

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703

Newsletter August 2021



Freedom looks like this.

The vaccine rollout stands at 47m + (90% of UK adults).

Second doses are 39.7m + (75% of UK adults)

It is hoped to jab all UK adults by mid-September.

Jabs for 16+ year old persons have been added to the list.

The link between infections and hospitalisations/death has been broken. Whilst there are 23,000 new cases per day, hospital admissions are less than 750, with deaths around 146 daily average. Whilst each death is someone's family and very regrettable, it is significantly less than during January/February.

Wearing face masks will become voluntary, **except in hospitals, GP surgery's and healthcare settings.**

Face masks may still be required on public transport, airlines, some shops and crowded indoor spaces for the benefit of others.

Those who have received two doses of the vaccine will not have to isolate or take Covid-19 tests if they come into contact with someone who has the virus.

Isolation when returning from an Amber listed foreign holiday is scrapped for those who have received two jabs.

School bubbles will be cancelled and replaced with daily testing.

Restaurants, public houses, shops will no longer have to demand customer contact details or sign in with a QR code.

Nightclubs will be allowed to reopen.

Customers will be allowed to approach the bar to order food and drink.

Limits on numbers attending weddings and funerals is scrapped. No restrictions on communal worship and singing, although some local precautions may be implemented.

No limits on the numbers attending concerts, theatres and sporting events.

Social distancing is also scrapped, along with the Rule Of Six and the minimum 1 metre rule (**except ports of entry and medical settings**).

Capacity restrictions on businesses will be lifted.

New since 16 August 2021.

Double jabbed and under 18's are no longer legally required to isolate for ten days if they come into contact with someone who has Covid.

They will be advised by NHS Covid-19 app to take a free PCR test.

If PCR test shows positive, they will have to quarantine for ten days.

The exemption applies to those who have received a second vaccine dose at least 14 days before coming into contact with a positive case.

Fully vaccinated adults who were recently "pinged" can leave isolation NOW.

Anyone who can show they cannot be vaccinated for medical reasons is also eligible to avoid quarantine.

It should be noted that Covid-19 will be with us for the rest of our lives. It will be viewed in a similar way to Flu, which recurs every winter. A Covid-19 jab is likely to be given at the same time as the flu jab annually (one in each arm). Whatever happens, we will be in a new normal – not a full return to the way things were.

You may feel you wish to remain cautious now restrictions are lifted. Face masks could still be worn and keeping a safe distance from others would be sensible. The Delta variant is spreading rapidly. We do not wish to place anyone of you at risk. We are looking forward to seeing you all again - safe and well.



Expressions of interest for Tai Chi.

Thank you to those who have contacted Michael, expressing an interest in Tai Chi..

Tai chi, also called tai chi chuan, combines deep breathing and relaxation with flowing movements. Originally developed as a martial art in 13th-century China, tai chi is now practised around the world as a health-promoting exercise. Studies have shown that it can help people aged 65 and over to reduce stress, improve posture, balance and general mobility, and increase muscle strength in the legs. Tai chi is commonly performed as a low-impact exercise, which means it won't put much pressure on your bones and joints. Most people should be able to do it. It might be an idea to consult your GP first!

Are you interested? If so, then please contact Michael at michael.flude@takeheartderby.co.uk or 01332 380219.

We already have a qualified instructor waiting to guide us.



[This Photo](#) by Unknown Author is licensed under [CC BY](#)

Our first session is on 8th September at St Nicolas Church Hall, 2 Lawn Avenue, Allestree, Derby DE22 2PE at 4.30PM -5.30PM.



A few one liner's.

The sign outside a bar stated that Tequila was £1.00 a shot – I took it with a pinch of salt!

Halfway through a game of Scrabble, my wife suggested we play Monopoly instead – she is a real game changer.

Do the cows taking part in New Zealand's low emissions trial have to wear cattle-ytic converters?

A couple of cows were smoking joints and playing cards. That's right, the steaks were pretty high!

I used to take my dieticians advice with a pinch of salt, but she says pepper is healthier.



AGM 2021. Correction to response numbers quoted in our July Newsletter. There were 156 ballot papers sent to 122 homes. Responses were 121 (55.7%). I apologies for the inaccurate figures in July Newsletter.



There's no getting away from them!

1. Just ate a frozen apple. Hardcore.
2. Bought a litre of Tipp-Ex yesterday. Huge mistake.
3. I've started a business building yachts in my attic. Sails are going through the roof.
4. I stayed up all night to see where the sun went. Then it dawned on me....
5. I tried to catch some fog today but I mist.
6. I bought a dog from my local blacksmith. When I got it home it made a bolt for the door.
7. Last night I went to a comedy and philosophy convention. Laughed more than I thought.
8. Just watched a wildlife documentary on beavers. Best **dam**-programme I've seen in a long time.
9. Jokes about German sausage are the Wurst.
10. I was trying to explain puns to my kleptomaniac friend today, but she kept taking things literally.



Birthdays. Happy birthday this month go to Helen Blackwell, Michael Bosworth, Barbara Colder, Pearl Fitzpatrick, Michael Flude, Geoff Hinks, Sue Oliver, Carol Pearson, Sam Redfearn, Tony Rolfe, Marcus & Amber Smith, Peter Stevens, Richard Wheatley, Brian Wibberley, Eileen White, Tina Whitfield, Ernest Whitty, Debbi, Rachel & Hannah Wright (I bet there might be a great party mood within the Wright household one day this month). We hope you all have a happy and memorable day. 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, so keep them coming and enjoy your birthday with a bit more freedom than we have been used to for eighteen months.



Marketing research company scam.

A new telephone scam is coming to light posing as a market research company. You are asked questions about your first pet, first school, best friend, mother's maiden name, sport involvement, musical interests. All perfectly plausible and innocent sounding but these are also the details held by your bank or financial company to aid them in identifying you when you are in contact with them. It is easy to see how crooks can gain access to your financial affairs and your accounts when armed with this information. Hang up and **Don't fall for this one – BEWARE!!!**



Eating in the 50's

1. Pasta was not eaten
2. Curry was a surname.
3. A takeaway was a mathematical problem.
4. A pizza was something to do with a leaning tower.
5. Crisps were plain, the only choice was whether to put the salt on or not.
6. Rice was only eaten as a milk pudding.
7. A big Mac was what we wore when it was raining.
8. Brown bread was something only poor people ate.
9. Oil was for lubricating; fat was for cooking.
10. Tea was made in a tea pot using tea leaves and never green.
11. Sugar enjoyed a good press in those days and was regarded as being white gold. Cubed sugar was regarded as posh.
12. Fish didn't have fingers.
13. Eating raw fish was called poverty, not sushi.
14. None of us had ever heard of yoghurt.
15. Healthy food consisted of anything edible.
16. People who didn't peel potatoes were regarded as lazy.
17. Indian restaurants were only found in India.
18. Cooking outside was called camping.
19. Seaweed was not a recognised food.
20. "Kebab" was never a word, never mind a food.
21. Prunes were medicinal.
22. Surprisingly, muesli was readily available. It was called cattle food.
23. Water came out of the tap. If someone had suggested bottling it and charging more than petrol for it, they would have become a laughingstock.
24. And things we never had on the table in the 50's and 60's were elbows and phones.



Member news. Sadly, we have lost two members recently.

Barry Birkin & John Gear. Barry had been a member since 1996 and was a few days away from his 86th birthday when he passed away a few days ago. He was a larger-than-life character, who always wore a smile. He had been beset by ill health for some years and entered a nursing home about two years ago. He will be sadly missed by Jean and their family and friends. I also received the following message from Richard Flatman:

Very sad to let you know that John Gear died last week. I will let you know the funeral details when they become available. (I don't know if you have heard from the family). John and Christine were lovely couple, who on John's retirement from parish life, came to Allestree to be nearer their family. We shall miss John at St. Edmund's, and remember his enthusiastic support for people in our parish and to Take Heart (Derby). He was a regular attendee at our Singing for Fun. Our prayers and blessings are offered to their family and friends.

On the plus side, we welcome Nigel & Sue Cullen and hope they have many happy years with us. Cynthia and John Tipper joined TH(D) earlier in July and we wish them both well. Babs and Stu Norton are keeping out of trouble despite a few health issues.

Avril Nolan is very disappointed about news of the Queens Leisure Centre closing in the autumn of 2022. It will mean lots of bus journeys to get to the new pool at Moorways. Husband Mike is struggling but Avril is plodding on. Doug Glenday says he is "up and down" but managing ok. Jean Sykes is thankful for her dog Molly who has helped her through all the turmoil of the pandemic. She could not have survived without her. Well done, Molly! Dave Newton kept busy during the first lockdown but became bored with the same walks repeatedly. When the subsequent lockdowns occurred, he decided not to be so active and now he is struggling with "bad" legs. His physio is trying to coax him back into being more active. (There's a lesson for all of us here). Let Michael know how YOU are getting on!



Some recent replies about our Newsletter but what do you think?

"I just love the Newsletter, best thing I receive every month/Always looking for it to drop through my letterbox every month (despite the delay last month)/Always my favourite read every month/Keep it going, no matter where you get the inspiration, it does my soul well every time I pick the Newsletter up/I read mine several times to try to remember all those inspiring jokes. Just brilliant."

Send your comments to Michael.flude@takeheartderby.co.uk or 14 Brookside Road, Breadsall, Derby DE21 5LF



A sign of the Times!





News from BHF. Artificial Intelligence to predict a heart attack!

When someone has chest pain that may be due to coronary heart disease, they usually have a CT (computerised tomography) scan of their coronary arteries to check for any narrowed or blocked areas. About three quarters of the time, the scan finds no significant narrowing of the arteries. But, despite this, some of these people do have coronary heart disease, which could lead to a heart attack at some point in the future. At the moment, there are no tools used routinely by doctors that can spot which of these patients will go on to have a heart attack and who could benefit from life-saving preventive treatments.

BHF Senior Fellow Professor Charalambos Antoniades and his team at the University of Oxford have recently developed a new technology by using machine learning (a type of artificial intelligence) and applying it to routine CT scans. They have found a specific combination of changes that can be seen on the CT scan, which reveal areas of inflammation and scarring in the fatty tissue immediately around the coronary arteries. They have shown that detecting inflammation and scarring significantly increases our ability to predict a future heart attack up to five years before it strikes.

This new technology has huge potential to detect the early warning signs of future heart attack from a routine CT scan, so that people can receive the right preventive treatment, saving lives. The technology has attracted outside investment, enabling Professor Antoniades to set up a CT image analysis company, called Caristo Diagnostics, to make his findings widely available. CaRi-Heart®, developed by Caristo Diagnostics, has received its CE mark accreditation in 2021, meaning it can be used by doctors across the UK and Europe, and can be rolled out across the NHS.

Source: [Artificial intelligence for heart attack prediction | BHF](#)



A few more (no groaning)

I've recently returned from a reunion of retired shoe repairers. What a load of old cobblers that turned out to be.

Setting the bar high is no problem, as long as you have a bar stool to match.

There's one law for the rich and an even better one for the very rich.

What do you call two monkeys who share an Amazon account? Prime mates!

There's a lot of indifference in my family but I don't care.



**Who is Pete
and why do
we keep
doing things
for his sake?**

made with mematic



Recipe of the month – Salmon & broccoli pasta

150g/5½oz dried [pasta](#) 1 tbsp [olive oil](#)
150g/5½oz [broccoli](#), cut into small florets
4 [spring onions](#), trimmed and sliced or ½ small onion, very finely sliced
2 skinless [salmon](#) fillets (around 120g/4½oz each), cut into roughly 3cm/1¼in chunks
good pinch [dried chilli](#) flakes (optional)
100ml/3½fl oz [double cream](#)
½ small [lemon](#), finely grated zest only
salt and freshly ground [black pepper](#)

Half fill a large pan with salted water and bring to the boil. Add the pasta and cook for 7–12 minutes, or according to the packet instructions until just tender, stirring occasionally. Three minutes before the end of the pasta cooking time, add the broccoli to the water and cook with the pasta for 3 minutes. Meanwhile, heat the oil in a medium non-stick frying pan and cook the spring onions, or sliced onion, for 1–3 minutes, or until softened, stirring regularly. Add the salmon pieces and chilli, if using, and cook for about a minute, turning the salmon 3–4 times. Add the cream and a ladleful of the pasta cooking water (around 100ml/3½fl oz). Season generously with salt and pepper. Bring to a gentle simmer and cook the salmon for 3–4 minutes, turning occasionally (add an extra splash of water if the sauce thickens too much.) Drain the pasta and broccoli and return to the pan. Add the creamy salmon sauce and lemon zest and toss together lightly. Source: [Salmon and broccoli pasta recipe - BBC Food](#).



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

An invisible man marries an invisible woman. The kids were nothing to look at either.



A TH(D) walk around Washlands, Stapenhill. (by Sybil Alt).

On a sunny morning in July the tortoise walking group came out of hibernation at Burton on Trent Washlands. Unfortunately, due to illness and COVID only five attended. We walked alongside the river seeing Canada Geese, ducks and swans. We stopped at the flower terrace to admire the colourful displays, and the large decorative swan also full of flowers. One keen eyed walker noticed a few weeds among the display and had itchy fingers! A friendly swan was patrolling the area and posed for a photograph. We walked across the attractive black and white suspension bridge to the Meadowside complex and enjoyed putting the world to rights over a cup of tea.





September programme (we still hope).

We turn our attention to the NEW future and resume our Programme of Events in September, unless something untoward happens. The speakers for the remaining months have changed from the original list and are correct on our website (copied into this Newsletters for your attention). Tai Chi on Wednesday evening, starting on 8 September. **Singing for Fun** restarts on 10 September. **Swimming** needs to be booked in advance on 01332 641444 for 12.00 until 12.45 for lane swimming session, or book on-line at <https://active.inderby/enterprise/account/login>. We have also added.

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|----------------------------|--|
| Wednesday 1 st | Swimming at the Queen's Leisure Centre at 12.00 noon. |
| Friday 3 rd | Singing for Fun Cancelled |
| Wednesday 8 th | Swimming at the Queen's Leisure Centre at 12.00 noon
Tai Chi at 4.30 until 5.30PM in St. Nicholas Church Hall, 2 Lawn Avenue, Allestree, Derby DE22 2QL. |
| Friday 10 th | Singing for Fun at 10.00 AM at St John's Methodist Church Hall, Allestree, DE22 2QL |
| Monday 13 th | Sophie Snell will regale us with "Derbyshire Folk Tales" But do you know differently or have any 'tales' of your own?
(Change of speaker from previous printed programme). |
| Wednesday 15 th | Swimming at the Queen's Leisure Centre at 12.00 noon
Tai Chi at 4.30 until 5.30PM in St. Nicholas Church Hall, 2 Lawn Avenue, Allestree, Derby DE22 2QL |
| Friday 17 th | Singing for Fun at 10.00 AM at St John's Methodist Church Hall, Allestree, DE22 2QL |

- Wednesday 22nd Swimming at Queen's Leisure Centre at n 12.00 noon
Tai Chi at 4.30 until 5.30PM in St. Nicholas Church Hall, 2 Lawn Avenue, Allestree, Derby DE22 2QL
- Thursday 23rd Lunch at Denby Lodge, Church Street, Denby Village, Ripley DE5 8PH
- Friday 24th Singing for Fun at 10.00 AM at St John's Methodist Church Hall, Allestree, DE22 2QL
- Saturday 25th Walking back to health - 🐢 - Shipley Country Park. Meet in car park Pay & Display (blue badge useable) Slack Lane, Heanor, DE75 7GX to walk at 10.00AM.
- Tuesday 28th Coffee morning at The Cube café/bar from 10.30AM. **(Please Note – The Take Heart (Derby) coffee only will be free of charge on this occasion).**
- Wednesday 29th Swimming at the Queen's Leisure Centre at 12.00 noon
Tai Chi at 4.30 until 5.30PM in St. Nicholas Church Hall, 2 Lawn Avenue, Allestree, Derby DE22 2QL



A few more

- 1) Working at the jobcentre has to be a tense job – knowing that if you get fired, you still have to come in the next day. **Adam Rowe**
- 2) I had a job drilling holes for water – it was well boring. **Leo Kearse**
- 3) I took out a loan to pay for an exorcism. If I don't pay it back, I'm going to get repossessed. **Olaf Falafel**
- 4) In my last relationship I hated being treated like a piece of meat. She was a vegan and refused to touch me. **Daniel Audritt**



New name and statue for the former DRI/London Road Community Hospital.

It has eventually happened. The University Hospitals of Derby & Burton have had plans to change the name of the former DRI for some years. It was hoped that the Florence Nightingale statue on London Road could be relocated to the hospital ground's but Derby City Council refused the request. Recently a new "statue" was unveiled near the entrance (see below). It sits in a purpose-built area and is floodlit at night. Quite impressive.





More (cont'd)

6) I've got a new job collecting all the jumpers left in the park at the weekends, but it's not easy. They keep moving the goalposts.

Darren Walsh

7) Trump said he'd build a wall but he hasn't even picked up a brick. He's just another middle-aged man failing on a DIY project.

Justin Moorhouse

8=) I lost a friend after we had an argument about the Tardis. I thought it was a little thing, but it seemed much bigger once we got into it. **Adele Cliff**

8=) Why are they calling it Brexit and not The Great British Break Off? **Alex Edelman**

10) I think love is like central heating. You turn it on before guests arrive and pretend it's like this all the time. **Laura Lexx**



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 Marilyn Thompson on 01332 558756

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

Affiliated to the British Heart Foundation
Take Heart (Derby) Charity Registration Number 1163703