

PULSE

HEARTBEAT (EAST SUFFOLK) MAGAZINE



PHOTO BY HELEN HOTSON

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WELCOME

Welcome to the second edition of PULSE produced by Mansion House Publishing in association with Heartbeat East Suffolk.

We've received some wonderful feedback to the first edition, for which we are very grateful. You'll find this edition is a similar mix of articles and activities, but we also include two submitted articles, *My Heart Journey* by *Steve Farrall* and *Education Then and Now* by *Vernon Burrows* and *Anna Bearn*, an interesting piece about remote learning.

If you'd like to submit an article, we'd love to hear from you. You might like to write about a personal experience, where you live and why you love it, or a place you've visited and long to return to. It's entirely up to you so why not put pen to paper or fingers to the keyboard and get writing?

I hope you will be able to get out and about a little more or have family and friends to visit in the coming months. It's all rather exciting isn't it, a bit like looking forward to Christmas!

It will be interesting to see how people have changed, especially if they haven't managed to get to the hairdressers yet. I don't know how I'm going to manage when wearing a hat isn't an option. Perhaps it's time to bring back headscarves! I can start a 'new' trend!

It's such a wonderful time of year. The days are longer, trees are beginning to bud, birds are singing into the evening, colour is returning to our countryside... yes, I am a fan of spring! Everything seems so much brighter (including my mood) after the clocks change and we can finally look forward to the smell of fresh-cut grass, sitting outside with a cup of coffee (or something a little more interesting), the feeling of heat on our skin.... I just can't wait.

We're emerging from lockdown at exactly the right time as far as I'm concerned but we must continue to be extremely careful if we're to prevent another lockdown. Patience will be required too but at least we won't be queuing in snow and sleet!

Happy reading,

Sharon



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BED & BREAKFAST RECOMMENDATIONS

Royal Papworth Hospital (new location next to Addenbrookes Hospital)
Tel: 01223 638000 / Postcode for SatNav: CB2 0QQ)

Papworth keep a list of nearby B&Bs

Lea Hospital Cambridge
Wendy at Rose Cottage, Histon, Cambridge / 01223 563136
3-4-minute walk to the hospital but return transport available if required.

EXCITING NEW SERVICE IN THE SOUTH RURAL AREA OF SUFFOLK



Active Suffolk is pleased to announce that their Active Wellbeing Service will be available to residents in the South Rural area of Suffolk. The service is in collaboration with the South Rural Primary Care Network GP Surgeries that includes: Bildeston Health Centre, Constable Medical Practice, Hadleigh Boxford Group Practice, Holbrook & Shotley Practice and Needham Market Country Practice.

The project, which will support hundreds of inactive adults to improve their physical and mental health through physical activity, will kick off this May with an online launch, inviting local residents, health professionals, stakeholders and key partners to come together to better understand the Active Wellbeing Service.

This will be hosted virtually on Thursday 20 May from noon-1pm and you can book your place at: www.activewellbeingsrcpn.eventbrite.co.uk

Janet Lawrence, Project Officer at Active Suffolk said:

"We have previously worked with other surgeries across Suffolk to deliver the Active Wellbeing Service. Our latest evaluation tells us that not only are the adults who are accessing the Active Wellbeing service becoming more active but 55% reported on improved mental wellbeing, 28% were able to significantly reduce their body mass index and 33% experienced improved sleep after just three months.

"We are really excited to be able to continue this work to support more local people and to begin collaborating with the other surgeries within the South Rural Primary Care Network."

■ To find out more about the Active Wellbeing service and the locations it is currently being offered, visit: www.activesuffolk.org/the-active-wellbeing-service

Are you currently inactive and looking for some support?

Active Suffolk have launched their **FREE Active Wellbeing service** in your area.

If you are aged 50+ and would like some tailored support on how you can be more active, contact the team today!



www.activesuffolk.org/the-active-wellbeing-service
01394 444 605

CHAIRMAN’S REPORT

This is the second edition of PULSE edited by Sharon and produced by Mansion House Publishing.

I received many comments regarding the February edition and all have said they were very pleased with the new look of the magazine.

The layout and use of colour throughout is great, adding to the impact of the articles. I look forward to seeing forthcoming issues which will be much expanded with your jokes, puzzles, quizzes, information, articles and photographs. I know that we all have a story to tell, so please share with us by sending it to be printed in a future edition.

Have you had both your jabs? I hope so because this will be a vital weapon to protect us in the future against Covid-19. We look forward to the freedom that we crave so much and if (a small word that has so much meaning) the roadmap proposed by the government comes to fruition, it could mean that our members can enjoy restarting our meetings as we reach July, so keep your eyes and ears open for any news as it unfolds.

As spring continues to brighten our lives please keep well and in your spare time write an item to share with us all. I look forward to a time when we can be together again.

Mike

HEARTBEAT REGALIA

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Shopping Bags	£1.99

DON’T FORGET TO USE OUR GO-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 which is 1946.

TREASURER'S REPORT

I have continued to do the accounts this past year and am, at this moment, preparing the end of the financial year statement for April 20/March 21.

As you can imagine, there hasn't been much activity this past year with no monthly meetings, clubs or holidays. We will have certain things to pay including insurance of over £1,000 which covers all aspects of public liability, etc.

During this year we have had expenses of £10,280 which includes prizes for the Christmas draw and winners' cheques for the 100+ Club. Income was £8,780 which includes donations of £2,560 and, of course, over £3,000 raised on the Christmas draw. Financially we have held our head above water but, of course, we have not been able to meet and enjoy raising and spending money.

Let's hope that 2021-2022 will mean that we can meet and enjoy our meetings and fundraising once again.

Yvonne



100+ CLUB WINNERS

February

No 37: Mrs M Mullet £41.60

No 89: Mrs K Hughes £20.80

No 7: Mrs B Clow £10.40

March

No 9: Mrs M Smith £41.20

No 117: Mr M Fudger £20.60

No 99: Mrs C Nunn £10.30

April

No 22: Mrs K Vidal £40.80

No 64: Mrs S Witmore £20.40

No 30: Mrs K Burton £10.20



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FELIXSTOWE'S VERY OWN SHANTY CREW THE FELIX STOWAWAYS

As if we are not living through strange enough times as it is, the latest trend on video-based social media app, TikTok, is sea shanties. The app, usually the preserve of teenagers and dance move videos, is currently flooded with clips of bearded shanty singers from across the globe.

This most unexpected of trends took off after videos posted by Airdrie postman, Nathan Evans, came to people's attention. After his shift, he would go home and post clips of himself singing. His rendition of *Soon May The Wellerman Come* caught the imagination of the TikTok community and soon racked up millions of views, as well as thousands of duets and copycat videos. As a result, he's even landed a recording deal with Polydor Records.

For those not aware, shanties (believed to derive from the French 'chanter' meaning to sing) are the working songs of the seamen who manned the merchant sailing ships of the 19th century. Being rhythmic by nature, they helped the sailors keep time when carrying out physical tasks like hauling on ropes to raise the sails or heaving up the ship's anchor. The sailors would also sing for their own entertainment and morale.

Felixstowe has its very own shanty crew, the aptly named Felix Stowaways. The band was formed in November 2014 and consists of five local men, skipper Norman, Andy, Mark, Steve and Terry. They sing at local events and festivals, raising money for charity and have also travelled to Holland to perform.

"At a time when we are not able to perform or even rehearse, it's great to see our genre hitting the headlines", said Steve. "We just have to

hope that when we can get back in front of an audience, the momentum hasn't been lost and we can entertain some new shanty fans."

Norman added, "The great thing about shanties is that they have simple melodies with easy to learn choruses so anyone can join in. You really can't beat a pub full of people, belting out a rousing shanty."

Steve continued, "That's right. There are some great studio albums out there by the likes of The Longest Johns and Kimber's Men but it's in a live performance where the songs really come into their own".

Had the Covid-19 pandemic not intervened, the crew would have made their sixth appearance at the renowned Harwich International Shanty Festival in October 2020.

"It's our Glastonbury so we always have a great weekend. The audiences are really appreciative and there's a real camaraderie amongst the crews", said Norman. "Bands come from all over the UK, Europe and beyond to sing. Shanty singing is especially popular in The Netherlands and Germany."

The Stowaways have connections with a Dutch crew called The Forebitter Men and have twice visited them in their hometown of Leeuwarden in the north of the country.

Steve explains, "The Dutch have a thing called a 'ShantyCafe' where five or six crews meet at a venue to spend the day singing and socialising together. In 2019, we held our own event at the Felixstowe Ferry Sailing Club and a couple of Dutch crews came over to take part. It was such a success, we had planned to do it again in 2020 but, of course, that didn't happen."

Once restrictions allow, the lads will be rehearsing hard in anticipation of a time when they can, once again, bring these timeless songs back to a live audience.

In the meantime, you can find The Felix Stowaways on Facebook, Instagram, YouTube and even TikTok!





INSOMNIA PHENOMENA

To while away the hours
I've waxed lyrical in verse
About a strange phenomena
It really is a curse.

The town is deep in slumber
But I'm worried and awake
With this strange phenomena
You never get a break.

I've been online to see
Just what the experts think
About this strange phenomena
You hardly sleep a wink.

Pukka 'Night Time' organic herbal
tea - the knock out brew
To beat this strange phenomena
But then I'll need the loo.

Deadly nightshade drops
They really work a treat
Against this strange phenomena
Just don't take them neat.

Warm milk, a good read too
Will put my mind at rest
Combat this strange phenomena
But they've both failed the test.

My other half's out cold
So he doesn't know
How this strange phenomena
Is my nocturnal foe.

I think about tomorrow
Then start counting sheep
Forget this strange phenomena
Those numbers block my sleep.

The church clock never stops
It rings out every hour
Time's this strange phenomena
I'm a victim of its power.

The owls are out in force
Noisily they prey
Enjoying this strange phenomena
But they can sleep all day.

My neighbour she works nights
Maybe I could do that too
Use this strange phenomena
To earn a bob or two.

I could drive down to Tesco
And join the sleepless crowd
Shop through this strange phenomena
But nighties aren't allowed.

Internet is handy
To track whose out of bed
Surf this strange phenomena
I shop Amazon instead.

Writing this short ditty
Has occupied the night
Embrace this strange phenomena
Until it's almost light.

Now I do feel sleepy
As the town begins to wake
Unaware this strange phenomena
I find so hard to take.

Perhaps I should be patient
Be calm and cease to fight
Accept this strange phenomena
Will be with me every night.

By Jan Devey



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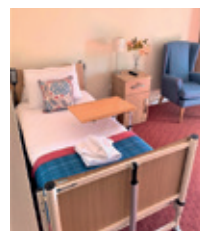
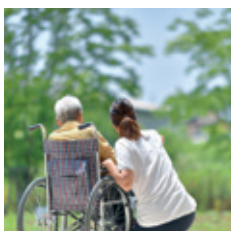
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Ramsey Step Down and Care Centre, Michaelstowe Drive,
Harwich, Essex CO12 5EP



For more information visit www.carehome.co.uk or scan code

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ST ELIZABETH HOSPICE ANNOUNCES LATEST WILD IN ART TRAIL FOR IPSWICH 2022

Following the success of Pigs Gone Wild and Elmer's Big Parade, St Elizabeth Hospice has announced it will be hosting a third art trail in Ipswich next year.

Created in partnership with creative producers Wild in Art, the art project will see around 40 ornately decorated sculptures, featuring designs celebrating all things Suffolk scattered throughout Ipswich showcasing the wealth of artistic talent of the county and beyond.

The chosen sculpture remains a carefully guarded secret for now, but they will land in Ipswich in June 2022 to form an art trail for visitors and locals alike to enjoy throughout the summer. While also helping to raise awareness and vital funds for St Elizabeth Hospice which improves life for people in Suffolk living with a progressive or life-limiting illness.

The project has already been many months in the planning and now the momentum is growing with the hospice calling on local businesses and organisations to consider getting involved with sponsoring a sculpture or lending other practical support.

Hannah Bloom, Director of Income Generation, at St Elizabeth Hospice said:

"After a difficult year, with the ongoing pandemic, we are delighted to announce the launch of our third art trail which will bring colour and positivity for the whole town to look forward to.

"The public really loved our previous art trails, Elmer's Big Parade and Pigs Gone Wild, and we hope they will enjoy the event in 2022 just as much and help make it an even bigger success for the hospice.

- To register interest in Wild in Art 2022 please visit www.stelizabethhospice.org.uk/ipswich-art-trail-2022/
- To find out more about St Elizabeth Hospice call 01473 727776 or visit www.stelizabethhospice.org.uk

“The chosen sculpture remains a secret but I am confident that when it is revealed, people will agree it is a great choice, so watch this space for more details!”

With Elmer’s Big Parade raising more than £260,000 for the hospice, through supporting fundraising activities and an auction held at Ipswich Corn Exchange, St Elizabeth Hospice is keen to make the 2022 art trail an even bigger success.

Ipswich Borough Councillor Sarah Barber said: “As the Portfolio Holder for the Town Centre, I am delighted at the prospect of a new art trail for Ipswich. Over 390,000 people engaged with Elmer’s Big Parade and most visitors spent extra time and money enjoying our county town.

“Ipswich Borough Council is very appreciative of the Hospice’s vital work and will be an active supporter of this new trail – as we were with Elmer and Pigs Gone Wild. This announcement is great news – particularly at a time when the local economy really needs a boost and things to look forward to.”

As well as the 40 large sculptures there will be more than 60 smaller figures created as part of the education project which will engage with young people and schools throughout Ipswich and the surrounding area.

Charlie Langhorne, Managing Director and Co-founder of Wild in Art said: “We are very excited to be working with St Elizabeth Hospice once again. This new art trail will bring businesses, the creative sector, and communities together to celebrate all that is Ipswich as well as highlighting the important work of St Elizabeth Hospice. We are looking forward to getting started.”

St Elizabeth Hospice is an independent Suffolk charity providing free services to improve life for people living with a progressive or life limiting illness throughout East Suffolk, Great Yarmouth and Waveney.

Centered on an individual’s needs, the hospice provides specialist support, whenever and wherever it is needed, whether at home, in the community or at the hospice.

WORD LADDERS

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BREAD

Answers on page 30



ECO COLUMN 1 – THERE'S NO PLANET B

Hello and welcome to the first environmental piece for PULSE. The aim of this article is to inform, guide and offer ways to lower our environmental impact. Covering topics from lifestyle choices and simple eco swaps to debunking environmental myths or untangling complex green issues.

Now, who am I? Emily's the name, protecting planet Earth is the passion. I completed a degree in environmental studies and have worked in the environmental field, mainly the waste sector, for over 10 years. I am now working with a new eco shop – The Little Ginger Bee Company based at Kersey Mill. I am thrilled to share my knowledge and help build a community of committed environmental warriors in Suffolk.

For the edition, I am starting with a simple budget-friendly eco swap. Moving away from individually wrapped food is great for reducing waste but can lead to wrapping predicaments. Tinfoil was my go-to until I discovered reusable pouches from planet picnic. They're ethically handmade in Northamptonshire in a variety of sizes. I eventually decided on the snack size one. It's roughly 10cm by 10cm, the outside a leopard print fabric with a waxy, non-fibrous material on the inside, and an envelope fold at the top to contain the snack. The lining of the pouch requires a simple wipe out before it's ready to go again. It has been perfect and used daily.

Added to its ability to reduce waste, the pouches are made using renewable energy and are vegan-friendly. Not only this but each pouch is made using 50% repurposed fabric – saving it from ending up in landfill.

■ TheLittleGingerBeeCompany on Instagram and Facebook.

Emily Clarke

RAIDERS FROM THE NORTH

During the second so-called Beast from the East, I was sitting in my dining room looking out at a very snowy scene and feeling grateful that I was indoors. Noticing a lot of birds in a large ornamental cherry tree across the road, I took a closer look and saw that a small flock of Redwings had taken up residence.

Redwings are members of the Thrush family, native to the north, calling Iceland, Russia and the Scandinavian countries their home. In winter, they move south to escape the coldest weather and enjoy the warmer climes in England and southern Europe.

As I watched, a group of half a dozen birds descended onto berried bushes in my front garden and proceeded to feast on the fruits. They remained for about five minutes before returning to their favoured tree. A short time passed and then another group arrived and continued the feast. This coming and going lasted about 30 minutes, then they were gone. The only sign of their visit was that the once colourful bush had now lost its bright red berries.

Knowing that these visitors from the north had enjoyed a good meal enabling them to survive in this cold snowy time, I was more than happy to lose that splash of colour from my garden so that perhaps they may visit me again.

Mike Farthing



A HONDA MECHANIC

A Honda mechanic was removing a cylinder head from the motor of a Honda when he spotted a well known cardiologist in his shop.

The cardiologist was there waiting for the service manager to come round and take a look at his car when the mechanic shouted across the garage, 'hey doc, want to take a look at this?' the Cardiologist a bit surprised walked over to where the mechanic was working on the Honda.

The mechanic wiped his hands on a rag and

asked 'so doc looked at the engine, I opened its heart, took the valves out, repainted or replaced anything damaged and then put everything back in and when I finished it worked just like new.

So how is it that I make 24,000 euros a year and you make 1.7m when you are doing basically the same work?'

The cardiologist paused and then leaned over and whispered to the mechanic 'Try doing it with the engine running?'

WISE WORDS FROM CHARLIE CHAPLIN

Charlie Chaplin lived for 88 years. He left us four statements

1. Nothing is forever in this wicked world, not even our problems
2. I love walking in the rain because no one can see my tears
3. The most lost day in life is the day we don't laugh
4. Six best doctors in the world: The Sun, Rest, Exercise, Diet, Self-respect, Friends.
Stick to them at all stages of your life and enjoy a healthy life.

If you see the moon you will see the beauty of God.

If you see the sun you will see the power of God

If you see a mirror, you will see God's best creation.

So believe it.

We are all tourists. God is our travel agent who has already identified our routes, bookings and destinations. Trust him and enjoy life.

Life is just a journey! Therefore, live today!

Tomorrow may not be.

Charlie Chaplin

Submitted by Mim

SUFFOLK ACCIDENT RESCUE SERVICE (SARS)

SARS is a voluntary emergency medical charity operating in Suffolk and its border areas. Our volunteer clinicians offer specialist assistance at serious or life-threatening medical incidents. Since we started in 1972, we have helped treat thousands of patients and saved countless lives. SARS volunteers are specialists in prehospital care and include anaesthetists, consultants in emergency medicine and critical care paramedics. They carry equipment and drugs not normally found on frontline ambulances and can undertake advanced procedures at the scene of an incident, which are not normally possible outside the hospital environment.

Our charity receives no central government funding and relies on voluntary fundraising to maintain its activity. The clinicians give up their time and provide their skills without charge. This 'donation' of time equates to many hundreds-of-thousands of pounds each year, and the benefit that SARS clinicians can bring to a patient in terms of life-saving interventions, relief from pain and quicker recovery times is immeasurable.

The last year has been a really challenging time but the amazing SARS volunteer clinicians gave over 6,000 hours of advanced prehospital medical care throughout Suffolk in 2020. They were called out to over 100 locations across the county – all of this during a pandemic. 2021 looks set to be another busy year, with SARS



responders being mobilised to 72 incidents in January alone.

SARS is also helping combat the pandemic with charity volunteer and retired responder, Dr Andy Mason (pictured) currently vaccinating staff at the West Suffolk Hospital. Andy is very keen to continue his work after the initial programme at West Suffolk Hospital has been completed.

"I would really love to continue to be part of the vaccination programme in the local community. I am convinced that this is the way forward to ensure that the country can escape from the grip of this pandemic. The vaccination programme will save lives and protect our precious NHS and I am honoured to be able to be part of that."

There are many ways you can also get involved and help support SARS this year. Please take a look on the SARS website: www.sars999.org.uk/get-involved

Or why not sign up to the SARS 999 Lottery. For as little as £1 a week you could win up to £25,000 while helping save local lives. To sign up please visit: www.sars999.org.uk/lottery

We are always keen to hear from you so please get in touch via email admin@sars999.org.uk or phone 01359 244186. Thank you!

Join us on social media. Follow us, like, share or retweet. Help raise awareness of our cause by promoting us to your social networks:

■ Twitter: @sarshq

■ Instagram: [suffolkaccidentrescueservice](https://www.instagram.com/suffolkaccidentrescueservice)

■ Facebook: @sarshq

This 'donation' of time equates to many hundreds-of-thousands of pounds each year, and the benefit that SARS clinicians can bring to a patient in terms of life-saving interventions, relief from pain and quicker recovery times is immeasurable.

HEARTBEAT WORD SEARCH

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

SUMMER
VACCINE
PANDEMIC
UNPRECEDENTED
VOLUNTEER
HEALTH
COVID
HOME
DELIVERY
LOCKDOWN

HOLIDAY
ZOOM
FACETIME
GARDEN
EXERCISE
PANIC
FREEDOM
HOPE
FAMILY
LOVE

FACEMASK
SCRUBS
NURSE
RESEARCH
SCIENCE
GLOBAL
TRAVEL
BICYCLE
CAKE
JIGSAW

Answers on page 30



BENTWATERS COLD WAR MUSEUM

2020 might be a year many will want to forget, none more so than the museum community and the smaller ones in particular.

At Bentwaters Cold War Museum, located at the former American airbase near Rendlesham just north of Woodbridge, the doors have been closed to the public since the end of the 2019 season.

The museum is housed in the original United States Air Force Command Post, a large bunker with three-foot thick walls, narrow corridors and a single entrance and not designed with the problems of access during a pandemic!

Bentwaters Aviation Society, normally a vibrant group, had to cancel all meetings and events. Everything came to a standstill.

Not to be defeated, the society and museum came up with some ideas to help get through lockdowns and restrictions. There have been regular updates to society members with information and entertainment.

Facebook and website updates for the public. A photoshoot with limited numbers outside with social distancing in the summer proved very

“2020 was a challenging year for us all but with the dedication of our amazing staff, we still managed to complete a few projects and survive the year.”



Not only was the museum unable to receive visitors but the support organisation, the

popular and an online photo competition for members at Christmas attracted a good number, including American veterans from across the pond!

The encouragement and kindness of those who support the museum has been tremendous and very much appreciated by the volunteers who work to keep it maintained and ready to reopen as soon as permitted.

The biggest challenge has been funding, with little income received in 2020. The chairman and museum manager, Graham Haynes said "2020 was a challenging year for us all but with the dedication of our amazing staff, we still managed to complete a few projects and survive the year. Hopefully, the spring will bring the opportunity to open our doors again and we look forward to welcoming you all to see what we have been up to. There has been a great deal of work going on in the background, so I want to thank the volunteers for all that they have been doing, both at the museum prior to lockdown and from home when they couldn't get in. I sincerely hope you all stay safe and well and we look forward to seeing you at Bentwaters, as soon as we can do so."

Like many other museums, the difficulties are having a real effect and at Bentwaters, there has been a great deal of thought put into how the museum might reopen. An online booking system, controlled entrance and exit, limiting numbers, more ventilation are all under consideration, but it all means more expense and reduced income. A funding programme is soon to be launched to give supporters an opportunity to help where it is needed.

Above all else though, the museum is determined to open and share the history of the twin bases of Bentwaters and Woodbridge as we commemorate the arrival of the Americans in 1951 and the huge impact they had on this part of Suffolk.

Please visit the website or find us on Facebook. You'll find membership and donation links, or just give us an encouraging comment or thumbs up!

Simon Gladas

■ www.bcwmm.org.uk

Perhaps inspired by Barry Girling's article, *The New Cut and Over Stoke Ipswich*, in the last edition, Barry Chittock has submitted a short piece about his rather amazing great grandfather.

LOCAL HERO

My maternal great-grandfather George Glading was born in 1864 in Fore Hamlet, Ipswich. He married Caroline in 1884 and moved into New Cut East, Ipswich. They had ten children, five girls and five boys.

George worked for Fison Packard & Co and was captain of the steam lighter Trent River. They towed barges between Ipswich and Bramford and he worked on the river for over 50 years.

During this time, he pulled 12 people out of the river, most of them children. He received the Royal Humane Society's Bronze Medal in 1902 and the Bronze Clasp in 1905. He also received a testimonial on parchment in 1982.

The 1902 rescue involved diving into the river opposite the old lock gates and swimming 100 yards fully clothed to grab a boy, Sydney Coe, and take him to the steps and bring him around.

George died in 1937 age 73, a brave man indeed.

Barry Chittock

DID YOU KNOW?

*A goldfish has a memory span
of three seconds*

*A 'jiffy' is an actual unit of time
for 1/100th of a second*

A snail can sleep for three years!



EDUCATION THEN AND NOW

No doubt everyone reading PULSE remembers their school days, well before television, computers, internet, social media... In 'our' days, school assembly started the day followed by lessons where much work was written in chalk on the blackboard by the teacher and we copied it into our exercise books. Missing school meant attempting to catch up for lost time on our return. If a pandemic had 'struck' and schools had been forced to close, it is most likely that education would have been impossible during lockdown period(s).

Fast forward to the reality of a pandemic and read the thoughts and experiences of Anna, a student in modern times adapting to virtual lessons, all made possible by modern technology and the hard work of all teachers and associated school staff.

By Vernon Burrows

Anna writes:

I am a 17-year-old student currently in Sixth Form studying Sociology, Psychology, English Language and Health & Social Care. In December it was announced that yet another lockdown was looming which meant I would have to tackle online school. Student life in lockdown was most definitely a whirlwind.

On a typical school day, alarms start from 6am,

I get myself dressed, pop on some makeup to make myself look slightly more alive and I'm out the door at 8.40'ish ready for registration at 9am. Lockdown eliminated all these aspects of a usual school day. I rolled out of bed at around 9.20am every day, ready to turn my laptop on for a 9.30am start (the only time wearing pyjamas to class was acceptable as no one was going to see me!). Cameras were off, microphones were muted, and no one had a clue I was munching on my coco pops.

Live lessons were done through Microsoft Teams. Pupils would join the call at a set time and then the class would begin. A chat box was available throughout the lesson so questions could be asked. Once a task was set, teachers would end the call but stay online to ensure that pupils could still ask any questions once the call had ended. They would also be available to contact through email.

I think students across the country will agree with me when I say that we may have taken in-school support for granted as once that support was no longer available the smallest issues became a major inconvenience. From technical difficulties or simply not understanding one question out of the 10 that had been set, typing out an email and having to wait for a response seemed so much more of a hassle than sticking your hand up in class and asking for clarification. With modern-

day technology also comes technical difficulties. This meant computers crashing, lagging Wi-Fi and pupils not being able to join a call.

I found creating a structured routine within each day really benefitted me. Lots of lessons were not live which means teachers would email work to get on with during the lesson. I would do my best to start my lessons at the same times I would as if I was at school. This structure helped me throughout the day, preventing me from falling behind and ensuring that work did not build up as I was getting it done when it was set. However, at times this was a struggle. This is because teachers had no way of knowing the pace at which each pupil was working from home. Therefore, the bulk of work being set was often an overwhelming amount and would lead to running over a typical hour and a half lesson.

Having the responsibility of being in control of your own learning was an abnormal adaptation to have to make and I thought it would be interesting to get some points of view from other students who are also in Sixth Form. These offer a further insight into the life of a student in lockdown.

One stated that, "Because it was down to me to do my own work it was so easy to just say 'oh I'll do it later' which meant a lot of my work would pile up".

Another stated, "I found myself not moving for seven hours straight because I was slightly slower at working from home due to the easy distractions. I would often miss my breaks and lunch and would not leave the house for days straight".

And finally, "Motivation was the most difficult part due to having no other students surrounding me".

As highlighted, the independence and responsibility of online learning came with positives and drawbacks, but I think every student is relieved to be back to normality. Receiving face-to-face teaching is a factor in education that you take for granted and do not realise the privilege it offers to learning.

Anna Bearn

BRAIN TEASERS FROM HEARTBEAT MEMBER ANDREW WOODS

Andrew writes: "I thought you would be interested in this quiz as the answers are not what you may think."

- 1: Who wrote Murder on The Orient Express?
- 2: What is another title for The Primate of England?
- 3: Name the frontier the Romans built as the northmost barrier of their empire in Britain.
- 4: How many time zones has China?
- 5: Which two countries are separated by the Khyber Pass?
- 6: Which city has the deepest metro in the world?
- 7: Which planet is named after a Roman god?
- 8: Name the British Prime Minister at the start and end of the Second World War.
- 9: Which London Underground Station is named after a place which does not exist?
- 10: Qomolangma is the greatest what?

Answers on page 31

Vanilla

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WOODBIDGE TIDE MILL MUSEUM JOINS HERITAGE COMPASS

Woodbridge Tide Mill Museum has joined Heritage Compass, a business support programme funded by the National Lottery Heritage Fund. Working with Creative United and the Arts Marketing Association, this new programme has been designed to grow resilience and invigorate the heritage sector across England.

Heritage Compass works with 150 small and medium heritage organisations across the country. The programme is designed to allow a wide range of organisations to build their resilience through working together, as well as developing their separate strategies. Organisations gain tailored training, mentoring and peer learning so that they may develop strategies and progress as part of a dynamic new cohort of heritage organisations.

John Carrington, Chair of the Trustees of Woodbridge Tide Mill Charitable Trust, said: "Woodbridge Tide Mill is delighted to be part of the Heritage Compass Business Support Programme. The current Grade I listed mill was built in 1793 but there has been a mill on the River Deben overlooking Sutton Hoo since before 1170.

"During the pandemic, our team of volunteers has been developing a programme to build on the mill's digital resources to improve the in-person and digital visitor experience. The Heritage Compass Programme will significantly help to equip us to carry out our plans."

- woodbridgetidemill.org.uk
- To become a Friend of Woodbridge Tide Mill, go to: woodbridgetidemill.org.uk/be-a-friend





SUFFOLK PLAYS A ROLE IN NEW NETFLIX FILM

After seeing a shout-out on Facebook by Suffolk's official film office, Screen Suffolk, local musician, Jay Ducker, couldn't believe his luck when he was chosen to be the on-set assistant to none other than Oscar-winning actor, Ralph Fiennes... The film, screening on Netflix since the end of January, sees Fiennes playing Basil Brown, the archaeologist who helped discover Sutton Hoo. The Dig, which also stars Carey Mulligan and Lily James was directed by Simon Stone, and is based on the 2007 novel of the same name. It reimagines the events of the 1939 excavation of Sutton Hoo, which revealed a previously undisturbed ship burial dating from the 6th to 7th centuries along with a wealth of Anglo-Saxon artefacts.

Jay says of his initial interview with Fiennes: 'I remember being relatively relaxed because I honestly wasn't expecting to get the job. I don't have the strongest Suffolk accent and I had very little experience in the feature film industry. What really put me at ease was that Ralph was already using the Suffolk accent. It kind of disarmed me and made me feel as if I was speaking to a local or someone I knew really well. But what helped me get the job, I think, was that I immediately heard when and where he was going wrong

with the dialect and without thinking I started correcting him in the interview. He seemed to respond well to that, and I told him my background, which was in the music industry, so I believe it was my good ear that got me the job.'

Screen Suffolk locations used in the film include Thorpeness Beach, Shingle Street, a footpath in Snape on Suffolk Wildlife Trust land and an RSPB site, Boyton Marsh. The film's unit base was set up in Snape Maltings which is where Jay spent his first day while the crew filmed classic Suffolk scenes of sky, reed beds, beaches and sea. The crew filmed in and around Suffolk for a week with further filming taking place in Surrey. 'My role was to assist Ralph in getting the best possible performance. Everything from making sure he was fed and watered to perfecting and correcting his Suffolk dialect' comments Jay. He would listen to Fiennes reading scripts and suggest ways for him to perfect his Suffolk accent. 'There was a three-pronged approach when it came to the dialect coaching. Jamie Matthewman was the principal voice coach for all the actors; Charlie Haylock, a specialist in Suffolk dialects, focused particularly on Ralph's accent, and me being the everyday reference point. I think all our differing approaches really complemented each other.'

Jay is still in touch with Fiennes as well as many other crew members. 'The camaraderie amongst the crew was the best thing about being on set, for sure. There's a real sense of togetherness when you're cold, tired and in the mud together. You really pull on that to get you through.'

He certainly made the most of the opportunity and gained praise from Ralph himself who said, 'Jay gave me a lot of support and help during the shoot of *The Dig*. I requested, from Screen Suffolk, an assistant on set who was from Suffolk – someone I could practice my Suffolk accent with. Jay adapted very quickly to the grueling filming hours and really impressed me with his spirit of commitment and dedication. He worked really hard.'

Jay says of his experience: 'It was definitely character-building, and I know a lot of people would have killed for my position so I'm always going to be very grateful that I had the opportunity.'

Screen Suffolk offers a 'one-stop' film service, from initial enquiry through to crew sourcing, locations and permitting. Screen Suffolk's aim is to make Suffolk the most film-friendly county in the UK.

■ www.screensuffolk.com

■ The Dig is now available to watch on Netflix.



DUCK AND ORANGE WRAPS - SERVES 2

2 wholemeal wraps

Leftover roast duck, shredded
or 2 duck legs

½ peeled orange

1 avocado

¼ sliced cucumber

2 sliced spring onions

2 handfuls of rockets

1. If using duck legs, preheat the oven to 180 degrees C, put the duck legs on a roasting tray and roast for 90 minutes. Allow it to cool, remove the skin and shred the meat with a fork.
2. To assemble the wraps, divide the ingredients between the centre of the two wholemeal wraps. Fold the ends up and roll the wrap up tightly.
3. Secure with a tooth pick or wrap in baking paper and tie some string around it.

Strattons Hotel, 4 Ash Close, Swaffham, Norfolk,
PE37 7NH

■ 01760 723845

■ www.strattonshotel.com

■ www.bccwm.org.uk

MY HEART JOURNEY

I don't see why one should sacrifice one's passions. The three things that motivate me are family, business and motor racing (not necessarily in that order). As you will all appreciate, they all demand a fair bit of energy.

In 2007 the government tried to kill me! In what I consider to be utterly flawed advice, NICE advocated that prophylactic antibiotics pre-dentistry for those with heart conditions (I had had a mildly leaky mitral valve from birth, first identified when I was about seven) could be discontinued as there was no evidence that they helped.

Within two dentistry treatments, I was infected. By the beginning of 2009, I was becoming seriously unwell and late in the year, about September, I was diagnosed with endocarditis and rushed into hospital for a six-week stretch and a massive course of antibiotics. That all worked and they killed the infection, but my valve was wrecked so valve replacement surgery at Papworth was pencilled in for 2011.

I was back racing in 2010 and 2011 and, despite being able to hear my valve leaking, I felt a lot better with good energy levels. In late 2011, I was committed to Papworth for the valve fix, courtesy of Mr Francis Wells. Mr Wells assured me that once the valve was fixed, I would be able to race again.

You may not believe this but the whole Papworth experience was bordering on the hilarious (Mr Wells was a racer himself), pain-free and entirely successful, except that the seven-hour operation completely killed my fitness and left me with some residual atrial fibrillation.

My first race back was in April 2012 at Brands Hatch Grand Prix circuit, which I love and can drive well. I found I could do no more than about 10 minutes in the car before I was completely knackered and I wasn't going to tolerate that as we usually do 60-to-90-minute two-driver races, so a minimum of 45 minutes' stamina is required, more if possible.

I immediately went and saw my GP regarding getting fit again and he suggested I work



with a suitable trainer or physiotherapist. He recommended Sue Wilshaw at Capel Saint Mary (now retired). As a sports physio, Sue was particularly good at creating a training regime for me. From early 2012 until she retired, Sue rebuilt my fitness and I was back racing again, easily capable of doing a full hour in a car. I should say that I am also an asthmatic, (diagnosed age two and now 69) and that hasn't been a problem either. After Sue retired, she referred me to another trainer whom I still use as I continue sports physio/circuit training.

A very important secondary effect of the fitness work has been the almost total cure of post-op atrial fibrillation with no more twitching heart sensations.

2020 was a completely wasted year racing wise as COVID-19 killed it all. Well, strictly speaking, the government's response to COVID-19 killed it all but I know that when I can race again, I should be able to do an hour in the car, get out knackered but recover in just a few short minutes with no after effects. Of course, all the adrenaline helps and I am generally on a high until the following Wednesday when the motor racing cold turkey kicks in. But I can live with that!

Whilst all that racing was going on, I was developing and running my business, Williams Farrell Woodward. I bought out my business partner and I have taken on new people and doubled the revenue and profits. You need to be fit to do that.

My personal life is also very busy as I have four daughters and 6.5 grandchildren.

Being healthy is not just about not having an illness; it's also about being and keeping fit. It is an effort to do that but for oneself and one's family you know it makes sense.

Steve Farrall

SUDOKU 1

	4		3		7	2	8	9
3	2						1	
9					2			
7	9		5			1		
5	1		7		9		3	4
		2			1		9	5
			2					3
	3						5	1
1	5	9	4		3		2	

SUDOKU 3

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

SUDOKU 2

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

SUDOKU 4

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

Answers on page 31

WORD SEARCH SOLUTION



WORD LADDER ANSWERS

HEAD	MICE	BLACK	WHEAT
HEAL	MITE	BLANK	CHEAT
TEAL	MATE	BLINK	CHEAP
TELL	MATS	CLINK	CHEEP
TALL	RATS	CHINK	CREEP
TAIL		CHINE	CREED
		WHINE	BREED
		WHITE	BREAD

SUDOKU 1

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

SUDOKU 3

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

SUDOKU 2

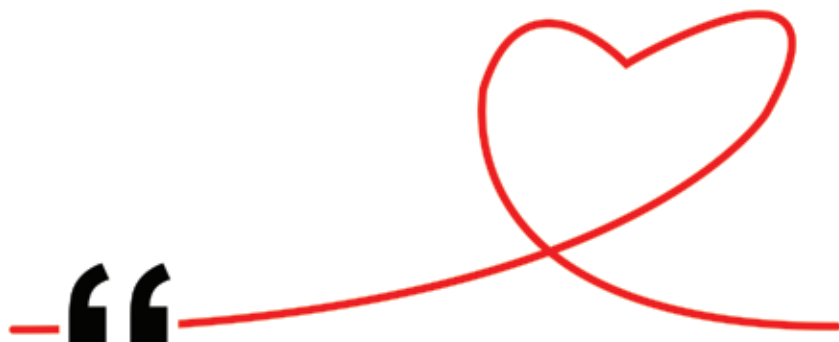
6	9	4	3	2	5	1	7	8
2	7	1	8	6	4	9	5	2
8	2	5	9	7	1	3	6	4
2	1	7	6	5	3	4	8	9
9	5	3	2	4	8	7	1	6
4	8	6	7	1	9	2	3	5
7	4	2	1	8	6	5	9	3
5	3	8	4	9	7	6	2	1
1	6	9	5	3	2	8	4	7

SUDOKU 4

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

BRAIN TEASER ANSWERS

- 1: Nobody; Agatha Christie wrote Murder on the Calais Carriage, but Hollywood altered the title because it sounded better!
- 2: The Archbishop of York. The Archbishop of Canterbury is The Primate of All England.
- 3: The Antonine Wall across what is now the Central Belt of Scotland, between the Firth of Forth and the Firth of Clyde.
- 4: Only one. The entire country is on Beijing Time.
- 5: Pakistan and Afghanistan
- 6: Pyongyang, North Korea. Give yourself two extra points if you have travelled on it.
- 7: Earth
- 8: Neville Chamberlain (start) and Clement Atlee (end). There was a General Election before the Japanese surrender.
- 9: Bond Street; there is a New Bond Street and an Old Bond Street but no Bond Street.
- 10: The highest mountain. It is the Tibetan name for Mount Everest, Queen of the Snows.



MansionHousePublishing

“We’re proud to work with Heartbeat East Suffolk and delighted to add PULSE to our portfolio, particularly now when contact in any form is immensely valuable.

We have been producing community magazines for over 20 years, so we understand the importance of shared experience and a collective sense of belonging, which isn’t always defined by geographic borders.

“It’s a privilege to work with the Heartbeat committee but we’re keen to hear from members too. If you would like to share a story, write an article or tell a joke, let us know.”



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