

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter January 2023



Annual donations should be paid for 2023 NOW.

There are several ways to pay these donations. The minimum donation is still £10.00 but you can donate more if you wish. Many of you do this for which we are grateful.

(1) By electronic bank transfer (BACS) directly into our account with: Co-operative Bank Sort Code: 08-92-99 Account Number: 67189278 (don't forget to add your name & post code or email confirmation to treasurer@takeheartderby.co.uk to confirm your payment.

(2) Use our web page to pay by credit card, simply follow the instructions.

(3) By cash or cheque payable to "Take Heart (Derby)" at any event to a committee member or post to The Treasurer, 6 Keats Avenue, Littleover, Derby DE23 4ED.

(4) Telephone Michael for assistance

Please remember to add Gift Aid if you are a UK taxpayer. Your donations can be worth 25% more without affecting your financial position but of great value to your group.



From my home to yours,
near and far, to all my
Family and Friends.



I Wish You A Happy,
Blessed and Prosperous
New Year 2023



December coffee morning.

Well, talk about de ja veu. The number of members attending was nearly thirty, heading back to where we used to be BC (before Covid). Great to see so many, including a new member, Sharon & Ryan Meades. There were free hot drinks for all and a mince pie. There were several members we had not seen for some time but we now hope to see them more regularly

Happy to see you ALL. Remember, our first coffee morning of the New Year is 31st January, where you will be able to keep warm and the drink will pay for itself. See you there from 10.30AM







Take Heart Calendar 2023 should now be with you (post service permitting).



Your copy of our 2023 calendar is on its way to you, either via post or personal delivery. Post is taking time at the moment due to strikes but it will happen. Additional copies are available from Michael at michael.flude@takeheartderby.co.uk telephone 01332 380219 or by post to 14 Brookside Road, Breadsall, Derby DE21 5LF. Minimum price £5.00, plus £1.65 postage

Some comments received about this year's calendar *"It is beautiful/Full of bright and colourful photos. Hope to get out and see a few in person during 2023/Amazing stuff, Michael. Many thanks/I love the "Flying horse on the cover but I really like the graffiti of the sparrowhawk/The photography from Buxton plus the well dressing shots have inspired me to visit the town with fresh eyes during the next twelve months/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"*



News from BHF. Are artificial sweeteners safe?

Researchers have recently been quoted in newspapers saying, “Artificial sweeteners should not be considered a safe alternative to sugar.” But what’s the truth? We look behind the headlines.

14 September 2022. Regularly eating or drinking foods and drinks with artificial sweeteners is linked with a greater risk of heart and circulatory diseases, according to a recent study published in the [British Medical Journal](#). It’s well known that added sugars have a harmful effect on our health, in particular,



because consuming too much of them can lead to excess weight, which can harm our heart and circulatory system. This has led to artificial sweeteners being used as a sugar alternative in many foods and

drinks. However, past studies have been divided over whether artificial sweeteners themselves might have a harmful effect on our cardiovascular health.

This recent study included around 100,000 people in France, aged 42 on average. Every six months they were asked to record everything they ate and drank over a three-day period. The participants were then followed up for an average of nine years to see whether they had any heart problems or a stroke. The researchers found that regularly having artificial sweeteners (either already in manufactured foods, or adding them at the table) was linked to a nine per cent increase in the risk of cardiovascular diseases (heart problems and stroke). The biggest increase was in the risk of a stroke or transient ischaemic attack (sometimes called mini-stroke), where sweeteners were linked to an 18 per cent increase in risk.

The study also reports that one artificial sweetener, aspartame, was more closely linked to an increased risk of stroke, whereas the sweeteners sucralose and acesulfame potassium were more strongly linked to [coronary heart disease](#). This kind of study can't tell us why sweeteners could be having this effect. The researchers pointed to other studies which suggest that artificially-sweetened drinks could be linked to metabolic syndrome (a collection of problems such as high blood pressure, raised cholesterol levels, and worse blood sugar control), which can lead to heart and circulatory diseases as well as diabetes. Other studies have suggested that sweeteners could affect the way our body controls blood sugar levels. The researchers said that artificial sweeteners "should not be considered a healthy and safe alternative to sugar". The BHF verdict: Tracy Parker, Senior Dietitian at the British Heart Foundation (BHF), said:

"Observational studies like these can only show a link, and more research is needed to understand the relationship between artificial sweeteners and the risk of developing heart and circulatory diseases.

[Most adults in the UK eat too much sugar](#), and this is linked to health problems such as obesity and tooth decay. Artificial sweeteners are an attractive way to reduce sugar intake, and before they can be added to food in Europe the European Food Safety Agency (EFSA) has to approve their use. This is a rigorous process, so you can feel confident they are safe to eat. "While these findings shouldn't cause undue concern, it's always a good idea to look at the amount of sugar and sweeteners in your diet. Try to swap fizzy drinks for water and increase your intake of heart healthy foods, like lentils, nuts and seeds, as well as fruit, vegetables and wholegrains."

[Find out how to spot sugar on the ingredient's list](#)

Source: [Are artificial sweeteners safe - BHF](#)



Birthdays. Happy birthday this month go to Stuart Alt, Pauline Boutcher, Michael & Pamela Brinkworth, Sheena Gibson, Debbie Giles, Shirley Etches, Angie Haswell, Andrew Hutton Geraldine Lloyd, Neil Mansell, Reh Qureshi, Margit Staehr, Margaret Thomas, Alan Topham and Elizabeth Turner. We wish all of you a wonderful birthday. 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.



Member news. Sadly, I report the passing of Martyn Bertalan, a fairly recent recruit. Since a heart diagnosis in 2021, Martyn suffered numerous repeat issues which eventually caused his death. Our thoughts and prayers are with his wife Louise and her family at this very sad time. There have been many of our members suffering with flu symptoms, some quite severely. It has caused absences from our Programme of Events so far this year. Please stay at home if you have symptoms, avoid passing it to others. We wish you all a speedy recovery. Some of you will remember Pat Fitton, our former secretary. She moved to the Bath area several years ago to be near her daughter. Pat had an exciting year during 2022, with a Lake District holiday, a hip replacement (held over from 2019), a cataract operation, plus Sunday lunch with her daughter every week. What a lucky girl. Pat sends her very best wishes to anyone still around who remembers her. Well, we certainly do and wish her another exciting year ahead. Brian Fearn continues to have health issues, with Pam now getting in on the act by requiring a knee replacement. Tom Loftus has downsized to an elderly person accommodation and has settled in well. If you know a member who is unwell or struggling, please contact Michael or a committee member with details.



**MY CHILDREN LAUGH AT
ME BECAUSE THEY THINK
I'M INSANE.
I LAUGH AT THEM
BECAUSE THEY AREN'T
AWARE THEY INHERITED IT.**



Tai Chi is back and working.



Tai Chi is an extremely interesting and enjoyable art form. Even better, it's easy to practice. The requirements for equipment and

space are absolutely minimal and the exercises can be practiced almost anywhere. Most importantly, the benefits of Tai Chi are immediately apparent to anyone who participates in it.

1. **It Isn't Just A Fad.** Unlike so many exercises, Tai Chi isn't a new fad that will disappear just as quickly as it arrived. It has existed and been practiced in China for over a thousand years.

2. **It's For All Ages.** Tai Chi is a gentle art. So much so that people of almost any age or physical condition can undertake it. In fact, many prominent teachers began their careers teaching Tai Chi late in life.

3. **Strength and Endurance.** Tai Chi has proven to be an exercise with significant benefits in the areas of balance, upper- and lower-body muscular strength and endurance, and upper- and lower-body flexibility, particularly in older adults. In one such study, people in their 60s and 70s practiced Tai Chi three times a week for 12 weeks. They also undertook a myriad of physical fitness tests to measure balance, muscular strength, endurance, and flexibility before and after the 12 weeks. After just six weeks, statistically significant improvements were observed in balance, muscular strength, endurance, and flexibility measures. Improvements in each of these areas increased further after 12 weeks.

4. **Asthma.** The focus on proper breathing techniques makes Tai Chi incredibly beneficial for sufferers of asthma.

5. **Fibromyalgia.** Fibromyalgia is one of the most common musculoskeletal disorders and is associated with high levels of impaired health and incredibly painful symptoms. The cause of fibromyalgia (FM) is unknown, and there is no known cure. In a study of 39 subjects with FM who practiced Tai Chi bi-weekly for six weeks, it was found that FM symptoms and health-related quality of life improved after the study. This could be good news for many other individuals who suffer from this disorder.

6. **Aerobic Capacity.** Aerobic capacity diminishes as we age, but research on traditional forms of aerobic exercises has shown that it can improve with regular training. In another meta-analytic

study, researchers looked at seven studies focusing on the effects of Tai Chi on aerobic capacity in adults with an average age of 55 years. The investigators found that individuals who practiced Tai Chi regularly for a year had higher aerobic capacity than sedentary individuals around the same age.

7. **Stress Relief.** The breathing, movement, and mental concentration required of individuals who practice Tai Chi are the perfect distraction from their hectic lifestyles. The mind-body connection is also important here, as it has been reported that breathing combined with body movement and hand-eye coordination promotes calmness

8. **Walking.** Walking speed decreases with age and research suggests that it may be associated with an increased risk of falling. In one study, however, it was found that individuals who practiced Tai Chi walked significantly more steps than individuals who did not.

9. **Joint Health.** Many forms of ordinary exercise subject the shoulders, knees, the back and other joints to ill-conceived, repetitive, unnatural movements. As such, a great number of active people eventually develop joint problems. However, classical Tai Chi, through the experience of multiple generations of practitioners who practiced from a young age until the end of life, fully grasps the importance of proper postures and movements to protect and strengthen the practitioner's joints for long-term, repetitive practice.

10. **Internal Organ Health.** Tai Chi's fluid spiraling and bending movements, as well as its breathing and meditation components, massage the internal organs and release them from damaging constrictions brought about by stress, poor posture, and difficult working conditions. It also aids the exchange of gases in the lungs and help the digestive system to work better.

Source: [10 Benefits of Tai Chi That Will Surprise You - Lifehack](#)

See you every Wednesday at 4.00 until 5.00PM at St Nich's.



Jam Jar Challenge 2023. 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. Please help to show our support for the BHF again.



**I woke up this morning
determined to drink less,
eat right and exercise...
But that was 4 hours
ago... when I was younger
and full of hope.**



Cyber security talk

This month's speaker was Samantha Hancock who talked to us about Cybercrime, frauds, and scams. Samantha is a Cyber Protection Officer who works for Derbyshire Police, she has also worked for Nottinghamshire and Leicestershire Police and has worked in crime prevention for twenty years. She said that her first advice is to "accept nothing, believe no one, confirm everything." She went on to tell us that you should never have the same password for everything and is a good idea to put three random words together to make a password. If you write your password down always make sure you keep it safe. If your computer asks you if you want it to remember your password only press yes if you are the only one who uses it. When you are using your computer and the sign to update comes up, she said always press yes as this keeps the security updated on your computer. Samantha said that if you use Facebook make sure your settings are for friends only and if you get a duplicate friend appear on screen do not press yes as this is someone else's account. We were told that banking on your phone is one of the safest ways of banking as this has very good security. All these things help to keep us safe online.





Toddler

(noun) Emotionally unstable pint-sized dictator with the uncanny ability to know exactly how far to push you towards utter insanity before reverting to a loveable creature.



Ten gardening tips for January

- 1 Prune apple and pear trees - Aim to take between 10-20% of the overall canopy off in any one winter. Work around the tree evenly and keep an eye on your pruning pile - if it's looking a little big, STOP - you can always go back next year and do some more.
- 2 Cleaning greenhouses, whether glass or plastic, greatly improves the growing environment for plants. By removing the algae, moss and grime it lets in more light and helps control pests and diseases too.
- 3 Soil cultivation or digging may be hard work but, if taken slowly, it need not be back-breaking. In fact, here we describe how it can often be omitted or at least minimised.
- 4 Dispense worm casts in lawns
- 5 Inspect stored tubers of Dahlia, Begonia and Canna for rots or drying out.
- 6 Recycle your Christmas tree by shredding it for mulch
- 7 Start forcing rhubarb
- 8 Plan your vegetable crop rotations for the coming season
- 9 Keep putting out food and water for hungry birds
- 10 Make a polythene shelter for outdoor peaches and nectarines, to protect against peach leaf curl

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



New Treasurer.

Following a long search for Margit’s replacement, I am delighted to advise Richard Flatman will resume the role from 1 January 2023. He will be supported by Margit until the end of this financial year. We welcome Richard back in this role but also offer our grateful thanks to Margit for her work since July 2018. She gave notice to stand down around twelve months ago but continued to deal with our finances whilst our search was extended. A very kind gesture for which we are indebted. Thank you, Margit and good luck Richard.



Programme of Events



January 2023.

- Wednesday 25th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 27th Singing for Fun at 10.00AM in St John’s Methodist Church Hall.
- Tuesday 31st Coffee morning at The Cube café/bar from 10.30AM



February.

- Wednesday 1st Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 3rd Singing for Fun at 10.00AM in St John’s Methodist Church Hall.
- Wednesday 8th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 10th Singing for Fun at 10.00AM in St John’s Methodist Church Hall,
- Monday 13th “Mending a broken heart” is the topic for a talk by Catrin Rutland. Many of our members have suffered the loss of a loved one, so you will understand and may be

able to contribute to this discussion.

Wednesday 15th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall

Friday 17th Singing for Fun at 10.00AM in St John's Methodist Church Hall.

Wednesday 22nd Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall

Thursday 23rd Lunch at the Kings Highway, Rowditch Place, Derby DE22 3NH

Friday 24th Singing for Fun at 10.00AM in St John's Methodist Church Hall.

Tuesday 28th Coffee morning at The Cube café/bar from 10.30AM.



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, Nigel Cullen 01332 842730 and Margaret Storry 01332 766916.

Recommendations for future speakers should be made to Margaret Storry on 01332 766916.

Recommendations for future lunch venues should be made to Robert Jones on 01332 608219.

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