

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter August 2024



GUESTS BOOST OUR LATEST WALK



It was good to see a few more people turning out again for our regular Take Heart walks. Even though some were guests rather than members, hopefully they will soon sign up. Our latest stroll took in the countryside around Markeaton park and village, a walk we have done several times but always popular.

The start point was Mundy Play Centre car park where the fees are more than £4 for just a few hours!

That aside, we set off, skirting Markeaton Park and heading for the old village.

Turning off the village street onto a footpath, we made our way through several fields before the old All Saints' Church loomed into view.

It's still in a sorry state after the arson attack which devastated the 14th century historic place of worship.

However, it was pleasing to see renovation has started with blocks of stone already in place. The rebuilding is estimated to take at least another three years or so.

From Markeaton village we headed along narrow field paths, manoeuvring our way around a large, but peaceful, herd of cows. Our walk then took us full circle past a working farm and finally along Markeaton Stones back to the car park and welcome refreshment at the local garden centre.

Nine walkers took part this time on the walk arranged by Chris and Chris Whewell. Many thanks to them both.

Walk report by Peter Stevens and Guest walker Jen Mallett



 **July coffee morning.**



Great attendance for our July coffee morning, despite it being holiday season for many. Nice to see committee members visiting tables to talk with our members. Bring someone to our coffee morning on 27 August to boost our numbers further.



HAPPY BIRTHDAY

Happy Birthday to our
Birthday Stars who this
month are:

Helen Blackburn, Michael
Bosworth, Sally Dudley, Barbara
Colder, Pearl Fitzpatrick, Michael
Flude, Pat Masters, Sue Oliver,
Christopher Ralls, Tony Rolfe,
Marcus & Amber Smith, Ron Smith,
Peter Stevens, Carmen Varley,
Richard Wheatley, Tina Whitfield,
Debbie, Rachel & Hannah Wright

Last night my wife sent me a text, saying she was in casualty. When I got home I watched all 50 minutes of it.....never saw her once. She still hasn't come home yet. I'm starving! :(



Your committee needs you. Our present committee is only six in number. We represent more than 200 members and feel it would be beneficial for them to have a larger committee. This would produce more ideas and debate about how to manage our group of amazing members. Are you able to give 40 minutes on Zoom six times per year? Please contact Michael or any committee member (the list is on page 16 of our Newsletter)



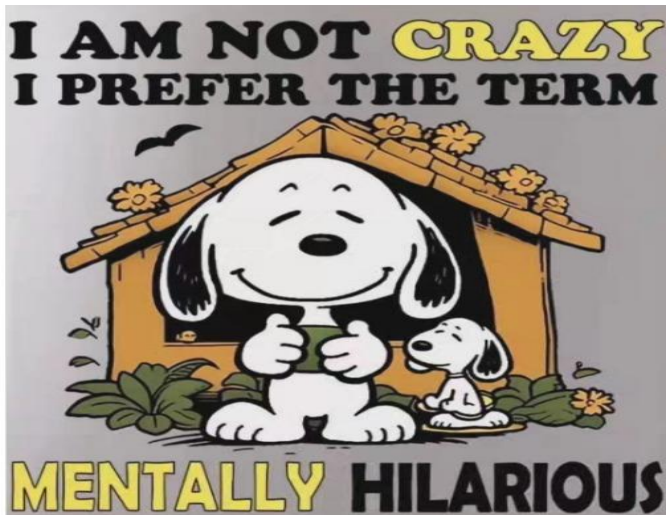
**I had my patience tested.
I'm negative.**



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>





News from the BHF. Weight loss surgery may reduce the risk of developing heart failure for people living with obesity by improving blood flow through their heart muscle, according to research we've funded. People living with obesity are at increased risk of heart failure. It's thought that this may be due, in part, to reduced blood flow through the small vessels in their hearts. Now, a study from University College London and King's College London suggests that these harmful effects of obesity may be at least partly reversible. Heart scans from 27 patients showed that, six months after bariatric (weight loss) surgery, blood flow through these small blood vessels had increased, alongside improvements in other well-known risk factors for developing heart disease.

The study was published in the Journal of the American College of Cardiology (JACC) Cardiovascular Imaging.

New explanation

Professor Charlotte Manisty, Professor of Cardiology at University College London who led the study, said: "Previous research has suggested that weight loss surgery can reduce the risk of developing or dying from cardiovascular disease in people living with obesity. Our work provides a new, additional explanation for the benefits of this intervention."

Researchers scanned patients' hearts before, and six months after they underwent bariatric surgery. The team used a technique called quantitative perfusion magnetic resonance imaging, which allowed them to measure blood flow through the smallest vessels in the heart muscle.

Before their surgery, patients had a median body mass index (BMI) of 44kg/m². Compared to volunteers the same age and sex, and with an average BMI of 25, patients had thicker heart walls (a sign that the heart is having to work harder to pump blood) and lower blood flow through their heart muscle.

Promising results

Six months after their surgery, patients had lost an average of 29 kg, and 13 of the 17 patients with type 2 diabetes before surgery were in remission at follow up.

When the team repeated the heart scans, they found that blood flow through patients' hearts had increased. In addition, levels of triglycerides (a type of fat) in patients' blood had decreased, while their levels of HDL ('good') cholesterol increased. Patients also had less fat around their livers (a marker of the levels of fat stored around the abdominal organs) and lower blood pressure than before their surgery.

Dr George Joy, BHF Clinical Research Fellow at University College London who was also involved with the study, said:

"These promising results offer important insights into how weight loss associated with bariatric surgery could help to improve outcomes for patients living with obesity.

"With trials of other approaches to weight loss, such as medications, also reporting positive effects on the heart, more research is now needed to understand whether similar mechanisms could be contributing to these effects."

Addressing our food environment

Dr Sonya Babu-Narayan, our Associate Medical Director and consultant cardiologist said: "This research yet again underlines the connection between obesity and the risk of developing heart disease. While not everyone will need surgery or medication to

lose weight, it's important that weight loss treatment and support are available to everyone who needs it.

“We know that the world around us doesn't always make it simple for the healthy option to be the easy, affordable and accessible option. We must press ahead with actions that address our food environment, including implementing restrictions on junk food advertising, so that everyone is supported to maintain a healthy weight.”

Source: [Weight loss surgery could cut heart failure risk - BHF](#)



**We don't know what tomorrow
will bring.**

**So don't stay mad for
too long. Learn to *forgive* and
love with all your heart.**

Don't worry about the people
that don't like you.

Enjoy the ones that love you.





40 Years Young. Can you believe it? Our Ruby

Anniversary! Next year, 2025, Take Heart (Derby) will be forty years “young”. It seems incredible to reach such a landmark. So, how should we mark it? Your suggestions will be gratefully appreciated. Contact Michael or other committee members with ideas. It would be amazing to have a huge turnout so encourage your friends to help with ideas. Thanks for your continued support. A musical evening with fish & chips has been suggested but what do you think?



Does this apply to you?





Lunch at The Great Northern. It doesn't seem possible that from a membership of 203, there were only six members who were hungry enough to turn up at the Great Northern for lunch.



That means 197 of us were probably at home slaving over a hot stove, making lunch (including me). These occasions allow us to converse with others, have a laugh (particularly with Michael's jokes). We will be at the Nags Head in Mickleover (**a change of venue for this month**). I won't be there as an operation is set for that day, which I dare you to usurp.



So my rum and raisin cake is gluten free.
It's also raisin free.

And cake free.

OK it's just rum.



Member news. The only person I know of who is struggling now, is me. I am to have an operation on my foot on 20 August, which will see me sidelined for a few weeks. Send me caffeine and wine, please.

There are others who are not in a good place but have requested me not to disclose information here. Please pray for ALL our members who are suffering at this time. Call someone and let them know you are thinking about them. It is lovely to receive a call, it might be the only one they receive today!

Please keep in touch with other members of our group. There might come a time when you would appreciate the same gesture.



BENEFITS OF A GOOD VOCABULARY!

I RECENTLY CALLED AN OLD ENGINEERING BUDDY OF MINE AND ASKED WHAT HE WAS WORKING ON THESE DAYS.

HE REPLIED THAT HE WAS WORKING ON “AQUA-THERMAL TREATMENT OF CERAMICS, ALUMINUM AND STEEL UNDER A CONSTRAINED ENVIRONMENT.”

I WAS IMPRESSED UNTIL, UPON FURTHER INQUIRY, I LEARNED THAT HE WAS WASHING DISHES WITH HOT WATER UNDER HIS WIFE’S SUPERVISION.



August meeting. We all know what an umbrella is and it is a symbol of what a local charity, supporting disabled children, young adults and their families. Umbrella, is a group founded in 1986 and are currently supporting over 1,700 families in Derby and Derbyshire. Their staff and volunteers run a wide variety of activities for children and young people, and their families, up to the age of 30 years old. they welcome contact from anyone connected with a disabled child or adult – including (but not limited to) parents, carers, grandparents, social workers, teachers and youth workers. Ann Rowland, MBE, is Chief Executive and talked us through all the wonderful things they do to help those less fortunate than ourselves. They require £110,000 per annum to fund all their activities, which is achieved through fund raising and grants. A truly impressive organisation, for which Derby and Derbyshire residents should be very proud to support. You never know when you or your family and friends could need their services. You missed a brilliant talk. Telephone 01332 785658 or check out their website at: [Our Steps To Support – Umbrella](#)





Finances and a new Government. Our new Government have wasted no time in shaking things up. Our winter fuel allowance has gone, the restriction on care home fees/services which was to have been capped has been abandoned. Many who were not liable to pay income tax might find themselves now caught up in making payments.

There is a legitimate way of obtaining some money back from HMRC. It is called Gift Aid. It does not cost you anything. When you donate to our Charity (Registered Number 1163703) and sign a declaration, we can then seek twenty-five percent aid, e.g. if you donate £10.00, we can claim £2.50 from HMRC. **Please find a revised membership form to complete and return to Michael. That's all you must do.**





Programme of Events

August.

- Tuesday 20th **Lunch at The Nags Head, 25 Uttoxeter Road, Mickleover, Derby DE3 9JF**
- Wednesday 21st Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 23rd Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Tuesday 27th Coffee morning at The Cube café/bar from 10.30AM.
- Wednesday 28th Tai Chi at 4.15 to 5.15PM in St. Nicholas Church Hall
- Friday 30th Singing for Fun at 10.00AM in St John's Methodist Church Hall.

September.

- Wednesday 4th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 6th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Monday 9th Rose Schofield will explore and explain "Women's Work". Is never done by women some would say but is that sexist? Come and see for yourself.
- Wednesday 11th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 13th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Wednesday 18th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Thursday 19th Lunch at Kings Corner, Morley Road, Oakwood, Derby DE21 4RF

Friday 20 th	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Tuesday 24 th	Coffee morning at The Cube café/bar from 10.30AM.
Wednesday 25 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 27 th	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Saturday 28 th	Walking back to health – Willington circular walk. Meet at Willington Station car park (B5008) to walk at 10.00AM.



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 Flude 07852 696930, Pam Fearn 01332 606563, Richard Flatman 01332 557028, Robert Jones 07952 619385, Nigel Cullen 01332 842730 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 Robert Jones on 07952 619385.

Any queries or comments about Take Heart (Derby) should be directed to Michael Flude on 07852 696930. email michael.flude@takeheartderby.co.uk. or 14 Brookside Road, Breadsall, Derby DE21 5LF.