

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Merry  
Christmas

Newsletter December 2023



Formal check presentation to the British Heart Foundation and November coffee morning.

Our November coffee morning was attended by no less than thirty-three members. Wow, it is getting better by the month. Pre BC (before covid) numbers were regularly around fifty per month. We gathered to formally present YOUR jam jar money to BHF manager Paula Scaife. The money was in fact transferred to the BHF some time ago, but it proved difficult to arrange for Paula to visit us. Better late than never, we managed it. £290.93 was the total of your donations this year. This popular event is beginning to look like it used to. Thank you everyone who attended. Next time bring another guest, friend, or member to our Christmas event on 19 December. There will be **FREE** tea and coffee plus mince pies/cakes and our last chance to socialise before the Christmas festivities. See you there.



Annual donations can be paid for 2024 NOW. There are several ways to pay these donations. The minimum donation is still £10.00 but you can donate more if you wish.

(1) By electronic bank transfer (BACS) directly into our account with: Co-operative Bank Sort Code: 08-92-99 Account Number: 67189278 (don't forget to add your name & post code or email confirmation to treasurer@takeheartderby.co.uk to confirm your payment.

(2) Use our web page to pay by credit card, simply follow the instructions.

(3) By cash or cheque to "Take Heart (Derby)" at any event to a committee member or post to 105 Ferrers Way, Allestree, Derby DE22 2BE

(4) Telephone Michael for assistance



Looks like Santa got my list!



Birthdays. Happy birthday this month go to Maggie Adams, Cynthia Bland, Neal Blatherwick, Margaret Bosworth, John Bucknell, Pat Cant, Mary Cox, Sue Cullen, Fred Evans, Ray Grant, Michelle Hallam, Rita Hancock, Jon Haswell, Michael Laxton, Pat McCormick, Chris Mills, Maureen Mole, Lilian Payne, Rex Plummer, Ann Smith, Sue Walker, Stan Werbinski and Susan Wesson. 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.



**Nobody told me
that when you
get a husband
the ears are sold
separately.**

**The ending of our birthday card
for members..**

For a few years we received wonderful cards made by a lady in the West Midlands, assisted by her friend who dealt with the administration. Sadly, we have received notice they are to retire. Many of you have notified me about the quality of the birthday card you receive, these ladies will be missed. We have been unsuccessful in finding another card maker. The current cards will cease at the end of February 2024.



Lunchtime Concerts Series – Musical recitals

Make the most of your Friday Lunchtimes and treat yourself to a relaxed 45-minute recital in the beautiful surroundings of Derby Cathedral. All recitals are free to enter and begin at 1300. Tea, coffee, and biscuits are also available beforehand. Weekly programme

Source: [Welcome to Derby Cathedral | Derby Cathedral](#)



Sing this to the tune of "Jingle Bells"

**DASHING THROUGH THE SNOW, IN MY
RUSTY CHEVROLET,
DOWN THE ROAD I GO, SLIDING ALL THE
WAY. I NEED NEW PISTON RINGS, I NEED
SOME NEW SNOW TIRES. MY CAR IS
HELD TOGETHER BY A PIECE OF
CHICKEN WIRE.**



**OH, RUST AND SMOKE, THE HEATER'S
BROKE, THE DOOR JUST BLEW AWAY. I
LIGHT A MATCH TO SEE THE DASH AND
THEN I START TO PRAY-AY. THE FRAME
IS BENT, THE MUFFLER WENT, THE
RADIO'S OKAY. OH WHAT FUN IT IS TO
DRIVE THIS RUSTY CHEVROLET!!**

Da Yoopers



Ten gardening tips for December

- 1 Check your winter protection structures are still securely in place. Cold, wet, windy winter weather can damage trees, shrubs and garden structures such as trellis. Improving shelter, staking plants, mulching, wrapping pots and careful matching of plants to places will help to prevent this kind of damage.
- 2 Check that greenhouse heaters are working. The high cost of fuel and the desire to garden sustainably are concentrating gardeners' attention.
- 3 Insulate outdoor taps and prevent ponds from freezing. If your pond is stocked with fish and it does freeze over, melt the ice by placing a hot pan on the surface, or install a pond heater or water feature to prevent freezing occurring.
- 4 Prune open-grown apples and pears (but not those trained against walls)
- 5 Prune acers, birches and vines to avoid bleeding
- 6 Harvest leeks, parsnips, winter cabbage, sprouts and remaining root crops
- 7 Trees and shrubs can still be planted and transplanted
- 8 Take hardwood cuttings
- 9 Keep mice away from stored produce
- 10 Reduce watering of houseplants

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



**I can't imagine how stressful
the holidays are for my
husband.**

**Imagine having to wait until
Christmas to find out what
gifts you bought everyone.**



Another equipment purchase for Ward 408 (cardiac ward)

Michael can be seen with a new observation machine, with staff from ward 408. They are Unni Jose HCA, Ann-Marie Meadows ACP, Kia Morris RN and Ryan Owen Housekeeper. This equipment is used constantly as nurses check blood pressure and heart rate etc to ensure patients basic health is on track. Senior Sister Marie Jackson said, "This equipment is vital for us to ensure patients are responding to treatments. Our thanks to Take Heart (Derby) yet again for their generosity and continued support. Thank you everyone."



I'm the type of husband that helps his wife look for her missing chocolate that I ate.

Protect yourself, and your money by using recommended secure payment methods and reading reviews from reputable sources to check sites and sellers are legitimate. Only use retailers that you trust, or authorised sellers named on official websites when shopping for deals online.

Be alert to :

- ⚠ Offers that seem 'too good to be true'... they likely will be!
- ⚠ Websites that are only days or weeks old.
- ⚠ Anyone who encourages you to make payments outside of normal secure payment options – be particularly cautious of bank transfers as you have no protection.

Our advice :

- ⚠ Avoid clicking on links in unsolicited emails, social media posts, and pop-up ads.
- ⚠ Access the website you're purchasing from by typing it into your web browser, not a link in an email.
- ⚠ Why not make use of GetSafeOnline's WebCheck as one of your measures.

[Free Website Scam Checker - Check a website by Get Safe Online](#)

If you are unsure :

- ⚠ STOP : Taking a moment to stop and think before parting with your money or information could keep you safe. Ask the advice of someone you know and trust.
- ⚠ CHALLENGE : Could it be fake? It's ALWAYS ok to reject, refuse or ignore any requests that you're unsure about. Only criminals will try to rush or panic you.
- ⚠ PROTECT: Contact your bank immediately if you think you've fallen for a scam and report it to Action Fraud www.actionfraud.police.uk

Source:= neighbourhoodalert.co.uk



**According to my
chocolate advent
calendar, there
are only three
days till
Christmas.**



Member news. Mary Blundell suffered a TIA and a chest infection. She has returned to her home to continue her recovery. Michael Brinkworth is awaiting an operation to ease his health issues. Gill Flatman has broken her ankle whilst out walking but is at home and now in the “slow lane”. Several members are suffering from a cough and sore throat, which could also be the symptoms of covid – please take care. We wish all members improved health.



**I hate it when
I'm singing
along to a song
and the artist
gets the lyrics
wrong...**



Christmas Lunch at The Grange Banqueting Suite.



A fabulous way to begin the festive season was enjoyed by all at our Christmas luncheon. There was a great selection of meals including traditional Christmas fayre, with all choices cooked to perfection, and the service was just as good. Set in a warm and welcoming room at the banqueting Suite, forty-five members attended this brilliant experience, including our President Dr Julia Baron, and three nurses from cardiac rehab. Take Heart (Derby) is renowned for its raffle prizes - there were twenty-eight prizes in total (now where does anyone offer more). All but one prize was donated by member Tina Whitfield, thanks Tina. Pam Fearn, Margit Staehr and our nurses were involved with the raffle which raised £151.00. Thanks go to Margaret Storry who organised the event and included a reminder of our meal choices on our place marker (because I for one, had forgotten what I had ordered). The biggest thanks must go to those who attended. It was hearing your lovely comments afterwards that rewards all those who work tirelessly behind the scenes to ensure all is well.



News from the BHF. An AI tool that can predict 10-year risk of having a heart attack could transform treatment for patients who undergo CT scans to investigate chest pain, according to new research we've funded. The research, was presented today at the American Heart Association's Scientific Sessions in Philadelphia. In the first real-world trial of the AI tool, it was found to improve treatment for up to 45 per cent of patients, and could potentially save the lives of thousands with chest pain, who may not have been identified as at risk of a heart attack. Every year in the UK around 350,000 people have a cardiac CT scan – the standard test to identify any narrowing or blockages in the coronary arteries. In around three quarters of cases, there is no clear sign of significant narrowing, so patients are often reassured and discharged. Unfortunately, many of these people

go on to have a heart attack in future, because small, undetectable narrowing may break up if they are inflamed, blocking the arteries. Until recently, it was not possible to identify these patients at risk. In the new study, led by Professor Charalambos Antoniades at the University of Oxford, analysed data from over 40,000 people undergoing routine cardiac CT scans at eight UK hospitals. Participants were followed up for a median of 2.7 years. They found that while those with significant coronary artery narrowing were more likely to have serious cardiac events or death, twice as many patients with no significant narrowing experienced heart attacks and cardiac deaths. The team used a new AI tool, trained using information on changes in the fat around inflamed arteries, as well as information on narrowing of the arteries and other clinical risk factors. Further testing over a longer period revealed it could independently and accurately predict risk of cardiac events. Among those with no obstructions to their arteries, those with the highest levels of inflammation in their blood vessels had a more than 10-fold higher risk of cardiac death compared to those with lower levels of inflammation. In a world-first pilot, the team provided AI-generated risk scores to clinicians for 744 patients. They found that, in up to 45 per cent of cases, clinicians altered patients' treatment plans, indicating that this AI tool could be hugely valuable in guiding and informing how patients with chest pain are managed, ensuring early identification and preventative treatment of those at highest risk. Analysis comparing the use of the AI tool to standard care revealed it was highly cost-effective for the NHS. In addition, the researchers estimate that implementing this technology in the NHS could lead to over 20 per cent fewer heart attacks and 8 per cent fewer cardiac deaths and strokes, among those having the test. With the technology required to power the AI tool already commissioned by NHS England for a pilot programme in five NHS hospitals, the researchers are hopeful that it could soon be rolled out across the UK. Professor Charalambos Antoniades, BHF Professor of Cardiovascular Medicine at the University of Oxford, said: "Our

study found that some patients presenting in hospital with chest pain – who are often reassured and sent back home – are at high risk of having a heart attack in the next decade, even in the absence of any sign of disease in their heart arteries. Here we demonstrated that providing an accurate picture of risk to clinicians can, alter and potentially improve the course of treatment for many heart patients. “We hope that this AI tool will soon be implemented across the NHS, helping prevent thousands of avoidable deaths from heart attacks every year in the UK.” Source: [AI tool could help prevent thousands of heart attacks - BHF](#)



Entertaining again recently. The Take Heart Singers entertained residents and families at Fraser Hall, Leylands recently. After a long layoff due to ill health, the singers were in fine voice at one of our favourite venues. They were so good, they encouraged the audience to sing along, which in turn inspired the singers further. Brilliant. Encores were requested and we could have been there until midnight. Everyone departed in great spirits, with enquiries as to when we will return.



Next up, the Singers assisted the Rotary Club of Derby to entertain groups from elderly person homes and other support

groups from across Derby, together with their carers. Around 120 guests and carers enjoyed a Christmas themed entertainment and afternoon tea. Words to songs were projected onto a screen for the benefit of the audience to join in. St Alkmunds is a truly mammoth space. Special guest, the mayor of Derby City Council, Cllr Alan Graves joined in the singing with Michael's radio mic. Our Singers opened with a couple of "old Time songs", followed by our theme song (Wind beneath my wings) and then lots of Christmas songs. Pupils from St Emanuel's School also performed a few numbers. After refreshments the Rotary Choir closed the afternoon events with everyone leaving happy and full of Christmas spirit.



Jam Jar Challenge 2024.

In February we bring our cash that we have been collecting together over the past twelve months. We throw it in a bucket, bank it and then present a cheque to the British Heart Foundation. You can attend the coffee morning in February to make a cash donation or send a cheque to the treasurer or donate through our website. Please help us to support vital research funded by the BHF.





Programme of Events

December.

- Tuesday 19th Christmas coffee morning with carols at The Cube café/bar from 10.30AM.
- Wednesday 20th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.



January.

- Wednesday 3rd Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 5th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Monday 8th Here is a topic we might all need help with – Energy Saving. Peter Burgess will offer useful helps and tips which will save energy and money. Not to be missed.
- Wednesday 10th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 12th Singing for Fun at 10.00AM in St John's Methodist Church Hall.

Tuesday 16 th	Lunch at The Jonty Farmer, Kedleston Road, Derby DE22 1FT at noon.
Wednesday 17 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 19 th	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Wednesday 24 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 26 th	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Tuesday 30 th	Coffee morning at The Cube café/bar from 10.30AM.
Wednesday 31 st	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.



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 07852 696930, Pam Fearn 01332 606563, Richard Flatman 01332 557028, Robert Jones 01332 608219, 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 07352 619386.

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.

Affiliated to the British Heart Foundation