

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter January 2024



Christmas 2023 coffee morning. Wow, a grand total of thirty members attended our latest and last coffee morning of 2023. Tea and coffee were provided free of charge to those attending, which is a good help in these times of financial hardship experienced by many. It was especially nice to see some members we had not seen for a while. There were the usual comments about Michael's jokes, but most were appreciative (feel free to send me some new ones, if you dare). Many of those attending were looking forward to New Year's Eve, not to see in the New Year but to make sure the old one passed away. I can understand that point of view. Only a few of us planned to attend any event on that last day, mostly suggesting it would be a TV night at best. Your committee and fellow members wish you all a healthy New Year and look forward to welcoming you to our Programme of Events 2024.



A selection of photographs take at the coffee morning in December 2023



Annual donations can be paid for 2024 NOW. There are several ways to pay these donations. The minimum donation is still £10.00 but you can donate more if you wish.

(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 to "Take Heart (Derby)" at any event to a committee member or post to The Treasurer, Take Heart (Derby), 105 Ferrers Way, Allestree, Derby DE22 2BE

(4) Telephone Michael for assistance



I'm opening a gym called Resolutions. It will have exercise equipment for the first two weeks and then it turns into a wine bar for the rest of the year



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



This Photo by Unknown Author is

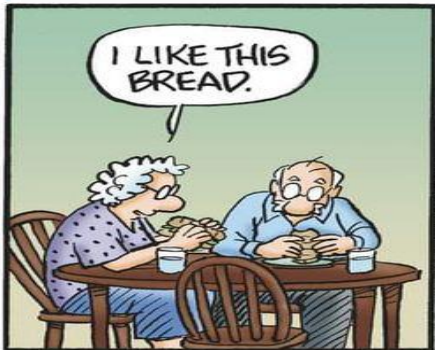


**Not to brag, But I just
got hired as a fitness
model.**

**They hired me as the
"Before" picture.**



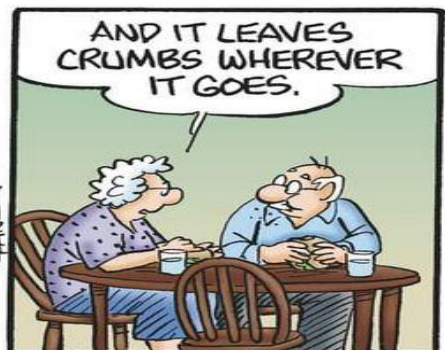
The ending of our birthday card for members. For a few years we have received wonderful cards made by a lady in the West Midlands, assisted by her friend who dealt with the administration. Sadly, we have received notice they are to retire. Many of you have notified me about the quality of the birthday card you receive, these ladies will be missed. We have been unsuccessful in finding another card maker. The current cards will cease at the end of February 2024.



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CRANE



Member households are now in possession of a copy of this year's calendar. Additional copies can be obtained from Michael for £10.00 to include postage. We have received a number of comments, including this from a member, *"your calendar will be used by the Bell Ringers in the Tower of Leek Wootton parish church, Warwickshire. Daughter Clare and Son in Law are ringers there. They were most impressed with the photos which remind Clare of her home here.*



According to my height to weight ratio, I should be 9 feet 3 inches. So my weight is OK, it's my height that's the problem.



Protect yourself, and your money by using recommended secure payment methods and reading reviews from reputable sources to check sites and sellers are legitimate. Only use retailers that you trust, or authorised sellers named on official websites when shopping for deals online.

Be alert to :

- ⚠ Offers that seem 'too good to be true'... they likely will be!
- ⚠ Websites that are only days or weeks old.
- ⚠ Anyone who encourages you to make payments outside of normal secure payment options – be particularly cautious of bank transfers as you have no protection.

Our advice :

- ⚠ Avoid clicking on links in unsolicited emails, social media posts, and pop-up ads.
- ⚠ Access the website you're purchasing from by typing it into your web browser, not a link in an email.
- ⚠ Why not make use of GetSafeOnline's WebCheck as one of your measures.

[Free Website Scam Checker - Check a website by Get Safe Online](#)

If you are unsure :

- ⚠ STOP : Taking a moment to stop and think before parting with your money or information could keep you safe. Ask the advice of someone you know and trust.
- ⚠ CHALLENGE : Could it be fake? It's ALWAYS ok to reject, refuse or ignore any requests that you're unsure about. Only criminals will try to rush or panic you.
- ⚠ PROTECT: Contact your bank immediately if you think you've fallen for a scam and report it to Action Fraud www.actionfraud.police.uk

Source:= neighbourhoodalert.co.uk



My 2024 New Year Wishes...

May My Family
and Friends
be happy, have good
health and increased
wealth. No drama,
less stress and
more peace.

Be Positive ★ Be Happy

2024





Member news. It is with much sadness that I advise of the passing of Jean Sykes. Jean had been a member since 1996 and was aged 91 years. Along with her husband Geoff (who passed away several years ago) she regularly attended coffee mornings, lunches and talks – she even gave a number of talks about her life works and poetry. She will be missed by so many of us but she is now re-united with Geoff, who she missed so very much. RIP Jean. Anne Laxton is recovering slowly from a broken ankle, Gill Flatman received a similar injury **and** a broken finger. Trisha Flude is shocked to learn her cancer has returned and awaits a recovery plan. Monica Roberts sustained a broken leg on Boxing Day and then caught pneumonia in hospital but is now improving. Lilian Payne is also on the mend from her recent problems. Neil Mansell is a bit up and down in the past few months. We wish all members improved health.





January's speaker was Peter Burgess, talking about energy efficiency. He works for an independent charity who help if you have problems with your energy supplier. They help with accessing any grants that are available, they will make a home visit to see what they can do to help keep your home warmer, heating problems and help to sort out small debts someone might have. Peter then gave us the free telephone number to ring if you needed help (0800 677 1332), email address (wdd@mea.org.uk). He said having a cold home can impact on



people's health, causing heart attacks, breathing problems, people's mental health and will also severely affect children. He went on to ask the members which part of a house loses the most heat? He told us that the most heat loss was through the walls, the

next the roof followed by the windows and the floor. He said that people tend to fill a kettle full of water just for one cup, which wastes such a lot of energy as electricity is four times more expensive than gas. He said that there are a lot of myths such as leaving your heating on low all day is cheaper, this is not correct, if you go out a lot during the day it is just a waste of heating, also that electricity is cheaper at night. People need to check that their radiators are working correctly and to check that the boiler is not too hot. Peter said that any insulation that you can do will help to keep your house warmer. To finish Peter told us that there is funding called Eco 4 and said that we could telephone our suppliers and ask if they offer anything under this. An interesting and informative afternoon.



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](#)



News from the BHF. Researchers believe that testing levels of certain antibodies in the blood will soon help to identify patients with 'vulnerable' or life-threatening plaques in heart arteries. New research, funded by us and in press with JACC: Cardiovascular Imaging, found that people with high levels of a particular type of antibody have lower levels of dangerous fatty plaque in their arteries, leading to a reduced risk of heart attacks.

Antibodies are proteins produced by the body's immune system as a defence against bacteria, viruses and other dangers. In the

patients studied the immune system is triggered to produce antibodies against a type of cholesterol found in dangerous plaques. The antibody test is already easily carried out in the lab but needs refining before it can be used clinically. The researchers say that in three to four years it could be used nationwide to assess a person's risk of developing heart and circulatory diseases.

"Improving accuracy to save lives"

Dr Adam Hartley, a researcher at the Khamis Laboratory, National Heart and Lung Institute, Imperial College London, and one of the lead authors of the study, said: "The use of an antibody blood test as an indicator of levels of dangerous plaque could certainly improve the accuracy of doctor's risk predictions. "This simple, quick blood test could be a new way of spotting dangerous atherosclerosis, a condition that many people do not know they have. This could in turn improve treatment decisions and save lives."

Atherosclerosis is the build-up of fatty plaques in the walls of the arteries. If a plaque ruptures, a deadly blood clot can form and block the blood supply to the heart or brain. Atherosclerosis is common and causes most heart attacks and strokes, but most people do not know they have it.

Plaques can be detected using CT scans, and recent imaging studies have helped researchers better identify hard-to-spot 'vulnerable' plaques that are more likely to rupture. But CT scans are too expensive and time consuming for widespread use identifying people with dangerous plaques. A quick and easy blood antibody test offers a possible alternative.

To understand the link between degree of atherosclerosis shown on CT scans and blood antibody levels, Dr Ramzi Khamis and his team at the National Heart and Lung Institute, Imperial College London, [used anonymised blood samples and CT scans](#) from one of these studies, [the SCOT-HEART trial](#).

Researchers used blood samples from SCOT-HEART to test 830 participants' natural levels of an antibody called anti-MDA-LDL,

which binds to a type of cholesterol found in plaques that are more likely to rupture. All participants in the trial also had a CT scan, which showed who had life-threatening plaques. When they compared the blood test results and CT scans, the Imperial team found that people with the highest levels of this antibody had the lowest amount of all plaque types, particularly the most dangerous plaques, in their heart arteries. Meanwhile, the third of patients with lower antibody levels had more life-threatening plaque. The SCOT-HEART researchers had already shown that the people with more of this type of plaque were more likely to experience a serious heart or circulatory problem, such as a heart attack.

Opportunity for treatment

The team are now working to improve the specificity of the antibody test results so that it can be used clinically. They hope these improvements will allow the test to be incorporated into risk calculators that doctors use to assess people's future risk of developing heart and circulatory diseases.

As well as being used to predict the presence of plaque, the researchers hope that the antibodies could provide an opportunity to treat atherosclerosis. The team are now testing ways to boost the body's production of this antibody as it's possible that using therapies to raise levels of the antibody will help to reduce levels of dangerous plaque.

Professor James Leiper, our Associate Medical Director, said: "Atherosclerosis causes more heart attacks and strokes than any other condition. This collaborative study offers hope for new ways to try and prevent these devastating incidents by identifying those patients at most risk.

"The discoveries described in this paper open a promising potential new route to treatment, but it is early days. Further investigations into these antibodies will reveal much more about whether they can be produced and used therapeutically."

Source: [Antibodies may be key to pre-empting heart attacks - BHF](#)



Jam Jar Challenge 2024.

In February we bring our cash 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. You can attend the coffee morning in February to make a cash donation or send a cheque to the treasurer or donate through our website. Please help us to support vital research funded by the BHF.



An elderly patient gets hearing aids from a doctor. After short time, he meets the doctor again.

Doctor, "Your hearing is perfect. Your family must be really pleased."

Patient, "Oh, I am in a funny situation now. I haven't told my family yet. I just sit and listen to their conversations. In a month, I've changed my will three times!"



Programme of Events



January.

- Tuesday 16th Lunch at The Jonty Farmer, Kedleston Road, Derby DE22 1FT at noon.
- Wednesday 17th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 19th Singing for Fun at 10.00AM in St John's Methodist Church Hall Cancelled.
- Wednesday 24th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 26th Singing for Fun at 10.00AM in St John's Methodist Church Hall Cancelled.
- Tuesday 30th Coffee morning at The Cube café/bar from 10.30AM.
- Wednesday 31st Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.



February.

- Friday 2nd Singing for Fun at 10.00AM in St John's Methodist Church Hall. **To Be Confirmed**
- Wednesday 7th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 9th Singing for Fun at 10.00AM in St John's Methodist Church Hall. **To Be Confirmed**
- Monday 12th My Assistance Dog & Me is the emotive subject for this month's talk by Rhiannon Moore. Learn how these animals are trained and what a huge difference they can make to people's lives.
- Wednesday 14th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall

Friday 16 th	Singing for Fun at 10.00AM in St John's Methodist Church Hall. To Be Confirmed
Wednesday 21 st	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall
Thursday 22 nd	Lunch at the Kings Highway, Rowditch Place, Derby DE22 3NH
Friday 23 rd	Singing for Fun at 10.00AM in St John's Methodist Church Hall. To Be Confirmed
Tuesday 27 th	Coffee morning at The Cube café/bar from 10.30AM.
Wednesday 28 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.



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 07852 696930, 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 07352 619386.

Any queries or comments about Take Heart (Derby) should be directed to Michael Flude on 07852 696930. email michael.flude@takeheartderby.co.uk. or 14 Brookside Road, Breadsall, Derby DE21 5LF.

Affiliated to the British Heart Foundation