

# UPBEAT MAGAZINE

Journal of the West Suffolk Heart Support Group

Spring 2023

[www.upbeatheartsupport.org.uk](http://www.upbeatheartsupport.org.uk) Reg Charity No. 1087415  
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**The Queen's Award  
for Voluntary Service**

**Patron: Dr Pegah Salahshouri  
Consultant Cardiologist West  
Suffolk Hospital and  
Papworth Hospital, Cambridge**

**Patron: Mr Daemmon Reeve  
Chief Executive Officer  
R C Treatt PLC  
Bury St Edmunds**

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**The Queen's Award  
for Voluntary Service**

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Greetings, fellow Upbeat members! I hope this latest issue of our magazine finds you well and coping with the difficulties life seems to be throwing at us all. Covid is still a problem, the cost of living is ever-increasing, it seems, with energy bills soaring, food prices following them, and political and industrial unrest abounding! With winter's end approaching, don't we all need a taste of spring?

And what epitomises the first season of the year more than the gorgeous golden daffodils we see in such abundance around us. Bury's Nowton Park is an absolute picture when they are in bloom, with its wide avenue of trees bordered by literally thousands upon thousands of beautiful blooms. It really is a sight to lift the spirits and gladden the heart. On a more modest scale, maybe you have some daff's out in your garden, as our cover picture shows. Each year I try to plant a few more spring bulbs in our garden and they give so much pleasure, perhaps when I'm standing at the kitchen sink looking out, or maybe going round with the necessary scoop after the dogs!!! Even that chore is made lighter.

I had thought that since Covid and Lockdown, Upbeat had been pretty quiet, without much happening in the way of social events, but when I came to compiling this issue I was surprised by what we had done during the year. I hope the reports and photographs bring back some good memories for those of you who were there and that you will find in the Future Events on Page 23, some to look forward to in the coming months. I hope to see you at some of them.

Best wishes to you all.

*David*



# *Chairman's Report*



Happy New Year, everyone. Christmas seems ages away now and I hope you all had a good time.

January came in with a BANG - freezing weather with ice, fog, and rain so it threw everything at us. As I write this we are already in February and the weeks are starting to fly by but at least the days are drawing out which is good.

I did send out a questionnaire to you all but the response was very disappointing - only about thirty members bothered to complete the form. It is hard when Upbeat needs to know which members can do things or are willing to help. There were not many suggestions for trips either. We desperately need to form a social group who can organise fund-raising events but sadly many of our committee have health issues and can no longer help. Some are unable to drive or may even have lost partners and some are still worried about coming into classes because of Covid.

We do have a strong core of members who we can rely on but we are all getting older and to have to do every event is tiring and time-consuming. Organising means planning to sort out venues, transport, costings, and food, as well as printing posters and tickets and the collection and banking of money. Then there is the setting up and putting away afterwards. At present these jobs seem to fall to the same people most of the time and if we had a collection of members who we could call on to help it would make life much easier. However, we have tried to organise a programme of events for the year and hope you will support us and come to as many things as you can. A report on forthcoming social activities can be seen separately in this magazine.

Upbeat has been hit badly by Covid and there are several new avenues we are trying to see if we can increase attendance. We need to get back to being noticed again and bring to the attention of the authorities what a great group we are.

I told you all at the AGM last year that I would step down as Chairman this year but nobody has shown any interest in taking over this role. I cannot see all the hard work thrown away and, because I am driving new initiatives which you will all hear more about as and when they are about to happen, I feel I have to stay in place to get these established, so I will remain for the time being unless anybody wants to step up.

You will notice that in Bury we have taken on a new nurse, who came along to check us out and thankfully liked us and is prepared to act as a relief nurse as and when we need her, which is great. Her name is Shirley and you can read about her on Page 13. She is lovely and I'm sure you will all like her a lot .

We have lost several members whose names are listed in our Absent Friends page. Our thoughts go out to the partners and relatives who are left to cope. Health issues as we get older are hard to deal with and our doctors and NHS staff often seem to be difficult to reach, don't they? All the new technology we are expected to use baffles us and everything goes up except our pensions. These are certainly changing times.

Once again we have to say a big 'Thank you' to our wonderful patron Daemmon Reeve from Treatt, and his lovely assistant Chloe. They have been so supportive and help us so much. We are very lucky to have them looking after us.

I want to thank again all our Nurses and Instructors who look after us so well, all the people who come in to class and set up and put away after sessions, those who man the door, taking payments, and those who make tea/coffee. The Executive Committee deserve thanks too as, without the decisions they make at our sometimes rushed meetings on our Zoom get together, Upbeat just wouldn't be functioning, Luckily we are all still working to keep Upbeat strong. Thank you.

Let's hope going forward 2023 will be kinder to us all.

*Sylvia*

# *Secretary's Report*



With Easter just around the corner, the new year is flying by, but there is still time to join the 100 Club if you have not already done so. This is a great way of supporting the group if you are not able to attend sessions. Let me know and I can send you the forms.

It costs just £1 per month for a chance to win £100 each month (£12 annually per share). The 100 Club runs from February to February and last year we were able to raise £1,845 for the funds. We have over 740 members and just over 300 shares were sold last year, so let us make it a better year this year. You can join any time of year; just send a proportion of the money for the number of months left (£1 per month).

If you are getting our mailings and not wanting them, please let us know and we can take you off the membership lists. This will save postage for us and unwanted mail for you.

We have the AGM coming up in July and I invite you all to come along and support the group. It will be a time for electing new officers and a new committee so if you think you would like to play a more active role in helping to keep Upbeat going, why not join the committee? Nomination papers will be sent to all members, together with details of how to stand for election. We desperately need 'new blood' on the committee to inject fresh ideas and to share the workload. Could you help?

I was wanting to step down as Secretary, but have agreed to stay on for a bit longer. At the time of writing we know of no-one coming forward to take my place or any of the other officers', but these posts will need to be filled and if Upbeat is to continue in the same format and survive we have to have more people coming forward for the committee etc.

I recognise this is the 'same old record' I keep churning out each year and that you are probably as fed up with hearing it as I am of writing it. I also

recognise many of you would have stepped forward were you ten or so years younger. Herein lies the problem; the demographic of the group is much older now. We may have to think differently in the future and bring in outside help.

Given the uniqueness of the group, i.e. exercise classes with a Cardiac Nurse on site at all times, we want to continue as we are. We are the only Heart Support group still standing in the county with these benefits. We have a fantastic team of Nurses and Instructors who are very committed to the group and we, as a committee, have to utilise them as best we can. We may be able to offer our services to a broader group of people. This is all up for discussion in the near future.

Thanks go to Valerie, our Treasurer, who puts in many hours work on our behalf each week, keeping the finances straight and complying with the Charity Commission requirements, and to David for all his hard work putting the Magazine together - not an easy task. We have been through some very difficult and problematic times over the past few years and without us all pulling together things could have turned out very differently.

Thanks go for all the help we have from members at both venues, setting up, taking money, making tea/coffee, clearing away, etc. You know who you are. David Camp, though no longer on the committee, is still beaver away for us, collating the 100 Club membership and sorting out the Lunch tickets.

Over the years we have got to know you all and it is extremely upsetting when we lose members. We all feel it personally and our sympathy goes out to those left behind. We invite you to stay with us and gain support from the group.

With best wishes,

*Hilary x*

# Treasurer's Report



Fortunately, Upbeat continues to be in a very good place financially with sound reserves due to some grants, donations, and support from members. The detailed accounts will be available at the AGM in July.

I am continuing to run both our accounts, with Nat West (which makes no charges for cheques and offers easy availability to pay in monies at a bank) and CAF bank (who have started paying some interest on monies).

I report every two months to the Committee with detailed Excel spreadsheets and notes on the income and expenditure on both accounts. Currently, we have fewer members exercising or seeing the nurse. This has been the case since Covid and we would welcome more members back to our venues for exercise, or to see the cardiac nurse, or just to have a coffee and a chat.

What we are especially short of is people to help with events and to help on the Committee. Any offers of help would be welcomed.

Unfortunately, I have been informed by Amazon that Amazon Smile, which has been a means of raising funds for small charities, is finishing in February 2023. Anyone buying goods online through Amazon has been able to raise money for Upbeat, which has been very helpful to us over the years. However, with the arrangement coming to an end, if you buy anything online in the future, please go through Easyfundraising and nominate Upbeat as your charity. Detailed instructions can be found on Page 26. However small your purchase, it can raise funds for us, and every purchase helps. The last amount of money donated from Easyfundraising was over £53.00.

Since our Autumn magazine the following activities have raised money for Upbeat:

CAMRA East Anglian Beer Festival - £500.00. You can read about this and see details of how to offer to help at this year's event on Pages 14 and 15. The more hours of volunteer help Upbeat members give, the greater will be Upbeat's share of the charitable donations made by CAMRA, the organisers of the festival.



R C Treatt - various donations including postage, raffle prizes, and other support  
The Goodyer's Tea Dance - £50.00  
September Annual Lunch and raffle - £710.55  
Southgate Coffee Mornings - £100.00  
Sue Tyrell Car Boot Sales - £55.50  
Long Melford Raffle and Hamper - £178.00  
New Bury Raffle and 200 Square - £253.00  
Xmas Craft Stalls - £295.55 (Thanks to Vivienne and Rosie)  
Robin Hood Pantomime - Loss of £4.00 (One ticket not sold)  
Collecting tins at venues - over £90.00  
Christmas Card Sales (Four boxes sold and two boxes still to sell) - Approximate profit will be £125.00

We have had numerous small donations from individuals and also, sadly, donations in memory of those who have died. Our grateful thanks go to the families of Eileen Shurmur, Brian Richell, Beth Riches, Tony Scarfe, and Jess Lifford, all of whom named Upbeat for donations. Your kindness is much appreciated.

*Valerie*

## Issues Regarding Future Events

The Future Events listed on Page 23 do not include any coach trips for this year. Rising fuel costs make such trips very expensive so any trip would probably cost about £50+ per head, which some would find difficult to afford. We hope things will improve but meanwhile most of our events are local. However, we have booked a small coach for the Annual Lunch at Stoke-by-Nayland and a few seats are available on this. Please contact David Camp at [davidcamp44@btinternet.com](mailto:davidcamp44@btinternet.com) for more information.

We may run a Quiz in Bury if people show interest. This could be an afternoon event. Let me know if this idea appeals. We have tried to give you some options and hope you will support these events to raise funds for Upbeat and also, on a friendship level, it's good to be with each other and have some laughter.

*Sylvia*

## A LOW-KEY CHRISTMAS AT LONG MELFORD

On the 20th December, Long Melford members enjoyed a different kind of Christmas Celebration to the usual Christmas Party. We had exercise classes as usual but after class we all enjoyed hot sausage rolls and mince pies with our tea and coffee. With Covid not quite obliterated and still lingering in the shadows, we didn't want to risk a large gathering, so those who normally come to the morning were treated after class to an extra hour or so of friendly chatter and music. Often on a normal morning, there is not much time for conversation so this was a splendid time to put this to right and we all made the most of it. It really was a lovely, lively morning. Congratulations, Long Melford, for being such a friendly group.



Photographs by Giles Washbourn,  
with text by Hilary Neeves



Many thanks go to Joyce Hurrell who made the sausage rolls for us and other ladies who helped in the kitchen and, of course, Martyn who worked his socks off serving tea and coffee during the whole morning. John Thurman entertained us on his accordion at a minute's notice and we were very grateful to him. Val organised a very successful raffle of hampers plus other delights and this raised a total of £178.00. Many thanks to Val and all those that participated and donated prizes and to everyone who made it such a friendly occasion.





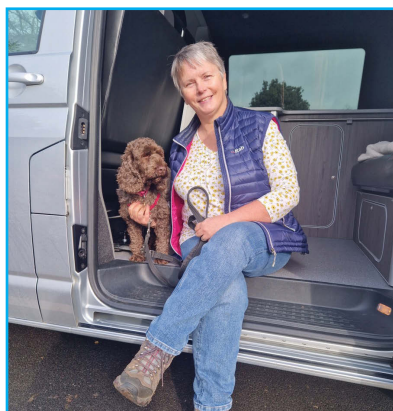
## Festive fun at the New Bury Centre



We had lovely food supplied by Tracey and the team from the Hub Café and we were entertained by Katie Orriss's parents - her dad played the guitar and her mum sang. We had a raffle and the whole morning was lovely and enjoyed by all.



# Meet Our New Nurse, Shirley Stringer



I was born and raised in Yorkshire, only leaving to go to university, where I met my future husband, so after completing my degree in psychology I started a family rather than pursue a career. After two children and a few house moves around the country we settled in the Bury St Edmunds area.

As the children were growing up and we had no plans to move away, I gained my nursing qualification and started working at the West Suffolk Hospital. After gaining experience on a medical ward, I transferred to the Cardiac Care Unit, proceeding to complete a specialist course in cardiac nursing.

Over my 17 years in cardiac nursing I have seen many changes in the treatment of heart conditions, and seen the development of care offered to local people with the opening of the new Cardiac Centre. However, I have often regretted the fact we see people when they are very unwell, without knowing how, or even if, they recover, so it was a wonderful experience to visit an exercise session and see people exercising, chatting to friends, and being supported in various ways without a clinical area in sight! This led me to join Upbeat and support people in a different way to a hospital environment.

My two children are now adults with children of their own. I enjoy spending time with them locally and in Devon, where my son and his family live. This year will see both children get married, so I am looking forward to those two events, along with the arrival of another grandbaby. My husband and myself own a 3 year old dog, and we enjoy camping holidays in the UK (although we cheat a bit with a campervan rather than tent). I enjoy regular dog walks and swimming to try and keep fit. Indoors I enjoy cooking, knitting, and curling up with a good horror story.



## 30th East Anglian Beer & Cider Festival – Summer 2022

by David Byatt

Last year's Beer Festival was held in St Edmundsbury Cathedral for the second year running, and was the biggest and best so far according to Martin Bate, Festival Organiser for CAMRA. There were over 250 real ales and 40 ciders as well as food stalls available over the six days of the festival, and Martin confirmed that the 2023 venue will again be the Cathedral.

Over £5,000 was donated to good causes, and in December thirteen charities received cheques ranging between £100 and £1,200, calculated according to the number of hours their members volunteered. Upbeat members Valerie Axton and David Byatt, along with members Felicity and John Stemp, who had volunteered at the Festival, accepted a cheque for £500 as Upbeat's share.

As you can see from the poster on the page opposite, volunteers are already being sought for this year's event, which will run from 23 to 28 August 2023. If you are interested in volunteering, contact:

**[volunteers@westsuffolk.camra.org.uk](mailto:volunteers@westsuffolk.camra.org.uk)** for a volunteer form  
or complete the form on-line at: **<http://rb.gv/f3ole9>**



# VOLUNTEERS !!



## OUR BEER FESTIVAL NEEDS YOU!

Contact:

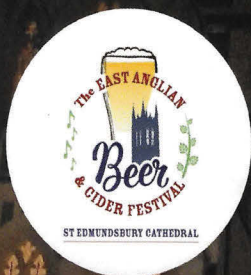
[volunteers@westsuffolk.camra.org.uk](mailto:volunteers@westsuffolk.camra.org.uk)

for a **VOLUNTEER FORM**

or complete the form online

<http://rb.gy/f3ole9>

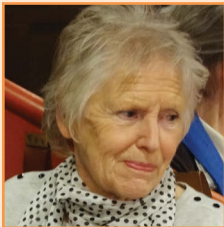
East Anglian Beer & Cider Festival  
23-28 AUGUST 2023



[www.burstedmundsbeerfestival.com](http://www.burstedmundsbeerfestival.com)



# UPBEAT IN PANTO LAND



What a good idea, to have a group visit to the Pantomime, and what a successful visit it was this year! (Oh yes it was!).

The whole show was very professionally directed and acted as you might expect at the Theatre Royal, and the local chorus girls also deserve a mention. Having an effeminate Robin Hood and Sheriff of Nottingham was a good twist and added to the hilarity.

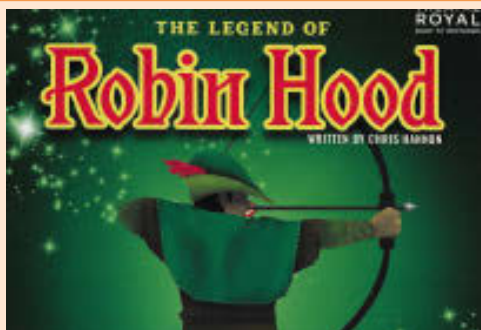
The children in the audience loved it as you would expect, and most of the adults that I could see were also taken back to their childhood, and joined in the fun.

David Byatt

A very enjoyable afternoon, with a different take on the Robin Hood Story.

Vivienne Helm





A very enjoyable afternoon. Excellent acting, dancing, singing, costumes, and scenery. Because the theatre is small and the audience very near to the stage, there's an intimate feel, quite different from pantomimes in larger venues. Also, it's convenient not to have to travel elsewhere. Shame about the seating, which isn't very comfortable in the dress circle, although the view is good.  
Ann Clarke

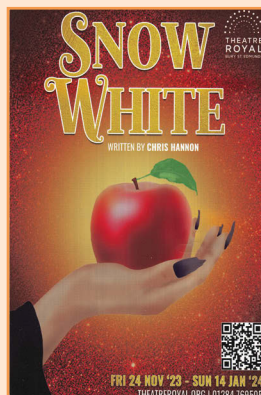
We attended the Pantomime at the Theatre Royal - Robin Hood. We enjoyed it immensely. A real treat it was and great fun! Oh yes it was!!! Good seats and a good price. We are looking forward to next time and Snow White.  
Sylvia

I really enjoyed the pantomime. It was very professional, the singing was excellent, and the slapstick sketch was fun.  
Rosie Rayson

*I apologise for the poor quality of the photographs, which I took on my Sony camera. I should have stuck with my i-phone which seems to produce better results!*

*For members' information, I have already booked for the next Pantomime: 'Snow White'. I have reserved 5 boxes (25 seats) for the matinée performance on Thursday, December 14th, 2023. More details will follow at a later date.*

*David*



## *Absent friends*

*We are sorry to have to record the loss in recent months  
of several dear members of Upbeat:*

*Mr Trevor Davis   Member since 2000  
Mr & Mrs Leslie and Brenda Lane   Members since 2004  
Mrs Diana Harman   Member since 2005  
Mr David Grunbaum   Member since 2007  
Mr Charles Weston   Member since 2011  
Mrs Martha Mackay   Member since 2013  
Mr Tony Scarfe   Member since 2014  
Mr Trevor Jermy   Member since 2014  
Mrs Ivy Kirkman   Member since 2015  
Mrs Elizabeth Baldree   Member since 2017  
Rev. Raymond Ball   Member since 2019*

*We extend to all their family and friends our sympathy in their loss.*



*“Say not in grief that they are gone, but give  
thanks that they were yours.”*



## *Remembering Beth*

As a tribute to Beth Riches, a past Committee and Social Committee member, who sadly passed away on the 4th October following a long battle with mesothelioma, the family arranged fundraising events and a collection at the service to celebrate her life. The collection at the church raised £652.00, which included donations to a Just Giving page. A further generous donation of £1,500.00 was received from Troy Asset Management.



The family then arranged two coffee mornings to raise further money for Mesothelioma UK and for the Arthur Rank Hospice in Cambridge, where Beth spent the last days of her life.

The first coffee morning was held at Peter and Beth's home in Fornham All Saints. It was very well supported by local friends and a large contingent from Upbeat. Beth and Peter's son, Paul, busied himself selling raffle tickets with vigour, which was just as well, as countless prizes had been kindly donated by many of the guests. The event raised a healthy £547.00.

The following day Claire, Peter and Beth's daughter, opened up her home in Norfolk for a further coffee morning. Again a raffle was held, with a wealth of prizes; delightful refreshments were served up and stalls selling Christmas gifts, handmade jewellery, and Tropics cosmetics were set up in the adjacent annex. The morning went on to raise a further £839.00.



The overall total raised was £4,183.00 which was split between the two chosen charities.

Peter and the family would like to thank all of those who supported the events through donating prizes, baking cakes, simply attending the events, or making donations.

# SALT

**Cardiac Nurse Mandy Scales gives us some of the facts**



The World Health Organisation and the British Heart Foundation recommend that all adults should not consume more than 5g (a teaspoon) of salt (sodium chloride) a day but on average we consume 9 – 12g daily. A teaspoon of salt doesn't sound very much but most of the salt we consume is hidden within the foods we buy.



The worst culprits are processed meats such as ham, bacon, sausages, take-away meals, ready meals, cheese, salty snacks, biscuits, cakes, gravy, and sauces.

Most supermarkets use the traffic light system of labelling so it's always a good idea to look at the food labels, Choosing the green label denotes the salt content is less than 0.3g/100g; the amber label is between 0.3g/100g and 1.5g/100g; the red label has the highest salt content at more than 1.5g/100g.

Sometimes labels only state sodium content, in which case multiply this number by 2.5 to get salt content.

Too much salt in the diet is linked to high blood pressure and the risk of cardiovascular disease and strokes. Therefore it is not advised to add extra salt to food when cooking.

Cutting down on salt will retrain your tastebuds and help you kick the habit of eating salty-tasting food.

Replacing salt with a low-sodium substitute is also not recommended because these products are mixed with potassium which can cause harmful effects on the heart and kidneys.

Herbs, spices, lemon juice, pepper, garlic, and chilli are good to swap for salt without sacrificing taste and flavour.

There are several myths regarding salt:

- 1) On a hot day you sweat more so need extra salt.

Not True. A minimal amount of salt is lost in sweat but it is important to drink more water to prevent dehydration.

- 2) Seasalt is better.

Not True. All salt contains sodium.

- 3) You can taste if food has a high salt content.

Not True. Some food which is high in salt doesn't taste salty because it is masked with additives such as sugar.

- 4) Food has no flavour without salt.

Whilst this may be true to start with, in time you can retrain your taste buds to enjoy the natural flavours of your food.

So, do your heart a favour and cut down on all those salty foods and snacks. Check those supermarket labels when you shop so you don't buy food with hidden quantities of salt. Your cardio-vascular system will thank you for it!

*Mandy*

## New Members

Mrs Fiona Parry   Mr & Mrs Paul and Bronwen Storey  
 Mr & Mrs Kevin and Marilyn Sobkowiak  
 Mr & Mrs Ian and Jackie Brewster   Mr & Mrs Dan and Katy Thurston  
 Mr & Mrs Anthony and Linda Meggett   Mrs Christine Sore  
 Mr & Mrs Brian and Marion Richford   Mr & Mrs Alec and Val Jones  
 Mrs Janet Ward   Mrs Shirley Stringer - Our new nurse

*We extend a very warm welcome to you all. We hope you receive support, help, and companionship from being an Upbeat member and we would welcome your comments on what we do: what we do well or any improvements or innovations you think might help to make the organisation run more smoothly or to the greater benefit of our members.*

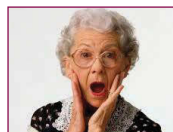
*Due to the printer's deadline, this list is correct only up to the end of January 2023. Members who joined after then will be shown in the next issue of the magazine in the autumn.*

## 100 Club Winners

October	1st Prize £100	Number 053	Mr P Simpkin
	2nd Prize £56.50	Number 126	Mrs R Howell
November	1st Prize £100	Number 072	Mrs G Debenham
	2nd Prize £57	Number 015	Mrs V Axton
December	1st Prize £100	Number 101	Mr C Durston
	2nd Prize £57	Number 234	Mr C Talbot
January	1st Prize £100	Number 202	Mr B Evans
	2nd Prize £57	Number 249	Mrs J Cocksedge

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

**I know they say that money talks, but all mine ever says is 'Goodbye.'**



## Future Events

**March** Thursday 16th **Annual Lunch** at Stoke-by-Nayland Resort. Arrive 12 noon for 12.30. Grand Draw with many prizes. This is a lovely occasion where Sudbury and Bury members get together.

This year, the hotel has raised its charges by £7 per head, but we are able to keep the price the same as last year, thanks to financial help from one of our sponsors.

**Tickets will be £27.50 per person.** Please support this event.

**April** Monday 3rd and Wednesday 5th **Easter Craft Fair at New Bury Community Centre.** Donations for this event requested, also cotton fabric or felt suitable for making Easter bunting needed a.s.a.p.

**Easter Raffles** to be held at Long Melford and New Bury Community Centre.

**May** Tuesday 9th and Wednesday 10th Following **CORONATION DAY** celebrations on 6th, we will have **refreshments** after exercise at Long Melford and New Bury Centre.

**June** Thursday 1st at Great Waldingfield by popular demand the **Ukulele Band 'Wot No Cake?'** return. Details to follow.

**Quiz Evening at Long Melford** - date to be confirmed.

**July** Thursday 6th **Strawberry Tea** at Newton Green. Always a lovely occasion so please support this event. Tickets, £10 each, will be available at all venues.

Tuesday 11th **UPBEAT AGM** at Southgate Community Centre, IP33 2QA at 7 pm. Please come and support your Committee.

**August** 23rd to 28th **CAMRA Beer Festival** at Bury cathedral. We will need more volunteers again this year to help on behalf of Upbeat. More details to follow.

**December** Monday 4th and Wednesday 6th **Christmas Pop-Up Stall** at New Bury Centre.

Thursday 7th **Christmas meal at Ashlar House.** Details to follow.

Thursday 14th at 1.30 **Pantomime 'Snow White'** at Theatre Royal, Bury. Details to follow.

**In the planning:** Quizzes at Long Melford and the New Bury Centre - also, a possible river trip. With no Social Committee to organise events, some dates are not yet confirmed. We need more members to help organise social events. If you think you could help, please come forward and let us know. Thank you.



# Introducing Tracey, Chief Cook and Caterer at the New Bury Centre

When the chef at the garden centre restaurant where Tracey White worked didn't arrive for work one day she stepped into the breach and took over the cooking! Little could she have known where that would lead her. Under the tutelage of a new chef, Tracey refined her catering skills and in May last year she became the first provider of food and drink at the new community centre on the Howard estate.



In the well-equipped kitchen, now known as the Hub Café, Tracey's team provide a range of tasty, freshly-cooked cakes, pastries, and snacks from early morning until late afternoon, starting with the breakfast menu and continuing through to lunch. Here you can see menus from just one day in February.

Wednesdays and Thursdays, later in the day, they provide a full early-evening dinner - sometimes a roast, or maybe a cottage pie. The day after we spoke they were fulfilling a particular request by serving liver and bacon, but they cater for vegetarians and pescatarians too! Tracey told me that they have several regular customers, some of whom have made friends and gone from being on their own to making up a group of six!



As well as catering for those groups, Tracey and her team specialise in cooking

dishes which are 'Slimming World' friendly, and which can be bought from them at the Hub Café, including some which are pre-frozen so customers can pop them in their own freezers at home for later use. Most are 'syn-free' (as Slimming World followers will want) while others will have a 'syn' number allocated to help SW members keep 'on plan'. Tracey did confess that some of her cakes are bought in from other, local people, as she likes to encourage other small businesses.

Tracey says that she loves to cook, especially for large numbers of people. At Christmas the team provided a splendid buffet for Upbeat members to enjoy after exercise, and Tracey said that if we have an evening event for Upbeat, such as the quiz evenings we had in the old centre, they could cater for us, where previously we used to get fish and chips from the nearby shop. At our exercise classes at the New Bury Centre twice a week members who pay to exercise or see the nurse can get tea, coffee, or hot chocolate from the Hub Café, and Tracey then invoices Upbeat's Treasurer at the end of the month. The team will also do your catering if you have a special event to celebrate, such as an anniversary or significant birthday. You can book a village hall or suchlike, and they will provide the food! If you are interested in something like that, drop in at the New Bury Centre at Charles Place, IP32 6TD and have a chat with Tracey, or email: [thehubcafe.bse@gmail.com](mailto:thehubcafe.bse@gmail.com).

I asked her how she would like to see things developing and she said she would like to see the business growing and more larger groups such as the one of forty-five who have booked and for whom they will be making cottage pie, jacket potatoes, and desserts. It seems that Tracey has other part-time jobs but looks forward to the time when the Hub Café will be her main employment.

Finally I asked Tracey if there was anything she would particularly like me to include in this short piece and she said she'd like to say 'Thank you' to the many Upbeat members, and others, who have helped to make the last few months a success and to thank you all for your support.

*David*

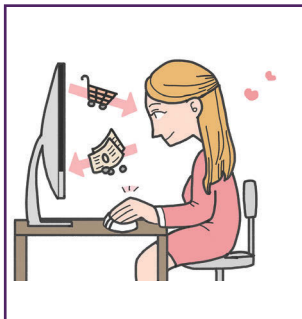


*Some of the tasty savouries  
on sale at the Hub Café*

## DO YOU SHOP ON LINE?

### Raise money for Upbeat at the same time

In her Treasurer's Report on Page 8 Valerie reported that from February Amazon Smile would no longer be a way of raising money for small charities. This will mean that a previously valuable funding stream for Upbeat will stop. However, the company called **easyfundraising uk** will still be an excellent and simple way to help Upbeat funds.



**Easyfundraising** is in partnership with thousands of companies who will donate part of what you spend on line to Upbeat as the charity you nominate when you register. It doesn't cost you any extra as the cost is covered by the company with whom you're shopping. These include such well-known names as M&S, Tesco, Curry's, Screwfix, Dunelm, and many more. These companies pay a commission to easyfundraising if you have registered. It may only be a small percentage of the amount you spend but as you can imagine, if the shopping of every member who shopped on line brought in only a few pence, over time this would soon mount up.

One recent easyfundraising customer reported that over the years she and her partner had raised over £750 for the charity they had nominated!

To register, just log on to [easyfundraising.org.uk](https://www.easyfundraising.org.uk) and click on the box

**Sign up and get started**

You can then type in the name of our group: Upbeat Heart Support, or type in our charity number: 1087415 to register Upbeat as your chosen charity and start helping our income. Remember, using easyfundraising, the UK's biggest charity shopping site, only applies to shopping you do **on line**. Unfortunately, you can't use this way of donating when you do your weekly shop in person at the store! Thank you for helping Upbeat.

*David*

## UPBEAT EXECUTIVE COMMITTEE

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### SOCIAL EVENTS & FUNDRAISING

At the time of going to print, no member has specific responsibility for organising social events. We need people to take on this role so please, step forward!

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## Round Table Award

Chloe from Treatt told us that the company were going to sponsor Upbeat as their nominated charity in the Round Table Group Bury Christmas sleigh ride around the area. The men, dressed up as Santa and his elves, drove around Bury on a specially-built sleigh with music and flashing lights and lots of colour. They knocked on doors, shook buckets, played music to make folk aware, and collected money. All the money collected was shared between the chosen charities.



*Sylvia, Hilary, and Chloe pose with the cheque*

Early in February Hilary and I joined Chloe at the Constitutional Club in Bury to receive a cheque for Upbeat for £470, which was lovely. The Press took photos which will appear in the local paper. Lots of other charities benefited from this event and it was a very pleasant evening.

*Sylvia*

## **CAN YOU HELP US?**

Do you have a Village Hall or Church near where you live?

We are asking members to help promote UPBEAT if they can by displaying a poster on their notice boards. The reason is that because of Covid we do not have access to the hospital as we used to, so we are not able to speak to the heart patients who are doing their rehab. It is a worry that we are not talking to people who would feel the benefit of exercise and friendship with us.

We have new posters that show where we are and what we do.

If you can help, please contact anybody on the Committee and we will be very grateful.

Thank you.

*Neva*

## **The Importance of Wearing Name Badges**

Just a gentle reminder for everyone attending classes: Please wear your name badges! Recently we had an incident in which a new member was taken ill during a class. This member was not familiar to us and was not wearing a badge so that we were unsure who it was. This really brought home to us how important it is for all of us to have our names and contact details on us when at Upbeat.

If any members needs a new badge, please let us know. It is not a problem to make a new one and get it to you.

Thank you for your co-operation.

*Hilary x*