

# UPBEAT MAGAZINE

Journal of West Suffolk Heart Support Group

Spring 2018

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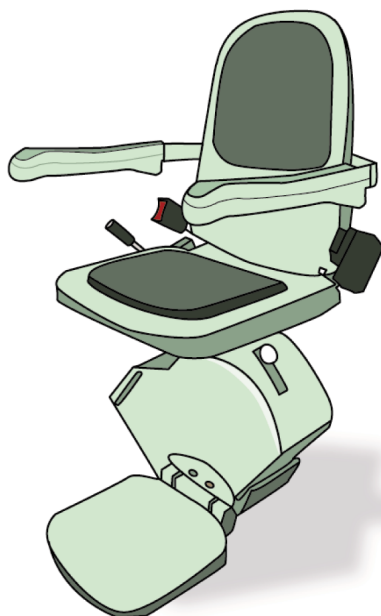
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*Front Cover: Early daffodils at Ickworth Estate*

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**W**elcome to the Spring 2018 edition of the Upbeat Magazine. I hope you find something of interest in its pages. As always, I am grateful to all who have submitted articles for inclusion, especially our nurses and instructors for their interesting and informative pieces. On Page 32 Senior Nurse Kate Turner explains much about some of the medications many of us take regularly following heart problems, so we can have a better understanding of why we take them and what they do to help. On Page 40 instructor Peter Azzopardi gives us advice on healthy eating, especially for those members who have diabetes, and on Page 52 Nurse Tracy Wallace advises on coping with the emotional difficulties which often follow a cardiac event.



I'd like to draw your attention also to the item on Page 14: Treat Me in Time: Treat Me Right, by Martin Bate, Project Manager for the West Suffolk Clinical Commissioning Group. This gives us the chance to participate in an important initiative which could have major implications for the diagnosis and treatment of strokes.

Really the timing of this issue is set by the date of our Annual General Meeting, which this year is to be held on May 15th at the Southgate Centre in Bury. It is important that we get a good attendance at the AGM so that the business of electing a Committee can be conducted, and the future direction of Upbeat can be decided. Every year we put out a plea for more members to join the Committee or to volunteer to help in whatever ways they can. On Page 22 Bury members Joyce and Ron Lawes have reiterated this plea. Please give it serious consideration. Could you spare a few hours now and again to help at Upbeat events? We'd be very grateful.

We've the usual reports and photographs of social events that have taken place since our last issue and Page 21 shows some of those we have planned for the future. We look forward to welcoming you to some or all of these.

If you would like to write something for the magazine - perhaps your personal experiences of living with a cardiac condition or of caring for someone with one, please get in touch. My details are above and on Page 13. Thank you.

## *Chairman's Report* Sylvia Baker



Where did 2017 go???? Christmas was upon us and now we are already well into 2018 with Spring around the corner.

As many of you know I have just returned from a trip to the Far East which was fantastic but now it's back to reality and I have to crack on and face the cold and wet back in the UK.

Again many of you seem to have caught this dreadful cough blamed on some sort of virus. Let's hope we all get over this quickly.

We are trying to get more people involved and Brian Richell has agreed to run the Social Group so he is getting to grips with matters and we can look forward to lots of events and trips in the coming months. The 'Future Events' page will explain in more detail.

Again a lot of hard work has gone into sorting out funding to keep us operational this year and Hilary works hard to get the best results.

Venues seem to be working well and we are getting a steady stream of new members, thanks to the efforts of Bill and Clare Kettle in Long Melford and of Ilva and Peter Maxey, helped by Margaret Orr, in Bury.

One very exciting happening was that we were contacted by the Lord Lieutenant's office as we have been put forward for the Queen's Award for charity volunteers. They came along and witnessed us at an exercise session. From this meeting they decided that we met the criteria and we have been put forward for this award. Hilary and I met representatives and were given a very thorough investigation and they felt happy that we would now go forward to see if we do actually get this award....so watch this space. Once given it cannot be taken away so we would always be able to say that we had received this special accolade.

I am always on the lookout for ways to promote Upbeat and have given talks to various groups who have given us donations.

Treath allowed us to take over their board room and have a day where we sold cakes, craft items and held a raffle and guess the weight of the cake, as well as a tombola stall. It was great fun and we raised lots of money! Big thanks go to Daemmon and Emma at Treath.

Sadly some of our friends are no longer with us and some are still unwell and unable

to attend sessions at present but our thoughts are with you all.

I appreciate that we constantly seek help from our members and I must say it is great how you all come up trumps again and again - cake-making, supplying raffle items, supporting our outings and helping where you can. Thank you, everyone.

Thank you to all volunteers who help out and to all members for your support during the year.

We have been invited to attend the Beer Festival again in April with a percentage of profits coming to us. See the piece below from Martin Bate for more information and let me know if you would like to help out.

## **East Anglian Beer and Cider Festival**

**18-21 April 2018**

**At the Apex, Charter Square, Bury St Edmunds, IP33 3FD**

Open all day from 12am to 11pm (may close earlier on Saturday depending on beer availability). Over 80 beers and 20 ciders & perries.

A selection of East Anglian beers plus award winners from around the UK.

Now in its 27th year the festival commences on Wednesday, 18th April 2018 and runs through to the Saturday. We have traditionally offered a range of real ales from the eastern region and this will continue for 2018 but, as last year, these will be supplemented by a handful of beers from around the country that have won awards in recent years. This year we will again have our separate cider bar which will offer around twenty ciders and perries from East Anglia and beyond. There will also be free soft drinks for drivers. As in previous years there is a small admission charge (CAMRA members get in free). Souvenir glasses will be available.

The festival is run in support of local charities and raised over £7,000 in 2017. We are delighted that *Upbeat has been chosen as one of our charities for this year*. Some of you may remember 2014 when Upbeat supported our 23rd festival and many members enjoyed working alongside the CAMRA team to look after our customers as they enjoyed the delicious range of beers and ciders. If anyone would like to help with our beer and cider festival this year please contact Sylvia Baker.

Keep an eye on the CAMRA website for more information as the festival date approaches

[www.westsuffolk.camra.org.uk](http://www.westsuffolk.camra.org.uk).

**W**e were very lucky that one of our patrons, Pegah Salahshouri, Lead Cardiology Consultant for West Suffolk Hospital and Papworth Hospital, found the time to visit



one of our Wednesday morning sessions in November to see for herself how we exercise.



She arrived about 10am at Newbury Centre and proceeded to check out all that happens on a normal day for Upbeat Members.



She watched us exercise, spoke with the Nurse, had a cup of tea and then sat with members and chatted and discussed matters with them.

Pegah also spoke to the whole group and praised what we do. She thought the National Health Service should be paying for what we do. However, she stressed that in the absence of official funding we must continue to get heart patients to exercise.



Her friendliness shone through and she had time to reassure members and to tell everyone that what we are trying to achieve is correct and that she fully supports us.

She comes across like a beam of sunshine and is such a lovely person, we are very lucky to have her support for Upbeat and belief in us.



It was so nice to have her join us and her visit was very much appreciated.

*Sylvia*



# Secretary's Report

## Hilary Neeves



With the AGM coming up in a few weeks, perhaps now is the time to remind everyone to make an effort to attend: **Tuesday, May 15th at the Southgate Centre, 7pm** start and wine and nibbles after. This is your group and we value your input. We hope you enjoy the sessions, i.e. 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 and are always hoping for willing people to help us out.

We have seen a general decline in the numbers exercising over the last year. Perhaps now is the time to make an effort in keeping the regular exercise regime going. If you are a heart patient YOU KNOW IT MAKES SENSE! Here are a few interesting statistics that might persuade you to attend the sessions:-

What does it take to live to a hundred years and beyond? The answers may surprise you. A series of American Studies of tens of thousands of middle-aged people looked at every aspect of their lifestyle: diet, exercise, marital status, how often they went to the doctor, smoking, drinking, etc. This was all recorded many years ago and revisited again recently to see who was left standing, and of those, what reduced their chances of dying the most. See the Staying Alive Predictor table below:-

- |                      |                       |                |                      |
|----------------------|-----------------------|----------------|----------------------|
| 1 Social Integration | 2 Close Relationships | 3 Stop Smoking | 4 Stop Drinking      |
| 5 Flu Vaccine        | 6 Cardiac Rehab       | 7 Exercise     | 8 Lean vs Overweight |
| 9 Hypertension       | 10 Clean Air          |                |                      |

So, coming together regularly in a social environment, making friends, enjoying the company of others, building relationships looks very much a top priority (Upbeat). Smoking and Drinking and Flu Vaccine, we all know about. Cardiac Rehab No.6 (Upbeat) Exercise No.7 (Upbeat) the list just goes on and on. Conclusion: **Upbeat is definitely good for our health!**

See you at the AGM.

*Hilary*

# Treasurer's Report

Valerie Axton



I am pleased to report that Upbeat is in a very sound position financially due to many donations, large and small.

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. She has written a piece about the generous grants that we have had but not said anything about the time it takes! There are many pages of form-filling and grant applications need more and more detail. The grants also have to be monitored and

reports written regularly on how the money is spent. Examples include, how many people see the nurse, how many do the seated classes each week, etc.

We have to thank RC Treatt for helping out with the cost of postage for our magazine and paperwork and supporting us with grants and a sale of cakes, preserves, etc. at their premises in December.

Our very grateful thanks must go to all of you for all the fundraising activities that you do: jam sales, table top sales, Christmas hamper draws, raffles, sponsored walks, etc. We have also had some larger anonymous donations, for which we are very grateful. Please look at the donations shown on Page 12 and see the variety of financial gifts we have had.

We have also had donations from funerals, money given in memory of Primrose Newton (Mum to Kate Turner, our Senior Cardiac Nurse) and of Freddie Kitchin. It was very kind of their relatives to remember us. We have also had two legacies from the wills of Tim Collard (£500) and Anne Murdoch (£3,000). All are very much appreciated. However, the small donations are also very important to Upbeat and help to keep us afloat. Your contributions to 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, as has been reported in the magazine previously:

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, we rely on your support and we have to monitor our finances very carefully indeed. If you pay tax and you make any donations, please complete a gift aid form as we can claim gift aid 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 45.

Lastly, please think about becoming a helper as we need people to keep us going and to share the workload. We are all volunteers and have no paid workers, so any offer of help is much appreciated. Thank you.

## Postage

If you can help deliver other members' magazines in your road or village it would help with costs. We have lost our cheaper direct mail post and it costs over £1.30 to send via Royal Mail. For example, we have a member who delivers all the magazines for the village of Barrow. When we have a posting please have a look and see if you can deliver any post to others.

## Membership

Thank you to everybody who has renewed their membership details for the next three years. It is important for us to keep your details up to date. ***If you have not returned your form, please do so.*** Membership is FREE and some of you have asked about having a subscription. We do not charge but if you wish to give a donation that would be fine. You can set up a standing order if you would like to give a regular amount. We have members who give weekly, monthly or yearly. Please contact me for our bank details, if you wish to set up a standing order.

All membership details are confidential. We do not share your individual data with anyone. Names, addresses and telephone numbers are kept at each venue in case of emergency and only a very limited number of members – currently four – can see the full list. Details about members e.g. an address or telephone number, are not given out when requested by other members.

General data is collected from our membership details, e.g. number of male to female heart patients, number of carers, age groupings, number attending exercise, etc. This is used for obtaining grants. Sometimes specific data is needed and some members will be invited to contribute. At the present time as part of a 100 day challenge to improve diagnosis and medication the NHS is looking for patients with atrial fibrillation. There is an article about this on Page 14.

## Water Bottles

As we all know it is important to drink water, especially if we are doing exercise. We currently provide plastic cups which are used once and thrown away. If you can bring your own water bottle it would cut down the number of cups we use and help to reduce the plastic mountain. Obviously we will still have some cups for new members and those who forget but your own named water bottle would be a great help.

*Valerie*

## FUND RAISING & DONATIONS OVER £20

September 2017 – January 2018

### GRANTS / SPONSORSHIP / GROUP DONATIONS

Ipswich Building Society- Shine A Light Project	£539.30
Suffolk Community Foundation	£3,300
R C Treatt	£1,000
Suffolk Community Foundation	£5,000
GDL Construction	£50
ALA Masonic Stowmarket	£250
P & J Goodyear – Christmas Dance	£400

### FUND RAISING

Easy Fund Raising	£27.59
C and F Medcraft Jam Sales/ Car Boot /Table top Sale	£171.70
Martyn Roper Talk to Long Melford Ladies	£40
Tracey McCarthy – Sponsored Walk	£465
Long Melford Table Top Sale 30.09.17	£210.60
Great Barton Dance 14.10.17	£381.60
Xmas Hamper Draw Sexton's Manor & Southgate	£158.50
Xmas Hamper Draw Long Melford	£261.97
Xmas Party, Draw, Auction Newbury	£417
Treatt Sale of goods	£529.96
Sale of excess party food & drink	£58.48
Ilva Maxey- Lemon Curd Sales	£90.00
John Adams Magic Show Gt Whelnetnam Over 60's	£55

### DONATIONS – Individual Over £20

Long Melford Collecting Tin	£70.04
Newbury Collecting Tin	£204.46
Thursday Morning Coffee Group Southgate	£50
Eileen Shurmer- Small regular donations	£25
Rodney Johnson/ GYE Charities Trust- Monthly	£50
Anonymous Donations - 4	£402.20
PJ & AB Wilson	£25
Dr. E Lee	£100
Beryl Hazell	£150
Gill Leeks	£30
RC Bird Annual donation	£50
E and R Webb	£50
Donations in place of Xmas Cards-2	£25
D G & B Begg	£30
J and A Dawkins	£45
David Catton	£40
Derek Finch Memorial Darts Donation	£125
Barbara O'Neill	£20
Norman Langridge	£60
Mr & Mrs Padley	£20
Mrs Yeates	£30
John Godfrey	£30
John Simmons	£21
Joyce Hurrell	£110

#### Donations - In memory of Primrose Newton -Kate Turner's Mother

Sylvia Baker	£20
CH Fleming	£20
Several donations	£96

#### In memory of Freddie Kitchin £418.25

#### Will Bequests

Tim Collard	£500
Estate of Frances Anne Murdoch	£3,000

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



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THEATRE TRIPS  
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# **Treat Me in Time: Treat Me Right**

**Exciting news if you, your family or friends have been affected by a stroke**

**Martin Bate - Project Manager  
West Suffolk Clinical Commissioning Group**

**W**est Suffolk is participating in a national 100 Day Challenge to reduce the chances of people having a stroke due to a heart condition called Atrial Fibrillation (AF). Atrial fibrillation causes an irregular and often abnormally fast heart rate. This can cause problems including dizziness, shortness of breath and tiredness. AF also means that blood clots are more likely to form in your heart, increasing your risk of stroke.

AF if left untreated is a ticking time-bomb; it's a common condition and a person with AF is five times more likely to have a stroke. In addition AF related strokes are more severe with many resulting in serious disability or even death. It's a national problem: insufficient detection and diagnosis, low patient understanding and incomplete knowledge amongst professionals are all recognised concerns.



Healthcare organisations in West Suffolk are working in partnership with local people to meet the AF challenge. Tools and guidance will be developed to support GPs and other health professionals in managing people with AF, so they see the right person in the right place, first time. Improved information will be provided for patients to help them manage AF as part of their daily life.

People diagnosed with AF are usually treated with anticoagulants, commonly referred to as blood thinners, which prolong the time for blood clots to form, which in turn lowers the risk of a stroke. It is vital for people with AF to start their anticoagulation treatment straight away; we aim for this to be within 48-hours of diagnosis, as it reduces stroke risk by two-thirds. The 100-day project will try out methods by which this can be achieved, including:

- Support for GPs to diagnose and educate patients to ensure that treatment starts promptly and is adhered to.
- A new 'one-stop' hospital AF clinic for patients who need specialist advice. Emergency referral to the clinic which will undertake tests, and agree treatment plans.
- Previously diagnosed patients will be reviewed to check and where necessary adjust their treatment plans.
- Education and support for medicine dispensers and pharmacists.
- Information opportunities for patients, carers and other people across health and social care.

In addition to local improvements, the project methodology and outcomes will be shared with NHS England to share the benefits with other areas across the country.

Upbeat members are already involved with the AF project and the team are looking for more input and support for this work. We welcome Upbeat members, their families and friends to be involved.

Please contact Martin Bate, the project manager, for further information or to join the team:

Email: [martin.bate@westsuffolkccg.nhs.uk](mailto:martin.bate@westsuffolkccg.nhs.uk);

Phone: 01284 758036

## HOW YOU CAN HELP YOUR MAGAZINE

Advertisements bring in useful revenue to offset the cost of printing and distribution of our magazine. Could you contact local businesses and tradesmen to obtain advertising? If they are interested pass their details to the two people named below and they will see that an Upbeat member makes contact.

**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 Ilva Maxey 01284 787516. All advertisers also get a FREE link on our supporters' page on our web site. Upbeat Magazine is distributed free to all members. In addition copies are distributed to surgeries and hospitals throughout West Suffolk for use in their waiting rooms.

# *'Twas the Season to be Jolly - Christmas Party Pictures*

We had a good turn-out at **Sexton's Manor** School on December 15th for the last exercise session of the year, with Yvonne taking a shortened class with a few seasonal additions, while Sylvia, Hilary, Valerie and others set out a buffet supper with a great selection of savoury and sweet foods brought by all the members. David Camp supplied wine, lemonade and juice as well and there were about thirty people at the party all told.



Everyone had plenty to eat and enjoyed the opportunity to chat with other members. As Sexton's provides exercise and a nurse only, with no coffee



break, socialising is more limited than at the other exercise venues. Yvonne and Hilary kindly entertained us with several musical numbers and we drew the Christmas draw for which we had sold £83.50 worth of tickets and for which seventeen prizes had been donated. We finished by thanking everyone who had helped, both on the night and throughout 2017.

*Ann Clarke*

## *Newbury Centre Christmas Party*







Christmas parties were held at all venues and were enjoyed by all. Special thanks are due to David Camp for bringing along drinks and for Brian Richell for the music. There was very good attendance and we thank all involved with food, drinks, raffles and the music. Everything was excellent! Big thanks go to Felicity Stemp who made up the hampers for our raffles.



On 17th February we held a Jumble Sale, organised by Penny Morris and her team. This was a huge success and raised lots of money, so well done to all involved with sorting, selling, cooking (the smell of bacon got everybody's taste buds going) and the



sight of Richard with his bandana on! Well!...very chic! Thanks too to Chris and Frank for storing items.

# Newbury Post-Christmas Lunch

By Roger Addis

**D**espite my scepticism about outside catering and the name Mrs. Hubbard - Mrs. Hubbard's Cupboard was far from bare. It was a 3-course meal with all the trimmings with excellent choices, plus tea or coffee, followed by mints.

The helpings were extremely generous and the highlight for me was the roast beef: three or four slices cooked well, tender, tasty and with a dash of horseradish sauce produced a lasting taste. Then there were roast potatoes - just as mother cooked, accompanied by a selection of vegetables.

The many staff were courteous, efficient and always ready to meet our requirements (especially when we had forgotten what we ordered). Of particular note were the hot plates, which can mar a meal. All in all a very professional service and Hubbards are to be congratulated.

There was no rush to bring the occasion to a close. Apart from good service we had a warm and welcoming location, a bar and most of all the friendship of many Upbeat members. It is also worth a note that we enjoyed our own cabaret orchestrated by Joyce and friends who couldn't resist the opportunity to break into tune for a range of World War 2 melodies.

Let's have a repeat.



# CPR Training at Upbeat

## Martyn Blackford



Congratulations to all the Upbeat members who attended the recent CPR training sessions held in Sudbury and Bury St Edmunds over the last three months. It is never an easy topic to address if we have had personal experiences, but we hope that you have learnt some important skills to act more confidently in the future.

The sessions covered:

- how to act in an emergency,
- how to deliver CPR,
- the safe use of a defibrillator, and
- the recovery position.



If you believe someone is suffering with a cardiac problem and they are still conscious the best position is to keep their head and shoulders raised (in a seated position) which will help take pressure off the heart.



If you did not have a chance to attend the sessions, please speak to the committee to register your interest for possible future sessions.

Thanks

*Martyn*

Upbeat Instructor (Bury St Edmunds)

## New Members September 2017 - January 2018

Jayne & Roy Appadoo  
Jean & Brian Brown  
Alison Dixon  
Julie Dubroff  
Christopher & Pearl Edmunds  
John & Veronica Garbett  
Barry & Christine Hagger  
Peter Hilditch

Janis Impey  
Susan Jackson  
Margaret Morrison  
Ian Orr  
Gerald & Marion Rice  
Anne & Roy Whitworth  
Mary & David Witham

*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 any improvements or innovations you would like to see.*

*Due to the printer's deadline, this list is correct only up to the end of January 2018. Members who joined after that date will be shown in the next issue of the magazine in Autumn 2018.*

## 100 Club Winners

September	1st Prize Ms D Crangle £100 Number 232 2nd Prize Mrs H Stannard £26 Number 123
October	1st Prize Mr E Delaney £100 Number 142 2nd Prize Mr K Bannister £26 Number 038
November	1st Prize Mr & Mrs R Lawes £100 Number 155 2nd Prize Mr & Mrs R Yates £26 Number 118
December	1st Prize Mr D Cook £100 Number 106 2nd Prize Mrs M Ranson £26 Number 135
January	1st Prize Mrs S Whymark £100 Number 23 2nd Prize Mr & Mrs G Clarke £26 Number 154

The value of the second prize increases if more people join the 100 club during the year.



# Future Events

These social activities help to raise much-needed funds to keep Upbeat going so we hope you will support any which appeal to you.

## March

8th 12- 5 pm Annual Upbeat Lunch £26  
Stoke-by-Nayland Golf Club Speaker: Mark  
Murphy from Radio Suffolk Raffle

## April

Date tbc Theatre Trip Suggestions welcome

20th 7 -9.30 pm Quiz Night at Newbury  
Centre Fish & Chip Supper Bring your own  
drink. David Axton officiating £10

## May

5th 'Old Tyme Music Hall', 7-11 pm Gt Barton  
Village Hall: Brian Richell is organising this  
and needs entertainers to come forward.  
Price includes fish and chip supper. Tickets  
at all venues: £10

15th 7-9 pm AGM at Southgate Centre, Bury  
St Edmunds Wine & Nibbles All members  
welcome

## June

Date tbc Chrissie Medcraft is organising a  
mystery Treasure Hunt around Bury. More  
details later.

22nd 6.30 for 7 pm start: Long Melford Quiz  
Night hosted by Val Carr & Brian Richell. Tea  
& coffee available

## July

5th 2 - 5pm Strawberry Tea Newton Green  
Village Hall £8

Come and enjoy afternoon tea with  
friends. Raffle, music, and quiz.

Yet to be confirmed: Mystery  
Tour, River Trip, Theatre Trip, Bingo  
Session, plus any other ideas you  
may suggest.

Please contact a committee  
member if you have any ideas or  
can help out at any of these events.

*Unfortunately due to increases in  
the cost of food, fuel, and hall fees  
it will be necessary to raise some of  
our prices. Sadly, Turners coaches  
in Essex have ceased trading. This  
was our preferred company and was  
considerably cheaper than other  
local companies. However, since  
they are no longer trading we will  
be forced to use more expensive  
companies to meet our transport  
needs. The extra may amount to  
£100 or more so that we may be  
forced to increase prices. In some  
instances we have quoted prices  
but due to the above we may have  
to add an additional £2 to each  
fare. We are very sorry about this,  
but circumstances are beyond our  
control and we hope members  
will continue to support the events  
arranged. Thank you.*

*Sylvia*

I felt it correct that I should write a few words about Rodney Johnson.

He has been such a good friend to Upbeat and over many years has always supported us. He had done our banking since ... forever! He helped put together our constitution; he was around in the early days, so is a source of valuable information. We store stuff at his home and in the early days, Rodney and his late wife, Ella, ran things, always helped out and sorted things for us.



He really has been great, quietly getting on with things, never making a fuss but always ready with a smile and sound words. He has proved invaluable to me and I wanted to thank him on your behalf.

Rodney has decided to give up banking and he well deserves to be free from this task.

Rodney, we are lucky to have you still exercising and being one of us. Thank you for everything you have done and still do for Upbeat.

*Sylvia*

### *A Few Words of Thanks to the Upbeat Committee*

Ron and I have been members of Upbeat since 2007 and have enjoyed helping and opening fresh avenues for the group. But how many of us really know what is involved in running Upbeat? Enabling it to run smoothly, to be financially stable by fundraising, keeping in contact with the various charity organisations and ensuring we abide by their regulations, organising exercise sessions - this is all done by the committee. All their work is done voluntarily, without pay. They are dedicated to Upbeat and want it to succeed, but they can only do so much without help. They have their own families and commitments. Many have a history of heart problems and sometimes find it hard to do all that they would like to do. Consequently, they need more help.

If you are willing to give some of your spare time to help in any way, please speak to Sylvia, our Chairlady, or Hilary, our Secretary, both of whom attend exercise sessions regularly, to see what you might be able to do to help.

Our thanks go to all those who have worked so hard in the last year.

*Joyce and Ron Lawes* - 'Meeters and Greeters' at the Newbury Centre



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# Obtaining Grants for Upbeat

by Hilary Neeves

The search for grants is relentless and every avenue is explored. A few local well-known groups, such as Rotary Club, The Lions, Grand Order of Free Masons may give us a one-off donation through a connection with one of our members, or a contact. Local Councillors have been very helpful, in particular David Nettleton, who is the councillor for St. Olave's Ward of St. Edmundsbury Council. He has helped us with the cost of new computers through his locality budget and also through the Bury St. Edmunds Town Council budget for Instructor training. We thank all of these contributors.

The Bury Community Chest run by St. Edmundsbury Council have also been wonderful and provided us with some funding this year. In recent years we have also had two applications agreed by the St Edmunds Trust which was set up to provide financial assistance to and co-operate with any other charitable organisations in West Suffolk providing hospitals, hospices, clinics, hostels, homes, social centres and other establishments for the treatment or care of sick or disabled persons.

Other contributors to our funding have been local business R.C.Treath. We are so lucky to have connected with Daemmon Reeve, the CEO of this global company which could be almost unnoticed in Northern Way in Bury St. Edmunds. He has been so helpful to us with donations and invited us to set up a Christmas stall at his premises which raised almost £530. He is now our Patron and is taking his role very seriously, mentioning Upbeat wherever he can.

We have also struck up a good relationship with The Suffolk Community Foundation in Ipswich. They are an umbrella group, holding and managing lots of local funds. We thank Tim, Andrea and Stephen, who, since visiting us a couple of years ago, have helped us enormously. We have had applications agreed from The Fonnereau Foundation, Simpson Fund, and Suffolk Giving Fund.

All of these groups are to be thanked hugely for keeping us going and paying for various projects within Upbeat. Many other smaller donations are received during the year, for which we are enormously grateful for every single one, as our outgoings are always higher than our income. We consider our group to be a service and as such we have to bridge the financial gap with grants, donations and fundraising. This year we received a legacy of £3000 from one of our long-term Sudbury members, Anne Murdoch, for which we are very grateful. What a wonderful thing to do!

So a big 'Thank You' to everyone who has supported our past events and an invitation to all other members, those of long-standing and, particularly, our new members. Please try and support our events if you can.



## Our Nonagenarians

LOOK AT THESE LOVELY GUYS..... Their combined age in March was 275 years!  
THEY ARE ALWAYS SMILING AND STILL EXERCISING !!!!!!!



**Eddie Delaney, 92:** What keeps me going? Simple! My family and all my friends, who help me enjoy life. I have a wonderful family who look after me and make me happy. I love meeting the people at Upbeat every week who have made me so welcome. Thanks to my daughter Lynne for encouraging me to attend after the loss of my wife of 64 years.



**Gerald Black, 90** in March .....I love coming to Upbeat on a Monday morning; it gives me purpose and friendship. I live near a co-op shop and near the pub!



**John Adams, 93:** I have never drunk alcohol or smoked and I am a blind war veteran and a good baptist. I was part of the Ramblers association and believe in exercise. I was lost when my wife died five years ago and bless the day that Sylvia and Hilary came to visit and invite me to join Upbeat. It has made such a difference and I have made lots of friends.

### *Coffee Mornings*

Coffee mornings at the Southgate Centre will be held on the dates shown below. For more information, please call either Rodney on 01284 754844 or Ann on 01284 750980.

We look forward to meeting you.

April 12th, 26th      May 10th, 24th      June 7th, 21st

July 5th, 19th      August 2nd, 16th, 30th

September 13th, 27th      October 11th, 25th

November 8th, 22nd      December 6th, 20th .

# Brand New Website

by David Camp

On Christmas Day, we published our newly redesigned and updated Upbeat Website. Our webmaster, Steve Dennington, had spent a number of months working on it following a discussion that it was perhaps time to review our old site and give it a facelift. We considered our old site to be one of the best in the small charity sector, and without doubt in the country's Heart Support Groups. But our new site is even better: Easy to find things, simple to manoeuvre between pages, informative, instructive and looks good whilst explaining all that you need to know about Upbeat.

We consider our website, together with our twice-yearly excellent magazine, to be important means of keeping our members informed and updated and also to advise potential members what we do and where and how we can help. It is also viewed worldwide with interest, which is verified by the 'hits' we get all over the globe, and the enquiries and comments from individuals and companies from America to Zambia.

I started our website back in 2004 (a much simpler affair than today's) using a 'paint by numbers' template system. We were approached by Steve in 2006 offering us his services, completely voluntary and free, to set up and run a website for us after establishing that we were passionate about what we were doing and achieving as a charity and he would like to help us on our journey. And here we are, twelve years later, and he still manages to find time for us, despite running a successful business of his own, 'GDSS Gates and Door Specialist Services', which sponsor our site (see their advert elsewhere in the magazine or check out their website on [www.gdss.co.uk](http://www.gdss.co.uk)). We are deeply indebted for the time and skill he affords us.



Steve Dennington

Items of interest on our site include profiles and photos of our current Executive Committee members, nurses and exercise instructors, a gallery of photographs of all our functions over the last couple of years, details of our sessions, social events and fund raising activities, our magazines going back to 2009, medical and health items, links to other organisations and places to find further heart and medical information, plus much more.

You can find the site at [www.upbeatheartsupport.org.uk](http://www.upbeatheartsupport.org.uk). Please take a look and we would really value your comments – good or bad, critical or constructive, where we need to improve and any other items that you would like to see on the site. You can use our "Contact Us" page or email me at [davidcamp44@btinternet.com](mailto:davidcamp44@btinternet.com). After all, it is YOUR website. Use it and enjoy it.

# *Cruising Down the River*

## *... Upbeat's day on the Orwell*

The morning of September 12th dawned bright and sunny, thank goodness, as it was the day of Upbeat's river cruise on the Orwell. Lots of us eagerly gathered at the Newbury Centre awaiting the coach, which had first done a pick up of Long Melford and Sudbury members before heading to Bury.



Many of us had raincoats and warm tops in case the weather should change or it be too breezy once we were out on the water, but in the event, we had little need of either - it was kind to us all day.

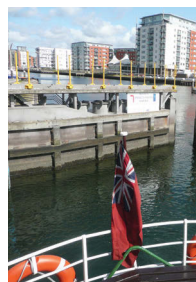
The coach arrived at about 9.30 and soon we were all aboard and making our way out of the Howard Estate, heading for the A14 and Ipswich. Fortunately the traffic was fairly light and, being seated higher than one would be in a car, we were afforded fine views of the Suffolk countryside as we sped along (those who managed to stay awake, that is. I'm sure I saw one or two heads nodding already!).



By twenty to eleven we had arrived at the quayside, ready to board the 'Orwell Lady'. She's by no means a big ship, having the capacity for one hundred passengers, some of whom can be seated on the open upper deck, where most of us chose to sit and make the most of the sunshine, but with an enclosed lower deck where a small bar served complimentary tea and coffee

throughout our trip.

Our captain gave us a running commentary as we sailed along, giving us lots of interesting information about the port of Ipswich and the places we passed on our way downstream. It seems that the inner harbour area is tidal and water levels are controlled by locks, one of which we had to navigate on our way out onto the river.





It soon became clear that Ipswich is a busy port, handling some fairly big ships. The riverside was lined with cranes and we saw several large ships loading and unloading their cargoes. Yet, despite all the commercial traffic on the river, there was no shortage of wildlife, as we saw. Our captain said that we might be lucky enough to see some seals but unfortunately, the animals proved to be elusive!



One of the major sights on leaving Ipswich was the magnificent Orwell Bridge under which we passed. Apparently it has become home to some Peregrine falcons who nest high up above the river. Sadly, they proved to be as camera-shy as any seals that might have been around!



Seated on the upper deck we were able to enjoy the lovely autumn weather and were afforded excellent views of all the points of interest our captain mentioned. One of these was Freston Folly, a six-storey tower dating from the 1500s and which can now be rented for holidays. We passed the little village of Pin Mill, once a thriving centre for smuggling, we were told, and where Arthur Ransome, author

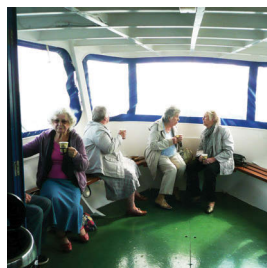
of the children's books: 'We Didn't Mean to Go to Sea', and 'Swallows and Amazons', lived, worked, and sailed. Nowadays it's very popular with the sailing fraternity, with many small yachts and houseboats moored along the shore.



Half way into our cruise the word went out that lunch was served in the salon on the lower deck. We were treated to a very good selection of sandwiches and savouries, and cakes and biscuits - all very tasty - together with tea or coffee. We took ours back onto the top deck so as not to miss anything, but many members stayed below and enjoyed a good natter.



About two hours into our trip we reached





Felixstowe, the UK's largest container port, with massive cranes along the shoreline on our port side, and the port of Harwich to our starboard. Here the water was rather more choppy as we were very near the point where the Orwell meets the North Sea. This was the furthest part of our trip, the captain told us, and so we turned around and started back up stream.



There were lots of private pleasure yachts and motor cruisers on the river. Clearly, even in these times of austerity, some people have the money to indulge in rather expensive pastimes. As well as the sailing vessels, we saw somebody wind-surfing (Goodness! That looked like hard work!) and a small motor boat specially adapted to accommodate wheelchair users.



By 2pm we were back on dry land and boarding our coach once more, but not for the homeward journey just yet. Our tour included a brief visit to Jimmy's Farm at Wherstead. It is actually a rare breeds farm which is home to a variety of small animals but we didn't get to see any of these on this visit. Our main objective was a nice cup of tea and some excellent cake!



Finally our driver delivered us safely back to Bury at 4.30 before heading south to take home our Sudbury and Long Melford members. We had enjoyed a very pleasant day and thanks must go to Ilva and Peter Maxey who organised it all for us. I know that Ilva is already thinking about another boat trip for later in 2018 as these are always popular. Thank you, Ilva! We are already looking forward to it.

*David A.*





# Pills for the Heart

**Kate Turner,  
Senior Nurse**



Most people who have had a heart attack will be commenced on a combination of tablets. We know from research that these drugs help to stabilise your condition and also provide protection from further cardiac events.

Most of these tablets will be lifelong or until further research provides us with new therapies.

If you have to pay for your prescriptions this will obviously be quite costly. However, a pre-payment certificate can be obtained that covers the costs of any medicines you are prescribed. The certificates can be obtained from most pharmacies, online @ [www.ppa.nhs.uk](http://www.ppa.nhs.uk) or by phone on 0300 330 1341.

The following information is intended for general guidance. If your doctor has given you different advice please follow his or her instructions.

## **Anti-platelet Therapy**

Examples: - Aspirin, Clopidogrel, Ticagrelor



These are drugs that stop your blood from clotting so easily, thereby reducing the risk of a clot blocking a diseased artery and causing a further heart attack. They should be taken in the morning with or following your breakfast as they can cause indigestion type symptoms. You may need an additional tablet from your GP to help protect your stomach.

Possible side effects:

- These tablets affect the time it takes for a clot to form; you may find that you bleed for longer if you cut yourself. You may also bruise more easily.
- These tablets may irritate the gut, causing indigestion or stomach pain. It is important that you take them with or after a meal.

- Some people can be allergic to Aspirin; this is more common in people who have a history of asthma. If you get short of breath, or notice a wheeze after taking the tablet, please tell your GP.
- Skin rashes

What if you miss a dose?

If you forget to take your Aspirin in the morning, take it later in the day with food. If you forget completely, take your usual dose the next day. DO NOT take a double dose.

General points:

If possible dissolve your Aspirin in a small amount of water and always take with or after food. This reduces the possible side effects of stomach irritation, nausea and vomiting.

When taking Aspirin for your cardiac condition do not take further doses to use as a painkiller. Try using paracetamol or another type of painkiller instead. Please contact your pharmacist if you are considering taking Ibuprofen for pain. These drugs may interact with each other so you should seek advice before taking them together. Clopidogrel and Ticagrelor are usually taken for a specified length of time; this will be advised by the doctor responsible for your care.

### **Beta-blockers**

Examples: Bisoprolol, Carvidolol



This group of drugs have many uses. They help reduce high blood pressure, help to control chest pain (angina), help correct irregular heart rhythms, and reduce the risk of heart attacks. They work by regulating and slowing the heart rate, which in turn helps to reduce the amount of oxygen the heart muscle uses.

Possible side effects:

- Shortness of breath
- Lethargy and tiredness
- Dizziness
- Numbness, tingling or cold hands and feet
- Impotence in men
- Vivid dreams

What if you miss a dose?

If you forget to take your beta-blocker tablet you should NOT take a double dose. Take your usual dose the next day. Try to take your tablet at about the same time every day.

General points:

You should not stop your beta-blocker tablet suddenly, unless directed by a doctor. Make sure you order your repeat prescription so that you do not run out of your tablets. Cessation may cause an increase in heart rate and force of contraction, thus increasing the risk of developing angina pain.

If you are diabetic, beta-blockers may affect your blood sugar control.

### **ACE inhibitors**

Examples:- Ramipril, Perindopril, Lisinopril



ACE stands for angiotensin converting enzyme. Angiotensin II is a chemical that is produced naturally in the body and has a powerful vaso-constricting (tightening) effect on the blood vessels. ACE blocks the production of this enzyme, thus preventing the vaso-constriction.

ACE inhibitors help to lower the blood pressure and enhance the circulation to your heart muscle; overall they help to improve the heart's pumping action and efficiency and reduce symptoms of heart failure.

Possible side effects:

- Dizziness (especially initially)
- Loss of taste
- Dry cough (worse at night)
- Rash

What if you miss a dose?

If you do forget to take your tablet you should NOT take double the dose. Take your usual dose the next day.

General points:

When you first start the drug it may cause a drop in blood pressure. You will be given blood forms on discharge from hospital to monitor your kidney function.

## Statins

Examples:- Simvastatin, Atorvastatin, Rosuvastatin

These tablets are prescribed to help reduce the level of cholesterol in your blood. These tablets achieve this by inhibiting the production of cholesterol in the liver and as a result the liver withdraws cholesterol from the blood. They also have a stabilising effect on any further disease you may have in your coronary arteries.



Possible side effects:

- Tiredness
- Muscle pains
- Stomach upsets
- Headaches
- Flatulence
- Indigestion

What if I miss a dose?

If you do forget to take a dose do not take double the dose. Take your usual dose the next day.

General points:

More cholesterol is produced by the body during the night time. For this reason, it is recommended that you take this medication at bedtime. You should avoid grapefruit products whilst taking this medication. Your GP may require a blood sample from you occasionally to monitor your liver function.

These tablets must be taken with a low fat diet to be fully effective.

## Calcium Channel Blockers

Examples: - Amlodipine, Diltiazem, Felodipine

This group of tablets are prescribed to help treat angina, high blood pressure, and occasionally for palpitations or heart rhythm irregularities. They help relax the blood vessels, but they also act more on the arteries leading from the heart. They make it easier for the heart to pump the blood out to the body, reducing the blood pressure.





Possible side effects:

- Dizziness
- Headache
- Flushing sensation
- Swollen legs or ankles
- Tiredness

What if you miss a dose?

If you are taking these tablets only once a day you can take it later in the day. DO NOT take a double dose. If you are taking your tablets two or three times a day forget about the dose you have missed and carry on with your usual dose.

### Diuretics (water tablets)

Examples:- Furosemide, Bumetanide, Metolazone, Bendroflumethiazide, Spironolactone



These tablets are used primarily for people with heart failure and sometimes for the treatment of high blood pressure. When your heart is not pumping effectively this will have an effect on how much urine the kidneys produce. With a decrease in urine production your body will carry an excess of fluid, potentially causing your breathing to become more rapid and uncomfortable.

Diuretics work directly on the kidneys to produce more urine and remove the excess fluid from your body. This will help to ease your breathing, as well as helping to reduce swelling of the ankles and legs. It can also help lower your blood pressure.

Possible side effects:

- Dizziness and feeling faint
- Lethargy
- Rash

What if I miss a dose?

Try to take your diuretic tablet at the same time each day, preferably in the morning. If you forget you can take it later in the day up to 2pm. If you forget completely and you feel short of breath you may need an extra diuretic tablet the next day – you should contact your GP for advice.

General points:

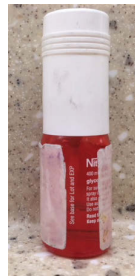
You should take this medication in the morning as you will need to pass more urine for the first few hours after taking it.

You may have blood tests taken occasionally while taking this medication to check your blood chemistry. As a result your doctor may prescribe various supplements, e.g. potassium if your blood results show a particular deficiency.

## Nitrates

Example:- Isosorbide Mononitrate Tablets, GTN spray

Nitrates are used to reduce the frequency of your symptoms of angina. They are 'vasodilator' drugs, which means they widen or dilate the blood vessels. When the drug dilates the coronary arteries, the oxygen supply to your heart muscle is improved, therefore resolving the episode of angina.



Possible side effects:

- Headaches
- Flushing
- Dizziness

General points:

There are several types of Isosorbide tablets. Some tablets are designed to be taken only once a day. These may have the initials XL, LA, SR or Retard added to the name. Due to the way the tablets or capsules release the drug it is very important that these tablets are swallowed whole. If your dosage is half a tablet then the half must be swallowed without crushing or chewing.

It is important that drugs such as Viagra (Sildenafil), Avanafil, Tadalafil, and Vardenafil are not taken in combination with this group of medicines as they can cause collapse.

What if I miss a dose?

If you have missed a dose and realise this within 12 hours please take the dose. If you completely forget, take your usual dose the next day. Do NOT take double the dose.

***This list is not exhaustive; more information will appear in the next issue of the Upbeat magazine – Kate Turner, Senior Nurse***

## Upbeat's Visit to the Wonderful Land of Oz

By Sylvia Bambridge



We had a wonderful start to the Christmas Season when early in December, fifty members and friends of Upbeat went to the Snape Maltings Concert Hall to see the Co-op Juniors Theatre Company's production of 'The Land of Oz'.

It was hard to believe that this amateur company, with a cast of over 100 children, with older teenagers in the main roles, could perform at such a very high standard, certainly equal to any professional show many of us had seen. The fast pace of the production, an all-singing and all-dancing show with a fine orchestral backing, left most of us truly delighted. Added to this we could only admire the efforts that had gone into this presentation behind the scenes: the numerous costume changes, staging and special effects are worthy of special mention.

The whole experience was a fitting end to what was the last theatre trip I will have organised. I should like to thank the members of Upbeat who have supported the theatre trips for many years. We have seen some wonderful shows both in London and Norwich.

I should like to thank Jean Davis, Val Carr and Trevor Davies who have always been willing to help out with the theatre trips.

I sincerely hope you will all continue to support future events.

### A NOTE FROM UPBEAT'S CHAIRMAN

*Sylvia has arranged theatre trips for Upbeat for many years. Twice yearly she has taken us to a show, locally or in London. She has always been meticulous in her organisational skills yet still she has had to cope with members getting lost, almost missing coaches, and some being a bit of a pain, yet she has never complained. We have all taken her skills for granted and now we realise just how great an organiser she has been and how we shall miss her.*

*Sylvia wishes to step down from organising these events but has agreed to oversee anybody who takes over this valued role.*

*Thank you so much, Sylvia, for all your efforts and for doing this for such a long time.*

**Sylvia Baker**

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# Diabetes and Healthy Eating

by Peter Azzopardi

I thought I'd write an article on diabetes, for those who may wish to learn a bit more about this condition and how they can avoid it and for those who already have diabetes and would like to know more about the guidelines for managing your symptoms effectively. If you'd like to know more, then please read on!



## Introduction

Diabetes mellitus is one of the most common diseases in the UK. This disease can have major effects on health including potential damage to the kidneys (nephropathy), damage to the nerves (neuropathy), damage to the eyes (retinopathy) and peripheral vascular disease (limbs) as well as the increased risk of cardiovascular disease. Consequently, it is a major contributor to renal failure, blindness, stroke, heart disease and even amputations!

## Features of diabetes

The glucose in our bodies needs to be transferred from our blood to our tissues and this is done by the hormone insulin. Diabetes occurs where there is a lack of insulin, which may be a lack of insulin production (Type 1) or a resistance to the action of the insulin being produced (Type 2). As a result, the amount of sugar in the blood increases and excess glucose can pass into the urine. This can lead to:

- Increased levels of urine
- Thirst
- Weight loss that cannot be explained

## Type 1

This is where the pancreas completely or partially fails to produce insulin. It can develop at any age and accounts for 10-20% of cases. It may be caused by genetic factors, autoimmune disease or certain viruses, although the exact causes are still not well understood. It is treated through lifestyle changes and insulin replacement by injection or pump therapy.

## Type 2

This is where insulin is produced but it is either insufficient or in an ineffective



form. It accounts for 80-90% of cases and is the much more common form. The development is much more closely associated with obesity and genetic factors and it tends to develop in middle age. However, it is now being seen in younger adults and children. It is managed with lifestyle changes, reduced food/energy intake and undertaking more activity and exercise. Most individuals also require hypoglycaemic medication which increases insulin production or enhances its effectiveness. In some cases insulin injections are required.

### **Diabetes and cardiovascular disease**

Diabetes greatly increases the risk of premature death from cardiovascular disease, especially in women. Those with diabetes are at least twice as likely to develop heart disease as non-diabetics. There is also a two to three-fold increase in the likelihood of stroke. Outcomes of myocardial infarction (heart attack) or strokes are also detrimental in people with diabetes. Hypertension (high blood pressure) is particularly strongly associated with cardiovascular risk in this group and long-term blood pressure control in type 2s can significantly reduce the incidence of cardiovascular disease. Modifying other risk factors such as smoking, high cholesterol, obesity and physical inactivity are also important.

### **Dietary modification**

The guidelines for those with diabetes are very similar to those for the general population and should be based on healthy eating principles with specific aspects relevant to the diabetes, in terms of food choice and meal timing. There are many other issues which must be considered:

#### **Meal pattern**

In most people, carbohydrate intake will need to be fairly evenly distributed throughout the day. Individuals with erratic eating habits or those who go for long periods without eating will need to adopt a more regular meal pattern to ensure a better and more consistent balance between supply and usage.

For many people, a meal pattern of three evenly-sized meals and three smaller snacks per day is ideal, but this will vary according to demands of medication, lifestyle and individual preference. The important aspect is that an appropriate meal pattern remains consistent each day.

#### **How the Eatwell plate is adapted for those with diabetes**

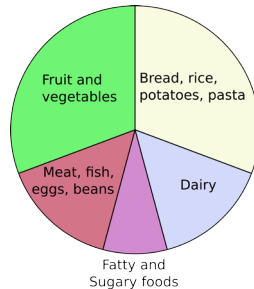
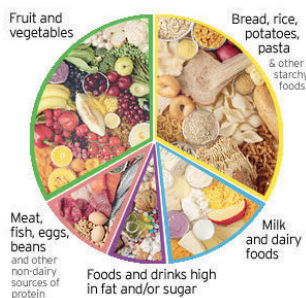
Bread, cereal foods and potatoes: These are an essential basis for every meal.

Quantity and timing: These need to remain fairly constant from day to day.

Good food choices: pasta, rice, bread, chapattis, potatoes, breakfast cereals (especially oat-based).

Reduce the amount of fat added to these foods: fat spread on bread, chapattis or used in pasta sauces should all be kept to a minimum.

Wholemeal/wholegrain bread and cereals are high in fibre and have advantages in terms of satiety and preventing constipation.



Fruit and vegetables: A variety of 5 servings a day. These foods have major health benefits for people with diabetes.

1-2 servings of vegetables (excluding potatoes) should be eaten with main meals.

Fresh fruit can be chosen as a snack or dessert

Frozen or canned fruits and vegetables are useful alternatives to fresh varieties.

Fruit juice should be regarded as a sugar-containing drink and consumed only with meals.

Have salad or vegetables with manufactured convenience foods or ready meals.

Milk and dairy products 2-3 servings a day

Low/reduced-fat varieties of milk, yoghurt, fromage frais, etc. should be chosen. Full-fat cheese should be used in moderation, especially by those who are overweight. It is more helpful to use it as a main meal component rather than a snack.

Cream should only be used as an occasional treat.

Meat, fish, pulses and alternatives - 2 servings a day. Greater use should be made of pulses (peas, beans and lentils), either as an alternative to meat or as a way of making smaller quantities of meat go further. Fresh, canned or dried pulses are all suitable.

Ideally at least two portions of fish should be consumed every week, one of which should be oily fish.

Fat avoidance is important, e.g. meat should be lean; visible fat should be trimmed or drained off after cooking.

Consumption of meat products, e.g. burgers, pies, sausage rolls or high-fat meat mixtures (mince) should be kept to a minimum.

Poultry is a low source of fat if the skin is removed and if fat which appears during cooking is discarded.

Fat-rich and sugar-rich foods: These should be kept to a minimum.

#### **Sugar-rich foods:**

The diet does not have to be sugar-free, but sugar-rich confectionary and drinks will impair glycaemic control if consumed at inappropriate times or in addition to meals. Low-calorie 'diet' soft drinks are good alternatives to their higher-sugar counterparts. Ordinary jam, marmalade or reduced-sugar varieties can be used in small amounts on bread.

Small amounts of sugar-containing biscuits or cakes can be eaten as scheduled snacks, but higher fibre, lower sugar choices are best, e.g. tea breads, fruit cake, English muffins, plain cakes and biscuits. Those who are overweight should be encouraged to make more use of fruit as snacks. Intense artificial sweeteners should be used if sweet-tasting drinks are required.

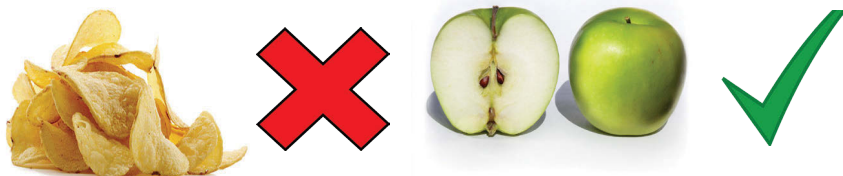
#### **Fat-rich foods:**

Sources of fat should be avoided as much as possible. Food should be boiled, baked, grilled, dry-roasted or microwaved instead of fried. Minimum amounts of fat should be spread on bread, added to food or used in cooking.

Reduced-fat monounsaturated spread and small amounts of monounsaturated oils (olive or rapeseed/canola) are the best choices. High-fat snack foods such as crisps and biscuits should be eaten less often and replaced by healthier alternatives such as fruit, low-fat yoghurt or whole-wheat crispbread.

## Other advice to prevent diabetes

1. Check food labels to check whether there is a high amount of sugar.
2. Do not miss breakfast, and avoid high-calorie lunches. Skipping breakfast will lead to the blood sugar going really low.
3. Keep hydrated and avoid alcohol intake.



4. Exercise 4-5 times per week for a healthy weight and to encourage good blood sugar levels.
5. Replace normal potatoes with sweet potatoes, which can be eaten with skin as this has a lower glycaemic index which means it prevents blood sugars rising as quickly and keeps them stable for a longer period of time.
6. Replace white bread with wholemeal bread or ideally with soda bread, crisp bread or rye bread.
7. Replace pasta with quinoa, spelt and millet. All of these have a much higher nutrient density, with much more vitamins and minerals and they will help maintain blood sugars.

***DISCLAIMER Before making any changes to your diet or medication, please speak with your GP or a Registered Dietitian.***

***For individuals who may need extra help with non-prescriptive diet advice and behaviour/habit changes, or if you would simply like to fit in some additional activity to the Upbeat classes, I can offer you personal training, straight to your home. Please visit [www.pmapersonaltraining.com](http://www.pmapersonaltraining.com) for more details and please feel free to contact me for further details.***

## DONATIONS TO UPBEAT

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

We have considerable professional fees, rents, and general running 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!

You can also donate via our website: [www.upbeatheartsupport.org.uk](http://www.upbeatheartsupport.org.uk).

Thank you.

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# WEEKLY EXERCISE SESSIONS

Monday, Wednesday and Friday mornings at the Newbury Community Centre 9.15am-12.30pm

Tuesday mornings at the Long Melford Old School, Long Melford 9.15am-12.30pm.

Friday evenings at Sexton's Manor Primary School, Greene Road, 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, named bottle to reduce our use of plastic cups.. 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

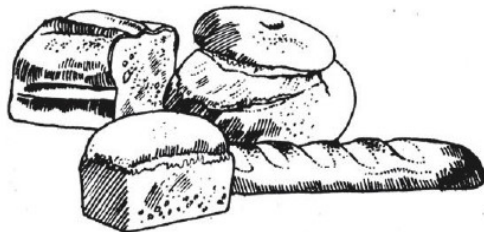
- a) if it is deemed to be against the best interests of the individual or Upbeat and
- b) to comply with our insurance requirements.

There is currently a charge of £3 per session towards class expenses, or £1 just to see the Nurse.



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## *Absent Friends*

### **Tim Collard**

Tim was born in 1943 in Bury St Edmunds, the second of three boys. He was educated in Bury and looking at his school reports, Maths was not his strongest subject. How ironic then that Tim enjoyed a successful career working in accounts departments of some leading Bury St Edmunds businesses!

Along with his father and two brothers, Tim was a chorister at St Edmundsbury Cathedral and became an enthusiastic musician. He received piano lessons and later organ tuition was given by Harrison Oxley on the cathedral organ. He also learned to play the violin. Thus began his organ playing, aged only seventeen, at many churches in the district including Drinkstone, Ixworth, All Saints, Bury St Edmunds, Great Barton, Thurston and the Fornhams, which he continued up until February 2017.



Tim loved singing and joined the Horringer Singers, becoming assistant musical director. He joined the Mead Singers in 1995 and the choir of Great Barton Holy Innocents in 2015. He served on the PCC and Deanery Synod of Great Barton from 2016. He was also treasurer for Christchurch Moreton Hall.

From 1993 Tim suffered from cancer and coronary illnesses but he remained positive and resolute throughout. His wife Doreen was very supportive and they were members of Upbeat and Tim used to play the piano at the Christmas parties and other events, but sadly Doreen died in 2012.

Tim is much missed by his family and many friends but they have been heartened by the numerous cards and tributes following his passing in July 2017.

### **Eve (Evelyn ) Butterfield**

Eve died on 31st December, 2017 at St Nicholas Hospice after a brave contest with cancer. Eve was devoted to her husband Oz and is to be admired for the great support and care she gave to him for some ten years following his debilitating stroke, until his death four years ago .



When Upbeat started Eve and Oz were among the first to join and were full of fun when exercising on Friday evenings at the Sports Centre and Hardwick Middle School.

Eve was a keen supporter of social events and line dancing, and also of Thursday coffee mornings where all recall her kind thoughtfulness for others, her humour, and interesting conversation which they will fondly remember. An old friend from youth club days recalled the great laughs they used to have.

Our sympathies and good wishes are with all of Eve's loving family .

**Betty Harris** Written by her daughter Maria

Betty was born 16th September 1930 in Bury St Edmunds. She went to school at the convent of St Louis.

She worked for Lloyd's bank in Bury and then moved to London for a few years then back to Bury, still working at the bank.



She had four children: Sue, Alan, Sandy, and Maria. She lived in Victoria Street in the house where she was bought up and where we lived. Mum and my dad (Ray) had a great love of horse racing and would often go to Newmarket to watch the racing and go round the stables. I think that came from her love of riding whilst growing up. Mum also joined Great Whelnetham bowls club where she and the team won many cups and shields.



Upbeat was a great love of hers and she loved to meet with everyone for a chat and to help raise money. She loved going to all the outings with Upbeat and loved the theatre trips in particular.

Sadly Mum was diagnosed with Alzheimer's a few years ago (Pick's disease) which unfortunately took away our mum as we knew her, but she was in a great home at Glastonbury Court for eighteen months where she was well looked after and loved until the end.

*I would like to add that Betty always helped Brenda and Daphne with raffles at Upbeat venues and made us tea and coffee for many years. Betty was always smiling; a lovely lady, we will miss her.*

*We send lots of love and good wishes to all her family from all her friends at Upbeat.*

**Sylvia**

**Ivy Goodman** Written by her daughter, Barbara

As a family, to hear the name Ivy Goodman fills us all with pride. We are blessed to say, 'That's our Mum.'

She raised us seven children and did her very best for us all.

She was dearly loved by all her grandchildren and great grandchildren. Her made-up stories and songs will carry on for years to come. Our Mum always had time for everyone. She will always be missed but just to think of her now, how can we fail to smile?



*A note from Upbeat members Joyce, Ron, Sylvia, & Hilary: Ivy Goodman, who was caretaker of the Newbury Centre for many years and who gave support to many groups, including Upbeat, passed away after a prolonged illness. Although she was not an Upbeat member, she gave us her full support, attending our annual lunch, quiz nights and other events. Thank you, Ivy, for all the help and support you gave us over the years. We send our condolences to Ivy's family.*

*We were also sad to hear of the deaths of the following Upbeat members:*

<i>Coral Canham Member since 2010</i>	<i>Ann Grunbaum Member since 2007</i>
<i>Mike Herbert Member since 2010</i>	<i>Pamela Green member since 2007</i>
<i>Geoff Braybrooke Member since 2007</i>	<i>Rosemary Otto Member since 2008</i>

*Our sympathies are with the families and friends of them all.*



# Healing the Scars We Can't See....

## Mental and Emotional Wellbeing Following a Cardiac Event



By Tracy Wallace, Cardiac Nurse

While there is a lot of focus on physical wellbeing, less emphasis is sometimes given to our emotional and mental wellbeing. But given how our brains and body are inextricably linked it is completely logical that when something happens to us physically it can affect us psychologically and emotionally.

During a cardiac event or surgery and in the early days of recovery the physical needs of a person are extremely important, but it is often afterwards that there is an effect psychologically and emotionally.

A study of 2,777 readers of the BHF 'Heart Matters' magazine revealed that more than two thirds - 68% - said their condition had affected them mentally, emotionally or psychologically. Of those who said their heart condition had affected their emotional wellbeing, anxiety was the most common symptom with 77% saying they suffered from it. Over half said they had felt low, depressed or tearful.

So if you have experienced any of the following: low mood, less happy, worry, fearful, panic in certain situations, overwhelmed, tearful, lack of interest, aches and pains, anxious, isolated, frustrated...to name a few...you are completely normal! However, it may be time to seek support as ignoring ongoing symptoms of stress, anxiety or depression can lead to further problems.

It is important to become aware of how you feel and to notice any changes in your behaviour, thoughts or feelings. Sometimes we need to ask our closest family or friends around us as they can notice a change before we do.

When you become aware and recognise how you feel the next step is what you can do next. There is good news! There are lots of avenues of support. It may begin with talking to people who have been through similar experiences, joining support groups (like Upbeat), the BHF website, your own GP who may refer you for CBT



(Cognitive Behavioural Therapy) and counselling.

The following have been found to improve significantly mental health and wellbeing: Regular exercise, relaxation, talking with friends or healthcare professionals, making time for yourself, taking regular breaks, eating healthily.

To highlight a few of the above, regular exercise has been found to be effective in reducing and managing symptoms of stress and anxiety, relieving tension, boosting physical and mental energy leading to stronger resilience. Relaxation can reduce stress, lower blood pressure, improve mood and relationships, reduce muscle tension and pain, and improve blood flow to the major muscle groups.



People often experience a range of emotions and reactions following a cardiac event or surgery but these, like the physical, can settle and get better. Changes in emotion are entirely normal; however, you should talk to your GP or cardiac nurse if you feel your symptoms are worsening.

Remember be kind to yourself! You wouldn't miss a dentist appointment for toothache so looking after your mental wellbeing should be given the same priority. Look at yourself as a whole, which is what we try as a hospital to achieve...your emotional and mental wellbeing are as important as your physical health. Seek help early by talking to your GP or healthcare professional, talk to friends and family, join a support group like Upbeat to learn more about your heart and risk factors. There are effective treatments and options to help you move forward.

Think about stopping and reflecting on how giving your mental wellbeing a bit of time could benefit yourself and others.

[Heartfoundation.org.au](http://Heartfoundation.org.au)

[BHF website](#)

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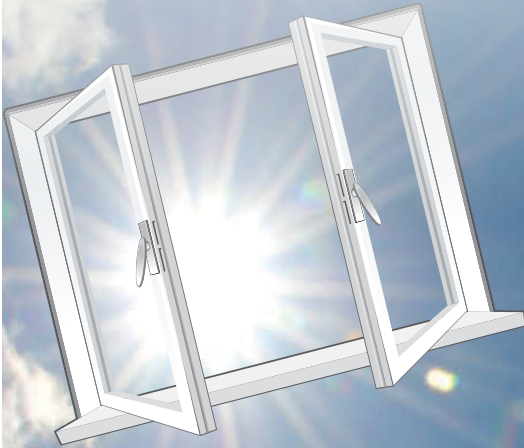
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