

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter February 2020



Our first luncheon of the year took place at the Jonty Farmer and was attended by



around a dozen members. It was a typical “after the lord mayors show (or more strictly speaking the after Christmas lull). A popular choice on the menu was an “all day breakfast WITH CHIPS. Wow, that would have been my choice had I stayed. As usual there was a lot of chatter catching up to do following the festive season. Oh!!! Several members seemed to over do it a bit with “knickerbocker glories”. Tempting or what. Can I assume you ladies walked those calories off

afterwards? No, I didn't think so.



Thank you to all those who have renewed your membership for 2020. 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. You can pay on line, go to www.takeheartderby.co.uk and select “Make a donation” and follow the instructions (don't forget to add your name). Alternatively, please send a cheque payable to “Take Heart (Derby)” to Margit Staehr, 6 Keats Avenue, Littleover, Derby DE23 4ED.



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.



Pun Fun

- Without geometry, life is pointless.
- When you dream in colour, it's a pigment of your imagination.
- Reading whilst sunbathing makes you well-red.
- When two egotists meet, it's an I for an I.
- A bicycle can't stand on its own because it is two-tired.
- What's the definition of a will? (It's a dead giveaway).
- In democracy it's your vote that counts. In feudalism it's your count that votes.
- A chicken crossing the road is poultry in motion.
- Show me a piano falling down a mineshaft and I'll show you A-flat minor.
- When a clock is hungry it goes back four seconds.
- The man who fell into an upholstery machine is fully recovered.
- A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
- A lot of money is tainted. It taint yours and it taint mine.
- A boiled egg in the morning is hard to beat.
- A plateau is a high form of flattery.
- The short fortune-teller who escaped from prison was a small medium at large.
- When an actress saw her first strands of grey hair she thought she'd dye.
- Bakers trade bread recipes on a knead to know basis.



We have moved. Our monthly speaker meetings now take place in St Mary's Church Hall. 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. Meetings will take place at 2.30PM on the specified date. If you are unsure then please contact Michael on 01332 380219.

**New Venue – St Mary's
Church Hall, Darley
Lane, Derby DE1 3AX**

Speaker for March. On Monday 9th we will have more fun and guaranteed laughter, said to be the best medicine, with Keith Blood and a talk entitled "Humorous Monologues and Poems. Just the tonic but no gin, I'm afraid



A man running a little behind schedule arrives at the cinema, goes in to watch the film that has already started, and as his eyes adjust to the darkness, he is surprised to see a dog sitting beside its master in the row ahead, intently watching the movie. It even seemed to be enjoying the film: wagging its tail in the happy bits, drooping its ears at the sad bits, and hiding its eyes with its paws at the scary bits.

After the film has finished, the man approaches the dog's owner, "Wow, your dog really seemed to enjoy the movie. I'm amazed!" "Yes, I can't believe it myself," came the reply. "He hated the book."



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.

♥ **A professional tip for all gentlemen**



♥ **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.

♥ **Terrible Christmas Jokes or just a cracker?**

Q: What is the cheapest way to travel around in Bethlehem?

A: On a Lidl donkey!

♥ **Birthdays.** Happy birthday this month go to Norma Bracewell, Jean Burdis, Richard Delaney, Annabelle Evans, Leslie Francis, Babs Norton, Paul Riley, Dorothy Stevens, Les Tibbles, Harry Walker, Mary Walsh, Henry Watson and Heather Whitehead. We hope you all have a happy and memorable day.



♥ **Member news:** It seems many of you were affected by the virus sweeping through our communities over the festive season. Some were not badly affected but others were hospitalised and in need of specialist treatment. As far as I am aware everyone got through it and are now safely at home and recovering well. Great news indeed. Barry & Jean Birkin are involved in an endless cycle of medical appointments. Molly Illesley says she is a bit up and down but thankfully more up than down. John Salt has suffered a bit of a set-back recently but is happily recovering at home. So too, is Pat Galimore, but Molly Blundell has gone to stay with her daughter to convalesce. Keep Michael informed about your health issues.



My friend asked me where I see myself in the new year. How would I know? I don't have 2020 vision.



Responses to our Newsletters are as follows: The following messages were about last month's Newsletter: - *"still get a huge smile even before opening the envelope knowing our Newsletter is inside/great edition to start the year, thanks/I can recall every fact in the "can you remember when" article but still can't find my glasses/I learnt more about my heart condition from the recent article in the Newsletter than any of my doctors have for the past three years. Very grateful/Not sure anyone will want my organs when the law changes/I hope I don't sneeze when I'm out with former friends/ Thanx Michael for wonderful newsletter. Always reminds me to lose weight, heart has a lot less to do if I was a stone lighter. My new year's Resolution"*. Send your comments to Michael



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.



Top Jokes of Yesteryear

Tim Vine – "Last night me and my girlfriend watched three DVDs back to back.
Lucky 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."



Flu jab. The flu jab has been 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. Unfortunately, the strain of flu expected mutated into something quite different which has caught out so many this winter. Stay indoors and drink plenty of fluids, ask friends and relatives to stay away to keep you and them from further discomfort.



Jam Jar Challenge 2020. On Tuesday 26th February we bring our cash together that we have been collecting over the past twelve months. We throw it in a bucket, bank it and then present a cheque to British Heart Foundation in June. The extra time allows you to top up donation with cheques in the post to our Treasurer. Last year it was a whopping £400.00. Please help to exceed that total this time.



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this



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



Organ donation law is changing in England. You all need to have a conversation with your family to ensure they know your wishes. Here is why! From spring 2020, organ donation in England will move to an 'opt out' system. You may also hear it referred to as 'Max and Keira's Law'. This means that all adults in England will be considered to have agreed to be an organ donor when they die unless they have recorded a decision not to donate or are in one of the excluded groups. You still have a choice if you want to be an organ donor or not when you die. The law is being changed to help save and improve more lives. Every day across the UK, someone dies waiting for a transplant. The NHS is asking everyone to (1) Record your organ donation decision on the NHS Organ Donor Register. (2) Tell your family and friends what you have decided. These changes will affect all adults in England unless they have recorded a decision not to donate or are in one of the following excluded groups: (a) Those under the age of 18. (b) People who lack the mental capacity to understand the new arrangements and take the necessary action. (c) Visitors to England, and those not living here voluntarily. (d) People who have lived in England for less than 12 months before their death.

Source: <https://www.organdonation.nhs.uk/uk-laws/organ-donation-law-in-england/>



News from Royal Derby Hospital Today we officially re-opened Theatre 5 in General Theatres at RDH after it underwent a complete upgrade.

That's not the end of the upgrades either, as we're working on Gynae Theatre 2 this month and General Theatre 6 for March, whilst we're also looking to open two new state-of-the-art orthopaedic theatres at QHB in April! All three RDH theatres are being upgraded by KARL STORZ as part of the managed service, with a complete revamp of the theatres set to include the installation of the latest OR1 technology, including 4K screens and new lights. Nigel Roberts, Deputy General Manager for Theatres, said: "This is a great day for UHDB, for the staff and patients with the opening of the new theatre. This now means that the surgical team have a clearer view of the anatomy with multiple screens in theatre to aid teaching nationally. "With the new technology comes additional storage of images, whether photos or videos, which will form part of a patients notes or used for teaching purposes. "This has been a year in the planning, so thanks to all staff disciplines across UHDB for making this a success story." Source: <https://www.uhdb.nhs.uk/latest-news/grand-reopening-of-theatre-5-at-royal-derby-hospital-7380>



Use it or lose it (an article to get you off your %\$£^ by Michael Payne).

The Arthritis Council has a motto – Use it or lose it. This refers to their advice to use your arms and legs to keep arthritis at bay. To people living in and around Derbyshire there are two other activities that could be applied to this motto: Your bus pass which is continually under threat. The more it is used then the greater resistance to it being taken away. Your public transport especially the buses. The numbers using the buses is part of the argument to keep them running and this is especially seen when reviewing buses to sites outside the main towns. Note that the County Council is proposing stopping some evening buses in the summer. Keeping the passenger numbers up will hopefully keep the bus numbers up for young and old alike. Look how far you can go on the buses from Derby bus station in one day: Via Chesterfield or Matlock to Sheffield, Via Nottingham to Newark, Via Burton to Birmingham via Lichfield. To Buxton by the Trans-peak and then on to Stockport. To Leek via Ashbourne. To Stoke via Uttoxeter. What about the other places worthy of exploration? Up the A6 to Belper, Matlock, Bakewell and Buxton. Ripley, Heanor, Wirksworth, Hucknall (take in IKEA) and Mansfield.

Start from Spondon to Ilkeston, Draycott and Sandiacre, Crich Stand, Haddon Hall and Chatsworth are all accessible. Where to find the timetables:

The easiest way is via the website for the County buses - <http://www.derbysbus.info> However there is an excellent advice desk in the Derby bus station and in many of the Tourist Information Centres. Bus stops have a mine of information about their individual services.

My suggestion is to start with the direct services from Derby:

The 6s -Belper, Ripley, Wirksworth, Matlock and Bakewell

The 9s – up towards Mansfield

The Trans Peak all stops to Buxton

To Burton and the Villager route

Having got into the swing of these various services then would be the time to plan to go further away but however you do it the Derbyshire scenery is worth the effort.

But before you do that what about visiting Derby Cathedral, Pickford House, the Museum, the Mayor's Parlour or the exhibition at the Quad?

Any queries then call us on 557162 or mjpayne@talktalk.net

Let me know how you get on. Could this be a new activity for Take Heart (Derby)?



Gentlemen – you may comment if you are brave enough!!!

“you left the toilet seat up”



♥ **The second meeting at our new home!** Colin Bowers travelled from Nottingham to highlight things we say and see are maybe not quite what it should be. Let me explain. He said he was very doubtful that his wife would not spend a lot of money when she advised she was “Going round the shops”. She would actually visit very nearly all of them!!!

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

♥ **News from the BHF.** Understanding atrial fibrillation. Atrial fibrillation (AF) occurs when electrical impulses fire in a disorganised way in the atria - the top chambers of the heart. It's one of the most common types of abnormal heart rhythm - around 1.3 million people in the UK have been diagnosed with AF, and it's thought another half a million people have AF but have not yet been diagnosed. AF can increase the risk of a blood clot forming inside the heart. If the clot is swept up out of the heart and into the blood vessels of the brain, it can cause a stroke. BHF Professor Barbara Casadei combines her role as a heart doctor at the John Radcliffe Hospital in Oxford with pioneering research to improve our understanding of AF. Her team at the University of Oxford has found that changes in the heart muscle of the atria start before AF occurs, and could be a cause of it. AF tends to come and go before it becomes persistent. The team has found that in cases where AF is persistent, the atria have lower levels of two proteins – ‘dystrophin’ and ‘neuronal nitric oxide synthase’. Professor Casadei is studying whether these changes can be prevented or reversed to stop AF from occurring and becoming persistent. By improving our understanding of AF and finding new ways to treat it, fewer people will be at risk of heartbreak from a stroke. Source: <https://www.bhf.org.uk/what-we-do/our-research/heart-conditions-research/heart-rhythm-problems-research>.

♥ **I know a father**, a grandfather and great grandfather who this would apply to. Can you Guess? Answers to Michael please.

Grandpa looked after the twins
and they came back like this.
He was tired of not being able
to tell who was who.





Spring Dinner to celebrate 35 years of Take Heart (Derby). See page 9 of this months Newsletter for further details. Yes, we are 35 years old this year. What an achievement so please turn up for this very special occasion. There is a £7.00 subsidy for members to encourage your attendance.



**Forthcoming events:
February.**

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|----------------------------|--|
| Friday 21 st | Singing for Fun at 10.00AM at St John's, Allestree |
| Tuesday 25 th | Jam Jar Challenge Coffee morning at The Cube café/bar from 10.30AM. Please bring in cash or cheques payable to "Take Heart (Derby)". |
| Wednesday 26 th | Swimming at the Queens Leisure Centre from 2.30PM. |
| Friday 28 th | Singing for Fun at 10.00AM at St John's, Allestree |

March.

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|----------------|---|
| Wednesday 4th | Swimming at the Queen's Leisure Centre at 2.30PM. |
| Friday 6th | Singing for Fun at 10.00AM at St John's, Allestree |
| Monday 9th | More fun and guaranteed laughter, said to be the best medicine with Keith Blood and a talk entitled "Humorous Monologues and Poems. Just the tonic. |
| Wednesday 11th | Swimming at the Queen's Leisure Centre at 2.30PM. |
| Friday 13th | Singing for Fun at 10.00AM at St John's, Allestree |
| Tuesday 17th | Lunch at the Oast House, Sinfin Lane, Derby DE23 8AG. |
| Wednesday 18th | Swimming at the Queen's Leisure Centre at 2.30PM. |
| Friday 20th | Singing for Fun at 10.00AM at St John's, Allestree |
| Wednesday 25th | Swimming at the Queen's Leisure Centre at 2.30PM. |
| Friday 27th | Singing for Fun at 10.00AM at St John's, Allestree. |
| Tuesday 31st | Coffee morning at The Cube café/bar from 10.30 AM. |



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.



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Registered Charity Number 116370

Spring Dinner Thursday 23rd April 2020, 7.00 for 7.30PM

The Grange Banqueting Suite, 457 Burton Road, Littleover, Derby DE23 6XX

Your menu choices are:

Starters:

Leek & potato **soup** topped with chive cream
Melon with fresh fruits & a fruit coulis

Main:

Roast English **beef** & Yorkshire pudding
Braised **chicken** with cider, rosemary & cream
All served with fresh, seasonal vegetables

Deserts:

Lemon & lime **cheesecake** with raspberry coulis
Eton mess

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 £27.00, including gratuity (members £20.00 only).
All monies to be paid by 10th April 2020

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

Affiliated to the British Heart Foundation