

Take Heart

(Derby)

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

www.takeheartderby.co.uk


Registered Charity No 1163703





Newsletter December 2019


 **New calendar for 2020.** Our new calendar should be with you by now and I would like to say a great big “thank you” to all those who helped deliver it to your door. As usual the photography is by our own members and taken throughout Derbyshire. The front page is a classic shot of the Cathedral in the Peak’s, St John the Baptist, Tideswell. The date grid shows lots of logo’s on various dates each month to remind you that something is happening on that date. Details can then be cross checked with the Programme of Events, where the front page contains details of regular event locations. Walk details are specific to that date. You can obtain additional copies at the special price of £4.00 (minimum, plus post and packing of £1.50) from Michael.




 **There is still time to get it right, chaps!** Two little boys were attending a wedding. One asked the other, “How many women can a man marry?”. The other replied, “16. Four better, four worse, four richer and four poorer.”

 **It's that time of year again.** January sees the start of our new subscription year and consequently you are requested to send your donation to our treasurer. Minimum of £10.00 per household is the suggested figure. You can pay on line, go to www.takeheartderby.co.uk and select “Just Giving” and follow the instructions (don't forget to add your name). Alternatively please send a cheque payable to “Take Heart (Derby)” to M Staehr, 6 Keats Avenue, Littleover, Derby DE23 4ED.

 **We are moving.** We have been using the Friends Meeting House on St Helens Street for our meetings for some time. Parking has been a serious issue which we have been trying to resolve. We have now solved the problem. From January 2020, we will transfer our monthly speaker meeting to St Mary's Church Hall, just a short walk away. Access for pedestrians can be made across the bridge from Queen Street and then to the right of the church. The bonus for car users is that St Mary's has its own car park to the rear of the church, with access gained from Darley Lane. Post code for the church hall is DE1 3AX. Meetings will take place at 2.30PM on the specified date. If you are unsure then please contact Michael on 01332 380219.

 **Are you a UK tax payer?** If you are, then please ensure you advise the treasurer when sending your donation. It is worth another 25% on top and it won't cost you a penny. This is probably the only gift from the taxman you (Take Heart (Derby)) will ever get. We can do so much good with Gift Aid. Please help.

 **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.

 **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.

 **The olds ones are the best!**

Santa Claus has the right idea. Visit people only once a year. - Victor Borge
Be careful about reading health books. You may die of a misprint. - Mark Twain
By all means marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher. - Socrates

I was married by a judge. I should have asked for a jury. - Groucho Marx

My wife has a slight impediment in her speech. Every now and then she stops to breathe. - Jimmy Durante

I have never hated a man enough to give his diamonds back. - Zsa Zsa Gabor

Only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar and fat. - Alex Levine

My luck is so bad that if I bought a cemetery, people would stop dying. - Rodney Dangerfield

Money can't buy you happiness But it does bring you a more pleasant form of misery. - Spike Milligan

I don't feel old. I don't feel anything until noon. Then it's time for my nap. - Bob Hope

We could certainly slow the aging process down if it had to work its way through Parliament. - Will Rogers

And the cardiologist's diet: if it tastes good spit it out.



Birthdays. Happy birthday this month go to Cynthia Bland, Neal Blatherwick, John Bucknell, Pat Cant, Julie Cooper, Mary Cox, Charles Dowsett, Fred Evans, Ray Grant, Michelle Hallam, Rita Hancock, Chris Mills, Maureen Mole, Debbie Oliver, Lillian Payne, Rex Plummer, Trevor Swain, Sue Walker, Shelia Watkinson and Stan Werbinski. We hope you all have a happy and memorable day.



The best Irish joke in a long time ... Paddy had been drinking at his local pub all day and most of the night. Mick, the bartender says, 'You'll not be drinking anymore tonight, Paddy'. Paddy replies, 'OK Mick, I'll be on my way then'. Paddy spins around on his stool and steps off. He falls flat on his face. 'Damn' he says and pulls himself up by the stool and dusts himself off. He takes a step towards the door and falls flat on his face, 'oh ?£\$%& damn!' He looks to the doorway and thinks to himself that if he can just get to the door and some fresh air he'll be fine. He belly crawls to the door and shimmies up to the door frame. He sticks his head outside and takes a deep breath of fresh air, feels much better and takes a step out onto the sidewalk and falls flat on his face. 'Be-Jesus... I'm in ?@£\$%& trouble,' he says. He can see his house just a few doors down, and crawls to the door, hauls himself up the door frame, opens the door and shimmies inside. He takes a look up the stairs and says 'No way....' He crawls up the stairs to his bedroom door and says 'I can make it to the bed'. He takes a step into the room and falls flat on his face. He says 'damn it' and falls into bed. The next morning, his wife, Jess, comes into the room carrying a cup of coffee and says, 'Get up Paddy. Did you have a bit to drink last night ?' Paddy says, 'I did, Jess. I was £%&\$**. But how did you know?' 'Mick phoned You left your wheelchair at the pub.'



Responses to our Newsletters are as follows: The following messages were about last month's Newsletter: - *"Thank you once again for a brilliant newsletter. What more could we ask? we get information, updates on research, treatments under investigation, you give us something to look forward to each month. Plus of course, the jokes. Some of them make us chuckle, some give us a belly laugh (I am fortunate that I have the appropriate equipment for the latter), some are pure genius.. Keep up the good work./New venue noted"*. Send your comments to Michael




The top ten Advantages to getting older.

10. Your clothes have come back into fashion (twice).
 9. You can no longer be cut down in your prime.
 8. There is nothing left to learn the hard way.
 7. Plenty of time to catch up on reading... in the bathroom
 6. In any hostage situation, you'll probably be released first.
 5. You repeat yourself without knowing it.
 4. You are allowed to take a nap to get ready for bed.
 3. You repeat yourself without knowing it.
 2. You've made a lot of good memories ... even if you cannot remember them.
- And the number one advantage to getting older ... it beats the only alternative.

 **Fruitcake recipe (repeated from last year as everyone enjoyed the cake so much)**

1 cup water	1 cup sugar	4 large eggs
2 cups dried fruit	1 teaspoon baking soda	1 teaspoon salt
1 cup brown sugar	lemon juice	nuts
1 gallon whiskey (or your favourite tittle)		

Sample the whiskey to check for quality. Take a large bowl. Check the whiskey again to be sure it is of the highest quality. Pour one level cup and drink. Repeat. Turn on the electric mixer; beat 1 cup butter in a large, fluffy bowl. Add 1 teaspoon sugar and beat again. Make sure the whiskey is still OK. Cry another tup. Turn off mixer. Break 2 legs and add to the bowl and chuck in the cup of dried fruit. Mix on the turner. If the fried druit gets stuck in the beaters, pry it loose with a drewdriver. Sample the whiskey to check for tonsisticity. Next, sift 2 cups of salt. Or something. Who cares?? Check the whiskey. Now sift the lemon juice and strains your nuts. Add one table. Spoon. Of sugar or something. Whatever you can find. Grease the oven. Turn the cake tin to 350 degrees. Don't forget to beat off the turner. Throw the bowl out the window. Check the whiskey again. Go to bed. Who the hell likes fruitcake anyway????

 Our remembrance coffee morning was attended by thirty members who enjoyed the occasion, despite the room temperature. Thieves had stolen lead flashings from the roof which caused water to trip all the heater electrics! Fans were deployed to offset the cold. All attending observed a one minute silence after Richard Flatman had given a tribute to all those who had sacrificed their lives for the freedom we enjoy today. Members benefited from a free cup of tea or coffee, courtesy of TH(D). There was much chatter and laughter despite the conditions, with some opting to stay longer and have lunch. Another successful visit to a lovely location.



🧡 **Our next meeting.** There is no meeting in December. Many of us were growing up in the 1950's. But how well do we remember it? Paul Sturges will take us back to "Life in Derby in the 1950's". Add your perspective by being there. **Don't forget, we now meet at St Mary's Church Hall, Darley Lane, Derby DE1 3AX.** You should all have received our Programme of Events 2020 along with the new calendar. If not, telephone Michael for a copy.

🧡 **To err is human.** To blame it on someone else shows management potential.

🧡 **Flu jab.** The flu jab is being made available via GP surgeries to the over 65's, so make sure you do not miss out. It does not stop you getting a cold but will prevent a serious bout of flu and the dangers that go with it. Protect yourself and make sure your family take steps not to infect you.

🧡 **Don't trust little old ladies. A young man shopping** in a supermarket noticed a little old lady following him around. If he stopped, she stopped. Furthermore, she kept staring at him. She finally overtook him at the checkout, and she turned to him and said, "I hope I haven't made you feel ill at ease; it's just that you look so much like my late son." He answered, "That's okay." "I know it's silly, but if you'd call out "Goodbye, Mom" as I leave the store, it would make me feel so happy." She then went through the checkout, and as she was on her way out of the store, the man called out, "Goodbye, Mom." The little old lady waved and smiled back at him. Pleased that he had brought a little sunshine into someone's day, he went to pay for his groceries. "That comes to £121.85," said the checkout operator. "How come so much. I only bought 5 items." The checkout operator replied, "Yeah, but your Mother said you'd be paying for her things, too."

🧡 **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?



🧡 **Breaking news – Christmas is cancelled!** The High Court has ruled that there cannot be a Nativity Scene at Parliament Square this Christmas season. This is not for any religious reason. Apparently, it proved impossible to find Three Wise Men in the whole of Westminster Palace and Whitehall. A search for a Virgin continues. There was however NO problem finding enough ASSES to fill the stable.

🧡 **Out of the mouths...** While leading a tour of infant school children through our hospital, I overheard a conversation between one little girl and an x-ray technician. "Have you ever broken a bone?" he asked. "Yes," the girl replied. "Did it hurt?" "No." "Really? Which bone did you break?" "My sister's arm."



News from the BHF. Why are more people being diagnosed with heart failure?

Among other causes, heart failure can occur as a result of a heart attack. Scar tissue forms in the heart muscle as a result of not receiving a blood flow, stopping the heart from contracting properly and reducing its ability to pump blood around the body.

In the 1960s, most heart attacks in the UK were fatal. Today at least seven out of 10 people survive. This is in part down to our pioneering research. In 1976, BHF Professor Michael Davies demonstrated that most heart attacks are caused by blood clots in the coronary arteries - paving the way for life saving research into why these clots form, and towards developing clot-busting medicines to combat them.

The work of Professor Michael Davies was a giant leap in the right direction. But with more people than ever surviving heart attacks due to improved care and treatment, more people are also living with the after-effects and dealing with the burden of heart failure. Add to this an ageing population and stubbornly high numbers of heart failure risk factors such as high blood pressure and diabetes. The result is a heart disease landscape which looks very different to the way it did 50 or 60 years ago. We urgently need new and improved treatments for heart failure. Our researchers are paving the way forward on this path, searching for ways to improve the quality of life for heart failure patients. Halting heart failure. One of these researchers is Dr Xin Wang at the University of Manchester. She is investigating if boosting a natural heart protecting protein called MKK7, could prevent heart failure or at least halt it in its tracks. Dr Wang and her colleagues have demonstrated that when the MKK7 protein is absent from heart cells of mice, they are much more vulnerable to cell death. This suggests that MKK7 is involved in a heart protection system which we may be able to harness in humans. The team have also shown that a protein in the body known as RASSF7 is able to weaken MKK7. This leads them to believe that blocking RASSF7 could allow MKK7 to better carry out its task of protecting heart cells. The new project will help them to identify if targeting RASSF7 could help create new medicines that can prevent or slow the progression of heart failure.

During a heart attack, some heart cells die, which is what leads to heart failure. But not all cells die in the same way. Some undergo a kind of cell suicide, called pyroptosis. Professor Sean Davidson, at University College London is testing a drug he hopes can prevent pyroptosis and therefore limit heart damage during a heart attack. Recently, a protein called gasdermin D was shown to be necessary for cells to die by pyroptosis. Professor Davidson's team are investigating a drug which has been shown to stop gasdermin D from working. The team will test whether this drug can protect the hearts of mice and will also test it on human muscle samples. It is hoped that, in future, the drug may protect the hearts of patients experiencing a heart attack. Finally, Dr Thomas Kampourakis at King's College London is searching for a heart failure drug that targets how the heart muscle contracts. In heart failure, the heart muscle can't contract or relax efficiently to pump enough blood around the body. This leaves people tired, weak and breathless. However, only one current medicine acts directly on the proteins that contract and relax the heart muscle.

Dr Kampourakis and his team are using cutting-edge technology to identify new molecules that could improve the action and efficiency of these proteins. They will then take the most promising molecules forward to investigate how they work and whether they have potential as a new medicine. Source:

<https://www.bhf.org.uk/what-we-do/news-from-the-bhf/news-archive/2019/november/why-are-more-people-than-ever-living-with-heart-failure>



Take Heart Singers triumph again. Our irresistible singers were back at Fraser Hall on the Leylands Estate in November. This time it was Christmas Songs & Carols which were enjoyed so much with the audience joining in. There was much dancing and waving as well.



Top Ten Tips for Winter. Derby & Derbyshire Clinical Commissioning Group (DDCCG) have issued guidelines to help us through the winter months. **1.** Get your flu jab – protect yourself and those you come into contact with. **2.** If you have a cold you do NOT need to see a GP. Treat it yourself with over the counter remedies at your pharmacy and drink plenty of water. **3.** Prevent the spread of winter bugs (Norovirus) by not visiting your GP. There is nothing the GP can do whilst you have it. Avoid public places and call 111 for advice. **4.** Make sure your medicine cabinet is stocked up. Have stocks of cold remedies, painkillers, antiseptic cream and plasters. **5.** Order repeat prescriptions in good time as GP surgeries and pharmacies will be closed for periods during the Christmas period. **6.** Make good use of pharmacies. They can provide advice with over the counter remedies and advice whether you need more expert attention. **7.** Need same day response from your GP. Phone early and keep trying, they will answer sooner or later. **8.** Use services wisely. 999 should only be used for emergencies (head injuries, heart attack, broken bones etc.) Sprains, cuts, rashes should mean a visit to the Walk-in-Centre, but if you need advice telephone 111. If your GP is available then contact them about high temperature, vomiting and ear pain. Pharmacies are available to assist with diarrhoea, cough, cold or headache. Of course minor grazes, sore throat and hangovers are a matter for self-care. **9.** Keep warm. Heat your main living room to 18 – 21 C (64 – 70 F) and the rest of the house to 16 C. Check electric blankets before re-using them this winter. **10.** Eat healthily. Food is a vital source of energy and helps keep the body warm. Have hot meals and drinks regularly throughout the day. Stews, soups and curries will do the trick and have meals prepared in advance in case of adverse weather.



Member news. There is more bad news I'm afraid, we said farewell to yet another member recently. Susan Smith from Micklover passed away recently. Our thoughts and prayers should include husband Alan and his family. Collen Yates has had a number of health issues to deal with recently but is now battling back and joined us recently at a coffee morning. Charlie Dowsett is on the mend following

several reversals lately. New members this month are Janette Thorpe and Tom Loftus. Welcome to you all and hope you enjoy many of the events we put on. If you know of any member who is unwell, please advise Michael or any committee member. If you can spare a few minutes and know of anyone who is ill, phone them and offer some comfort and a listening ear – it makes such a lot of difference. Thank you. We wish all those who are feeling below par, a relief from all your sufferings. Keep taking the pills everyone.



Forthcoming events:

January.

Friday 3 rd	Singing for Fun at 10.00AM
Wednesday 8 th	Swimming at the Queens Leisure Centre from 2.30PM.
Friday 10 th	Singing for Fun at 10.00AM
Monday 13 th	Speaker. Many of us were growing up in the 1950's. But how well do we remember it? Paul Sturges will take us back to "Life in Derby in the 1950's". Add your perspective at 2.30PM in our new meeting room at St Mary's Church Hall, Darley Lane, DE1 3AX
Wednesday 15 th	Swimming at the Queen's Leisure Centre from 2.30PM.
Friday 17 th	Singing for Fun at 10.00AM
Tuesday 21 st	Lunch at The Jonty Farmer, Kedleston Road, Derby DE22 1FT.
Wednesday 22 nd	Swimming at the Queen's Leisure Centre from 2.30PM.
Friday 24 th	Singing for Fun at 10.00AM.
Tuesday 28 th	Coffee morning The Cube café/bar from 10.30AM.
Wednesday 29 th	Swimming at the Queen's Leisure Centre from 2.30PM.
Friday 31 st	Singing for Fun at 10.00AM.



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, 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