



UPBEAT MAGAZINE

Journal of the West Suffolk Heart Support Group

Spring 2024

www.upbeatheartsupport.org.uk Reg Charity No. 1087415
e.mail: upbeatheartsupport@btinternet.com



The Queen's Award
for Voluntary Service

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

Patron: Mr Daemmon Reeve
Former CEO
R C Treatt PLC
Bury St Edmunds

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Welcome, everyone, to the Spring 2024 issue of our magazine. As usual, I hope you find something of interest in its pages. Do you like our cover photograph? I think it's always uplifting to see the flowers emerging after the cold winter months and snowdrops are among the first. We have some in our garden and lots around the village, where Valerie took the cover photo.



It is hard for me to believe that it is eleven years since I put together my first issue of the magazine, having taken over from the late David Williams. I wonder how many words I've typed altogether? Many thousands, certainly, and it's always a pleasure to receive items e.mailed to me. In this issue you will see that our lead nurse, Kate Turner, has written about her experience of being diagnosed with, and treated for, ovarian cancer. I'm pleased to say that at present things seem to be going well for her; we all wish her good health and look forward to welcoming her back as soon as she feels able.

Our nurses are a valuable part of the Upbeat team, checking us out and giving reassuring advice and guidance. On Page 32 you can read of how Nurse Mandy's concern for me led to visits to my GP, to A&E, and to the Cardiac Unit at West Suffolk Hospital. Thanks again, Mandy!

The Executive Committee has been busy arranging various events for the coming months so please do have a look at Page 17 and make notes in your diaries of any which appeal to you and which you would like to attend. It's emphasised many times in these pages how much we rely on members supporting exercise sessions and social functions in order to bring in the money which keeps Upbeat going. Unfortunately we have still not returned to pre-Covid numbers. Many of you will remember that we used to run sessions on Friday mornings in Bury and in the evenings too but now we are reduced to two days in Bury and one in Long Melford, and at those classes

numbers are sometimes lower than we would like.

One of the forthcoming events is a quiz, which I shall be leading, at Southgate Community Centre. As far as I can recall, this will be our first in Bury since before Covid. Previously we had fish and chips delivered from the local chippie on the Howard Estate but this time we will have use of a full kitchen at the centre and the plan is to serve jacket potatoes and bolognese or chilli with members bringing their own drinks. Please make up a team and come along for an enjoyable evening. I promise not to make it too hard! On the other hand, if you don't feel like exercising those 'little grey cells' offers of help with scoring and serving food on the night will be gratefully accepted. Drop me an e.mail at axeditor@btinternet.com.

Another very important event not far off is our Annual General Meeting on July 9th. It is a requirement that we hold an AGM and one of its functions is to elect members of the Executive Committee, without whom Upbeat just wouldn't continue. Several of the present Committee members have served for many more years than they imagined they would when they first stood for election and would welcome the chance to step back. Could you give some of your time and energy to step up? To paraphrase a famous wartime recruitment poster: Upbeat Needs You!

For those of you who prefer something quieter, don't forget the fortnightly coffee mornings at Southgate Community Centre (dates and times on the next page), or the Zoom 'virtual' coffee mornings our Secretary, Hilary, hosts each Friday morning. You can find more about these on Page 36.

As you can see on Page 15 I've once more booked tickets for the Bury pantomime in December. These are limited so let me know soon if you want to be there. If I have more requests than I have tickets I will start a reserve list.

Let's hope for fine weather for our visit to Fullers Mill Garden at West Stow on June 14th. If you've never visited you will be in for a treat. Described as 'an enchanting and tranquil seven-acre creation on the banks of the River Lark' it's a delight for gardeners and all lovers of flowers and plants. I hope to see you there.

David

Southgate Coffee Mornings

Some of our members meet for coffee and a chat on the second and fourth Thursdays of each month at the Southgate Community Centre, Caie Walk, IP33 2PJ from 10.30 to 12.00. Everyone is welcome.

Please contact Mrs Ann Clarke 01284 750980.

Dates for 2024 - Thursdays

11 and 25 January	11 and 25 July
8 and 22 February	8 and 22 August
14 and 28 March	12 and 26 September
11 and 25 April	10 and 24 October
9 and 23 May	14 and 28 November
13 and 27 June	12 December



UPBEAT EXECUTIVE COMMITTEE

Sylvia BAKER (Chairman)

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Hilary NEEVES (Secretary)

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(Treasurer & Membership Secretary)

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Nurses: Anne Graham, Mandy Scales, Kate Orriss, Shirley Stringer

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GRANT FUNDING

Hilary NEEVES (Secretary)

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SOCIAL EVENTS & FUNDRAISING

At present no-one is responsible for these but we would greatly welcome somebody to take on the role.

MAGAZINE EDITOR

David AXTON e-mail: axeditor@btinternet.com

Chairman's Report

How time flies! It doesn't seem long since Christmas but already we are nearly a quarter of the way through the year. With so much horror, cruelty, and selfishness around the world today - fighting, bad manners, and people being unkind to each other - it's good to reflect that, even at our age, there are lots of things to be thankful for.



I really get upset when I see our members struggling, perhaps to cope with the present economy and modern technology, or having lives changed when, instead of enjoying older age, someone ends up being a carer for a partner or family member. Even though it's carried out with love it's very hard and often you don't get much help. Life can be so unfair and when you have your own ill health as well, I can only say how remarkable you are to keep smiling throughout it all. Great stuff!

It's encouraging to look back on the laughs we had together last year and to see that Upbeat is still a strong group. We need everyone to pull together to make 2024 the best it can be for us all.

We managed to hold several events which did not involve coach travel and received favourable comments from members that they enjoyed themselves.

"Wot No Cake" ukulele band with afternoon tea was great fun, as were the strawberry tea and the Christmas meals at both venues, to name but a few events. Please give us feedback on anything new you would like us to consider arranging and, of course, support events whenever you can.

Several members volunteered their help at the Beer Festival in Bury, some behind a bar serving drinks, some working the entry desk taking money, and you will see a report from one of those volunteers, Felicity Stemp, on Page 36 in this magazine. I know that I was really surprised when I went along at 10 am to prepare ahead of public entry at 11 am and people were queuing all around the Cathedral waiting to get in! It was a real eye-opener. The workers enjoyed being there and we received £1,300 from CAMRA as a result of their efforts. Please come along and join us this year.

At the Long Melford Christmas party we were all shocked that Val Carr had been rushed into hospital with breathing problems. Thankfully, after a few days in hospital, she was soon back home and much better. Before being unwell she had already prepared the raffle and her daughter delivered the raffle prizes, which was great. Once again Gay and Richard provided music, even getting people to do the Macarena, singing and dancing. A grand spread of food was supplied by members and everybody had a lovely time.

At the Bury Christmas party, Gay and Richard again provided the singing and music, and Barry Metcalf and his friend played guitar and double base, playing and singing carols which was really nice. Michelle's daughter did some baton-twirling for us and the Hub café provided food. It was a nice end to the year.

I seem to say this often but we really do need more people to help with social group arrangements. To finance Upbeat we must continually raise funds and our social events like those I've mentioned already, contribute greatly to helping keep us going, so please help if you can. Yes I know I constantly ask for help but we do want to be able to go on providing Upbeat's unique support and we cannot do it without incurring costs.

Thank you to the Executive Committee, and all regular helpers. I know that Upbeat is lucky to have you all and I must mention particularly Valerie and David and Hilary and Giles who do so much for us. We have a great team working hard on your behalf.

We were all shocked to hear the sad news about our lovely nurse, Kate Turner, but she has been very brave fighting this horrible cancer and after a big operation and several bouts of chemo she is starting to feel better. We will welcome her back whenever she feels the time is right. You are a real star, Kate, ...keep fighting!

Sylvia

Secretary's Report



You should have all received the paperwork for the 100 Club membership and the Membership Renewal Forms at the beginning of the year. If you haven't sent your forms back, please do so. The monthly 100 Club Draw is a great way to support the group even if you are not able to attend the exercise classes, and provides us with a regular sum of money each year.

I cannot emphasise enough how much we need your membership on this. The numbers have been dwindling over the years, but now we need your membership more than ever. It is not very expensive at £1 per month and there is a chance of winning the top prize of £100 each month and the second prize, which varies according to the number of people in the draw. The names of the winners each month are published on the Upbeat Website: www.upbeatheartsupport.org.uk

Do have a look at the website occasionally; there is up-to-date information on various events and also we have a Facebook page, where you can get announcements from the group.

The Membership Renewal is also very important, as if we do not get notification that you wish to continue to be a member, we will have to delete you from the mailing list, so please send this back a.s.a.p. Contact me if you have mislaid your form or need another form.

As a Registered Charity Upbeat has to conform to the Charity Commission rules, which means we have to have a working Code of Practice which we adhere to. This is updated and continually added to when required by the Charity Commission with lots of Policies for various systems. Each member of the Executive Committee has a copy as do our nurses and instructors. If anyone would like to see this Code of Practice for the group, please let me know.

Take a look at the Events List on Page 17 and see if you could support and take part in some of the activities. We are really short of people to organise

events, so if you are interested, please let us know. I am coming up to my fourteenth year as Secretary, and this seems to be a regular ask.

We should all like to pay tribute to the nurses and instructors who do such a good job for us. They have also been with us for many years. Michelle and Yvonne, Kate, Mandy, Ann, Katie, Peter, Martyn, and Amanda, with Shirley filling in where necessary. Altogether our valuable nurses and instructors have well over 100 years of service for Upbeat between them. What a team!

Sylvia, our Chairman, also has a good number of years under her belt for Upbeat, and has been wanting to step down for a few years, but with no one coming forward, she has continued.

Valerie, our Treasurer and Membership Secretary, fills two very time-consuming jobs which she has done very efficiently for a number of years while her other half, David, is our Magazine Editor, another job which takes up an enormous amount of time.

David Camp, not a committee member now, but he still co-ordinates the 100 Club and the Annual Lunch tickets and Bill Kettle manages the Long Melford group, with Val, Martyn, and Patrick.

We also have Ann Clarke, who does a grand job managing the Southgate coffee mornings in Bury, and many other willing helpers who help out at each venue, setting up, taking money, running the kitchens and generally giving of their time and energy to help keep Upbeat running. We should all be proud and thankful for their time.

Put this altogether with the Executive Committee and we have an extremely well-run and efficient group so please try and support us, through attending the events where you can.

Enjoy the summer and remember that laughter, friendship, and social connection are the best medicine and Upbeat has plenty of all three available.

Hilary x

Treasurer's Report

Fund Raising July – December 2023 Monies Raised

Easy Fund Raising £235.27
Sale of Christmas cards £170.60
Ashlar House Lunch and Raffle £451.14
Xmas Craft Fayre £733.55
Pantomime £27.87
Xmas Raffle Long Melford £161.00
Xmas Raffles New Bury £264.00
Xmas Party New Bury £9.00



Donations – Over £50

CAMRA from the Beer Festival £1300
New Bury collecting tin £169.95 Long Melford collecting tin £65.04
B Hazell £250.00 A Chapman £100.00
B Clarke £100.00, B Hull £60.00, C Bird £50.00, P and P Melton £600.00
Varied anonymous £58.00
J Davis £80 (sale of gold) M Roper talks £170.00
Joyce Hurrell £500 (sale of jams and marmalades)

Finance Report

I would like to thank everybody who has made financial contributions or donations to Upbeat, whether large or small, in the last six months. We rely on our income from exercise and nurse fees, together with donations and fund-raising so any contributions are very helpful.

Upbeat finances continue to be monitored daily, weekly, monthly and at our committee meetings every two months. Our reserves are dropping a little each month as our expenditure continues to exceed income. Unfortunately, the costs of hiring of our venues at both Long Melford and New Bury are

increasing. In April, our accounts will go to our accountants and we will see if they have any advice.

Some areas where members can help as finances get tighter are:

- At New Bury, if you use the contactless card machine, we are now going to have to make a charge of 50p for payments between £11 and £50, and charge of £1 for payments between £51 and £100. These charges are being introduced as a result of charges made by the company issuing the card-reading machine.
- We are not charging for smaller payments but there is a 10p to 20p cost on each transaction. If you can put some change in the collecting tin occasionally, this would help.
- Also, at both Long Melford and New Bury the cost of cups for drinks has increased and we are using many more cups. More people are also having drinks. Please remember to put a donation in the collecting tin sometimes. Every penny helps.
- Come to exercise or to see the nurse - each visit contributes to our income and goes towards paying the Nurses and Instructors as well as the hire of the venue.
- If you don't come to our venues, can you join the 100 Club or give us a small (big!) donation?
- Use *easyfundraising* when buying items on the internet. (See David's article on Page 19) Last year members' use of *easyfundraising* contributed almost £350 to Upbeat funds. I'm sure this amount could be much greater if more members joined the scheme.

Thank you for your continued support.

Valerie

UPBEAT AT THE PANTO

On Thursday, December 14th a group of Upbeat members made their way to the Theatre Royal in Bury for a visit to the annual pantomime. This production was of 'Snow White' but as with the previous production of 'Robin Hood' which we had been to a year before, the traditional story had been changed somewhat. However, the traditional pantomime elements were all there: the wicked stepmother, the villain, the charming prince, and the larger than life Dame, played as is customary by a man in exaggerated make-up and costume. There were plenty of chances for us all to join in and shout out the requisite 'Oh no he isn't!' or 'Oh yes he is!' and Upbeat seniors were as enthusiastic in their responses as the hundreds of schoolchildren who made up the bulk of the audience.



Wicked Queen and Villain

Here are some comments members made after the show. Everyone enjoyed it and already some have reserved their places for this year's panto in December.

A full house at the Theatre Royal, with two coachloads of excited young school children on full throttle, and the remaining seats housing mostly senior citizens readily joining in. It's how a pantomime should be experienced, and nobody to my knowledge was disappointed. This is becoming a regular feature in the Upbeat calendar, and it is good to see that next year's panto (Aladdin) has already been booked. Oh yes it has!



Prince Nicholas and Snow White

David Byatt

I didn't enjoy it as much as last year. It somewhat lacked a proper story line. We have to be aware of present-day issues but seven scouts are not the same as individual characters like the dwarves, Sleepy, Grumpy, Dopey, etc., and I missed that.



Snow White and the seven scouts

Snow White in dungarees? Well!!!! I'm not saying I didn't enjoy it because I truly did. The kids watching were great, especially when a little girl cried out. When the hero said, "What can I do?" she called out, "You're supposed to kiss her!" Priceless!

The dame was great, also the butler guy who minced about - all arms and legs - and whilst some may say him trying to kill Snow White was not good, I loved it. It is PANTO! It's a fun time and I will definitely go again.

Sylvia Baker



The Dame and Snow White

We thoroughly enjoyed the pantomime. The best bit was being amongst all those lovely, excited school children who were really enjoying themselves. We even got a 'shout-out' for Upbeat Heart Support from the Dame! The seating was as hard as usual but we had a prime spot to watch everything.

Going to a pantomime as an adult is a weird experience; you just have to let go of inhibitions and not worry about becoming a total idiot for a couple of hours. Then you will enjoy it. Join us next time and try it out.

Hilary & Giles

All photographs by kind permission of Tom Soper Photography and the Theatre Royal, Bury St Edmunds

We enjoyed the Panto overall but did not feel it was as good as last year's. We wondered about the knife incident and, although the Scouts were good, we had hoped to see seven dwarves. The atmosphere was fun and we enjoyed hearing the children's responses. We thought the lighting and scenery were excellent.

Thank you again for booking this and looking out for us when we got there. We look forward to seeing 'Aladdin' next time.



The Villain stalked Snow White with a knife

Ken and Bridget



Of course there was a happy ending for Snow White

I thought it was a really enjoyable outing. A hilarious show with a very talented cast. It was nice to be there and socialise with other Upbeat members.

(Oh no it wasn't – Oh yes it was!)

I am now looking forward to the next performance of Aladdin.

Regarding the knife issue. Perhaps some other device might have been less controversial for today's young audience: an evil spell, stun dust, a rose with a poisonous fragrance, a maths lesson, yet another cookery programme? I am sure there are many alternatives.

Thank you for organising the event. It certainly was good fun.

Richard France

Aladdin



**Tuesday, December 17th
at 1.30 pm at the
Theatre Royal,
Bury St Edmunds**

Once again we have booked seats for the pantomime in Bury. As in previous years the seats are in boxes opposite the stage with a minimum number of stairs to be negotiated. Members will be responsible for making their own way to and from the theatre as no transport is included. Tickets, which are limited in number, will cost £23. which can be paid by BACS or cheque.

*To apply for one of the tickets, in the first instance email, call, or text **David at axeditor@btinternet.com** or **07946 225612** stating the number of tickets you would like. If there are tickets available you will then be able to pay by cheque or BACS, the details for which I will give you. Thank you. I'm sure we can look forward to another enjoyable afternoon.*

Oh yes we can!

New Members

*Mrs Jenny Nunn, Mrs Brenda Gerrard, Mrs Audrey Riley,
Mr Stewart Minns, Mr & Mrs Ged & Janet Foster, Mrs Camilla Smith,
Mr & Mrs Billy & Janet Robinson, Mr & Mrs Bill & Moira Campbell,
Mr & Mrs Aytan & Pembe Sami, Mr Derek James, Mr Derek Rixon,
Mr & Mrs John & Fay Dunkley, Mr & Mrs Ralph & Hilde Crapnell
Mr & Mrs Steve & Sherrill Allen Mr John Sparks
Mr & Mrs Eddie & Chris Morley*

*We extend a warm welcome to you all. We hope you receive support, help,
and companionship from being an Upbeat member.*

*Due to the printer's deadline, this list is correct only up to the end of
January 2024. Members who joined after then will be shown in the next
issue of the magazine in the autumn.*

100 Club Winners

August 2023	1st Prize Mr Nicholas Lagden £100.00 Number 123 2nd Prize Mrs Susan Murkin £38.50 Number 24
September 2023	1st Prize Mrs Joyce Lawes £100.00 No. 191 2nd Prize Miss Rosemary Currell £39.00 No. 181
October 2023	1st Prize Mr E Williams £100.00 No. 270 2nd Prize Mr B Richford £41.50 No.66
November 2023	1st Prize Mr & Mrs M Harding -Payne £100.00 No. 106 2nd Prize Mr D Byatt £41.50 No.223
December 2023	1st Prize Mrs Joyce Lawes £100 Number 192 2nd Prize Mr Ernie Edrupt £41.50 Number 250 (Ernie generously donated the money to Upbeat)
January 2024	1st Prize Mr D Gayler £100 Number 97 2nd Prize Mr N Baylie £41.50 Number 249

Future Events

<p>MARCH 21st Thursday</p> <p>EASTER RAFFLES</p>	<p>Annual Lunch at Stowmarket Golf Club - £25 per person. New Venue this year, 2 course meal. Grand Draw All welcome – a great occasion to get together. EASTER RAFFLE AT BOTH VENUES - week beginning March 26th.</p>
<p>APRIL 9th Tuesday</p>	<p>QUIZ NIGHT at Southgate Community Centre. Come and have a fun evening. Quizmaster David Axton 6-30 - 9.30 pm Tickets available at both venues £10 each to include cooked supper.</p>
<p>MAY 11th Saturday</p>	<p>Tribute Singer at Gt Waldingfield Village Hall with afternoon tea - details to follow.</p>
<p>JUNE 14th</p>	<p>Garden Tour at Fullers Mill, West Stow Tickets £10</p>
<p>JULY 4th Thursday</p>	<p>STRAWBERRY TEA at Newton Green Village Hall Always a nice occasion to get together 2-4pm Tickets £10 will be available at both venues</p>
<p>JULY 9th Tuesday</p>	<p>AGM at Southgate Community Centre, Bury St Edmunds 7pm prompt start. Please come and support the group.</p>
<p>JULY 13TH Saturday</p>	<p>Manson House Retirement Home, Northgate St. Bury are holding a craft fair 2-4 pm and Upbeat are having a stall. Donations of craft items needed please.</p>
<p>AUGUST 21-26th</p>	<p>EAST ANGLIAN BEER FESTIVAL St Edmundsbury Cathedral Each year we ask for volunteers to help at the Beer Festival. The festival's profits all go to charity and because some of our members volunteer, Upbeat has been a recipient for several years. If you would like to help please let us know. You can choose your day and length of shift, say a couple of hours or all afternoon on a day or days of your choice.</p>
<p>NOVEMBER</p>	<p>CRAFT STALL - We will hold a Christmas Craft Stall at New Bury and Long Melford, and maybe a table-top sale at New Bury. Please get thinking and crafting as donations will be needed for these stalls. Dates will follow nearer the time.</p>
<p>DECEMBER 5th 17th</p>	<p>Ashlar House Christmas Lunch Pantomime: Aladdin at Theatre Royal Bury.</p>

VISIT TO TREATT PLC



On December 6th Sylvia, Mandy, and myself were invited to Treatt plc on the new business park at Moreton Hall. Daemmon, the retiring CEO, is one of our Patrons and we were showcasing Upbeat to the staff and introducing ourselves to the workforce. They are often asked to fundraise or take part in activities for local charities and it lets them know who we are and what we are about.

We went along at lunchtime and talked to some of the staff. Mandy was busy with her B/P monitor, offering blood pressure checks to anyone who came forward and it was a great success. They were interested in our work in the community and were happy to take part.

Daemmon came and had a chat with us and informed us that, although he is retiring from Treatt, he is going to continue to be our Patron, so we are all thrilled with this news and thank him.

Thanks go to Chloe from Treatt for organising this visit. Part of her role is to be the Community Officer for the company and we have a lot to thank her for, including organising posting of our magazines and various big postings of papers throughout the year.

Hilary x

DO YOU SHOP ON LINE?

Raise money for Upbeat at the same time



In a previous issue of our Upbeat magazine I included an article about the company called **easyfundraising uk** which represents an excellent and simple way to help Upbeat funds.

The arrangement is simple and costs you nothing. If you register Upbeat as your preferred charity, every time you shop on line *easyfundraising*, through its partnership with many well-known companies and high street stores, will donate part of what you spend to Upbeat. 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 every member who shopped on line brought in only a few pence, over time this would soon mount up. Many members have already registered Upbeat as their charity of choice and as a result :

in 2023 Easy Fundraising donated to Upbeat £348.84.

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

Our Instructor,
Amanda Pearson,
writes about ...

PAIN

The definition of pain was revised in July 2020 by the International Association for the Study of Pain (IASP). The revised definition is as follows:

“An unpleasant sensory and emotional experience associated with or resembling that associated with actual or potential tissue damage,” and with the addition of six keynotes:

- Pain is always a personal experience that is influenced to varying degrees by biological, psychological, and social factors.
- Pain and nociception* are different phenomena. Pain cannot be inferred solely from activity in sensory neurons.
- Through their life experiences, individuals learn the concept of pain.
- A person’s report of an experience as pain should be respected.
- Although pain usually serves an adaptive role, it may have adverse effects on function and social and psychological well-being.
- Verbal description is only one of several behaviours to express pain; the inability to communicate does not negate the possibility that a human or a nonhuman animal experiences pain.

Often the cause of pain is visible, for example if someone suffered a broken leg or a cut or bruise. Sometimes the source of someone’s pain is unseen, for example arthritic pain. Finding the exact cause of a person’s pain can be difficult.

Pain is the body’s warning system. It can be referred to as adaptive, which can help change our behaviour to deal with the injury or condition that is causing the pain. Pain makes us avoid any type of circumstance or activity that is likely to aggravate our pain. Although often we associate pain with something bad, in some circumstances it can make us take positive action, such as applying compression or seeking help, as when the pain results from an injury. As the injury resolves, the pain associated with it settles down, our protective behaviour reduces, and we return to normal function, although some local pain and functional limitations remain if the healing was incomplete or inadequate.

How Can Pain Affect You?

Pain can make it difficult to perform everyday tasks, at home, work, or even in your leisure time. Pain is not just a physical sensation. It has an emotional effect too. If you have been suffering pain for months or years, it is not surprising that it can begin to affect your mood. Other problems linked to long-term pain include sleep problems, reduced physical activity, and symptoms such as fatigue or weight gain.

Types of Pain

- Short-term pain is acute or subacute and is pain associated with an injury or recovery from an injury.
- Long-term pain is called persistent or chronic pain. Conditions such as arthritis, back pain, and fibromyalgia can cause persistent and chronic pain.
- Pain that comes and goes is called recurrent or intermittent pain, A toothache could cause recurrent or intermittent pain.

Pain Self-management

Contact your GP

It is important you contact your GP to discuss your concerns. Your GP can then prescribe the best course of action for you. Your GP can also discuss pharmaceutical options with you to help with short-term pain.

Physical Therapy

Physical therapy for persistent pain can involve manipulation, stretching exercises and pain-relief exercises. Physical therapy is usually delivered by physiotherapists, chiropractors, osteopaths or, in some cases, occupational therapists.

Psychological Therapies

Cognitive Behavioural Therapy (CBT) can help you to manage your symptoms of the health problem and to change your behaviour to improve your ability to function on a day-to-day basis.

Mindfulness or Mindfulness Meditation aims to help focus your attention on present-moment experiences

Prioritising - Learn to prioritise and plan out your days.

Be Patient - Take things steadily; it may take weeks or months to see improvements.

Relaxation and Sleep Management - Learning relaxation skills helps to unwind the mind.

Set Goals - It is handy to set yourself goals and write an activity plan ensuring these goals are realistic and measurable to you.

Track Progress - Monitoring progress can help you track what works for you and what doesn't.

Exercise and Physical Activity

Recent studies have shown that multimodal exercise programs, which include a range of activities (aerobic, resistance, and flexibility exercises), are effective in significantly reducing pain, improving physical function, and improving the overall quality of life in individuals with chronic primary pain and those individuals living with pain conditions. Not only is exercise beneficial for mild to moderate pain conditions, but those with severe pain may exhibit improved function and reduced pain with physical activity.

In April 2021, The National Health Institute of Health Care Excellence (NICE), recommended a non-pharmacological (ie: drug-free) approach to managing chronic pain, advising that individuals with chronic pain should have access to supervised exercise programs.

In October 2022, NICE also recommended therapeutic exercise as non-pharmacological management for individuals with osteoarthritis, emphasising that exercise should be tailored to suit the individual's needs and preferences.

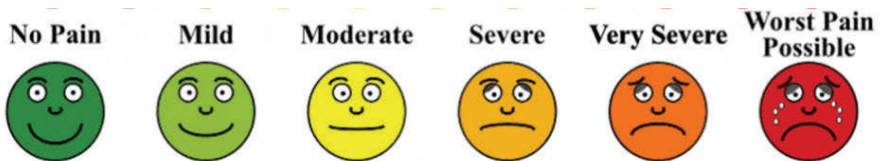
Exercise Considerations

- Start slow and slowly build up your tolerance.

- Make modifications to see if it changes the pain.
- Monitor your symptoms.
- Try not to overdo it on good days .
- Exercise may initially cause some pain or discomfort, but this should gradually decrease when your tolerance level builds.
- Use a pain-rating scale.
- Make modifications during a flare-up.
- Even the smallest amount of activity in short bouts helps.

Visual Analogue Scale

A Visual Analogue Scale is a unidimensional measure of pain and intensity. This can be used in class to help monitor pain, 0= no pain at all 10= worst pain. This is something you can use to note progressions and see if exercise as an intervention is working for you.



Classes at Upbeat

The classes at Upbeat are designed to suit everyone at different levels and capabilities. The beauty of the circuit is you can work to a level that suits you. If you experience any pain or discomfort, please inform the instructor before the class so we can adapt the class for you.

Online Help for Pain

There is a lot of online information if you're living with pain:

General website Action-on-pain.co.uk Painconcern.org.uk

Self-help Tips Paintoolkit.org

** Nociception is the physiological process by which body tissues are protected from damage. By means of it, warning messages are sent to the brain in order that an appropriate response can be initiated.*

Did you know you can recycle your empty pill wrappers- the metallic or plastic bubble packs in which your pills come?



You can save them from going into landfill by putting them in a plastic bag and taking them to SUPERDRUG STORES. At SuperDrug you hand them in at the Prescription counter or place them in a container which they provide.

Also, Supermarkets will take your frozen food bags (such as vegetables or chips packets). Supermarkets usually have a container in their foyer in which you can put plastic carrier bags and your frozen food bags..

With the amount of medication we all take, and the number of frozen food packs we discard, this will make a huge difference and help the environment with minimum effort on our part.

Let's all do our best to be green. On behalf of the Earth, thank you!

Ilva

Used Postage Stamps Required



Can you collect your used postage stamps (British & Foreign) for us to sell them? Please save them and either drop them into one of the Upbeat sessions or hand deliver or send them to:

David Camp, 24 Swanfield, Long Melford, CO10 9EZ.

David will collate them and then send them for sale for charity.

Thank you for your help.



Absent Friends

Mr John Steed Original Member since 1996

*Mr Bryan Breathwick Member since 2002 -
a previous treasurer*

Mrs Eileen Webb Member since 2001

Mrs Lorna Willcox Member since 2007

Mrs Diane Padley Member since 2010

Mr Peter Welham Member since 2011

Mrs Barbara Gilbert Member since 2012

Mr Roderick Sprake Member since 2012

Mr Derek Wakeman Member since 2015

Mrs Susan Howard Member since 2021

We extend our sympathies to all the family and friends of those we've lost.

Membership Renewal 2024-2026 - A Request From Our Membership Secretary

Just a reminder, please, to complete your membership renewal form if you have not already done so. If I have not had your form, you will find another with this magazine. You can return forms to me by post, at classes, or scan and send by email.

Also, if your details, such as phone number or email address, change it is important you let me know. If you no longer wish to be a member, please complete the form too and ask to be deleted from our membership roll.

Upbeat Magazine by Email If you would prefer to have the magazine by email, rather than a hard copy, please let me know.

Contact Valerie Axton 01284 747238 or valerie_axton@hotmail.com or membership@upbeatheartsupport.org.uk

Thank you.

Valerie

Two Decades of Upbeat Service

Michelle and Yvonne, two of our BACPR Instructors, look back at how it started



Michelle and Yvonne, our long-serving Instructors

*Michelle Jeremy
says ...*

Back in 2003 after successfully leading a local exercise referral scheme which gained much recognition, I was offered the opportunity to study for my BACPR Level 4 Cardiac Exercise Instructor Qualification.

The course was held at Addenbrooke's Hospital, with an exceptional tutor team and extensive assessment criteria, I knew intensive days lay ahead. I recall on day one a room full of learners from all over the UK. I introduced myself: 'Hi, I am Michelle, and I am based in Norfolk.' Next I heard: 'Hello, I am Yvonne, and I am based in Suffolk.' At the next break we had a conversation and Yvonne asked, 'Are you looking for work?' I went along to watch the Friday evening group and let's say the rest is history.

Twenty years ago, this month I was teaching on a Friday evening. Then a Wednesday morning was launched; one class grew to two classes, then to three classes. Over the years it became three classes, three days a week.

At the time I was also lecturing, and natural progression led me to become National Workshop Co-ordinator for the BACPR and I started research in exercise adherence and uptake. Many Upbeat members volunteered to participate in my research studies, and I graduated with my Masters. My

research, along with fellows', was published in the Journal of Nursing.

Alongside the academic studies I was passionate to offer adaptive exercise with a view to exercise being for all. I believe in self-select intensity and making exercise flow, lifting people's energy. This meant sessions were not only safe and effective but creative and energising for the physical body, mind, and soul.

I reflect with many warm memories, especially the annual Christmas party with so many members, instructors, and nurses performing in fancy dress to bring smiles and festive cheer to all. Upbeat is so much more than just exercise; the sense of community and family is what makes Upbeat so special.

Over the twenty years as an instructor, I have moved from Abbeycroft Leisure to St John's Church, on to the British Sugar Sports & Social Centre before settling down at the New Bury Community Centre for many years. In recent years we moved over to the beautiful purpose-built new New Bury Community Centre.

When the first lockdown was announced, I knew that despite being nervous about working online I had to do it. I knew many of the Upbeat members I worked with would struggle going for walks outside and needed the guided exercise. They risked deconditioning and those individuals I had witnessed work so hard were more important than my feelings of fear on learning the online world. I took the plunge and overnight I was running a session via Zoom. I also provided adaptive exercise home routines for the Eastern Daily Press newspaper to ensure more individuals had a choice to participate with confidence.

This online project attracted interest and led me to becoming a finalist for Inclusivity. The Inclusive Award 2021 was a National Award and although I didn't win, it was an honour to be featured and recognised for the work I have done in adaptive exercise over the years.

Though I physically have reduced my teaching demands, I currently work one day a week with Upbeat and act as Lead Exercise Specialist with the fantastic team. Much of my time now involves teaching and assessing on many specialist exercise qualifications.

I have to say a heartfelt thank you to the wonderful Upbeat members and committee. Twenty years of service! You have clearly been doing something right. You are all very special.

Thank you for welcoming me and supporting me with life outside of Upbeat. I could not finish without also acknowledging the loved ones we have lost. Time moves on but they are not forgotten.

Yvonne Galloway remembers ...

I started with Upbeat in 1997, leading classes at the Leisure Centre on a Friday evening. At that time there were about fifteen people in the group and I remember being terrified as I'd just gained my qualification and then discovered that the class was comprised of heart-attack patients! At that time there was not yet a BACPR qualification but a few years later Upbeat paid for me to gain that qualification. I had to carry out two case studies and one of the members I studied was Martin Roper, who does all the teas and coffees at Long Melford.

It was on that course at Addenbrooke's that I met Michelle, who was following the same training programme. We spent five weekends together and both had to do case studies and a final exam. It was Michelle who suggested to me that I interview for an opening at Upbeat.

When I was made redundant in 2007 I took over some of the daytime classes and was put on the instructors' rota for Upbeat. Since then every three years I've taken a revalidation exam to keep up-to-date. I've led classes at the Leisure Centre, Hardwick Middle School, and the New Bury Centre, as well as my 'day job' as a contracts manager for a seed company.

Now, of course, since December 2021 Upbeat have been meeting at the new New Bury Centre in Charles Place. It's a fabulous new building with great facilities and I am one of the regular instructors on the rota.

WEEKLY EXERCISE SESSIONS

Monday, and Wednesday mornings, 9.15am-12.30pm,
at the New Bury Community Centre, 1 Charles Place, Howard Estate, Bury St Edmunds, IP32 6TD.

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

Exercise sessions are supervised and run by a BACPR Qualified Exercise Instructor. A cardiac nurse is in attendance at most sessions to take blood pressures and heart rates and to answer any heart-related queries or problems. Drop-in facilities for a tea or coffee and a chat are available at all 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, taking into account their medical condition. At Upbeat 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.

It is important to advise the cardiac nurse and the exercise instructor of the following before taking part in any exercise sessions (this can include your exercise programme at home too):

- * Any recent injuries/operations
- * Any major changes in medication
- * 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)
- * Recent treatments/investigations (eg angiogram)
- * Any known change in blood pressure

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 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 disposable 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 £5 per session towards class expenses, or £3 just to see the Nurse.

For membership or further enquiries contact Valerie on 01284 747238 or email valerie_axton@hotmail.com

One for the Ladies!!!

By our Nurse Kate Turner



I would like to bring to your attention a silent killer:

Ovarian Cancer

Ovarian cancer is a type of cancer that affects the ovaries. It can develop when abnormal cells grow in the ovaries and fallopian tubes. The chances of developing it increase for women over the age of fifty. It is estimated that there are 4,100 deaths from ovarian cancer in the UK every year. Because the symptoms are common and misdiagnosed, ovarian cancer is often diagnosed late.

As many of you are aware I was diagnosed with ovarian cancer last summer. This was a diagnosis that I had never even thought about, let alone considered being diagnosed with!

It all started with just two weeks of abdominal bloating. I didn't feel poorly at all, just a bit uncomfortable. I came back from a relaxing week's holiday in France. Being due to return to work on the Monday I just felt something wasn't quite right and decided to go to A&E on the Sunday. Initially they thought I had retention of urine but following an abdominal scan they realised the fluid was actually in my abdominal/pelvic cavity, *all four and a half litres of it!!* Being a nurse of many years I knew that it certainly wasn't a good result. With a few more scans and investigations the cancer was diagnosed. My reaction was quite naïve, I thought that as I had only had the symptoms for two weeks it must have been caught early. Wrong!!! The diagnosis was that the cancer was at an advanced stage.

I have been very lucky to be promptly referred to Addenbrooke's Hospital oncology team. Within a few weeks I had commenced chemotherapy. This was followed by a five-hour operation to remove the cancer. Then I had more chemotherapy.

At times the six months of treatment was very hard to deal with. However, with all the love, care, and positivity of so many of my friends and family I have pulled through this traumatic chapter of my life.

I have now completed the chemotherapy and my blood tests and scans appear to be very promising.

There are scans and routine investigations for breast, cervical, bowel, and prostate cancers. However, there are no early detection or screening tools to investigate for ovarian cancer. That is why it is so important to act on any symptoms that are new or unusual to you.

Ovarian cancer does have symptoms, but they are often very subtle and easily mistaken for other, more common problems such as irritable bowel syndrome. In some rare cases, early-stage ovarian cancers may produce symptoms, but in the majority of cases, these don't show up until the cancer has become advanced.

The four main symptoms to be aware of are:

- * bloating,
- * stomach pain,
- * difficulty eating, and
- * needing to pass urine more frequently.

Other symptoms such as back pain, changes in bowel habits, extreme tiredness or unexplained weight loss may also be ovarian cancer symptoms.

The take home message I really want to share with you is, please, if you experience any of the above symptoms do not delay seeking medical help.

Your life may depend on it!

Kate

Bradycardia and Me

by David Axton

Valerie and I went away to West Sussex for a few days over the New Year holiday, staying in a very nice country house hotel. The weather wasn't great but we managed to get down to the seaside at Littlehampton one day and on the day before we were due to come home we went for a walk on the Devil's Dyke, a legendary beauty spot now administered by the National Trust. We walked part of the ridge which looks down some 700 feet to the valley below. It was a windy day and, as you can imagine, at that height the wind was particularly strong so I wasn't sure if it was the wind or ascending the sometimes quite steep incline which caused me to be rather short of breath. When I found that the breathlessness continued even when I was back at the hotel, I thought maybe I ought to seek some advice.

A normal adult heart rate is between 60 and 100 beats per minute

We returned home on Tuesday, January 2nd and Valerie suggested that I went to see the nurse at Upbeat the next day. Mandy was on duty that morning and when I explained about the shortness of breath she took my blood pressure, which turned out to be fine. She then took my pulse!

'That's a bit slow,' she said.

According to the British Heart Foundation website a normal adult heart rate is between 60 and 100 beats per minute while resting. Mine was 35! For years it has been below what the BHF says is normal because for many years, since I had the first heart attack in 1996, I've been taking beta blockers, which are used to treat heart conditions and help control the heart rate by slowing it down. My normal rate was usually about 59 bpm.

'How easy is it for you to see your doctor?' Mandy asked, to which I replied that it was probably easier to win the Lottery.

'I really think you ought to see a doctor,' she continued, and promptly called my GP surgery on her mobile phone.

As seems to be the case whenever I phone, she was told that there were no appointments available, but she explained that she was a nurse and her professional opinion was that I should see a doctor. She was persuasive and I was given an appointment for later that day. When I told my GP that I had a pulse rate of 35 she seemed to think I must have made a mistake, but soon confirmed it to be right and referred me to A&E at the West Suffolk Hospital.

'For a man of your age with a pulse rate of 35 you look remarkably well!'

I arrived at A&E at about 4.30 and was triaged. It wasn't long before I was called in to see a nurse. I explained about my 35 bpm and she too looked at me as if I didn't know what I was talking about. However, within a couple of minutes she too confirmed that it was indeed that slow. I then saw another nurse, who fitted a cannula and took blood, then after a short break sitting in the crowded waiting area I was summoned to see a doctor, whose first words were:

'Well I must say that for a man of your age with a pulse rate of 35 you look remarkably well!'

During my three-hour stay at A&E I saw about five nurses, three doctors, including a consultant, had an ECG, chest x-ray, and blood tests. As I was in no pain, and could assure the medical staff that I had someone at home to keep an eye on me, I was told I could go home, but that I should stop taking the beta blocker, which I dutifully did. Next morning my heart rate registered 24!

It seems that arrhythmia (or heart rhythm issue), when the heart beats too slowly, too quickly, or irregularly can be dangerous. If the blood isn't pumped well enough around the body, symptoms such as dizziness, fainting,

and shortness of breath can result. According to the BHF an abnormal heart rate could also increase the risk of stroke.

I had the heart rate of an Olympic athlete!

The medical term for what I was experiencing is **bradycardia** and as I have written earlier in this piece a heart rate below 60 bpm while resting is considered to be too slow for most people, although it can be normal for people who are very fit. A young man who was in the waiting area at A&E at the same time as I and who heard what my pulse rate was remarked that it was the heart rate of an Olympic athlete but that I didn't look as if I was Usain Bolt!

Since that evening in A&E I have been seen by our Upbeat nurses frequently. My blood pressure remains good and the heart rate has slowly risen to somewhere in the 80s. I was contacted by one of the nurses from the Heart Failure Clinic at the hospital and had a 24-hour monitoring device fitted, as well as another ECG. The results of the monitoring were sent to me in a copy of a letter sent to my GP. Unfortunately, neither Valerie or I really understood what the various results and all the abbreviations meant but once again, our Upbeat nurses came up trumps with Shirley and Mandy giving us clear explanations of what it was all about and reassuring us. We learned that there was a possibility that I might need to be fitted with a pacemaker.

On January 31st I had a telephone appointment with the Heart Failure Clinic and was told that the MDT (we had learned that that stood for Multi-Disciplinary Team) did not think any further treatment was appropriate at that time and that I would be contacted again in six months. In the meantime I shall continue to be checked over by our Upbeat nurses once a week to be on the safe side.

The BHF says that anyone's heart rate can change every minute and what's 'normal' can be different for everyone because of age and health. One's lifestyle plays a part also. Heart health can be greatly affected by such things as whether you smoke, how much alcohol you drink, and the amount of exercise you get. I ought to be taking advantage of the skills of our trained BACPR instructors and joining the Upbeat exercise classes so ... watch this space. I may yet find my shorts and plimmies somewhere deep in the wardrobe.

Of course your heart rate increases while exercising and the BHF advice is to stay within your target heart rate (THR), which should be between 50% and 70% of your maximum heart rate.

My bradycardia seems to have passed and my heart rate has speeded up. Of course, it must not become too fast. A resting heart rate above 100 bpm is too fast for most people. A fast heart rate, known as **tachycardia**, can be caused by health conditions such as infection, anaemia, and an overactive thyroid.

I invested in a pulse oximeter.

The BHF says that you can find your normal resting heart rate by counting the number of times your heart beats in a minute but personally I find it hard to detect the pulse in order to count the beats so some time ago I invested in a pulse oximeter – the little gadget the nurse fits over your finger and which tells the pulse rate and the oxygen levels in your blood. It only cost a few pounds on Amazon and it allows me to check what my heart is doing. If I have an unusually low (or high) reading, I'll be well-advised to see a doctor.

Knowing your normal heart rate when living with a heart condition can help you feel more confident and improve your quality of life. Don't take the readings when you've just finished hoovering or running up and down the stairs though. That's sure to send your heart rate up. Sitting still for 5 - 10 minutes before using the oximeter makes sure your heart is in its resting state.

If you experience symptoms such as shortness of breath, dizziness, feeling very tired, or having palpitations, or if you have a low or fast resting heart rate, you should make an appointment with your GP or, as a first step,

do as I did and have a chat with one of Upbeat's wonderful cardiac nurses.

David

Raise a Glass - and Raise Money for Upbeat

Here is a photo of Dawn Butler at the East Anglian Beer Festival 2023. Dawn is not an Upbeat member, but donated her volunteer hours to raising money for Upbeat. We send a big 'Thank you!' to Dawn.



If you, anyone in your family, or a friend would like to help raise funds, please consider helping out at the Beer Festival this year.

There are various jobs volunteers can do: serving beer or other drinks, helping on admissions, clearing up, collecting glasses, etc.

The event is open over six days from August 21st - 26th, August Bank holiday week, from noon onwards. If you can spare a minimum of two hours to help, please volunteer and nominate Upbeat as your charity.



The volunteer form is on the East Anglian Beer Festival 2024 website - burystedmundsbeerfestival.com - together with other details.

It's a great atmosphere and you'll be most welcome to join us.

Felicity Stemp

Upbeat Zoom Coffee Mornings

Every Friday morning at 11.00 Upbeat Secretary Hilary opens a Zoom coffee morning for members. It lasts about 30 to 45 minutes and you can sit at home, enjoy a coffee, and chat. You can drop in and out and /or come in some Fridays and not others. To find out more please give Hilary a call on 01359 232678 or email secretary@upbeatheartsupport.org.uk .