

# 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 July 2021**



## **A return to freedom.**

Four conditions were set out to ensure our Freedom is safe. Government announcements have confirmed 19 July as “freedom day” **BUT** if infections continue to rise, there may be another “lockdown” in September

The vaccine rollout must continue successfully  
Evidence must show vaccination reduces hospital admissions and deaths.  
Infections must not risk overwhelming the NHS.  
Covid 19 variants must not fundamentally change the risk level.

## **Freedom looks like this.**

The vaccine rollout continues and stands at 45.8m + (73.6% of UK adults).

Second doses are 34.7m + (55.8% of UK adults)

It is hoped to jab all UK adults by mid-September.

Jabs for 18+ year old persons could be added to the list.

The link between infections and hospitalisations/death has been broken. Whilst there are 35,000 new cases per day, hospital admissions are less than 360, with deaths around 35 daily average. Whilst each death is someone’s family and very regrettable, it is significantly less than during January/February. Wearing face masks will become voluntary, except in hospitals, GP surgery’s and healthcare settings.

Face masks may still be required on public transport, airlines, some shops and crowded indoor spaces for the benefit of others. Those who have received two doses of the vaccine will not have to isolate or take Covid-19 tests if they come into contact with someone who has the virus.

Isolation when returning from an Amber listed foreign holiday will be scrapped for those who have received two jabs (i.e. Spain & Greece).

School bubbles will be cancelled and replaced with daily testing. Restaurants, public houses, shops will no longer have to demand customer contact details or sign in with a QR code.

Nightclubs will be allowed to reopen.

Customers will be allowed to approach the bar to order food and drink.

Limits on numbers attending weddings and funerals will be scrapped.

No restrictions on communal worship and singing, although some local precautions may be implemented.

No limits on the numbers attending concerts, theatre's and sporting events.

Social distancing will also be scrapped, along with the Rule Of Six and the minimum 1 metre rule (except ports of entry and medical settings).

Capacity restrictions on businesses will be lifted.

It should be noted that Covid-19 will be with us for the rest of our lives. It will be viewed in a similar way to Flu, which recurs every winter. A Covid-19 jab is likely to be given at the same time as the flu jab annually (one in each arm). Whatever happens, we will be in a new normal – not a full return to the way things were.

You may feel you wish to remain cautious when these restrictions are lifted. Face masks could still be worn and keeping a safe distance from others would be sensible. The Delta variant is spreading rapidly. We do not wish to place anyone of you at risk. We are looking forward to seeing you all again - safe and well.



**Vaccination centres include:** University Hospitals Derby Burton NHS FT. Chesterfield Royal Hospital NHS Foundation Trust. Nottingham University Hospitals NHS Trust. Derby Arena, Long Eaton Health Centre, Oakland Village & Community Care Centre (Swadlincote), Babbington Hospital (Belper), St Oswalds Hospital (Ashbiourne), Sahrley Park Leisure Centre (Clay Cross).





## Expressions of interest for Tai Chi.

Thank you to those who have contacted Michael, expressing an interest in Tai Chi..


Tai chi, also called tai chi chuan, combines deep breathing and relaxation with flowing movements. Originally developed as a martial art in 13th-century China, tai chi is now practised around the world as a health-promoting exercise. Studies have shown that it can help people aged 65 and over to reduce stress, improve posture, balance and general mobility, and increase muscle strength in the legs. Tai chi is commonly performed as a low-impact exercise, which means it won't put much pressure on your bones and joints. Most people should be able to do it. It might be an idea to consult your GP first!

Are you interested? If so, then please contact Michael at [michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk) or 01332 380219.

We already have a qualified instructor waiting to guide us.



Fortunately in mid-June, lap dance clubs will reopen!  
Only vaccinated girls will be admitted

 Rate this translation





**AGM 2021.** We consulted the Charity Commission when it became evident that a face to face AGM would not be allowed again this year. We decided to hold a postal ballot and sent 221 papers to 122 homes of our members. Incredibly, we received 121 responses (55.7%). Thank you all so much for supporting your committee/trustee's. All votes received were in favour of every Resolution for both 2020 and 2021 AGM's, with Nil votes against. It is a testimony that you place your trust in us, we always strive to serve you. We turn our attention to the NEW future and expect to resume our Programme of Events in September, unless something untoward happens. The speakers for the remaining months have changed from the original list and are correct on our website (copied into forthcoming Newsletters for your attention). Swimming needs to be booked in advance on 01332 641444 for 12.00 until 12.45 for lane swimming session, or on line at <https://active.inderby/enterprise/account/login>.



### **A few one liner's.**

I don't feel old. I don't feel anything until noon. Then it's time for my nap. - Bob Hope

I never drink water because of the disgusting things that fish do in it.. - W. C. Fields

We could certainly slow the aging process down if it had to work its way through Congress. - Will Rogers

Don't worry about avoiding temptation. As you grow older, it will avoid you. - Winston Churchill

Maybe it's true that life begins at fifty .. But everything else starts to wear out, fall out, or spread out. - Phyllis Diller

By the time a man is wise enough to watch his step, he's too old to go anywhere. - Billy Crystal

And the cardiologist' s diet: - If it tastes good spit it out.

Cardiology Consultant, Royal derby Hospital.



**Birthdays.** Happy birthday this month go to Bob Betchley, Jenny Billington, Gordon Cant, Pam Fearn, Gill Flatman, Ian Gibson, Yvonne Gilbert, Janet Gilbert, Kay Grant, John Gutteridge, Marion Jackson, Jean Jackson, Margaret Potter, Margaret Prince, Nicola Smith, Margaret Storry, Eileen Strong, Marilyn & Neil Thompson, Jacqueline Whittaker, Jaco Wojcik and Christopher Wright. 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 comments made, so keep them coming and enjoy your birthday as much as you can.



### **Ten gardening tips for July.**

1. Check clematis for signs of clematis wilt
2. Care for houseplant while on holiday
3. Water tubs and new plants if dry, but be water-wise
4. Deadhead bedding plants and repeat-flowering perennials, to ensure continuous flowering
5. Pick courgettes before they become marrows
6. Treat apple scab
7. Clear algae, blanket weeds and debris from ponds, and keep them topped up
8. Order catalogues for next year's spring-flowering bulbs
9. Give the lawn a quick-acting summer feed, (but don't feed wildflower patches or meadows)
10. Harvest apricots, peaches and nectarines

Source: [Read our RHS monthly gardening tips & advice - July / RHS Gardening](#)



## **A few more to drive you crazy**

Paraprosdokians (figures of speech in which the latter part of a sentence or phrase is surprising or unexpected):

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you, but it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. War does not determine who is right - only who is left.
6. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
7. They begin the evening news with 'Good Evening,' then proceed to tell you why it isn't.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. I thought I wanted a career. Turns out, I just wanted pay checks.
10. In filling out an application, where it says, 'In case of emergency, notify:' I put "DOCTOR."
11. I didn't say it was your fault, I said I was blaming you.
12. A clear conscience is the sign of a fuzzy memory.
13. You do not need a parachute to skydive. You only need a parachute to skydive twice.
14. Money can't buy happiness, but it sure makes misery easier to live with.
15. I used to be indecisive. Now I'm not so sure.
16. You're never too old to learn something stupid.
17. To be sure of hitting the target, shoot first and call whatever you hit the target.
18. Nostalgia isn't what it used to be.
19. Change is inevitable, except from a vending machine.
20. Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
21. I'm supposed to respect my elders, but now it's getting harder and harder for me to find one



**Member news.** Most of us have now received our second jabs which is very comforting. Everyone appears quite well, looking forward to the resumption of our Programme of Events. Several of our members has a bit of a tale to tell about coping with the pandemic and its various stages. Several have already expressed interest in Tai Chi, whenever we can sort it. There is some concern over the huge number of positive tests of the Delta variant (25,000 per day and counting). Sheena is already back at work (working from home that is). Ian is returning to work two days per week and looking forward to full time in August. Tina has negotiated a four-day week. Karen is at home from school because her school bubble saw a pupil testing positive. Several have booked holiday's; some are going abroad (brave outlook). Pete is already in Menorca and enjoying the sunshine, beer and food. Debbie & Allan are also in Menorca (wonder if there was a discount for Take Heart (Derby) members)? Gordon has been singing at home throughout Covid and is looking forward to returning to St John's soon. Brian reports a delay of eighteen months for knee replacement, a similar position for Maggie. This getting older malarky, is certainly no fun!



### **Some recent replies about our Newsletter but what do you think?**

*Thanks for the newsletter. Always something to laugh out loud at. Loved the joke about 2 women meeting up in heaven/thank you for the newsletter Michael. Very interesting as usual/brilliant, enjoyed it all/Thanks for keeping us so well updated with all the changing rules/Also as always thanks for the Newsletters/Spectator after game on Sunday says "The only positive result was my Covid test" Made me smile*  
Send your comments to [Michael.flude@takeheartderby.co.uk](mailto:Michael.flude@takeheartderby.co.uk) or 14 Brookside Road, Breadsall, Derby DE21 5LF





## **News from BHF.**

Hospital waiting lists continue to rise steadily, according to latest NHS England figures published today. The data reveal that 242,181 people were waiting for invasive heart procedures including heart surgery at the end of May – the highest number for May on record. Of those waiting, 52,484 had been waiting over 18 weeks – this is more than one in five (22 per cent) of everyone waiting for a heart surgery or other invasive procedure at the end of May 2021. The number of people waiting over a year decreased in May to 4,252 from a peak of 5,248 in March – however, the figure is still 152 times higher than before the pandemic began when just 28 people had been waiting this long. There are now 28 people in England who have been waiting over two years for a heart procedure or surgery. Dr Sonya Babu-Narayan, Associate Medical Director at the British Heart Foundation and Consultant Cardiologist, said: “Despite the NHS and its staff continuing to pull out all the stops we are still seeing ever rising cardiovascular waiting lists – even for vital heart procedures including heart surgery. These latest figures for May are the highest on record.” “Delayed heart treatment is not only distressing for patients but it can also mean they become more unwell, or even die on the waiting list. Tragically, we saw thousands of extra heart disease and stroke deaths in England in the first year of the pandemic, and significant delays to care have likely contributed.” “There are some encouraging signs that the length of time people are waiting is improving but the overall picture remains deeply concerning. “The publication of the health and care bill earlier this week could help ensure the NHS is set up to address the unprecedented backlog in cardiovascular care. But along with legislation, we need substantial long-term investment in the overstretched NHS along with a clear plan to prevent more lives from being lost to treatable heart conditions.”

Source: [Waiting lists for heart patients continue to rise NHS figures now \(bhf.org.uk\).](https://www.bhf.org.uk/news/2021/05/24/heart-waiting-lists)



### **A few more (no groaning)**

If you are waiting for a waiter in a restaurant doesn't that make you the waiter?

I have a friend who writes music about sewing machines. He's a Singer Songwriter. Or sew it seams.

Does anyone know anything about home insurance? If my duvet got stolen in the middle of the night would I still be covered?

You know you are getting old when a recliner and a heated pad is your idea of a hot date.

Does it seem wrong to you that only one company makes Monopoly? Or is it only me?

The bad news is: time flies. The good news is: you're the pilot.

I wanted to go jogging this morning but Proverbs 28:1 says "the wicked run when no one is chasing them," so there goes that.

Don't use a big word when a singularly unloquacious and diminutive linguistic expression will satisfactorily accomplish the contemporary necessity.



### **Track and trace scam**

A new telephone scam is coming to light .... callers contact residents saying they are from NHS Track & Trace, telling the resident that they have been in contact with someone suffering from Covid 19 and need to have a test sent out to them. This is swiftly followed with a request for the resident's bank details; the caller states that the test and results cost £500.

Please do not fall for this scam. If you need a test sent out to you because you are unable to attend a test site, this is done for free, both delivery and collection, followed up by the result.

Important! The NHS Test and Trace service will NOT:

\*ask for bank details or payments

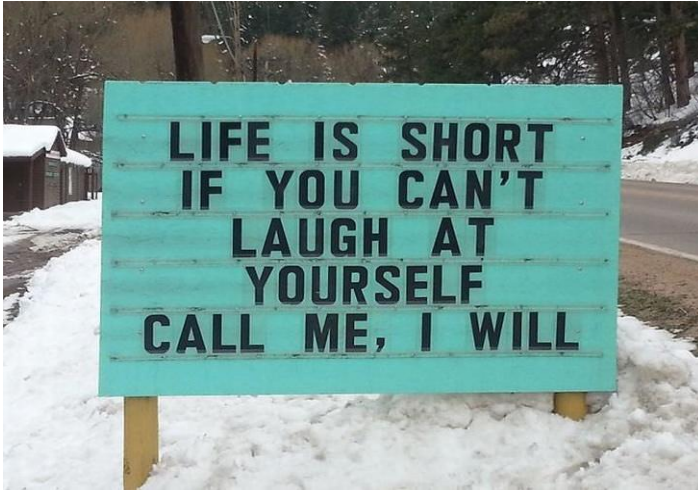
\*ask for details of any other accounts, such as social media

\*ask you to set up a password or PIN number over the phone

\*ask you to call a premium rate number, such as those starting 09 or 087



## A sign of the Times!



## Recipe of the month – Chocolate fudge cake

For the cake

200g/7oz dark chocolate, chopped

200g/7oz butter, cubed, plus extra for greasing

100ml/3½fl oz water      125g/4½oz self-raising flour

125g/4½oz plain flour      25g/1oz cocoa powder

200g/7oz light muscovado sugar 200g/7oz golden caster sugar

3 free-range eggs      75ml/2½fl oz crème fraîche

For the chocolate fudge icing

50g/1¾oz dark chocolate (minimum 70% cocoa solids)

100g/3½oz unsalted butter, softened      200g/7oz icing sugar

1 tsp vanilla extract milk, to loosen

For the chocolate ganache

150ml/5¼oz double cream      1 tsp vanilla extract

1 tsp unsalted butter

150g/5¼oz dark chocolate, plus extra chocolate shavings, to decorate

## Method

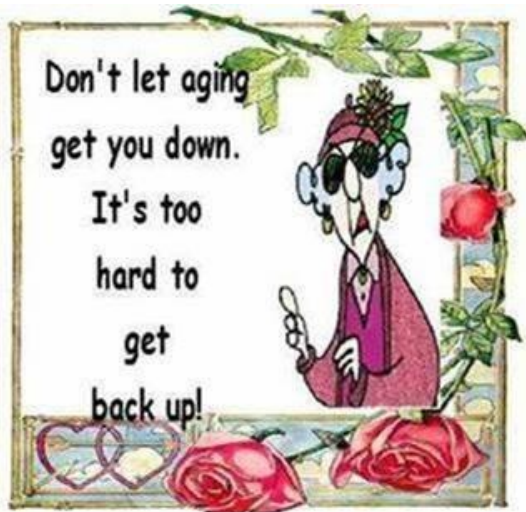
1. Preheat the oven to 170C/335F/Gas 3. Grease and line two 20cm/8in sandwich tins.
2. Melt the chocolate, butter and water together in a saucepan over a low heat, stirring occasionally, until smooth. Set aside to cool slightly.
3. Meanwhile, sift the flours and cocoa powder into a bowl and mix in the muscovado and caster sugar.
4. Beat the eggs and crème fraîche together in a separate bowl, then beat in the chocolate mixture. Fold in the flour mixture until smooth.
5. Divide the cake batter between the tins and bake for 35-40 minutes, or until the top is firm to the touch.
6. Remove the cakes from the oven and set aside to cool completely.
7. Meanwhile, for the chocolate fudge icing, melt the chocolate in a bowl set over a pan of simmering water. (Do not allow the base of the bowl to touch the surface of the water.)
8. Beat the butter in a bowl until soft, then gradually beat in the icing sugar. Add the vanilla extract and fold in the melted chocolate until smooth (add a few drops of milk if the mixture is a little stiff).
9. For the chocolate ganache, heat the cream, vanilla extract, butter and chocolate in a heavy-based pan. Remove the pan from the heat and whisk the mixture until smooth and thickened.
10. To assemble the cake, run a round-bladed knife around the inside of the cake tins to loosen the cake. Carefully remove the cakes from the tins.
11. Spread the fudge buttercream over the top of one of the chocolate cakes, then carefully top with the other cake.
12. Transfer the cake to a serving plate and spoon the chocolate ganache over the top of the cake, allowing it to drizzle over the edge. Garnish with chocolate shavings and serve in slices.

Source: [Chocolate fudge cake recipe - BBC Food](#)



**Good morning my lovelies! Here's something thoughtful (for a change)...** A Great Poem

I won't rise and go now, and go to Innisfree,  
I'll sanitise the doorknobs and make a cup of tea.  
I won't go down to the sea again; I won't go out at all.  
I'll wander lonely as a cloud, from Kitchen to the hall.  
There's a green-eyed yellow monster to the north of Kathmandu,  
But I shan't be seeing him just yet, and nor I think will you.  
While dawn comes up like thunder on the road to Mandalay,  
I'll make a bit of supper and eat it on a tray.  
I shall not speed my bonnie boat across the sea to Skye,  
Or take the rolling English road from Birmingham to Rye.  
About the woodland, just right now, I am not free to go  
And see the Keep Out posters or the cherry hung with snow.  
And no, I won't be travelling much, within the realms of gold,  
Or get to Milford Haven, all that's been put on hold.  
Give me your hands I shan't request, albeit we are friends,  
Nor come within a mile of you, until this sad show ends.  
Source:- unknown





**Don't allow motivational speakers deceive you.** Eat whatever you like because.....

1. The inventor of the treadmill died at the age of 54
2. The inventor of gymnastics died at the age of 57
3. The world bodybuilding champion died at the age of 41
4. The best footballer in the world Maradona, died at the age of 60.

**BUT**

5. The KFC inventor died at 94.
6. Inventor of Nutella brand died at the age of 88
7. Imagine, cigarette maker Winston died at the age of 102
8. The inventor of opium died at the age of 116 in an earthquake
9. Hennessey inventor died at 98.

How did these doctors come to the conclusion that exercise prolongs life

The rabbit is always jumping up and down but it lives for only 2 years and the turtle that doesn't exercise at all, lives 400 years.

So, Take some rest, Chill, Stay cool, eat, drink and enjoy your life. I'm sending my Nike trainers back for a refund



## September programme (we hope).

Wednesday 1 <sup>st</sup>	Swimming at the Queen's Leisure Centre at 12.00 noon.
Friday 3 <sup>rd</sup>	Singing for Fun at 10.00 AM
Wednesday 8 <sup>th</sup>	Swimming at the Queen's Leisure Centre at 12.00 noon
Friday 10 <sup>th</sup>	Singing for Fun at 10.00 AM
Monday 13 <sup>th</sup>	Sophie Snell will regail us with "Derbyshire Folk Tales" But do you know differently or have any 'tales' of your own? <b>(Change of speaker from previous printed programme).</b>
Wednesday 15 <sup>th</sup>	Swimming at the Queen's Leisure Centre at 12.00 noon
Friday 17 <sup>th</sup>	Singing for Fun at 10.00 AM
Wednesday 22 <sup>nd</sup>	Swimming at the Queen's Leisure Centre at 12.00 noon
Thursday 23 <sup>rd</sup>	Lunch at Denby Lodge, Church Street, Denby Village, Ripley DE5 8PH
Friday 24 <sup>th</sup>	Singing for Fun at 10.00 AM
Saturday 25 <sup>th</sup>	Walking back to health - 🐢 - Shipley Country Park. Meet in car park Pay & Display (blue badge useable) Slack Lane, Heanor, DE75 7GX to walk at 10.00AM.
Tuesday 28 <sup>th</sup>	Coffee morning at The Cube café/bar from 10.30AM. <b>(Please Note – The Take Heart (Derby) coffee only will be free of charge on this occasion).</b>
Wednesday 29 <sup>th</sup>	Swimming at the Queen's Leisure Centre at 12.00 noon

Also note the change of time for swimming which must be pre-booked on 01332 641444 or on line at <https://active.inderby/enterprise/account/login>.



### **The bathtub test!**

During a visit to the mental asylum, I asked how you determine whether or not, a patient should be institutionalised. “Well,” said the director, “we fill up a bathtub, offer a teaspoon, a teacup and a bucket and ask the patient to empty the bathtub.” “Oh, I understand,” I said. “A normal person would use the bucket because it’s bigger than the spoon or cup.” “No,” said the director, “A normal person would pull the plug out. Do you want a bed near the window?”



### **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 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](mailto:michael.flude@takeheartderby.co.uk).or 14 Brookside Road, Breadsall, Derby DE21 5LF.

Affiliated to the British Heart Foundation  
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