



The Queen's Award
for Voluntary Service



Lockdown Newsletter Number 14

October 2021

Popular as the Zoom exercise sessions were, it's been good to see some normality returning with the re-starting of exercising in Bury and Long Melford. Covid made things difficult but the Committee met via Zoom to keep things ticking over, and Rosie Rayson's idea of holding coffee mornings to raise money while social events were on hold proved to be a good one, with more than £1200 raised altogether, including money from Liz Dunnett who sold some of her late husband's books, and a generous donation from Treatt, who have supported us on many occasions. 'Thank you,' to all who organised, helped out, or attended!

On pages 4 and 5 are photographs of a very successful coffee morning at Long Melford Old School during the morning's exercise session. Not only was this a good fund-raiser but it gave members the chance to socialise once again - something we've all missed during the pandemic. There are also some shots taken at a recent exercise session at New Bury Centre, where it was good to see folks enjoying coffee and a chat once again. We had our much-delayed Annual Lunch at Stoke-by-Nayland on October 28th with well over a hundred in attendance, including Phil and Jacqui Goodyer whom you may remember for their fund-raising dances at the Delphi. They recently held their first dance since lockdown and generously gave Upbeat a cheque for £110 from the proceeds. Many thanks, Phil and Jacqui!

Monday morning classes in Bury re-started earlier this month but numbers attending have been quite low. As you know, our classes always run at a loss financially, and have to be subsidised. Low numbers means a bigger drain on our financial reserves so it may be that unless more members attend on Monday mornings we shall have to return to Wednesday-only classes in Bury. Hilary has applied for a grant from the St Edmunds Trust and if that's successful it will help us keep the Monday class for a few months, but we won't know the answer until mid-December. There have been requests to re-start the Friday evening classes at Sexton's Manor School but the members who took the lead in organising these and opening up: Ann and Geoff Clarke and Tom and Bev Hunt, aren't able to continue so we can't start these again yet. We will, however, keep things under review in the hope of re-starting some time in the future.

David

www.upbeatheartsupport.org.uk Reg Charity No. 1087415

Southgate Coffee Mornings

Just a reminder of the coffee morning dates for the rest of 2021:

November 11th and 25th and December 9th

I have booked the coffee morning dates for 2022 as follows:

**Jan 6th, 20th, Feb 3rd, 17th, Mar 3rd, 17th, 31st, Apr 14th, 28th,
May 12th, 26th, Jun 9th, 23rd,**

**Jul 7th, 21st, Aug 4th, 18th, Sep 1st, 15th, 29th, Oct 13th, 27th,
Nov 10th, 24th, Dec 8th.**

The NHS is still using the Committee Room and Jackie has no idea how long this will continue. We can use the Small Hall for the time being for the same hire fee as the Committee Room. The acoustics in the Small Hall are very poor, so I think that once Covid is less of a problem we would prefer to return to the Committee Room, but we may need to have the conversation again when it becomes free.

Best wishes,

Ann

100 Club Winners

August

1st Prize	£100	No.089	Mrs G Debenham
2nd prize	£71.50	No.015	Mr G Washbourn

September

1st Prize	£100	No.234	Mrs S Imrie
2nd prize	£71.50	No.287	Mr K Bird

October

1st Prize	£100	No. 039	Mr N Lagden
2nd prize	£71.50	No. 119	Mrs R. Deekes

You may remember that in the March newsletter this year our instructor Peter Azzopardi told us he had embarked on a study for a Masters Degree in Sport and Exercise Nutrition at Roehampton University. We are delighted to report that Peter has obtained his degree *with merit!*



Well done, Peter, and many congratulations from all your Upbeat friends.



More congratulations are due to Upbeat member Grace Price. Grace, who lives in Great Cornard and who has been an Upbeat member since 2006, has been bedridden for more than two years so she doesn't manage to get to Upbeat events nowadays. She lives alone, with her grandchildren looking in on her to see she's okay. Grace celebrated her 80th birthday on October 14th - the same day that Cliff Richard celebrated his 81st! Grace's friends

in Upbeat said she would be thrilled to see her name in the newsletter, so here we are! This is Grace pictured at a previous Annual Lunch at Stoke-by-Nayland.

Congratulations, Grace! We hope you enjoyed your day.

Sadly, we have to report the loss of several members.

Mrs Ruth Skinner - Member since 2000

Mr John Imrie - Member since 2003

Mrs Sheila Welham - Member since 2011

Mr Brian Perrett - Member since 2012

Our sympathies are with their families and friends.

But we are pleased to welcome new members:

Mrs Joyce Cocksedge and husband, David Cocksedge

We hope you will have a long and happy association with Upbeat and look forward to meeting you in person very soon.

Upbeat is back in business!

Successful Coffee Morning at Long Melford



Exercise, Coffee, and Chat at New Bury Centre



Meet your new committee members

David Byatt

I was born in 1947 in Southampton, the eldest of five children, with my other four siblings still living there in satellite areas around the edge of the New Forest. My parents wanted me to go to university but couldn't afford it so I went as an apprentice to Technical College.



In 1969 I married my wife after a holiday romance in Torquay two years earlier, and we have three children, four grandchildren, and one great grandchild (up to now). In 1984 I moved to a company in Cambridge, where I later became Managing Director. In 1995 I took the plunge to start my own business (and wondered why I hadn't done it earlier!), and retired in 2009.

I was introduced to UPBEAT in 2005 following a heart attack and recuperation in the West Suffolk Hospital, and I've been an active member ever since, exercising two or three times a week and taking a keen part in its other activities. By accepting the position of Committee member, I hope to help the club going forward and continue giving back the help others have given me.

Richard Morris

I was born on February 11th 1941 in Sheffield, South Yorkshire. I have two sisters and had a brother who sadly died last year from Covid.

I joined the RAF at the age of 19 and served my time at RAF Honington, Libya, Malta, Cyprus, and finally Watton in Norfolk. I married my wife Penny in 1968 and we produced two boys and now five grandchildren. I worked at Mann Egerton's garage in Bury and they sent me to Rolls Royce to train as a Rolls engineer. Eventually I left and started my own business on Moreton Hall and in the village of Hartest. I sold my business in 2003, bought a motorhome, and Pen and I spent our spare time travelling. Sadly Penny died of cancer in March so it's a fitting tribute that I take her place on the Executive Committee.



I hope I can do her proud.

Bill Kettyl



Born in 1948 into a farming family in County Cavan, in the Irish Republic, I was the second of five children. From the age of ten I attended boarding School where I enjoyed various sports as well as my studies. School holidays were spent working on the family farm and, as was the tradition in rural Ireland, helping out on adjacent farms at harvest time. After leaving school in 1966 I left home to work in England, initially as a trainee actuary, but I didn't find it particularly exciting and so I joined a local civil engineering company to train as a quantity surveyor. Working for a number of different companies throughout the UK involved uprooting my family and moving home on several occasions: from East Anglia to Cornwall; from there to South Wales; then a move to Northumberland; followed by a return visit to South Wales in 1979, before later settling in Suffolk. During our travels around the country I became a father, my daughter, Anna, being born in Norwich and my son, Paul, being born in Hexham.

Shortly after retiring in March 2013 I suffered a series of heart attacks. As part of my recovery I attended the Cardiac Rehabilitation programme in Sudbury and was introduced to and joined Upbeat. I've been a member ever since and have become involved in setting up equipment for the weekly visits by the nurses and exercise instructors.

Since 1999 I've lived in Great Waldingfield with my wife, Clare, where we enjoy tending our garden and letting our dog take us for walks. I enjoy the occasional game of golf and meeting up with ex-colleagues for dinner to exchange tales of the "old days" and to remind each other of how good we were in our prime. I have been very fortunate to have worked with some excellent people and interesting characters who have helped me throughout my career and my life.

Alan Chapman



Born and brought up in Bury St Edmunds I spent my early years on the Mildenhall Estate and at the Tollgate Primary School. Later we lived in Fornham All Saints, and school was The Silver Jubilee. I left school and served an apprenticeship in plumbing, spending my working life as a plumber, the last twenty-five years of which were spent in supervision and estimating. I now spend my time working my dogs, fly fishing, tinkering with my classic vehicles, and tending the allotment.

Upbeat has been a revelation to me, meeting so many new people, and rediscovering old acquaintances.

Our move to the new centre in Bury

Those of you who have joined in the exercise sessions in Bury since we re-started will probably have noticed how much the area adjacent to the New Bury Centre has developed in the last few months while we've been away. Lots of new houses have been built, new roads laid down, and the centre car park often has a few of the builders' cars and vans in evidence.

Construction of the new community centre has been going on for a while now and it was supposed to be ready within the next few weeks. However, as so often happens with major building works such as this, there has been a slight delay with the builders and we have still not been given an accurate date for our move to the new premises. At the time of writing it looks as if we may not be able to move in until after Christmas. We will keep you posted, of course!

Most people who have seen the new centre comment on how big it is! We will see when we move in which rooms will be most suitable for us. It will be lovely to have brand new facilities for our group in this multi-million pound facility, but sad also to say goodbye to the old centre, which was built in the 1960s and has come to the end of its life. Upbeat have made many memories in the building, lots of fundraising events, many Christmas parties etc. It has served us well.

We have for sale a number of surplus aerobic step-up steps used in our circuits. These can be had for just £5 each. Anyone interested should please contact me on 01359 232678 or by e.mail at hils1947@yahoo.co.uk.

We hope you will all come along and continue to support us in our new home when we move and make new memories, keeping our unique little charity called Upbeat alive and thriving. Thank you all.

Hilary