

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter December 2017



♥ **Lunch at the Dog & Duck.** Another of those really good value for money lunches – two for the price of one. Can't be bad! The food is usually very nice and had I been there it would have been a rib-eyed steak for me. There were xx members, along with the usual locals, and it made for another very social occasion, thus living up to our marketing strap line *"A social support group for heart patients, their families and carers."* Two of our group were at pains to ensure they were added to the Christmas lunch guest list, making a total of 47 for this year. Terrific stuff.

♥ **Ageing:** Eventually you will reach a point when you stop lying about your age and start bragging about it. This is so true.

♥ **Birthdays.** Happy birthday this month to Cynthia Bland, Neal Blatherwick, Valerie Bray, John Bucknell, Patricia Cant, Julie Cooper, Charles Dowsett, Fred Evans, Mary Cox, Rita Hancock, Ray Grant, Chris Mills, Maureen Mole, Debbie Oliver, Lilian Payne, Rex Plummer, Noreen Shepherdson, Michelle Hallam and Sue Walker. So many of you, I do hope Santa makes a special day and a separate birthday date for you. We hope you had a happy and memorable day.

♥ **Those wonderful church bulletins:** The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

♥ **A Christmas joke!** This is a story about the shepherds and the sheep on the hills around Bethlehem on a cold winter's night a couple of thousand years ago. One of the shepherds (who was called Eric by the way...I just thought you'd like to know that important detail) said to his sheep dog (who interestingly was called Ernie...which, given that this is a joke, and an English one at that, gives it a somewhat proleptic appeal, I'm sure you'll agree), 'Go and bring in the sheep', (this in itself is quite interesting because dogs don't usually respond to commands issued in full sentences. Ernie was really quite a special dog...and I say that and I don't even like dogs). So Ernie, the oh-so-clever sheepdog, runs off into the field and does just that, he brings in the sheep. When he returns Ernie says to Eric (you see he can speak...I told you he was a clever dog), 'There you go, I have brought home 40 of them.' 'That's strange,' says Eric, 'I thought I only had 38'. Ernie the sheepdog looks at him and says, 'Yeah, you do. I rounded them up!'

♥ **Q:** What do you call a dinosaur with an extensive vocabulary? **A:** A thesaurus.



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 for 2018. Details to Michael, please.



November Coffee Morning. Another great gathering of Take Hearters with much chatter. Jean Percival was full of beans, talking animatedly about all the activities she is now pursuing. Great to hear. Per and Margit Staehr were in attendance, despite Per only recently return home from that place some of us know affectionately as the Royal Derby Hotel! There was a final request from Frank to be added to our Christmas luncheon on 12 December (just managed to squeeze you in). Trisha was in attendance also, this time putting her feet up in a wheelchair following a bout of swollen foot syndrome. Michael was selling additional copies of our Annual Calendar, which by general consensus, is our best yet. See you all for the Christmas coffee morning on 19th December.

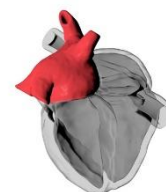


Top Ten Tips for Winter. South Derbyshire Clinical Commissioning Group (SDCCG) have issued guidelines to help us through the winter months, although the weather has been milder than seasonal.

1. Get your flu jab – protect yourself and those you come into contact with.
2. If you have a cold you do NOT need to see a GP. Treat it yourself with over the counter remedies at your pharmacy and drink plenty of water.
3. Prevent the spread of winter bugs (Norovirus) by not visiting your GP. There is nothing the GP can do whilst you have it. Avoid public places and call 111 for advice.
4. Make sure your medicine cabinet is stocked up. Have stocks of cold remedies, painkillers, antiseptic cream and plasters.
5. Order repeat prescriptions in good time as GP surgeries and pharmacies will be closed for periods during the Christmas period.
6. Make good use of pharmacies. They can provide advice with over the counter remedies and advice whether you need more expert attention.
7. Need same day response from your GP. Phone early and keep trying, they will answer sooner or later.
8. Use services wisely. 999 should only be used for emergencies (head injuries, heart attack, broken bones etc.) Sprains, cuts, rashes should mean a visit to the Walk-in-Centre, but if you need advice telephone 111. If your GP is available then contact them about high temperature, vomiting and ear pain. Pharmacies are available to assist with diarrhoea, cough, cold or headache. Of course minor grazes, sore throat and hangovers are a matter for self-care.
9. Keep warm. Heat your main living room to 18 – 21 C (64 – 70 F) and the rest of the house to 16 C. Check electric blankets before re-using them this winter.
10. Eat healthily. Food is a vital source of energy and helps keep the body warm. Have hot meals and drinks regularly throughout the day. Stews, soups and curries will do the trick and have meals prepared in advance in case of adverse weather.



News from the BHF. A new treatment for heart failure is a step closer after a study has found that a part of our immune system once thought to prevent organ damage is actually a leading cause of scarring and heart failure. Researchers at Imperial College London found that a protein called interleukin 11 (IL11) plays a key role in the scarring process, which in turn causes heart, kidney and liver failure. Heart failure commonly results after a heart attack as scars form in the damaged heart muscle. These scars stop the heart muscle from contracting properly and reduce the heart's ability to pump blood around the body. The research, published in the *Nature*, also found that by inhibiting IL11 they could prevent heart and kidney fibrosis in mice, meaning it could pave the way for new treatments. Scarring is a natural response to tissue injury, but in excess it can stop organs from working effectively, causing a build-up of excess connective tissue in an organ, known as fibrosis. When fibrosis occurs in the heart, liver, kidneys or lungs these organs can start to fail. By developing drugs capable of blocking IL11 the team hope to be able to reduce the damage caused by a heart attack and prevent the onset of devastating heart failure.



Source: <https://www.bhf.org.uk/news-from-the-bhf/news-archive/2017/november/new-cause-of-heart-failure-discovered>.



2018 Calendar is now in circulation along with our new 6-page Programme of Events.



The calendar has a larger date grid to add your own notes and includes a logo on dates where TH(D) has an event. The programme is much enlarged, with Singing for Fun added to all the usual events. It looks very impressive. More comments have been received, *"I was absolutely delighted to receive my calendar for next year/The photo's are stunning/brings back so many memories of places I used to visit and they don't look to have changed very much/wonderful- thanks/Just received the 2018 calendar and it looks excellent, the*

best ever".

Hope you enjoy your calendar. Additional copies are available at £3.00 (plus post and packing £1.50 each) via Michael.



Those wonderful church bulletins. Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.



Jam Jar Challenge. You should already have quite a few "pennies" saved in your Jam Jar's in readiness for 2018. February is getting ever closer but by starting now it will surprise you just how much you can save. Why not try to save £1.00 per month? Keep chucking it in. The British Heart Foundation are very appreciative of the efforts we make and even published our 2017 contribution in a promotional leaflet recently. Thank you for your efforts during the previous years but let us see if we can achieve a larger donation in February.





Those wonderful church bulletins: Pot-luck supper Sunday at 5:00 PM - prayer and medication to follow.



Take Heart Singers. Their fame spreads before them. In recent weeks, the singers have been requested to sing at the switching on of the Christmas lights in Swadlincote for Sharpe's Pottery Museum and a charity event in aid of Dr Barnardo at Landau Forte College in Derby in the presence of the High Sheriff of Derbyshire. But who do you think is dressed up as a teddy bear? Answers to Michael! They have performed admirably and are great ambassadors for Take Heart (Derby). They have further engagements at Fraser Hall, Leylands on 14th, a coffee, cakes and carols event at St John's (adjacent to Park Farm at 10.00 AM on Friday 15th. The day finishes with a recital at Broadway Baptiste



Church at 7.30 PM, also on 15th. Then, you will be able to join in with some of your favourite Christmas songs at our very own Christmas Coffee morning at the Cube on 19th. Their final engagement is at Alvaston Methodist Church on 21st at 10.30 AM. What a busy schedule!!! And to top it off, there is already a booking for the singers in December 2018!!! You can join in too, just come along on Fridays for some fun. It will raise you're your spirits and put a smile on your face. Don't be put off even if you think you can't sing – Trisha 'Gareth Malone' Flude will be glad to help. Telephone 01332 380219.



Swimming up-date. We await a reply from Ranjit Banwait, Leader of Derby City Council. It is likely that we will be "trailing" the teaching pool from 3rd January 2018. Resister your swimming attendance with Michael so that he might telephone you when the response is received.



Another blond moment: During a computer upgrade at a well known company, passwords were checked. A blond lady (we will not name her to protect her identity) used the password "MickeyMinnieHueyDeweyPlutoDonaldGoofyLondon". When asked why she replied that she was instructed to use eight characters and a capital. Her password is probably quite safe!!!



I've just finished reading a book about anti-gravity. Absolutely fascinating—I couldn't put it down!



Christmas lunch at Mickleover Golf Club.



Forty-eight members booked a Christmas lunch this year. This was TH(D)'s first visit to this venue, although quite a few of us had dined here with other groups on previous occasions. We dined in their private room overlooking the eighteenth green, although most of us were more interested in the nineteenth!!! Chairman Mao (I mean Michael) welcomed everyone and hoped they would enjoy the luncheon. The meal was served in goodtime and table by table. There were many great comments about the food, which was tasty and hot. There was plenty of additional "roasters and gravy" for the underfed amongst us. So, to the raffle, twenty presents with a few people winning more than one. One granddaughter would be the recipient of a jewellery display cabinet, whilst others were happy with the mystery surrounding each prize, which Trisha and Angela had disguised with wrapping

paper – devious or what. We raised £100.00 on the raffle. Special praise was offered to Margaret Storry who had organised this event and she received individual thanks after coffee. Also, many thanks to those who had donated the raffle prizes. Michael gathered everyone together for a group photograph, which can be seen here. Looking forward to the next one!!!





Heart failure patient tips. Make sure you have the flu jab. Always carry a hat, scarf and gloves to prevent heat loss at your extremities. Ensure your mobile is fully charged before going out. Making a journey, then ensure you take your medication with you plus water to swill them down. Carry a summary of your medication with you. Carry snow socks for car tyres, body warming packs and a snow shovel in the car. Ensure your car is winter ready and service it. Visit a pub or café for tea/coffee and keep warm there (it might be cheaper than heating your home). Wear layers of clothes both indoors and out, you can always take off a layer if you are too warm. Ensure you have some basic, long lasting supplies of long life milk, part baked bread rolls baked beans, tinned soup, tinned fruit, frozen vegetables, bottles of drinking water, packets of rice & pasta, tinned tomatoes and eggs. Ensure your repeat prescriptions are ordered before the christmas shut down.



A woman and her 12-year-old son were riding in a taxi in Derby. It was raining and all the prostitutes were standing under awnings. "Mom," said the boy, "what are all those women doing?" "They're waiting for their husbands to get off work," she replied. The taxi driver turns around and says, "Geez lady, why don't you tell him the truth? They're hookers, boy! They have sex with men for money." The little boy's eyes get wide and he says, "Is that true Mom?" His mother, glaring hard at the driver, answers "Yes." After a few minutes the kid asks, "Mom, if those women have babies, what happens to them?" She said, "Most of them become taxi drivers."



Heart Support Group Newsletter from the BHF. The BHF have recently been printing a Heart Support Group magazine. To gain a copy, please email either on reaney@bhf.org.uk or heartsupportgroups@bhf.org.uk stating that you would like to be added to our HSG quarterly newsletter. It is a good read, so try it out.



A recipe to share with friends and loved ones. Take one cup of love, two cups of loyalty, three cups of forgiveness, four quarts of faith and one barrel of laughter. Take love and loyalty and mix them thoroughly with faith, blend with tenderness, kindness and understanding. Add friendship and hope. Sprinkle abundantly with laughter. Bake it with sunshine. Wrap it regularly with lots of hugs. Serve generous helpings daily.



Top tippie tip. It is recommended that a bottle of wine is opened for at least thirty minutes before drinking to allow it to breathe. If you can see it is not breathing then give it some mouth to mouth resuscitation!



Fruitcake recipe

1 cup water	1 cup sugar	4 large eggs
2 cups dried fruit	1 teaspoon baking soda	1 teaspoon salt
1 cup brown sugar	lemon juice	nuts
1 gallon whiskey		

Sample the whiskey to check for quality. Take a large bowl. Check the whiskey again to be sure it is of the highest quality. Pour one level cup and drink. Repeat. Turn on the electric mixer; beat 1 cup butter in a large, fluffy bowl. Add 1 teaspoon sugar and beat again. Make sure the whiskey is still OK. Cry another tup. Turn off mixer. Break 2 legs and add to the bowl and chuck in the cup of dried fruit. Mix on the turner. If the fried fruit gets stuck in the beaterers, pry it loose with a drewdriver. Sample the whiskey to check for tonsisticity. Next, sift 2 cups of salt. Or something. Who cares?? Check the whiskey. Now sift the lemon juice and strains your nuts. Add one table. Spoon. Of sugar or something. Whatever you can find. Grease the oven. Turn the cake tin to 350 degrees. Don't forget to beat off the turner. Throw the bowl out the window. Check the whiskey again. Go to bed. Who the hell likes fruitcake anyway????

 **Advanced notice. Music & Magic 2** show will return on 24 February 2018.

Entertainment by the Take Heart Singers, a magic show, George's fish & chips, choice of sweet, tea/coffee/soft drink (bring your own alcohol) and no stiletto heels please. Advance ticket only admission from 6.30 for 7.00 PM start. Members £7.00, guests £9.00. Call 01332 380219 to book your ticket NOW.

Forthcoming events

December.

Tuesday 19th Christmas coffee morning at The Cube café/bar from 10.30 AM.
Members receive a free TH(D) tea or coffee and a mince pie, whilst being entertained by the Take Heart Singers.

Wednesday 20th Swimming at the Queens Leisure Centre at 3.15 PM.

January.

Wednesday 3rd Swimming at the Queen's Leisure Centre at 3.15 PM.
Friday 5th Singing for Fun at 10.00 AM
Monday 8th A light hearted look at the legal and financial aspects which can occur in later life. "Tax, Care and Toyboys" is the title of a talk to be given by Charissa Malpass, Co-op Estate Planning at 2.30 PM in the Friends Meeting House.

Wednesday 10th Swimming at the Queens Leisure Centre at 3.15 PM.
Tuesday 16th Lunch at Toby Inn, Nottingham Road, Chaddesden, Derby DE21 6LZ at 12 noon

Friday 12th Singing for Fun at 10.00 AM at 10.00 AM
Wednesday 17th Swimming at the Queen's Leisure Centre at 3.15 PM.
Friday 19th Singing for Fun at 10.00 AM
Wednesday 24th Swimming at the Queen's Leisure Centre at 3.15 PM.
Friday 26th Singing for Fun at 10.00 AM.
Tuesday 30th Coffee morning The Cube café/bar from 10.30 AM.
Wednesday 31st Swimming at the Queen's Leisure Centre at 3.15 PM.

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, Mick & Angela 01332 751834, Michael & Trisha 01332 380219, Robert 01332 608219 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.

Affiliated to the British Heart Foundation