

Take Heart

(Derby)

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

www.takeheartderby.co.uk


Registered Charity No 1163703




Newsletter June 2017


 **Coffee at the Cube.** A cup shared with a Friend is Happiness Tasted and Time well Spent. Our coffee mornings have become just this. It is a time when we get together as friends and share some valued times. If, like me, you might go away with a warm feeling inside that something good has happened. Brilliant. Today we made a new friend in Derek Kilgariff, the recently appointed BHF Fund Raising Manager. He came to collect our Jam Jar savings for 2017, which amounted to £289.44. He was very grateful and said, *"I was delighted to get my first taste of coffee at your May event. Even more delighted to receive such a magnificent sum to help in our fight against heart disease. Thank you all at Take Heart (Derby) for such a warm and pleasant welcome. Good luck for your future"*. We wish him well in his new role and he looks forward to visiting again soon.




 **Jam Jar Challenge.** Don't forget, start saving your spare cash 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. Thank you for your efforts during the previous years.



 **Sophie Parkins (nee Jardine).** Some of you may know that Sophie was promoted during 2016 and now supervises several areas for the BHF. She also got married to Richie (hence the name change). Well, now I can report that Sophie and Richie are expecting their first child in September this year. I am sure you will all join me in offering our congratulations and wish her new family good health and luck for the years ahead.

 **Wonderful Church bulletins!** The sermon this morning: 'Jesus Walks on the Water' The sermon tonight: 'Searching for Jesus'

 **Singing for fun.** Our singing group continue to meet at 10.00AM in St John's Methodist Church Hall, Allestree each Friday. They are adding a few more numbers to their repertoire and invite more members to join us on a 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. An open coffee morning is to be held on 14 July at St Johns from 10.00 am until 12.00 pm. There will be music, coffee/tea and cakes and a table top sale. Can you help? Do you have any items to donate or can you help on the day? Contact Trisha on 01332 380219.





A drunk man who smelled like a brewery sat down on a subway next to a priest. The man's tie was stained, his face was plastered with red lipstick, and a half-empty bottle of gin was sticking out of his torn coat pocket. He opened his newspaper and began reading. After a few minutes the man turned to the priest and asked, 'Say Father, what causes arthritis?' The priest replies, 'My Son, it's caused by loose living, being with cheap, wicked women, too much alcohol, contempt for your fellow man, sleeping around with prostitutes and lack of personal hygiene. The drunk muttered in response, 'Well, I'll be damned.' Then returned to his paper. The priest, thinking about what he had said, nudged the man and apologised. 'I'm very sorry. I didn't mean to come on so strong. How long have you had arthritis?' The drunk answered, 'I don't have it, Father. I was just reading here that the Pope does.' MORAL: *Make sure you understand the question before offering the answer.*



Walking around Sunnysdale Park, a little known and well used park in the Littleover suburb of Derby is a real gem for those who have a love of exploring natural open spaces. It is owned by Derby City Council and is designated as a Local Nature Reserve. The maintenance of the park is the responsibility of the parks department aided by a volunteer group called "Friends of Littleover Parks". This group looks after 8 similar facilities within the Blagreaves/Heatherton/Oaklands/Sunnyhill/Littleover areas. It must be an enormous task and they deserve every credit for their efforts – especially in view of the financial constraints imposed by recent council budget cuts. Six intrepid members met on a day which was forecasted to become wet. We were lucky however, for we set off at 10.05 in fine dry but cloudy weather which stayed dry for the whole hour of the walk. The walk I have rated as about 2 miles – from previous experience and this can be completed in under 40 minutes. So at 60 minutes we sauntered around! Our route took us down Oadby Rise turning left into Hartland Drive, along Freeman Ave, left into Sunnyhill Ave to cross Stenson Road at the pedestrian control lights and proceeding along Wellesley Ave. to enter the park at the Nevinson Drive entrance. The park is surrounded by housing and there are 13 points of access which allow the walk to be greatly extended if desired to encompass Willson Ave, Field Rise and Blagreaves Lane. We traversed a pond, fed by Cuttle Brook which flows via a culvert under Stenson Road and proceeds on its eastern journey to join the river Derwent some 3 miles away near Raynesway. The pond is a very significant feature of the park but its present condition signals the need for extensive reed cutting and dredging to remove silt, an operation which was last done around 5 years ago as part of the 2010 – 15 Management Plan devised by Derbyshire Wildlife Trust. We returned to Oadby Rise via the pathway which serves three schools, St. George's R.C. primary, Ridgeway infants and Gayton junior. This pathway eventually leads to Mark's Close and Stenson Road, where a 'jitty' at a pedestrian crossing gives access to Oadby Rise/Hartland Drive. Since there are no toilet facilities or nearby café at the park the host made up for these shortcomings by offering refreshments which included the now familiar 'bacon butties' and coffee. A promise was made to improve the quality of the BB's which even the host admitted were a bit lacking in flavour (medallions) and baps needed 'dipping' Anyone doubting the value of Sunnysdale LNR would do well to read up on the excellent work done by Derbyshire Wildlife Trust (DWT) in identifying the flora, fauna and insects which now abounds the park which was created 20 years ago from scrubland and old abandoned allotments. A new management plan was drawn up in 2016 by DWT and this should ensure the continued enhancement of this valuable asset to the area which was awarded Green Flag status in 2015 for the quality of the amenity green space.



New members. We offer a very warm welcome to Debbie & Mark Oliver this month. We hope you enjoy many happy occasions with us.



A man walks in to a bar and takes a seat. Before he can order a beer, the bowl of pretzels in front of him says, "Hey, you're a handsome fellow." The man tries to ignore the bowl of pretzels, and orders a fine Pilsner beer. The bowl of pretzels then says, "Ooooh, a pilsner, great choice. You're a smart man." Starting to freak out, the guy says to the bartender, "Hey what the hell, this bowl of pretzels keeps saying nice things to me!" Bartender says, "Don't worry about it, the pretzels are complimentary."



Notice of AGM. This year's AGM will take place in The Friends Meeting House at 2.30 PM on Monday 10th July. There will be reports about our progress during the year, including our financial position. There is a vacancy for a committee member, so if you would like to discuss the possibility with Michael, then please contact him. Notice of resolutions is hereby given as follows: (1) To accept the financial report presented by the Committee. (2) Lyn Stevens has offered to serve on your committee and will stand for election at the AGM. (3) Committee members for re-election at the AGM are Robert Jones, Margaret Storry and Pam Fearn, who are all willing to stand for another two-year term. This meeting will be followed by a question and answer session with our President, Dr Julia Baron, where you can ask those points you need clarification about without the need for an out-patient appointment. If you cannot attend and would like to put a question to Dr baron, please write to Michael. The meeting is free to attend and refreshments will be provided.




The logic of an uncluttered child's mind! A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal its throat was very small. The little girl stated that Jonah was swallowed by a whale. Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible. The little girl said, 'When I get to heaven I will ask Jonah'. The teacher asked, 'What if Jonah went to hell?' The little girl replied, 'Then you ask him'.





Member news. Quite a few members have been suffering from a congestive problem of late. Some have been treated with antibiotics whilst others have struggled on with home-made remedies. A trio of hip replacement/broken hip patients are all on the road to recovery, albeit at different stages of progress. Do I hear calls for a hipster-event? How about entering a half-marathon in 2018? Watch this space (but no holding your breath). Next up is Lyn who is to have a knee replacement. Barry Birkin is recovering from a stroke, getting his speech back as well as resuming driving. Good luck with your further recovery. Ted Evans have been unwell which has affected his regular swimming sessions. Ian King is not making the progress he hoped for following his ankle operation. Dennis Pollard is still smiling despite a torrid time recently. Noreen Shepherdson had a fall but is doing ok. If you know someone who is ill, then please let Michael know.





I knew summer had arrived the other day, the heater in my car started to work again!


 **Statins.** For some time, I have been considering an article about statins! Love them or hate them, they are constantly cropping up in the media. There have been reports of how they are the first line of medication to prevent/reduce heart/stroke events by lowering cholesterol. Medical professionals do not always agree with the theory and certainly quite a few TH(D) members are taking them but there are also a few who have tried them and quit. Now it seems statins will have an effect on breast cancer. A study of 200,000 women has concluded that statins cut the risk of dying from breast cancer by 40%. The research, presented to leading cancer doctors and academics from around the world at the American Society for Clinical Oncology conference in Chicago. It showed that, on average, participants who had taken any kind of statin were 27 per cent less likely to die within four years than those who had never used the drugs. The effect was far greater if women had taken the type most commonly used in the UK – lipophilic statins. These patients were 43 per cent less likely to die from breast cancer. Approximately 63million prescriptions for lipophilic statins were handed out on the NHS last year. Around six million Britons take statins to reduce the risk of having a heart attack or stroke by lowering cholesterol. But there is growing evidence the pills may have far-reaching health benefits and help fight dementia, multiple sclerosis and several types of cancer. So will you have that conversation with your GP? Let Michael know your thoughts.

 **A friend bought his wife** a set of cast-iron saucepans for Christmas last year. Furious, she hit with one. The moral of the story is making one's presents felt!

 **Newsletter feedback.** The following messages were received following last month's Newsletter: *"Thanks to all in Take Heart and especially for this month's "Textual Criticism". Copy will go to all Ashbourne BHF Committee members in a few minutes/ Thank you for another excellent newsletter. See you at our next coffee morning/ Many thanks for a very informative Newsletter, I always look forward to the jokes, where can we book a helicopter ride/ All very interesting and helpful. When I visit the Royal usually take the bus, once "lost" the car in the car park. Parked next to a yellow van, which left before I returned/Our neighbours think we have lost our minds because every month we read the Newsletter in the garden and cannot stop laughing at the jokes. Terrific stuff (editor's note – send them a copy)".* Thank you to all those who respond, I achieve much pleasure in reading your comments! Please send them to Michael.

 **Men can follow instructions!** My wife sent me the baker's. She said, "Don't get a long loaf". So I came back with some shortbread.

 **Birthdays.** Happy birthday this month to Jean Birkin, Janice Bridges, John Cooper, Brian Fearn, Ivy Johnson, Margaret Knifton, Roy Pearson, Edward Potter, Joyce Rolfe, Lyn Rowatt, John Salt, Stephen Simcox, Per Staehr, Marion & Reginald Turner, Christine Whewell, Bill Whittaker, Stephanie Wright and Coleen Yates. We hope you have a memorable day.

 **An uncluttered child's mind at work.** A Kindergarten teacher was observing her classroom of children while they were drawing. She would occasionally walk around to see each child's work. As she got to one little girl who was working diligently, she asked what the drawing was. The girl replied, 'I'm drawing God.' The teacher paused and said, 'But no one knows what God looks like.' Without missing a beat, or looking up from her drawing, the girl replied, 'They will in a minute.'



Thoughts to ponder. Just read that 4,153,237 people got married last year, not to cause any trouble but shouldn't that be an even number?



News from the BHF. Promising new therapy may help heart attack patients' hearts heal. A naturally occurring molecule called interleukin-4 may help patients recover from a heart attack, according to research presented at the British Cardiovascular Society (BCS) Conference today. The findings show that heart attack patients with low blood levels of a particular white blood cell, called an eosinophil, have higher death rates in the six months after their heart attack. Researchers have also discovered that treating these patients with a molecule called interleukin-4 (IL-4) may help to reduce these death rates. A team at the Essex Cardiothoracic Centre and University of Edinburgh followed 732 patients who had had a heart attack and measured the level of eosinophils in their blood. Patients with low blood levels of eosinophil were more likely to die within six months than those who had higher levels of the white blood cell. When mice - which were bred to be genetically deficient in this type of white blood cell - were treated with IL-4 after a heart attack, damaging changes to the size, shape and function of the heart caused by the heart attack were reversed. IL-4 is found within eosinophils, and plays a role in the inflammatory response and tissue repair. Researchers think that IL-4 may be crucial in helping the heart heal after a heart attack. Further research is needed to see whether IL-4 has the same effects in humans as it does in mice. Professor Sir Nilesh Samani, Medical Director at the British Heart Foundation, said: "This exciting research may have uncovered one reason why some people who've had a heart attack go on to partially recover, whilst others don't." "If these results are borne out by future research and larger clinical trials, IL-4 may prove to be a key new treatment for people who've had a heart attack." (Source: <https://www.bhf.org.uk/news-from-the-bhf/news-archive/2017/june/promising-new-therapy-may-help-heart-attack-patients-hearts-heal>)



Cream tea afternoon. Following the successful event last year, fifty members and guests returned to the Royal Crown Derby tea rooms for our summer "garden party". It is much more predictable and not at the mercy of the weather to hold an indoor event. What better than the very pleasant surroundings at Derby's best kept secret – the tea rooms. A delightful afternoon amongst friends is always to be savoured. Taking about savouring - what about those scones, clotted cream and strawberry jam? Wash that down with copious amounts of tea or coffee and it had all the ingredients of a satisfactory few hours. There was also a raffle and saw quite a few happy individuals who took away the prizes. I'm looking forward to next year's event already, how about you? (Note – photographs in next months Newsletter)



Can you help? We are holding two other awareness events and coupling this with a sale of bric-a-brac items. Do you have anything suitable for a tombola stall to donate? We also need help with staffing our stand on 2 July at Breadsall Memorial Hall from 2.00PM til 5.00PM and on 8 July at Kingsway Hospital site from noon until 6.00PM. Let Trisha know what times you can be available on either or both dates. Tel 01332 380219.



Forthcoming programme of events

June

Wednesday 21 st	Swimming at the Queens Leisure Centre at 3.15 PM.
Friday 23 rd	Singing for Fun at St John's Church Hall, Birchover Way, Allestree, Derby DE22 2QL from 10.00 til noon.
Thursday 22 nd	Lunch at The White Swan, Shepherd Street, Littleover, Derby DE23 6GA

Saturday 24th **Walking back to health - 🐢 - at Markeaton Park, meet at Markeaton Crematorium visitor car park, Markeaton Lane, Derby DE22 4NH. This is a change of walk to programme.**

Tuesday 27th Coffee morning at The Cube café/bar from 10.30 AM.

Wednesday 28th Swimming at the Queens Leisure Centre at 3.15 PM.

Friday 30th Singing for Fun at St John's Church Hall, Birchover Way, Allestree, Derby DE22 2QL from 10.00 til noon.

July.

Wednesday 5th Swimming at the Queens Leisure Centre at 3.15PM.

Friday 7th Singing for Fun at St John's Church Hall, Birchover Way, Allestree, Derby DE22 2QL from 10.00 til noon.

Monday 10th AGM, with the "Presidents Platform" from our President, Dr Julia Baron from 2.30PM at the Friends Meeting House, St Helens Street, Derby DE1 3GY.

Wednesday 12th Swimming at the Queens Leisure Centre at 3.15 PM.

Tuesday 18th Lunch at Denby Lodge, Church Street, Denby Village, Ripley, Derby DE3 8PH at noon.

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.



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