

# UPBEAT MAGAZINE

## INSIDE:

- Upbeat's Day on the Broads
- Behaviour Change
- Understanding Your Blood Pressure ...

and much more

SPRING 2016

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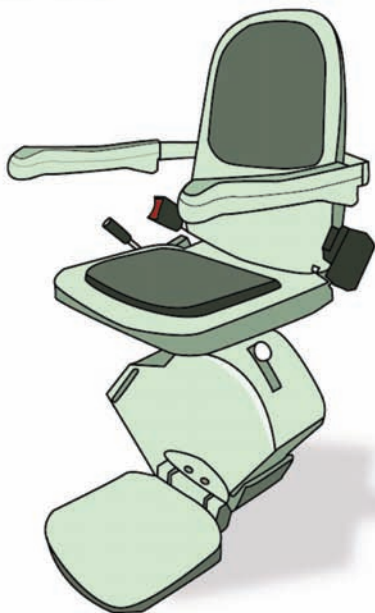
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Full list of Officers: Page 21  
How to make a donation to  
Upbeat: Page 51

## *Do you have a story to tell?*

How quickly the months seem to pass by, and here we are again looking forward to the spring. You may notice a few differences in this issue of our magazine. For one thing, there are more colour pages, which I believe makes the magazine generally more attractive and enhances the reproduction of the many photographs. We are grateful to our printers, the Moreton Hall Press, for agreeing to a revised contract which now gives us twenty full colour pages as well as the cover pages. Also, in this issue, I have been responsible for the page layout rather than outsourcing the work to a sub-editor. At the time of writing, I am not sure if my efforts will accord with the printers' requirements but I am hoping they will, so that we can economise on production costs by removing the need for a sub-editor. As always, we would welcome your feedback on the magazine - anything you enjoy particularly about it, or any changes or improvements you might like to see.



I rely on submissions of articles, photographs, and bits and pieces from members to include in the magazine. I've said before that I believe everyone has a story to tell and generally those stories would be of interest to our members. Why not share yours? Or, if you take part in an Upbeat event you enjoy, why not write a piece about it for the magazine? During the coming months we will have another quiz night, a garden party, a strawberry tea, a river trip, a town walk, and a theatre visit, to name only a few. Could you write about one of those after you've taken part, and let me have your write-up for the magazine? It doesn't have to be word-processed and e.mailed (though it's helpful if it is). Nor do you have to write it yourself. I am happy to meet with you to record what you want to say and then I will type it all up. I've done that very recently with an Upbeat member who will be telling us in the next issue about voluntary work he does with steam locomotives. If you've got something in mind which you think might fit in a future issue, give me a call or drop me an e.mail or a note. My contact details appear on Pages 1 and 21. I look forward to hearing from you and seeing your contribution in a future issue.

For editorial contributions, ideas for features, or other items please contact:  
David Axton Tel: 01284747238 or 07946225612, e.mail: daxton42@btinternet.com  
For advertising rates or enquiries, see Page 41.

See our website at [www.upbeatheartsupport.org.uk](http://www.upbeatheartsupport.org.uk)  
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# Chairman's Report

I hope you all had a very Happy Christmas and I take this opportunity to wish everyone a very Happy and Healthy 2016.

Our trip to Norwich back in October to see *Jesus Christ SuperStar* caused Sylvia Bambridge a few more headaches than usual. With roads in Norwich being closed due to a march and the coach driver not knowing where to go, we almost missed 'curtain up', which was stressful to say the least. However, thankfully Sylvia is still prepared to organise further shows and we can look forward to *Guy's and Dolls* in May and the *Thursford Christmas Spectacular* later in the year.



The Suffolk Foundation has been helpful in providing leads for us to follow up to try to get grants and funding, and Hilary will report more on this in her write-up. In support of the Foundation, we attended a function at the Apex where Peter and Ilva Maxey, together with Valerie and David Axton, Hilary and myself manned a stall advertising Upbeat. This gave us the chance to push what we do and get to know more people who may be able to help us in future.

The Hallowe'en Dance in October was a huge success. So many members dressed up (well, I think they were in costume) and most were un-recognisable as witches, ghouls, ghosts, devils and general horrors. It was magic and such fun. We all enjoyed ourselves. Our entertainer, Freddie Chenery, was fabulous as usual and we raised £700, which was fantastic. You can see some pictures of the evening, and read a write-up, on Pages 22 and 23.

Treatts again surprised us, making a visit to present a cheque for £1000. Several Treatts staff came to meet members and get some idea of what Upbeat is about. They were impressed and promised to try to help us more. I bless the day we met Daemmon Reeve, the CEO of Treatts, at the beer festival because he has been so supportive.

The run-up to Christmas seemed to have a mind of its own; suddenly everything started to happen and it became very busy. We had the Christmas meals organised by Sudbury and Bury, which were well-attended. There were carols sung by a choir, enjoyed by all at the Sudbury Christmas Party, as well as music by Brian. Friday night was busy with lots of food and a huge raffle. Bury held an entertainment event which was great fun and a report appears later in the magazine on Pages 25 – 27. Again music was supplied by Brian and all the Christmas events and raffles were good and raised money. It is

## *By Sylvia Baker*

great that we all get together to have fun and celebrate the Christmas spirit and that the more we pull together the stronger Upbeat becomes.

A week prior to my writing this Freddie Chenery asked if he could visit one of the exercise sessions. He rang me later to say how impressed he was with the number of members at the session, the friendship and the happy feeling of wellbeing he experienced on his visit as he watched the exercise session and met the nurse. This is what we are all about and it was very good to hear that it was clearly seen by a visitor. Freddie had held a New Year's Eve event for charity at his local village hall and decided that any money raised would go to us. As a result of this he gave us a cheque for £700!

We were unable to book the hall in December as it was fully booked so were unable to hold our usual Christmas Bazaar. The Social group decided to try to hold a Jumble Sale just to see what we could achieve, and WOW! it was a real learning curve as lots of us had never experienced a jumble sale previously. We worried about whether it was too soon after Christmas and whether we would get enough goods to sell, or get the public to attend. Well, Penny Morris organised this superbly and with a lot of help from members we raised £800, which was incredible. A big **'Thank you'** to all who gave items for sale, to anyone who helped to display and to pack away at the end, and of course to all those who worked on the stalls. It was a really super result!

Each month Brian Richell, Peter and Ilva Maxey, together with Margaret Orr, go to Sudbury or Bury to help out at the NHS heart exhibitions to promote Upbeat. They attend as heart patients themselves, to offer support or help new patients continue to improve via exercise, telling them the benefits, and about the care, friendship and support Upbeat provides. We owe them our thanks.

I try to attend as many functions as I can to spread awareness of Upbeat and Hilary Neeves, the Secretary, and I do all we can to raise funds to keep us all going. Hilary works so hard on our behalf, she really could do with some help so any offers of assistance would be gratefully received.

Claudia, another staff member from Treatts, called in to see us last week and she agreed to sell raffle books for us and told us that she is trying to get a team together to take part in the Sudbury fun run on our behalf. We also need members and friends to volunteer to walk this and raise money. Can you help?

Claudia wanted to know if they could help us any other way, and I mentioned problems Hilary was having over printing. Great joy! They have offered to do our major print jobs, which covers any material we have to mail or distribute to members. This is a huge help to us, not only helping by saving money but also easing the load on members and freeing up time for other duties. We are very grateful.

There is lots to look forward to in the coming year: the Quiz night, another boat trip up the Thames, a walk about Bury, as well as the usual Fête, Garden Party and Strawberry tea when weather warms up. Make sure you make a note of the dates detailed in this magazine. As I write this they are busy organising a Musical Evening on 13<sup>th</sup> February. Again, it will be the first time we have done anything like this. Brian is pulling it all together and it promises to be a very special evening. I will miss this as I shall be on holiday but I look forward to hearing all about what went on.\*

Unfortunately, Christmas has taken its toll on some of our members and most have had this horrible chesty cough which seems to last for several weeks. Also, many members have been hospitalised but thankfully are now on the mend.

As I said, there is a lot to look forward to in the coming months so be sure you keep updated with our events. I would ask you all to support our annual lunch which we hold at Stoke by Nayland Golf Club. This is always an enjoyable event, in a lovely venue and with excellent food. This year's lunch will be on 10<sup>th</sup> March 2016 and we have an excellent speaker, so once again it looks like being a super day. This is our biggest fund-raiser so please come along and give us your support.

*\*Editor's note: Pictures and a brief report on the event appear on Page 18.*

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## Secretary's Report *By Hilary Neeves*



At the time of writing (early January) we have had daffodils flowering in the garden and even a few roses. Blossom blooming where it just should not be until Easter. The weather is all change and things are warming up.

We are on a bit of a 'slow burn' ourselves at Upbeat with regard to fundraising. During 2015 our social committee have done a wonderful job of providing a splendid array of events which have been great fun AND provided much needed funds for the charity. Anyone wishing to participate in the social group will be welcomed by all. They do a fantastic job and work very hard for us.

I forgot to mention last time that Ilva's delicious lemon curd raised £70 for the funds during the summer. Joyce H. and Felicity's jams and chutneys, and hanging baskets, Pamela's lovely cards..... the list is endless. Thank you all. You can read Pamela's story on the next page.

Applications for grants have been quite successful this year also. We have had our share of visiting funders and all of them are impressed when they come and see what we do. The St Edmunds Trust gave us a grant and Sylvia and I were extremely lucky to meet Steven Singleton from the Suffolk Foundation when we did the Radio Suffolk Interview. He has taken an interest in us and provided several leads which have been successful. The grants of £15,000 per year which we used to enjoy are long-gone sadly, and today's are mostly between £500 and £2000, making it much harder to make up the shortfall. Whereas before we had one fund to manage, we are now running with six separate funds at the moment. These all need to be monitored and reported on.

If anyone could take over some of the secretarial work from me, eg taking minutes at the Executive Meetings, please let me know.

Claudia Brackenborough from Treatts came in to visit recently and she has offered to do photocopying for the mailings, which is a big help. Treatts have been extremely supportive since we met them two years ago.

If you are a fairly new member, we may be asking you to fill in a survey, as we need to get evidence of our work for future applications. We are talking to the nurses and instructors about the best way to go about this and hope you will participate if asked. It will all help to get the facts and figures needed for future applications.

Particular thanks go to David Camp for his continued support, although retired from the committee, and to Valerie, our Treasurer, who manages to come up with figures for meetings at a minute's notice.

With the AGM just around the corner, I hope as many of you as possible will attend. The committee need to know we have your support. Sylvia has done a fantastic job for a second year and I hope for a continuation of the same.

Enjoy the Spring and Summer and please support our social events.

## *Pamela's Story*

A year or so ago, one of our members brought in some cards that he said his niece had made. Could we make use of them or sell them at some of our events? We sold some of them and used some ourselves to use as Get Well Cards to send to our members. I wrote to thank her. She lives in Wales and has never been to Upbeat as far as I know. A few months later a shoe-box-sized parcel arrived and it was from Pamela with a note saying she hoped we could sell the cards to help our charity. I called her to have a chat and to thank her very much for her kindness. She explained she loved making cards and was only too pleased to let us have some of them. Since then I have received other parcels. Look out for them at the events. She is a lovely lady and this is her story, told by our member at Newbury, Richard Brown:-



*Pamela and her husband Gareth live in a bungalow down a quiet country lane overlooking Cardigan Bay, not far from Cardigan itself.*

*As a young girl, teenager and into early middle age Pamela had been very active playing various sports to a good standard, especially enjoying league Badminton.*

*In her forties she began to suffer pains and sensations in her back, and after many months of investigations a cyst was found pressing on her spinal cord, too late to stop damage which affected her ability to walk.*

*This has not stopped her being positive and keeping cheerful as best she can about her situation, helped by 'fantastic care' from Gareth (her words). They both get out and about as much as possible and especially love to go on cruises.*

*To keep her hands busy and brain active she likes creating cards for Birthday/Christmas etc. and is pleased to donate them to boost charitable funds.*

Pamela, we thank you for your kindness.



## Treasurer's Report *by Valerie Axton*

As I come to write my second report we have the end of year accounts looming and the job of getting everything ready for the auditors for the end of March. Moore Green audit our accounts once a year and their findings are presented at the Annual General Meeting in May, to which you are all invited. However, each month I present a monthly summary of the accounts to the committee with our income, expenditure, and list of any grants and donations. Every month our expenditure is about £4,400 (costs of hire, salaries for nurses and instructors) and our income is about £1,800 so there is always a deficit of about £2,500 a month. That is why donations, fund raising and grants are so important to us as they provide the money to cover the deficit and keep Upbeat functioning.



Hilary does a splendid job applying for grants, which are getting ever harder to obtain. One recent application asked us how many members were over 65. Currently we do not collect birth dates so I am hoping to start doing that in my capacity as Membership Secretary. Initially this will be via new members, and subsequently we will ask for this on renewal of membership so that we have the information. We also need to know about the impact Upbeat has on people's lives. We have a lot of anecdotal information (many of you tell us how much you enjoy Upbeat and how it has helped you) but these grant applications call for more formalised data so there will be short questionnaire devised for new members to complete. This will give us more statistical evidence for submission with applications. Also we would like to have a list of previous occupations if possible. Recently we were asked by one grant-making body about the skills available to the Committee. It may be that you have a skill that would be useful for advice or help to us. Your help with collecting information will be much appreciated in the coming months.

We currently run three accounts and the committee are going to close the second cash account which was set up for Social Events. It is not much used and closing it will make life much simpler for paying money into the bank and paying bills. The cost of social events can be monitored within the main account. The accountants have put the two accounts together for some years.

Thank you for all your support and long may it continue. I look forward to seeing you at the AGM.



## Fundraising & Donations over £20 September 2015 - January 2016

### GRANTS/SPONSORSHIP

Councillor Sarah Stamp – Locality Budget -Towards cost of printing the Magazine - £500  
 St. Edmunds Trust – Grant for the cost of a nurse- £5,250  
 R. C. Treat & Co. Ltd £1,000  
 Glasswells – Donation to the March Lunch - £25  
 Suffolk Community Foundation - £2,000  
 Councillor John Sayers –Locality Budget- Cost of New Defib Pads - £120  
 Suffolk Community Foundation – Giving Fund £2,000  
 Shadwell Foundation £2,000

### FUND RAISING

Pat Pearce – Tombolas	£148
J & J Stemp- Sale of home- made jams & chutneys	£61
Sarah Stannard – Bike Ride	£165
Carolyn Fox – Sale of home-made cards	£40
Sale of Christmas cards	£146.10 (Profit)
Hallowe'en Dance	£795
Joyce Lawes – Badge Lanyards & Other things	£34.50
Christmas Hamper Sudbury	£122
Christmas Raffle Sudbury	£129.60
Sudbury Cake Stall	£197.40
Sale by R&J Lawes of stock Donated by Paul Ashfield	£207.25
Christmas Hamper Hardwick & Southgate	£197.50
Profit from Christmas Lunch- Hungry Horse	£40.97
Christmas Party/Raffles Newbury	£830
Profit from Drinks Sales at Christmas events	£17.33
Jumble Sale	£831.48

### DONATIONS OVER £20

Bob Fuller- Donations	£200
Thursday Coffee Morning	£ 100
Sudbury Collecting Tin	£131.80
Newbury Collecting Tin	£245.90
Collecting Tin at Woolpack pub Fornham St. Martin	£39.02
Eileen Shurmer	£35
Rodney Johnson	£50
In Memory of Don Tyrell	£595.40
In Memory of Mollie Merrill	£203.50
In Memory of Robert Lees	£253
Robert Davie	£80
Southgate Church	£76.69
William Mackay	£25
Dr. Lee	£100

Michael Clarke	£30
M. Walker	£30
Vicki Boughton	£20
Beryl Hazell	£510
Jill Van De Plasse	£35
Mike Gooch 70th Birthday Party	£430
John & Peggy Simmonds	£25
R & L Webb	£80
Donations instead of sending cards	£25 + £10
B A Mortlock	£100
Mike Smart	£20
Mr & Mrs F Chenery- New Year's Eve Party	
Donation to Hallowe'en Dance	£700
Mr & Mrs J Dawkins	£20
Betty Raymond	£35
John Godfrey	£25



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.

Morris, an 82 year-old man, went to the doctor to get a check up.

A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm.



A couple of days later, the doctor spoke to Morris and said, 'You're really doing well, aren't you?'

Morris replied, 'Just doing what you said, Doc:

'Get a hot mamma and be cheerful.'

'I didn't say that,' said the doctor.

'I said, 'You've got a heart murmur; be careful.'



*Remember: You don't stop laughing when you get old.  
You get old when you stop laughing!*

# Upbeat's Day on the Norfolk Broads

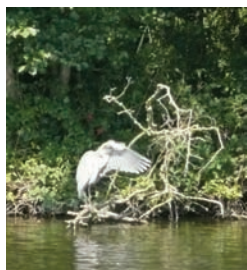
by Beth Riches



On a beautiful sunny September morning last year a full coach of Upbeat members, together with others travelling in their own cars, left Bury and drove to the broads at Wroxham. Here our boat for the day was waiting for us to embark. It was not long before we slipped our moorings in the busy area of Wroxham and were sailing out into the tranquillity and beauty of the broads.

We saw some interesting holiday homes with spectacular gardens leading down to the water's edge - homes we were rather envious of!

We saw much wildlife, including herons, cormorants, swans, and various wading birds.



With the weather being so perfect a great deal of our time was spent on the top deck to take in all the scenery, make the most of the sunshine, and enjoy the running commentary.

However, when the time came, we were happy to go below to the lounge where an excellent buffet

had been served, collect our food, and return to the sunshine.





Our round trip was about four hours and everyone said how good it had been.

Once we had returned to Wroxham and disembarked, the coach went on to Wroxham Barns for people to enjoy the many craft shops and workshops there. The rest of us enjoyed a cooling ice cream before returning home. A great day was had by all.



# Upbeat does Steptoe

by Ron Lawes



Another Committee meeting! What can we do to raise funds? Why don't we do this? Why don't we do that? And so on, until somebody suggests a jumble sale. It's a possibility. Yes, let's give it a go! We've had all sorts this year: theatre trips, a Hallowe'en Dance, fêtes, strawberry tea, VE Day dance, boat trip, etc., etc. and they have all been successful. Why not give a jumble sale a try?

January 16<sup>th</sup> arrives and thanks to members' generosity we are inundated with good quality jumble. We must have a lot of secret hoarders among our members! Thankfully, we haven't needed to resort to Joyce's suggestion of going round the streets offering goldfish in exchange for old clothes.

The helpers, from Sudbury and Newbury, arrive at 9 am, raring to go. Tables are assembled, chairs, cakes and refreshments are set out and the jumble brought in and sorted: toys, bric-a-brac, nearly new, almost new, and old and tired! (We tried to sell some of the members in this last category but nobody would buy them!) Everybody enjoying themselves, but wondering if the day would be good.



The doors were opened at 11.30 and the crowds were queuing outside. Penny was at the door, taking 20 pence entrance fee to avoid a panic rush for the bargains. We weren't certain about charging, at least one member thinking it wasn't appropriate to charge an admission fee for a jumble sale, but the public accepted it as normal, so no problem there. One gentleman, who had no change, was let in for free and later returned to pay and apologise for not having paid earlier!



Members and the public were having a good time and it all seemed to be going well.

At the end of the day the members all helped to clear the hall and a dealer was able to clear the unsold items. Everyone cleaned up so well that it was hard to imagine that we had been there at all. The result was a massive £840 for Upbeat funds! Well done to all! It is difficult to list all the members who helped to make it such a success as there were so many. Some members who, in the past, had been reluctant to join in this sort of activity because they thought they wouldn't enjoy it, found that they did, which was great.

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Thank you to all -----



A selection of photo's showing  
some of our willing volunteers in  
Sudbury and Bury

## who help to keep Upbeat going

**S**o many members and friends help in lots of different ways to help keep Upbeat going. As well as our larger social events, there are lots of others, organised and run by different individuals and groups, which help to raise the much-needed funds which finance our day-to-day operations.

Here are a few photographs of some of these events.

A very successful cake stall was organised by Sudbury Ladies and held at St Peter's Church, Sudbury by kind permission of the 'Kettle & Fish' group. The sale raised almost £200, which was a tremendous result and represents a lot of cakes! Well done, ladies, and thank you!



The Jumble Sale in Bury (report on Page 12) was very well supported and raised over £800 for Upbeat funds. Many thanks to all who helped out on the day and to the many who donated items for sale.



Treatts surprised us, when several members of their staff, visited us to present a cheque for £1000. (See Chairman's Report on Page 2)

Freddie Chenery generously donated more than £700 which he had raised with a New Year's Eve performance at Fornham Village Hall.



John Sayers, Suffolk County Councillor, kindly donated money from his locality budget to pay for two new batteries for the defibrillators.

Joyce and Ron Lawes were very busy before Christmas selling ex toy shop stock donated by Paul Ashfield. They raised the princely sum of £207.25! Well done, both of you!

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one day.**



# Valentine's Musical Evening



Just a very short note, due to late entry into our magazine, to say Thank you to Brian Richell for a wonderful musical event. It was a fun night and little did we know what "talented stars" we have hiding amongst us. Thanks to all who took part and for all who organised the food and the raffle. It was a great night and you helped to raise £1064.00, which is fantastic! Well done to all!



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# We Are Seenagers!

**W**e are Seenagers. Maybe you haven't heard the term before so let us explain. All the

things we ever wanted when we were teenagers, we now have, only 60 years later. Some might call us senior citizens, but we prefer the term 'Seenagers' - it's a cross between 'senior' and 'teenager', you see. We don't have to go to school or work; we get an allowance every fortnight; we have our own place to live;

we don't have a curfew; nobody tells us what time we have to be home or when we have to go to bed; we have a driver's licence and our own car. We have ID that gets us into bars and the bottle shops. (We like the bottle shops best!) The people we hang around with are not scared of getting pregnant; they aren't scared of anything. They have been blessed to live this long, so why be scared? And we don't have acne! Life is good! We hope you will feel much more intelligent after reading this, if you are a Seenager.



Brains of older people are slow because they know so much. People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains. Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Much like a computer struggles as the hard drive gets full, so too, do humans take longer to access information when their brains are full. Researchers say this slowing down process is not the same as cognitive decline. The human brain works more slowly in old age, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more.

Also, us older people often go to another room to get something and when we get there, we stand there wondering what we came for. It is NOT a memory problem. It's nature's way of making older people do more exercise.

SO THERE!!

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# HALLOWE'EN DANCE

*By Joy Hoskins*



Our Hallowe'en Dance was fabulous! The atmosphere was great! There were ghosts, ghouls, vampires, skeletons, monks and lots of witches - several covens, I think. The hall was decorated beautifully by Hilary and her 'family' of helpers, and it looked really splendid.

The stage was also decorated, with two life-sized ghosts and pumpkins, with smaller ghosts in a line along the front, and orange and black balloons around the hall with skeletons and spiders.

The tables also had small ghosts and pumpkins with lights under them so that they glowed. A lot of work had obviously gone into the decorating and it was well worth it as the whole hall looked so good.



We all had such a good time, dancing to Freddie Chenery and his music. Those who didn't dance sang along with the music and really enjoyed themselves.

Oh! I almost forgot! This great evening was rounded off with a lovely fish and chip supper!

Thank you to all involved.



So - you always thought upbeat members were a nice lot, did you?  
 I bet you wouldn't want to meet any of these on a dark night!

# 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. or £1 just to see the Nurse.

# *Newbury “I Feel Happy” Christmas Party*

*by Ron Lawes*

## **November:**

The Entertainments Committee are becoming anxious. Suggestions for the Christmas Party are being discussed. Last year's party was an outstanding success - could we match it this year? Michelle has informed us that she is working on a cunning plan; Joyce, Penny, Chris, Margaret, Hilary and Janet are deciding their act; Beth and Peter have their own ideas. What about the food? Would we be able to match last year's feast? Of course we will, with the help of our members!

## **December 16th has arrived!**

The preparations are complete. Tables have been decorated. Brian has set up his music stand and the food has arrived and been laid out. It all looks delicious! The members start to file in and take their seats. Everybody is in a good mood, with lots dressed in Christmas costumes. The first acts are ready to perform.



### **Act 1: Little Red Riding Hood**

Hilary introduces the Three Little Pigs: Chris, Penny, and Margaret, and tells them that she is fed up with keeping them and they will have to build houses for themselves. With the help of Richard they decide to build three fantastic houses.

Enter Janet as the Wolf (don't cross her on a dark night!). She quickly demolishes the house of sticks and the wooden house but comes a cropper with the one made of bricks. Exit the Wolf to collect some dynamite!

Piggy number 3 quickly calls for Little Red Riding Hood who, after shooting the Wolf, leaves the stage with the last pig. A short while afterwards she returns - with a nice wolf-fur coat and a pigskin handbag!





## ***Act 2: The Happy Cinderella***

Beth is the compère for this Cinderella, with Peter looking ravishing in a sheer dress and bare feet as Cinderella, and Sylvia, Giles and John playing other parts.



The whole act was performed in short sentences and with deadpan, miserable expressions. "I'm very happy," looks completely different and hilarious so the audience are in hysterics by the end.



## ***Act 3: The Upbeat Belles***

Brian and his troupe performed brilliantly once again, with a selection of Christmas music. They get better all the time.

## ***Act 4: The Upbeat Bluebelles***

Michelle, Mandy, Kate and Yvonne performed some exotic dances, seemingly forgetting that all us males have dickie tickers! I think they were trying to drum up some more business for the NHS!



## Act 5: Michelle's Awards Ceremony

Michelle then displayed photographs of Christmas parties past, explaining that we used to have many more in fancy dress. She then presented certificates for the best dressed people over the years: Best dressed cross-dresser, best dressed baby, loudest voice (Joyce gets in everywhere), and a special certificate for Patrick for his many contributions over the years.



The food was then served and we arrived at Brian Richell and the girls organising a sing-a-long, culminating in a rollicking version of "The Twelve Days of Christmas", performed by all, complete with actions.



Looking back on the day, I am amazed that such a happy few hours were achieved and it was a brilliant start to Christmas. Congratulations must go to all the performers, the helpers, and to the committee members for making the day go so well. We had one of the best parties ever!

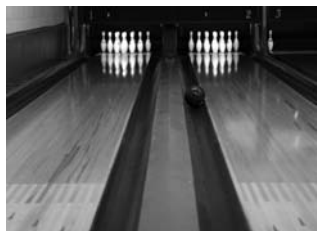




# Sudbury Christmas Lunch

# Regular Events

**Coffee Mornings** are held at the Southgate Centre in Bury every other Thursday morning, and at the New Bury Centre on Mondays, Wednesdays, and Fridays. Please see Page 41 for further details.



**Ten Pin Bowling** takes place at the Sudbury Bowl on Monday mornings at 10 am. There is a charge of just £2.95 a game and the aim is enjoyment rather than competition. No experience is necessary and everyone is made very welcome, including beginners and the less-agile. There are guide frames available to roll the balls down if required. Come and join with other Upbeat members. Great fun is guaranteed!

## 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 into 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.**

# Behaviour Change



If you are an active member of Upbeat who attends the weekly exercise classes regularly then congratulations! Research shows that you are in a minority of around 10% of the population who exercise regularly.

If you or your partner has given up attending the classes or activity in general for some reason, then please don't feel bad as relapse is a normal part of human behaviour, as you will see. Read on - this could help you to understand yourselves better so that you may feel more compelled to start again!

There are many people who have had previous cardiac issues that simply do not continue with the activity which, research shows, will halve their chances of having another cardiac episode

and double their chances of surviving one.

With nearly  $\frac{3}{4}$  of the population now overweight or obese, there has never been a greater need for people to be increasing their activity levels to the recommended 150 minutes a week, yet very few people are achieving this. Why is this?

The simple view is that when you are first introduced to the concept of regular exercise, you are faced with many challenges. People's beliefs surrounding exercise are often deep-rooted and can relate to how they felt in childhood, perhaps at school, and also whether or not their friends and immediate family exercise regularly.

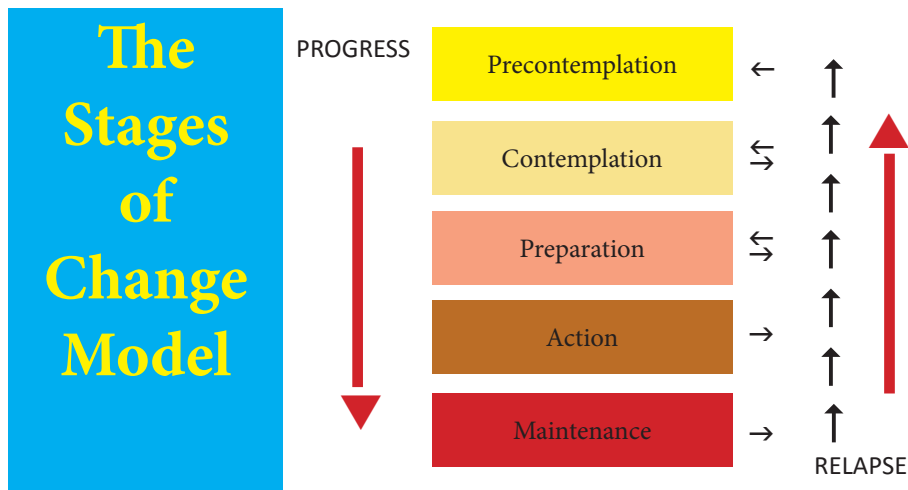
Some risk factors to heart disease are non-modifiable, eg genetics, but a great deal more are modifiable (things you can change). For the purpose of this article, I'll concentrate on the modifiable ones.

A more complex way of looking at this is to look at the model of 'Behaviour Change' developed by Prochaska et al (1992).

People contemplating a lifestyle change such as commencing exercise, eating more healthily, or giving up smoking, will often go through several phases.

The following diagram shows the behaviour change model:

by **Peter Azzopardi**  
**Upbeat Exercise Instructor and Personal Trainer**



As can be seen, the first of these phases is:

### **Precontemplation**

This is the stage where people are not seriously considering the possibility of change. This may be because they are unaware that they have a problem. They are unlikely to attend a formal group or one-to-one counselling session. If they do, they probably do so reluctantly, because of persuasion by some other person. These people will not be successful at maintaining exercise or modifying the behaviours needed either to 'primary prevent' (avoid having a heart attack in the first place) or 'secondary prevent' (minimise the risk of having another one).

### **Contemplation**

This is where people recognise, become aware and acknowledge the existence of a problem. They are seriously considering the possibility of change. They may see many benefits about changing but they are often distressed about what they may have to give up in order to achieve a change. The tussle with the pro's and con's means that people stay in this stage for long periods of time. They are very open to information about the problem and may spend long periods trying to understand all aspects of it. Prochaska has found that self-changers for smoking can contemplate the possibility of quitting for 12-24 months before taking action. In practice it's common to hear comments like 'I'll begin my diet next week'. Next week never comes!



## **Preparation**

People in the preparation stage have decided to make a commitment to change. Most people in this stage will make an attempt to change in the very near future (within three months). People in this stage, although committed to change, are still ambivalent about it and still engaging in decision-making processes. This means that change is not inevitable and care is required not to hurry these people into action.

## **Action**

This is when people actually start making some changes to their behaviour. The action stage tends to be the shortest of the stages, lasting up to six months. Other people are often very aware of the person's attempt to change as they seek reassurance and reinforcement for their efforts. It is common in the early stages for people to be very confident in their ability to sustain change. However, moving into the action stage does not guarantee success.

Hearing about success stories can add to their confidence. However, as shown by the statistics already mentioned, many more people do not stick to exercise and lifestyle change and fail in their long term aims to sustain a healthy fitness level and weight.

## **Relapse**

Relapse is a natural part of any change process. Successful ex-smokers on average try between 5 to 6 times before successfully quitting. By understanding that this is part of the process, you now have my permission to have the odd failure and use this as a positive process! So if you do find yourself having a few bits of chocolate or a few more beers, don't think "Oh dear! It's all ruined! I may as well just give up now and start on the whisky!". Rather, you can think, "Well I was told that I would have the odd relapse, so let's forget about today and move forward."

To have the odd relapse is a human trait and no bad thing from time to time. We can all learn from our mistakes, and the skill is realising this fact.

## **Maintenance**

This is the stage where people attempt to continue with or sustain the process that they have achieved through action. An important component of the maintenance stage is the avoidance of 'slips' or relapse to a less-desirable behaviour. People in maintenance, particularly those who have made many change attempts, are often anxious about relapsing. Although they may be doing well at any given time, they constantly struggle with thoughts of relapsing and the temptation to relapse.

The important thing about maintenance is the fact that this is where most people are attempting to end up. They are either at their ideal weight or at a certain level of fitness. If the techniques they have used to get here are not sustainable for the rest of their lives then eventually they will slip back.

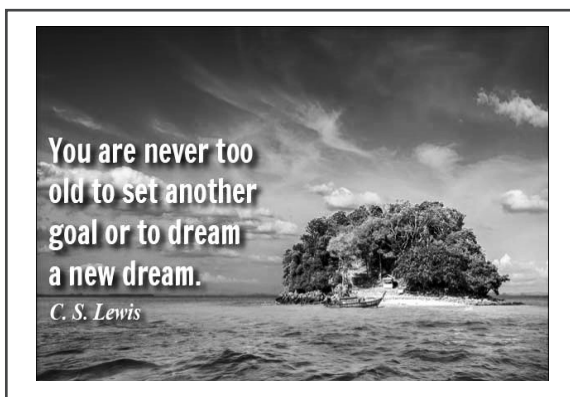
## Exercises and activities you can do to meet the 150 minutes per week guidelines

In addition to the Upbeat classes, activities can include:

- Vacuuming
- Mopping the floor,
- Planting,
- Mowing,
- Washing the car,
- Washing windows,
- Walking briskly,
- Cycling
- Carrying a shopping basket instead of a trolley.

Always work at a level you are comfortable with and make sure that the activity feels 'fairly light to somewhat hard'.

I hope this has given you some insight into yourselves and how you can overcome barriers to exercise.



**Upbeat is  
affiliated to the  
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### **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, chiropodist, physiotherapist, or church or other group.

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

# Buns in the Oven

“You’ve what?” exclaimed my sister when I telephoned to tell her that I’ve entered the village Horticultural Show, category: “4 iced buns”. “I cannot believe it,” she continued incredulously. “When was the last time you baked any buns?”

I didn’t need this sort of encouragement. I had volunteered to enter the competition as I felt truly sorry for the people who had put time and effort into deciding to run the show, spending hours devising schedules and recipes only to find that no-one wanted to take part.

Others have now also volunteered, no doubt for the same altruistic reasons, and so “The Show” now has at least six “bun makers”.

“You know I’ll come last,” I told Janet, our WI President.



“Oh, there is no last; just a First,” she replied encouragingly. I had visions of a plate of broken bun pieces looking sad and dispirited, left over from the judges’ tasting, whilst a plate of glowingly-animated and superbly-edible buns smiled from beneath a label marked ‘FIRST’.

However, I set about my task full of optimism and, ignoring my husband’s supposedly funny comments regarding buns in oven and age, I set off enthusiastically to make a start on this ground-breaking adventure.

“No, darling. I said *ground-breaking* and nothing about molars or incisors.”

As we moved house to “down-size” a few months ago, not all my belongings have been given a permanent space of their own; in fact, not many are nicely established in a place of their own. Some personal effects may be destined to languish undetected in the corner of a dark cupboard for some time to come, at least until we’ve extended the living space to provide the same amount of space as before the move. In the mean time when I have decided what exactly it is I am looking for, I need a carefully planned and executed expedition to discover its whereabouts.

Therefore, at the moment, for me the pre-baking preparation is absolutely essential.

## **Pre-Baking Preparation**

1. Locate the ingredients, check the use-by date and assemble the in-date items on the work surface. Empty waste bin of collected, out-of-date bits and pieces.

## by Marjorie Clarke

2. Find the food mixer. Prepare hot water, scrubbing brush and damp cloth and clean off the detritus of brick and plaster dust, cobwebs and an unidentified sticky substance, before placing on the worktop.
3. Establish the whereabouts of the flour sieve. Follow up any reports of where it was last seen and ensure it is fit for use. If the sieve is not unearthed a tea strainer will do the job but allow an extra 20 mins for sieving the flour.
4. Find baking cases. Disregard the Christmas Holly ones and the Yogi Bear motifs left over from the grandchildren's 5<sup>th</sup> birthday party. Instead choose the plain, simple, unadorned ones of which you have unexpectedly amassed six packets. (I knew that they would be useful some day.)
5. Unearth the cooling tray and bun tins and wash.
6. Switch on the oven to 160 degrees C. However, 160C is too hot in my inherited oven so I ignore the clouds of smoke and strong burning smell and switch to 150C.

You are now ready to start. Proceed with care, stopping to check that you are following the instructions carefully. Do not panic or be tempted to improvise on ingredients, method or cooking time if things are not looking quite right. Instruct your partner not to interrupt the process whilst you concentrate on the requirements of the recipe. (I told mine that he was allowed to eat the "failures" if he complied with my request. Surprisingly it worked as he has learnt to look on the bright side with my cooking.)

Tidy up whilst waiting for the buns to cook. Try not to fantasize about winning the 'Best in Show' Award or being auditioned for the Great British Bake Off 2016 as replacement judge for Mary Berry, working with the delicious Paul Hollywood who immediately falls in love with my buns. OOOh!

20 mins later, remove bun trays from oven and discard any failures, stand back and admire the four that make the grade and prepare the second batch as before.

### **Post Script**

Since writing this article I have learnt that the village Horticultural Show has been cancelled due to lack of support. I am sad that the organisers have had to come to this conclusion after so many years of running a successful show, and I must admit to feeling a little disappointed that my baking efforts will not receive the acclaim for which I had hoped, but it is the taking part that matters isn't it? At least I now know where some of my kitchen equipment is located!

# Understanding Your Blood Pressure

## **Blood Pressure and the Heart**

The heart is a pump that circulates blood around the body via arteries and veins by contracting and relaxing.

Blood pressure is the measurement of the blood in the arteries and is measured in millimetres of mercury (mmHg) using a sphygmomanometer.

The blood pressure is written by two numbers eg 130/80mmHg.

The top figure is called the systolic blood pressure and is the highest pressure exerted on the arteries when blood is forced out of the heart when it contracts. The bottom figure is called the diastolic blood pressure and this the lowest pressure exerted on the arteries when it relaxes between beats.

## **Hypertension**

Hypertension (high blood pressure) is defined as having a blood pressure that is higher than 140/90mmHg. However, in diabetes blood pressure above 130/80mmHg is considered too high. Hypertension seldom has any symptoms and can go for many years undetected, but if left untreated can lead to a heart attack, stroke, kidney and heart failure.

Once diagnosed with hypertension you will be prescribed medication to control it, but there are certain lifestyle changes the British Heart Foundation suggest you can make to help keep your blood pressure within normal limits. These are:

- Maintain a healthy weight (BMI between 20 -25);
- Keep your waist measurement below 37 inches for men and below 31.5inches for women;
- Increase your daily exercise. This should amount to 150 minutes per week of moderate exercise;
- Reduce the amount of salt in your diet;
- Keep your consumption of alcohol to no more than 14 units/week (new guidelines for men and women);
- Stop smoking.



**by Madeleine Scales, Registered Nurse**

### **Hypotension**

The opposite of hypertension is Hypotension (low blood pressure) which is classified below 90/60mmHg. Whilst having a low blood pressure can be OK it can indicate that you are dehydrated, medically unwell, or it can be a side-effect of medication. If you have symptoms of feeling unwell, dizziness, or fainting it is important to get your blood pressure checked.

### **Postural Hypotension**

Postural hypotension is a condition of suffering with a sudden drop in blood pressure on standing up from a seated or lying down position. This can cause a feeling of dizziness, and sometimes fainting.

To confirm postural hypotension your blood pressure will be recorded when seated and immediately after when standing. Your GP may do further tests and review and change your medication as this may be the cause.

Blood pressure is not static and varies throughout the day depending on your activities and emotions. It can increase with anxieties, often labelled as “white coat syndrome” when taken by your doctor /nurse. This is why to make an accurate diagnosis of hypertension several recordings are taken into account, often by using home monitoring or a 24hr monitoring system.

During hot weather blood pressure tends to be slightly lower than during cold weather. This is due to the blood vessels dilating (vasodilation) or opening up when the body is warm, whereas the vessels constrict (vasoconstriction) when the body is cold, thereby pushing up the blood pressure.

Blood pressure is naturally higher in the mornings, enabling the body to awaken, and tends to get lower by the evenings to enable sleep.

Because of all the factors that can influence blood pressure recordings it is important to look at the trend of readings and not focus on a single recording.

As soon as blood pressure is stable and controlled it is not necessary to record it more than once a week, unless you are feeling unwell or have had a medication change.

Even if you have not been diagnosed with a blood pressure problem, it's always a good idea to have it checked once a month.



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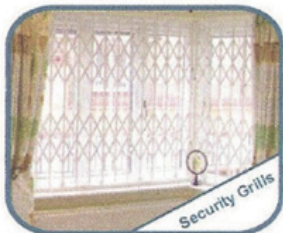
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## *Absent Friends*

### *Maureen McGinty*

(Remembered by Rodney Johnson)

Maureen died on 9th June last year. She was among the earliest members to join Upbeat, together with her husband Gary.

For some years they travelled from Thetford regularly and took part energetically in our Friday evening exercise sessions, first at the Bury Leisure Centre and then at Hardwick Middle School.

Maureen had a very difficult time in recent years and died suddenly just a week after their fifty third anniversary.

We shall remember Maureen as a lively, friendly, sympathetic and good-humoured lady.

Our condolences and best wishes go to Gary and all the family.

### *Anne Murdoch*

(Remembered by Hilary Neeves)

Anne was a long-standing member, attending classes in Bury when there was only one session a week. She continued to exercise at Sudbury when she moved there and was a member of Maureen's seated class up until October 2015.

Born in Ceylon, she had a very distinguished career in the medical field and was a Fellow of Brunel University. She was one of the first pioneers in the subject of Occupational Therapy. She never married but lived a very full and interesting life, working here in the UK as well as in the USA and Canada.

A quiet, unassuming lady, she was completely unpretentious but a very loyal friend. She died on February 1st after a three month illness. I have known Anne personally for forty four years and loved her dearly. She will be missed by her cousin Sheena and her many friends.

*We were also sad to hear of the deaths of Robert Lees of the Sudbury Upbeat group, and Dennis Scott of Bury St Edmunds. Our condolences go to their families and friends.*



## COFFEE MORNINGS

### BURY ST EDMUNDS

Do drop in for a chat and a cup of coffee. You will be assured of a warm and friendly welcome and the opportunity to meet other members and their carers.

Held every other Thursday at the **Southgate Centre** on the following dates  
between 10.30 am and 12 noon:

April 14th & 28th, May 12th & 26th, June 9th & 23rd, July 7th & 21st, August 4th  
& 18th, September 1st & 15th & 29th, October 13th & 27th.

Every Monday, Wednesday, and Friday at the  
**Newbury Centre**, St Olave's Road  
between 9.15 am and 12.30 pm  
(same times as exercise sessions).

There is ample free parking at both venues.



## HOW YOU CAN HELP YOUR MAGAZINE

Upbeat members and friends can help Upbeat magazine by contacting local businesses and tradesmen to obtain advertising. Mention to them the possibility of taking an advertisement in the twice-yearly magazine to help their businesses and as a way of supporting Upbeat. If they are interested pass their details to one of the people named below. Our advertising prices are modest, as shown below:

<b>Black &amp; White</b>	<b>Quarter page £20</b>	<b>Half Page £25</b>	<b>Full Page £45</b>
<b>Full Colour</b>	<b>Quarter Page £30</b>	<b>Half Page £40</b>	<b>Full Page £60</b>

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

If you are interested in advertising in future issues, please contact either  
David Axton 01284 747238 Peter Maxey 01284 787516

All advertisers also get a free link on our supporters' page on our website. 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.



# Forthcoming Events

**May 4th** Theatre trip to see *Guys & Dolls* at the Theatre Royal Norwich. For tickets or further information please contact Sylvia Bambridge on 01787 372839

**May 17th** Upbeat AGM at Southgate Community Centre. Open to all members. Please come and support the group. Meeting starts at 7 pm, with wine and nibbles after.

**May 27th** Quiz Night with Tracy Dougherty. Fish & Chip supper, but bring your own drinks. Tickets £10.

**June 25th** Garden Party by kind invitation of Peter and Ilva Maxey at The Lodge, 7, The Coppice, Great Barton. 2pm start. Tickets £8 each. This is a super occasion so book early as numbers will be restricted.

**July 9th** Summer Fete at the New Bury Centre. Fun and games for all the family. Tombolas, cake stall, face-painting, raffle, etc.



Members enjoying last year's garden party at Peter & Ilva Maxey's home in Great Barton



The cast of 'Guys & Dolls'

Photo: Johan Persson

**July 28th** Strawberry Tea at Newton Green Village Hall, Newton, nr Sudbury. Enjoy afternoon tea with friends in this lovely location. Music by Brian Richell. This is a chance to chat with other members in relaxed surroundings and enjoy some lovely food. Tickets £8. All welcome.

**August 19th** Guided walk in Bury St Edmunds, led by Martin Taylor



**September 9th** Boat trip on the River Thames. Further details will follow.

**November/December** Coach to Thursford Christmas Spectacular. Always a wonderful show and a great start to the holidays!

## New Members September 2015 - January 2016

Adrian & Tara Aitken  
Allan Allcock  
Paul & Elisabeth Ashfield  
Julian and Tony Baker  
Michael & Anne Beiley  
Edward & Marjorie Clarke  
Charlotte Day  
Eddie Delaney

Raymond & Karen Hutchison  
Christopher Kent  
Jean King  
Kate Orriss – New Nurse  
Lynne Smith  
Nigel Stemp  
Raymond & Eileen Yates

*We extend a very warm welcome to you all. We hope you receive support and help from being an Upbeat member and we would welcome your comments on what we do: what we do well, or what we may be doing not so well.*

*Due to the printer's deadline, this list is correct only up to the end of January 2016. Members who joined after that date will be shown in the next issue of the magazine in Autumn 2016.*

## 100 Club Winners

<b>September</b>	£100 Graham Hardy no. 87 £63 James Dillon no. 166
<b>October</b>	£100 Tom Marsh 007 £63 Doug Powell 220
<b>November</b>	£100 Heather Stannard no 106 £63 Julian Badyan 015
<b>December</b>	£100 Jackie Williamson no. 120 £63 Brenda Farrow no. 042
<b>January</b>	£100 Trevor Beckwith no. 018 £63 Mrs G Winter no. 268



# heart health

**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**

# THE SIMPKIN SAGA

I've had a magnificent life, being brought up on a huge farm estate where my father was the Estate Manager. With wonderful parents my older brother and sister and I had an idyllic lifestyle. In later life my wonderful wife Vivienne married me and took over the huge job of looking after me. How lucky have I been?



Some years ago I wrote a book of my life for my nephew and five nieces as I thought that their children and grandchildren might want to know a bit more about their family history. Before beginning it I approached the late David Williams, former editor of the Upbeat magazine and ex editor of a top London newspaper, for advice. He simply told me: "Write it as you say it." He used to tell youngsters at his papers not to put highfaluting words into their reports, and his advice to me was the same.

The book took me a year to write in longhand as I have no modern gadgets to help me. As I had a poor education, my spelling is bad and my grammar worse. My handwriting is awful – like that of a doctor!

I asked my great, late friend, Joyce Gooch of Upbeat if she could do some typing for me and the poor lady agreed, not realising how long the job would take her. She knew nothing about farming and had to decipher my handwriting so it was quite a mammoth task for her. However, she managed it and once it was all typed out I asked Bob Smith, the Upbeat author, about how I might get it published. He told me it would cost a lot of money, so instead I took it to Denny Brothers to print. I then decided to add several pages of old photographs and had thirty copies of the book printed. Most I sent out to close relations and friends including some in Australia and America.

When he read the finished version, David Williams suggested I take it to the Records Office in Bury St Edmunds who might be interested as it dealt with how farming and village life had changed in a relatively short time. They kept a copy, so now the Simpkin Saga is part of our local history.

*Editor's Note: As you can imagine, there is a great deal in Pat's book - far too much to include in an issue of our magazine. However, here are some extracts relating to Pat's childhood and I hope they bring back memories for many of you. DLA*

# as told by Pat Simpkin

I started school at Flempton when I was four and a half years old. It was a two and a half mile walk which we had to do twice a day, though occasionally we would get a lift by J D Sayer, a local sheep farmer, in his pony and trap.

There were two teachers at Flempton School: Mrs Lindsey and Miss Rolph, who was the Infant teacher. I once walked up to her desk and asked her if she could itch my back! One day, coming home from school in the snow, my brother David took Diana and me for a shortcut over a meadow. Alas, we went into some snow-filled ditches up to our shoulders and Mum was not very pleased.

On another day David showed us how to jump muddy ditches near our house with the aid of a long pole. He never made it! He was always getting us into trouble but quite rightly Mum blamed him the most. Once he lost his socks when they floated off down the River Lark!

Another day, David thought it would be a good idea if we played truant from Sunday school but he was worried because he had money to put into the church collection. To get rid of the evidence, he threw the money away. When Mum found out, she was more furious about the loss of the money than the truancy. Poor Mum! What she had to put up with!

In 1947 we moved to Park Farm, Cavenham. It was a big, rambling farm house. In those days if the family got bigger, or the owner got richer, he would add another piece onto the house. The rooms at Park Farm were a kitchen, with a Rayburn oven, a huge larder with large slate shelves and a brick bath in one corner where they dealt

*There was a room at the back to hang up dead rabbits.*

with an old copper and a toilet. Upstairs were five bedrooms, a bathroom, a box room and an airing cupboard.



ABOVE JACK VALENCIA DAVID DIANA AND PATRICK SIMPKIN AT LACKFORD 1942-3

with a dead pig in the early days. There was a scullery, office, sitting room, and dining room looking out towards the farmyard. There was a front hall and two small rooms at the back for coal and storage, with room to hang up dead rabbits. Further along was a room

There was a huge garden with lawns, rose beds, big yew trees near the road, and at the front gate a gravel path leading to the front door. At one side was a huge vegetable garden with an asparagus bed, strawberries, and two rows of raspberries. On the east side was a wooden fence where Mum kept some free-range hens, and there was a bigger shed that was used for the hens to roost in at night time. The farm house had big sash windows that didn't fit very well and it always seemed to be cold and draughty in the winter time and the curtains would move about in the draughts. We would sit round a roaring log fire with two large folding screens behind us. Legs nearest the fire were roasted, and the others frozen. No wonder we got chilblains! In the dining room Dad got the carpenter to make two wooded frames covered in asbestos. These were fitted outside, over the sash windows at night time and it certainly made a difference!

*Legs nearest the fire  
were roasted, and  
the others frozen.*

We were so lucky to have such wonderful parents, and to be brought up in those times, on a farm, was so exciting, with the freedom to roam everywhere in complete safety. Most people didn't have much but no-one seemed envious of others. As children we respected our elders and were brought up to have manners. If you did anything mischievous, news soon got back to your parents and occasionally you got a smacked bottom. Also, in those days the family was the number one priority. Mum never went out to work. She had enough to do at home. I remember one day one of us children had done something wrong and when Mum asked who had done it, no-one owned up. Mum said: "OK, I'll give all three a smack. That way I'll get the right one!" When I chirped up "What about the wrong two?", I got another smack!

We played sport a lot with the other children from the village. Summer time we often played cricket in the farm yard with a home-made wooden bat and soft ball. The huge lime tree was the wicket at the batsman's end and a metal drain cover at the bowler's. The brick buildings and walls formed a natural boundary round the farm yard. In winter time we would go up to the football pitch just behind the village shop. At that time Cavenham had a football team and they would get changed for the game in a big wooden shepherd's hut on wheels. Also in winter, if we had snow and it packed down hard in the farm yard so it was like ice, we would make wooden sticks and play ice hockey. We would go for rambles, gathering birds' eggs for our collection, and at harvest time, when the combines went round and round the fields, leaving rows of straw, we would go rabbit-catching. With our sticks we would chase them through the sharp stubble, getting our legs very scratched.

*Mum had her special  
days for doing things.*

Mum had her special days for doing things. Mondays were always wash days. In the early days she had a copper to boil the water in and a hand

mangle to squeeze the water out of the washing. We always prayed for a dry day on Mondays as it would put Mum in a better mood.



On Wednesday Mum caught the local bus to Bury St Edmunds to go shopping. It was market day and she would sometimes have a little lunch in town before she returned late in the afternoon. She would be laden down with so many heavy bags and it seemed as though they must have stretched her arms. We got our milk and cream from the dairy on the estate. In the early days at Cavenham people would turn up with their milk cans and it was sold to them by the pint. After the cream was taken away from the milk it left a watery substance called whey, which was fed to the young calves. We made our own butter from the cream and I even made my own butter up to nearly 1990.

*Friday was baking day.  
It was like a giant  
production line.*

Friday was baking day – a very busy day as batches of various small cakes, sponges, fruit cakes, and savoury things like sausage rolls and cheese straws were made. It was like a giant production line with trays of goodies being constantly put into the oven as others were taken out and put onto a mesh frame to cool. Then they were put into various airtight tins and put onto the pantry shelves. Being from a farming stock, Mum wouldn't waste anything. On Sundays we would have a roast joint with numerous vegetables. Next day was cold meat left over from Sunday, with pickles and bubble and squeak made from the previous days left-over mashed potatoes and greens (usually sprouts) mixed up together and heated through in the frying pan. Later on any remaining meat could be minced to make shepherd's pie, or chopped to make a curry. We also lived on hares, rabbits, pheasants, and pigeons. We would be given a brace of pheasants every time a shoot was held on the estate.

When it came to desserts, we had various tarts, pies, puddings and steamed puddings. Mum would make these by putting the mixture in a pudding basin, wrapping a cloth around the basin, and putting it in a saucepan of simmering water until it was cooked. She would also use up any left-over Yorkshire pudding from Sunday, cutting it into squares, frying it, and serving it with butter and sugar. Yum! Yum! I also remember Symington's Jelly Creams. They came in various colours and flavours and were put into a china mould, a bit like a tall jelly mould. When they were turned out onto

*I remember Symington's  
Jelly Creams in various  
colours and flavours.*

a plate, you got the creamy substance on the bottom and the more jelly-like part on the top. Some years ago I was in an old-fashioned grocery type shop in Holt in

Norfolk when I came across a huge display of packets of the stuff. It brought the memories flooding back.

In the early 1950s Mum's sister Florence and her husband and two children would arrive for Christmas and stay a few days. They would turn up in their old Morris Minor with everything bar the kitchen sink packed in tightly around the children who were sitting in the back. One year they even brought their wild old dog, called Don-Don.

When they arrived the Christmas decorations would already be up but sometimes they helped decorate the tree, which Dad would have dug up from a wood on the estate. We excited children would go to bed having hung up stockings at the end of the bed but often by the morning there was also a pillow case and both would be filled with presents. Quite often we woke early and were told to go back to sleep. If this didn't work, all the presents were confiscated and taken to Mum's bedroom until later.



At lunchtime we would have a huge turkey, stuffed with sage and onion, plus sausage meat stuffing. This was accompanied by many vegetables and bread sauce and followed by Christmas pudding with cream and brandy butter. The Christmas pudding would have the old sixpences in (pre 1947 as they had more silver). After dinner there were always several types of sweets, nuts, dates and fruit in case anyone was still hungry!

About 5.30 along came tea - usually sliced ham or tinned salmon with salad, pickles and beetroot, followed by fruit salad or sherry trifle. If you got some of the sherry-soaked sponge from the bottom, my, was it strong! It was as if Mum's hand must have slipped while pouring in the sherry!



This was followed by many small cakes and pastries, and then we were supposed to have Christmas cake. Crackers were pulled, another load of washing up done, and then the fun would begin: party games such as 'Spin the Tray', 'Postman's Knock' or 'Grunt, Piggy, Grunt' in which someone was blindfolded and had to take a cushion, place it on someone's knees, and sit down. The person being sat on then had to grunt like a pig and the one blindfolded had to guess who was doing the grunting. If he or she was guessed correctly, it became their turn to be blindfolded.



*Editor's Note: There is a great deal more to tell of Pat's full life. If you've enjoyed these reminiscences, watch out for more in future issues.*



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We have considerable professional fees, rents, and general running costs and we sincerely thank all committee members and helpers for generously giving their time and energy, completely free of charge, as well as all members for supporting functions, raffles, and our many other events.

We are self-financing and do not receive direct funding from the government, the NHS, the BHF, or any other body, apart from the occasional grants for specific use. Therefore, we appreciate any and all donations that we receive from members, friends, and business supporters. If you do not exercise and therefore do not contribute to our costs, you might consider making a small donation to offset some of the expense of items like this 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 currently claim back 25p in every £1 that you give. For us to be able to do this a Gift Aid Declaration Form needs to be completed - just the once. Please ask any committee member for a form. It makes a considerable difference to your donation and to our funds!

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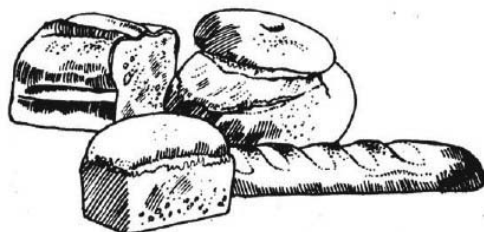
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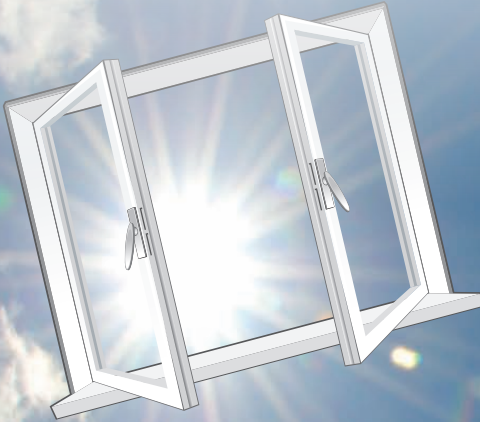
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