

# 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 February 2021



### **A brand-new challenge for the New Year!**

*Take Heart, Take Heart is the rallying cry  
That soon this lockdown will us pass by,  
Send me a ditty, a line or two,  
I know you can do it and so do you  
Try to keep it fun, we need to smile  
To keep us going for a little while.  
Not too short, not too long  
Maybe you could write a song?  
Come on, Take Hearters show what you can do  
And I'll get them printed, just for you.*

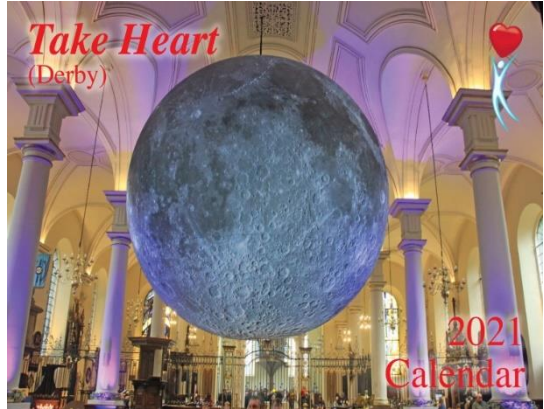
Send your own odes (not too long) to Trisha by email to [michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk) or post to 14 Brookside Road, Breadsall, Derby DE21 5LF. Each month one will be printed in the Newsletter and, if we receive enough entries, we might be able to print a booklet later this year.



**A little boy** gets home from school and says "Dad, I've got a part in the school play as a man who's been married for 25 years." His Dad replies "Never mind Son. Maybe next time you'll get a speaking part!!"



**New calendar for 2021.** 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



**The mother of a 17-year-old girl** was concerned that her daughter was having sex.

Worried the girl might become pregnant and adversely impact the family’s status, she consulted the family doctor.

The doctor told her that teenagers today were very wilful and any attempt to stop the girl would probably result in rebellion. He then told her to arrange for her daughter to be put on birth control and until then, talk to her and give her a box of condoms.

Later that evening, as her daughter was preparing for a date, the mother told her about the situation and handed her a box of condoms.

The girl burst out laughing and reached over to hug her mother, saying,  
“Oh Mom! You don't have to worry about that! I'm dating Susan!”



## Lockdown 3 Stay at Home

Here is a summary of the rules. They are not confusing (the reasoning behind them can be).

Stay at Home. No mixing of households indoors.

**If you were shielding earlier then shield again NOW.**

Support bubbles and childcare bubbles are permitted.

Primary, secondary schools and colleges are closed, except for key workers.

GCSE's will not take place this year. The Education Secretary will announce alternative arrangements separately.

Early years providers, nursery schools and special schools can stay open.

Churches are open for private prayer and communal worship within your household.

Only essential travel is permitted, no holidays in UK or abroad.

Tradesmen are permitted into your home (cleaner, plumber etc).

You can exercise outdoors with your household, support bubble or with one other person BUT STAY LOCAL, do not drive to a beauty spot. Derbyshire police are sending people home and you could be fined.

Golf courses, courts and pools are closed.

You may leave home for medical/dental appointments.

Garden centres will remain open but their café's are take away only.

Restaurants, pubs, cafés are open for take away only, until 11.00PM.

Supermarkets are open, suggest on-line or click and collect use rather than visiting, or asking family to collect it for you.

Hairdressers and nail bars are closed.

Marriages can take place in **exceptional** circumstances only.

Only travel to work if you cannot work from home.

Elite sport can continue with its established bubble arrangement.

All other sport is cancelled.

Viewing houses and house moves are permitted.



**A poem of out Times**, found by Christine Aldridge on Facebook (to help with your own submission).

I wandered lonely as a cloud  
Two metres from the madding crowd  
When all at once my name was called  
To enter Waitrose Hallowed hall

This was pensioners' special hour  
My wife said, "Buy some flour"  
But I forgot, when through the door  
What I had gone to Waitrose for

The Waitrose staff are very kind  
I told them it had slipped my mind  
They asked me what else I had forgot  
They clearly thought I'd lost the plot

I phoned my wife again to ask  
She reminded me of this special task  
"I need some flour to bake a cake  
With all that cream you made me take"

"Ah yes, of course" I had to lie  
I dared not ask what flower to buy  
But then I saw them next to the tills  
A bunch of golden daffodils!



**It's that time of year again.** Thank you to all those of you who have paid your annual fee, due each January. January sees the start of our new subscription year and 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 vaccine is on the way.** A vaccine is on the way. You will be contacted by a medical professional when you are eligible, so there is no need to telephone your GP or hospital. We wish to see all of you when our Programme can re-start so please accept the invitation for the vaccine. Quite a few of you have already received dose 1.

The government's Joint Committee on Vaccination and Immunisation (JCVI) has confirmed its priority list for the first phase of the UK's mass vaccine rollout, which has already begun. The priority list for the first phase is as follows:

- 1 - Residents in a care home for older adults and their carers
- 2 - All those aged 80 and over. Frontline health and social care workers
- 3 - All those aged 75 and over.
- 4 - All those aged 70 and over. Clinically extremely vulnerable individuals.
- 5 - All those aged 65 and over
- 6 - All individuals aged 16-64 with underlying health conditions which put them at higher risk of serious disease and mortality
- 7 - All those aged 60 and over
- 8 - All those aged 55 and over
- 9 - All those aged 50 and over

50 Hospitals have been identified as vaccination hubs. The ones closest to Derby/Belper/Duffield appear to be:

University Hospitals Derby Burton NHS FT. Chesterfield Royal Hospital NHS Foundation Trust. Nottingham University Hospitals NHS Trust. Derby Arena is now being used for the Oxford vaccine inoculations, in addition to GP surgeries and pharmacies. Additional facilities are expected to open-up in the near future. Keep alert for options.



**Birthdays.** Happy birthday this month go to Norma Bracewell, Jean Burdis, Richard Delaney, Annabelle Evans, Babs Norton, Paul Riley, Mary Smallwood, Dorothy Stevens, Les Tibbles and Harry Walker. 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.



**Murphy says to Paddy,** "What ya talkin into an envelope for?" "I'm sending a voicemail ya fool!"



A Doctor was addressing a large audience in Tampa...  
"The material we put into our stomachs is enough to have killed most of us sitting here, years ago.  
Red meat is awful. Soft drinks corrode your stomach lining.  
Chinese food is loaded with MSG.  
High fat diets can be disastrous, and none of us realizes the long-term harm caused by the germs in our drinking water.  
However, there is one thing that's the most dangerous of all and we all have eaten, or will eat it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?" After several seconds of quiet, a 75-year-old man in the front row raised his hand, and softly said, "Wedding Cake."



**A possible answer** to speed up the vaccination role out!  
Train all the Amazon delivery drivers to do it at home (deliveries).



**Getting to your vaccine appointment.** Derby Taxi firm, Albatross Cars are offering a FREE taxi ride to all over eighties to attend a vaccine appointment. Just call 01332 345345 and advise the call handler of your appointment date and time. You will need your appointment letter or message on your smart phone. This offer is open until mid February. Good luck.



**Love story for golfers.** A couple were having dinner one evening when the husband reached across the table, took his wife's hand in his and said, "Beth, soon we will be married 30 years, and there's something I have to know. In all of these 30 years, have you ever been unfaithful to me?" Beth replied, "Well Charles, I have to be honest with you. Yes, I've been unfaithful to you three times during these 30 years, but always for a good reason." Charles was obviously hurt by his wife's confession, but said, "I never suspected. Can you tell me what you mean by 'good reasons'?" Beth said, "The very first time was shortly after we were married, and we were about to lose our little house because we couldn't pay the mortgage. Do you remember that one evening I went to see the banker and the next day he notified you that the loan would be extended?" Charles recalled the visit to the banker and said, "I can forgive you for that. You saved our home, but what about the second time?" Beth asked, "And do you remember when you were so sick, but we didn't have the money to pay for the heart surgery you needed? Well, I went to see your doctor one night and, if you recall, he did the surgery at no charge." "I recall that," says Chuck. "And you did it to save my life, so of course I can forgive you for that. Now tell me about the third time." "All right," Beth said. "So do you remember when you ran for president of your golf club, and you needed 73 more votes?"



**A gift for the nurses.** Adding to the donation we made of a micro-wave oven, we have now supplied a toaster. So snacks are readily available in there breakout room on the ward, to give them renewed energy for their long shifts. It is a pleasure to support them.



Snr Sister Marie Jackson responded, *"We received the radios and microwave thank you very much these will be used well. Please tell take heart members thank you as well"*



## **FINE ART AND DIVORCE**

The lawyer says: "I have good news and bad news." The millionaire CEO replies: "I've had an awful day, let's hear the good news first." The lawyer says: "Your wife invested £ 2,000 in five pictures that she now says are worth a minimum of £2 million." The CEO replies enthusiastically: "Well done, that is very good news indeed! You've made my day; now what is the bad news?" The lawyer answers: "They are pictures of you in bed with your secretary."





**Member news.** Many of our members are simply fed up with seeing news reports of people ignoring the Stay At Home message and not socially distancing. Maggie Shaw, however, was delighted to see her Take Heart (Derby) birthday card to celebrate her 96<sup>th</sup> version. She is very chipper and getting help from her family. She is very cheered when the new Newsletter arrives each month, which she shares with her bubble. Shelia Watkinson is concerned about how she will attend our events (whenever that might be) because getting out and about has become difficult recently – any offers for an Ilkeston lift to Michael, please. Pauline Boutcher will see you all in a new light after cataract surgery during January. Betty Hassell is doing well in her nursing home. She smiles at everyone and apparently enjoys the Newsletter. Sue Walker is doing very well but looking forward to resuming our events (don't hold your breath Sue). Please keep Michael informed about your health issues. In the meantime **Stay at Home -Protect the NHS -Save Lives**



**English Humour!** Son: “Dad, we’re learning about prisms at school. They’re fascinating.” Dad: “That’s good son, because as a dyslexic boy, you’re bound to end up in one.”



**Our 2021 Programme of events is suspended until further notice.** We are disappointed to announce that we could not countenance asking any of you to attend events, given the state of coronavirus in our community. The committee feel very strongly that your health and well-being are more important than a meeting up of old friends. The Prime Minister must have anticipated our lead and has since announced a more severe list of restrictions. It looks like we made the right choice. I am certain that you are all disappointed but Your Life Matters. Watch this space for information in future editions where will announce events going back to somewhere near normal. Please ensure you talk to other members you know to re-assure them.



**When contacted by NHS** about an appointment for the vaccine, a nurse has requested this sensible information to be at hand. "A plea from NHS staff. Please, please, please, make sure you and your family all dig out your NHS number and have a copy of it immediately to hand for when you or they are called for the COVID job. From my colleagues on the front line this is far and away the biggest bottle neck when it comes to administering the vaccine to as many people as quickly as possible. You can find your NHS number on any NHS correspondence or through the app It would also be really helpful if you can share this message with everyone you know. Thank you." Please pass this request to everyone you know, for their time will come.



### **Alert – Coronavirus Vaccination Scams.**

Believe it or not, this is the latest scam. Action Fraud has received 57 contacts from the public who have received texts and emails supposedly from the NHS offering the vaccination. The message requests you to click on the link to register with personal and financial details. Pauline Smith of Action Fraud said, "The vaccine is only available through the NHS and is free of charge. The NHS will never ask for details of your bank account or to pay for the vaccine. If you receive an email, text or phone call asking you to pay for the vaccine, this is a scam". If you believe you are the victim of a fraud please report it to Action Fraud as soon as possible on 0300 123 2040 or visiting [www.actionfraud.police.uk](http://www.actionfraud.police.uk). Forward emails to [report@phising.gov.uk](mailto:report@phising.gov.uk).



**Police have just released** details of a new drug craze that is being carried out in Yorkshire nightclubs. Apparently, Yorkshire club goers have started injecting Ecstasy just above their front teeth. Police say the dangerous practice is called "e by gum"



**Will You Live to see 85?** Here's something to think about...

I recently changed to a new G.P. After two visits and exhaustive Lab tests, he said I was doing 'fairly well' for my age. (I've just reached 65). A little concerned about that comment, I couldn't resist asking him, 'Do you think I'll live to be 85?' He asked, 'Do you smoke tobacco, or drink beer, wine or hard liquor?' 'Oh not much grog these days and don't smoke' I replied. 'I'm not doing drugs, either!' Then he asked, 'Do you eat rib-eye steaks, fatty roasts and barbecued Ribs?' 'I said, 'Not much.... My former doctor said that all red meat is very unhealthy!' 'Do you spend a lot of time in the sun, like playing golf, boating, sailing, surfing, hiking, or bicycling?' 'No, I don't,' I said. He asked, 'Do you gamble, drive fast cars, or have lots of sex?' 'No,' I said... He looked at me and said,.. 'Then, why the heck do you want to live to 85?'



**A gift for patients** on ward 408. Being in hospital is no fun at the best of times. How to while away the hours can be tedious and stress full, especially during the pandemic when visitors are not permitted. Take Heart (Derby) have just purchased FIVE DAB radios for use in patient bays. We are advised there are a



few Derby County supporters eager to tune into the match. Is that not a recipe for heart troubles? Still, we wish all the patients well.



## Eager to return to exercise in Cardiac Rehabilitation?

When you resume the exercise classes, there will be a better tune (or tone) from the new music system Take Heart (Derby) have donated. It has radio, cassette tape and CD options, so be on your toes when it returns. Perhaps you could take in your own music???



Rachel O'Hara, Clinical Lead responded saying, *“Just to say thank you we received the CD player today after its spell in quarantine! Your donation is much appreciated and will be enjoyed by the whole team.”*



## News from the BHF New genetic faults discovered in people

with a heart condition that is sometimes inherited in families could transform the diagnosis and treatment of the hidden disease, according to research funded by us and published in *Nature Genetics*. Researchers have found a new type of genetic change in the DNA of people with hypertrophic cardiomyopathy (HCM) - a silent killer amongst families that can cause sudden death in young people due to the thickening of the heart muscle. This ground-breaking discovery, which may be the biggest advance in our knowledge of the genetic basis of the disease in 25 years, will help doctors better predict which family members need to be monitored for the condition and which can be ruled out from further tests or treatment. For over 25 years,

scientists have known that HCM is caused by 'rare' genetic faults in the machinery responsible for helping the heart muscle to contract and pump blood around the body. However, researchers and cardiologists have never been able to explain why the condition is so varied amongst family members who have the same rare mutation and why some people without these mutations still go on to develop HCM. Now, BHF Professor Hugh Watkins and his team at the Radcliffe Department of Medicine at the University of Oxford have discovered that the inheritance of a different type of genetic fault – called 'common variants' - not involved in the contractile machinery, form the missing piece to this long-awaited puzzle. By comparing the DNA of 2,780 people with HCM and 47,486 people without HCM, the team found that the number of these common variants, in combination with the rare mutations, determine whether a person is protected or more susceptible to the disease. Another important consequence is that people who have HCM due to the common variants alone are unlikely to pass the disease onto their children. HCM affects around 1 in 500 people in the UK, but most people who have it





have few, if any, symptoms. If it's left undetected and untreated it can cause sudden cardiac death, even in young people under 35 years of age. Our Medical Director, Professor Sir Nilesh Samani, said: "This research is a major step forward in our understanding of the genetics that underpin hypertrophic cardiomyopathy. It will revolutionise the way we screen people who have family members with this silent killer. "HCM is one of the most common inherited cardiac conditions, affecting thousands of families across the UK. These discoveries will bring long-awaited answers to many families, and free many individuals from the need for regular clinical checks and the worry of whether they have also inherited the disease." The impact of this research is wide-ranging. It also revealed that lowering blood pressure in people with HCM due to these 'common' genetic faults could help to prevent the disease from developing. This research was also supported by the National Institute for Health Research (NIHR) Oxford Biomedical Research Centre, the Medical Research Council, Wellcome and the National Heart, Lung, and Blood Institute. Source: [Genetic breakthrough to target care for deadly heart condition \(bhf.org.uk\)](https://www.bhf.org.uk/news/2019/06/19/genetic-breakthrough-to-target-care-for-deadly-heart-condition)



**A woman is sitting** at her deceased husband's funeral. A man leans into her and says, 'Do you mind if I say a word?' 'Not at all' the woman replies, 'go right ahead.' The man stands, clears his throat and says 'Plethora.' 'Thanks' says the woman, 'that means a lot.'



**A huge number of members** have written to thank us for the continuing changing of Tiers/Lockdown advice. One of our members wrote to me suggesting that the Government await the publication of my list and then copy it. Very flattering but thank you. Your responses have been appreciated. No matter what is behind the rules, they are still the rules. Most of us obey them but perhaps "bend" one here or there. Stay safe.



**A cure for Covid?** It was hard getting over my addiction to the Hokey Cokey. But I've turned myself around and that's what it's all about.



**An alternative for cataract surgery.** Robert Jones has written in with an alternative route to resolve the bothersome condition to cataract issues. He writes, "*I had my preliminary eye cataract investigation on Tuesday and operation booked for the 29th of this month. If any of our members have similar needs Spamedica Derby, on Stores Rd opened in October. My opticians saw me on Nov 13th and referred me to them still within the NHS system. That will be about 10 weeks from diagnosis to operation. Royal Derby waiting time is, I believe nearer 15 months. Spamedica have an excellent and very informative website and so far they have been, quick, efficient and very friendly. Worth asking about it if anyone is diagnosed with a cataract*". Thank you, Robert and good luck..



**How to get rid of those annoying phone calls!!!**

**If you answer  
the phone with  
"Hello, you're on the air!"  
most telemarketers  
will quickly hang up...**



**Three Sons and Their Mother.** Three sons left home, went out on their own and prospered. Getting back together, they discussed the gifts they were able to give their elderly mother. The first said, "I built a big house for our mother." The second said, "I sent her a Mercedes with a driver." The third smiled and said, "I've got you both beat. You remember how mom enjoyed reading the Bible? And you know she can't see very well. So I sent her a remarkable parrot that recites the entire Bible. It took elders in the church 12 years to teach him. He's one of a kind. Mama just has to name the chapter and verse, and the parrot recites it." Soon thereafter, mom sent out her letters of thanks: "Milton," she wrote to number one son, "The house you built is so huge. I live in only one room, but I have to clean the whole house." "Gerald," she wrote to her second son, "I am too old to travel. I stay at home most of the time, so I rarely use the Mercedes. And the driver is so rude!" "Dearest Donald," she wrote to her third son, "You have the good sense to know what your mother likes. The chicken was delicious."



### **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.

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