



The Queen's Award
for Voluntary Service



Lockdown Newsletter Number 10

March 2021

Spring is here! Dare we hope that there's light at the end of this tunnel we've been in for the last year or so? I think we can! Certainly we are seeing better weather and the annual wonder of carpets of daffodils is once again with us. It may be true that there are still worries in this world, and many, I know, have much to fret about or to grieve over, but I hope the annual renewal of life in our fields and gardens will serve to raise your spirits and bring a ray of hope into your world. Valerie and I visited Nowton Park at the weekend and, as happens every year, we marvelled at the beauty of those avenues of flowers. How grateful we are to have such loveliness on our doorstep!



You will see from our Chairman's report on Page 3 that we are re-starting our Nurse appointments next month - a small step towards getting back to normality, which I'm sure lots of you will welcome. Don't forget to ring either Hilary or Sylvia to make an appointment to see the Nurse, and remember to wear your mask. Hand sanitiser will be available at the venues and temperature checks will be carried out to try to ensure we all stay safe.

As much as we all miss exercise classes, 'real' coffee mornings, and the many Upbeat social events which bring us together, it's right, of course, that we continue to follow government guidelines and restrictions, in the hope that as we do, and as the vaccination programme reaches more and more of the population, the infection will gradually diminish. We just have to continue to be patient and to help each other to cope as best we can.

We are pleased to welcome the following new members to Upbeat:

Mr Lawrence & Mrs Barbara Thomas Mrs Mary Baham
Mr Michael and Mrs Kathleen Harrison Mrs Olive Tredgett
Mrs Monica Gilmour

We hope you enjoy a long and happy association with Upbeat and look forward to meeting you all and getting to know you.

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60 YEARS! A DIAMOND DAY FOR BRENDA AND DAVID

On March 4th we were very fortunate to be able to celebrate our Diamond Wedding, albeit on our own due to the pandemic situation.

We spent the day chatting to our two sons, other members of the family, and neighbours, with whom we shared a bottle of Prosecco. We reminisced about what we did on THE DAY and what has happened since.

We were very happy to receive a beautiful card from Her Majesty the Queen, as you can see from the photograph which our neighbour took.

We have been very fortunate to have received both our vaccine jabs at Woolpit Health Centre and look forward to being able to see our family in Kent in the near future.

It is now six years since David had his stent procedure done at Papworth, after which we joined Upbeat for the exercise class, but I am sorry to say we have not got round to Zooming as yet so are very grateful to receive the Newsletter each month.



Stay safe and keep well, everyone.

Brenda and David Begg

in Elmswell

More Smiles from Giles!

I didn't think the chiropractor would improve my posture, but I stand corrected. She was only a whiskey maker, but he loved her still.
No matter how much you push an envelope, it will still be stationery.
Two silkworms had a race. They ended up in a tie.

It is with sadness that I have to inform you all that our lovely Penny Morris has lost her battle with cancer. Penny was very involved with Upbeat and served on both the Social and the Executive Committees. She helped at events, organised our jumble sales, and helped to raise lots of money for us, even being roped in to dress up and take part in mad sketches at our Christmas parties. She always volunteered and, together with Richard, made a great team - usually the first to set up and clear away at any functions. We will miss you, Penny, and our thoughts are with Richard and the family.



Another very good friend of Upbeat whom we have lost in the last few days is Ron Lawes. Together with his wife, Joyce, he has been a big part of Upbeat, meeting and greeting new members, organising loads of fund-raising events, and especially big with fun sketches at our Christmas parties. He's just always been here for us and I am sure you all agree that he will be greatly missed. We send our sincere condolences to Joyce and the family.

You will have seen in last month's newsletter a list of names of others we've lost during this horrible time and no doubt you were shocked at the numbers. We must also add to that list Patrick Nicholl, a Sudbury member, and Olive Darkin, from Bury, who have also recently passed away. I know you all share with me in expressing our sorrow to the families.

Please note that we are re-starting visits to the nurse for blood pressure checks.

Long Melford starting on Tuesday, 13th April

(Please telephone Hilary 01359 232678 for an appointment)

Bury starting on Wednesday, 14th April

(Please telephone Sylvia 01449 774333 for an appointment)

We will continue to operate until further notice.

On a happier note.....I have re-booked the Annual Lunch at Stoke-by-Nayland Golf Hotel for Thursday, 28th October, 2021, so this gives us all something to look forward to. Best of all, anybody who booked to attend will have no more to pay as you have already paid! Further details will be listed in a later edition of the newsletter.

Let's all look forward to 2nd jobs and more freedom!

Sylvia

Just when you think it can't get any worse ...

... for the Maxey family it did!

None of us will forget March 23rd when Boris announced lockdown, but I never dreamed it would affect our family the way it has.

Peter had been struggling for some time with Parkinson's. He really needed help but lockdown meant everything was on line or by telephone, so we could not have care at home. One night he decided he needed to go to hospital because he was so restless, not sleeping, but walking round the house all the time. It was midsummer's day early morning when the ambulance took him in and I was not allowed to go with him. There was no visiting allowed and I kept in touch with the hospital by phone.



Peter and Ilva in happy times

Our youngest daughter, Sheralyne, decided she was coming home from Australia to be with him but Australia was on lockdown. She arranged with West Suffolk Hospital legal department to email the Australian Government to let her come on compassionate grounds, which they agreed. Sheralyne arrived on July 1st and the doctors thought we should be allowed to visit Peter as they said he had vascular dementia and delirium, as well as Parkinson's. They wanted to transfer him to a care home and managed to find a place for him in Newmarket at Kingfisher House.

The ward rang me to say Peter would be transferred at 3 pm and would I like to see him before he went? As we were getting ready to go, I heard a scream! Sheralyne was standing with the phone in her hand, crying. Roger, her husband, was on the phone to say their house in Australia was on fire! My watch told me if I didn't leave for the hospital I would miss Peter. Fortunately, my grandson Matthew stepped in and took me while our daughter Tracy looked after Sheralyne. I just made it and walked from the ward to the ambulance with Peter, gave him a cuddle, and said I would see him in a few days' time at the home.

Back home Shez (as we call her) was still in hysterics. The fire was in the roof but fortunately nobody was hurt as Roger, our son-in-law, had evacuated with the boys and pets. The roof was badly burnt and water damaged the

polished floors. The insurance company put them in rented accommodation and from our home Shez co-ordinated and organised everything in Australia, but the house will not be finished until February next year.

When I rang the home to see how Peter was and to ask if I could go and visit him, I was told their policy was to allow no visitors for two weeks, even though he had had a Covid test before he left hospital. Shez needed to go home so we explained to the home what had happened and eventually, after ten days, we saw him. We had to meet him outside in the garden, wearing PPE, and we were not allowed to touch him. He was still suffering the delirium and did not really recognise us. We could only stay half an hour and it was heart-breaking to see him like that but it was out of our hands.

Two weeks later we had a visit with him and the delirium had disappeared but he was very weak and walking with a frame. He thought we had abandoned him and he had dreamed we had died because it was two weeks since we had been. Shez phoned everyone here and our Australian family and did face time with our grandchildren to reassure him we were all alive. He managed a few words with them all. Again, we only had half an hour but I managed to hold his hand under the table (which was against the rules) and as he walked back into the home he shouted back, "I love you."

I didn't know then, that would be the last time I would speak to him. I was devastated because I couldn't look after him 'In sickness and in health', as in the vows we had made fifty-eight years before. Ten days later the phone rang at 4 am to say he had a coughing fit and was on his way to the West Suffolk. He had aspirated food with coughing and there was nothing they could do. He passed away with his family round him.



I have nothing but praise for the staff, who were so caring, both for him and for us.

The day they said, "I do!"

Sheralyn's flight was booked for August 14th and we managed to book the crematorium for 4 pm on the 12th. Only the six of us could attend as Shez and Chris were isolating, I had a phone call late on the 10th from the undertakers to say the vicar who was taking the service had cancelled, so we had to find another to take the service. A few minutes later Shez had a phone call from the airline to say her flight had been cancelled. Naturally, she was devastated as she needed to get home to Brisbane to see how she could help after the fire. Throughout all this I was trying to hold myself

together; it was all happening so quickly.

David Deacon, the undertaker, who is also a friend, found a retired vicar in Thetford who would take it on. He came to see me on the following morning. He was a lovely gentleman, who quickly put a short service together. It should have been a church service first as Peter had served as Church Warden for seventeen years in Chigwell Row where we used to live, but because of the virus it was out of the question.

We arrived at the crematorium half an hour beforehand and as we arrived the heavens opened! It was a deluge and we were stuck in the car for twenty minutes, eventually making a dash for it. I was so surprised to see about forty people from Upbeat sheltering under the portico. Suddenly the rain stopped as the hearse came up the driveway. Everybody started clapping as Peter was carried in. He had a beautiful cardboard coffin, painted with a field of poppies, blue sky, and fluffy white clouds. (He wouldn't have wood as he was a carpenter by trade and thought it was a waste of wood.)

Through my tears I smiled. It was just as he wanted. Because only the six of us went into the crematorium chapel, the doors were left open so everyone could hear the service. I was very grateful so many turned out to see him off; it was so unexpected and made me realise how popular he was at Upbeat.

Ilva Maxey

How exercise may help reduce your cholesterol levels

Hello, everyone, I hope you are all managing to stay active and healthy.

Prior to the whole Covid-19 episode, I had begun a Post-Graduate Diploma in Performance Nutrition in Aug 2019, and I used the lockdown time to complete this in June 2020 (with Distinction). With no obvious end in sight to Covid-related restrictions, and with the option to carry across 60 Post-Graduate Credits, I began a Masters Degree in Sport and Exercise Nutrition at Roehampton University in Oct 2020. My most recent module has been Advanced Laboratory Techniques and it has provided a fascinating insight into the benefits of exercise on lowering post-prandial (after eating) lipaemia (high levels of bad cholesterol) - an independent risk factor for the development of coronary heart disease.

In 2011, my University Lecturer, Nick Hurren, took a group of eight overweight and unfit middle-aged men and assessed their response to a high-fat meal in the morning after a 90 minute moderate intensity, brisk walk on a treadmill, or resting in the lab. Using ultra-sound, he assessed how their blood was flowing

through the femoral artery and hepatic portal vein*. The study concluded that the triacylglycerol response was 22% lower after exercise, meaning that the redistribution of blood flow to the liver and exercised skeletal muscle following exercise was increased by 19%. In short, exercise helped to lower the blood triacylglycerol levels by removing them from the blood and redistributing them to the liver and the muscles that had been worked the night before, during the treadmill walk.

Regular exercise has a profound effect on how our bodies respond to eating high-fat foods

Although more research is needed to conclude definitively, the implications of this study are that regular exercise has a profound effect on how our bodies respond to eating high-fat foods and their effect on our cholesterol levels. Exercise can help to lower the amount of bad cholesterol in our blood, and potentially help prevent it building up in our arteries. This is wonderful news for Upbeat members, as it provides extra evidence and motivation for the benefits of keeping active, either in our exercise sessions and/or taking moderate-intensity brisk walks on a regular basis. Brisk walking can obviously still be done during lockdown and throughout the Covid period in the absence of classes, and Michelle offers her weekly online class at 9.30 am each Monday. I even do some indoor aerobics in front of the TV when it's raining, just like we do at Upbeat!

This month, providing restrictions are lifted, I will be travelling to the University lab. to assess previously-taken blood samples so that I can see for myself the actual effects on the cholesterol levels of exercise versus no exercise after a high-fat meal.

Thank you very much for reading this. I hope you have found it useful and please, wish me luck on completing my studies, hopefully by September 2021, when I will be a MSc level Sport and Exercise Nutritionist!

I really hope we can get back to normal soon and I do also miss the social interaction with our lovely members.

Best wishes and health to you all.

Peter Azzopardi

** The portal vein or hepatic portal vein is a blood vessel that carries blood from the gastrointestinal tract, gallbladder, pancreas, and spleen to the liver.*

Have you made yours?

Have you made the necessary arrangements for a person or persons of your choice to make decisions for you if accident or illness should deprive you of the ability to look after yourself or to make decisions about important things? The best way to ensure that someone with your best interests at heart will be there to make those decisions is to complete a Lasting Power of Attorney (LPA).

An LPA is a legal document that lets you (the 'donor') appoint one or more people (known as 'attorneys') to help you make decisions or to make decisions on your behalf. This gives you more control over what happens to you if you can't make your own decisions (ie, if you 'lack mental capacity').

There are 2 types of LPA and you can choose to make one type or both.

Health and welfare lasting power of attorney Covers decisions about things like:

- your daily routine, for example washing, dressing, eating
- medical care
- moving into a care home
- life-sustaining treatment

It can only be used when you're unable to make your own decisions.

Property and financial affairs lasting power of attorney

Use this LPA to give an attorney the power to make decisions about money and property for you, for example:

- managing a bank or building society account
- paying bills
- collecting benefits or a pension
- selling your home

It can be used as soon as it's registered, with your permission.

How to make a lasting power of attorney

1. Choose your attorney (you can have more than one).
2. Fill in the forms to appoint them as an attorney.
3. Register your LPA with the Office of the Public Guardian (this can take up to 10 weeks).

It costs £82 to register an LPA unless you get a reduction or exemption. You can cancel your LPA if it's no longer needed or you want to make a new one. For more information on how to proceed, go to the following government website:

<https://www.gov.uk/power-of-attorney>