



# UPBEAT MAGAZINE

Journal of West Suffolk Heart Support Group

In this issue:

Steaming at Bressingham

Tips on Losing Weight

What the Pulse Tells Us

... and much more.

Spring 2017

# Essex Stairlifts Ltd

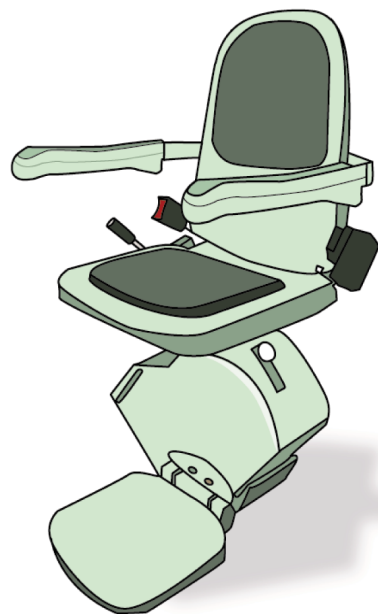
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Full list of Officers: Page 10  
How to make a donation to  
Upbeat: Page 22

How time flies when you're having fun! That's what they say, isn't it? It certainly seems to be the case where editing the Upbeat Magazine is concerned. I can hardly believe that this will be the fifth year I have been doing the job, and this is the ninth issue I have produced since I took over from the late David Williams.



In that time we've had quite a variety of articles and, as I say in most issues, I am very grateful to the many members who write for us - whether they are small snippets or features which cover several pages, like the piece from Tom Hunt in this issue. Tom is an Upbeat member and he and his wife attend the same church as my wife, Valerie. When she heard about his work as a volunteer at Bressingham Steam Museum she thought members would be interested to read about it so Tom and Bev came to our house for tea and we chatted for about an hour about his work. I recorded all that Tom had to say and it took a long time to transcribe the recorded conversation so I hope you enjoy reading it and seeing the photographs. Apologies to Tom that it took me so long to get it into print. Do you do voluntary work of some kind? Do you have an absorbing hobby or interest which other members might be interested to hear about? I notice mention in a couple of our 'Absent Friends' reports of the University of The Third Age (U3A). Are you involved and could you tell those of us who aren't what membership involves? Many people, forced by heart problems to change their lifestyles, could find that U3A or voluntary work provides a new interest and lifeline, but we need you to tell us about it.

Do you attend any of the Upbeat social gatherings, or go on any of the trips? If so, why not put pen to paper (or, more likely nowadays, boot up your word-processor) and write about it? Maybe you're booked to go to see 'Mamma Mia' at Norwich in March, or to attend the Annual Lunch at Stoke-by-Nayland. Could you write about it for the next issue of the magazine? Please think about it.

For editorial contributions, ideas for features or other items please contact David Axton Tel: 01284 747238 or 07946225612, e.mail: daxton42@btinternet.com.

For advertising rates or enquiries, please see Page 5.

Visit our website: [www.upbeatheartsupport.org.uk](http://www.upbeatheartsupport.org.uk)



As usual, we have some health and exercise-related articles, for which I must thank Peter, Yvonne, and Mandy, and some reports on events which have taken place since our last issue of the magazine. Deciding what to include can be difficult and it would be helpful to get some feedback from members as to what they enjoy about the magazine, or the sorts of things you would like to see included which are not there at present. My e.mail address appears on Page 1 so please drop me a few lines to let me know what you think. Of course, I would rather they are polite, but I'm very ready to accept any criticism you might want to make, as long as it's constructive. I look forward to having a full digital 'In-box'!

It's clear that Upbeat provides a valuable service for our members, not only in arranging exercise classes and regular cardiac nurse consultation, but in the many social activities that take place each week. I was chatting to a member over coffee at Newbury a while ago and discovered that she attended principally to bring her mother who is in her eighties. The older lady didn't exercise but came along to meet people, to have a coffee and a chat and generally to socialise as she lived alone and had few opportunities to meet other people. The value of the kind of social contact Upbeat affords cannot be exaggerated. We all enjoy a good chinwag and some friendly company, don't we? Coffee morning dates for the rest of the year are listed on Page 39. Why not drop in one morning? You would probably enjoy it.

For many attending Upbeat sessions is the only outing they get so it is all the more important that we can keep the organisation going. That costs a great deal of money each month, even with all the volunteers who give their time and energy so willingly. Last year, between April and September the cost of exercise sessions was more than £22,000, but income from those sessions was less than £11,000 - less than 50% of what we spent! That helps to illustrate how vital all our different fund-raising activities are, together with your donations and the valuable grants Hilary manages to negotiate. Without those other sources of income Upbeat just wouldn't be able to go on. So, PLEASE, support as many social events as you can. Come along to the exercise sessions as often as possible - you don't have to exercise (though it would probably be good for you if you could). When you contribute to the coffee and biscuits, or pay to see one of our lovely cardiac nurses, you are helping to keep Upbeat afloat and keeping us from breaking the bank.



## Chairman's Report Sylvia Baker



I would like to start by wishing you all a very Happy New Year.

Many of you seem to have enjoyed Christmas and then caught this dreadful new flu type virus with the COUGH! Let's hope we all get over this quickly. This virus has resulted in several of our members being hospitalized and we wish them a speedy recovery.

We can look forward to an exciting 2017 with lots of events and trips planned so this will give you all something to look forward to. The social report on Pages 42 and 43 will explain in more detail.

Hilary and I attended the Suffolk Foundation AGM in Ipswich in November and went on stage to talk about Upbeat. We saw a fraction of the film which has been put together by the "Shine a light" programme and Ipswich Building Society. This film was made at an exercise session with Janet and John Arnold and Richard France taking centre stage. Peter and Ilva Maxey came along and manned our stand. It was a very different event and a bit scary, but we raised our profile and met up with people who can potentially help over funding, so - a good result. More will come of this as the year progresses.

We have been very lucky with funding this year and Hilary and I work hard to get the best results.

I am delighted to inform members that Dr Pegah Salahshouri, who is the Lead Consultant Cardiologist at West Suffolk and Papworth hospitals, is prepared to endorse Upbeat, so on the medical front we could not have anyone better supporting us. It means a lot also to have the backing of Daemmon Reeve, the CEO at Treatt in Bury, and together they have agreed to be Upbeat Patrons, which is pretty fantastic. We look forward to a long and happy association with them.

Venues seem to be working well and we are getting a steady stream of new members. Thank you to all volunteers who help out and to members for your support during the year.

*Sylvia*

Q: Where can a man over 60 find a younger, good looking woman who is interested in him?

A: Try the bookstore under fiction.

## Secretary's Report

Hilary Neeves



As soon as one magazine is cleared off the desk and posted out, David (Axton) starts again and is busy preparing and collecting material for the next one. We thank David. It is a continual conveyor belt and he does a sterling job. The last magazine was very well received, with a new layout and more colour pages etc. We are always looking for articles if you fancy your hand at writing something!

With the AGM coming up in a few weeks, perhaps now is the time to remind everyone to try and attend: May 16th at the Southgate Centre. 7pm start. Upbeat is your group and we value your input. We hope you enjoy the sessions, the exercise classes, the chatter after, the social side of the group, trips etc. Come and tell us; we need your feedback; get involved. We are a small committee, always hoping for willing people to help us out.

There are one or two members coming off the committee this year, so we will have vacancies. Please think about this. Could you help us? There is a small commitment to being on the Executive Committee. We meet once a month for our meetings and hopefully you would be able to help out in a practical way to assist running the group. It really is not that onerous. To find out more, speak to a committee member.

I have taken over the running of the 100 Club from Rita this year, and I would like to thank her for helping me with the changeover. Rita has been running the 100 Club for many, many years. She also had several years acting as Secretary, so we owe her a great deal of thanks for all the time and effort she has put into Upbeat.

### *Some Words of Thanks*

A word of thanks for Pamela, who has continued to supply us with lovely cards to send out to members and to sell when we can, for Chrissie, who turned up one day with masses of Christmas puddings, pickled onions and chutney to sell for Upbeat, for Felicity who made loads of hampers for the Christmas raffles and for all the other members who really go the extra mile for us. We are blessed to have such generous and talented members.

Over the last year we have seen a decline in the numbers exercising. I myself am

guilty, always finding something else to be involved with instead of exercising. Maybe a new year is the time to make a determined effort in keeping the regular exercise regime going. If you are a heart patient, YOU KNOW IT MAKES SENSE!

I know from completing so many grant applications and the research necessary that for those heart patients who continue their rehabilitation programme there is a definite positive effect on keeping the heart muscle working. Gently, but regularly exercising with Upbeat is a great way to do that and to keep the old ticker going!

See you at the AGM.

*Hilary*

### 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-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, as shown below:**

**Single colour Quarter page £20   Half page £25   Full page £45**  
**Full colour Quarter page £25   Half page £35   Full page £60**

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

To advertise, please contact David Axton 01284 747238 or 07946225612 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 display in their waiting rooms.

### I.C.E. - IN CASE OF EMERGENCY

To assist the emergency services in the event of an accident or health problem, 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.**

## Treasurer's Report



Currently, I am pleased to report that Upbeat is in a very sound position financially due to some large donations. We must thank Hilary Neeves for all her hard work applying for grants and reviewing how they have been spent at the end of the grant process. There are many pages of form-filling and grant applications seem to need more and more detail. We have had £4,000 from the Suffolk Community Fund, that is £2,000 each from the Pargeter Trust and the D and J Simpson Fund. David Nettleton and Richard Kemp have kindly given money from their locality budgets to help buy a new photocopier and laptops.

Our very grateful thanks must go to Daemmon Reeve, CEO of Treatt, who has given various sums of money, including money from a business talk and donations instead of wedding gifts on his recent marriage, in total £2,562.04. Also, thank you to Sarah Stannard of West Suffolk Wheelers for their donation. There are others as well. Please look at the donations shown on the following page. Thank you, everybody, for your contributions.

However, small donations are also very important to Upbeat and to keeping us afloat. The Bonus Ball, Christmas Draw, the Annual Raffle, the collecting tins, or just paying for coffee and biscuits and putting in a bit extra all help. This is because:

**EACH MONTH OUR INCOME FROM EXERCISE AND SEEING THE NURSE IS ONLY ABOUT HALF TO TWO-THIRDS OF OUR EXPENDITURE ON ROOM HIRE, INSTRUCTORS, NURSES AND OTHER EXPENSES.**

So you can see, we rely on your support and we have to monitor our finances very carefully indeed.

You will see that we received £1,225.23 from HMRC in Gift Aid for the last financial year. If you pay tax and you make any donations, please complete a gift aid form as we can claim an extra 25% above your donation and it is a very useful sum of money to Upbeat. Gift aid forms are available at each venue or from me or there is a donation page on page 22.

Lastly, please think about becoming a member of the Committee as we need a full committee to keep going and to share the workload. The AGM is Tuesday 16 May at 7.00 at the Southgate Centre. Do come along. Thank you so much for your support.

*Valerie*

## FUND RAISING & DONATIONS OVER £20 - September 2016 – January 2017

### GRANTS / SPONSORSHIP / GROUP DONATIONS

HMRC Gift Aid for 2015-2016	£1,225.23
R C Treatt and Co. Ltd	£1,000
Richard Kemp County Councillor for Long Melford – Locality Budget	£250
Derek Finch Memorial Darts	£190
Pure Resourcing via CEO Treatt	£645
Suffolk Community Fund- D & J Simpson Grant	£2,000
Suffolk Community Fund- Pargeter Trust Grant	£2,000
David Nettleton- Locality Grant	£734.77

### FUND RAISING

F and C Medcraft -Jam Sales	£33
Pat Pearce Tombola- Car Boot	£87
Sarah Stannard – West Suffolk Wheelers	£216.10
Talk by J. Hurrell to Long Melford Ladies	£30
Talk by Martyn Roper to Club Theo	£30
Fancy Dress Tickets & Raffle 5 November	£558.10
F & C Medcraft Sale of Puds & Onions	£77
Christmas Draw - Long Melford	£246.40
Christmas Draw – Newbury	£690
Christmas Draw -Sexton's Manor/ Southgate	£164.75
Christmas Drinks	£72.51
C and F Amps – Jam Sales	£28

### DONATIONS over £20

Sudbury/ Long Melford Collecting Tin	£76.75
Newbury Collecting Tin	£248
Bob Fuller	£210
Eileen Shurmer	£20
Rodney Johnson	£50
Anonymous donations - 2	£60
Just Giving – Daemmon Reeve (in lieu of wedding gifts)	£917.04
In memory of Don Elston	£196
Geoffrey Fisher	£150
David Deacon	£25
Krista Boardman- In memory of Bert Boardman	£100
Beryl Hazell	£200
DC & PA Everett	£20
David Catton	£40
Rodney Johnson – In memory of Brian Bagnall	£25
AJ & Mrs M Simmons	£25
Marion Roots	£20
J A Dawkins	£20
Patrick Simpkin	£30

### Donations for the Annual Lunch

Betty Raymond	£40
Norman Langridge	£25
Jean King	£20

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.

# The Pulse

by Mandy Scales



The pulse is a series of pressure waves within an artery and is caused by contractions of the left ventricle of the heart. The pulse can be found where an artery is near the surface of the body. The most common site to palpate the pulse (to examine by touch) is at the wrist. This is known as a radial pulse.

Other sites than can be used are to the front of the neck (carotid), in the joint of the elbow, which is usually used for taking the blood pressure (brachial), in the groin (femoral), behind the knee (popliteal), on the top part of the foot (dorsalis pedis), and on the inside of the ankle (posterior tibial).

In a healthy person the resting heart rate is 70 -80 beats per minute. If the resting heart rate is above 100 beats per minute this is called tachycardia and if the resting heart rate is below 60 beats per minute this is called bradycardia.

## It is not just the pulse rate that is recorded

When taking the pulse it is not just the rate that is recorded but the rhythm and strength are also measured. In a healthy person the pulse should be regular, strong and easily palpated.

If an abnormality is found when taking the pulse, eg if it is irregular, too fast, or too slow then it is advisable for the person to have an electrocardiogram (ECG) to confirm diagnosis and treatment.

Whilst many people might think that taking the pulse is an easy task and one that could be done by an automated machine, we nurses here at Upbeat make many other observations whilst in close proximity of the patient. These can include:

- observing the rate of respiration, depth of respiration, any noise or difficulty in respiration,
- the colour of the skin, such as cyanosis, jaundice, pallor, bruising and cleanliness,

- the temperature of the skin; is it warm, cold, sweaty, clammy, dry or dehydrated?,
- are there any rashes or broken skin?,
- tremors and signs of anxiety.

Body odour can be noted, such as halitosis which might indicate bad health. The general demeanor and mood of the patient can also be easily assessed.

So next time we take your pulse, just think how much information we are gathering about you and it isn't just because we want to hold your hand!

(McFerran, 1998)

### References:

McFerran, 1998. Skills – Taking The Pulse. Nursing Times, vol 99, Issue 14, pg 29



## 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 funds at the same time. Register at: [www.easysearch.org.uk/register](http://www.easysearch.org.uk/register). Easyfundraising provides a FREE service where you can shop with your favourite online stores. You 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 Upbeat. Enter via the Upbeat Website via 'Fundraising & Donations' and then 'Shop Online and Raise Funds' and click the 'Easy Fundraising' banner to register Upbeat as your chosen charity.



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# The Move to Long Melford

By Hilary Neeves

At the beginning of last year we were told that the Council were not renewing their lease on the Delphi Club and it was up to the users to find a way of running the club themselves as the future of the Delphi was uncertain.

We, along with several other groups, decided that we should look for alternative premises. Several venues were looked at. Some were too expensive, some had little parking, others couldn't take us on a Tuesday, others were too far out.



A decision was taken that we would go to Long Melford Old School which ticked many boxes – space, ample car parking, on a bus route etc.

We duly moved in and our first exercise class was on 6th September.

The venue has had mixed reviews from members although most are in favour. It is good for the members exercising as they have a closed room to themselves and



are not disturbed by the chatter. To start with the coffee and tea room was a bit of a squash, but since then we have moved into a different room which is larger and much warmer and we are trying out a bingo session once in a while. I think members are getting used to it and I hope we can make it work for us.

We thank Maureen for her expertise in the exercise room, Alan, Trevor and Penny who man the desk and Mandy and Ann, our lovely nurses, also Martyn, who continues to do a grand job in the kitchen, helped by Bob. We are indebted to Bill, who comes in to set up and Sylvia who arranges the trips etc..... Lots of people help out, for which we are



grateful. Personally, I like the school because it's more cosy than the Delphi, has good amenities and enables members to get to know one another more easily as it is not so spread out. Also during the summer months and the warmer weather there are pleasant garden areas to sit out in and the old school playground to exercise on.



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## 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 Long Melford Old School, Long Melford 9.15am-12.30pm.

Wednesday and Friday mornings at the New Bury Community Centre 9.15am-12.30pm

Friday evenings at Sexton's Manor Primary School, Westley Estate, 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 are available at the Bury and Long Melford 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.

## Our Thames River Cruise

by John Dawkins

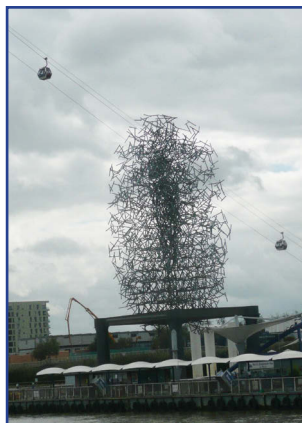
Having previously been on a couple of Upbeat's watery expeditions, expertly organised by Peter Maxey, we were keen to join September's outing which was a cruise up the River Thames from Gravesend to Chelsea - a repeat of 2013's outing.



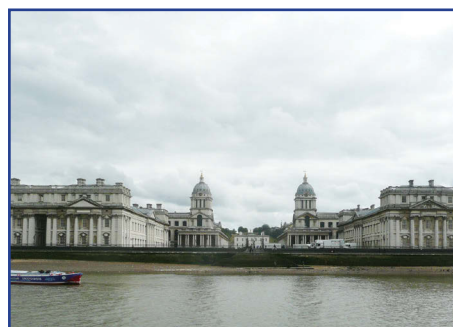
We assembled at the Newbury Centre to join our coach to London. The Bury contingent was the last to join, so we were able to sit back in our seats and enjoy the journey. We were deposited a couple of hours later in Tilbury, where we took a ferry across the river to join the waiting Princess Pocahontas. I had heard of Pocahontas, and knew

that she was a native American - but almost nothing else. It was fascinating to hear a little of her history from our captain, and to discover that she was buried in Gravesend church, just a short distance away.

The outward voyage proved highly educational, and sometimes most amusing. We were given a running commentary containing an impressive amount of information about the many landmarks we passed en route, and also about the various vessels we encountered. All this was enriched by a well-developed sense of humour and irony. I didn't know that Anthony Gormley's sculpture, near the O2, was known as the Brillo Pad - but I could see why.



Since our river journey measured the best part of sixty miles, and our pace was leisurely, provision of a meal around midday was important. We had been promised a ploughman's lunch, and what was provided was tasty and more than adequate.



The commentary ended as the vessel turned around, except for a few minutes when we were warned to look out for a few seals basking on a sandbank on our starboard side. Possibly the

most unexpected sight of the day, and quite delightful. We were duly returned to Gravesend, and took our ferry back to Tilbury at the end of a most enjoyable and interesting journey. The coach awaited us, and the return drive was happily uneventful. Thank you to Peter for organising such a fascinating day; put our names down for the next trip, please!



# Bang On!

## Firework Night Fancy Dress Evening Is a Hit

By Ann and Brian Richell

As an alternative to standing outside on a cold and damp November evening Upbeat members and friends headed for the more warm and pleasant surroundings of Great Barton Village Hall for a musical evening with fancy dress. Not a Firework was in sight, although rumour had it that a few "old bangers" were present, but we did not see them!



The hall was very tastefully decorated for an autumn evening and the table decorations were miniature bonfires with imitation flames lighting them up - a stroke of genius from Hilary and her team.



Entertainment for the evening was provided by Freddie Chenery, who played and sang a varied and popular choice of music for us to sing, listen or dance to.

Most of the evening the floor was full of dancers, many in fantastic fancy dress, a great effort having been made by all. We had a fully dressed



"Lady Godiva" (that's different but it WAS a chilly evening so we can't blame her for wearing more than just her hair!!), ABBA to Arabs, millionaires to chimney sweeps, Hilary Clinton and The Trump, to name but a few.







In the parade everyone was presented with a rosette for their efforts.

With a drink from the bar and a fish-'n'-chip supper the evening was complete. Special thanks go to Freddie for making it all possible with his music and song, to the ladies who ran the raffle, everyone involved in serving the supper, and all who attended. Many, many thanks, from Upbeat for a very pleasant fundraising social evening.



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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.

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## *For the Love of Steam*



### *Tom Hunt talks about his volunteering work at Bressingham Steam Museum*

I always had a love of steam trains, even from a little boy, but when I left school I wanted to be a train driver but I lived in Barrow and in those days we didn't have transport to get from A to B. To be on the railways you had to be able to get to March, or to Cambridge, or even into London or Crewe, so I couldn't do it, but it was something I'd always wanted to, from a boy. One day just before my 64th birthday I was approached by a friend at church and he talked to me about volunteering at Bressingham Steam Museum and I thought I'd give it a try.

My first job was as car park attendant. In the morning, once the cars were all in, I went onto the standard gauge track level crossing, to open and close the gates as trains carrying passengers went through. Next time I went I did car park duty in the morning and in the afternoon I was put into what we call the gallery, which is up in the top of the museum. There I had to run a 16mm model railway train with carriages on, going round a miniature track. I used to unhitch the loco from the passenger train and hook it up to the goods trucks and give them a tow round, then do the same again and change the points and do things like that. I have to say that once I started there, I was hooked!

After that I sort of graduated a bit and went on the training days on the 2ft gauge to be a guard. I had two days with the trainer and then one day on my own, but the tester would drop in every now and again to see that you were doing the job properly. I got so that I was really, really enjoying it. At that time I was still working so I used to go one Sunday a month, then once I'd done that I had about two months on my own and then I had to go onto what we call the Garden Line. I was guard on that for two days and then passed out. The next one I went on to was the Waveney train, which is the 15 inch gauge. I had two days on that and passed. You had to pass out on all these other bits before you're allowed to go on the loco.

Next I went onto the 2ft gauge loco which then was Gwynnedd, which was the same



sort of engine as the Sholto and was a former slate quarry mine engine. I had two days training and then on the third day, you're on your own. You're all on your own in the morning and then they check to see how you've done on the various jobs like cleaning the tubes. I think there's thirty tubes on that one which is a bit like cleaning a chimney and it's got to be swept every day. After you've done that you clean out the smoke box then you light your fire and you have to do all the polishing, all the way through

– all the brass, all the paintwork.



Once that's done you've got to be ready by half past ten to go out of the loco shed, onto the line, and reverse your way back up to the station to couple up the carriages. You have to do all your brake

checks and fill up with water to make sure you've got a head of steam to be ready by 11 o'clock for the first run. All that takes quite a time so I'm there at 7 o'clock in the morning to be ready by 11. The actual run is seventeen minutes on that gauge and we run every thirty minutes, on the hour and on the half hour. To get tickets to ride, you pay your money at the main entrance and pay your money for the day. You can get tickets which include the rides and which let you have as many rides as you want all day. Otherwise you just get entry tickets and you have to pay separately if you want to go on the rides.

It can take a long time to learn everything and you can't go on the loco's until the manager has been out and asked you all sorts of questions to make sure you know what you're doing. There are three different trains and you have to be tested on them all. They're different gauges: the first one you go on is the 2ft, that's the Nursery Line; the next one is the Garden Line, which is 10¼ inches, and the next one is the 15 inch, which is what we call the Waveney Line, because it runs along the backside of the old River Waveney, through the woods and the rhododendrons. On that one we normally pull five carriages – that's about ninety people. There's nobody with you. When you drive on the narrow gauge railways at Bressingham you are your own fireman and driver – you have to do both jobs – but you do have a guard, and he's in charge. The driver is in charge of the loco and making sure all the couplings are done, but otherwise you're being told what to do by the guard.

It's very enjoyable and I really do enjoy it. You do get hooked. I've got a friend at Bressingham... he lives at Oundle, near Peterborough, and he comes twice a week – that's a hundred miles each way. He also goes to the Ffestiniog Railway in North Wales and he works there as well. I think he goes one weekend a month. He goes on a Friday and comes back on a Monday because he's got a cottage down there. So you see, it does get you hooked. People come to work there from all around: Ipswich, Norwich, Yarmouth, King's Lynn.



The speciality days are good - especially Hallowe'en. You go through the woods and they've got coffins and skeletons coming out of the ground. We do Santa runs too on the 2ft gauge track because that's in the centre and we pull up right where Santa's grotto is set up, near where the gallopers are. That run takes seventeen minutes. If you're on the Garden Railway, the Alan Bloom engine, that run takes nine minutes. That engine – the Alan Bloom engine – was made at Bressingham by our chief engineer, from scratch. He made everything apart from the wheels in his own workshop at home. It's a big site, including the garden centre. The Garden Railway has six acres of ground, and the Nursery I suppose there'd be getting on for a hundred acres. Then you've got the Waveney, which is more and it's practically all woodland. I shall be 76 in April and I have been driving now for eleven years. We are closed for part of the winter. We open at half term, around February, and we run every day during the half term week then we close again until about the Wednesday before Easter. Once we open at Easter, we're open seven days a week right through until the end of October, maybe with one or two days at the start of November. Then we're closed until three weeks before Christmas, when we start the Santa runs. I go every Tuesday and every Thursday all the year round, apart from when we are on holiday.



This time of the year I'm in the workshop, like I used to be when I was in farming, only now I'm not working on combustion engines but on steam engines so it's a bit like going back in time and I've learned a lot since I've been there. We also have a farming weekend and I take one or two of the old-fashioned barn engines that we used to use.

I wear a bib and brace and a jacket, like the old train drivers used to have. The company provides waterproofs but they stipulate that whatever you do you mustn't buy nylon to wear because of the fire hazard. You've only got to lean against that firebox door and the nylon will melt. I've had plenty of burns. I mean, you've only got to touch a hot pipe and it's too late - you're burnt. The steam is so hot.

It's good that there's always something to do at Bressingham. At the moment we've

got two engines in the workshop and we're hoping that one of them's going to be ready and out for Easter. I get to work on the gallopers too. We steam that at weekends, otherwise it's run on electricity. When you're working on that, there has to be a minimum of two of you, but if we have school parties in, with young children, there



has to be a minimum of three of us, the operator and two overseers. Each year we're given a questionnaire to fill in and the answers we give have to be exactly as written in the rule book, to make sure you know just what the rules are. And because I'm over 65, I have to complete a medical sheet as well. I don't know where they get them all from but there's twenty-five questions on there and you have to answer all of them!

For my working day now, I get up at half past five, get myself ready, and I hope to leave home about half six so I'm there by seven or just after and when I'm steaming I can be there from seven o'clock in the morning until six o'clock at night. I think at the moment there's about ninety-one volunteers altogether. We have four part-time in the office, and the general manager is full-time, and we have two full-time workers in the workshop. One does repairs and the other does all the maintenance, like painting carriages and the gallopers, the horses from the carousel. We've got lady guards -

they're not all men - but no female engineers. We've also got a younger group. A few years ago a chap who used to work for British Rail joined us and he set up what he called 'Young Steamers' which is young lads. He got a kit engine and those boys have put that engine together so that it's now up and running.

As I said, once you've done a while on the Garden Line you move on to the Waveney, and I suppose I've been driving on the Waveney now for about nine years - that's the 15 inch gauge. We've got two German Krupp engines, which were built in 1937, and there's only three left in the world. Alan Bloom bought all three. He kept two, and the other one is on the Romney, Hythe and Dymchurch line in Kent. It's there because it wasn't possible to put big engines on the line because of the soft peat land and the track kept sinking. That Krupp engine there is running every day of the year except for Christmas Day and Boxing Day.



The restaurant there is very good too. It belongs to the general manager and everything is freshly made - home-cooked - and even if you ask for a sandwich, it's all freshly made and nothing is pre-packed. They do Cornish pasties, and sausage rolls

and jacket potatoes, and it's all home-made. It's certainly a place you can spend a whole day, and your entrance fee gets you on all the rides, as many times as you like, and entry to the gardens and everything. The gardens are always good but I reckon the best months to go, for the most colour and suchlike, are July and August. There are six acres of what they call the Hall Garden; that's where Alan Bloom lived when he came back from Canada in 1947, and it's all tended by hand - no mechanical diggers or anything - the ponds, the banks, it's all done by hand.

Where we run along the River Waveney line it's actually the old River Waveney. The fields used to be flooded but Alan Bloom got permission to re-dig and reroute the river so that then the fields no longer flooded and he could farm them. That was what the Nursery Line was built for - to pick up the flowers and take them up to the packing shed.

We've also got 600 metres of standard gauge track which is 4ft 8½ inches. You have to pass out be qualified on all of the three narrow gauge tracks before you're allowed on the standard gauge. We've also got a Cochrane boiler which runs three other



engines in the museum. It runs a big beam engine which has a great big wheel and it's really hungry for coal - you can keep on pushing coal into that all day and it'll keep taking it! My favourite job is driving and my favourite train to drive is Alan Bloom, which is the 10¼ inch gauge. I like it especially because you're up at the top where all the general public are coming in so you see everybody - all the visitors. My favourite days are when the children from the home for Down's syndrome children come in. They love it so much and they're all so grateful and happy at the end of the day. They all want to come up, shake hands and say 'Thank you', and it's lovely. You get a lot of coaches in and lots of people want their photograph taken with the train driver. I know my photograph has gone all round the world. I've had people from Australia, America - everywhere.



I come home covered in coal smuts. I have to take my things off in the garage before coming into the house. If you make the fire up when you're on the move, if you've got the regulator open (which is like the accelerator), if you've got coal dust in there, it'll go "Whoosh", straight out of the top and if the wind is laying wrong you get covered! Actually, one of the men who trained me, his last wish was to be sent off like that, so he was cremated at Risby and then his wife brought his ashes over to Bressingham and she rode on the train and the driver opened the door, with the regulator open, and she threw the ashes in and "Whoosh!". Up he went and so he was well and truly scattered, just where he wanted to be.

We've got all sorts working there including a retired head teacher, a former hospital theatre sister, and an ex-priest, and we're all happy there. There's never any arguments. We're all there because we want to be and it's great.

## *Bressingham's Beautiful Gardens*





# How to lose weight by eating more satisfying foods



by Peter Azzopardi – Personal Trainer

Have you ever tried to lose weight but struggled to reduce your food intake due to feelings of deprivation?

This is a common issue as people often remain contemplative for some time, due to the fear of what they may need to 'give up' in order to lose weight. Fortunately, you can reduce your food intake to a desirable level required to trim down and yet still feel full and satisfied after a meal. Certain foods are better

than others for satisfying hunger and feeling fuller for longer. An often-missed tool which can make a reduction in calories easier when eating for weight loss is to eat foods which are high on the Satiety Index.

## How does the Satiety Index work?

The less an individual eats (or the longer eating's postponed) the hungrier they become and the longer it takes hunger to subside, once eating. This can make the whole process psychologically tougher; you have a higher probability of overeating and consuming extra calories that can quickly slow or reverse desired goals.

No one wishes to feel deprived or hungry as they strive for a healthy weight, and this is the reason many people give up on the idea, so foods which make you feel full and satisfied are obviously desirable to otherwise 'hyper palatable' foods, which, despite the fact that they taste very good, are often processed, high in sugar, fats, salt and calories and yet do not give you a feeling that you've had a good meal.

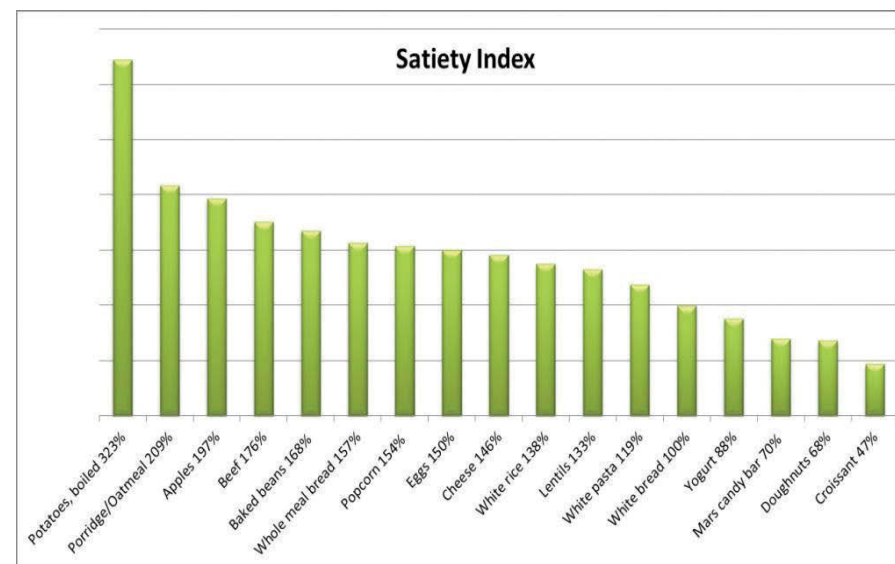
The process of losing weight will be more enjoyable and more productive if you walk away from your meals with a feeling of 'fullness' as opposed to still feeling hungry.

The image opposite is a very small example. Foods higher on the SI index can help you feel fuller for longer for their comparable energy content.

## Note the following:

- Large amounts of fat, sugar, and/or starch have low satiety/fullness factors.
- Large amounts of water, dietary fibre, and/or protein have the higher satiety/fullness factors.

- Foods can have different "fullness factors" depending on individual ingredients; plain popcorn has a higher SI than popcorn prepared with added butter or toffee.



## Which activities can help me to lose weight?

Becoming more active is a huge advantage to weight loss as well as improving cholesterol levels, lowering blood pressure and improving blood sugar responses. For individuals with a history of heart disease, the correct amount of activity will decrease your risk of another heart attack by 50%, whilst increasing your chances of surviving another one by 50%.

Good recommended daily activities include walking, stationary cycling (on an exercise bike), gardening (split activities so you do not spend too much time in one position), washing the car, cleaning the house and ironing. Strive to do at least 30 minutes 5 times a week. Good luck!

Peter offers a mobile 1:1 personal training service to your home and can help by getting you to exercise more at home, whilst challenging your relationships with food through diet advice and behaviour change.

To find out more, please visit his website: [www.pmapersonaltraining.com](http://www.pmapersonaltraining.com) and he can be contacted at: [pmapt@aol.com](mailto:pmapt@aol.com) or call 07961 551874 to arrange a FREE consultation.



## *Another Christmas Party* by Ron Lawes

Another year rushed by and it was time for another Christmas party. Sylvia, Hilary and the rest of the entertainment committee worked tirelessly over the weeks to produce a star-studded show. Vivienne and Beth, together with many members contributing, had once again prepared a sumptuous feast – possibly not completely suitable for heart patients, but no-one refused!

The tables and hall had been decorated by Hilary, Giles and her faithful helpers. David Camp had the drinks ready at the bar with wine, juices and lemonade available. Daphne and Wendy were ready with the raffle.

Brian Richell once again provided the music to support the many and varied acts, beginning with Ray Dale giving an excerpt from Bill Bryson's book, closely followed by Ilva Maxey reading 'The Night Before Christmas'. Then came our own 90 year-old magician, who caused Margaret Orr some concern when he made her wedding ring disappear! After a few crafty card tricks and the recovery of the ring he disappeared into the audience.

It was then the turn of the nurses and instructors, performing 'An Inspector Calls', in which Upbeat had a spot inspection by Martina (Martin beautifully dressed in a red gown and flowing hair). 'She' surveyed an enormously-boobed Greg, a drunken Yvonne complete with moustache, and the sensible Mandy and Kate. After that, three wayward nuns appeared: Joyce, Margaret and Chris, singing, without a musical backing, 'How Do You Solve a Problem Like My Rear?' (Apologies have been sent to Rogers and Hammerstein).

Janet, Margaret O. and Rosemary, looking like three St Trinian's cheerleaders, gave us 'The Clapping Song', leading into Patrick's private collection of photo's, with special emphasis on the Upbeat version of the WI Calendar. He was assisted by Brian and Richard, both of whom needed to get their breath back afterwards. (Was it studying the calendar that did this?)

The Upbeat Belles followed, calming the audience with their chimes, and finally Joyce and Hilary roused the audience with a singsong and Joyce's special rendition of 'The Twelve Days of Christmas', sung against a background of twelve scenes drawn by my granddaughter.

The doors were then unlocked and the audience allowed to leave on the condition that they did not sing drunken songs to annoy the neighbours or frighten the horses. Another Upbeat party goes into the archives, making way for next year. Well done to all who helped towards this enjoyable event.

## *Homework? At Our Age?*

We all know that children regard homework with a wide range of opinions and levels of commitment. Putting it off until the last possible hour, rushing through it, struggling with it, can result in poorer work, less praise and getting disheartened with the whole thing. I constantly have to remind my children to plan well ahead, do it when they are alert, and not to rush it. I tell them that homework helps the brain lock in the information they have learnt so that it doesn't escape and they can use it again later on. In other words: 'You can't use it if you lose it!'

We use a similar phrase about exercise: 'Use it, don't lose it!'. Hopefully you all know a bit about the theoretical side of the benefits of exercise for those living with heart conditions. More importantly, I hope you can feel the benefits of your regular exercise sessions. I am sure most of you appreciate that regular, suitable exercise is safer than occasional bursts of high activity. The recommended guidelines are four to five sessions of exercise per week. This doesn't have to be four Upbeat sessions a week though! Some of you come to exercise sessions once a week, others more often. It's important to try and build some sort of activity into your daily life and many of you do activities such as walking, swimming, cycling, even tennis. I think some members even do housework, which counts as exercise in my book! So, finding ways to be more active safely is really important for cardiac health. The Nurses and Instructors can advise you on what activities are suitable for you, what level you should aim for, how often, etc. Your 'homework' when you are doing these activities is to plan ahead, do them at a time of the day which suits your body, and don't rush it. Remember what you have learnt in 'class' at Upbeat – do a gradual warm up (15 minutes – go through some of the moves we do in class), do the middle part of your session at a pace which is fairly hard but comfortable, and do a gradual cool down.

Even if you don't manage four to five periods of activity every week, everyone can fit in a few minutes every day to do some stretches and mobility exercise. Moving the main joints slowly and smoothly every day will help keep you mobile. Your 'homework' is to think about the moves we do at the start of class and try and do them every day. Think about the stretches we do at the end of a class and do those every day. If you can't remember them all, don't worry – remembering a few each week and doing them as 'homework' will help you memorise them!

Unlike children, you won't have your homework 'marked' but I am sure the benefits you will feel from doing your homework regularly will give you more satisfaction! Also, as a teacher, I would rather see the improvements to your well-being (and we can spot them!) than mark 45 exercise books every week!!! See you soon, class!

*Yvonne*

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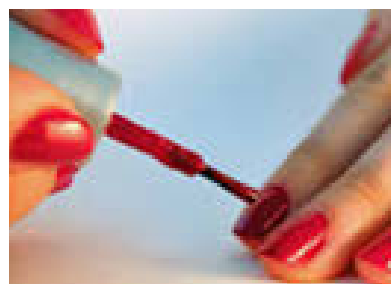
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I look forward to hearing from you.

## Our New Patrons

Towards the end of last year we met Dr. Pegah Salahshouri, MBChB, MRCP, CCDS - Lead Cardiology Consultant for West Suffolk Hospital and Papworth Hospital. She was delightful and was full of praise for the service Upbeat gives to heart patients. We discussed the subject of her becoming an Upbeat Patron to which she happily agreed and wanted to know how she could help us. This is fantastic news for us, as this endorsement from such a qualified and experienced cardiologist, will give us extra credence when we are describing the service we offer to possible future members and also particularly to potential funders. We are all delighted that Dr. Salahshouri has come on board, and we will be meeting with her again very soon to see how we can work together to get the best for our members.



Daemmon & Gemma's wedding

At about the same time we were also meeting with Daemmon Reeve, CEO of R C Treatt & Co Ltd, the business based in Bury St. Edmunds. You will remember Treatt have been very generous to us in the past and Daemmon has certainly gone out of his way to help us as much as he can. He even asked for donations to Upbeat instead of presents at his recent wedding, a gesture which resulted in donations to Upbeat of more than £900! What a guy! Daemmon has also agreed to become a Patron to Upbeat. We are thrilled that he has agreed to this and he will be attending the lunch in March at Stoke-by-

Nayland, so we will be able to introduce

him. He has helped us in so many ways already; we know this can only be a good move.

We thank Dr. Salahshouri and Daemmon for being so enthusiastic for what Upbeat does. This is all very new and we hope in the next issue of the magazine we will be able to have a few words from both of our Patrons.

by Sylvia Baker and Hilary Neeves



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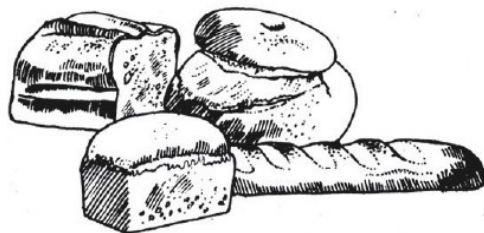
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Held every other Thursday at the **Southgate Centre** on the following dates between 10.30 am and 12 noon:

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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.

## Patient Participation Groups by Sylvia Bambridge

Does your G.P. Practice have a PPG, sometimes called Patient Reference Groups? Some surgeries have had these groups for a few years but since April 2016 it is a contractual requirement that all G.P. Practices in England should form one to represent the views of their patients. Such groups meet and discuss the services on offer, and how improvements can be made for the benefit of patients and the practice. Groups vary across the country as to how they are organised and the West Suffolk Clinical Commissioning Group has details of all the groups in our area. There is also a National Association for Patient Partnerships who can advise on the setting up of a group.

Our group (known as the Patient Partnership Group) at the Hardwick House Surgery in Sudbury, covers surgeries in Sudbury, Great Cornard, Bures and Clare, and we try to have group members to represent each area. We also like to have representatives from various support groups; hence those with cancer, heart conditions and epilepsy and their carers are all represented. I attend our group and as a member of Upbeat I am able to make others aware of the benefits of Upbeat and the services that are provided by giving updates at meetings, and making available copies of our leaflets and magazine.

I feel that these groups are of great value in ensuring that the views of patients are heard at a local level and where better than at your GP Practice?

## A Nasty Shock When Least Required!

by Tony Chaplin

Many a long year ago when I was young and, dare I say it, handsome, I became the father of twins. This meant that we were a family of six and inevitably my mind turned to the question "What if?". As most of us will be aware there are supposed to be only two things certain in this life: death and taxes. When you consider the occupation that I was following the former probably held a higher probability.

Four children meant a large house was required. Finding a house was not too difficult; finding a mortgage was another matter. Forty-six years ago rules were stricter; money was definitely in short supply so financing a house costing almost twice as much as the previous one had done was likely to bring a bit of a problem.

A visit to the local friendly (!!!!) insurance broker seemed to be the answer. After all, he had recently sorted out my car insurance, so I made an appointment and was duly invited for a chat. The facts of 1970 mortgage life were pointed out to me, but he would see what he could do. A week or so later, during which I had been fighting a rear-guard action with the developers (I had negotiated a discount as it was the last house on the site), a telephone call from the broker invited me to another chat. Yes, he had secured a mortgage but there were strings. I would have to take out some insurance, not mortgage protection but endowment. Lots of talk about "You get more than you owe when it matures." and "You really ought to think about a policy to cover the cost of bringing up the children until they can earn their own living." and finally "You should think about whole-life insurance on yourself. It will provide useful money if you should 'pop off,'" said the broker cheerfully. So, a deal was done and we got our nice new four-bedroomed house - and a mortgage and hefty monthly insurance payment!

The years went by. The Royal Navy said, "To Scotland thou shalt go." A nice big profit was made on the sale of the house and we spent it all on a small Victorian Scottish mansion. The children grew up, some went to university, one joined the Royal Navy and so the insurance company did not have to pay out a weekly sum. A few years later the endowment matured and it was swallowed up in paying off the even larger mortgage. All that was left was the little "whole-life" portion, worth all of £4000 when my time is run. The policy sits in a document box along with my will, passport and various other documents. My children know where it is when the time comes to use it. I was confident that it would be sufficient to cover all the necessary costs when the time came.....but.....

As most of you are aware last year my family and I suffered a sad loss. A much-loved wife and mother passed away. All the necessary legal and other matters were put

in hand, and this involved a visit to the undertakers. Enid had made her wishes clear and these were all explained to the undertakers. Now I do not know if all the various requirements were the cheapest available but the final cost came to considerably more than my "whole-life" insurance policy will pay out – in fact almost 50% more.

During 2002 I had the sad misfortune to arrange my aunt's funeral, a cremation the same as Enid wished for. Enid's funeral cost three times as much as my aunt's, which means that in 14 years the cost has trebled! I mentioned this to the Funeral Director and he told me that the cost of a funeral is reckoned to double every ten years.

So the moral of this story is: Funerals are very expensive procedures, so it will pay to check any insurance policies which you may think will cover matters. Someone may be in for a nasty shock at a time when they do not need it.

### Editor's' Note

*Several years ago I took out a Funeral Plan with a local undertaker, arranging everything a friend wanted and paying all the costs. The plan guaranteed to cover all the arrangements when the time came. It cost her almost £4,000 but we are now safe in the knowledge that, however much costs increase, her funeral is covered. and her wishes regarding arrangements will be carried out. Members might find it useful to explore such an option for peace of mind. DLA*

## Thursford Christmas Spectacular by Mary Beech

Our day started with a wonderful journey through Thetford Forest and seeing all the beautiful coloured trees. We stopped off at Swaffham to have our lunch, and then onward to our destination: Thursford.



With music playing all the way, we walked down the long path of trees towards the array of brightly-lit shops, where we could buy our last minute Christmas presents if needed. Then into the highly-decorated barn to find our seats.

The music started. The dancing girls came on. Their costumes were amazing! Down each aisle came the choir singing, wearing red cloaks and holding candles. It was a truly wonderful sight.

The second half of the show was to tell us what Christmas is all about, with carols, verses and readings reminding us of the story of Jesus' birth over 2000 years ago. The show was indeed spectacular - non-stop colour, music and dancing. Everyone had smiles on their faces as we made our way out, seeing the beautiful lights displayed on all the trees. What a good start to Christmas 2016 and a truly wonderful day!



## Social Group Report

It's been a really busy year and there is lots more planned for 2017.

August saw us taking another walk about Bury with the guide Martin.

September, and the Thames River trip was fantastic and enjoyed by all who came. We enjoyed the ever-changing scenery of the river, an excellent commentary by the Captain, and good food. It was great! A very big 'Thank you' to Peter and Ilva for arranging this.

November brought us Freddie Chenery. The singer and entertainer again gave his services for free and entertained us all evening. As usual he was fabulous! This was a fancy dress event and many people went the whole way with some fantastic costumes. It was great fun.

We also went on a coach trip to Thursford to see the Christmas Spectacular show. This was thoroughly enjoyed by us all, and superbly organised as usual by Sylvia Bambridge. Many thanks to Sylvia for all her work in arranging this.

In December, members held a private Christmas meal at Ashlar House and this went very well and could become a regular feature.

Christmas parties were held at all exercise venues and the food provided by members was great. Music by Brian at Long Melford and Bury and by Yvonne at Sexton's Manor all helped the events go with a swing. We had entertainers and the nurses and instructors at Bury will not be forgotten. Boy, we have some talent, and our male participants - well they stack up well, is all I can say! Chimes, ladies dancing and singing, a magic man, all helped us have fun. Raffles all raised lots of money and we ended the year on a very happy note.

### Forthcoming Events

We can now look forward to 2017. The following are some of the events already planned at the time of going to press:

*23rd March* – Theatre trip to Norwich to see 'MAMMA MIA' - matinee performance. Tickets, £48 per person, now on sale at all venues. Numbers are limited so apply quickly.

*14th April* – Sudbury FunRun – application entry forms available soon. Why not get

a few of you to enter as a team? It's only 5 miles and you can walk fast if you want. Despite the name, you don't have to run! It could be a giggle and you can raise money for us at the same time.

*16th May* – AGM. We need you to support the re-election and new election of officers and people to be on the executive committee. Without these willing volunteers, who give a great deal of time during the year to keeping things running, there would be no Upbeat, so please make the time to spend an hour at the AGM and help keep the show on the road. Wine and nibbles will be provided as usual.

*10th June* At Gt Barton Village Hall, a lovely venue. This is to be a musical afternoon/evening and we are looking for entertainers! Last year certainly proved that 'Upbeat's Got Talent!' Why not dust off your dancing shoes, get the vocal chords lubricated, or whatever other talent you may possess, and give us a turn? Please help. Brian Richell will be organising this event and seeking volunteers. It's sure to be a fun time and will be followed by food - all for £10 per person.

*6th July* – Strawberry Tea. Tickets £8 per person. Unfortunately, last year we did not get the response we had hoped for and had to cancel this event, which was a great shame because previously it's been a lovely afternoon with good food and excellent company in the lovely venue of Newton Village Hall. After we'd cancelled, quite a few people were disappointed, saying they had intended to come, but of course we couldn't know that and made the decision on the small number of tickets sold. Maybe you delayed ordering your ticket? Don't leave it late this year or the same may happen. Please, let's all pull together and make this a very special afternoon.

The Social group work really hard on your behalf, please support them and help wherever you can. All efforts are greatly appreciated.

*Thank you.*

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## New Members September 2016 - January 2017

Anthony and Susan Aldous	David and Jill Jakeman	Daemmon Reeve –
John Chapman	Valerie Jones	PATRON – Group CEO
Raymond and Brenda	Keith and Lesley Kilbourn	Treatt
Coshall	Nicholas and Lesley	Peter and Judy Rushowski
Debbie Crangle	Lagden	Dr. Pegah Salahshouri –
Hazel and Kevin Davey	Robert and Frankie	PATRON- Cardiac Consul-
Hugh and Elizabeth Edge-	Mountfort	tant
combe	Stephen and Julia Perkins	Neil and Jayne Stead
Primrose Elford	Jean Porter	Michael and Alison Stokes
Paul and Barbara Emms		Derek and Hilary Suckling
Penny Foster		Frank and Jill Turner

*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 2017. Members who joined after that date will be shown in the next issue of the magazine in the autumn.*

## 100 Club Winners

<b>September</b>	Mr & Mrs J Imrie £100 No 102 Mrs Betty Raymond £56 No 045
<b>October</b>	Mr T Warner £100 No 309 Mr R Fuller £56.50 No 098
<b>November</b>	Mr K Bird £100 No 136 Mr D Welham £56.50 No 266
<b>December</b>	Mr K Bird £100 No 136 Mr M Hall £56.50 No 111
<b>January</b>	Mrs C Day £100 No 029 Mr N Langridge £56.50 No 222



The amount of second prize money increases if more people join the 100 Club during the year.

## A few interesting statistics - not meant to alarm you but maybe they will persuade you to exercise:-

The St Olave's Ward ranks second highest in deaths from Coronary Heart Disease (CHD) in those under 75, and third in those over 75, averaging higher than Suffolk as a whole across these categories.

Most deaths from coronary heart disease are caused by a heart attack. There are around 175,000 heart attacks each year, one every three minutes.

Until this year CHD was the UK's single biggest killer, with nearly one in six men and one in ten women dying from CHD. It is responsible for around 73,000 deaths in the UK each year, an average of 200 people each day, or one every seven minutes.

74% of people with a limiting disability in Suffolk do not undertake any sport or active recreation.

Around 23,000 people under the age of 75 die of CHD each year. There are over 1.4 million men and around 85,000 women with CHD in the UK. (source: British Heart Foundation)

The State of Suffolk Report 2015 found that CHD is one of the top five long-term conditions experienced by the West Suffolk Clinical Commissioning Group (CCG) population at 3.7%. (source: PHE 2015).

Heart disease and stroke account for about 25% of early deaths in Suffolk. Although premature mortality has fallen in Suffolk by more than 50% in the last fifteen years, mirroring the national and regional trend, there are indications that the rate of decline is beginning to slow.

The total cost of premature death, lost productivity, hospital treatment and prescriptions relating to CHD is estimated at £19 billion. (source: British Heart Foundation).





## Absent Friends

### *Barbara Redden*

Barbara was born and brought up in Barrow-in-Furness. Sadly, she was orphaned at an early age. She worked hard and circumstances dictated that she had to raise her family on her own. After all the sadness, she met David, the love of her life, and they were married for twenty seven years. Unfortunately, David had heart problems so Barbara became his carer.

Members will remember this small, slightly-built lady with a strong northern accent and twinkling eyes who made the tea and coffee on Friday mornings at Upbeat sessions in Bury. She did this for a long time and we will always be grateful for the help she gave.

Sadly, Barbara's health deteriorated, so gradually we saw less and less of her at Upbeat. In a reversal of their roles, David became the carer for Barbara as she had to rely on a wheelchair and required oxygen to help with her breathing problems. They decided to move back to Lancashire to be nearer family.

Barbara died at the New Year and our thoughts go out to David and the family at this sad time. May she rest in peace. David says that he has many happy memories of their time at Upbeat and would like to thank all members for their kind thoughts and wishes.

### *Brian Bagnall - my father*

Sadly in November we lost our father, who had been a twice-weekly Upbeat man. His Monday and Friday classes were reported to me during our phone calls but maybe members don't know about the rest of his activities.

Dad was born in St. Albans in 1926 after his parents had moved from Coventry when the Midlands railway centralised to London. Having qualified for grammar school Dad's skill in science became apparent and having left school he joined Rothamstead research station in Harpenden and continued to study to become a certified biologist, specialising in agriculture. He worked for Fison's until he joined Bayer which led to us moving to Bury St. Edmunds in 1967. As well as his studies he also trained as a tenor singer and belonged to operatic societies in Harpenden and Peterborough during the short period that we lived in Lincolnshire. Once we had moved to Bury he joined the Bach choir. He also used his amazing voice to praise God as a busy member of the

Methodist church; I remember how he could make the church seats vibrate with the power of his voice!

With three children who did not manage to pass Biology 'O' Level, he contented himself with ensuring that we learnt all we could about nature by ensuring that holidays included nature studies and 'good long walks'.

He took personal health seriously; he played cricket and badminton and took us swimming at the old open-air pool in Bury before church on Sundays. Following the death of his father, who had suffered from angina for years, he put himself on a low cholesterol diet in 1976, but my mother could not comprehend a life without cream!

My parents were life-long Liberals and had always supported the local branch. In 1981 my mother was diagnosed with Parkinson's disease, which brought to Dad's attention the plight of the disabled and their carers. This led to him becoming a town and county councillor in an attempt to fight for justice. In 1989, he took early retirement from Bayer to become Mum's carer and became supportive of the Crossroads organisation that helps support Carers. I have had many letters since Dad's death, stating how he helped people get the aid they deserved.

Following Mum's death in 1998, Dad increased his council duties, became a Governor of Horringer Court Middle school, popping in to give Biology lessons. He set questions for the Institute of Biology exams and was an active fund-raiser for Parkinson's Disease & Crossroads.

He had the honour to become Mayor of St. Edmundsbury in 2001, attending 365 appointments during the year, including visiting a submarine in Scotland and going on a RAF refuelling exercise. His knowledge of French and German came in handy during Twin Town visits.



After Mum's death I was able to persuade Dad to start travelling the world. He visited the Antarctic, the Arctic, Canada, Africa, South America, Japan, parts of Asia, New Zealand and all of Europe. He would then report his trip to the travel group of the U3A (University of the 3rd Age). It was the day before a trip to France that he suffered three massive heart attacks which led to a trip to Papworth, and to him being introduced to Upbeat.

His new drive to get fit led him to join the Bury Ramblers and of course he was soon on the committee. He helped run the Mobility shop in town, loaning out mobility scooters for daily use. He belonged to the RSPB, Suffolk Wildlife Trust and the National Trust.



Sadly we lost my older sister in 2000 but with two other children, eight grandchildren and nine great grandchildren, I like to think we kept Dad on his toes. A gentleman whom Dad had helped wrote to me recently, to say that in all the time he had known him, Dad had never shown any signs of having sadness in his life. I feel that Dad felt tragedy did not define you but that it gives you

another reason to fight on.

### *Keith (Bert) Boardman by his wife*

Bert was born in Chester and educated at Lancaster Grammar School. He graduated from Manchester University in electrical engineering then went on to be a Metro Vic apprentice. It was in Manchester that he met Krista and they married in 1962. That was when she discovered that his name was really Keith!

He worked for AEI Automation, Molins, Morgan Crucible, and finally for the London Electricity Board. In retirement he helped out at Riverwalk School and was Parish Clerk and Church Warden/Treasurer in Westhorpe. He was also in the science group and was treasurer for U3A in Bury.

After a heart attack in 2008 he was supported by the Upbeat nurses, instructors, and members on the back row of the exercise class! Sadly, nurses and Michelle became concerned about his balance and co-ordination. It turned out that he had vascular dementia, followed by Lewy Body dementia. In his final year he was well looked after in Risby Park Nursing home.



### *Inge Tweed*

Inge was born on November 30th, 1922 and was a long-time member of Upbeat and its exercise groups. Sadly, she died on the 15th December, 2016, very much mourned by her long time partner, Julius Badyan, also a member of Upbeat.

### *Ken Davey*

Ken had been a member since 2009 but died suddenly on November 8th 2016. He had a very dry sense of humour and will be missed by all his friends at Upbeat. Our thoughts are with Glennis and the family.

### *Evelyn Bianchi (Evie) by Sandra Napier*

Evie sadly passed away on the 16th December last year. Having joined Upbeat with her husband Paul several years ago they were regular members at Sudbury where Evie enjoyed the exercise classes (especially the music 1960s style). Popular with other members she will be remembered for her friendliness and lovely sense of humour.

Evie had coped well with her heart condition and had made good progress. However, in the Spring of 2016 she was diagnosed with cancer which, whilst bravely borne, was to be the cause of her death. Even towards the end she still managed to keep smiling – that was Evie.

Paul has described Evie as a wonderful wife and mother to their twin sons Graham and Ian and their families. Our thoughts are with Paul and the family.

Sadly, we have also lost the following members for whom we have no Absent Friends reports at the time of going to press:

*Mrs Patricia Corbett Mrs Doreen Delaney Mrs Joyce Hadlow  
Mrs Mollie Merrill Mrs Olive West Mr Alan List*

Our thoughts are with their families and friends.





## Your weight and your heart health

**R**esearch shows that being overweight or obese can:

- raise your blood cholesterol levels
- increase your blood pressure
- increase your risk of developing Type 2 diabetes.

Because these are risk factors for coronary heart disease, your weight can have a big impact on your long-term health.

Even if you don't have any of these conditions, it's important to keep to a healthy weight so you don't develop them in future.

### *What can I do to keep my heart healthy?*

The good news is that if you're overweight or obese, you can reduce your risk of coronary heart disease by reaching and keeping to a healthy weight.

### *Dieting myths*

Everyone wants to lose weight quickly and keep it off, and there are so many diets out there promising instant results. There's even a diet falsely calling itself the British Heart Foundation Diet. However, this diet and many like it are just dieting myths.

### *Busting dieting myths*

So, how do you tell the difference between a faddy crash diet and one which will help you lose weight at a sensible rate and keep it off?

Look out for the warning signs and beware of these common dieting myths:

#### *Myth 1 - Skipping breakfast is a good way to lose weight*

Skipping meals, especially breakfast, can make you feel tired and hungry and more likely to reach for high-fat, high-calorie snacks. In fact, people who eat breakfast are more likely to maintain a healthy weight than those who don't.

#### *Myth 2 - Food restrictions*

If you eat nothing but celery or oranges all day long for a week you will, of course,

lose weight. But fad diets that drastically cut calories will quickly become boring and won't be effective in the long run. It's not necessary to starve to lose weight - making small changes that you can stick to is the key to long-term success.

#### *Myth 3 - No treats*

Depriving yourself of all the foods you enjoy won't work. You'll eventually give in to temptation and abandon your efforts. There's no harm in allowing yourself a treat now and again.

#### *Myth 4 - No eating past 8pm*

It doesn't matter when you eat if you are eating too much – a calorie is a calorie at any time of the day! It's healthier for your digestive system not to eat a heavy meal before you go to bed but a late dinner will not make you any fatter than an early one.

#### *Myth 5 - Lose your belly fat / bingo wings / thunder thighs*

As unfair as it may seem, we can't pick and choose where we gain or lose weight from. When the body loses fat, it is lost throughout the body. Focusing on one area of the body when exercising may develop better muscle tone in that area but it will not remove more fat.

#### *Myth 6 - Certain foods help you burn fat*

No foods can actually help you to burn fat. The important thing is eating fewer calories (energy), rather than eating specific foods that are thought to have special properties.

#### *Myth 7 - Carbs are fattening*

It's calories that count, and gram for gram carbohydrate has less than half the calories of fat. However, carbohydrate-rich foods can be high in calories because of the fillings and toppings commonly added to them – such as creamy sauces on pasta and butter or cheese on baked potatoes. Some carbohydrate foods, especially wholegrain versions, are packed full of fibre which can keep hunger at bay. For example, wholegrain pasta is more filling than white pasta and will keep you satisfied for longer.

#### *Myth 8 - No snacking*

Eating healthy snacks between meals can actually help you to control your appetite. Fruit, vegetables, crudité's and low fat yoghurt are great choices.

### Myth 9 - Low fat only

Replacing fat with other ingredients can still result in a product with a high calorie content. Don't be fooled – check the label. Quantity is also important – you won't cut back on calories if you eat twice as much of a low fat product as a full fat one.

### Myth 10 - Intense exercise regimes

Even low intensity exercise will help use up more calories. Walking, gardening or doing housework can make quite a difference.

### Looking to lose weight?

If you're looking to lose weight in a healthy way and keep it off

- Order the official British Heart Foundation guide to losing weight:

*'Facts not fads: Your simple guide to healthy weight loss'*

- Find out more about managing your weight.

Visit the British Heart Foundation website:

**[www.bhf.org.uk](http://www.bhf.org.uk)**

Adapted from the British Heart Foundation website



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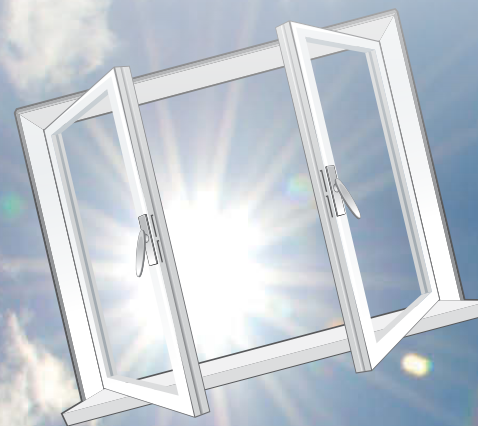
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