

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter July 2019



Walking back to Health. “EDGING” OUR BETS”, a report from Pete Stevens.

As a new organiser for Take Heart walks, it is always heart-warming to hear positive comments about your efforts...but I wasn't quite prepared for the spontaneous words from Chairman, Michael Flude as we scaled the rocky crags of Curbar Edge. "Wow, fabulous, these views are fantastic," was his reaction. It turned out Michael had always fancied walking Derbyshire's famous "Edge" – but hadn't quite got round to it. He was joined by Brian, Sylvia and my pal Jeremy (guest member) on a glorious sunny Saturday (27 July) which turned out to be one of the hottest days of the year so far. Luckily, we made an early start making the 45-minute drive to Curbar village before choosing to drive to a National Trust car park nearer the summit. A short stroll through woods and a scramble to the top brought us our reward – panoramic views taking in Chatsworth House, Crich and lots of countryside, moorland and villages in between. Rather than take a circular route - which would have meant a tough climb back to the car park - we opted for an hour-long stroll along the edge. Part of the fun was spotting long abandoned mill stones carved from the millstone grit. There were lots of photo opportunities and Michael and Brian wasted no time getting their



cameras into action. The edge was busier than expected and, despite the rising temperature, several joggers, cyclists and walkers all joined us from time to time. After enjoying the sunshine and vistas, our small party headed back to the village in search of refreshments at a super friendly tea room for well-earned drinks and

lunch. It's a pity more members couldn't have joined the outing. We reached Curbar Edge via a picturesque drive through Chatsworth Park where plenty of families were making the most of the warm weather with picnics by the river. Here's hoping for a good turn-out for future walks which include Shipley Park on Saturday 27 July, Elvaston Castle, Saturday 28 September and Belper town heritage walk on Saturday 26 October.



Tweeted Oneliners

- If cats could text you back, they wouldn't.
- When someone asks me if I'm seeing anyone, I automatically assume they're talking about a psychiatrist.
- My wife & I are playing the Passive Aggressive Thermostat Game. She's currently leading 72 to 64.
- My nephew found a cassette tape in my house. It was like watching early man discover fire.
- It turns out the answer to my problems wasn't at the bottom of this pint of ice cream, but the important thing is that I tried.
- If opposites truly attract, the correct life strategy is to be a loser
- Our WIFI was down yesterday & I spent 45 minutes trying to fix it. Our dishwasher has been broken for 3 weeks and I haven't touched it.
- I always adjust the seat and mirrors when I drive my husband's car so he doesn't forget he's married.
- I think you press "0" to be connected with customer service because that's the amount of help they give you.
- Just locked eyes with a spider, but instead of killing him, I ran away & hid so he can spend the whole night stressing about where I am



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.



The Joys of Grandparenthood. A little girl climbed up onto her grandfather's lap and asked, "Did God make me?" "Yes," the grandpa replied. "Did he make you, too?" "Yes." "Well," the girl said, looking at his wrinkles and thinning hair, "he sure is doing a better job nowadays!"



Birthdays. Happy birthday this month go to Bob Betchley, Jenny Billingham, Gordon Cant, Geoff Dolby, Vernon Essex, Pam Fearn, Gill Flatman, Ian Gibson, Yvonne Gilbert, Janet Gilbert, Kay Grant, Marion Jackson, Antony Lloyd, Janet Potter, Margaret Prince, Colin Renshaw, Nicola Smith, Sue Smith, Margaret Storry, Val Tatlow, Marilyn & Neil Thompson, David Whitehead, Jacqueline Whittaker and Christopher White. We hope you all have a happy and memorable day.



A Little Light Humour. A burglar stole all the lamps in my house. I know I should be more upset, but I'm absolutely de-lighted!!!

Swimming. WE DO NOT HAVE AN ALLOCATION, as listed in our Programme of Events. Prior to Christmas we received an email advising us that, pool allocation had been withdrawn. 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. Swimming is great fun, good cardio-vascular exercise and another social event to cheer us all.

Who's a clever driver then? A truck driver was driving along on a country road. A sign came up that read "Low Bridge Ahead." Before he realised it, the bridge was directly ahead and he got stuck under it...Cars were backed up for miles. Finally, a police car arrived. The policeman got out of his car and walked to the lorry's cab and said to the driver, "Got stuck, eh?" The lorry driver said, "No, I was delivering this bridge and ran out of diesel!"

What's the recipe today, Jim? There is only one downside to including recipes – no-one is sending Michael an invitation for tasting sessions! Here we go again, you have to say I keep trying.

Cranberry and apricot fruit cake:

227g tin pineapple juice	350g ready to eat dried apricots
100g whole blanched almonds	350g dried cranberries
75g ground almonds	350g sultanas
Finely grated rind of 2 lemons	250g self-raising flour
250g caster sugar	250g soft baking margarine
5 eggs	

Drain the pineapple, discarding the juice. Coarsely chop, then dry very thoroughly on kitchen paper. Snip the apricots into pieces and coarsely chop the almonds. Combine all fruits, nuts (chopped & ground) and lemon rind into a large bowl and mix together well. Put the remaining ingredients in a large bowl and beat together for 1 minute until smooth. Fold in the fruit and nuts, then spoon the mixture into 23cm deep round cake tin, lined with greaseproof paper.

Level the top with the back of a spoon and decorate with concentric circles of blanched almonds. Bake for 2 hours 30 minutes in a pre-heated oven at 150C or until the cake is nicely browned. When cooked the cake should show signs of shrinking away from the sides of the tin and a skewer inserted into the middle of the cake should come out clean. Leave to cool for 30 minutes, then remove from the tin but leave the greaseproof paper in place. Most fruit cakes improve with age and so wrap in cling film and store for about a week. That will also allow plenty of time to phone Michael to arrange a tasting.



Open invitation. Another opportunity to enjoy a cuppa amongst friends every Friday morning at St John's Church Hall, Allestree next to Park Farm. Come along and listen to the Take Heart Singers, have fun, enjoy refreshments and a chat. Contact Trisha on 01332 380219 for details.

Q&A. Q. Why shouldn't you marry a tennis player? A. Because Love means nothing to them.

♥ **Wanted** Could be you be available to volunteer to make tea and coffee at St John's Church Hall on Fridays around 10.45 AM on a regular basis? You will be regally entertained and have fun with the Singers. Contact Trisha on 01332 380219

♥ **Singing for Fun.** There has been more publicity recently about the beneficial effects that singing brings – both to the singer and those listening to it. The British Voice Association have recently published findings from a series of studies which confirms “singing makes you feel good, improves health, confidence, self-perception and brain development.” With all this in mind, you are all invited to attend our singing sessions on Friday each week between 10.00 and 12.00 at St John's Methodist Church Hall, Birchover Way, Allestree, Derby DE22 2QL. There is free parking and the Allestree Red & Blue bus service stops right outside the hall. You don't have to sing but you can listen, have a cuppa and a chat with us at around 10.50.



♥ **Take Heart Singers.** The singers have a number of forthcoming events planned which are as follows. On **24th August**, our singers are privileged to be part of the 70th year celebrations at Memorial Village, Chellaston, an open-air event on a Saturday. Do come along and support your singers at 11.30. **23rd September** it is Fraser Hall, Leylands at 10.30 AM. St Thomas Road Methodist Church, Normanton, Derby DE23 8RL is the venue for an afternoon concert at 2.00 PM on **19 October**. On **21st October** sees us back at St Peters Church Hall, High Street, Chellaston at 1.30PM. The singers are a busy group who wave the flag for Take Heart (Derby) and receive invitations from various groups to entertain. Show them how proud you are by supporting them regularly. Thank you.

♥ **Another Q & A.** Q: What do you call a large dog that meditates? A: Aware wolf.

♥ **Jam Jar Challenge 2020.** We have now handed over our Jam Jar money to the British Heart Foundation for this year. Thank you all for your generosity. But it does not end here – you should have started saving for next year. It would be nice to replicate our £400.00 again **OR better still** - exceed it. Can you help?



♥ **Responses to our Newsletters are as follows:** The following messages were about last month's Newsletter: - *"I read every word, so I know what is going on. It's marvellous and the jokes cheer me up no matter how I feel/Brilliant newsletter, makes me feel good. Lots going on/I am interested in coming to listen to the singers on Fridays – what does it cost/I am really impressed with our Newsletter and showed to some former work colleagues. Don't be surprised if you receive some new members soon"*. Send your comments, good or bad to Michael.

📌 **Another Q and A** Q: Did you hear about the optometrist that fell into his lens grinding machine? A: He made a spectacle of himself.

📌 **June coffee morning.**

Thirty-five members turned up to our May coffee morning. We welcomed another new member, who fitted in right away. There were the usual suspects, with talk about upcoming holidays and reports of places visited recently.

Great fun, with lots of tea & coffee consumed and a few bacon sandwiches also noted to be disappearing fast. Just

for a change, Michael was not trying to get you to volunteer for something (he was having a relaxing morning).



📌 **It was mealtime** during a flight on a British Airways plane: "Would you like dinner?" the flight attendant asked the man seated in the front row. "What are my choices?" the man asked. "Yes or no," she replied.

📌 **New members.** This month we welcome Marjorie Howe, Maggie Graham, Eileen Hughes, Jean Lowe, Caroline Hughes and David White to TH(D) and wish you well. We hope to see you at as many events as possible.

📌 **A lady was picking** through the frozen chickens at an Aldi store but she couldn't find one big enough for her family. She asked a passing assistant, "Do these Chickens get any bigger?" The assistant replied, "I'm afraid not, they're dead."

📌 **Our next meeting.** It is all change for August. Graham Sutherland will now engage us with a talk entitled "Dastardly Doctors". Whatever can this mean? It sounds intriguing but the only way to find out is to be there on 12th August at 2.30PM.

📌 **At the Gym?** I invited my boyfriend to go to the gym with me, but he stood me up. I guess the two of us aren't going to work out.

📌 **Member news.** It is with great sadness that I advise of the passing of Per Staehr. He had been fighting ill health for some time before passing away peacefully at RDH. Our thoughts and prayers go to Margit and her family. Fred and Margaret Evans are visiting various departments at RDH, both with issues but Margaret is still very chirpy. Dennis Pollard has moved into a nursing home after being discharged from Nottingham City Hospital. Ronald Wright has also moved into a nursing home and has picked up a little – very good news. Keep taking the pills everyone. We wish all those who are feeling below par, a relief from all your sufferings.



News from the BHF. Left Ventricular Assist Device. Dr Adlam started working on a new type of LVAD in 2013, in collaboration with engineers led by Mr Piyal Samara-Ratna at the [Space Research Centre](#) in Leicester. He explains that space engineers are particularly suited to thinking about the kind of challenges that medical devices face. “Landing a Mars rover is a challenge and putting something into the heart is a challenge – you’ve got to create something that’s compact and can function in harsh environments and you need to be 100 per cent certain it will do its job when it arrives.” They went on to build a prototype device, and with BHF funding are developing it further and testing it in animal models, with the hope of being able to test it in humans within the next three years. “A key feature of our device is that fitting it doesn’t require major surgery,” Dr Adlam says. “With a small incision, it can be inserted through the chest wall.” Another benefit is that it doesn’t sit inside the heart, reducing the risk of infection and blood clotting. The device relies on two silicone balloons – a larger ‘positioning’ balloon and a smaller actuator’ balloon – which sit between the heart and pericardium (the protective sac that surrounds the heart). The smaller actuator balloon inflates and deflates in time with the heartbeat, compressing the left ventricle, forcing blood to pump through the heart more powerfully. The device is fitted with an in-built [electrocardiogram](#) (ECG), which monitors the electrical signals that make the heart beat, and makes sure that the actuator balloon inflates and deflates at the right moment, and with the right force. The larger positioning balloon acts to tense up the side of the pericardium, so when the smaller balloon inflates it delivers its force to the heart more effectively. Like existing LVADs, the device currently requires an external power supply, but Dr Adlam believes with further research it could become fully implantable, as its innovative design has relatively low power requirements. “The work we’re doing is happening in parallel with simultaneous advances, such as battery technology,” he explains. “We’re seeing the development of smaller, lighter batteries that can potentially be re-charged across the skin. Think of a [pacemaker](#) – in the early days they had huge batteries that had to be carried around, but they progressed to ever smaller devices that now sit entirely under the skin.” There is more to this subject at: <https://www.bhf.org.uk/information-support/heart-matters-magazine/research/future-of-lvads>



One-liners

- The man who fell into an upholstery machine is now fully recovered.
- She was only a bootlegger's daughter but he loved her still.
- Oxygen and Potassium went on a date. It went OK.
- Never trust atoms. They make up everything.
- I entered 10 jokes in a contest to ensure that one would win. But no pun in ten did.
- I'm not a big fan of archery. It has too many drawbacks.
- I always prayed before my trigonometry tests.
I was hoping for a sine from above. Sorry, sometimes I go off on a tangent.
- A vulture with two dead raccoons tries to board a plane. "I'm sorry sir, only one carrion is allowed."
- During his root canal, the Buddhist refused anaesthetic. He wanted to transcend dental medication.
- For chemists, alcohol is not a problem. It's a solution.
- A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station...



Annual General Meeting 2019.



Held on 8th July and attended by thirty-one members, a great turn out, thank you. The meeting was opened by the Chairman with a plan of the meeting displayed on screen. The secretary, Pam Fearn read the minutes of the 2018 AGM, which was duly proposed, seconded and voted in favour of adoption. The main topic of the day was to present the financial report. Copies were given to all attendees and a bar chart of income and

expenditure was projected on screen for all to see. All aspects were in line with the previous years report. The accounts were proposed, seconded and voted in favour of adoption. There were presentations about membership, speakers, publicity, lunches, swimming, walks, Newsletter and the singing group. The final resolution was to re-elect Pam Fearn, Margaret Storry and Robert Jones to the committee for a further two years. This resolution was also proposed, seconded and voted in favour. The AGM was closed and Michael introduced our President, Dr Julia Baron. She began with an update in the progress of cardiology at University Hospitals of Derby & Burton NHS Foundation Trust. The major changes were that more procedures were being offered at RDH without the need for patients and cardiologists travelling to Nottingham or Glenfield. They have also recruited additional cardiologists to continue



offering more treatments to the larger population now covered by the combined hospitals. Dr Baron then went on to answer questions from the members present. There was lot of discussion about day case usage conducted by a nurse led heart failure team within CCU. This had proved an enormous success and would be continued. The meeting closed shortly before 4.00 PM.



Forthcoming events:

July.

- Wednesday 24th Swimming at the Queen's Leisure Centre **FROM 2.30 PM in the Family Pool (no allocation for TH(D)).**
- Friday 26th Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
- Saturday 27th Walking back to health - 🍌 - Shipley country park. Meet in car Park. Pay & display (blue badge useable) Slack Lane, Heanor DE757GX.
- Tuesday 30th Coffee morning at The Cube café/bar from 10.00 AM.
- Wednesday 31st Swimming at the Queens Leisure Centre **FROM 2.30 PM in the Family Pool (no allocation for TH(D)).**

August.

Friday 2 nd	Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
Wednesday 7 th	Swimming at the Queen's Leisure Centre FROM 2.30 PM in the Family Pool (no allocation for TH(D)) .
Friday 9 th	Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
Monday 12 th	A change of speaker and subject this month due to ill health of the original speaker. Graham Sutherland will now engage us with talk entitled "Dastardly Doctors". Whatever can this mean but it sounds intriguing. Come along and find out at the Friends Meeting House, St Helens Street DE1 3GY at 2.30 PM.
Wednesday 14 th	Swimming at the Queen's Leisure Centre FROM 2.30 PM in the Family Pool (no allocation for TH(D)) .
Friday 16 th	Singing for Fun CANCELLED at St Johns Church Hall, Park Farm, Allestree DE22 2QL
Tuesday 20 th	Lunch at The White Swan, Shepherd Street, Littleover, Derby DE23 6GA
Wednesday 21 st	Swimming at the Queen's Leisure Centre FROM 2.30 PM in the Family Pool (no allocation for TH(D)) .
Friday 23 rd	Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
Tuesday 27 th	Coffee morning at The Cube café/bar..
Wednesday 28 th	Swimming at the Queen's Leisure Centre FROM 2.30 PM in the Family Pool (no allocation for TH(D)) .
Friday 30 th	Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL



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.

Affiliated to the British Heart Foundation