

# 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 August 2019



**Lunch at the Great Northern.** Eight members dined at the Great Northern on 18<sup>th</sup> July. It seems the “meal of the day” selection proving popular. Certainly, the fish and chips looked good enough to eat, and the liver & onion option was my favourite. Lots of chatter as usual, welcoming recent member Caroline, dining out with us for the first time. Just for once, if you look carefully, you can see the photographer in the mirror. Now you know why he is usually behind the lens. Next month it is the Toby Carvery in Chaddesden, a favourite for many, so don't be late.



**Marriage is like a deck of cards!** At the beginning you need two hearts and a diamond. At the end you wish you had a club and a spade.



**Swimming.** Swimming is great fun, good cardio-vascular exercise and another social event to cheer us all. WE DO NOT HAVE AN ALLOCATION FOR A PRIVATE SWIMMING SESSION, as listed in our Programme of Events. We now swim at 2.30 PM until 3.15 PM on Wednesday. It is usually quiet at this time of day, until school children start arriving from around 3.30 PM.



**Michael O'Leary, Chief Executive of Ryanair** after arriving in a hotel in Manchester went to the bar and asked for a pint of Guinness. The barman said, "That will be £1 please, Mr. O'Leary." Taken aback, O'Leary replied, "That's very cheap," and handed over his money. "We do try to stay ahead of the competition", said the barman. "We have the cheapest beer in England". "That is remarkable value", Michael comments. "I see you don't have a glass, you'll need one of ours. That will be £3 please." O'Leary scowled, but paid up. He took his drink and walked towards a seat. "Ah, you want to sit down?" said the barman. "That'll be an extra £2. If you'd pre-booked it would have cost £1." O'Leary swore to himself, but paid up. "I see you've brought your laptop" added the barman. "That wasn't pre-booked either, that's another £3." O'Leary was so incensed and his face was red with rage. "I've had enough! I insist on speaking to a manager!" "Here is his e-mail address, or if you wish, you can contact him [between 9.00 am and 9.01am](#) every [morning, Monday to Tuesday](#). Calls are free, unless answered, then there is a charge of only £1 per second". "I will never use this bar again" shouted O'Leary as he stormed out. "OK but do remember, we are the only hotel in England selling pints for £1.



**Medical Travel Insurance.** It is that time of year when many are off on their "jollies". One aspect of holiday planning for those with a long term illness, is travel insurance. Our member, Richard Flatman, has offered this recommendation at <https://medicaltravelcompared.co.uk> who source insurance from more than 40 insurance companies. Takes a lot of the hassle out of comparing various insurers. You only input your details once and they do the work. Let Michael know how you get on OR perhaps you have a better way or company. Good luck and happy hols.



**Birthdays.** Happy birthday this month go to Amanda Banks, Barry Birkin, Helen Blackburn, Sally Cholerton, Barbara Colder, Pearl Fitzpatric, Michael Flude, Geoff Hinks, Alan Merrigold, Sue Oliver, Doreen Owen, Frank Pallett, Carol Pearson, Sam Redfern, Tony Rolfe, Marcus Smith, Amber Smith, Peter Stevens, Richard Wheatley, Brian Whibberley, Gary Whitehead, Tina Whitfield, Ronald Wright, Debbie Wright, Hannah Wright and Rachel Wright. We hope you all have a happy and memorable day.



**Fundraising in the American Church.** The minister was preoccupied with thoughts of how he was going to ask the congregation to come up with more even money than they were originally expecting. Repairs to the church building would cost twice as much as the original estimates. Therefore, he was annoyed to find that the regular organist was sick and a substitute had been brought in at the last minute. The substitute wanted to know what to play. "Here's a copy of the service," the pastor said impatiently. "But, you'll have to think of something to play after I make the announcement about the finances." During the service, the minister paused and said, "Brothers and sisters, we are in great financial difficulty and we need \$4,000 more. Any of you who can pledge \$100 or more, please stand up." At that moment, the substitute organist played "The Star-Spangled Banner." And that is how the substitute became the regular organist.





**Walking back to Health in Shipley.** Six members met in Shipley Country Park car park on Saturday 27th July. Chris Whewell, who led the walk with his wife Chris, Ian and Ann together with Brian and Sybil. Off to a good start with Chris handing out sweets. Walking, mainly on the flat to start with, Brian being quite envious of Ian's buggy. Apparently, these can be hired from the visitor 's Centre. Popular place with walkers and dogs this morning and everyone very chatty, even the dogs! Making our way to the site of the old Hall it was noticed the Lodge Coffee Shop was open again. The smell of the bacon made us promise to call on our way back. Wonderful old trees with gnarled trunks on the side of the path, but two very fit young ladies striding up in front of us, proved an interest to others! There were views of the old American Adventure Theme Park now being cleared for housing. We all had happy memories



of visiting here. It started raining so the thought of bacon cobs was just the excuse to shorten the walk. The cafe was busy with walkers and numerous dogs. Gosh, what a noise, with all the little dogs yapping away trying to be top dog. We enjoyed the cobs and Chris also enjoyed the carrot cake. Eventually, the walkers left and we could hear ourselves speak again. The cafe owner then presented us

with cookies, chocolate brownie and another slice of carrot cake free of charge to make amends. Excellent customer service! We finished our walk and to prove we had done so stood under a canopy for a photograph. Chris touched the top to displace the water, and a couple in a cafe could not stop laughing as it was a massive splash and our trousers were even wetter! Looking forward to the next walk, come along and have fun at Elvaston Castle Country Park. Meet in the lay-by on the B5010 just past Thulston on the right hand side, 28<sup>th</sup> September to walk at 10.00AM.



**The young man** addressed the audience. "Those who know me will realise that I have put on a considerable amount of weight over the last two years, which has caused me some concern. My wife insisted that I visit the doctor for investigation. I have now been diagnosed with over-active knife and fork.



**Singing for Fun.** There has been more publicity recently about the beneficial effects that singing brings – both to the singer and those listening to it. The British Voice Association have recently published findings from a series of studies which confirms “singing makes you feel good, improves health, confidence, self-perception and brain development.”





**A windfarm on ward 408, Royal Derby Hospital!!!** The sweltering weather has caused hospital patients added discomfort in addition to their illness. Thanks to YOU, our members, TH(D) have rushed to their aid. We have now supplied enough fans for one per bed-space on the heart ward. Everyone now has the option of a cooling breeze should they so desire. It has also been a benefit to the medical staff attending a patient as it is a more conducive temperature around the beds. Seen acclimatising themselves with the new fans are Nurse Lauren Collins and HCA Becky Barber.



**What did the drummer** call his twin daughters? Anna one, Anna two!



**Responses to our Newsletters are as follows:** The following messages were about last month's Newsletter: - *"Gosh we are a busy group. Hope to make one of the walks this year, great exercise/Thank you for my birthday mention in this month's newsletter/thank you for July Newsletter. It is remarkable what some people can achieve, I only wish that I could walk like I used to be able to do. But alas the years take over and the body needs a good MOT/Couldn't make up my mind about the English weather and so missed the walk – sorry/Michael should get out more, Curbar Edge has been there a very long time. He is right to use such adjectives to describe the views/the scone recipe was terrific but I did not want to share them, hence I did not phone you/really enjoy listening to the singers on a Friday morning - it's very uplifting".* Send your comments, good or bad to Michael.



**Funeral Fees.** Bill died, leaving a will that provided £30,000 for an elaborate funeral. As the last of the visitors departed the services, his wife, Lynne, turned to her dearest friend, Sue, and said, "Well, I think Bill would be pleased." "I'm sure you're right," replied Sue, who then lowered her voice and leaned in close. "How much did this really cost?" "All of it," said Lynne. "All thirty thousand." "No!" Sue exclaimed. "I mean, it was very nice, but £30,000?" Lynne replied, "Yes. The funeral was £6,500; I donated £500 to the church, and the wake, food and drinks were another £500. The rest went for the Memorial Stone." Sue computed quickly and asked, "£22,500 for a Memorial Stone? My goodness, how big is it?" "Two and a half carats."



**Our next meeting.** Monday 9<sup>th</sup> September, Gay Evans will take us back in time "Before the Welfare State". She will highlight some of the wacky practices and remedies from yesteryear. Thank goodness for scientific advances in recent times. Sounds like we are in for some fun this afternoon, so don't miss out.



**News from the BHF.** Researchers have found that, by transplanting an area of damaged tissue with a combination of both heart muscle cells and supportive cells taken from the outer layer of the heart wall, they may be able to help the organs recover from the damage caused by a heart attack. Scientists have been trying to use stem cells to repair damaged hearts for a number of years. Efforts have been unsuccessful so far, mainly because the vast majority of transplanted cells die within a few days. Now, Dr Sanjay Sinha and his team at the University of Cambridge, in collaboration with researchers at the University of Washington, have used supportive epicardial cells developed from human stem cells to help transplanted heart cells live longer. The researchers used 3D human heart tissue grown in the lab from human stem cells to test the cell combination, finding that the supportive epicardial cells helped heart muscle cells to grow and mature. They also improved the heart muscle cell's ability to contract and relax. In rats with damaged hearts, the combination also allowed the transplanted cells to survive and restore lost heart muscle and blood vessel cells. Researchers now hope to understand how the supportive epicardial cells help to drive heart regeneration. Understanding these key details will bring them one step closer to testing heart regenerative therapies in clinical trials. Hundreds of thousands of people in the UK are living with debilitating heart failure, often as a result of a heart attack. During a heart attack, part of the heart is deprived of oxygen leading to death of heart muscle. This permanent loss of heart muscle as well as subsequent scarring combines to reduce the heart's ability to pump blood around the body. People suffering from heart failure can't regenerate their damaged hearts and the only cure is a heart transplant. Ultimately, these researchers hope that, by harnessing the regenerative power of stem cells, they will one day be able to heal human hearts using a patient's own cells. Professor Sir Nilesh Samani, Medical Director at the British Heart Foundation which part-funded the research said: "Despite advances in medical treatments, survival rates for heart failure remain poor and life expectancy is worse than for many cancers. Breakthroughs are desperately needed to ease the devastation caused by this dreadful condition. "When it comes to mending broken hearts, stem cells haven't yet really lived up to their early promise. We hope that this latest research represents the turning of the tide in the use of these remarkable cells." Source:- <https://www.bhf.org.uk/what-we-do/news-from-the-bhf/news-archive/2019/august/new-stem-cell-combination-could-help-to-repair-damaged-hearts>



**July coffee morning.** A quiet morning at The Cube this month. Only twenty-five members braved the elements this time, including David Whyte on his first event since joining a couple of weeks ago and Jenny Billington returning after missing a few events. The rain had been incessant. Great to see you all. There were a number of apologies from those on holiday and also those on baby-sitting duties during the summer school holidays.







**Take Heart Singers.** The singers have several events planned which are as follows. On **24<sup>th</sup> August**, our singers are privileged to be part of the 70<sup>th</sup> year celebrations at Memorial Village, Allenton, an open-air event on a Saturday. Do come along and support your singers at 11.30. **17<sup>th</sup> & 23<sup>rd</sup> September** it is Fraser Hall, Leylands, Broadway at 10.30 AM. The venue for a Saturday afternoon concert at 2.00 PM on **19 October** is St Thomas Road Methodist Church, Normanton, Derby DE23 8RL. On **21<sup>st</sup> October** sees us return to St Peters Church Hall, High Street, Chellaston at 1.30PM. The singers are a busy group who wave the flag for Take Heart (Derby) and receive invitations from various groups to entertain them. Show them how proud you are by supporting them regularly. Thank you. The following photograph is typical of what can happen at a singing engagement. It was taken at St Peter's Church Hall in Chellaston, with members of a dementia group on the dance floor. Great fun..



**A man and woman** were dining at an exclusive restaurant. The man says, "Darling, please say something to make my heart flutter!" The woman says, "Your wife has just entered the restaurant".



**What's the recipe today, Jim???** You can tell I like food by my ever expanding waste line. But here is another very tasty and inexpensive meal.

Teriyaki salmon: this serves four people and I am free to make up the numbers.

2cm fresh/frozen root ginger, peeled & grated      2 garlic cloves, peeled & sliced

2tbsp sweet chilli sauce or honey      3tbsp soy sauce

1tbsp sesame oil      Zest & juice of 1 lime

4 x 150g salmon fillets      1tbsp rapeseed or vegetable oil

To garnish      To serve

1tbsp sesame seeds      Side salad or vegetables to suit

Sliced red chilli & coriander to taste      Sushi or sticky rice packet

In a large dish, mix together the ginger, garlic, soy sauce, chilli sauce, sesame oil and lime zest and juice. Place the salmon fillets in the sauce and cover completely.

Heat the rapeseed oil in a frying pan over a medium heat. Take the salmon out of the sauce, allowing the surplus sauce to drip back into the dish. Place the salmon in the pan, skin down. Cook for three-four minutes or until cooked through. If the sauce becomes too thick, add 1tbsp water. Spoon rice onto the plates, and serve salmon with sesame seeds, chilli and coriander. Add side salad or vegetables.



**Jam Jar Challenge 2020.** We have now handed over our Jam Jar money to the British Heart Foundation for this year. Thank you all for your generosity. But it does not end here – you should have started saving for next year. It would be nice to replicate our £400.00 again **OR better still** - exceed it. Can you help?





## Dad Jokes

- Did you hear about the restaurant on the moon? Great food, no atmosphere.
- What do you call a fake noodle? An Impasta.
- How many apples grow on a tree? All of them.
- Want to hear a joke about paper? Nevermind it's tearable.
- I just watched a program about beavers. It was the best dam program I've ever seen.
- Why did the coffee file a police report? It got mugged.
- How does a penguin build it's house? Igloos it together.
- Dad, did you get a haircut? No I got them all cut.
- What do you call a Mexican who has lost his car? Carlos.
- Dad, can you put my shoes on? No, I don't think they'll fit me.
- Why did the scarecrow win an award? Because he was outstanding in his field.
- Why don't skeletons ever go trick or treating? Because they have no body to go with.
- I'll call you later. Don't call me later, call me Dad.
- What do you call an elephant that doesn't matter? An irrelephant
- Want to hear a joke about construction? I'm still working on it.
- Why couldn't the bicycle stand up by itself? It was two tired.
- What did the grape do when he got stepped on? He let out a little wine.
- I wouldn't buy anything with velcro. It's a total rip-off.



**Member news.** How are you coping with global warming? Unbearably hot one day, then sudden and prolonged rainfall. Some of us even ran our central heating on 17<sup>th</sup> August. All very confusing. If you know of any member who is unwell, please advise Michael or any committee member. We wish all those who are feeling below par, a relief from all your sufferings. Keep taking the pills everyone.



**Did you hear** about the chameleon who couldn't change colour? He had a reptile dysfunction.



**Early notice of programm change.** Our Christmas meal will be an evening event, at Mickelover Golf Club. Details of time/date and menu as soon as we have them. This change is to allow those who still work or need family assistance to attend plenty of notice.



**A poster in a French church** read (translated for us).  
 "When you enter this church, it may be possible to hear 'the call of God'. However, it is unlikely that He will call you on your mobile phone. Thank you for turning off your phones. If you want to talk to God, enter, choose a quiet place and talk to Him. If you want to see Him, send him a text whilst driving!"



## **Forthcoming events:** **August.**

Friday 23 <sup>rd</sup>	Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
Tuesday 27 <sup>th</sup>	Coffee morning at The Cube café/bar from 10.30 AM

- Wednesday 28<sup>th</sup> Swimming at the Queen's Leisure Centre **FROM 2.30 PM in the Family Pool (no allocation for TH(D))**.
- Friday 30<sup>th</sup> Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
- September.**
- Wednesday 4<sup>th</sup> Swimming at the Queen's Leisure Centre **FROM 2.30 PM in the Family Pool (no allocation for TH(D))**.
- Friday 6<sup>th</sup> Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
- Monday 9<sup>th</sup> Gay Evans will take us back in time "Before the Welfare State". She will highlight some of the wacky practices and remedies from yesteryear. Thank goodness for scientific advances in recent times.
- Wednesday 11<sup>th</sup> Swimming at the Queen's Leisure Centre **FROM 2.30 PM in the Family Pool (no allocation for TH(D))**.
- Friday 13<sup>th</sup> Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
- Wednesday 18<sup>th</sup> Swimming at the Queen's Leisure Centre FROM 2.30 PM in the Family Pool (no allocation for TH(D)).
- Thursday 19<sup>th</sup> Lunch at The Toby Carvery, Nottingham Road, Chaddesden, Derby DE21 6LZ
- Friday 20<sup>th</sup> Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
- Tuesday 24<sup>th</sup> Coffee morning at The Cube café/bar from 10.30 AM.
- Wednesday 25<sup>th</sup> Swimming at the Queen's Leisure Centre FROM 2.30 PM in the Family Pool (no allocation for TH(D)).
- Friday 27<sup>th</sup> Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
- Saturday 28<sup>th</sup> Walking back to health - - Elvaston Castle Country Park. Meet in lay-by on the B5010 just past Thulston on right hand side



### **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, 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**