

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



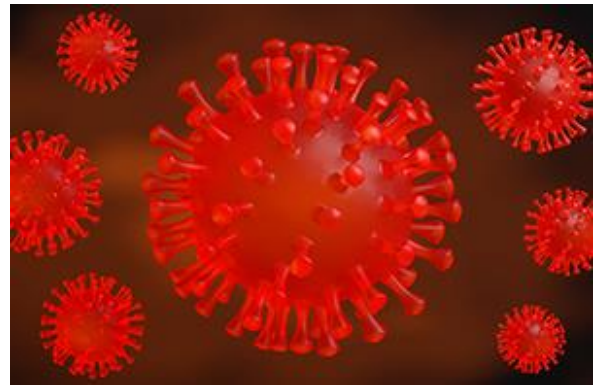
Newsletter August 2020



Coronavirus update! As we are newly freed from being “Agents of Shield” but beware the term being used is “Shielding is SUSPENDED” (not ended or cancelled). Could this be reversed more easily than re-introducing local lockdowns seen in a number of areas? You, like myself, have seen countless news bulletins where people are not following government guidance.

Notes to help:

Face masks and coverings can play an important role in stopping the spread of coronavirus, especially in enclosed spaces. They are compulsory on public transport and for hospital and GP appointments throughout the UK, as well as in shops in England and Scotland and indoor public places in Northern Ireland. Wearing a face mask does more to protect other people than to protect the person wearing it, but evidence shows that when everyone wears them it reduces the spread of coronavirus.



During lockdown, I and others have been in touch with members with nearly all looking forward to the easing of rules but also apprehensive about venturing out. There have been many examples of people ignoring social distancing in all forms of media, allowing the spread of this awful disease.

A few simple suggestions to help! Meet outdoors rather than indoors – it’s much less likely that the virus will be passed on outside. Meet in open spaces rather than crowded areas – try a **walk in nature**. Limit the number of people you meet – for example, only see one group of people a day. Wash your hands before and after meeting someone. Don’t share items like cutlery or food if you’re eating together. Follow all the social distancing advice for the part of the UK where you live. The rule is 2 metres or 1 metre plus some other form of blocking the transmission e.g. behind a screen etc.

Pubs and restaurants are open again but don’t feel pressured in going. Go at a quieter time, for example a weekday rather than a weekend evening. Sit outdoors rather than inside. Sit facing away from people you don’t live with. Wash your hands before and after eating. Use contactless payment rather than cash. However, if you don’t feel comfortable going, you shouldn’t feel pressured to go. Everyone has a different attitude to risk and if you know you won’t feel safe doing a particular activity, plan something else instead.

If you do want to go out to the shops, these tips could help keep you safer. Choose times of day when it won’t be so busy, like early in the morning or later in the evening. Choose shops that are quieter, or have more space for shoppers to socially distance. Wipe down the handles of your trolley or basket. Do one big shop instead of lots of small ones. Use a self-service checkout so you are the only person touching your shopping. Use contactless payment instead of cash.

Medical appointments and tests. If you have a health condition, such as heart failure, you may have found that your check-ups have been cancelled over recent months. We know this can be worrying, especially if you have questions about your health or aren't sure when you'll next be able to speak to your healthcare team. Appointments are now starting to be held again. You may be asked to attend your appointment online or over the phone. It's a good idea to attend, even if you would prefer face-to-face contact. It will give you the chance to ask any questions you may have and to make sure that your condition is being managed as well as possible. If you are invited for a face-to-face appointment, such as for a test, be reassured that hospitals and GP surgeries are very safe and are taking extra precautions to protect staff and patients. The benefit to you from having the test or appointment will outweigh any risk. You must wear a face covering when visiting a hospital in England, so take one with you. Find out more about [going into hospital during this time](#). If you're worried about your symptoms, get in touch with your healthcare team. Don't worry that they are too busy – they would rather you got in touch so that you can benefit from their help. Source: <https://www.bhf.org.uk/information-support/coronavirus-and-you#heartmatters>

A few facts for you:- infections for 7 day average to 15 August is 1088. Deaths during the same period is 13. In Derbyshire 6 cases per 100,000 people in the latest week 4 Aug-10 Aug. The average area in England had 6. 51 cases in the latest week 4 – 10 August (+3 compared to the previous week). 3,532 total cases to 14 August, with 779 coronavirus-related deaths registered to 31 July. Source: <https://www.bbc.co.uk/news/uk-51768274>



How have you coped with lockdown?

Eating – many admit to eating more than they used to and are concerned about weight gain but how did you cope?

Drinking – it seems those who do drink did a lot more. Supermarket sales of booze increased dramatically during lockdown. Does this one count you in?

Exercise – those who ate and drank more tried to trade this off with local walks (some tried running, others biking and more recently golf) but what did you do?

Gardening – almost everyone spoken to agreed their garden was looking better than it has for many years but does this include you?

Fuel - A vast number of you claimed you are still using petrol you put in the tank prior to lockdown. Did you have the best value of tank of fuel ever?

Become more **digitally aware** – missing our family and loved ones has probably been the hardest part of lockdown. Collectively, members have become more tech savvy with the use of Zoom, WhatsApp etc to be able to see children and grandchildren. Well done to all of you. Did you do it and how easy did you find it?

Sanity and boredom has been a common issue. Everyone enjoyed and related to the joke about talking to the toaster and microwave. How did you deal with the isolation?

Lockdown rules: they were sometimes confusing to some of us but you felt our monthly explanations were a great help in the Newsletter. There were some who 'bent' the rules a bit to suit themselves and their family but were you one of them?

Hairdressing – lots of self-colouring attempts at home, partners trying their hairdressing skills on a loved one (divorces are expected to rise anytime soon). Did you sneak off to someone who could cut/colour hair or did you just let it grow like the two examples here but who are they? Answers to Michael.





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, Facetime and others. Simply open Google and type in any of the above names, select download and once installed, off 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. We have been made aware that hackers are interrupting chats on Zoom and showing some distasteful images, so beware. You could even try to write a letter!!! Can you remember how to do it, if so write to Michael at 14 Brookside Road, Breadsall, Derby DE21 5LF.



"I can give you the cause of anaphylactic shock in a nutshell." **Gary Delaney**
"I waited an hour for my starter so I complained: 'It's not rocket salad.'" **Lou Sanders**
"I've given up asking rhetorical questions. What's the point?" **Alexei Sayle**
"I like to imagine the guy who invented the umbrella was going to call it the 'brella'. But he hesitated" **Andy Field**
"As a vegan, I think people who sell meat are disgusting; but apparently people who sell fruit and veg are grocer" **Adele Cliff**
"Don't you hate it when people assume you're rich because you sound posh and went to private school and have loads of money?" **Annie McGrath**
"Surely every car is a people carrier?" **Adam Hess**
"My friend told me he was going to a fancy-dress party as an Italian island. I said to him 'Don't be Sicily'." **Tim Vine**



Jam Jar Challenge 2020/21. 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 or follow the instructions in the next paragraph. You should also be saving all those pounds (the shops don't seem to want them) for our next Jam Jar Challenge to be collected in 2021. No time to delay.



Who makes up these £%6& jokes? A man called the hospital where his pregnant wife had been admitted. He was accidentally connected to the Lord's Cricket Ground. "So how did it go?", he asked. The person on the other end of the line said, "We've got four out and expect to have the rest out before lunch. The last one was a duck"



Member news: Margaret Storry has experienced a couple of falls, one of which needed assistance from neighbours. She is, however in good spirits and has been out a couple of times to celebrate her new freedom but being very careful. Yvonne Gilbert is doing very well and continues her "bubble with her daughter and grandchildren. Brian Caldicote lost his wife Brenda to dementia in late April but in truth he lost her some time ago. He has great support from family and friends. Richard & Gill Flatman are still enjoying their walks, especially during this recent hot spell of weather. Betty Gilligan has been concerned about

her medication and could not get an appointment with her GP. She gained some reassurance by talking it through. Denis Pollard has settled well into his new home and feels like taking on a bit more responsibility within take Heart (Derby) and elsewhere. Tom Loftus has taken on responsibility for a vulnerable person and found it has helped him cope better with the lockdown. Good on you. Tom. Gordon Cant is pestering to get back to Singing for Fun but is constantly singing the days away. Go Gordon go. Pat Fitton (our former Secretary and good friend to many) phoned. She moved temporarily to live with her daughter whilst decorators took over her house for a few weeks. She is well but mobility has been an issue and awaits hip replacement surgery. Neil Mansell is doing better now that his brother has recovered from the dreaded coronavirus, great news Neil. In the meantime - **Stay at home, save the NHS and save lives**. Please keep Michael informed about your health issues.



The world's leading expert on European wasps walks into a record shop. He asks the assistant "Do you have 'European Vespidae Acoustics Volume 2? I believe it was released this week.'" "Certainly," replies the assistant. "Would you like to listen before you buy it?" "That would be wonderful," says the expert, and puts on a pair of headphones. He listens for a few moments and says to the assistant, "I'm terribly sorry, but I am the world's leading expert on European wasps and this is not accurate at all. I don't recognize any of those sounds. Are you sure this is the correct recording?" The assistant checks the turntable, and replies that it is indeed European Vespidae Acoustics Volume 2. The assistant apologizes and lifts the needle onto the next track. Again the expert listens for a few moments and then says to the assistant, "No, this just can't be right! I've been an expert in this field for 43 years and I still don't recognize any of these sounds." The assistant apologizes again and lifts the needle to the next track. The expert throws off the headphones as soon as it starts playing and is fuming with rage. "This is outrageous false advertising! I am the world's leading expert on European wasps and no European wasp has ever made a sound like the ones on this record!" The manager of the shop overhears the commotion and walks over. "What seems to be the problem, sir?" "This is an outrage! I am the world's leading expert on European wasps. Nobody knows more about them than I do. There is no way in hell that the sounds on that record were made by European wasps!" The manager glances down and notices the problem instantly. "I'm terribly sorry, sir. It appears we've been playing you the bee side."



Birthdays. Happy birthday this month go to Baryy Birkin, Helen Blackburn, Michael & Pamela Bosworth, Sally Cholerton, Barbara Colder, Pearl Fitzpatrick, Michael Flude, Geoff Hinks, Alan Merrigold, Sue Oliver, Doreen Owen, Carol Pearson, Sam Redfearn, Tony Rolfe, Markus and Amber Smith, Peter Steven, Richard Wheatley, Brian Whibberley, Eileen White, Tina Whitfield, Ernest Whitty, Debbie, Rachel and Hannah Wright. 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 you birthday, albeit a little differently from how you imagined it would be this time around.





Here are three you may have heard before?

1. A guy is sitting at home when he hears a knock at the door. He opens the door and sees a snail on the porch. He picks up the snail and throws it as far as he can. Three years later there's a knock on the door. He opens it and sees the same snail. The snail says: 'What the hell was that all about?'
2. Three guys stranded on a desert island find a magic lantern containing a genie, who grants them each one wish. The first guy wishes he was off the island and back home. The second guy wishes the same. The third guy says: 'I'm lonely. I wish my friends were back here.'
3. It's the World Cup Final, and a man makes his way to his seat right next to the pitch. He sits down, noticing that the seat next to him is empty. He leans over and asks his neighbour if someone will be sitting there. 'No,' says the neighbour. 'The seat is empty.' 'This is incredible,' said the man. 'Who in their right mind would have a seat like this for the Final and not use it?' The neighbour says, 'Well actually the seat belongs to me. I was supposed to come with my wife, but she passed away. This is the first World Cup Final we haven't been to together since we got married.' 'Oh, I'm so sorry to hear that. That's terrible....But couldn't you find someone else, a friend, relative or even a neighbour to take her seat?' The man shakes his head. 'No,' he says. 'They're all at the funeral.'



Responses to our Newsletters are as follows: The following messages were about last month's Newsletter: - *"Thanks for the continued coronavirus updates. It helps me to understand where we are because of all the changes being made/I appreciate your efforts with coronavirus but there was perhaps abit ttoo much in July's edition/I'm using facetime. How technical am I getting these days. Next up a computer?/I loved the one liners. What a great language, English/I think the accountant comment could refer to my grandchildren/Member news is very helpful to see how some of my friends are doing. Will be getting in touch with a few I haven't spoken to for a while/Funny how bees imitate my ex-wife/Too much coronavirus, getting really fed up with it/Lovely to hear the Jam Jar Money is so high. When do we present it to the BHF?/A photographic memory and not being fully developed reminds me of someone but I can't remember how to spell my name"*
Send your comments to Michael



A set of jump leads walked into a bar.
The bar tender said, "I serve you only if you promise not to start anything".



Two cannibals were eating a clown.
One said to the other, does this taste funny to you?"



Organ donation law has changed in England. It is now law that all adults in England will be considered to have agreed to be an organ donor when they die. You all need to have a conversation with your family to ensure they know your wishes. 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/>



'Doc, I can't stop singing 'The Green, Green Grass of Home.' 'That sounds like Tom Jones Syndrome.' 'Is it common?' 'Well, It's Not Unusual.'



Annual General Meeting. We have been hoping to hold our 2020 AGM since July and hoped it would happen in October. However, St Mary's Church has no plans to open its Church Rooms for the foreseeable future. It seems unlikely that meetings of the type we hold each month will be difficult to achieve in the coming months due to Covid – 19 restrictions. Places we use are not currently open or cannot allow the numbers we require.

Our committee have held conversations to explore options but as a last resort Richard Flatman, Committee member responsible for liaison with the Charity Commission, has spoken with them to discuss the current difficulties and to gauge their thoughts. It has now been agreed that we can hold a “double” AGM in July 2021. We must submit our audited accounts to them now in order to comply with this agreement. Our Treasurer, Margit Staehr will comply with this request. Members are able to apply for a copy of the accounts by contacting Margit at treasurer@takeheartderby.co.uk, telephone 01332 513932 or write to her at 6 Keats Avenue, Littleover, Derby DE23 4ED. A copy of the minutes is also available.

By completing a double next year, we can attempt to put in place a Programme of Events but must be mindful the restrictions may still be in place for an unknown period. The Committee hope you will understand and support this proposal.



Daisy says to Dolly, “I had artificial insemination this morning!”

Dolly says, “I don't believe you.”

Daisy replies, “Yes, no bull!”



News from the BHF. Some helpful advice from the pages of the BHF website.

Q. I have a heart or circulatory condition – am I at increased risk of coronavirus?

We know that this is a frightening time for lots of people, especially if you already have a health problem. Most people with coronavirus (Covid-19) have mild symptoms and make a full recovery. Having a heart or circulatory condition probably doesn't make you any more likely to catch coronavirus than anyone else. But if you have a heart condition it may mean that you could get more ill if you catch it, so it's really important to protect yourself.

Anyone with a heart condition is considered at increased risk of more severe complications of Covid-19 coronavirus. If you're also over 70, you're at particularly high risk.

There are levels of higher risk, which we refer to as:

- high risk
- particularly high risk
- at most risk (clinically extremely vulnerable, the shielding group)

If you need support to stay at home, for example with getting food, medicines or someone to talk to, call NHS Volunteer responders on 0808 196 3646 (8am to 8pm)

- Learn more about [staying safe](#) as lockdown eases
- Read our information on [what to do if you are anxious about lockdown easing](#)

Q. I have high blood pressure (or have been diagnosed with hypertension), am I at increased risk from coronavirus?

We know that a diagnosis of [high blood pressure](#) (hypertension) is linked to a higher risk of serious illness from Covid-19, and therefore you are considered at high risk. This means if you get coronavirus you are more likely to become seriously ill than someone who doesn't have health problems.

As you have high blood pressure, it's very important you take your medication (including ACE-inhibitors and angiotensin receptor blockers) as prescribed, to lower your blood pressure.

You should carefully follow the advice on social distancing and hand-washing, and limit the number of face-to-face interactions you have to reduce your chance of catching the virus.

You do not need to shield.

You should carry on working from home if you can, but you can go to work if your workplace is Covid-secure.

- Learn more about [returning to work](#) when you have a heart condition
 - Learn more about [staying safe](#) as lockdown eases
- It seems likely that your increase in risk is relatively low if
- your blood pressure is well controlled, and
 - it hasn't caused your heart muscle to become thickened, and
 - you have no other health conditions or risk factors (such as smoking, obesity or being over 70)

Even during lockdown, there are things you can do to improve your blood pressure. Which of these things would help you?

- Drink less [alcohol](#)
- [Quit smoking](#)
- Lose weight
- Get a bit more [exercise](#)
- Eat less salt

It might help to get a blood pressure monitor if you don't have one, so you can keep an eye on your blood pressure at home.

Q. I've had a heart attack – am I at increased risk from coronavirus?

Anyone who has had a **heart attack** is at high risk from coronavirus, no matter when your heart attack was. This means if you catch coronavirus you are more likely to get seriously ill than other people who don't have health issues.

If you've had surgery in the last three months (a **stent** being fitted is not classed as surgery, it is a procedure), or if you're also over 70 or have other health problems, you're at particularly high risk.

You should carefully follow the advice on social distancing and hand-washing, and limit the number of face-to-face interactions you have to reduce your chance of catching the virus.

You do not need to shield.

You should carry on working from home if you can, but you can go to work if your workplace is Covid-secure.

- Learn more about **returning to work** when you have a heart condition
- Learn more about **staying safe** as lockdown eases



A new way of making a donation to Take Heart (Derby).

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 man wakes up in hospital after a serious accident. He shouts out, "Doctor, doctor, I can't feel my legs" The doctor replies, "I know. I cut off your arms!!!"



Forthcoming events: ALL EVENTS SUSPENDED UNTIL FURTHER NOTICE



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 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, 01332 380219 or 14 Brookside Road, Breadsall, Derby DE21 5LF.

Affiliated to the British Heart Foundation