

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter August 2022



WATER, WATER EVERYWHERE! Take Heart Walkers:

Report by PETER STEVENS.

Who would have thought it? ...so many waterways in one spot plus plenty of places to eat and drink! That's what Take Heart walkers discovered when they met at Trent Lock near Long



Eaton to start a three-mile stroll surrounded by rivers and canals. Trent Lock is the spot where two rivers, the Trent and the Soar meet two canals, the Trent and Mersey and the Erewash. After parking close by at the free car park, our walk took us past a couple of pubs and a tearoom before opening on the banks of the river Trent. Half a mile later our seven members took a diversion along the tow path of Cranfleet lock. This stretch of canal dates from the 1790s and was constructed as a shortcut to avoid a notorious river Trent weir which blocked shipping. The walk featured glorious waterside views with plenty of wildlife for members to spot and photograph. Organised by walk leader Chris Whewell, our stroll then dipped away from the rivers and canals to loop us all back to the very welcoming tearoom. Take Heart's next easy walk is planned for Saturday September 24 meeting at All Saints' Church, Findern at 10am



A few one liner's!

Do butchers and their spouses insist on having joint accounts. Leave extra time for the alphabet – there may be a Q.

The Two Bonnies – a new TV series showcasing the talents of Miss Langford and Miss Tyler.

We get a lot of RAF jets flying low over our house. I'm sure it's because the children keep leaving the landing lights on.

Just received my 25p pension boost for over 80's. Do I need expert financial advice, or shall I just waste it.

If a dentist said he's broke – he'd be lying through his teeth.

It was only when I couldn't find my allotment that I realised I'd lost the plot.

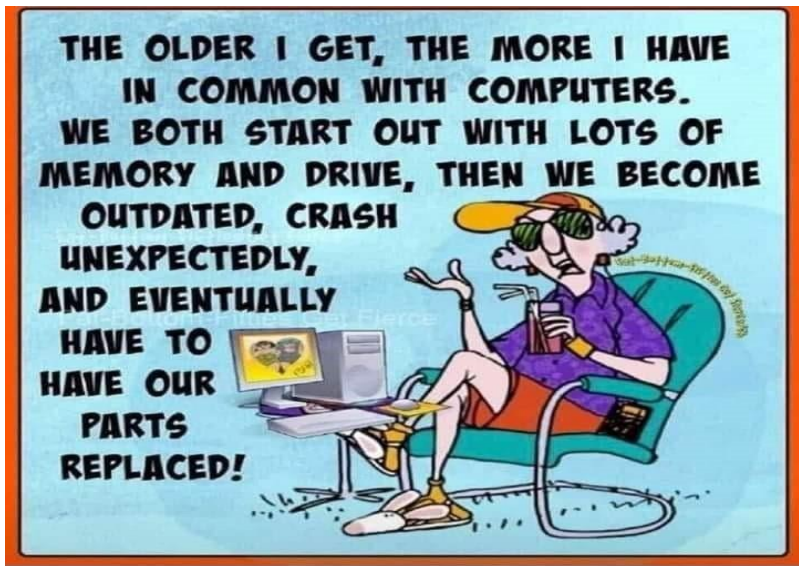
My husband is so lazy these days. The only exercise he gets is when he is pushing his luck.

I put my weighing scales in the corner of the bathroom, and that's where the little liar will stay until it apologises to me.

The local library closed down last week. They made sure they kept it "quiet".



Member news. What is it with broken arms? Last month I advised about Lorna Skidmore breaking both arms. This month I am advised that Grace Whitby has broken an arm. Whilst in hospital, Grace also caught Covid but has recovered enough to be transferred to a nursing home. We wish them both well. Ted Evans has recovered well from his broken ribs and has resumed swimming. Trisha Flude is to commence radiotherapy on 16th August and we wish her well. Several members have managed to catch Covid again, this time the BA.5 variety. Sadly we attended two funerals in recent weeks – Michael Gilbert & Marilyn Thompson. They will be missed by their family and friends, to whom we send our best wishes and prayers. Many have still struggled with a sore throat and having difficulty talking. Ah, you can just hear the “Sound of Silence”. If you know a member who is unwell or struggling, please contact Michael or a committee member with details.





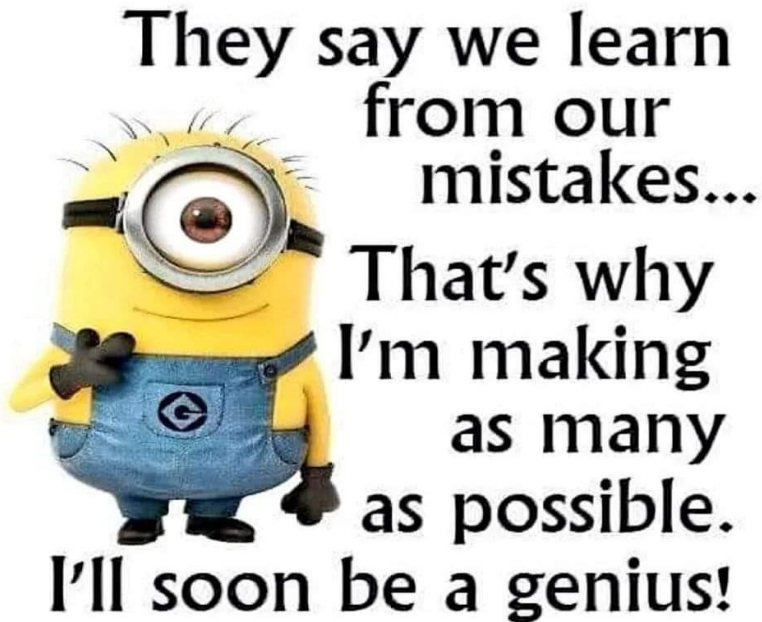
News from BHF. A lifetime of walking at a brisk pace could reduce your biological age by 16 years by the time you reach midlife, according to news headlines based on a [recent study](#) from the University of Leicester. Walking speed is widely considered to be a good indicator of overall health. The researchers say this is likely to be because walking is a fairly complex activity that relies on and builds the health of your muscles and bones, your heart and lungs, as well as thinking skills and mental health. Walking speed also tends to be linked to doing regular exercise. The researchers wanted to find out if there was a relationship between walking pace and the length of telomeres in your DNA. Telomeres are like protective caps for your DNA (a bit like the plastic tips at the end of your shoelaces) – they sit at both ends of your chromosomes, helping to protect your chromosomes from getting damaged. They get gradually shorter as we get older. Some scientists believe they can act as markers of your “biological age” and help indicate people’s risk of age-related diseases. Shorter telomeres have been linked with a shorter life expectancy. Previous research has suggested that higher levels of physical activity and cardiovascular fitness could be linked to longer telomeres, and potentially slower biological ageing. This new research studied 405,981 middle-aged participants from the UK Biobank – a biomedical database used for long-term study and research. They were asked to self-report their walking speeds, with 4mph or faster considered ‘brisk’, 3-4mph ‘steady/average’, and less than 3mph ‘slow’. The length of participants’ telomeres was also measured, and researchers found that people with a faster self-reported walking pace were more likely to have longer telomeres. The findings suggested that brisk walking led to a lower biological age, rather than the other way round. Overall, they suggest that a faster walking pace could be ‘potentially important’ in determining overall health.

BHF Verdict. This research can’t tell you that increasing your walking speed will lower your biological age. It does suggest, however, that those who have had a faster walking pace across

their lifetime may have longer telomeres, and that this could be an indicator of better overall health. What we do know is that regular exercise is good for your heart and wider health. Most of us are recommended to do at least 150 minutes of moderate-intensity activity each week, whether that's brisk walking, dancing, swimming, water aerobics or moderate cycling. If you have a health condition, check with your GP before starting a new exercise regime.

Source: [Can brisk walking reduce your biological age? | BHF](#)

Footnote:- check out the story on page 1 & 2 of this months magazine, it will add to your health benefit by taking part.





What do you think? This was your opportunity to shape some of the Events we plan – swimming & formal lunches.

Well, we received a few responses to this request from last month. I do mean a few. The result is that we are unable to accept the swimming contract offered by Moorways Swimming Pool. No-one it appears is likely to return to swimming. As for the formal meals in April and December the vote is for lunch times and not evenings. So, in our Programme of Events for 2023 there will not be any swimming and the formal meals will both be at lunchtime. Thank you to those who took the time and trouble to get in touch.



Lunch at The Great Northern, Mickleover. And then there was ONE. The very well-regarded venue of The Great Northern did not attract Take Heart (Derby) members in July. In fact, there was only one attending. So, photographer Michael joined Doug for a drink. We exchanged lots of chatter, regaled each other with tales from our younger days and yes, we put the world to rights. (For those who doubt I can remember that far back, **yes** I can).



Neither of us dined but there were many there who did and it looked very tasty. We have another opportunity on 16th August at the ever-popular White Swan, Shepherd Street, Littleover, Derby DE23 6GA at noon. There is no washing up to be

done unless you forget your money to pay the bill.



Another presentation to ward 408. Cooking up a wind storm for patients in this extremely hot weather, Take Heart (derby)



come to the rescue with twenty-two (yes 22) independent locker top fans. Michael can be seen on ward 408 with half-a-dozen of them he had assembled before allocating them to patients. Now, all patients on the ward each have a fan to help in these sticky times, to hopefully

achieve some relief. Housekeeper, Bev McDonald said, "We and the patients are once again very grateful to Take Heart (Derby) for their generosity purchasing these fans. It is always hot in our hospital but the recent heat waves have been very difficult for patients." Michael added, "Our committee and members are delighted to be of help in these excessively hot days and nights. It is one less care for those who are recovering and hoping to return to their homes."



Committee vacancy. Our Treasurer has given notice that she is to stand down from the committee following the AGM in July. We offer our most grateful thanks to Margit for carrying out this role for a number of years, guiding us through a change of bank and modernising the payments system to internet banking. We therefore seek a new Treasurer/Committee member to take the post from the AGM onwards.

What is involved? Use of a spreadsheet, three invoices to be paid monthly via internet banking, attend monthly committee meeting via Zoom (40 minutes), prepare accounts for the auditor at the end of the financial year. It is really simple but effective and you will have others to consult if needed. Are you interested? Please contact Michael to discuss this very important role on 01332 380219 or feel free to contact Margit for details of the work involved on 01332 513932.



Birthdays. Happy birthday this month go to Helen Blackburn, Michael Bosworth, Sally Cholerton, Barbara Colder, Pearl Fitzpatrick, Michael Flude, Geoff Hinks, Jenny McFarlane, Sue Oliver, Carol Pearson, Sam Redfearn, Tony Rolfe, Marcus & Amber Smith, Peter Stevens, Ron Smith, Carmen Varley, Richard Wheatley, Eileen White, Tina Whitfield, Ernest Whitty, Debbie, Rachel & Hannah Wright. So many this month. We wish all of you a wonderful birthday. 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.





Ten gardening tips for August

- 1 Wisteria needs regular pruning to keep the growth and size under control, but it will also improve the flowering display.
- 2 Summer pruning is mainly for apples and pears trained as restricted forms. It will allow sunlight to ripen the fruit and ensure good cropping for the following year.
- 3 Remove spent flowers as soon as they look scruffy - thankfully, a few days delay won't make a difference. The simplest method is to just pinch off the faded blooms with finger and thumb.
- 4 Water containers and new plants, preferably with grey recycled water or stored rainwater.
- 5 Collect seeds from garden plants
- 6 Harvest sweetcorn and other vegetables as they become ready.
- 7 Continue cutting out old-fruited canes on raspberries
- 8 Lift and pot up rooted strawberry runners.
- 9 Keep ponds and water features topped up.
- 10 Feed the soil with green manures.

Source: <https://www.rhs.org.uk/advice/in-month/august>



Last night I ordered a glass of wine with my dinner and the waiter asked for my ID. I replied do I look that young and the waiter said "No. I just wanted to see if you qualified for the Senior Citizen discount." 😞



Watch out – someone is after your money. As we face increased costs and energy prices, there are many dishonest folk around trying to make it even more difficult for you. I mean scams. One member recently received a text message to advise their mobile number had changed, due to a stolen phone. The next message to “Mum” advised that she was in trouble with an invoice. “If I don’t pay today, the invoice cost will increase. Then a plea for £1,700.00”. Mum tried to pay but could not. Another family member jumped to help but his bank would not authorise the payment. Using the old land line telephone number, they established the cry for help came, not from a family member but from a scammer. Near miss or what.

What is phishing?

'Phishing' is when criminals use scam emails, text messages or phone calls to trick their victims. The aim is often to make you visit a website, which may download a virus onto your computer, or steal bank details or other personal information.

This page explains how to report phishing attempts, and protect yourself from scammers.

Why you should report phishing scams

The National Cyber Security Centre (NCSC) is a UK government organisation that has the power to investigate and take down scam email addresses and websites.

Reporting a scam is free and only takes a minute.

By reporting phishing attempts, you can:

- reduce the amount of scam communications you receive
- make yourself a harder target for scammers
- protect others from cyber crime online

Report an email you think is a scam

If you have received an email which you're not quite sure about, forward it to report@phishing.gov.uk

Report a text message you think is a scam

Most phone providers are part of a scheme that allows customers to report suspicious text messages for free by forwarding it to **7726**. If you forward a text to **7726**, your provider can

investigate the origin of the text and arrange to block or ban the sender, if it's found to be malicious.

Report an advert you think is a scam

If you see a suspicious ad in a paid-for space, you can report it to the [Advertising Standards Authority \(ASA\)](#) (*external link*)

Situation

Action

You've provided your banking details

Contact your bank and let them know.

You think your account has already been hacked

You may have received messages sent from your account that you don't recognise, or you may have been locked out of your account, refer to our guidance on [recovering a hacked account](#).

You received the message on a work laptop or phone

Contact your IT department and let them know.

You opened a link on your computer, or followed instructions to install software

Open your antivirus (AV) software if you have it, and run a full scan. [Allow your antivirus software to clean up any problems it finds.](#)

You've given out your password

You should [change the passwords](#) on any of your accounts which use the same password.

You've lost money

Tell your bank and report it as a crime to [Action Fraud](#) (for England, Wales and Northern Ireland) or [Police Scotland](#) (for Scotland).

How to check if a message is genuine

If you have any doubts about a message, contact the organisation directly. **Don't** use the numbers or address in the message – use the details from their official website.

Remember, your bank (or any other official source) will **never** ask you to supply personal information via email.

Source: www.ncsc.gov.uk/collection/phishing--scams.



Jam Jar Challenge 2023.

Have you started saving yet for next year's donation? You are probably using cash again now that lockdown's are a thing of the past. You managed to donate a record £639 last motn to the British Heart Foundation – truly magnificent – thank you. The challenge is on now to beat that total, so the sooner you start saving the more we will raise for such a worthy charity.



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.



WHY ENGLISH IS HARD TO LEARN

We'll begin with *box*; the plural is *boxes*,
But the plural of *ox* is *oxen*, not *oxes*.
One fowl is a *goose*, and two are called *geese*,
Yet the plural of *moose* is never called *meese*.

You may find a lone *mouse* or a house full of *mice*;
But the plural of *house* is *houses*, not *hice*.
The plural of *man* is always *men*,
But the plural of *pan* is never *pen*.

If I speak of a *foot*, and you show me two *feet*,
And I give you a *book*, would a pair be a *beek*?
If one is a *tooth* and a whole set are *teeth*,
Why shouldn't two *booths* be called *beeth*?

If the singular's *this* and the plural is *these*,
Should the plural of *kiss* be ever called *keese*?

We speak of a *brother* and also of *brethren*,
But though we say *mother*, we never say *methren*.
Then the masculine pronouns are *he*, *his*, and *him*;
But imagine the feminine . . . *she*, *shis*, and *shim*!

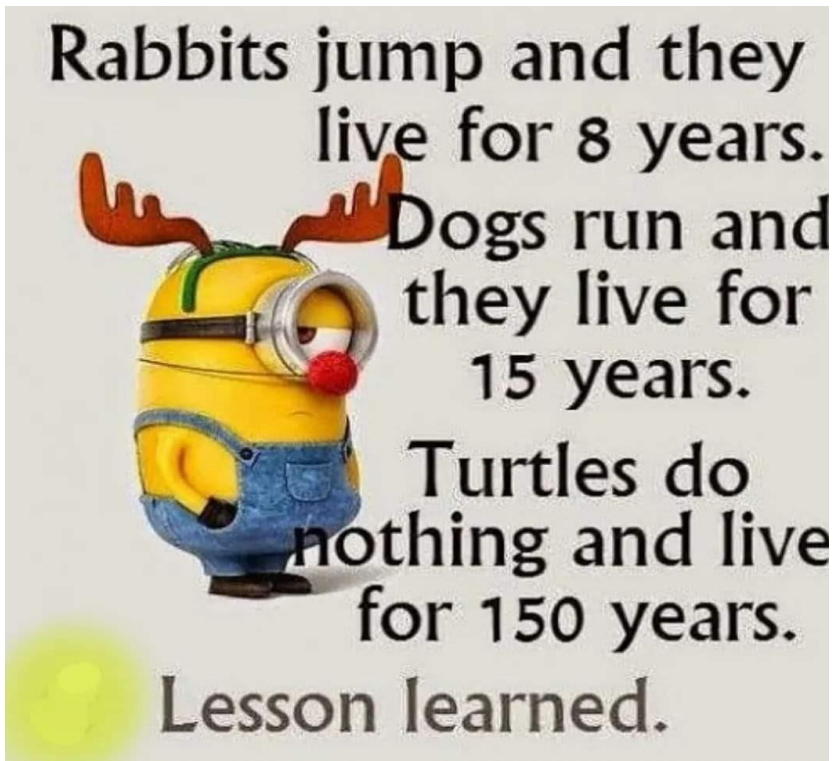
- ANONYMOUS

via LoveThisPic.com



Coronavirus is causing a few problems – beware.

Over 4 million UK residents have Covid and the numbers being admitted to hospital is increasing. Here in Derby, nearly 200 people are being treated at UHDB. Our hospitals have re-introduced the compulsory wearing of face coverings in all areas. Other restrictions are not currently being imposed but it could happen. There does not seem to be any prospect of lockdowns. The current version of Omicron is BA.5 and although it spreads easily, it is not as severe as previous versions. Take simple precautions by doing regular Lateral flow tests, wash your hand and ensure the company you keep are doing the same. Take care.





Programme of Events

August.

- Wednesday 24th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 26th Singing for Fun **Cancelled**
- Tuesday 30th Coffee morning at The Cube café/bar from 10.30AM.
- Wednesday 31st Tai Chi at 4.15 to 5.15PM in St. Nicholas Church Hall



September.

- Friday 2nd Singing for Fun **Cancelled**
- Wednesday 7th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 9th Singing for Fun **Cancelled**
- Monday 12th Sophie Snell is our speaker who will enchant us with stories about “British Folk Tales”.
- Wednesday 14th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 16th Singing for Fun **Cancelled**
- Wednesday 21st Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Thursday 22nd Lunch at Littleover Lodge, 222 Rykneld Road, Littleover, Derby DE23 4AN
- Friday 23rd Singing for Fun **Cancelled**
- Saturday 24th Walking back to health – Findern walk. Meet in car park to the rear of All Saints Church, The Green, Findern, Derby DE65 6AA to walk at 10.00AM

Tuesday 27th Coffee morning at The Cube café/bar from 10.30AM.
Wednesday 28th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 30th Singing for Fun **Cancelled**



Do you recognise this? Children say the most obvious things (God bless them)

My four-year-old granddaughter was looking at my rather wrinkly arms. Having thought about it for some time, she finally came out with the following statement. “Granddad,” she said, “Your skin is too big for you – you need a smaller size.”



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

Affiliated to the British Heart Foundation