

# 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 2024



**Lunch at the Jonty Farmer.** Our first lunch this year was at the Jonty Farmer on Kedleston Road. Thirteen hungry members turned up. Lots of choices in the menu to cater for all tastes and the prices were reasonable. The pub had allocated several tables



in a central spot for us, very convenient.

Next month we are off to the Kings Highway, off Kingsway on 22<sup>nd</sup> February. See you there for another carvery at 12 noon. We dine out each month but perhaps you know of a nice watering hole you could recommend. Telephone Robert on 07952 619385 to discuss.



**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](mailto: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 The Treasurer, Take Heart (Derby), 105 Ferrers Way, Allestree, Derby DE22 2BE

(4) Telephone Michael for assistance

Thank you to those of you who have already paid for 2024.



**MOST WOMEN ARE NOT  
LOOKING FOR A MAN TO  
TAKE CARE OF THEM  
ANYMORE, THEY'RE JUST  
LOOKING FOR A MAN  
THEY DON'T HAVE TO  
TAKE CARE OF**



**Birthdays.** Happy birthday this month go to Norma

Bracewell, Richard Delaney, Annabelle Evans, Carole Houghton, Chris Lewis, Rod Repton, Mary Smallwood, Dorothy Stevens, and Cynthia Tipper. 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.



Some people think  
I am going crazy..  
The joke  
is on them!  
I went there  
years ago,  
fell in love with the  
place and decided to stay!





**The ending of our birthday card for members.** For a few years we have 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.



**I SHOOK MY  
FAMILY TREE AND  
A BUNCH OF  
NUTS FELL OUT.**





Member households are now in possession of a copy of this year's calendar. Additional copies can be obtained from Michael for £10.00 to include postage. We have received a number of comments, including this from another member, *"I took time to re-inspect this year's calendar again a few days ago. The photography is fabulous and some of the best for a while. The organ in Derby Cathedral is stunning. Thank you"*.



Did you know that simply replacing your cup of coffee in the morning with a refreshing glass of water can leave you both hydrated and in a terrible mood for the rest of the day?

@maryfairyboberry



## Jam Jar Challenge Day 2024 on 27<sup>th</sup> February.

In February we bring our cash which we have been collecting 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.





**Member news.** We welcome Tracey Cunningham who has “tested us out” over a few months and has decided we are OK. Thanks Tracey, nice to know we are doing something right. We are also joined by Maria Conroy, who has now attended her first event. We welcome both of you and hope to see you at many other events. Charlie Dowsett has experienced difficulties with asbestos related breathing problems due to his employment but is doing well after altering some daily aspects of his life. Great to see you again, Charlie. Pat Fitton is doing well and is very cheerful after all her “replacements are functioning well. Good to hear, Pat. We wish all members improved health.



I finally realized it



People are prisoners  
of their phones.  
That's Why they are  
called cell phones!



## 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](#)







**News from the BHF. Future heart attacks could be better prevented in people visiting their GP with unexplained chest pain, after researchers we've funded developed the clearest picture yet of the factors that put them at higher risk.**

It is estimated at least one million adults in the UK visit their GP because of chest pain every year. Despite undergoing tests, the cause will remain a mystery for many and they will not receive a diagnosis. Research has shown that people with this type of 'unattributed' chest pain are at higher risk of having future heart health problems than those without. Despite this, few receive preventative treatments.

Now, researchers at Keele University have identified the key risk factors that increase the likelihood of people with unattributed chest pain developing heart and circulatory diseases. Their research is published in the European Journal of Preventive Cardiology.

The team hope their findings will help doctors to spot those at highest risk so they can offer preventative treatments, such as statins, and lifestyle advice to help stop future health problems like heart attacks before they strike.

The researchers developed risk calculators that would allow them to identify those at high risk of developing future heart and circulatory diseases and pinpoint the key factors influencing that risk.

These tools were developed and validated using anonymised information from the health records of over 600,000 people registered at GP practices in England who had unattributed chest pain between 2002 and 2018. All records used were linked to hospital and mortality data, allowing the researchers to track which patients went on to be admitted to hospital with cardiovascular disease or died. Median follow-up was at least five years.

This revealed that people with diabetes, atrial fibrillation (a common type of irregular heart rhythm) and treated high blood

pressure were at highest risk of going on to develop heart and circulatory diseases.

Nearly half of those at highest risk smoked or were living with obesity. Modelling showed that if all current smokers living with obesity were supported to lose weight and quit smoking, the mean 10-year risk in this group would fall from nearly 22 per cent to around 16 per cent.

The research also suggests that GPs should be cautious about using current risk prediction tools in this group, as they were shown to underestimate risk. When they compared their model to the existing QRISK3 risk calculator, the team found that one third of the patients who had a 10-year risk of less than 10 per cent according to QRISK3, had a more than 10 per cent risk in their new model. While more work will be needed if their risk calculator is to be used by doctors, the researchers say their findings highlight vital opportunities to identify those at highest risk of future heart and circulatory diseases and can help both doctors and patients to act early to stop these in their tracks.

Professor Bryan Williams our Chief Scientific and Medical Officer, said: “Using health data in research is helping to address some of the biggest challenges in healthcare. By developing the clearest picture yet of factors that may put some people with mystery chest pain at greater risk, this research could help more people avoid future heart problems.

“At a time where the NHS is under extraordinary pressure, it’s more important than ever to respond to early warning signs to prevent avoidable heart attacks and keep people well.”

Source: [Act on mystery chest pain to reduce risk of heart attack - BHF](#)



Sometimes I wake up grumpy.

But other times I let her sleep in.



**Tai Chi is extremely good** for your health and wellbeing according to medical advice. It is also very relaxing and great fun. Recent attendances have moved into double figures, with several enquiries from other members. Drop in on any Wednesday at 4.00PM to St Nicks Church Hall and see for yourself.



Doctor says I have to cut out drinking.





## Spring Luncheon, St Georges Day – 23 April 2024.

Margaret Storry has secured our Spring Luncheon booking at The Grange Banqueting Suite again. The menu is extremely tempting at this great venue. You do need to book in advance and to make it even more appetising, members and nurses will receive a £10.00 per person subsidy. See the details on pages 17 & 18 or the separate booking form. Book early to avoid disappointment via Margaret Storry on 01332 766916.





**My Assistance Dog & Me.** Our latest talk was attended by nineteen members (including a new member and a guest). Great to see an improved number at this event for this most interesting talk. There is a lot to be gained from our monthly talks, so try to attend and bring a friend, if possible. It is also a great social occasion and an opportunity to get out and about. Free car parking as well! Our speaker this month was Rhiannon Moore who gave us a talk entitled “My assistance Dog and Me” Rhiannon told us that she was originally from South Wales but now lives in Belper. She explained that she has a lifelong illness that is why she is in a wheelchair and that she has already had Covid three times. She introduced us to her dog called Beanie and during the talk she was asked why she had named him that and said that it was because he was always full of beans. We were told that Beannie was an 8-year-old Springer Spaniel who she has had since he was 9 weeks old from a breeder who lives in Sunderland. At the time that she had Beannie she was poorly but not in a wheelchair. Beannie had bonded with her husband and was just a family pet. She said that when Beannie is with her he is very gentle but boisterous when he is with her husband. Rhiannon and Beannie are part of a charity called “Dogs Aid” This charity is unique as it does not supply dogs it trains family pets to be assistant dogs, they will accept any breed even the smallest dog. The main criteria is that the dog is healthy, and a vet must sign off on everything you want your dog to do. Rhiannon said that Beannie loves doing the tasks that he does for her. She said that some people have said it is cruel but as she said Beannie would not do it if he did not want to, he really enjoys it but when he takes his assistance coat off, he is just a pet. We were told that Beannie goes everywhere with Rhiannon, he is there when she must go to hospital and goes into school with her where she works, and the children love reading to him. She said that her husband has an assistance dog also called buster. The dogs live happily together but only work for the one they are trained for. Rhiannon showed us how Beannie can take

clothes out of a washing machine, pick up keys and television controls, can fetch her slippers, take off her socks and gloves and can help her to get undressed. He can pull a light switch and a door open, take a visa card out of a machine. We were told that the charity has a 130 fully trained instructors and Beannie's lives in Tamworth. Beannie passed as an assistance dog on 13<sup>th</sup> October 2020. Every year they must be re-assessed. The dogs must be able to work in any environment, ignore distractions and go to the toilet on command. If Rhiannon were to fall in the house Beannie would fetch her husband. One of the things that has amazed Rhiannon about Beannie is that he is now able to let her



know when her blood pressure drops by licking her neck. She said he is her best friend and absolutely adores him and how he has brought her a lot of confidence. Rhiannon is now a volunteer within the charity and ours was her 23<sup>rd</sup> talk. She said



that all the staff in B&M in Belper absolutely love him. Beannie was such a friendly dog and was happy to fuss the members at the meeting. What a lovely afternoon and such an interesting talk.





**14 muscles are  
activated when you  
pour a cup of coffee.  
Fitness is my passion.**



## **Programme of Events**

### **February.**

- Friday 23<sup>rd</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Tuesday 27<sup>th</sup> Coffee morning at The Cube café/bar from 10.30AM at the Cube café/bar, Chapel Street, Derby . **Bring your Jam Jars for the BHF collection.**
- Wednesday 28<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

### **March.**

- Friday 1<sup>st</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Wednesday 6<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall
- Friday 8<sup>th</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Monday 11<sup>th</sup> The Lace Race is the subject Emily Lonsdale will bring to life this month. Is this a crafty or historic talk? Be there to find out.
- Wednesday 13<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall

|                            |   |
|----------------------------|---|
| Friday 15 <sup>th</sup>    | Singing for Fun at 10.00AM in St John's Methodist Church Hall.                                |
| Tuesday 19 <sup>th</sup>   | Lunch at the Oast House, Sinfin Lane, Derby DE23 8AG at 12 noon.                              |
| Wednesday 20 <sup>th</sup> | Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall   |
| Friday 22 <sup>nd</sup>    | Singing for Fun at 10.00AM in St John's Methodist Church Hall                                 |
| Tuesday 26 <sup>th</sup>   | Coffee morning at The Cube café/bar from 10.30 AM at the Cube café/bar, Chapel Street, Derby. |
| Wednesday 27 <sup>th</sup> | Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.  |
| Friday 29 <sup>th</sup>    | Singing for Fun Cancelled.  |



### **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](mailto:michael.flude@takeheartderby.co.uk). or 14 Brookside Road, Breadsall, Derby DE21 5LF.

Affiliated to the British Heart Foundation



# Take Heart (Derby)

Spring Luncheon at

THE GRANGE BANQUETING SUITE

457 Burton Road, Littleover, Derby DE23 6XX

Tuesday 23 April 2024 12 noon for 12.30PM



## Starters

**Creamy Button Mushrooms** smothered in a Hartington  
Stilton Sauce with Ciabatta Dipping Bread

**Leek & Potato Soup** with a Chive Cream

**Smoked Salmon** parcel filled with prawns & Crayfish, bound  
with Herb Mayonnaise

**Oven Baked Brie** Wedge wrapped in Filo Pastry with  
Cranberry Sauce

## Main

**Roast Beef** with Yorkshire Pudding

**Supreme of Chicken** wrapped in bacon with a Stilton sauce

**Baked Fillet of Salmon** topped with a Seafood Gratin

**Flat Mushrooms** filled with Ratatouille, Glazed Goats  
Cheese, Sundried Tomato & Basil Dressing

## Sweet

**Eton Mess**

**Summer** Pudding with Fresh Berries and Crème Fraiche

**Lemon and Lime Cheesecake** with a Raspberry Coulis

**Cheese** Platter with Celery & Grapes

Followed by Tea or Coffee

Take Heart (Derby) members & Nurses pay £25.00

Non-members pay normal price £35.00

Price includes VAT and gratuity.

Cheques payable to Take Heart (Derby).

Book meals via  
Margaret Storry, 86 The Hollow, Littleover, Derby DE23 6GL.  
01332 766916  
by 31 March 2024

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

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

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

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

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

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

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

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

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

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

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

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