

# 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 2021



**A message from our President, Dr Julia Baron.**

*Dear Take Heart members.*

*I wanted to take a few minutes to say a warm 'hello' to all of you (and your families). This has been a really difficult year for many people. Sadly, we have a few more months at least to get through - possibly the hardest yet - until things start to improve. Entering another lockdown is met with sadness and frustration, but also a little relief for us at the hospital that this decision has been taken, as the number of people in with COVID at present is truly alarming.*

*I write this with a slightly achy arm - it was quite emotional to receive my vaccination. I feel very fortunate. I promise you the side effects (for me anyway) are very mild - similar to the 'flu' jab. I am hopeful that the vaccination programme in the hospital will help us keep doctors working and keep our patients safer.*

*We also have the pleasure of sticking swabs down our throats and up our noses twice a week for the 'lateral flow' tests - again*

*the idea is to keep our patients as safe as we can. We also wear masks - and for the heart attacks we operate in 'full PPE'.*

*The 'Oxford' vaccine roll-out offers hope for beginning mass*



*community vaccination as well. This really does feel like our best way forwards. The promise is that many (possibly most) of you will have received your first dose by mid-February. Even then we will have to keep being careful for some time.*

*I veer between hope, heart ache, and ups and downs - I expect this is the same for many of you. There is other news - we have just celebrated 10 years of 'PPCI' - 24/7 stenting procedures at Derby for heart attacks. This has seen over 3000 patients treated. We are still very much 'open for business' for emergencies such as chest pain. It would be wrong of me to pretend that there has not been an impact on services though - we are aware that clinics are behind, but we have caught up with echo scanning. People are also waiting longer for treatments such as bypass surgery and valve surgery. We have just done our second balloon aortic valvuloplasty at Derby for a patient who we could not transfer to Glenfield (where these usually happen). We adapt where we can, and we are treating people with stents (for heart attacks or severe angina) wherever possible.*

*We are now part of a bigger team, with close working with Burton too. New colleagues are joining us, including Dr Elamin (Interventional Consultant, based at Derby) and Dr Singh (Burton).*

*I have missed my annual Take Heart AGM grilling 😊 - I truly hope to see you all again, just as soon as it is possible.*

*Happy New Year (with hope!).*



**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



**Still receiving high praise for our Calendar 2021!** Calls continue coming in about our latest calendar. Here are a few of the more recent comments: *“It is absolutely beautiful/Full of bright and colourful photo’s. Hope to get out and see a few in person during 2021/Amazing stuff, Michael. Many thanks/I love the ‘Moon’ on the cover but my favourite is the Knife Angel. Gob-smacking and a really great message to boot/I think the one where the sheep are hiding is really funny/I’ve seen the miners wheel in Belper and it looks better in your photo (it was raining on the day I saw it)/Blimey, are you sure it is not worth more than £5.00 to buy a copy. I’ve had four and my friends are very, very pleased with their gift. Thanks a million”.* Thank you all for your lovely words.



**A man was telling his neighbour,** 'I just bought a new hearing aid. It cost me four thousand pounds, but it's state of the art. It's perfect.' 'Really,' answered the neighbour. 'What kind is it?' 'Twelve thirty.'



**It's that time of year again.** 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. Please note our banking details have changed to The Co-operative Bank, details are on our web page.



**Is this a result of Covid?** A couple in their eighties are both having problems remembering things. During a check-up, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember. Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks. 'Will you get me a bowl of ice cream?' 'Sure.' 'Don't you think you should write it down so you can remember it?' she asks. 'No, I can remember it.' 'Well, I'd like some strawberries on top, too. Maybe you should write it down, so as not to forget it?' He says, 'I can remember that. You want a bowl of ice cream with strawberries.' 'I'd also like whipped cream. I'm certain you'll forget that, write it down?' she asks. Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!' Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment. 'Where's my toast?'"



## Lockdown 3 (or Tier 5) Stay at Home

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 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..

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.



**Please see page 12** for a sensible request when you receive your invitation for a Covid 19 vaccination!!!



**Top Ten Tips for Winter.** Derby & Derbyshire Clinical Commissioning Group (DDCCG) have issued guidelines to help us through the winter months.

1. Get your flu jab – protect yourself and those you come into contact with.
2. If you have a cold you do NOT need to see a GP. Treat it yourself with over the counter remedies at your pharmacy and drink plenty of water.
3. Prevent the spread of winter bugs (Norovirus) by not visiting your GP. There is nothing the GP can do whilst you have it. Avoid public places and call 111 for advice.
4. Make sure your medicine cabinet is stocked up. Have stocks of cold remedies, painkillers, antiseptic cream and plasters.
5. Order repeat prescriptions in good time.
6. Make good use of pharmacies. They can provide advice with over the counter remedies and advice whether you need more expert attention.
7. Need same day response from your GP. Phone early and keep trying, they will answer sooner or later.
8. Use services wisely. 999 should only be used for emergencies (head injuries, heart attack, broken bones etc.) Sprains, cuts, rashes should mean a visit to the Walk-in-Centre, but if you need advice telephone 111. Of course, minor grazes, sore throat and hangovers are a matter for self-care.
9. Keep warm. Heat your main living room to 18 – 21 C (64 – 70 F) and the rest of the house to 16 C. Check electric blankets before re-using them this winter.
10. Eat healthily. Food is a vital source of energy and helps keep the body warm. Have hot meals and drinks regularly throughout the day. Stews, soups and curries will do the trick and have meals prepared in advance in case of adverse weather.



**An elderly couple** had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said, 'Last night we went out to a new restaurant and it was really great. I would recommend it very highly'. The other man said, 'What is the name of the restaurant?' The first man thought and thought and finally said, 'What's the name of that flower you give to someone you love? You know, the one that's red and has thorns.' 'Do you mean a rose?' 'Yes, that's the one,' replied the man. He then turned towards the kitchen and yelled, 'Rose, what's the name of that restaurant we went to last night?'



**Birthdays.** Happy birthday this month go to Stuart Alt, Sandra Armes, Julia Backhouse, Pauline Boutcher, Michael & Pamela Brinkworth, Celia Charles, Shirley Etches, Sheena Gibson, Debbie Giles, Angie Haswell, Andrew Hutton, Geraldine Lloyd, Neil Mansell, Mike Nolan, Reh Qureshi, Brenda Riley, Peggy Shaw, Margit Staehr, Margaret Thomas, Alan Topham and Elizabeth Turner. 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.



**How many men does it take to open a beer?**

None. It should be opened when she brings it.





**Why is a Laundromat a really bad place to pick up a woman?** Because a woman who can't even afford a washing machine will probably never be able to support you.



**It had to happen!!!** (because Trisha insisted). You may recall



that Michael had let his hair continue to grow. But he gave in after comment from Trisha, daughters, granddaughters and great granddaughters. You can see the difference very clearly. It did not happen easily – first, a mortgage had to be negotiated and it has now been added to his will, so the girls can inherit the debt. A lovely chap, isn't he??? But is this the end of the saga? Another lockdown might see more hair growth!!!



**Hospital regulations** require a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him. 'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.'



**A New Newsletter.** More comments are being fed back about our new format for our Newsletter. Responses to the new A5 format Newsletter. *“I have collected all the Newsletters since I joined the group in 2015. The latest versions (small booklet) are by far the best. They sit neatly on my bookshelf and I regularly bring them out whenever I have visitors, which I know I am not allowed but it helps (name and address supplied)/Hope the standard continues this year. Very proud of the monthly mag/Loved the Dublin Medical experts ditty/I think I fit into the C-Nile virus definition/I hope 2021 see’s the quality and laughter continue in my Newsletter, thanks/I think it’s brilliant/Love the new Newsletter, so handy to take with me or store at home. ”* Please, send your comments/observations to Michael email [michael.flude@takehearderby.co.uk](mailto:michael.flude@takehearderby.co.uk). Telephone 01332 380219, write to 14 Brookside Road, Breadsall, Derby DE21 5LF



**Member news.** Still convalescing in Buxton but hoping to return to Allestree in the New Year, Mary Blundell says otherwise she is ok. Not coping well with walking sticks but it is only temporary. Patricia Bhurton is doing well and out shopping in the INTU. Many members who were planning family gatherings put them on hold as the relaxation was reduced from 5 days to just one. It is with much sadness that I advise of the passing of two of our members. Alan Nixon succumbed to coronavirus following two hospitalisations in November. He had been a member since 1990. Alan Merigold passed in September from age related illness. This Alan had been a member since 1994. I am sure you will join me in prayers for their families at this sad time for them. Please keep Michael informed about your health issues. In the meantime

**Stay at Home -Protect the NHS -Save Lives**



**My friend keeps saying** 'Cheer up man, things could be worse, you could be in an underground hole full of water.' I know he means well.



**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.



**I didn't think** wearing orthopaedic shoes would help but I stand corrected.



**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).



**When I was a kid, my parents would always say, "Excuse my French" just after a swear word... I'll never forget my first day at school when my teacher asked if any of us knew any French**



## **News from the BHF.**

Getting to the heart of the problem Before the mid 1970s, nobody fully understood the cause of heart attacks. Treatment was bedrest, and pain relief - most patients found their health deteriorating quickly after a heart attack. BHF Professor Michael Davies at St George's Hospital Medical School was one of the first scientists to clearly show that blood clots in the coronary arteries cause heart attacks. This revolutionary breakthrough paved the way for scientists around the world to investigate how blood clots form, and to develop life-saving drugs to combat them. It wasn't enough to know what caused heart attacks – we also needed to find out how to treat them. BHF Professor Rory Collins led a team of researchers in Oxford in the late 1980s, who tested the effect of two medicines in thousands of heart attack patients. They suspected giving patients streptokinase - a clot-busting medicine - alongside aspirin, as soon as possible following a heart attack, would save more lives than either treatment given alone. They were right, and heart attack deaths fell by around 40%. The clinical trial, called ISIS2, also found the earlier this combination of medicines was given after a heart attack, the better the outcome for the patient. This treatment is still in use today and gives thousands of people every year a better chance of surviving a heart attack. But it was all down to pioneering work by our scientists. During a heart attack, blood flow to the heart muscle becomes restricted or blocked completely. This damages the heart by starving it of oxygen, leading to the release of a protein into the blood called troponin. With a simple blood test, troponin is measured as soon as the person arrives at A&E with a suspected heart attack, and again three hours later. Measuring troponin levels is one of the most commonly used tests in diagnosing heart attacks and has been used by medical professionals for many years. Professor Nicholas Mills, a BHF Senior Research Fellow at the University of Edinburgh, led a study in 2015 using a higher sensitivity troponin test that's able to detect lower amounts of this protein in the blood of heart attack patients. Using this improved test, his team

found they could lower the threshold of troponin levels used to help diagnose a heart attack in women, resulting in twice as many women being diagnosed with a heart attack compared to the standard test. We've made incredible progress in diagnosing and treating heart attacks. But there's still a great deal of work to be done. Despite enormous advances, each year thousands of people in the UK don't survive a heart attack. We're working hard to change this but need your support to continue our life-saving research. Source: <https://www.bhf.org.uk/what-we-do/our-research/our-successes/our-successes-in-heart-disease-research/our-successes-with-heart-attack-research>



**A hot meal for nurses.** Take Heart (Derby) has donated a microwave oven to nurses on ward 408 at Royal Derby Hospital. This will allow nurses to heat up food whilst working on a heart ward during this health crisis. Bev McDonald, housekeeper for this ward said, "Another wonderful donation from Take Heart (Derby) to have hot food. It will refresh them to continue their hard work". Michael Flude, Chairman of Take Heart (Derby) responded saying, "The nurses work hard and need the nourishment of hot food to sustain them during their exhausting shifts. We appreciate them and their efforts and are glad to help in any way we can".





### Thoughts for the Day

If you want the world to beat a path to your door, just try to take a nap on a Saturday afternoon.

I've started telling everyone about the benefits of dried grapes. It's all about raisin' awareness really.

A lorry carrying 25 tons of Vicks Vapour Rub has overturned on the M9 near Falkirk, spilling its load onto the carriage way. The Police have said that despite the volume of traffic there will be no congestion for at least 12hrs.

I've met my long-lost identical twin. I'm completely beside myself.



**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.



**Comic Belief.** A Calvinist arrives at St Peter's gates and sees that there are two queues going in. One is marked 'predestined' and the other is marked 'free will'. Being the card-carrying Calvinist that he is, he strolls on over to the predestined queue. After several moments an angel asks him, 'Why are you in this line?' He replies, 'Because I chose it.' The angel looks surprised, 'Well, if you "chose" it, then you should be in the free will line.' So our Calvinist, now slightly miffed, obediently wanders over to the free will line. Again, after a few minutes, another angel asks him, 'Why are you in this line?' He sullenly replies, 'Someone made me come here.'





**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..



**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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