882055.

# Getting old

■ Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today, it's called golf.

■ Eventually you will reach a point when you stop lying about your age and start bragging about it.

■ The older we get, the fewer things seem worth waiting in line for.

■ Some people try to turn back their odometers. Not me, I want to people to know 'why' I look this way. I've travelled a long way and some of the roads weren't paved.

■ How old would you be if you didn't know how old you are?

■ When you are dissatisfied and would like to go back to your youth, think of Algebra.

■ You know you are getting old when everything either dries up or leaks.

■ One of the many things no-one tells you about aging is that it is such a nice change from being young.

■ One must wait until evening to see how splendid the day has been.

■ Ahh, being young is beautiful, but being old is comfortable.

■ Old age is when former classmates are so gray and wrinkled and bald, they don't recognize you.

■ If you don't learn to laugh at trouble, you won't have anything to laugh at when you are old.

■ First you forget names, then you forget faces. Then you forget to pull up your zipper, then... Oh, my goodness, you forgot to pull your zipper down!

■ If you jog in a jogging suit, lounge in lounging pyjamas, and smoke in a smoking jacket, WHY would anyone want to wear a windbreaker?

■ And best of all... I don't know how I got over the hill without getting to the top.

## Truthful Sayings? Wisdom from Grandpa...

■ A man winds up with a nest egg, or a goose egg, depends a lot on the kind of chick he marries.

■ Trouble in marriage often starts when a man gets so busy earnin' his salt, that he forgets his sugar.

■ Too many couples marry for better, or for worse, but not for good.

■ When a man marries a woman, they become one; but the trouble starts when they try to decide which one.

■ If a man has enough horse sense to treat his wife like a thoroughbred, she will never turn into an old nag.

■ On anniversaries, the wise husband always forgets the past but never the present.

■ A foolish husband says to his wife, 'Honey, you stick to the washin', ironin', cookin', and scrubbin'. No wife of mine is gonna work.'

■ The bonds of matrimony are a good investment, only when the interest is kept up.

■ Many girls like to marry a military man – he can cook, sew, and make beds, and is in good health, and he's already used to taking orders.

# Immobile, impotent, and imbecilic... Is that how they see us?

**H**AVE you had them? Those annoying calls? Quite often they seem to come in the mid afternoon – just when the Telegraph crossword is slipping from my hands as I begin to doze off in the armchair. The phone!

Of course I've not got the cordless phone to hand, so have to get up from the armchair as quickly as I can, before the answer machine cuts in, and who do I find is calling?

'Mr Axton? How are you today?'

The voice is soft and gentle, and delivered in a tone you might use when addressing a small child or a favourite pet.

The caller continues: 'Do you find it difficult going upstairs nowadays? Or do you have trouble getting in and out of the bath?'

My blood pressure rises. I have difficulty not hurling expletives down the line at this patronising salesperson who clearly thinks that because I have reached my three score years and ten, almost certainly a) I am physically infirm and bordering on being disabled, and b) mentally I am little more than a simpleton.

It might be a stair lift he or she is trying to sell me, or perhaps it's an armchair that will, at the press of a button, function like an aircraft ejector seat and propel me across the room. Or maybe it's some strange inflatable device which will gently lower me into the bathwater and then later raise me up again. Whatever it might be, I endeavour to remain polite while assuring the caller that I am quite capable of climbing the stairs and of tending to my own personal hygiene without electronic assistance, and how did they get my number anyway, since I am ex directory?

Presumably in this age of computerised record-keeping, when various government departments and on-line agencies have more personal details on each of us than we can probably remember ourselves, companies can somehow access such information and find names and phone numbers for the particular demographic group they wish to target. A quick search: Old fogeys over 70 in the West Suffolk area, will produce a list of names, addresses, and phone numbers, with additional information such as hair colour and inside leg measurement as optional extras. It's quite alarming really, isn't it? How many databases have your personal information filed away, readily available to any company ready to pay a fee to access it?

I guess that getting such phone calls goes with getting older. Nobody rings me to ask if I'd be interested in Speed Dating, Club 18-30 holidays, or climbing Kilimanjaro. Why not? Because they know I'm old!

Old people have dementia, we drip our gravy down our fronts, and we have a bit of an incontinence problem. We watch daytime TV, we don't go out in the evenings, and, well, we aren't very mobile, are we? But, and it's a very important but, we have MONEY! We have pensions, maybe we receive benefits, and we are old enough to have paid off any mortgages we might have had, so, if we are home-owners, we have equity!

And, of course, at our age, we don't have much to spend our money on since we're not into the latest gadgets, don't want the latest fashions in our wardrobes, nor are we out clubbing and drinking at weekends. It's our money they're after – 'the grey pound', someone has called it, and someone else named us 'the Saga

generation’.

Mind you, if they do their research properly, they might discover that we aren’t all gravy-dribbling half-imbeciles. According to a report by Gary Cleland in the Daily Telegraph a few years ago:

The rate of spending among the Saga generation is predicted to rise faster than in any other group in a further sign of the growing power of the "grey pound", researchers report.

Far from staying at home with a blanket and slippers, the Skiers, so-called because they are Spending the Kids’ Inheritance, are keen, sophisticated shoppers and retailers have been told they must do more to attract older shoppers or risk losing out on the multi-billion-pound market.

A study by Verdict Research found that those aged between 65 and 74 would spend on average £4,379 in the shops this year.

By 2017 that was expected to increase by almost 40 per cent to £6,055, with spending significantly higher in the traditionally youth-orientated fields of fashion, beauty and electrical goods.

So, it seems we should be a favoured target audience for retailers. Age UK\* reported:

Older consumers have grown into a market force to be reckoned with, as new figures reveal the amount of money spent annually by people over the age of 65 in the UK is set to hit the £100 billion mark.

£100 billion? That was spent on a whole lot more than chair lifts and bathing aids, I think, don’t you? And yet, as the Age UK report continued:

‘While the contribution older consumers make to the UK economy has grown over the last few years, the attention the wider business world pays to this age group has remained stubbornly low.’

So, why are Speed Dating sites such as Lovestruck.com and Ditchdate.com not interrupting my afternoon doze? Why am I not being sought to join adventure trekking in the foothills of the Himalayas? After all, as one

website tells me:

Anyone with a pair of strong legs, a will for adventure to explore the exotic nature will enjoy the thrill of trekking. We only ask you take the flight of stairs instead of the escalator in your office and apartment for several months prior to starting the trek. Regular bicycling, swimming, jogging, cross-country skiing, or aerobic exercise would be greatly beneficial for you.

There you are, Upbeat members. If you exercise regularly at one of our classes, you’re taking the first steps towards that trip to Nepal! But companies do not recognise our potential, it seems, as Age Concern recognised:

‘By sidelining older people’s needs and aspirations, the market is not only persisting in a harmful ‘age-blind’ attitude but is also missing a massive business opportunity.’

So it seems that, generally speaking, companies have an ‘age-blind’ attitude. I suppose that means that they are just not seeing our potential, but have stereo-typical views of what ‘old’ people want, what we can do, and what interests us.

In an attempt to address this issue and to help companies to appreciate the importance and potential of ‘older’ clients, Age UK set up what it calls the ‘Engage business network’, the aim of which is to get companies together ‘to share expertise in meeting the needs and requirements of older consumers, to promote best practice and to advise on adapting business model and products for an ageing society’.

Another initiative is the development of ‘Age OK, an accreditation mark which demonstrates that a product has been designed inclusively’.

These would seem to be steps in the right direction, but clearly there is a very long way to go before being 70 ceases to be seen as synonymous with being immobile, impotent, and imbecilic! Sadly, by the time the world of commerce recognises our potential, many of us may not still be around!

*David L. Axton*

\*<http://www.ageuk.org.uk>



## **D. B. SECURITY**

Benchwork, lock opening and fitting services

### **24/7 CALL-OUT SERVICE IN LOCAL AREA**

Insurers' locking requirements

Retail supply of locks and safes

Large selection of locks, safes, window locks – available from stock

#### **NEW LOCKS SUPPLIED AND FITTED**

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

**Open: Mon - Fri 7.30am – 4.30pm    Sat 8am – 1pm**  
**Hamilton Road (Bus Station), Sudbury, CO10 2UU**

Tel 01787 311511

Fax 01787 375200

Mobile 07966 882470

**[www.db-security.co.uk](http://www.db-security.co.uk)**

## **LONG MELFORD FINE FOODS**

**1 Dudley House, High Street, Long Melford Tel 01787 881361**

Fine selection of gourmet foods, biscuits, pates, jams and  
marmalades, exotic teas, noted coffee, spring-time hampers,  
relishes and unusual mustards, fresh, free-range eggs  
from local farms

Also a warm Yorkshire welcome from Anne and Tony when you  
pop in for tea, coffee or a home-made sandwich, or a slice of  
their selection of delicious home-made cake

Upbeat members are warmly welcomed  
Open six days a week and Sundays

# The Upbeat Olympics

THE Newbury Centre was decorated outside with bunting and flags for the Fun Day and Lunch.

We were able to have our games outside, although the wind was a bit chilly.

Three teams of members took part in the games, such as throwing wet sponge, javelin (bamboo canes), tennis ball darts, balls in the bucket, splat the rat etc.

Colin was our Timekeeper, making sure everything kept on schedule.

The opening ceremony starred Bob Fuller in full Grecian toga, holding his torch, followed by his harem of four ladies, dressed as eagles, riding scooters. Much fun was had.

Richard Wilkinson, the manager of Bury Football Club came over to present some prizes. Much to Bob Fuller's surprise, he was presented with an engraved tankard from Upbeat for all his voluntary work and collections for Upbeat at



**Bob Fuller, in full Grecian toga!**

the football matches.

Thanks to Richard Wilkinson for giving permission for this.

After the games, we were all grateful to get inside out of the wind and have a delicious lunch prepared by Pat Darge and Anne Everett. Thank you to them for organising this.

After lunch medals were presented to the winners by Sylvia and Patrick, (who looked remarkably like the Duchess of Cornwall). Jill was busy writing out Certificates to be presented to all who took part.

Teas and coffees were provided from the kitchen by Vicky and her wonderful band of helpers. Thanks to them.

Thank you so much to everyone who helped organise the day, Ron and Joyce Lawes and also to those who helped on the day.

It was a good day, and I hope everyone enjoyed it.

The old adage 'Live Long- Laugh a Lot' seems to be a good prescription.

*Sylvia Baker*



**Getting the competitors organised . . .**

# We care about your future

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

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

*We want to help you enjoy the present AND plan for the future at the same time. If you would like to talk it over please contact us in complete confidence.*



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

**Authorised and Regulated by the Financial Services Authority**

## Mending Broken Hearts with the British Heart Foundation

THE good news is that more of us are surviving heart attacks.

The bad news is that increasing numbers of us are then left with badly damaged hearts and heart failure.

As you know living with heart failure can be terrifying and currently there is no cure.

Sufferers can face a difficult battle that's deeply distressing for them and their families.

In severe cases their life expectancy is less than that of many cancer patients.

But now, with your help, heart failure patients and their families have real hope for a cure.

By supporting the British Heart Foundation's Mending Broken Hearts Appeal, you'll be helping to fund a groundbreaking research

programme that could end the suffering caused by severe heart failure, forever.

So far volunteers have helped raised £10m of our £50m target to help mend broken hearts.

Much of this money is spent down the road in Addenbrookes on the search for a cure.

The support of people from Suffolk is vital. So thank you to those supporting us through the Annual Suffolk Villages Cycle Ride in June or by taking part in a Pirate Walk.

If you would like more information about the Mending Broken Hearts Appeal please visit <http://www.bhf.org.uk/findacure> or call 01223 862 695.

*Alex Mayer,*

*British Heart Foundation – East Anglia*

## 42nd Street, Theatre Royal, Norwich

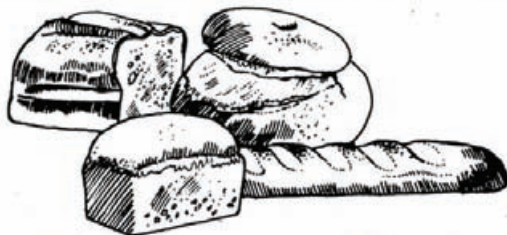
Review by David Williams

If you had studied the background to the first production of 42nd Street in New York in 1933 you may been wary of booking for the latest version, now touring the UK. The first show was launched at a time of great depression, millions were out of work, the Stock Market had collapsed, money was short all round and the future looked grim. Sounds familiar?

With a background like that it's a wonder they were able to put on a show that became one of Broadway's glitziest musicals, producing some of the happiest and best-remembered songs of the century. And luckily, for the Upbeat trip to Norwich in October, the magic lingered on. It is the story of how a show is in the last stages of opening on Broadway when the leading lady breaks a leg. She was so famous they said that no-one could replace her. Then enters a wisp of a girl from a hick town in the West looking for her first chance. In true show-business style she is thrown out but . . . yes, you've

guessed it . . . she asks for another chance and becomes the star who saves the show and the jobs of all those in the company who were about to join the jobless hordes. Dave Willetts, one of our greatest musical stars, headed the lively cast as the tough producer with Marti Webb as the luckless leading lady and Jessica Punch as the bright young star who took over. But the real stars were the boys and girls of the chorus who tap-danced and sang their way through a glittering production that had us singing along with everlasting hits such as Young and Healthy, You're Getting to be a Habit with Me, Keep Young and Beautiful, I Only Have Eyes for You, Lullaby of Broadway and plenty of others. As we filed out for the Upbeat coach home I believe we were all thinking 'To hell with the economic misery, we've just had a great time.' The popularity of a second successive matinee in Norwich, which avoided the long run to London, was proved by the almost instant full booking of the coach, another tribute to the work of our theatre trips organiser Sylvia Bambridge.

**DELICIOUSLY FRESH  
BREAD & ROLLS**  
**BAKED DAILY** (*Delivery Service Available*)



**Sparling & Faiers**  
**11, Market Place, Lavenham.**  
**Tel: 01787 247297**

*Also Cakes For All Occasions - Beautifully designed to suit your every requirement*

***Sunflowers***  
***Florist***

Flowers for all occasions  
Birthdays, anniversaries, weddings, sympathy tributes & thank yous

*Modern and traditional bouquets, hand ties,  
arrangement plants and vases*

*Balloons, chocolates & soft toys.*

*Deliveries local, national & worldwide. Interflora (say it with flowers)*

99 High Street, Halstead, Essex CO9 2JQ  
[www.sunflowersfloristathalstead.co.uk](http://www.sunflowersfloristathalstead.co.uk)  
Telephone 01787 473287



# St Edmunds Property Services

## A.EDGAR

NEWBURY  
FEN ROAD  
PAKENHAM  
BURY ST.EDMUNDS

01359 232 940

07802 166 645

[agedgar@btinternet.com](mailto:agedgar@btinternet.com)

We carry out

Electrical work

Plumbing work

Bathrooms

Showers

Tiling

Painting

Kitchens

PVC Windows

Out side Fencing and Decking



# Carter Pearl

**INVESTMENT CONSULTANTS & ASSET MANAGEMENT**

5 King Street, Sudbury, Suffolk CO10 2EB

Tel: **01787 310664**

Web: **[www.carterpearl.co.uk](http://www.carterpearl.co.uk)**

Authorised & Regulated by the Financial Services Authority

== *W. A. Deacon* ==  
Funeral Services



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

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

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

*24-Hour Telephone Service*

**01787 248282 & 248147**

## Daniel Hughes

Teaches  
In the Bury St Edmunds area

**Guitar, Banjo, Bass  
& Ukulele**

From beginners to advanced

Any style taught

**Contact me on  
07766 131 538**

Email  
[theincredibledannyhughes  
@hotmail.co.uk](mailto:theincredibledannyhughes@hotmail.co.uk)

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

## THE MEDICARD

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

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

Available to Upbeat patients and their carers.  
Cost: £2.50. An application form is available on our website.

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

# Stuck in the mud at Belford

By Tony and Faye Warner

---

SOME of you Upbeat members may remember our adventures in our motorhome when we visited such places as Portugal, Spain and Iceland.

Well, we had to make a decision this year whether to change the motorhome for a later model or to go back to where we started 16 years ago when we had a caravan.

We belong to a camping group run by the International Police Association camping section and attend rallies in various parts of the country.

The group has both motorhomes and caravans and it is the caravan owners who are generous enough to offer lifts to us motorhomers, especially if the rally is in a rural location.

Although we have really enjoyed our years in the motorhome we considered it time to go back to towing a caravan as this gave us more mobility and so we attended the Motorhome and Caravan Exhibition at the NEC and fell in love with a Swift Challenger caravan with a permanently fixed bed, which we ordered and asked for delivery in April last year.

The next thing we obviously needed was a suitable car to tow the caravan and so research started with the Caravan Club website which enables you to compare towing vehicles with the caravan of your choice. Many hours were spent in this research which resulted in looking for a Ford "S" Max which we eventually found at a garage in Bury St. Edmunds.

The vehicle seemed ideal and so in April it was off to collect our new van from the Nottingham area.

Everything was fine when we hitched up and

drove home and we were feeling smug with our choice of vehicle especially as it towed very well and showed a good fuel consumption.

During the year we attended various rallies with our club and everything was fine with car and caravan until the Fenny Bently rally in Derbyshire. We decided to visit a local farming show and invited some friends to come with us.

A good day out was had and after the visit we headed back to the campsite which took us through narrow lanes with dry stone walls either side. It was one of these stones that had detached itself from the wall and ended up tearing the wall from the front nearside tyre.

This meant stopping in the gateway of a nearby house to look at the damage and decide what to do. Now this is the interesting bit, the "S" Max does not have a spare wheel and uses a bottle of white liquid to reinflate the tyre. Not in this case though as the wall had a split in it about three inches long. So the breakdown service was called and we were transported back to the camping site on a low loader. (Very embarrassing)

Next day one of our friends took us and the tyre to the local town and a new tyre was fitted and so we were mobile again.

Now I can hear some of you saying that with all the research that was carried before purchasing this car why didn't we consider the no spare wheel situation. Well the answer to that is that in over fifty years of driving I have never had a blow out on a tyre (lucky perhaps) so thought that this situation would be unlikely.

Anyway our choice of car was made so we nervously carried on using the vehicle and attending our rallies.

» turn to page 40

Now comes our next bit of excitement which happened at Belford in Northumberland. A beautiful location which we enjoyed until the day of departure.

We had been camped on a grass rally field which was fine until the Northumberland rain started one night and continued for several hours, causing loads of standing water. As this was our day of departure we were a little concerned about towing the van off through very wet grass.

Our worries were justified because the car did not like the conditions and although we did manage to get off the grass eventually it was touch and go with the front wheels spinning throughout until we reach the road. (The car is

front wheel drive)

It was on the journey home that the decision was made to change the car for something more suited to our needs, and so with much reluctance we started looking for such a vehicle once we got home.

We are not people who change cars frequently for obvious reasons, but had to bite the bullet.

We have now changed the vehicle for a four wheel drive Hyundai Santa Fe which has a full size spare wheel and has the ability to lock all four wheels in drive in muddy conditions.

We hope we have made the right choice this time and will update you on our travels perhaps in another edition of the Upbeat magazine.

## The Greatest Benefits of Being Over 40

- Your joints are more accurate meteorologists than the national weather service.
- People call at 9 PM and ask, 'Did I wake you?'
- People no longer view you as a hypochondriac.
- There is nothing left to learn the hard way.
- You can eat dinner at 4pm
- You enjoy hearing about other people's operations.
- You get into heated arguments about pension plans.
- You have a party and the neighbours don't even realise it.
- You no longer think of speed limits as a challenge.
- You quit trying to hold your stomach in, no matter who walks into the room.
- You sing along with piped music in shops and lifts.
- Your eyes won't get much worse.
- Your investment in health insurance is finally beginning to pay off.
- You can't remember where you read this list.



## A cat's prayer

Now I lay me down to sleep,  
I pray this cushy life to keep.  
I pray for toys that look like mice,  
And sofa cushions, soft and nice.  
I pray for gourmet kitty snacks,  
And someone nice to scratch my back,  
For windowsills all warm and bright,  
For shadows to explore at night.  
I pray I'll always stay real cool  
And keep the secret feline rule  
To NEVER tell a human that  
The world is really ruled by CATS!

# We didn't have the green thing back then (. . . or did we?)

CHECKING out at the supermarket, the young cashier suggested to the older woman, that she should bring her own grocery bags because plastic bags weren't good for the environment. The woman apologised and explained: "We didn't have this green thing back in my earlier days."

The clerk responded: "That's our problem today. Your generation did not care enough to save our environment for future generations." She was right – our generation didn't have the green thing in its day.

Back then, we returned milk bottles, pop bottles and beer bottles to the shop, who sent them back to the plant to be washed, sterilized and refilled, so it could use the same bottles over and over. So they really were recycled.

But we didn't have the green thing back in our day.

Grocery stores bagged our groceries in brown paper bags, that we reused for numerous things. Most memorable besides using them as household rubbish bags, was the use of brown paper bags as covers for our school books. This was to ensure that public property, (the books provided for our use by the school) was not defaced by our scribbles. Then we were able to personalize our books. But too bad we didn't do the green thing back then.

We walked up stairs, because we didn't have an escalator in every store and office building. We walked to the shops and didn't climb into a 300-horsepower machine every time we had to go a mile or two.

But she was right. We didn't have the green thing in our day.

Back then, we washed the baby's nappies because we didn't have the disposable kind. We dried clothes on a line, not in an energy-gobbling machine burning up 220 volts – wind and solar power really did dry our clothes back in our early days.

Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing. But that young lady is right; we didn't have the green thing back in our day.

Back then, we had one TV, or radio, in the house – not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the Lake District. In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us.

When we packaged a fragile item to send in the post, we used wadded up old newspapers to cushion it, not polystyrene or plastic bubble wrap. Back then, we didn't fire up an engine and burn petrol just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity. But she's right; we didn't have the green thing back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled fountain pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull. But we didn't have the green thing back then.

Back then, people took a tram or a bus and kids rode their bikes to school or walked instead of turning their parents into a 24-hour taxi service. We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances.

And we didn't need a computerized gadget to receive a signal beamed from satellites 2,000 miles out in space in order to find the nearest take-away.

But isn't it sad the current generation laments how wasteful we old folks were just because we didn't have the green thing back then?



# Walking in the rain . . .

ON the 24th of September, 16 of us met at the Cathedral refectory for a guided walk.

If you had seen the weather you would have thought that it would not be possible as it was torrential rain.

One of our members was so wet she had to buy new trousers and change! Just as we were about to call it off the rain stopped (well almost).

Our guide, Martin Taylor, took us to the Abbey Gate and through the ruins of the old Abbey, telling us many interesting facts about the Abbey and its history.

We came out behind St Mary's Church and then walked back to Angel Hill.

Despite the rain, we stuck with it and enjoyed a most enjoyable and fascinating two hours, learning a lot about the history of our town and how it featured in the history of this country.

Our thanks go to Martin for a very interesting



**Rain didn't dampen the spirits of these hardy Upbeat members on the Guided Walk around Bury**

tour. Because it was so enjoyable we have made enquiries to do a walk in the Spring when, hopefully, the weather will be kinder!

*Sylvia Baker*



# Carter Pearl

**INVESTMENT CONSULTANTS & ASSET MANAGEMENT**

5 King Street, Sudbury, Suffolk CO10 2EB

Tel: **01787 310664**

Web: **[www.carterpearl.co.uk](http://www.carterpearl.co.uk)**

Authorised & Regulated by the Financial Services Authority

# PUBLICATIONS AVAILABLE

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

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

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

## DVDs FOR LOAN

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

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

*Jill Brooks*

# **PALMERS BAKERIES**

Traditional High Class Family Bakers and Confectioners

ESTABLISHED 1869

## **of HAUGHLEY**

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

Tel (01449) 673286

& Stowmarket, Stanton, Woolpit, Claydon & Ipswich

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

## **PATH AND PATIO CLEANING USING 3000 psi PRESSURE WASHER**

**JB GARDENING & MAINTENANCE SERVICES**

**Phone Justin on 01787 376812 (Sudbury)  
or mobile on 07971248866**

# DONATIONS TO UPBEAT

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

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

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

If you are able to make a donation to Upbeat we would be most grateful and if you pay income tax or capital gains tax, as a registered charity we can claim back currently 25p 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.*



## EVENTS AND SOCIAL FUNCTIONS

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: Apr 11th & 25, May 9th & 23rd, June 6th & 20th, July 4th & 18th, Aug 1st, 15th & 29th, Sept 12th & 26th, Oct 10th & 24th, Nov 7th & 21st, Dec 5th & 19th. 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

**Carpet Bowls** – Due to insufficient demand, Carpet Bowls has been cancelled.

**List of Events and Functions are shown opposite**



# FORTHCOMING EVENTS

## ■ March 29th Good Friday

### **SUDBURY FUN RUN/SPONSORED WALK**

Entry forms and details available from Jill Brooks tel: 01787 376920

Why not take part or sponsor, on behalf of Upbeat, someone who is?

## ■ April 17th

### **THEATRE TRIP TO LONDON**

'Singing in the Rain' at the Palace Theatre.

Tickets including coach £44 per person.

Booking form available from all sessions or from Sylvia Bambridge tel 01787 372839.

Always popular - book early.

## ■ April 29th

### **GUIDED WALK AROUND BURY ST.**

**EDMUNDS** with Martin Taylor, a qualified tour guide. Tickets £4 per person. Booking forms will be available from sessions but numbers limited to 20, so get your name down early. Meet at the Cathedral refectory at 2pm.

## ■ Friday May 17th

**UPBEAT AGM** Southgate Centre, Bury St Edmunds. Drinks and nibbles at 7pm with the AGM to begin at approximately 7.20pm. No exercise but we need you to attend. This is **your group**; please come along and support your committee.

## ■ Saturday May 18th

### **ROCK & ROLL NIGHT**

Whelnetham Village Hall

Dance to Freddie Chennery, singer and disco. Bar and Raffle. Friends and family all welcome to this popular event. Tickets available at all sessions £7.50 including light supper. Details Hilary Neeves 01359 232678 or Jill Brooks 01787 376920

## ■ Saturday May 25th

### **ANNUAL BOWLS TOURNAMENT WITH BRITISH SUGAR BOWLS CLUB**

Held at British Sugar Bowls Club. Starts at 2pm and includes afternoon tea. Only accredited players will be able to represent the Upbeat team. Enquiries and attendance requests to Jill Brooks tel 01787 376920 a.s.a.p.

## ■ June 1st

**CAKE STALL** to be held at Sudbury Market in aid of Upbeat funds. Anyone who can contribute cakes or help on the stall, please contact Joyce Hurrell tel 01787 379456 or Jill Brooks tel 01787 376920.

## ■ July 6th (Provisional)

### **SUMMER FETE Stanningfield Village Hall.**

Come and join us for afternoon tea, fête games, tombola plus more.... from 2.30 pm onwards. Tickets will be available at all sessions nearer the time. Details to follow.

## ■ July 20th (provisional)

**STRAWBERRY TEA** at 28 Swanfield, Long Melford. CO100 9EZ in memory of John Deeks. Limited numbers (30). Tickets at £5 per person available from David Camp 01787 376723 or email davidcamp44@btinternet.com

### *Coming up.....*

Thames river trip will be organised later in the year. The Princess Pocahontas from Tilbury. No date fixed yet. Cost including coach and cold buffet lunch will be approximately £40, but details will be available later.

We are also trying to get a venue for The Voice Squad to give a concert, details later in the year.

### **Upbeat Closure Dates:**

We will be closed Good Friday March 29th, Easter Monday April 1st, May Bank Holiday Monday May 6th, Spring Bank Holiday May 27th, Summer Bank Holiday August 26th. Over Christmas & New Year Holiday period we will be closed on the following dates: Friday December 20th, Monday December 23rd, Tuesday December 24th, Wednesday December 25th, Friday December 27th, Monday December 30th, Tuesday December 31 and Wednesday January 1st.



# Falling for Upbeat

by Steve Dennington

THE day of my sky dive was fast approaching and I could not wait to jump. I had one small wobble when I woke up one morning, I thought, "...heck I am jumping out of a plane two miles up". I soon got over this and didn't give it another thought; actually I was really up for it and just wanted to do it.

When we arrived at 8:30am I couldn't believe how many people were already there. Loads of people were doing jumps for an assortment of charities. Most people had their jump paid for out of the sponsor money they had raised for their nominated charity. As this sky dive was something that I wanted to do, I chose to pay the cost myself and to take the opportunity to raise funds for Upbeat.

I was accompanied by my daughter, Lisa, who agreed to do the jump with me along with ten other friends who jumped with us on the day. I also had support from other family members and friends who came to watch me jump.

The place was buzzing, with people running around getting their safety training. Once we had passed this, we had to wait for our names to be called, and then it was over to the hangar to get our gear on for the skydive.

We had a very long wait as club jumpers had

priority. The plane only carried ten or twelve people but this included the cameraman and instructors. This, together with the large number of people jumping, meant that our turn wasn't until around 2:40pm.

By this time I must admit to becoming very impatient and a tad grumpy.

Whilst I was waiting for the plane to land and it was our turn to board I found myself sitting next to a girl who looked very pale and extremely worried. It turned out that she had tried to jump the week before but nerves had got the better of her and she literally jumped off the plane just before it took off. I'm happy to say she managed to hold it together this time and jumped with us.

The day's weather had started with clear blue skies but by the time we got into the plane it had started to cloud over. This turned out to be beneficial as it gave us something to fly through on the way up and something to fall through on the way down.

My instructor's name was Tibe; he was a cool guy and made me feel that I was in good hands. We had a good chat on the plane during the fifteen minutes or so it took us to reach our jumping altitude. We climbed in a circle and I was able to see a really long way; I could even see

my house in Pakefield and my favourite beach at Benacre where I love to go sea fishing. There was such a lot more to see and this made the time spent in reaching our altitude very interesting.

It turned out Tibe had not been an instructor for very long but to qualify as an instructor you have to make at least 2,000 solo jumps before you can start your instructor training. All seemed well. I was the last jumper to get aboard the plane and this meant that I would be the first out. I also had a great view out of the door.

As we climbed the instructors started hooking our harnesses together and telling us how to hang out of the plane with our heads held backwards and to the side. We also had to swing our feet up and under the plane. Once we reached about two miles high my cameraman opened the door and climbed out onto the struts below the wing and just above the wheels. I shuffled across the floor to the doorway and took up my position. After hanging there for a few seconds the camera man signed to indicate that he was about to go. As I jumped I remember seeing the plane's struts and wheels go past on my left hand side and there was a small feeling of nerves in my belly and thinking 'Well I'm out.' We were in free fall but I had no sense of falling or that we were accelerating to about 120 mph. All I could feel was the wind rushing into my face. I had a good look around and somehow instinctively took up the correct position.

I felt a small tug followed by a larger one as the chute opened.

We managed to fall through a large hole in the cloud; it was a fantastic sight, first to be above the cloud base, fly through it and then deploy the parachute as we passed through it. Once the chute had opened I felt as though I was floating in the sky and I could just about tell the ground



was moving very slowly towards me.

Tibe lifted my goggles away from my eyes so I could literally get a clear, bird's eye view of my surroundings. I could still see for miles.

This was by far the longest part of the skydive and I was asked to practise holding my legs up and straight out in front of me ready for our landing. People were landing at different speeds and most had the instructor standing upright and making a very gentle landing. I had watched this earlier and wanted my landing to be a bit more dramatic so I asked Tibe if we could go in really fast.

He agreed and told me that I must keep my feet up so that I wouldn't suffer any broken bones. We had been told earlier that our landing was the most dangerous part of our skydive. In the last 40 metres or so I could feel we were really moving and I could see the ground approaching very quickly.

I then landed on my backside and we skidded along the grass. Two guys ran to us and grabbed the parachute. They also helped me to get unclipped and helped me up to my feet.

It was a really enjoyable and beautiful experience and one that I will never forget.

I can see how you could get the bug and take it up as a hobby. If any of you have ever thought of doing a skydive, whatever your age, I encourage you to do it. After jumping, everybody always has a big smile on their face and they want to do it again.

I will do my best to get my video on the Upbeat website around about the time you receive your magazine. I hope you get time to watch it.



The workhouse site in College Street in the 19th Century. Bob lived in the last house on the left, in the line of houses in the centre of the picture

# Bob's happy home was once the workhouse

By David Williams

UPBEAT member Bob Fuller always thought there was something special about the house where he lived as a young man in Bury St Edmunds, but it was only just lately that he came to know what it was – Bob was born in Bury's former workhouse.

But the site has a grander history than that. It was developed in 1480, first as part of the College of Jesus, as a hostel for clergy in the town. Then it became a house for the gentry and was later used as a school for young ladies. In 1748 the development was used to house the poor of Bury until the late 1870s.



Bob Fuller

Life in the workhouse was strict and the inmates were expected to work hard. In a book entitled *Riches and Rags*, published by Peter Plumridge, life is described as starting with morning prayers and ending with more prayers in the evening with plenty of work in between. Children were taught to read and learn their catechism. The rules stated, 'None of the poor was to curse or swear, strike or abuse one another or give any opprobrious language to the Master or Mistress, or disobey their orders.' None of the inmates was allowed out of the gate without permission. Punishments included whipping with birch rods or the loss of meals.

As the years went on conditions came in for criticism and the inmates were moved to another workhouse in Mill Road. Parts of the site were

later sold off and developed. Bob's parents moved there in 1936 and he was born there in 1943. As well as his parents, his sister and brother and, for a time, his grandfather were all part of the family.

Bob remembers a happy childhood, although for a house within a few minutes' walk of the centre of Bury there were few mod cons. "It was a cold, old place, with no running hot water and plenty of draughts," he says.

There were four bedrooms, including two in the attic. Like many other families they had a best room which they only used at Christmas, a living room, a scullery with a butler's sink, an outside toilet and a tin bath hanging on the back wall. There were shops of all descriptions as well as horse-and-cart traders calling regularly – he particularly remembers the baker and the coalman: 'Diddley' Sharman.

There were plenty of other kids to play with and get up to mischief with. And Bob had another interest – his father was the first man in Bury to own whippets.

Bob and his family were rehoused in 1964 on the Mildenhall Road Estate and a new house is currently being developed on a car park where their College Street house was.

Part of the site was used for a time as a warehouse by Marlows and another building once used as a dairy has been developed, along with others, as upmarket housing.

"When we lived there I didn't really think about the past," Bob says. "It was only when I read the book that I realised what a historic area it was." *Riches and Rags* by Peter Plumridge £7.50 available from Waterstones or on 01284 702345.

## NEW MEMBERS

John and Wendy Godfrey  
Dennis and Marion Pettitt  
Chris Burford  
Malcolm and Jill Hill  
Kathryn and Phil Clifford  
Marlene Grimwood  
Alan and Patricia Mayhew  
Keith and Pia Bird  
Bryan and Sally Crouch  
John and Margarita Reeves

Fred and Pamela Hearnden  
Ken and Barbara Hearnden  
Craig and Josephine Norman  
John and Gillian Brown  
Jan Greenslade  
Janet Leeks  
Robert and Iris Ford  
Paul and Penny Yallop  
Brian and Liz Davey  
Richard and Irene Bragg

Graham Smith  
Jack Haldane  
Marilyn Milligan  
Pat Harrold  
Polly Upperton  
Maurice Hale  
Raymond and Margaret Orr  
Roderick and Carol Sprake  
Jardine Thomas  
David Redfern

## £100 CLUB WINNERS

### July

£100 Graham Hardy no 086;  
2nd prize £76.50 Roger Bean  
no 255

### August

£100 Brian Evans no 338; 2nd  
prize £77 Norman Langridge  
no 213

### September

£100 Joyce Lawes no 194;

2nd prize £77 Jill Cushing no  
177

### October

£100 Bruce Freeland no 55;  
2nd prize £77.50 Rosemary  
Lock no 288

### November

£100 Peter Ladell no 203; 2nd  
prize £77.50 Guy Brown no  
246

### December

£100 David Cook no 43; 2nd  
prize £77.50 Cyril Lancaster  
no 72

### January

£100 Doug Powell/Felicity  
Gardiner no 220; 2nd prize  
£77.50 Geoff Braybrooke no.  
030

## 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

Upbeat magazine is printed by Moreton Hall Press, Bury St Edmunds

## 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.*

Two bedrooms (sleeps 4), lounge/dining room, bath/shower, cloakroom, in a block of only six apartments. Rental and other details from David Williams (01284 850836)  
email: [djwilliams.chedburgh@yahoo.co.uk](mailto:djwilliams.chedburgh@yahoo.co.uk)

**2013 special offer: 10% discount for Upbeat members!**

## RAISE MONEY FOR UPBEAT

### JUST BY SEARCHING THE WEB

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.

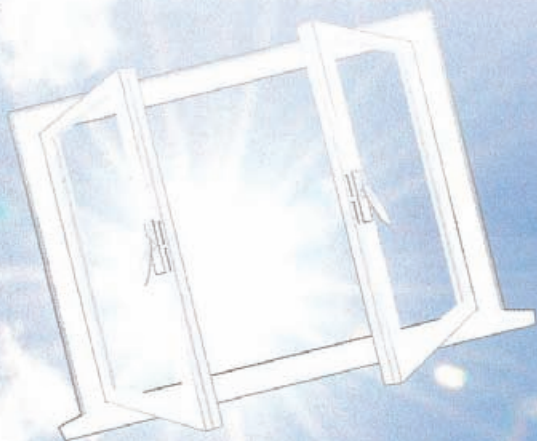
Register at [www.easysearch.org.uk/register](http://www.easysearch.org.uk/register)

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.

Enter via the Upbeat Web site via 'Fundraising & Donations' and then 'Shop Online and Raise Funds' and click the 'Easy Fundraising' banner to register Upbeat as your chosen charity.



# THE WINDOW CENTRE SUFFOLK



Repairs, Installations  
& Maintenance



- Windows
- Doors
- Conservatories
- Soffits & Fascias
- Guttering
- Building Work

All types of work carried out on UPVC, Aluminium  
& Timber Products

We are a local family run business with  
25 years experience in the trade.

Our products are supplied and fitted to the highest  
standard at the best prices

For a free quotation call Robb on  
07966 509302  
01787 315592

*If it needs fixing then we can do it!*



- WE HAVE THE LARGEST STOCKS OF QUALITY TYRES
- 1000'S OF BRAKES & EXHAUSTS TO FIT ALL MAKES OF CARS
- SERVICING & MOTS FOR ANY CAR AT A GREAT PRICE

**For a great price,  
Treadfirst is the  
first place to call**



**first FOR TYRES**

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



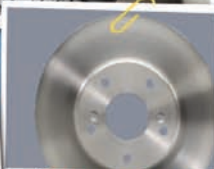
**first FOR BATTERIES**

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



**first FOR EXHAUSTS**

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



**first FOR BRAKES**

- LARGEST STOCKS OF BRAKES
- ALL THE LEADING MAKES
- SUPPLIED AND FITTED

ALL LEADING MAKES OF TYRES AVAILABLE:

**GOODYEAR**

**DUNLOP**

**TOYO TYRES**

**BRIDGESTONE**

**Continental**

**Firestone**

**Pirelli**

**MICHELIN**

**THE NUMBER ONE  
TYRE AND EXHAUST CENTRE**

**TREADfirst**

**BURY ST EDMUNDS\***  
07 St Andrews Street North  
Bury St Edmunds IP33 1TZ  
Tel: 01284 700135

**DISS**  
Vinces Road  
Diss IP22 4HG  
Tel: 01379 651976

**HAVERHILL**  
49 Hollands Road  
Haverhill CB9 6PJ  
Tel: 01440 702606

**SUDBURY\*\***  
Milner Road  
Sudbury CO10 2XG  
Tel: 01787 377342

**SAFFRON WALDEN\*\***  
Shire Hill Industrial Est.  
Saffron Walden CB11 3AQ  
Tel: 01799 516565

**SUDBURY**  
Martins Road  
Sudbury CO10 2FT  
Tel: 01787 880808

**STOWMARKET\*\***  
Stowmarket Business Park  
Ernest Nunn Road  
Stowmarket IP14 2ED  
Tel: 01449 774922

\*No brakes available where indicated.



\*\*MOT testing available where indicated.

[www.treadfirst.co.uk](http://www.treadfirst.co.uk)

TYRES • EXHAUSTS • BRAKES • BATTERIES • WHEEL ALIGNMENT • SUSPENSION

**GOODYEAR**  
**DUNLOP**

APPROVED DEALER