

## A Few Words from Upbeat's Chairman

We know that many members give Christmas cards to each other, usually when they meet at exercise classes. This year is obviously going to be different so I am suggesting that because most won't know others' addresses, perhaps we could make a donation to Upbeat instead. It'd save on postage costs too!



Our Treasurer, Valerie, would like to remind everyone of a very easy but effective way to raise money for Upbeat by shopping at AmazonSmile. It's simple and automatic and you can support your favourite charitable organization every time you shop, at no cost to you. Just follow Upbeat's unique charity link to select Upbeat on smile.amazon.co.uk with just one click. Shop at: <https://smile.amazon.co.uk/ch/1087415-0> and Amazon donates to Upbeat, at no cost to you.

I have some really good news! Phil Goodyer recently informed me that through the dancing events money had been raised to help keep The Delphi Centre open. Jacqui and Phil were on the Delphi User Group which agreed that the money raised would be used as a refurbishment fund and placed in a separate account. However, The Delphi Centre has now been completely wound up and the whole site sold, and I am delighted to say that this group decided to donate the money to charity. Thankfully, £756 will be coming to UPBEAT.

As well as this, the lady that organised the tea dances at the Delphi donated funds raised by her and her team to us and we received £499.71. Also I have heard from Chloe at Treatts that they are doing a Santa Round Table float with Father Christmas going round the streets in Bury on 9th December, spreading joy and collecting for charity - Upbeat! This is nice isn't it?

The Upbeat Annual lunch is booked for 18th March 2021 but we are still uncertain if this will go ahead. As already stated, all monies paid by members for lunch reservations will stay in place. However, if any of you feel that you want your money back please let me know and I will arrange to refund your payment. On the other hand, if more of you want to join in this event, please let me know and I will arrange this. Many of you also purchased raffle tickets and these will still be valid at the next lunch.

David Axton has heard from the Regent Theatre in Ipswich that the show 'We Will Rock You', for which he booked tickets for Upbeat, has now been postponed until September 2021. We will keep you informed of any further developments.

Valerie asks me to let you know that she still has Upbeat Christmas cards available, as advertised in earlier newsletters. Phone her if you would like some - 01284 747238.

*Sylvia*



## Lockdown Newsletter Number 6 November 2020

**M**y goodness! How time flies when you're in Lockdown! Here we are, almost in December as I write this, and almost certainly in December by the time this latest newsletter arrives through your door. So far we've had a real mix of weather this autumn - some lovely, golden days, which have really highlighted the beautiful colours of the trees, plenty of rain, some of it torrential, which has resulted in mini-rivers running down the sloping lane in which we live, and this morning a thick frost turning the fields behind the house crispy white. Usually I am greeted with a view of horses in the paddock behind us but this morning there was no sign of them. Either they'd been sensible enough to remain in their barn or their owner had made sure they were tucked up snugly for the night. I must say that, beautiful as the frost and snow can make the landscape look, I don't look forward to the really cold weather, unlike Valerie, who gets quite excited at the first snowflake! I put it down to her being a December baby (she celebrates her birthday on New Year's Eve). I don't know about you but I hate having to walk or drive on slippery surfaces when it's icy, and as I get older I like it even less! At our age we can't afford any falls and potential broken bones, can we?

It looks as if Lockdown restrictions may be eased enough to allow families to get together for December 25th, which will no doubt be welcomed by many. Not being able to hug and be hugged by those we love but who don't live in our households has been hard, hasn't it? We had a brief visit from our daughter, who lives in London, and her friend, and all the time they were in our house we were all masked and kept a good distance between us all. Very strange it seemed too. She had come to visit to do an exchange of cars. I've been driving a bigger, 'Crossover' as they call it, while she had a (slightly) smaller car. In her spare time (of which she doesn't get much, working full-time as a neo-natal intensive care nurse) she helps to run a charity helping parents with 'multiples', that is twins, triplets, quads, etc. Often she needs more space in the car to transport big pieces of equipment, such as quad buggies. Have you ever seen one? You almost need a degree in engineering to put one together to get it in and out of the boot! Valerie and I attracted a great deal of interest when, a few years ago, we wheeled a friend's quads around Bath! Well, our daughter wanted the bigger car and so the deal was done. Hence the visit to swap cars. It was lovely to see her but, as I said, very strange and uncomfortable not to be able to hug each other. I certainly hope you will get plenty of time to hug and hold your nearest and dearest during the next month.



*David*

# INSOMNIA

Sleep problems are very common. Sometimes we find it difficult to fall asleep or we find ourselves waking in the early hours unable to go back to sleep. Perhaps like me, you have had to get up in the middle of the night to go to the bathroom and then on returning to your nice warm bed, have lain there for the next few hours unable to sleep and with all the cares of the day running through your mind. It can be miserable, can't it?



## How much sleep you need?

Everyone needs different amounts of sleep. On average, we need:

- adults: 7 to 9 hours
- children: 9 to 13 hours
- toddlers and babies: 12 to 17 hours.

You probably do not get enough sleep if you're constantly tired during the day.

## What causes insomnia?

The most common causes are:

- stress, anxiety, or depression
- noise
- a room that's too hot or cold
- uncomfortable beds
- alcohol, caffeine or nicotine
- recreational drugs like cocaine or ecstasy
- jet lag
- shift work.

## How you can treat insomnia yourself?

Insomnia usually gets better by changing your sleeping habits. The NHS advises the following tips to get to sleep and to sleep better.

- Keep regular sleep hours. Go to bed and wake up at the same time every day – going to bed when you feel tired and getting up at roughly the same time can help regulate your biological body clock. Avoid lying in.
- Winding down: relax at least 1 hour before bed – for example, take a bath or read a book. Create a restful environment, a dark, quiet, cool room makes it easier to fall asleep. Use thick curtains, blinds, an eye mask, or ear plugs.

- Make sure your bed, covers and pillows are comfortable and inviting.
- Turn off all electronic devices, eg televisions, laptops, and mobile phones. The blue light they emit blocks the hormone melatonin which your body needs to make you sleepy.
- Move more during daytime but avoid strenuous exercise for at least 4 hours before bedtime.
- Avoid daytime naps but if you need one limit it to thirty minutes and before 3pm.

## Confront sleeplessness

If you find yourself lying awake unable to fall asleep, get up and do something relaxing such as reading, listening to calm music, breathing exercises or meditating. When you return to bed face the clock away from you. If your worries and anxieties are preventing you from falling asleep, write them down and then mentally let them go until the morning.

You can get sleeping aids from a pharmacy. But they will not get rid of your insomnia and they have many side effects. They can often make you drowsy the next day. You might find it hard to get things done. You should not drive the day after taking them.

## Non-urgent advice: See a GP if:

- changing your sleeping habits has not worked
- you have had trouble sleeping for months
- your insomnia affects your daily life in a way that makes it hard for you to cope.

*David (with thanks to Nurse Mandy for her input).*

*There will be no Nativity this year -  
the three wise men are subject to a travel ban.*

*The shepherds have been furloughed.*

*Under Tier 3 restrictions the Innkeeper has been forced to close  
and had a slump in bookings.*

*Santa won't be working because, with reindeer Dasher, Dancer,  
Prancer, Vixen, Donner, and Blitzen he would break the Rule of 6.*

*As for Rudolph, with that red nose he should be isolating and  
taking a COVID 19 test!*

