

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter September 2017



Lunch at The Bridge. This venue is one of our favourites, possibly because it is a two4one and we love to get value for money. I am not sure who the odd one out was but



seventeen members and guests dined at The Bridge Inn, Duffield last month. There were two dissenting voices about the quality of food but for the remainder, well just look at the clean plates being taken back to the kitchen. Michael made his recommendation to those around him and it turned up trumps again. A juicy rib-eye steak was consumed with relish but there is an extensive menu available from which to choose. There was much amiable chatter during the meal, some confirming

their holiday arrangements whilst others spoke of baby-sitting their grandchildren.



Black Bra (as told by a woman). I had lunch with 2 of my unmarried friends. One is engaged, one is a mistress, and I have been married for 20+ years. We were chatting about our relationships and decided to amaze our men by greeting them at the door wearing a black bra, stiletto heels and a mask over our eyes. We agreed to meet in a few days to exchange notes. Here's how it all went ... My engaged friend: The other night when my boyfriend came over he found me with a black leather bodice, tall stilettos and a mask. He saw me and said, 'You are the woman of my dreams...I love you.' Then we made passionate love all night long. The mistress: Me too! The other night I met my lover at his office and I was wearing a raincoat, under it only the black bra, heels and mask over my eyes. When I opened the raincoat he didn't say a word, but he started to tremble and we had wild sex all night. Then I had to share my story: When my husband came home I was wearing the black bra, black stockings, stilettos and a mask over my eyes. When he came in the door and saw me he said, "What's for dinner, Zorro?"



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! Don't let worry kill you off - let the Church help.



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 (by Graham Bracewell). There was a goodly turn-out for this 'creaky hips' walk. The starting point was St Mary's Church, Weston on Trent, which is divorced from the village it purports to serve. (Why?) The lane from the road carries on past the church to Weston House, then continues as a footpath through the grounds of the Ukrainian Community and drops down over a footbridge to the banks of the Trent and Mersey canal. We headed east towards Weston Lock on a well-trodden but dry towpath. There was nothing moving on the canal until we reached the lock – two boats were coming up with the help of volunteer lock keepers. A third boat was also waiting to lock up so we stood on the canal bridge to watch its progress. Our route took us up Kings Mill Road over the railway – a footpath then strikes off northwards through a field and out into a recently built close of new houses. Then it's across the 'main' road towards the Cooper's Arms. Another footpath breaks off left at the boundary of the pub's property, skirting the lake to emerge in a field. Yet another cartographic anomaly – the O.S. map and the way marker point diagonally across the field to the exit at the far corner. Not so – the trodden path is around the edge (again). It's but a short walk from here back to the church, about 3 miles in total. But we forgot to have the obligatory group 'photo'. **None of the Tortoise walks require participants to have had SAS training – we would welcome more participants.**



Member news. It is with much sadness that I advise of the passing of our dear friend Geoff Sykes. Funeral arrangements will be notified when known. Yvonne Gilbert is having a shoulder operation and we wish her well. If you know someone who is ill, then please let Michael know.



August Coffee Morning. Thirty-three members and guests (including our youngest member, Emma who later took the photographs in this article). We welcomed several



members we had not seen for a number of months and it was very pleasing to see they were in good health. Emma & Emmie attended with their great grandparents, Emma took Michael's place as photographer for the day. She took some amazing photographs, with a creative eye and different approach. What do you think? There had been many calls from members who were absent on baby-sitting duties (why not bring them in with you). See you all on 26 September for our next instalment.



Thirty years ago, our member, Paul Taylor underwent heart transplant surgery – here is his story, in his own words.

It was a Thursday night in April 1987 when I was rushed into the Coronary Care Unit at the former DRI with suspected pneumonia. After a couple of days in CCU, my wife Karen and I met two lovely ladies, Kathryn Watt and Sue Moore. The following Sunday I was transferred to Glenfield Hospital for my very first angiogram. I was subsequently discharged but learnt I had a problem with my heart which would need further investigation. It was at this point Kathryn and Sue invited my wife and I to a meeting in Queens Hall (opposite the DRI) to meet others who suffered with various heart conditions. The group, Take Heart, was in its infancy and there was around a dozen people attending. Over a cup of tea we chatted, outside a hospital environment, which helped us all by being able to talk – patient to patient, about how our lives had changed. Over time, we continued to attend meeting and as the group grew in number, another venue was required and so to Devonshire House in the grounds of DRI. As word spread about Take Heart, increasing numbers attended and on some occasions it was a case of “standing room only”. June 1987 saw us travel to London, met by an ambulance crew at St. Pancras station and onwards to the London National Heart Hospital. Professor Magdi Yacoub advised that I would require a heart transplant as soon as possible. We returned home the following day to digest the news and inform family and friends. My health deteriorated rapidly and life became more and more difficult. We had moved home earlier in February and so became increasingly reliant on parents to help us and to look after our three-year old son, Gareth. Karen continued to work part-time and I was admitted to DRI Monday to Friday and having weekends at home. One Friday lunch time, I was waiting for my mother-in-law to pick me up when a nurse rushed to my bedside to advise that a heart had become available and I was to travel to London for my operation. Karen was telephoned at work to tell her my news (no mobiles then) and to collect clothes, toiletries etc and travel to London with me. We were delayed whilst an ambulance crew started their shift, then journeyed, with “blue lights” and be met by a police escort at each county boundary, which did not always work to plan. At Hemel Hempstead the crew announced that we were running out of petrol and as we were not allowed to fill up at regular petrol stations we were diverted to the nearest police/ambulance depot, where we received directions to the Old Court Hospital (no sat-nav’s in those days), a private hospital in Ealing. On arrival, we were informed that the donor heart was in good condition and the operation would take place later that evening. We were shown to a side room where Karen was presented with a box of disposable razors and told to shave me from top to toe. The time had come for me to be taken into theatre, given a dose of Ciclosporin and told to “get used to it”. At 7PM I was wheeled into theatre and from then do not remember a thing. Karen was asked where she was going to stay as with it being a private hospital as a NHS patient there were no facilities for families (very different times). Due to coming from Derby at lunchtime in a hurry she hadn’t eaten and was very hungry, the hospital had no food to offer so she walked to a local Wimpy bar through a thunder storm to get something to eat. On her return to the Hospital she was told she could wait in reception. At about midnight a Consultant came to fetch Karen and inform her that the operation had gone well and she could come and see me in I T U. The first thing she said to the consultant was ‘he’s pink’, due to my heart failure I had previously been a funny colour, the Doctor replied “what colour would you like him to be we can turn him any shade you want”. The next day Saturday, I was transferred to Harefield hospital in Middlesex where my rehabilitation would continue. Monday morning came and the physio made her first visit to me, she had a set of peddles for me to use, which she put at the end of my bed to start rebuilding my leg muscles and keep the heart pumping. At this point we discovered that I had no clothes to wear, as in the rush on Friday afternoon Karen forgot to pack anything for me so she had to go into Watford to get me some new clothes before the family could bring me some at the weekend. After a few week’s we found to our great surprise that my donor was still alive, Mark had received a new heart, lung and liver whilst I had his old heart. Mark had

suffered from cystic fibrosis so his lungs were badly damaged but his heart was in good condition so they put it in me. This type of operation is not done any longer as they can transplant lungs on their own. We were the first male Domino pair in Europe to have this type of operation. A couple of weeks post-transplant we moved into a flat in the village, provided by the late great Eric Morecombe, who had also been treated at Harefield hospital. The flat was

because I still needed to have biopsies every couple of days and it was too far to travel, it also allowed us to get used to looking after ourselves again instead of the staff doing everything for us e.g. such as sorting my medication. After a couple of weeks in the flat and a number of biopsy's I was allowed to go home, which was great to be a complete family again, time to catch up with our son



who was only 3 years old. I returned to work as an assistant catering manager on a part time basis in the following February and full time in the April. I still go back to Harefield every six months for check-ups and all seems to be well with the heart. We have made some really good friends since having the operation and there are still a couple of members of staff who were there at the beginning that we meet up with. I also had a kidney transplant in February 2014, and decided with a bit of help from the company that I worked for to retire in December 2014. I now do a little volunteering work at the Royal Derby to give a bit back. It's been an interesting 30 years post-transplant, I along with my wife have enjoyed watching our son Gareth grow up and see him get married. He and his lovely wife Sam, have given us two wonderful grandchildren, Spencer and Gracie. We love spending time with them. We also enjoy our cruising holidays and going away for the odd weekend. It's good to know that Take Heart is still going strong after all these years and still providing a good listening ear for all those that need it. Here's to another 30 years.



The value of organ donation. Paul has had a wonderful thirty years thanks to the forethought of another family who kindly donated a heart. Organ donation is a difficult decision to make but if discussed with family and friends, they can act upon your wishes when you may not be able to. It can make a huge difference to others and you may be able to help. Contact <https://www.organdonation.nhs.uk> or telephone 0300 123 23 23. Thank you for thinking about it and contact the foregoing without delay.



Every day, thousands of innocent plants are killed by vegetarians. Help end the violence – eat bacon.



New members. We offer a very warm welcome to Brenda White, Claire Hanslow and Gina & Vernon Essex this month. We hope you all enjoy many happy occasions with us.



The fact that there's a highway to hell and only a stairway to heaven says a lot about the anticipated traffic numbers.



Speaker for October. Alan Hopkins returns to entertain us with his musical repertoire with a talk titled “The changing face of popular music”. Alan is a talented musician and has a fascinating story in the musical world to re-live for our benefit. Alan Hopkin is our speaker for October, when he will outline “The Changing Face of Popular Music in the Twentieth century”. He will tell us about various well known people he met in the music trade with some discussion on the music/pop business from the second world war (Glen Miller) to the eighties/nineties- and how the coming of the rock boom affected the whole music trade. He is returning by popular request.



Take Heart Singers. Here are our very own “angels” singing in the Broadway Baptist Church recently. You don’t necessarily have to sing at events, 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



Wonderful Church bulletins! Next Thursday there will be try-outs for the choir. They need all the help they can get.



Newsletter feedback. The following messages were received following last month’s Newsletter: *“Reminded me to take my evening statin. Lots of exciting activities, I must join in/ Thank you Michael for the newsletter/Thank you I have received your August newsletter, What a bumper issue this month. Thank you/Thank you very much for the informative and entertaining news letter/Thank you for keeping me on your mailing list, I always find the newsletter an enjoyable read/ I pass a copy to my family each month and they eagerly await the next edition”*. 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.



Speeding Fine? Two paramedics were dispatched to check on a 92-year-old man who had become disoriented. They decided to take him to the hospital for evaluation. En route, with siren going, they questioned the man to determine his level of awareness. Leaning close, one asked, “Sir, do you know what we’re doing right now?” The old man slowly looked up at him, then gazed out the ambulance window. “Oh,” he replied, “I’d say about 50, maybe 55.”



Can you help? Doctors and nurses train for many years to reach the top of their profession. One of the ways in which they gain experience is to work with “volunteer patients”. You have probably guessed what is coming next – could you help them to learn their craft. To help you decide, there are two “Open Mornings” – Monday 16th October and Thursday 19th October. Both days will run from 9.00AM until 12 noon. Please contact 01332 789254 or dhft.ugpatients@nhs.net to book a place where you can see what might be involved. At least two of our members already do this and they tell me it is very enjoyable.



Birthdays. Happy birthday this month to Vera Allsop, Brian Alt, Laura Blatherwick, Graham Bracewell, Paul Dudley, Ted Evans, Doreen Goodes, Kay Grant, David Hancock, Betty Hassell, Ian Knowles, David Newton, Geoff Oliver, Barbara Pearson, Raymond Prince, Margaret Redfearn and Mavis Wilson. We hope you had a happy and memorable day.



Swimming up-date. You will recall the previous message in connection with our difficulty about a swimming allocation. Our Secretary, Pam Fearn wrote to Derby City Council expressing our condemnation about how we were overlooked and ignored when the new timetables were set by the Leisure department. We have received a letter from Ranjit Banwait, Leader of DCC in which he apologises for the treatment we have received. He has offered the Teaching Pool at the Queens Leisure centre on Wednesdays at 3.15PM until 4.00PM without a contract price. This will allow TH(D) members a private session once more, at your normal admission price. The teaching pool is approximately 3 feet deep. This is at least a step in the right direction. I am uncertain if a further concession will be forthcoming as it seems to be about money more than anything else. The only other alternative is to turn up on a Wednesday at the usual time, where you will be directed to the Family pool for the normal swim price. The downside of this option is that it is not a private swim and clearly others will be there particularly during school holiday times, which is not ideal. I would hate the group to lose out on this great form of exercise and something many of you have enjoyed for years. So keep swimming. Please let me know what you wish me to do. Email your response to michael.flude@takeheartderby.co.uk or telephone 01332 380219



The Maxwell Craven talk (by Pam Fearn). Our speaker today was Maxwell Craven MBE on the Early History of Derby. Maxwell was educated in the West Country and took a degree in History and education at the University of Nottingham followed by further qualifications in Roman history and museum studies at Leicester, embarking on a 25-year career at Derby Museum, for eighteen of them as Keeper of Antiquities. He has written many books including The Derbyshire Country House with Michael



Stanley FGS and has written extensively on architecture and antiques for the Georgian Group Journal, Country Life, The Derbyshire Magazine and Derbyshire Life. Maxwell has been fighting to preserve Derby's heritage for more than 30 years and played a key part in saving the historic Shire Hall from disaster. Maxwell told us that a Dr. David Roth had worked for 6 months on re-assessing the Domesday Book of Derbyshire and went on to show us old photographs, the first of a tram in Osmaston Road just south of the DRI and another of London Road in the 18th century. Two more photographs showed us St Peter's Street following onto the Corn Market in 1882 and the Market Place in 1855. He went on to show us the map of the area called Little Chester which was to become Derby. In 1721 Little Chester consisted of around 10 homes and two public houses. He told us that the walls around Little Chester were 15 to 20ft tall with corner towers made of solid concrete, the concrete being invented by the Romans. We were shown photographs of some of the things that have been found such as a clay whistle, clay pig and some pottery as well as very old coins. In 1610 there was a place called Mute Hall which is where the tradesmen met together to run the city, this was originally on Irongate. Some of the other things that we were told was that in 875 a great army of Vikings were at Repton and that in 50AD the Romans had built a fort in Belper Road. A thoroughly interesting afternoon for the members with them asking many questions at the end of the talk.



The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.



I thought I saw an eye doctor in Alaskan, but it turned out to be an optical Aleutian.



Senior Sister Marie Jackson tries out the latest piece of equipment purchased by Take Heart (Derby) for use on ward 408 at the Royal Derby Hospital. For use by patients who have difficulty sleeping horizontally or by family members who need to stay overnight, these recliner chairs are invaluable. Amongst those looking on are TH(D) committee members Trisha Flude & Pam Fearn. The ward has requested other equipment which is being sourced and we will bring you news of those items in due course.



Desert Island Discussion. A man was stranded on the proverbial desert island for years. Finally, one day a boat comes sailing into view, and the man frantically waves and draws the skipper's attention. The boat comes near the island and the sailor gets out and greets the stranded man. After a while the sailor asks, "What are those three huts you have here?" "Well, that's my house there." "What's that next hut?" asks the sailor. "I built that hut to be my church." "What's the third one?" "That's the church I used to go but now I don't!"



News from the BHF. One in ten men aged 50 taking the Heart Age Test have a heart age at least 10 years older than they are, according to analysis by Public Health England (PHE). The online test is the only known way of measuring our heart age, which shows how many years we can expect to live healthily without a heart attack or stroke. The higher our heart age, the higher our risk. Analysis of 1.2 million test results shows the majority of people (64%) with a heart ten-years older than their actual age are male. Every month, 7,400 people die from heart disease or stroke, according to PHE. A quarter of deaths are of people under 75 and most of these can be prevented. PHE are working in partnership with the British Heart Foundation, Stroke Association and Blood Pressure UK, to address how people think about their heart health, encouraging them to be as familiar with their heart age as they are with their weight or height. For the first time, the test will direct users to their nearest blood pressure station if they do not know theirs, as those with high blood pressure are more at risk of heart disease or stroke. Dr Mike Knapton, our associate medical director, said: "It's extremely worrying that so many people don't know their blood pressure or cholesterol levels, as these silent conditions can lead to a deadly heart attack or stroke if untreated. "The Heart Age Test is a quick and easy way to estimate the number of years you will live in good health. If you are concerned by the age of your heart, make an appointment with your GP." Source: <https://www.bhf.org.uk/news-from-the-bhf/news-archive/2017/september/heart-age-test>



Sponsored swimming. This year's event will take place at the Arc Leisure Centre, Matlock on Saturday 18 November. This annual event is held to raise much needed funds for the BHF to invest in research to find answers and cures in their fight against heart disease. More details can be obtained from John Dean on 01298 687320 or dean580@btinternet.com.



Thoughts to ponder. When wearing a bikini, women reveal 90 % of their body... men are so polite they only look at the covered parts.



Male logic! Two men meet on opposite sides of a river. One shouts to the other "I need you to help me get to the other side!" The other guy replies "You are on the other side!"



Forthcoming events

September

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.
 Friday 29th Singing for Fun from 10.00AM in St John's Methodist Church Hall, Birchover Way, Allestree, Derby DE22 2QL
 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.

October.

Wednesday 4th Swimming at the Queens Leisure Centre.
 Friday 6th Singing for Fun from 10.00AM in St John's Methodist Church Hall, Birchover Way, Allestree, Derby DE22 2QL
 Monday 9th Alan Hopkin returns to entertain us with his musical repertoire, a talk Entitled "The Changing Face of Popular Music".
 Wednesday 11th Swimming at the Queens Leisure Centre.
 Friday 13th Singing for Fun from 10.00AM in St John's Methodist Church Hall, Birchover Way, Allestree, Derby DE22 2QL
 Wednesday 18th Swimming at the Queens Leisure Centre.
 Friday 20th Singing for Fun from 10.00AM in St John's Methodist Church Hall, Birchover Way, Allestree, Derby DE22 2QL
 Thursday 19th Lunch at the The Toby Carvery, Nottingham Road, Chaddesden, Derby DE21 6LZ..
 Wednesday 25th Swimming at the Queens Leisure Centre.
 Friday 27th Singing for Fun from 10.00AM in St John's Methodist Church Hall, Birchover Way, Allestree, Derby DE22 2QL
 Saturday 28th Walking back to health - - Alvaston Park walk. Meet in the car park off Meadow Lane, Alvaston, Derby DE24 8QQ.
 Tuesday 31st Coffee morning at The Cube café/bar.



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.