Take Heart

(Derby)

A social support group for heart patients, their families and carers. www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter July 2017

Cream tea afternoon. Due to copy deadlines for printing the Newsletter for June, we omitted photography. We now offer a few shots of a very enjoyable occasion. Special thanks to Margaret Storry for organising this event once again.





Fifty members and guests enjoyed a cream tea at Royal Crown Derby tea rooms. Top picture shows a general shot, followed by two of the raffle prize winners. But did you all spot the slogans on the inside lid of the jam jars? Here are a few.

Coffee at the Cube. A cup shared with a Friend is Happiness Tasted and Time well



Spent. Our coffee mornings have become just this. This month saw the Take Heart Singers entertain the visitors with a selection of songs from their current repertoire. The reception was extremely good, "Great to hear some old favourites/I really liked the sound and was able to join in with most songs/Brilliant/I wanted to talk with friends and this didn't help/Fabulous – are you going to put on another show/I really enjoyed the coffee morning and the singing was the icing on the

cake". There were thirty-four members and guests present, with a further six sending apologies for absence. Nice to see you all.

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. Keep chucking it in. Thank you for your efforts during the previous years.

Wonderful Church bulletins! If I had a pound for every girl that found me unattractive, they would eventually find me attractive.

Walking In 2013 Markeaton Park was awarded 2.5 million pounds from the Heritage



Lottery Fund. This allowed improvements to the park, including putting in new footpaths that are pedestrian, wheelchair and pushchair friendly. Eight Take Heart members had a stroll along one of these footpaths. After meeting at the crematorium, we walked along Markeaton Lane and into a woodland footpath that brought us out onto the path by the Portico which faces the now demolished Markeaton Hall. Following this footpath, we had a pleasant walk to the north west edge of the parkland, and then a walk through the woodland that runs parallel

to the A52 Ashbourne Road. On leaving the woodland the path then took us back towards the main drive. I mentioned that during the Second World War several buts were built in the park to

World War several huts were built in the park to house soldiers. After the war these same huts were used as emergency housing. This comment then led to conversation between members, someone saying that the army had use of other parks in Derby and talking about the bombs that ended up being dropped on Rolls Royce. It appears that these members all lived in the same area during their childhood. It's lovely to hear people reminiscing about their past. Finally, a walk down the main drive



and through the Craft Village. Returning to the car park we stopped at Markeaton Garden Centre café for refreshments. A lovely stroll of just a little over a mile.

Smoking Prayer... Jack and Max are walking home from church. Jack wonders whether it would be all right to smoke while praying. Max replies, "Why don't you ask the Priest?" So Jack goes up to the Priest and asks, "Father, may I smoke while I pray?" The Priest is not amused and says, "No, my son, you may not. That's utter disrespect to our religion." Jack goes back to his friend and tells him what the good Priest told him. Max says, "I'm not surprised. You asked the wrong question. Let me try." And so Max goes up to the Priest and asks, "Father, may I pray while I smoke?" To which the Priest eagerly replies, "By all means, my son. By all means." Moral: The reply you get depends on the question you ask.

New members. We offer a very warm welcome to Gillian Beardow, Frank Pallett, Val and James Tatlow, Nora Evans, Pam Ormond, Margaret Thomas, Mavis Wilson, Rita Urquhart, Angie Haswell and Vivien McCurdy this month. We hope you all enjoy many happy occassions with us.

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

AGM 2017. This year's AGM took take place in The Friends Meeting House at 2.30 PM on Monday 10th July with twenty-eight members present. The Chairman opened the meeting and used a PowerPoint presentation to show various reports. The big part of the



AGM is to examine and Approve the accounts. The Treasurer, Richard Flatman expanded upon the various topics and took a number of questions before the accounts were unanimously accepted by the meeting. Resolution 2 was cancelled and resolution 3, the re-election of Robert Jones, Margaret Storry and Pam Fearn were unanimously voted for by the meeting. There was a discussion about the resumption of swimming in the family pool at Queens Leisure Centre which is more adequately expanded on another page below. The meeting was closed at approximately 3.00 PM and followed by Dr Julia Baron, President of TH(D) and cardiologist of RDH taking the floor to answer questions. There were questions about medication, procedures within the catheter suite and what the technical term of "Give it a good, hard poke!" meant. Dr Baron added that they are currently recruiting a further cardiologist and were exploring the possibility of carrying out more procedures at RDH instead of sending patients to Glenfield and Nottingham City hospitals.

BHF volunteers required! The BHF shop in the Intu Centre is looking for volunteers for a whole range of roles (cash desk/bric-a-brac/accessories/online listings etc). If you can spare an hour or two to help this charity to save more lives – contact Manager Angela Crossley 01332 349900 or email d36@bhf.org.uk or pop into the shop.

Swimming. After a long, long wait, I am able to confirm that the family pool has finally re-opened. You may remember that we have been using this pool from 3.15 until 4.00 PM on Wednesday's since around 1990. Not any more it seems. In the weeks prior to the pool re-opening, I telephoned to confirm our slot on three occasions but never received the promised return call. Finally, I deposited myself in the manager's office until the person in charge attended. My mood was not cheered by the fact that we were not recognised and they claim no-one knew anything about TH(D). The family pool has been allocated elsewhere and we have been offered alternatives but at contract prices and on different days. Options offered are the Teaching pool on Monday to Friday at 3.00PM, Gala pool Monday at 3.00PM. Half of the gala pool on Tuesday, Thursday & Friday at 3.00PM without a booking fee. The Family pool on Tuesday, Thursday & Friday at 3.00PM. So, with the exception of half the gala pool on a Wednesday we will have to pay much more for our swims. The fee will vary depending upon how many take part i.e. 10 swimmers will pay between £5.00 and £7.00 each – if the numbers are less each swimmer will pay more. This is considerably more than you pay for an open swim. Ironically, one member turned up for a TH(D) swim one Wednesday afternoon and was directed to the Family pool!!! The pool staff have shown little compassion to the health and wellbeing of heart patients from the Derby area.

Member news. It is with much sadness that I announce the passing of two members since our last Newsletter. Lynn Stevens died at the Nuffield Hospital and Ian Walker died whilst walking near Pickering, on the same day. Their respective funerals were held at Markeaton Crematorium on 5 July. Dorothy Stevens seems determined to achieve value for money from the NHS following a hip replacement operation which caused some complications afterwards and more recently falling downstairs, cracking three vertebrae. I am pleased to report that, despite experiencing a lot of pain, she is recovering at home.

Some of you will remember Betty Hassell, whose is now living in a retirement home. Whilst age is catching up with her, there is still a bit of a sparkle within and she recalls quite a few bits and pieces. She still likes cake as can be seen in the photograph, cakes which were not sold at the "Open Coffee" morning were taken to Linden House Nursing Home in Littleover. Elsewhere, John Boutcher



has missed a number of events as he failed to cope with the very changeable weather. This affected a large number of our members. We just do not seem to be able to cope with the extremes of the British weather, it's either too hot or too cold. If you know someone who is ill, then please let Michael know.

A teacher was giving a lesson on the circulation of the blood. Trying to make the matter clearer, she said, 'Now, class, if I stood on my head, the blood, as you know, would run into it, and I would turn red in the face.' 'Yes,' the class said. 'Then why is it that while I am standing upright in the ordinary position the blood doesn't run into my feet?' A little fellow shouted, 'Cause your feet ain't empty.'

Raising the Banner. A bit like waiting for a bus when you wait for ages and then several turn up at once – we have been waving the flag for TH(D) at THREE events within the space of two weeks. A trio of members attended Breadsall Annual Fete raising funds and awareness of Take Heart (Derby) on a very hot Sunday afternoon. The following Saturday saw the same three, plus two others at the Kingsway "League of Friends Summer Fayre" at the Kingsway Hospital site on another beautiful and sunny afternoon. Guess the name of the teddy proved particularly popular and sales of jewelry and fancy soaps (the smely-feet soaps did not attract too many buyers) also went well. The principal objective was to spread the name of Take Heart (Derby) and to allow the group to become better known.

Take Heart Singers host an Open Coffee morning with music.



On Friday 14 July saw the Take Heart (Singers) hosting an open coffee morning with music. There were cake stalls, bric-abrac and guess the teddy name yet again. The event was attended by around 40 people, who consumed lots of cake and coffee. The singers were taken aback by the introduction of seven new songs they had not seen before and a further seven they had only heard once before. They coped magnificently and received huge applause. Well done to all. Our thanks go to the many who helped to make this another huge success by giving donations, their time and their support. Trisha Flude sums up the event:-

Copious cakes, coffee and tea, Singing along with gusto and glee, Cheers and shouts of more, more, more Even a few calling encore, encore We'll sing out again with very good grace When? Where? Don't know yet Just watch this space.

Our singing group continue to meet 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.

Alfie the bear in his Ikea chair. Alfie's name was sewn into his left foot and so he appeared in the guessing game with a sock to cover it. Having appeared at two events he was eventually won by Doreen Goodes, who will be presenting it to her as yet un-born great grandchild. What a wonderful gift for a new born child to grow up with and we wish the family well for the future. The Ikea chair will no doubt serve the youngster well as "it" grows and takes over the seating arrangements.



Newsletter feedback. The following messages were received following last month's Newsletter: "Just to say I really like the mix of humour and news, and I think the updates on research you chose and your article on Statins are thought provoking/I always enjoy reading your newsletter — very readable/ Received newsletter ok,thank you /Thanks for your latest newsletter. Always enjoy them/ Another good read, like the jokes/ Once again many thanks for the newsletter, can you publish the picture of what God looks like/ Loved the newsletter, it was a comprehensive and informative read- chuckled at the jokes/ The whole newsletter, not only the jokes, makes me smile/ Many thanks for Newsletter. Very informative and entertaining as usual/ It's the best thing to drop into my inbox". Thank you to all those who respond, I achieve much pleasure in reading your comments! Please send them to Michael.

Swimming? We have waited for more than eighteen months for the family pool at Queens Leisure Centre to re-open. Well, now it has happened. BUT our regular Wednesday 3.15 til 4.00 PM bookings has been overlooked. The pool managers claim they have no record of TH(D)n despite our attendance since 1990. The family pool has been allocated elsewhere and we are being offered a variety of other options but not in accordance with our previous usage. Broadly, we will have to pay a fee of between £39.30and 60.80 per hour PLUS the cost of a lifeguard at £13.87 per hour. TH(D) would then have to charge the pool user for a share of this cost (if 10 people attended each individual would pay approx. £5.00 - £7.00 for the swim or more if numbers were less). We have advised the pool managers of our displeasure for them not contacting us before re-opening the pool, not returning our telephone calls and for discriminating against a long standing customer. The alternative is to turn up on a Wednesday afternoon and join the "open to all family pool". I need your views about this revelation, what you would like us to do and whether you will continue to swim. Please write to me at 14 Brookside Road, Breadsall, Derby DE21 5LF or email michael.flude@takeheartderby.co.uk.

A blonde bought two horses and could never remember which was which. A neighbour suggested that she cut off the tail of one horse, which worked great until the other horse got his tail caught in a bush. The second horse's tail tore in the same place and looked exactly like the other horse's tail. Our blonde friend was stuck again. The neighbour then suggested that she notch the ear of one horse, which worked fine until the other horse caught his ear on a barbed wire fence. Once again, our blonde friend couldn't tell the two horses apart. The neighbour then suggested that she measure the horses for height. When she did that, the blonde was very pleased to find that the white horse was 2 inches taller than the black one.

Birthdays. Happy birthday this month to Bob Betchley, Cath Blatherwick, Pam & Nicola Fearn, Gill Flatman, Ian Gibson, Janet Gilbert, John Gutteridge, Yvonne Gilbert, Enid Jeffrey-Walker, Antony Ilyod, Mick Neill, Margaret Potter, Margaret Prince, Margaret Storry, Val Tatlow, Marilyn & Neil Thompson, Jacqueline Whittaket and Chris Wright. We hope you have a happy and memorable day.

Thoughts to ponder. Today a man knocked on my door and asked for a small donation towards the local swimming pool. I gave him a glass of water.

A pregnant woman from Washington, D.C., (whose husband was out of the country) gets in a car accident and is knocked unconscious. When she wakes up 3 days later she sees that she is no longer pregnant and frantically asks the doctor about her baby. The doctor replies, "Ma'am you had twins! - a boy and a girl. We couldn't reach your husband and since your brother was the first one here the day they were born we let him name them for you." The woman thinks to herself, "No, not my brother...he's not very bright!" She asks the doctor, "Well, what's the girl's name?" "Denise." "Wow, that's not a bad name, I like it! What's the boy's name?" "Denephew."

News from the BHF. Changes to ambulance response times.

NHS England has announced a new set of performance targets for the ambulance service which will apply to all 999 calls for the first time. They say the new targets will save lives and remove long waits suffered by millions of patients. Call handlers will change the way they assess cases and will have slightly more time to decide the most appropriate response. NHS England say that as a result cardiac arrest patients could be identified quicker than ever before, with evidence showing this could save up to 250 lives every year. Ambulances will now be expected to reach the most seriously ill patients in an average time of seven minutes. The new system is backed by the British Heart Foundation, the Association of Ambulance Chief Executives, the Royal College of Emergency medicine and the Stroke Association amongst others. Simon Gillespie, Chief Executive of the British Heart Foundation, said: "When someone suffers a cardiac arrest, heart attack or stroke, it is absolutely vital that emergency services attend as quickly as possible to improve their chances of survival and reduce the risk of long-term disability. In the case of a cardiac arrest, bystanders should start CPR immediately and continue until the emergency services arrive. Following promising trial results, when the new system is introduced more widely we would expect emergency services to attend these lifethreatening events more rapidly to ensure that every victim has the best chance of survival. The BHF will work with the NHS to monitor how well the new system works in practice and that the potential to save more lives is realised." Source:https://www.bhf.org.uk/news-from-the-bhf/news-archive/2017/july/ambulance-response-

times

A man brings his best buddy home for dinner unannounced at 5:30 after work. His wife begins screaming at him and his friend just sits and listens in. "My hair & makeup are not done, the house is a mess, the dishes are not done, I'm still in my pajamas and I can't be bothered with cooking tonight! Why the hell did you bring him home?" Husband answers: "Because he's thinking of getting married"

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.

July.

Friday 14th Singing for Fun at St John's Church Hall, Birchover Way,

Allestree, Derby DE22 2QL from 10.00 til noon.

Wednesday 19th Swimming at the Queens Leisure Centre at 3.15 PM.

Friday 21st Singing for Fun at St John's Church Hall, Birchover Way,

Allestree, Derby DE22 2QL from 10.00 til noon.

Tuesday 25th Coffee morning at The Cube café/bar from 10.30 AM. Wednesday 26th Swimming at the Queens Leisure Centre at 3.15 PM.

Friday 28th Singing for Fun at St John's Church Hall, Birchover Way,

Allestree, Derby DE22 2QL from 10.00 til noon.

Saturday 29th Walking back to health - 🦇 - Barrow on Trent. Meet at Swarkestone

Garden Centre car park, Lowes Lane, Swakestone, Derby DE73 7QC

meet at 9.45 to walk at 10.00 AM.

August.

Wednesday 2nd Swimming at the Queens Leisure Centre at 3.15 PM.

Friday 4th Singing for Fun at St John's Church Hall, Birchover Way,

Allestree, Derby DE22 2QL from 10.00 til noon.

Wednesday 9th Swimming at the Queens Leisure Centre at 3.15 PM.

Friday 11th Singing for Fun at St John's Church Hall, Birchover Way,

Allestree, Derby DE22 2QL from 10.00 til noon.

Monday 14th One of our own, poet and raconteur, Jean Sykes will give us her version

of "Verse and Worse" from 2.30 PM at The Friends Meeting House, St

Helens Street, Derby DE1 3GY.

Wednesday 16th Swimming at the Queens Leisure Centre at 3.15 PM.

Thursday 17th Lunch at The Bridge Inn, Duffield Bank, Duffield, Derby DE56 4BG.

Friday 18th Singing for Fun at St John's Church Hall, Birchover Way,

Allestree, Derby DE22 2QL from 10.00 til noon.

Saturday 19th Walking back to health - Meston on Trent walk. Meet at Methodist

Church, Main Street, Weston on Trent, Derby DE72 2BL.

Wednesday 23rd Friday 25th

Swimming at the Queens Leisure Centre at 3.15 PM. Singing for Fun at St John's Church Hall, Birchover Way,

Allestree, Derby DE22 2QL from 10.00 til noon.

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.

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

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 265216, Mick & Angela 01332 751834, Michael & Trisha 01332 380219 and Margaret 01332 766916.

BHF Heart Health Line 0300 330 3311, Mon-Fri 9am-5pm, to seek information on heart health. 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.

Take Heart (Derby) Registered Charity No 1163703

Affiliated to the British Heart Foundation