

# Take Heart

(Derby)

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

[www.takeheartderby.co.uk](http://www.takeheartderby.co.uk)

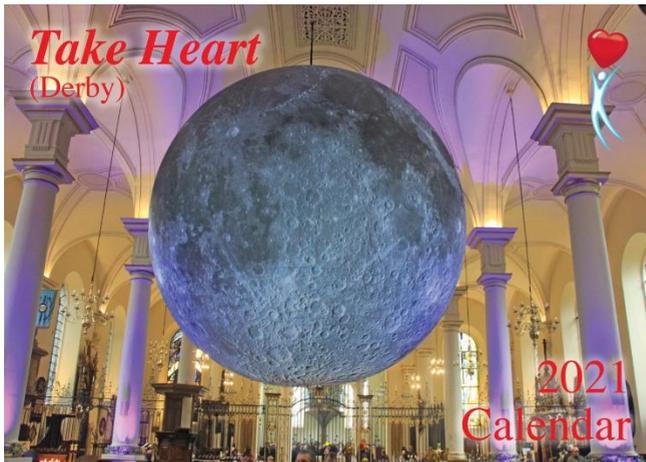
Registered Charity No 1163703



## Newsletter December 2020



**New calendar for 2021.** 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 “Moon” displayed in Derby Cathedral. 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 £5.00 (minimum, plus post and packing of £1.50) from Michael. There are two corrections: The butterfly in February is a Painted Lady and the main image for September should read “Red Kyte over the Peak District” not Knife Angel



## Recognition for Take Heart (Derby) from University Hospitals of Derby & Burton.

We are in receipt of a letter from UHDB for our regular contribution to the cardiac departments within the hospital. Over many years we have consistently stepped up with the purchase of vital equipment for use primarily on ward 408 and in Cardiac Rehabilitation. That ability is only affordable because of member generosity and donations by companies in and around Derby. Thank you all and pleased be reassured that we invest your donations wisely. Of course we could do more if we had the resources but we do very well for cardiac patients and their care.

Derby & Burton Hospitals Charity  
Registered Charity Number 1061812

Royal Derby Hospital  
Uttoxeter Road  
Derby  
DE22 3NE

Tel: 01332 785 731  
uhdb.charity@nhs.net  
www.dbhc.org.uk

Take Heart Group  
Mr Flude  
14 Brookside Road  
Breadsall  
Derbyshire  
DE21 5LF

Dear Mr Flude

As we get closer to the year end and the Christmas period we at Derby and Burton Hospitals Charity would like to say a big thank for your support.

Generous donations like yours will benefit our patients in a number of ways, including the purchase of extra vital medical equipment and enhancing patient facilities/environment, allowing our patients to be as comfortable as possible, as well as providing important wellbeing support and vital facilities for our staff.

Supporting your local NHS ensure that you are an essential partner in helping to make hospital care in Derbyshire and Staffordshire the best that it can be. We couldn't do any of this without your help and we are most grateful.

In these unusual times we are not able to engage our usual fundraising activities such as face to face fundraising and cheque presentations, however if you would like to discuss how you can help your local Hospital going forward please don't hesitate in contacting us

If I can be of any further assistance or you would like to continue to support us please do not hesitate to contact me.

Kind Regards

*Vicky Carey*

Vicky Carey  
Fundraising Events Officer  
Tel: 01332 788881  
Mobile: 07384 914089  
Email: [vicky.carey@nhs.net](mailto:vicky.carey@nhs.net)

**Thank you!**

Registered with FUNDRAISING REGULATOR

Royal Derby DERRY  
Derby BURTON  
General Infirmary LICHFIELD  
St. Elizabeth's Hospital TAMWORTH  
Lincoln Road DERBY



## An amazing 2 letter English word.

A reminder that one word in the English language that can be a noun, verb, adjective, adverb and preposition. UP. This two-letter word in English has more meanings than any other two-letter word, and that word is 'UP.'

It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP? At a meeting, why does a topic come UP? Why do we speak UP, and why are the officers UP for election and why is it UP to the secretary to write UP a report? We call UP our friends, brighten UP a room, polish UP the silver, warm UP the leftovers and clean UP the kitchen. We lock UP the house and fix UP the old car. At other times, this little word has real special meaning. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses. To be dressed is one thing but to be dressed UP is special. And this UP is confusing: A drain must be opened UP because it is clogged UP. We open UP a shop in the morning, but we close it UP at night. We seem to be pretty mixed UP about UP! To be knowledgeable about the proper uses of UP, look UP the word UP in the dictionary. In a desk-sized dictionary, it takes UP almost 1/4 of the page and can add UP to about thirty definitions. If you are UP to it, you might try building UP a list of the many ways UP is used. It will take UP a lot of your time, but if you don't give UP, you may wind UP with a hundred or more. When it threatens to rain, we say it is clouding UP. When the sun comes out, we say it is clearing UP. When it rains, the earth soaks it UP. When it does not rain for a while, things dry UP. One could go on and on, but I'll wrap it UP, for now . . . my time is UP! Oh . . . one more thing: What is the first thing you do in the morning and the last thing you do at night? UP! Did that one crack you UP? Don't screw UP. Send this on to everyone you look UP in your address book. or not . . . it's UP to you. Now I'll shut UP!



## Talking of donations!



We have made a donation in support of our nurses on the heart ward, 408 at Royal Derby Hospital. They needed a microwave oven for use in the break-out room so as to prepare a hot snack during their long shifts. It is a DeLonghi 900w machine. Bev MacDonald, housekeeper for the ward was very excited when delivery was made, *“This will make a huge difference to our breaks from nursing and renew our energies for the remainder of our shifts. Thank you so much”* Delivered during phase two of the coronavirus pandemic, the microwave had to go into isolation for seventy-two hours before it could be delivered to the ward. Here, Michael is seen outside RDH handing the microwave to the

charity office to deal with on our behalf. Thank you for your donations which allow us to continue to support dedicated nurses and show our appreciation of their dedication.



**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](http://www.takeheartderby.co.uk) and select “Make a Donation” and follow the instructions (don't forget to add your name). Or, please send a cheque payable to “Take Heart (Derby)” to M Staehr, 6 Keats Avenue, Littleover, Derby DE23 4ED.



### A few musings:

#### **Terrible Christmas Jokes**

Q: What is a Snowman's favourite aunt? A: Aunt Arctica

Q: Who was the meanest Reindeer? A: RUDEolf

Q: What kind of motorcycle does Santa ride? A: A Holly Davison



**What have you said about our Calendar 2021?** Calls and comment keep being made about 2021 calendar. Quite a lot this year. Trisha and I have received lots of telephone calls, a number of letters (you do remember what letters were) and a lot of emails. You said: *"I absolutely love this new calendar. I do hope that the year is as good as our 2021 calendar/beautiful pictures and lots to do if and when we are allowed/ Thank you for the lovely calendar which we received this morning"*. Thank you all for your lovely words.



### A few more musings!

What's driving Brexit? From here it looks like it's probably the Duke of Edinburgh" **Milton Jones (2019)**

"A cowboy asked me if I could help him round up 18 cows. I said, 'Yes, of course. – That's 20 cows'" **Jake Lambert (2019)**

"A thesaurus is great. There's no other word for it" **Ross Smith (2019)**

"I accidentally booked myself onto an escapology course; I'm really struggling to get out of it" **Adele Cliff (2019)**



**Programme of Events 2021.** We printed it after a lot of careful planning and organisation. We added a line at the top "Subject to Coronavirus Rules and Regulations". Just as well because we are now in Tier 3 which is very restricted. We are committed to keeping you safe and advise that our **January Programme is Suspended.**



**Tier 3 Very High Risk.** Areas in this category include Derby & Derbyshire, Nottingham & Nottinghamshire, Leicester and Leicestershire, Staffordshire, Lincolnshire, Birmingham and Greater Manchester.

No mixing of households indoors, except your bubble.

Up to six people can meet in public parks but not in private gardens.

Pubs and restaurants closed but can offer take away, click & collect, drive through and delivery

Non-essential retail can open.

Indoor theatres and cinemas are closed.

Hair & beauty salons can open.

Work from home if it is possible.

Avoid travelling out of the area except where necessary.

Reduce the number of journeys where possible.

No overnight stays outside the local area, unless necessary for work or education.

Hotels will be closed.

Nurseries, schools, colleges and universities all open.

Places of worship will be open but people must stick with their household or bubble.

No more than 15 guests at weddings or wakes, 30 at funerals.

Wedding receptions not permitted.

Gyms and pools will be open.

Classes & adult sport can take place outdoors but contact activity is banned. No sport or exercise allowed indoors. Organised sport for children & elite athletes can take place.

No live performances can take place except drive-ins.



**A vaccine is on the way.** There is hope for a way out of this terrible pandemic. Jabs will be rolled out during the early months of 2021. It will take time to inoculate everyone, but the wait will be worthwhile. Ensure you advise your GP that you want it.



## **The twelve rules of Christmas, 2020.**

New coronavirus rules for **23 – 27 December**, inclusive. The Prime Minister is trying to allow some social interaction during the traditional break. It will not be particularly traditional, there are still rules and they are listed as follows:

1. Up to 3 households can meet indoors in a temporary “Christmas” bubble, leaving large families with agonising decisions to make. Social distancing can be dropped within the group but it must be the SAME group throughout.
2. The temporary relaxation of restrictions will last from 23 December until 27 December.
3. Families in a Christmas bubble can socialise indoors, stay at each other’s homes and drop social distancing rules and be allowed to HUG. They can also mix outside on a walk, go to church. They can also rent a holiday cottage together.
4. Rules for hospitality venues will not be relaxed. It means that members of a Christmas bubble will not be allowed to go to the pub or out for a meal together unless you are in Tier 1.
5. People will be allowed to travel across the UK during this period, including travel in and out of Tier 3. It is expected that roads and rail journeys will be very busy.
6. There is no upper limit for the number of people in a Christmas bubble, provided members are from three households.
7. Children under 18 whose parents are divorced or separated will be allowed to travel between their parents Christmas bubble (this could see them potentially coming into contact with 6 households).
8. In England, individual households can split into separate Christmas bubbles for the period. For example, a group of four individuals sharing a house can all go their separate ways to spend Christmas with their families.
9. People already in support bubbles will count as 1 household. If a mother/father and a daughter/son have already formed a support bubble, they will be able to form a wider Christmas bubble with 2 other households.

10. Ministers are urging people to obey the rules and act responsibly. Police will not be requested to take a hard line but will retain the power to intervene with fines for a flagrant breach of the rules, such as house parties or breaching rules banning more than 30 people.

11. Care home residents will not be allowed to return home to their families unless they are under 65 and have permission from the house. They must be tested for Covid19 before returning to the home.

12. University and college students returning home will be counted as being in the same household as their parents. A couple with several children returning home will count as 1 household and be able to form a Christmas bubble with 2 other households.

Simple, isn't it. The watchword is to be happy but careful. There are many more Christmases to be had (I am already planning the Calendar for 2022 and that has a Christmas Day in it as well which we hope all of us will be able to celebrate).



**Birthdays.** Happy birthday this month go to Maggie Adams, Cynthia Bland, Neil Blatherwick, Margaret Bosworth, John Bucknell, Pat Cant, Julie Cooper, Mary Cox, Charles Dowsett, Fred Evans, Ray Grant, Rita Hancock, Michael Laxton, Chris Mills, Maureen Mole, Lillian Payne, Rex Plummer, Lyn Redfearn, Sue Walker, Shelia Watkinson, Stan Werbinski and Keith White.

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 your birthday, albeit a little differently from how you imagined it would be this time around.





**A new take on the virus!** I thought you would want to know about this Covid-19 virus. Even the most advanced anti-virus protection- Norton, McAfee, and others, cannot take care of this one! It appears to target those who were born prior to 1960. The sporadic COVID-19 lockdowns seem to be increasing the chances of being affected!

### **Virus Symptoms:**

1. Causes you to send the same e-mail twice. (Done that)
2. Causes you to send a blank e-mail. (That too)
3. Causes you to send an e-mail to the wrong person. (Yup)
4. Causes you to send it back to the person who sent it to you. (Ah-ha)
5. Causes you to forget to attach the attachment. (Done that)
6. Causes you to hit SEND before you've finished. (Oh no, not again)
7. Causes you to hit DELETE instead of SEND. (Hate that)
8. Causes you to hit SEND when you should DELETE. (Heck, now what?)

***This virus is called the C-NILE virus!***

**A lot of us have already been afflicted with this disease and unfortunately as we age it gets worse. And if you can't admit to doing any of the above, you've obviously caught the other strain – the D- NILE virus.**

Doctors say that lots of naps and a large daily dose of Dr. John E. Walker, or other adult liquid medicine, might help!



**Jam Jar Challenge 2020/21.** 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





## **EXERCISES WE'D BE BETTER OFF WITHOUT IN 2021...**

Jumping on the bandwagon  
Wading through paperwork  
Running around in circles  
Pushing your luck  
Playing in traffic  
Spinning your wheels  
Adding fuel to the fire  
Beating your head against the wall  
Climbing the walls  
Beating your own drum  
Dragging your heels  
Jumping to conclusions  
Grasping at straws  
Fishing for compliments  
Throwing your weight around  
Passing the buck  
Running with scissors



## **And now for something different (well perhaps not).**

Tim Vine – “Last night me and my girlfriend watched three DVDs back to back. Luckily I was the one facing the telly. ”

Will Marsh – “I was raised as an only child, which really annoyed my sister.”

Chris Turner – “I’m good friends with 25 letters of the alphabet ... I don’t know why.”

Tim Vine – “I took part in the sun tanning Olympics – I just got Bronze.”

Lou Sanders – “I waited an hour for my starter so I complained: ‘It’s not rocket salad.’”

Nish Kumar – “My mum’s so pessimistic, that if there was an Olympics for pessimism...she wouldn’t fancy her chances.”



## **Medical experts in Dublin were asked if it is time to ease the COVID lockdown.**

**Allergists** were in favour of scratching it, but **Dermatologists** advised not to make any rash moves.

**Gastroenterologists** had a sort of a gut feeling about it, but **Neurologists** thought the government had a lot of nerve.

**Obstetricians** felt certain everyone was labouring under a misconception, while **Ophthalmologists** considered the idea short-sighted.

Many **Pathologists** yelled, "Over my dead body!" while **Paediatricians** said, "Oh, grow up!"

**Psychiatrists** thought the whole idea was madness, while **Radiologists** could see right through it.

**Surgeons** decided to wash their hands of the whole thing and **pharmacists** claimed it would be a bitter pill to swallow.

**Plastic Surgeons** opined that this proposal would "put a whole new face on the matter."

**Podiatrists** thought it was a step forward, but **Urologists** were tee'd off at the whole idea.

**Anaesthetists** thought the whole idea was a big gas, and **Cardiologists** didn't have the heart to say no.

In the end, the **Proctologists** won out, leaving the entire decision up to the assholes in politics.



**Flu jab!!!** Have you booked your flu jab? This year it is even more important than previously. Coronavirus is still with us and so becoming ill will have potential knock on implications if you fall victim to flu. Don't delay, book yours today via your GP surgery. **The flu jab will be available to all 55 years of age and over this year, so there could be a queue.**



**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. 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.



## Things to ponder when you get bored!

Why do peanuts float in a regular coke and sink in a diet coke?

Go Ahead and try it

I used to eat a lot of natural foods until I learned that most people die of natural causes.

Can you cry under water?

How important does a person have to be before they are considered Assassinated instead of just murdered?

Why do you have to "put your two cents in"... But it's only a "penny for your thoughts"? Where's that extra penny going?

Once you're in heaven, do you get stuck wearing the clothes you were buried in for eternity?

What disease did cured ham actually have?

How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?

Why is it that people say they "slept like a baby when babies wake up every two hours?

If a deaf person has to go to court, is it still called a hearing?

Why are you IN a movie, but you're ON TV?

Why do people pay to go up tall buildings and then put money in Binoculars to look at things on the ground?

Why do doctors leave the room while you change? They're going to see you naked anyway.

Why is "bra" singular and "panties" plural?

Can a hearse carrying a corpse drive in the carpool lane?

If the professor on Gilligan's Island can make a radio out of a Coconut, why can't he make a boat?

If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from?

If electricity comes from electrons, does morality come from morons?

HOW DID THE MAN WHO MADE THE FIRST CLOCK, KNOW WHAT TIME IT WAS?



**A New Newsletter.** More comments are being fed back about our new format for our Newsletter. Responses to the new A5 format Newsletter. *“The Newsletter is even better like this than it has ever been/Great/Much prefer this version of our Newsletter. It fits in my bag easily/I can now stack them on my bookshelf without them falling over/Much better than all the earlier versions and in colour to boot/the Newsletter was always the best thing to drop through my letterbox but this new one is fantastic/As well as being informative, there is always something to laugh at, which is a bonus at present. Hope that both of you are OK.”* Please, send your comments/observations to Michael at Telephone 01332 380219, write to 14 Brookside Road, Breadsall, Derby DE21 5LF or email [michael.flude@takehearderby.co.uk](mailto:michael.flude@takehearderby.co.uk).



**Member news:** During our delivery of Calendars for 2021, the overwhelming message from members was – We Are Fed UP. Everyone was coping but finding life frustrating and quite often very lonely. I hope that our Newsletters will offer a little bit of light relief. *“Jean Jackson has spent a few days at RDH but is home and being supported by her son/ If only the outlook was as sunny as the Calendar/Steve Redfearn has advised he is re-locating to the Lake District to be near family.* We welcome three new members Jaco Wojick and Carl & Sharon Anthony to our group, who found out about TH(D) whilst in ward 408 recently. We wish them well and look forward to meeting them socially in the-not-too-distant future. Please keep Michael informed about your health issues. In the meantime - **HANDS FACE SPACE**



**Here is a lovely recipe for Fruitcake (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 tipple)

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 ttip. 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 fruit gets stuck in the beaterers, pry it loose with a drewdriver. Sample the whiskey to check for tonsistency. 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????



My friend asked me where I expected to see myself by the end of 2020. How would I know? I don't have 2020 vision.

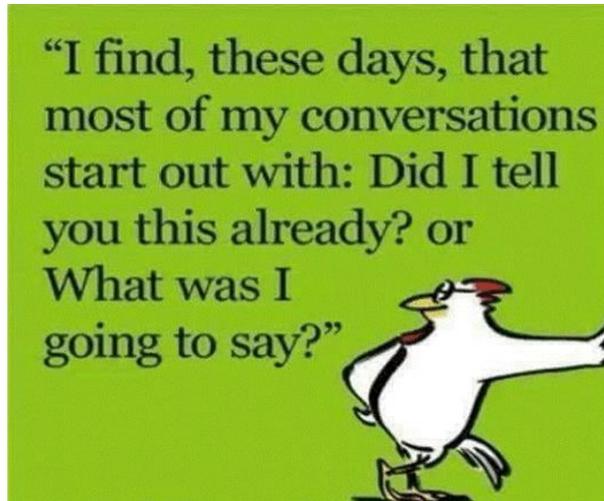
My 2020 resolution was to read more...so I put the subtitles on my TV.

The year 2020 is going to be filled with so many puns about perfect vision...I can't wait to see them all.

An iPhone and a firework were arrested on new-year's eve. One was charged the other was let off.

What happened to the man who shoplifted a calendar on New Year's Eve? He got 12 months!

My New Year's resolution is 1080p



**Reminder. January 2021 Programme of events is suspended**



**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 01332 380219. email [michael.flude@takeheartderby.co.uk](mailto: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