

# 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



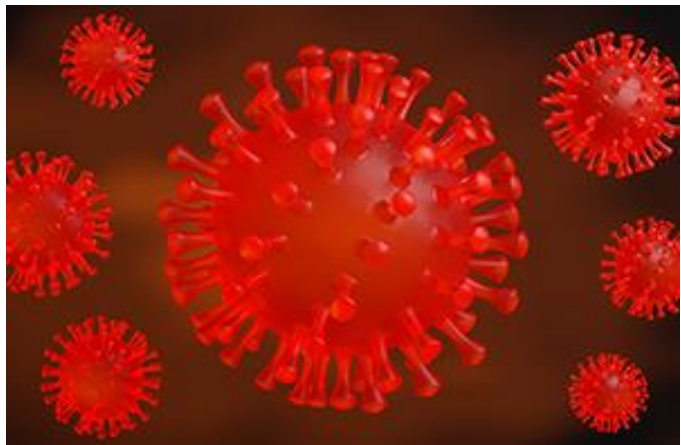
## Newsletter April 2020



### Coronavirus update - Stay at Home. Save the NHS. Save Lives

How are you coping with self-isolating? It has been a few weeks for most of us and how much longer will it go on? Who knows?

We were advised to stay at home, save the NHS, save lives but now we are being **TOLD** to stay at home. The exceptions are food shopping, medical needs and short exercise close to home with those who live with you. Relatives and friends are meant to be at their home not yours, so you cannot meet them for a walk etc. Keep at least 2 metres (6 feet 6 inches) apart whenever you come across anyone to avoid this killer virus from spreading. Be careful what you touch, the virus can spread by touching an infected surface.



Some of us have been sent an "at risk of severe illness" letter from NHS. This means you will have to remain at home for 12 weeks. Further, it is even more important that you self-isolate (Shield yourself). This means you should stay at home at all times and avoid face-to-face contact for at least twelve weeks from the date of your letter (carers and healthcare workers are exempt). To comply with this instruction, you should 1) strictly avoid contact with someone displaying coronavirus symptoms temp above 37.8 and/or a new continuous cough. 2) not leave your home (the garden is allowed). 3) not attend any gatherings, including gatherings of family, friends in private spaces e. g family homes, weddings and religious services. 4) not go out shopping, leisure or travel. When arranging food or medication deliveries, these should be left at the door to minimise contact. 5) keep in touch using remote technology such as telephone, internet and social media. 6) use telephone or online services to contact your GP or other essential services. 7) regularly wash your hands and wrists with soap and water for 20 seconds. Ask carers or support workers who visit your home to do the same.

In your home, you should: a) minimise the time you spend with others in shared spaces (kitchen, bathroom and sitting areas) and keep shared spaces well ventilated. b) aim to keep 2 metres (6 feet 6 inches) away from others and encourage them to sleep in a separate bed where possible. c) use separate towels and, if possible, use separate bathrooms from the rest of the household, or clean the bathroom after each use. d) avoid using the kitchen when others are present, take your meals back to your room to eat where possible, and ensure all kitchenware is cleaned thoroughly.

All this sounds quite onerous, but it could save your life and those you love. Ask others to be considerate by safeguarding you in this way.



### **Things to do and stay in touch with family and friends.**

There are apps on a smart phone which allow free calls/video calls such as: Houseparty. Zoom. Whats App. Messenger. Skype. Instagram. Simply open Google and type in any of the above names, select download and once installed, of you go. When talking to the person you called, often there is a “+” sign on the screen where you can add someone else into your call. It takes a bit of practice but it is fun. You can get to see your grandchildren (they are more tech savvy than us, one of whom helped Trisha & I into a “houseparty” video call and she is only 8 years old). Have fun and stay connected. Phone, email or videocall Michael & Trisha to try it out!!! 07852 696930 or 07957 557802



**Dorothy Stevens sent in this note** which may be of help to some. Members of Take Heart who over 70, need to stay at home, only go out to exercise or walk the dog. Many members fall into this category and many of us have Heart Disease, COPD. and other lung related problems, Diabetes, Kidney Disease, liver Disease etc and shouldn't be mixing with groups of people. If you are having problems with Shopping, Collecting Prescriptions, Dog Walking, Putting out rubbish Topping up energy keys, Laundry and other daily tasks that those self-isolating can no longer do for themselves, if you need help please contact Derby Direct on 01332640000 you may have a little wait They will try to get you a volunteer in your area to help you . Don't be afraid to do this - these people are lovely. Thanks Dorothy There is more help via Derbyshire County Council <https://derbyshire.gov.uk/social-health/health-and-wellbeing/health-protection/disease-control/coronavirus/community-response-unit/if-you-need-help/if-you-need-help.aspx>.



### **Some other helpful guidelines:**

You are still a liberty to go out until the Government announces a ban. You should take precautions like washing your hands frequently, avoid physical contact and crowded places and keep 2 metres away from others.

Elderly people are no more likely to get coronavirus than the younger generation but our immune system is reduced and underlying health issues which makes the risk higher.

Ensure you have adequate supplies of medication and a means to obtain top ups.

Ensure you exercise at home so as not to compromise your health further

Have a network of people available over the phone to prevent loneliness and depression.

They can also help out with shopping.

Self-isolation means avoiding contact with friends and family.

GP appointments will be via telephone/video link.

Walking the dog will not be allowed but if you have a garden or a friend is able to walk it for you, that is allowed.

If you have virus symptoms and have a cat – then keep the cat indoors.



### **Some questions and answers** taken from national newspaper articles!!!

**Q.** I have a close relative who has passed away. Can I go to the funeral? **A.** This is difficult emotionally. There is no guarantee that others attending the funeral will not be infected, so it is probably better to stay away and join a celebration event when the pandemic has passed.

**Q.** “Is it necessary to wipe boxes and containers of food items delivered to our home?”

**A.** If you have time, non-perishable goods could be left in the porch for up to three days before taking them into the house. Alternatively, you can use wipes or soapy water. Be especially careful not to get anything on your hands/face. Wash your hands immediately after handling anything delivered to your home.



### **A message from our President:**

*Hi Michael*

*I hope you and Trisha are OK - thinking of you and all our members.*

*Please let them know that I haven't forgotten them and encourage them all to stay as safe as they possibly can and stay indoors away from people.*

*Lots of love to everyone.*

*Dr Julia Baron*

Note: I have passed our thanks to Dr Baron and her colleagues in recognition of the care and compassion expressed by all.



**Just seen the news report** about the stresses and strains of self-isolation. It is reported that people are going crazy from being in lockdown! It was strange actually, because I had just been talking about this with the microwave and toaster and all of us agreed that things are getting bad. I didn't mention anything to the washing machine as she always has to put a different spin on everything and certainly not to the fridge as he is acting cold and distant. In the end the iron calmed me down. She said everything was fine which surprised me because she's usually the first one to apply unnecessary pressure and get steamed up over nothing!



**A sign of the times!!!** Today my husband got out a map of the world and said that when this pandemic was over, he would take me on a two-week holiday anywhere in the world to recover and recoup our strength. We each threw a dart at the map and it looks like we are going to be spending two weeks behind the fridge!!!



**Do you need help at home?** As we get a bit older, many of us employ a cleaner and a gardener. But who helps you. Do you need help with personal care, food preparation and sorting out medication? Radfield Home Care covers our most of the areas our members live in. Call them on 01332 561899 for a consultation. This message does not come with any endorsement from Take Heart (Derby) but one of our members found it useful. Consultations are free and they will come to you. Let Michael know how you get on.



**Two men talking in a local bar.** The first man says, "I was addicted to sex but found a cure". 2<sup>nd</sup> man asks, "What was that?" 1<sup>st</sup> man, "Marriage! Now I need to find a cure for drinking."



**Member news:** During the lockdown we have tried to keep members up-to-date with information relevant to us all. For those on email, that has been reasonably straight forward. For those not on email it has been a little more difficult. We have therefore decided to telephone people and have found the contact very much appreciated. All calls have been welcomed, a sound of surprise and joy at being remembered. It has been a pleasure to hear the response and so it will continue. All those we have spoken to are doing quite well, which is a relief. Most have family who are fetching food and medical supplies and leaving them in the porch or outside the back door. Some have neighbours who are helping. On behalf of TH(D), I wish to thank you all for looking out for our members. We are unable to do very much as we are under the "stay at home" instructions as you. So far, I have not been advised of anyone being hospitalised or suffering from coronavirus. Stay at home, save the NHS and save lives. Please keep Michael informed about your health issues.



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



**Coronavirus response messages.** The following comments were received from email subscribers about the coronavirus situation and our response to it, thank you all for your understanding and support: *Thank you for letting us know/We wish you all the best health at Take Heart as well/Can completely understand why all Take Heart activities have been cancelled/Thank you for the update/I will suspend your bookings for the present but I will keep your Friday slot in the calendar for the present/Totally understand, keeping everyone safe is paramount. If there is anything we can do as an organisation to help your groups we are here. I am thinking about ways we can support isolated people to keep them stimulated. Currently its technology focused but I will keep you posted/yes I have to agree with the decision event though it will be hard on people at heart. But we must look after people during this period too by phone or email/Thank you for the updates on the virus that is blighting out lives (not sure if this is a compliment or not or are we all fed up of hearing about it)/ Guess highlight of my week is my weekly shop. On chosen day do the shop at least busy time Hope vaccination comes soon/Glad to hear you are both doing well, I'm busy in the garden, the weeds tremble when I open the door! Jon is building a climbing wall under the carport, don't ask! I've spoken to Joan and she's doing well too. Looking forward to whatever the new normal will be, take care and keep safe/sound advice... here's hoping things will soon get back to some sort of normality/ Thank you for the update of the deadly virus which is preventing us from being our usual friendly cheerful selves. I have only needed to go out for food once, as my son and daughter have kept me going, leaving surprise parcels in the porch. When I asked my daughter how much I owe her, she told me that my grand=daughter suggested they keep me in food until we are free to go out again, then we will go out for a really good lunch, at my expense and including Champagne. Sounds good to me. Nice to hear from so many. Keep smiling.*



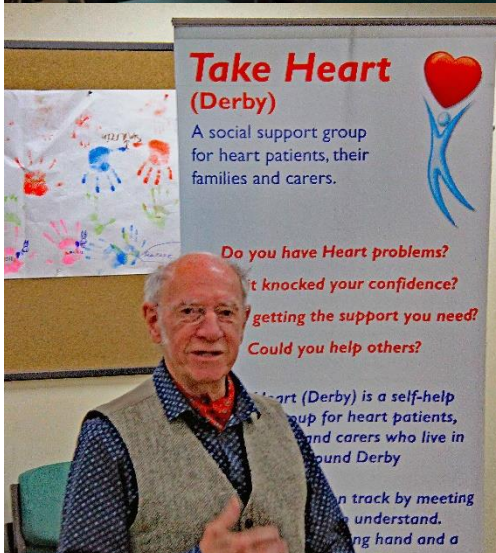
**Five reasons to include dried fruit in our diet.** 1. Dried fruit is rich in essential minerals and vitamins such as potassium, magnesium, iron, calcium and folate. 2. Dried fruit contains a lot of fibre which we need for digestive health. 3. A study published in the Journal OF Food Science claims that eating dried fruit may help to lower levels of cholesterol. 4. Dried fruit releases sugar slowly, which helps to keep blood sugar levels steady. 5. University of Toronto scientists found that children who ate a snack of raisins before a meal ate less food than those who had grapes as a treat beforehand.



**Responses to our Newsletters are as follows:** The following messages were about last month's Newsletter: - *"I loved the one about the newly-weds/Complete or Finished or Completely Finished – where on earth do you come up with these gems?/ However, at least there was something to smile about with all the jokes the letter contains - which is a big plus in current times!!/keep the jokes going, they keep me sane/".* Send your comments to Michael



**Our speaker for March** was Keith Blood, a Blue Badge guide. He gave us a talk entitled “Humorous Monologues and Poems”. He started off by giving us a poem - spoken in the Derbyshire dialect. Keith went on to tell us a joke about a husband and wife who went out



for dinner. A fairy came and told them that she would grant them both one wish, the wife went first and after thinking for a while, she said that she would like to go on a wonderful holiday. The fairy waved her wand and all of a sudden two tickets for the QE2 landed on the table. Then it was the husbands turn, and after a short pause said that he would like a wife 30 years younger than him. His wife and the fairy looked at him in dismay, but the fairy kept her word and waved her wand, and the husband became 92-year-old. Moral of the story - all fairies are female. Keith then went on to read us a story of “The Lion and Albert” where Albert was eaten by a lion and followed it with the sequel of this story of when Albert came back. He told us another joke of a man who went down to the river where there were a lot of people on the

riverbank and a priest baptising people in the water. The priest asked the man if he wanted to find Jesus and the man replied yes. He got into the water and the priest ducked him under three times and said have you found Jesus, the man replied not yet, are you sure this is where he fell in. Another joke was about a gynaecologist who decided to take a car maintenance course. He was asked to take an engine apart and put it back together and he would be given marks out of 10. On finishing the task, he asked what his marks were and the examiner said 100. The gynaecologist said how come I’ve got those marks, and the examiner replied, well, I have seen many people take an engine apart and put it back together, but it’s the first time I’ve seen it done through the exhaust pipe. Keith asked the members if they have seen any cards with Eric the penguin on, he had one with him and read the joke on the front, Eric was standing on his own on the ice and there were fifty other penguins a distance away from him. Eric shouted, “what do we want?” and the penguins replied, “a better memory” Eric then asked them, “when do we want it?” and the penguins replied “when do we want what. Keith finished by reading out some very funny poems. An enjoyable afternoon filled with laughter.



**Organ donation law is changing in England.** You all need to have a conversation with your family to ensure they know your wishes. Here is why! From spring 2020, organ donation in England will move to an 'opt out' system. You may also hear it referred to as 'Max and Keira's Law'. This means that all adults in England will be considered to have agreed to be an organ donor when they die unless they have recorded a decision not to donate or are in one of the excluded groups. You still have a choice if you want to be an organ donor or not when you die. The law is being changed to help save and improve more lives. Every day across the UK, someone dies waiting for a transplant. The NHS is asking everyone to (1) Record your organ donation decision on the NHS Organ Donor Register. (2) Tell your family and friends what you have decided. These changes will affect all adults in England unless they have recorded a decision not to donate or are in one of the following excluded groups: (a) Those under the age of 18. (b) People who lack the mental capacity to understand the new arrangements and take the necessary action. (c) Visitors to England, and those not living here voluntarily. (d) People who have lived in England for less than 12 months before their death.

Source: <https://www.organdonation.nhs.uk/uk-laws/organ-donation-law-in-england/>



**This is all about the intelligent species – women!!!**

11 people were hanging on a rope under a helicopter. 10 men and 1 woman. The rope was not strong enough to hold them all – one would have to let go to save the others. They weren't able to select one to let go until the woman gave a touching speech. She said she would voluntarily let go of the rope because, as a woman, she was used to sacrificing everything for her husband and children and achieving nothing in return. As soon as she had finished her speech, all the men started clapping!!!



**Jam Jar Challenge 2020.** I am pleased to advise that our efforts this year are adding up to almost £500.00. A huge thank you for your generosity. There is, however, still time for you to make a contribution. Send your donation to Margit Staehr, 6 Keats Avenue, Littleover, Derby DE23 4ED.



**A new way of making a donation to Take Heart (Derby).** We had to cancel on on-line method of making a donation last year when MyDonate closed. We have now secured a new platform via Charities Aid Foundation (CAF). You will find it on the "Make a Donation" folder on our web site. Simply click on the folder where the next page will display the option to choose the "old" way or to select the "new" way. All you will need is your credit card to hand and just follow the instructions. You can choose to make a single or recurring donation. If you are a UK tax payer, simply declare it when prompted (it will not cost you anything but will attract a 25% bonus from HMRC on before of our charity. It is a simple process and it does work. I tried it out as soon as it was up and running. I hope this helps you to make payments to us at any time you wish. Try it out TODAY!!!



**A few one-liners:** I invented a new word. Plagiarism!

Did you hear about the mathematician who was afraid of negative numbers? He'll stop at nothing to avoid them!

Helvetica and Times New Roman walk into a bar. 'Get of out here' the barman say's 'We don't serve your type!'



### **News from the BHF and witnessed by three committee members in November**

**last year.** A research team at the University of Sheffield is developing a ground-breaking way to identify blockages in the heart using a virtual blood pressure gradient test. Professor Julian Gunn is leading the research, which we have awarded a grant of £295,000. Currently, when a patient has a cardiac event or sees their doctor to complain of chest pain, they will often be sent for an angiogram – an X-ray used to examine blood vessels that can show whether patients have coronary artery disease, where fatty plaques build up in the vessels supplying blood to the heart. However, because the results aren't always clear, there can be ambiguity as to where the problem areas are and their severity. A pressure wire test can be performed to more accurately measure the blood pressure gradient across a narrowing within the heart and tell doctors whether a person will benefit from treatment to open the blood vessels up. However, few people receive the test as it is expensive and time-consuming. Prof Gunn and his team have developed a computer model called virtual Fractional Flow Reserve (vFFR) that calculates the pressure measurements from pictures of the blood vessels without needing the wire. It could provide greater clinical insight for doctors when making decisions about how to treat coronary artery disease. Using data collected from hundreds of existing angiograms, the software has been proven to be accurate as tested against real pressure wire measurements. It displays the pressure gradient in colour, a healthy blood pressure gradient being green, and a significant pressure gradient in red. The translational research is currently being trialled in real hospital settings involving over 400 people with coronary heart disease. Doctors at participating hospitals will decide what treatment their patient needs based on an angiogram. The vFFR model then re-analyses the angiograms, and the doctor can decide whether they would change the patient's treatment plan based on the alternative results. "We've had an excellent response so far from both patients and clinicians, which suggests that there could be a good uptake of this software in a real-life scenario," said Prof Gunn. "It's non-invasive and doesn't require patients to do anything extra, yet it can shed more light on what is going on in their heart than a standard angiogram. "If this translational project is a success and the software is rolled out, it could make interventions more accurate, reduce the number of unnecessary stents and bypasses, reduce the error rate, and save money and time," added Prof Gunn. "The more insight we have into where potential blockages are, the better outcomes will be for patients." Our Senior Research Adviser Dr Natasa Levicar said: "Thousands of people require an angiogram in this country every year. By funding this project, we are helping to develop an innovative clinical tool which could provide important clinical information and help doctors make better-informed and more accurate decisions about how to treat patients with coronary artery disease." Source: [https://www.bhf.org.uk/what-we-do/news-from-the-bhf/news-archive/2020/march/virtual-heart-map-to-help-doctors-locate-artery-blockages?utm\\_campaign=1360198\\_Public%20facing%20research%20newsletter\\_March\\_2020&utm\\_medium=email&utm\\_source=British%20Heart%20Foundation%20%28BHF%29%20&mi\\_u=8-13769227](https://www.bhf.org.uk/what-we-do/news-from-the-bhf/news-archive/2020/march/virtual-heart-map-to-help-doctors-locate-artery-blockages?utm_campaign=1360198_Public%20facing%20research%20newsletter_March_2020&utm_medium=email&utm_source=British%20Heart%20Foundation%20%28BHF%29%20&mi_u=8-13769227)



### **A couple of one-liners.**

Yesterday I saw a chap spill all his Scrabble letters in the road. I asked him, 'What's the word on the street?'

A woman in labour suddenly shouts 'Wouldn't, couldn't, can't, didn't, won't'. 'Don't worry' says the midwife, 'they're just contractions'



**Forthcoming events: ALL EVENTS SUSPENDED UNTIL FURTHER NOTICE**



Imported from the good old US of A



**Exercise classes.** (currently suspended but please do your exce

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, for 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 606563, 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



# Take Heart

(Derby)

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

Registered Charity No. 1163703



## Committee members



Chairman - Michael Flude. He brings experience in marketing and management. Michael will be involved in all aspects including marketing, web site development, representing TH(D), production of the Newsletter, raising our profile with the press and other Heart Groups. Michael maintains a spreadsheet of member details. His aims are to improve communication within the group, offer support and to expand our membership.

Telephone 01332 380219, email [michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk).

14 Brookside Road, Breadsall, Derby DE21 5LF



Treasurer – Margit Staehr. Margit brings experience from her work in large international companies. She has been involved in many aspects of charity work including book keeping, membership records, scholarships administration, publicity and website maintenance. Margit is currently a trustee of The Anglo-Danish Society

Telephone 01332 513932, email [margit.staehr@googlemail.com](mailto:margit.staehr@googlemail.com).

6 Keats Avenue, Littleover, Derby DE23 4ED



Secretary – Pam Fearn. Pam will use her years of experience to keep minutes of meetings and maintain the group records. She will write notes about the monthly meeting for the Newsletter and will also organise the monthly informal lunches.

Telephone 01332 606563, email [pamfearn@hotmail.co.uk](mailto:pamfearn@hotmail.co.uk).

23 Blagraves Avenue, Littleover, Derby DE23 2NS



Deputy Chair – Margaret Storry. Her background and experience from Women's Institute and elsewhere make her an ideal back up to the Chairman. She will also deal with the Gift Aid aspect of our charity.

Telephone 01332 766916, email [margaret.storry@talktalk.net](mailto:margaret.storry@talktalk.net)

86 The Hollow, Littleover, Derby DE23 6GL



Fundraising Manager - Trisha Flude. Trisha brings many years of teaching and management experience to the committee. She will be responsible for applications for funding and organising fundraising events. Trisha also leads the Take Heart Singers

Telephone 01332 380219, email [trishaflude@aol.com](mailto:trishaflude@aol.com).

14 Brookside Road, Breadsall, Derby DE21 5LF



Speaker Manager – Robert Jones. His past business experience makes him ideal to address rehabilitation patients at Royal Derby Hospital and Ilkeston Community Hospital. Robert also mails the monthly Newsletter to those not on email.

Telephone 01332 608219, email [robertsjones1946@hotmail.com](mailto:robertsjones1946@hotmail.com).

26 Coniston Crescent, Breadsall Hilltop, Derby DE21 4DS



Charity Liaison Manager – Richard Flatman. Richard continues to liaise with the Charity Commission and the MyDonate aspect of our website donation platform. His experience of working with other local charities is invaluable.

Telephone 01332 557028, email [richard.flatman@outlook.com](mailto:richard.flatman@outlook.com).

105 Ferrers Way, Allestree, Derby DE22 2BE

Affiliated to the British Heart Foundation