

Take Heart

(Derby)


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


www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter February 2019

 **It's that time of year again.** Many thanks to all those who have promptly renewed their membership for 2019. There are still a few who need to do this a.s.a.p. please. 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. Please send a cheque payable to "Take Heart (Derby)" to M Staehr, Treasurer, Take Heart (Derby), 6 Keats Avenue, Littleover, Derby DE23 4ED. There are still **fourteen households** who have not completed the revised membership form. **It is essential for you to complete the new forms to enable your group to comply with the General Data Protection Regulations which came into force in May 2018 (almost a year ago).** Additionally, if you are a tax payer then please sign section 4 to enable **your** charity to claim Gift Aid, which does **NOT** require a further donation from you – the money comes from HMRC (probably the only time in our lives when the tax man gives something back). Thank you for your continued co-operation and support.

 **Lunch at The Argosy.** A terrific eighteen members turned out to this conveniently located hostelry on the Ring Road, close to the Royal Derby Hospital. Such a pity that one of the chef's failed to arrive on the day of our visit. There was understandably, delays in receiving meals at the table but other than one or two exceptions the meals were very tasty and represented good value. This is such a popular venue for Take heart (Derby) members that it features on our list of Pub lunches most years. Indeed, quite a few members dine here regularly. Next month our lunch will be taken at the Jonty Farmer on Kedleston Road on 19th March.



♥ **Love this Japanese Doctor! Question:** Is getting in shape important for my lifestyle? **Answer:** Hey! 'Round' is shape!


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


♥ **January coffee morning.** Two recent and one new member attended our coffee morning in January. Trevor & Doreen Swain attended their first event since joining. Pat Gallimore attended and was surprised and pleased to meet people she already knew. She promptly completed a membership form on the day. There were a number of apologies for absence but it was nice to see some folk we have not seen for a while. Nice to see you all – will you be contributing on 26 February (see Jam Jar Challenge).




♥ **Important facts to remember as you grow old!** 1. Death is the number 1 killer in the world. 2. Life is sexually transmitted. 3. Good health is the slowest possible rate at which one can die. 4. Give a person a fish and you feed them for a day. Teach a person to use the internet and they won't bother you for weeks, months or maybe years. 5. Health nuts are going to feel stupid one day – dying in a hospital bed of nothing. 6. All of us could take a lesson from the weather, it completely ignores criticism. 7. In the 60's, people took acid to make the world weird. Today they take Prozac to make it normal. 8. Don't worry about old age – it doesn't last long.


♥ **Birthdays.** Happy birthday this month go to Norma Bracewell, Annabelle Evans, Babs Norton, Paul Riley, Dorothy Stevens, Les Tibbles and Julia Wedgewood. Not so many this month – what was wrong in May the previous year? We hope you all have a happy and memorable day.

 **Retired? Question:** Why does a retiree often say he doesn't miss work, but misses the people he worked with? **Answer:** He is too polite to tell the whole truth


 **It is Jam Jar Challenge this month.** Please bring all that lovely spare change you have been saving over the past year to the Cube café/bar on 26 February. It should amount to quite a lot now. If you have not been saving each week/month, you can send in your cheque (made payable to Take Heart (Derby)) to help the British Heart Foundation continue its research into cures for heart disease. We throw all the money into a bucket every February and present a cheque to the BHF Fundraising Manager when all monies have been accounted for. Send a cheque to our Treasurer today if you will not be at the coffee morning. The address is in the opening paragraph of this Newsletter.





 **Teacher Arrested At London Heathrow Airport.** A secondary school teacher was arrested yesterday at London's Heathrow International airport as he attempted to board an international flight while in possession of a ruler, a protractor, a pair of compasses, a slide-rule and a calculator. At a press conference, a UK Border Control spokesman said he believes the man is a member of the notorious extremist Al-Gebra movement. He did not identify the man, who has been charged by the Police with carrying weapons of maths instruction. 'Al-Gebra is a problem for us', the Spokesman said. 'They derive solutions by means and extremes, and sometimes go off on tangents in search of absolute values. They use secret code names like "X" and "Y" and refer to themselves as "unknowns;" but we have determined that they belong to a common denominator of the axis of medieval with coordinates in every country. As the Greek philosopher Isosceles used to say, "There are three sides to every triangle.'" In Washington, when asked to comment on the arrest, President Trump said, "If God had wanted us to have better weapons of maths instruction, He would have given us more fingers and toes." White House Officials told reporters they could not recall a more intelligent or profound statement by the President.


 **Take Heart (Derby) calendar 2019.** A limited number of copies are available at £4.00 each (plus post and packing of £1.50). The quality is very good and compares favourably with calendars on offer at £9.99 elsewhere. Order your extra copies early from Michael. Comments received include, "*I love being able to look at the calendar and be reminded there is an event taking place/Great stuff, the best calendar around the Derby area/* ". Let Michael know your thoughts.





 **A One Liner!!!** Just locked eyes with a spider, but instead of killing him, I ran away & hid so he can spend the whole night stressing about where I am.


 **More car parking spaces at Royal Derby Hospital.** A new staff car park next to the Royal Derby Hospital has opened to help free up additional spaces for NHS workers, patients and hospital visitors alike. Around 570 extra spaces have been created for hospital staff through the development of the Manor Car Park across the road from the hospital on Manor Road. Extending the car park represents a major boost for members of staff waiting for a space, with the expansion bringing the number of spaces available for staff at the hospital up to around 2,250 in total. Providing this extra parking provision for staff will also help ensure that the majority of the 1,200 spaces available on-site at the Royal Derby Hospital are reserved for patients and hospital visitors only. Paul Brooks, Director of Patient Experience, Estates and Facilities Management at UHDB, said: "We are absolutely delighted to now be able to make this extra parking provision available on the Manor Car Park. Our staff do a phenomenal job taking care of our patients and so it is only right that we do everything in our power to make life a little bit easier for them by reducing some of the stresses associated with their commute. Providing this extra capacity off-site also means that we'll be able to free-up more parking spaces for patients and hospital visitors across the Royal Derby Hospital site. Patient care will always be our top priority and we hope that the development of our car parks will improve our patients' hospital experience. Our car parks will remain busy however, so we would always advise hospital visitors to, where possible, consider public transport as a means of getting to our hospitals." UHDB staff with approved Manor Car Park permits have been able to park in the new section of the car park since the end of last month, after it was officially opened on 25 January by Dr Magnus Harrison, UHDB Executive Medical Director. A modular ward is currently being built on Car Park 1 at the Royal Derby Hospital, which will provide 28 additional beds this winter. Despite the closure of Car Park 1, an additional 32 car park spaces have actually been gained for the public by reserving Car Park 6a spaces for patients and hospital visitors only. Source:- Christian Wilson, Communications & Media Officer, University Hospitals of Derby and Burton NHS Foundation Trust


 **Love this Japanese Doctor!** Q: Aren't fried foods bad for you? A: YOU NOT LISTENING! Food fried in vegetable oil. How getting more vegetable be bad?

 **Swimming.** What a saga. Since 1990 Take Heart (Derby) members have been swimming at the Queens Leisure Centre every Wednesday. That all came to an end just over two years ago, when the family pool was closed to refurbish the roof. When the pool re-opened, our slot gave way to a public swim – the pool management team claiming they had never heard of TH(D). Pressure through Derby City Council saw us being offered a private swim in the teaching pool. This was not to everyone's liking and attendance dwindled. A few weeks ago we were advised that this allocation was now cancelled. A number of regular swimmers have been consulted and we have decided to swim each Wednesday at 2.30 PM in the family pool public session. It is usually quite at this time until school children start arriving from around 3.30 PM and so we tend to be out of the pool by this time. Swimming is great fun, good cardio-vascular exercise and another social event to cheer us all. Let me know what you think (politely of course).

 **Law of Gravity** - Any tool, nut, bolt, screw, when dropped, will roll to the least accessible place in the universe.

 **New members.** This month we welcome Heather, Gary & David Whitehead, Henry Watson, Malcolm & Carole & Amy Armit, Pat Gallimole, Sue & Alan Smith, Audrey & Leslie Francis, Susan & Maurice Wearmouth and Geoff & Pamela Dolby. Is our reputation growing? It is rewarding for all the hard work of committee members and others to see new members finding we are a worthy organisation to which they want to belong. Welcome to you all and we hope you enjoy many events with us.


 **Heard in the operating theatre-** Nurse, get on the internet, go to 'Surgery.com' and click on the icon 'Are you totally lost'


 **We hit the nail** on the head this month with our talk and demonstration about defibrillators. The subject was





introduced by Cllr Simon Spencer, who advised us that he was brought back from the dead by a colleague using a defibrillator to restart his heart whilst at work. He went on to thank the BHF for their research which investigates treatments for heart and circulatory issues. He was equally enthused by the skill and dedication of staff at Royal Derby Hospital and Glenfield who together have given him the opportunity to live life again. Then, paramedic John Whittaker, demonstrated a defibrillator in action or rather the defibrillator "told us" how it works. The instructions are given verbally by the machine whilst it analyses the medical condition of the patient. John followed the instructions he was given so that we could see how it looks. His demonstration included CPR compressions and mouth to mouth resuscitation and where to place the pads on the patient chest. John added, "Whatever you do, you cannot make matters any worse because the patient is already dead". I suppose that is correct. Simon took the floor again to appeal for continued funding to the BHF. Michael rounded things off by referring to this month's "Jam Jar Challenge" at the coffee morning on 26 February. See page 3

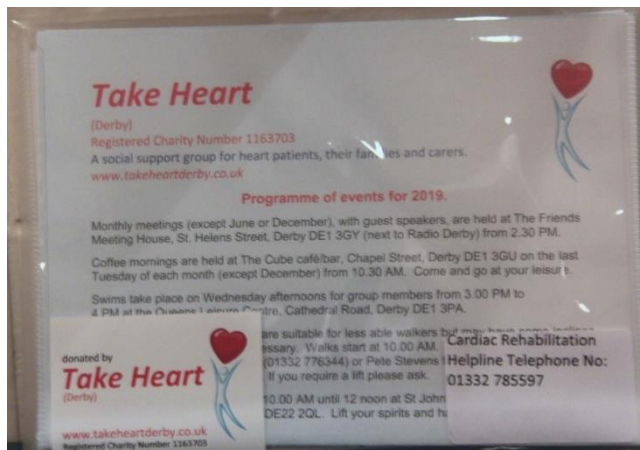
of this Newsletter. If you are unable to bring in your money to the coffee morning, post your cheque to the Treasurer with a note to donate to the BHF. We will hand over our combined money to the BHF in May. Great to see you all.


 **Thought for us all.** Two little girls playing on their 'tablet'. One said to the other, "I'm never having kids when I grow up. I've heard they take nine months to download".


 **Our next meeting** with a speaker is on 11th March when Bob Massey brings us "The Cup That Cheers. What will it do for you? Bob is a retired theatre consultant and designer whom has enjoyed "many a cuppa". We will certainly enjoy our cup of kindness after the meeting.

 **Another thought for us all.** "Be careful about reading health books. You may die of a misprint." - Mark Twain

 **Continuing to support Cardiac Rehab patients.** During 2018, Cardiac rehab felt that information leaflets given to patients passing through the department as a "phase three" patient was not retained. They suggested the use of A5 plastic wallets would enable all paperwork to be retained. Take Heart (Derby) were requested to help and so a new service was instigated. Already more than 1,000 wallets have been issued and we have recently purchased more to continue this good work. Each wallet will include a TH(D) Programme of Events and a membership form in addition to diet sheets, heart health information etc. The wallets are labelled as "Donated by Take Heart (Derby)" as can be seen.



 **A woman saves herself in Crocodile attack using a small Walking Stick.** This is a story of self-control and marksmanship by a brave, cool-headed woman with a walking stick against a fierce predator. Here is her story in her own words: "While out walking along the edge of a creek just outside of our house in Darwin, with my soon to be ex-husband discussing our property settlement, kids and other divorce issues, we were surprised by a huge 5 metre crocodile which suddenly emerged from the murky water and began charging at us very fast with its large jaws wide open. The Croc must have been protecting her young and her home because she was extremely aggressive. If I had not had my little \$5 Woolwoth's walking stick with me, I would not be here today! Just one hard whack to my estranged husband's knee cap was all it took. The Croc got him easily and I was able to escape by just walking away at a brisk pace. The amount I saved in lawyer's fees was really incredible and I got the lot."

 **Amendment to Programme – Spring Lunch will now take place on Tuesday 2 April. Please make a note in your diary.** You will find a menu choice sheet on page 9 this month. Please make your choices and notify Margaret Storry as indicated. Please be reminded that there is a 60 place maximum for this venue – book early.



Member news. Trisha Flude has returned home but is only progressing very slowly. She sends her thanks to all those who sent cards and messages of goodwill. Our thoughts are with Barry & Jean Birkin as Barry's ill health continues.. Pat Fitton has now given up driving, although she can still drive the problem is walking when she arrives at her destination – otherwise she is in good health. Dorothy Stevens is progressing well following hip replacement surgery. We wish all of you a speedy recovery. If you know someone who is ill, then please let Michael know.



Newsletter feedback. The following messages were received following last month's Newsletter: *"I have been advised how you were under pressure with your wife's hospitalisation but still managed to send the best thing to drop through my letterbox every month, fantastic/Another bumper edition, makes me proud to be a member/ Thanks again for another great Newsletter, marvellous/Loved the "drinking tea" joke but it's not so funny when I find my wife displaying the same symptoms/I am still chuckling about the "Five Deadly Terms used by a Woman" from the December issue (name and address withheld)/ the Japanese Doctor quotes are really funny".* Thank you to all those who respond, I achieve much pleasure in reading your comments (even the critical one's)! Please send your comments to Michael.



Extract from BHF News: - Heart patches grown at one of the BHF Centres of Regenerative Medicine are offering hope to those living with heart failure, this Valentine's Day. Grown in a small dish in a laboratory in central London, small heart 'patches', grown from stem cells are promising to heal hearts damaged after a [heart attack](#) and prevent, or even reverse [heart failure](#). Due in large part to research breakthroughs led by the British Heart Foundation, more people than ever before are surviving heart attacks, but sadly their hearts are often irreversibly damaged by being starved of blood during a heart attack. This means that an increasing number of people are living with heart failure – a debilitating and life-changing condition that makes even simple tasks like climbing the stairs or dressing completely exhausting. Now, a team led by Professor Sian Harding at Imperial College London are developing ways to repair this damage, using thumb-sized patches of heart tissue, grown from stem cells. These patches can be grown from a person's own skin cells, to create a personalised heart repair patch to stop or even cure heart failure. February is Heart Month and the 14th is, of course, Valentine's Day but these scientists are working every day and every month to keep hearts beating and blood pumping. Professor Sian Harding leads the [Centre of Regenerative Medicine](#), a collaboration between universities in London, Nottingham, Glasgow and Hamburg in Germany, all working towards the common goal of repairing damaged heart tissue. Professor Jeremy Pearson, our Associate Medical Director said: "Due in large part to research we've funded, more people are surviving heart attacks than ever before. But that means there's a growing number of people at risk of heart failure, as their hearts can't recover from the damage caused by the heart attack. Heart failure is a debilitating and life-changing condition with no cure, making everyday tasks incredibly difficult." Source:- <https://www.bhf.org.uk/what-we-do/news-from-the-bhf/news-archive/2019/february/mending-broken-hearts-this-valentines-day>



Forthcoming events



February.

Tuesday 26th Coffee morning at The Cube café/bar from 10.30AM.
 Wednesday 27th Swimming at the Queens Leisure Centre **FROM 2.30 PM.**



March.

Friday 1st Singing for Fun at 10.00 AM St John's Methodist Church, Allestree.
 Wednesday 6th Swimming at the Queen's Leisure Centre **FROM 2.30 PM.**
 Friday 8th Singing for Fun at 10.00 AM St John's Methodist Church, Allestree.
 Monday 11th Bob Massey brings us "The Cup That Cheers. What will it do for you? Bob is a retired theatre consultant and designer who has enjoyed "many a cuppa".
 Wednesday 13th Swimming at the Queen's Leisure Centre **FROM 2.30 PM.**
 Friday 15th Singing for Fun at 10.00 AM St John's Methodist Church, Allestree
 Tuesday 19th Lunch at the Jonty Farmer, Kedleston Road, Derby DE22 1FT
 Wednesday 20th Swimming at the Queen's Leisure Centre **FROM 2.30 PM.**
 Friday 22nd Singing for Fun at 10.00 AM St John's Methodist Church, Allestree
 Tuesday 26th Coffee morning at The Cube café/bar from 10.30 AM.
 Wednesday 27th Swimming at the Queen's Leisure Centre **FROM 2.30 PM.**



Exercise classes.

Royal Derby Hospital - Contact Christine Chambers on 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, to seek information on heart health.

Listening ears. 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 606583, 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.

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Registered Charity Number 116370



Spring lunch Tuesday, 2nd April 2019, 12 noon for 12.30

Mickleover Golf Club, off Uttoxeter Road, Mickleover, Derby DE3 9AF

Your menu choices are:

Starters:

- Leek & potato **soup** topped with crispy onions & freshly baked roll
- Salmon & dill **fishcake**, dressed salad & sweet chilli sauce
- Smooth duck & orange **pate**, melba toast & onion chutney

Main:

- Roast English **beef** with rich roast gravy & Yorkshire pudding
- Baked stuffed **chicken** supreme with smoked cheese and chorizo tomato sauce
- Grilled **salmon** fillet, courgette ribbons & prawn butter sauce
- Mixed vegetable **wellington** with red pepper sauce

Deserts:

- Citrus **tart** with mixed berry compote & raspberry sauce
- Deep filled **apple** pie with lashings of hot custard
- Toffee & vanilla **cheesecake** with toffee sauce

Tea, coffee or decaf-coffee, with dinner mints

Please make your selections by using the highlighted terms and send to:
Margaret Storry, 86 The Hollow, Littleover, Derby DE23 6GL 01332 766916

The cost is £20.00, including gratuity.

All monies to be paid by 16th March 2018

Cheques payable to "Take Heart (Derby)."

Name Choice starter

Choice main Choice desert

Name Choice starter

Choice main Choice desert

Name Choice starter

Choice main Choice desert

Name Choice starter

Choice main Choice desert