



The Queen's Award  
for Voluntary Service



## Lockdown Newsletter Number 9 February 2021

**G**reetings, once again, Upbeat members. At the time of writing this, we have had a weekend of lovely, mild weather which had me thinking that maybe spring had arrived a little early. Valerie and I took the Bassett for a long, circular walk around the fields to the north of the village. The sun was shining, sheep were grazing, rabbits scampered away as we approached, and everywhere the birds were singing. It really was a treat after the snow and the biting, cold wind of recent weeks. I certainly didn't need the pullover and duffle coat I was wearing. When we got home we were tempted to have lunch in the garden and might have done if we hadn't put the table and chairs away in the summer house last autumn. We thought that getting them out again so early in the year might have been tempting providence!

Probably like us, you are more than a little tired of not being able to meet friends and family, to go out for a coffee or a meal, or to book a summer holiday. Things do seem to be picking up a little, don't they, with the vaccine programme proceeding apace and numbers of new cases and hospitalisations falling. We had several foreign holidays booked for last year and they were all postponed. It looks doubtful that they will even go ahead this year yet, amazingly, we continue to be inundated with holiday brochures landing on the doormat, as if the tourism industry is fully operational! I must say, it's nice to look through them and to see all the exotic places we **might** get to visit when restrictions are finally lifted - if we aren't too old and decrepit by then!

I'm sorry to say that the performance of 'We Will Rock You' at the Ipswich Regent has again been postponed and is now scheduled to take place in the week of May 9th - 14th 2022! Will we still be capable of rocking then? Let's hope so.

Can I ask you, please, to give some thought to writing a piece for our next newsletter? I'm sure that many of you have stories to tell which the rest of us would be interested to read. They don't have to be recent, as you can see from Bill Kettyle's piece on Page 8. It doesn't have to be long, and can be hand-written if you prefer. If you can include a photograph or two, that would be great. Thanks in anticipation.

*David*

[www.upbeatheartsupport.org.uk](http://www.upbeatheartsupport.org.uk) Reg Charity No. 1087415

Hello, Everyone,

Here we are again, another month gone by. It's hard to believe that it's been almost a year since we were exercising regularly at both Bury and Long Melford .

Meanwhile, the regular exercise sessions with Michelle on a Monday morning have been quite well supported, but we would always welcome more members if you would like to join us. By now some of you may be quite familiar with the Zoom app with your families, so if you fancy joining one of the sessions, the details are on Page 3.



Friendships and support are vital in the times we are living through at the moment. I think we are all struggling with the lockdown now. The pandemic has robbed us of close contact with our friends and loved ones, and anything we can do to feel connected must be good. The Friday Coffee morning on Zoom has a loyal following, providing an hour or so of chat amongst a mixed group of Long Melford and Bury members. I think we've got to know each other much better through the Zoom meetings, which are specifically for chat and friendship. At the exercise sessions it is sometimes 'exercise and go', and there is not much time for chatting and getting to know one another. I have certainly enjoyed getting to know the members better, and it almost seems as if we have literally been altogether for a coffee morning. We have a little longer to wait before we can all meet up again, so if you would like to come into the Coffee Morning, we would be very pleased to see you.

We must recognise the fantastic Vaccine Campaign that is going on at the moment and the work of our wonderful doctors and nurses who must be shattered but still keep turning up for their shifts to look after us in great numbers.

Let us hope it won't be too long before we can get out of this mess and get back to some kind of normality.

I would like to thank everyone who has joined the 100 Club this year. We now have over 325 members which is great, so thank you all for supporting this.

### 100 Club Winners for February

**1st Prize £100 No. 145 Mrs. L. Munson**

**2nd Prize £62 No.251 Mrs V. Helm**

Best wishes to everyone and stay safe,

*Hilary* x

Details of Zoom meetings:-

**FOR EXERCISE 9.30AM MONDAYS**

Join Zoom Meeting

Meeting ID: 879 7952 7318

Passcode: 254211

**COFFEE MORNINGS ON FRIDAYS 11AM**

Topic: Hilary Neeves' Zoom Meeting

Time: This is a recurring meeting Friday 11am

Meeting ID: 212 827 7944

No password needed

**Something to make you smile...**

*courtesy of David Camp*

An invisible man married an invisible woman. The kids were nothing to look at either.

I didn't think the chiropractor would improve my posture, but I stand corrected.

I took my new girlfriend out on our first date to the ice rink, and entry was half price. She called me a cheap skate.

Studies show cows produce more milk when the farmer talks to them. It's a case of in one ear and out the udder.

I used to date a girl with one leg who worked at a brewery. She was in charge of the hops.

My cross-eyed wife and I just got a divorce. I found out she was seeing someone on the side.

My wife claims I'm the cheapest person she's ever met. I'm not buying it.

I told my carpenter I didn't want carpeted steps. He gave me a blank stair.

What did the surgeon say to the patient who insisted on closing up his own incision? Suture self.



## From Our Treasurer & Membership Secretary

Thank you to all those members who have returned their renewal of membership forms. Unfortunately, we still have more than 250 members who have not replied. If you have a renewal of membership form enclosed with this newsletter, please complete and return it as soon as possible or your names will be removed from our membership list and you will not be able to participate in classes when they resume. Your help with this would be much appreciated.

### Finances

Thank you so much for all the kind donations that have been received, both individually and as part of the 100 Club payments. Thanks, too, to all of you who have included extra to cover the charge now made by CAF Bank for paying in cheques. That really is a great help.

Jim Lang and Christina Vatcher decided to ask family members and friends to make donations to Upbeat instead of buying them Christmas presents. This kind gesture resulted in Upbeat receiving £121.

Jean Davis and her neighbours in Sudbury have a Saturday Diners' Club. Each Saturday chefs Chrystelle and Pasquale who live in Jean's road, prepare a lovely meal and deliver it to the residents' homes. Everyone makes a donation towards the costs and each month spare cash is donated to a charity chosen by one of the participants. When it was her turn to name the charity Jean kindly chose Upbeat and £120 was received - a lovely gesture! Thank you.

Santander have match-funded to the amount of £300 money raised by Cheryl Claydon at tea dances. Links to businesses such as this are very helpful.

Thank you to the families of Eddie Delaney and David Redfern, who made collections for Upbeat as part of their funeral arrangements, and to the late Julius Badyan for a bequest in his will.

All these generous gifts will put us in an excellent financial position for the coming year when we hope we will be able gradually to start to open up some of our activities. Thank you all.

*Valerie x*



## *Absent Friends*

*We are sad to report the loss of the following members:*

Mr Allan James Boxford Member since 2005  
Mr Julius Badyan Sudbury Member since 2002  
Mrs Krista Boardman BSE Member since 2009  
Mr Norman Smith Bures Member since 2010  
Mrs Ida Maguire Sudbury Member since 2018  
Mrs Olive Gardiner Sudbury Member since 1999  
Mrs Monica George Stanton Member since 2014  
Mr Kenneth Reeve Glemsford Member since 2019  
Mrs Laura West Great Cornard Member since 2009  
Mr John Adams Bury St. Edmunds Member since 2016  
Mr Neville Waller Bury St. Edmunds Member since 2001  
Mr Michael Leeks Whelnetham Original member from 1995  
Mr Neville Farrow Bury St. Edmunds died in 2019 Member since 2009  
Mr Peter Maxey Member since 2009. Previous committee member / Vice Chair  
Mrs Beverly Richardson Sudbury Member since Sept 2018  
Mr John Chapman Fornham All Saints Member since 2016  
Mr Wilfred Halliday Sudbury Member since July 2003  
Mr R David Reafem Great Barton Member since 2012  
Mr Edward (Eddie) Delaney BSE Member since 2015  
Mrs Mary Walsh Great Cornard Member since 2004  
Mr Peter Payne Depden Green. Member since 2017  
Mr John Marr Horringer BSE Member since 2011  
Mrs Vera Sturgeon Ixworth Member since 2018  
Mr Michael Berry Sudbury Member since 2013  
Mrs Margaret Bright BSE Member since 2008  
Mrs Irene Marsh BSE 98 Member since 2005  
Mrs Jean Jelley Sudbury Member since 2002  
Mr M. Alan Payet BSE Member since 2018  
Mrs Susan Aldous BSE Member since 2016  
Mr Tom Marsh BSE Member since 2005

*We send our sympathy and condolences to  
their families.*



# Caveat Emptor

by David Baldree

Current topics during the pandemic revolve around mental health which can also be impacted by scams as the excellent article in the last newsletter highlighted. All this adds to stress for heart patients in particular and following this theme I want to raise awareness of 'Caveat Emptor' (Let the buyer beware).

House purchase is said to be as stressful as divorce and many of us have made, or are contemplating, a final move in retirement. Our particular needs prioritised on location and, having purchased a new build off-plan in 2013, we moved in March 2014. This is a small development of ten individual properties of all shapes and sizes which attracted a premium price on a private road, hidden away, but within walking distance of the town centre. So far so good!

However, the developer never finished the last house, or the estate road. The first houses were completed in July 2012 and the last house to be completed was in December 2014. The site was then left with a builder's yard in the centre.

In June 2017 the Planning Enforcement Officer, after many months of trying to facilitate progress, issued an Enforcement Order. This led to the site being cleared and foundations laid for the final house that summer.

The site went on hold again until Oct 2018 when there was some progress but with months of stoppages in between, until December 2019 when all work stopped again with roof trusses on but no roof. The building has been left to deteriorate since then with, at the time of writing, no indication of when it might start again. In the meantime, the developer has moved from the area and other external site works are incomplete.



Predominantly we are older residents who moved for the location as part of whole-life planning. A group of us were collectively taking advice on possible legal remedies when I had an unexpected, major heart attack in October 2016. I was blue light admitted into Papworth Hospital where I had three stents inserted. Subsequently, in 2018 three residents with unrelated medical conditions died in the space of six months. Two of these were advocates of proactive engagement, with an appetite to help, but we failed to get engagement with the developer and the momentum was lost.

The message for anyone planning on a move is 'Caveat Emptor': Let the buyer beware!!

On a more positive note, there seems to be light at the end of the tunnel as far as the pandemic is concerned. Keep safe, everyone!

## What goes past your teeth?

Almost all my life I've struggled to achieve a good body weight. Like several of my siblings, I've a tendency to fatness! Some years ago, at a dinner at the house of mutual friends, I happened to be seated next to my GP, who said that there was no secret to maintaining a good body weight: "It all depends on what goes past your teeth!"



Our bodies have two primary kinds of fat: subcutaneous fat (which is under the skin) and visceral fat (which is around the organs). Those of us who have a large amount of subcutaneous fat often have a large amount of visceral fat also.

Subcutaneous fat performs several useful functions, but visceral fat, which is stored deeper than normal belly fat, wraps around our major organs including the liver, pancreas and kidneys and can be harmful. These fat cells do more than just increase the size of our waistline – they also change some of our body's vital functions. For instance, visceral fat tissue releases hormones and inflammatory chemicals called cytokines which can only be processed by the liver. These substances can cause inflammation and interfere with hormones, leading to changes in hunger, weight, and mood. Too much visceral fat in our system can make it difficult for our body to produce insulin, thus increasing the risk of developing type 2 diabetes.

If we regularly eat more calories than we use up, our body stores the excess calories as body fat, and we gain weight, often in the form of harmful visceral fat. Why can't I think of this when the chocolate cake is passed round?

*David*

# The School Run (1920s Style!)

by Bill Kettyle

Our grandfather and his brother looked after the family farm which was in southern Ireland in the county of Cavan in the parish of Laragh and very close to the border with Northern Ireland.

This was a very rural part of Ireland with no transport infrastructure back then, circa 1927, and being a farmer he owned and used horses (possibly bred them himself) to work on the land.



The trap was used by the family for church and such like trips and he volunteered to do the school run for his own children and those of at least three or four of his neighbouring families who did not have access to any form of transport other than bicycles.

This was solely a voluntary gesture by him and each morning's run was completed after he had first fed and milked the cows, and fed the chickens and the other farm animals. The journey was approximately two miles each way and he completed this run each morning and afternoon irrespective of the weather conditions and despite whatever work may have been ongoing on the farm. He reckoned never to have missed a trip or been late, but I am sure there was a minute or two lost on the way to or from when he bumped into some of his friends.

When you consider the number of pupils that were in the trap, thankfully, there were no accidents or mishaps, at least, that he ever made us aware of!