

UPBEAT MAGAZINE



**Margaret
Bright
shares
her story
- Page 19**

**JOIN THE
WOMEN'S LAND
ARMY**

**ALSO INSIDE: Photographs from the Christmas party and fete,
the Orwell river trip & advice on health and benefits**

SPRING 2015

Essex Stairlifts Ltd

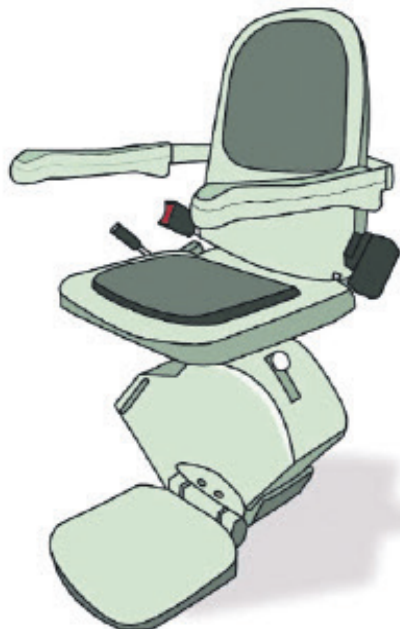
Your local stairlift specialist

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

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 9
How to make a donation to
Upbeat – Page 45

Sharing our stories

SPRING 2015 already! How time flies! As always, I hope you enjoy this issue of the Upbeat Magazine. I have tried to include a variety of articles and features in the hope that there will be something to appeal to everyone and I am grateful to those who have provided me with material for this issue.

Once again, my apologies if your offering is not included this time. I already have on my computer a file named 'Upbeat mag: Autumn2015' into which several pieces have been placed in preparation for the next issue!

If you have something to contribute, I'd be glad to hear from you. If you don't feel up to writing it, I am happy to meet with you with my digital voice recorder, and then I will be scribe! That's how Margaret Bright's Land Army reminiscences (Pages 19-22) came into being.

Do you have a story to tell? Maybe it could feature in our next issue. Many of us share common experiences – maybe of the war or early post-war years – and sharing them can be interesting and enjoyable to others. I am currently reading *This Boy: A memoir of childhood* by Alan Johnson, the politician. Although

his early life was a great deal more impoverished and hard than mine, reading of his life in London in the 50s and 60s has brought back many memories for me. I've said before that I believe each of us has a story to tell. Let's hear yours - please!

Isn't it often the case that, despite one's careful planning, things do not go smoothly? Readers may remember me telling you last year that, having moved house and down-sized, we were considering having an extension built.

Well, work has begun and, after extensive below-ground work for the foundations, walls are now beginning to take shape! Because the roof will shortly be taken off the garage and utility room, space has to be found to store the many items which were housed there.

Much has been brought into the main house, so that every room is now crowded with extra things, and a summer house and shed have been bought to provide outside storage. Today they have arrived but unfortunately the base we had prepared for the shed is not large

Continued on next page

Editorial contributions and ideas for features and other items to David Axton.
Tel: 01284 747238 or 07946 225612. Email: daxton42@btinternet.com
Advertising enquiries – See Page 38

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

enough so it cannot be erected. Instead its pieces will just be stacked, pending the enlargement of the base. More delay - more expense! However, I keep telling myself it will be nice when it's all finished so I must concentrate on the end-product.

Mankind is virtually unique in having what I remember one psychologist referring to as a 'time span of attention to the future'. We can think ahead, plan ahead, and envisage how things will be, which the rest of the animal kingdom cannot.

When we're planning holidays, family events, and suchlike the anticipation is part of the enjoyment, isn't it?

One of my sisters was 95 last July and the family were determined to mark the occasion as we had done for her previous milestones: 70, 75, 80, and so on. She was adamant that she didn't want any surprises but wanted to know what we were planning so that she could enjoy anticipating everything beforehand. It meant she had weeks of enjoyment rather than just enjoying 'the day'.

The Upbeat Committee spend a lot of time planning events for the coming months, as you can see from those listed on Pages 46 & 47, but time is also spent planning for the organisation's future and trying to secure the all-important funding to make that future secure. As always, we are grateful for the many members who work hard 'in the background', so to speak, helping to keep things running smoothly at the different venues.

Recently Valerie and I paid our first visit to the Delphi centre in Sudbury to

meet members there, which was very enjoyable, and it was clear that there, as at all the other Upbeat venues, members give their time and energies freely to help things function.

Someone greets us at the door, someone provides coffee, someone collects money and records it all. Without all these willing volunteers Upbeat couldn't survive, so 'Well done, and thank you all.'

A week or two ago, at the New Bury Centre, I was chatting with one of our members about the pleasures and advantages of using a computer or tablet and trying to convince her that she should try to master

the technology. I'm not sure she was convinced, and it made me wonder how many other members are in a similar position.

The sister I mentioned earlier spent three weeks with us over the Christmas period and a great deal of her time was spent on her iPad. She lives alone but the iPad enables her to keep in close touch with a grandson and his family in France, a grand-daughter in California, and many friends around the country through Facebook and Skype. It really can be a lifeline and I would encourage any of you who have not ventured into the technological era to give it a try. It's not that difficult once you know how - honestly!

The AGM approaches - Tuesday, May 19th. I hope to see you there.



David



What a difference a year makes

I CANNOT believe nearly a year has gone since I became Chairman. Such a lot has happened and it has been a steep learning curve.

I have tried to go to exercise sessions to meet and talk to Upbeat members. I hope many of you now recognise me and will come up and talk about Upbeat and how you feel about our group. If you want to do anything different with outings or would like to see any changes, please let me know; with your feedback we can only get stronger.

To all our new members, welcome! I hope you will enjoy the friendship and support Upbeat can give you.

Sadly we have lost some dear friends and our thoughts go out to their families. Please see the absent friends pages for details.

My bungalow was overrun with so many bottles, prizes and general stuff for the Upbeat events and I hoped after the last events, the Christmas Bazaar and the party, I would get my home back into being a bit tidier. Nope! Doesn't work! Still stuff comes in. Oh well. I suppose I will have to clean round it!

Lots of fundraising has taken place and I say a big thank you to everybody concerned. You always come up trumps in supplying raffle prizes, supporting our outings, making craft items, cooking cakes and generally helping out where you can. I think you will all be suitably impressed when you get the figures at the AGM as we have really had a terrific year which will be a hard act to follow this year.

The Social group organised several trips and events:

- The annual Fête - a huge success, thanks to Joyce and Ron Lawes, who worked hard to make it work. It was a lovely day; we managed to avoid the rain, everyone enjoyed the day, and we raised a lot of money.
- We enjoyed a boat trip on the Orwell River, organised by Peter and Ilva Maxey
- Penny and Beth were the main organisers of the Christmas bazaar and had a lot of help from the clever ladies who make all the handicraft items (I am not gifted in any way like they are). People made cakes, brought garden produce,

Continued on next page

supplied raffle prizes, bottles and items for the tombola stalls. This year the stall-holders decorated the stalls to look Christmassy and they looked lovely.

■ Pat Pearce held several tombola stall sales throughout our venues. She just gets on and does this on her own and she deserves a great vote of thanks.

■ We went to the Royal Albert Hall to see the Classical Spectacular, which was a terrific show organised so well, as usual, by Sylvia Bambridge.

■ Several raffles have taken place, organised by the social group. They are a fantastic team and we should all be very thankful to them for working so hard and putting such a lot of effort into all they do. Ivy, the New Bury Centre manager, continues to be a huge support to us. As always, we must thank the people who take our money at the door, the meet and greet teams, and those who open up and put away, and make the tea and coffee. We really do value what you do. Thank you all.

I have not included a separate account of the Social Group because this issue already has lots of information in it so please, if I have forgotten anybody, I am sorry.

We received monies from some of our local councillors and some grants were obtained and you will learn more details in Hilary's report. The latest amounts are from Churchwalk Charities, who gave us £2500, and £1500 from the Suffolk Land Rover Owners Club.

I am always trying to get our profile raised and was pleased when the Bury Free Press did a two-page article on Upbeat. We have had visits from several people trying to get help and there are several things in the pipeline which I hope will bring good results.

Hilary Neeves is such a super Secretary; she works so hard and supports me in all I do. When we attend things together I talk about Upbeat and she always gets straight to the point and asks if there is any funding available.

She is a great asset. Thanks also to Giles, her long-suffering partner, who sometimes plays second fiddle to Upbeat

and has to share his home with files, printers, photocopiers etc, because Upbeat tends to take over.

We intend to ensure Upbeat complies with B H F guidelines and our own constitution/strategy, how we operate, is being overhauled.

Our nurses have taken ownership of defibs and heart monitors, the instructors have all been observed to ensure they give us the best workouts in accordance with the BACPR guidelines. We do intend to carry out fire drills at each location, so be warned. It will happen! Upbeat Executive will strive to ensure that Upbeat continues to flourish

Sadly, David Camp, who has been an excellent treasurer, is retiring at the AGM. We are still trying to get him to stay on the Executive Committee but whatever he decides, we have been very lucky to have had him working for us for so long.

Thankfully, Valerie and David Axton have agreed to take on his role, and at present are working with David Camp to complete the handover.

We wish them every success and it is a big relief for me I am so glad we do have somebody who will undertake the Treasurer position. It's a very hard but essential position.

The AGM is approaching – where has the time gone? Please think about Upbeat and if you want to make any comments you need to attend. I am very happy to continue to be Chairman and hope you will allow me to continue to do so.

A recent conversation with a new member made me realise why Upbeat is so good. The wife told me Upbeat had made such a difference to her husband since his operation – he did not want to come originally but she had persuaded him. Now they both enjoy it so much they can't wait to come each week, finding the support and friendship wonderful. I think that says it all.

Once again thank you all for making this year so special, I feel I know a lot more of you now and together we are making Upbeat a good support charity.

Sylvia



Let's sing our own praises for once

HOPE by now everyone has returned their Membership Renewal Forms to Valerie, our Membership Secretary.

If you know someone who has not received a magazine and still wants to be a member, please let me know ASAP and we can reinstate them.

We have had some wonderful support from various groups this year, which has all been a tremendous help financially, plus we had a good article printed in the Bury Free Press which also raised our profile.

Our local councillors have been very generous this year with purchases of heart monitors and music systems. We thank them all. The Suffolk Foundation has given us a Grant of £2000, for which we are also very thankful. Church Walk Charities and Suffolk Landrover Owners Club and Treatts have all been very generous - there are so many to mention. We have so many to thank, including our instructors and nurses who are always willing to go that extra mile for our members.

BUT let us sing our own praises for once. We are a unique group, looking after heart patients and carers. We do a thoroughly good job of it! The fact our group is entirely run by volunteers is seriously something to celebrate.

The definition of a volunteer is: 'Unpaid helper or assistant'. We certainly have our fair share of those at Upbeat! How come the rooms are always set up when we arrive, and magically everything gets put away when we have gone? How come there is always someone at the door to greet us with a smile and all the notices and papers are put in the right place each time? How does the money



always get banked and the bills paid? How come the car park and surrounding building is always free from litter? How come there is always a cup of tea or coffee when we want one? And so it goes on and on.

There are three venues and every little job that needs doing in running a group like ours is done by a volunteer. They are invisible and don't crave the credit; they just get on and do it. Then we have the committee that spend a lot of their own time working on Upbeat matters. Volunteers, you are very special people and we rejoice in your generosity of spirit and thank you!

With the AGM just around the corner, I am reminded of the last AGM where we hoped for a good year to come. I think we can be confident that it has been a good year. Sylvia has done a brilliant job of steering us through and we hope for a continuation of the same. Don't forget to come to the AGM in May and support our events during the summer.

Hilary

TREASURER'S REPORT

We have been blessed with your continued support

I AM delighted to report that, following our request for someone to take on the Treasurer's role on my impending retirement at the forthcoming AGM, Valerie and David Axton have agreed to 'give it a go' and have, since January, been entering all data.

I have no doubt about their ability and acumen to take on the role and we will together complete this financial year's accounts and returns. I will be available with any assistance they may require in the future.

I am deeply indebted to them for offering to help, as they both do considerable work for Upbeat, with Valerie being on the Executive Committee and our Membership Secretary and David, of course, edits and produces our impressive and valued twice-yearly *Upbeat Magazine*.

The Committee would be grateful if you can give them all the help and support you can, as you have to me over the years. I recommend you elect them to the Treasurer's position at the AGM in May.

I also intend to resign from The Executive Committee but will continue to enjoy the group as a member. Who knows, I may even take up the exercise sessions again – you have been warned.



I will also continue to help whenever and wherever I am needed and support the officers of the group if required, as I will with the whole committee and with social activities.

We have been blessed, as ever, with continued support of donations from members and friends which is very much appreciated.

We have enjoyed some wonderful fundraising activities over the year and our small band of organisers and 'doers' are to be warmly congratulated for all their hard work, which is reflected in the income they bring in. Please consider joining them – an extra pair of hands can really make such a difference.

Our secretary, Hilary, has again worked very hard with Grant Applications. It is not an easy task and becomes harder each year with more charities chasing fewer grants.

Most applications, regrettably, prove unsuccessful, which is galling considering the amount of work put in, but the simple fact is most require



completely new projects and are less and less inclined to support on-going activities like ours.

Currently, Hilary is going for the 'big one' – the National Lottery – and we are looking for a number of years' funding which would make a considerable difference and enable us to concentrate on developing Upbeat, doing what we do best and have been for the last twenty years.

We must also collectively thank our Chairman, Sylvia, who has done a sterling job, in what were initially, difficult circumstances. The group is settled, there are smiles on people's faces and we are focusing on what really matters – our members and the support and help that we give and can offer. We know what we do works.

We see the results and members have been very open and positive in the questionnaires and reviews that have been conducted.

This is due in no small measure to our wonderful nurses and exercise instructors who are all highly professional and effective in what they do. We are very lucky to have such a group and are most grateful to them all.

As this will be my last Treasurer's report I cannot not give thanks also to all the helpers who literally keep the whole 'thing' working. It wouldn't function without you.

There are too many to mention individually and it would perhaps be unfair to do so, but thank you sincerely. Also, to our volunteer webmaster, Steve Dennington, who produces and keeps our impressive website up-to-date. I intend to continue to co-ordinate with Steve to ensure we keep the site up-to-date and relevant.

We would like your comments on the site – good or bad. There is a 'Contact Us' page and you can inform us of

your views, what you would like to see, anonymously if you wish.

I will end with something you may not have thought about or perhaps not even wished to. But I ask you to give this a little consideration. It is mentioned elsewhere in the magazine with a small item written by Rodney Johnson and I would just like to re-emphasise what he has written.

I presume, assume, we have all made a will. Have you or a member of your family or friends ever considered leaving a gift of money, a legacy to a favoured charity? Hopefully that might be Upbeat.

Members are and have been, very generous with donations to Upbeat. Unfortunately, to be able to continue to provide the service and support in the future, we have to maintain income and with no central funding available we have to raise money by our own means. If you have benefited by being a member of Upbeat, perhaps you might consider helping those who may require the same help and assistance in the future.

With a legacy written into a will, this is deducted from the estate before Inheritance Tax is operative so could be tax-efficient. You may have thought only the rich or famous left legacies in their will but it is a simple matter to organise with your solicitor who will make the necessary addition – just advise that you wish to leave a gift to 'Upbeat – Registered Charity Number 1087415' and the amount.

It is estimated that 74% of us support charities and 35% say that they would leave a gift in their will. Unfortunately, at the moment, only 7% actually do. I will leave the thought with you.

Thank you for all your help and support.

David

Fundraising & Donations: August 2014 – January 2015

GRANTS/SPONSORSHIP

David Nettleton Locality Budget	£628.75
Richard Kemp Locality Budget	£298.00
Sarah Stamp Locality Budget	£354.00
Trevor Beckwith Locality Budget	£469.80
John Sayers Locality Budget	£260.00
Mark Ereira - Guyer	£750.00
Suffolk Community Foundation	£1500.00

Rodney Johnson	£73.70
John Green (Wedding)	£233.78
St Edmundsbury Mayor	£50.00
Anne Everett	£20.00
Patricia Corbett	£25.00
Jackie Williamson (Birthday Cakes)	£33.00
Catherine Bird	£100.00
Norman Langridge	£20.00
Caroline Fox	£40.00
Frank Peachey	£20.00

FUNDRAISING

River Orwell Trip	£301.00
Bury Walk	£50.00
Christmas Bazaar	£1842.05
Christmas Raffles – Hardwick	£196.50
– Sudbury	£339.00
– Newbury	£489.00
Christmas Dinner (Newbury)	£50.41
Cup Cake Sales (Newbury)	£28.00
Christmas Drink Donations	£148.50
Church Walk Charities	£2500.00
Clothes Sale (Sudbury)	£36.50
Pat Pearce – Tombolas/Car Boot	£141.50
Classical Spectacular	£127.60

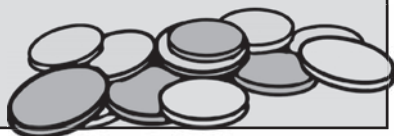
Legacy of the late Bernard Marshall	£500.00
Felicity Stemp	£30.00
Richard & Eileen Webb	£100.00
Martyn Roper	£20.00
Age UK Suffolk	£35.00
Jill van de Plasse	£30.00
Mary Beech (Sale of Books)	£50.00
John & Peggy Simmons	£25.00
John Besent	£100.00
John Sayers Fortnightly	
Tea Dances	£30.00
Gail Peachey	£23.95
Emma Austin	£40.00
David Catton	£25.00

DONATIONS

Bob Fuller	£195.00
Thursday Coffee Morning	£50.00
Gary Keen (50th Birthday)	£280.00
Sudbury Collecting Tin	£75.23
Newbury Collecting Tin	£105.00
Eileen Shurmer	£40.00
Easy Fundraising (Members Internet Purchases)	£22.27
Kathleen Eatough	£167.97
In Mem of Jim Jelley	£323.12
In Mem of Ronald Reardon	£40.00
In Mem of Keith Simmons	£219.83

Derek Finch	
Memorial Darts Tournament	£150.00
Suffolk Land Rover Owners Club	£1500.00
The Ask Group	£260.00
60's Rock 'n' Roll	
Car Park Dances Sudbury	£500.00

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.



UPBEAT EXECUTIVE COMMITTEE

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

**Peter MAXEY (Vice
Chairman)**
01284 787516
The Lodge, 7 The Coppice,
Great Barton, Bury St
Edmunds, IP31 2TT
e-mail: pimaxe@gmail.com

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

**David CAMP (Treasurer/
Website/ Membership
Secretary)**
01787 376723
24 Swanfield, Long Melford,
Sudbury, CO10 9EZ
e-mail: davidcamp44@
btinternet.com

Valerie AXTON
01284 747238
Vistri Vale, Old Hall Lane,
Fornham St Martin, IP31
1SS
e-mail: valerie_axton@
hotmail.com

Alan BAMBRIDGE
01787 372839
21 Bush Grove, Sudbury,
CO10 7HH e-mail:
alan.bambridge@talktalk.net

Kenneth BISHOP
01284 850752
11 Grange Mill, Chevington,
Bury St Edmunds, IP29 5PQ
e-mail: kandebishop@
btinternet.com

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

Rita HOWELL (100 Club)
01284 762976
26 Plovers Way, Bury St
Edmunds, IP33 2NJ
e-mail: rahowell@tiscali.
co.uk

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

Penny MORRIS
01284 830588
"Redroof", Chapel Lane,
Brockley, Bury St Eds., IP29
4AS
e-mail: richard460morris@
btinternet.com

Elisabeth RICHES
01284 761818
19 Rectory Meadow,
Fornham All Saints, IP28
6JR
email: richespeter@yahoo.
co.uk

NON-EXECUTIVE MEMBERS

CARDIAC NURSE REPRESENTATIVE
Kate TURNER
01359 250202
e-mail: catherineturner@outlook.com

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

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

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

GRANT FUNDING
Hilary NEEVES
01359 232678
e-mail: hils1947@btinternet.com

SOCIAL EVENTS & FUNDRAISING
Sylvia BAKER
01449 774333
e-mail: sylvia.baker16@btinternet.com

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

MAGAZINE EDITOR
David Axton
01284 747238
Mobile: 07946 225612
e-mail: daxton42@btinternet.com

Understanding your cholesterol

by Mandy Scales

Cholesterol is a soft, fatty substance which is transported in the blood by lipoproteins named low density lipoproteins (LDL) and high density lipoproteins (HDL).

There are two ways in which we acquire cholesterol; one is that we make it ourselves in our liver and also we obtain it from the food we eat.

Cholesterol plays a vital role in the workings of every cell in our bodies, and we need it to make certain hormones, Vitamin D, and bile for digestion. LDL is often referred to as the 'bad' cholesterol as it is made in the liver and then deposited to the tissues where it is needed. However, too much LDL can cause patches of atheroma (small, fatty lumps) inside the lining of arteries, leading to heart attacks and strokes.

The HDL is often referred to as 'good' cholesterol because it helps to mop up excess cholesterol from the tissues and brings it back to the liver for reprocessing or removal from the

body.

Triglycerides are also fats circulating in the blood.

When you get your blood test results, as well as finding out your cholesterol result (the ideal figure should be less than 4), you should also find the result of your LDL, HDL, and triglycerides as understanding these results can help you to make the right choices in the food you eat and your lifestyle.

The aim should be to keep your LDL

below 2 and the way to achieve this would be to cut down on all saturated fats such as butter, cream, cheese, pies, pastries, etc., as well as removing all visible fat and skin from meat.

Replace these fats with polyunsaturated fats found in sunflower oil, some margarines, or monounsaturated fats which are in olive oil, rapeseed oil, most nuts (NOT salted!) and avocados.

Avoid all trans fats (these will be labelled as hydrogenated oils or fats and will be found in many packaged biscuits, cakes, and 'fast' food).

You should aim to increase your HDL to above 1 and to do at least a minimum of 150 minutes a week (eg 30 minutes per day for 5 days) of aerobic exercise such as brisk walking, cycling, swimming or dancing will help to increase your HDL. When exercising you need to feel





slightly out of puff!

Attending Upbeat exercise classes is ideal.

Eating at least five portions of fruit or vegetables per day and including more fibre in your diet will reduce the amount of cholesterol absorbed by your intestines.

Good sources of fibre are all types of beans, peas, and lentils as well as wholegrains such as porridge oats and bran.

The triglycerides are also 'bad guys' which should be kept below 1.7.

Eating at least two portions of oily fish a week (labelled in tins as containing omega 3), such as herrings, kippers, mackerel, pilchards, sardines or fresh tuna, salmon and trout, will help reduce your triglyceride levels.

A little alcohol (especially red wine) can be beneficial in raising your HDL. However, too much will also raise your triglycerides so it's a good idea to keep within the British Heart Foundations recommendations of 3-4 units of alcohol a day for men, and 2-3 units a day for women.

Alcohol contains 'empty' calories, which means it

provides no nutrition but will add weight, so try to have at least one or two days a week when you don't drink alcohol.

Keep an eye on that waistline, aiming for 37 inches or less for men and 31 inches or less for women.

Finally, remember to take your 'statin' (as prescribed), and if you feel you are having any side effects from them please do not stop taking them but go and discuss the problem with your GP as there may be an alternative tablet.

“

HDL is often referred to as 'good' cholesterol because it helps mop up excess cholesterol from the tissues and brings it back to the liver for reprocessing or removal from the body.

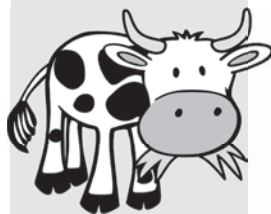
”

Word Play

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

■ I went to the butcher's the other day to bet him £50 that he couldn't reach the meat off the top shelf. He said, "No, the steaks are too high."

■ Two cows standing next to each other in a field. Daisy says to Dolly, "I was artificially inseminated this morning." "I don't believe you," said Dolly. "It's true, no bull!" exclaimed Daisy.



How exercise helps you get fitter

by Peter
Azzopardi –
Personal Trainer

High blood pressure or 'Hypertension' is very common and is best controlled by a combination of prescribed medication from your GP or Nurse and regular activity (exercise).

When blood pressure is higher than normal, the heart has to work harder in order to eject blood into the systemic circulation. Over time this increased effort may lead the heart to become thickened and enlarged and less efficient. The increased effort and the increased size of the heart mean that the heart muscle requires more oxygen compared with a healthy heart. For people who already have coronary artery disease, this increased demand may not be met and chest pain can occur. Elevated blood pressure also directly damages the inner lining of the coronary arteries making them susceptible to becoming blocked.

High blood pressure is a 'primary risk factor' for heart disease. This means that even if there are no other risk factors, it may still cause heart disease by itself. The good news is that high blood pressure is known as a 'modifiable risk factor'. This means



that you can do something about it. The 'secondary prevention' phase after a heart attack or similar condition will seek to manage high blood pressure. In secondary prevention for patients with coronary heart disease, the aim is to reduce blood pressure to lower than 130/80mm Hg.

If you have ever had high blood pressure, you will probably have been advised by your GP, Cardiac Nurse or Exercise Instructor to increase your activity levels. Often the worry for people that have had a cardiac event is that if they exercise, they'll increase their blood pressure to dangerous levels. The tendency then can be to aim to work at a level of exertion which is 'very easy' for them.

However, it is necessary when performing exercise to increase your level of exertion beyond that which feels 'very easy'. If you are able to increase the level of exertion from fairly light to somewhat hard, then you are more

likely to be working at a level which will help to get you fitter so that your heart becomes stronger and your blood pressure will then be lower at rest.

While it's true that exercise and physical activity will cause your blood pressure to rise for a short time, when you stop the activity, your blood pressure should return to a normal level. The quicker it does this, the fitter you become.

Most people with high blood pressure should be able to increase their activity levels quite safely and if in doubt, the Cardiac Nurses and Exercise Instructors at Upbeat can advise you of how to do this.

In addition to the benefits for blood pressure, the recognised evidence-based benefits also include:

- Improved survival
- Reduced hospital admissions
- Reduced angina
- Improved blood lipid profiles

and lowers your blood pressure

- Improved functional capacity
- Improved compliance with lifestyle modifications
- Reduced anxiety and depression
- Increased confidence and well-being
- Increased rates of return to work and resumption of leisure activities.
- Improved health education of families and friends.

An important point to remember with any exercise programme is that long-term exercise behaviour is an important factor in preventing further events. Training effects or adaptations are the 'semi-permanent' changes that take place when repeated bouts of exercise are undertaken e.g. reduction in resting and submaximal heart rates and blood pressure. Such adaptations will gradually diminish if training is not maintained.

The British Association of Cardiac Rehabilitation recommends the following guidelines for physical activity:

- Frequency = at

least 3 times per week,

- Intensity = 60-80% Hr max,
- Time = 20 – 60 minutes
- Type = aerobic endurance exercise.

Keep in mind that prior to the aerobic exercise, a gradual 15 minute warm-up at the beginning is recommended to help dilate the coronary arteries and allow more blood and oxygen to get through.

Similarly, a 10 minute cool-down at the end of the aerobic session is recommended to bring your heart rate down and help prevent unstable heart rhythms (arrhythmias) and blood pooling (where you can feel dizzy if you suddenly stop after exertion).

Activity which can count towards the 3-5 days a week target for activity can include gardening, brisk walking, stationary cycling or even washing the car! The most important aspect when finding any activity to benefit your health over the long-term is to find something which you enjoy.



Editor's note:

We are delighted to offer our belated congratulations to Peter and his lovely bride, Jasmin, pictured here on their wedding day last August.



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

== 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

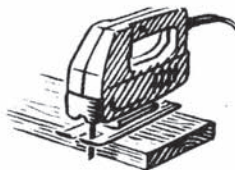
Norman Way, High Street, Lavenham, Suffolk, CO10 9PY.

24-Hour Telephone Service

01787 248282 & 248147



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

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



The Orwell Lady



I first visited Ipswich in 1957 – September 3rd to be precise – having cycled there from South Wales. I was rather younger then, and it didn't seem such a significant achievement. Ipswich didn't impress. "Dull," my diary records. Felixstowe, where I spent the night, made a better impression.

I have no memory, recorded or otherwise, of the river Orwell, although I must have crossed it. So the prospect of joining 50 other Upbeat members on a voyage along the river had a personal appeal.

We were taken swiftly, by coach, to join the Orwell Lady for our voyage of discovery. The weather was disappointing: overcast, but, fortunately, neither cold nor windy. Where to sit was our first dilemma. The open, upper deck clearly offered the best views, but would it be comfortable enough? The party was divided, with something like half opting for fresh air, while the rest chose the relative comfort of the saloon.

Soon after embarking, we found ourselves going through the lock, always a fascinating manoeuvre, and on this



occasion it was not immediately clear – to me at least – if we needed to ascend or descend. It turned out to be the latter. Two things quickly struck us: the amount of activity on both sides, and the relative lack of mobile vessels, although there were plenty of leisure craft moored to buoys well away from the banks.

Having travelled over the Orwell Bridge many times, we were surprised on our



first voyage under it, to discover that it is actually two bridges. Looking up, it was plain to see a strip of daylight between the two carriageways.

Onwards we went, past Pin Mill (memories for many of Arthur Ransome and We didn't mean to go to sea) to be told of the strong connection that "The Mayflower" and the Pilgrim Fathers had with this part of the East Anglian coast. We were able to see, briefly, and at a distance, the mast of HMS Ganges, now sadly falling into disrepair. and then we came upon the Port of Felixstowe.

Everybody knows this is our biggest container port, and we have all seen television pictures of the port in action. It doesn't really prepare you for the reality.

The vessels being loaded were not the biggest currently plying the seas, but the scale of the operation was daunting, as was the almost casual way the containers were picked up and dropped into place. It looks so much more

impressive from the sea side.

A buffet lunch was included in our package, and very satisfying it was, too. We are quite fussy eaters, but there was such a good spread that everyone appeared to have their fill, and there was even some left over. Upbeat members, of course, are all sensible eaters.

It was time to make the return journey, looking with fresh eyes at the sights of the river and riverside. Unfortunately, the local seal, which we had been half-promised a glimpse of, made only the briefest of appearances. Next time, perhaps.

Our homeward journey was broken for a visit to The Suffolk Food Hall, nestling just below the bridge. Again, somewhere to revisit.

And so we returned safely to Bury and Sudbury, having enjoyed an unusual and fascinating day out. Our grateful thanks to the organisers: please can we do it again, soon?

Heart conditions and alcohol

IF YOU'VE recently been unwell or in hospital with a heart condition, or have undergone heart surgery, it can be difficult to know if and when you can drink alcohol again. If you have questions about alcohol, check with your doctor.

I have recently been in hospital, when can I drink alcohol again?

You should always ask your doctor for advice on when you can resume drinking alcohol.

Will alcohol interact with my medication?

Drinking alcohol can affect the way your medicines work. If you want to drink and you are taking regular medication, you should check with your pharmacist or doctor that it is safe to do so first.

Everyone should avoid drinking too much alcohol but this is particularly important if you are taking the following medication:

- Painkillers and sleeping tablets - If you are taking sleeping tablets or painkillers, remember that alcohol will have a more powerful effect.

- Warfarin and other anticoagulant (anti-clotting) medication - Too much alcohol can interfere with the blood clotting process, so if you do drink alcohol it is better to have just a small amount regularly. Your anticoagulant clinic will be able to advise you on this.

Is it safe to drink with a heart condition?

Once you've recovered it's fine for most people with a heart condition to

drink alcohol within the recommended limits. However, check with your doctor for advice on whether it is safe for you to drink alcohol and how much. If you have been diagnosed with certain conditions, such as some types of cardiomyopathy, it may be advisable for you to avoid drinking alcohol altogether.

Some alcoholic drinks and mixers also contain caffeine, which can make your heart work much harder. You should avoid these drinks if you've recently

been unwell with a heart condition, had heart surgery or suffer from recurring tachycardias (rapid heart rates) and arrhythmias (abnormal heart rhythms).

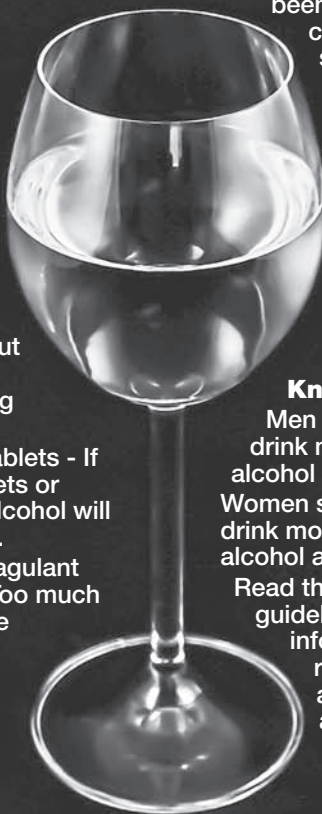
If you are taking medication, always check with your doctor or pharmacist about how much alcohol you can drink.

Know your limits

Men should not regularly drink more than 3 - 4 units of alcohol a day.

Women should not regularly drink more than 2 - 3 units of alcohol a day.

Read the current alcohol guidelines to find general information about alcohol, recommended levels and how regulating your alcohol intake can help prevent heart disease.



Reproduced from the British Heart Foundation website - www.bhf.org.uk/

My life in the Land Army

by Margaret Bright



AS THE prospect of war became increasingly likely, the Government wanted to increase the amount of food grown within Britain.

In order to grow more food, more help was needed on the farms and so the Government started the Women's Land Army in June 1939.

The majority of the Land Girls already lived in the countryside but more than a third came from London and the industrial cities of the North of England.

In the Second World War, under the Ministry of Agriculture and Fisheries, the honorary head was Lady Denman.

First it asked for volunteers supplemented by conscription and by 1944 had over 80,000 members. The WLA was not officially disbanded until 21st October 1950.

Upbeat member Margaret Bright shares with us some of her memories of her time in the Land Army in the early



post-war years:

"Although the war had been over for a couple of years there was still a need for workers so I decided I wanted to help.

I joined the Land Army in 1947 as a volunteer. I had been brought up by my grandfather who told me he would never go out with me in THAT uniform and we would have to take the back lanes in future.

The uniform was certainly not glamorous – it consisted of wool socks which came up to the calves – real good, thick socks, turned over – solid

brown shoes and then breeches which came down to the knees.

These fitted at the knee and then ballooned round the upper leg and were made of brown corduroy. To complete it we had a green v-necked pullover, fawn shirt and a brown cowboy-style hat. I only have one or two photos of me in uniform because, of course, we had no time to take pictures.

I have one of me in uniform on a motor bike which was taken after I met my husband and it was his bike. The uniform could be very hot and I tried not to wear mine too often, preferring to wear the plain cotton things we could wear to work in.

I was stationed at first in Holkham with a group of girls staying in a hostel, a shooting lodge called "Longlands" which had been converted for our use but it was pretty basic.

Some of the girls had been in for a lot longer than me and the London

Continued on next page

girls could be a bit of a problem at times, especially as there was a curfew. We had to be in my a certain time but some of the London girls didn't stick to the curfew times.

We were near the army camp at Stiffkey where they sometimes held dances resulting in the girls not coming home or coming home late and climbing in through the window. If they got caught they got a good telling off. I have been back since with the Forestry Commission and 'Longlands' is now a beautiful house.

Remember, I was from Jarrow and had no previous experience of working on the land. None of us knew where we would be sent to work.

I had been working in an



estate agent's and my grandfather did not approve of me joining up. I went to Durham for an interview but it wasn't much of one. They simply asked questions as to what I had been doing - no medical or training was provided - you just had to go where sent, learn as you went along and get on with it.

It was not a military army of course, but a civilian organisation. At Holkham we had a "ganger" named Wally Bambridge. He was in charge of us and we never knew where we would be next. A lorry would pick us up and take us wherever the work was.

By that time some of the men had returned from the war and with farmers' sons we all helped out. I quickly learned to pick fruit, do potato picking and things like that, which was backbreaking. We went to different farms, working in groups of 10 - 12 girls.

One day I walked through Holkham woods, through the pine trees which, unbeknown to me, had lots of insects which got into the coarse uniform socks. I was bitten through to my legs, leaving dreadful bites as big as sixpenny pieces!

The doctor knew where I had been and said that the trees hadn't been sprayed. The ganger told me it was a shame as the bites had spoiled a good pair of legs! I enjoyed my time at Holkham

Song of the Land Army Girls (Women's Land Army Song)

**Back to the land, we must all
lend a hand.
To the farms and the fields
we must go.
There's a job to be done,
Though we can't fire a gun
We can still do our bit with the hoe...
Back to the land, with its clay
and its sand,**

**Its granite and gravel and grit,
You grow barley and wheat
And potatoes to eat
To make sure that the nation
keeps fit...
We will tell you once more
You can help win the war
If you come with us -
back to the land**

but the next move was to be picking sprouts in the cold at Sheringham, which I did not want to do, so I got a transfer to Shimpling.

I was on my own here where I trained to go into dairy work. I liked working with Ted Martin, a very kind and patient man and great with the animals - and me.

He taught me how to make butter into special pats. Two small boys from the big house used to hide from their nanny in the dairy, asking me not to tell on them. The elder boy now lives in the big house.

Work started early in the dairy and I rode my bike to work. Sometimes that was a bit hair-raising, having to avoid the bats which were still flitting about in the early morning.

I had to learn how to saddle a horse, but because I was so short it was hard to put the collar over his head so I had to stand on a box to do this.

I learned how to thoroughly scrub the milk churns, inside and out, before putting them into the steriliser. I had a very strict instructor who made sure everything was done correctly. I then went to Cockfield where a farmer who delivered milk locally was supposed to teach me to drive. He did not have much patience and I was hopeless so I was pleased to move on from there.

Although the war was over there was still a need for us to carry on working the farms. Rationing was in force and we all felt that we were doing our bit to help the country.



My next move was to Higham and I was the only Land Girl there so I gradually did a bit of everything. I lodged with a lady in South Farm. I did get back very occasionally to visit my family but didn't get much time off as I was needed to milk the cows and make the butter.

I stacked sheaves of corn, learnt how to ride a tractor - a little grey 'Ferguson'. I had to feed the shearers

and the old guys taught me how to stack properly, getting it all correct to allow the binders and the threshing machines to come along afterwards.

They had Red Poll cattle on the farm (I have a photo of me with a bull called "Ben"). I fed the calves which had just come off their mothers with the bottle, getting into trouble with the foreman for making too much fuss of them! He said I shouldn't do that.

Workmen used to stop for their "dockie" (a large hunk of bread and a bit of cheese cut with a sharp knife) and they always had a bottle of cold tea to drink.

There wasn't much social life but while in Holkham we could get a taxi or a train and go to Wells for a day's shopping. Travelling was not easy. There were not many cars so you had to use buses or maybe the trains, so you could feel isolated. There was a train at Higham which went to Bury but there is no station there anymore.

The lady I lodged with at Higham, Miss King, was organist at the church and she

Continued on next page



These Ministry of Agriculture photographs show members of the British Land Army training at the Northampton Institute of Agriculture.

used to run things for the Girls' Association and do things for the church generally, also organising the local fête. She asked me to help on a stall and I am glad I did for this is where I met my husband.

As well as hand-made crafts for sale, each village fête had "bowling for the pig". This was very popular as the winner kept the little pig to fatten up in their own garden. That was worth a lot as you could eat the pork and make sausages and brawn, all of which could be shared with the neighbours who gave waste food to help fatten up the pig.

I was in the Land Army for two and a half years and really enjoyed it, loving the country life. I had an old Land Army bike which I rode everywhere.

One lovely old gentleman, Mr Spark,

looked after me, telling me: "Now, Margaret, you must not lift anything heavy!"

At Higham depending where I was on the farm, one couple used to give me a cooked breakfast – another lady used to bake cakes for me, all before I went to Miss King's. This was real luxury in the hard times of rationing.

I unfortunately have lost contact with some of the friends from back then but I did manage to go to a reunion in May 2009 where we had a trip on a vintage coach with people driving vintage cars and tea with spam sandwiches.

My friend Peggy Clements and I enjoyed the trip as we were given our commemorative badges.

This was a long time after the war and sadly lots of the girls were not there to take part."



Note from the Editor

In December 2009, the Department for Environment, Food and Rural Affairs (DEFRA) announced that the efforts of the surviving members of the Women's Land Army and the Women's Timber Corps would be formally recognised with the presentation of a specially designed commemorative badge.

The badge of honour was awarded in July 2008 to over 45,000 former Land Girls.

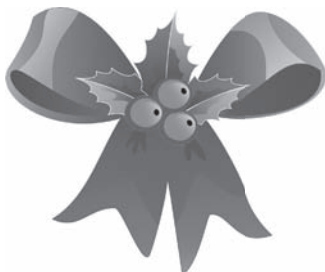
Newbury Centre Christmas Party 2014

This year's Christmas party was the best ever. It displayed the best characteristics of Upbeat - a life full of fun and ridicule, with people that have had a hard time health-wise, who have put their troubles aside and are determined to enjoy life, no matter what.

The celebrations began with the Upbeat beauty contest. It must be said that the ladies in the contest were not up to the beauty standards that the men displayed. Ken, Keith, Richard, Keith and Ron all showed the true meaning of sophistication, allure, beauty, and mystery: (It was a mystery to me that they were not drowned at birth!)

Patrick Simpkin was the sophisticated compere and judge. With his cream jacket and bow tie he was the picture of sartorial elegance, and his knowledge of judging cattle came to the fore. Unfortunately he judged Michelle and Yvonne to be better looking than us men. I think we was robbed!

Following this came the Upbeat Fairies singing an adapted version of "Nobody loves a fairy



by Ron Lawes alias
Miss Haverswill 1969

when she's forty", for which they were allowed some poetic licence. As they were complete with hairy armpits and bald heads, I can certainly believe that nobody loved them.

The action quickly moved on to the "Upbeat Belles", a group of young women, (well, almost young), led by Brian Evans, playing carols and Christmas music on the chimes.

They had been practising for almost a year and gave an outstanding performance. Next came the Specsavers dance. Michelle performed the Zumba with a group of old-age pensioners, with Kate, Yvonne and Tracy joining in with Zimmer frames and walking sticks. Watching them perform

made me exhausted, so I can't imagine how they felt.

The hordes were then allowed access to the food.

I would like to say that the audience showed respect for the performers, but I was continually pushed to the back of the queue every time I went up for seconds and thirds. The food, however, was wonderful and in abundance. The variety was vast and everything was delicious.

The show finished with community singing with the ladies leading everyone with carols and an action-packed performance by everyone of *The Twelve Days of Christmas*.

At this time a mention should be made of the music, played throughout by Brian Richel, who supplied all his own equipment and records and managed to supply exactly the right music and atmosphere. Well done, Brian!

Congratulations also to Sylvia and her committee members who helped to organise the event.

■ For pictures go to page 24



Above left: Ron Lawes in drag being judged by Pat Simpkin. Above right: Another beauty



Above left and right: More gorgeous competitors in the beauty pageant.

The Upbeat Christmas Party



Above: Contestants waiting to enter



Nobody Loves These Fairies now they're 40!

Right: Judge and compere Pat Simpkin offers some competition



Above: The Specsavers Dancers awaiting their cue. Left: Michelle strutting her stuff





Bellringers, Sudbury



The Sudbury Group



The Sudbury Group



Michelle with the Friday Group



John Sayers' cheque



BSE Group

Our members



Mary & Geoff Carter



The Hardwick Group



Singers at Sudbury



The Town Walk



The Upbeat Christmas Fete





**The Upbeat
Christmas
Fete**





Gates & Doors Specialist Services

Call Or Text 07898 278720

Call 01284 544744



Company Registration Number 8700881

GDSS Are Proud Sponsors Of The Upbeat Website.



- New Garage Doors, Manual & Electric.
- Automation Of Existing Doors.
- Roller Garage Doors.
- Sectional Garage Doors.
- Up & Over Garage Doors.

- Repairs To All Makes Of Garage Doors.
- Servicing & Maintenance To All Doors.
- Automation Upgrades & Repairs.
- Remote Handsets & Receivers.



- New Gates Installed, Manual & Automatic.
- Electric Automation Of Existing Gates.
- Gate Access Control & Safety Systems.
- Servicing Maintenance & Repairs.

- Retractable Security Gates/Grills.
- Window Shutters.
- Bar & Servery Shutters.
- Fire Shutters.
- Maintenance & Servicing.



**Quality Installations, Servicing & Repairs
To All Gates & Garage Doors In Bury St Edmunds, Sudbury,
Newmarket, Thetford, Stowmarket and Diss.**

Website - gdss.co.uk e-mail - info@gdss.co.uk



*Join us in saying
congratulations to
Yvonne and John,
the happy couple*

IN OUR last issue we reported on the forthcoming wedding, in September, of Upbeat members John Green and Yvonne Wing.

We are delighted to follow up with this lovely photo of the bride and groom taken on the big day.

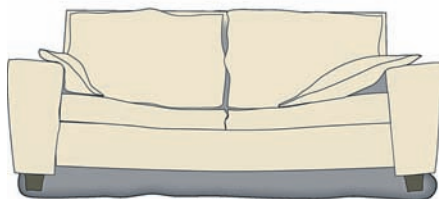
Once again, many congratulations, Yvonne and John.



TRANQUILLITY
HOLISTIC THERAPIST
Tracey McCarthy
THE GARDEN RETREAT

REFLEXOLOGY £28
FULL BODY MASSAGE £25
THERMAL STONE MASSAGE £30
PLEASE CONTACT
07587331551
For Full Details
Quote promotional code upb14 receive £5.00 off

**There's still life in
your unwanted sofa**



You may not want your old furniture and electricals, but we do. We'll collect them from your home for free and find them a new life.

To arrange a collection, telephone 01842 422100 or visit Theford BHF Furniture & Electrical Store



Osteomyology and Nutrition with

Nicola Delglyn

Telephone: 07775517447

From sore backs to sore fingers & toes, from asthma to digestive problems, weight loss/gain or nutrition for performance - here at the Delglyn Clinic we treat you as an individual and tailor your treatment plan so you can get on with life and enjoy yourself as quickly as possible!

For further information, please visit my website: www.delglynclinic.com or

Facebook page: Delglyn Clinic

METCALFE COPEMAN & PETTEFAR LLP

WILLS & PROBATE DEPARTMENT

Lasting Powers of Attorney, preparation of Wills,

Court of Protection and Deputy Applications

Probate Administration, Will and Estate disputes

CONVENIENT TOWN CENTRE LOCATION

FIXED FEE WILLS & LPAs AVAILABLE

Offices at Wisbech, Peterborough, King's Lynn and Thetford

Cage Lane
Thetford
Norfolk
IP24 2DT
Tel: 01842 756100
www.mcp-law.co.uk

mcp

SOLICITORS



The New
**LONG MELFORD
swan**

PASSIONATE ABOUT
FOOD & WHAT WE DO

Open all day every day
Reservations 01787 464545
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**

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 emergency services would look at to obtain a contact in an emergency situation

What to do

Enter 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.

How Treatts is becoming a

Treatt came to Bury St Edmunds in 1971, moving from London when it outgrew its premises in the railway arches under Fenchurch Street Station.

We knew it was time to move when people had to clamber over the drums and cases at the entrance in order to reach the warehouse manager's desk!

Treatt is still barely known by members of the public, even locally, although we have been trying to address this recently by becoming more involved in the local community.

We provide ingredient solutions

for the flavour, fragrance, personal care and consumer goods industries, with the beverage market being a key focus for our business.

We sell our products throughout the world, to companies large and small, with some significant and prestigious customers. You probably have some of our ingredients in your kitchen or bathroom at home, yet you wouldn't know it!

Treatt products are essentially natural, derived from whole plants or parts of it such as the flower, leaf, bark, bud or peel, and generally

extracted by distillation, often in small field distilleries like the picture below.

The essential oils that result from this distillation process go into a myriad of different products, from soft drinks to toothpaste. You most likely think of them as aromatherapy products but that's only a miniscule part of their uses.

Treatt is truly international; as well as the Bury operation we also have manufacturing sites in Florida and in Kenya.

We source our ingredients from all corners of the globe and members of our purchasing team often visit places as far apart as South America, Sicily and China to name but a few so they can see at first-hand what is happening on the ground.

We were proud to have won the Bury Free Press Business of the Year award in 2013.

However, a business is only as good as its people, and people are at the heart of



part of the local community



Treatt. We currently have 165 people working here in Bury. Our belief is that a happy, well-motivated workforce is a more successful and engaged one, and we foster a culture of responsibility, accountability and openness.

At the heart of our culture are a number of core values, not least ensuring that employees feel valued and recognised for their contribution to the success of our business and work as an enthused team, supporting each other whilst working towards the company's goals.

We are also

“ **At the heart of our culture are a number of core values, not least ensuring that employees feel valued and recognised for their contribution to the success of our business**

”

injecting fun back into the company culture, surprising

them with things like cakes, doughnuts or bacon butties, while also putting something back into our local community.

Our employees often join us with no previous experience of our unique industry but the environment in which they work and the investment in people we have put in place will ensure a sustainable future for Treatt.

Treatt also values its links with local schools, and has provided work experience placements in several areas of the business over the years.

It's a very exciting

Continued on next page



time for Treatt at the moment. We have almost finished creating a new applications laboratory to ensure that we meet the needs of our customers. It will be used for all types of beverage applications work - for beer, spirits, soft drinks etc.

We will also be able to brew beer in our new dedicated brewing room so that we can recreate specific beer types and offer flavour solutions in beer applications. Having this facility will also mean we can invite our customers to work with us in the lab on new project briefs.

Treatt was introduced to Upbeat in the spring of 2014 and we

have been pleased to offer a little help to support the wonderful work of this worthwhile charity.

In November, our Group CEO, Daemmon Reeve, went to visit Upbeat at the New Bury Centre with our Purchasing Manager, Paul Stott. They didn't have to travel far as Treatt is only round the corner in Northern Way, off the Mildenhall Road.

On their tour, Daemmon and Paul were surprised to meet the grandparents of members of Treatt's own staff who are receiving vital remedial care and support from Upbeat.

Daemmon was very inspired by

the wonderful work that Upbeat is doing. Its vital role in the community is making a significant difference.

I am sure we all know somebody who has heart problems and to know that there is an organisation out there to assist in the recovery process is very reassuring.

We at Treatt feel we have a responsibility to our local community and would like to deepen our relationship with Upbeat, perhaps through one of our new community spirit leave projects.

We will be working on this over the coming months so I'm sure this isn't the last you have heard of Treatt.

Keep up the good work!

A Poem That Some Might Relate To

I remember the cheese of my childhood,
And the bread that we cut with a knife,
When as children we helped with the
housework,
And the men went to work, not the wife.

The cheese never needed a fridge,
And the bread was so crusty and hot.
The children were seldom unhappy
And the wife was content with her lot.

I remember the milk from a bottle,
With the yummy thick cream on the top,
Our dinner came hot from the oven,
Not ready-made from a fridge in a shop.

The kids were a lot more contented,
They didn't need money for kicks,
Just a game with their mates in the
roadway,
And sometimes the Saturday flicks.

I remember the shop on the corner,
With glass jars of sweets ranged on
shelves.

The shopkeeper got what you wanted,
No customers served themselves.

He weighed them on scales marked in
ounces.

A penn'orth would get quite a few.
There were bootlaces made out of liquorice
That made your tongue and teeth go dark
blue.

I remember the 'loo' was the lav
And the bogey man came in the night.

It was more than a little bit scarey
Going "out back" with no light.

No soft tissue paper in those days.
But newspaper torn into squares
And hung on a nail in the corner,
So you kept up with current affairs!

On washday the clothes boiled in the
copper
Then were mangled and pegged on the
line.
The house smelled of Lifebuoy and Fairy,
Of Oxydol, coal tar, and pine.

I remember the slap on my backside,
And the taste of the soap if I swore.
Anorexia and diets were unheard of
And we hadn't much choice what we wore.

We ate what was put on the table,
Bread and dripping, rissoles, Irish stew.
Lots of carrots and spuds and some
onions,
In good times a piece of meat or two!

Do you think that all that bruised our ego?
Or our 'get-up-and-go' was suppressed?
Looking back on it many years later
It seems to me we were quite blessed.

You may tell me I'm being nostalgic,
Getting old maybe - losing the plot.
But in my youth when we had very little,
We appreciated the little we'd got!

Anon from the internet, adapted by DLA



**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
Telephone 01787 473287

St Edmunds Property Services

A EDGAR

We carry out

NEWBURY
FEN ROAD
PAKENHAM
BURY ST EDMUNDS

01359 232 940

07802 166 645

agedgar@btinternet.com

Electrical work

Plumbing work

Bathrooms

Showers

Tiling

Painting

Kitchens

PVC Windows

Outside Fencing and Decking



Carter Pearl

INVESTMENT CONSULTANTS & ASSET MANAGEMENT

5 King Street, Sudbury, Suffolk CO10 2EB

Tel: **01787 310664**

Web: **www.carterpearl.co.uk**

Authorised & Regulated by the Financial Conduct Authority

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
- 10.30 am to 12 noon

2015: March 5th & 19th, April 2nd, 16th & 30th, May 14th & 28th,
June 11th & 25th, July 9th & 23rd, Aug 6th & 20th, Sept 3rd & 17th,
Oct 1st, 15th & 29th, Nov 12th & 26th, Dec 10th

2: Held every Monday, Wednesday and Friday at Newbury Centre,
St Olave's Road – 9.15 am to 12.30 (same time as the exercise sessions)

There is ample free 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.

If you're interested in advertising in future issues, please contact either David Axton (01284 747238), David Camp (01787 376723) or Peter Maxey (01284 787516)

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.

Benefit information

Hopefully this is some useful information for you all. Every time new information is available I will add to this list and update accordingly. **Sylvia Baker - January 2015**

Personal Independence Payments for people who have long-term illnesses

Personal Independence payments are supposed to cover the extra costs of being ill. They are worth up to £138 per week and are not means-tested. However, applicants are generally assessed to check their condition is serious enough to receive them.

To apply – call the Department for Work & Pensions on 0800 917 7777

The £23,250 care threshold

Under current rules, anyone with savings and capital of more than £23,250 is expected to pay for their care. Those with assets of between £14,250 and £23,250 have these taken into account when their contribution is assessed. For those with assets below £14,250, only their income is considered and they are entitled to maximum support from a local authority. After 2017, elderly people in England will not have to pay more than £75,000 for their long-term social care.

Three steps to stop your family losing out

Make sure a relative lives in your house

If you own your property but your spouse remains in it when you go into a care home, the local authority cannot take it into account for the purposes of their financial assessment and so must 'disregard' it.

The same applies if it is occupied by another family member, a relative who is over 60, or who is incapacitated, or is a child.

The local authority also has discretionary powers to disregard the value of the property where it is the home of someone who has been caring for the resident for a substantial period of time.

Act early to protect assets

Assets should not be given away at the last minute but can be protected as part of long-term estate-planning. So, act early, when you are fit and well and unlikely to require imminent residential care. Otherwise there is a risk of falling foul of the 'deliberate deprivation' rules which would allow local authority to challenge the transfer of an asset.

By planning early enough, owners can transfer their whole property, or part of the property, to someone else and then rent it back from the new owner (although advice should be taken with regard to inheritance tax implications).

Rely on a Trust

An elderly person could transfer ownership of a property into a lifetime discretionary trust. This would allow you to go on living in it, with the ownership of the property going to a relative on your death. Again, this has to be done early and as part of estate-planning strategy. The most common form of trust is a life interest trust whereby half the value of your home, up to the inheritance tax threshold, is put into a trust on the death of the first spouse, for the benefit of the children. The surviving spouse retains a life interest and the property cannot be sold until they die.

LONG MELFORD FINE FOODS

1 Dudley House, High Street, Long Melford Tel 01787 312223

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

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

What a lovely day out!

The Classical Spectacular held at the Royal Albert Hall in November was FANTASTIC - music, lights, lasers, fireworks, muskets and cannons - not to mention some wonderful music provided by the London Philharmonic Orchestra and the Band of the Welsh Guards.

It was an awesome display of pyrotechnics, with indoor fireworks and thundering cannons. From our vantage point we had a fantastic view of everything, although the cannon fire was a little close for comfort!

Soloists included Marc Heller, tenor; James Cleverton, baritone; and

**by Marilyn Root
with additional material
from Sylvia Bambridge**

Jonathan Antoine, the 19 year old tenor who appeared on Britain's Got Talent, in 2012. That he came from nowhere to sing like he did in front of the thousands of people was unbelievable.

The programme of music was varied, with some less well-known pieces and some more famous, including Sousa's rousing Liberty Bell March, the Blue Danube Waltz, Jerusalem, and Rule Britannia. One favourite was Ravel's Bolero. What memories it brought back of the

wonderful Torvill and Dean winning Olympic gold!

The spectacular firework and cannon finale was the 1812 Overture by Tchaikovsky, and what a finale it was! However, it was not quite the end as the orchestra and dancers treated us to an encore with Offenbach's Can-Can, to the cheers and applause of a very appreciative audience. It has done my husband the world of good since he has been coming to Upbeat and in turn me as well.

We have met some lovely people since we have been coming to the group and are very grateful for all the help and support given to us. A big THANK YOU to all.

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: **£3** 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**

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.

Absent friends

Sadly some of our friends are no longer with us. Please remember them. Written by the Chairman or with personal dedications from members

Keith Simmonds

Died 17th October 2014

Remembrances by Dickie Bird

I went to school with Keith and he was always a bright, cheeky, happy person. We had fun together while we were growing up in the village of Rougham.

I remember bumping into him after he had been to his first interview. He had a smile on his face so wide because he had got the job. He was a loving family man and one of the last men to be called up for National Service duties before it was disbanded. He was an electrician by trade, but loved anything to do with nature. He liked to shoot and he kept bees. He worked on his allotment with Brenda his wife and was useful in the home, being good at DIY. His main love was dancing. He and Brenda used to do a lot of ballroom dancing.

After his heart attack Keith had the onset of dementia but he always came to exercise immaculately dressed – always very smart. He was private and very shy but always a gentleman. We will miss his smile and always remember him with fondness.

Mary Lee

Died 5th December 2014

Mary was a lovely lady who was extremely brave in her illness. Her close friends Viv and Pat Simpkin have written this in her memory.

Mary came to Upbeat as a carer for her husband Rick who had heart problems. She exercised at the New Bury Centre. She joined in the classes enthusiastically and for a while was the minutes secretary

for the Executive Committee.

Mary was a devoted mother and her grandchildren were her pride and joy.

She had so many friends both at Upbeat and the Roman Catholic Church where she did a lot of voluntary work. She also helped at the West Suffolk Hospital and the Contact Centre in Bury.

Sadly she fell ill in September and died in December. She had a very aggressive cancer but her strong faith gave her comfort and she had no fear of dying.

We shall really miss your laughter, Mary.

Dennis Watts

Died 14th January 2015

Sylvia Baker

Dennis only joined Upbeat a few weeks ago with his partner, Jean Osborne, acting as his carer.

Unfortunately, we did not have enough time to get to know him very well. We did know that he had a good sense of fun and came along wearing a Dennis the Menace jumper. He had a lot of heart problems and exercised in the 3rd chair group on Mondays at Newbury Centre. Jean told me that the last thing they did together was to come to the Christmas Party. It made





them laugh a lot and this was the last thing they did together that was fun. Our thoughts are with his family and Jean at this sad time.

Bryan Musgrove

Contributed by Rodney Johnson

Bryan was an original member and worked on the committee for several years from the onset.

He was the man who found and arranged our move to Hardwick Middle School. Although he has not attended classes during the last few years we are grateful for his hard work which helped us get where we are today. Our thoughts and prayers go to his widow and family.

Brian Gardiner

Brian and his wife Olive joined Upbeat in 1999 at the Town Hall in Sudbury. They were amongst the first members at Delphi. Brian was a regular member until he became too ill to come to classes.

He was very much respected. Our love and thoughts go to Olive and the family and we look forward to seeing Olive back with us again in the near future.

Joyce Lambert

Contributed by Trevor Davies

Joyce joined Upbeat about ten years ago, following her surgery for atrial fibrillation.

She had always been keen on fitness so she usually walked to Upbeat from her home in Priory Road and she walked the 5-mile Fun Run on several occasions to

raise funds for Upbeat.

One of her favourite activities was walking her dogs over the beautiful water meadows around Sudbury.

She contributed her superb cooking skills to fund-raising activities for Upbeat and her delicious trifles were always the first to go whenever they were made.

It seems that everybody knew Joyce and her ready smile and cheeky humour were quick to win her new friends at Upbeat.

Joyce will be very much missed by Trevor and by her family, who all supported her during her illness in her last years.

Oz Butterfield

Contributed by Rodney

Oz died in February 2014 after 10 years coping with a stroke which had paralyzed him from the waist down.

He and his wife Eve were among the original members of Upbeat and took part with verve in exercise and social activities. Oz was quizmaster for our early Quiz Nights (one of which was held at Club Brazilia – though not on a club night!)

Oz and Eve were enthusiastic line dancers and enjoyed what were then Upbeat's regular line dance evenings. They regularly came to Thursday coffee mornings and in the last ten years still managed to attend from time to time and meet old friends.

Oz coped with his incapacity with dignity, patience, humour and equanimity.

Our sympathies and good wishes are with Eve and all of her family.

Word Play

■ Two antennas meet on a roof, fall in love and get married. The ceremony wasn't much, but the reception was excellent.

■ Two hydrogen atoms walk into a bar. One says, "I've lost my electron." The other says, "Are you sure?" The first replies, "I'm positive..."

■ A man walks into a bar with a slab of asphalt under his arm and says: "A beer please and one for the road."

■ A sandwich walks into a bar. The bartender says, "Sorry we don't serve food in here."

■ A man takes his

Rottweiler to the vet and says, "My dog's cross-eyed, is there any thing you can do for him?" "Well," says the vet, "let's have a look at him." So, he picks the dog up and examines his eyes. Finally, he says, "I'm going to have to put him down." "What? Because he's cross-eyed?" No, because he's really heavy."

■ Apparently, one in five people in the world are Chinese. There are five people in my family, so it must be one of them.

It's either my mum, my dad or maybe my older brother Calvin or my younger brother Ho-Chin. But I'm pretty sure it's Calvin.



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

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

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 & Social Functions 2015

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 or further details of times or costs etc to the programme will be advised on your notice board and on the Upbeat web site.

Forthcoming events

Annual Lunch at Stoke By Nayland Hotel & Golf Club

Thurs March 12th

Speaker: Peter Thorogood

Tickets £25 per person

Coach will run from Bury, via Sudbury: £6

from Bury, £3 from Sudbury

Completed booking forms with payment please to:

David Camp, 24 Swanfield, Long Melford, CO10 9EZ.

Theatre Trip to see musical *Miss Saigon*

Thurs May 7th

Coach to London

Timings and price to be advised later

Upbeat Annual General Meeting

Tues May 19th

Southgate Centre, Bury St Edmunds

7pm

Please note change of day this year to Tuesday

Quiz Night

Fri May 29th

Newbury Centre

6.45 pm

Tickets £8 per person, includes sausage & chip supper

Garden Party at Peter & Ilva Maxey's

Sat June 20th

The Lodge, 7 The Coppice, Great Barton

More details to follow nearer the time

July Strawberry Tea

Thursday July 23rd

Trying for the same venue as last year: Newton Green Village Hall More details to follow

Upbeat Summer Fête

Saturday 18th July

Newbury Centre

September River Trip on Norfolk Broads

Friday September 11th

Coach, tickets, & Pricing to be advised

October Theatre Trip

Sylvia Bambridge to advise

Hallowe'en Dance + food

Sat 31st

Possible new venue: Southgate Centre, Bury St Edmunds Prices to be advised. Freddie is booked!

If there are other events that interest you and you think there would be sufficient demand, please contact: Sylvia Baker Tel: 01449 774333 email: sylvia.baker16@btinternet.com or Hilary Neeves Tel: 01359 232678 email: 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 web site: www.upbeatheartsupport.org.uk

Events & Social Functions 2015

Regular events

Coffee Mornings at The Southgate Centre, Bury St Edmunds, on the following Thursday mornings at 10.30am:

2015: 5th & 19th March, 2nd, 16th & 30th April, 14th & 28th May, 11th & 25th June, 9th & 23rd July, 6th & 20th Aug, 3rd & 17th Sept, 1st, 15th & 29th Oct, 12th & 26th Nov, 10th Dec.

Come along, meet old and new friends for a friendly chat and get together

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.

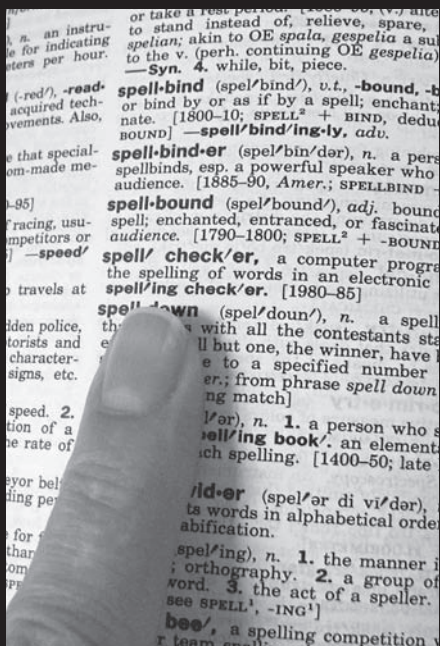
Everyone is made very welcome, especially beginners and for the less agile there are guide frames available to roll the balls down if required.

Spell Cheque

Eye halve a spelling chequer
It came with my pea sea
It plainly marques four my revue
Miss steaks eye kin knot sea.

Eye strike a key and type a word
And weight four it two say
Weather eye am wrong oar write
It shows me strait a weigh.
As soon as a mist ache is maid
It nose bee fore two long
And eye can put the error rite
Its rare lea ever wrong.

Eye have run this poem threw it
I am shore your pleased two no
Its letter perfect awl the weigh
My chequer tolled me sew.



Warm-Up Why? What? How?

By Yvonne Galloway

As I write this it is a hot 27°C in July, but when you read this it will be early spring and the weather is likely to be rather different.

That reminds me of an American speaker at a BACR study day asking was exercise good for you? He had noticed that the town where he worked had an average of one to two fatal cardiac arrests each day.

Then, for two days in January it went up to eighteen a day. The reason? Well, those extra seventeen deaths per day occurred in the mornings, after heavy snowfalls and most of the deceased had been shovelling snow from their driveways at the time.

Some would say it was the exercise that killed them, when, in fact, it was the sudden, strenuous exertion that proved fatal.

Hopefully, we are all aware of the benefits of regular, suitable exercise throughout our lives, to help stay healthier longer.

For those who have to

live with a heart condition, it is just as beneficial to exercise but there are certain adaptations which have to be made to frequency, intensity, time spent and the type of exercise to ensure it is effective and safe.

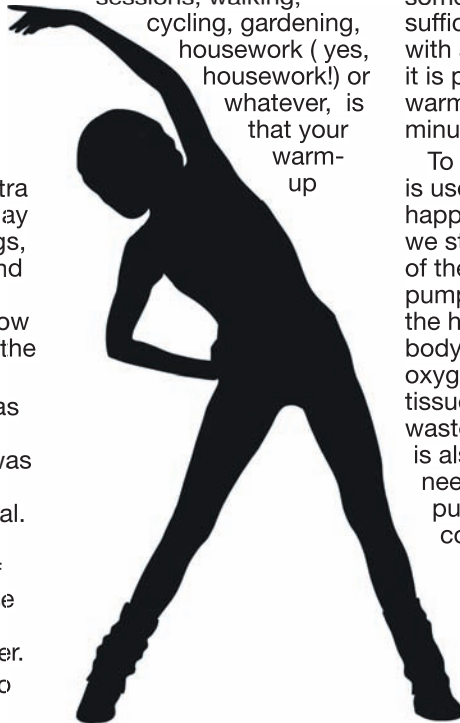
One aspect of your exercise, whether it is one of Upbeat's sessions, walking, cycling, gardening, housework (yes, housework!) or whatever, is that your warm-up

period needs to be longer and more gradual.

In healthy adults, a typical warm-up aims to prepare the body for more strenuous, extended activity and reduces the risks of injury during that activity. So 5-10 minutes of mobilizing the joints, raising heart rate to a sustainable level and some muscle stretches is sufficient. With individuals with a heart condition it is paramount that the warm up is **AT LEAST 15 minutes**.

To understand why, it is useful to know what happens in the body when we start to exercise. Think of the heart as a pump, pumping blood through the heart to the lungs and body. The blood delivers oxygen to muscles and tissues and removes waste CO₂. The heart is also a muscle so it needs oxygen-rich blood pumped to it, via the coronary arteries.

When we start to exercise, the muscles need more oxygen. The main muscle groups (e.g legs)



are quite good at simply extracting more oxygen from the blood passing through them and this can be dramatically improved by regular exercise.

Soon though, this does not meet the demand by the muscles, so the heart responds by increasing the volume of blood pumped and then by increasing the heart rate. The heart extracts a much higher amount of oxygen from the blood at rest and when it is “asked” by the muscles to pump harder and more often, it needs even more oxygen.

This need is met primarily by increased blood flow in the coronary arteries. Adrenaline, dilation of the coronary arteries and increased pressure in the arteries leaving the heart all contribute towards increasing this vital blood flow to the heart.

This “warm-up” process can take a few minutes in healthy individuals and should not be skipped. For those with a heart condition and/or on medication for a cardiac/vascular condition an extended warm-up (15 minutes) is vital to allow all



these changes in the body to take place before working harder.

Strenuous exercise without an adequate warm-up can give rise to angina, arrhythmias and heart attacks even in healthy individuals.

At our UPBEAT exercise sessions, the Instructors will take you through a gradual warm-up of 15 minutes.

We will not normally allow members to join an UPBEAT session if they have missed more than the first five minutes.

Please ask if you have any questions about how you are feeling throughout the warm-up. It is important not to work too hard too quickly so please work at the level that suits YOU.

So, please bear in mind the importance of a warm-up and the folly of omitting it. If at home, you are about to go for a run, walk, mow the lawn (or shovel snow!) please spend enough time warming up!

Some more word play

■ A jumper cable walks into a bar. The bartender says, “I’ll serve you, but don’t start anything.”

■ A dyslexic man walks into a bra.

■ Two cannibals are eating a clown. One says to the other: “Does this taste funny to you?”

■ An invisible man marries an invisible woman. The kids were nothing to look at either.

■ I went to a seafood disco last week and pulled a mussel.

■ What do you call a fish with no eyes? A fsh.

■ Deja Moo: The feeling you’ve heard this bull before.

WEEKLY EXERCISE SESSIONS

Monday mornings at the 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 and Friday mornings at the New Bury Community Centre 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 a 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 adviser and the exercise instructor of the following before you take part in any exercise sessions (this can include your exercise programme at home too):

- * 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 dizzy, have pain etc during a class, please stop and make the instructor aware of your symptoms. If any of this applies, it means 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. 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 per session towards class expenses.

New Members September 2014 to January 2015

- | | | |
|---------------------------|-------------------------|---------------------------|
| ■ Dennis & Janet Scott | ■ Trevor & Elaine Jermy | ■ Rosemary Hartwell |
| ■ Leonard & Pamela Watson | ■ Rosemary Streeter | ■ Christine Horricks |
| ■ Phyllis Pettitt | ■ Graham Darge | ■ Margaret Miller |
| ■ David & Glenda Shear | ■ Clare Neal | ■ Alan & Rosalie Chisholm |
| ■ Roland & Frances Bee | ■ Caroline Baker | ■ David & Tricia Usher |
| ■ Gerald Black | ■ Julie Davis | ■ Philip & Diana Reynolds |
| | ■ Julian & Julia Blake | |

A very warm welcome to you all. We hope you receive support and help from being an Upbeat member and would welcome your comments on what we do right and what we may be doing wrong. Due to the printer's deadline this list is correct up to January 31st 2015. Members who joined after this date will be shown in the Autumn 2015 edition. Apologies to member Angela Miller whose name was printed incorrectly in the Spring 2014 issue of the magazine.

£100 CLUB WINNERS

■ August

1st Prize £100 Pam Harris - No 366

2nd Prize £52.50 Roger Bean - No 276

■ September

1st Prize £100 Daphne Simpson - No 27

2nd Prize £54 Linda Foulger - No 142

■ October

1st Prize £100 Anne Murdoch - No 130

2nd Prize £54.50 Mary Walsh - No 190

■ November

1st Prize £100 John & Sheila Besent

- No 165

2nd Prize £54.50 Felicity Gardiner - No 220

■ December

1st Prize £100 Sheila Whymark - No 256

2nd Prize £54.50 Sylvia Bambridge - No 198

■ January

1st Prize £100 David Woodward - No 138

2nd Prize £54.50 Peter Wilson - No 60



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 is affiliated to the British Heart Foundation and Arrhythmia - the heart rhythm charity

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. We receive many requests from outside the area. You can also help by asking Hilary or Sylvia for extra copies to hand out to your friends and to other people such as your dentist, chiroprapist, physiotherapist, or church or other group

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



Carter Pearl

INVESTMENT CONSULTANTS & ASSET MANAGEMENT

5 King Street, Sudbury, Suffolk CO10 2EB

Tel: **01787 310664**

Web: **www.carterpearl.co.uk**

Authorised & Regulated by the Financial Conduct Authority

RAISE MONEY FOR UPBEAT

JUST BY SEARCHING THE WEB

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

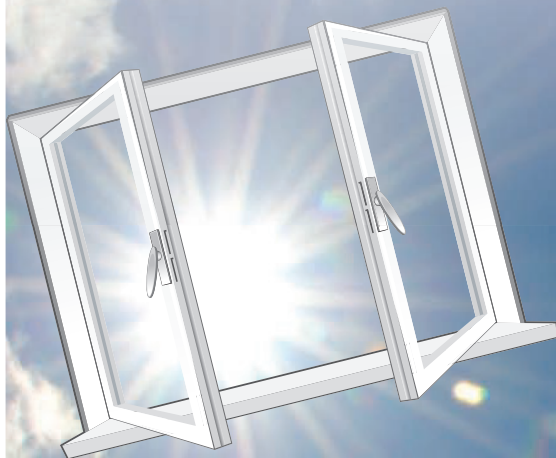
Easysearch is a FREE charity search engine that enables you to raise funds for Upbeat whenever you search the Web. Easysearch tracks down and displays only the most relevant and accurate results for your search, while helping you raise valuable funds for Upbeat at the same time.

Register at www.easysearch.org.uk/register

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!

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

- 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



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 TIRES

BRIDGESTONE

Continental

Firestone

PIRELLI

MICHELIN

THE NUMBER ONE TYRE AND EXHAUST CENTRE

TREADfirst

BURY ST EDMUNDS*
67 St Andrews Street North
Bury St Edmunds IP23 1TZ
Tel: 01284 700135

DISS
Vinces Road
Diss IP22 4HG
Tel: 01379 651976

HAVERHILL
48 Hollands Road
Haverhill CB9 8PJ
Tel: 01440 702606

SUDBURY**
Milver 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 880806

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

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

GOODYEAR

DUNLOP

APPROVED DEALER