

Take Heart

(Derby)

A social support group for heart patients, their families and carers.

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter August 2017

 **Lunch at Denby Lodge.** What a difficult place to find! At least three drivers went somewhere else before finding our lunch venue in July. Several of us thought we knew where to go but memory played tricks on us or was it just that old male ego which forbade the use of a sat nav? Ten members and guests of a determined nature found their way to the Denby Lodge. The place was quite busy, with several groups already in attendance, in addition to the casual diners. Our food was somewhat slow to be delivered to our table but the quality made up for it. There were many selections, lamb shank, salmon, chicken, omelette, etc. All dishes were consumed leaving clean plates. Ironically, the only person not to eat all of the meal ordered a sweet and promptly cleaned this dish. The chatter was all consuming too. We left cheerfully having put the world to rights, as is the way with any TH(D) event. See you next month at Bridge Inn, Duffield.



 **Tech One-liners...**

Wi-fi went down during family dinner tonight. One kid started talking and I didn't know who he was.

A clean house is the sign of a broken computer.

My email password has been hacked. That's the third time I've had to rename the cat.

Smartphones are pacifiers for adults.


I assert dominance over millennials by responding to their texts with phone calls.

My New Year's resolution is 1080p.

I never ask my kids to call me, I just change the Netflix password and then don't respond to their texts.

Our WIFI was down yesterday and I spent 45 minutes trying to fix it. Our dishwasher has been broken for 3 weeks and I haven't even touched it.

The first time I got a universal remote control, I thought to myself "This changes everything".

 **Jam Jar Challenge.** You should already have quite a few "pennies" saved in another Jam Jar in readiness for 2018. Seems a long way off but by starting now it will surprise you just how much you can save. Why not save £1.00 per month? Keep chucking it in. Thank you for your efforts during the previous years.



♥ **Wonderful Church bulletins!** For those of you who have children and don't know it, we have a nursery downstairs.

♥ **Do you have a favorite walk?** At some point in our lives, most of us have enjoyed the fabulous countryside in and around Derby. Was it Carsington Water or perhaps Chatsworth House and grounds? What about the Tissington Trail or Matlock Bath? Whatever walk you enjoyed, please let Michael know and we will try to feature it into our programme.

♥ **Walking.** Barrow Circular Walk Swarkestone Saturday July 29. The weather in the few



days preceding our walk had been both very variable and unpredictable, with alternating periods of sunshine and extremely heavy downpours. Possibly it was this uncertainty which accounted for only a handful of members signing in for this short walk. (In the event it stayed dry and got warmer as the walk progressed). The route started with a gentle uphill walk from the garden centre along Lowes Lane to the Trent and Mersey canal and then along the towpath to Barrow

bridge. There were only two narrow boats on the move, both heading towards Swarkestone. It's possibly a couple of hundred yards down Sinfin Lane from the canal bridge to Willington Road, but the lane is relatively busy and without a footpath. Our route took us across the road and into Barrow village, towards and around St Wilfrid's Church then east along the quiet lane graced with BIG houses on our left. The lane is a cul-de-sac but continues as a footpath, crossing a brook by a newly replaced wooden footbridge and into meadows which border the river. There is now a cartographic anomaly – the Ordnance Survey map shows a public footpath striking straight across the next huge field towards our next objective. But there is no finger post, no obvious signs of a route through the field, waist high with wheat. To preserve the right of way (and protect his crop) the farmer has instead mowed a swathe around the field's perimeter, a shallow U shape that hugs the river bank. The footpath enters Swarkestone by a back yard and it's a short walk back to the garden centre, but we were slightly too late for the obligatory bacon butty. A retrospective check with a map-measuring wheel suggested that the walk was just over 3 miles long. Perfect! **None of the Tortoise walks require participants to have had SAS training – we would welcome more recruits.**

♥ **Member news.** Better news this month for those who were unwell last month. Dorothy Stevens is on the mend, John Boutcher is looking much better. Brenda Gutteridge and Pauline Boutcher have both dispensed with walking sticks and are walking normally again following hip operations recently. Jean Moseley has had some trouble again recently which resulted in a hospital stay but is home again and feeling a little better. Ken & Molly Illsley are plodding on but find it difficult to get out frequently since Ken gave up driving. Can you help? If you know someone who is ill, then please let Michael know.



Coffee at The Cube. July is typically a time when members go away on holiday, look after grandchildren (or both) and so the attendance at the July coffee morning was understandably lower than usual. Nevertheless, thirty-one members enjoyed each-other's company, with talk of holidays recently completed or about to be enjoyed. There were a number of recently new members re-visiting, which is always encouraging and quite a few regulars. Regrettably there are no photographs from this event (Michael's memory card became corrupted and so images were lost). More next time, though on 29th August.

A Cup shared with a Friend is Happiness Tasted and Time well Spent.



New funds for Derby Teaching Hospital NHS Trust.

Following the announcement by senior health leaders last week that the NHS is pumping £325 million into new projects in 15 areas across the country, it was confirmed that Derbyshire would receive up to £30m for the two local projects. Derby Teaching Hospitals Foundation NHS Trust will now be able to move forward plans for an 'Urgent Care Village' which will incorporate GP services, a frailty clinic and mental health services to make sure patients receive the right care in the right place, first time, and avoid going to A&E unnecessarily. Sharon Martin, Chief Operating Officer at Derby Teaching Hospitals, said: "We are delighted to receive this funding to help us transform services in Derbyshire to support providing people with the right care, in the right place. NHS England's confidence in our plans to change the way we deliver urgent care for our patients in southern Derbyshire will enable us to drive forward collaboration with other services to improve care. This investment gives us a significant opportunity to transform our emergency services at the Royal Derby Hospital to help us meet growing demand and maintain the highest quality standards of urgent care."

The additional money will go towards supporting work that is considering new facilities that will bring community services, outpatient clinics, testing and diagnostics and specialist rehabilitation services together in one place in the county.

The £325m has been awarded to Sustainability and Transformation Partnerships (STP) which are considered to be the strongest and most advanced in the country. It's a great financial boost for Derbyshire's STP, Joined Up Care Derbyshire, which will support the vision set out in the plans. More details on how the money will be spent will be shared as the plans develop. To read the national press release visit

<https://www.england.nhs.uk/2017/07/patients-to-benefit-from-325-million-investment-in-nhs-transformation-projects/>



Affordable Health Care. A man suffered a serious heart attack and had open heart bypass surgery. He awoke from the surgery to find himself in the care of nuns at a Catholic hospital. As he was recovering, a nun asked him questions regarding how he was going to pay for their services. He was asked if he had health insurance. He replied, in a raspy voice, "No health insurance." The nun asked if he had money in the bank. He replied, "No money in the bank." The nun asked, "Do you have a relative who could help you?" He said, "I only have a spinster sister, who is a nun." The nun got a little perturbed and announced loudly. "Nuns are not spinsters! Nuns are married to God." The patient replied, "That's right! Send the bill to my brother-in-law."



New members. We offer a very warm welcome to Linda Statham, Gordon & Patricia Cant, Mary Blundell, Ros Skerrett and Joan Gutteridge this month. We hope you all enjoy many happy occasions with us.



Four Worms and a Lesson. A minister decided that a visual demonstration would add emphasis to his Sunday sermon: Four worms were placed into four separate jars. The first worm was put into a container of alcohol. The second worm was put into a container of cigarette smoke. The third worm was put into a container of chocolate syrup. The fourth worm was put into a container of good clean soil. At the conclusion of the sermon, the Minister reported the following results: The first worm in alcohol—Dead. The second worm in cigarette smoke—Dead. Third worm in chocolate syrup—Dead. Fourth worm in good clean soil—Alive. So the Minister asked the congregation, ‘What can you learn from this demonstration?’ Maxine was sitting in the back, quickly raised her hand and said, ‘As long as you drink, smoke and eat chocolate, you won’t have worms!’




August meeting with Jean Sykes. Jean Sykes is our speaker today, she has been a member of TH (D) since 1995. She has also helped us as a “Listening Ear” and a committee member. Her talk today was entitled “Verse or Worse”. Jean started by telling us how she has always enjoyed the English word and excelled at English Literature at school. Jean told us that many years ago she was giving a talk to a women’s group in Carlton, Notts. Her friend was just starting to introduce her when a woman rushed in and sat down, when she heard the word verse and worse her head rose up and said “Oh not bl--dy poetry”, but they went onto enjoy her talk. She went on to tell us a story about when she and her brother were small, a man was invited by her parents to spend Boxing Day with her family and after lunch he said to thank them he would sing for them which went on and on until he said the last song would be “Come into the Garden Maude”. Jean said that whenever she hears that song it takes her back to this time and said that she wonders what would have happened to Maude had she gone into the garden. Jean then proceeded to read us a poem she had written about Maude going into the garden. She then went on to talk about the funny things you see on church notice boards, one which she had seen read “Parish lunch Saturday June 24th at 12.30pm this will be followed by prayers for those who are sick”. Another read “Death watch beetle has been confirmed in the church”, and the last one was a notice from the vicar which read “will be away between 25th and 30th September would be grateful if


you would not arrange your funeral during this period”. Jean then read us one of her poems about a rescue dog. Jean went on to tell us of some of the council notices she had seen from tenants, “our toilet is blocked and cannot bath our children until this is cleared”, “We have two children and would like a third, can you send someone round to help with this”. A notice in an opticians read “yours eyes examined while you wait”. A school advert

for teacher read “wanted in January to take on the responsibility of the lowest form of boys”. Notice on an iron “do not iron clothes whilst on body” cough medicine for children read “do not drive or use machinery”. Notice on Chinese Christmas lights read “for indoor and outdoor use only”. Jean told us that a questionnaire for women asked do you wear



your pants under or over your tights with 17% saying do not know. Doctor's notes on two patients the first read "the patient has been depressed since she started seeing me in 1999", "Numb from her toes down". Jean went on to tell us of many more funny notices finishing with a poem called "What happened here". Members agreed that they had had an afternoon of laughter and verse.


 **Speaker for September.** The renowned author, historian and defender of Derby's heritage, Maxwell Craven will remind us of "The Early History of Derby" on 11 September. Maxwell Craven came to Derby in the 1970's to gain his teaching certificate at The University of Nottingham. He was education officer at Derby Museum for 25 years - 18 of them as Keeper of Antiquities. Maxwell was awarded an MBE in 1999 for "Services to Conservation" and an Honorary degree at Derby University in 1996. His qualifications read "MBE, D.LITT, FSA, AMA". During a distinguished career, he has written many books and been a regular contributor to learned journals as well as magazines including Country Life, The Derbyshire Magazine and Derbyshire Life. He is a member of the Civic Society and the Council of the Derbyshire Historic Building Trust. An authority on the history of Derby, he has written more than 22 books including "The Illustrated History of Derby" and two volumes on Derbyshire Country Houses. So - who could be better qualified to talk to us all on "The Early History of Derby", so don't miss this talk.


 **Take Heart Singers.** Our singing group continue to entertain other community groups.



They were invited to sing to the elderly residents of Leylands and to the St John's Church luncheon club in July. August saw them at Broadway Baptist Church "Seaside at Home" event recently, where more than 90 members of the community attended. Their fame is spreading which you can be a part of. Come along and have some fun at 10.00AM in St John's Methodist Church

Hall, Allestree each Friday. It is great fun and will raise you're your spirits. Don't be put off if you think you can't sing – Trisha 'Gareth Malone' Flude will be glad to help. Telephone 01332 380219

 **Wonderful Church bulletins!** Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

 **Newsletter feedback.** The following messages were received following last month's Newsletter: "*Thank you for another useful, interesting and amusing monthly read; how do you do it on a consistently super basis/ Thank you for the hard work that you do on compiling the newsletter! I have learned a few things during this read :)/ very interesting and informative as usual/I know I don't come to any events but I do enjoy the newsletter, thank you!*". Thank you to all those who respond, I achieve much pleasure in reading your comments! Please send them to Michael.



The Best Jokes from the Edinburgh Fringe

- “Crime in multi-storey car parks. That is wrong on so many different levels.” **Tim Vine (2011)**
- “When I was younger I felt like a man trapped inside a woman’s body. Then I was born.” **Yianni (2015)**
- “I was playing chess with my friend and he said, ‘Let’s make this interesting’. So we stopped playing chess.” **Matt Kirshen (2011)**
- “I usually meet my girlfriend at 12:59 because I like that one-to-one time.” **Tom Ward (2015)**
- “One in four frogs is a leap frog.” **Chris Turner (2016)**
- “I used to be addicted to swimming but I’m very proud to say I’ve been dry for six years.” **Alfie Moore (2013)**
- “I was raised as an only child, which really annoyed my sister.” **Will Marsh (2012)**
- “I bought myself some glasses. My observational comedy improved.” **Sara Pascoe (2014)**
- “I was thinking of running a marathon, but I think it might be too difficult getting all the roads closed and providing enough water for everyone.” **Jordan Brookes (2016)**
- “You can’t lose a homing pigeon. If your homing pigeon doesn’t come back, then what you’ve lost is a pigeon.” **Sara Pascoe (2014)**
- “My Dad said, always leave them wanting more. Ironically, that’s how he lost his job in disaster relief.” **Mark Watson (2014)**



Swimming. The situation with the Queens Leisure pool remains as last month’s Newsletter. Our Secretary has written to Ranjit Banwait, leader of Derby City Council. We await his response. In the meantime, I suggest that you turn up at 3.15 every Wednesday and ask for a “Take Heart (Derby) swim at reception and just see what happens. It is quite likely that you will be directed to the Family pool anyway. Let me know what happens and what you find when in the Family pool. Keep your exercise regime up by returning to swimming, you know how good it is for you.



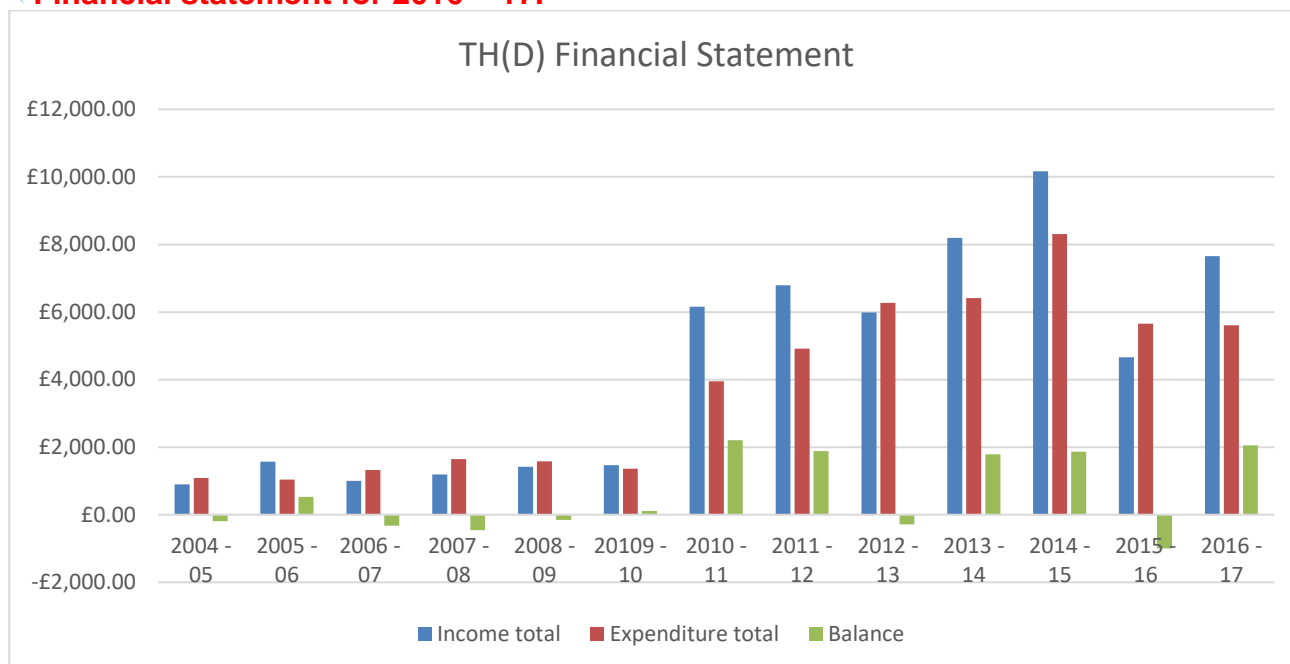
Eleven Minutes Can Be Forever. A Police Officer was patrolling late at night off the main road. At nearly midnight, he sees a couple in a car, on Lovers' Lane, with the interior light brightly glowing. He carefully approaches the car to get a closer look. Then he sees a young man behind the wheel, reading a computer magazine. He immediately notices a young woman in the rear seat, filing her fingernails. Puzzled by this surprising situation, the Officer walks to the car and gently raps on the driver's window. The young man lowers his window. "Uh, yes, Officer?" The Officer asks: "What are you doing?" The young man says: "Well, Officer, I'm reading a magazine." Pointing towards the young woman in the back seat the Officer says: "And, her, what is she doing?" The young man shrugs: "Sir, I believe she's filing her fingernails." Now, the Officer is totally confused. A young couple, alone, in a car, at night in Lover's Lane and nothing obscene is happening! The Officer asks: "What's your age, young man?" The young man says: "I'm 22, sir." The Officer asks: "And her, what's her age?" The young man looks at his watch and replies: "**She'll be 16 in 11 minutes.**"



Birthdays. Happy birthday this month to Barry Birkin, Helen Blackburn, Sue Blamire, Sally Cholerton, Barbara Colder, Michelle Evans, Pearl Fitzpatrick, Michael Flude, Geoff Hinks, Alan Merrigold, Sue Oliver, Frank Pallett, Marjorie Pate, Carol Pearson, Sam Redfearn, Tony Rolfie, Avril Simcox, Peter Stevens, Richard Wheatley, Tina Whitfield, Rachel, Hannah & Debbie Wright and Ronald Wright. We hope you have a happy and memorable day.



Financial statement for 2016 – 17.




The graph illustrates our recent history of income and expenditure which has grown considerably since 2010. Principal expenditure has been purchasing of equipment for the cardiac departments of Royal Derby Hospital, postage and printing, and subsidising events for members. Area's of income received are principally donations from members and others, including bequests and more than £500 from MH Revenue by way of gift aid. If you have any questions then please forward them to our Treasurer on 01332 557028 or Chairman on 01332 380219. The financial statement was approved by those who attended the AGM in July.





A wife went in to see a therapist and said, "I've got a big problem, doctor. Every time we're in bed and my husband climaxes, he lets out this ear-splitting yell." "My dear," the shrink said, "that's completely natural. I don't see what the problem is." "The problem is," she complained, "it wakes me up!"



News from the BHF. Updated NICE guidelines suggest people could be missing out on the life-saving benefits of statins. Statins are the most commonly prescribed medicines in the UK. They work by lowering the level of 'bad' cholesterol in your blood, reducing your risk of heart attack or stroke. In 2014, the National Institute for Health and Care Excellence (NICE) updated their guidelines for the prescription of statins. [A study published today](#) in the *British Journal of General Practice* examines the implications of the updated guidelines, and suggests that 6.3 million people are missing out on the potential benefits of statins. Dr Mike Knapton, Associate Medical Director at the British Heart Foundation, says: "There is no question that statins lower people's risk of heart attack and stroke. This study suggests that an estimated 6.3 million people are missing out on the potential lifesaving benefits of statins. If these people were taking statins, we could not only potentially prevent 290, 000 heart attacks and strokes, but also reduce the burden of these events on both the NHS and people's lives. We already know that heart attack and stroke are more common as you get older, which is why it's so important to address risk factors at a young age. Thanks to the NHS Health Check programme, all adults over the age of 40 can have a free health check to find out if that are at risk of developing cardiovascular disease. As well as taking statins, keeping active, eating a balanced diet and not smoking are vital to lowering your risk and keeping your heart healthy." (Source: <https://www.bhf.org.uk/news-from-the-bhf/news-archive/2017/august/prescription-rate-of-statins-nice-guidelines>)

 **Thoughts to ponder.** I find it ironic that the colours red, white, and blue stand for freedom, until they are flashing behind you.

 **Two blondes** are filling up at a petrol station and the first blonde says to the Second, "I bet these awful fuel prices are going to go even higher." The second blonde replies, "Won't affect me, I always put in just £20 worth."

 **Forthcoming programme of events.** Please note, references to swimming do not now mean the private swim in the Family pool as previous. See the note above and write to Michael with your thoughts and suggestions.

August.


Tuesday 29th Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 30th Swimming at the Queens Leisure Centre at 3.15 PM.

September.

Wednesday 6th Swimming at the Queens Leisure Centre at 3.15PM.
Monday 11th The renowned author, historian and defender of Derby's heritage, Maxwell Craven will remind us of "The Early History of Derby" from 2.30 PM at The Friends Meeting House, St Helens Street, Derby DE1 3GY (adjacent to Radio Derby).
Wednesday 13th Swimming at the Queens Leisure Centre at 3.15PM.
Tuesday 19th Lunch at The Jonty Farmer, Kedleston Road, Derby DE22 1FT at 12. noon.
Wednesday 20th Swimming at the Queens Leisure Centre at 3.15PM.
Tuesday 26th Coffee morning at The Cube café/bar, Chapel Street, Derby DE1 3GU from 10.30AM.
Wednesday 27th Swimming at the Queens Leisure Centre at 3.15PM.
Saturday 30th Walking back to health - 🌿 - Markeaton Circular walk. Meet at Markeaton Crematorium car park, Markeaton Lane, Derby DE22 4NH to walk at 10.00AM.

Exercise classes.

Royal Derby Hospital - Contact Christine Chambers on 01332 785597 for phase 4 rehab only. "Exercise for the Heart". Contact Jane on 07930 975681. Classes at Draycott and Ilkeston. "Mobile Sports Therapy" contact Matt on 01332 832224 or 07714718910.
Cardiac Rehab Programme at Belper Leisure Centre, Amanda Gowling, 01773 825285
Seated exercise classes at URC, Becketwell Lane, Derby. Tel Gwen 01283 701284
BHF Heart Health Line 0300 330 3311, Mon-Fri 9am-5pm, to seek information on heart health.

 **Listening ears.** Please use the numbers when you feel in need of advice or just a chat – a problem shared is a problem halved – so call now, do not be shy, pick up the phone. Committee members are Pam 01332 606583, Richard 01332 557028, Jean 01332 365216, Mick & Angela 01332 751834, Michael & Trisha 01332 380219 and Margaret 01332 766916.
Any queries or comments about Take Heart (Derby) should be directed to Michael Flude on email michael.flude@takeheartderby.co.uk, 01332 380219 or 14 Brookside Road, Breadsall, Derby DE21 5LF.

Items for the newsletter should be sent to Michael, information about publications to be sent to Marilyn on 01332 558756 and lunch venues to Pam on 01332 606563.