

# Take Heart

(Derby)

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

[www.takeheartderby.co.uk](http://www.takeheartderby.co.uk)

Registered Charity No 1163703



## Newsletter November 2017



**Lunch at the Blue Jay.** Following a late change of venue, six members managed to



locate this popular venue, where the carvery choice seemed to be the most popular. Despite a lack of numbers, there was much jocular on this occasion. Even Doug made it there and we don't see him very often. Great to see you Doug (even though we were away on holiday and saw the pictures). The Fleet Air Arm museum could do with borrowing a chef from the Blue Jay, such was the quality of the fayre on offer. Still, we did not miss out entirely, we received a call from a concerned member

who missed us! Next venue is the Dog & Duck Inn, Shardlow on 21<sup>st</sup> November. Next up is the Christmas lunch for which you need to book in advance.



**If** a deaf child signs swear words, does his mother wash his hands in soap and water?



**Birthdays.** Happy birthday this month to Les Banyton, Patricia Bhurton, Ted Bland, Mary Blundell, Alan Bown, Jean Clarke, Gina Essex, Molly Illesley, Dennis Pollard, James Robinson, Sue Robinson and Jane Salmond. We hope you had a happy and memorable day.



**Did you know** that dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish?



**For those of you who watch what you eat**, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than Brits.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Brits.
3. The Chinese drink very little red wine and suffer fewer heart attacks than Brits.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than Brits.
5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Brits.

**CONCLUSION:** Eat and drink what you like. Speaking English is apparently what kills you.



**Walking.** Please be aware that none of the Tortoise walks require participants to have had SAS training – we would welcome more participants.



The last walk for this year took us around Alvaston Park - the 85-acre park is situated just off London Road behind Lakeside School. On arrival the car park was fairly full, as two of the eight football pitches were in use by junior teams. We started the walk alongside the five-acre lake which was constructed in 1922-23. It did at one time have rowing boats available to hire. I am told that carp, tench, bream, perch and pike can be found in the

lake. We left the lake and walked across the grass to the riverside path. With the river on our left we were soon passing the BMX track on our right. It was opened in 2008 at a cost of £85 000 and hosts both regional and national BMX events. Keeping the track on our right we then went 'off piste' and crossed back into the park, passing girls football matches in progress. Back onto the tarmac path that led through the science garden, and onto the adiZone multi sports area. It was much too busy for any of us to try out the facilities. As the café was very busy we decided not to stay for a drink, so two of us called in at the Dunelm café on the way home. A pleasant short walk for a fine but cool Saturday morning



**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.



**A teenage boy** had just passed his driving test and inquired of his father as to when they could discuss his use of the car. His father said he'd make a deal with his son, "You bring your grades up from a C to a B average, study your Bible a little, and get your hair cut. Then we'll talk about the car." The boy thought about that for a moment, decided he'd settle for the offer, and they agreed on it. After about six weeks his father said, "Son, you've brought your grades up and I've observed that you have been studying your Bible, but I'm disappointed you haven't had your hair cut." The boy said, "You know, Dad, I've been thinking about that, and I've noticed in my studies of the Bible that:- Samson had long hair, John the Baptist had long hair, Moses had long hair, and there's even strong evidence that Jesus had long hair." His father replied ..... "Did you also notice they all walked everywhere they went?"



**Member news.** Jean Moseley is in hospital once again, as is Per Staehr and we wish them well. Ros Skerrett is back with the singing group after a short illness, Yvonne Gilbert is recovering slowly and looking forward to throwing her next punch. Dorothy Stevens is still strutting around following her recent operation, albeit a little slower than previously. Coleen Yates has returned to our events following a series of health issues. Reh Qureshi has had difficulties of late despite being given the all clear at his last out-patient appointment. Ted Evans is also fighting back and is hopeful of resuming his swimming exploits in-the-near future. Pat Fitton tells me she is doing well but is a little slower getting around lately. If you know someone who is ill, then please let Michael know.



**October Coffee Morning.** What a busy morning. More than forty members turned up, with lots of to-ing and fro-ing it is hard to keep up with everyone. Michael was distributing the new TH(D) calendar and Programme of Events for 2018 (see notes later in this Newsletter). There were lots of comments about “having a big one this time” and similar. Really! Others were signing up for the Christmas lunch, now extending to 45 members. A quick phone call to Margaret on 01332 766916 may just get you a place. This event promises to be another huge success, don't miss out. As can be seen from the photograph there was a lot of advice being given about all manner of things. It's good to talk!



### **The Importance of Punctuation.**

**\*Version One\*** Dear John: I want a man who knows what love is all about. You are generous, kind, thoughtful. People who are not like you admit to being useless and inferior. You have ruined me for other men. I yearn for you. I have no feelings whatsoever when we're apart. I can be forever happy—will you let me be yours? Jane

**\*Version Two\*** Dear John: I want a man who knows what love is. All about you are generous, kind, thoughtful people, who are not like you. Admit to being useless and inferior. You have ruined me. For other men, I yearn. For you, I have no feelings whatsoever. When we're apart, I can be forever happy. Will you let me be? Yours, Jane



**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.



**No matter** how much you push the envelope, it'll still be stationery.



**Newsletter feedback.** The following messages were received following last month's Newsletter: *"Can't believe it came round so quickly – how do you keep up the pace/ Thank you for the newsletter. You did very well to find time to get one out this month. As usual I enjoyed reading about your exploits, though sadly there seem to be fewer and fewer faces and names that I recognise"*. Thank you to all those who respond, I achieve much pleasure in reading your comments (even the critical one's)! Please send your comments to Michael.



**The older we get**, the fewer things seem worth waiting in line for. (Mostly because we forgot why we were waiting in line in the first place



**Remembrance Coffee morning.** We gathered together at Royal Crown Derby tea rooms on November 10th. We marked the occasion with the traditional minute's silence whilst we remembered those who had paid the ultimate sacrifice to ensure our freedom and prosperity. Freshly brewed coffee and tea were consumed in copious amounts and



most enjoyed the variety of sandwiches, cakes and biscuits. Some even stayed for lunch Mick & Angela Neill celebrated their wedding anniversary (no it wasn't a cheap day out for Mick). Everyone declared the event a huge success and this would seem to become a regular event. The staff at the tea rooms enquired if we would like to attend more frequently but what do you think? Let Michael know your thoughts.



**New members.** We offer a very warm welcome to Doreen Owen this month. We hope you all enjoy many happy occasions with us.



**An older gentleman** was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation. As he was about to get the anaesthesia, he asked to speak to his son. "Yes, Dad, what is it?" "Don't be nervous, son; do your best, and just remember, if it doesn't go well, if something happens to me, your mother is going to come and live with you and your wife...."



**The Pat Hall talk** (by Pam Fearn). Today's speaker was Pat Hall on the subject of "Life can be fun". She told us that she comes from a small village on the Staffordshire, Derbyshire border called Stanton and her nearest town is Ashbourne. Pat said that Stanton has no pub, no school, no post office and no shop but it does have a "grade 2" listed bus shelter, which is very nice but not a lot of use as there aren't any buses that run to their village. She told us that 12 years ago a Sat Nav was programmed from Vladivostok in Russia to Stoke on Trent and all the cars from Russia were directed through their little village. Pat went on to tell us that she went into Boots at the Wyvern Centre and on the way back to her car she realised she had forgotten something so went running back

to Boots and tripped over a speed bump in the car park ripping her Marks and Spencer's autographed tights. She went into the pharmacist at Boots and asked if she could have an antiseptic dressing. All-of-a-sudden, a woman appeared with a clip board and said she would have to fill out an accident form, asking Pat what had happened. Pat told her she had fallen over a laughing policeman.



When she inspected the report, the manager had written that "the lady was running across the car park and fell over a policeman who was laughing." It wasn't until she went back to her car that she realised she had meant to say the bump in the car park is called a sleeping policeman. She continued by telling us some funny things that have happened like the man who went into the store and asked for a refund on the large cake like firework he had bought on asking why the man said well, it says light the blue touch paper and then stand back 25 yards, he said that unfortunately his garden wasn't 25 yards long. Another was the woman who went away for the day leaving her husband instructions on how to cook the casserole she had left him for his lunch. Around lunch time her phone rang, and her husband's voice said "where is our pre heated oven?" A tip she gave us was that before we cut our toe nails paint them red that makes it easier to see the cuttings on the bathroom floor.

Another funny thing she told us was that there was a couple in bed when there was a loud banging on the front door. The wife told her husband to go downstairs and see who it was, he said that it was 3am and was not going but eventually went. On opening the door there was a man asking him to give him a push; the man said no and closed the door. When he got back to bed his wife asked who it was, on telling her she said you must go down and help him. When he went back and opened the door it was so dark he could not see the man. He shouted where are you and the man replied over here on the swing. Pat then told us about when she went to give a talk to a ladies group and half way through two people got up and put their coats on and walked out, two minutes later another two did the same, when a further woman walked out Pat asked the chairperson if she was doing something wrong, and she replied oh no they have all just booked flue jabs. During the afternoon she read out three poems she had written, one about John Major, the next as Tarzan's wife and the third as the mother of Canoot. She then told us about a woman whose husband had told her to be home for midnight on her night out with the girls. She was enjoying herself so much that when she looked at her watch it was nearly 2am. As she went through the door the clock cuckooed twice, so she thought it she cuckooed another nine times he would think it was 11pm. When she got up the next morning her husband said I think the clock needs repairing, on asking why he said well, it cuckooed twice then said "buggar", then it cuckooed once and it hiccupped, then it cuckooed a few more times and giggled and after the last cuckoo it fell over the coffee table. What a marvellous afternoon of laughter with all the members who went going home feeling uplifted.





**December talk.** Well spotted – there isn't one. The next talk will be on 8 January at and is entitled "Tax, Care, and Cowboys". But, what is it about? All I can say is that it will be of benefit and help to us all in the future. Everyone should attend this, so see you there.



**News from the BHF.** Blood-thinning drugs reduce dementia risk in people with abnormal heart rhythm. Atrial Fibrillation is one of the most common forms of abnormal heart rhythm and a major cause of stroke. Blood-thinning drugs like warfarin and a newer class of drugs called NOACs are the most effective treatments to reduce the risk of stroke in people with AF. It's known that AF can increase a person's risk of dementia, but whether blood-thinning drugs can lower AF sufferers' risk of developing this disease is unclear. In this study, 444,106 patients with atrial fibrillation were involved. Those who were taking blood-thinning drugs the start of the study, had a 29 per cent lower risk of developing dementia than patients who were not taking them. An even bigger reduction in dementia risk - 48 per cent - was seen in those who continued taking the blood-thinning treatment. The researchers also found that the sooner oral blood-thinning treatment was started after a diagnosis of AF, the greater the protective effect was against dementia. Our Professor Jeremy Pearson, Associate Medical Director at the British Heart Foundation, said: "Strokes caused by a clot blocking the blood vessels in the brain are a major cause of dementia, and atrial fibrillation (AF) is an important risk factor as it increases the chances of these clots forming. By treating AF patients with blood-thinning drugs, you reduce the risk of both stroke and dementia. The number of people with dementia will rise substantially over the next two decades, which is why research into AF and stroke is so vital in helping to prevent the disease." (Source: <https://www.bhf.org.uk/news-from-the-bhf/news-archive/2017/october/blood-thinning-drugs>)



**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. Some comments have been received, "It is the best calendar to date/Some of the photographs are brilliant/Loved the "weeping window" at the Silk Mill/Thanks for all the work you have done to make this a truly impressive calendar/ The new programme

and calendar were for 2018 received this afternoon. The calendar is lovely/

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



**Annual Subs are due.** Our subscription year is from January until December and so I remind you that on 1<sup>st</sup> January you need to be sending your cheque to Richard Flatman, 105 Ferrers Way, Allestree, Derby DE22 2BE. We request a minimum of £10.00 per household per year, "probably the best value membership in the world!!"



**A priest says to his friend**, the rabbi, that he has a perfect way of eating for free in restaurants. "I go in at well past 9 o'clock in the evening, eat several courses slowly, linger over coffee, port and a cigar. Come 2 o'clock, as they are clearing everything away, I just keep sitting there until eventually a waiter comes up and asks me to pay. Then I say: 'I've already paid your colleague who has left.' Because I am a man of the cloth, they take my word for it, and I leave." The rabbi is impressed and says: "Let's try it together this evening." So the priest books them into a restaurant and come 2 o'clock they are both still quietly sitting there after a very full meal. Sure enough, a waiter comes over and asks them to pay. The priest just says: "I've already paid your colleague who has left." And the rabbi adds: "And we are still waiting for the change!"



**Money talks** ...but all mine ever says is good-bye.



**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 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.




**Confucius Did Not Say.** . . "A lion will not cheat on his wife, but Tiger Wood!"



**Take Heart Singers.** Our singing group are becoming famous. Following a performance at Fraser Hall, Leylands there were a number of enquiries asking them to entertain other groups in the area. They have been specially requested to sing at a Dr. Barnardo concert on 25 November at Landau Forte Academy. The photograph shows the "Singers" again at Leylands (no clever comments about the graphics behind them, please! The singers should be very proud of themselves and so should TH(D) as they represent the group and add to our profile. You can join in too, just come along on Fridays for some fun. It will raise you're your spirits. 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.** You will recall the previous message in connection with our difficulty about a swimming allocation. Following the response to this note in the last Newsletter, there was one vote to stay in the Family pool open swim, with the remainder in favour of giving the teaching pool a try. Our Secretary will now write to Mr Banwait to set up the sessions and we will advise further when a response is received. If this result is not to your liking, then you need to contact Michael immediately. I would urge the group to continue this great form of exercise, something many of you have enjoyed for years. So, keep swimming. Email your response to michael.flude@takeheartderby.co.uk or telephone 01332 380219

 **I woke up this morning** at 9:00 and could sense something was wrong. I got downstairs and found the wife face down on the kitchen floor, not breathing! I panicked. I didn't know what to do. Then I remembered McDonald's serves breakfast until 10:30.

## **Forthcoming events**

### **November.**

Friday 24<sup>th</sup> Singing for Fun from 10.00AM in St John's Methodist Church Hall, Birchover Way, Allestree, Derby DE22 2QL

Friday 24<sup>th</sup> Singing at Sharpe's Pottery Museum, West Street, Swadlincote, South Derbyshire DE11 9DG at 5.30 PM. All welcome to support the Take Heart Singers.

Saturday 25<sup>th</sup> Singing by special invitation of Dr Bernardo's Charity at Landau Forte College, Fox Street, Derby DE1 2LF from 5.30 PM.

Tuesday 28<sup>th</sup> Coffee morning at The Cube café/bar from 10.30 AM.

Wednesday 29<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

### **December.**

Friday 1<sup>st</sup> Singing for Fun from 10.00AM in St John's Methodist Church Hall, Birchover Way, Allestree, Derby DE22 2QL

Wednesday 6<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Friday 8<sup>th</sup> Singing for Fun from 10.00AM in St John's Methodist Church Hall, Birchover Way, Allestree, Derby DE22 2QL. A charity coffee, cake and carol event for all.

Tuesday 12<sup>th</sup> Christmas luncheon, at Mickleover Golf Club. Booking is required via Margaret Storry 01332 766916.

Wednesday 13<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Friday 15<sup>th</sup> Singing for Fun from 10.00AM in St John's Methodist Church Hall, Birchover Way, Allestree, Derby DE22 2QL

Tuesday 19<sup>th</sup> 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 20<sup>th</sup> 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

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 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](mailto: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**

