



The Queen's Award
for Voluntary Service



Newsletter Number 18 March 2022

This will probably be the last of these newsletters. Originally, at the beginning of the lockdown in 2020, I started them as a means of keeping everyone in touch at a time when we weren't meeting for exercise, coffee mornings, or any other social events. Over the last few months, as Covid restrictions have eased and the majority of us have been 'jabbed' a few times, we've begun gradually to re-introduce classes and to plan social events, with the result that many members are now meeting frequently and information is flowing by word of mouth and by notices at our venues in Long Melford and Bury. This seems to render these newsletters obsolete and so I plan to go back to issuing a magazine such as we used to have. The last issue was in Spring 2020 and you may remember that the front cover showed our Patron, Daemnon Reeve, receiving his honorary degree in the cathedral at Bury.



Our 56-page magazine used to be made up largely of photographs and reports of various Upbeat functions, together with input from the Officers: Chairman, Secretary, and Treasurer, and occasional articles by our Instructors and Nurses. It also contained advertisements, the income from which helped to offset production and printing costs. We don't know at the moment whether those who advertised previously will want to renew their association with Upbeat; indeed we don't even know if some of them are still in business! For this reason the next issue of the Upbeat Magazine, which will be in the autumn, is likely to be a slimmed-down version containing fewer pages than we used to have. If there is something you would particularly like to see in that next issue, please email me at daxeditor@btinternet.com.

Thank you to the hundred or so who attended the recent Memorial Service at the New Bury Centre. Feedback was very positive and a report and some photographs can be found on Pages 4 - 6 of this newsletter.

I hope you've enjoyed receiving the newsletters over the last twenty months or so. Best wishes to you all.

David

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

A Few Words from Our Chairman ...

Phew! 1st knee sorted – still struggling a bit with mobility as nobody told me how heavy the leg would be after surgery (feels like it weighs a stone). I was very sorry that I could not get to the Memorial Service but pleased to hear it went well.

I will be unable to drive for several weeks so I will still not be able to be much in attendance at classes.

Please all help to make the Afternoon Tea on 7th April a success. Joyce Hurrell has booked the hall and the entertainment and together with Rosie Rayson has been organising the food. If any of you want to help please make contact. I hope to see many of you there as it should be a lovely afternoon.

Christina is organising the Easter Raffle so please support this.

Don't forget 'We Will Rock You' in May, and the Beer Festival is also coming up soon.

Looks like Spring is really just around the corner, so let's all look forward to getting back together socially and enjoy the friendship Upbeat provides.

Thank you all for your good wishes. It is lovely that so many of you care about me; thank you again.

Sylvia

... and a Few More from Our Secretary

At the time of writing this piece, the sun is shining out warmly on a beautiful day. It is hard to believe there is so much strife in the world. How lucky we are to live in a free country!

Sylvia, our Chairman, is recovering after her long-awaited knee operation and hopefully will soon be back at the helm. We all wish her well.

Since the last newsletter, we have held the Memorial Service in March for all those members lost during the past couple of years. This is dealt with elsewhere in the newsletter, but from my perspective, it was a very moving experience.

Sylvia had asked for photographs of everyone lost during the last couple of years. Many came in, but some were missing and my task was to trawl through masses of old Upbeat photographs to try and fill in the gaps.

Searching for information and pictures of members was a reminder of just how much Upbeat has done together over the years with events, trips, and social gatherings. These were happy times, everyone smiling and enjoying each other's company. Fêtes, boat trips, dances, garden parties, theatre trips, quiz nights - you name it, we have done it and it was a great joy looking at these pictures.

On the other side of this, of course, were those pictures of members who were no longer with us - some unknown faces, not remembered by me and some before my time at Upbeat. Others lost recently, who I did very much remember. Looking at their lovely, precious faces, photo's of times recent and past, recalling clearly the sound of their voices and laughter, (there was always plenty of laughter at Upbeat), their mannerisms, the teasing, and their sense of humour, seeing their familiar faces as if we had chatted just yesterday – it was quite moving.



Friendship, and what it means to every one of us, was one of the topics of the Memorial Service. We are lucky indeed to belong to a group where strangers from different walks of life, with one thing in common (heart problems) come together for the purpose of exercise and medical consultation and, *almost incidentally*, make valuable friendships. It can only be a good thing. Long may it last!

I will be bringing copies of some of the old photographs into the venues, and if you fancy, please look through them and see if you can name a few people; that would be helpful. They can then be displayed with more information for future use.

Thank you to everyone who has joined the 100 Club after the announcement in the last Newsletter. Our monthly prizes are now:

1st prize -£100 and 2nd prize -£55. Extra forms are always available.

I hope you all have a good summer; we have a few things lined up, so please check these out elsewhere in the Newsletter and come and join in and support us if you can.

Best wishes,

Hilary x

Service of Remembrance for the Friends of Upbeat March 7th 2022

I'm sure I wasn't alone in not knowing quite what to expect at the Remembrance Service but after entering and seeing people talking together I felt very comfortable. Tea and coffee were being served and photo's of those members who had passed away were on display.



The service, with Reverend Matthew Jolley of Bury St Edmunds Presbyterian Church, was just the right length. First there was a welcome from Reverend Jolley, talking about friendship, then Psalm 23, "The Lord is my Shepherd", followed by a Prayer of Thanksgiving. After that, the names of all those members were read out, fifty-five I believe, which was very moving. Then we had the Homily: A Gift of Friendship, followed by "Abide with Me", and ended with the Benediction.

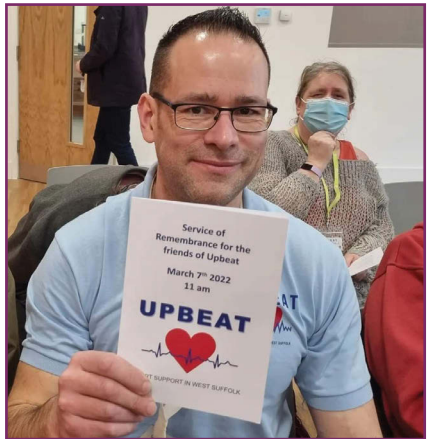


Speaking to people after the service ended, they agreed that this was all of us at Upbeat saying goodbye to all of those we had lost. So, although they hadn't been able to give their loved ones the send-off they would have liked because of earlier restrictions, this gave us comfort.

Many thanks to Reverend Jolley and to all those who organised the event, the order of service, and the photo's, including Sylvia, who could not be there on the day and was missed.

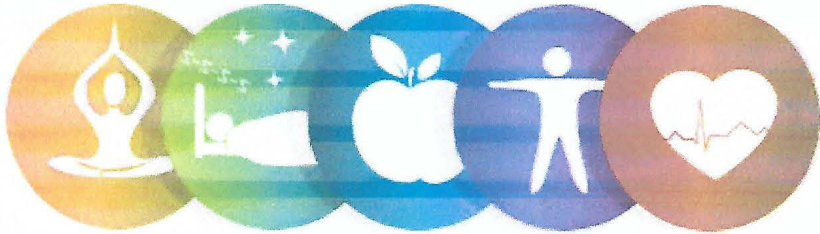
Joyce Lawes







Patient Partnership Group (PPG)
Hardwicke House and Siam Surgery
Practices



HEALTH AWARENESS DAY

Sudbury Town Hall
Saturday, 2 July 2022
10 am - 4 pm

Blood Pressure checks
Nutrition and Activity
Diabetes
Mental Health
Dementia

and more

hhgp-ppginf@outlook.com



100 Club Winners

The lucky winners were:

February	1st prize	£100	No. 274	Mrs G Leeks
	2nd Prize	£48.50	No. 170	Mrs I Maxey

Mrs Leeks generously donated £50 of her prize to Upbeat funds.

New Members February = March

Mr and Mrs Patrick and Marie Regan
Mr and Mrs John and Tina Thurman

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 March 20th. Members who joined after that date will be shown in the next publication.

Don't forget!!!



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.

Theatre Visit to Ipswich to see 'We Will Rock You'

This theatre trip was booked before the pandemic and so far we have sold only a few of the 49 tickets we booked. The trip will take place on Wednesday, May 11th, and we urgently need to sell as many tickets as possible, as we have already paid for them all! Please ask around among your friends and relatives to see if anyone is interested in joining us. Tickets for the theatre are £43.50 each and the cost of a seat on the coach is £13.50. Booking forms can be found at the exercise venues, or you can telephone David on 01284 747238 or email: axeditor@btinternet.com.