

## A life-changing gift -

*Richard Priest writes about receiving a new heart*



The difference is truly astounding. The day after the operation I was breathing better and my circulation was actually making my cheeks full of colour. It's coming up to twelve weeks now and every day I thank the donor and their family for having the courage and strength to make such a life-changing gift. It has allowed me to look towards the future rather than worrying about what might happen!

I've been walking the dog across Hardwick Heath and in Nowton Park, but I've had to wind it in a bit as I sprained my ankle the other week. I've also started doing some exercises from the cardiac nurses at West Suffolk Hospital and I'm going to 'gently' get back on the push bike to complete my virtual John O'Groats to Land's End ride for the Papworth Charity. I've already been the other way and you can see my journey on my Justgiving page.

My original target was £5000 and I only have about £1000 to go. Thanks to all the friends at Upbeat who have kindly donated already. It makes such a difference.

Thanks to David for calling me asking about my progress since my operation. I am looking forward to getting back to the Friday night classes once this Covid nightmare is behind us all. Please stay safe.

Cheers!

*Richard*

*Editor's note: If you would like to know more about Richard's journey to receiving a new heart, and his fund-raising work for Royal Papworth Hospital, you can visit his Justgiving webpage at: <https://www.justgiving.com/fundraising/richard-priest>*

## 100 CLUB

The 100 Club draw took place at the AGM on Zoom on October 23rd. The lucky winners were:

1st Prize	£100	No 224	Mrs Barbara O'Neill
2nd Prize	£26	No 169	Mr & Mrs Wilfred Halliday



## Lockdown Newsletter Number 5 October 2020

**W**elcome to our Newsletter Number 5. I hope this finds you all coping well with the current restrictions. These certainly are difficult times and I know that many of you are feeling lonely and isolated, unable to meet with family or friends as you would like to. However, Upbeat officers have been trying to set up some activities in an effort to help us all to feel included. It was good to see so many on line for our 'virtual' AGM on Friday October 23rd, and we hope that more of you will be joining in with our coffee mornings and exercise classes via Zoom. As Hilary has written on Page 3, it is quite easy to log on, and it does offer the chance for some association - to see and chat to people. Please give it a try. If you have difficulty in getting on, give one of us a call and we will try to help.

Sadly, at the moment there seems little prospect of resuming in the near future normal Upbeat activities, including the annual lunch. The Committee has provisionally arranged for the lunch to be held on March 18th, 2021 but nothing can go ahead until Government guidance gives the 'all-clear'. In the meantime, all money paid for the lunch and raffle tickets is safely deposited in the bank. On my desk I have fifty tickets for the Ipswich Regent Theatre for "We Will Rock You", which has been postponed until March 10th, 2021 but again we can't be sure what the situation will be when the time comes. However, we will keep you informed.

Today, Saturday, Valerie and I drove down to Sudbury to deliver some cards to a member and we were struck by how beautiful many of the trees are looking nowadays. They really are a sight to gladden the heart, especially if the sun is shining. Even in our relatively small garden there is still quite a lot of autumn colour, with one or two things seemingly enjoying a second flowering. Winter cyclamen have come into bloom and today I spent some time planting bulbs so that we should have a good display of daffodils and tulips next Spring, as long as the muntjac don't get in and enjoy feasting on them. As James M. Barrie wrote: 'God gave us memory so that we might have roses in December'. I hope you've been able to find something to brighten your days recently, and to keep in your heart to see you through the winter.

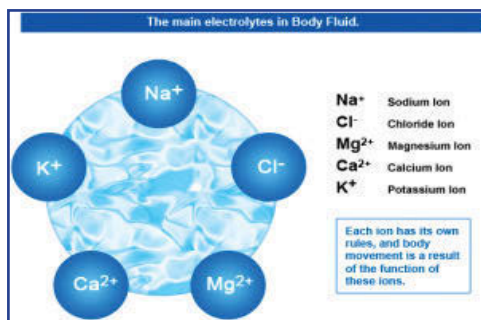


*David*

# ELECTROLYTES

by Nurse Mandy Scales

Electrolytes are electronically charged minerals within your blood that help to regulate everything from your hydration to your nervous system to your muscle function, including the most important muscle of all which is your heart.



The electrolytes are sodium, potassium, calcium, phosphate, bicarbonate, and magnesium. In good health your diet should provide all the electrolytes your body needs and if your kidneys are functioning normally they will excrete the excess in urine to maintain the correct concentration within all your organs.

However, if you are dehydrated, suffer from kidney failure, heart disease, certain cancers,

endocrine disorders, or are prescribed certain medication then the balance of electrolytes can be disrupted, causing you to be unwell.

The most common symptoms of electrolyte imbalance are shortness of breath, a rapid or irregular heart rate, a change in blood pressure, muscle spasm, extreme tiredness, and confusion.

A routine blood test may show an electrolyte that is too high or too low.

Depending on the result you may be advised to take a supplement, eg potassium, often the case if you are on diuretics, or you may be prescribed a different diuretic.

Alternatively, if your sodium levels are too high you will be asked to lower your salt intake in your diet.

Sometimes the results may indicate more investigations are needed to find the cause of the deranged results.

## 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 (Upbeat Treasurer) 01284 747238  
or valerie\_axton@hotmail.com

Here are a couple of the late Ken Dodd's jokes to help you smile in these difficult times.

"Did you hear about the shrimp that went to a prawn's cocktail party? He pulled a mussel!"

"I have kleptomania. But when it gets bad, I take something for it."

"Did you hear about the Frenchman who makes his own gravy? He's the Count Of Monte Bisto."

## UPBEAT MEMBERSHIP RENEWAL 2021-2023

Every three years we update our membership details for Upbeat. You will find a form and letter about this with your October newsletter. This allows us to keep your details up-to-date and to comply with Date Protection legislation. This is important.

Please complete your form in full as soon as possible and return it to me, either by post or email. We are sending it out a little earlier this year in the hope of avoiding the heavy post in December.

Thank you in advance for your help.

*Valerie Axton*

Membership Secretary

**REMINDER:** The nurse is available at New Bury Community Centre every Wednesday morning and also Long Melford Old School every Tuesday morning. This is a chance to consult with the nurse and get your blood pressure checked. We have a good system at both venues to avoid infection. Please wear a mask when you come. Your temperature will be checked on arrival, hand sanitiser is available, and spaced chairs if you have to wait a few minutes. We are allowing 15 minute appointments so could you please arrive no more than 5 minutes before your appointment time to avoid crowding in the foyer? The cost is £3. To book an appointment, contact:

**Sylvia: 01449 774333 for Bury appointments**

**Hilary : 01359 232678 for Long Melford appointments**

**REMEMBER ALSO:** Exercise with Michelle on a Monday morning - 9.30am start. 1 hour circuit training and then we have a Relaxation and Breathing session which was trialed a week or two ago and proved very popular. There is the chance for social chat afterwards. Please come in and join us. It's a good way of connecting with other members. Don't be put off by the fact that we are on line and using Zoom. It is easy to download and for users it's absolutely free.

To access Michelle's Zoom classes on a Monday morning you will need these details:

**ID 828 01357564**

**Password 041971**

We would be pleased to welcome anyone who would like to join us. Please contact me first as you will need to complete a couple of forms before you exercise and I can send them to you. Best wishes to you all,

*Hilary*