

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter January 2020



Christmas Dinner, December 2019. A full house of sixty members and guests were present on a cold December evening. We were delighted to welcome some of our front-line medical personnel, namely cardiologists and nurses from the cardiac teams of Royal Derby Hospital. Michael welcomed all those attending. He wished to thank hard working committee members for all their efforts by giving their time and expertise freely and frequently. Margaret was particularly thanked for organising the event and Pam & Trisha for the raffle, including those who had donated prizes. Our President, Julia Baron addressed those present to thank Take heart (Derby) members for their continued support for the cardiac departments throughout the year. She listed equipment paid for by our group and also for the subsidies offered to members which allow them to attend functions. The meal was very enjoyable in such convivial circumstances. A raffle on the evening raised £253.00 for which Michael thanked those attending and those who contributed a gift.



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 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, 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.

 **We are moving.** 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**

 **Careless Talk...** Little Johnny's mum was worried. She hadn't seen her elderly neighbour, Mrs Goldbaum, in days. She asked: "Johnny, would you go next door and see how old Mrs Goldbaum is?" A few minutes later, Johnny returned. Mum: "Well, is she all right?" Johnny: "She's fine, except that she's mad at you." Mum: "At me? Whatever for?" Johnny: "She said it's none of your business how old she is."

 **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.

 **What "F" word applies here?**



Of course – it is "Fear"

 **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 Stuart Alt, Julia Backhouse/Andrew Banks, Pauline Boutcher, Michael & Pamela Brinkworth, Celia Charles, Shirley Etches, Audrey Frances, Sheena Gibson, Debbie Giles, Margaret Harrison, Angie Haswell, Andrew Hutton, Geraldine Lloyd, Neil Mansell, Mike Nolan, Reh Qureshi, Brenda Riley, Peggy Shaw, Margit Staehr, Brian and Annette Statham, James Tatlow, Margaret Thomas, Alan Topham and Elizabeth Turner. We hope you all have a happy and memorable day.



Can you remember when?

Back in the days of tanners and bobs, When Mothers had patience and Fathers had jobs. When football team families wore hand me down shoes, And T.V gave only two channels to choose. Back in the days of three penny bits, when schools employed nurses to search for your nits. When snowballs were harmless; ice slides were permitted and all of your jumpers were warm and hand knitted. Back in the days of hot ginger beers, when children remained so for more than six years. When children respected what older folks said, and pot was a thing you kept under your bed. Back in the days of Listen with Mother, when neighbours were friendly and talked to each other. When cars were so rare you could play in the street. When Doctors made house calls and Police walked the beat. Back in the days of Milligan's Goons, when butter was butter and songs all had tunes. It was dumplings for dinner and trifle for tea, and your annual break was a day by the sea. Back in the days of Dixon's Dock Green, Crackerjack pens and Lyons ice cream. When children could freely wear National Health glasses, and teachers all stood at the FRONT of their classes. Back in the days of rocking and reeling, when mobiles were things that you hung from the ceiling. When woodwork and pottery got taught in schools, and everyone dreamed of a win on the pools. Back in the days when I was a lad, I can't help but smile for the fun that I had. Hopscotch and roller skates; snowballs to lob. Back in the days of tanners and bobs.



Terrible Christmas Jokes or just a cracker? Santa's sledge broke down on Christmas Eve. He flagged down a passing motorist and asked, 'Can you help me fix my sledge?' 'Sorry,' the motorist replied. 'I'm not a mechanic—I'm a podiatrist.' 'Well then' said Santa, 'can you give me a toe



Responses to our Newsletters are as follows: The following messages were about last month's Newsletter: - *"You are right, that's the best Irish joke I've heard for a long time/Interesting to see the research into heart failure but will it come in time for me/I've only been married three times, so at least my luck should get better/thanks for the Newsletter, twelve good ones this year – keep it up please/I love being reminded about the cake recipe, all I've ever managed was "inebriated"/glad to hear about the change of venue for our talks, parking is almost as bad at Royal Derby Hospital/am still receiving your newsletter and thoroughly enjoying it. The Fruit cake recipe is quite hysterical!!!I didn't manage to complete the cake but the whisky sure was great/A very belated thank you for the Calendar, again lots of lovely pictures. I do enjoy reading the monthly Take Heart Newsletters".* 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.



 “What’s driving Brexit? From here it looks like it’s probably the Duke of Edinburgh”
Milton Jones (2019)
“A cowboy asked me if I could help him round up 18 cows. I said, ‘Yes, of course. – That’s 20 cows” **Jake Lambert (2019)**
“A thesaurus is great. There’s no other word for it” **Ross Smith (2019)**
“I accidentally booked myself onto an escapology course; I’m really struggling to get out of it” **Adele Cliff (2019)**

 **Our next meeting. Don’t forget, we now meet at St Mary’s Church Hall, Darley Lane, Derby DE1 3AX.** Humour is a great medicine and so February’s talk is essential attendance. Entitled “Humour that Surrounds us” by Colin Bower will put everything into prospective. It’s on 10th February at 2.30PM

**New Venue – St Mary’s
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 **Old man thoughts!!!**

As a young man, when you dropped something you just picked it up. Nowadays, if you drop something you just stare down at it for a while wondering if you really need it anymore.

 **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.

 **More Old man thoughts!!!** One way to find out if you are old. Fall down in front of a group of people. If they start laughing you are young. If they start running towards you in a state of panic, then you are old



Jam Jar Challenge 2020. Next month (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 the British Heart Foundation in June. The extra time allows you to top up this 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.



Even more Old man thoughts!!! I thought that growing up in the seventies was a lot more fun than being in my seventies.



Organ donation law is changing in England. 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/>



"Whenever I see a man with a beard, moustache and glasses, I think, 'There's a man who has taken every precaution to avoid people doodling on photographs of him'" **Carey Marx (2008)**

"Son, I don't think you're cut out to be a mime." "Was it something I said?" asks the son. "Yes." **Damien Slash (2015)**

"I heard a rumour that Cadbury is bringing out an oriental chocolate bar. Could be a Chinese Wispa." **Rob Auton (2013)**

"I needed a password eight characters long so I picked Snow White and the Seven Dwarves." **Nick Helm (2011)**

"I'm not a very muscular man; the strongest thing about me is my password." **Rory O'Keeffe (2016)**

"I love Snapchat. I could talk about classic card games all day." **Aatif Nawaz (2016)**

"People who use selfie sticks really need to have a good, long look at themselves." **Abi Roberts (2016)**



Another donation from Spondon Village Club. We have been the fortunate recipients of yet another donation from the Spondon Village Club. Trisha Flude was on hand to receive a cheque from Ian Collins at their club night. Trisha offered a few words about our group and some of the donations we make to the cardiac departments at Royal Derby Hospital.





News from the BHF It is universally accepted that we teeter on the brink of an epidemic of heart failure, and clear that innovations and services must be based around increased need and demand. Patients who now live longer thanks to increasing survival of cardiovascular events and improved healthcare will soon reach the destination syndrome that is heart failure. It is a costly burden for the NHS, and results in patients with severe symptoms and impaired quality of life. In the main, the public and clinicians are woefully unaware of its presentation, its decompensation characteristics and the importance of disease-modifying therapy. There are four primary concerns of which all clinicians must be aware. 1. Life goes on. In your practice, how many patients have displayed a 'stiff upper lip' in the way they, unbelievably, endure severe unreported symptoms for a long time and explain it away as part of "getting old" and "it's to be expected"? How often do we hear about patients who have slept in a chair for months because of chronic pulmonary congestion and put up with it without "bothering anyone". [BHF analysis suggests](#) there is a large population of people with heart failure in the UK who are not on their GP's register. In part, this is due to stoicism, but also because of poor public awareness that unexplained breathlessness or oedema could be caused by heart failure. As such, patients are missing out on life-lengthening, symptom-improving and disease-modifying therapy. One of our biggest challenges is to raise awareness among the public, patients and our colleagues. On a previous heart failure awareness day, I asked members of the public in our local town centre what they thought the main symptom of heart failure was. Chest pain was the reply. This is often repeated during our patient education courses. In comparison, recent awareness campaigns about cancer, heart attack and stroke mean that, as a nation, we are more literate and have a shared general knowledge and understanding of what these diseases present as and mean. A national heart failure awareness campaign is much needed. 2. Education means freedom. Once diagnosed, educating patients is vital; we need to encourage expertise among our patients with heart failure. When I asked my patients to complete a questionnaire about their experiences, the main emotion patients reported on diagnosis of heart failure was fear. Fear and anxiety fall when patients feel "in control" and part of management decisions. Patient expertise also helps us as clinicians, since patients are more likely to continue to self-monitor and to self-manage. If a patient understands the mechanisms of decompensation and can identify nocturnal dyspnoea, orthopnoea, sudden weight gain and/or pitting oedema red flags, they are more likely to tell us, receive earlier "rescue" therapy (diuretics) and have fewer emergency admissions. Standardised education is the cornerstone of good heart failure management. Having a menu of choice is important so that patients who are housebound receive the same standard of education as those who are as mobile and active. Locally, we provide: a half-day group education course; a series of locally produced YouTube videos with the same information for housebound patients; standardised written information via the BHF [Living with Heart Failure](#) booklet; a weight booklet and our contact details in various formats – landline, text and email. In general practice, it can be difficult to find the time to educate, so providing your patient with similar resources or referring them to the local education session will ensure your patient will not only weigh themselves daily, but know why! We provide our patients with a simple acronym – called "D.A.I.L.Y." – which helps them spot early signs and symptoms of decompensation and know when to contact us: (a) **D**: daily weight increase of 3lb (1.4kg) or more. (b) **A**: ankle/leg swelling that dents under pressure. (c) **I**: increased breathlessness. (d) **L**: laying flat makes you breathless. (e) **Y**: you wake up suddenly with breathlessness

Source: <https://www.bhf.org.uk/for-professionals/healthcare-professionals/news-and-analysis/blog/we-teeter-on-the-brink-four-vital-issues-in-heart-failure-all-clinicians-should->



I never wish death to those who offend me or do me wrong. I wish sudden, explosive diarrhoea with many sneezes whilst on a date!!!



The first meeting at our new home! For some time we have been seeking a new home for our monthly talks and eureka, St Mary's Church Hall provided the answer. Easy parking, a large and welcoming hall with a kitchen opening out into the hall and tables to place our refreshments on. The acoustics were great as well. We welcomed new members Keith & Eileen White. Our speaker this month was Paul Sturges talking to us about Life in Derby in the 1950's. Paul is professor Emeritus at Loughborough University and professor Extraordinary the University of Pretoria; South Africa having travelled widely throughout the world giving lectures and conference presentations. The Readers Digest did a statistics survey in the spring of 1953, to determine what people in Derby were interested in. The questionnaire had 62 main categories, 1,200 interviews took one hour fifteen minutes and 1,800 took just thirty minutes and then created an index regarding the people of Derby. The people of Derby were so friendly they would ask the interviewers into their homes to have a cup of tea. In 1951, 20% of the population were children under 14 years, 10% of the population were over 65 years. Unemployment was below 1%. He went on to talk about shops that used to be in Derby, the oldest established businesses of Bennetts in Irongate. Members joined in with other names, Woolworths in Victoria Street, the Midland Drapery, Thurman and Malin, The Co-op and many more, but no supermarkets at this time. Paul said that statistics showed that most people shopped in Derby and occasionally Nottingham, with 42% of women shopping three times a week, 80% of them walking. 40% shopped in the town centre once a week with 76% of them using buses. He showed us a photograph of Cockpit Hill, with one member saying that her mother had worked for a man they called Mad Harry, who had a stall there on a Saturday. At this time only 15% of Derby people owned a car. Paul had once been a conductor on a bus, telling us that his ticket machine was called the "Ultimate Machine", and was told if anyone tried to attack him he was to hit them over the head with it, far different from today. Paul showed us photographs of trolley buses and the Queens Hall which all members said they remembered well. He said that in the 1950's there was usually a shop on every corner and we were shown a photograph of a corner shop in Provident Street Derby owned by Ken Durant where beer was brewed in the yard at the back, with people being able to go and buy a packet of biscuits as well as a jug of beer. Other photographs showed the band stand in the Arboretum Park with members remembering the aviary, the fishpond in the centre as well as the bowling greens. We were told that in the 50's



just over 90% of the population read the evening or Sunday paper, 87% regularly read one or more of a total of 335 magazines and other periodicals. The libraries issued about one million books per year, 80% of these were fiction. The talk ended with us talking about dancing with members remembering dancing at the Trocadero, Paul said that just over 20% of Derby people went dancing at least once a month at this time. Paul thanked all the members for joining in with the talk giving him their memories of places that we had talked about. A really enjoyable afternoon.



Forthcoming events:

January.

Tuesday 28th Coffee morning The Cube café/bar from 10.30AM.
Wednesday 29th Swimming at the Queen's Leisure Centre from 2.30PM.
Friday 31st Singing for Fun at 10.00AM at St John's, Allestree

February.

Wednesday 5th Swimming at the Queen's Leisure Centre at 2.30PM.
Friday 7th Singing for Fun at 10.00AM at St John's, Allestree
Monday 10th Speaker Colin Bower will remind us that there is a huge amount of "Humour that Surrounds Us" everyday. Not sure, then come and listen at 2.30PM in our new location of St Mary's Church Hall, Darley Lane, Derby DE1 3AX.
Wednesday 12th Swimming at the Queen's Leisure Centre at 2.30PM.
Friday 14th Singing for Fun at 10.00AM at St John's, Allestree
Wednesday 19th Swimming at the Queen's Leisure Centre at 2.30PM.
Thursday 20th Lunch at the Kings Highway, Rowditch Place, Derby DE22 3NH
Friday 21st Singing for Fun at 10.00AM at St John's, Allestree
Tuesday 25th Coffee morning at The Cube café/bar from 10.30AM.
Wednesday 26th Swimming at the Queens Leisure Centre from 2.30PM.
Friday 28th Singing for Fun at 10.00AM at St John's, Allestree



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.