

# 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 April 2019


 **Renewal of membership for 2019.** We have successfully completed the renewals process for 2019. We also succeeded in complying with the General Data Protection Regulations, I suppose you are glad to see the back of that. Thank you for your continued co-operation and support.

 **Love this Japanese Doctor!** Q: Is swimming good for your figure? A: If swimming good for figure, explain whale to me

 **Lunch at the Jonty Farmer.** Great turn-out for this lunch with seventeen members and four possible new members. If this is what it takes, then perhaps we ought to dine here more frequently. The food looked absolutely fabulous, as I drooled over the vast plates of hot food brought from the kitchens. Some members appeared to overdo it a bit, with a starter, main and sweet. Steady on there, we are heart patients after-all and are aware of what our diet should be. Still, a bit of what you fancy does you good. Lots of happy faces all round and plenty of the old chit chat. See you all at the Spring lunch on 2<sup>nd</sup> April.





 **Frogs and Princesses.** A lonely frog telephoned the Psychic Hotline and asked what his future holds. His Personal Psychic Adviser tells him, "You are going to meet a beautiful young girl who will want to know everything about you." The frog is thrilled, "This is great! Will I meet her at a party?" he croaks. "No," says the psychic, "in biology class."


 **March coffee morning.** Lovely to see thirty-two members enjoying coffee (or tea because we were told it was a more popular drink last month). There were a few last-minute orders for the spring lunch. We also impressed a potential new member, who subsequently completed her membership form. There were attendances from

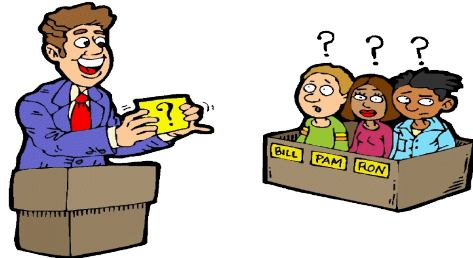



members we do not see very often, so it was a delight to see them. A truly great morning, just as it should be.


 **Medics at Work.** Doctors were told to contribute to the construction of a new hospital wing at the hospital. Here is their reaction? The allergists voted to scratch it. The dermatologists preferred no rash moves. The gastroenterologists had a gut feeling about it. The neurologists thought the administration had a lot of nerve. The obstetricians stated they were labouring under a misconception. The ophthalmologists considered the idea short-sighted. The orthopaedists issued a joint resolution. The pathologists yelled, "Over my dead body!" The pediatricians said, "Grow up." The proctologists said, "We are in arrears." The psychiatrists thought it was madness. The surgeons decided to wash their hands of the whole thing. The radiologists could see right through it. The internists thought it was a hard pill to swallow. The plastic surgeons said, "This puts a whole new face on the matter." The podiatrists thought it was a big step forward. The urologists felt the scheme wouldn't hold water. The cardiologists didn't have the heart to say no.

 **Birthdays.** Happy birthday this month go to David Backhouse, Lyn Calladine, Margaret Clarke, Joyce Cocking, Barbara Cooper, Philip Fitzpatric, Richard Flatman, Trisha Flude, Doug Glenday, April Howe, John Hughes, Ken Illesley, Philip Johnson, Ian King, Vivien McCurdy, Barbara Polhill, Philip Robinson, John Ruddle and Lorna Skidmore. We hope you all have a happy and memorable day.


 **Take Heart (Derby) Quiz night!!!** We used to have a quiz at the summer garden parties before the weather forced us indoors for our Cream Tea afternoon. We know there are many quizzers amongst our members. Would you be interested in a TH(D) quiz event? Please contact Michael stating which day/month would be best for you and we will look at the prospects of holding it. Looking forward to hearing from you.



 **Swimming.** A query has arisen recently about Take Heart (Derby) swims at the Queens Leisure Centre. Well – WE DO NOT HAVE AN ALLOCATION. Prior to Christmas we received an email advising us that, due to a lack of numbers, the teaching pool usage had been withdrawn. What a saga. Consultation with regular users, suggested that swimming at 2.30 PM until 3.15 PM on Wednesday would be the preferred time and to use the Family pool (allocated as a general swim). It is usually quiet at this time, until school children start arriving from around 3.30 PM and so we tend to be out of the pool by this time. Swimming is great fun, good cardiovascular exercise and another social event to cheer us all. Let me know what you think (politely of course).

 **Paraprosdokians** - figures of speech where the latter part of a sentence or phrase is surprising and is frequently humorous. (Winston Churchill loved them).

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you...but it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up, we only learn how to act in public.
6. War does not determine who is right, only who is left.
7. Knowledge, is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. To steal ideas from one person is plagiarism. To steal from many is research

 **Jam Jar Challenge.** Last year the total came to £311.00 but we have managed to beat it this year with £370.00 and counting. Thank you so much for your support. There is still time to add to this total by sending your cheque to our treasurer to arrive by mid-May  
Now is the time to start saving for next year's Jam Jar Challenge. Put your change into a jam jar each day/week/month and it is surprising how it mounts up. Or you could send a cheque to our Treasurer monthly or annually. The BHF invest millions off pounds annually in research to "mend broken hearts".





Walking starts again in April. What a wonderful way to blow away the cobwebs of winter and get outdoors into the Derbyshire countryside. It is great fun and you will encounter areas you have heard about but never visited. Now is your chance. Our first walk on 27<sup>th</sup> April will see us assemble close to the George Inn in Alstonfield, next to the village memorial hall. The Alstonfield triangle is our walk and when completed, retiring to the "George" is a reasonable option. Need a lift? Contact Michael on 01332 380219.



Out of the mouths... MARC (age 4) was engrossed in a young couple that were hugging and kissing in a restaurant. Without taking his eyes off them, he asked his Dad, 'Why is he whispering in her mouth?'

New members. This month we welcome Jean Burdis and Agnes Hill. Welcome to you both and we hope you enjoy many events with us.

Love this Japanese Doctor! Q: What are some of the advantages of participating in a regular exercise program? A: Can't think of one, sorry. My philosophy: No pain...good!

Cream Tea. Our summer event is now booking. Once again, we return to the Royal Crown Derby Tea rooms for our afternoon "Cream Tea" event. This will take place on Tuesday 11th June commencing at 2.30 PM. Normal price at the tea rooms is £4.95 but TH(D) members pay £2.50 (non-members pay £4.50). Booking is required via Margaret Storry on 01332 766916. This event is always very popular and so early booking is recommended.

What's the recipe today, Jim? Well here we are: **Spiced Ginger Scones**

Calorie controlled cooking spray	115g wholemeal plain flour
115g white plain flour	1.5 tsp baking powder
1 tsp mixed spice	75g low fat spread
40g caster sugar	40g stem ginger finely diced
2 large eggs	3 tbsp buttermilk

Preheat oven to 190c/170c fan/gas 5. Mist a non-stick baking sheet with cooking spray. Sift the flours, baking powder and mixed spice into a large mixing bowl. Using fingertips, rub in the low fat spread until the mixture resembles coarse breadcrumbs. Stir in the sugar and stem ginger. Lightly beat one of the eggs and add to the dry ingredients with the buttermilk, mixing quickly with a table knife. Form into a soft dough using your hands. Lightly flour the worksurface and gently roll out the dough to approx. 1.5 cm thick. Cut out rounds using 6cm pastry cutter dipped in flour to prevent sticking. Transfer to a baking sheet. Lightly beat the remaining egg in a small bowl and brush the top of each scone. Bake for 10 – 15 minutes until risen and golden, transfer to a wire rack to cool slightly before serving. Phone me before you place them in the oven.



**In a train from London to Manchester**, an American was berating the Englishman sitting across from him in the compartment. "The trouble with you English is that you are too stuffy. You set yourselves apart too much. You think your stiff upper lip makes you above the rest of us. Look at me... I'm me! I have a little Italian in me, a bit of Greek blood, a little Irish and some Spanish blood. What do you say to that?" The Englishman lowered his newspaper, looks over his glasses and replied, "How very sporting of your mother!"



**Our speaker this month** Our speakers for this month were Derbyshire Blood Bikes. Mark Vallis, the service co-ordinator along with Dave Harvey, the events co-ordinator came to explain to members just what blood bikes are all about. Mark started off by telling us that blood bikes are a totally free service, who are self-funded and will travel all over the country 24/7. They were formed in 2011 and became a registered charity in 2012. They provide a free urgent courier service to our NHS in Derbyshire. Since 2016 they have seen an increase in requests for their service by 86.5% and Mark told us that this year, they are working towards their aspirations of being the urgent courier of choice for the NHS in Derbyshire. The people who work for blood bikes are all volunteers, there are motorcyclists, drivers and fundraisers, they have nine motorcycles and two cars. They run a 24/7 rota for requested runs with a weekend service as well. They have no government funding and cover their costs which are now around £23,000 per year through donations and attending events such as the food and drinks fair at Kedleston Hall, antique fairs, beer festivals, open weekends and dealer open days, they also do presentation to public meetings, such as ours today. Mark told us that they had been given a £5,000 donation from Derbyshire Freemasons and had received another £25,000 after being voted the top charity by the Masonic Charity Foundation. We were told that in 2017 blood bikes made 630 requested runs with 255 weekend runs, and travelled 52,000 miles and saved the NHS £50,000 in taxi fares, which are usually used to deliver samples. In 2018 the requests rose to 1,151 with 85,000 miles being covered. We were told that most collections are from Derbyshire and Chesterfield, 60% of these are biological samples, these can be delivered to Leeds St James Cancer HDMS, Liverpool Tropical Medicines, Sheffield Haematology, Birmingham Genetics Unit, Birmingham City Toxins Unit and also to NHS Blood Transplant in Sheffield and Birmingham, clarifying appropriate bloods platelets or plasma for transfusion. In February 2018 blood bikes started helping the pharmacy service and made 362 deliveries on their behalf saving the NHS £6,292. They also help some of the wards by delivering medication that wasn't ready when a patient was discharged and hope that they can offer this service to many more wards in the future. Another delivery that they make is donated human milk which they collect frozen and take to the Birmingham milk bank. Mark told us that they are also developing support to the community midwifery service. The talk was followed by many questions, with everyone who was there agreeing what an interesting and enlightening talk it had been about what a wonderful and worthwhile service this is.





**Take Heart Singers.** Take Heart Singers returned to Fraser Hall, Leylands Estate



to entertain residents and visitors alike. The atmosphere is always brilliant here and so it proved yet again. A mix of songs from country, to classics and back to war time songs, including our signature song "Wind beneath my wings". There were solo's from Trisha, Vernon and Michael, songs for the boys and songs for the girls. The audience joined in and there were couples dancing. What a fabulous event. The singers have a number of other events planned which are as follows: **21 May** – Evangelical Church, Allestree, **4 June** – Fraser Hall, Leylands, **17 June** - St Peters Church Hall, High Street, Chellaston, **21 June** – Holy Family Church, Allestree. **24 June** –

Fraser Hall, Leylands and **15 July** - St Peters Church Hall, High Street, Chellaston. The singers are a busy group who wave the flag for Take Heart (Derby).



Our next meeting with a speaker is on 13th May at 2.30 PM in the Friends Meeting House. Our very own Robert Jones will enthral us with his tale "A funny thing happened on the way around the world". Robert will highlight many of the unusual aspects of his career. Don't miss this one!



**Marathon Man.** Last year I entered the Derby 10k race. The race started and immediately I was the last of the runners. It was embarrassing. The guy who was in front of me, second to last, was making fun of me. He said, "Hey mate, how does it feel to be last?" I replied: "You really want to know?" Then I dropped out of the race.



**AGM.** Make a note of the date: 8<sup>th</sup> July at The Friends Meeting House. There will be a report about the past twelve months and various resolutions including – 1. Adopting the minutes of AGM 2018. 2. Adopting the accounts 2018/19. 3. To re-elect Margaret Storry, Pam Fearn and Robert Jones to the committee for two years. Important notice: do you wish to join our committee? If so contact Michael for a chat.



**Member news.** Sadly, I report of the passing of Margaret Redfean in January this year. Our thoughts and prayers go to Sam and his family even at this late date. Michael Brinkworth is waiting for a hip replacement. Trevor Swain had a brief return to RDH but is now home recovering. Yvonne Gilbert also had a short stay at the same "place" and is also back at her home where she is doing ok. Many others are reporting tiredness as a daily feeling irrespective of sleeping well or not.





**My mother taught me.** How to become an adult. "If you don't eat your vegetables, you'll never grow up."



**Newsletter feedback.** The following messages were received following last month's Newsletter: "Thank you for the March Newsletter which was up to its usual high standard/*Thank you for the newsletter as well as being informative your jokes brightened my Monday morning/Do vicars actually suffer burn-out? Great gag though*". 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.



**News from the BHF** Our five-point plan for tackling heart and circulatory diseases. **1.** Tackling the big population health problems. Reducing the risk of developing heart and circulatory diseases for millions more people with population-level interventions that curb the damage currently being caused by toxic air, addressing the devastating impact of obesity and giving people the support they need to stop smoking. **2.** Detecting earlier the major risk factors for heart attack and stroke. Finding and diagnosing millions more people at high risk of developing heart and circulatory diseases due to high blood pressure, raised cholesterol and atrial fibrillation (AF), and giving the right treatment and support so that conditions can be managed. **3.** Improving timely access to the best treatments. Stamping out unwarranted variation in access to treatments for people with heart and circulatory diseases such as heart failure, which is often associated with multiple other long-term conditions. **4.** Reimagining rehabilitation services. Avoiding thousands of cases of readmission to hospital and improving quality of life for millions of people by reimagining how we support people recovering from critical events such as heart attack and stroke, and those living with the burden of chronic heart failure. **5.** Exploiting the potential of technology and data science. Utilising the enormous potential of technology and data science across all of these areas, transforming the way we prevent, diagnose, treat and support those at risk of or living with heart and circulatory diseases. Source: <https://www.bhf.org.uk/what-we-do/influencing-change/turning-back-the-tide>.



### **Forthcoming events**



#### **April.**

- |                            |  |
|----------------------------|--|
| Friday 19 <sup>th</sup>    | Singing for Fun. <b>Cancelled</b> on this date.  |
| Wednesday 24 <sup>th</sup> | Swimming at the Queen's Leisure Centre at 3.15 PM <b>FROM 2.30 PM in the Family Pool (no allocation for TH(D))</b> .   |
| Friday 26 <sup>th</sup>    | Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL   |
| Saturday 27 <sup>th</sup>  | Walking back to health - 🐢 - Alstonfield Triangle...Walk starts from the car park in Alstonfield, next to the village memorial hall. Three-mile walk across fields. Meet at the car park, post code DE6 2FR, 300 metres from the George Inn. |
| Tuesday 30 <sup>th</sup>   | Coffee morning at The Cube café/bar from 10.30 AM.   |



## May.

- Wednesday 1<sup>st</sup> Swimming at the Queen's Leisure Centre at 3.15 PM **FROM 2.30 PM in the Family Pool (no allocation for TH(D))**.
- Friday 3<sup>rd</sup> Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
- Wednesday 8<sup>th</sup> Swimming at the Queen's Leisure Centre at 3.15 PM **FROM 2.30 PM in the Family Pool (no allocation for TH(D))**.
- Friday 10<sup>th</sup> Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
- Monday 13<sup>th</sup> Our very own Robert Jones will enthral us with his tale "A funny thing happened on the way around the world". Robert will highlight many of the unusual aspects of his career.
- Wednesday 15<sup>th</sup> Swimming at the Queen's Leisure Centre at 3.15 PM **FROM 2.30 PM in the Family Pool (no allocation for TH(D))**.
- Friday 17<sup>th</sup> Singing for Fun. Cancelled on this date.
- Wednesday 22<sup>nd</sup> Swimming at the Queen's Leisure Centre at 3.15 PM **FROM 2.30 PM in the Family Pool (no allocation for TH(D))**.
- Thursday 23<sup>rd</sup> Lunch at Oast House, Sinfyn Lane, Derby DE23 8AG.
- Friday 24<sup>th</sup> Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
- Saturday 25<sup>th</sup> Walking back to health - 🐢 - Mercian Marina Willington, meet in car Park, Findern Lane, Derby DE65 6DW.
- Tuesday 28<sup>th</sup> Coffee morning at The Cube café/bar. To present a cheque to BHF from our Jam Jar Challenge. Please wear RED.
- Wednesday 29<sup>th</sup> Swimming at the Queen's Leisure Centre at 3.15 PM **FROM 2.30 PM in the Family Pool (no allocation for TH(D))**.
- Friday 31<sup>st</sup> Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL



## Exercise classes.

Royal Derby Hospital - Contact Christine Chambers, 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 via Committee members.** 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 Fearn 01332 606583, Richard Flatman 01332 557028, Michael & Trisha Flude 01332 380219, Robert Jones 01332 608219, Margit Staehr 01332 513932 and Margaret Storry 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