

PULSE

HEARTBEAT (EAST SUFFOLK) MAGAZINE

Wishing you a very Merry Christmas from Heartbeat!

IMAGE BY RICHARD BOWDEN

EAST SUFFOLK CARDIAC SUPPORT GROUP

'Big enough to cope, small enough to care'

www.heartbeateastsuffolk.org.uk

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WELCOME

Recent events have taught us to be cautious about making plans but I'm going to throw caution to the wind and wish you all a very Merry Christmas and a Happy New Year. Surely it has to be better than Christmas 2020 when all our plans had to be scuppered at the last minute!

Christmas is generally regarded as a time to give thanks, to acknowledge those we love as well as those who have helped or supported us throughout the year. Considering what we've experienced this last 18 months or so, I wonder if we will take a different approach to Christmas shopping this year. For one thing, I hope more of us shop local and support those small, independent traders who were there for us when others were not.

Shopping locally is obviously more environmentally friendly, a critical factor when we purchase almost anything nowadays, and good for the local economy, both excellent reasons to choose 'local'. It's also about helping to create a viable (and vibrant) community where new ideas are encouraged and our loved ones aren't forced to leave to find work elsewhere.

I also think we've become more quality conscious and I'd rather shop where I can talk to a shop assistant or, even better, the producer and actually touch and feel the products I'm considering. Your recipients will be impressed too and you may even inspire them to follow your example.

Many people say it's easier to shop online or struggle to get to the shops but you can still support local companies online. Most have websites where you can place orders or will happily accept orders on the phone or by email. It won't take long to find someone who makes or bakes that something special you've been looking for.

Shopping aside, I hope you can spend time with your nearest and dearest this year. I'm planning to go home to Ireland to spend Christmas with my mum and dad (fingers crossed, of course) who always say they don't need any presents. How annoying is that? I don't 'need' chocolate but I always 'want' it. And there are several excellent chocolate manufacturers in Suffolk so I shall be dropping some heavy hints!

Happy Christmas from everyone at Mansion House Publishing. We wish you and yours all the very best for Christmas and the new year ahead.



MansionHousePublishing

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01473 217313 / www.ipswichdab.org.uk

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

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08/21

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CHAIRMAN'S REPORT



This is the fourth edition of the new PULSE and, thanks to all who have contributed, and, of course, our editor, the articles have proven to be interesting, varied and amusing, please keep them coming.

All our meetings are in full swing, so please come along and join us. Ten-Pin Bowling is great value; for £7 you can enjoy three hours of bowling, a hot drink of your choice and endless chat.

Included with this edition are two books of our Christmas Draw tickets. Please do your best to sell them as they are our main fundraising event of the year. Not only will you stand the chance of winning £300 but you also directly support Heartbeat. Counterfoils must be returned to our treasurer before December 7 when the draw takes place at the monthly meeting and Annie will entertain us with music and songs.

We have all shared the disappointments and sad times over the past 20 months but with vaccinations and common sense, the future is brighter and I hope we can enjoy this Christmas as we have in the past. With that in mind, Norma and I, together with all the committee, wish you a joyful Christmas and may 2022 bring you all a happy and healthy future.



Mike Farthing

HEARTBEAT REGALIA

Ladies & Gents Fleeces
Sweatshirts, Polo Shirts & T-Shirts

Prices on application. Various colours available.

All are by special order so check your requirements with John Biggs (see Heartbeat Committee on page 13) before filling out your order form.

Ties	£4
Lapel Badges	£1
Shopping Bags	£1.99

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 which is 1946.

TREASURER'S REPORT

This month we had a £135 donation from Vincent Cole in memory of his brother Adrian. Now that we have resumed our monthly meetings, there is a little money coming in and going out but we remain in a very healthy financial position. People are still ringing me to say they will be sending donations for birthday celebrations, anniversaries, etc. in the near future.

Throughout the pandemic, I have been able to take the wash kits we provide to Claydon Ward. As people have not had many visitors they are particularly needed and appreciated at this moment. The staff of Claydon Ward have expressed their thanks for me to pass on to Heartbeat.

Yvonne



100+ CLUB WINNERS

AUGUST

No 53: Mrs D Steggalls £40.40

No 97: Mr M Farthing £20.20

No 29: Mr D Keene £10.10

SEPTEMBER

No 68: Mr R Kirby £40.40

No 95: Mrs R Robertson £20.20

No 36: Mrs S Stannard £10.10

OCTOBER

No 126: Mrs S West £40.80

No 124: Mrs E Mead £20.40

No 10: Mrs B Palfrey £10.20

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HEARTBEAT JUST GIVING

We now have a JustGiving page where you can make a one-off or a regular payment to Heartbeat. Go directly to www.justgiving.com/heartbeat-es or search for 'Heartbeat (East Suffolk)' on the JustGiving platform.



AUTUMN/WINTER WORD SEARCH

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

BONFIRE
SLEDDING
LEAVES
HOLLY

SNOWFLAKE
DECEMBER
CHRISTMAS
MITTENS

SNOWMAN
FROSTY
HOT CHOCOLATE
TURKEY

ANSWERS ON PAGE 30



EASTERN ANGLES BREATHE NEW LIFE INTO FORMER OFFICE BUILDING



Built in the 1880s, the Bramford Road School building has played host to many visitors in its time and, until recently, was the home of the Suffolk Record Office.

Since its move to The Hold, Eastern Angles has transformed the beautiful Victorian building into the Eastern Angles Centre, an Arts & Heritage Hub in the heart of West Ipswich, accessible to the whole community.

No stranger to the area, Eastern Angles, who will be 40 next year, has shared the former Victorian school building with Suffolk Archives for the past 30 years. When the rest of the space became vacant it felt like a perfect fit to expand into the rest of the building, tripling its footprint and their offer.

As lockdown restrictions have eased, it hasn't taken long for groups and organisations to begin utilising the space. The Eastern Angles Centre is now the new home of Inside Out Community, an arts-based mental wellbeing charity, as well as the Ipswich Reggae Choir. Every Thursday we host South Street Moves, created by Ipswich Community Media, a dance project for young

people – it's been a delight to have their fun-filled dancing energy in the building each week – and Saturday mornings are abuzz with the South Street Kids.

An open-plan office has been created in the former Search Room which is the Eastern Angles team's new co-working space, alongside which there are meeting rooms and a rehearsal space available for hire. There's also hot-desking and a brand-new kitchen (vital for those afternoon cups of tea). Soon, thanks to funding from New Anglia LEP, there will be a brilliant digital suite available for hire as well. Then kicking off later in the autumn, a digital drop-in for local residents and schoolchildren.

General Manager Jess Baker said: "It's been wonderful to give this space a new lease of life and safely host so many different members of the local community into the building as lockdown restrictions have eased. We're looking forward to the Eastern Angles Centre getting even busier in the future."

■ To find out more and stay tuned for future updates, visit: www.easternangles.co.uk

IPSWICH TOWN AND CRYSTAL PALACE MAKE 'DREAM COME TRUE'

A dream has come true for Richard Sanders after he got to see his beloved Crystal Palace take on Ipswich Town Football Club.

From Woodbridge, 42-year-old Richard Sanders lives with pulmonary arterial hypertension associated with a complete atrioventricular heart defect. He has been supported by Zest, part of the St Elizabeth Hospice Group, since 2015, a unique service that supports young adults aged 14 and upwards with progressive and incurable illnesses.

Following a difficult year in which Richard was unable to attend Zest activities or see his friends, his family and Zest contacted Ipswich Town Football Club to see if they could help make Richard's 'dream come true' by enabling him to see his beloved Crystal Palace take on the Tractor Boys on July 24.

Thanks to Ipswich Town Football Club, Richard not only attended the game at Portman Road, but also met many of his Palace heroes, including Wilfried Zaha and Patrick Vieira, as well as receiving a signed Crystal Palace shirt for him to cherish the memorable day.

Richard's sister, Helen Sanders, said: "It was an amazing day. After coming out of lockdown, during which Richard had to shield for long periods, we saw 'old Richard' reignited; he was just buzzing. It was a real dream come true for him and we are so thankful to Ipswich Town Football Club and Crystal Palace for making it such a brilliant day.

"A big thank you must go to the Zest team who provide Richard and our family with a safe space, somewhere we know he can receive the support he needs and also enjoy himself. Richard has a real zest for life and Zest enables him to achieve his ambitions!"

Zest ensures all the young people under its care receive specialist support, tailored treatment and the service they need to enjoy life to the full.



From its industry-unique Short Breaks, which allows young people to take time out from home while also providing families with vital respite, through to its parent support group and monthly X-Change evening social group for patients, Zest enables young adults with challenging conditions to fulfil their aspirations, whether this is to manage symptoms, access opportunities in the community or reduce loneliness by enabling them to have fun with friends.

Dan Palfrey, Public Relations Manager at Ipswich Town Football Club, said: "We're delighted that Richard and his carers were able to attend our friendly against Crystal Palace. With the club's long-standing relationship with the hospice, we've met Richard several times, and he always mentions his beloved Crystal Palace! He is always such a character on any club visits to the hospice, and we're delighted that they had a great experience."

■ To find out more about Zest call 01473 727776 or visit: www.stelizabethhospice.org.uk/zest

CHARITY LINK-UP WITH AUCTION HOUSE

Ipswich-based charity Tools with a Mission (TWAM) has linked up with one of the country's leading auction houses, Lockdales, in a move designed to raise money for the charity and demonstrate Lockdales' ongoing commitment to supporting local charitable organisations.

TWAM, which began more than 30 years ago, collects and refurbishes tools and equipment no longer required in the UK and sends them to Africa. Through collectors and centres across the UK, a team of dedicated volunteers sort through and refurbish donated tools and it is in boxes of these donations that other items come to light.

These items include a lot of militaria, scientific instruments and even a Bronze Age axe head. It is these sorts of items that will now be taken to Lockdales for auction and the funds put back into TWAM's work.

TWAM Chief Executive Mike Griffin said: "We are delighted to be associated with Lockdales and I look forward to a relationship that is beneficial for both parties. Anything of value we find amongst our donations that do not fit in with our need for tools will then go to Lockdales where it will be assessed and put into auction. As Lockdales have generously waived their commission, it means that TWAM will receive the full hammer price."

Founded in 1996 by Daniel Daley, Lockdale Coins Ltd started out as a specialist coin dealer with a retail shop in Ipswich. In 1997, and with militaria and collectables expert James Sadler on board, they decided to start their own auction house in Suffolk.

In 2011, due to the increasing success of the auctions, Lockdale Coins moved to their current premises at Martlesham Heath. With increasing numbers of people wishing to sell everything from unwanted jewellery and watches, to vintage toys and antiques, in June 2011, Lockdales' Fine Sale Auction was introduced and has been expanding ever since.



Dan Daley, Founder and Managing Director of Lockdales, said: "We are delighted to have been approached by TWAM and to become involved with such a hands-on and proactive charity. Lockdales are very much looking forward to helping raise any extra funds that will go towards supporting such a worthwhile cause."

Mike Griffin said: "In the hands of a determined people in Africa, tools transform lives. They provide income to put food on the table, send children to school and keep a roof over their heads. All sorts of tools are needed but they have to be in usable condition so that they can be refurbished."

To arrange for a collection contact TWAM on 01473 210220 or post@twam.uk or, for further information about the charity and what it does, visit: www.twam.uk

Pictured at the launch of TWAM and Lockdales link-up are (from left): Trevor Maynard, TWAM Ipswich Refurbishment Centre Manager; Dan Daley Founder and Managing Director of Lockdales; Paul White, TWAM Corporate and Trusts Fundraising Volunteer and Liza Machan, Executive P.A. to Dan Daley.

HEARTBEAT COMMITTEE

- **President (Life): John Cuckow**
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- **Cardiac Ward Visitor Co-ordinators: Yvonne & Barry Chittock (see above)**
- **Meeting Steward: Patricia Fountain**
14 Adelaide Road, Ipswich IP4 5PR / 01473 729326
- **Monday Club: Dee & David Parmenter (see above)**
- **Speaker Facilitator: Doreen Robinson**
10 Dales View Road, Ipswich IP1 4HL
01473 402429 / david.robinson4@ntlworld.com
- **Travel & Outings: Doreen & David Robinson (see above)**
- **HELP LINE: Kay Burton**
211 Dales Road, Ipswich IP1 4JY
01473 434545 / parkie9@icloud.com
- **Members:**

John Biggs 48 Mildmay Road, Ipswich IP3 9PG 01473 710596 / johnbiggs65@outlook.com	Diane & Peter Marriott Apartment 2, 105 Queen Road, Felixstowe IP11 7PG / 01394 286037 dianepetemarriott@btinternet.com
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REGULARLY HELD ACTIVITIES

MONDAY CLUB

1.30pm at Kesgrave Social Club, Edmonton Road, Kesgrave IP5 7EE

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

All sessions £2 incl. tea/coffee & biscuits

Dee/David Parmenter: 07443 491666

EXERCISE MONDAY / EXCEPT BANK HOLIDAYS

5.45-7.15pm at Chantry Academy Community Use Facilities,
Mallard Way, Ipswich IP2 9LR

Exercise for members, partners or their carers.

EXERCISE WEDNESDAY

4.30-6pm at Felixstowe Leisure Centre, Undercliff Road West, Felixstowe IP11 2AE

Exercise for members, partners or their carers.

Amanda Pearson: 07771 652149 / Hayley Ferriss: 07907 915223

All sessions £5

ART GROUP: WEDNESDAY

9.30am-noon at Rushmere Sports Centre, The Street, Rushmere St Andrew, Ipswich

Water Colours, Oils, Acrylics, Pastels.

Friendly and sociable mixed group.

All sessions £3.50

Shirley West: 01473 624113

LINE DANCING: THURSDAY

2pm at 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.

All sessions £3

Dee/David Parmenter 07443 491666 / Kay Burton/Tony Freeman 01473 434545

TEN PIN BOWLING

Friday 10am-1pm at KingPin Bowling, Martlesham Heath

Year round but subject to lane availability during school holidays.

£7 (including bowling, shoe hire and a free cup of coffee).

Margaret Cockrill: 01473 271958

MONTHLY MEETING DATES AND SPEAKERS

Meetings will be held at Kesgrave Social Club, Edmonton Rd,
Kesgrave IP5 1EE at 2pm on the first Tuesday of each month.

NOVEMBER 2

Dad's Army – *The History of the TV Programme* by Dave Stewart

DECEMBER 7

Keyboard/Singer Annie

JANUARY 4

Protecting Your Family's Inheritance
by Mr Martin Hoskins

FEBRUARY 1

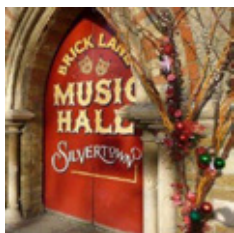
Our Visit to China by Mr David
and Mrs Karolyn Howlett

MARCH 1

AGM / *Hi-De-Hi* by Mr David Webb

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.

SOCIAL EVENTS



MONDAY 13 DECEMBER 2021

Trip to Brick Lane Music Hall to see Vincent's
Jingle Bells Christmas Show with a festive lunch.
Total cost is £60 per person. Special diets can
be catered for, let us know when booking.



18-22 JULY 2022

Holiday to Warners Hotel at
Bembridge Isle of Wight.
Deposit of £30 required.



TO HUG OR NOT TO HUG?

HOW TO NAVIGATE POST-PANDEMIC INTIMACY

Intimacy and physical touch are big parts of many people's lives. A warm hug can offer a level of reassurance and comfort that words often can't reach, and a strong embrace has the almighty power to make you feel safe and loved. For some people, however, hugs aren't so much a comfort as they are a breach of personal boundaries.

The pandemic has certainly widened the gulf between huggers and non-huggers. While some of us have spent the past year or so craving physical intimacy and longing for the day when we can wrap our loved ones in a tight embrace, or even throw our arms around new acquaintances,

others plan to stick to social distancing for a while longer. So, what is it about hugs that some of us crave so much? How can we navigate hugging and respect people's boundaries in a post-pandemic world?

What's in a hug?

There's more to a good hug than just wrapping your arms around someone. In fact, there's scientific evidence that hugs can really boost your mood. When we enjoy a long and meaningful hug, our brains release the hormone oxytocin, which helps us to feel calm while strengthening social bonds. Research has also found oxytocin helps to decrease stress and anxiety which

means that a good hug can work wonders for some people's mental well-being.

For many of us, hugging is second nature.

Physiologist Helena Wasling explains: "I think what it means to be human is very much to be social and to be connected to other people. Our skin is meant to be there for intercommunication, human to human, which connects us and makes us the human beings that we're supposed to be."

It has been found that many children require hugs and physical contact from a young age as a part of their healthy development. Why then do the seemingly magical powers of hugging not apply to us all? While some people will jump at any opportunity for a hug, others find the interaction uncomfortable and prefer to keep their distance. The pandemic has also intensified this aversion to hugging for many who feel far more at ease sticking to their personal bubble.

Why hugging isn't for everyone

There are many theories about why some people are big on hugging and others show no interest in this form of physical contact. Some experts link this behaviour back to childhood, arguing that those who received a lot of hugs as children are likely to grow up enjoying hugging. A study from 2012 backs this theory up, by discovering that people who were raised as huggers usually enjoy hugging as an adult, compared to those who weren't.

On top of that, social anxiety plays a role in some people's aversion to hugging. Put simply, people sometimes just don't feel comfortable sharing a hug, particularly with someone that they don't know well. Personal boundaries are extremely important, and for a lot of people, it isn't so much a case of hugging vs no hugging. For example, they might feel perfectly comfortable hugging a family member but want to keep this intimate action reserved just for those personal relationships.

Data gathered by jewellery company Angelic

Diamonds reveals people's uncertainty about hugging and intimacy. After researching the most commonly Googled love dilemmas, searches relating to uncertainty about affection were shown to have increased over the course of the pandemic.

Post-pandemic intimacy

Since the beginning of the COVID-19 pandemic, hugs have been under scrutiny. Social distancing rules have meant that embracing a loved one isn't quite so simple anymore. For many, navigating hug etiquette during the pandemic has been an uphill battle. Even now, as restrictions are being loosened, hugging is still a contentious topic.

The question is, how can we make sure everyone feels comfortable? One way of dealing with this is pretty simple – asking. As restrictions are eased, everyone will be getting back to 'normal' at their own pace. So, even if you can't wait for close human contact, ask others how they feel about it. Be mindful that some people might still feel uncertain or anxious about hugging – whether their feelings are in relation to the pandemic or not.

Other ways to show affection

For those whose love language is physical touch, there are plenty of other ways to express affection. Words of affirmation, spending quality time together, exchanging gifts, or other acts of gratitude can all be as meaningful as a hug. However you choose to express love to your partner, your family, or your friends, the key thing to remember is respecting their boundaries. Asking what they're comfortable with is the best place to start. Always remember that people will be readjusting to physical intimacy after the pandemic in their own time.

Striking the right balance with hugging and physical intimacy might feel like a challenge at first. However, if you find what's right for you and listen to the needs of others, you can't go wrong.



CHRISTMAS MIRTH

SUBMITTED BY PULSE READERS

JOSEPH

One of my favourite Christmas stories is about the infant school nativity play where one little boy was desperate to play the part of Joseph. The day came when the teacher announced the parts and the little boy was not chosen to play Joseph. However, he was asked to play the innkeeper. Even though he had been picked, he was still not happy when the day arrived for the performance. The entire school was there and there were parents, grandparents, teachers and governors in the audience. Mary and Joseph arrived at the inn and Joseph knocked on the door. "Can my wife and I come in?" There was a pause and then the little boy replied, "She can come in, but you can't."

MARY

A church produced a Christmas play a few years ago. A young boy had only one line, "I am the light of the world". However, on the night of the production, he froze at the sight of so many people and forgot his line. His mother was seated in the front room and began mouthing his line for him. Following her cue, he said, "My mother is the light of the world."

FAMILIES

Christmas was going to be difficult this year. The father called a family conference and challenged them to be more disciplined in the management of their time during the busy Christmas season

and to curtail excessive spending on gifts. He brought his speech to a crescendo with his final rallying cry, "Let's make this the best Christmas ever!" His little son countered the big motivational speech by noting, "But dad, I don't see how we could improve on the first Christmas."

EMANUEL

A grandfather went into a bedroom to find his baby grandson jumping up and down in a playpen crying his eyes out. When he saw his grandfather he reached out his little hand and cried, "Out grandpa, out," but grandpa knew that a little boy had been put there as a punishment for bad behaviour so he said, "No, son, in, in." The little child kept crying, his plaintive tears and his outstretched hands reached deep into his heart. What was he to do? The boy must have his punishment, but the grandfather was desperate to comfort him. Finally love found a way! Grandpa couldn't take the boy out of the playpen, so he climbed in with him instead. When grandma discovered him, she said, "Grandpa, have you been naughty too?"

QUEUES

It was the week before Christmas. Parking spaces were hard to come by. There were long lines, crowded stores, rude people and grossly inflated prices. In one long checkout line, one man was heard to say, "They should kill the guy who started Christmas." One wise and godly woman at the line said, "They did, they hung him on a cross." Therein lies the real Christmas story.

NATIVITY

Every Christmas, the head of the children's department presented a children's story. The presentations were always excellent. This particular year, he had four children to help him tell the story of the star that hung over the stable in Bethlehem on the night of the birth of Jesus. At a given signal, each child was to flip over a large piece of cardboard spelling the word S-T-A-R.

Unfortunately, the leader did not realise that the letters would be in reverse order when the cards were flipped over. The word the audience saw was R-A-T-S.

The object of this lesson was such a surprise that it took some time until the laughter died down and the service could continue.

GIFTS

It was Christmas and the judge was in a merry mood as he asked the prisoner, "What are you charged with?"

He replied, "Doing my Christmas shopping early."

"That's no offence," said the Judge, "how early were you doing this shopping?"

"Before the store opened," countered the prisoner.

WHY WORRY?

There are only two things to worry about. Either you are well, or you are sick.

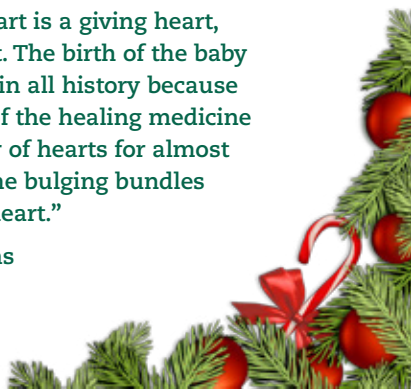
If you are well, there is nothing to worry about but if you are sick, there are two things to worry about; either you will get well or you will die. If you get well, there is nothing to worry about but if you die, there are only two things to worry about; either you will go to heaven or hell. If you go to heaven, there is nothing to worry about but if you go to hell, you'll be so damn busy shaking hands with friends, you won't have time to worry!

Some gifts you can give this Christmas or beyond monetary value: mend a quarrel, dismiss suspicion, tell someone you love them.

- Give something away anonymously.
- Forgive someone who has treated you badly.
- Turn away with a soft answer.
- Visit someone in a nursing home.
- Apologise if you were wrong.
- Be especially kind to someone with whom you work.
- Give as God gave to you in Christ, without obligation, announcement, reservation or hypocrisy.

"Let us remember that the Christmas heart is a giving heart, a wide open heart that thinks of others first. The birth of the baby Jesus stands as the most significant event in all history because it has meant the pouring into a sick world of the healing medicine of love which has transformed all manner of hearts for almost two thousand years... Underneath all the bulging bundles is this beating Christmas heart."

George Matthew Adams



CHRISTMAS QUIZ

FOOD

1. According to the old English tradition, which coin was placed in the Christmas pudding mixture?
2. Candy canes are traditionally which two colours?
3. Which spirit is traditionally poured on top of a Christmas pudding and then lit?
4. Which day of the week is a Christmas pudding traditionally made on?
5. Which tin of chocolates often found at Christmas features 'the purple one'?

MOVIES

1. Who played British Prime Minister in 2003 film 'Love Actually'?
2. George Bailey is the main character in which classic Christmas movie?
3. In the Christmas hit film 'Home Alone' which city did Macaulay Culkin's family visit, leaving him behind?
4. Which 1982 winter animated film is only 27 minutes long?
5. Which legendary Hollywood actress and former child star played Esther Smith in the 1944 Christmas musical 'Meet Me in St. Louis'?

MUSIC

1. Which boy band had the UK Christmas Number one spot in 1994 with 'Stay Another Day'?
2. Which famous Christmas song begins with the lyrics: 'the mood is right, the spirit's up, we're here tonight and that's enough'?
3. How many 'las' are after the 'fa' in 'Deck the Halls'?
4. Who had a huge hit in 1976 with the soothing Christmas classic 'When a Child is Born'?
5. In the Fairytale of New York song, what were the boys of the NYPD choir singing?

ANIMALS

1. How many of Rudolph's eight companions names start with the letter 'D'?
2. What kind of animal is given on the seventh day of Christmas?
3. Which reindeer name means thunder?
4. In 'National Lampoon's Christmas Vacation' which animal is found living in the Christmas tree?
5. What kind of animal does the Grinch have for a pet?





HISTORY

1. When do the 12 Days of Christmas start?
2. In which year was the first Christmas card sent?
3. Who was crowned King of England on Christmas Day in 1066?
4. The first royal Christmas broadcast – which monarch made it?
5. Who is the patron saint celebrated on the 26th of December?

CHRISTMAS CAROLS

1. What carol is also known as “the counting song”?
2. What carol can you use to demand figgy pudding?
3. What carol warns you about Santa?
4. Which carol brings you tidings of comfort and joy?
5. What was the first carol broadcasted from space?

GIFTS AND ORNAMENTS

1. What ornaments do elves have on their shoes?
2. How many tips do a traditional snowflakes have?
3. What are the most two popular phrases on Christmas gift cards?
4. Why do we give chocolate coins for Christmas?
5. By when should Christmas decorations come down, according to UK traditions?

TRUE/FALSE

1. The first mince pies contained meat.
2. Eggnog doesn't actually contain egg.
3. Switzerland is credited as starting the Christmas tree tradition.
4. We consume approximately 7,000 calories on an average festive banquet each Christmas.
5. In Canada, it is believed that Santa's post code is HOH OHO.

ANSWERS ON PAGE 30-31



FIRCROFT HAIRDRESSING BEGIN COMMUNITY INITIATIVE TO FUNDRAISE FOR A DEFIBRILLATOR

A fundraising bid to get a defibrillator for a popular shopping area in Ipswich has been launched following incidents of shoppers falling ill.

Fircroft Hairdressing has linked up with fellow shopkeepers in the Crofts shopping precinct to raise £2,000 to buy and install the life-saving piece of equipment to be ready for any potential incidents of vulnerable or elderly shoppers suffering from heart problems and requiring medical assistance.

The popular shopping parade, which includes the hairdressers, a bakery, a newsagent, co-op, fish and chip takeaway, pharmacy and pub, caters for thousands of customers daily and accommodates people of all ages.

A defibrillator is an essential lifesaving tool for someone who is suffering a cardiac arrest. Using a defibrillator within three-five minutes of a cardiac arrest can increase chances of survival from six per cent to 74 per cent. Having a potentially life-saving defibrillator in a central location that is easily accessible to the public is vital.

All the shops in the precinct have put out charity collection pots and have encouraged the local public to help with fundraising and come up with

some fun ideas to raise some money. Quizzes and sponsored leg waxes have already been suggested.

Ciro De Lellis of Fircroft Hairdressing said: "It's been desperately sad to see and hear locally and nationally about cases where people who were suffering from heart-related medical incidents could have received immediate life-saving support from a defibrillator whilst waiting for an ambulance.

"There should be a defibrillator in all public spaces, especially in areas frequently visited by elderly people like the Crofts shopping precinct, and that's why we've all rallied together to launch this fundraising bid. Even if we help to save just one life, it will be worth it.

"We therefore call on the Crofts and Ipswich community to support our fundraising efforts to help save lives and reduce suffering right on our doorstep."

Donations can be made within Fircroft Hairdressing as well as shops within the precinct. Donations can also be made online and more information can be found at:
www.fircrofthairdressing.co.uk/defib

DO YOU BELIEVE IN FATHER CHRISTMAS



Father Christmas is usually thought of as St Nicholas, who lived about 350AD, was a Bishop of Myra, which is now in modern Turkey. This part of Turkey eventually fell into Turkish hands and his burial tomb became neglected.

In 1087, the people of Bari in Italy thought something ought to be done about this and some merchants sailed to Turkey and stole the saint's body and brought it back.

Meanwhile, a church, *St Nicola of Bari*, was built to house the Saint's mortal remains. On one of my visits to Italy, I visited the church and carried out some research into the facts behind the story, which presented some interesting discoveries.

It was said that the merchants sailed in three ships to steal the Saint's body. Did this give rise to the Christmas Carol, *I Saw Three Ships Come Sailing In*? The colours of the coat of arms of Bari city are red and white, the colour of Father Christmas' attire. When the Saint's tomb was unloaded on the beach, it had to be dragged up a steep hill to the church. A farmer supplied a sledge pulled by two oxen. Were the oxen substituted for reindeer for the Father Christmas story? The pillars of the entrance door to the church rest on the backs of the two oxen.

Putting all these facts together, it is easy to see how facts can get embellished to form a popular story.

If you are in Bari in Southern Italy, pay a visit to St Nicola Church (which is not the cathedral, though it too is worth a visit) and ask if you can visit the crypt to see the tomb of Saint Nicholas. There is a lovely Byzantine icon of Saint Nicholas in the crypt but, be aware, you will not receive a present or sit on Santa's knee.

From Heartbeat Member Andrew Woods

ULTIMATE VALIDATION

Boris Johnson walks into a bank to cash a cheque. As he approaches the cashier he says, "Good morning, could you please cash this check for me?"

Cashier: "It would be my pleasure sir. Could you please show me your ID?"

Johnson: "Truthfully, I did not bring my ID with me. Just ask anyone here at the bank who I am and they will tell you. Everybody knows who I am."

Cashier: "I am sorry, Mr Johnson, but these are the bank rules and I must follow them."

Johnson: "Come on, please. I am urging you, please, to cash this cheque."

Cashier: "Look sir, here is an example of what we can do. One day, Tiger Woods came into the bank without ID. To prove he was Tiger Woods he pulled out his putter and made a beautiful shot across the bank into a cup. With that shot we knew him to be Tiger Woods and cashed his check.

"Another time, Andre Agassi came in without ID. He pulled out his tennis racket and made a fabulous shot; the tennis ball landed in my coffee cup. With that shot we cashed his check.

"So, sir, what can you do to prove that it is you, and only you?"

Johnson stands there thinking, and thinking, and finally says, "Honestly, my mind is a total blank, I have absolutely no idea what to do, I don't have a clue."

Cashier: "Will that be large or small bills, Mr Johnson?"

Submitted by Mim Biggs



POSITIVE EMOTIONAL ATTITUDES

REPLACING NEGATIVE FEELINGS WITH POSITIVE ONES CAN BE LEARNT, SAYS SHANE LUTKIN

I believe the first step to becoming more positive, is becoming more self-aware and then to have a mindful thought process.

Look at your past and think about how you were brought up, how all of those little rules, remarks, learned behaviours and difficult experiences as a young person may have impacted on your emotional wellbeing – negatively or positively.

Explore your feelings; ask yourself, 'how do I feel and where has that feeling come from?' Attempt to learn to track and identify your moods, whether these feelings are cognitive or emotional – or both. Try to describe your moods accurately to yourself, and to others, by expanding your expressive vocabulary.

Negative ruminations can be overwhelming and can lead to anxiety, gloom, anger, confusion, and low self-regard – and being emersed in these elements is exhausting.

Conversely, positive contemplations often bring confident, constructive thought processes such as happiness, hopefulness, enthusiasm and creativity into play.

Resist denying or distorting reality. Try reframing your negative thoughts by challenging them: 'What makes this negative thought or feeling absolutely real, a cast iron fact?'. If your opinion is, 'I'll never get this job done properly,' then say

to yourself, 'Hang on, if I slow down, stay calm and focus, I can get this job done properly.'

Whenever you have small positive movements or successes, say to yourself, 'Well done, I did well.' Always recognise and acknowledge any evidence that you have done well. This is a very gradual and even boringly repetitive process but your mind will gradually replace negative habits with positive habits and your body will replace negative feelings with positive feelings.

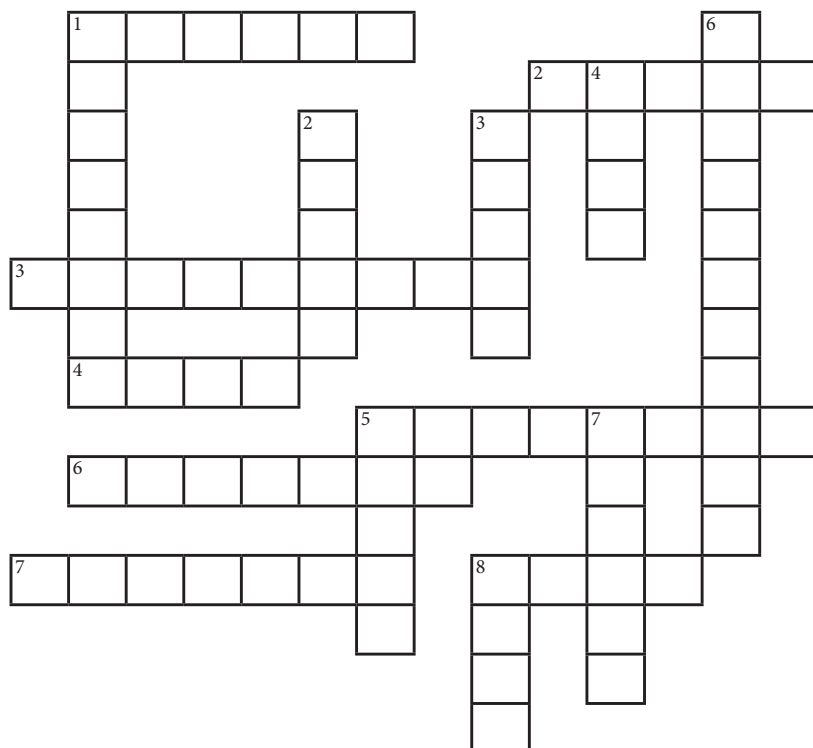
Having a positive psychological attitude requires consistent effort over a period of time but, eventually, you can take control of your thoughts and feelings, choosing positive ways of being that are genuinely beneficial. Eventually most people can become empowered and negativity can be dealt with positively.



Shane Lutkin has a master's degree in psychotherapy and is lead therapist at psychotherapy organisation, Emotionalskills, which offers its services in Norfolk and nationally online.

■ 07986 488690
 ■ contactus@emotionalskills.uk
 ■ nwww.emotionalskills.uk

CROSSWORD



ACROSS

1. Building where Jesus was born
2. Prickly girl's name
3. You kiss underneath it
4. The same as a present
5. It's the season of...
6. Contains a joke
7. Hung on the Christmas tree
8. The wise men followed it

DOWN

1. You hang this up
2. One of Santa's Reindeers
3. Santa's helpers
4. Frozen snowman
5. Laying bird in The 12 Days of Christmas
6. Can be heard on Christmas Eve
7. Door decoration
8. Let it...

ANSWERS ON PAGE 30



PRIDE & PASSION

WE SPEAK TO PAUL CARROLL, CRITICAL CARE CONSULTANT AT IPSWICH HOSPITAL, ON HOW THE PANDEMIC CHANGED HIS LIFE. INTERVIEW: LUCY OHSTEN

The pandemic has been something of a game-changer for Dr Paul Carroll, Critical Care Consultant at Ipswich Hospital. Faced with challenges he has never seen before on such a massive scale, he and the dedicated team have adapted and performed at the highest level, supporting each other to get through the pandemic. Manilla magazine caught up with him on a rare day off to reflect on his experiences of life on the covid front line.

“The Critical Care team is a highly trained unit that offers a specialist level of treatment to seriously ill patients, and even in normal times it can be a war zone,” says Paul. “Around 40% of my time was spent in theatre as an anaesthetist, the rest in ICU (Intensive Care Units), where there is a huge spectrum of both medical and psychological care given to patients and their families. So when Covid 19 hit last year we quickly realised that we needed to develop a strategy to cope with the additional workload.

“We knew we would be at least 300% over capacity and that our limiting factors were space and nursing staff. We not only had to treat and care for covid patients, but also those who needed non-covid care... but of course it was vital that they were kept separate, quarantined. So infection control, which is always a high priority, was more important than ever before – critical in fact!

“Between October and March, peaking in November, was our worst time. The workload was intense, there were three or four consultants working every day, seven days a week, nurses doing 12-hour shifts in full PPE (I don’t know how they managed) no holidays, and it was all hands to the pumps for an intense period of around 12 weeks. We were on a steep curve to learn about and manage covid, support junior staff, and the reality was that our occasional war zone had become pretty hellish.”

So how did Paul and his team cope with this situation? “Teamwork, supporting each other, spreading the workload, being a friend, talking, listening, taking up the slack for a colleague who is on their knees with fatigue. All this and much more. I cannot praise the team highly enough. The doctors, nurses, ancillary and support staff really are the most wonderful, professional, caring and, yes, cheerful group I have ever been fortunate enough to work with. I am so proud of each and every one of them. Ipswich Hospital ICU has had one of the highest success rates in the country for many years, which is testament to the hard work and dedication of the team.

“The stress and pressure has been relentless, so keeping morale up is a daily challenge, especially when there are some very sad outcomes for patients. As medical professionals, we are trained to deal with those sad outcomes and the emotional effect it has on us, but this pandemic has presented us with probably the most complex set of circumstances that many of us will ever see in our professional lives. But this is why I, and my colleagues, have chosen medicine. We love our jobs and we want to make a difference during the tough times, and I really think we have. The team effort has been extraordinary and that was a real positive.”

Paul’s skill as a doctor was instrumental in bringing about many good outcomes for Covid 19 patients, and there are some touching stories. “One in particular involved a lovely man who was struggling with Covid 19, but he got better and we got him home,” says Paul. “During one of my virtual follow-up clinics he told me he had written a book about his battle with Covid 19, and that there was a wonderful doctor in the hospital who had held his hand and been so kind to him, but that he thought he would never be able to find him and thank him. The man said the mystery doctor had a voice rather like mine and I happily told him that the doctor was in fact me! This man was then in tears and wanted to give me a hug... which of course he couldn’t!”

The pandemic has affected us all. How does Paul think it will change people’s attitudes and behaviour? “I think we are now more aware of how infectious diseases are, even the common cold. Face masks will probably become the norm and socially acceptable. For all of us, I think the fragility of life has been brought home, and taught us that we must focus on compassion and kindness, appreciate the little joys in life, as well as the ones we love.”

And how has the pandemic changed Paul?

“When I walked into the ward for the first time in full PPE, I felt a little nervous. I was aware of my own mortality, and that this was a potentially dangerous disease for me, my family, my children, and my colleagues. It was an unsettling feeling. PPE was incredibly effective at protecting us, but, quite rightly, it made us more aware of the risks.”

Paul’s passion for medicine extends beyond the hospital grounds. When he can, and it has been pretty rare lately, he is Clinical Trauma Lead for the British F1 medical team. “I have always loved racing and fast cars and it’s a real privilege to be part of such a successful team. I’m involved in the drug testing of drivers, and look after them or anyone in the crowd if they’re critically ill. Last year I attended the closed Silverstone event in July, and will hopefully do so this year – in the medical car behind the grid, which is very exciting!”





WILL BISHOP JEWELLERY DESIGN

BEAUTIFUL BESPOKE JEWELLERY INFLUENCED BY NATURE

Will Bishop provides charming, organic and hand-crafted contemporary jewellery to customers looking for accessories that have a unique and eye-catching flare.

Will's fabulous jewellery collection, consisting of everything from bracelets and brooches to necklaces and rings, is inspired by his travels across Africa. On his travels, Will was fascinated by how the locals made jewellery out of scrap metals, he even saw someone make bangles out of old power lines.

"Everywhere we went, people were trying to sell you the jewellery that they had made and I just thought it was brilliant how they made it, it was so clever."

Having originally trained as a sculptor, Will became interested in jewellery-making and was taught the basics by his wife, Catherine, who had been studying jewellery making. Then, after completing a diamond setting course at The London Guildhall University, Will set up his business.

When the couple had children, they decided to make a new life in Suffolk, where Will became even more inspired by the nature and insects.

Bees, flowers and fauna feature heavily in his works in particular – often melded in silver, gold and occasionally platinum, like his stunning 9ct gold honey bee bracelet.

"The bee features a lot but kind of by accident because my studio is always invaded by insects in the summer. They're just buzzing around me all the time. We get swarms quite regularly that come through and land in my courtyard outside my studio and we have to take cover!" explained Will.

Will is no stranger to unique requests, so don't be shy about making an unusual ask. He's created everything from a cross for the Bishop of Monmouth for her Consecration ceremony last year to carnelians found on a Suffolk beach, which he was asked to cut and polish. But believe it or not, they're not the strangest request he's had.

"A dentist brought me a stack of teeth once and we had to knock the gold out of them as the gentleman wanted the gold reclaimed and made into a brooch. So that was quite exotic!"

One day Will would love to create a jewellery school where he can teach others the art of jewellery making. But for now he's enjoying having a creative outlet that works for him.

Will told us, "I'm so lucky to do what I do. When we get thank you cards from people who are thrilled with the things we've made them, it really makes you feel so good, knowing how much they love it. It's what keeps me going really."

Will sells directly through his website:

■ www.willbishop.co.uk





5 REASONS TO BE CHEERFUL THIS WINTER

SUBMITTED BY AHM INSTALLATIONS

Winter can make life harder but it is also a season to savour.

1: WINTER IS BEAUTIFUL

Frosty mornings, fresh air, sparkling cobwebs, long shadows as the sun dips... there are so many beautiful things about winter.

Getting out for a walk and enjoying your surroundings is a great way to keep both body and mind healthy but getting out of the house isn't an option for some people. Our customers often tell us that if the weather is bad, it's difficult to get around.

If that's the case, take a moment each day to enjoy what you can see out of the window or in your garden. Pick up a pen and draw something or write a poem about what makes winter beautiful.

2: BIRDS FLOCK TO OUR GARDENS

Our gardens, balconies and windowsills are perfect for attracting wildlife in search of scarce winter food. Put out sunflower seeds, peanuts or fat balls, and don't forget to provide some water for them too.

3: THE FESTIVE SEASON

Sending cards or letters to those you love, watching Christmas films, spending time with

family and friends, or simply wishing someone a 'Merry Christmas' in the street – it all gives you a sense of warmth and hope during the winter.

If restrictions stay as they are, we will be able to gather on Christmas Day. One of our customers said, "My daughter and grandchildren don't live far away. We'll definitely get together for Christmas. I can't wait."

4: SNUDDLING UP WITH A HOT DRINK AND A GOOD FILM OR BOOK

Snuggling under a blanket with a mug of something warm and something to watch or read is a comforting thing to do at any time of year and keeping warm also has the added benefit of helping to stave off those winter bugs. We're sold!

5: WITHOUT WINTER THERE WOULD BE NO SPRING

One of the best things about the British seasons is that as one departs, another arrives. Just think about how much we appreciate those early daffodils that appear as the weather changes in the spring, the birth of new lambs, the longer, sunnier days. It always comes with a feeling that after the winter, we've all earned it!

If you're concerned about staying warm and well this winter, Age UK (0800 169 65 65) has a useful guide called 'Winter Wrapped Up'. If you need a printout of it, please call us and we'd be happy to help.

At AHM Installations we prioritise quality of life over everything. We enjoy helping people, which includes listening to the challenges our customers face at home. One of the customers we spoke to about their concerns for this winter has disabilities. We're delighted that he can now enjoy a nice warm shower on a cold winter's day because he feels so much safer with his new shower cubicle, grab bars and seat, which we recently installed.

Call our family-run team on 0800 731 6495. AHM Installations install safe, affordable, stylish bathrooms for anyone with limited mobility.

QUIZ ANSWERS

FOOD

1. Sixpence
2. Red and White
3. Brandy
4. Sunday
5. Quality Street

MOVIES

1. Hugh Grant
2. It's A Wonderful Life
3. Paris
4. The Snowman
5. Judy Garland

MUSIC

1. East 17
2. Wonderful Chirstmastimes by Paul McCartney
3. Eight
4. Johnny Mathis
5. Galway Bay

ANIMALS

1. Three; Dancer, Dasher and Donner
2. Swans
3. Donner
4. Squirrel
5. Dog

AUTUMN/WINTER WORDSEARCH ANSWERS



HISTORY

1. Christmas Day
2. 1843
3. William the Conqueror
4. King George V in 1932
5. Saint Stephen

GIFTS AND ORNAMENTS

1. Bells
2. Six
3. To and From
4. To honour Saint Nicholas
5. January 5th

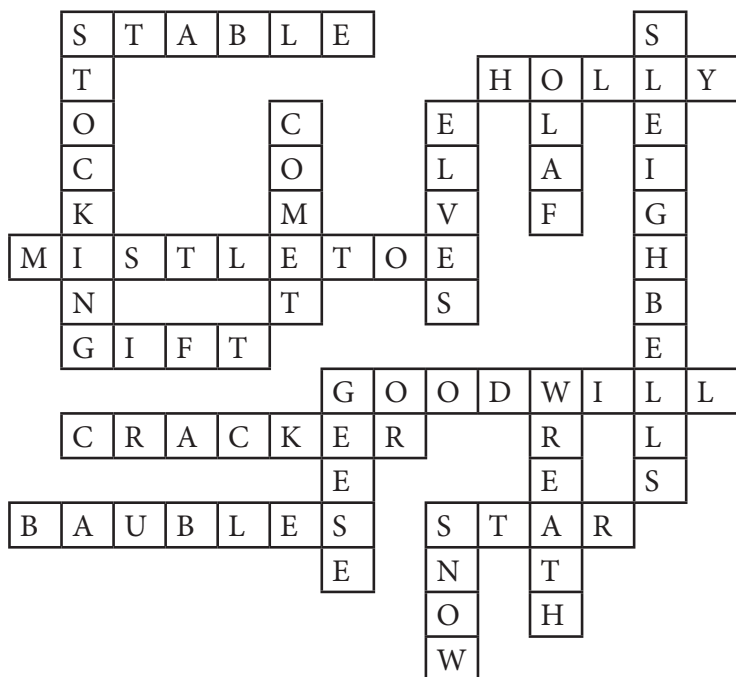
CHRISTMAS CAROLS

1. The Twelve Days of Christmas
2. We Wish You a Merry Christmas
3. Santa Claus is Coming to Town
4. God Rest ye Merry Gentlemen
5. Jingle Bells

TRUE/ FALSE

1. True
2. False
3. False; it was Germany
4. True
5. True

CROSSWORD ANSWERS





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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