

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703

Newsletter January 2022

Our Programme of Events resumes on 1 February (p15).

Please wear a face covering and take a lateral flow test before attending



Our President, Dr Julia Baron sends this New Year message to you. *'It was lovely to see so many people at the annual Christmas Dinner - familiar faces and new ones. It seems it will be the last face to face gathering for some time, as Omicron is forcing us back 'online' once again. Sometimes, it can be hard to keep spirits up through all of this, and the uncertainty in the Health Service affects us all, one way or another.*

There are glimmers of positive news - it seems less likely that this variant will result in hospital admission - but there will still be an impact, with services disrupted and staff off ill or isolating. This will make it harder to catch up - and we are already behind with clinic and waiting lists, which leaves us all uncomfortable, to say the least. I hope we will be back together this year for the

AGM in the summer so that I can come along for my annual open questions. I look forward to seeing many of you then.

Finally, I would like to add a huge thank you to Michael and the rest of the committee for all that you have been doing to support patients and families throughout, even when you have had your own big challenges to cope with.

Happy New Year to one and all.



And a note from Michael:

I am sure you will join with me to thank Dr Baron for her continued support for all our members.

Michael's 2022 wish list for you all.

12 months of happiness

52 weeks of fun and laughter

365 days of success

8,760 hours of good health

525,600 minutes of blessings

31,536,000 seconds of joy



The head bone is connected to the leg bone???





Plan B continues

Face coverings are required by law in most indoor settings such as supermarkets, shops, shopping centre's (exemptions are – restaurants, cafes and canteens, bars & shisha bars, gyms & exercise facilities, photography studio's, nightclubs, dancehalls & discotheques).

Face coverings must be worn on public transport.

Pupils are recommended to wear face coverings in communal areas and for parents/teachers to wear them when collecting children from school.

Office workers should work from home if able to do so.

Certain venues and events will be required by law to check that visitors aged 18 years and older are fully vaccinated, have proof of a negative test within the last 48 hours or have an exemption.

HHS Copvid-19 pass will be required as follows: nightclubs, dancehalls & discotheques, provide live or recorded music, indoor events with 500 or more unseated attendees, outdoor events with 4000 or more unseated attendees, any events with 10000 or more attendees indoors or outdoors such as large sports and music events).

It is still possible to catch Covid-19 even if you are fully vaccinated.

Anyone with Covid-19 symptoms should stay at home and self-isolate immediately and for 7 days.

If you have symptoms, arrange a PCR test as soon as possible.

Let fresh air into indoor meetings (meeting outdoors is safer).

Wash your hands more frequently for at least 20 seconds on each occasion, before you eat or handle food. After coughing or sneezing, after touching surfaces where others have touched (handrails, door handles etc), after coming into contact within shared areas (kitchens, bathrooms etc), and when you return home.

There are no travel restrictions in England but check for guidance if travelling abroad and the necessary procedures to adopted

when returning. Do not travel anywhere if you have Covid-19 symptoms.

Travellers to Spain must be vaccinated or entry will be refused. Germany is imposing a no-jab – no access policy for pubs/clubs etc and may make vaccination compulsory.

EU chief, Ursula von der Leyen has suggested mandatory vaccinations might become necessary.

UK Government has ordered 114 million more doses of coronavirus vaccines to protect against new variants.

The Government has ordered 100,000 doses of molnupiravir, a new take at home pill for those with symptoms.

Source: [Coronavirus: how to stay safe and help prevent the spread - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/coronavirus-how-to-stay-safe-and-help-prevent-the-spread)



Vaccination centres near Derby.

Asda Pharmacy, Derby Road, Spondon, Derby DE21 7UY (book online or call 119)

B J Wilson Pharmacy, Sinfin District Centre, Derby DE24 3ND (book online or call 119).

Boots, Derbion Centre, Derby DE1 2AH (book online or call 119).

Broadway Baptist Church, 166 Broadway, Derby DE22 1BP (book online or call 119).

Ikhlas Education Centre, Clarence Road, Derby DE23 6LS (book online or call 119).

Midland House, Nelson Street, Derby DE1 2SA (book online or call 119).

[Booster dose of the coronavirus \(COVID-19\) vaccine - NHS \(www.nhs.uk\)](https://www.nhs.uk)



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. Some

messages received already “*The calendar is worth the annual subs alone/I think this year’s calendar is better than last, which was brilliant/how do you keep coming up with these gems*”.



A statements of the obvious.

My wife stood in front of me and said, “You weren’t even listening were you?” I thought, what a funny way to start a conversation!!!

I got my wife to help me put in new posts for our garden fence. I gave her a hammer and said, “When I nod my head, hit it.” I don’t remember anything else.

My ability to remember lyrics of songs from the 60’s far exceeds my ability to remember why I went to the kitchen.

I was queuing for food at a takeaway restaurant when my grandson asked if he could have a drink of lemonade. I said yes of course he could. He then suggested I run it past his dad because he said he couldn’t.



Birthdays.

Happy birthday this month go to Stuart Allt, 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, 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. I forward these comments made to the lovely ladies who make them for us.



A Good Boss

If you've ever worked for a boss who reacts before getting the facts and thinking things through, you will love this! Arcelor-Mittal Steel, feeling it was time for a shake-up, hired a new C.E.O. The new boss was determined to rid the company of all slackers. On a tour of the facilities, the C.E.O. noticed a guy leaning against a wall. The room was full of workers and he wanted to let them know that he meant business, so he asked the guy, "How much money do you make a week?" A little surprised, the young man looked at him and said, "I make £400 a week. Why?" The CEO said, "Wait right here." He walked back to his office, came back in two minutes, and handed the guy £1,600 in cash and said, "Here's four weeks' pay....now GET OUT and don't come back." Feeling pretty good about himself the C.E.O. looked around the room and asked, "Does anyone want to tell me what that waster did here?" From across the room a voice said, "Pizza delivery guy from Domino's".



Member news. We welcome Alan Godward, Martyn & Louise Bertalan and wish them many years of involvement with us. Michael Gilbert moved into a care facility just before Christmas, but visiting restrictions are not helping his family. Former member Betty Hassell is still holding on. Although quite frail, she is eating and drinking well but understands very little. Pat Fitton is doing very well but is stuck in the NHS queue for a hip replacement. Her operation has been postponed THREE times now. She is still in good spirits and was delighted to receive her calendar. She shows off her Newsletters to her family and neighbours as well. Molly Illesley is still coping well in her retirement home, son Ged is her “named” visitor and reads the Newsletter with her. We wish all members a healthy outcome to all their troubles





News from BHF.

There were 12,400 fewer people participating in cardiac rehabilitation programmes during 2020, when the Covid-19 pandemic first took hold, as significant numbers of staff were redeployed to meet pressures from the coronavirus pandemic, according to the new National Audit of Cardiac Rehab (NACR) report. The report, which we fund, showed the greatest fall in participation was among ethnic minority groups, where eleven per cent fewer patients took up cardiac rehabilitation in 2020 compared to 2019. Meanwhile, participation amongst women and men fell at similar rates (by eight per cent in males and nearly six per cent in female heart patients). To address this decline in participation, the latest report is calling for cardiac rehab to be delivered in a way that best suits the individual patient's needs. The redeployment of NHS staff during the pandemic, alongside the suspension of services during Covid-19, has had a significant effect on how cardiac rehab has been delivered. Almost 80 per cent of cardiac rehab programmes across England, Northern Ireland and Wales had some or all of their team redeployed from January to December 2020. The impact that this has had on cardiac rehab has been considerable, with 12 per cent of programmes ceasing to run completely due to full staff redeployment in their teams. About 67 per cent of programmes had key members of their team redeployed, which resulted in limited support for cardiac rehab services. A knock-on effect of this was a reduction in the number of people being referred to, taking up, and completing cardiac rehab. Only around 21 per cent of programmes were unaffected by redeployment, although these programmes still would have been affected by the reduced patient throughput due to Covid-19 restrictions and reduced cardiology referrals. The implications of not participating in the service following a cardiac event could be life threatening. Research has shown that cardiac rehab reduces the risk of premature death by a quarter and lowers hospital admissions by around a fifth, it also reduces the chances of a further serious heart-related illness, so it's extremely important

that the people who are offered the service are able to access it. The pandemic also saw a major shift in the way people were accessing cardiac rehabilitation, with home-based delivery now overtaking group delivery as the dominant mode of cardiac rehab. Home-based cardiac rehab only made up 16 per cent of delivery modes prior to the pandemic, but this has increased to 76 per cent. Meanwhile, group-based cardiac rehab fell from 72



per cent to 16 per cent from 2019 to 2020. Ruth Goss, our Senior Cardiac Nurse, said: “These findings are further evidence of the significant knock-on impact the pandemic is having on cardiac care.

Cardiac rehab is a vital part of recovery for many cardiac patients. “Whilst it is a welcome step in the right direction to see innovation that allows those who can receive cardiac rehab in their own home, it is concerning to see such a large overall drop, and that ethnic minority groups appear to face disproportionately reduced access to cardiac rehab. “The reasons for ongoing inequalities in cardiac rehab are complex, and there are multiple reasons why people aren’t attending. One size does not fit all, and if we want more patients to benefit from cardiac rehab, then we need to make it both easy to access and available in a form useful to patients.” Professor Patrick Doherty, Director of the NACR report, said: “It’s hugely important that everyone who needs cardiac rehab is able to access it. However, these worrying figures show that, once again, people who may need cardiac rehab the most aren’t always attending. “Now more than ever cardiac rehab needs to be tailored to the individual’s needs and preferences. This includes making sure that everyone who needs it can access it, whether that be in person or online, regardless of their age, gender, ethnicity or socioeconomic background.

Source: [Pandemic sees drop in heart patients taking up life saving aftercare sessions \(bhf.org.uk\)](https://www.bhf.org.uk)



Don't you wish this was you?



It is that time of year (again). Yes, with a new year just started, membership renewals are due from 1 January 2022. There are several methods where you can pay.

- 1) By cheque to The Treasurer, 6 Keats Avenue, Littleover, Derby DE23 4ED.
- 2) At 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 and 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.



Thank goodness!!!

The bra celebrates a pair of historic milestones this year

After 100 years of innovation, the device still holds up

By SHARON FINK

NY Times

It's time to mark two important milestones in the

bra, the Wonderbra, the water bra, bras are constantly evolving.

Although it often may not feel like it, the industry's No. 1 goal is comfort, said Norah Alberta, senior style director at Maidenform.

"You kind of want to forget you're wearing a bra," she

moment that got the cultural pot stirrer as much attention for her image as her music.

Bras as outerwear were eventually joined by bustiers and corset tops (without bones in them). Then slips started being worn as dresses. Camisoles became a dressier kind of tank top. And under-



Ten gardening tips for January

1. Prune apple & pear trees.
2. Clean pots and greenhouses ready for spring.
3. Dig over any vacant plots which have not been dug for some time
4. Disperse worm casts in lawns.
5. Inspect stored tubers of Dahlia, Begonia & Canna for rots or drying out.
6. Recycle your Christmas tree by shredding for mulch.
7. Start forcing rhubarb.
8. Plan your vegetable crops rotations for the coming seasons.
9. Keep putting out food & water for hungry birds.
10. Make a polythene shelter for peaches and nectarines to protect against peach leaf curl.

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



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. 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

Message Sent By

Action Fraud (Action Fraud, Administrator, National)



It was probably to be expected.

**A MAN SAID TO HIS WIFE ONE DAY,
“I DON’T KNOW HOW YOU CAN BE
SO STUPID AND SO BEAUTIFUL ALL
AT THE SAME TIME.”**

**THE WIFE RESPONDED, “ALLOW ME
TO EXPLAIN... GOD MADE ME
BEAUTIFUL SO YOU WOULD BE
ATTRACTED TO ME... GOD MADE
ME STUPID SO I WOULD BE
ATTRACTED TO YOU!”**



Calling notice of EGM. There will be an Extraordinary General Meeting on 14 February 2022 prior to our speaker meeting. In 2021 we held our AGM via postal ballot, following permission from the Charity Commission. The result of our 2021 postal ballot saw 121 members cast their votes which added even more credibility to the validity of the committee members who have worked tirelessly for several years. We now wish to formalise this process and thus we need to include details within our Constitution. Clauses have been copied from the Charity Commission proforma, but it needs **your vote** to make it possible. We will also take this opportunity to update two other points by referring to the University Hospitals of Derby & Burton

NHS Foundation Trust which replaced Royal Derby Hospital NHS Foundation Trust in 2018 and to reduce the number of attendees required for our AGM. Full details can be emailed to interested parties on application to your Chairman. The proposal will be: To adopt amendments to

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. Your support is requested at this meeting to make these amendments to our Constitution, which your committee see as vital to our ongoing position.

In the event of February's meeting being suspended, this item will be carried forward to our meeting on 11 April 2022.



A few one liners.

I envy people who grow old and graceful. They are like fine wine. I'm aging like milk. Getting sour and chunky.

Operator: 999, what's your emergency? Me: A man just got run over, I need an ambulance. Operator: What's your location. Me: I'm on Eucalyptus Street. Operator: Can you spell that for me? Me (a long, awkward pause) Operator: I'm gonna drag him to Pine Street and call you back.

I need to re-home a dog. It's a small terrier and tends to bark a lot. If you are interested, let me know and I'll jump over my neighbour's fence and get it for you.



**February. PLEASE WEAR A FACE COVERING & TAKE
A LATERAL FLOW TEST BEFORE ATTENDANCE**

- Wednesday 2nd 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 4th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Wednesday 9th Swimming at the Queen's Leisure Centre at 12.00 noon.
Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall, Allestree.
- Friday 11th Singing for Fun at 10.00AM in St John's Methodist Church Hall,
- Monday 14th EGM followed by are you "Brassed Off"? Sharon Stansfield will give you a taster from her days as Conductor of Long Eaton Silver Prize Band. Could you blow your own trumpet?
- Wednesday 16th Swimming at Queen's Leisure Centre at 12.00 noon
Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall, Allestree.
- Thursday 17th Lunch at the Kings Highway, Rowditch Place, Derby DE22 3NH
- Friday 18th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Tuesday 22nd Coffee morning at The Cube café/bar from 10.30AM.
- Wednesday 23rd 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 25th Singing for Fun at 10.00AM in St John's Methodist Church Hall.



There's no getting away from them!

My neighbour told me his double glazing hadn't cured the constipation problem because he was still wiping it off every morning. Yikes!!!

I was visiting my daughter yesterday when I asked if I could borrow a newspaper. This is the 21st century she said, we don't waste money on newspapers. Here, use my iPad. That fly never knew what hit him!!!



English lesson

Tsunami	T is silent
Honest	H is silent
Psychology	P is silent
Knife	K is silent
Wife	Husband is silent

Class dismissed!



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.or 14 Brookside Road, Breadsall, Derby DE21 5LF.

Affiliated to the British Heart Foundation