



# 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 2022**



**They thought it was all over!!!** A famous quote from the 1966 World Cup Final commentary but it applies equally to Omicron BA.2. There were around 4.9m UK residents with Covid 19 towards the end of March. Most had symptoms similar to flu but some were serious which resulted in a large increase of patients admitted to UHDB. NHS has issued additional symptoms to watch out for are: shortness of breath, feeling sick or being sick, diarrhoea, headache, blocked or runny nose, sore throat, feeling tired or exhausted, loss of appetite and aching body in addition to fever, loss or change in taste or smell, new or persistent cough. Quite a few of you will admit to a few of these, so just be careful. A fourth jab is now available to those over 75 years and those who are immunosuppressed.



**Vaccination centres (updated 10 April 2022).**

(walk-in, book online or call 119).

**Ikhlas Education Centre**, Clarence Road, Derby DE23 6LS

**Midland House**, Nelson Street, Derby DE1 2SA

[Walk-in coronavirus \(COVID-19\) vaccination sites near Derby - Find a walk-in coronavirus \(COVID-19\) vaccination site \(www.nhs.uk\)](https://www.nhs.uk)

To stay safe:

get vaccinated, handwash regularly, download the NHS COVID-19 app (in England and Wales), open windows if meeting indoors, wear a face covering in crowded indoor settings, stay home if unwell



### **Future medication to combat Coronavirus.**

The NHS is now offering spring booster vaccinations, giving extra protection for people who: are aged 75 and over, live in older adult care homes, are immunosuppressed, for example, following a transplant or because of an underlying health condition. The NHS will invite eligible people to arrange a jab through the [National Booking Service](#) or by calling 119 when it is their turn. Everyone who is eligible – around five million in total – will be offered this booster during spring and early summer. Please visit [www.nhs.uk/covid-booster](http://www.nhs.uk/covid-booster) for more information on how to get your booster. Source: [ddccg.communications@nhs.net](mailto:ddccg.communications@nhs.net)



### **A light-hearted comment about petrol?**



*I've done the sums and  
we can either fill the car  
with petrol, or buy  
Chelsea Football Club'*



**Member news.** It is with great sadness I advise you of the passing of Ian King. Ian had been a member for more than ten years. He and his wife, Anne, attended many events and always had a comment about everything. He even turned up for walks in an electric “vehicle” so as not to miss out. Sadly, he had been unwell for some time, having numerous stays in Royal Derby Hospital, the latest of which saw him suffer a stroke in addition to his heart problems. His funeral took place on 19<sup>th</sup> April. Ron Smith has suffered a stroke but not a severe version. He is receiving follow up support at home from physio therapists and gaining confidence. He is using a zimmer to get around and needs lots of practice to get out and about again. We wish him well.



**News from BHF.** Superhuman 20 second AI heart tool begins NHS roll-out. The first-of-its-kind AI tool analyses heart MRI scans in just 20 seconds whilst the patient is in the scanner. This compares to the 13 minutes or more it would take for a doctor to manually analyse the images after the MRI scan has been performed. It also detects changes to the heart structure and function with 40 per cent greater precision and extracts more information than a human can. Each year, around 120,000 heart MRI scans are performed in the UK. The researchers say that the AI will free-up valuable time of healthcare professionals – saving around 3,000 clinician days every year – so their attention can be directed to seeing more patients on NHS waiting lists, which will ultimately help with the backlog in vital heart care. The AI will also give patients and doctors more confidence in the results so that they can make better decisions about a person’s treatment and possible surgeries. The technology is being rolled out at University College London (UCL) Hospital, Barts Heart Centre at St Bartholomew’s Hospital which is part of Barts Health NHS Trust, and Royal Free Hospital, where it’s now being used on over 140 patients a week.

Following great success, the scientists and cardiologists who have developed the AI plan to extend the roll-out later this year to 40 locations across the UK and globally. The technology will improve diagnosis and treatment for a multitude of heart conditions. It is designed to diagnose a new heart condition when someone is first assessed for heart disease. It can spot early signs of heart disease - such as after having chemotherapy - which in some cases can cause damage to the heart, and it has the potential to screen for heart conditions in people with a family history of heart disease. The tool also helps doctors to see how patients with heart conditions are responding to their treatment, so they can then make any necessary adjustments. The team trained the AI to measure the size of the left ventricle (the main pumping chamber of the heart), the thickness of the heart muscle and how well the left ventricle was able to pump blood around the body. They did this using heart MRI scans from 1923 people – including people with seven different heart conditions at 13 different hospitals and using 10 different models of MRI scanner. The AI was then validated on a further 109 patients who



were scanned twice. They found that the AI technology analysed heart MRI scans more precisely than three doctors, removing the

issue of subjectivity with human analysis. Dr Rhodri Davies and his team at UCL and Barts Heart Centre hope to develop the AI even further so that it can quantify heart valve disease and congenital heart defects, which develop in the womb before a baby is born. Dr Rhodri Davies, BHF-funded researcher at UCL and Barts Heart Centre, said: “Our new AI reads complex heart scans in record speed, analysing the structure and function of a patient’s heart with more precision than ever before. The beauty of the technology is that it replaces the need for a doctor to spend countless hours analysing the scans by hand. “We are continually pushing the technology to ensure it’s the best it can be, so that it can work for any patient with any heart disease. After this initial roll-out on the NHS, we’ll collect the data, and further train and refine the AI so it can be accessible to more heart patients in the UK and across the world.” Dr Sonya Babu-Narayan, our Associate Medical Director, said: “This is a huge advance for doctors and patients, which is revolutionising the way we can analyse a person’s heart MRI images to determine if they have heart disease at greater speed. “The pandemic has resulted in a backlog of hundreds of thousands of people waiting for vital heart scans, treatment and care. Whilst people remain on waiting lists, they risk avoidable disability and death. That’s why it’s heartening to see innovations like this, which together could help fast-track heart diagnoses and ease workload so that in future we can give more NHS heart patients the best possible care much sooner.” This study was a collaboration between researchers at UCL, Barts Heart Centre at St Bartholomew’s Hospital, Queen Mary University of London, Royal Free London NHS Foundation Trust, and the National Institutes of Health (NIH) in the USA. We have launched a campaign calling for the public’s support to power science that could lead to new treatments and cures for all heart and circulatory diseases. Source:- [Superhuman 20 second AI heart tool begins NHS roll-out \(bhf.org.uk\)](https://www.bhf.org.uk)



**ARE YOU SWEATING  
WHILST PUTTING  
PETROL IN YOUR CAR  
FEELING SICK WHEN  
PAYING FOR IT, YOU  
YOU HAVE GOT THE  
CAROWNERVIRUS**



**Could you help, please.**

Help required at our Singing for Fun sessions on Fridays. If you know the recipe for making tea and coffee, you could be entertained by our singers between 10.45 and 11.30 on Friday mornings. Please contact Trisha Flude on 01332 380219

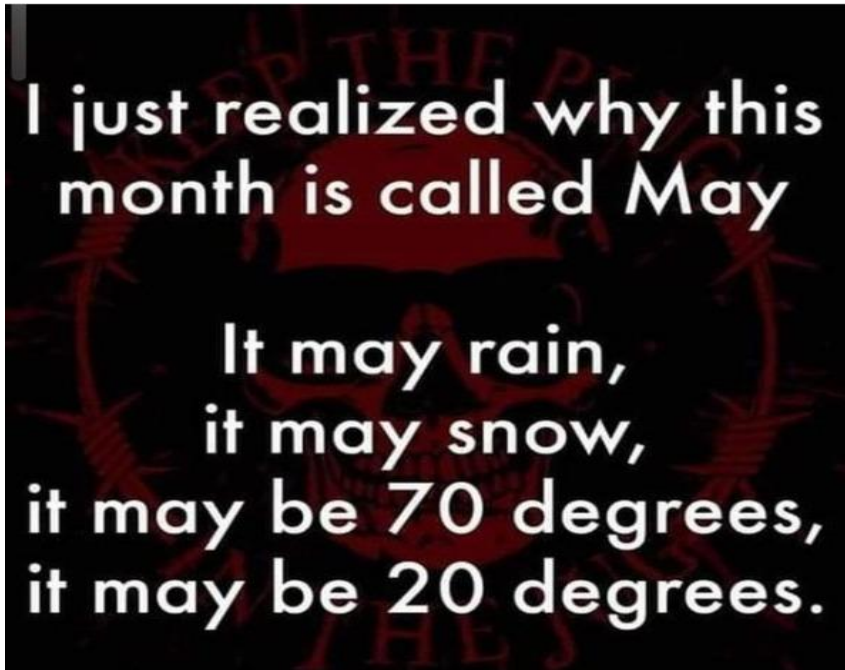


**A statements of the obvious.**





**Something to look forward to for next month!**



**Holiday insurance.** After a couple of years of lockdown, many of us are now looking to return to travel, subject to staff availability. This inevitably brings the need for affordable travel insurance. What have been your experiences and which insurance companies are you happy with? Some have found that sorting it online often reaches a point where a message comes up “please telephone for further advice to ...” Please write to Michael with your responses and I will put something together for a future Newsletter. Thank you.





**Birthdays.** Happy birthday this month go to Lyn Calladine, Margaret Clarke, Ann Cogley, David Consterdine, Barbara Cooper, Philip Fitzpatrick, Richard Flatman, Trisha Flude, Doug Glenday, April Howe, Caroline Hughes, Philip Johnson, Vivien McCurdy and Lorna Skidmore. I receive lots of lovely comments about the birthday cards we send to you. I forward these comments made to the lovely ladies who make them for us.



**Hard work really pays off?** My boss arrived at work in a brand-new Ferrari. I said, "Wow, that's an amazing car!" He replied, "If you work hard, put in all the hours, and strive for excellence, I'll get another one next year".



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

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

Source: [Gardening in April - jobs to do this month / RHS Gardening](#)





**STEPPING INTO THE BIZARRE AND BRUTAL.** (A report by Pete Stevens). Take Heart's intrepid walkers took a step back in time to discover a little about England's religious history – both the bizarre and the brutal. The weird and wonderful came in the



shape of a 12-century baker who, having been visited by a vision of the Virgin Mary, decided to up sticks and head for Deepdale, the place we now call Dale Abbey. Personally, I would have opted for the south of France, however, once at Dale Abbey, he dug himself a home in the

sandstone cliff and lived alone for the next 20 years!

The Take Heart walkers were impressed by his devotion, but not too happy about his choice of dwelling. Today it would probably be described as a “desirable detached residence, in a superb location, in need of some renovation.” His “Hermit’s Cave” on a ridge above the village, was part of a walk which featured a party of seven trekkers, four members and three guests. After gathering at the ivy clad Carpenter’s Arms, we headed through the village towards one of England’s tiniest churches. It’s attached to a farmhouse and amazingly still holds regular services – you can even get married there if the urge takes you! Discovering the Hermit’s Cave took the group along narrow muddy tracks and up steep steps, but the views alone were worth the short exertion. The brutal came in the shape of the remains of the once glorious Dale Abbey. The abbey once dominated the area with families relying on it for work and moral guidance.

Unfortunately, Henry VIII had different ideas. He decided to grab the church's wealth for himself and ordered the destruction of monasteries across the country. All that's left of the historic Dale Abbey today is a fine towering window arch – the rest of the stonework being sold off or “borrowed” to build nearby cottages and barns. Our walk lasted less than two hours covering a couple of miles or so and, as usual, ended with a sit down and chance for a natter at the pub. All Take Heart walks are designed to be easy on the knees and are never too long - more of an enjoyable stroll with plenty of time to chat. Why not join us for our next outing on 28<sup>th</sup> May (see Future Events p 15)?



**March Speaker's (A report by Pam Fearn).** Yes, Two speakers at this meeting. Our first speaker today was Shyamal Mitra who was going to talk to us about “How he met an English Girl”.



He informed us that he came to England from India in 1961 to train at Fletcher & Stewarts who were sugar machine engineers in Derby. He said that his father worked for the same company in India. There were Indian and West Indian students at the company at this time. Telling us that his first salary was 50p and after 5 years there this went up to £3.50p. The local hospital was holding a dance at Churchill Hall and the matron asked Fletcher & Stewarts if they

could send along some of their young students, Shyamal said that unfortunately none of the Indian students knew how to dance so had to have a crash course in dancing. This was the first time he met his wife when he asked her to dance. He met her again and they went to the Gainsborough in Babbington Lane. He told his wife that they could not get serious as his mother and father

would never agree for him to marry a white girl, they expected him to have an arranged marriage to a Bengali girl. In their culture when a son marries, he is expected to look after his parents. Thinking he would improve his prospects, he returned to Fletcher & Stewart to gain an engineering qualification. He rented a flat in Kedleston Road and he and his girlfriend decided to get married at her local church but the vicar refused to marry them. They spoke to the Archbishop of Lincoln, who said he would help to find a vicar to marry them in their local church. On the way to the wedding, the best man was driving the car but had an accident. They were taken to hospital and a policeman cycled to the church to advise them there would be a delay.. There was a great deal of press interest because of an Indian man marrying a white woman. After the wedding the local butcher kindly lent them his van to go away on honeymoon. Shyamal said, "You cannot help who you fall in love with".

Our second speaker was Jonathan Smith talking to us about metal detecting. He told his wife that he was so interested in this new hobby that he would rather buy a metal detector than buy his



season ticket for Manchester City. He received a telephone call from a man who said that there was a dig at Codnor Castle and that they were looking for two people with metal detectors to help. The people from a television programme would also be there. He told his wife that he and his friend would be going to help there. She asked him not to appear on television and when he asked her why, she said "I don't want people knowing you go around with a metal detector searching for things, it's like someone collecting stamps. When

they got to Codnor Castle, his friend started searching on the

inside where Johnathan started searching on the outside. There were archaeologists working and at the side of them was a pile of soil which they had supposedly looked at but when Johnathan ran his detector over it there was a buzzing sound, and he had actually found a gold coin which is in the Derby museum, it used to have his photograph at the side of it but he says they have taken that down now. The coin is worth over £3,000 and he was given a replica of it to keep. When he got home that day his wife said were you on the television, he said not really as he didn't want to tell her he had been on for a very long time. He went on to show us other finds pottery and coins. He showed us a tiny old penny that was used to buy goods hundreds of years ago. If what you bought was only half a penny, they would just snip it in half and if it was worth three quarters, they would snip three quarters of the coin off. He showed us pictures of the dig at condor as well as one of his metal detectors which cost £1200 and invited members to go up and look at some of the things that he had brought in to show us. What an interesting afternoon was had by all.



### **Jam Jar Challenge**

How much have you saved during the past two years of lockdown? Many of us have not used cash until quite recently. We should not forget we used to save change when returning home and donate it to the British Heart Foundation. We re-instate this project and will bring our jars to the coffee morning on 31<sup>st</sup> May at the Cube café/bar from 1030. Bring in cheques made payable to Take Heart (Derby) if you haven't been saving regularly. Thank you all for your support





My friend was complaining because he can't afford to pay his huge water bill...so, I sent him a "Get **Well** Soon" card.  
When visiting the dentist for some new dentures, it is important to make a good impression.  
Hospital drama's on TV – do they use a “plaster” cast?  
I sued the airline that mislaid my luggage, I lost my case!  
I swapped 1lb of raisins for 2lb of sultanas – that's the current exchange rate!  
I tried to re-marry my first wife but she figured it was a ploy to get my money back.  
Dealing with HMRC is always a taxing experience.  
My husband has given me a piece of his mind so often, I'm afraid he has very little left!  
Charity begins at home, if you can afford one.  
My wife and I went shopping for a bed but could not make up our mind, so we slept on it!  
People today have so many rights that they are allowed to do wrong.  
My wife and I argue a lot about our reliance on a micro-wave but at least they get heated in less than two minutes.



**Started the day off with  
two eggs for breakfast.  
They were Cadbury eggs,  
but whatever.  
The diet plan said  
“two eggs”  
so let's not get picky.**

# ***Take Heart***

(Derby)



## **H.M. The Queen's Platinum Jubilee**

### **Cream Tea celebration.**

Cathedral Quarter Hotel,

16 St Mary's Gate, Derby DE1 3JR

2.00PM for 2.30PM Tuesday 7<sup>th</sup> June 2022

A selection of freshly made sandwich fingers: - ham, tomato and rocket, egg & cress, cream cheese & cucumber, smoked salmon, (mixed pepper medley vegetarian by request)

Followed by a selection of homemade cakes: -

Chocolate éclair, French madeleines, chocolate brownie, lemon drizzle with seasonal berries, buttermilk scone with cream & jam, carrot cake.

Tea or coffee.

(Gluten free option available upon request)

Hotel price £17.50, members pay £10.00.

Book via Margaret Storry, 86 The Hollow, Littleover, Derby

DE23 6GL Tel 01332 766916



## April.

- Friday 22<sup>nd</sup> Singing for Fun at 10.00AM **CANCELLED**  
St George's Day. Formal Spring lunch at  
Kedleston Country House.
- Tuesday 26<sup>th</sup> Coffee morning at The Cube café/bar from  
10.30 AM.
- Wednesday 27<sup>th</sup> Swimming at Queen's Leisure Centre at  
12.00 noon  
Tai Chi **Cancelled**
- Friday 29<sup>th</sup> Singing for Fun at 10.00AM in St John's  
Methodist Church Hall.



## May.

- Wednesday 4<sup>th</sup> Swimming at Queen's Leisure Centre at  
12.00 noon  
Tai Chi **Cancelled**
- Friday 6<sup>th</sup> Singing for Fun at 10.00AM in St John's  
Methodist Church Hall.
- Monday 9<sup>th</sup> What has Mike Storr got in store for us with  
his talk entitled "Master of Mirth"? The only  
way to find out is to be there.
- Wednesday 11<sup>th</sup> Swimming at Queen's Leisure Centre at  
12.00 noon  
Tai Chi at 4.00 to 5.00PM in St. Nicholas  
Church Hall.
- Friday 13<sup>th</sup> Singing for Fun at 10.00AM in St John's  
Methodist Church Hall.
- Wednesday 18<sup>th</sup> Swimming at Queen's Leisure Centre at  
12.00 noon  
Tai Chi at 4.00 to 5.00PM in St. Nicholas  
Church Hall.
- Thursday 19<sup>th</sup> Lunch at Argosy, Manor Road,  
Derby DE22 3HZ.
- Friday 20<sup>th</sup> Singing for Fun **Cancelled**



Wednesday 25<sup>th</sup> Swimming at Queen's Leisure Centre at 12.00 noon  
Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

Friday 27<sup>th</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall.

Saturday 28<sup>th</sup> Walking back to health – Littleover Millennium Wood. Meet at King George V park, Carlisle Avenue, Littleover, Derby DE23 3ES to walk at 10.00AM

Tuesday 31<sup>st</sup> HM the Queen's Platinum Jubilee Coffee morning at The Cube café/bar from 10.30 AM.



### **Listening ears via Committee members.**

Please use the numbers below 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.

Recommendations for future speakers should be made to Margaret Storry on 01332 766916.

Recommendations for future lunch venues should be made to Pam Fearn on 01332 606563

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.

Affiliated to the British Heart Foundation