

Don't forget:

Upbeat exercise sessions are available online if you would like to attend.

Every Thursday morning join us with Michelle for exercise and chat at 10.30 am

Join Zoom Meeting <https://us02web.zoom.us/j/222385077...>

Meeting ID: 222 385 077 Password: 093680

Just click on the link a couple of minutes before 10.30 and you should be taken straight through to Zoom & wait for the meeting to start.

ALTERNATIVELY (or as well as)

Tuesday and Friday mornings at West Suffolk, sessions with Matt and Jodie.

There are two sessions, one at 9.15 am and the second 11.15 am

All you need to do is click on this link and it will take you straight to the exercise.

Just wait until 9.15 when Matt and Jodie should appear.

<https://www.youtube.com/user/WestSuffolkNHSTrust>

A word from our Upbeat Treasurer

Cancelling all our classes and social events, has severely reduced our income. We have been lucky to receive a donation of £1,000 from Persimmon homes, and Hilary has applied to other agencies for further funding. We are not paying hire charges for the venues in Bury and Long Melford but we are paying our nurses and instructors a retainer during the lockdown. If you would like to make a donation to Upbeat funds to help us over this difficult period you may send a cheque to the Treasurer, or make a bank transfer via BACS. The Upbeat account details are:

CAF Bank Sort Code: 40-52-40 Account Number 00009019

My address is: Vistri-Vale, Old Hall Lane, Fornham St Martin, IP31 1SS.

Thank you for any help you can give. *Valerie*

My next holiday

My husband bought a world map, gave me a dart and said: 'Throw this; wherever it lands, that's where I'm taking you for a holiday once this pandemic is over.'

I threw it and it turns out we're spending two weeks behind the fridge!



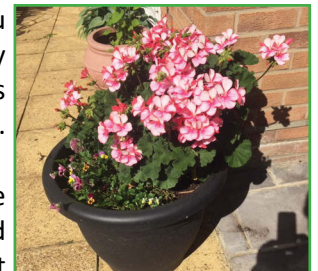
**Lockdown Newsletter Number 1
June 2020**

Greetings, Upbeat members! How are you doing? It's a long time since we had to cancel all exercise classes and coffee mornings and we've missed the contact and association they gave us all. Our Lead Instructor, Michelle, has been holding on-line classes via the application Zoom, and Hilary has held several 'virtual coffee mornings', using the same app. That way we've been in contact with some of you but we wanted everyone to know - including those who don't or can't use the internet - that we miss you all and we're thinking of you. To keep in touch and let you know what's going on, we're going to send you a monthly newsletter. This first edition shows you how some of us have been making use of our time while confined to home.

Perhaps, like Valerie and me, you've been busy in the garden. We had trouble getting hold of any plants, and some I ordered on line were a great disappointment. Most of them died within a few days but a friend managed to get to Woolpit Nurseries and delivered to us a lovely selection of plants which, I am happy to say, are all thriving, as you can see in these photo's.

Read on to find out what other members have been up to.

David



Upbeat member Christina Vatcher wants to say a big 'Thank you' to all who helped her by donating wool and buttons. Answering an appeal in the Bury Free Press, she has been knitting tweedy muffs for the dementia patients at West Suffolk Hospital. These had to be colourful and decorative and for both men and women. Joyce gave twenty balls of colourful wool and other members gave boxes of both military and novelty buttons. With their generous help Christina has made seventeen muffs which has kept her sane in the lockdown. Thank you once again for your generosity.

The Garden's Been a Godsend

That's what Barbara and Tony Scarfe feel about their garden during the lockdown. Tony isn't very mobile nowadays but, with the help of his stroller, he's been able to enjoy a gentle walk round the garden in the fine weather. The two-acre plot is also home to lots of chickens, a couple of ducks, and even a goose! Barbara and Tony used to run it as a smallholding, breeding pigs. Even with those gone, there's plenty to keep Tony, Barbara, and their son busy.



LIFE DURING LOCKDOWN by Hilary Neeves

One of my pastimes in the "before Upbeat" years was patchwork and needlepoint tapestry. Many projects were started and almost finished. The tapestries would be completed ready for making into cushions, but somehow life took over and they

were never finished. Also patchwork quilts were almost completed so, as soon as Lockdown started I had a huge turnout of cupboards and resolved to get to the finishing line on as many as possible.

Here is a picture of what I've been doing. I didn't have any cushion pads, so I used fabric that I already had, made my own linings, and stuffed them with whatever I had. It was 'make do and mend' to get them done. On each lining cover I have written the date, time, and the situation in which these cushions were completed. So in years to come when they are being pulled apart, someone will see they were constructed in the Pandemic of 2020 during lockdown when we were all at home, with no shops open to buy the materials needed. On one of them Boris had just been admitted to Intensive Care, so I have mentioned this in the written passage.



The patchwork quilts I've also completed during the lockdown. The yellow top was already finished but just needed lining and quilting, and the other big one needed much more work to finish it. It's tradition always to put a patch on the back of the quilt naming it and saying who it was made by, date, etc. I am in the process of doing this for these two.



I must say I've really enjoyed many hours with my sewing machine, and have a sense of accomplishment that my time hasn't been wasted. I've got a few more projects waiting, so I'm hoping to keep going and get those finished too. I haven't completely abandoned Upbeat and have been working hard to get some funding and to work out with the other committee members the way forward.

If you've found something to keep life interesting during lockdown I'm sure David Axton would be happy to feature it in the next newsletter.

I'm Liz Dunnett.

What have I achieved during lockdown? Well I'd love to say that like Hilary I finished a project started a while ago but unfortunately that isn't the case....I failed miserably...

Just days before lockdown, Glasswells came to carpet my bedroom and whilst clearing the wardrobes I came across an embroidery kit 'Calendar Bears' that I bought when I was pregnant with my son. I planned to have it finished, framed, and hung on his wall when he was a toddler so that it would help him learn the months of the year. Well this didn't happen...At the time I managed to nearly complete July and August.

As my son is now 29 I would hope that he has mastered all twelve months of the year without my help!

I could probably have embroidered a few extra 'bears' during lockdown but no, it remains as it was.



My excuse? To finish it now I would need some kind of magnifier hanging round my neck as I probably wouldn't be able to see the darn stitches!