



The Queen's Award  
for Voluntary Service



## Lockdown Newsletter Number 3 August 2020

My goodness! It's more than five months since we went into lockdown and for many members I expect that means that you've barely left the house in that time. I used to be seen in Tesco's so often that one of the assistants once asked me if I worked there! However, I haven't set foot through their doorway since March 12th. At first we had friends doing our shopping for us but for the last month or so Valerie has taken to donning her mask and going once a week. I hope you are managing to keep a well-stocked cupboard and not going without.

I must say, I've been grateful for the many messages saying how you enjoy these newsletters. I hope you feel that they help to keep you in touch and to feel less isolated. We all miss meeting at our exercise classes, catching up over a cup of coffee, and, of course, seeing the nurse for a quick check up and chat. Many of us have missed the reassurance which our nurses give and so you will be pleased to know that we have arranged sessions for you to start seeing our nurses, by appointment, starting very soon. See Page 6 for more details.

We are very pleased to tell you that member Richard Priest, who had been in Papworth Hospital awaiting surgery since January, has had a heart transplant and is now back home and progressing well. We send him many good wishes for his continued recovery.

You may remember that in the last newsletter I showed a picture of my long hair, which my son had described as looking as if I had an animal sitting on my head. Well, as I said, I finally got a hair cut, but in the meantime I had ordered on line some electric hair clippers. When they arrived I was eager to try them out, although at that time I no longer needed a hair cut.

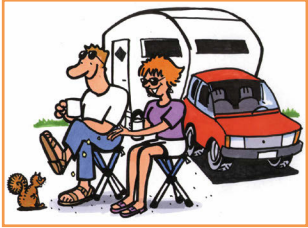
The clippers had adjustable lengths to which I could cut my hair, so I chose the longest - 4.2 centimetres. I figured that was quite long and, after all, I only wanted to try them out. I wasn't after getting a good cut. Foolishly, I started by running the clippers from the middle front of my forehead to the back of my head. Unfortunately, somehow I re-set the length control from 4.2 centimetres to 1 centimetre! You can see the result here! Of course, I then needed to try to even it up so proceeded to try to do that.



My wife tells me that in places that I can't see, I'm almost bald!!! Ah well! It will soon grow back - I hope!

*David Axton*

## Escape From The Country



Upbeat members Tony & Faye Warner thought they would escape the English winter and head off to Spain. Little did they know what trouble they would have escaping Spain to get home again!

In January we decided to escape the English winter and head off to Spain in our caravan for a few weeks. We went from Portsmouth to Santander via Brittany Ferries and once in Spain we headed south to the Cadiz area and then to the Costa Blanca. We were enjoying our holiday until we heard on the news of a problem in China with a serious virus there causing many deaths. Well, that's in China, we thought - not Europe!

It was towards the end of our stay that the virus began affecting Madrid, but still a long way from where we were. Things became serious for us at the beginning of March when the campsite imposed restrictions on visiting the supermarket and bars. The Spanish Police then put restrictions on travel. We were only allowed off the site to visit a food shop, a pharmacy, or doctor, with very heavy penalties for breaking the rules. The week commencing 16th March things deteriorated when the campsite started asking people very forcefully to leave!

Eventually we left on Saturday 21st March. After discovering that our booked ferry from Bilbao had been cancelled, our only option was to drive north through France and to head for the Channel ports. To access France we had to obtain written authority to produce if we were stopped by border officers or police. Our journey took three days, with overnight stops in lay-bys and service areas as no campsites were open. We were accompanied by two other couples in a similar position to us and they followed behind us. We were also fortunate to get a booking on the Euro Tunnel on Monday 23rd March.

On arrival there we were put on the next train at around 1pm and arrived in England about forty minutes later. Once on the M20 we were very surprised to see that traffic was as a normal day, whereas travelling hundreds of miles through Spain and France we'd only seen the occasional car, and some trucks. Obviously Spain and France were taking this virus very seriously. We arrived back in Cockfield during the evening of 24th March. What a relief! BBC Radio Suffolk were interested in our story and had contacted us every day during our journey home, wanting information about our progress and what the situation was in the countries we were travelling in. Obviously we are now in Lockdown like everyone else but Hey! We are Brits so we KEEP CALM, KEEP SAFE, and CARRY ON.

**Tony & Faye Warner**

## SELF-MONITORING YOUR BLOOD PRESSURE

BY NURSE MANDY SCALES

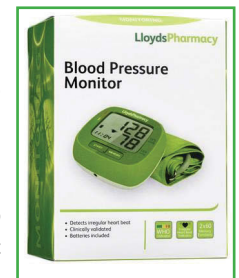
Some members have raised concerns about not having their blood pressure taken while there are no Upbeat classes.

Many pharmacies now sell reasonably-priced home-monitoring blood pressure machines. The best type are upper arm ones, but it is important to get your correct cuff size. Generally they come with a medium cuff which caters for an upper arm size of 22cm-32cm. You may have to buy a smaller or larger cuff.

When recording your blood pressure it is important that you are relaxed and seated, making sure your arm is rested on a table. It is a good idea to do a couple of readings a few minutes apart. These should be similar. If there is any deviation from your normal readings you should record your blood pressure every morning and evening for five days, work out the average, and if you are concerned, inform your GP/nurse.

Most machines also record heart rate, so also make sure that this number is within your normal limits.

There are many different machines available. However, the more expensive ones tend to have extra facilities such as connecting to the internet. Personally, I would suggest people just buy a basic one such as the one retailing at £19.99 at Lloyd's pharmacy.



## Update from Upbeat's Chairman

Just to keep you all aware of events at Upbeat I need to let you all know that John Arnold has cancelled the Christmas Meal planned for December; we will re-book when the situation improves.

Treatts have kindly donated £7000 to us to ensure we continue. Daemmon feels we do such a good job and we need to recover from this virus and get going again. We are very lucky to have him as our patron.

Starting in September the Nurses will be trialling a new system giving BP checks to members. We will have a morning at the New Bury Centre in Bury where you can book a 10 minute slot to talk to the nurse. Please see Page 6 for full details. Stay safe and well, everybody.

*Sylvia Baker*

## 100 Club Winners 2020

### February

1st Prize £100 No 020 Mrs V Axton  
2nd Prize £23 No 195 Mrs P Wappett

### March

1st Prize £100 No 105 Mrs S Imrie  
2nd Prize £25.50 No 176 Mrs S Ebbon

### April

1st Prize £100 No.089 Mr. G Warren  
2nd Prize £27 No.188 Mr. Cook

### May

1st prize £100 No 085 Mr & Mrs Mountford  
2nd Prize £27 No.247 Mrs R Currell

### June

1st Prize £100 No.221 Mrs J Porter  
2nd Prize £27 No.216 Mr W Jenkins

### July

1st prize £100 No 153 Mrs B James  
2nd Prize £27 No 091 Mr. G Warren

## Dancing in the Street -

## Sudbury's Groovy Groovers



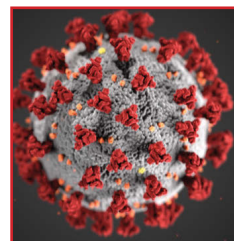
Two of our members live in Bush Grove, Sudbury where on every Sunday evening at 7 p.m., a group of neighbours, age range from teens to eighties, join with each other (socially distanced) for a single disco dance. Dressing up and using props are optional but add to the fun, and Karen, the troupe leader, prepares the group each week with a You Tube link so that they can practise their moves!

Fun, laughter and just getting to know one another have helped these neighbours to cope with the social isolation of lockdown and continue to keep spirits raised in these difficult times.

**Sylvia Bambridge**

## COVID-19 and us

**By Bob Mountford**



Frankie and I share everything, in April even COVID-19! It wasn't a pleasant experience. At times it was quite scary and I questioned our mortality. In early May, with no more high temperatures or fever, breathing better but still feeling tired, we thought we were on our way to a full recovery, but no! Our leg muscles, especially Frankie's, ached and just seemed to feel wrong, making it hard for her to walk.

Even now, we still feel very tired, sometimes listless and confused. Our doctor told Frankie it was her Peripheral Neuropathy progressing. She didn't accept that and had a consultation with a muscular skeletal expert. He was of the opinion that the virus has attacked her muscles in the upper leg, arms, etc., but that the effects should slowly go away. They haven't!

Seeking solutions we stumbled across, the fourteen-thousand-strong "Long COVID Support Group" on the web and on Facebook. We found that there were many others still suffering various COVID-related symptoms: muscular ache, tiredness, no energy, brain fog, and more. We felt reassured knowing we are not alone and joined the group <<https://www.facebook.com/groups/longCOVID/>>.

This group is for people who have, or have had, an illness which they suspect was COVID-19, whether or not it was officially diagnosed or confirmed. On 21st July ITV News reported that the NHS will shortly be starting a COVID-19 rehab service. We live in hope of a full recovery. In the meantime an All Party Parliamentary Group (APPG) has been formed to review the government's handling of COVID-19 and, we hope, its after-effects and treatment.

### Early Information



We have packs of Christmas cards left from last year. They are for sale at £2.00 for a pack of ten cards and envelopes. The design features a Christmas double-decker bus with reindeer in the windows.

Money from all sales will go to Upbeat funds.

If you would like any packs, please contact:

Valerie Axton (Upbeat Treasurer)

01284 747238

or [valerie\\_axton@hotmail.com](mailto:valerie_axton@hotmail.com)

# Upbeat Nurses' Return

Knowing that many members would like the opportunity to see a nurse and have a blood pressure check we are going to trial a new scheme starting first in Bury St Edmunds.

Members will be able to book a ten-minute appointment with a cardiac nurse at the New Bury Centre, BSE, for a blood pressure check and a chat. It will cost £3.

We will start on Wednesday 2 September 2020 and continue every Wednesday 9.30 to 12.30.

**Booked appointments only. Ring Sylvia Baker for an appointment on 01449 774333**

## DO NOT ATTEND IF YOU ARE FEELING UNWELL

### PRECAUTIONS

- Wash your hands before you come.
- Remember to bring your Upbeat BP card.
- WEAR A MASK.
- Your temperature will be taken on entrance through main door.
- Sanitise your hands.
- Pay £3 for appointment at desk in foyer. Name and phone number checked.
- Wait your turn in a socially distanced area.
- Follow the one- way system.
- Appointment with nurse in Small Hall. Sanitise hands again.
- Leave by hall door.
- NO DRINKS ARE AVAILABLE.
- TOILETS ARE ONLY FOR EMERGENCY USE AND NEED TO BE SANITISED AFTER USE. Only one person in the toilets at a time

If this service goes well we will extend it to another day e.g. Friday and/or have two nurses.

### LONG MELFORD

Nurse appointments to start in October  
More details to follow.

### SEXTON'S MANOR Friday nights

We are unable to open at present, but you are most welcome to make an appointment for a Wednesday morning at the New Bury Centre.

*Peter Maxey*



We are very sad to report the death on August 8th in West Suffolk Hospital of Peter Maxey. Peter was a good friend and supporter of Upbeat for many years, having joined in 2009. He served on the Executive Committee until 2017, including a period as Vice-Chairman. Many members will have happy memories of times when Peter and Ilva opened their lovely home in Great Barton to host garden parties for Upbeat.

Peter's funeral took place at the Risby Crematorium on Friday August 14th and although numbers attending the service were limited because of Corona virus restrictions, quite a crowd of Upbeat members gathered outside the chapel to pay their respects, applauding as Peter's casket arrived and was carried into the chapel.

David Deacon has set up a tribute page on his company's website so that members can make donations to Upbeat in Peter's memory: [www.deaconfuneral.co.uk](http://www.deaconfuneral.co.uk).

Ilva hopes to hold a memorial service for Peter later in the year when circumstances allow. In the meantime our thoughts and sympathies are very much with her and the family.

Being in lockdown and unable to leave home has caused all sorts of difficulties for us all. For many, being unable to get to the hairdresser resulted in our locks being much longer and more untidy than usual, and for some, a distinct change of colour became evident as grey roots began to show through! However, while having a grey and lengthy 'barnet' is of only cosmetic concern, being unable to get chiropody treatment could be more serious. Recently I was asked by a friend if I knew of a chiropodist/podiatrist who did home visits and I had to say that I didn't. What luck that a flyer advertising just such a service has just come my way! I

telephoned the practitioner concerned and she agreed to me including her details in this newsletter in case any members need foot care. She assures me that she has all necessary PPE so that her visit to your home should not pose any COVID-19 concerns. Her contact details are shown here. Please mention this Upbeat newsletter if you do contact her.

## Mid Suffolk Foot Care

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mandy@midsuffolkfootcare.co.uk  
[www.midsuffolkfootcare.co.uk](http://www.midsuffolkfootcare.co.uk)



## Hurrah for Hilary!

Our secretary, Hilary Neeves, has been very busy during lockdown putting together a grant application to the National Lottery Community Fund. This fund is now prioritising funding projects and organisations which are supporting communities through the COVID-19 pandemic. The aim is to support organisations so that they can continue to deliver services which have been affected by COVID-19. Hilary's application must have put a very good case for Upbeat, outlining a project to provide some online exercise classes and nurse consultations for the next six months. It was a great deal of work with lots of details required, together with costings, and proof needed of who Upbeat are and what we do.



On 17th August we heard that we have been granted the funding of around £9,000 and we are currently working out details of what we will be able to offer in the way of exercise, nurse appointments, and coffee chats online.

Nurse appointments are starting in September, as you will have read on Page 6; more details about exercise will come out in emails and in the next newsletter.

THANK YOU, HILARY, AND THE NATIONAL LOTTERY COMMUNITY FUND.

## Amusing Shop Signs

### **At an Optician's Office :**

"If you don't see what you're looking for,  
You've come to the right place."

### **On a Plumber's van :**

"Don't sleep with a drip. Call your plumber."

### **Outside an Exhaust Repair Shop:**

"No appointment necessary. We hear you coming."

### **In a Vet's waiting room :**

"Be back in 5 minutes. Sit! Stay!"

### **In the window of a Funeral Home :**

"Drive carefully. We'll wait."