



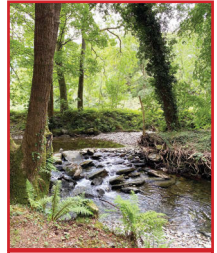
The Queen's Award
for Voluntary Service



Lockdown Newsletter Number 14

August 2021

Hello again, everybody. I hope you're all feeling better now some of the Covid restrictions have been lifted. Valerie and I have been out for lunch a few times and it has been lovely to be able to do that after such a long time. We even had a holiday - one week in Cheshire and another in beautiful North Wales. We were lucky with the weather and really enjoyed our time away. Of course, it meant that there was no July newsletter but here we are again, with quite a bit to report to you.



Cascading waters in North Wales

You may notice that the font size in this newsletter is slightly larger than in previous newsletters. This is in response to requests from some members who found the smaller print difficult to read. I hope this is better for you.

We have re-started some exercise classes and the Thursday coffee mornings, and you can find more about these in the following pages. Although attendance at the classes in both Bury and Long Melford has been quite good, we find ourselves with a potential problem, as you can see from the following figures:

	June	July
Income	£1,062.70	£1,614.40
Expenditure	£3,660.18	£2,138.64

You will see from these figures that each morning of exercise classes runs at a considerable loss. Income from classes has never covered expenditure, which includes the costs of room hire and payment of our instructors and nurses, but our social events have served as fundraisers to offset the shortfall. Sadly, during the pandemic all social events have ceased, thus greatly reducing our income. Thanks to

members' generous donations, our bank balance is currently healthy, but if we continue to overspend each month, without additional income our resources will be depleted in a matter of months. Sadly, that would mean the end of Upbeat as we know it.

Of course we are hoping gradually to re-introduce social events, as circumstances allow and as you, our members, are willing to support them. Tea and coffee are now available at classes and our much-delayed Annual Lunch at Stoke-by-Nayland will take place in October. The Christmas meal at Ashlar House, carried over from 2020, is to be held on Thursday, December 9th. The cost will be about £27 per person.

Anyone interested in attending should please contact John Arnold on 01284 748900 as early as possible.

The theatre visit to see 'We Will Rock You' in Ipswich is scheduled for next year, and I still have the quiz I had prepared but which was postponed when the first lockdown was introduced. At a recent Committee meeting Rosie Rayson put forward the idea of members arranging their own coffee mornings in aid of Upbeat - something similar to those organised for Macmillan nurses and other organisations. We hope that many of you will want to take part in this. See the opposite page for further details. Any help you can give will be much appreciated. Thank you.

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

Mr Dave & Mrs Noreen Hall and Mrs Angela Cutting

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

David

100 Club Winners

July

1st Prize	£100	No.036	Mr T Beckwith
2nd prize	£71.50	No.164	Mr D Cook

Calling all bakers!



Would you be willing to host a coffee morning at your home in September to help raise funds for Upbeat?

You choose the time and date, invite your friends and neighbours, and have a fun morning.

You could play a game such as 'Guess how many sweets are in the jar', have a little draw for a sponge cake, or have a quiz.

The ideas are endless.... or, simply eat, drink, and chat.

Accompanying this newsletter is an invitation which you can use to invite friends and neighbours. You just need to fill in the details of date and time, etc., make as many copies as you want and drop them through your neighbours' letter boxes.

Your help will help Upbeat to survive!

THURSDAY COFFEE MORNINGS

When Upbeat started with Friday evening exercise classes at the Leisure Centre in 1995, it was decided that the opportunity to socialise was needed and so fortnightly coffee mornings in the Committee Room at the Southgate Community Centre were started. These have been held every fortnight ever since and we are still using the same biscuit plates! Members bring tea, coffee, and biscuits and give small donations which enable us to contribute towards the cost of the rent.

Our second coffee morning went very well, with three more members arriving after Valerie left, making a total of fifteen. Four people were new to coffee morning, but had all exercised on Friday nights before the pandemic. Tom and Bev Hunt normally come, but they were away, and there were three poorly members, so we could potentially have twenty people if everyone attends, with one committee member. We are a bit concerned that we will be too near together if we get too many more members, particularly if we have to move back to the Committee Room.



Ann Clarke, pictured in the centre on the bottom row, welcomes members to the fortnightly coffee mornings at the Southgate Centre, Bury St Edmunds.

Each year we try to go out for a pub lunch together and we also bring goodies to celebrate Christmas and occasionally other special occasions. All of our current members have exercised at some time on a Friday evening, either at the Leisure Centre or Hardwick Middle School or at Sexton's Manor Primary School, so we represent members from the start of Upbeat through to the present!

Since we have been allowed to meet after the pandemic, Southgate Community Centre has allowed us to use their small hall as our usual venue is being used by the NHS. Our next coffee mornings will be held on August 26th, September 16th (note this is three weeks after the previous one as the room was already booked by another group), and then every fortnight.

I wasn't able to book the small hall every fortnight as it had already been booked for one of the September dates, so I have booked as follows, assuming that the NHS is not going to vacate the committee room yet!

August 26th September 16th, 30th October 14th, 28th
November 11th, 25th December 9th

I did not book Dec 23rd as it is so close to Christmas.

Ann Clarke

A few words from our Treasurer and Membership Secretary

If you no longer wish to be a member and receive our newsletter or your details change, including email addresses, **PLEASE** contact me on 01284 747238 or email: valerie_axton@hotmail.com.

Included with our newsletter are the accounts for 2020-2021 which will be discussed at the AGM on 15th October 2021 via Zoom. Our income was considerably reduced but thanks to some grants, many donations, and little expenditure, we had a good surplus. This will help as we steadily reopen activities as our usual monthly income does not cover our expenditure. If you have any questions, please contact me on my details as above.

If you wish to donate or pay for something, do please try BACS. If you are unsure and/or your bank queries if it is correct, try just £1.00 first of all and I will be able to confirm all is well. The bank details are:

CAF Bank Sort Code 40-52-40 Account number 00009019

CAF stands for Charities Aid Foundation.

Thank you for your support.

Valerie

IMPORTANT NOTICE – PLEASE READ AND TAKE NECESSARY ACTION

UPBEAT - Going forward

1. From August 2021 we introduced coffee and tea service with seating areas for members to meet up again. There will not be any charge for this as it will be included in the exercise price of £5. If members come along just to have coffee and a chat the cost will be £1. (Please note that for the time being all beverages will be served in plastic cups to avoid unnecessary handling).
2. A nurse will be available without an appointment so any member can just turn up and see the nurse. (If exercising there is no charge... if just seeing the nurse the charge will be £3).
3. Michelle's exercise classes on Zoom on Monday mornings will continue throughout September then cease. We know that many members have really appreciated the Zoom classes but these have not been cost-free to Upbeat and we would ask that those taking part make a contribution to the costs - say £3 per session. The best way to make this donation is by BACS to Upbeat's bank account. Details for this can be found in our Treasurer, Valerie's, piece on Page 5 of this newsletter.
4. The Committee has discussed at length how we might move forward. We would like to start extra classes to try to get back to some sort of normal routine. It has been decided that from the end of September, when Zoom classes finish, 'live' classes will re-start at the New Bury Centre on Monday mornings. These will start on Monday, October 4th and be held each Monday throughout October. You will have seen from David Axton's piece that classes are running at a considerable loss financially, so we will monitor attendance at the Monday classes and if not enough members attend, the classes will not continue after October.
5. We would remind members that just to be safe, for the immediate future masks should be worn when walking about, but obviously not when seated or exercising.

6. It is important that to attend classes at Long Melford you contact Hilary by telephone 01359 232678 or by e-mail: hils1947@yahoo.co.uk to let her know if you wish to come to exercise. If you come to the New Bury Centre in Bury you need to let Sylvia know by telephone 01449 774333 or by e-mail: sylvia.baker16@btinternet.com. It is very important that you make contact to allow Upbeat to plan and book the hall, nurses, and instructors.

7. **THE ANNUAL LUNCH 28th OCTOBER 2021**

We are pleased to inform members that this is still going ahead and those of you who booked previously have already paid for this. It will be the first time we have been able to get together as a larger group and should be a happy occasion. Because we had to postpone this until later than our usual March date it will be different from past events.

Some places are available for the lunch at £27.50 per head and there are spaces on the coach at a cost of £7 from Bury and £5 from Long Melford or Sudbury. Please contact David Camp by telephone on 01787 376723 to book either the lunch or the coach.

This will be the first social event for months and it will be good to let our hair down and have a good time in the lovely surroundings of Stoke-by-Nayland resort. Hopefully, more social events will happen next year as we need to fund-raise again.



Sylvia and Hilary presenting flowers at a previous Stoke-by-Nayland Annual lunch.

PLEASE - We need more people to come forward to help on both our executive and social committees. If you are prepared to be more involved and want to keep UPBEAT going, come forward and speak to any committee member.

If we do not get help, things will go downhill rapidly....and the few left running Upbeat will not be able to cope so please help!

From your Chairman,

Sylvia

Face Masks - Should we wear one?



As Covid-19 restrictions begin to lift, many of us are looking forward to returning to activities that we've missed over the last year but some people may be anxious or stressed at mixing with others again. We know our risk of catching the virus is affected not just by what we do, but what people around us do. Although the number of people having to go into hospital because of Covid seems to be decreasing thanks to the vaccine, we know that many worry about new variants of the virus.

In England from 19th July 2021, there is no longer a legal requirement to wear face coverings in indoor settings or on public transport but Government guidance recommends that we continue to wear face coverings in crowded and enclosed spaces where we come into contact with people we don't normally meet, such as on public transport.

Face masks have played an important role in reducing the spread of coronavirus and it is up to each of us to think about the risks and benefits of wearing them, for us and those around us.

Choosing to wear a face covering, especially in enclosed or crowded spaces, will continue to limit the spread of coronavirus. To be most effective, a face covering should fit securely around the face to cover the nose and mouth. It should be made of a breathable material capable of filtering airborne particles. Face masks are particularly useful at reducing the spread of the virus from people who don't have coronavirus symptoms and don't realise they may be infected. They are most effective at protecting those around us, but wearing one may help protect ourselves as well.

As we at Upbeat begin gradually to increase the frequency and number of our exercise classes, we ask that you continue to wear a face covering except while exercising or while having your tea or coffee. We also ask that you continue to use the hand sanitising lotions which are provided as you enter the venues at New Bury Centre and Long Melford Old School. If you have had occasion to visit the West Suffolk Hospital lately, you will know that they have similar requirements.

Thank you all for your continued co-operation.