



The Queen's Award  
for Voluntary Service



## Lockdown Newsletter Number 13

### June 2021

**W**elcome to our latest Upbeat Lockdown Newsletter. How time has flown since I put together the first of these monthly newsletters last June! Here we are, a year later, and finally we are taking gradual steps to try to return to something resembling our previous routine. The classes that have taken place so far seem to have been well-received and have certainly been well-supported. If you're among those who've joined the classes in Bury or Long Melford, I hope you've enjoyed the exercise and the getting together with other members and friends. Let's hope it won't be long before we are able to start serving tea and coffee again and sitting down for a chat and a bit of company.

It's good to know that members have appreciated receiving the newsletter. The original idea was to try to prevent members feeling alone or isolated and to keep everyone informed of what was happening and what was being planned. Now that some actual physical contact is taking place and we have the chance to meet at exercise classes or when seeing the nurse, I'm going to take a month off! Valerie and I might even take advantage of the break and have the odd day out here and there - nowhere very exotic, I'm sure, as the powers that be don't want us straying too far from home, do they? This means that there will be no July newsletter but the next issue will be in August. How frequently we publish after that will depend on how things go, and to what extent government restrictions have been lifted. There have been some discussions about when, **or if**, we will return to having our Upbeat Magazine once all restrictions are lifted. Of course, to an extent that will depend on whether we have returned to having social events as we used to. Without those there might be very little to report!

Finally, folks, our secretary, Hilary, has received warnings from Suffolk police concerning scam emails which offer Covid passports. These emails appear to be from the NHS but they are not. If you receive such an email, **DO NOT** click the link it contains. Sadly, it seems that there are many villains out there who target people in our age group, presuming us to be gullible and therefore easy prey. Please, be alert, don't fall for any of these scams, and let's show the baddies they can't mess with us oldies!

Best wishes to you all.

*David*

[www.upbeatheartsupport.org.uk](http://www.upbeatheartsupport.org.uk) Reg Charity No. 1087415

## **A few words from our Chairman**

Hi, everyone,

I just thought I would write a few words to you all. Well, folks, we are almost there! Most of us, I hope, have now had two jabs, which is very comforting, and it looks as if most of the UK (at least, those above 18) will receive the vaccination within the next four weeks.

We cannot be certain what the new normal will be, but at least it should mean that Upbeat members can get back together again to socialise and exercise. Won't it be good to see each other again? Lockdown has been hard and almost all of us seem to have put on weight, grown longer hair, and generally need to get back moving again. We have had some sessions taking place at both Long Melford and Bury but so far only for one day per week. Inevitably this restricts the numbers who can exercise, but everybody who has taken part so far seems to have enjoyed the classes. Special thanks go to Hilary and Bill for handling the Long Melford arrangements and to Nick and Michelle for dealing with Bury.

Please note that we have made a slight alteration to the timings for our exercise sessions:

From now on Tuesday classes at Long Melford will begin at 09.30 and 10.45 am.

Classes on Wednesdays at Bury will begin at 09.45 and 10.45.

The change is because we have found that less time than we had expected is needed to sanitise between classes.

The Government restrictions have meant that we have had to adjust to different ways of doing things, haven't they? It's the same with funerals. A few months ago the maximum number who could attend was ten, and though that has been increased, thirty is still not many and people still have to sit in bubbles. Movement is not allowed so you miss the getting together to talk about the loved one who sadly is no longer with us.

I went away to a hotel for three nights and it was odd because nobody came in to clean the room or make the bed for three nights, when usually there is a daily servicing of the room! The menu was limited, and you could not have self-service; everything was plated up and served to your table. Masks had to be worn in public places when you were moving about. Some people gave you a wide berth – others invaded your space – some forgot, or didn't bother with their mask, and having to wait for hand sanitisation was a bit odd. That said, it was nice to get away for some different scenery and to see the sea again.

I am trying to source a wedding outfit and hate having to try to do this on line, which is so out of my comfort zone. Many of you have told me that any dealings with doctors are becoming a nightmare. What are they doing? Why are they not working? To any of you having problems, I send my sympathy. Surely it's got to improve, hasn't it?

Lots of members will remember Graham Darge together with his mum, Pat, who regularly attended exercise sessions when they lived in Elmswell. Graham loved Michelle and all the lady Instructors and the nurses. He is such a happy chap and enjoyed being a part of Upbeat. They moved to Bognor Regis to be nearer family, and Graham works a few days a week at the local Tesco store. Last week he was awarded a certificate for five years of excellent service.



This award meant so much to him and made his mum very proud too. Upbeat would like to send him congratulations on achieving this award.

WELL DONE, GRAHAM!

I look forward to meeting you all again very soon. It will be good to get back together. Take care of yourselves, and of each other.

*Sylvia*

We extend a warm welcome to one new member this month:

**Mr George Pallent.**

We hope you will enjoy being an Upbeat member and we look forward to meeting you in person.

### *Absent Friends - Loved and Lost*

We are sad to report the loss of the following members:

Jack and Maureen Coyt - Members since 2003

Barbara O'Neill - Member since 2004

We offer our sympathy and condolences to their family and friends.



## Long Melford Old School

It has been such a lovely thing to be able to open up again at Long Melford, albeit with restrictions to the exercise classes. Such enthusiasm from our group to get back and take part is a joy to see. Many thanks to Bill, who has been co-ordinating appointments and arranging things in the mornings, and to Charlie for coming in each week and helping out. We hope in a few more weeks we will be able to offer tea and coffee again, when restrictions allow it.

We are still having to book places in classes every week as we have restricted numbers, so for appointments please call either me on 01359 232678 or Bill on 01787 310311. Alternatively, you can book for the following week when you come in. I think many people have missed the social side of Upbeat, and it will be great to get back to seeing everyone again for a chat.

Sadly, the Old School has again been targeted by thieves who have stripped the lead from parts of the roof, causing some water damage inside. Repair work is in hand and will be completed during August. On a brighter note, we have a lovely new car park to use. Although it caused a bit of a delay to us opening up, I am sure everyone will agree it was worth the wait as it is a huge improvement on what we had before. In case anyone has not seen it, I would just like to point out that in the car park there is a box for donations, which will help to pay for the upkeep. This is entirely voluntary; there will be no fines, but I am sure our members will support this.

Thanks to our Instructors, Peter and Martyn (who will be joining us in July) and to our lovely nurses, Mandy, Anne, and Katie (who will be filling in sometimes). We can all breathe a sigh of relief to know they are all back with us and will be looking after our interests.

*from Hilary x*

#glad to be back!

100 Club Winners for May

**1st Prize £100 No 027 Mr & Mrs D Barclay**

**2nd Prize £71 No 047 Mrs G Hardy**

100 Club Winners for June

**1st Prize £100 No123 Mrs Sylvia Bambridge**

**2nd Prize £71 No 099 Mr Ronald Jackson**

Congratulations to our winners!