

## Tips to lower your blood pressure

by Mandy Scales

Lose weight! Losing just 5% of excess body weight will decrease blood pressure.



Aerobic exercise, such as walking, jogging, or Upbeat exercise programme will strengthen the heart muscle, burn fat, and improve the heart's pump.

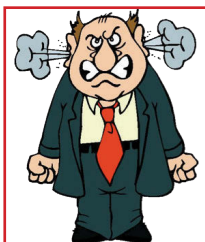


Aim to eat fewer saturated fats such as butter, cheese, and fats on meat.

Choose to increase your intake of vegetables, whole grains, fish, and fresh fruit. Cut out refined carbohydrates which are found in biscuits and cakes because these readily convert to sugars in the blood.

Limit your intake of salt; do not add extra in cooking because salt will also constrict arteries and increase water in the body.

Keep to government guidelines of drinking no more than 14 units of alcohol per week. Also, aim to have two or three alcohol-free days per week.



Stress releases cortisol and adrenaline, and both of these will increase your heart rate and blood pressure. Some stress is unavoidable but try to manage it by learning relaxation techniques such as controlled breathing, mindfulness, or meditation. Finally remember to take your prescribed blood pressure medication.



I would like to thank all my Upbeat Family for their much-needed support to me during these last few weeks. Special thanks to all of you who stood in the rain to send Peter on his way in his beautiful cardboard coffin, decorated with a poppy field and fluffy white clouds. Being a carpenter he didn't want wood.

Also a big thank you for the donations to Upbeat in his memory.

I hope in the end we will all be able to meet once more for exercise and coffee. Fingers crossed. Much love to you all.

Vala

**Don't forget:** we have Christmas cards left from last year. They are just £2.00 for a pack of ten cards and envelopes. All proceeds go to Upbeat funds.

To order, please contact:

Valerie Axton (Upbeat Treasurer)  
01284 747238 or [valerie\\_axton@hotmail.com](mailto:valerie_axton@hotmail.com)



## Lockdown Newsletter Number 4 September 2020

**Virtual AGM for Upbeat  
Friday 23rd October 2020 at 11.00**

As you may know we usually have our Annual General Meeting (AGM) for Upbeat in May but due to the pandemic it has not taken place. However, for our Charity status it needs to take place each year so that the financial information can be sent to the Charity Commission. We are proposing to hold a virtual meeting via Zoom on Friday 23rd October at 11.00 during the normal coffee morning Zoom. We hope that many of you will be able to join us.

A simplified version of our accounts for 2019 to March 2020 is enclosed and you will see that we had a very good year and there was a very healthy bank balance. We are advised to have at least 6 to 9 months running costs in reserve which is about £50,000. This has stood us in good stead for this year.

We do realise that some members are unable to access Zoom, so if you would like to ask a question about the accounts or any other matter connected to Upbeat please contact Sylvia Baker on 01449 774333 or email her on [sylvia.baker16@btinternet.com](mailto:sylvia.baker16@btinternet.com).

The Committee will remain in place for the present time until we can hold a proper meeting for all members to have the possibility of attending. However, we need three more committee members which would help share some of the workload. At present, it is mainly making phone calls, helping with the newsletter, etc.

We hope to see you on Zoom in October.

*Sylvia, Hilary and Valerie*

## 100 CLUB

The 100 Club draw took place at the Coffee Morning on Zoom on September 25th. The lucky winners were:

1st Prize	£100	005	Mr. Ray Orr
2nd Prize	£27	197	Mr. Roy Fincham

## Jim's Jukebox Memories

I was interested to read the article in the July newsletter from Jess and Terry Lifford when they referred to their collection of old gramophone records.

It reminded me of my time in the RAF at Honington in the late 1950s. We had a jukebox and the company representative would come round every month to update it with the latest records and he would sell the ones he had just removed from the juke box. I was a regular buyer. I had records by Elvis Presley, Johnny Ray, Guy Mitchell, Frankie Laine, Bill Hayley, Pat Boone, and even Winifred Atwell, if you can remember these artistes.



Flight Lieutenant Jim Lang in his days at RAF Honington in the 50s

Earlier this year in March we decided to send the records to an auction which was due to take place in May but with the advent of the coronavirus pandemic the auctions were cancelled and the records are still in storage with the auctioneer until we get back to normality.

*Jim Lang*

## Keeping Busy in Lockdown

We started off with a vengeance! I washed the curtains, cleaned the cooker (didn't realise the extractor hood came off and that it's white. It is now!). I tidied cupboards and cleaned everything.

We've both been working in the garden a lot, as well as taking the dog for a walk each day. AND ... he's tidied his shed! Whoopee! And he's been working on his lathe, making a combustion engine for a model aeroplane.



We do take note of the wonderful scenery and the good weather we've been having.

We're thankful for the newsletters, which keep us in touch. We do miss everyone and send best wishes to all. Keep safe!

*Joy and Ray Hoskins*

## Amusing Church Notices

The 'Over 60s Choir' will be disbanded for the summer with the thanks of the entire church.

Remember in prayer the many who are sick of our church and community.

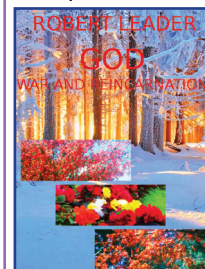
A bean supper will be held on Tuesday evening in the church hall, after which the Wind Ensemble will perform.

## No rest for the wicked

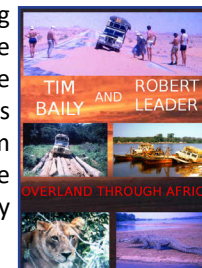
I think the monthly newsletter is a great idea. Here's a piece members might find of interest.

I've kept busy as you might expect. I've just completed my third book of Philosophy. This one is called GOD, WAR AND REINCARNATION. If anyone is interested I have been putting it up chapter by chapter on a new page on my website at [www.robertleaderauthor.com](http://www.robertleaderauthor.com).

I've now resumed work on OVERLAND THROUGH AFRICA. I did the overland trip from Tunis to Capetown with Siafu Expeditions in 1971. Siafu was run by Tim Bailey and we are writing



his biography together. Tim is currently running fishing safaris on Lake Nasser in Egypt; or rather he was before the Corona pandemic. Now he's got the time to work on the book and is rounding up stories from his old expedition leaders and relaying them to me to finish off a third section in the book. I've designed covers for the books which I will probably use if I self-publish again.



It hasn't been all play though. Elizabeth decided before the lockdown that we needed to stock up on white gloss and white emulsion. I've re-decorated the hall and the kitchen and painted all the inside windows: now looking out of my window I can see that the apple tree and two others are all due for their autumn pruning. There really is no rest for the wicked. Fortunately I can still climb the apple tree!

It will be good when we can all meet up at Upbeat again.

*by Bob Smith*

## Thank you, Yvonne.

Like many others, Upbeat member Yvonne Orbell has been busy sewing during the Lockdown. She began by making masks for a sewing group in Clare. She made 180, which were distributed to local surgeries and Care Homes. She has continued to be busy with her needle and thread and began selling the masks on behalf of Upbeat funds. From her own sales she made £210 and Sylvia Bambridge sent in £75 for those which she sold.

Masks made by Yvonne are now available from Hilary Neeves at a suggested donation of £5 to Upbeat funds. Please telephone Hilary on 01359 232678 if you would like to buy one.

Many thanks to Yvonne for all her work in raising so much money for us.