

# 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 June 2019



**Walking back to Health.** The Trent and Mersey canal was opened in 1777 and runs 93.5 miles from the Derwent mouth nr Shardlow to link up with the Bridgewater Canal for the last few miles to the River Mersey. Mercia Marina was opened in 2008 it caters for both boat owners and people who just want to visit the shops, restaurants and cafe's. Twelve members of Take Heart (Derby) met at Mercia Marina for an interesting walk along the canal towpath. We then had to negotiate the bridge over the canal to reach the towpath, which had been constructed with rail tracks. Boats were moored so we took a wide path to avoid mooring pins. Some boaters were sitting on the canal bank enjoying the sunshine. On the opposite side of the canal are some long-term moorings, let to boat owners by the Canal and River Trust. One lady was putting out washing on a whirlygig line. Others had small sheds on the grass. I have been told that some of these boats rarely move. After passing under the Willington Road bridge we came across a boat where the owners had put yellow tennis balls on the top of the mooring-pins, so they could be seen easily. A family of swans swam past, consisting of an adult at the front, followed by five cygnets and another adult at the rear. A short distance onwards we came across some very vocal sheep on the opposite bank of the canal. Taking a path to the left,



we took a bridge over the railway and made our way back towards Willington. At The Dragon pub, we were offered the choice of a break there or to continue back to the marina. We chose the latter option. Following the towpath there was a lot more narrow-boat activity. So, Coots and Moorhens swam away from their hiding places. As we neared the marina, a very long boat was

exiting the Marina but the "driver" was obviously inexperienced because unfortunately it struck the bank, bow on but luckily no damage was done. We returned over the bridge and past the lake back to the car park. Some members visited a café for refreshment. I have never seen such a large, scones, and for others it was bacon Butties. A Lovely walk on a lovely day. Thank you to the organiser. The next walk takes place on Saturday 29th June, meet in the car park outside Curbar Primary School. S32 3XA, for a stroll along Curbar Edge, taking in the fabulous views across the valley. Need a lift – phone Michael!

**Flight of Fancy?** An airplane pilot had had a particularly difficult flight and a rough landing. The airline had a policy which required the first officer to stand at the door while the passengers exited, smile and give them a "Thanks for flying Royal Airlines." But, in the light of his bad landing, the pilot had a hard time looking the passengers in the eye, thinking that someone would have a smart comment. Finally, everyone had got off except for this little old lady walking with a cane. She said, "Sonny, mind if I ask you a question?" "Why no, ma'am," replied the pilot, "What is it?" The little old lady said, "Did we land or were we shot down?"

**Our treasurer takes tea with Her Majesty, The Queen.** Margit Staehr was invited to the Queen's Garden Party recently as a reward for her 15 years of service to the Anglo-Danish Society of which her majesty is a patron, along with the Queen of Denmark. Margit felt honoured and humble to celebrate her success in such esteemed company. Margit now celebrates a year as treasurer for Take Heart (Derby) with her reward being able to take a cream tea with us mere mortals. Interestingly she beat Donald Trump to the Palace.



**Cheezy Jokes.** Two trucks carrying cheese have collided on the M25...De brie is everywhere.

Q:What did the cheese say to itself in the mirror? A: Halloumi.

Q: Which hotel do mice stay in? A: The Stilton

Q: What do you call cheese that doesn't belong to you? A: Nacho cheese.

Q: Which cheese would you use to coax a bear down from a tree? A: Camembert.

Q: What kind of cheese do you use to disguise a small horse? A: Mascarpone

Q: Did you hear about the cheese that failed to win a medal at the Olympics? A: It fell at the final curdle.

Q: How do you handle a dangerous cheese? A: Caerphilly.

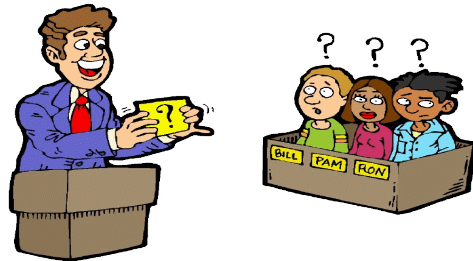
Q: Which cheese do cyclists carry with them? A: Paneer.

Q: Which cheese is made backwards? A: Edam

**Birthdays.** Happy birthday this month go to Jean Birkin, Janice Bridges, John Cooper, David Ecthes, Brian Fear, Ivy Johnson, Edward Potter, Sue Powell, Joyce Rolfie, Lynn Rowlatt, John Salt, Per Staehr, Maurice Wearmouth, Christine Whewell, Bill Whittaker, Stephanie Wright and Coleen Yates. We hope you all have a happy and memorable day.



♥ **Take Heart (Derby) Quiz night!!!** We have received modest interest about holding a quiz night. The favoured venue is in a pub but there is also expressions about a private hall. What do you think? We know there are many quizzers amongst our members. Would you be interested in a TH(D) quiz event? Please contact Michael stating which day/month would be best for you and we will look at the prospects of holding it. Looking forward to hearing from you.



♥ **My wife** has a slight impediment in her speech. Every now and then she stops to breathe - Jimmy Durante

♥ **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.

♥ **I have never** hated a man enough to give his diamonds back. - Zsa Zsa Gabor

♥ **What's the recipe today, Jim?** Gloriously soft and tasty scones.

8oz self-raising flour  
2oz slightly salted butter, cut into small pieces  
4fl oz buttermilk

1oz golden caster sugar  
¼ tsp salt  
4tbsp full-fat milk

A little flour for dusting, strawberry jam, and clotted cream to serve.

Preheat the oven to 200C and lightly butter a baking sheet. Tip the flour into a mixing bowl with the salt. Add butter, rub together with your fingers to make a crumbled mixture. Don't over-rub. Stir in the caster sugar. Mix buttermilk with milk to slacken it. Make a well in the crumbled mixture with a rounded blade and pour in most of the buttermilk mixture. Gently work the mixture together until it forms a soft, almost sticky, dough. Work dry bits of the mixture with the rest of the buttermilk. Lift the ball of soft dough out of the bowl and place on a lightly floured surface. Knead the mixture 3 or 4 times to remove cracks. Pat the dough gently with your hands to a thickness of not less than ¾ inch and no more than 1 inch. Use a 2 ½ inch round cutter, dip into flour and then cut scones out quickly and firmly. Gather any trimmings and cut two more scones. Place on a baking sheet and sift over a light dusting of flour. Bake for 10-12 minutes until risen and golden. Cool on a wire rack, covered to keep them soft or left uncovered to allow them to crisp over slightly. Serve with strawberry jam and generous mound of clotted cream. Eat them as fresh as you can. Most importantly, give Michael 30 minutes notice before commencement so that they can be tested before allowing others to eat them.

♥ **Money can't buy** you happiness .... But it does bring you a more pleasant form of misery. - Spike Milligan



**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. **24 June** – Fraser Hall, Leylands at 11.30 and **15 July** - St Peters Church Hall, High Street, Chellaston at 1.30. On **24<sup>th</sup> August**, our singers are privileged to be part of the 70<sup>th</sup> year celebrations at Memorial Village, Chellaston, an open air event on a Saturday. Do come along and support your singers at 11.30. The singers are a busy group who wave the flag for Take Heart (Derby) and receive invitations from various groups to entertain.



**May coffee morning.** It is customary for Take Heart (Derby) to make our donation to the nations heart charity, the British Heart Foundation in May. This year we were able to donate £400.00, beating last year’s £311.00. The photograph shows Paula Scaife, BHF Fundraising Manager giving the thumbs up in appreciation of this years money. “It will go towards some life-saving research,” she said, “I thank all the members of Take Heart (Derby) for their continued support.”





**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 – now is the time to start saving for next year. It would be nice to replicate our £400.00 again OR better still exceed it. Can you help?



**Cream Tea.** On a very wet and depressing day, the gloom was lifted for forty-six members and guests who turned up to the Royal Crown Derby tea rooms. It was our annual summer event, which is now indoors here rather than in someone's back garden as it used to be. "Thank heavens" did I hear someone say, "otherwise we might have cancelled the event". The kick-off was delayed slightly to allow for those caught up in the horrendous traffic nightmare Derby is currently experiencing. In the event only two members failed to arrive. The rest of us enjoyed each-others company. We were joined by the two ladies who make our birthday cards, several members who were on their first outing with us and a few others we do not see very often. Our Chairman welcomed all and sundry, with thanks to Margaret Storry for organising this afternoon treat, to Pam Fearn for sorting out the raffle and to the staff of the tea rooms for coping so well and looking after us. Our treasurer, fresh from her garden party with HM the Queen, was delighted to be in receipt of £100.00 from the raffle. The biggest thanks go to all those who supported the event by attending and to digging deep for the raffle. See you all again soon, I hope



**New members.** This month we welcome Richard Delaney to TH(D) and wish him well. We hope to see him at as many events as possible.



**Responses to our Newsletters are as follows:** Copy sent to Ashbourne BHF Committee members and to the three schools listed in the swim article/As always, thank you for the newsletter Michael/Oh my goodness just love. Spread the laughter. Share the Cheer. Let's be Happy, while we're here. Great way of life - enjoy every minute. Thanx for wonderful newsletter/Thanks for the most sensible email in my inbox/I continue to marvel at the excellent standard set and maintained". A verbal comment received at the cream tea event was, "An incredible Newsletter, which gave us the information we needed and put a smile on our faces". Send your comments, good or bad to Michael.



**Medical Notes.** This is a collection of notes exactly as typed by medical secretaries:

- Patient has left her white blood cells at another hospital.
- Patient has chest pain if she lies on her left side for over a year.
- On the second day the knee was better and on the third day it disappeared.
- The patient has been depressed since she began seeing me in 1993.
- Discharge status: Alive, but without my permission.
- Patient had waffles for breakfast and anorexia for lunch.
- While in ER, Eva was examined, x-rated and sent home.
- Skin: somewhat pale, but present.
- Patient has two teenage children, but no other abnormalities.
- The patient was in his usual state of good health until his airplane ran out of fuel and crashed.
- Mrs Evans slipped on the ice and apparently her legs went in separate directions in early December.
- Patient was seen in consultation by Dr Jones, who felt we should sit on the abdomen and I agree.
- The patient refused autopsy.
- She is numb from her toes down.
- She stated that she had been constipated for most of her life until she got a divorce.
- Both breasts are equal and reactive to light and accommodation.
- Examination of genitalia has revealed that he is circus-sized.
- Patient was found in bed with her power mower.



**Our next meeting.** It is that time of year when we get to meet our President, Dr Julia baron. You can ask her all manner of cardiac related questions, so you won't have to wait for your next appointment, which could well be re-scheduled. The only thing is, you have to sit through our Annual General Meeting to question her. But the meeting is free to attend, including tea/coffee and biscuits. We look forward to seeing you all there. Make a note of the date: 8<sup>th</sup> July at The Friends Meeting House. There will be a report about the past twelve months and various resolutions including – 1. Adopting the minutes of AGM 2018. 2. Adopting the accounts 2018/19. 3. To re-elect Margaret Storry, Pam Fearn and Robert Jones to the committee for two years. Important notice: do you wish to join our committee? If so contact Michael for a chat.



**Q: Did you hear** about the optometrist that fell into his lens grinding machine?

A: He made a spectacle of himself.

**Q: Does an apple** a day keep the doctor away? A: Only if you aim it well enough.




**Member news.** Former member Bob Betchley has recently been resident at Royal Derby Hospital. Dennis Pollard had a terrible car accident which resulted in an eight-hour operation at Nottingham City Hospital. He is currently in recovery. Trisha Flude has recovered from sepsis, which was thankfully diagnosed and treated promptly. 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>



**Forthcoming events: June.**

- Tuesday 25<sup>th</sup> Coffee morning at The Cube café/bar from 10.00 AM.
- Wednesday 26<sup>th</sup> Swimming at the Queen’s Leisure Centre at 3.15 PM **FROM 2.30 PM in the Family Pool (no allocation for TH(D))..**
- Friday 28<sup>th</sup> Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
- Saturday 29<sup>th</sup> Walking back to health -  - Curbar Edge – dramatic stroll along the gritstone edge with fabulous views across the valley. Meet in the car park outside Curbar Primary School, S32 3XA.

This is a bit of a drive from Derby but the views are worth it.

## July.

- Wednesday 3<sup>rd</sup> Swimming at the Queen's Leisure Centre **FROM 2.30 PM in the Family Pool (no allocation for TH(D))**..
- Friday 5<sup>th</sup> Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
- Monday 8<sup>th</sup> AGM, with the "Presidents Platform" from our President, Dr Julia Baron, who will give you the opportunity to ask questions without waiting for an outpatient's appointment.
- Wednesday 10<sup>th</sup> Swimming at the Queen's Leisure Centre **FROM 2.30 PM in the Family Pool (no allocation for TH(D))**..
- Friday 12<sup>th</sup> Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
- Wednesday 17<sup>th</sup> Swimming at the Queen's Leisure Centre **FROM 2.30 PM in the Family Pool (no allocation for TH(D))**..
- Thursday 18<sup>th</sup> Lunch at The Great Northern, Station Road, Mickleover, Derby DE3 9FP at 12 noon.
- Friday 19<sup>th</sup> Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
- Wednesday 24<sup>th</sup> Swimming at the Queen's Leisure Centre **FROM 2.30 PM in the Family Pool (no allocation for TH(D))**..
- Friday 26<sup>th</sup> Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
- Saturday 27<sup>th</sup> Walking back to health - 🌿 - Shipley country park. Meet in car Park. Pay & display (blue badge useable) Slack Lane, Heanor DE757GX.
- Tuesday 30<sup>th</sup> Coffee morning at The Cube café/bar from 10.00 AM.
- Wednesday 31<sup>st</sup> Swimming at the Queens Leisure Centre **FROM 2.30 PM in the Family Pool (no allocation for TH(D))**..



## 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](mailto: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