

# 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 2021**

**Our Programme of Events is temporarily suspended**

*Merry*    
*Christmas*



## **Plan B 13 December 2021**

Face coverings are required by law in most indoor settings such as supermarkets, shops, shopping centre's (exemptions are – restaurants, cafes and canteens, bars & shisha bars, gyms & exercise facilities, photography studio's, nightclubs, dancehalls & discotheques).

Face coverings must be worn on public transport.

Pupils are recommended to wear face coverings in communal areas and for parents/teachers to wear them when collecting children from school.

Office workers should work from home if able to do so.

Certain venues and events will be required by law to check that visitors aged 18 years and older are fully vaccinated, have proof of a negative test within the last 48 hours or have an exemption.

HHS Copvid-19 pass will be required as follows: nightclubs, dancehalls & discotheques, provide live or recorded music, indoor events with 500 or more unseated attendees, outdoor

events with 4000 or more unseated attendees, any events with 10000 or more attendees indoors or outdoors such as large sports and music events).

It is still possible to catch Covid-19 even if you are fully vaccinated.

Anyone with Covid-19 symptoms should stay at home and self-isolate immediately.

If you have symptoms, arrange a PCR test as soon as possible. Let fresh air into indoor meetings (meeting outdoors is safer). Wash your hands more frequently for at least 20 seconds on each occasion, before you eat or handle food. After coughing or sneezing, after touching surfaces where others have touched (handrails, door handles etc), after coming into contact within shared areas (kitchens, bathrooms etc), and when you return home.

There are no travel restrictions in England but check for guidance if travelling abroad and the necessary procedures to adopted when returning. Do not travel anywhere if you have Covid-19 symptoms.

Travellers to Spain must be vaccinated or entry will be refused. Germany is imposing a no-jab – no access policy for pubs/clubs etc and may make vaccination compulsory.

EU chief, Ursula von der Leyen has suggested mandatory vaccinations might become necessary.

UK Government has ordered 114 million more doses of coronavirus vaccines to protect against new variants.

The Government has ordered 100,000 doses of molnupiravir, a new take at home pill for those with symptoms.

Source: [Coronavirus: how to stay safe and help prevent the spread - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/coronavirus-how-to-stay-safe-and-help-prevent-the-spread)



### **Vaccination centres near Derby.**

Asda Pharmacy, Derby Road, Spondon, Derby DE21 7UY (book online or call 119)

B J Wilson Pharmacy, Sinfin District Centre, Derby DE24 3ND  
(book online or call 119).

Boots, Derbion Centre, Derby DE1 2AH (book online or call 119).

Broadway Baptist Church, 166 Broadway, Derby DE22 1BP  
(book online or call 119).

Ikhlas Education Centre, Clarence Road, Derby DE23 6LS (book  
online or call 119).

Midland House, Nelson Street, Derby DE1 2SA (book online or  
call 119).

[Booster dose of the coronavirus \(COVID-19\) vaccine - NHS \(www.nhs.uk\)](https://www.nhs.uk)



### **A few one liners.**

I asked grandpa, “After 65 years, you still call Grandma darling, beautiful and honey. What’s the secret?” He said, “I forgot her name about 5 years ago and I’m scared to ask her.”

This morning I saw a neighbour talking to her cat, it was as if she thought her cat could understand everything she said. I went back to my house, told the dog and we had a good laugh about it!

In a marriage partnership there’s one person who is always right, the other is the husband.

Say what you like about women but I think being able to turn one sentence into a six hour argument takes talent!

I lay down – I fall asleep. I read a book – I fall asleep. I watch a film – I fall asleep. I go to bed – I feel as energetic as a nuclear power plant.





**Birthdays.** Happy birthday this month go to Cynthia Bland, Neal Blatherwick, Margaret Bosworth, John Bucknell, Pat Cant, Julie Cooper, Mary Cox, Charlie Dowsett, Fred Evans, Ray Grant, Rita Hancock, Michael Laxton, Chris Mills, Maureen Mole, Lilian Payne, Rex Plummer, Sue Walker, Stan Werbinski, and Keith White. So many with birthdays close to Christmas. 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.



**There's no getting away from them!**

11. I stole a rabbit today. Then I had to make a run for it.
12. A woman told me she recognised me from the vegetarian club, but I'd never met herbivore
13. I told my friend she drew her eyebrows too high. She looked surprised.
14. What does a clock do when it's hungry? It goes back four seconds.
15. My wife told me I was a fool to build a car out of spaghetti. You should have seen the look on her face when I drove pasta.
16. Just watched a documentary on how ships are kept together. Riveting.
17. I used to have a problem where I couldn't stop naming classic American sitcoms, but I'm over it now. Happy Days.
18. My wife's working in a bowling alley. Ten pin? No, permanent.
19. I thought my wife was joking when she said she'd leave me if I didn't stop singing 'I'm A Believer'. Then I saw her face.
20. How do you approach an angry Welsh cheese? Caerphilly.

 **Tai Chi is now in full swing.**



We are beginning to understand more as we approach almost three months of endeavours. It is very relaxing and the exercise is modest, not overdoing anything but staying within your own comfort zone. You can see from the image that it caters for all abilities with several sitting for some of the time. Come and see for yourself on **Wednesdays at 4.00 until 5.00** at St Nicholas Church, Lawn Avenue, Allestree (**Note new time**).

 **It was probably to be expected.**

I had the rudest, slowest, nastiest cashier today. It was probably my own fault for using the self-checkout till. Living in a block of flats means we place items for the tip at the entrance rubbish area. Our old TV had packed up and so we put the old one in the box the new one came in. Someone “stole” the TV, I wonder what they think now but it saved us a trip to the tip! My husband and I decided never to go to sleep angry with each other. We’ve been awake since a week last Thursday.



**My body sometimes feels sore, but it works. I don't sleep well most nights, but I do wake up to fight another day. My wallet is not full but my stomach is. I don't have all the things I ever wanted but I do have everything I will ever need. My Life is by no means perfect, but it's my life and I'm happy.**



**Member news.** We welcome Chris Lewis (our Tai Chi instructor) and David & Enid Ball, plus Monica & Owen Roberts. We wish them all many happy years with us. Les Tibbles has moved into a care home following his recent hospitalisation at Royal Derby. He has also decided to stop driving but is disappointed to give up his independence. We wish him well. Paul Taylor is doing well but because he is classed as at risk, he is unable to resume his role as a volunteer role at Royal Derby Hospital, which he was proud to fulfil. We wish all members a healthy outcome to all their troubles



**News from BHF.** When it gets cold our bodies adjust to hold onto our core heat and stay warm. This adjustment can be harder for those with a heart condition.

The cold weather takes away your body heat so your heart needs to work harder to keep you warm. Your blood vessels will narrow so your heart can focus on pumping blood to your brain and other major organs.

Cold temperatures can cause:

A. your heart to pump faster B. an increase in blood pressure C. your heart to work harder than usual. D. your blood to thicken, which in worst cases can lead to blood clotting. This increases your risk of [heart attacks](#) and [strokes](#).

During winter, it's important to know the effects of cold weather on your body, and the risks for your heart health. Elderly people are especially vulnerable in winter months.

What can I do to protect my heart this winter?

Try our 7 ways to stay warm and protect your heart this winter:

1. Keep your home warm and stay indoors as much as you can when it's very cold. Layer up with socks, jumpers and blankets. You could use a hot water bottle or an electric blanket.
2. Stay active indoors to build up your core temperature and boost your immune system. Try our [7 easy exercises to do at home](#).
3. Have regular hot meals and drinks to give your body the energy it needs to keep you warm. A bowl of [home made vegetable soup](#) can be healthy and filling. You could also try our [healthy dinners for cold winter nights](#).
4. Wrap up warm in layers of clothing when going outside in cold weather. Wearing a few thin layers can help keep you warmer than one thick layer. Wearing a hat, scarf and gloves will help to maintain your core heat.
5. If you get [angina](#) (chest pain), wear a scarf wrapped loosely around your mouth and nose or wear a face mask, so you breathe in warmer air. This may help to limit your symptoms if they get worse in the winter.
6. Learn how to make your home more energy efficient, and receive any financial help that you're entitled to by contacting the [Winter Fuel Payment Centre](#) on **0800 731 0160**. Citizens Advice have useful advice on [making your home energy efficient](#).

7. If you feel like you're coming down with a cough or a cold, try to rest and drink plenty of fluids. Get advice from your GP or pharmacist with regard to over the counter remedies as some may not be suitable if you're taking medication.

Can the flu affect my heart condition?

In the winter months, the chance of catching the flu (seasonal influenza) increases. The flu can be more serious for people with heart conditions.

- We have advice on [how to avoid catching the flu](#), the flu's symptoms, and how it can affect any medication you might be taking on the [flu \(seasonal influenza\) page](#).

If you have a heart condition, we recommend you talk to your GP or practice nurse about having a flu vaccine. It's free if you're aged 50 or over or have a certain health conditions. There are also [other factors](#) that mean you can have the jab for free if you're not in those groups.

If you're aged 65 or over or have certain health conditions you're also eligible for the [pneumococcal vaccine](#).

Who is most at risk during cold and flu season?

If you have a heart condition or are elderly, you may be considered vulnerable in winter months. But if you take the steps to stay warm and look after your immune system, you'll give yourself the best chance of a quick recovery even if you do catch a winter bug.

It's harder for elderly people and very young children to regulate their own body temperature. This puts them at higher risk in extreme weather. As well as protecting your own health, always remember to keep in touch with elderly and vulnerable friends, family and neighbours during cold snaps to make sure they're warm and comfortable.

- Heart attacks are more common in winter. Make sure that you can recognise the [symptoms and signs of a heart attack](#) and phone 999 for an ambulance immediately. Source: [Will cold weather affect my heart condition? we talk about how cold weather affects your heart and what you can do protect your heart in the winter | BHF](#)



**It is that time of year** (again). Yes, with a new year just around the corner, membership renewals are due from 1 January 2022. There are several methods where you can pay.

- 1) By cheque to The Treasurer, 6 Keats Avenue, Littleover, Derby DE23 4ED.
- 2) At [www.takeheartderby.co.uk](http://www.takeheartderby.co.uk) and follow the instructions.
- 3) By cash or cheque at one of our Events.

You gift can be worth an additional 25% more if you are a UK taxpayer. As a charity we can apply for Gift Aid from HM revenue and it does not cost you more than the amount you donate. This will enable you to continue receiving monthly Newsletters, birthday cards, subsidies for some events during the year and to allow us to make charitable purchases for cardiac departments at University Hospitals of Derby & Burton NHS Foundation Trust. Thank you for your continued support especially during the last two years of the coronavirus pandemic.



Yesterday my husband thought he saw a cockroach in the kitchen. He sprayed everything down and cleaned thoroughly. Today I'm putting the cockroach in the bathroom.



## Ten gardening tips for October

- Check your winter protection structures are still securely in place
- Check that greenhouse heaters are working
- Insulate outdoor taps and prevent ponds from freezing
- Prune open-grown apples and pears (but not those trained against walls).
- Prune acers, birches and vines before Christmas to avoid bleeding.
- Harvest leeks, parsnips, winter cabbages, sprouts and remaining root crops
- Trees and shrubs can still be planted and transported.
- Take hardwood cuttings
- Keep mice away from stored products
- Reduce watering of house plants.

Source: [Gardening in December - jobs to do this month / RHS Gardening](#)



## 2022 Calendar is now available. Your calendar is on its way



to you, some by hand delivery (thanks to those helping out) and some via snail mail. Additional copies are available via Michael at £5.00 each plus £1.53 postage.



## Protect yourself against scams (internet & phone)

**Stop:** Unsolicited offers of large sums of money in return for a small upfront payment should always raise a red flag. Taking a moment to stop and think before parting with your money or information could keep you safe.

**Challenge:** Could it be fake? Remember, you can't win a prize in a competition you didn't enter. It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

**Protect:** If you think you've been a victim of fraud, contact your bank immediately and report it to [Action Fraud](#) online at [actionfraud.police.uk](https://actionfraud.police.uk) or by calling 0300 123 2040.

You can find further protection advice around lotteries and competition on the [Gambling Commission's website](#).

For more of the government's latest advice on how to stay secure online, visit the Cyber Aware

website: <https://www.ncsc.gov.uk/cyberaware>



## There's no getting away from them!

I've just fired myself from household cleaning – I didn't like my attitude and I also got caught drinking on the job.

My wife did not order anything on Amazon yesterday. The UPS delivery man knocked on our door today to see if we were ok.

Santa has been reading all your internet posts. Most of you will be receiving bibles and dictionaries!

Corn makes whiskey. Wheat makes beer. Grapes make wine.

Potatoes make vodka. Cannot get drunk without farmers!

Why is it much easier to fall asleep on the settee unintentionally than it is to fall asleep in bed intentionally.

Four stages of a man's life. 1 You believe in Santa. 2 You don't believe in Santa. 3. You are Santa. 4. You look like Santa.

I stress about stress before there's even stress to stress about.

Then I stress about stressing over stress that doesn't need to be stressed about. It's so stressful.

When I grow up, I want to be a retired lottery winner.



**Calling notice of EGM.** There will be an Extraordinary General Meeting on 14 February 2022 prior to our first speaker meeting. In 2021 we held our AGM via postal ballot, following permission from the Charity Commission. The result of our 2021 postal ballot saw 121 members cast their votes which added even more credibility to the validity of the committee members who have worked tirelessly for several years. We now wish to formalise this process and thus we need to include details within our Constitution. Clauses have been copied from the Charity Commission proforma, but it needs your vote to make it possible. We will also take this opportunity to update two other points by referring to the University Hospitals of Derby & Burton NHS Foundation Trust which replaced Royal Derby Hospital NHS Foundation Trust in 2018 and reduce the number of attendees required for our AGM. Full details can be emailed to interested parties on application to your Chairman. The proposal will be: To adopt amendments to

Para 15 expanded to include voting by post and email

Para 32 added to highlight use of Electronic Communications

Renumbering of para's 32,33,34 to 33,34,35

Para 3/(6) amended to "the hospitals of the University Hospitals of Derby & Burton NHS Foundation Trust (UHDB)

Para 12/(2) Quorum reduced from 25 to 11( 5% of current membership)

Proposed by Michael Flude, seconded by Margaret Storry. Your support is requested at this meeting to make these amendments to our Constitution, which your committee see as vital to our ongoing position.

**In the event of February's meeting being suspended, this item will be carried forward to our meeting on 14 March 2022.**



### **Some Christmas crackers**

Why does Christmas dinner vegan this year? Because Turkey is on the Red List and vegetables are all green.

Which vaccine did Father Christmas get? Mince Pfizer.

Which vaccine did the three wise men get? The Wiser jab.

Why did Rudolph's nose have to self-isolate? It failed the lateral glow test.

Why didn't Santa relace Comet & Cupid when they left to become HGV drivers? It was 2 deer.

Why are we only having broccoli, cabbage and peas as veg this year? Because 52 percent of the family voted no to Brussels

I am staying up on New Year's Eve this year. Not to see the New Year in but to make sure this one leaves.



### **November coffee morning.** Another morning spent amongst

friends, including someone we have not seen for a very long time. Bob Bletchley popped in and recounted some of the health issues he had experienced during lockdown. He intrigued a newer couple Carl & Sharon with his history within the group. We also met David & Enid Ball, who made their first visit to us, with a



lot of questions written down (good idea as most of us suffer from "old timers disease").

Having successfully answered all their questions, they decided to join our group. Brilliant news. Others were renewing friendships, which has become the format of our group.



## **The origins of an Angel on a Christmas Tree**

One Christmas season, a long, long time ago, Santa was getting ready for his annual trip. There were problems everywhere this year. Four of his elves were off sick and the trainees were not as fast at making toys as the regulars. Santa started to feel the pressure. Mrs Claus mentioned that her Mother was coming to visit. This stressed Santa even more. When he went to harness the reindeer to his sleigh, he found three of them were sick and two had jumped the fence and were nowhere to be found. More stress. As he loaded his sleigh one of the boards cracked and the bag of toys fell to the ground. Santa was not in the best of moods. Then the doorbell rang, and Santa found an Angel at the door, who said cheerily, "Merry Christmas Santa. Isn't it a lovely day? I have a beautiful tree for you. Isn't it just a lovely tree? Where do you want me to stick it?" Thus, began the tradition of the little Angel on top of the Christmas tree.



## **Christmas dinner 2021**



Our first Christmas dinner since December 2019. Sounds odd, doesn't it. There is obviously some concern about attending such

events but nevertheless, forty eight members and nursing staff attended our evening at Mickleover Golf Club. The evening was co-ordinated by Margaret Storry, assisted by Pam Fearn and Margit Staehr. There were 29 raffle prizes and tickets were purchased so eagerly, we had to obtain more from the Golf Club staff. The raffle raised £200.00, for which Michael thanks members for their donations and for the spirit in which they supported Take Heart (Derby). He was delighted to welcome our President, Dr Julia Baron and a number of nurses from ward 408 and Cardiac Rehabilitation. We received a large number of thanks and compliments during and since the event. Great stuff.



## Programme of Events



### December 2021.



Tuesday 21<sup>st</sup> Christmas coffee morning **CANCELLED**

**January 2022.** You are all aware of the latest Covid-19 variant, Omicron. It is now spreading in the UK at an alarming rate. The Government have advised that this variant is not as serious as previous versions but have reverted to Plan B (see notes on pages 1 & 2). Hospitalisations are not as high as in previous times but the first death from this variant has been announced.

A third vaccine dose increases your protection to around 70% but it will not prevent you from catching this infection. The symptoms are mild by comparison but serious enough for some to require hospital treatment.

As a responsible committee, we held an emergency Zoom meeting to discuss how Take Heart (Derby) should respond. All the positives and negatives were examined from the available information we have access to. Your wellbeing was uppermost in our discussions and we feel that inviting you to attend any of our

planned events would be unwise and we would not want any mishap on our conscience. Accordingly, we have taken the decision to suspend our Programme of Events with immediate effect.

Your committee meet regularly via Zoom and will re-examine the situation when we meet on 11 January 2022. An announcement will be made within the January Newsletter when we look at the information available. If circumstances improve, we anticipate re-starting our Programme from the 1 February but that is far from guaranteed.

We apologise for this interruption to our programme but we believe you understand our concerns. If you need to talk about anything, please contact a committee member.

In the meantime, we wish you a healthy and merry Christmas and a happy New Year.



### **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](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