

# 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 January 2019



**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 is the suggested figure. You can pay on line, go to [www.takeheartderby.co.uk](http://www.takeheartderby.co.uk) and select "Just Giving" and follow the instructions (don't forget to add your name). Alternatively 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 only **fourteen households** who have not completed the revised membership form. **It is essential for your continued membership to complete the new forms to enable your group to comply with the General Data Protection Regulations which came into force in May.** 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.



**Tea is an evil substance.** Tea is more dangerous than beer. Please avoid drinking tea. I discovered last night after drinking 14 pints until 3.00 AM whilst my wife was drinking tea. You should have seen how violent she was when I got home. I was peaceful, silent and headed off to bed as she shouted and raged at me. This continued all night and into the morning. Please ladies, if you can't handle your tea, don't drink it.



**Christmas coffee morning.** It was great to see forty-four members at the Christmas coffee morning. They were all eligible for the free TH(D) coffee/tea and a mince pie, although quite a lot of members selected from the extensive range of refreshments from the menu. There was the additional benefit of joining in with Christmas songs and carols led by the Take Heart Singers. What a fabulous morning. We were also joined by the recently appointed BHF Fundraising Manager, Paula Scaife. She was amazed at the great atmosphere, the enthusiasm of the crowd and our programme fully mapped out for 2019. It transpires that Paula is actually the daughter-in-law of one of our members. It is possible that we might see more of her during 2019.





### **The Take Heart Singers in demand.**



During the run up until Christmas, our Singing group entertained three audiences over three consecutive days. Firstly, as reported above, they led our own members at the coffee morning. They performed a reduced set of Christmas songs and carols from sets they had been rehearsing. This was much appreciated by our members and other members of the public attending during the morning. Michael tried to sign up a few of them before they departed but was unsuccessful. Did his approach hasten their departure, I hear you say? The following evening saw them pitch up at the Spondon Community Centre to entertain Asterdale WI. Here larger number of songs and carols were performed to a greatly appreciative audience. For the singers, there was a veritable feast to indulge in on completion. On the third day, they attended St Mathews Fellowship Room, Darley Abbey as the guests of Darley Abbey WI. Here the singers performed a full TWO sets of songs and carols, where the words of each song were projected onto the wall to help the audience join in. Thankfully, there was a refreshment break between sets which allowed the singers to draw breath.

It was a fabulous night enjoyed by all so much that the singers have been booked again for next year. How good are these singers? Brilliant! Congratulations to them all. Their fame has spread with the bottom photograph and a write up appearing in the Derby Telegraph on New Year's Day.



### **Love this Japanese Doctor!**

Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Heart only good for so many beats, and that it... Don't waste on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it like saying you extend life of car by driving faster. Want to live longer? Take nap.



**Birthdays.** Happy birthday this month go to Stuart Alt, Julia Backhouse, Andrew Banks, Pauline Boutcher, Michael & Pamela Brinkworth, Celia Charles, Margaret Cholerton, Shirley Etches, Sheena Gibson, Debbie Giles, Margaret Harrison, Angie Haswell, Andrew Hutton, Mike Nolan, Jean Percival, Reh Qureshi, Brenda Riley, Peggy Shaw, Margit Staehr, Brian & Annette Statham, James Tatlow, Margaret Thomas, Alan Topham and Elizabeth Turner. So many New Year babies! We hope you all have a happy and memorable day.





### Retired?

**Question:** Why are retirees so slow to clean out the spare room, basement, attic or garage?

**Answer:** They know that as soon as they do, one of their adult kids will want to store stuff there. Or, worse still, move back in . . .



**Donations to Ward 408.** Part of TH(D) remit is to help cardiac patients at Royal Derrby Hospital. Being in hospital can be a bit boring to say the least. It is not necessarily the best place to get any serious rest. At Christmas it can be even worse. And for those patients who are Rams fans, arrgh! The very thought of missing a match is criminal. So, to offset this “misery” TH(D) donated FIVE digital radio’s for use throughout the ward. Not that all the games were particularly rewarding with a modest points return during the



festive season. For those who do not care for football, there were many choices of musical radio stations to offer background relief. Here you can see (from left to right) Trisha Flude, Nurse Tracey, HCA Ismail, Nurse Bethany, Pam Fearn, Richard Flatman and (kneeling) HCA Becky.



**One for DRY JANUARY.** Love this Japanese doctor.

Q: Should I reduce my alcohol intake?

A: Oh no. Wine made from fruit. Fruit very good. Brandy distilled wine, that mean they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Grain good too. Bottom up!



**Don’t forget** to put all your loose change into a jam jar in readiness for the challenge event in February – every little help’s. You would be surprised how your change adds up if you do it regularly. The total received last year was £311.00. Thank you for your generosity once again but the challenge now is to beat that total this year. If all member households save just 50p per month, that is £6.00 per year each. With 120 households, the total could be a magnificent £720.00. Staggering and easily achievable - can you all help?



**Did you know?** Women use about 30,000 words a day. Men only use about half that many! Example:- Woman “Yes, because we have to repeat everything” Man, “What?”



### **Take Heart (Derby) calendar 2019**

has now been distributed. 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, *"Just sent a copy to my relatives in Canada, I know they will enjoy recalling the places they used to visit/brilliant photography again – how do you do it/can't believe all the photos are originals, some could easily win competitions. Have any been entered?/There is more space in the box's to write in than last year, thanks"*. Let Michael know your thoughts.



### **Let's face it - English is a crazy language.**

There is no egg in eggplant, nor ham in hamburger;  
Neither apple nor pine in pineapple.  
English muffins weren't invented in England.  
We take English for granted, but if we explore its paradoxes,  
We find that quicksand can work slowly, boxing rings are square,  
And a guinea pig is neither from Guinea nor is it a pig.  
And why is it that writers write, but fingers don't fing,  
Grocers don't groce and hammers don't ham?



**Small Change.** There once was a rich man who was near death. He was very grieved because he had worked so hard for his money and he wanted to be able to take it with him to heaven. So he began to pray that he might be able to take some of his wealth with him. An angel hears his plea and appears to him, "Sorry, but you can't take your wealth with you." The man implores the angel to speak to God to see if He might bend the rules. The man continues to pray that his wealth could follow him. The angel reappears and informs the man that God has decided to allow him to take one suitcase with him. Overjoyed, the man gathers his largest suitcase and fills it with pure gold bars and places it beside his bed. Soon afterwards the man dies and shows up at the Gates of Heaven to greet St. Peter. Seeing the suitcase, Peter says, "Hold on, you can't bring that in here!" But the man explains to him that he has permission and asks him to verify his story with the Lord. Sure enough,. Peter checks and comes back saying, "You're right. You are allowed one carry-on bag, but I'm supposed to check its contents before letting it through." Peter opens the suitcase to inspect the worldly items that the man found too precious to leave behind and exclaims, "You brought pavement?!?!"



**Fruitcake recipe.** I have received lots of calls from members who attempted this recipe last month. As yet no=one was able to complete the cooking of the cake but all report have a great time trying. Looks like an annual recipe.



**Maybe it's true** that life begins at fifty, but everything else starts to wear out, fall out, or spread out. Phyllis Diller



### **Investing more in Coranry Care Unit.**



CCU receives patients that need urgent care and is located adjacent to the Cathetre Suite for obvious reasons. Family and friends of the patient can be left hanging about for hours at a time. A visitors room is provided so that they have somewhere private to wait. Take Heart (Derby) were requested to provide a table and chairs for use for snacks and meals. (Only drinks and crisps were available when we turned up). We were only too happy to oblige as you can see, with staff members welcoming

some of your committee members handing over the table and chairs.



### **Grandma's Day.**

A grandmother was giving directions to her grown grandson who was coming to visit with his wife: "You come to the front door of the apartment complex. I am in apartment 14T. There is a big panel at the door. With your elbow push button 14T. I will buzz you in. Come inside, the elevator is on the right. Get in, and with your elbow hit 14. When you get out I am on the left. With your elbow, hit my doorbell." "Grandma, that sounds easy, but why am I hitting all these buttons with my elbow"? Grandma replies, "You mean you're coming empty handed?"



### **Our next meeting**

with a speaker is on 11<sup>th</sup> February at The Friends Meeting House, St Helen's Street, Derby DE1 3GY at 2.30 PM, for a talk about "Defibillators and how to use them to save lives". Councillor Simon Spencer had his life saved by someone using a defibrillator. Could you be the next person to be saved or better still, could you save someone else's life? This is for everyone's benefit. See you there.



### **Thought for us all.**

The brain is the most amazing organ in our body. It works twenty-four hours per day, three hundred and sixty-five days per year. It does this right from the moment we are born and lasts until ... we fall in love!



### **New members.**

This month we welcome Michael & Julia Wedgewood and Andrew & Amanda Banks . Welcome to you all and we hope you enjoy many events with us.



### **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 wo 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 numbers attending 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).





**News from the BHF.** Research that we part-fund at the University of Birmingham could better identify people living with an undiagnosed abnormal heart rhythm. Atrial fibrillation (AF) is one of the most common forms of abnormal heart rhythm. It has been diagnosed in 1.3 million people in the UK, but it is estimated that there are hundreds of thousands of people living with undiagnosed AF in the country. It is also a major cause of stroke, as it can increase the risk of a blood clot forming inside the heart, which can then travel in the bloodstream to the brain. An electrocardiogram (ECG) – a test that measures the electrical activity in the heart - is usually used to screen people for AF, but this is resource-intensive and can be burdensome for some patients.

Now, researchers believe some patients could be tested for AF through simple blood tests. Scientists have previously identified that patients are more at risk of AF if they have three 'clinical risks' – they are older aged, male and have a high Body Mass Index.

These patients, say the researchers at Birmingham, could be screened for AF by testing their blood to see if they have elevated levels of two substances - a hormone released from the heart called brain natriuretic peptide (BNP) and another protein called fibroblast growth factor-23 (FGF-23).

The research was carried out by scientists from the Institute of Cardiovascular Sciences and the Institute of Cancer and Genomic Sciences at the University of Birmingham's College of Medical and Dental Sciences and has been published in European Heart Journal.

Dr Winnie Chua, one of the lead researchers on the project said: "People with AF are much more likely to develop blood clots and suffer from strokes. To avoid strokes it is important for them to take anticoagulant drugs to prevent blood clotting. However, AF is often only diagnosed after a patient has suffered a stroke.

"Therefore it is important that patients at risk are screened so that they can begin taking anticoagulants to prevent potentially life-threatening complications."

Until now, studies attempting to identify new predictors of AF have looked at a narrower range of chemicals present in the blood. In this study, the scientists simultaneously analysed 40 common blood chemicals in 638 people.

The scientists combined traditional statistical analyses with innovative machine learning techniques in order to identify new predictors of AF.

Professor Metin Avkiran, our Associate Medical Director added: "AF increases the risk of stroke, a serious condition that causes over 36,000 deaths in the UK each year, but is often detected too late. This research has used sophisticated statistical and machine learning methods to analyse patient data and provides encouraging evidence that a combination of easy-to-measure indices may be used to predict AF.

"The study may pave the way towards better detection of people with AF and their targeted treatment with blood-thinning medicines for the prevention of stroke and its devastating consequences."

The research, which began in 2013, is ongoing and next steps will involve following up the patients recruited to the study in order to further understand health outcomes and improve the prevention and treatment of AF. Source: <https://www.bhf.org.uk/what-we-do/news-from-the-bhf/news-archive/2019/january/study-finds-two-biomarkers-that-could-be-used-to-screen-patients-with-irregular-heart-rhythm>



**Committee meetings for 2019** are 8<sup>th</sup> January, 12<sup>th</sup> March, 14<sup>th</sup> May, 18<sup>th</sup> June (pre AGM), 10<sup>th</sup> September and 12<sup>th</sup> November. If you have any issues you feel should be brought to the attention of your committee, then please contact a committee member (see list on page 8).



**Every woman's dream!** Her ideal man takes her in his arms and throws her on the bed!!! And cleans the whole house whilst she sleeps.



**Member news.** Sadly, I report the passing of Noreen Shepherdson, a much loved friend to so many. Her funeral took place at Markeaton Crematorium on 17 January. Dorothy Stevens has had a hip replacement, Doug Glenday has been in hospital but has returned looking younger than ever (can we have the same treatment I hear you say). Barry Birkin is still trying to resolve issues with his shoulder whilst Jean has just discovered she has a heart condition she knew nothing about until recently. Trisha Flude has now been in RDH for two weeks trying to resolve several health issues. Margaret Harrison has also been in RDH for a short period and is convalescing at home now. 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: *"Don't know how you keep the Newsletter so interesting every month. Keep up the good work/Liked the "5 deadly terms used by women" Thanks for a great Christmas lunch date, wonderful atmosphere/loved the fruitcake but cannot remember eating it/Not sure about the Statins comment from the BHF, I had all sorts of problems until I stopped taking the "*. 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.



**Take Heart (Derby)** are the lucky recipients of a further donation from Spondon Village Club. The club are very active, with fundraising a particular feature. Trisha Flude can be seen accepting a cheque from Ian Wilson, Fund Raising Manager of the club. Michael wrote to the club to express our gratitude for this money. You can see elsewhere in this edition of our Newsletter, that we are actively seeking opportunities to support the cardiac departments at Royal Derby Hospital.



**The speaker** this month was Robert Mee, who holds an MA in English Local History from the University of Leicester and has conducted several research projects around Heanor, as well as being a volunteer research assistant at Leicester University. He writes for local magazines and newsletters as well as managing the website for the Heanor & District Local History Society. He has written two books on the Heanor Langley Mill area. His talk was about Inn signs and their history. He told us that some Inn signs have not changed in 300 years where others have changed two or three times. We were shown a picture of the Chequers Inn at Ranby, with this name dating from Roman times as chequers were a form of counting. We were told that there are 600 Red Lions around the country with the Lion being the most significant symbol. We were shown a picture of the Royal Oak, Collingforth, which was built in the 17<sup>th</sup> century, Royal Oak being the next most popular name. White Heart is the third followed by The Swann and The Plough. He said that the 16<sup>th</sup> century coaching inns thrived until the railways came in. The Duke of Devonshire's coat of arms had a snake on the top and Robert said that there is a Snake Inn near the snake pass. An inn called the Horse & Jockey came about because in the 1770's the word Jokey would mean a horse dealer. Robert told us that some inns were named after military hero's like the Lord Nelson on the Wardwick in Derby. With other inns depicting what was the industry in the area, like the new public house that has opened in Nottingham called the Lacemakers Arms which is situated in the lace market area of Nottingham. The oldest public house in in England is named The Trip to Jerusalem which is steeped in history. We were shown lots of photographs of different Inns and the history behind them, with members asking lots of questions at the end of the talk.

## **Forthcoming events**

### **January.**

Wednesday 23 <sup>rd</sup>	Swimming at the Queen's Leisure Centre <b>FROM 2.30 PM.</b>
Friday 25 <sup>th</sup>	Singing for Fun at 10.00 AM.
Tuesday 29 <sup>th</sup>	Coffee morning The Cube café/bar FROM 10.30 AM.
Wednesday 30 <sup>th</sup>	Swimming at the Queen's Leisure Centre <b>FROM 2.30 PM.</b>

### **February.**

Friday 1 <sup>st</sup>	Singing for Fun at 10.00 AM.
Wednesday 6 <sup>th</sup>	Swimming at the Queen's Leisure Centre <b>FROM 2.30 PM .</b>
Friday 8 <sup>th</sup>	Singing for Fun at 10.00 AM
Monday 11 <sup>th</sup>	Something we should all know about – Defibrillators & how to use them. A reminder from Derbyshire County Councillor Simon Spencer who's life was saved by someone using a defibrillator following a heart attack.
Wednesday 13 <sup>th</sup>	Swimming at the Queen's Leisure Centre <b>FROM 2.30 PM.</b>
Thursday 14 <sup>th</sup> or 21 <sup>st</sup>	Lunch at
Friday 15 <sup>th</sup>	Singing for Fun at 10.00 AM
Wednesday 20 <sup>th</sup>	Swimming at the Queen's Leisure Centre <b>FROM 2.30 PM.</b>
Friday 22 <sup>nd</sup>	Singing for Fun at 10.00 AM
Tuesday 26 <sup>th</sup>	Coffee morning at The Cube café/bar.
Wednesday 27 <sup>th</sup>	Swimming at the Queens Leisure Centre <b>FROM 2.30 PM.</b>

## **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](mailto: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.

Affiliated to the British Heart Foundation