

Hello Everyone,

Sadly, restrictions mean Upbeat Exercise cannot resume yet. We have to rely on the online exercise programmes until either the British Heart Foundation or the body that looks after Cardiac Rehab, BACPR, gives us the go ahead. The AGM has been pencilled in for 20th October, but we don't yet know if it will be possible to hold it this year.

Councillor David Nettleton from Tollgate Ward, who has been a friend of Upbeat for many years, has given us a grant from the Locality Budget to fund these newsletters. Many thanks, Councillor Nettleton.

Please join our Coffee Mornings on Zoom for a chat. Downloading Zoom is easy and although computers CAN be tricky, I'm sure you can manage it. Every Tuesday 11am. Meeting ID is the same every week and no password is needed. Join Zoom Meeting <https://us02web.zoom.us/j/2128277944> Meeting ID: 212 827 7944

To keep up-to-date on what is happening, watch our website:  
[www.upbeatheartsupport.org.uk](http://www.upbeatheartsupport.org.uk)

Sending love and best wishes to you all.

*Hilary*

Hi everybody,

I hope you are all well and coping with being housebound. With regret we have cancelled all social events for this year. We will start again as soon as possible, but in the meantime why not join in the Zoom meetings on Tuesday and Thursday mornings?

Be assured that the Committee are working on ways to get started again, such as having a nurse at venues, where members can book appointments. More news will follow.

I have read so many books, cleaned house, done gardening, but I'm fed up with rubbish on TV. I long for the time when we can all get together again. Stay safe and send any reports to David Axton to be included in the newsletters.

*Sylvia*

The following statements about the Bible were written by children. We hope they make you smile!

- Lot's wife was a pillar of salt during the day, but a ball of fire during the night.
- Christians have only one spouse. This is called monotony.
- Moses went up to Mount Cyanide to get the ten commandments.
- The seventh commandment is thou shalt not admit adultery.



The Queen's Award  
for Voluntary Service



## Lockdown Newsletter Number 2 July 2020

Hello, fellow Upbeat members,

I hope you're all keeping well and coping with Lockdown. As restrictions ease a little, maybe you've been able to see family and friends a bit more than previously. Valerie and I continue our dog-walking around Fornham St Martin and Valerie has ventured to the supermarket a few times (suitably masked). We've even had a few visitors socially distancing in the garden, which has been really nice. Thursday evenings, clapping for the NHS, developed into a group get-together for residents of our lane as several of us gathered in front of Tony and Barbara Scarfe's house. As I wrote in the June newsletter, Tony doesn't get about much so it was a good chance for him to see a few people and have a bit of a chat. We gathered there on Sunday July 5th to celebrate 72 years of the NHS. As you can see, several of our furry friends came along too!



*In the past many people have thought I wear a wig. One time, at a bar, a woman grabbed hold of my hair and pulled, asking, "Is that real?" I think she must have had too much to drink!*

Like many others, I hadn't been able to have my hair cut for a long time - six months, I reckon. As you can see, it was flourishing. My son said it looked as if I had some creature sitting on my head, but last week I braved the hairdresser's and finally got it tidied up! How have you all been managing without being able to get to the salon? Have you got any 'fright' pictures you could share with us all?

Thank you for the many e-mails and letters telling us how you enjoyed the first Newsletter. Thanks, too, to those who have sent items to be included in future newsletters. Have you got something to share? Watch this space for other members' contributions.

*David Axton*

## Never again! by David Baldree

Our lockdown story is that we have been in a new build house for six years and it was time to treat fences and gates, clean patio and re-decorate inside. We had downsized from a large village property into town and selected the property for its location, convincing ourselves it would not be too big for us. I now realise that a big four-bedroom house is a lot of decorating! I started lockdown with outside garden work, then we set out to do every nook and cranny inside but there was a lot of mission creep such as new wood flooring in my office, fitted cupboards, feature wallpapering, chase and wire in new wall lights and sockets etc., not to mention decluttering, and shampooing carpets. Members



will appreciate that on the next 6-year decorating cycle we will be in our eighties so I am not planning on doing this again!! However, I have lost a stone since New Year with work-out on my exercise bike and climbing up and down steps and ladders!



Liz has been a great help in moving furniture and cleaning up after me. Fortunately she is stable with her rare cancer and has been getting the regular injections and infusion treatments. All this has been possible thanks to the NHS after my blue-light admission to Papworth with a major heart attack over three years ago, when I had three stents.

## A Few Words of Thanks From Our Treasurer

Thank you very much indeed for the kind donations we have received after the June Lockdown Newsletter. They are very much appreciated and will all be most helpful. If anybody else wishes to donate to Upbeat you can do so by:

Cheque - Payable to Upbeat and sent to: Mrs Valerie Axton,  
Upbeat Treasurer, Vistri-Vale, Old Hall Lane, Fornham St Martin. IP31 1SS.

Or by bank transfer - BACS to:  
CAF Bank (Charities Aid Foundation), Upbeat Account, Sort code 40-52-40 Acc No. 00009019

*Valerie*



## Thank you for the music...

We have both been busy during the lockdown. We exercise every single day to the re-hab disc for hearts – about three quarters of an hour. Also I've been trying to keep up with the gardening. Terry can't help me with this now. I've had some wonderful lupins, delphiniums, and clematis, and the fish pond keeps me busy with the cleaning, the pump, etc.

I have spent time sorting out hundreds (*and I mean hundreds*) of CD's and Terry's records, including long-player musicals – I think he must have every one. Also the old original Elvis 78 rpm records - every one of them my pride and joy. I keep them in a suitcase so they don't get broken. They bring back so many memories of our courtship days. We've now been married for sixty-one years, and I still haven't strangled him for the times he spent one week's wages on an Elvis record – bless him! We miss Upbeat so much; we can't wait to get back. We send our regards to all members.

*Jess & Terry Lifford*



*Jess and Terry - their collection of vintage LP's includes such old favourites as Anne Shelton, Ruby Murray, and Slim Whitman.*

## NURSE'S NOTES from Mandy Scales

Here are 5 tips to help your mental health whilst we are in social isolation:

1. Talk regularly to people whether by phone, in person, or via the internet. If you have a computer, the Zoom Upbeat coffee mornings on Tuesdays are excellent for keeping in touch.
2. Be physically active. Any activity which you enjoy will keep you moving and reduce your time sitting down. Upbeat Zoom exercise sessions on Thursday will motivate and get those "happy hormones" activated.
3. Learn something new, such as cooking a new recipe, taking up a new hobby such as painting or learning a new language.
4. Give to others, which can give you a feeling of self-worth; this can be as simple as just listening to somebody else's worries.
5. Pay attention to the present moment (mindfulness). Focus your senses, eg sights, smells, thoughts and feelings in the world around you.