



UPBEAT MAGAZINE

A spring in our step!

PLUS

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for our
Thames
river cruise**

**How to take
the perfect
photograph**

**A nutty tale
of a very
unusual pet**

SPRING 2014

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Full list of officers – Page 8

How to make a donation to Upbeat – Page 45

Sun puts a spring in our step!

The sun is shining. The daffodils and crocuses are in bloom, and there's blossom on some of the trees. Can it be that Spring has really arrived? Let's hope so.

As Jill Brooks has commented in her report, time seems to fly. It doesn't seem very long since I was writing about the problems of downsizing, and we were busy house-hunting. Well, having decided that we would move to a house where we had to do absolutely nothing, we finally settled on one where we need to do quite a lot! I am no use whatsoever with anything D-I-Y, so various tradesmen are going to be kept busy over the next few months while we get things as we want them. The irony is that, having downsized, we are thinking about building an extension! Are we nuts, or what?

Moving was fun. We had an exhausting visit to India and Nepal, during which there were many mornings when we had to get up at 4 am for various reasons: to catch a very early train, to watch the Hindu faithful bathing at dawn in the Ganges, or so we could rush up into the mountains to watch the sun rise over Annapurna.

We returned on December 10th and moved house on December 19th. That wouldn't have been too bad if we hadn't got another holiday booked which saw us leaving Southampton on January 2nd bound for the Caribbean for five weeks. The end result is that here we are, into March, and we have yet to finish sorting out boxes of stuff and getting rooms organised.

■ Continued on page 2

Editorial contributions and ideas for features and other items to

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Advertising enquiries – See Page 22

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

By far the worst is my upstairs 'study' – the smallest bedroom into which my desk, books, and assorted clobber have gone.

Are you a hoarder, I wonder? I must admit to being guilty myself, and Valerie frequently tries to encourage me to get rid of stuff. She was successful to an extent when we were preparing to move, but, despite my best intentions, I wasn't ruthless, as I said I would need to be. As a result, there still seems to be an awful lot of stuff upstairs waiting to be found homes in cupboards or on shelves, not to mention a double garage full of furniture and other bits and pieces yet to be tackled. I really should take note of what I wrote in the last issue and not get bound up in material possessions!

Sadly, the last few months have been not so good for several Upbeat members, including our Chairman and Secretary, so it is to their credit and thanks to the hard work of others that Upbeat has continued to function so smoothly, with exercise classes every week and a range of social occasions.

Both Jill and Hilary have made a plea for additional helpers on the Committee in order to spread the workload, and I hope some of you who read this will feel that you could spare some time to help out. I remember years ago hearing someone describe people as falling into two categories: tractors and trailers. The tractors are the ones who get things moving, while the trailers get pulled along behind.

I think most organisations find they have far more trailers than tractors and it seems always to fall to a small group to carry out the greater part of the work.

However, our organisation is different from many others in that it is made up largely of people with health problems. Willing as they all are, we must not risk over-burdening them with work and forcing them into retirement – or worse!



It cannot be stressed too much that we really do need more members to take on roles to help keep Upbeat afloat. To paraphrase John F Kennedy: 'Ask not what Upbeat can do for you, but what you can do for Upbeat.' Something you may be able to help with is the very important advertising, the revenue from which helps to offset the cost of production.

Might your window cleaner or odd-job man be prepared to take out a ½page ad? The rates are very reasonable (see Page 22) and there is a readership of thousands, so plenty of potential customers!

Once again I'd like to thank those who have contributed to this issue of the magazine, and to apologise to those whose contributions have not yet been included. There never seems to be quite enough space for everything but please don't feel disheartened or disappointed if your piece isn't in this issue. I am already setting bits aside for the next edition, but I don't want to think too much about the autumn when we're only just starting spring.

Let's enjoy some sunshine first.

David Axton

Chairman's Report

Your Upbeat needs you!

TIME seems to be going so quickly, it's as if every edition of the magazine is running into one.

My apologies to the Editor for my late copy – I haven't even got the excuse that I have been on holiday, unless you count the odd week, or two, or three, in West Suffolk Hospital. I can think of better places, although the food wasn't bad, the wheelchair service good and the male nurses get more handsome – shows I am getting old.

To more serious matters...

This magazine is the edition which brings the Annual General Meeting to your attention. This year, more than ever before, it is very important that we have more members on the committee. Otherwise in a very short time Upbeat will close.

This year, quite unexpectedly, two of the main players – Hils [the secretary] and myself – were taken ill and had to take a long time recuperating. We are still not up to our usual level of work.

This leaves a massive gap as we only have a very small committee anyway, due to the fact every year somehow we keep going with fewer people than we really need.

The majority of you come to Upbeat when you feel you would like to meet your friends and exercise or see a nurse. It is, I hope, a very happy place and above all somewhere where you get the



By Jill Brooks

support and the serious healthcare that you need.

The background work to keep all this going is immense and there are many unseen, more menial tasks which have to be done.

For example, when your letters and magazines are sent out, over 3,000 sheets have been printed and distributed on time. I know plenty of you help with the social events but this is only part of the load and I am trying to find a way of separating out the smaller but important tasks for which some of you might take responsibility for a year.

If you can help in any way this year, please give me a ring or email and I will arrange to see you. This really is serious stuff – several local support organisations are on the brink of closing through lack of help.

PLEASE DON'T LET THIS HAPPEN
TO US AFTER 20 YEARS!

Secretary's report

WE have had another busy year of fundraising, trying one or two new things, for example the Summer Fête, and the Christmas Bazaar.

These proved to be very successful and provided much-needed funds to the coffers. The new-style Christmas Party with pantomime was also a great success and enjoyed by all.

Finding grants was a bit more problematic. We did get £5,000 from Santander last year, but, unfortunately, other avenues explored proved to be not quite so lucrative. Applying for grants is a lengthy and time-consuming process and it is disappointing not to be successful in the end. I will continue to look for and apply for grants, ever hopeful of finding some funds.

Maybe it is time for us as individuals to lobby our parish councils. Let them know you are a member of Upbeat and maybe suggest they make a donation to us. Upbeat members come from many different areas, so if we all took the initiative and lobbied our own council, that might prove fruitful.

Another suggestion which has been put to me is regarding the £10 Christmas Bonus given to us by the Government. The heating allowance which we all love to receive, to help out with ever-increasing costs is definitely welcome and worth having. The £10 bonus comes in roughly at the same time. Might this be something we could pass on to Upbeat? As always, I am

willing to talk to anyone who has ideas and follow these up.

A suggestion from one of our members that we apply to be one of the charities benefiting from the beer festival in Bury this

year has proved rewarding and we have been chosen (with the Voice Squad). We will be asking for volunteers to help at the Beer Festival. This is extremely exciting and you will get more details nearer the time. This is just the sort of initiative we welcome from members. Great stuff!

The Social Committee works extremely hard on our behalf and we thank them all for their time and effort in organising enjoyable events. We are

always looking for new ideas and new members to join our committees.

Thank you also to all the members who keep Upbeat going from week to week; you know who you are. Never feel your efforts are not appreciated. They definitely are. Also thank you to everyone, who helps at events, turning up time after time to support our fundraising.

The executive committee is in urgent need of new blood and if anyone would be interested in joining us, or the social committee, please talk to any committee member. We need new people to come on to these committees and maybe some of our newer members might like to give it a go. Let us hope for new ideas, wonderful interesting things, and great friendships to come our way in the coming year.



By
Hilary Neeves

Treasurer's report

by David Camp

I AM acutely aware my report is getting to become a 'same old, same as' article twice a year. While I try and give a broad account of how we are doing financially, the details and place for that are really the Annual General Meeting.

This year the AGM is to be held on a Thursday at Southgate Community Centre in Bury St Edmunds at 7pm.

The date is May 15th and by making it a specific event without the normal exercise session and holding it a little earlier in the evening, we may be able to entice a few more of you to attend and take an interest in what is happening and ask questions, if

you feel they are appropriate.

Please make a note of the date and do try and be there to show support for what we are trying to do. I can assure you you will not be 'roped onto the committee' if you have no desire to be so, but as ever, we do urgently require more members with fresh, perhaps innovative ideas to move the group forward in ever more demanding and difficult times.

On the committee or not, we really would like to see more input and suggestions from all of our members. Communication and comments back to the Executive Committee are currently very limited and we do need feedback – good or bad! As I

have said before, it is YOUR group. It needs more input, more help, more ideas to progress the group and provide the care, support and help that we have been doing the past 19 years.

Please don't keep your thoughts to yourself – tell us what you think, what you would like to see happen, how we should be progressing, how we should be attracting new membership, how we should be approaching fundraising, social events and activities, how we might get more people involved.

Your ideas and thoughts are invaluable. Please try and take part. Preferably write your thoughts or questions down and send them to our Secretary, Hilary Neeves by post, email or on the website.

She will ensure all

“ It is YOUR group. It needs more input, more help, more ideas to progress the group and provide the care, support and help we have been doing the past 19 years ”

■ Continued on next page

Treasurer's report



matters received will be aired and discussed at a future Executive Committee meeting and you will receive a response in due course.

Ever-increasing postal costs are a huge concern and one of our largest is the posting of our twice-yearly magazine. We have had suggestions to reduce this in size to a newsletter format, without advertising etc, but consider that this is a step backwards and we

feel that the current, high-quality magazine is a significant PR document, as well as an important vehicle to provide all of our members current information of what is happening inside Upbeat, as well as an informative and enjoyable read.

We have asked members who do not require a magazine to let me know. In such a case we would not send one.

A copy is available on our website and we can also send a

Fundraising and donations: August 2013-January 2014

Fundraising

Tombolas (Pat Pearce)	£336.00	Voice Squad Concert Lavenham	£652.96
Tombola (John & Janet Arnold)	£149.00	Christmas Lunch (Newbury)	£67.45
Easy Fundraising (Members Internet Purchases)	£72.26	Christmas Hamper Raffle Sudbury	£185.00
Fashion Show (Edinburgh Wool, Sudbury)	£133.00	Christmas Hamper Raffle Newbury	£197.30
Sale Of Gold (Jean Davis)	£277.49	Christmas Raffle Sudbury	£148.45
Clothes Sale (Sudbury)	£40.00	Christmas Raffle Newbury	£293.60
Card Sales (Carolyn Fox)	£40.00	Christmas Raffle Hardwick	£87.50
Craft Stall (Sudbury)	£160.90	Christmas Party Drink Donations	£173.56
Sale Of Lanyards (Joyce Lawes)	£11.00	Christmas Bazaar (Newbury)	£1418.00

digital copy by email to those members who would be happy to receive their copy in this form – all of which would help us reduce our postal bill. If you wish to help in

this direction, please let me know.

As always, sincere thanks to all the helpers at our sessions who give their time so freely and

help make Upbeat so exceptional, and special thanks to those who so kindly and generously give their help and support to me.

Fundraising and donations: August 2013-January 2014

Donations

Bob Fuller	£250.00	Frank Peachey	£20.00
Sudbury Collecting Tin	£270.37	Susan Szwejkowski	£25.00
Newbury Collecting Tin	£83.50	Patricia Corbett	£50.00
In memory of Les Orbell	£1405.58	Ronald Venables	£20.00
In memory of Patsy Marchant	£105.00	Don Pope	£20.00
In memory of David Williams	£594.00	John & Peggy Simmons	£25.00
In memory of Frank Merrill	£142.61	Christine Noble	£100.00
Thursday Coffee Morning	£120.00	Terry Lifford	£25.00
Rodney Johnson	£53.30	David Deacon (Talk)	£25.00
Gladys Winter (80th Birthday)	£300.00	Geoffrey Clarke	£50.00
Waitrose		Eileen & Richard Webb	£50.00
Local Charity Scheme	£292.00	Derek Finch Memorial	
Christine Howard	£20.00	Darts Trophy Match	£205.00
Eileen Shurmer	£30.00	Magna Carta Lodge	
J & P Dance Club	£200.00	Freemasons	£210.00

Plus the many smaller donations, some on a regular basis, some anonymous, some spare coppers put aside and saved – all too numerous to mention, but sincere thanks to everyone. It really does make a difference.

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‘A gentleman in every sense of the word’

DAVID will be missed by everyone who knew him and most of all by me and his family!

Once word passed to friends, personal and working, that he had died I was inundated by condolences – beyond the number I might have expected – and overwhelmingly prevalent was the statement ‘he was a gentleman’.

He was, in every sense of the word – both in his personal and working life.

He was a well-known and unassuming high achiever in the journalist world and an avid Ipswich Town football follower from boyhood. You all knew him as David/Dave who edited the *Upbeat Magazine* for seven years and attended exercise classes three times

a week.

He had a listening ear, a quiet smile and a joke for all of you – and me. Upbeat gave him a focus when he suffered heart problems and had stents in 2003 and even more so when he was diagnosed with Parkinson’s disease in 2007.

The classes kept him moving, which was essential. David was not a natural volunteer but when he saw

an opening in editing the magazine he didn’t hesitate and it enriched his life.

He was in post until he was 80 and only stopped because he wanted to finish his second book, the manuscript of which I have.

Many were the social occasions and the holidays we both enjoyed through Upbeat and our lives were the richer for it.

He bore his health problems with stoicism and humour, even when diagnosed with inoperable cancer, and I am so thankful for his sake his final illness was so short-lived, although it left the family and me devastated by its speed.

Miss him? Of course we do, but we are so much the richer for having known him.

Liz Williams



David John
Williams
16/07/32-
15/09/13

Squirrel Herbert

A nutty story by Ron Lawes

TWENTY years ago while we were living in Enfield, my son returned from work and said to Joyce: 'I don't know if I should tell you this, Mum, but there is a baby squirrel outside. It seems to have fallen from its drey and seems to be abandoned.'

Joyce immediately became active and rushed outside to look. Indeed, there he was, with eyes closed and the cord still attached. She decided to leave him where he was for a short time to see if his mum would come to look after him. However, after about half an hour he was still there where they had found him.

Action was required!

Joyce found a small box, lined it with cotton wool, and brought him indoors. When I arrived home, I was sent to the library to see if they had any books to advise us on mothering baby squirrels. I found only one, which was about a squirrel which

had been brought up by a cat which had just had kittens, but the book didn't tell us anything about what we should do to rear the little chap.

The next step was a phone call to the vet. He told us it would be impossible for it to survive, but if we wanted to try we would have to feed and clean it every two hours. He gave us no advice on what to feed it on but Joyce, having reared two children, decided on baby milk.

Down I went to Cross & Herbert, the chemist, who advised lactose baby milk and gave us an eye dropper. After the visit to the chemist, we decided to christen him Herbert! We had problems with finding any godparents as we couldn't catch any squirrels, and if we had, they wouldn't have been able to hold the candles!

Next we borrowed a cage that was used to transport cats to the vets. This became Herbert's

home and we began the task of two-hour feeds, night and day for about two weeks.

During this time he became much larger and quite vigorous and vocal. If you thought squirrels were silent creatures, think again. He ended up, whenever he wanted feeding or to be let out of the cage, jumping onto the bars and screaming blue murder at 20 decibels.

After a while we decided to leave his door open so he could come and go at will. Over the weeks we had found he was very easily house-trained so there was no problem there.

All of us had to work so I decided to take him to my shop and let him loose to run about the racks in the warehouse. He decided he preferred to roam the shop, which was fine, other than some customers thinking he was a rat.

He did come in handy one day though. One of



the reps who used to call on us regularly was an Eastern European who had a severe drink problem. He had blood-shot red eyes and alcoholic breath which you could smell from a distance of five yards and which was almost in danger of igniting.

This particular man was a real pest who was difficult to send on his way. But one day, he arrived and when, after about half an hour we had had enough of him, Herbert, God bless him, jumped onto the man's head.

He happened to have very bushy and curly hair, so that with Herbert atop his head it looked just as if he was wearing a

Davey Crocket hat, with the tail hanging down his back. The rep wasn't amused but gave a blood-curdling scream and raced out of the shop, never to be seen again!

After this event, we decided to leave Herbert at home during the day! The back door had a large flap so he had easy access to the garden.

We had two dogs – one of which was a large Jack Russell called Buster (another stray which had adopted us) – but Herbert soon learned to get along very well with all of us.

We found he had a mind of his own, and a sense of humour. He and

‘ We had problems with finding any godparents as we couldn't catch any squirrels, and if we had, they wouldn't have been able to hold the candles ’

■ Continued on next page

Buster would chase each other around an armchair – first Buster chasing Herbert, and then Herbert chasing Buster – until Herbert would jump on the back of the chair and look down at the confused dog who was wondering where he had gone. I had never seen such a confused expression on a dog before.

Every evening, on arriving home, I would walk in the door and there would be Herbert, hanging onto the wallpaper above. He would jump onto my shoulder and quickly go down my shirt or into my trouser pocket. He would stay with us for the evening and would then settle down in his cage with the door open.

We have lots of photos of Herbert in our bedrooms or in the lounge, one of which shows him curled up on my lap. My son labelled this: Herbert looking for nuts!

When autumn came, Joyce decided it was time we released Herbert into the outdoors, and taught him how to find food and to survive. We had a passion for Victoria plums and had bowls of them on the table. Joyce introduced Herbert to this delicacy, which he seemed to enjoy.



The problem was that he seemed to think only the first bite was suitable so that, when the fancy took him, he would pinch a plum from the bowl, jump onto the back of the settee, take one bite and throw the remainder over his shoulder!

After trying the plums, Joyce tried him with acorns and conkers. Impressed on my memory is the image of Joyce sitting opposite Herbert, taking a bite out of an acorn, offering it to him, and then repeating the process with a conker. It's a good job Joyce didn't know squirrels have a liking for flower bulbs because she could have had a mouthful of daffodils by now!

With Christmas coming, Joyce was preparing by buying cards and crackers, which were stored on top of our wardrobe. Unfortunately, Herbert had a natural instinct for dray-building and, after finding this store, took great delight in shredding the bottoms of the cards and demolishing the crackers. We don't know if he enjoyed the jokes!

Joyce overcame the problem of the tatty-edged

cards by taking a pair of pinking shears to them. That year all our friends received cards with serrated edges – and very fetching they were.

Eventually Joyce decided that it was time to release Herbert into his own environment by taking him into the back garden, hoping he would go off and mix with his own. Unfortunately this did not seem to work.

One strange thing was that although Herbert and Buster were the best of friends inside the house, as soon as Herbert was outside, Buster seemed to consider him fair game.

One day in December we came home from work to find he'd gone. We assumed he had gone back to his natural habitat. We had very mixed feelings, missing his company, but being relieved he would be better off in his own environment and, perhaps, father lots of little Herberts.

About nine months later, while sitting in the garden sunning ourselves, we saw a large squirrel come and sit on our patio, staring at us for about five minutes. We like to think it was Herbert coming to say goodbye!

All the food was slow in those days

THE other day a friend's grandson asked me, 'What was your favourite fast food when you were growing up?'

'We didn't have fast food when I was growing up,' I informed him. 'All the food was slow.'

'C'mon, seriously. Where did you eat?'

'It was a place called 'at home,'" I explained! 'Mum cooked every day and when Dad got home from work, we sat down together at the dining room table, and if I didn't like what she put on my plate I was allowed to sit there until I did like it.'

By this time, the teenager was laughing so hard I was afraid he was going to suffer serious internal damage, so I didn't tell him the part about how I had to have permission to leave the table.

But here are some other things I would have told him about my childhood if I figured his system could have handled it:



■ Some parents NEVER owned their own house, never wore jeans, never set foot on a golf course, never travelled out of the country or had a



credit card.

■ My parents never drove me to football practice, because they didn't have a car. If we had to go somewhere, we walked or took a bus.

■ We didn't have a television in our house until I was 11, and then it was only borrowed so we could watch the Coronation. It was, of course, black and white, and there was only one station, which went off the air before midnight, after playing the national anthem and a poem about God; it didn't come back on the air until the next evening. All programmes were 'live'.

■ All newspapers were delivered by boys and all boys delivered newspa-

pers – my brother delivered a newspaper six days a week. He had to get up at 6am every morning, whatever the weather, and complete his paper round before going to school.

■ I was almost 20 before I learned you could cook fresh spaghetti and make your own sauce. The only kind we had ever had came out of a tin with the number 57 on the front!

■ I'd never heard of pizza, and you certainly didn't get it delivered to your door, but the milkman came very early every day to deliver our milk. On winter mornings it

■ Continued on next page



was often frozen in the bottle, and in the summer you had to get it in early or you'd find the birds had beaten you to it, pecked through the tops and drunk the cream!

■ We never had a telephone in our house. If we needed to make a call we had use the public call box at the end of the road. It was one of those old red-painted ones and you had to press either Button A or Button B, depending on whether you wanted to connect to the call or get your money back.



■ We went to the cinema maybe two or three times a week, and it cost only 1/3d (that's one shilling and thruppence for those of you either too old or too young to remember!)

For that you got the main feature plus a 'B' movie, the Pathé news and, if you were lucky, somebody on the mighty Wurlitzer organ

to entertain you during the interval. On the way home we might stop to buy three penn'orth of chips, which would be wrapped in old newspaper and tasted just wonderful!

I suppose those chips were the nearest we ever got to 'fast food'.

If you grew up in a generation before there was fast food, you may want to share some of these memories with your children or grandchildren

Just don't blame me if they bust a gut laughing.

Growing up isn't what it used to be, is it?



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Absent Friends

by Jill Brooks



ENA BUFFERY

Peter and Ena joined Upbeat at Newbury in March 2009. Peter had a heart condition and was struggling to walk and to keep a degree of fitness which made life very difficult for them both.

The staff decided to enrol him into a smaller, seated class which would give him the chance to have one-to-one help. This time gave Ena a short break to have a coffee and chat to friends, even occasionally a visit to the local shop.

Unfortunately, after a few months Ena herself became seriously ill and Peter, who was getting worse, had to be looked after full-time. This was so sad as Peter missed Ena so much.

We have been thinking of the family and only hope we helped a bit at this very difficult time.

JOHN REYNOLDS

John and Marion joined Upbeat in February 2005 at the Newbury Centre. John had been diagnosed with a heart-related problem and was determined to get any help he could to get as fit as possible.

Both John and Marion were regular members, joining in the action and, in John's case,

finding some fun if things were quiet. I never knew if he was serious apart from his twinkling eyes.

One of my memories is him bringing a large plate of prawn vol-au-vents for a social event. I only knew two weeks ago that he made them himself. It was a privilege to have met John and to know that we helped in a small way to give him some good times and plenty of laughter.

Our love goes to Marion, their son Andy, daughter-in-law and grandson. Hopefully we will be here for them should they need us.

FRANK MERRILL

Frank and Mollie joined Upbeat in October 2008. Frank had some breathing and heart problems and needed some support.

As they didn't have any available transport and could no longer drive, they joined the Thursday coffee mornings and were regular members.

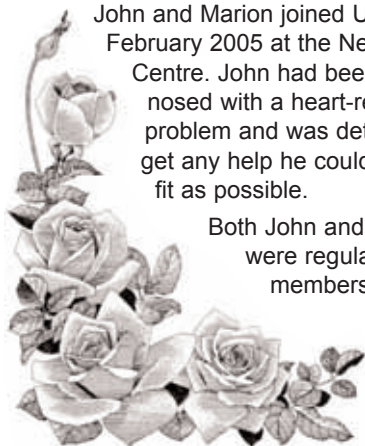
Mollie said they found this a huge help as it gave Frank some male company to talk to. He looked forward to meeting his friends and it also gave her support when she needed it.

We shall miss Frank, as will his friends. Our thoughts are with Mollie and family. We will support them in any way we can.

JOAN BARWOOD

Joan joined the Sudbury group in January 2007. She had been diagnosed with a

Continued on Page 16



Absent Friends by Jill Brooks

heart and lung condition and was finding some difficulty breathing. She was worried as she was already a carer for her husband, among others. She decided to allow herself Tuesday mornings for her own care and specific exercise.

This was all Joan allowed herself and continued to carry on her other work caring for others. She was an active member of the committee of the Sudbury Parkinson's Society, as well as doing shopping for others and taking care of their needs. What a lovely lady! Always a smile and so gentle.

Fairly recently, she became significantly worse and went to spend her last days with her son.

All of us who met her felt it was a privilege to know Joan. Our thoughts go out to her family at this sad time.

DAVID WILLIAMS



On behalf of the Committee and members of Upbeat, I would like to send our love and condolences to Liz and her family. We were immensely fond of David and can only reiterate Liz's comments appearing separately in this issue. As she says, he came to Upbeat more often in recent times and we got to

know him better.

Most of all, we are so proud at the way, with his enthusiasm, knowledge and dedication, he built up our magazine, bringing Upbeat to the fore and raising our profile across the country and beyond.

We are glad we were able to help David, as he helped us, and he will be long remembered.

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It's the Christmas Panto (Oh no it's not!)

By Michelle Jermy

JUST as summer comes to an end, members start discussing preparations for Christmas, quietly confident we have loads of time but, sure enough, it quickly comes upon us.

This year I led the Sudbury Christmas Party. Despite some last minute changes and numbers being smaller than previous years, I was very pleased with the welcome and effort from the Sudbury members. Many, filled with Christmas spirit, wore either fancy dress or accessories to bring an array of colour and sparkle!

A great number participated in the morning activities. I appreciate I am known for being loud, and though some were a little reluctant we danced our way through a warm-up, wiggled our hips to some Christmas party tracks, and ended with some fun and games. There was lots of laughter and a well-earned indulgence in the most wonderful spread of food.

During the morning many members took part in a quiz led by David and others enjoyed conversing and spending quality time before the Christmas Holidays started.

The following day was the Newbury Christmas Party.

Every year there is pressure to perform. Once upon a time fancy dress was thought to be daring; then we moved into small performances; this year Upbeat delivered its first Pantomime! (Patrick may be thinking 'first and only!')

Every year the Christmas party is recognised as being the highlight for many members. This year I was thinking and thinking (yes, I do occasionally) and put forward the idea of a Pantomime.

Having decided on Cinderella, Patrick went to work. He produced an amazing Upbeat account of Cinderella with many members kindly agreeing to participate, learning lines, dressing up in costume and performing in front of a large group – we have around 100 members present at our Newbury party.

I have an amateur dramatic background. I am sure many of you knew that, or are now thinking it makes sense, considering how loud and flamboyant I can be! I can still find performing in front of a large audience daunting so I am proud of those of you who stand up and perform to your fellow peers.

The Pantomime was a massive success and I

cannot thank Patrick enough for his creativity, commitment, and sleepless nights. Thanks also to all those members who participated, made costumes, and made it a memorable event.

The other massive achievement was the bell ringers. The group have been practising and practising with Brian exercising great patience. I remember when they started they sounded like a group of small children hitting pots and pans, but as Christmas came close I found myself singing along with carols I recognised. They performed beautifully, and I don't think I have ever seen the ladies concentrate so much as when they were performing.

We also had our regular Upbeat musicians take the stage, a stand-up comedy act, a cowgirl and cowboy dance performance, and carols. So much effort and creativity went into the costumes, performances, various games, raffles and the buffet.

It was altogether a memorable day with a great group who are always a pleasure to be with. Thank you to everyone; the energy is infectious – smiles all round!



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Upbeat's Social Fundraising Group 2013

WHAT a fantastic year we have had. Looking back it is hard to believe what we have achieved.

The Social group has worked really hard and I am very grateful for all the effort and help they provide to Upbeat and especially for the help and support shown to me. Throughout the year, we have had

Theatre: Trips to see

■ *Top Hat* – a musical and dance show

■ *Priscilla, Queen of the Desert* – a fun colourful comedy musical

Both trips were organised by Sylvia Bambridge. Sylvia does everything, from booking theatres, coaches and collecting the money and issue of tickets. She gives clear instructions on pick-up points, contact details, and all necessary timing details thus ensuring we can all sit back, relax and enjoy, because she has done all the hard work. Wonderful job, Sylvia! Thank you so much.

Walk around Bury

Peter Maxey organised for Martin, a local town guide, to take a party around Bury and we always learn new things about local history – as well as funny items of gossip Martin throws in. The walk was very much enjoyed by all who came. Well done, Peter.

Disco

Hilary Neeve ran an evening most will remember as it was so much fun.

We put up bunting and decorated tables with unusual bobble plants – the hall looked good. The music was great (we all knew the songs and the words), the DJ, Freddie, sang every number. There was a raffle and it was so good to see people getting up to boogie! Everybody enjoyed themselves. The food was lovely, too. Thank you, Hilary, for what was a really super evening.

Summer Fête

THE Social group pulled out all the stops. It was the first attempt at holding a fête. Yes, we made mistakes, and we learned from them. It was hard work pulling it all together, but despite the storm forecast, the weather was kind to us and we had a great day.

Too many people to name but thank you to all who:

- Cooked cakes
- Made handicraft items
- Brought stuff for the raffle
- Donated goods for the stalls – white elephant, books, CDs and DVDs, jewellery, gardening etc
- Anybody who gave bottles and items for the tombolas
- Worked on a stall
- Helped run a game

■ Served teas and coffees

■ All those involved with setting up and clearing up afterwards.

I apologise in advance if I have forgotten anybody. It went off very well and we had lots of support from locals and most of us, although tired, did enjoy the day. Huge thanks to all.

River trip

Peter Maxey arranged a river boat trip. At Gravesend, we boarded the Pocahontas, which took us up the Thames into London. You see so much from the river and we had an informative commentary from the Captain about the history of the Thames. We had a lovely lunch and watched the scenery passing by.

The view under Tower Bridge was spectacular. The Houses of Parliament, Big Ben, Tower of London, the Eye, Docklands, O2 – we saw it all. We had a really good outing, so once again, thank you, Peter.

One passenger, Eddie Johnson, has written a piece, on this trip.

Voice squad

We were lucky to get the Voice Squad – some of the youth in our area who have got together to form a Choir and they are very talented. We organised the event in

■ Continued on next page

Upbeat's Social Fundraising Group 2013

the beautiful Lavenham Church. They sang a selection of songs and there were a range of ages, some very young. The local people from Lavenham, as well as family members came and supported the event and we split the venue profit between Upbeat and Voice Squad. We all agreed that it had been a great evening for all.

Xmas Bazaar

Joyce and Ron Lawes ran this event. Again it was a first. We hesitated about doing it, but thought we would have a go and it was fantastic. Joyce and Ron put huge effort into organising who was doing what and where, sorting out staff to manage stalls, collecting items and generally getting us all into shape.

It was very hard but again Upbeat people came up trumps. It says something when two Sudbury members came to check out the bazaar and ended up running the gardening stall!

Again thank you so much to everyone involved and especially to Joyce and Ron. (Neither of them has been the same since – Ron has lost his voice and Joyce hurt her back and is limping!)

Xmas Party

This was certainly different – the seating

layout changed, numbers were restricted, we had a quiz, but the show time was spectacular!

Thanks, Michelle, and special thanks to Patrick – such a star! His panto was great and was really enjoyed by all who watched and all those who acted in it. The music by our three regulars, and Joyce's ladies and the "belles" all made this a fabulous day.

Just in case you do not know who is in the social group, we are:

Hilary Neeve, Ron and Joyce Lawes, Peter and Ilva Maxey, Anne Everett, Pat Darge and me, Sylvia Baker. We are also supported in the background by Patrick and Colin and Margaret Orr, and by Wendy Deeks. Thanks also to all who made cakes, made handicraft items or just gave their time and helped us.

I'd just like to let people know what a great team you all are. Thank you very much for all the help and support you give me and the social group. We do try hard but always need help. Here's hoping we can give you some fun and raise more money for Upbeat in 2014. Every good wish to you all.

Thank you, thank you, thank you.

Sylvia

Theatre Trips



A right royal fun night out to see the Queen of the Desert

Priscilla, Queen of the Desert at the Theatre Royal, Norwich

THE day of the theatre visit arrived and the journey to Norwich was uneventful – that is until we reached the centre whereupon we spent about an hour driving in and around Norwich, seeing places I and others had not seen before (not part of the itinerary!)

Some of us lunched at the Theatre Royal's restaurant, while others started their Christmas shopping. The performance started at 5pm and from curtain-up the audience was very lively!

Although it had been quite difficult to sell tickets for this show, thanks to a concerted effort by members from Sudbury and Bury, all seats were sold. I knew this musical may not be to everyone's taste, and, I have to admit soon after the curtain went up I too thought, OMG, will there be many complaints?

I need not have worried. The show, was different. It is set in



Australia and told of three drag artistes who accept a contract to appear in cabaret in Alice Springs They buy an old bus which they name Priscilla and make their way from Sydney, across the Australian outback.

Unbeknown to his fellow travellers, Jason Donovan in the lead role, had agreed to meet with his estranged wife and young son, who he had never seen.

The music was loud, lively and the songs well-known, the costumes at times were outrageously funny in their design and ingenuity. Yes, there was some bad language but within the context of the story line, perhaps it was just acceptable.

On the serious side, there was an underlying message

about tolerance and acceptance of all groups in society, coupled with the importance of family and friends.

Overall, feedback from the group was very positive, some of the comments I received were as follows:

"Fabulous", "wham-bam! noise", "lots of colour", "super music which we knew the words to", "great singing and dancing", "made me laugh and smile" "colourful costumes", "loud and funny" and "we appreciated the short travel time." And so it went on.

Controversial it might have been but most of the group enjoyed themselves.

Many thanks to those of you who supported this event and to those who helped me with the organisation.



Future outings

AT THE time of writing – New Year's Day – I am trying to plan two theatre visits for the coming year.

As some of you are aware, I have conducted a survey of your views and preferences; unfortunately the responses were so diverse, it did not make the task any easier!

When selecting a show/concert I have to ask the question can we fill a 49-seater coach? Or has the time come when we have a smaller coach and accept that we would have to pay more for the tickets? (Buying over 40 and sometimes over 50 tickets we get a really good rate).

The Theatre Royal in Norwich is presenting the revival of *Cats* in April and since Norwich seems to be a popular this will be the first of our theatre visits.

Please book early to avoid disappointment.

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

- 3) Held at the Delphi Club, Sudbury, every Tuesday morning – 9.15am to 12.30pm (same time as exercise sessions)
There is ample free parking

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Old Father Thames

Impressions of Upbeat's day on the river

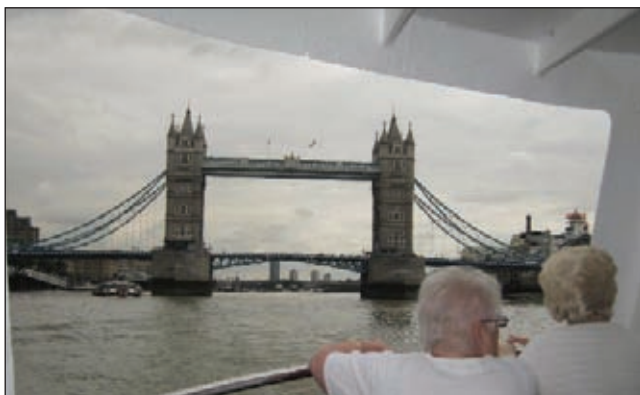
By Eddie Johnson



GROWING up in a bigish family in a tiny terrace house in Bow, East London, it's perhaps surprising that one of my favourite singers – along with Paul Robeson – was a famous Australian baritone named Peter Dawson.

He sold lots of records in those pre-digital, pre-cassette days, but his biggest seller was *Old Father Thames*. I loved the song and I loved the river, so the Upbeat trip was an outing I was looking forward to.

I parked by the old Long Melford school. There was only one other car there, with a lady inside, and, assuming she'd be on the trip, I gave a tentative smile and she smiled back. Her name was Wendy, an Upbeater and a friend of our vice-chairman, Sylvia. The coach arrived on time, nearly empty – just a few members from the



Sudbury branch.

On the recommendation of Trevor, who sat with me, I got a nice seat at the rear with plenty of leg room. The only ones I knew, apart from Trevor, were Peggy, Jean and Eileen, who had made themselves comfortable near the driver at the front.

Lots of traffic in Bury made us late but the waiting crowd was very cheerful and the atmosphere on the coach became quite jolly. Peter,

the organiser asked if we could waive the 'comfort' stop as we were behind schedule.

We got off at Gravesend and the sun was shining. While waiting for the ferry to Tilbury I was getting very hot, I was the most over-dressed of the party. Because in previous days the weather had been cold, I had on thick trousers, a jumper, scarf, jacket, hat and raincoat. No wonder I

■ Continued on next page

started to sweat! Everyone else seemed to be dressed quite sensibly. I suppose they listened to the weather forecast. Once on board the Pocahontas, I found a little cloakroom where I could hang my surplus clothing and be comfortable.

I got a seat with Trevor at the front of the boat and sat there a while before we both went below for a cup of tea and a cake. Joyce made me laugh while having our tea. She said that she nearly lost Ron on holiday. She'd woken in the night and couldn't find him; she could just hear a faint croak. When she looked she found he'd somehow slipped through a gap in their double bed and was pleading for help. She managed to get him from beneath the bed but he was in agony with carpet burn on his knees.

Pat introduced me to his wife, Vivian, and she was just as nice as he always says she is; a lovely lady!

Hearing a commotion I looked round to see one of our party, Brian, the lilting Geordie, stretched out lying face down under one of the tables, with just his legs twitching. Margaret, sitting next to him,



looked very concerned. Jean took a photo and we all wondered what he was doing, but we found he'd lost the glass out of his expensive spectacles. Eventually, after a long struggle in which he seemed to be wrestling, he found them. It was all very entertaining.

The skipper was very informative, telling lots of stories about the river, and how clean it was. We even spotted a couple of seals! He said they had more than 100 varieties of fresh and salt-water fish in the river now and it was one of the cleanest rivers in Europe, maybe even in the world. Some of the facts he told us were hard to believe: all the sewage was collected and taken to be dumped at Clacton; the huge rubbish heap at Beckton was once earmarked for Disneyworld but the council wouldn't

grant permission. There are lorries up and down; day in and day out, year in and year out. Millions of tons of rubbish

are recycled. Where is it going to end? There are so many activities connected to the river it seems astonishing the river authorities can cope – but they do.

In times past, all sorts of cargo boats, tramp-steammers, sailing barges, and passenger boats sailed the river but they have mainly been replaced by huge container ships. These can't go much beyond Tilbury. Past Tower Bridge, it's mainly pleasure boats, police launches, dredgers and maintenance vessels.

One can still feel and see on parts of the river how Charles Dickens was so inspired – the little creeks, the mud-marshes and, in winter, the fog.

We went below deck for our Ploughman's lunches and were served by some pleasant, almost motherly, ladies. The food, freshly prepared, was lovely: ham off the bone, a big chunk of cheddar, coleslaw etc. It all went down very well. Margaret enjoyed hers so much she kept going to get more crusty bread!





Memories started to flood as we got further down the river, and I started to get a bit melancholy, having worked in all the docks, mainly the Royals. They were among the happiest days of my working life.

As we passed various pubs they all brought back memories for me. The Grapes, now apparently owned by the actor Sir Ian McKellan, was a regular haunt for me and my wife, Shirley. They had a Vietnamese waiter who always called me Big J and I would ring him up and ask for the table

overlooking the river. He would always promise me he'd save it but not once did I get it. He always made an excuse, but he was a nice man and the food there was among the best seafood I've ever eaten. I used to have a Dover sole meunière which was cooked perfectly. My wife always had the scampi, which she said were divine.

The Prospect of Whitby was among the pubs Charles Dickens frequented and which was so fashionable with the Princess Margaret 'set' that in the early 1950s some armed gunmen locked the doors and stripped all the customers of their money and jewels. It made headlines at the time but, despite appeals to Billy Hill, the self-styled King of the Underworld, no one was ever caught.

The Town of Ramsgate

was another great inn where all the seamen of Ramsgate would go, and where the fleeing 'Hanging' Judge Jeffries was caught.

The Trafalgar at Greenwich was another haunt of mine – it was a waterside inn back in the 18th century, famous for serving fresh-caught whitebait. Then it was a sailors' home for many years, becoming very neglected, and finally closed at the beginning of the 20th century. In the 1960s Watneys spent a fortune restoring it and I was lucky to be invited to the grand opening.

The Tower Hotel at St Katherine's Dock was another great place we used to go, where they had a very popular carvery, which is still going. I believe it was the first one to open in London and you could carve your own meat and eat as much as you liked for two pound fifty. It used to get crowded on a Monday night with lots of publicans on their night off. They also had a more up-market restaurant called the Princess Room which was a splendid place and we'd get a table overlooking the river and Tower Bridge. It was so romantic, particularly by moonlight.



■ Continued on next page



Booty's wine bar has a special place in my heart. In Dickens' day it was an inn called the Watermans. It was a private dwelling in the early 60s, owned by a television personality named Daniel Farson. He also owned a pub called the Newcastle Arms in Millwall and he changed the name of the pub to the Watermans Arms.

I was invited to the grand opening of this pub, where many stars, including Judy Garland, Shirley Bassey, and Billy Daniels appeared during Daniel Farson's brief tenure. He invited me, when the pub closed, to carry on partying with many celebrities of the day in his house in Narrow Street and we stayed until the early hours.

When Farson left the area a friend of mine, Denis Booty, bought the house and changed it to a wine bar.

A bit farther down the river, the Savoy Hotel was another place we'd go to. In the 60s and 70s they'd have cabaret and dancing in the restaurant and the dance floor could be raised hydraulically when the

cabaret came on. It must have been considered very advanced when that was put in.

Going by Tower Bridge and St Katherine's dock, one can spot St Paul's and the Monument – built to commemorate the Great Fire of London. Many times I climbed to the top of the Monument when my kids were little. I find it so sad these beautiful buildings are dwarfed now by the new city developments.

Christopher Wren, our greatest architect, who built so much of London would be shocked and, I suspect, appalled. So many memories, but as we made our way up river under Westminster Bridge and past the Houses of Parliament, on the terrace I thought I spotted David Cameron, waving and blowing kisses in our direction. Maybe I imagined it.

We then started our return as the tide had turned. Normally the boat would go to Hammersmith but we were a bit late and, as they say, 'time and tide wait for no man'.

Peter must be congratulated on his organisation as everything went swimmingly (pun intended) and all was well, with no fuss.

I enjoyed talking to so many people, Sylvia, Wendy, Brian, Margaret, Eileen, Jean, Pat and Viv, Joyce and Ron, Trevor, of course, and lots more. All nice, sociable people as Upbeat members always are.

The journey was over too quickly and we landed back at Gravesend via the Tilbury ferry about 6pm. The coach made excellent time and I was back in Sudbury/Long Melford before 8pm.

Thankfully the weather was very kind to us and we all had a lovely day. We should do this more often – maybe a Eurostar train to Paris or Brussels or Bruges? Any takers?

'Old Father Thames keeps rolling along, down to the mighty sea', the song says. Let's hope all of us can keep rolling along as well.

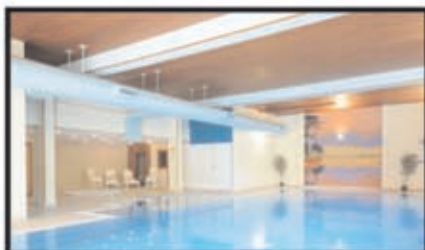
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Newbury Centre Christmas Bazaar

AS a non committee person I would like to say a BIG thank you to all the committee and helpers who worked long and hard to make this such a fun day and also a great success financially.

Special thanks go to all the ladies who must have worked for weeks making a wonderful collection of Christmassy craft things. Well done, ladies. Such talent!

Also, all the stall holders, working so hard manning their stalls for the whole day, and very good salespeople they were!

Father Christmas was even there!

It seemed well-supported by both Upbeaters and the local community. Fun was had by all and the magnificent sum of £1400 was raised. Well done to all concerned.

Richard Morris



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Thank you to Don Tyrrell

WHERE do you begin to thank someone who has given so much to help Upbeat?

Managing the front door entry at the Bury exercise venue, Don has given his time, not just one day, but three days per week over the last nine years. He has also sorted out the Bonus Ball and banked the monies collected. He has simply always been there!

Don decided he needed quality time for his family and for his hobbies and decided it was about time



somebody else took over.

He stopped working for us a few weeks back and we surprised him with a presentation in recognition of his long service with Upbeat.

We have been very lucky

to have had Don helping us and cannot thank him enough. We sincerely hope that he will come back and join his many friends in a regular exercise session.

Jill Brooks has managed to sort out help for the future and we are grateful that:

John Arnold will be on the door on Mondays, Vicky on Wednesdays and Bob Fuller on Fridays. Rodney Johnson will take care of the banking. Please make them as welcome as you can.

Sylvia Baker

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My travel plans for 2014

I'VE done a lot of travelling in the last few years, since retiring, but as I get older there are several places I wonder about. For instance:

I've never been **in Cahoots**. Apparently you can't go alone. You have to be in Cahoots with someone.

I've also never been **in Cognito**. I hear no-one recognises you there.

I think now and again I've been **in Sane**. They don't have an airport of course. You have to be driven there. I've made several trips there, thanks to my family, friends, and work.

I think I'd like to go **to Conclusions**, but apparently you have to jump there and I'm not up to much physical activity nowadays.

I have been **in Doubt**, and **in Debt**, but those aren't nice places to be so I try not to go there very often.

I've been **in Flexible**, but only when I felt the need to stand firm on something.



Sometimes I'm **in Capable**, and I go there more often as I get older.

One of my favourite places to be is **in Suspense**. It really gets the adrenaline flowing and pumps up the old heart. At my age and with my history I need all the help I can get!

Sometimes, I think I am **in Vincible**. But life shows me I'm not.

People keep telling me I'm **in Denial**, but I'm positive I've never been there.

I may have been **in Continent**, but I don't remember when that was. I'm told it's an age thing, and that it's very wet and damp there.

There have been times when I've been **in Deep******, and I have to say that the older I get, the easier it is to get there!

I've definitely been **in Coherent** at times, especially after a few glasses of rum.

I find that as I get older, it often seems I'm **in Visible**, especially when I'm waiting to be served at a bar.

Over the last few weeks I've been **in Communicado**, thanks to the phone company messing me about.

I think I've been **in Decisive**, but I'm not sure.



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Remembering Tommy

If you remember the comedian who always wore a fez you might enjoy the following jokes.



My neighbour knocked on my door at 2:30am this morning. 2:30am! Luckily for him I was still up playing my Bagpipes.

The Grim Reaper came for me last night, and I beat him off with a vacuum cleaner. Talk about Dyson with death.

I woke up last night to find the ghost of Gloria Gaynor standing at the foot of my bed. At first I was afraid... then I was petrified.

A mate of mine recently admitted to being addicted to brake fluid. When I quizzed him on it he reckoned he could stop any time...

I went to the cemetery yesterday to lay some flowers on a grave. As I was standing there I noticed four grave diggers walking about with a coffin, three hours later and they're still walking about with it. I thought to myself, they've lost the plot!

My daughter asked me

for a pet spider for her birthday, so I went to our local pet shop and they were £70! Blow this, I thought, I can get one cheaper off the web.

Statistically, 6 out of 7 dwarves are not Happy.

I was at a cash point yesterday when a little old lady asked if I could check her balance, so I pushed her over.

I start a new job in Seoul next week. I thought it was a good Korea move.

I was driving this morning when I saw an RAC van parked. The driver was sobbing uncontrollably and looked very miserable. I thought to myself 'That guy's heading for a breakdown.'

On holiday recently in Spain I saw a sign that said 'English speaking Doctor' - I thought, 'What a good idea, why don't we have them in our country?'

My girlfriend thinks that I'm a stalker. Well, she's

not exactly my girlfriend yet.

The wife was counting all the 5p and 10p out on the kitchen table when she suddenly got very angry and started shouting and crying for no reason. I thought to myself, "She's going through the change."

Local police are hunting the 'knitting needle nutter', who has stabbed six people in the bottom in the last 48 hours. They think the attacker could be following some kind of pattern.

I bought some 'rocket salad' yesterday but it went off before I could eat it!

I just got back from my mate's funeral. He died after being hit on the head with a tennis ball. It was a lovely service.

Remember: You don't stop laughing because you grow old, you grow old because you stop laughing.

Happy snapping

THE clocks have gone forward, the nights are drawing out and it's time to get the camera out again to take those irreplaceable pictures of your family, trips out and those once-in-a-lifetime-holidays.

With the advent of digital cameras it has never been easier to take professional quality shots.

Gone are the days when the purchase of a film was preceded by a host of questions such as 'do you want black and white or colour?', 'prints or slides?', 'what size film?' or 'how many exposures?'

Having purchased a memory card you can erase the pictures as often as you like and start again.

Digital cameras look complicated because of all the buttons sliders and dials. These help to do much more than you could easily do with a film camera. Nevertheless you can still take excellent pictures by using the automatic setting.

Before you can use these other features you need to understand what your camera does automatically. Firstly it sets the sensitivity on the

memory card or the ISO (International Standard Organisation). It then sets shutter speed and aperture. This is the length of time the shutter is open and the size of the hole through which the light passes. It then focuses the lens and takes the photograph.

The following are some of the things that can improve your photos.

■ **Choose your background carefully.**

Many shots around the home can be spoiled by garden tools, washing lines and dustbins appearing in the background.

■ **While it is advisable for the photographer to have the light behind them, when taking portraits make sure the subject is not dazzled by bright sun light.** Fill the frame with your subject and get up close. Remember you can use your Tele/Wide (zoom) control to help compose the picture.

To explain everything it is possible to do with many digital cameras would need a book rather than a magazine article, so I am going to suggest how to improve your

‘Gone are the days when the purchase of a film was preceded by a host of questions such as ‘do you want black and white or colour?’

pictures by explaining the use of ISO settings, flash photography and shutter speed and aperture.

Changing the ISO setting makes tremendous difference to the range of conditions in which the camera can be used.

Most cameras have a variable range between 50 and 3600. The lower numbers are for brighter light conditions and the higher ones for very poor conditions or when indoors and the use of flash is forbidden. Each picture taken is made up hundreds of tiny squares or pixels; there are a million pixels to a mega pixel. When using the

■ **Continued on next page**

higher numbers the edges of each of the tiny squares are less defined therefore the picture is less sharp or clear. Take two or three pictures at different ISO settings until you find the best one and then delete the other pictures.

The most important aid to better pictures is the use of flash when inside or in poor light. Understanding each of the symbols is essential.

How you turn the flash on will depend on the make and model of your camera but the symbol is usually an arrow with a zig-zag on the shaft. There is an auto setting which will make the adjustments for you but this will only work over a restricted distance and when taking portraits this will give "Red Eye".

This is caused in low light levels. The pupils of the eyes are enlarged and the flash reflects off the surface as a red light. To overcome this, use the symbol with the eye. When this is used the built-in flashgun blinks before it fires. This causes the pupils to contract cutting down the size of the reflective area. There will be times when taking pictures is permissible but the use of flash is not. To turn off the flash look for the symbol a circle with a flash inside it.

Lastly the thick flash

symbol fires the flash each time the shutter is pressed. This is very useful in bright light when taking close ups or portraits as it illuminates the hard shadows on



(Auto Flash) This allows the camera to decide whether a flash is needed.



(Fill in Flash) The flash will fire regardless of whether the camera feels it is necessary.



(No Flash) Turns off the flash.



(Red Eye Reduction) Reduces problem of red-eye by initiating a series of small flashes just before the main flash ignites.

faces and makes them look softer.

Many digital cameras have shutter speed and aperture exposure control. This enables the user to choose these two options for themselves. Shutter speeds range from 1 second to 1/1000th of a second on film cameras but can be greater on digital. All camera lenses have a diaphragm that works like the iris in the eye and opens and closes depending on the light required for the correct exposure. These are listed prefixed with a small 'f' 2.8, 3.5, 4.5, 8, 11, 16, 22 and 32.

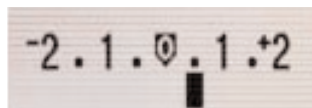
Each time you change upwards, for example, from 'f2.8 to 'f3.5 this halves the light passing through the lens. Likewise if you go down one 'f' stop i.e, from 'f32 to 'f22, that doubles the light. Shutter speeds work in the same way, an increase from 1/30 to 1/60 halves the exposure and a decrease from, say, 1/250 to 1/125 doubles the exposure.

The advantage of having control of your shutter can be the freezing of movement when taking sports pictures or children playing. Using aperture control adjusts the area of the picture which is in sharp focus. When taking portraits if a wide aperture is used, i.e. a low number,

this cuts down the amount of picture that is in sharp focus making the subject stand out and softening the background.

When using your digital camera once you select your shutter speed or aperture the camera will automatically set the other. Please find the signal in your camera that tells you if there is enough or too much light for that range of settings and change the shutter speed or aperture until a suitable setting is found.

Another useful setting on your digital camera is the control marked +/-, this increases or decreases the exposure by up to two 'f' numbers or stops. This varies slightly in each camera but the illustration below will show



you what to look for.

The reason for this program is to enable pictures to be taken with the subject facing away from the sun or other light source.

When taking a normal shot the camera is recording the light reflecting off the subject. The + would be used when shooting into the light as the camera is recording the shadow side. Therefore it is



advisable to increase the exposure. In bright sunshine this would normally be two stops. This program can also be used when taking pictures of stained glass windows. This is because the camera is recording transmitted light and not reflected light.

The minus side may be required if you are taking pictures of light subjects in very bright sunlight i.e. in snow or on a sandy beach. Shooting against the sun without increasing the exposure will produce a silhouette effect, the brighter the sun the more dramatic the effect will be. Using the fill in flash is another good way to shoot against the light but this is only effective when working close up.

The above photo illustrates the effects of shooting into very bright sunlight without compensation or flash. This gives almost a complete silhouette and removes the colour.

When using a digital camera do not be afraid to experiment. You might be surprised at what you can

achieve. If you get it wrong just delete and try again.

Remember with a 4GB (gigabyte) memory card you will get over 700 pictures with a 14.2 mega pixel camera and you get more pictures with a camera shooting with less mega pixels because it records in less detail. Conversely you get fewer pictures when your camera has more mega pixels.

For those of you who use a tripod or are supporting the camera on a solid base, do not forget to turn off the anti-shake device. Although this sounds crazy, I have found that when the camera is firmly fixed it creates its own vibration.

Finally, a word of warning. When shooting into the sunlight do not look directly at the sun as you may damage your eyes.

I will be pleased to help anyone if they have a problem or something they don't understand. Just ask and I will help if I can.

Colin Hands

LIST OF PUBLICATIONS AVAILABLE

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

- | | | |
|---|--|--|
| 1. Physical Activity And Your Heart | 19. Implantable Cardioverter Defibrillators (ICDs) | 33. Physical Activity And High Blood Pressure |
| 2. Smoking And Your Heart | 20. Caring For Someone With A Heart Problem | 34. Physical Activity And Diabetes |
| 3. Reducing Your Blood Cholesterol | 21. Returning To Work With A Heart Condition | 35. Guide To Food Labelling |
| 4. Blood Pressure | 22. Diabetes & Your Heart | 36. Food Should Be Fun And Healthy |
| 5. Eating And Your Heart | 23. Cardiac Rehabilitation | 37. A Guide To Losing Weight For Men & Women |
| 6. Angina | 24. Atrial Defibrillation | 38. Salt - Facts For A Healthy Heart |
| 7. Heart Attack And Rehabilitation | 25. Keep Your Heart Healthy | 39. Cut The Saturated Fat |
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| 10. Coronary Angioplasty & Bypass Surgery | 28. Stress & Your Heart | 2. Heart Failure (Your Questions Answered) |
| 11. Valvular Heart Surgery | 29. Get Active | 3. Going With The Flow (Angiogram & Angioplasty) |
| 12. Having Heart Surgery | 30. Physical Activity And Angina | 4. Lifelines (Heart Surgery & After) |
| 13. Heart Transplant | 31. Physical Activity And Weight Loss | 5. The Beat Goes On (ICD's) |
| 14. Palpitations | 32. Physical Activity After A Heart Attack | 6. Buying Time (CPR) |
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Remembering Upbeat in Your Will

We have been reviewing longer-term sources of funding and wondered if some members or family or friends, who will have understood and valued all the benefits provided by Upbeat, may, when making a will, be good enough to consider giving a legacy to our charity.

(Upbeat - Registered Charity 1087415)

All gifts and donations are greatly appreciated by the whole membership and help towards continuing our endeavours.

While there is no Gift Aid type advantage to legacies to charity they are deducted from the estate before Inheritance Tax is worked out.

As a matter of interest new measures give charities the ability to claim Gift Aid type benefit (currently 25%) on small donations not exceeding £20 where there is no existing Gift Aid declaration, up to a total of £5,000.

This, for example, means collection tin and maybe some sponsorship money will be worth that much extra for us.

R. J.

12 things kids should learn at school

1 The average teenager says "it's not fair" 8.6 times a day. Life's not fair. Get used to it.

2 The real world won't care as much about your self-esteem as your school does. It'll expect you to accomplish something before you feel good about yourself. This may come as a shock. Usually, when inflated self-esteem meets reality, kids complain it's not fair. (See previous lesson)

3 You are very unlikely to become a famous celebrity without doing anything. Those leggy, heavily-made-up bimbos you see in the magazines are not an accurate reflection of the vast majority of society.

4 Sorry, you won't make £50,000 a year in your first job after leaving school. And you won't be a Vice President or have a carphone. You may even have to wear a uniform that doesn't have a Gap label.

5 If you think your teacher is tough, wait until you get a boss! When you make a mess of something, he won't ask how you feel about it.

6 No mundane job is beneath your dignity. Your grandparents saw employment as an opportunity. They weren't embarrassed to work at a job that only paid the minimum wage. They would have been embarrassed to sit around at home all day living off their

parents or benefits.

7 It's not your parents' fault. If you screw up, you are responsible. You can't say: "It's my life," and "You're not the boss of me," and other eloquent proclamations of your generation, and then shift the blame for your mistakes.

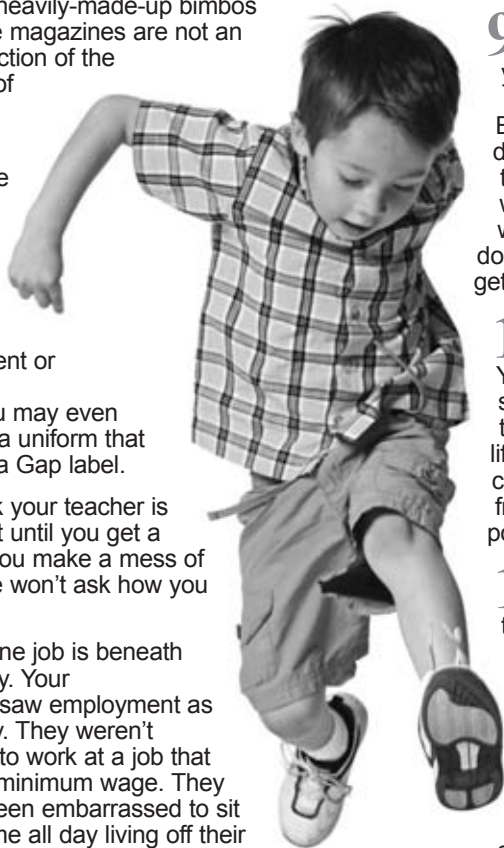
8 Before you were born your parents weren't as boring as you think they are now. They got that way paying your bills, cleaning up your room and listening to you tell them what a mess their generation has made of the world.

9 Life's not divided into term times and vacations, and you don't get all summer off. You're unlikely to get an Easter break of more than a day or two. Bosses expect you to show up every day and to work for eight hours. If your work's not up to scratch, you don't just get a low mark, you get the sack!

10 Television is not real life. Your life is not a sitcom. Your problems will not all be solved in 30 minutes, minus time for commercials. In real life, people have to leave the coffee shop to go to jobs. Your friends will not be as perky or polite as Jennifer Aniston.

11 Be nice to nerds. You may end up working for them. We all could.

12 Enjoy this while you can. Yes, parents are a pain, school's a bother, and life can be depressing. But someday you'll realize how wonderful it was to be a child. Maybe you should start now.



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

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

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

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

Thank You

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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.

REGULAR EVENTS

Throughout the year there are on-going weekly, regular or seasonal events. For example:

Coffee Mornings at the Southgate Centre, Bury St Edmunds on the following Thursday mornings at 10.30am:
April 3rd & 17th, May 1st, 15th & 29th, June 12th & 26th,
July 10th & 24th, August 7th & 21st,
September 4th & 18th, October 2nd, 16th & 30th,
November 13th & 27th, December 11th

Ten Pin Bowling at Sudbury Bowl on Monday mornings at 10am. Just £2.50 per game. Join in with other Upbeat members – our aim is enjoyment. It is not competitive and no experience is required. Great fun guaranteed. Everyone is made very welcome especially beginners and for the less agile there are guide frames available to roll the balls down if required.

A list of events and functions is shown opposite

Forthcoming events 2014

You are invited to attend any or all of the following events. To ensure your place on a trip or an event, **PLEASE BOOK EARLY**. You may bring guests, provided there are sufficient places available. All events are operated on a paid for, first-come, first-served basis. Additions, changes to the programme or further details of times or costs will be advised on your notice board and on the Upbeat website

EVENTS & SOCIAL FUNCTIONS 2014

April: **Quiz Night** - Date and details to be advised

Thursday April 10th: **Theatre Visit** To The Theatre Royal, Norwich. Matinee Performance to see 'Cats'. Tickets: £39 (inc Theatre, coach, driver's tip)

Booking forms available. Details from Sylvia Bambridge Tel: 01787 372839

Thursday May 15th: **Upbeat AGM** Southgate Centre, Bury St. Edmunds 7pm. This is your group, please come along and support your committee

Tuesday June 17th: **Upbeat Session** to be held at Newton Green Village Hall (Delphi Unavailable)

June: **River Trip** on the River Lee, on the Hertfordshire/Essex border including through the Lee Valley Park. Date, details and prices are still to be finalised but the trip will include a fish & chip lunch. Over the years, we have enjoyed river trips on all of the navigable rivers in East Anglia and this is one that has escaped us up to now.

Saturday June 28th: **Summer Fete** held at The Newbury Centre, St Olaves Road, Bury St Edmunds starting at 2.30pm. Come and join us for afternoon tea, fête games, tombola, many varied stalls. Admission free.

Thursday 10th July: **Strawberry Tea** at 24 Gloucester Way, Sudbury by kind permission of Jill Brooks. 3pm. Enjoy a relaxing afternoon tea with a delightful array of savouries and cakes and not forgetting strawberries and cream, held in the Chairman's own garden.

Saturday 13th September: **Chairman's Swimming Event** to be held at Bury St Edmunds Leisure Centre. Lots of fun. Water wings allowed up to age of 80. Sponsored swim - Family Relays - Races - Boys & Girls Water Polo - Swim Fun Time.

September: **Square Dance** - Date and details to follow

Saturday 15th November: **Special Evening Chairman's Event** at The Delphi Club, Alexandra Road, Sudbury. Details to be advised.

Further events are under discussion and planning. Events for the rest of 2014 will be shown on posters at sessions and on the website. If there are other events that interest you and you think there would be sufficient demand, please contact Sylvia Baker on 01449 774333 or email: sylvia.baker16@btinternet.com, or Hilary Neeves on 01359 232678 or hils1947@yahoo.co.uk. Likewise, if you would like to organise an event, we would be happy to support and help you to set it up and to sell tickets. It is important we have more volunteer leaders and helpers to ensure we can provide a varied and entertaining programme of events. Up-to-date details are shown on our website – www.upbeatheartssupport.org.uk.

Over the Christmas & New Year Holiday period, we will be closed on the following dates: Mon 22nd, Tues 23rd, Wed 24th, Fri 26th, Mon 29th, Tues 30th, Wed 31st December 2014 & Fri 2nd Jan 2015

My first car's priceless

By John Dawkins

ONE of my oldest memories – a memory of a memory, probably – is of my father struggling to reverse his car up our narrow drive, and into the garage. It was obviously going to be simpler to leave the garage going forwards.

My suggestion was, “Why don’t you go in frontwards, daddy, and come out backwards?” I can’t remember his response.

I must have been very young when this happened. The car, a Morris 8, registration KG6797, was sold before my father was called up, and he didn’t own another one for 20 years or so. But I did, and had my own reversing struggles.

Like most, not all, young men, I was keen to learn how to drive, and fortunately had a good friend whose

father allowed him generous use of the family car – another Morris.

To put this in context, we have now arrived in 1959. I was almost 21, my friend a little younger, but he had use of a car – and a full licence!

So my instruction began, but it was to be altered in a most unpredictable way. Roger’s father decided to change his car, for a Lanchester with a pre-selector gearbox.

My birthday was approaching and my parents were persuaded to buy the Morris as my 21st birthday present. It must have really strained their coffers as it cost all of £15!

So, here I was, the proud owner of ADE97 – a 1934 Morris 10-4 – four years older than me, and hardly in perfect condition. It had no heater, and the unreliable

indicators meant the window had to be permanently open to allow hand signals.

There was, of course, no power steering, and although there was a four-speed gearbox, there was no synchromesh on the top two gears, which meant that any driver had to be skilled in the abstruse art of double-declutching. The brakes were good, but the handbrake was temperamental, and it was prudent to leave the car in gear when parking. The single wind-

screen wiper was inadequate and, of course, there was no screenwash.

Also, the sunshine roof had ceased to function, but an occasional coating of some tarry compound kept it leakproof. All in all, quite state of the art.

Nevertheless, the standard of instruction was excellent, and I duly passed my driving test in my own car. In those far-off days, a test cost £1, lasted about 30 minutes, and was entirely conducted within the car.

“ The car had serious limitations – it consumed almost as much engine oil as petrol, and it was necessary to carry a container of water on longer trips (over 10 miles) ”

extra – a starting handle

The only “theory” was three or four oral questions at the end of the test. My instructor was so successful that he could have made a career out of it. Apart from me, he taught his sister and brother, and only one of us needed a retest.

Although the car had serious limitations – it consumed almost as much engine oil

as petrol, and it was necessary to carry a container of water on longer trips (over 10 miles) as the radiator had a slight leak – it never failed to complete a journey. It remains the only car I’ve ever owned which had that priceless extra – a starting handle!

My ownership of



this splendid limousine lasted for only a year, however. Two things conspired to separate us: the 10-year Test (as the MOT test was known in its early days) and my chance to become

a fulltime student for three years. This was back in the days of student grants, of course, but they were not generous enough to support the running of a car.

So ADE97 and I parted company, although, as you can tell, I still have very happy memories of our time together.

Joanne's Housekeeping Services

For all your cleaning and housekeeping requirements

Life these days can be very busy, juggling the housework, shopping and children or it may be that you just need some additional support around your home if you are unable to do things yourself.

I am happy to carry out general cleaning needs inside your property, ironing, grocery shopping or even light administration tasks like typing letters or emails. I can provide a friendly, reliable and personalised service to suit you so you can have time to do the things you love or just more time to relax.



Tel: 01787 371486 or 07788 563062

Email: joleeks@rocketmail.com

WEEKLY EXERCISE SESSIONS

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

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

IMPORTANT

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

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

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

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

OR

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

ALSO

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

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

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

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

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

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

Please wear comfortable clothes and suitable footwear.

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

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

NEW MEMBERS

Wayne & Christine Clarke
Neil Shaw
Patricia Ebborn
Angela Grace
Raymond Miller
David & Janet Pratt

William & Clare Kettle
Alan & Joyce Hines
William & Martha Mackay
Marie Riedie
Annesta & Ken Newson
Brian & Ann Richell

Norman Kirke
Dianne Hook
Maurice & Georgina
Dunford
Peter Williams
Dai & Janet Tatum

■ A very warm welcome to you all. We hope that you receive support and help from being an Upbeat member and would welcome your comments on what we do right and what we are doing wrong. Due to the printer's deadline this list is correct up to 13th February 2014. Members who joined after this date will be in the Autumn 2014 edition.

£100 CLUB WINNERS

Feb 2013

1st prize £100 David
Willcox no 300
2nd prize £62 Pia
Bird no 148

March

1st prize £100 John
Wood no.34, 2nd
prize Brian Gardiner
£72.50 no 274

April

1st prize £100 Beryl
Land no 143
2nd prize £72.50
Tony Chaplin 69

May

1st prize £100 Peter

Empleton no 341
2nd prize Brian
Breathwick 112

June

1st prize £100 Beryl
Elston no 315
2nd prize £75.50
Faye Warner 269

July

1st prize £100
Graham Bragg no
080
2nd prize £75.50
Angela Ford 181

August

1st prize £100
Richard Brown no

023,
2nd prize £75.50
Brian Clark no 358

September

1st prize £100
Doreen Berry no
262,
2nd prize £76.50
Gillian Camp no 076

October

1st prize £100 Terry
& Jess Lifford no
350
2nd prize £76.50
Peter & Beth Riches
no 205

November

1st prize £100 Pat
Darge no 318
2nd prize Rosemary
Currell £76.50 no 12

December

1st prize £100 Mavis
Head no 064 2nd
prize Roberta
Smethers 76.50 no
212

January

1st prize £100 David
Deacon no 135, 2nd
prize Mavis Head
£76.50 no.65

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 for extra copies to hand out to your friends and to other people such as your dentist, chiroprapist, physiotherapist or church group



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

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



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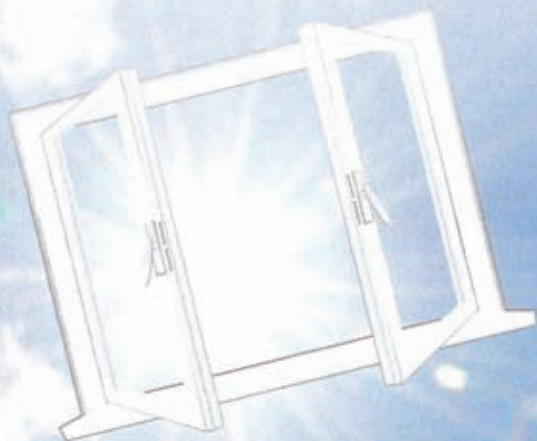
Easysearch is a FREE charity search engine that enables you to raise funds for Upbeat whenever you search the Web. Easysearch tracks down and displays only the most relevant and accurate results for your search, while helping you raise valuable funds for Upbeat at the same time.

Register at 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 for 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.

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