

# 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 2022**



**Our Programme of Events has resumed. (See p 15 & 16).  
Please wear a face covering and take a lateral flow test  
before attending**



**It is that time of year** (again). Yes, with a new year just started, **membership renewals due now**. There are several methods where you can pay.

- 1) By cheque, payable to Take Heart (Derby) and addressed 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 & Customs. 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.



## **Vaccination centres (updated 1 February 2022).**

(walk-in, book online or call 119).

**B J Wilson Pharmacy**, Sinfin District Centre, Derby DE24 3ND

**Boots**, Derbion Centre, Derby DE1 2AH

**Broadway Baptist Church**, 166 Broadway, Derby DE22 1BP

**Horizon Healthcare Medical Centre**, 3 – 5 Burton Road, Derby DE1 1TH

**Horsley Woodhouse Church Hall**, Main Street, Horsley Woodhouse, Derby DE7 6AS

**Midland House**, Nelson Street, Derby DE1 2SA

[Walk-in coronavirus \(COVID-19\) vaccination sites near DERBY - Find a walk-in coronavirus \(COVID-19\) vaccination site \(www.nhs.uk\)](#)



## **FREE Transport to Covid-19 vaccination appointments**

If you're a Derbyshire resident struggling to get to your COVID-19 vaccination appointment then you can now book a free return journey to help you attend. If you don't have your own transport, and you can't use public transport, then Derbyshire County Council's Active Travel team can help you with door to door transport to and from your vaccination appointment.

The parent or carer of the person attending the vaccination clinic can also travel for free. For example if you're the parent of a child aged 12 to 15, or a carer for the person being vaccinated.

You can contact the Community Response Unit who can help you to book your journey.

Please contact them at least 3 working days before your vaccination appointment to allow sufficient time to book your transport.

You can call the Community Response Unit on 01629 535091.

Find out more online here: <https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/health-protection/disease-control/coronavirus/community-response-unit/if-you-need-help/if-you-need-help.aspx>



### **Future medication to combat Coronavirus.**

Some months ago, I advised of a drug Molnupiravir would be available to patients who are immunosuppressed. It has been in use since December 2021 and is available as a take-at-home pill for those who catch Covid. It should be started within five days of symptoms of the disease or a positive PCR test by contacting the online application at the following internet address or telephone 119. Source: <https://www.nhs.uk/medicines/molnupiravir/who-can-and-cannot-take-molnupiravir/>

A second drug, Paxlovid is now available. The claims suggest it reduces hospitalisation and death by up to 88%.

These drugs can be life savers and well worth exploring to see if you are eligible.



**Omicron variant is evolving.** There are now 3 further sub variants of Omicron. The UK and most of the world has been fighting BA.1. There are more than 400 cases of BA.2 in the UK which is said to be more infectious and serious for patients. BA.3 and BA.4 are not currently thought to be in the UK according to the World Health Organisation. So, it will pay to be aware and cautious.



**The Government** have announced an end to Covid 19 measures as of 24 February.

Self-isolation after a positive result is scrapped **but is recommended.**

Free LFT & PCR tests will end on 1 April but over 75's and immunocompromised people will still receive free of charge.

Additional booster (a 4<sup>th</sup>/5<sup>th</sup> jab) will be offered to over 75's, care home residents and immunocompromised people aged 12 and over, in the Spring.

An autumn booster campaign will offer protection over the winter months and every winter from now on, just as the flu jab is given annually.

**A personal message from your Chairman.** How the pandemic progresses is now, largely down to us. For the past two years we have worn masks, socially distanced from others, washed our hands more frequently than we may have done all our life and isolated from time to time. The point is, we are still here to tell the tale. Could it be that continuing some of these disciplines will allow us a longer life and free of this deadly disease? It is up to all of us to help one another. Do not be embarrassed or cajoled by others. Do what you feel is right for you and those you love.



**A statements of the obvious.**

My husband annoyed me intensely yesterday. I poured some water on the floor in front of the washing machine. It has been three hours since he's been trying to fix it.

It turns out that when asked who your favourite child is, you're supposed to pick one of your own. I know that now.

A wise man once told his wife nothing ... because he was a wise man.

I couldn't find a parking space at work today... so I went home. Looks like they had enough people.

Just cleared some space in the freezer - sounds much better than "I just ate a tub of ice cream".

Do men's ears actually work or are they just for show?

Waiter: "How do you like your steak cooking?" Man: "Like winning an argument with my wife." Waiter: "Rare it is then, sir".



**Member news.** It is with much sadness I advise of the passing of Joyce Cocking. Joyce joined Take Heart (Derby) along with her late husband Bernard in 1991. Bernard became Chairman during the 90's and Joyce a committee member. She hosted the annual garden parties for a number of years, served refreshments at our monthly meetings (and did the washing up

afterwards) as well as making cakes and biscuits for lots of our events. She always had a kind word for everybody and in most people's eyes "was a lovely lady". We shall miss her. Maggie Adams is anticipating a knee replacement very soon, good luck Maggie. Doug Glenday has received a disappointing diagnosis and is needing treatment – good luck Doug. Doreen Goodes has confirmed a diagnosis and is dealing with it in a very positive way. Good luck Doreen. We wish all members a healthy outcome to all their troubles

On a plus note we welcome David Consterdine, Jon Haswell and Michael Lane. We give a warm welcome to you all and hope you enjoy your membership.



### Is this your wish?

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**News from BHF.** A drug used to treat certain cancers could improve recovery after a heart attack by helping the heart to heal and reducing the risk of further complications, according to research we fund published today in the Journal of the American College of Cardiology (JACC).

Dr Xian Yu MD and Dr Stephen Newland from the University of Cambridge found that a low dose of the drug, known as aldesleukin, injected under the skin of patients who had an acute heart attack, increased the activation of immune cells shown to protect the heart.

Specifically, the drug was shown to activate a rare white blood cell called innate type 2 lymphocyte (ILC2). ILC2 has previously been shown to decrease the harmful inflammation that promotes the build-up of fatty deposits in arteries.

The researchers looked at mice unable to produce ILC2 and found that their hearts were less able to recover after a heart attack. Mice that could produce ILC2 had reduced heart scarring and better heart function after a heart attack.

By targeting the inflammation caused by the body's immune response to a heart attack the researchers also hope to prevent



the dangerous feedback loop that can increase a person's chances of having a second heart attack.

The Cambridge team are now following patients who have been given aldesleukin after a heart attack in a Phase 2 clinical

trial. They hope that further positive results from this trial will lead to larger trials and, eventually, a new treatment for heart attacks. Professor Metin Avkiran, Associate Medical Director at the British Heart Foundation, said:

“Every five minutes someone is admitted to a UK hospital due to

a heart attack. Thanks to research, heart attacks are now treatable, and seven out of ten people will survive. However, many heart attack survivors will still be left with damaged hearts. “This research reveals a new approach that has the potential to both help heal hearts damaged by a heart attack and reduce the risk of a further heart attack.

“If clinical trials results confirm these early research findings, drugs that activate ILC2 could revolutionise heart attack treatment.” [Source: Drug could help hearts recover after heart attack \(bhf.org.uk\)](https://www.bhf.org.uk)



**February Speaker (or rather “player”)**. Our speaker today was Sharon Stanford, who is the musical director of the Long Eaton Silver Prize Brass Band and her husband Rob. Sharon had joined the band with her brother when she was 9 years old but left when she was 18 to play with the Bestwood Colliery Welfare Band and then with several other bands. Although she had left, she still maintained strong links with the Long Eaton band both making guest appearances at concerts and encouraging many of her pupils to join the band. In 2000 she was delighted to accept an invitation to return to the Long Eaton band as musical director. Sharon started teaching pupils to play an instrument at the age of fifteen and has achieved unprecedented success with no pupil ever failing to achieve either a merit or distinction in any examination, with most of her students playing either in the band or the training band. Sharon started by showing us two of the plastic instruments that her pupils start with, a trumpet and a trombone. She blew on the plastic trumpet to show us the sound that it made and how it played a lower sound when it was extended, she went on then to show us how the plastic trombone sounded. Sharon then amazed members by playing two tunes which everyone recognised by using a piece of plastic pipe attached to a funnel with a mouthpiece at the other end. Sharon and her husband then played the Blue Bells of Scotland with her using the plastic trombone and her husband a

brass trombone. She told us that the plastic trombone was worth £100 with the brass one costing £3,000. We were told that in 1830 there would be town bands, temperance bands, works bands and church bands, and in 1889 there were 40,000 brass bands in the United Kingdom. She added that in 1937 it took thirty-three trains and a fleet of motor coaches to transport the bands to one contest. Sharon had shown the members the brass clarinet she plays and her husband with a brass trombone, they played a tune we all recognised as the Elvis Prestley song, Wooden Heart. They also played “what would you do with a drunken sailor” and “you raise me up”. Sharon informed us that in a competition there are twenty-five brass players and three percussions, with a judge who sits in a box with a curtain in front of them. Sharon said that people with asthma used to be advised to join a brass band as playing an instrument would help to control their breathing. We were told that the only parades the band takes part in now are the Armistice and St Georges Day. The band making their first CD in 2006 on the occasion of their centenary and have now made another one. Both were available for members to buy. The afternoon finished with Sharon and Rob playing the “Can Can” for us. A remarkably interesting and musical afternoon enjoyed by all.



### **Jam Jar Challenge**

How much have you saved during the past two years of lockdown? Many of us have not used cash until quite recently. We should not forget we used to save change when returning home and donate it to the British Heart Foundation. We re-instate this project and will bring our jars to the coffee morning on 31<sup>st</sup> May at the Cube café/bar from 1030. Bring in cheques made payable to Take Heart (Derby) if you haven't been saving regularly. Thank you all for your support







## **One-liners from the Edinburgh Fringe**

- “I can give you the cause of anaphylactic shock in a nutshell.” Gary Delaney
- “I saw a documentary on how ships are kept together. Riveting!” Stewart Francis
- “I waited an hour for my starter so I complained: ‘It’s not rocket salad.’” Lou Sanders
- “Crime in multi-storey car parks. That is wrong on so many different levels.” Tim Vine
- “I picked up a hitch hiker. You’ve got to when you hit them.” Emo Philips
- “As a kid I was made to walk the plank. We couldn’t afford a dog.” Gary Delaney
- “I was watching the London Marathon and saw one runner dressed as a chicken and another runner dressed as an egg. I thought: ‘This could be interesting.’” Paddy Lennox
- “I’m sure wherever my dad is; he’s looking down on us. He’s not dead, just very condescending.” Jack Whitehall
- “Trump’s nothing like Hitler. There’s no way he could write a book” Frankie Boyle



## **Singing for Fun is back.**

It’s like we have never been away. Have we all been practicing throughout lockdown? Seems like it. We are currently rehearsing songs from musicals and will soon be ready to entertain other groups. Well worth a visit, it is Fun as well as singing. No auditions required. Come along and lift your spirits.

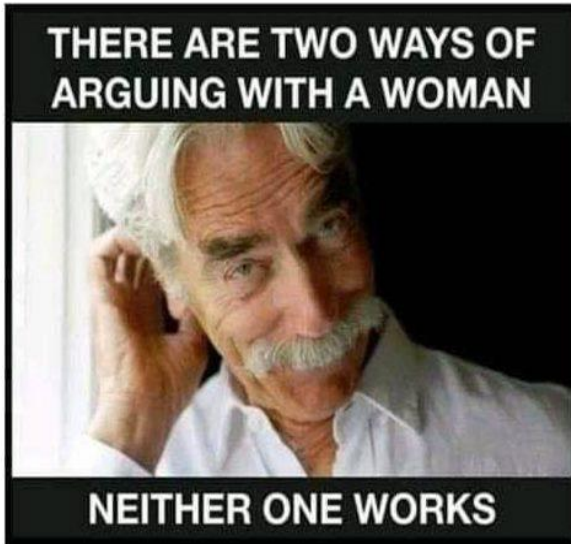


## **Could you help, please.**

Help required at our Singing for Fun sessions on Fridays. If you know the recipe for making tea and coffee, you could be entertained by our singers between 10.45 and 11.30 on Friday mornings. Please contact Trisha Flude on 01332 380219



## Another statements of the obvious.



## Ten gardening tips for February

1. Prepare vegetable seed beds, sow some vegetables under cover.
2. Chit potato tubers.
3. Protect blossom on apricots, nectarines and peaches.
4. Net fruit and vegetable crops to keep off birds.
5. Prune winter-flowering shrubs that have finished flowering.
6. Divide bulbs such as snowdrops and plant those which need planting in the green.
7. Prune wisteria.
8. Prune hardy evergreen hedges and renovate overgrown deciduous hedges.
9. Prune conservatory climbers such as bougainvillea.
10. Cut back deciduous grasses left uncut over the winter, remove dead grass from evergreen grasses.

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



## **EGM and February talk.**

The EGM was held on 14 February 2022 at St Mary's Church Hall, Derby at 2.30PM. The Chairman explained the background for the need to update our Constitution. The following amendments were considered

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. 28 members were in attendance and voted unanimously to adopt the amendments. Copies of the Constitution can be obtained from Michael if required. It is hoped to add this to our web page.



You come from dust

You will return to dust.

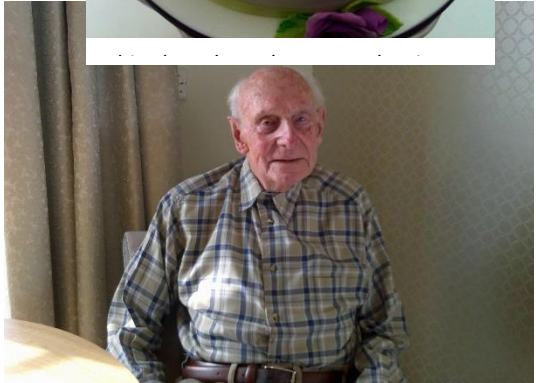
That's why I don't dust.

It might be someone I know!



### **Birthdays.**

Happy birthday this month go to Enid Ball, Martyn Bertalan, Norma Bracewell, Jean Burdis, Richard Delaney, Annabelle Evans, Chris Lewis, Jo Minor, Babs Norton, Mary Smallwood, Dorothy Stevens, Les Tibbles and Cynthia Tipper. We hope you all have a happy and memorable day. Les Tibbles celebrated his 98<sup>th</sup> birthday at his new home in Derby Heights, where staff and residents helped him on the day. Terrific achievement Les, we are very proud of you. 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.



### **Spring luncheon.**

Our Spring luncheon will take place at The Kedleston Country House (near Kedleston Golf Club) on 22 April. Details are on page 17 & 18 or on a separate sheet. Replies by 11 April please.





**Fake emails and text messages are a common tactic used by cyber criminals;** their goal is often to convince you to click a link. Once clicked, you may be sent to a dodgy website which could download viruses onto your computer or steal your passwords and personal information. In order to try and convince you that their messages are legitimate, criminals will pretend to be someone you trust, or from some organisation you trust. This could be your Internet Service Provider (ISP), local council, even a friend in need. And they may contact you by phone call, email or text message.

**Reporting suspicious emails:** If you have received an email which you're not quite sure about, you can report it by forwarding the email to the Suspicious Email Reporting Service at: [report@phishing.gov.uk](mailto:report@phishing.gov.uk). As of 31st October 2021, the number of suspicious email reports stands at more than 8,100,000, with the removal of more than 67,000 scams and 124,000 URLs.

*\*In a small number of cases, an email may not reach our service due to it already being widely recognised by spam detection services. The vast majority of reports do reach our system so please keep reporting any suspicious emails you receive.*

### **Reporting suspicious text messages:**

You can report suspicious text messages to your mobile network provider, for free, by forwarding the text to **7726**. If you forward a text, your provider can investigate the origin of the text and take action, if found to be malicious. If 7726 doesn't work, you can find out how to report a text message by contacting your provider.

*(On many Android devices and iPhones, pressing and holding on the message bubble should present the option to forward the message)*

For more of the government's latest advice on how to stay secure online, visit the Cyber Aware website: [ncsc.gov.uk/cyberaware](https://ncsc.gov.uk/cyberaware)

### **Message Sent By**

Action Fraud (Action Fraud, Administrator, National)



**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.



**Lunch at Kings Highway.**





## February.

Tuesday 22<sup>nd</sup>  
from

Coffee morning at The Cube café/bar

Wednesday 23<sup>rd</sup>

10.30AM.

Swimming at Queen's Leisure Centre at  
12.00 noon

Tai Chi at 4.00 to 5.00PM in St. Nicholas  
Church Hall, Allestree.

Friday 25<sup>th</sup>

Singing for Fun at 10.00AM in St John's  
Methodist Church Hall.



## March.

Wednesday 2<sup>nd</sup>

Swimming at Queen's Leisure Centre at  
12.00 noon

Tai Chi at 4.00 to 5.00PM in St. Nicholas

Friday 4<sup>th</sup>

Singing for Fun at 10.00AM in St John's  
Methodist Church Hall.

Wednesday 9<sup>th</sup>

Swimming at Queen's Leisure Centre at  
12.00 noon

Tai Chi at 4.00 to 5.00PM in St. Nicholas

Friday 11<sup>th</sup>

Singing for Fun at 10.00AM in St John's  
Methodist Church Hall.

Monday 14<sup>th</sup>

Have you noticed how many clergy are  
keen railway enthusiasts? Peter  
Barnham will explain "Why vicars and trains  
go together".

Tuesday 15<sup>th</sup>

Lunch at the Oast House, Sinfin Lane,  
Derby DE23 8AG.

Wednesday 16<sup>th</sup>

Swimming at Queen's Leisure Centre at  
12.00 noon

Tai Chi at 4.00 to 5.00PM in St. Nicholas

Friday 18<sup>th</sup>

Singing for Fun at 10.00AM in St John's  
Methodist Church Hall.

Wednesday 23<sup>rd</sup>

Swimming at Queen's Leisure Centre at  
12.00 noon



Friday 25<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas  
Singing for Fun at 10.00AM.  
Tuesday 29<sup>th</sup> Coffee morning at The Cube café/bar from  
10.30 AM.  
Wednesday 30<sup>th</sup> Swimming at Queen's Leisure Centre at  
12.00 noon  
Tai Chi at 4.00 to 5.00PM in St. Nicholas



### **Don't you just love the Irish!!!**

There was a power failure in a Dublin Department Store last week and three hundred people were stranded on the escalators for more than two hours.

"O'Leary, your glass is empty, will you be having another one?"  
"And what would I be doing with two empty glasses?" O'Leary replied.



### **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



**Spring Luncheon at Kedleston Country House,  
Kedleston Road, Quarndon, Derbyshire, DE22 5JD  
22 April 2022 at 12 noon for 12.30**

**Starters**

- Homemade seasonal **soup** + homemade bread
  - Crispy shredded Beef **Salad**
- Smoked **Salmon** served with pickled cucumber, lemon, blackpepper & dark rye bread

**Main** - all served with seasonal vegetables

- Duo of **Pork** (rack & belly) served with pork jus, shallot & port wine jam
  - Stuffed rack of **lamb** with redcurrant & mint jus
- Pan Roasted **Scallops** with aligal potato, tomato, red pepper & red wine sauce
- Breaded **cod** sitting on a bed of aged chorizo, mixed tomatoes, olives & sherry.
- **Quinoa** Cake with cherry tomato, chickpea rolish, crumbled goats cheese & balsamic glaze
- Moroccan roasted **vegetables** complete with labneh and couscous

**Dessert**

- Chocolate & red wine **cake**
- Trio of chocolate **mousse**
  - Sticky **toffee** pudding

Normal price £25.95 (including gratuity)  
Take Heart (Derby) members pay £20.00  
Cheques payable to Take Heart (Derby).

Book meals via Margaret Storry, 86 The Hollow,  
Littleover, Derby DE23 6GL. 01332 766916  
by 11 April 2022

Name ..... Starter .....

Main ..... Desert .....

Name ..... Starter .....

Main ..... Desert .....

Name ..... Starter .....

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