

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter July 2022



Paradise on our doorstep.

Standing in the centre of a field of golden wheat, it was hard to believe Derby's Intu Centre was less than a handful of miles away . . . But that formed part of the joy for Take Heart's walking group who discovered there was no need to travel miles to find glorious countryside. Our latest walk took in a circular route from the edge of Allestree, through Markeaton and across to Mackworth old village. It began at the Mundy play area car park from where our group of nine strolled along a bridle path known locally as Markeaton Stones. Within 15 minutes we found ourselves in the centre of a vast field of wheat offering super views across to Derby. From the highest point we played "spot the landmark" with members identifying churches, the Intu centre and even the East Midlands Airport control tower - some view. We rambled on passing an 18th century working farm which could easily have been nestled in some Devon village - again, just a stone's throw from Derby. The three and a half mile walk then took us through six fields - one with a herd of contented cows - before emerging into the centre of Mackworth old village. A sad sight greeted us as we passed the fire wrecked ruins of the ancient Mackworth Parish Church. Thankfully work to restore this once fine building is underway, work which will take years to complete. More wheat fields bordered our final stretch as we

headed for our rendezvous point - the tea rooms at Markeaton Garden Centre!



The walk was an easy two-hour stroll enjoyed by both members and three guests. So why not pencil in our next outing planned for 23 July at Trent Lock car park, Lock Lane, Long Eaton NG10 2FY to walk at 10.00AM



A few one liner's!

The Tower of Pisa has been going through lean times.

Why do buttonholes shrink, but buttons get larger?

I asked my five-year old grandson if he liked school. He replied, "Yes I do but it takes up too much of my time!"

My husband asked, "Alexa, what do women want?" The blooming thing hasn't stopped talking for five days and counting!

To deal with cold callers, I copy my GP answer machine, "You are 50th in the queue, please hold!"

I'm not a fan of "box set". I'd rather think outside the box.

The word mellifluous sounds great to me.

I saw a man spill all his Scrabble letters on the road. I asked, "What's the word on the street?"

My husband is a man of rare intelligence – he's rarely shown any!

If you play the field, be prepared to land in the mud.

Why are there lots of travel writers – answers on a postcard.



Record Jam Jar money donation to BHF

Our first presentation to the British Heart Foundation for several years was made at our June coffee morning. Eighteen members gathered at The Cube café/bar to ensure it went smoothly. On hand to receive the cheque was Pauls Scaife, local fund-raising manager of the BHF. She was delighted with our record sum of £639.00.



Michael commented, “What a wonderful effort made by so many to allow us to donate such a large sum to the BHF. Thank you to all those who contributed. Just a note – we start to save cash in our Jam Jars from NOW for next year’s effort. Can we increase this total? I’m sure you can.”



Member news. Lorna Skidmore has broken not one, but both arms. Nothing done by halves here. As you can imagine, things have been very difficult for her. One arm has been pinned and the other is being contemplated (whatever that means). Dereck suggests she should be home soon with the family to organise some help at home. Sue Walker returned from holiday and tested positive for Covid. Isolation was the order of the five days thereafter. Trisha Flude has now had both cancer operations and is having regular checks to ensure progress is being made. Plans will be revealed for radiotherapy in the coming weeks. She is at the beginning of a long journey. Betty Hassel is still battling on. She has no idea who anyone is but apparently enjoys watching TV. If you know a member who is unwell or struggling, please contact Michael or a committee member with details.





News from BHF.

Ambulance services and charities are rallying defibrillator owners to register their devices on a groundbreaking national database called The Circuit in a big push to bring the number of mapped defibrillators past the 50,000 mark. This significant milestone would represent half of the estimated 100,000 defibrillators in the UK being registered on The Circuit. The Circuit's aim is to map all public access defibrillators, so that when someone has a cardiac arrest, 999 call handlers can direct bystanders to the nearest registered defibrillator while they wait for the ambulance to arrive.

There are more than 30,000 out-of-hospital cardiac arrests every year in the UK, but fewer than one in 10 people survive.

Immediate CPR and defibrillation can more than double the chances of survival - however public access defibrillators are used in less than one in 10 of cases. To improve survival rates, we, along with Resuscitation Council UK (RCUK) St John Ambulance, and Association of Ambulance Chief Executives (AACE), have come together to roll out The Circuit: the national defibrillator network.

Over 46,000 defibrillators have been added to the database so far, spurring on the latest appeal to defibrillator guardians to pass the 50,000 mark. It is estimated that tens of thousands of defibrillators remain unknown to ambulance services, meaning emergency services cannot direct bystanders to them in the event of a cardiac arrest. We, along with RCUK, St John Ambulance and AACE are urging anyone who looks after defibrillators in places such as offices, communities, shopping centres and leisure centres, as well as in public places, to register them on The Circuit. The Circuit, which is already live in 13 of the 14 ambulance service areas across the UK and will become nationwide soon, could help to save thousands of lives over the coming years – but it is vital that as many defibrillators as possible are registered on the database for it to work effectively. Dr Charmaine Griffiths, our Chief Executive, said: “A cardiac arrest can happen anywhere, at any time, but quick CPR

and defibrillation can double someone's chance of survival. Minutes count and knowing where the nearest defibrillator is could be the difference between life and death. "We're making great strides down the path of getting a truly nationwide picture of where defibrillators are located, but now isn't the time to slow



down the pace. We're tantalizingly close to a major milestone of 50,000 defibrillators mapped on The Circuit, and we'll need the help of

every defibrillator owner in the UK to help us to smash that target. "If you or someone you know is a defibrillator guardian, then we urge you to register your device. One simple action could help save someone's life."

Source: [Big push to pass milestone of 50,000 defibrillators on pioneering database \(bhf.org.uk\)](https://www.bhf.org.uk/news/2022/03/22/big-push-to-pass-milestone-of-50000-defibrillators-on-pioneering-database)

Register your defibrillator here: [National Defibrillator Network - The Circuit | BHF](https://www.bhf.org.uk/what-we-do/our-services/national-defibrillator-network)



AGM 2022. Following two years without a face to face AGM, we were able to join together at St Mary's Church Hall. We took the precaution to conduct a postal vote, in addition to holding the meeting in person. There were 18 members in attendance (plus 2 guests), 83 postal votes received meaning approximately 38 % of our members voices were heard. Resolution 1, (adopt the minutes of the last meeting), Resolution 2 Adopt the financial report 2021/22) and Resolution 3 (re-elect M Flude, P Flude & R

Flatman) were returned unanimously (with two abstentions). Michael gave a summary of our events but commented upon the low numbers attending. He suggested we all telephone another member (or guest) to attend with you whenever you plan to take part. He then thanked those attending, the committee for their



sterling work throughout the year and the scrutineers for the postal vote compliance. Next up was Dr Surojit Bose, Consultant Cardiologist who stood in for our President, Dr Julia Baron who was unfortunately unable to join us. Dr Bose introduced

himself and explained the current situation at UHDB. There followed a number of questions from members attending who all felt the session was very informative.



Committee vacancy. Our Treasurer has given notice that she is to stand down from the committee following the AGM in July. We offer our most grateful thanks to Margit for carrying out this role for a number of years, guiding us through a change of bank and modernising the payments system to internet banking. We therefore seek a new Treasurer/Committee member to take the post from the AGM onwards.

Are you interested? Please contact Michael to discuss this very important role on 01332 380219 or feel free to contact Margit for details of the work involved on 01332 513932.



What do you think? This is your opportunity to shape some of the Events we plan.

We need you opinions:-

Swimming – a new company is running the newly opened pool at Moorways. It usually works via a mobile app or on the internet. Some of us cannot deal with this and so Michael has been to Moorways to discuss a way forward. We are looking at something they call “lane swimming” and have been offered a slot on Wednesdays from 1230 until 1.30PM. This will be on a “weekly contract basis” with members paying TH(D) for their swim but we need to establish your thoughts about regular attendance to make it a feasible proposition. What do you think? A costing will be carried out by your committee when we have your response. No response = no swim!

Spring or Christmas formal meals – do you prefer lunchtime or evening functions? BC (before Covid) we usually hold a Spring Lunch but at Christmas it is often held in the evening. What do you think?

Please respond by post, email or telephone to Michael (see last page for contact details). If you do not respond, the committee will make the decisions.



Holiday insurance. After a couple of years of lockdown, many of us are now looking to return to travel, subject to staff availability. This inevitably brings the need for affordable travel insurance. What have been your experiences and which insurance companies are you happy with? Some have found that sorting it online often reaches a point where a message comes up “please telephone for further advice to ...” Please write to Michael with your responses and I will put something together for a future Newsletter. Thank you.



Lunch at The Masons Arms, Mickleover.

Sadly, only three attended this lunch on a lovely and bright day. The menu was a bit restricted as well. Prices have gone up as in many venues. Did you know this and decided not to turn up? Very intuitive of



you but could you suggest an alternative where we could encourage others to make the effort. It saves lots of time and effort preparing and cooking AND you don't have to do the washing up

either. OH, the benefits. See you next time at The Great Northern, Station Road, Mickleover on 21st July.



Ten gardening tips for July

Deadhead bedding plants and repeat-flowering perennials, to ensure continuous flowering

Care for houseplant while on holiday

Water tubs and new plants if dry, but be water-wise

Check clematis for signs of clematis wilt.

Pick courgettes before they become marrows.

Treat apple scab.

Clear algae, blanket weeds and debris from ponds, and keep them topped up.

Order catalogues for next year's spring flowering bulbs.

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



As I watch this generation try to rewrite history, one thing I'm sure of.... it will be misspelled and have no punctuation.



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, Jaqueline Whittaker, Jaco Wojcik and Stephen Wright. 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.





Tai Chi. Do you have health issues? Check out the list below and you could benefit from attending Tai Chi regularly on Wednesdays.

1. Reduces stress
2. Improves mood
3. Better sleep
4. Promotes weight loss
5. Improves cognition in older adults
6. Reduces risk of falling in older adults
7. Improves fibromyalgia symptoms
8. Improves COPD symptoms
9. Improves balance and strength in people with Parkinson's
10. Safe for people with coronary heart disease
11. Reduces pain from arthritis

[Tai Chi Benefits: Stress Reduction, Weight Loss, for Older Adults \(healthline.com\)](#)



Have you thought about how to achieve a healthy exercise regime during all this hot weather? Perhaps you should, it helps in many ways to keep us fit and healthy. One answer could be the gentle exercise achieved at Tai Chi. Never had a go? Well neither had I but it was suggested during a routine health check (yes, remember those)? There is nothing strenuous and it helps you to breathe better and control your body. It is relaxed and fun. You do not have to cope with complicated and expensive gym equipment either. Free parking on site is another benefit.





Jam Jar Challenge 2023.

Have you started saving yet for next year's donation? You are probably using cash again now that lockdown's are a thing of the past. You managed to donate a record £639 last motn to the British Heart Foundation – truly magnificent – thank you. The challenge is on now to beat that total, so the sooner you start saving the more we will raise for such a worthy charity.



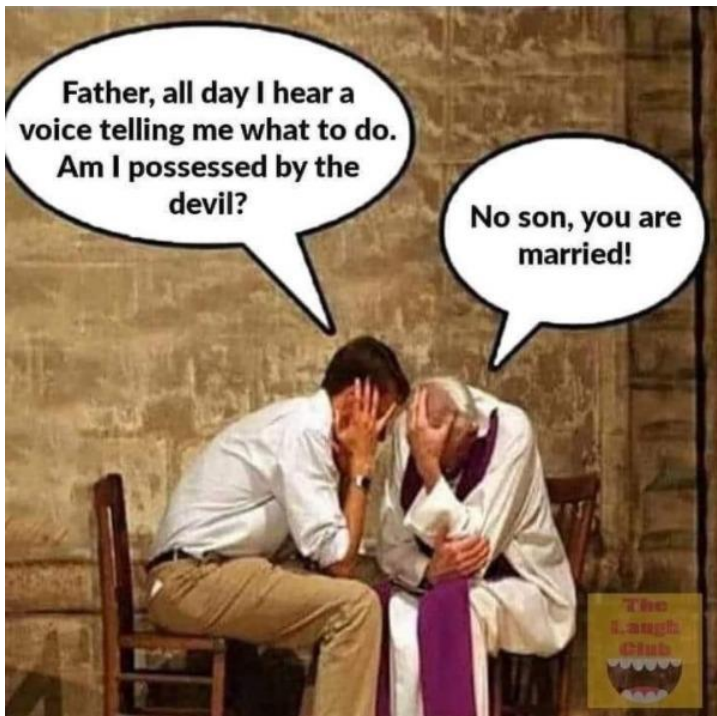
**When you are stressed
you eat ice cream, cake,
chocolate and sweets.
Why?
Because 'stressed' spelt
backwards is 'desserts.'**





Coronavirus is causing a fw problems – beware.

Over 4 million UK residents have Covid and the numbers being admitted to hospital is increasing. Here in Derby, nearly 200 people are being treated at UHDB. Our hospitals have re-introduced the compulsory wearing of face coverings in all areas. Other restrictions are not currently being imposed but it could happen. There does not seem to be any prospect of lockdowns. The current version of Omicron is BA.5 and although it spreads easily, it is not as severe as previous versions. Take simple precautions by doing regular Lateral flow tests, wash your hand and ensure the company you keep are doing the same. Take care.





Please be aware Queens Leisure Centre is now closed and swimming is transferred to the newly completed Moorways Leisure Centre which is now open. Please respond to the request on page 8 so that we may conclude an agreement with the pool management and return to swimming activities.



Programme of Events update. July.

- Thursday 21st Lunch at The Great Northern, Station Road, Mickleover, Derby DE3 9FP.
- Friday 22nd Singing for Fun **Cancelled**
- Saturday 23rd Walking back to health – Cranfleet Trail.
Meet at Trent Lane car park, Lock Lane, Long Eaton NG10 2FY to walk at 10.00AM.
- Tuesday 26th Coffee morning at The Cube café/bar from 10.30AM.
- Wednesday 27th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 29th Singing for Fun **Cancelled**



August.

- Wednesday 3rd Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 5th Singing for Fun **Cancelled**
- Monday 8th Ann Featherstone will explain what “Extraordinary Eaters” is about.
Could it be that she was spying on us all during Lockdown, when we all ate far too much? Come and find out.
- Wednesday 10th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 12th Singing for Fun **Cancelled**

Tuesday 16 th	Lunch at The White Swan, Shepherd Street, Littleover, Derby DE23 6GA
Wednesday 17 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 19 th	Singing for Fun Cancelled
Wednesday 24 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 26 th	Singing for Fun Cancelled
Tuesday 30 th	Coffee morning at The Cube café/bar from 10.30AM.
Wednesday 31 st	Tai Chi at 4.15 to 5.15PM 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 01332 380219, Pam Fearn 01332 606563, Richard Flatman 01332 557028, Robert Jones 01332 608219 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 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