

# 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 2021



### Reasons to be cheerful.

Over half of all British adults have received at least their first covid vaccination.

More than 3M people have received their second jab.

Pfizer (manufactured in Belgium) and AstraZeneca (manufactured in Wrexham, Keele and Oxford in UK, plus Pune in India).

Moderna drug to be available for delivery in April (17M doses ordered).

Next up it is Jansen drug with 30M doses ordered and is a single shot drug.

Novovax drug is anticipated in the summer with 60M doses ordered.

Valneva, a French vaccine will not be available this year but could be used as a booster jab with 100M doses on order.

GlaxoSmithKline/Sanofi which the EU has hopes for on this French drug, with 60M doses ordered.

Cure/Vac, 50M doses, will probably be used against future strains of Covid.

New infections are falling but are still averaging over 3,000 people daily.

Hospitalisations are also falling, but with 3,500 daily.

The death rate is also falling but they are still people's lives, which affects many thousands of friends and family.

New “genotype tests” could halve the time taken to spot coronavirus mutations which could otherwise take several years. A covid passport system could be introduced to confirm vaccination/negative test or immunity to allow foreign travel, admission to events and theatres etc.

The Pfizer jab has been tested in USA and appears to be effective against new Brazilian & South African variants of covid.



### **Reasons to be fearful.**

The European Union are contemplating restrictions in supply of covid jabs being “exported” from the EU to Britain.

Some people have reported side effects with the AstraZeneca drug but they usually subside within a couple of days but if you experience a headache for 4 days, seek medical assistance.

There are reports of blood clots leading to death from the AstraZeneca drug but research suggests this is minimal.

Europe and other foreign countries are reporting increasing numbers of coronavirus cases, with France and Italy going into another lockdown. Should any of us consider going on holiday to a country where we risk our health by bringing back an unwanted holiday souvenir? A traffic-light system is to be introduced but it does not guarantee safety.

The pandemic experience demonstrates that what happens across the English Channel usually means that the UK follow’s two weeks later.

Pubs and restaurants will soon be open but remember the effect of last summer whereby the infection rate soared once restrictions were lifted. Be wary of repeating the same mistakes. Already there is widespread abuse of the easing of restrictions by not social distancing, wearing of face coverings and mass demonstrations. The pandemic is still with us and more than 3,000 new infections per day. Be very careful when exercising your new-found freedoms.

NHS waiting lists are now huge with thousands waiting over a year for treatment.

Large portions of ethnic minority groups are not taking up the offer of a vaccine appointment.

Scientists are forecasting another possible new wave of infections later this year.



## **A return to freedom.**

**(Highlighted in yellow shows where we are NOW)**

After a year of on/off restrictions we can now look forward to some semblance of normality.

But first, there are four things that have to occur:

- 1 The vaccine rollout must continue successfully
- 2 Evidence must show vaccination reduces hospital admissions and deaths.
- 3 Infections must not risk overwhelming the NHS.
- 4 Covid 19 variants must not fundamentally change the risk level.

The following dates are the earliest date for relaxations to start. They will be confirmed as time passes but may be delayed.

### **Step 1 (part 1). Actioned from 8<sup>th</sup> March.**

All schools and colleges will re-open.

Pupils of secondary school must wear face masks in the classroom, as well as in corridors.

Breakfast and after school clubs will open.

University students can return to campus if they need to access specialist equipment, otherwise remain at home.

You will be allowed to meet one friend outdoors for the purpose of recreation for coffee or a picnic.

At least two people can meet for exercise.

Stay at home instruction remains in place.

Care home residents will be allowed a named visitor but can only hold hands, no hugging allowed and must wear PPE.

Weddings can have six people present.

Funerals can have 30 people present.

### **Step 1 (part 2). No sooner than 29<sup>th</sup> March.**

Groups will be allowed to meet outdoors, including private gardens.

Rule of six applies from different households or two full households for larger families.

Stay at home restriction lifted but you must stay LOCAL.

Tennis and basketball courts, golf courses and outdoor swimming pools can re-open.

Organised grassroots sports can resume for children and adults.

### **Step 2. No sooner than 12<sup>th</sup> April**

Non-essential shops will open, including hairdressers and beauty salons.

Public buildings (museums and libraries) although households cannot mix.

Indoor leisure facilities can re-open (gyms and swimming pools).

Restaurants can serve meals in the open air and public houses can open beer gardens', but customers must adhere to the rule of six or mix with only one other household. Customers should remain seated when they order food and drink

Zoo's and theme parks can also open.

Self-contained accommodation and holiday lets can reopen to one household or support bubble. Visiting second homes will be allowed.

The maximum number attending a wedding can rise from 6 to 15 people.

Funeral attendance remains at 30 people.

### **Step 3. No sooner than 17<sup>th</sup> May**

Pubs and restaurants can open fully but customers must remain in household or bubble arrangements indoors. The rule of six is lifted to up to 30 people.

Theatres and cinemas will reopen but with social distancing.

Indoor performances and sporting events can go ahead with up to 1,000 people indoors or half the venues capacity whichever is the lower figure.

Outdoor events can go ahead with crowds of up to 10,000 or half capacity.

Indoor adult sports clubs and exercise classes can resume.

Indoor mixing is allowed, with travel and overnight stays allowed, but rules on multiple households and rule of six still apply.

Attendances at weddings and christenings will allow for up to 30 people.

#### **Step 4. No sooner than 21<sup>st</sup> June.**

All legal limits on social gatherings will be removed.

Nightclubs can reopen and event crowd restrictions will be lifted.

Working from home will be reviewed and be subject to review.

#### **A personal note:**

We have endured considerable restrictions upon our life since March 2020. Enjoy your newly reinstated freedoms but be wary and don't take risks. Continue to wear face coverings if you feel safer and maintain social distancing if in doubt. We do not wish to place anyone of you at risk. We are looking forward to seeing you all again - safe and well.



**I recently had an operation** to open up the dormant side of my brain as I thought it was a good idea.

Now I'm in two minds.



**A brand-new challenge for the New Year!** Further to February's poetry challenge, let's have yours. They needn't be about hearts. They needn't start the same way. They needn't rhyme but make them cheery as possible, to brighten up the day or even light and lovely. Send your own odes (not too long) to Trisha by email to [michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk) or post to 14 Brookside Road, Breadsall, Derby DE21 5LF. Each month one will be printed in the Newsletter and, if we receive enough entries, we might be able to print a booklet later this year.



## **Home Delivery - For Your Convenience** from Robert Jones.

I'm looking out the window  
I'm waiting at the door  
Hoping to see the Hermes van  
That's due 'tween 2 and 4.

They guaranteed they'd got them  
Yes, I'm sure that's what they said  
We really need those loo rolls  
Our crumpets and the bread.

I bought their latest offers  
On toothpaste, pork and tea  
But really need those loo rolls  
For Gran and dad and me.

I'm looking out the window  
They've sent us lots of fruit.  
They said "instead of loo rolls"  
That's NOT a substitute!

Note: we are still waiting for your poems to Trisha Flude. Don't delay and send it today!!!



## **A few one liners' to help your mood (exasperation).**

If you need to call the Owl Rescue Centre the number is 282820  
*Have you ever noticed: The Roman Numerals for forty (40) are XL'.*

Some people try to turn back their "odometers." Not me.  
I want people to know why I look this way. I've travelled a long way and a lot of the roads were not paved.



**Now where shall we start?** That is the question debated by your committee at a recent Zoom meeting. Everyone tells us they are anxious to get to a TH(D) event as soon as possible. We now have the Government guidelines to point the way ahead. However, none of the dates given are guaranteed. You can see the caveats at the beginning of the section – **Road to Freedom**. One comes to the fore and that is the Brazilian strain now found in England. It is too early to say how this will affect the position the country is in. We have to bear in mind that many of our members have been under a “shield” notice, others are in that vulnerable age group and others have underlying health issues. Your committee will keep in mind the need to SAFELY re-open our programme. So, no firm date yet but more news in future editions. Stay tuned for next month’s Newsletter

**AGM 2021.** We have recently received confirmation from St Mary’s church hall that they are not considering re-opening their rooms until “after September”. Attempts have been made to find a suitable alternative but have not been successful. Therefore, we intend to carry out our AGM as a postal vote. Preparations are already in hand. Every member will receive documents and a voting slip, plus a stamped and addressed envelope to return by 9 July. We need to do Two AGM’s this year to catch up with the one we missed last time around..



**A man goes to see** the Rabbi. “rabbi, something terrible is happening and I have to talk to you about it”. The Rabbi asks, “What’s wrong”. The man replied, “My wife is going to poison me”. The surprised Rabbi asks, “how can this be?” The man responds, “I’m telling you, I’m certain she’s going to poison me. What can I do?” The Rabbi offers, “Tell you what, let me talk to her, I’ll see what I can find out and I’ll let you know”. A week later the Rabbi phones the man, “I spoke to your wife on the phone for three hours. You want my advice?” The man said, “Yes”. The rabbi says, “Take the poison”.



**Birthdays.**

Happy birthday this month go to David Backhouse, Lyn Calladine, Margaret Clarke, Joyce Cocking, Barbara Cooper, Philip Fitzpatrick, Richard Flatman, Trisha Flude, Doug Glenday, April Howe, Caroline Hughes, Philip Johnson, Ian King, Vivien McCurdy, Launa Skidmore & Janette Thorpe. We hope you all have a happy and memorable day. I receive lots of lovely comments about the birthday cards we send to you. They are made by a talented lady in the West Midlands and mailed by her colleague to arrive in time for your birthday. I forward comments made, so keep them coming and enjoy your birthday, albeit a little differently from how you imagined it would be this time around.



Smith climbed up to the top of Mt Sinai to get close enough to talk to God. Looking up, he asked the Lord, “God, what does a million years mean to you?” The Lord replied, “A minute.” Smith asked, “And what does a million pounds mean to you?” The Lord replied, “A penny”. Smith asked, “Can I have a penny?” The Lord replied, “In a minute.”



**A great big thank you to all of you.**

Despite our Programme of Events being placed in a “shield notice” since March 2020, you have renewed your membership to Take Heart (Derby). Everyone is looking forward to resuming our face to face activities but at the same time are wary of the situation we find ourselves in. Your support has enabled us to continue our support of the cardiac departments at University Hospitals of Derby & Burton over recent months. You can see evidence of that in the article below. It means much to us all that you continue with so much enthusiasm with us. See you all soon as we can.





**Take Heart (Derby) to the rescue** (again). We received a request from ward 408 for the supply of an observation machine. Thanks to the continued donations from our members, we were able to allocate sufficient funds and hey presto, here it is. Seen on the ward are Reg Nurse Laura Peel, HCA Chloe Freeman, Reg Nurse Maureen Marshall, HCA Amanda Bailey and Housekeeper Bev McDonald. "Thank you all at Take Heart (Derby) for this donation which will assist us to monitor patient health on the ward" says Snr Sister Marie Jackson.



### **A few more one liners' for your mood.**

"Sarcasm will get you nowhere in life" my boss told me. "Well, it got me to the 'International Sarcasm' finals in Santiago, Chile in 2009" I informed him. "Really?" he asked. "No", I replied.

Alan Turing was an English mathematician, computer scientist, logician, cryptanalyst, philosopher, and theoretical biologist, famously playing a crucial role in cracking intercepted coded messages from Nazis. Less well known was his sister Kay who was in charge of breakfasts.



**News from the BHF.** The pandemic could cause at least 12,000 extra heart attack and strokes in England over the next five years without bold Government intervention, according to a think tank's new analysis. The findings give further weight to our call for the Government to provide a clear plan and enough investment to address the significant backlog of heart care. Around 470,000 fewer new prescriptions of preventative heart and circulatory disease medications like statins were issued in England during the pandemic, according to the research from the Institute for Public Policy Research (IPPR) and healthcare consultancy Carnall Farrar (CF). They stress that such a drop could lead to significantly more people developing heart and circulatory conditions over the next few years. The stark figures have been published today in a briefing: *Without Skipping a Beat*. The briefing also shows: - An estimated 23,000 missed diagnoses of heart failure in England during the pandemic; - Referrals to cardiovascular and diabetes specialists were a quarter below 2019 levels in December 2020 in England; - A 44 per cent drop in heart ultrasound scans known as echocardiograms between March and October in England last year compared to the same period the previous year. Today, we warn that the pandemic's widespread disruption to potentially life saving heart treatment and care is putting lives at risk. Already, there have been over 5,000 excess deaths from heart diseases and stroke in England since the pandemic began. Dr Sonya Babu-Narayan, our Associate Medical Director and Consultant Cardiologist, said: "People with heart and circulatory diseases are facing devastating disruption to their care on a scale never seen before, and at every stage of their treatment. "The steep decline in heart investigations and so many missed diagnoses will have an impact that will be felt for years to come. What's more, the pandemic's true toll on cardiovascular care is still unknown. We are already seeing the consequences, with an average of 100 extra heart and stroke deaths in England a week and increasingly stark health inequalities. "The pressure from

Covid-19 may be lessening, but the backlog of cardiovascular care is ever increasing and must be urgently addressed. This is a significant but surmountable challenge that will require a clear plan and enough investment, now and in the long term.” Dr Parth Patel, IPPR Research Fellow and lead author of the paper, said: “Every year, hundreds of thousands of people are diagnosed with heart disease. The good news is that we have effective medications that can really slow down the deterioration of such disease and prevent future heart attacks and strokes. "The bad news is the pandemic means almost half a million chances to prevent have been missed. This is really alarming. It pits us in a race against time to avoid thousands of deaths in the coming years that would be entirely attributable to the pandemic’s disruptions to normal healthcare services. “Crucially, these deaths are not inevitable - but avoiding them relies on bold policy now. It is time for the government to match its ‘build back better’ rhetoric with urgent action.” Source: [Government action needed to avoid 12,000 extra heart attacks and strokes \(bhf.org.uk\)](https://www.bhf.org.uk/news/press-releases/2020/06/government-action-needed-to-avoid-12000-extra-heart-attacks-and-strokes)



### **A few more (no groaning)**

I’ve washed my hands so much I’ve uncovered a night club stamp from 35 years ago!!!

Eat five cloves of garlic a day. It does absolutely nothing but helps to ensure social distancing.



**Vaccination centres include:** University Hospitals Derby Burton NHS FT. Chesterfield Royal Hospital NHS Foundation Trust. Nottingham University Hospitals NHS Trust. Derby Arena, St John’s Methodist Church Hall (Allestree), Long Eaton Health Centre, Oakland Village & Community Care Centre (Swadlincote), Babbington Hospital (Belper), St Oswalds Hospital (Ashbiourne), Sahrley Park Leisure Centre (Clay Cross). Additional facilities are expected to open-up in the near future. Keep alert for options.



**Member news.** Sadly, I advise of the passing of Paul Riley in January. Paul had been a member since 2000, although he and Brenda did not attend functions regularly, he always had a message of support whenever we met. He appreciated all the efforts made by committee members to ensure there were lots to do. Brenda is to relocate to Torquay to be near her family. Good luck Brenda. We have also received the sad new of Edward Potter who passed away recently. Margaret has a good family support locally but is very upset, naturally. We send our best wishes to both families and offer prayers for their wellbeing. David Polhill emailed to advise that Barbara Polhill had passed away in March. Barabara and Peter (her late husband) had been members since 1999. In recent years their visits to our events decreased and sadly we will no longer see Barbara. Molly Illesley will have received a visit from her nominated person, son Ged by the time you read this. Molly moved into Milford House last June and has taken over the running of the place or at least formed a knitting group to make hats for new-born babies at Royal Derby Hospital. Great stuff Molly. Pauline Boutcher is having new reading glasses shortly because she can see perfectly now having had cataract surgery to both eyes. Les Tibbles says he is well but fed up and even when we re-start our events, he will not be rushing out to join us, a theme expressed by many. Jaco Wojcik says he is looking forward to attending his first event with us but also confirmed he needed to be careful. Carl Anthony reiterated this sentiment, although keen to meet with others who have experienced his heart event. He is enjoying reading the Newsletter in the interim. Stan Werbinski is back playing golf and enjoying the break from the monotony of lockdown. Dan Leedell also telephoned to enquire what progress was being made to resume events. He has returned to work on a part time basis. Please keep Michael informed about your health issues. In the meantime. **Stay at Home -Protect the NHS -Save Lives**



**A lesson in restraint.** I went shopping in ASDA today and I was behind a grandfather and his badly behaved child. He had his hands full with the child who was screaming for sweets, biscuits, all sorts of things. The granddad is saying in a controlled voice, “Easy William, we won’t be long, easy boy”. Following another outburst, I heard the grandfather calmly say, “It’s ok William. Just a couple more minutes and we’ll be out of here. Hang in there boy”. At the checkout the little horror was throwing items out of the trolley. Granddad says again in a controlled voice, “William, William, relax buddy, don’t get upset. We’ll be home in five minutes, stay cool William.” Well, I was really impressed, so I went outside to where the grandfather was loading his groceries and the child into the car. I said to the Grandad, “It’s none of my business, but you were amazing in there. That whole time you kept your composure, and no matter how loud and disruptive he got, you just calmly kept saying things were going to be ok. William is very lucky to have you as a grandfather.” “Thanks,” said the grandfather. “But I am William and the little so and so’s name is Kevin”.



### **Ten gardening tips for April.**

1. Keep weeds under control
2. Protect fruit blossom from late frosts
3. Tie climbing and rambling roses
4. Sow hardy annuals and wild-flower seed outdoors
5. Start to feed citrus plants
6. Increase water given to houseplants
7. Feed hungry shrubs
8. Sow new lawns or repair bare patches
9. Prune fig trees
10. Divide bamboos and waterlilies

Source: [Read our RHS monthly gardening tips & advice - April / RHS Gardening](#)



**A lady's sit-upon size.** A new study reveals interesting findings. There is a new study about women and how they feel about their "butt", with really, interesting results. 30% of women think their butt is too fat. 10% of women think their butt is too skinny. The remaining 60% say they don't care, they love him, he's a good man and they wouldn't trade him for the world!!!



**A sign of the Times!**



**He must pay!** Husband and wife had a tiff. Wife called up her mom and said, "He fought with me again, I am coming to live with you." Mom said, "No darling, he must pay for his mistake. I am coming to live with you."



## **These are the days...**

1. I changed my car horn to gunshot sounds. People get out of the way much faster now.
2. Gone are the days when girls used to cook like their mothers. Now they drink like their fathers.
3. I didn't make it to the gym today. That makes five years in a row.
4. I decided to stop calling the bathroom the 'John' and renamed it the 'Jim'. I feel so much better saying I went to the Jim this morning.
5. Old age is coming at a really bad time.
6. When I was a child I thought 'Nap Time' was a punishment. Now, as a grown up, it feels like a small vacation.
7. The biggest lie I tell myself is 'I don't need to write that down, I'll remember it.'
8. I don't have grey hair; I have "wisdom highlights"! I'm just very wise.
9. If God wanted me to touch my toes, He would've put them on my knees
10. Last year I joined a support group for procrastinators. We haven't met yet.
11. Why do I have to press one for English when you're just going to transfer me to someone I can't understand anyway?
12. Of course I talk to myself. Sometimes I need expert advice.
13. At my age 'Getting lucky" means walking into a room and remembering what I came in there for.
14. Actually I'm not complaining because I am a Seenager. (Senior teenager) I have everything that I wanted as a teenager, only 60 years later.
15. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's licence and my own car.
16. The people I hang around with are not scared of getting pregnant. And I don't have acne. Life is great



**Today's short bible reading.** From Genesis:

"And God promised men that good and obedient wives would be found in all corners of the earth."

Then he made the earth round and He laughed and laughed and laughed!



**Steamed treacle sponge** – a firm favourite.

- 3 tbsp golden syrup
- 110g caster sugar
- 2 eggs, beaten
- 225g self-raising flour
- 110g butter
- 3tbsp milk

Grease 1.2 litre pudding basin. Spoon the syrup into the basin. Sift the flour into a bowl and put to one side. Cream sugar and butter until light and fluffy. Gradually add the beaten eggs and milk. With a little of the flour. Gently fold in the remainder of the flour until all the ingredients are combined. Place the pudding in a basin. Cover with pleated parchment paper and foil (allowing for expansion) and steam for 90 minutes.

Source: Be-ro home baked recipes



**Listening ears via Committee members.**

Please use the numbers when you feel in need of advice or just a chat – so call now, do not be shy, pick up the phone.

Committee members are Michael & Trisha Flude 01332 380219, Pam Fearn 01332 606563, Richard Flatman 01332 557028, 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 01332 380219. email

[michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk).or 14 Brookside Road, Breadsall, Derby DE21 5LF.

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