

UPBEAT MAGAZINE

Journal of West Suffolk Heart Support Group



Spring 2020

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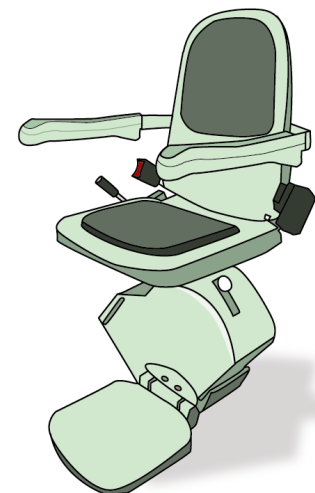
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In this issue ...

- 5** Editor
- 7** Officers' Reports
- 12** Committee Members
- 14** Upbeat at Long Melford
- 16** Our Mystery Tour
- 17** Honour for Upbeat Patron
- 18** What is an Ectopic Beat?
- 19** Southgate Coffee Mornings
- 20** The St Edmunds Trust
- 22** Meet Joyce, Bury's Official 'Meet&Greet' Member
- 24** Chrissy Braves the Shave for MacMillan Nurses
- 26** An Unwelcome Surprise for Instructor Gregg
- 28** A Pre-Christmas Treat from Treatt plc
- 30** Upbeat's Christmas Events
- 34** The Importance of Dietary Fibre
- 37** Thank Goodness for Upbeat
- 38** New Members - 100 Club Winners
- 39** Future Events
- 40** They've Done It Again! Phil & Jacqui Goodyer Bring Glitz & Glamour to Sudbury
- 42** Exercise Sessions
- 44** Absent Friends



14



24



30



34



40

Front cover: Upbeat Patron, Daemmon Reeve, on being awarded an honorary doctorate by the University of Suffolk.



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Spring 2020! How the years fly by, don't they? You will probably be reading this in March, when this, the latest edition of the Upbeat magazine, is distributed together with administration papers for the forthcoming Annual General Meeting to be held on May 12th at the Southgate Centre. At the time of writing this, we have been experiencing the power of storms Ciara and Dennis, with winds and flooding causing widespread damage. I remember learning, a very long time ago when at school, a poem about the months of the year. Maybe you remember it? It began:

January brings the snow, makes our feet and fingers glow.

I seem to remember that the seasons we experienced when I was a child accorded with that poem. My sister's birthday is January 15th and she says that there was **always** snow on her birthday. Nowadays, here in East Anglia, we don't seem to have had any significant snowfall for several years. However, that poem continued, after February, with:

March brings breezes, loud and shrill, stirs the dancing daffodil.

I'm pleased to say that line still rings true. Daffodils are already beginning to bloom in many a garden and on roadsides around the county. Nowton Park in Bury St Edmunds is a 'must see' when the beautiful avenue of daffodils is in all its glory. There must be thousands of them and their appearance really does gladden the heart and make one think that summer can't be far away. However, as much as we look forward to the warmer weather and the long summer evenings, we shouldn't wish time to pass more quickly - it seems to go by quickly enough and we are all getting older!

Patrons

Dr Pegah Salahshouri, Lead Consultant Cardiologist at West Suffolk Hospital
Daemmon Reeve, Chief Executive Officer at Treatt PLC

Sad to say we have lost a number of good Upbeat friends in recent months, several of whom were long-standing members who had done a great deal for the group during their time. We shall miss them all.

Once again I must say a big 'thank you' to all who have written pieces for this edition and to those who have provided photographs. Upbeat Chairman, Sylvia Baker, told me that recently a representative of the British Heart Foundation visited one of our classes in Bury and she was very impressed with our magazine. I hope you enjoy what we have put together for this issue, and I'd be really glad if some of you could think about your own life experiences and consider writing something for our next issue. I already have on my computer hard drive a file entitled 'Autumn 2020', just waiting for interesting bits and pieces from you.

This May will see the 75th anniversary of VE Day and the Social Group is well advanced with arrangements for a big party to commemorate the event. I hope that members' reminiscences of that momentous occasion will feature largely in the autumn edition, together with pictures of our celebration. Please, those of you who are old enough to remember how you and your family reacted to the news that the war was over, cast your minds back and make a few notes to share with us all. My own memories of the war and of its end are very few as I was only three and a little bit when it ended, but my parents and older siblings talked of it so often that I absorbed their memories as if they were my own. So... what do you remember? Please send me something in writing that we can all share.

The various sections of the media are currently full of reports concerning the spread of the coronavirus, which is very worrying. It seems that the closure of many factories in China, where the outbreak began, is affecting supply lines to the rest of the world and thereby having a damaging effect on global stockmarkets. What an uncertain and rapidly-changing world we live in! Let's hope that the combined medical expertise of the world's physicians and chemists can find a remedy soon and help the many who are already suffering, as well as a means of containing the virus and preventing further cases.

On Page 39 of this issue you will find a list of future events which have been planned so far for the coming months. Social occasions such as these, as well as being fun, all help to generate funds which help to keep Upbeat afloat so please, have a look at what's going to be happening and see if there are some events you could support. I hope to be seeing many of you there. Until then, my best wishes to you all. Keep smiling, and stay well.

David

Chairman's Report Sylvia Baker



Having just returned from a lovely three-week cruise holiday in Singapore, India, Sri Lanka, Thailand, Muscat, and Dubai I feel lucky to have come home without getting this horrible coronavirus. I had a great break so now feel refreshed and ready for 2020 and whatever this brings.

We had a very interesting year in 2019 - faced quite a few problems but thankfully everything seems to be proceeding well. We reviewed all our exercise programs and our Instructors have sorted out new ways of teaching and got up-to-date with latest data and health instructions relating to heart exercise. We arranged for CPR and general first-aid training where required to ensure we are doing everything correctly.

We are having to replace two music centres as, unfortunately, equipment does deteriorate and although we tried we have been unable to get them fixed so have to replace them with new units, which will arrive shortly.

Upbeat has benefited this year from grants and fund-raising efforts, as well as from our wonderful Patron, Daemmon Reeve, supporting us so well. Christmas meals, raffles, and donations have also helped to sustain our bank balance. Thanks go to our Treasurer, Valerie, for keeping such comprehensive accounts and ensuring that we comply with the requirements of the Charity Commission. You can read her report on the next pages.

You will read in this magazine articles reporting on individual social events together with photos to show what we get up to, and we must thank the Social Group for organising things so well. They always try to arrange a variety of things to try to cater for all tastes. There have been outings, a strawberry tea, meals, quiz nights, a river trip, a mystery trip, and a jumble sale, but we need input as to whether these should continue. Please talk to the committee members and let them have your views, comments, and any suggestions for future events. A lot of time and effort goes into this sort of organisation and sadly we have had to cancel some of these due to lack of support.

There are lots of things being planned for 2020, including a VE Day celebration to mark the 75th anniversary of the end of the war in Europe. We will hold this on Saturday, May 9th from 3 pm at the New Bury Centre. We have chosen an afternoon and will be serving a '1940s type' tea and want you all to dress up and enter into the spirit of this special occasion. It would be wonderful if you all joined in, sharing your memories and wearing wartime outfits.

Another river trip is planned and a mystery trip, as well as more quiz nights and a trip to the theatre, so please look at the Future Events list on Page 39 and make a note of each event so you don't miss out.

At the time I am writing this our biggest fund-raiser is coming up in March - the Annual Lunch at Stoke-By-Nayland Hotel and Golf club. It gives a chance for all groups and for new members to meet up under one roof to enjoy each others' company. It is always a lovely occasion in a beautiful setting. We have a delicious, hot, three-course, buffet-style meal, followed by a speaker and a wonderful raffle with really good prizes so I hope you all come along this year and help to make it a success.

Sadly we have also lost several long standing members of Upbeat and our thoughts go out to the families who have lost loved ones.

Again I ask for people to be aware that on exercise days, help is always needed to set up and to put away chairs, equipment, etc., and please wash up your cups when you have finished drinking tea and coffee. In the words of the well-known supermarket chain, 'Every little helps!'

I also want to thank everyone for the support given to me and committee members. We all work hard to keep us afloat so let's continue to help each other and be upbeat about UPBEAT.

Thank you all.

Sylvia

IT'S A CRACKER!



Christmas cracker jokes are renowned for being corny but some can raise a smile. Throughout the magazine you'll find a number of these 'rib-ticklers' which we hope you will enjoy.

What's the most magical dog in the world?

A Labracadabrador!

Treasurer's Report

Valerie Axton



I am very pleased to report that Upbeat finances continue to remain strong due to some very large grants and lots of fundraising.

We are indebted to the St. Edmunds Trust who have given us a grant of £11,199 last November. There is more about this on pages 20 and 21. Also Treatt continue to support us in a variety of ways and have given us a large cheque for £4,420, plus allowing us to sell items at Christmas at their Apprentice Day which raised £656.

There has also been some excellent fundraising at Christmas with our raffles and hampers and the jumble sale last September, profits from some trips and events, donations from talks by Martyn Roper and David Deacon, and many individual donations. Our thanks go also to those who make Upbeat the chosen charity in memory of a member who has died or who leave a legacy.

Please look at our donations page. We are very grateful to everybody who has donated. It makes a big difference.

Please remember Upbeat for any donations, gift aid, Easy Fund Raising /Amazon Smile, charity collections, legacies, or other collections.

If you buy things through Amazon on the internet you can register Upbeat for Amazon Smile. More information can be found at <https://org.amazon.co.uk/ch/1087415-0> and on Page 23.

Every penny is much appreciated. Thank you.

Valerie Axton

IT'S A CRACKER!



Why was there a baguette in a cage in the local zoo?

Because it was bred in captivity.

FUND RAISING & DONATIONS OVER £20 September 2019 – January 2020

GRANTS / SPONSORSHIP / GROUP DONATIONS

RC Treatt	£800
R C Treatt	£4,402
St. Edmunds Trust - Grant	£11,199
Delphi Dance 28.12.19	
Phil Goodyer	£741

FUND RAISING

Mystery Trip 11.9.19 Profit	£32
Jumble Sale 14.09.19 Profit	£675
Ashlar House Lunch 05.12.19 Profit	£331
Xmas Card Sales	£267.41
Long Melford Xmas Raffles	£215.10
New Bury Xmas Raffles	£286
Sexton's & Southgate	
Xmas Raffles	£124.50
Drinks sales at Xmas parties	£45.16
F and C Medcraft – Sales of Jams etc	£160
Treatt Sales	£656.20

DONATIONS – Individual Over £20

Long Melford Collecting Tin	£104
New Bury Collecting Tin	£102.51
Bull Inn Woolpit Collecting Tin	£95.67
Thursday Morning Southgate	
Coffee Group	£100
Eileen Shurmer - Small regular donations	£40
Rodney Johnson/ GYE Charities	
Trust- Monthly	£84.50
William & Joy Jenkins	£100
Krista Boardman	£100
Dr. Evelyn Lee	£90
Robert Mountford	£100
Mr & Mrs Howard	£50
David Deacon – Talk – Stanningfield Village Soc	£40
R C Bird	£50
Chris Dougherty- Company Donation	£165
Martyn Roper – Talk- Little Cornard Conservation	£40
Pauline Ingram	£30
Richard & Eileen Webb	£100
David Catton	£40
Mr & Mrs A Warner	£30

Anonymous donations less than £20	£187
Some instead of sending cards	
Glemsford Bowls Club	£35
Peter & Ilva Maxey	£100

In memory of :

Brian Mason	£60
Gerald Black	£435.50

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



At the time of writing, I have just taken the New Year posting to R C Treatt who are again helping us by posting all of our mailings. Thank you to those of you who have collected your own envelopes, and perhaps those of some of your neighbours. It still leaves a considerable number remaining to be posted and I would like to thank Daemmon, the CEO of Treatt and our patron, for dealing with this for us. He really is a great 'hands on' supporter of Upbeat as you will see elsewhere in the magazine.

I encourage you all to participate in the 100 Club if you can. It is a good way of helping Upbeat funds and at only £1 per month (£12 yearly) you have the chance each month of winning £100!

Sadly, we have lost several very dear friends recently and some others are battling poor health. We can only reach out to you all and give support where needed. Thankfully we are a small enough group to be able to get to know members individually and to know what is going on. If you are struggling, or know a member who is, please let one of the committee members know so that we can get in touch and see if we can help at all. While the group may seem to run itself, there are many people giving their precious time to keep the Upbeat wheels turning and we owe them all a big 'Thank you!'.

On another note, we have had some serious amounts of money come in recently. The Treatt's 'Apprentice Day' reported on Pages 28 and 29 raised £4828 and we received a grant from the St Edmunds Trust of £11,199. This all helps the running of the group but we must not be complacent. Every single donation, whether large or small, is worthwhile. Our income never reaches our expenditure so donations and grants are vital to bridge the gap and we thank everyone for their donations. Upbeat is *not* a business and therefore as long as we have the funds we would like to keep the cost to our members low. There is always the collecting box if anyone wants to give a little more.

Please look at the Forthcoming Events list on Page 39. I am sure there will be something you can support during the year. We are always looking for more ideas and for more members on the Social Committee. The AGM is not far off and I invite you all to come to the meeting at the Southgate Community Centre on May 12th for a 7pm start. Let us hear your views on how we are doing. Nominations for new Committee members are always welcome.

Look after each other. I wish you all a healthy spring and summer.

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

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As above

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News from the PPGs (Patient Participation Groups)

Members may not know that many surgeries have a group of patients who, whilst independent of the surgeries, work with GPs to help monitor and improve the provision of services in their area. At the Hardwicke House Surgery in Sudbury we have a very successful group that has been part of the practice for the past seven years. Individual group members represent various organisations in the community; others are interested in the provision of healthcare generally. We have helped surgery staff at the 'flu clinic days', assisted staff from the West Suffolk CCG helping patients to understand the Information-Sharing initiative, assisted the surgery with patient surveys, and represented patients' views on the positive and negative aspects of healthcare in our area.

On the 11th July we are working with another PPG in Sudbury, the Siam Surgery, to hold a Health Awareness Day at St Peter's in Sudbury. Many organisations have booked a place for stands, and we are hoping to have health-related demonstrations throughout the day.

It would be interesting to hear through Upbeat if you have a PPG at your local surgery, and to feedback through a regular item for PPGs in this Newsletter.

Sylvia Bambridge



Patient Partnership Group
Hardwicke House Group Practice and Siam Surgery



HEALTH AWARENESS DAY

St Peter's Church, Sudbury
Saturday, 11 July 2020, 10 am - 4 pm

Blood Pressure checks, Diet and Exercise,
Mental Health, Diabetes and more.

Refreshments by The Bridge Project
hhgp-ppginf@outlook.com



Upbeat at Long Melford

Old School
CO10 9DX



Upbeat members meet every Tuesday morning between 9.15 and 12.30 at the Old School in Long Melford for exercise and a get-together. Classes are led by a British Association for Cardiovascular Prevention and Rehabilitation (BACPR) qualified instructor who tailors classes to suit the needs and abilities of different groups during the morning. Coffee and tea are available, genially dispensed by Martyn, and there is always a cardiac nurse on hand to take blood pressures and give advice. There is plenty of parking at the school too.

On arrival you'll likely be met and signed in by Val and Charlie.

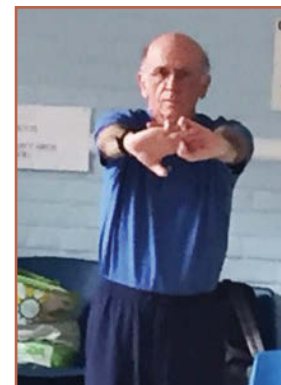


Martyn and friends will be happy to serve you coffee or tea. Help yourself to biscuits!

Cardiac Nurse Anne Graham can give you the 'once-over' and discuss any worries you may have.



BACPR-Qualified Instructor, Peter, sometimes leads the class. At other times another of Upbeat's qualified instructors might be leading the exercise sessions.



Upbeat member Frank Connolly attends regularly.

The British Heart Foundation says that regular physical activity not only protects your heart, it can also help your general wellbeing by boosting your mood, improving your concentration and memory, and helping you sleep better.



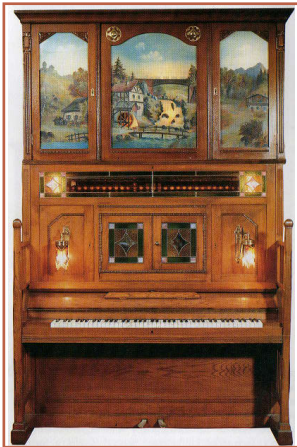
There's always time for a chat over coffee, tea, and biscuits.

Our Mystery Tour - 13th September 2019

After catching the coach at the New Bury Centre (some of our companions were already on board, having been picked up earlier in Long Melford) we had a good run to Diss and stopped for a lovely lunch at a pub restaurant called 'The Thatcher's Needle', just over the road from Diss Park and Diss Mere. After a hearty lunch we continued our bus trip until we reached what seemed to be a farm yard.



"Whatever have we come to?" I thought, but as we soon discovered, once we were inside the building, it was nothing like a farm. Instead we found that we had come to visit 'The Grange Musical Collection', 'one of the largest and most diverse collections of self-playing instruments in the UK'. We learned that long before Thomas Edison discovered how to record and play back sound in 1877, lots of mechanical devices had been invented which played music without the need for musicians. We are probably all familiar with musical boxes, which can play tunes, but the Grange Collection contains many wonderful instruments, some quite large, including a Compton theatre organ, all collected by the owner, Jonny Ling, who gave us a very enthusiastic talk about the collection and he really knew his stuff!



We were even served tea and biscuits!

Editor's Note: The Grange Collection is a private collection but visits can be arranged. Also, there are occasional open days.

Please visit the website, or contact

Jonny Ling, The Grange, Palgrave, Diss, Norfolk. IP22 1AZ. Tel 01379 783350

Honour for Upbeat's Patron, Daemmon



In August 2019, Daemmon Reeve, Patron of Upbeat Heart Support, who is CEO of Treatt, the international ingredients manufacturer and provider to the flavour, fragrance and consumer goods markets, was awarded an honorary doctorate from the University of Suffolk for being an inspirational leader, and for his outstanding contribution to STEM education (Science, Technology, Engineering and Maths) across the region.

Daemmon said,
'I am deeply honoured to receive this award.'

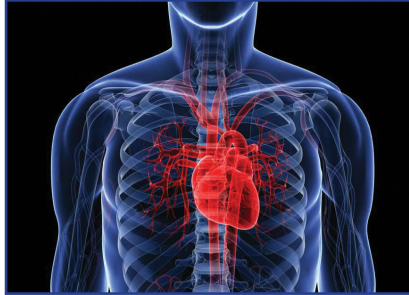
Daemmon said, 'I am deeply honoured to receive this award from the University of Suffolk. In my mind it's an award for all of my colleagues at Treatt who drive the culture and success of our growing global business.'

Daemmon joined Treatt in 1991, gaining extensive industry experience and knowledge from his time in technical, operational, sales and purchasing departments. In July 2010, he was appointed CEO of Treatt USA and became Group CEO in 2012. A passionate advocate for employee engagement and the wider community, Daemmon is responsible for helping to create the cultural environment that will deliver financial success.

Daemmon has been a valuable supporter and patron of Upbeat for several years and we have many reasons to be grateful to him and to the company.

What is an Ectopic Beat?

Ectopic beats are early or extra heartbeats which can make you aware of your heartbeat. They can feel like a fluttering in your chest and are defined as palpitations. They happen when an impulse from your heart's natural pacemaker (the sinus node) causes an extra or early heartbeat somewhere else along the heart's electrical pathway. This can lead to a short pause before the next beat, giving you a sensation of a missed beat. Ectopic beats are defined as premature atrial contractions (PAC), which originate from the upper chambers of your heart, or premature ventricular contractions (PVC), which originate from the lower chambers.



Ectopic beats are usually harmless and can occur in anybody regardless of age and do not signify any presence of heart disease. When feeling the pulse, it will be found to be irregular, but once identified as ectopic beats, normally by an ECG, will only require further investigation if the ectopics are very frequent or the palpitations are troublesome. Further investigations such as 24-hour monitoring or referral to a cardiologist may be needed.

Ectopic beats can be triggered by lifestyle such as strenuous exercise, caffeine, alcohol, smoking, illegal drugs or just not getting enough sleep. Identifying and avoiding the triggers can help prevent ectopics. Stress and anxiety can also produce ectopics and learning relaxation techniques such as yoga or mindfulness, together with deep diaphragmatic breathing, can also help. Sometimes certain medication can give rise to ectopics, in which case your Doctor will change your prescription or add in a betablocker.

There are certain medical conditions such as an over-active thyroid, a low blood sugar, anaemia, a high temperature, or dehydration which may present with frequent palpitations. These conditions can be identified by a blood test, and treatment to correct the underlying disease can be given.

Most cases of ectopic beats or palpitations are only short-lived. However, if you ever experience shortness of breath, chest pain, dizziness or fainting then you should get immediate medical help.

REF. BHF. NHS.
Mandy Scales,
Cardiac Nurse.

Upbeat Coffee Mornings

Coffee mornings at the Southgate Centre, Bury St Edmunds, IP33 2PJ, will be held on the dates shown below. For more information, please call Ann on 01284 750980. We look forward to meeting you.



2020

March 5th, 19th

August

6th, 20th

April 2nd, 16th, 30th

September

3rd, 17th

May 14th, 28th

October

1st, 15th, 29th

June 11th, 25th

July 9th, 23rd



IT'S A CRACKER!

What's green and not heavy?

Light green!



The St Edmunds Trust

This year we have been extremely lucky to be the recipient of a grant from the St Edmunds Trust. The amount received - £11,199 - was the biggest grant we have received for many, many years and is to help to pay for our nurses who do such a wonderful job for us. We will monitor the use of the grant and provide figures at the end of the term. We give our sincere thanks to the Trust for believing in what we do in the community.

Maybe you didn't know of the existence of the St Edmunds Trust. Perhaps you've never even heard of it, but it's interesting to hear how it came into being.

Just off St Mary's Square in Bury St Edmunds stands an early to mid-18th Century house many of us pass by many times a week. It's not visible from the road, but is set back in quite large grounds. It used to be 'The Square House' and in the not-too-distant past served as a hotel. During World War 2 it was used as a military hospital but in 1976 an Appeal Committee with charitable status was set up to convert The Square House Hotel to a private hospital. The Appeal was closed with more than 800 contributors having been recorded and The St Edmunds Hospital was opened in February 1981.

However, by 1997 major redevelopment was required and the hospital was sold to the Nuffield Trust, another charitable organisation, and it became the Nuffield Hospital,. Nowadays it is run by BMI.



The BMI Hospital today

After the sale, £2.25 million was left and as the original money raised in 1976 had been by local appeal it was considered important that the remaining money should be retained and used for local purposes. This saw the origin of the St Edmunds Trust.

The Trust describes its objectives thus:

'To provide financial assistance to and cooperate 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.'

The Governors meet quarterly to consider applications from charitable organisations. The area they cover is loosely defined by the borders of West Suffolk.

Upbeat's Secretary, Hilary Neeves, works hard to try to tap into any local or national potential sources of grants or donations. In recent years, during a period of national austerity, these have diminished in number, meaning that the charities and voluntary groups looking for grant aid are chasing fewer and fewer opportunities. That the Trustees have recognised Upbeat as an organisation worthy of receiving so substantial a grant says a great deal for the work we do and for Hilary's eloquence and skill in framing Upbeat's application.

Well done, Hilary, and "Thank you, St Edmunds Trust!"

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.

IT'S A CRACKER!



Why did Picasso paint his wife in water colours?

Because she was no oil painting!

Meet Joyce, Bury's Official 'Meet & Greet' Member

If you come to an exercise class at the New Bury Centre for the first time, you will almost certainly be assured of being given a warm welcome by Joyce Lawes, our official 'Meet and Greet' member.

In the very early days of Upbeat, Patrick Simpkin and the late Ricky Lee took it upon themselves to look out for newcomers in order to let them know what to expect at any session and to make them feel at home. Later the organising committee thought it important that welcoming newcomers wasn't left to chance and Joyce took up the role. I spoke with her recently to ask just what that role entailed, and this is what she told me.



'It can be difficult for anyone coming in for the first time, not knowing anyone or quite what they're letting themselves in for so I look out for any new faces and try and give them a smile and say hello. They can see my name from my Upbeat badge and I ask their name. If they haven't already got one, I give them a 'Welcome Pack' and let them know about the group and how we operate. I explain about the different levels of exercise in our three morning classes and that their exercising should never make them breathless.

I tell them, 'There is always a qualified cardiac nurse on duty at each class. If you feel unwell at any time, don't take yourself off to the toilet or somewhere, but simply touch the person beside you and let them know you aren't feeling well. Once we know, we'll make sure the nurse comes to you. It's important that we always wear our badges, because they have not only our name but details of our condition so that any medical personnel who may be called will know at a glance the most important aspects of our medical history.

'The Welcome Pack includes various details including the yellow medical card the nurse completes when she checks us over, details of the 100 Club, etc. There's an enrolment form for new members to complete and carers should enrol too. Not only do they provide important ongoing support for patients, but cardiac issues for a spouse or partner are worrying and sometimes can cause problems such as high blood pressure in those caring for them. That yellow card gives a good picture of our

ongoing health and can be taken on any visit to your GP to give them a picture of how you've been recently.

'You might notice as you meet members here that each of our badges has a little heart on it – some red, some gold, some green. These relate to our medical history too: a red heart for a heart patient, a gold heart for a carer, and a green circle for people with diabetes.

'One thing I always make sure I tell new arrivals is where the toilets are! That's very important. I also explain that apart from our nurses and instructors, we are all volunteers, mostly heart patients ourselves but with many carers as well. It's always good to tell new ones about our social events as well so they can see that we are more than an exercise group. We enjoy ourselves as well, and all our social events help to raise funds to pay the group's expenses.

'I generally accompany them on their first few exercise classes until they are settled in. I introduce them to some of the group and I really only step back when they've met a few people, and are chatting to others. That seems to be more important with new men members who seem to find it a bit harder to start chatting to strangers. That's never been a problem for me, as everyone will tell you! '

AmazonSmile

Shop on AmazonSmile at

<https://smile.amazon.co.uk/ch/1087415-0>

and Amazon donates to Upbeat, at no cost to you.

AmazonSmile is also available in the Amazon Shopping App to all AmazonSmile customers using supported Android devices.

Please reach out to AmazonSmile Charity Support
in case you have any questions.

Chrissy Braves the Shave

Having lost friends to cancer, and having others who were battling the disease, Upbeat member Chrissy Medcraft wanted to do something to raise money for Macmillan Cancer support. She knew the truth behind MacMillan's slogan "Whatever cancer throws your way, we're right there with you." The organisation's aim is to be there 'to help everyone with cancer live life as fully as they can, providing physical, financial and emotional support.' The help and advice MacMillan Cancer Support give costs a great deal of money, of course, and having seen details of MacMillan on Facebook, Chrissy wanted to do her bit to help.



Here we can see Chrissy before Emma began the shearing, and she is wearing a special 'Brave the Shave' top from MacMillan.

'I couldn't jump out of an aeroplane and sky dive, or run a marathon,' said Chrissy, 'but the MacMillan website gives loads of ideas for different things you can do. I took a look and saw there's an A, B, C of fundraising ideas. B said 'Brave the Shave!' I read on! 'Do something amazing.' It said. 'Whatever your reason for shaving your hair off, whoever you do it for, you'll be helping Macmillan support even more people living with cancer.' I thought to myself, I can do that, and so I did!'

MacMillan give you all the advice you need for your fund-raising, including setting up on-line publicity and on-line giving. People do all sorts of things from big events to simple coffee mornings in their own homes. Chrissy decided to brave her shave at one of Upbeat's exercise sessions. She asked her regular hairdresser, Emma, if she'd do it and Emma was only too happy. Her boss at Stephen John's salon on Moreton Hall kindly gave her time off work and along she came to the New Bury Centre, duly armed with scissors and clippers.

Needless to say, Chrissy had an attentive audience of fellow Upbeat members as her silver locks gradually disappeared. Chrissy didn't go all the way and have her head actually shaved, just clipped very short. However, when Emma had finished her snipping and clipping, and Chrissy was back at home, she decided it wasn't really short enough, so she got husband Frank to take his clippers to her head!

'When Emma finished it was down to about Number 4,' Chrissy said, 'but by the time Frank had had a go, it was down to more like a Number 2.'

When it was all over, Chrissy said, 'I want to say a big 'Thank you' to everyone who sponsored me and supported me. It's a great help to have people backing you and spurring you on.'

In the photo's below you can see the progress of Chrissy's shave, and the certificate she received to thank her for the magnificent total of £603 raised for MacMillan Cancer Support!



Let the cutting begin!



Almost done, Chrissy!



Having second thoughts?



Chrissy's Certificate



Chrissy, Frank, and Upbeat friends after she'd 'Braved the Shave'!

Want to know more? Go online to <https://www.macmillan.org.uk/> for more information about cancer and about how you could help.

An Unwelcome Surprise for Instructor, Gregg

Hello, guys, I thought I'd share my experience of my recent stroke as a piece for the Upbeat magazine.

It was a Monday morning, early in September 2019, and just like every Monday morning, I was working from home. I was doing something in the kitchen when the post came through the door. I bent down to pick it up and as I stood up, something in my head went bang.

I became very disorientated and my sight just didn't feel right. Initially I thought I might be dehydrated as the day before, Sunday, I'd been out on my bike and the day was very hot. I lay down where I was but this didn't help. I tried to get myself a drink of water but this felt like a challenge. I turned the tap on and instead of the water going into the glass, it went all over my hand. At this point, I started to worry.

After about twenty minutes or so, I called 111. I told them my symptoms and they said,

'Ok, we're going to get an ambulance for you.'

I started to think: an ambulance for me? But I'm fit and healthy. I shouldn't be going in an ambulance!

After a three-hour wait in A and E (you'd think you'd be seen quickly after having been taken in by ambulance), I was seen. The nurse did some sight tests on me. I had to look directly at her face whilst she was moving her fingers in my peripheral vision. I could see her fingers moving out of my right eye but I couldn't see her fingers moving out of my left side!

I had a CT scan on my brain and that came back all clear, but they said that they wanted to do an MRI as a CT scan doesn't pick up everything. I stayed overnight in hospital so I could get the results of the MRI the following day but the doctor



reassured me that they didn't expect to find anything. The following day the doctor came round to my bed and said,

'We are very surprised to say, Mr Whyman, that you've had a stroke!'

It took a while for my face to make any expression other than disbelief. I've spent my whole life looking after myself. This wasn't meant to happen to me. I'm the person who tells people that if you look after yourself, your body will repay you. What will people think?

I spent the next week in hospital, having multiple tests to try to find out why this had happened. I had a few moments of thinking to myself, *I'm so annoyed with exercise and eating healthily and generally looking after myself. I've spent my whole life doing things to prevent this from happening.*

Since being discharged from the hospital I have carried on having tests, and it has come to light that my heart is the reason for the stroke. I can now appreciate the psychological impact of how it can affect our patients that we see.

Because of the lifestyle that I was leading before the stroke, I'm able to continue with my normal daily activities. Tests are still ongoing but I hope to be able to continue with the things that I love.

Gregg

Signs that you may be having a stroke:

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body;
- Sudden confusion, trouble speaking or understanding;
- Sudden trouble seeing or blurred vision in one or both eyes;
- Sudden trouble walking, dizziness, loss of balance or coordination;
- Sudden severe headache with no known cause;

You should never wait more than five minutes to dial 9-9-9 if you experience even one of the signs above.

For Upbeat - A Pre-Christmas Treat from Treatt plc

On Friday, 6th December 2019, teams from Treatt plc, a flavour and fragrance manufacturer in Bury St Edmunds, took part in a company-wide charity fundraiser activity to raise money for Upbeat Heart Support.

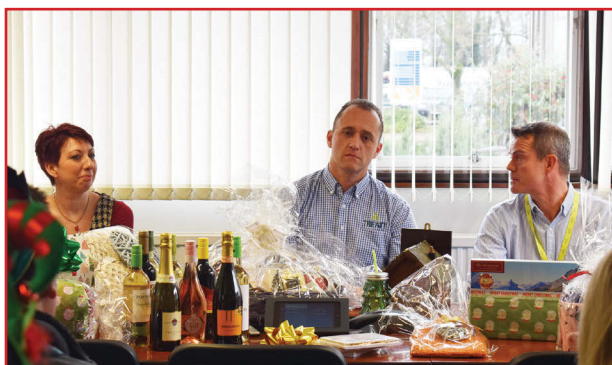
Two Treatt teams were challenged with a sales brief, in the style of the BBC One TV Show 'The Apprentice'. They were each tasked with selling almost-identical sets of handcrafted goods and donations given via Upbeat. These included items such as crocheted blankets, handmade bird boxes, Christmas cakes, puzzles and games, and much more.

Both teams were given an hour to sell their items to Treatt employees for maximum value, raising as much money as possible for the charity. With just two weeks to prepare for their challenge, the teams worked hard on creating promotional material, advertising items for sale both electronically and verbally, and gift-wrapping goods to make their sales as profitable as possible.

After the task, both teams faced the dreaded Boardroom with Alan Sugar (Daemmon Reeve, Treatt CEO), Claude Littner (Nick Evans – Sales Director) and Karren Brady (Karen Cocksedge – Applications Manager). Please note, no Treatt employees were fired from this challenge!



Team Treatt Yourself



The Boardroom



Team Unity

The activity was a great success, raising money for Upbeat and strengthening the teamwork value at Treatt, with employees from Technical, Legal, HR, Production, and Customer Care working together.

Upbeat is close to Treatt's heart, with Daemmon Reeve (Treatt CEO) a proud Patron of the charity. The team's efforts, alongside the total raised from food and drink stalls manned by Upbeat on the day, raised an astonishing total of £4,828.09 which will be going towards the funding of a nurse for the next year.

Chloe Ludkin
Executive PA to Group CEO



Vanessa Fired



*Upbeat
Members
at
The Treatt
Apprentice*

A Very English Party

by Ron Lawes

Once again I have been asked to report on our splendid Christmas party at New Bury Centre. I have given it the title of 'Very English' because on looking at the acts who performed for us, they all seem to be of English origins.

A delicious array of food was laid out prior to the entertainment - all supplied by group members, to whom grateful thanks are due for doing such a wonderful job.



The first act was a hilarious adaptation of 'Cinderella', with Peter Riches as a very scruffy Cinders backed by Sylvia, Beth, and Giles as the ugly sisters (excellent casting in my opinion!). This tale had surely the most miserable happy ending ever!

This was followed by Arthur Askey's grandchildren (myself and Joyce) dressed as bumble bees, in 'Joyce and Ron's Bee Awful Duet'. Another Sonny and Cher in the offing, do you think? Maybe not.



Patrick then appeared in his bridal outfit (kindly supplied by Christine). He was waiting at the church gate for his fiancé, who didn't turn up. He told a sad tale about other couples, which I can't relate as his knighthood might be put at risk!

There followed 'Snow White', played by Michelle, and the seven dwarfs, only due to austerity their number had been reduced to only five. They presented an unbelievable set, ranging from 5ft 5 inches to almost 6 ft.

These were played by Jaden, Nurses Kate T. and Kate O., Ray, and Yvonne, who was also responsible for the script. The wicked queen was well-played by Gregg, sporting an eye-jabbing bosom. Great fun was had all round.



Food was then served, with Sue supplying teas and coffees, accompanied by Brian playing a selection of seasonal music and a Christmas quiz.

The festivities concluded with a sing-song with Chris and Joyce encouraging the rabble, and finally Joyce performing 'The Twelve Days of Christmas' with all the actions.

That just left the clearing-up, kindly carried out by members of the Executive and Social Committees and members of the audience. Thanks go to all members who organised the tables and chairs, the decorations, and all the lovely food, as well as to Brian who supplied the best kind of music.

A good time was had by all!

Melford's Upbeat Christmas Lunch ...

For a number of years, Val Carr has organised a Christmas Lunch for Upbeat at Long Melford and this year it was held at The Cock & Bell in Hall Street on Tuesday, December 10th. The lunch was attended by around fifty members – the maximum the venue can sit comfortably.

We had a separate space which enabled us all to sit together and the volume of the chatter and noise soon reached a level that indicated that the members were enjoying the occasion immensely.

Party hats were donned, poppers popped, and a festive atmosphere ensued whilst the food was served. From a good-sized Christmas Menu one was able to pre-book a two or three-course meal at a set, very reasonable price. This proved good value and most enjoyable.

Thank you, Val, for all the work entailed in setting up the event, particularly as you were shortly afterwards jetting off to the USA for the Christmas period to stay with some of your family.

Here's to the coming year, and if you feel that you would like to attend, please book early because spaces are limited.



... and Party

On December 17th Upbeat held their traditional lunch party at Long Melford.

Hilary had arranged and put up some decorations to create a festive atmosphere and food was donated by members, who are thanked for their generosity, quality, and variety of what was on offer and enjoyed by all.

Yvonne conducted an exercise session, after which the entertainment commenced. Brian Richell provided the music and a quiz. During the morning he also organised the singing of some carols but the highlight was a sketch based on Cinderella. This was a first for Melford, and thanks go to Beth, Peter, Sylvia, Hilary, Giles and Brian for providing some laughs and enjoyment.

Thanks also to the ladies who worked hard in the kitchen, sorting and arranging the food, and to Martyn for serving his excellent coffees and teas, always done in his usual inimitable style.

The event concluded with a huge raffle, again with prizes kindly donated by members, after which we all departed for the Christmas break, well and truly in the right mood.



THE IMPORTANCE OF DIETARY FIBRE TO OUR HEALTH

By PETER AZZOPARDI

Dietary fibre used to be known as roughage. It comprises the edible parts of plants that are not broken down and absorbed in the human gastrointestinal tract. Fibre consists of structural plant polysaccharides such as cellulose. The human small intestine has no enzymes to break down these polysaccharides (and thus they cannot be digested). Although cellulose may be the most common type of fibre, there are many other types of fibre, including gums, hemicellulose, β -glucans, and pectin. Dietary fibre consists of non-digestible carbohydrate and lignin that are intrinsic and intact in plants. Functional fibre consists of isolated, non-digestible carbohydrate that has beneficial physiological effects in humans. Total fibre is the sum of dietary fibre and functional fibre, and it is the intake of total fibre that matters most. Dietary fibre is also often divided into soluble and insoluble fibre. Soluble fibre dissolves well in water, whereas insoluble fibre does not. Both types of fibre are present in plant foods. Some plants contain more soluble fibre, and others have more insoluble fibre.



THE FUNCTIONS OF INSOLUBLE FIBRE:

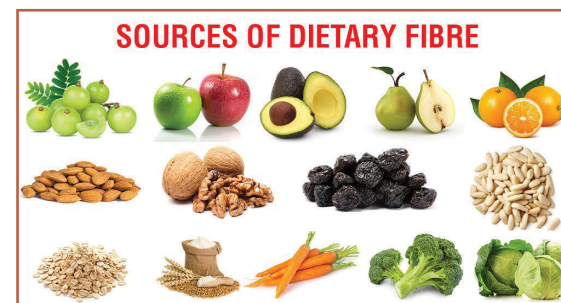
1. Has its effects mainly in the colon, where it adds bulk and helps retain water, which results in a softer and larger stool.
2. Decreases the transit time of faecal matter through the intestines. So, a diet high in insoluble fibre is most often used in treatment of constipation resulting from poor dietary habits and is known to promote bowel regularity.

THE FUNCTIONS OF SOLUBLE FIBRE:

1. Lowers blood cholesterol concentrations and normalizes blood glucose.
2. In addition, most soluble fibre is highly fermentable, and fermentable fibres help maintain healthy populations of friendly bacteria.
3. Besides producing necessary short-chain fatty acids, these bacteria play an important role in the immune system by preventing pathogenic (disease-causing) bacteria from surviving in the intestinal tract.
4. Fibre also has several effects on nutrient digestion and absorption. It reduces the rate of gastric emptying and can influence the absorption of various micronutrients. Fibre increases food bulk, which increases satiety, and it can reduce energy intake by 96-143 kcal per day, meaning you're likely to feel fuller, eat fewer overall calories and it may help you to maintain a healthy weight.

HEALTH BENEFITS OF EATING MORE FIBRE

1. High fibre intake, both soluble and insoluble fibre from cereal and vegetable sources, is associated with decreased risk of cardiovascular disease (Slyper* 2013).
2. Fruit fibre intake is associated with a reduced risk of cardiovascular disease.
3. Fruits, vegetables, and plant fibre have long been thought to protect against cancer. Indeed, high intake of fruits and vegetables is associated with reduced incidence of some cancers; however, this may be related not only to fibre intake but also to intake of folic acid (Willett** 2000) and other phytonutrients (carotenoids, which are found in carrots, broccoli, yellow and leafy green vegetables, and other vegetables, and polyphenols, which are found in various berries, fruits, tea, beer, and wine).
4. Fruit intake can reduce the risk of cancer of the upper gastrointestinal tract.
5. Total fruit and vegetable and total fibre intakes can reduce the risk of colorectal cancer.
6. Total fibre intake can reduce the risk of liver cancer.
7. Fruit intake can reduce the risk of lung cancer among smokers.
8. A borderline inverse association of fibre intake has been associated with reduced breast cancer risk.
9. One potential mechanism for reduced cancer risk is the reduced transit time of food (the time that food spends in the gut) due to fibre intake, which could reduce the uptake of carcinogenic substances. Another possible mechanism is that the fibre absorbs some of these carcinogenic substances. In addition, a change in fibre intake may be the result of altered nutritional habits that reduce the presence of carcinogenic substances (i.e. increased fibre intake is often accompanied by decreased fat intake).
10. Higher fibre intake has also been associated with better weight maintenance.
11. Increasing dietary fibre intake is often recommended because of its apparent protective effects against cancers, cardiovascular diseases, and Type 2 diabetes.



RECOMMENDED INTAKE OF FIBRE:

For most people, the recommended intake would be 20 to 35 grams per day, but the typical fibre intake in Western countries is only 14 to 15 grams per day.

GOOD SOURCES OF FIBRE

TYPE OF FIBRE	FOOD SOURCES
SOLUBLE FIBRE	Legumes (peas, soybeans, and other beans) Oats, Rye, Barley Some fruits and fruit juices (particularly prune juice, plums, and berries) Vegetables such as broccoli and carrots Root vegetables such as potatoes, sweet potatoes, and onions (skins of these vegetables are sources of insoluble fibre) Psyllium seed husk
INSOLUBLE FIBRE	Whole-grain foods Bran Nuts and seeds Vegetables such as green beans, cauliflower, zucchini (courgette), and celery, skins of some fruits, including tomatoes

**Dr. Arnold Slyper is a physician and has been practising Paediatric Endocrinology for many years. He has published scientific papers on obesity and cardiovascular disease in youth, as well as two books on obesity.*

***Walter C. Willett is Professor of Epidemiology and Nutrition at Harvard School of Public Health. He studied food science at Michigan State University, and graduated from the University of Michigan Medical School before obtaining a Masters and Doctorate in Public Health from Harvard T.H. Chan School of Public Health. Dr. Willett has focused much of his work over the last forty years on the development and evaluation of methods to study the effects of diet on the occurrence of major diseases.*

In addition to being one of Upbeat's Cardiac Rehabilitation Exercise Instructors for the past thirteen years, Peter Azzopardi is an in-home personal trainer in Suffolk and Norfolk. He is currently studying a Post Graduate Diploma in Performance Nutrition, which focuses on the latest research into nutrition for health, exercise and performance. For information on his services, please contact him directly through his website: www.pmapersonaltraining.com

Thank Goodness for Upbeat



Terry had his first heart attack in 1999 and we both joined Upbeat in 2000 when it was held at Hardwick Middle School on Friday nights. As the membership increased a class was started on Wednesdays at Howard Community Centre so we joined that one.

A cardiac nurse is on duty at all times. We love the exercises to music, which are taken by a qualified instructor. As more and more patients are referred after heart surgery and problems our classes increased to include Mondays and Fridays as well as Wednesdays. We now have three sessions each time - one early, one mid-morning, and then one for patients who are better-suited to a seated class. Everyone is carefully

monitored by the nurse before exercise to make sure they are well enough.

I am allowed to exercise as I am Terry's carer. Terry has since had five more heart attacks and has had a cancerous kidney removed, at one time being in hospital for six months. Whilst he was in there I had a hip replacement. In between times we returned to Upbeat for exercise.

We have made so many friends and, unfortunately, have lost some as well. Joyce and Ron Lawes and Margaret and Brian Riley are four Upbeat members and great friends with whom we have had many happy Warner holidays.

Unfortunately, in March I found that I had cancer. I have had surgery and completed all my treatment, and I feel sure that my speedy recovery was due to Upbeat and the support from all its members. There is always someone on the line, and letters and cards of encouragement. I am now looking for the OK and strength to get back to exercise. We would like to thank all the people who help to run the group, especially the nurses.



Jess and Terry Lifford

New Members September 2019 - January 2020

Angela Ambrose
Alison Barlow
Stuart & Alison Bordessa
Jane & Rupert Brown
Susie & John Butcher
Peter & Linda Hamilton-Smith
Barrie Hull
Brian & Sandra Matthams
Patrick & Gillian McElroy

Nicholas & Trish Mooney
Jeremy Morgan
David & Rebecca Richardson
Jennifer & Robert Streetin
Sue Tyrell
Geoff & Judy Warren
Averil Wiseman
Lewis & Janet Woolnough
Ruth & Phil Worsley

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 2020. Members who joined after that date will be shown in the next issue of the magazine in Autumn 2020.

100 Club Winners

September	1st Prize £100	Number 141	Mrs D Simpson
	2nd Prize £40	Number 054	Mrs J Jenkins
October	1st Prize £100	Number 071	Mrs E Payne
	2nd Prize £40	Number 146	Mrs M Harvey
November	1st Prize £100	Number 280	Mrs L Munson
	2nd Prize £40	Number 029	Mr C Weston
December	1st Prize £100	Number 110	Mr M Bailey
	2nd Prize £40	Number 199	Mr & Mrs G Clarke
January	1st Prize £100	Number 096	Mrs T Sawyer
	2nd Prize £40	Number 265	Mr & Mrs G Rice

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

Future Events

April

Saturday 4th Quiz Night at New Bury Centre, hosted by David Axton. **Tickets £10** to include Fish & Chip supper.

Saturday 18th New Bury Centre, Bury St Edmunds, Jumble Sale 10 am - 1 pm. Cakes, Raffle, Lots of Bargains. **Entrance fee only 20p.**

May

Saturday 9th 2020 from 3 pm at New Bury Centre: Party to celebrate 75th Anniversary of VE Day. Music/Dance, & Buffet. **Tickets £10.**

Tuesday 12th at 7 pm AGM at Southgate Community Centre All members welcome. Please come and support the group. Wine and nibbles provided.

Thursday 28th Boat trip on Oulton Broad, **£39 per head** to include coach travel and buffet lunch.

June

Friday 19th at Long Melford Old School, Quiz night with Brian Richell. 7pm start. Bring your own food and drink. **Tickets £5.**

July

Wednesday 1st Visit to Ipswich Regent Theatre for 2.30 matinée of 'We Will Rock You', the Queen musical. **£53 per head** to include coach from Bury, Long Melford, or Sudbury. Tickets limited.

Thursday 9th Newton Green Village Hall: Strawberry Tea. Always a nice occasion to get together. **Tickets £10**

September

Thursday 3rd Mystery Tour organised by Joyce Hurrell. Always a fun day out to somewhere interesting. More details later.

Saturday 26th Quiz Night at New Bury Centre hosted by David Axton. **Tickets £6.** Bring your own nibbles and drink.

They've done it again!

Thank you, Phil and Jacqui, for Puttin' On The Glitz!

Phil and Jacqui Goodyer presented UPBEAT with yet another cheque from a function they organised in Sudbury. This time it was a Hollywood-style "Glitz and Glamour" Dance on Saturday 28th December, 2019, raising an amazing £741 for Upbeat.

With The Delphi splendidly decorated for Christmas, music from the 17-piece Big Band, "Swing Machine", and everyone in their best bib and tucker, the ballroom was set for a Hollywood scene and a fabulous night! The Band played music from the Swing Era.



Phil and Jacqui Goodyer



The 17-piece Big Band, "Swing Machine"

During the breaks for the band, local singer and choirmaster, Nettie Osman, sang two sets from the 60s and filled the floor with dancers.

Annie and Brian Richell, designated to sell the raffle tickets, would like to thank everyone sincerely for being so generous. UPBEAT was well represented and the "twisting" skills of Sylvia, Hilary, and David Deacon had to be seen to be believed!

**It was a
night not to
be missed
and a great
time was had
by all!**



Brian and Annie



Upbeat was well-represented

A very sincere thank you to Phil and Jacqui for all their hard work organising amazing events and raising funds for Upbeat.

Brian Richell

IT'S A CRACKER!

What sort of owl is best at doing the dishes?

A teet owl!



WEEKLY EXERCISE SESSIONS

Monday, Wednesday & Friday mornings at the New Bury Community Centre, IP32 6RW 9.15am-12.30pm

Tuesday mornings at the Long Melford Old School, Long Melford, CO10 9DX 9.15am-12.30pm.

Friday evenings at Sexton's Manor School, Greene Road, Bury St Edmunds, IP33 3HG 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.

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.

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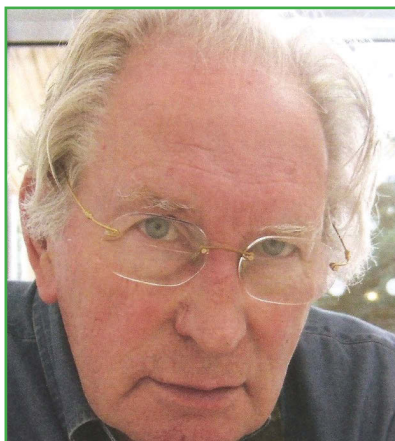
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Absent Friends - Loved and Lost

Rodney Johnson

Sylvia Baker, Upbeat Chairman, collected memories of Rodney from some of his many friends in Upbeat. She put them together to make the following, which she read at Rodney's funeral



Rodney was part of the original team that started "Upbeat" in 1995. His high intelligence and banking background made him perfect executive committee material. Together with his beloved wife, Ella, they became stalwarts involved with the day-to-day running and social activities of our group, in particular greeting members with cheerful smiles and encouraging words. Rodney has been a constant, caring figure, especially at the Friday evening classes and coffee mornings – making sure he talked to everyone, knowing them by name, listening to details of health, families and lives, and showing genuine interest and compassion. As Ann put it: 'We felt safe, cared-for and secure because of him. There is a huge hole now which we will have to try to fill in his memory.'

Rodney did a great deal for Upbeat 'behind the scenes', so to speak, serving on the Committee for many years, writing the Constitution, ensuring that we dotted the i's and crossed the t's over legal matters. He was more of a listener than one to make his views widely known. He could be a bit grumpy and at times would dig his heels in at meetings and occasionally cross swords with other members. However, his deep knowledge of the group workings and the members proved invaluable to me as Chair and I have often sought his help and assistance over difficult situations because I respected and valued his advice immensely.

Rodney and Ella were incredibly kind over the years, for example, ferrying people to hospital appointments. Bev Hunt recalls how Rodney insisted on doing this for her daily visits to Tom.

Rodney's invaluable work for Upbeat was acknowledged in 2017, when the High Sheriff of Suffolk presented him with a Certificate recognising and thanking him for all

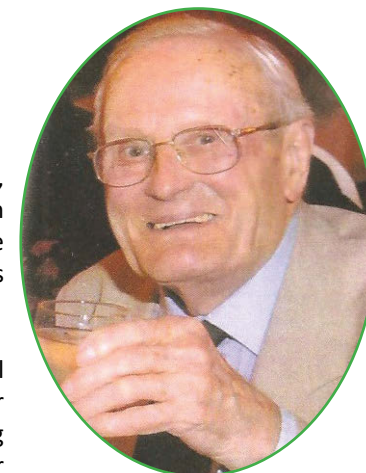
that he did for the group. When we were awarded the Queen's award for Volunteers last year – which was very special for all of us - we were able to obtain special commemorative pins and I know that Rodney was quietly very proud of his.

You all know how reserved and shy Rodney was, and to tease him one day I told him that the executive committee were going to perform a comedy sketch in front of the group at the Christmas Party...the look of horror on his face! You can only imagine. He started to say, 'Well I'm not happy...'. Then he stepped back, thought quickly, and with a twinkle in his eye said, 'I will pay you not to ask me to do this!!!!'

Rodney was a true gentleman, in every sense of the word, and he will be greatly missed by his many friends in Upbeat. He saw and treated Upbeat as an extension of his family. He really is irreplaceable.

Gerald Black

By his son, Greg



Though he lived in Suffolk from the age of 10, Gerald was a Geordie by birth. He was born at Jesmond-on-Tyne and was baptised by the Bishop of Newcastle. He came south with his parents and brother Donald at the age of two.

During the war, The Stowmarket Congregational Church was bombed. Gerald was a messenger boy for the Air Raid Warden. The following morning they were searching the church for casualties when another aircraft flew over the site with guns firing. Gerald was thrown to safety by the Air Raid Warden.

During the war Gerald also bought a Spitfire . . . Well, he organised a group of friends to fundraise and bought part of a Spitfire and received a letter from the war ministry and a write up in the local newspaper.

Gerald joined the Royal Air Force for his national service and served with the Air Sea Rescue. One of the only rescues he actually took part in was when he himself fell between the jetty and the rescue boat!

He worked at the British Steel Piling works at Claydon. Gerald was not a great employee. He was far better working for himself. He established his own warehousing company. His first premises were the former Maltings beside the train station in Stowmarket. With his father's assistance he bought three acres of the old Great Ashfield aerodrome.

It was a good move because Suffolk was starting to be a hub for cargo transport. One of Gerald's first customers was Glixten Flaxboard, although the boys' favourite was Maynards Wine Gums, especially when one of the boxes 'accidentally' burst open.

Gerald met Jennifer at a dance in The Athenaeum in Bury St. Edmunds. Jennifer looked after the pedigree dairy herd at Barton Stud. They would drive around Suffolk with Jennifer pointing out farms and fields of interest and Gerald would point out the factories and businesses that he found to be interesting.

Jennifer was always a part of the business, whether driving the forklift, stacking pallets, or driving the Morris Minor Chocolate Box van with deliveries. One of the benefits of this was when delivering milk shake syrup to the Butlin's camps. The boys would hide in the back with swimming togs and once the delivery was made they would sneak into the pool and afterwards eat bags of doughnuts.

Gerald was always curious and interested in stuff. He managed to "get lost" every time he went to Sandringham delivering dog biscuits to the Queen. He went through a different gate each time and one day even tried to ask the Queen for directions. Her security got out and gave him directions and the Queen drove off in the Land Rover and, as Dad observed, didn't even use the indicator!

After Jennifer died, Gerald sold his business and did a fair amount of travelling, seeing the world by cruise ship and plane. During this time he found a new companion in Jean and they enjoyed a busy social life together. Many of Gerald's friends in business have mentioned his loyal and long-standing friendship of many decades. They will especially miss his emailed jokes. In the last few years happy times were spent reminiscing with the family, unlocking memories of the past.

At Gerald's funeral a collection was taken for Upbeat. Gerald looked forward to his weekly meet-ups where he enjoyed the chat, the cup of coffee, especially the biscuits and the coach outings.

Greta Steed

By Ann Clarke

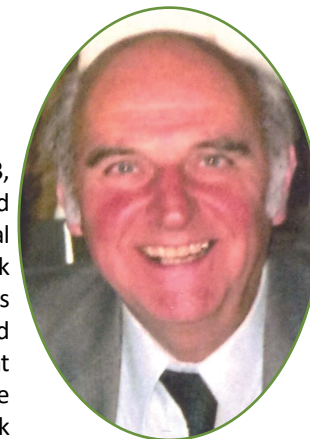
Greta and her husband, John, were two of the first members of Upbeat and joined the exercise classes at the Sports Centre on a Friday evening. This class moved to Hardwick Middle School where Greta took part enthusiastically with several friends. She and John also went to Line Dancing classes, where they spent most of



the time in fits of laughter, and to the fortnightly Thursday coffee mornings, both held at Southgate Community Centre. When Greta was no longer able to exercise, she continued with the coffee mornings and she and John helped to run them for several years, only giving up last summer. Her care and thoughtfulness for others and her devotion to her family will be remembered by all those who knew her. Our thoughts are with John and the family.

Derek Hurrell

By Joyce Hurrell



Derek was born in Grays, Essex, on November 9th, 1933, the eldest son of Vera and Edgar Hurrell. He attended Grays Technical School, where he studied practical and academic subjects, leaving at age sixteen to work for Thomas Ward. Derek served in the RAF during his National Service, where he was an aircraft plotter. Based at North Weald, Derek worked in the 'secret' bunker at Kelvedon Hatch, where he plotted the highest altitude (at that time) of an aircraft. After National Service Derek worked for Murex. With his first wife, Frances, he had three sons, Graham, Jeff, and Trevor.

After attending Leicester College, Derek worked as a youth warden in Harlow before becoming a district youth worker in Sudbury in 1967. This involved taking youth club members on trips such as pony trekking, gliding, and rock climbing. There were trips to Norway, Berlin, and the International Scout Camp in Mersea in 1967. Having a qualification in archery, he often taught this at schools in Suffolk.

In 1968 Derek became involved when the Sudbury Gateway Club was formed and this association was maintained for almost fifty years. During this time he organised many activities and trips, including visits to Hoxter, Sudbury's twin town in Germany, camping, ten-pin bowling, and narrow-boat holidays. Derek was also involved with Sudbury Mencap, serving on the committee and driving the Christmas trailer for the carol collections.

In 1978 he was on the steering committee for setting up Sudbury Town Twinning Association, membership of which he maintained until his death. In 1997 he was asked to arrange a five-week teaching experience for a young lady from Hoxter. Thus Michaela came to stay with Joyce and Derek, which led to a lasting friendship, with them being invited to Michaela and Thilo's wedding, where they were treated as honoured guests and seated with the parents of the bride and groom. They also shared many holidays in the UK and in Germany.

Derek was also instrumental in the setting up of Sudbury's U3A, with Bill and Doreen Beech. Following County Council reorganisation, Derek became responsible for Adult Day and Evening classes in Sudbury and district, until his retirement in 1993. Derek met Joyce through work and their involvement with community associations. Later their friendship deepened into love and companionship and with their marriage in 1999 the two families became one.

After retirement Derek volunteered when The Christopher, Sudbury's local community hub, was opened in 1994, becoming the first manager there. Not content with being there five days a week, he and Joyce worked there at weekends too, hoovering and cleaning until a cleaner was appointed. Derek arranged a 'surprise' trip for Joyce's birthday - a visit to the Record Office in Bury St Edmunds as he wanted to research the history of the building! He helped set up 'Start', a community bus service, and he also drove for Hadleigh Community Transport. He drove a minibus for the W.I. and for Trefoil Guild outings. He also supported Sudbury Music Festival and was a Census Officer for three censuses.

He loved being a grandad and all the grandchildren loved him. To them he was 'Crazy Grandad'. He played games, set them puzzles, and encouraged them to explore anything and everything. Having a remarkable memory, he was a mine of information, which he happily shared.

In 1998 Joyce had a heart attack and, with Derek's support, became a member of Upbeat, which she still is. Derek fully supported her involvement with the group.

The couple enjoyed many holidays, including a six-week tour of Canada and a six-week trip visiting Africa, Australia, New Zealand, and America - all organised with Derek's eye for detail. Known to be careful with his money, he was never mean, and one year gave his £300 heating allowance to a family in need.

Family and community were important to Derek and he believed that 'if you didn't put anything in, you couldn't expect to get anything out'. In 2016 he was diagnosed with Parkinson's and Lewy Body Dementia. For a while he could still enjoy visits to family and friends but, after a fall in 2018 when he broke a bone in his pelvis, Joyce nursed him at home. Over the next fifteen months his health deteriorated and he died peacefully at home on December 29th, 2019, with Joyce beside him.

He was a kind, caring gentleman - helpful and considerate to everyone he came into contact with, fun to be with, interested in everything, and always willing to help anyone. It's a legacy both families are proud of.



Vicky Copping

By Kerry, her granddaughter, and Teresa, her daughter

Vicky started at Upbeat following successful aortic valve replacement surgery in 2000. She was recommended the group by her daughter, Teresa, who has had involvement herself due to her role as a Nursing Assistant in the Cardiac Centre at West Suffolk Hospital. She started by taking part in the exercises as part of her rehabilitation and then moved on to a more social role as the tea and coffee lady. She enjoyed meeting her friends and catching up over a coffee and a vast and varied supply of biscuits. She took her role seriously and was committed to attending weekly.



Vicky and Pat enjoyed many trips across the years, from the theatre to a week-long holiday. Over the last two decades, Vicky made long-lasting and valued friendships many of whom have been a source of laughter and support to her.

As her health deteriorated, Vicky took on a role on the front desk, welcoming new and existing members. Vicky was thankful to Kate and Mandy for collecting and dropping her back home when Pat was occupied with the pigeons. She always enjoyed her time at Upbeat and will be remembered as 'upbeat', jolly, friendly, and always up for a laugh or a song!

The Upbeat Community have continued to support Pat and he and the family are thankful for the warm welcome, friendship, fun times, and support offered to them both over the years. They will continue to support the fantastic work that this group offers. Vicky is missed and thought about every day by her family.

Amy Trust

By Ann Clarke

Amy and her husband Ray were also early members of Upbeat, exercising on a Friday evening at Hardwick Middle School. She also attended Thursday coffee mornings at Southgate Community Centre, with her daughter bringing her when she was unable to come by herself. She will be remembered for her kindness and care for others and for being such an interesting person to talk to. Our thoughts are with her daughters and her wider family.



Gladys Winter

By her son Mark

Gladys was born in Kexby, Lincolnshire in 1933. As a young child she lived in Blyton and then, at the age of 13 (and by now the eldest of five siblings) she moved with the family the short distance to nearby Corringham. While here, the arrival of another sibling, Linda, completed the line-up of three boys and three girls.

Gladys went to the village school in Blyton before going to the Grammar school in Gainsborough.

Her father, John, (known to everyone as Jack), lead the team of bell ringers at the village church and Gladys and other members of the family learned how to ring. They would turn out for Sundays and, occasionally, for weddings.

From school, Gladys worked in the Buying Office at Marshalls in Gainsborough.

She met Dennis in Corringham; they married in 1955 and lived in a small cottage in the village.

Not very long after, they moved to Gainsborough, some three miles away where, in 1963, son Mark was born. Just over a year later Dennis took a job in Suffolk and they moved to Bury St Edmunds, to the house where Gladys was to spend the rest of her life. In 1967 Sharon was born.

Gladys and Dennis attended St George's Church from the early days of their time in Bury and encouraged the children to do the same. Mark and Sharon went to the Sunday school, they were confirmed at the church, and were altar servers.

In 1987, David was born, bringing a grandchild to the family.

From the late 1970s Gladys worked in the Export Department of Herga Electric in Bury until she retired. Gladys loved family gatherings and treasured every opportunity for everyone to get together.

She treasured the support and community that Upbeat provided too. It was a tremendous source of help and companionship and she always spoke very fondly of the time she spent there and the kindness of the friends she made.



Fred Robinson

By David Deacon

Fred was for many years, along with his wife Pat, an active member of Upbeat, enjoying exercise classes and many of the social activities. They particularly enjoyed the celebration lunches at Stoke-by-Nayland.

Fred was a life-long resident of Lavenham, running a bakery business which came down through his family, and doing lots of charity work, including being on the parish council.

He is followed by his three children, grandchildren, and great-grandchildren. He often joked that he lost count when it came round to the great-grandchildren, so it's fair to say he and Pat have done a lot to keep the Robinson name alive in Lavenham.

We were sad to hear of the death also of

Dennis Everett - Member since 2010.

Our sympathies are with his family and friends.

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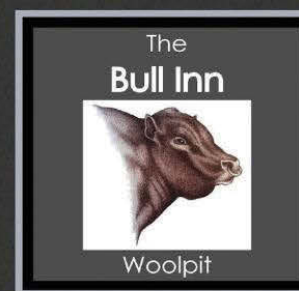
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