

www.heartbeateastsuffolk.org.uk

PULSE

HEARTBEAT (East Suffolk) Newsletter

QUARTERLY ISSUE: May 2020

Founder Member and Life President: John Cuckow

Patron: Dr. Duncan McNab MB, BS, MPhil, FRACP

Patron: Dr. N Irvine B.Sc. (Hons) FRCP



East Suffolk Cardiac Support Group
Big enough to cope, small enough to care

Heartbeat (East Suffolk) Charity Commission Registered Number 800632

Contents

| | |
|--|-------|
| Contacts..... | 3 |
| Chairman's Report..... | 4 |
| Treasurer's Report..... | 5 |
| Sudoku..... | 6 |
| Heartbeat Committee | 7 |
| Crossword..... | 11 |
| Regularly held activities | 14/15 |
| Monthly Meeting Dates and Speakers | 16 |
| Travel/Outings..... | 17 |
| Word Search | 18 |
| Crossword answers | 27 |

DISABLED ADVICE BUREAU

Room 11, 19 Tower Street, Ipswich.

Tel: (01473) 217313

www.ipswichdab.org.uk

Bed & Breakfast Recommendations

Royal Papworth Hospital (new location next to Addenbrookes Hospital.

New telephone number 01223 638000. Postcode for SatNav CB2 0QQ)

Papworth keep a list of nearby B&B's

Lea Hospital Cambridge: Wendy at Rose Cottage, Histon, Cambridge.

Tel: 01223 563136.

3-4 minute walk to the hospital, but return transport available if required.

Contacts

Heartbeat is affiliated to the British Heart Foundation & Arrhythmia Alliance - The Heart Rhythm Charity.

| | | |
|----------------------------------|-------------------------|-----------------------|
| Art Group | Shirley West | (01473) 624113 |
| Cardiac Ward Visit Co-ordinators | Peter & Diane Marriott | (01394) 286037 |
| Editor of Pulse | Carol Nunn | (01473) 253766 |
| Exercise | Peter & Diane Marriott | (01394) 286037 |
| Treasurer | Yvonne Chittock | (01473) 623460 |
| Line Dancing | David/Dee Parmenter | (01473) 420378 |
| Medicards | Carol Nunn | (01473) 253766 |
| Meeting Steward | Patricia Fountain | (01473) 729326 |
| Membership Secretary | Patricia Tibbs | (01394) 276735 |
| Monday Club | David Parmenter | (01473) 420378 |
| Speaker Facilitator | Doreen Robinson | (01473) 402429 |
| Supermarket Collections | Kay Burton | (01473) 434545 |
| Swimming | Adrian Cole | (01473) 602484 |
| Ten Pin Bowling | Margaret Cockrill | (01473) 271958 |
| Transport | Peter & Diane Marriott | (01394) 286037 |
| Travel/Outings | David & Doreen Robinson | (01473) 402429 |
| Web Page | Keith Cockerill | (01473) 271958 |
| HELP/CHAT LINE NUMBER | Kay Burton | (01473) 434545 |

About Your Magazine

Pulse is issued four times annually, usually in the first week of each month: February, May, August and November. Articles for inclusion in the newsletter must be in the hands of the editor **AT LEAST 4 WEEKS BEFORE THE ISSUE DATE**. The views expressed in the contributions to the newsletter are not necessarily the views of the editor or the Heartbeat committee. The editor has the right to edit all letters or articles sent in for publication.

All correspondence relating to this newsletter should be forwarded to:

The Editor: Carol Nunn, 31 Wroxham Road, Ipswich IP3 0PH

Tel: (01473) 253766 or e-mail: carol.nunn1@yahoo.co.uk

CHAIRMAN'S REPORT

Tuesday, 17th March, a truly monumental day in the history of Heartbeat. In April 1987 the idea of a cardiac support group was first mooted, discussions took place and finally on 1st October 1987 Heartbeat was officially launched. Over the intervening years it has grown giving support to many people with cardiac problems. The Heart Centre and cardiac wards at Ipswich Hospital have benefitted from our support and members enjoy the various group meeting that are organised. However, because of Covid 19 everything has been brought to a complete stop.

By the time you read this over seven weeks will have passed and I cannot imagine what the situation will be, I hope that your lives have not been disrupted as much as was predicted. The friendships we value and have formed over many years will have stood us in good stead supporting each using technology, telephone or even letters as we continue to be “confined to quarters.”

When we see the long-awaited end of this infection I am sure that Heartbeat will, like the legendary “Phoenix”, rise again and be stronged and more supportive than before.

ALL THE “REGULARLY HELD ACTIVITIES” HAVE BEEN SUSPENDED UNTIL FURTHER NOTICE.

The June AGM is in doubt so until it can be arranged all trustees will remain in post. The 100+ Club draw will still be made and prizes sent to the lucky winners.

If you require any assistance or support please contact a member of the committee and we will do our best to help you. Please keep happy and healthy until we can be together again.

With All best wishes Mike

DON'T FORGET TO USE OUR CO-OP CHARITY NUMBER 1946

To use this number you need to use your own dividend card first and then ask the assistant to transfer the dividend to the Heartbeat Number 1946

TREASURER'S REPORT

I cannot believe it is a year since I gave you an update on the Annual Accounts which I am preparing at the moment. It has been a very successful year with donations in excess of £13,000 which I think is an amazing amount given to us by small and large organisations. Some of the donations have been spent over £70,000 in 2018/2019 for equipment for the hospital most of the spending for new equipment that year is for the defibrillators already mentioned. We are still holding regular meetings with the hospital and the consultants after a very hectic year for them with the Colchester merger. I have no doubt in the very near future there will be request for more equipment.

We will continue to help with the costs of the activities we put on should they need it. Our monthly meetings are popular and we intend to continue funding them as we believe it is a good social event. We only ask £1 entrance fee and a donation for tea or coffee. (Biscuits are free). Many of you buy lucky draw tickets on the night and buy a book or two or a small gift from John Biggs which all adds up and provides a small income. 100+ Club is also a small money raiser for us but it is run mainly to give people a chance to win one of the 3 cash prizes every month. The outings and holidays are still popular and are self funding with a lot of work put in so we can offer these.

YVONNE

100 CLUB WINNERS

| | | | | | |
|---------|---------------|--------|----------|----------------|--------|
| January | Mrs J Pearce | £45.60 | February | Mrs P Tibbs | £45.20 |
| | Mrs P Burrows | £22.80 | | Mr E Summers | £22.60 |
| | Mrs C Gorham | £11.40 | | Mr M Farthing | £11.30 |
| March | Mr R Taylor | £44.80 | April | Mrs S Stannard | £44.40 |
| | Mr D Moore | £22.40 | | Mrs J Harrall | £22.20 |
| | Mrs P Fudger | £11.20 | | Mr D Double | £11.10 |

SUDOKU

| | | | | | | | | |
|---|---|--|---|---|---|---|---|---|
| 9 | 7 | | | | | 3 | | 6 |
| 4 | | | 3 | | | | | |
| | | | | 1 | 7 | | 2 | |
| | 1 | | | 8 | | | 7 | |
| | | | 4 | | 5 | | | |
| | 6 | | | 7 | | | 5 | |
| | | | | 9 | 3 | | 1 | |
| 7 | | | 5 | | | | | |
| 1 | 3 | | | | | 9 | | 8 |

GETTING OLDER HAS ADVANTAGES

1. Kidnappers are not very interested in you. 2. In a hostage situation you are likely to be released first. 3. No one expects you to run - anywhere. 4. People call at 9pm and ask, "Did I wake you"? 5. People no longer view you as a hypochondriac. 6. There is nothing left to learn the hard way. 7. Things you buy now won't wear out. 8. You can eat supper at 4pm. 9. You can live without sex but not without your glasses. 10. You get into heated arguments about pension plans. 11. You no longer think of speed limits as a challenge. 12. You quit trying to hold your stomach in no matter who walks into the room. 13. Your eyes won't get much worse. 14. Your investment in health insurance is finally beginning to pay off. 15. Your joints are more accurate meteorologists than the National Weather Service. 16. Your secrets are safe with your friends because they can't remember them either. 17. Your supply of brain cells is finally down to a manageable size. 18. Finally you won't remember reading this list.

HEARTBEAT COMMITTEE

| | | |
|--|----------------------------|---|
| President (Life) | John Cuckow | |
| Chairman | Michael Farthing | 6 Medway Road, Ipswich, IP3 0QJ Tel: (01473) 714431 e-mail: michaelfarthing @talktalk.net |
| Vice-Chairman | Dee Parmenter | 60 Tuddenham Avenue, Ipswich, IP4 2HF Tel: (01473) 420378 e-mail: deniseparmenter@hotmail.co.uk |
| Secretary | Patricia Tibbs | 24 Colneis Road, Felixstowe, IP11 9HF Tel: (01394) 276735 e-mail: Patricia.tibbs@ hotmail.com |
| Treasurer | Yvonne Chittock | 42 Padstow Road, Kesgrave, Ipswich, IP5 1LR Tel: (01473) 623460 e-mail: Yvonnechittock@hotmail.co.uk |
| 100+ Club | Norma Farthing | As Michael Farthing, above. |
| Editor of Pulse Medicards | Carol Nunn | 31 Wroxham Road, Ipswich, IP3 0PH Tel: (01473) 253766 e-mail: carol.nunn1 @yahoo.co.uk |
| Exercise Classes Cardiac Ward Visitor Co-ordinators | Diane & Peter Marriott | Apt. 2, 105 Queen Road, Felixstowe IP11 7PG Tel: (01394) 286037. e-mail: dianepetemarriott@btinternet.com |
| Meeting Steward | Patricia Fountain | 14 Adelaide Road, Ipswich, IP4 5PR Tel: (01473) 729326 |
| Monday Club | Dee & David Parmenter | See above. |
| Speaker Facilitator | Doreen Robinson | 10 Dales View Road, Ipswich, IP1 4HL Tel: (01473) 402429 e-mail: david.robinson4@ntlworld.com |
| Travel & Outings | Doreen & David Robinson | As above |
| HELP LINE Store Collections | Kay Burton | 211 Dales Road, Ipswich, IP1 4JY Tel: (01473) 434545 e-mail: parkie9@icloud.com |
| Member | John Biggs | 48 Mildmay Road, Ipswich, IP3 9PG Tel: (01473) 710596 e-mail: johnbiggs65@outlook.com |

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Email: enquiries@aspectliving.org.uk

A couple went into a restaurant and when they were seated the waitress went over to ask for their order. The man said he would like a burger. The waitress asked “Is vegan OK?” The man replied “Is Monopoly money OK?”

A Frenchman is staying in an hotel, on holiday in England. He goes down to the reception and says “I would like some pepper sent to my room please”. The receptionist replies “Certainly sir, would you like white pepper or black pepper”. The Frenchman looks bemused and says “Toilet pepper”.

They said a mask and gloves were enough to go to the super market - they lied, everybody else had clothes on!

Anyone want to buy 100 Scotch eggs and 150 bite-size sausage rolls? I misread the headlines and thought everyone was picnic buying.

All football suspended, so for a change I started to talk to my wife and found out she was made redundant from Woolworths!

HEARTBEAT REGALIA

LADIES & GENTS FLEECES

SWEATSHIRTS - POLO SHIRTS - T-SHIRTS

PRICES OF CLOTHING ON APPLICATION. AVAILABLE FROM THE REGALIA STALL AT THE MONTHLY MEETINGS.

VARIOUS COLOURS AVAILABLE (EXCLUDING RED)

ALL ARE BY SPECIAL ORDER SO CHECK YOUR REQUIREMENTS WITH JOHN BIGGS (contact details under Heartbeat Committee on page 7) BEFORE FILLING OUT YOUR ORDER FORM

| | |
|---------------------|--------------|
| TIES | £4.00 |
| LAPEL BADGES | £1.00 |
| SHOPPER BAGS | £1.99 |

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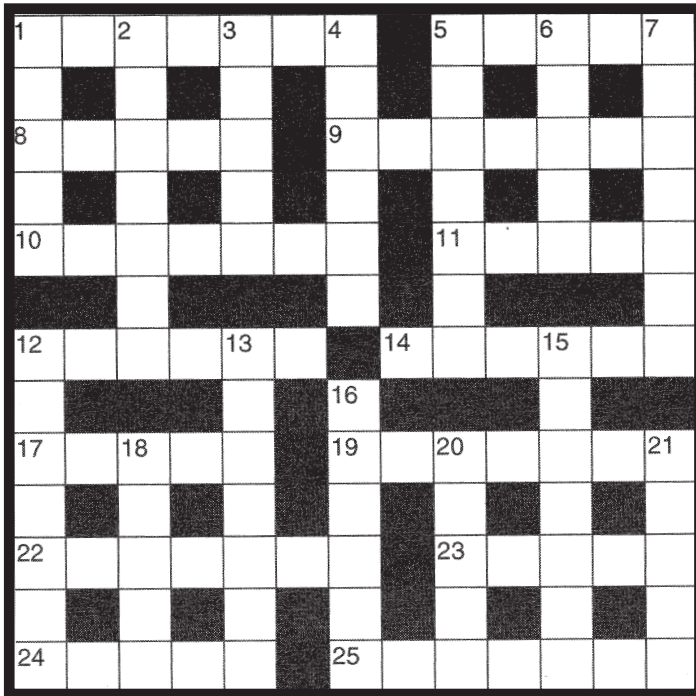


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Tel: (01394) 610202. E-mail: sales@suffolkcarnetweavers.com

Our prices won't give you a heart attack!

CROSSWORD - Answers on pages 27



ACROSS

- 1 Counting Money (7)
- 5 Formal evening attire (5)
- 8 Not sharp (5)
- 9 Sincere (7)
- 10 Given a command (7)
- 11 Following (5)
- 12 Fine stone (6)
- 14 Harvested (6)
- 17 Captured (5)
- 19 Spoken (7)
- 22 Idlers (7)
- 23 Pleasant Smell (5)
- 24 Float aimlessly (5)
- 25 Disciplined system (7)

DOWN

- 1 Forbidden (5)
- 2 Wash fabrics (7)
- 3 Bury (5)
- 4 Avaricious (6)
- 5 Row of houses (7)
- 6 Inefficient (5)
- 7 Sewn surgically (7)
- 12 Spotted (7)
- 13 Tolerant (7)
- 15 Act (7)
- 16 School manager (6)
- 18 Military fabric (5)
- 20 Nasal accent (5)
- 21 Pulled (5)

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REGULARLY HELD ACTIVITIES

MONDAY CLUB 1.30 p.m.

Kesgrave Social Club, Edmonton Road, Kesgrave, IP5 7EE

Board Games, Dominoes, Kurling etc. or just a chat

Session **£2.00** incl. Tea/Coffee & biscuits

Dee/David Parmenter

Mob: 0744 3491 666

EXERCISE MONDAY 5.45-7.15p.m.

EXCEPT BANK HOLIDAYS

Chantry Academy Community Use Facilities, Mallard Way,

Ipswich, IP2 9LR.

Exercise for members, partners or their carers.

EXERCISE WEDNESDAY 4.30-6 p.m.

Felixstowe Leisure Centre, Undercliff Road West, Felixstowe, IP11 2AE

Exercise for members, partners or their carers.

Peter/Diane Marriott (01394) 286037

Mob: 0797 4756 498 (Peter)

Mob: 0781 7294 283 (Diane)

All sessions are £5.00 each

ART GROUP

WEDNESDAY 9.30 a.m. - Noon

Rushmere Sports Centre, The Street,

Rushmere St Andrews, Ipswich

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SWIMMING

WEDNESDAY 3-4 p.m.

SATURDAY 11 a.m.-Noon

Swimming at Fore Street Baths,

Ipswich Sessions **£3.00**

Adrian Cole (01473) 602484

LINE DANCING

THURSDAY 2 p.m.

Kesgrave Social Club, Edmonton
Road, Kesgrave. IP5 7EE

Line dancing partners are welcome
to come and enjoy a game of cards
or just a drink and a chat.

Sessions **£3.00**

Dee/David Parmenter

Mob: 0744 3491 666

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Margaret Cockrill (01473) 271958

FREE MAGAZINE

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MONTHLY MEETING DATES AND SPEAKERS

MEETINGS WILL BE HELD at Kesgrave Social Club, Edmonton Road, Kesgrave, IP5 1EE usually on the first Teuesday of each month commencing at 2p.m All members are welcome.

Future dates and speakers

| | | | |
|-----|------|-----------------|---|
| 5th | May | Sharon Lockhart | Reduce/reuse/recycle Not a waste of time |
| 2nd | June | | Ukulele Band What no Cake |
| 7th | July | Dave Steward | Suffolk Churches |
| 4th | Aug | Colin Hopper | The world of Optical Illusions |
| 1st | Sept | Chris Parfitt | The Waterways of the Russian Tsars |
| 6th | Oct | EWM | Fashion Show |
| 3rd | Nov | Nick Anthony | Customs at Felixstowe |
| 1st | Dec | Annie | Musical Entertainment |

If you belong to any other groups or have heard speakers that you could recommend to our group please get in touch with Doreen Robinson on (01473) 402429

ALL THE ABOVE AND TRAVEL ARE SUBJECT TO CHANGE OR CANCELLATION DUE TO COVID 19

CAN YOU NAME THE LONDON UNDERGROUND STATIONS?

- | | |
|-------------------------------|------------------------------------|
| 1. A financial institution | 2. A New Testament writers garden |
| 3. Beatles/Cilla road? | 4. Busy road to get your bread |
| 5. could be fired in the road | 6. Did a farmer leave it up there? |
| 7. Famous for its opera house | 8. Home of a squire? |
| 8. London's Arc de Triomphe | 10. Using the horn on a wide road |

Answers on page 27

The cost per standard boxed advert is £40 per year for four issues to over 1600 members. Please contact the Editor: Carol Nunn (01473) 253766 or e-mail carol.nunn1@yahoo.co.uk for more information.

TRAVEL - CURRENT PROGRAMME

Travel Organisers:

Doreen & David Robinson

10 Dales View Road, Ipswich, IP1 4HL

Tel: (01473) 402429

E-mail: david.robinson4@ntlworld.com
2020

24th June Brick Lane Summer Musical & Lunch

13-17th July Warners, Bembridge IOW

07-11th December Warners Littlecote, Berkshire

**ALL TRAVELLERS
SHOULD CARRY AN
UP-TO-DATE
MEDICARD**

Please contact us for full details of cost/deposits/vacancies required.
We maintain reserve lists for most of our events and **we have always needed them.**

Cheque payment should be made payable to Heartbeat East Suffolk

**PEOPLE TRAVELLING WITH HEARTBEAT SHOULD TAKE OUT
INSURANCE COVER TO INCLUDE THE FOLLOWING:**

LOSS OF DEPOSIT, HEALTH CONDITIONS,

LOSS/DAMAGE OF/TO LUGGAGE & CANCELLATION CHARGES

Don't forget to bring your UP-TO-DATE medicard

It is vital that you obtain a Heartbeat Medicard. We have had several incidents in the past when these cards have been extremely important to attending doctors or necessary visits to local hospitals.

Contact the editor for an application form.

DOREEN & DAVID

Medicard

FOR AN APPLICATION FORM CONTACT:

CAROL NUNN, 31 WROXHAM ROAD, IPSWICH, IP3 0PH

Tel: (01473) 253766 e-mail: carol.nunn1@yahoo.co.uk

WORDSEARCH - IT'S A DOGS LIFE

| | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| O | E | V | U | L | B | R | V | A | N | G | R | V | R | O | G | R |
| W | L | C | E | N | E | O | G | I | R | N | M | E | E | B | O | A |
| W | H | A | N | D | D | I | N | E | B | I | G | T | P | E | F | L |
| S | S | I | E | A | L | E | T | E | C | K | U | E | M | N | Z | L |
| H | T | E | N | I | T | T | R | R | W | R | I | R | E | I | H | O |
| L | R | F | T | I | I | S | O | C | Z | O | D | I | T | N | O | C |
| B | B | Y | U | L | N | C | I | P | O | W | E | N | S | A | W | T |
| C | M | J | S | R | H | G | E | S | K | A | K | A | I | C | L | N |
| O | O | I | Z | I | C | D | B | U | S | H | T | R | D | E | I | E |
| M | R | M | P | O | O | C | H | C | M | A | F | I | A | M | N | C |
| E | U | P | P | G | N | I | T | R | A | T | S | A | Q | B | G | S |
| L | E | T | R | A | K | D | Y | N | D | P | I | N | H | R | V | O |
| D | C | E | T | H | N | M | O | C | R | O | S | S | B | R | E | D |
| H | E | R | S | G | M | I | D | E | W | C | L | A | W | E | L | O |
| K | C | O | D | U | T | N | O | I | T | A | N | I | C | C | A | V |
| X | E | T | D | C | O | P | G | N | E | C | I | L | O | P | I | B |
| L | N | N | E | W | M | H | P | I | S | T | O | L | I | I | P | A |
| C | Y | T | N | F | F | C | G | P | A | H | E | T | A | R | C | L |
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| D | Q | F | L | L | L | B | F | W | D | Y | K | P | A | G | U | L |

Agility
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Collar
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Crate

Crossbred
Crufts
Dam
Detection
Dewclaw
Distemper
Dock
Doghouse
Dummy
Fetch

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Howling
Kennel
Leash
Litter
Mutt
Pistol
Police
Pooch
Scent

Sire
Starting
Undercoat
Vaccination
Veterinarian
Whelp
Whining
Working

SITUATIONS VACANT

SECRETARY

With effect from the AGM on 2nd June, Mrs Patricia Tibbs will be standing down from the position of Secretary. Patricia has kindly stated that she will be happy to keep the membership list updated for us. The new secretary will be required to take notes of the monthly committee meetings that are held on the last thursday of each month. Currently the notes are recorded in longhand so shorthand is not necessary. Meetings are held at Ipswich hospital in the education department meeting at 6.45pm for 7pm start and last approximately one and half hours. Please contact the Chairman, Mike Farthing, if you, or someone you know, would be willing to take up the position.

=====

EDITOR

It is, with regret, that after ten years of being the editor of the Pulse magazine I have taken the decision to resign from this position. As some of you are aware my husband had bravely battled several life threatening illnesses over the last ten years but lost his final battle in June 2019. I have thought long and hard over this decision and have come to the conclusion that I wish to make some changes to my life and be free to take any opportunities that may come my way.

I do not wish to see the demise of the magazine as it reaches out to so many members who can no longer get to meetings and also introduces new heart patients to our organisation, sending the message that they are not alone. So I most earnestly ask that if you know of anyone who can carry on the production of the magazine I shall be only too happy to give all the assistance I can.

It is not important that the new editor is a member of heartbeat. It could be a friend or a member of your family (a great opportunity for a young adult who would wish to pursue a career in publishing or advertising perhaps) - it would be a bonus on their c.v.

My last Pulse will be Christmas edition published in November and I would wish to thank the people who have given me support over my tenure.

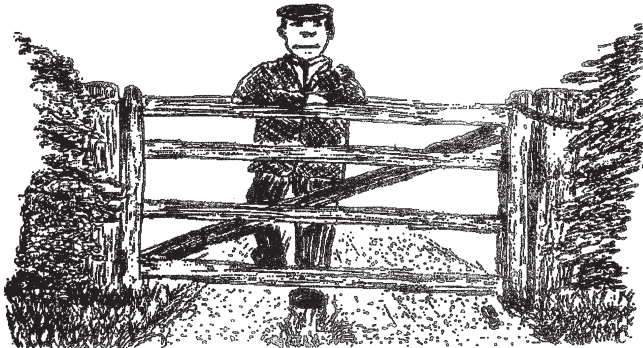
Ed.

‘GOOD KARMA’ FROM THE DALAI LAMA

1. Realise that great love and great achievements involve great risk.
2. When you lose, don't lose the lesson.
3. Follow the 3Rs: Respect for self, Respect for others, Responsibility for your actions.
4. Remember that not getting what you want is often a stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great relationship.
7. When you realise you've made a mistake, move to correct it immediately.
8. Spend some time alone every day.
9. Open your arms to change but don't let go of your values.
10. Remember that silence is sometimes the best answer.
11. Live a good, honourable life. Then when you get older and think back you'll enjoy it a second time.
12. A loving atmosphere at home is the foundation of your life.
13. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
14. Share your knowledge. It is a way to achieve immortality.
15. Be gentle with the earth.
16. Once a year, go somewhere you've never been before.
17. Remember that the best relationship is one in which your love of each other exceeds your need for each other.
18. Judge your success by what you had to give up in order to get it.

OLD GARGE

I've always been a country chap, I'm Suffolk through and through.
I'm always up at day break, so many things to do.
The missus feeds the chickens, and I just cleans un out.
With my old dog to help me, thee knows when his about.
I love to let the cattle out, I love to see um free
A nibbling at the grassland, Un laying neath a tree.
I feed the pigs and 'orses, not time to sit an mope
Now mussus she's bin artter me, Ise used up half 'er soap.
I takes the 'orses pass the school, the kids shout artter me,
"Hi Garge - you bin a muckin?" My dirty boots they see.
But I don't mind - them only young, and liked to 'ave a larf
But missus she ain't very pleased, as I walked down the path.
She has to heat the water up, ready for me scrub.
I ain't got no posh bathroom - just an old tin tub.
But it's nice and warm and cosy in front a my owd fire
I puts on my owd slippers and I doze for half an hour.
The missus gets the "Good Book" down and we reads for a while
About our Lord and Master, who had walked for many a mile
And had no home to go to, nowhere to lay his head
He must have felt so very tired, but still the hungry, fed.
So, I'm content with what I am, A simple honest chap
a good ol' wife - my farm - my dawg - to curl up on my lap.
I ain't ever been a scholar, I don't want wealth or fame
But the Good Lord has been good to me, and I live to praise his name.



CAN YOU WORK OUT WHAT'S ON THE MENU?

Soup

The capital in Portugal
Amphibian
Foolish Person

Fish

Underfoot
Fowl's resting place
Cash on Delivery
What a bride treasures

Game

Grumble
Woman's crowning glory
A break in the mountain
Where carpets come from

Meat

Women's best weapon
What eve was made from
On of Noah's sons
Artist who painted "The Screaming
Popes"

Vegetables

Cause of a Shipwreck
Cause of many a tear
Spring colours
Time in music

Fruit

Two of a Kind
Adam's downfall
Interferring people
1066 - 1812 - 1945

Answers on page 27

An older gentleman was on the operating table awaiting surgery and insisted that he speak with his son, a renowned surgeon, who was to perform the operation. "Yes", Dad, "What is it?" "Don't be nervous, Son; do your best and just remember, if it doesn't go well, If something happens to me, your mother is going to come and live with you and your wife!"

Some people try to turn back their odometers. Not me, I want people to know 'why' I look this way. I've travelled a long way and some of the roads weren't paved!

One of the many things no one tells you about ageing is that it is such a nice change from being young. Ah, being young is beautiful, but being old is comfortable. First you forget names, then faces, then you forget to pull your zipper up but it's worse when you forget to pull it down!

BODY PARTS QUIZ

1. Symbol of St Valentine
2. The fruit of the rose
3. A red bean
4. For coconuts and dates
5. Plum extractor
6. Did it grow in Eve's garden?
7. What? From a stone?
8. They are not really green
9. Fred and Ginger danced to this
10. Knit one purl one, knit on purl one
11. Carpenters use them
12. Two are big, two are small, six are in-between
13. Noddy's friend had big ones
14. ... and Daddy's were long
15. ... a chain has sixty-six
16. ...A clock has only one
17. ... while Kojak has none
18. ... and poor Jack broke his
19. Shylock wanted a pound of it
20. A fish
21. It's olfactory
22. Bovine baby
23. Attach with IX
24. Meaty cord
25. Common to violins, wasps and most ships
26. Important channel of transport
27. Held by the Beatles
28. Luggage box
29. Quarter, full or half
30. These are deep is daises

Answers on page 27

THE OLD COFFEE HOUSE - TAVERN STREET

On the eastern corner of Tavern Street and Tower Street there stood, during the 17th and 18th centuries, a large and rather handsome half-timbered structure which was named the Old Coffee House.

At what period this house was built is not known but judging by its magnificent corner post, it was already old when, in the reign of Charles II or his brother James, it became a place of public resort in imitation of the London coffee houses, which flourished at that time.

Such places were frequented by persons of the 'better sort' who wished to lounge, exchange news, read or play cards, and were at the same time prepared to drink the coffee, which alone was charged for. Later, when broadsheets and newspapers were permitted, they were often provided by the management as an added inducement to trade.

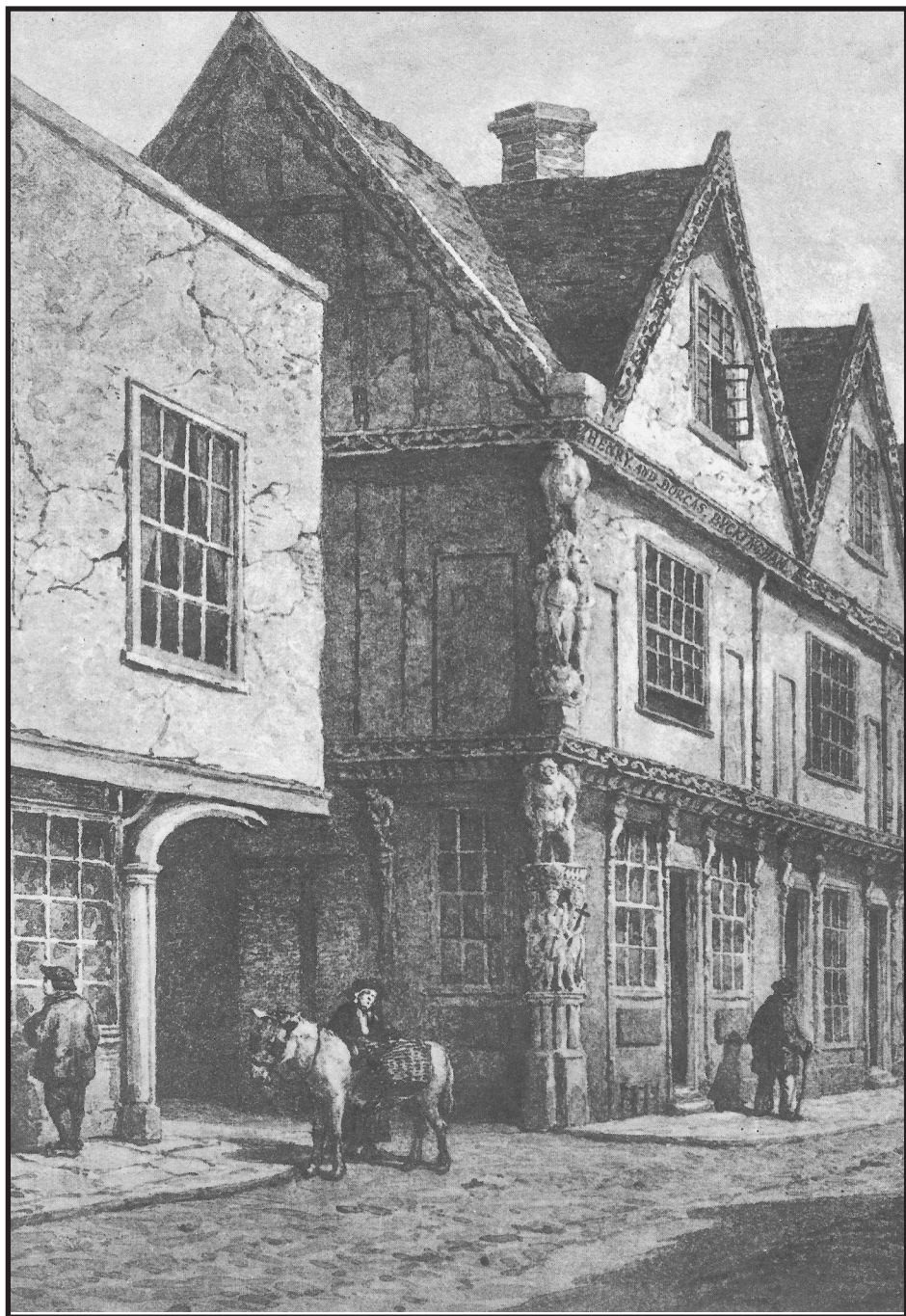
The architectural glory of this building was undoubtedly its corner post which was ornately carved at its lower end to represent the "Three Graces" - Faith, Hope and Charity, and higher up the three masculine virtues of Fortitude, Vigilance and Courage. Both of these groups were separately surmounted by a Bacchanalian Satyr.

Towards the end of the 18th Century the Old Coffee House seems to have attained a status of high fashion. Assemblies were held here, one of which was attended by no less a personage than George, Prince of Wales.

This kind of thing did not protect its proprietor, Daniel Banford, from being convicted in 1771 on a charge of allowing billiards to be played in his premises. The conviction was afterwards quashed by the Court of King's Bench and the coffee house was not closed for long.

In 1798 the building was purchased by John Cobbold for £1,300 and later turned into three tenements, each occupying one gable of the house and each having its own entrance.

Cont..page 26



Cont. from page 24

At this time Tavern Street was a notorious accident 'black spot', the roadway at this point being only 19 feet wide, narrowing to where, a little further on, the Post Office and the Great White Horse faced each other with only 12 feet of carriage way between them.

The decision to demolish the Old Coffee House was therefore taken in 1817 and the site was taken over by British Home Stores and is now a clothing store.

THE DAY WILL DAWN

As I sit and watch TV, my thoughts so often stray
To the people who are dear to me, some near, some far away.
I think of the many happy hours I spent when everything was grand,
Until this dreaded virus forced us all to wash and wash our hands.

But soon there'll come once more a day when hope again will reign,
When all the clouds will roll away and the sun will shine again.
And when this happy dawn is near, we're released through open door
Back to the friends we hold so dear; have fun, and smile once more.

Our British hearts will then rejoice, our prayers were not in vain,
For God has sent us back to them, safe from the fear of pain.
To see those lovely, lovely friends, and life will make amends,
When safe times come once more to stay, with Coronavirus gone away!

Stan Bull, Aylesbury, Bucks
Daily Mail 26/2/2020

WHAT'S ON THE MENU ANSWERS: **Soup:** Pea, Turtle, Noodle. **Fish:** Sole, Perch, Cod, Herrings. **Game:** Grouse, Hare, Turkey, Partridge. **Meat:** Tounge, Rib, Bacon, Ham. **Vegetables:** Leak, Onion, Greens, Beet. **Fruit:** Pear, Apple, Meddlers, Dates.

BODY PARTS ANSWERS: 1. Heart, 2. Hip, 3. Kidney, 4. Palms, 5. Thumb, 6. Adam's apple, 7. Blood, 8. Fingers, 9. Cheek, 10. Rib, 11. Nails, 12. Toes, 13. Ears, 14. Legs, 15. Feet, 16. Face, 17. Hair, 18. Crown. 19. Flesh, 20 Sole, 21. Nose. 22. Calf, 23. Appendix, 24. Hamstring, 25. Waist, 26. Artery or Alimentary Canal, 27. Hand, 28. Trunk, 29 Back, 30. Knee.

LONDON UNDERGROUND ANSWERS: 1.Bank, 2. St James Park, 3. Edgware Road, 4. Baker Street, 5. Cannon Street, 6. Harrow on the Hill, 7. Covent Garden, 8. Mansion House, 9. Marble Arch, 10.Tooting Broadway.

I have at last been converted to a piece of modern technology via an "I pad". My daughter who, at the time of writing, is entering into her fourth week of Coronavirus persuaded me to purchase one so, on Sunday I was able to connect up with her and her three children, all in different locations, both hearing and seeing them all at the same time - amazing! I appreciate that this may not be possible for all readers but if you have family and friends to help guide you over the telephone you would soon get the hang of it.

I am also lucky that I have a garden to provide me with fresh air and exercise, there is always work to do in a garden. My heart goes out to the people who live in flats and apartments without access to their own outdoor space.

I send prayers, love and best wishes to you all and remember "All things will pass". Stay safe and stay well.

ED.

CROSSWORD ANSWERS: Across: 1 Telling, 5 Tails, 8 Blunt, 9 Earnest, 10 Ordered, 11 After, 12 Marble 14 Reaped, 17 Taken, 19 Uttered, 22 Loafers, 23 Aroma, 24 Drift, 25 regimen.

Down: 1 Taboo, 2 Launder, 3 Inter, 4 Greedy, 5 Terrace, 6 Inept, 7 Sutured, 12 Mottled, 13 Lenient, 15 Perform, 16 Bursar, 18 Khaki, 20 Twang, 21 Drawn.



New addition to the family, Jax, investigating the Japanese garden.