

# 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 2023



### June coffee morning – Jam Jar Challenge 2023.



Another year, another collection of Jam Jars, all filled with lovely cash to be donated to the British Heart Foundation. This will allow the BHF, together with many other donations, to continue funding for research projects to help reduce heart health problems. Eighteen members and a guest assembled in the Cube café/bar at the end of June to bring lovely donations, some were in Jam Jars. There were also cheques and notes of the

realm totalling £172.93. Thank you all so much but if you would like to donate, there is still time to do so by sending a cheque (payable to Take Heart (Derby)) to The Treasurer, 105 Ferrers Way, Allestree, Derby DE22 2BE with a note indicating it is for the BHF. Other ways to donate are: (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](mailto:treasurer@takeheartderby.co.uk) to confirm your payment. (2) Use our web page to pay by credit card, simply follow the instructions Thank you for your continued support. Remember our next coffee morning is 26 July. At this event we anticipate handing a cheque from you to the British Heart Foundation representative. It would be lovely to welcome you all.

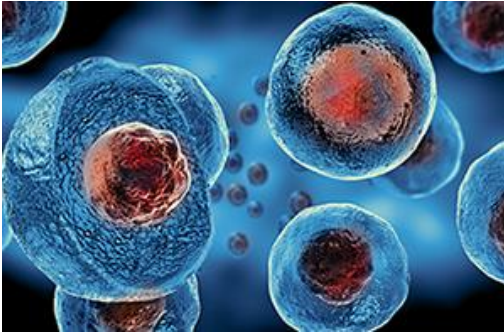


**You know you're  
getting old when you  
barely do anything  
all day, but still need  
to have a nap to  
continue to do barely  
anything.**



**News from BHF.** Regenerative medicine: the quest to repair damaged hearts.

From heart patches to gene therapy, Anna Clark explains the latest BHF-funded research in the cutting-edge field of regenerative medicine. What is regenerative medicine?



Regenerative medicine is at the frontier of research. It's a field of science that looks at different ways to repair (or "regenerate") damaged areas of the body. This search is particularly urgent when it comes to the heart, which can't easily heal itself if it gets damaged.

One of the most common causes of damage is a [heart attack](#), which happens when there is a blockage in an artery supplying the heart muscle, so the muscle can't get the oxygen it needs. When this happens, muscle cells can die and over time are replaced by scar tissue. This can mean the heart isn't pumping blood as well as it should: a condition called [heart failure](#).

Heart failure can cause constant tiredness, as well as a build-up of fluid in the feet, legs and lungs. Around 920,00 people in the UK are living with heart failure, and although the symptoms can be treated, there is no cure. Heart failure contributes to thousands of deaths in the UK each year.

Patches to repair the heart

Professor Sanjay Sinha and his [team at the University of Cambridge](#) are growing patches of real heart tissue in a dish. The result is a "patch" of heart tissue that contracts in a coordinated way, just like the heart does when it beats. The team aim to graft them onto damaged areas of the heart to repair it.

Regrowing blood vessels.

Scientists we are funding are investigating ways to encourage the heart to grow new blood vessels, to help improve blood flow

into areas that have become damaged. In 1997, the exciting discovery was made that endothelial progenitor cells (a type of stem cell from the bone marrow) can be found in the blood of adults. These cells can turn into endothelial cells (the cells which line our blood vessels) so are thought to be involved in new blood vessel growth. Scientists are trying to better understand how they could be used to grow new blood vessels in the heart. [Dr Mairi Brittan and her team at the University of Edinburgh](#) have discovered that endothelial progenitor cells might also be found in the adult blood vessel wall. They are now trying to understand more about them, what effects they have and how they could be controlled. In the future, this research could lead to clinical trials to test whether these special cells can repair damaged blood vessels.

Source: [Regenerative medicine: the quest to repair damaged hearts - BHF](#)



*I wish my siblings would stop calling me "spoiled" just because I'm the baby in the family. The fact is, my parents kept having children until they found one they liked. It's so not my issue.*



## **Spring Lunchtime Concerts Series – Musicians from Derby Grammar School**

Make the most of your Friday Lunchtimes and treat yourself to a relaxed 45-minute recital in the beautiful surroundings of Derby Cathedral. All recitals are free to enter and begin at 1300. Tea, coffee, and biscuits are also available beforehand. Weekly programme from 12 May 2023

Source: [Welcome to Derby Cathedral | Derby Cathedral](#)



**Teacher: Give me a sentence which includes the words, Defence, Defeat, Detail.**

**Charlie: When a horse jumps over defence, defeat go first and then detail.**





## Walking back to Health – The Bennerley Viaduct expedition.



Bennerley Viaduct is an engineering marvel. It stands 20m above the Erewash Valley, and is a quarter of a mile long. This grade 2\* listed railway viaduct was built in 1877 by the Great Northern Railway Company. It is the longest wrought iron viaduct in the country and crosses the River Erewash connecting Ilkeston, Derbyshire with Awsworth, Nottinghamshire. The Iron Giant was described by the World Monuments Fund as an “extraordinary monument” and was included on the [2020 World Monuments Watch](#), one of only 25 sites chosen globally. Historic England considers the viaduct a “stunning example of the genius of British Engineering”. Source: [The Friends of Bennerley Viaduct – Dedicated to restoring, conserving and celebrating Bennerley Viaduct](#)

On a very fresh summer morning, five members and two guests set out from Station Road, Ilkeston, a revised starting point. The car park designated was deemed too small for all the usual walker’s vehicles. As we strolled alongside the Erewash Canal, Michael received a phone call from two additional members who were at the car park. Agreement was reached and the two parties met up a short time later. Off we went, catching up on old times, passing a moored narrowboat and shortly reaching the western end of the Bennerley Viaduct. Our leader took us to the footbridge over the railway line and towards the river Erewash. We posed for a photograph where a “local” walker explained

lesser-known aspects of what to expect during our expedition. We travelled below the huge steel supports of the viaduct, to the eastern end, taking some steps up to the new walkway across. Another photo opportunity and we were suddenly treading into



history as we traversed a recently laid walkway. We marvelled at how straight the bridge was, how impressive the height above the valley was and all done without computers and laser lines. Having enjoyed re-tracing this historic monument, we took the sloped ramp rather than steep steps down to the Canalside for our walk back to our cars, the two joiners went separately to their cars. We, on the other hand, and headed for coffee and refreshments at a nearby café before calling it a day. What an incredible day. Those who do not join our walks, miss out on so much. Don't miss next month's instalment with a visit to Staunton Harold on 29 July at 10.00 (see events on page 15).



**An elderly man thinking his wife was losing her hearing went about 20' behind her and asked "Can you hear me sweetheart?" No reply. Moved to 10' and inquired again. No reply. 5' and not a word. A few inches behind ear, he asked "Can you hear me now honey"? His wife said "For the fourth time, yes."**



**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, Sharon Meads, Carmen Nash, Margaret Potter, Margaret Prince, Nicola Smith, Margret Storry, Eileen Strong, Neil Thompson, Jacqueline Whittaker, Jaco Wojcik and Christopher 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.







**Gas & electricity bills - help for vulnerable people.** The energy regulator, Ofgem, has announced that all energy suppliers will be required to set up dedicated phonelines for vulnerable customers. Ofgem has found that people in vulnerable circumstances are struggling to get through to their supplier quickly enough, and it wants companies to offer them a dedicated hotline. More information about the dedicated phone lines will be released at a later date.



Earl and Bubba are quietly sitting in a boat fishing, chewing tobacco, and drinking beer when suddenly Bubba says, "Think I'm gonna divorce the wife - she ain't spoke to me in over 2 months."

Earl spits overboard, takes a long, slow sip of beer and says, "Better think it over; women like that are hard to find."



**Member news.** I regret to report yet another member passing away. This time it is a very young Gerard Pietruszewski. He was only 62 years of age and was undergoing a procedure at RDH. Sadly, a short time later, he had a massive heart attack and failed to recover. Our thoughts and prayers are with Bernadette and their family at this very sad time. Eileen Hughes has returned to her home but is still quite unwell. Good luck Eileen. Trisha Flude has spent around 10 days in RDH. Having been able to complete three steps with a walking aid, she was passed fit to return home, where she is feeling much more relaxed and able to eat the food served. Is this because Michael's culinary skills have improved or is it the supervision?

If you know a member who is unwell or struggling, please contact Michael or a committee member with details.



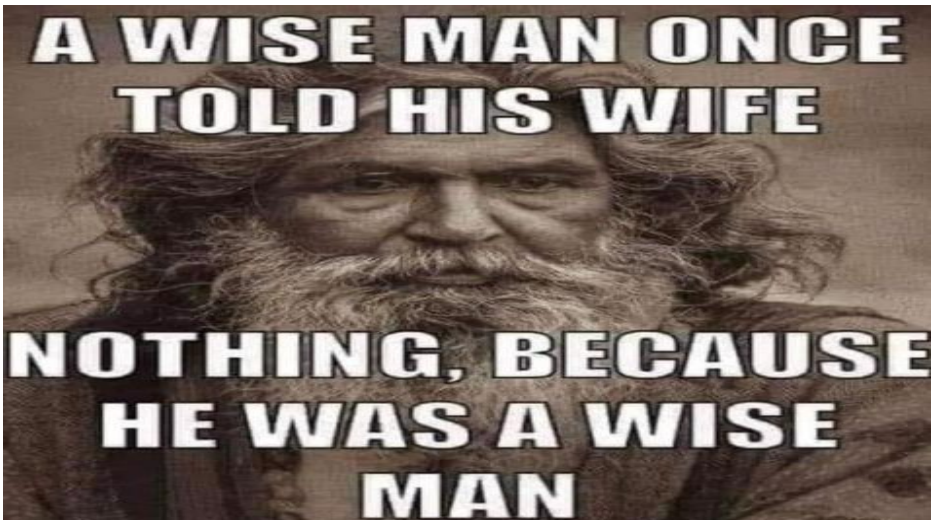
A Grandpa is  
someone with  
*silver* in his  
hair, and **Gold**  
in his heart!



**Holiday insurance – a member's recent experience – hope it helps.** *“If you remember I was telling you about trying to*



*arrange insurance for a 5-night cruise at New Year. Just for us I had quotes of £400 and higher. I have just paid £158, declared all medical details for both of us. No age limit and specialises in policies for over 60 and medical problems. May be of interest to our members. Total Travel Protection. 0330 053 3747.or check out online.”*





## Your committee need you.



Your committee are a small, dedicated bunch but they need a bit more help. This is where you come in. Could you offer a helping hand to keep things ticking over? Do you have computer skills? Do you have suggestions about how to improve matters or new events to plan? Please get in touch with a committee member (see list on page 16 of this Newsletter).



## 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](#)





## New donation of equipment by Take Heart (Derby)



Cooking up a storm in ward 408 at Royal Derby Hospital, are Nurse Kia Morris, Nurse Nathan Rees, Reistered Nurse Associate Gerry Ennis with Michael, Nurse Joy Cerezo. TH(D) members presented ten electric fans to ward 408. Every bedside cabinet now boasts a fan for the individual patient. “A godsend in these hot and muggy days and nights” says housekeeper Bev MacDonald.



**I finally got 8 hours sleep. It took me three days, but whatever.**



**AGM** 2023 was held on 10 July. There were 12 members and one guest present in addition to sixty-six postal votes received prior to the meeting.

Michael gave a summary of events but requested those present to invite more members and friends to our gatherings. All resolutions were passed unanimously. We discussed adding other events to our programme (beetle drive, quiz evening, dancing). If you are interested in these events or others, please notify a committee member. Something to note about our finances is the fact that, whilst our annual balance is consistent, this was due to some significant donations, particularly from the estate of a non-member. We cannot rely upon receiving the same funds in future years and need to examine what we can do to achieve additional donations. Please consider this aspect and advise any committee member (see list on page 16 of this Newsletter).

Dr Dave Jigar, standing in for our President who was on holiday, then took questions from those present. There were many varied questions about current medication and newly sanctioned medication. Dr Dave wrote to Michael expressing his thanks for the opportunity of addressing the meeting and for the participation of those present.





## Programme of Events

### July.

- Wednesday 19<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Thursday 20<sup>th</sup> Lunch at The Great Northern, Station Road, Mickleover, Derby DE3 9FP.
- Friday 21<sup>st</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Tuesday 25<sup>th</sup> Coffee morning at The Cube café/bar from 10.30AM.
- Wednesday 26<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 28<sup>th</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Saturday 29<sup>th</sup> Walking back to health – Melbourne – Staunton Harold. Meet in the car park on Castle Street, Melbourne, Derby DE73 8DY to walk at 10.00AM

### August.

- Wednesday 2<sup>nd</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 4<sup>th</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Wednesday 9<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 11<sup>th</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Monday 14<sup>th</sup> "Brandy for the Parson" is a talk by Graham Sutherland but is it true? There is only one way to find out – at St Mary's Church Hall for this one.

Tuesday 15 <sup>th</sup>	Lunch at The White Swan, Shepherd Street, Littleover, Derby DE23 6GA. Please contact Robert Jones on 07952 619385 if you are intending to dine today.
Wednesday 16 <sup>th</sup>	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 18 <sup>th</sup>	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Wednesday 23 <sup>rd</sup>	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 25 <sup>th</sup>	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Tuesday 29 <sup>th</sup>	Coffee morning at The Cube café/bar from 10.30AM.
Wednesday 30 <sup>th</sup>	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 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 01332 608219.

Any queries or comments about Take Heart (Derby) should be directed to Michael Flude on 07852 696930. 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