



The Queen's Award
for Voluntary Service



Newsletter Number 17 January 2022

Here we are into a new year and things really do seem to be picking up. Government restrictions have eased, the days are (gradually) getting longer, and numbers at exercise classes are slowly increasing again. We've also had several new members, which is always a welcome event. Also, something which we hope members will be pleased about, some social events have been written into the Upbeat calendar. Our theatre visit to see the musical 'We will Rock You' at the Ipswich Regent Theatre is finally going to take place, after being postponed a couple of times from the original date of July 1st 2020! Booking forms for this have been available at venues for a few weeks now and you will find one as an insert with this newsletter. Tickets are limited so please, book early to avoid disappointment, as they say.

Another date to look forward to is an afternoon tea, with entertainment, at Gt Waldingfield Village Hall in March. Details can be found on Page 3. As pandemic restrictions ease and we become more confident about going out and mixing with friends we hope to arrange more social events. These have always been an important part of Upbeat, not only as sources of necessary income to finance our exercise classes, paying for venue hire and Nurse and Instructor wages, but also as social occasions when we can get together, relax, and maybe 'let our hair down' a bit. If there's an event or function you'd like to see take place, mention it to one of the committee or send an email and we'll see if it's viable. Unfortunately the cost of coach hire has increased tremendously in the last couple of years, which means that any event needing a coach is likely to be a bit pricey!

Don't forget that there's always the chance to have a cup of tea or coffee and a chat at our exercise venues or at the coffee mornings on alternate Thursday mornings at the Soutgate Centre in Bury. You don't have to exercise to enjoy the company of other members and have a chinwag. If you haven't done so before, why not come along and see for yourself? You'll be most welcome.

Remember also that I'm always interested in hearing about anything you've been up to which you think might interest or entertain our members and which I can include in a future newsletter. Just email me at axeditor@btinternet.com.

Best wishes to you all.

David

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

A Few Words from Upbeat's Chairman

Now we are all into the New Year we look forward to better and happier times.

As previously mentioned Upbeat are holding a memorial service at the New Bury Community Centre, 1 Charles Place, Bury St Edmunds, IP32 6TD on Monday 7th March at 11.15 am. We hope family members and friends of loved ones who are sadly no longer with us will attend this simple service where we can pay our respects and share the loss together. We hope you can provide a photo to put up on a memory board. Please send this digitally if you can to David Axton our Editor on axeditor@btinternet.com.

Refreshments will be provided at the end of the service and we look forward to seeing you there.

Looking forward we are going to start up the social group again and our first event will be Afternoon Tea. See the notice on Page 3. Please support us at this event as it will be a lovely afternoon.

We will also be going to see "We Will Rock You", a really fun show featuring the music of Queen. (Who doesn't love Freddie?) Full details and booking forms are enclosed in this newsletter. Tickets are limited so hurry to ensure you get a seat to see this show.

We intend to have a Strawberry Tea again in the summer and will send more details in a future newsletter.

We are looking into another mystery trip as well as a river trip, requested by popular demand.

Our Annual Lunch will take place on 29th September. More details will follow but make a note of the date in your diaries.

Exercise sessions seem to be going well and it is good to see you all again.

We do need volunteers to come forward to help with social events so please if you are interested in helping us contact me or any committee member. It will be appreciated.

I hope to see you all soon (hopefully my forthcoming knee operation won't keep me out of action for too long). Best wishes to you all.

Sylvia



Come and join us for
Afternoon Tea at
Great Waldingfield Village
Hall
Lavenham Road, CO10 0SE.

April 7th at 2pm

Entertainment from 'Wot No Cake?'

Tickets £10 each, available at our exercise venues.

Peter Azzopardi, MSc!

As reported in a previous newsletter, our instructor Peter was recently awarded his Masters degree in Sport and Exercise Nutrition. The formal graduation ceremony took place at the Royal Festival Hall in London on Thursday 20th January. Here we see Peter walking the red carpet to receive his degree. There to witness the event were Peter's mum, dad, and wife, Jasmin.

Peter reports that it was a sunny, albeit cold, day, but they had a great time. Covid restrictions meant that they had to do lateral flow tests on the morning of the ceremony and provide proof of these and of their vaccinations at the venue.



Once again, congratulations, Peter, from all your Upbeat friends.

Editor's Note: Apologies to Peter that in the printed version of this newsletter I mistakenly awarded him a Master of Arts degree!

100 Club Winners

The lucky winners were:

December

1st prize £100 No. 074 Mrs E Williams
2nd Prize £71.50 No. 164 Mr D Cook

January

1st prize £100 No. 285 Mr D Rowe
2nd Prize £71.50 No. 111 Mr R Mountfort

Bob Mountfort generously donated his prize to Upbeat funds.

REMINDER – 100 club draw

With the last draw of the 2021/22 year already having taken place in January, it is time to start the new year. At the time of writing we are well short of members for the 100 Club. For the last couple of years, Covid has prevented our normal fundraising programme, so income from the 100 Club is even more important, but we have planned to hold some events this year.

If you are unable to participate in any of the fundraising events during the year, this is a great way to help the group. The cost is £12 per year per share and if we get over 200 members, the first prize will be £100 per month.

With well over 700 members registered with us, we should be able to get to this number. You will have received the forms with the last newsletter in early January and I have sent out a reminder email, but you can contact me for a new one if this is mislaid. My number is: 01359 232678.

Our exercise classes and visits to the nurses are heavily subsidised by us, so this is a good way of supporting the group, thank you.

Hilary

New Members December - January

Mr & Mrs Tim and Jan Warner Mr & Mrs Michael and Susan Murkin
Mr & Mrs Eric and Christine Hazell Mr & Mrs Graham and Jean Thorpe
Mrs Carol Hicks Mrs Joy Squirrell Mrs Carole Livens
Mr Malcolm Johnson Mrs Susan Howard

We extend a very warm welcome to you all. We hope you receive support and help from being Upbeat members. Due to the printer's deadline, this list is correct only up to January 27th. Members who joined after that date will be shown in the next issue of the newsletter.

MEMORIAL SERVICE FOR OUR LOST UPBEAT MEMBERS



As announced in our December Newsletter we will be holding a service in memory of those members we have lost. This will be held at the new New Bury Community Centre in Charles Place on Monday, March 7th, 2022, at 11.15 am following the exercise session.

A short service will be followed by reading of the names of those we've lost, after which tea and coffee will be available so we can talk and share remembrances.

(Please note that these arrangements may be subject to change, in accordance with any revised Covid restrictions.)

Absent Friends

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

Mr Kenneth Boughton - Member 2004 - 2019

Mrs Joy Childs - Member since 2004

Mrs Maureen Clark - Member since 2010

Mr Mike Smart - Mike was one of the founder members of Upbeat from 1995.
He served as Treasurer and Committee Member.



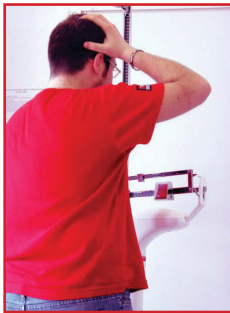
Afterglow - An anonymous poem

*I'd like the memory of me to be a happy one.
I'd like to leave an afterglow of smiles when life is done.
I'd like to leave an echo whispering softly down the ways,
Of happy times and laughing times and bright and sunny days.
I'd like the tears of those who grieve, to dry before the sun;
Of happy memories that I leave when life is done.*



FOODS TO HELP FIGHT THE FLAB = and keep a healthy heart!

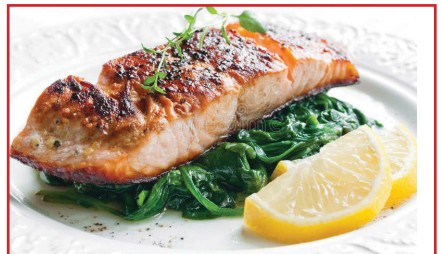
Currently things can take some time with our NHS, can't they? It must be two to three months ago when I was having my blood pressure taken by one of our cardiac nurses that she suggested I saw my GP. Well it took a couple of weeks to get an appointment, then I was sent to the West Suffolk for blood tests, followed by a week or two waiting for the results. These apparently showed something which the



GP felt warranted further investigation so I was then referred to the hospital again for an echo cardiogram. I was told that there might be a long wait for this but as it happened I was lucky enough to be offered a cancellation so had the tests towards the end of January. At the time of writing, I am waiting to see what, if anything, showed up in the echo and the electrocardiogram I also had

My GP also referred me to www.onelifesuffolk.co.uk. Because I'm overweight I've been offered a 12-week membership to 'Slimming World', paid for by the NHS! Years ago Valerie and I went to Weight Watchers and I have to say I felt much better for losing almost two stone so I'm hopeful that 'Slimming World' will result in a similar loss and that I shall be able to sustain the loss! It also happens that for other medical reasons Valerie has been recommended to eat more green vegetables and fruits so I got to thinking about what we eat and how I might easily improve our diet. I do all the cooking so it's probably my fault if we aren't eating as healthily as we should, so I've been investigating on line and thought I'd share with you some of what I found out.

We eat quite a lot of fish and although I knew it was a 'healthy' option compared to meat, I didn't really know the facts. One type we eat frequently is salmon which, according to one website I consulted, is a 'superfood'! It's described as a top food for heart health, rich in omega-3s, the healthy fats that may lessen the risk of heart rhythm disorders and lower blood pressure. Usually



when I cook salmon, I confess, I fry it in a little butter. NAUGHTY!!! Frying in light spray oil would be a healthier option but one recommendation was to bake

it in foil with herbs - no extra oil or fat. That would be an easy change to make, wouldn't it? Next time you see me, ask if I've put it into practice.

Herbs, I found, come highly recommended and adding these to foods instead of salt and fat is a real heart-healthy choice since they add flavour without the bad stuff. I'm dreadful for adding salt - not when cooking but when the food is served. I must try the herb alternative!

Tuna can be a less expensive alternative to fresh salmon, or of course for some dishes you can always use a can of tuna, but choose tuna packed in water, not oil, to keep it heart-healthy. Rainbow trout is another tasty and healthy fish with plenty of omega-3 content and it's a good source of potassium, and vitamins B6, which aids metabolism and the creation of red blood cells, and B12, which supports the normal function of your nerve cells. B12 is also needed for red blood cell formation as well as boosting your energy, improving your memory and helping prevent heart disease. Just fancy - all that from a bit of fish!

Of course there are many others: cod, haddock, mackerel, and sardines - all of which are beneficial to heart health. Another favourite of ours is prawns, especially the larger-sized King prawns.

Apparently prawns include all nine amino acids, often referred to as the building blocks of proteins, in the right proportion for the body to function properly. Prawns are extremely low in calories but they do contain higher than average amounts of cholesterol. However, the good news is that they don't lead to higher cholesterol levels in the body. They contain significant amounts of iron, which is found in only a few types of food and is essential for the body to distribute oxygen effectively.



Some time ago I discovered a website for a company which delivers pre-packaged, frozen fish to our door. There are various selection boxes to choose from, with different fillets of fish at a range of prices. I get a box or two every couple of months so there's always something in the freezer that's nourishing, easy to prepare, and heart-healthy.

So, how will I get on with my 'Slimming World' course? Who knows? I'm waiting to hear when I can start but I promise I will keep you posted in future newsletters. One thing is for sure, it's going to be difficult to resist having a juicy pork chop every now and again!

David

UPBEAT EVENTS & SOCIAL FUNCTIONS FOR 2022

MARCH 7th Monday A simple Memorial Service is to be held at The New Bury Centre, 1 Charles Place, Bury St Edmunds at 11.15 am to remember those Upbeat members that we have lost over the last two years to allow us to respect and share each loss as a group. All are welcome to attend. Tea/Coffee & Biscuits will be provided after the service.

APRIL 7th Thursday An Afternoon Tea at Great Waldingfield Village Hall, Nr Sudbury, CO10 0SE, starting at 2pm. Entertainment will be provided. Tickets £10 per person – available at all sessions. Please support us as it will be a lovely afternoon.

MAY 11th Wednesday A trip to the Regent Theatre, Ipswich to see the show, “We Will Rock You” featuring the music of Queen. This has been postponed twice because of the pandemic. Matinee performance at 2.30pm.

Cost of theatre tickets £43.50 each. Cost of coach £13.50 per seat.
Application forms available at each exercise venue.

JULY proposed date Thursday 7th July STRAWBERRY TEA at Newton Green Village Hall. Always a lovely occasion. Date and details will be advised when confirmed.

SEPTEMBER 29th Thursday The Upbeat Annual Lunch to be held at Stoke-by-Nayland Golf Club, Stoke-by-Nayland.

Other trips being considered are:-

Quiz Nights River Trip Mystery Tour

The **Upbeat AGM** will take place in the Autumn – date and venue to be decided.

The cost of coach hire has gone up exorbitantly in recent times, meaning that it will prohibit some of our choices for events. Without a proper Social Committee, we are struggling to plan and organise a full year of events at this time. Because of the pandemic, we are only just seeing our way clear to planning anything. If anyone feels they could take over the Social Committee and organise events, we would be very pleased to hear from you. You would not be alone as we have one or two people who would help.

Please call Sylvia on 01449 774333 or Hilary 01359 232678