

UPBEAT MAGAZINE

Journal of West Suffolk Heart Support Group

Spring 2019

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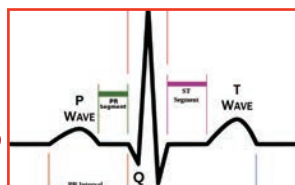
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Front Cover: Springtime at Pakenham Water Mill



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Events of recent months have certainly brought home to me how fragile a thing our life is. Many of you will know that on a Sunday morning last September, shortly after I had finished editing the last issue of our magazine, totally unexpectedly, I collapsed in the kitchen of our home in Fornham St Martin. Valerie called the emergency services, who responded within a few minutes; seven of them worked on me for an hour and a half as I lay on the floor, then they transported me to the West Suffolk Hospital. The air ambulance had landed on our village field but I went by regular ambulance to A&E and then to the Critical Care Unit. It turned out that I had suffered bilateral pulmonary embolisms and doctors told Valerie that I was unlikely to survive.



Well, their dire prognoses proved to be wrong and here I am editing another issue of Upbeat's magazine - and very glad I am to be here and doing it! However, as I said, it does bring home just how quickly any one of us can be gone, often without warning. It made me think about what might happen to Upbeat if any of the Committee members were suddenly rendered incapable of carrying on. It's often said in the business world that none of us is indispensable, and that's true, I'm sure, but if I had not survived, I don't know what would have happened about this issue of the magazine. Is there anyone out there, among our membership, who would have the interest and/or knowledge to take it on? Similarly, if we suddenly lost our Treasurer, Secretary, or Chairman, who would come forward to take over the many things that they do?

The numbers attending our exercise classes and seeing the nurses show that there is a need for Upbeat. Everybody seems to agree that the classes and the social events are valuable in many ways: as aids to keeping healthy and, in many cases, to warding off loneliness. What would we do without it? Yet, it continues to fall to comparatively few people to organise all these things for us, and, understandably, the workload gets

heavier the fewer there are to share it. As has been said elsewhere in the magazine, none of us is getting any younger, all have health problems or are caring for those with health issues, and we desperately need more help. Please give serious thought to how you might be able to step up and lend a hand. With the AGM coming up in May, this is an ideal time to think about joining the committee. Thank you.

Once I have finalised this issue of the magazine and got it off to the printer, I'll be giving my attention to the Quiz Night, scheduled for April 13th. If you have any suggestions for ways to make this a fun-filled evening, please get in touch. Most members who attended last year's gave it a 'thumbs up', so I wasn't planning major changes (other than different questions, of course!) but maybe you have some ideas? Let me know!

In previous issues of the Upbeat magazine I have asked members to think about contributions you might make in the way of articles to include. Have you attended an Upbeat event? Could you write a brief report about it for the magazine? That would be really helpful.

Or maybe you have a special interest or pastime you could write about? You may remember Colin Hands, some years ago, Spring 2014 in fact, drawing on his knowledge of photography to give us some tips on taking better photographs. In our Spring 2015 issue Margaret Bright recalled her days in the Land Army, and, more recently Tom Hunt shared his experiences as a volunteer at Bressingham Steam Museum, driving the steam locomotives. Ken Bishop's volunteering with the Fishermen's Mission led to two very interesting articles - one describing his (rather wet) attendance at the Queen's Patrons' Lunch in the Mall as part of Her Majesty's 90th Birthday celebrations and the other his visit to Trinity House in London to receive a special award for his work.

Maybe you don't mix in quite such high circles but, as I've said before, I believe every one of us has a story to tell, and the older we get, the more stories there are to tell. Do you have a special interest you might share with other members? Has something particularly exciting or amusing happened to you in the past - something you wouldn't mind us all knowing about? Please think about it and get in touch with me. I'm happy to meet with you to talk things over. In fact, Tom Hunt's article on his work at Bressingham was transcribed by me from recordings I made when he and Bev came round for tea one afternoon and we just chatted. So, don't feel that you have to have any particular writing skills, or be put off by the fact that you aren't computer savvy. It's your thoughts and experiences we're after!

I hope to see many of you at our Annual Lunch at Stoke-by-Nayland and/or at the AGM in May. Until then, best wishes to you all.

David

Chairman's Report Sylvia Baker



I can't believe it's almost March already.....last year was so exciting, being given the honour of the Queen's Award for Volunteer Service and having the ceremony with the Lord-Lieutenant! It was such a lovely end to the year!

All the Christmas parties went well and I hope you all had as much fun as I did. Thank you to all who supplied food, music, and entertainment for giving up valuable time.

Now it's a new year and Upbeat will be busy again with lots of social events planned and we will, of course, have to raise our profile regarding money-raising. It is very important that you all help in whatever way you can to continue to support Upbeat.

We are all getting older and desperately need support. We need members to come forward to help run events - even just a few hours of your time, perhaps helping set up or put things away, making tea or coffee on an exercise morning? It would be appreciated as we really need volunteers to do this work.

We need more people to participate in the 100 Club, and the weekly Bonus Ball. Have a go and see if you can be lucky. The biggest fund-raising event is our Annual Lunch at Stoke-by-Nayland. This year it will take place on 28th March, so please come along and bring friends. It's a lovely occasion in a beautiful setting and gives all members, no matter which exercise group you take part in, to meet up and get to know one another better. We have a speaker and a super raffle with superb prizes so do come and join us.

Sadly due to illness we had to cancel the proposed Jumble sale but will rearrange for later in the year.

Our Annual General Meeting is coming up in May so this is a chance to step forward if you want to be on the Executive Committee and take a more active role in running Upbeat and a chance to have a say in how we continue going forward.

Our lovely Nurses and Instructors have been busy sorting out new routines, new music, and different ways of getting us fit and healthy. We thank them for the extra effort they put into looking after us.

I am usually about at exercise venues if you want to chat if you have any concerns, or you can ring me at home. Please let me know if illness is preventing you from attending or if you feel I can help in any way. Let's all look forward to spring and having fun and sharing friendship with each other.

Treasurer's Report

Valerie Axton

Our finances remain healthy due to:

- **Your fund raising-** thank you for all your contributions by raffles, events etc. Particular thanks to Phil Goodyer and the £700 donated from the Masquerade Ball at the Delphi Centre; to Treatt for their support in several ways; to members who give talks and donate money from them, etc. Please see the full list of donations on Page 9.
- **Your Donations** – if you pay tax and donate more than £20 please complete a gift aid form. £20 becomes £25 with gift aid. Forms are available from me or at venues. A donation form can be found on Page 44.
- **Easy Fundraising** – if you use the internet to buy online please register for Easyfundraising which brings in regular sums of money. See Page 51.
- **Funeral Donations for Upbeat.** We were very sorry to lose Alan Bambridge but donations in his memory made at his funeral amounted to £605. Thank you very much indeed to all who contributed.
- **Legacies to Upbeat in Wills.** We were very pleased indeed to receive a legacy of £5,000 from the will of Mrs Pamela Green. This has helped pay for a nurse for a year. Smaller or larger sums will help to keep Upbeat running in the years to come.



We are all Volunteers. Apart from our nurses and instructors no-one gets paid, which is very unusual for a charity. Our expenses are for the hire of our premises and our instructors and nurses. We run thirteen sessions a week for approximately fifty weeks a year. All these costs have gone up in the last two years. It costs between £4,000 and £5,000 to run Upbeat each month and our monthly exercise and nurse income is about £2,400. So, we always have a shortfall. Therefore, any financial contributions are gratefully received and very much appreciated.

Helpers - are always needed, particularly for clearing up at the end of sessions and coffee-making help at New Bury. Please offer if you can.

Once again thank you for your support.

Valerie Axton February 2019

FUND RAISING & DONATIONS OVER £20

September 2018 – January 2019

GRANTS / SPONSORSHIP / GROUP DONATIONS

R C Treatt and Co	£520.20
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FUND RAISING

Easy Fundraising	£21.52
Bingo Night 5.10.18	£555
C Medcraft – Sale of jams etc	£140
Christmas Card Sales	£185.20
Christmas Hamper Sexton's & Southgate	£193.50
Christmas Raffle Long Melford	£228.25
Christmas Raffle New Bury	£432.00
Donations for Christmas Party Drinks	£65.73
Treatt Sale of Items	£467.84
Phil Goodyer Masquerade Dance- Delphi	£700

DONATIONS – Individual Over £20

Long Melford Collecting Tin	£39.45
New Bury Collecting Tin	£197.55
Woolpack Collecting tin	£16.60
Thursday Morning Coffee Group Southgate	£100
Eileen Shurmer- Small regular donations	£35
Rodney Johnson/ GYE Charities Trust- Monthly	£100
Martyn Roper -Donations from talks to groups x 3	£145
Margaret Smith- Donation from special birthday	£100
David Catton	£50
Robert Mountford	£125
Jean Davis	£20
Olive Gardiner	£20
Anonymous x 3	£35
Mr & Mrs Clarke	£160
Mr & Mrs Powell	£25
R C Bird	£50
Gladys Winter	£50
Mr & Mrs A Warner	£30
Dr. Evelyn Lee	£50
John Adams	£20
Duncan Bright/ Carol Holmes	£50
Eileen & Richard Webb	£50
Barbara O'Neill	£30
M & C Root	£20
Blackbourne Team Men's Breakfast	£100
S Baker	£100
Derek Finch Memorial Darts	£160
Sally Paxman	£50
Mrs J King	£30
In memory of Alan Bambridge	£605
Legacy of Mrs Pamela Green	£5,000

Plus the smaller donations, some on a regular basis, some anonymous, – all too numerous to mention, but sincere thanks to everyone. It really does make a difference.

Secretary's Report

Hilary Neeves

I hope you all received your Invitations to join the 100 Club and also details of the Annual Lunch in March. I would like to ask members who have joined us recently to think about supporting the 100 Club. The more members we can get the higher the second prize each month will be and it is an extra way of helping the funding of the group. It is £12 per year for one share and I have plenty of forms. It is also open to family members as well.



Each month our outgoings are more than our income, so every bit of money raised helps to plug the gap. At one time we were able to apply for grants from various bodies but in these days of austerity such grant-awarding bodies receive more and more requests, so that our chances of being successful with our requests are slim. As a result we are forced to look to our own fund-raising activities to keep Upbeat going.

The Social Committee does very well in arranging a variety of visits and social evenings throughout the year, something for everyone, and all such events bring in much-needed cash to fund our nurses and instructors. If you have any ideas for something different, please let us know.

Unfortunately, we have lost Executive Committee and Social Committee members during the year and we urgently need some new recruits! If you enjoy attending our events, why not think about helping to plan things for the coming year? There's a lot of truth in the old saying "Many hands make light work", but as things stand at the moment there are few sharing the load that keeps Upbeat going. We are always looking for extra members to help spread the load and to contribute new ideas.

With several members of our group in hospital as I write this, it is a stark reminder that we are all getting older and we need new people to come forward and help out. I know this is the usual chant in the magazine, requests for help, but the viability of the group depends upon new members coming forward to volunteer.

Enjoy the Springtime.

Hilary

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The term of office of the Executive Committee members ends at the AGM in May, when a new committee will be elected. Have you thought about becoming a committee member? We meet once every two months to plan ahead and to monitor how things are going. It isn't hard, and we really need more help. Or maybe you could join the Social Committee and plan our social events? Please think seriously about whether you could help.

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SOCIAL EVENTS & FUNDRAISING
At the time of going to print, no member has
specific responsibility for organising social events

THEATRE TRIPS
At the time of going to print, no member has
specific responsibility for theatre trips.

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Christmas Party Time At Long Melford



A Truly Upbeat Christmas

by Ron Lawes

Once again the ladies, Viv, Beth and others, have laid out a sumptuous buffet provided by the generous Upbeat members. The chairs and tables are put out and members arrive, unaware of the delights awaiting them.



Once the audience are settled, greetings exchanged, and raffle tickets bought from Daphne and Brenda, the programme begins!



First on the floor is the Upbeat Cinderella panto

First on the floor is the Upbeat Cinderella panto under the direction of Michelle. The cast list is extraordinary, with Yvonne assisting Beth as Cinderella, giving a remarkably 'uplifting' performance, leading you to wonder how she can stay upright!



Michelle's son, Jaden, is Prince Charming, with legs that move as if



his joints are not connected. All the usual characters appear, with Greg and Giles as the ugly sisters. Keith as Baron Hardup narrated.

Delboy and Rodney made an appearance with the Trotter van taking the place of the Golden Coach. It was amazing that there was enough room in the cab for Cinderella and her boobs! After a Keystone Cops sequence everything ended with the princess getting her prince.



During the performance Greg had Heather performing with a hula hoop. How did she do it?

Before the audience could get their breath, Patrick came onto the stage with a performance of jokes, raconteurism, and rabble-rousing, leaving the room in uproar.

We Welcomed Upbeat Comes Strictly

After watching the dancing on television it was thought that we could do better, so we welcomed the chance to do Upbeat Comes Strictly!



Our compère was Bruce Ray Forsythe, complete with catchphrases and actions, ably assisted by his beautiful wife giving swirls of her dress continually. A great improvement was made by the dancers to the original:

Witches Joyce and Chris danced to 'Witchcraft', Penny and Rosemary danced as Flintstones, RaRa girls, Janet and Elizabeth, proved that they could still move it, and Ronaldo Nureyev and Margot Morris proved they couldn't (although two men trying to do the Nutcracker Suite could be dangerous!).



These were all judged (unfairly) by our panel: Revel Reeves, Bruno Baker, John Arnold (looking beautiful in his ballroom dress), and Barbara Bannister (also looking beautiful, of course!).

The food was served by Viv and Beth, tea by Margaret and several others. During all of the proceedings music was splendidly provided by Brian Richell (he's available for Bah Mitsuahs, weddings, and funerals).



Joyce wound up the proceedings with the Christmas singalong and her rendition of The Twelve Days of Christmas. The audience joined in, doing all the actions and ending up exhausted!



Christmas Party Time At New Bury Centre



It was a truly amazing celebration, giving fun, music, and plenty of upbeat feeling. What a wonderful way to end the Upbeat year and prepare us for the next. Possibly the best Upbeat party ever!



Christmas Party Time At Sexton's Manor

All Christmas party photographs courtesy of Giles Washbourn

Cardiovascular Disease: Family History as a Risk Factor

by David L. Axton

I suffered my first heart attack in 1996 when I was fifty-four years old. Thanks to receiving very prompt treatment, I escaped with minimal damage to my heart. My brother wasn't so lucky. He suffered major damage to his heart and, in only his mid-fifties, had to take early retirement on health grounds. Soon after I had the M.I. (myocardial infarction) he and I were contacted by the British Heart Foundation to ask if we would take part in some research they were conducting. They wanted blood samples from siblings who had suffered heart attacks in their early fifties, with a view to trying to see if they could identify any common factor in the blood which might indicate a propensity to suffering heart attack or other cardiovascular problems. Unfortunately, soon after we had given our samples, my brother suffered a further attack and died, so ending our involvement.

It is now recognised that family history can indicate an increased risk of developing cardiovascular disease, and the BHF has published information on the subject. I find myself to be in a group highly prone to such disease! My mother died following a stroke, one of my sisters died of a heart attack, while another suffered several transient ischaemic attacks (TIAs) or "mini strokes", caused by a temporary disruption in the blood supply to part of the brain. I had a second heart attack in 2016, when I was seventy-four, and in September last year I suffered bilateral pulmonary embolisms (blockages of blood vessels in the lungs) and my wife was more or less told that I was going to die. I was lucky to receive excellent treatment from NHS personnel very quickly, so that I survived with little damage to any of my organs.

My family history includes many who have suffered cardiovascular problems: my parents, a brother, one son who suffered a stroke, and another who had a pulmonary embolism, and nieces and nephews, three of whom died quite young.

The BHF advises that if you have a family history of cardiovascular disease, you have an increased risk of developing cardiovascular diseases such as coronary heart disease, angina, heart attack, heart failure and stroke. The following is taken from their website :

You are considered to have a family history of cardiovascular disease if:

- your father or brother was under the age of 55 when they were diagnosed with cardiovascular disease or
- your mother or sister was under the age of 65 when they were diagnosed with cardiovascular disease.

If you have family history of cardiovascular disease, make sure you tell your doctor or

nurse. They may want to check your blood pressure and cholesterol. If you are over 40 years of age, you can visit your doctor and ask for a heart health check to find out your risk of getting cardiovascular disease.

How does family history affect me?

Genes can pass on the risk of cardiovascular disease, and they can also be responsible for passing on other conditions such as high blood pressure or high cholesterol levels.

There's no single gene that increases your risk of getting heart disease. It's likely that several genes are responsible, and our BHF-funded scientists are finding more all the time. Lifestyle habits, such as smoking or poor diet passed on from one generation to the next, can also increase the risk of cardiovascular disease.

Can I do anything about my family history?

Unfortunately, there is nothing you can do about your family history. Having a family history of cardiovascular disease is sometimes called a 'non-modifiable' risk factor - this means it's a risk factor that you can't change.

However, you can't change your family's background, but you can choose your lifestyle. So even if you have a family history, you can reduce your risk of getting cardiovascular disease by controlling other risk factors by:

- being physically active
- eating well
- keeping to a healthy weight and body shape
- not smoking
- managing high blood pressure
- managing high cholesterol, and
- controlling diabetes, if you have it.

Your risk of developing cardiovascular disease also depends on other things, such as your age. The older you are, the more likely you are to develop cardiovascular disease.

Also, certain ethnic groups have a different level of risk. South Asian people living in the UK are one and a half times more likely to die from coronary heart disease before the age of 75 than the rest of the UK population.

The British Heart Foundation's magazine 'Heart Matters' has great information and tips on how to keep your heart healthy. You can read it on line at <https://www.bhf.org.uk>

Social Group Report

by Sylvia Baker

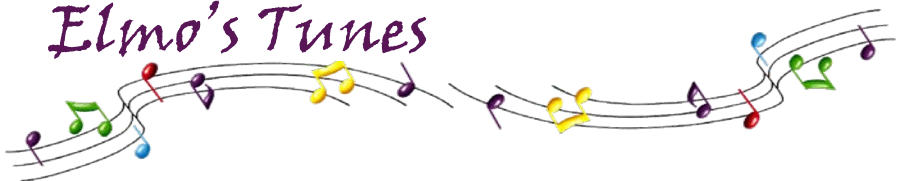
Last year was very busy for the Social Group who work very hard to arrange events and outings whilst raising money for Upbeat. With all of us getting older and less able we need new people to help. We only hold meetings or get together as and when necessary to ensure events are organised and that they run safely and efficiently. Thankfully most members will bake or make handicraft items or give raffle prizes when asked but it needs people to coordinate to ensure we have sufficient items available to suit the event. Please join us; we need your support and assistance.

Mostly it's giving Upbeat some of your precious time. We need help in many ways: our team of people who help on door entry are fantastic, as are the tea and coffee makers and those who set up and put away equipment each session but we need back-up – PLEASE help. Talk to any executive member who will give you more details.

We need input on what you'd like to do in the future. Can we arrange a trip which you feel members would like to go on? Is there something you feel could help to swell funds? Are we getting it right and will you all continue to support us? Give us feedback, please!

We thank all our regular helpers and the social group for all the effort, time, and care that they give us. It's this that keeps us going and I want to say they are all great! Our editor David Axton has been unwell, yet still manages to pull all the articles together to produce our fantastic magazine. David Camp keeps our website up and running. Please check it out. It shows the latest information and photographs of events held. Fund-raising is hard but if we all continue to pull together we can keep on having fun and enjoying ourselves while making Upbeat stronger.

Elmo's Tunes



*30s, 40s, 50s, 60s, 70s, & 80s
Music for Parties,
Celebrations, etc.*

Telephone: Brian Richell
01787 881968

Exercise Sessions - Essential Elements

1,2,1,2 ... Yep that's me testing the microphone, music on, hear the beat? The warm-up begins, prepare yourself! Off I go.....'Heel digs, tap to the side, tap to the back, walk to me, step touch right, box step, step touch left. Ok, let's spin you round. (Slight exaggeration - or is it?) I know many of you wonder what I am going to do with you next.



When asked to write an article for the magazine I wanted to take the opportunity to remind some, and for many of our new members address for the first time, the importance of following a structured exercise session.

As many members are aware Upbeat are proud to have their nurses and exercise instructors recognised by the BACPR (British Association of Cardiac Prevention and Rehabilitation). We have all been on training courses and attend regular workshops to remain up-to-date on the current guidelines for exercising clients with heart disease.

When we embarked on the original qualification we learnt many important aspects to exercising someone with heart disease. Topics included the heart physiology (how the heart works), medication, risk assessment and programme design. We had to complete various assessments and demonstrate evidence we would adhere to the recommended guidelines. Research has proven for a safe and effective exercise session a fifteen minute warm-up, followed by the main workout and a ten minute cool-down is essential.

Our training focuses on the importance of safe and effective exercise. I wanted to focus on the warm-up and in particular the use of music. Within our training we do not have to demonstrate the ability to use music in sessions. We do, however, need to provide evidence that our warm-up will be gradual, include mobility and stretching and will gently increase the heart rate. Now some of us instructors have a history of exercise to music. We may choose to work with the music when designing our programmes. This is optional. Many exercise sessions run without music. As long as the body is gradually warmed up then the risk of another cardiac event is significantly reduced. In basic terms fifteen minutes of gradual exercise will allow

the body to prepare, blood flow to increase and get to working muscles, breathing rate to increase and then become controlled. Many people may have read or know of people who carry out a much shorter warm-up (non-cardiac groups may warm up for only five minutes). Fifteen minutes is the recommended time in cardiac groups due to the effects of the medication on your heart. There is a delay in the responses to exercise; the heart takes longer to get adequate blood to working muscles and the breathing rate takes longer to stabilise and become controlled.

Final thoughts: all those working for Upbeat are passionate to provide safe and effective exercise sessions and aim to make them enjoyable. I hope you continue to benefit from the regular exercise sessions and we all continue to bring a smile to each others' day.

Key points of the article:

- A 15 minute warm-up is essential. This must be gradual and include mobility and stretching and gently increase the heart rate.
- Music is optional; some exercise sessions take place without music.
- Safe, effective and enjoyable exercise is the key.



by Michelle Jermy

Masquerade Big Band Dance Night



December 29th 2018

December's Masquerade Big Band Dance organised by Phil and Jacqui Goodyer of "Dance With Us Suffolk" at The Delphi Centre was a fabulous evening of music for dancing from the 1920s to 1960s. The big band "Swing Machine" from Ipswich were brilliant, covering music from the Swing Era. The Delphi Centre was decorated with masks and Art Deco features which transformed the ballroom into a glittering space.

During the evening the two band singers, Amy and Steve, covered some great songs and we had a guest singer from the Boxford Drama Group, Frances Korabik, who was brilliant. Our DJ, Phantom Steve of Mayfair Music, covered the intervals so it was continuous dancing all evening. Those attending really got into the spirit of the evening, all wearing fabulous masks and outfits. The availability to have photos taken on the night from Stour Media against a beautiful staircase backdrop gave many people the opportunity to take away a perfect memory of the evening, which raised £700 for Upbeat funds.

Local companies including The Bull at Long Melford, Perrywood Garden Centre, Sunflowers of Sudbury, and Stoke-By-Nayland Spa supported the charity event. It was a pleasure to have Hilary Neeves, Secretary of UPBEAT, attend with Giles and others who had been supported by UPBEAT.

A further event will be held on Saturday, 22nd June at The Delphi Centre. This will be a 1940s Vintage Revival Day - a day full of nostalgia for all the family. It's certainly a date to put in your diaries! For more information see the advertisements on Pages 24 and 25 or visit www.dancewithussuffolk.co.uk.

Phil and Jacqui Goodyer



1940's Delphi Strut

Saturday 22nd June

DANCING TO GLENN HURST BAND



Licensed Bar
7-30pm
for 8pm

Mayfair Music
with Steve

To Raise Funds For "Upbeat" Heart Support Charity

£10 in advance £12 on door

ORGANISED BY DANCE WITH US SUFFOLK IN ASSOCIATION WITH
TEA DANCE AT THE DELPHI



The Delphi Centre



ALEXANDRA ROAD OFF NEWTON ROAD SUDBURY, CO10 2RR
Contact dancewithussuffolk@outlook.com or ring Phil on 07909993799

Sudbury 1940's Vintage Revival

Saturday 22nd June 2019

DELPHI SPORTS FIELD 10-00AM TO 5-00PM
TO RAISE FUNDS FOR
THE DELPHI CENTRE AND "UPBEAT" HEART
CHARITY FOR WEST SUFFOLK

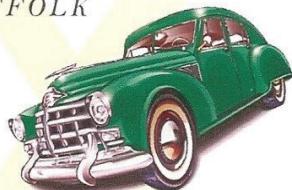


Vintage Military Vehicles
and Vintage Motorcycles
and Displays

Special Guest Appearance of



Sarah Mai
1940s
Events Singer



Pre 1960 Classic Cars

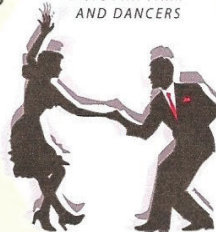
Large Selection of
Vintage Stalls
Large Marquee
for undercover stalls
Area for Displays
1940's hair and makeup stylist,

A
Fun Day
For All
Ages

Food Available
throughout the day
Licensed bar
open in The Delphi,
Tea and Coffee
Vintage Tea Room

Hairaid
SHELTER
Vintage Hair,
Make-up and Accessories

"CHOCKS AWAY FOR DANCING"
D.J. JOHN FARR
AND DANCERS



Children's Amusements

Entry £4 per person
Under 16 Free

ORGANISED BY DANCE WITH US SUFFOLK IN ASSOCIATION WITH
TEA DANCE AT THE DELPHI



The Delphi Centre



ALEXANDRA ROAD OFF NEWTON ROAD SUDBURY, CO10 2RR

Contact dancewithussuffolk@outlook.com or ring Phil on 07909993799

Are You With Anglian Water? Then Read On...

Anglian Water charges scheme allows customers to apply for a reduced sewerage standing charge where the whole of the premises is not connected to the public sewerage system for surface water drainage.

Surface water is rain or melted snow that drains from the roof of your property and other areas such as driveways. It normally drains into a highway drain or road gully and then into the sewers. Sometimes the surface water drains into a soakaway in the garden.

A soakaway is a bit of absorbent ground which surface water drains into. However, because this ground isn't always obvious to the eye, there will be no clear signs that water from your property takes this route.

You can check your water bill to see if you are being charged appropriately. In the two bills shown below, the first shows 'Sewerage - Foul Only'. If this is how your bill appears, you are not being charged for surface water removal. The second bill clearly shows a charge: 'Sewerage - Foul & Surface'. If this is how your bill looks, and you believe you have a soakaway, you may be eligible for a rebate, and should contact Anglian Water. Valerie and I received a rebate of more than £200!

David L. Axton

Part 1: 12th July 2017 - 31st March 2018 on our Standard rate tariff

Meter read	12th Jul 2017	679	
Estimated meter read	31st Mar 2018	783	
Volume used		104m³	
<hr/>			
Volume Used	Volume	Cost per m³	Charge
Water	104m ³	153.73p	£159.87
Sewerage - 90% of water	93.60m ³	165.94p	£155.31
Standing Charge	Period	Cost per day	Charge
Water	263 days	7.95p	£20.89
Sewerage - Foul Only	263 days	14.25p	£37.46

Part 1: 20th January 2018 - 31st March 2018 on our Standard rate tariff

Estimated meter read	20th Jan 2018	506	
Estimated meter read	31st Mar 2018	527	
Volume used		21m³	
<hr/>			
Volume Used	Volume	Cost per m³	Charge
Water	21m ³	153.73p	£32.28
Sewerage - 90% of water	18.90m ³	165.94p	£31.36
Standing Charge	Period	Cost per day	Charge
Water	71 days	7.95p	£5.64
Sewerage - Foul & Surface	71 days	23.84p	£16.92

A Cricket Incident

A close thing for the old hospital cricket team

My mother, the late Jean Baddock (Absent Friends Autumn 2018), would occasionally receive heart treatment at the West Suffolk. Whenever I visited her there, I was always reminded of a strange incident one Saturday afternoon in 1959 or 1960.

In that distant time, West Suffolk General Hospital (WSGH) was located close to the Priors Estate. Its premises contained a cricket field – a smaller one than most, as older readers might remember.

On that sunny afternoon, I was playing for a visiting team – Bury Railways, I think. The game had reached an exciting end, with our last man in and two or three runs needed to win. WSGH were fielding with ten men, as one player had been called to duty in the emergency ward.



The last ball was clubbed to the close boundary for the winning runs – except that a spectator in a dressing gown stepped onto the field of play and brought off a neat two-handed catch. The man – aged about 70 -- drew spontaneous applause from all sides.

Then uproar followed. The Railways claimed that, as the man was not in the game, he had no right to take the catch. As a result, they had won the game with that last boundary hit. The home team – the Hospital -- claimed that, with ten men on the field, the laws of the game allowed a substitute and that a patient was ideally qualified. So his catch dramatically – and legitimately – won the game!

I can't recall how the conflict was resolved, or if it was resolved at all. But today, sixty years on, I still have a clear picture of the anonymous hero stepping forward in his rust-coloured dressing gown and coolly holding that catch.

He was a heart patient it was said, but I never knew if someone dreamed up that detail. All I know is that the man didn't stay to witness the furore he had caused. He must have quietly trudged back to his ward, to re-live his moment of glory over and over.

Barry Baddock

Upbeat Welcomes Her Majesty

21st November, 2018 saw New Bury Centre crowded with Upbeat members and various dignitaries, all assembled for the visit by Clare, Countess of Euston, Her Majesty's Lord-Lieutenant for Suffolk, who was to carry out the official presentation to Upbeat of the Queen's Award for Voluntary Service. The Queen's Award for Voluntary Service is the highest award given to local volunteer groups across the UK and is given to recognise outstanding work done in the local community. It was created in 2002 to celebrate the anniversary of The Queen's accession and is the MBE for volunteer groups.

Any group doing volunteer work that provides a social, economic or environmental service to the local community can be nominated for the award. Each group is assessed on the benefit it brings to the local community and its standing within that community. In 2018 Upbeat was the only such group in Suffolk to be recognised and awarded the honour.



Members will recall that in our previous issue of the Upbeat magazine, we reported on the garden party at Buckingham Palace which our Chairman and Secretary had attended in May. Attendance at that had been limited to only two people and so we felt that, for the official presentation, we wanted to make something of an occasion of the event and to share the honour with as many members and helpers as possible, both past and present. To this end, invitations had been sent to many former committee members and officers as well as to the partners of some who had passed away. Exercise classes for the day were cancelled, more than a hundred chairs set out in the hall, and an excellent buffet provided to be eaten after the presentation ceremony.

The Countess and her entourage arrived around 11 am, to be greeted by Sylvia, Hilary, and our patron Daemmon Reeve. Other visiting dignitaries included the Mayor of St Edmundsbury, Councillor Margaret Marks, the Deputy-Lieutenants, Judith Shallow and Claire Horsley, the Chairman of Suffolk County Council, Michael Ladd, Stephen Singleton from the Suffolk Community Foundation, and the chairman of Bury St Edmunds Town Council, Andrew Speed. After various introductions the party made their way to the hall where the Lord-Lieutenant gave her speech.

She began by saying that it was a privilege for her to be making the official presentation and stressed that the Queen's Award for Voluntary Service is a significant National

Majesty's Lord-Lieutenant



Honour. She added that when the Queen instated the Queen's Award for Voluntary Service she intended that it should be regarded as the MBE for charities, and intended it for "just such a wonderful organisation as Upbeat". Upbeat, she said, is a charity inspired by volunteers and run by volunteers. When the West Suffolk Hospital could no longer afford our kind of post-trauma care, patients had decided to set up a self-help group themselves.

The Countess said that frankly she found today's numbers "astounding": currently 780 people were receiving in excess of 7,000 exercise sessions a year, with 45 volunteers and trained cardiac nurses and instructors in attendance – numbers which she found "hard to imagine".

"I am deeply impressed," she continued, "by the care and devotion of all those involved, helping people to cope with normal life, and virtually free of charge."

She said that to restore confidence when someone has lost it is a huge gift. Upbeat gives support when and where it is most needed, as well as providing friendship, outings, and theatre trips.

"It all sounds such fun!" She declared, and thanked Sylvia and all the team for everything they do.

The Lord-Lieutenant then presented a piece of commemorative crystal to Daemmon Reeve, patron of Upbeat, saying that it was a heavy piece and probably safer in his hands than in Sylvia's! She also presented a commemorative certificate to Upbeat Chairman, Sylvia Baker.

She concluded by saying: "From small beginnings twenty-two years ago, look at you now! Well done! I can only repeat what a huge privilege it is to be with you all today."

Daemmon then thanked the Lord-Lieutenant on behalf of Upbeat, and the official part of the meeting ended. However, the Countess and other dignitaries then spent another hour mingling with members and chatting to them over the buffet lunch – a delicious display of savoury and sweet items, ably provided by Mrs Hubbard.

There was also a rather splendid cake, depicting the QAVS crown logo. which had been commissioned by David Deacon, and which was enjoyed by all.

Councillor Paul Hopfensperger was present, together with Councillor Thomas Murray, and they kindly offered to cover the cost of framing of the certificate from their locality budgets.



The Lord-Lieutenant said that she was
“deeply impressed by the care and devotion of all those involved in Upbeat”.



Left: Councillor Michael Ladd, Chairman of Suffolk County Council, Centre: Mrs Judith Shallow, Deputy-Lieutenant for Suffolk, Right: Stephen Singleton, Chief Executive of Suffolk Community Foundation.



Left: Committee Member Nick Baylie, Centre: Chairman of Suffolk County Council, Michael Ladd, Right: Town and Borough Councillor Paul Hopfensperger.



From the Left: Mayor of St Edmundsbury, Councillor Margaret Marks, Sylvia Baker, Upbeat Chairman, Daemmon Reeve, Patron, Hilary Neeves, Upbeat Secretary.



Daemmon Reeve, Upbeat Patron, received the commemorative crystal from the Lord-Lieutenant on behalf of Upbeat.



Clare, Countess of Euston, with Hilary Neeves, Upbeat Secretary.



Posing for the Press: From the left - Daemmon Reeve, Hilary Neeves, Lady Clare, Sylvia Baker.



On Her Majesty's behalf, the Lord-Lieutenant presents the certificate signed by the Queen.



Sylvia Bambridge and Brian Richell cut the cake which bore the QAVS logo.

Photographs courtesy of Chris Pollen and Martyn Roper

Upbeat - A Support Group For Everyone

Liz Dunnett shares her experiences as a new member to the group



I heard the name 'Upbeat' years ago when a friend attended the sessions following a heart attack, but I always thought it was a 'closed group' linked in to the hospital. I now realise it is a support group for anyone with heart issues and you are certainly made to feel very welcome...I only wish I'd been made aware a few years ago.

I lost my husband in 2015, a few years after I had been diagnosed with cardiomyopathy and atrial fibrillation, so I was on my own when I nervously went along for the first 'visit' a few months ago and met Sylvia (Chairman) and Hilary (Secretary) who were lovely. They provided a copy of a very informative Upbeat magazine, and explained that not only were there exercise sessions on various days of the week in different venues, but also numerous social events organised throughout the year.

*It was so reassuring to know there
is someone you can speak to if you
have any concerns*

Soon after I arrived the following week I was greeted by another friendly member, Joyce, who explained how the sessions worked. I had a chat with the Cardiac nurse and it was so reassuring to know there is someone you can speak to if you have any concerns about your heart issues. They will suggest which exercise session, run by BACPR qualified exercise instructors, is best for you.

*I couldn't believe how 'uplifted' I felt after only
going to a couple of sessions*

I couldn't believe how 'uplifted' I felt after only going to a couple of sessions, as I had previously begun to feel quite anxious and low after another heart issue had been diagnosed, especially when I realised I wouldn't be seeing my consultant for another year!

A lot of the members I met have been attending for years. Many join in with an exercise session each week and others just have a cuppa and a chat, although there is also a fair amount of chatting whilst exercising!

The warmth of the group shines through

From the short time I have been a member, the warmth of the group shines through and I really appreciate all the hard work from not only the committee members, but all those who give their time to making it an extremely well-run group.

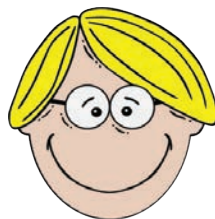
Liz Dunnett

Blond Man Jokes courtesy of David Camp

A blond man is in the bathroom and his wife shouts:

“Did you find the shampoo?”

He answers, “Yes, but I’m not sure what to do; it’s for dry hair, and I’ve just wet mine!”



A blond man’s dog goes missing and he is frantic. His wife says “Why don’t you put an ad in the paper?”

He does, but two weeks later the dog is still missing.

“What did you put in the paper?” his wife asks.

“Here boy!” he replies.

Italian tourist asks a blond man: “Why do scuba divers always fall backwards off their boats?” To which the blond man replies: “If they fell forward, they’d still be in the boat!”

A friend told the blond man: “Christmas is on a Friday this year.”

The blond man then said, “Let’s hope it’s not the 13th.”

A blond man shouts frantically into the phone, “My wife’s pregnant and her contractions are only two minutes apart!”

“Is this her first child?” asks the Doctor.

“No!” he shouts. “This is her husband!”

Upbeat Coffee Mornings 10.30 - 12 Noon

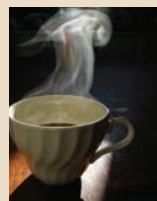
Coffee mornings at the Southgate Centre will be held on the dates shown below. For more information, please call either Rodney on 01284 754844 or Ann on 01284 750980. We look forward to meeting you.

2019

January 10th, 24th
February 7th, 21st
March 7th, 21st
April 4th, 18th
May 2nd, 16th, 30th
June 13th, 27th

2019

July 11th, 25th
August 8th, 22nd
September 5th, 19th
October 3rd, 17th, 31st
November 14th, 28th
December 12th



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 either of 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.

Ta Ta, Tracy!



Just before Christmas, as many of our members are aware, our well-loved nurse, Tracy Wallace, left the UPBEAT fold. Tracy has worked for UPBEAT as part of our nursing team for many years. She has covered Friday evenings, Tuesday mornings at Sudbury, and Friday mornings at the New Bury Centre. She has always been kind, compassionate and caring, offering guidance, encouragement, and support to so many of you over the years, helping in numerous ways. We also saw the 'fun' side of Tracy too, especially at the Christmas parties, participating in the sketches as 'Baby Spice' and also a 'mouse' in the UPBEAT version of Cinderella, to name but two. I personally have worked with Tracy for the best part of thirty years at the West Suffolk Hospital in the cardiac department. She is a brilliant nurse and friend. I am so lucky to be able to continue working with her as a member of the Cardiac Rehab Team.

She will be sorely missed, and I am sure you would all like to share with me and say a huge thank you to Tracy, and wish her every happiness and success in whatever life holds for her in the future. Kate Turner

We asked a few members to express how they felt about her and here are some of the responses:

Tracy – we will miss having you around. Always smiling, always happy and with a clear zest for life. Good luck for the future and thank you for your help and support for Upbeat. David Camp

Dear Tracy, We miss you so much, but because you are Cliff Richard's No1 fan we always knew we were in safe hands. Despite our wrinkles, aching limbs, dyed hair and inability to sing we can still say 'WE ARE THE YOUNG ONES'. love Pat Simpkin

I feel very privileged to have known and worked with Tracy both here at Upbeat and at the hospital. As a friend and colleague she has always been genuine, loyal and great fun to be around. I admire her as a nurse as she has always been professional, knowledgeable and compassionate. I will miss meeting up with her at Upbeat and wish her every success in her career and with everything else she does in her life, especially with the marathon! Mandy Scales

Tracy Wallace:- Compassionate and caring, we miss her at Upbeat but wish her well. Christina & Jim

Upbeat Bingo Night

By Joyce Lawes



On October 5th at the New Bury Centre Upbeat tried a new fund-raiser - Bingo!

Brian Richell said he had all the necessary equipment and would be happy to compère the evening with the help of his wife, Annie. Ron and I were among the members and friends who attended and as I had never been to a Bingo Hall I was pleasantly surprised, and thoroughly enjoyed myself.

The food supplied by the Social Committee consisted of baked potatoes with a choice of toppings: chili con carne, cheese, and baked beans. I didn't hear any complaints and I know that on my table everyone enjoyed tucking in.

We also had a quiz, together with Brian playing appropriate music and telling jokes. The evening went very well and a big 'Thank you!' is due to Brian and Annie, to the Social Committee members, and to those who helped set up, and clear away afterwards.

We heard later that the evening had raised £550 for Upbeat funds. Well done, everyone! We look forward to doing the same next year!



All Photographs courtesy of Giles Washbourn

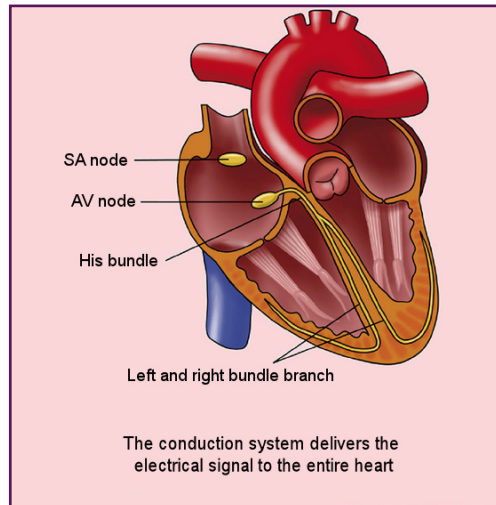


ELECTRICAL CONDUCTION OF THE HEART



By Mandy Scales, Cardiac Nurse

The heart is a pump that consists of four chambers, two upper chambers named the atria, and two lower chambers named the ventricles. Dividing the left and right chambers is the septum.



To enable the heart to beat it is driven by electrical impulses which originate from the heart's natural "pacemaker" called the sinus node which is situated in the right atrium. The impulse travels down the atria via specialist cardiac muscle cells towards the atria ventricular node, causing the atria to contract and push the blood into the ventricles. From the AV node the impulse then journeys down the bundle of His and the right and left bundle branches, causing the ventricles to contract and pump blood to the lungs and the body.

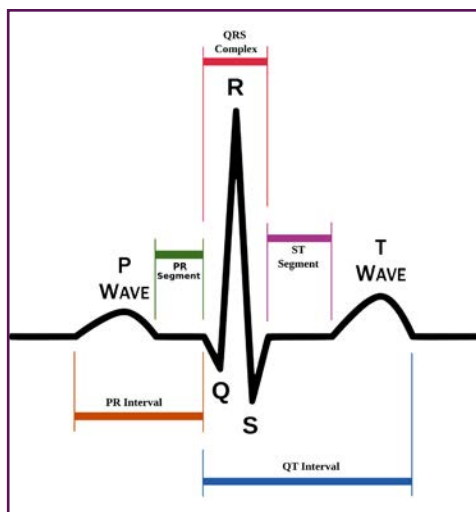
Every normal heart beat follows this process and is called "sinus rhythm". It is always regular.

Any deviation of sinus rhythm is called a cardiac arrhythmia and is caused by an interruption of the electrical system. This can happen for many reasons and can be caused from problems with the structure or function of the heart, to imbalanced hormones and from taking certain medications.

Arrhythmias are classified as irregular, such as atrial fibrillation or flutter, to regular, such as supraventricular tachycardia.

Arrhythmias originating from the ventricles are far more serious than ones from the atria, and often require immediate medical attention.

Every heart beat can be felt by taking your pulse and if it is found to be different from previously, for example it was regular but now is irregular, it is important to get an ECG done as soon as possible.



SINUS BEAT AS SHOWN ON ELECTROCARDIOGRAPH. (ECG)

P WAVE = DEPOLORISATION OF ATRIA.

PR INTERVAL =IMPULSE TRAVELLING TOWARDS AV NODE.

QRS COMPLEX =DEPOLORISATION OF VENTRICLES.

ST SEGMENT = END OF VENTRICULAR DEPOLORISATION.

T WAVE =REPOLORISATION OF CELLS.

Sinus rhythm is a rate of between 60 -100 beats per minute.

Sinus tachycardia is a fast rate of more than 100 beats per minute.

Sinus bradycardia is a slow rate of less than 60 beats per minute.

Ref. BHF.

Mandy Scales

The E word!*

Unattainable? Undo-able? Even torture?

*Instructor Maureen Cooling has some useful tips
for developing a healthier lifestyle*

These few words were written on the 5th January – a time of reflection and good intentions for many of us and so I have decided to address the “unconverted” amongst us – those who do not exercise!

I have found over the years that some individuals recoil at the “exercise” word - for many it conjures up the unattainable, the un-doable, the complicated or even torture! From experience I have realised that people who have not physically engaged with their bodies throughout their lifetime will not automatically accept the principle that they need to do so in order to develop a modicum of good health. Some of them receive the worst kind of revelation in the form of a heart attack and from then on apply the good advice received in rehab; many others slip back into their old ways.

So, exercise is just not on your radar?

So you don't like e..... and the very idea of attending a prescribed class is just not on your radar. Well there are solutions and they are what I call “small chunks” and by their very nature are much more attainable. Also, they are about converting some of your usual everyday behaviour into an interest-bearing deposit account for your physical (and mental) health. The returns are manifold. Here goes.



Few minutes to spare (5 – 10)? Up you get and walk around – the house, garden, maybe up the road to that oak tree in the distance or that lamp post. That's it, done!

Driven to the supermarket?

Driven to the supermarket? Park further away from the main entrance. Don't need much in the way of shopping? Take a basket and leave the trolley.



Meeting friends for coffee and cake or lunch? Arrive 10/15 minutes earlier than needed and take a walk around the local area; you'll arrive back at the eatery feeling better about your "treat" to come.

Get up and move around

How long have you been sitting down? Get up and move around; doesn't matter what you do, but your circulation will have been given a boost and you will have used joints, challenged your balance and put your body into weight-bearing mode which will maintain or even improve your bone density.

You will appreciate that the above may seem too low-key – you may well be one of the "converted" who does e..... in a prescribed way and if you are, then well done and keep it up! Use the above for the days when you are unable to attend a class or play golf/walk or go for a swim. Should you not be in this group then perhaps these small nudges are do-able for you – I hope they are and may I take this opportunity to say I guarantee you will feel better, think better and even be tempted to do more – perhaps join a class?

I guarantee you will feel better, think better and even be tempted to do more!



New Members August 2018 - January 2019

Gary & Kaya Birch
Dorothy Burder
Maurice & Maureen Costello
Liz Dunnett
Jan Durston
Rod & Joyce Harman
Emma & Joannah Hennessy
Kevin & Eileen Jefferson
Malcolm & Betty Little

Ida Maguire
Rodney & Jackie Morris
Alan Payet
Philip & Beverly Richardson
Iain Robertson
John Smith
Vera Sturgeon
Colin & Linda Talbot

We extend a very warm welcome to you all. We hope you receive support and help from being an Upbeat member. 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 limited number of members – currently four – can see the full list.

*Details about members are not given out when requested by other members
e.g. an address or telephone number.*

Due to the printer's deadline, this list is correct only up to the end of January 2019. Members who joined after that date will be shown in the next issue of the magazine in Autumn 2019.

100 Club Winners

September 2018

1st Prize Mrs O Gardiner £100 Number 213
2nd Prize Mrs J Hoskins £46 Number 198

October 2018

1st Prize Mr R Jackson £100 Number 161
2nd Prize Ms D Crangle £47 Number 271

November 2018

1st Prize Mr N Langridge £100 Number 87
2nd Prize Mrs P Ebborn £47 Number 134

December 2018

1st Prize Mr W Allan £100 Number 293
2nd Prize Mr D Richardson £47 Number 291

January 2019

1st Prize Mrs O Gardiner £100 Number 214
2nd Prize Mrs R Deeks £47 Number 197

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

Thursday 28th Annual Lunch at Stoke-by-Nayland Hotel, Golf & Spa. Tickets £27 plus coach fare: £7 from Bury, £4 from Sudbury.

April

Saturday 13th at New Bury Centre, Quiz Night, 7 pm prompt start. Tickets £10, to include supper. Bring your own drink.

May

Tuesday 14th AGM 7 pm at Southgate Centre. Wine and nibbles provided.

Friday 17th Long Melford Quiz Night

Thursday 23rd Mystery Tour. An entertaining day out arranged by Joyce Hurrell. Details to be confirmed.

June

Saturday 1st 60s Themed Music Evening hosted by Brian Richell at New Bury Community Centre. Details to be confirmed.

Thursday 13th Trip to Felbrigg Hall and Cromer Seaside, arranged by Ilva Maxey. Details to be posted at venues.

Saturday 22nd Delphi Day Organised by Phil and Jacqui Goodyer. An all-day event. See advertisements on Pages 24 & 25.

July

Thursday 4th Strawberry Tea at Newton Green Village Hall. Tickets £8.

September

London Theatre trip. Your chance to see one of the spectacular musical shows currently running in the West End. Further details to be announced.

October

Bingo Supper. Further details to follow. Look out for information at all venues and on our website.

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.

Thank you.

I enclose a donation of £ towards Upbeat Heart Support Group funds.

Name:

Address:

Please make cheques payable to Upbeat and send to The Treasurer, Valerie Axton, Vistri-Vale, Old Hall Lane, Fornham St Martin, Suffolk, IP31 1SS.

To enable us to reclaim tax, please tick here

☐

for a Gift Aid Declaration Form and we will send one to you.

WEEKLY EXERCISE SESSIONS

Monday, Wednesday and Friday mornings at the New Bury 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 BACPR 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.

Absent Friends

Alan Bambridge by his daughter **Jacqueline**

My Dad, was a loving, kind, intelligent, hard-working man. As a father he was strict but fair and he supported my brother and me throughout our lives, always having our best interests at heart. He would always give his honest opinion on matters, because he was never one to mince his words! There were many challenges along the way that Dad and Mum faced together, united and strong.



Dad supported both Mum and me through our degree courses as mature students and was very proud of our achievements. Sadly he was not able to complete his own studies with the Open University some years ago, due to financial and work constraints.

Dad enjoyed spending time with his grandsons, Tom and Alex, both in the UK and when we lived in Michigan, USA. He always took a keen interest in their studies, especially in later years when he would discuss science-related subjects with them and share some of the knowledge he had gained during his Open University studies. It was lovely to see him 'come alive' with enthusiasm during these discussions. Dad had a love of the natural world, which definitely rubbed off on my brother and me and also on Tom and Alex who enjoyed walks across Sudbury meadows, boating trips around Ely, and fun times down at Mersea Island with their Grandad.

Dad did used to like a bit of peace and quiet and wasn't usually one to party. That said, I'll never forget the evening reception at my wedding when Mum and Dad started jiving on the dance floor! They both really 'busted' some great moves that night! It really took us all by surprise. I was so proud of their dancing skills.

Since Dad passed away I have learned so much more about him, from his friends and acquaintances in Sudbury and surrounding areas. Dad has been described as "a real gentleman", "kind and just", "supportive of the underdog", a man with "strong principles". These comments have made me even more proud of him. He was a quiet family man, but he also gave a lot to his community over the years, especially during his involvement with Upbeat. I have heard that Dad was a great support to new members and also took on other roles within the group. He was also a great support to my Mum during the many theatre trips to London, helping to keep her calm during the difficult moments when group members were feeling unwell, or had gone missing!

Dad was also very humbled and proud when he and Mum were presented with the High Sheriff's Certificate in 2017, for their service to Upbeat. This was an unexpected but very well-deserved award, for all of their hard work over the years.

I know my Dad is missed by many of you. We miss his physical presence in our lives, but our memories of him will continue to live on in our hearts and minds.

I thank you all for supporting my Dad throughout his time as a member of Upbeat. I also thank you all sincerely for being there for my Mum, Sylvia, and for your continuing love and support of her during this extremely difficult time.

Russell Miller by his daughter Kathryn



James Russell Miller, better known as Russell, was born in Norwich, on 3 November 1925. As with many people of his age he left school at 15 and started his working life planning to be an electrician. Despite success, he changed his path to work in accountancy – a career he followed until his retirement in 1990.

The war saw Russell volunteering for the Royal Navy. He saw service transporting injured soldiers from D-Day before being posted to Australia and Hong Kong after the war. He was finally demobbed in January 1947.

Early in 1941 he met Margery and they were married on 28 August 1948. For twelve years they lived in the parish of All Saints where both played an active part in the life of the parish, including Russell acting as Treasurer until 2015.

Although he was not a painter, when Margery joined the Bury St Edmunds Art Society he became the Treasurer, whilst Margery was the Secretary. He continued his work with the Art Society until well into his 80s.

In April 1977 Russell was initiated as a Freemason, becoming Worshipful Master in 1988/1989 and forty years later became an Honorary Member. He was also a Member of Magna Carta Lodge from 1980, being Worshipful Master in 1991 and again in 2001.

He retired in 1990 and spent a lot of happy times travelling around Europe with Margery. In August 2000 he travelled to Japan and Australia with David and his family. It was here after a night at the Sydney Opera House he had a heart attack!

He celebrated over fifty-one years of happy marriage with Margery and after she

passed away in 1999 he continued his travels. In the 21st century he became actively involved for fifteen years with fund-raising for Marie Curie Cancer Care.

He moved to Lacy Court in 2013 and four years later, after a short hospital stay, he moved to Davers Court Care Home. He maintained a cheerful disposition and when his mobility declined he took up driving his own mobility scooter. Whenever he went out he would always meet someone he knew and spend time catching up with them.

At Davers Court he established himself in the Orchard wing as one of the first two new residents. He would chat to everyone who passed by – he felt very much at home.

He succumbed to a more serious stroke in June last year, but after a month in hospital, he returned to his Davers Court home. Although the last months were not easy, he put on a brave face, kept his humour and did improve in his mobility.

Family was important to Russell and they were all able to be with him to celebrate his 93rd birthday in November. He was extremely popular and well liked at the home, and he too, thought the world of everyone there, for providing him with outstanding care.

After enjoying Christmas with family, he took a tumble on Sunday 30 December, after which he contracted pneumonia. He died peacefully in the evening on New Year's Day at Davers Court where he wanted to be, with Kathryn present and David close by.



He will be sorely missed by his family and friends but as he often said, "I've lived a long and happy life and have no regrets."

By Valerie Axton Upbeat Treasurer and Membership Secretary

Russell was an early member of Upbeat, joining in 2000. He attended exercise classes on a Friday evening for many years. He became a committee member for a few years from 2002 and in later years when he was unable to exercise very much he enjoyed the Upbeat magazine and read it from cover to cover. We thank him for all his support for Upbeat over the years.

Terry Hill 1944-2018

Terry was born on Christmas Day, 1944 and died November 6th, 2018, aged 73, having battled with cancer for the past year.

He started his education at Tollgate Primary School.

Throughout his life Terry was a very keen sportsman in many sports but primarily in tennis and bowls, in which he excelled and won a number of cups and medals. He was also a good dancer and enjoyed Old Time Dancing.

He worked in Bury St Edmunds for the motor car dealership, Mann Egerton, until he took early retirement. He then devoted much of his time to the activities of the Thetford Branch of the University of the Third Age. His wife, Janet, suffered from Parkinsons and together they supported the Bury St Edmunds Parkinson Group. They were also fond of their holidays, especially cruising, which took them to many places throughout the world.

Having had a heart problem followed by rehab at West Suffolk Hospital, he became a member of Upbeat at the New Bury Centre and energetically exercised!

He leaves his wife Janet, son, Darren, daughter, Lisa, and grandchildren, Jack, Ben, Amy, and Kathryn, to whom we send our sincere condolences.

Vi Bannister **By her daughter Amanda**

Mum was born in Poslingford, Suffolk on 20th September 1933. Her parents moved to Elms Farm Stansfield where she grew up and went to school.



She most fondly remembers her time as the Manageress of the NAAFI stores at RAF Stradishall. She had higher wages which meant she could ditch the bicycle for a bright red mini traveller!

She married Keith on 22nd September 1956 after they met at a local dance on his return from National Service in Germany. They had just one child and I was born in April 1971. They moved to Bury St Edmunds in 1998, the same year Keith retired. They have two grandchildren, Lauryn, aged 20 and Lewis, aged 16, whom they looked after when I went back to work. They joined many clubs including Arthritis Care, Upbeat (joined 2008), and the Over 60's club. They made many friends at these groups and enjoyed days out and holidays.

Mum rather enjoyed the cups of tea and chats whilst Dad exercised at Upbeat and when she was well enough to go it made her day. Mum had Arthritis in her 30s and numerous other illnesses throughout her life. She found it difficult to tend to the garden that she loved so much and she relied on Dad heavily to help with her day-to-day needs. She was brave and courageous. Despite her ill health Mum

and Dad travelled the world and visited many fascinating countries, cruising to the Mediterranean and the Baltic, followed by UK holidays by bus or with Dad driving. The past eighteen months have been turbulent with Mum's health and Dad cared for her up until the time she broke her hip and moved from West Suffolk Hospital to North Court Care Home in September 2018. Her advanced dementia seemed to progress very quickly and unfortunately she was unable to go out and enjoy those days out that she had loved so much. The staff at North Court Care Home treated Mum so well and we cannot thank them enough.

Mum passed away peacefully at the care home on 10 January and her funeral was on 1st February. The family would like to thank all of their Upbeat friends that came to her funeral. It was lovely to put a face to a name. Dad will be back at Upbeat as Upbeat was a great love for them both. She will be sadly missed by us all and we will find strength in the memories shared.

In addition to those we have remembered above, we were sorry to learn of the passing of the following members, to whose family and friends we send our condolences:

Peter Walker member since 2002

Violet (Vicki) Boughton member since 2004

Roy Canham member since 2010

Helen Sturdy member since 2017



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Remembering Upbeat in Your Will

We know that the companionship, support, and supervised exercise which Upbeat provides are greatly appreciated by members and their carers who understand and value the many benefits the organisation brings. You will have read many times in this magazine that we continue to function only because of the goodwill of our many volunteers and because of the income generated by fund-raising, successful grant applications, and generous donations. All gifts and donations are greatly appreciated and go towards financing our day-to-day operating costs, including paying our excellent cardiac nurses and qualified instructors and meeting rental costs on the different venues.

If you, or a friend or family member, have benefited from Upbeat's provisions, maybe you would consider giving a legacy to Upbeat in your will. Any such legacies to charity are deducted from the estate before inheritance tax is calculated. Our Registered Charity Number is 1087415.

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