

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter June 2020



A message from the founder of Take Heart (Derby), Sue Moore

My training as a Nurse started in 1966 at the Derbyshire Royal Infirmary. I qualified as a State Registered Nurse in 1969 and worked on a medical ward nursing, amongst others, patients with heart problems, including heart attacks.

The care of patients following heart attacks was quite different from how it is nowadays. Patients were kept in bed for up to three weeks, then allowed to sit out for thirty minutes per day, increasing gradually each day. It is hard to believe now but we also had to feed patients, give baths to avoid any unnecessary exertion (no consideration about how this must make the patient feel). The first time I looked after a patient who had a heart attack, I was reprimanded by my ward sister allowing him to undress himself. There were no coronary care units or cardiac monitors, so everyone was cared for on a general medical ward. Patients must have really felt that there was no hope of getting back to normal.

Following a year away completing a midwifery course, I returned to the nursing I was passionate about. The ward sister who reprimanded me for allowing a patient to undress himself must have forgiven me as she asked me to become her junior ward sister. Eventually, the sister retired, and I became senior ward sister until 1978 when I left to have my son, returning a year later and working until 1982 when I left to have my daughter, returning again in 1983.

In 1985, working with the sister on the ward I had returned to, we discussed the need for a self-help group to help people realise that there was life after a heart attack.

The first meeting was held at The Queens Hall, London Road where eighteen people attended. Patients with their partner/carer came along to discuss the need for such a group. Over time it became obvious that patients with other heart conditions would benefit from joining our group. We re-located to Derbyshire Royal Infirmary as the group became established.

As with now, a committee was formed with members and partners taking on specific roles. Even though my initial role was to make the tea and serve biscuits, I was asked to be the Chairman of the group, which I was happy to take on board.

The group became bigger but the main reason for the group then as it is now, was to support each other at meetings and away from meetings either face to face or by telephone (no emails in those days or zoom)



The meetings were monthly and guest speakers were invited along, covering many interesting and varied topics, reading the current Newsletters, this has continued. When we started the Newsletters, they were hand-written, progressing in time to more advanced methods. I still received the monthly Newsletters and read it with great interest – well done.

Over time the group became more recognised and became Affiliated to the British Heart Foundation, with consultant Dr Michael Millar-Craig became our President.

Members of the group were invited onto the wards to talk to patients about the group and the support given. Following this, many of these patients came along to our meetings. Some time ago, Paul Taylor, who had his heart transplant (around 1989 - very unusual then) wrote his article for your Newsletter about how he found out about Take Heart (Derby) from Catherine Watts, a member of the committee when her role was to listen and chat to group members, something continued now by current committee members. As is rightly said, "A problem shared, is a problem halved."

Over the years with the development of Cardiac Rehabilitation, research, in some cases surgery and different medications, the care of cardiac patients has changed dramatically since the days year's ago when I started training, patients were not allowed to dress themselves and had weeks of bed rest and limited mobility.

Patients and their partners, carers will now truly believe there is life after heart attack and heart disease and being able to hear how others have recovered and got their life back must also help.

I have not attended any meetings for many years but am still interested to read the Newsletter every month.

Sometimes it is difficult to believe that after a discussion thirty-five years ago in the ward office a small group meeting that the group has grown to what it is today.

The main thing is that at the heart of the group remains a social group for heart patients, their families and carers.

When reading in the paper about the good work and donations the group makes to the hospital, I must thank you for all the good work you do and that you continue to support yourselves and others. At this time of self-isolation for some longer than others that as a group that is what you are all doing. Take heart, stay safe and stay at home. My best wishes to you and for the future.

Sue Moore

Editor note: I am delighted to be able to bring you this letter from Sue. It seems she approves of the way in which we travelled over the past thirty-five years. Now that she has retired, I am hopeful that we will see her attend some of our events. Thank you so much, Sue, for establishing a very strong and popular group.



First Date. Does this ring any bells?

At the end of their first date, a young fellow takes the girl back to her home. On the front porch, leaning against the wall with a bit of swagger, he decides to try for that important first kiss. He: "Sweet thing, how 'bout a good night kiss?" She: "Oh, I couldn't do that. My parents will see us!" He: "Oh come on! Who's gonna see us at this hour?" She: "No, please. I would just die of embarrassment if someone saw us." He: "Baby, there's nobody around, they're all sleeping!" She: "No way. It's just too risky!" He: "Oh please, please, I like you so much!!" She: "No. I like you too, but I just can't!" He: "Oh yes you can. Please, Sugar? Please?" She: "No, no. I just can't." He: "Pleeeeeease?..." Then the porch light goes on and the girl's sister shows up in her pyjamas, sleepy, hair dishevelled. "Dad says go ahead and give him a kiss. Or I can do it. Or if need be, he'll come down himself and do it. But for crying out loud tell him to take his hand off the intercom button!"



Coronavirus update 6 June 2020. Stay Alert. Control the Virus. Save Lives

Rules and regulations are changing frequently at this time, so I thought I would try to bring you up to date with what it means to us.

Shielding. If you are shielding, then you are officially allowed into your own garden where you have previously been indoors.

You can also go for a short walk whilst remaining close to home BUT make sure you keep a social distance of 2 metres from others.

If you live alone, check the new rule about “bubble” below.

Those most at risk are advised not to go out.

You are still advised not to go to the shops or for medical supplies – get them delivered.

Do not have visitors unless they give you essential health care or personal support. It is not a lot but it can help.

To others not shielding there is a bit more freedom.

People can meet outside in groups of up to six as-long-as those from different households maintain social distancing.

There is still a ban on hugging, handshakes and kissing AND definitely no over-night stays. You can hold a barbecue but wash your hands frequently when handing out plates and drinks etc.

Visitors may only enter the house if there is no other way of getting to the back of the property.

If it rains, use an umbrella – don't go inside the house.

Access can be allowed to use a toilet, but it must be thoroughly cleaned after use.

You are allowed to meet with different groups at different times but do not see too many people in quick succession.

If you are a family of six, then you are already at the limit.

You can now play golf, and use tennis and basketball courts for exercise keeping 2 metres apart

If you need a Covid-19 test, then telephone **119** not your GP or NHS 111.

Whatever you choose to do, please be vigilant and avoid crowded places. Use your car if you have one but wear a face covering if using public transport or going to the shops or hospital.

Generally: Stay active even at home. Eat healthily. Keep up to date with coronavirus bulletins. If you need to talk then contact a committee member, your GP or NHS 111.



Update 10 June: The Prime Minister has announced a new category “Support

Bubbles”. Single adults will be able to stay at ONE other household to combat loneliness and spend the night at another household. This must be the SAME household each time. It does not apply to those on a shield notice. The other household could apply to single parents with children under 18 years. If anyone in a designated support bubble develops symptoms of coronavirus, then both households should follow the advice on isolation. Examples are: 1. A grandparent who lives alone could form a bubble with one of their children and interact with grandchildren as normal. 2. A single parent could form a bubble with a parent or friend so they can interact as normal. 3. Two single people who live alone could form a bubble. 4. A couple who do not live together could form a bubble but only if they live alone.

It does not apply to grandparents who live together, people living in houses of multiple occupancy, such as flat shares, or to couples who already live together. One part of the bubble has to be a single household, or a single parent to children under 18 years.



Medical Notes. Not wishing to spread concern at this time but!!!

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.



Things to do and stay in touch with family and friends.

There are apps on a smart phone which allow free calls/video calls such as: Houseparty. Zoom. Whats App. Messenger. Skype. Instagram, Facetime and others. Simply open Google and type in any of the above names, select download and once installed, of you go. When talking to the person you called, often there is a "+" sign on the screen where you can add someone else into your call. It takes a bit of practice but it is fun. You can get to see your grandchildren (they are more tech savvy than us, one of whom helped Trisha & I into a "houseparty" video call and she is only 8 years old). Have fun and stay connected. Phone, email or videocall Michael & Trisha to try it out!!! 07852 696930 or 07957 557802. We have been made aware that hackers are interrupting chats on Zoom and showing some distasteful images, so beware. You could even try to write a letter!!! Can you remember how to do it, if so write to Michael at 14 Brookside Road, Breadsall, Derby DE21 5LF.



Q and A

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.



Jam Jar Challenge 2020. I am pleased to advise that our efforts this year are adding up to almost £500.00. A huge thank you for your generosity. There is, however, still time for you to make a contribution. Send your donation to Margit Staehr, 6 Keats Avenue, Littleover, Derby DE23 4ED or follow the instructions in the next paragraph.



Member news: Sadly I report that two members has died since our last Newsletter. David Eshelby, who was a recent applicant was overcome with extensive heart difficulties. Agnes Hill (sometimes known as Betty) had been ill for some time but was enjoying the singing each week and occasionally at an event. Both families are in our thoughts and prayers and will be holding celebration of life events when the pandemic rules will allow. We will publish details when they are known. We have continued to stay in touch with members and comment accordingly. Susan Wearmouth has recovered from her operation and is getting back to full health and advises me that she is looking forward to returning to work in August – great news. Paul Taylor continues to shield at home whilst wife Karen does all the running around – nice work if you can get it. Marilyn & Neil Thompson are doing well. Jean Sykes is obeying the rules but is fed up, like so many others. Alan & Lynn Rowlatt are doing very nicely, thank you. They are not “shielded but have isolated since early March. Steve Redfearn is “exceedingly good” (Mr Kipling comes to mind) and has even been for a spin on his motorbike. Stan Werbinski and Sue Powell are coping very well and he visits his mother most days. Really pleased to be back on the golf course. In the meantime - **Stay at home, save the NHS and save lives.** Please keep Michael informed about your health issues.



Perfect Puns?

I really wanted a camouflage shirt, but I couldn't find one.
My friend said she did not understand cloning. I told her that makes two of us.
My friend's bakery burned down last night. Now his business is toast.
My job at the concrete plant seems to get harder and harder.
I don't know if I just got hit by freezing rain, but it hurt like hail.
I knew a woman who owned a taser. Man, was she stunning!
I sent my baby off to the army. They put him in the infantry.
I knew a guy who collected candy canes. They were all in mint condition.
The butcher backed up into the meat grinder and got a little behind in his work.
Did you know they won't be making yardsticks any longer?
My fear of roses is a thorny issue. I'm not sure what it stems from, but it seems likely I'll be stuck with it.
I think Santa has riverfront property in Brazil. All our presents came from Amazon this year.
I have OCD and ADD, so everything has to be perfect...but not for very long.



Birthdays. Happy birthday this month go to Jean Birkin, Janice Bridges, John Cooper, David Etches, Brian Fearn, Ivy Johnson, Edward Potter, Susan Powell, Joyce Rolfe, Lynn Rowlatt, John Salt, Maurice Wearmouth, Christine Whewell, William Whittaker, Pauline Whitty, Stephanie Wright and Coleen Yates. We hope you all have a happy and memorable day.



A pastor goes to a nursing home for the first time to visit an elderly parishioner. As he is sitting there, he notices a bowl of peanuts beside her bed and takes one. As they continue their conversation, he can't help himself and eats one after another. By the time they are through visiting, the bowl is empty. He says, "Mrs. Jones, I'm so sorry, but I seem to have eaten all of your peanuts."
"That's okay," she says. "They would have just sat there anyway. Without my teeth, all I can do is suck the chocolate off and put them back in the bowl."



Thoughts from seniors

1. I talk to myself, because sometimes I need expert advice
2. Sometimes I roll my eyes out loud
3. I don't need anger management, I need people to stop *!"£\$% me off
4. My people skills are just fine. It's my tolerance of idiots that need work
5. The biggest lie I tell myself is "I don't need to write that down, I'll remember it
6. When I was a child I thought naptime was a punishment. Now it's like a mini-vacation
7. The day the world runs out of wine is just too terrible to think about
8. Even duct tape can't fix stupid, but it can muffle the sound
9. Wouldn't it be great if we could put ourselves in the dryer for 10 mins and come out wrinkle-free and 3 sizes smaller
10. "Getting lucky" means walking into a room and remembering why I'm there.



Responses to our Newsletters are as follows: The following messages were about last month's Newsletter: - *"Thanks so much. How long do I have to wait for the next edition/As soon as I have read it, I phone my sister and repeat all the jokes to her. I do the decent thing and claim I wrote them ha, ha, ha/I don't know how you keep up the standard but please find a way to keep it going/When the postie has dropped it onto my hall mat, I tend to get a bit excited about reading all the latest. I really should get a life but it is so joyful/I did not realise that Paddy's were so intelligent, where have I been all my life!!!/As a former teacher I can relate to many of the Q and A you listed. Life can be very %^\$&*!!!/The smartest man in the USA met with his just deserts/As a recipient of a donor organ, I am delighted to see the change in organ donation become law/Nice to see so much comment about how fellow members of our group are getting on. I must make an effort to phone my friends more often. Thanks for doing me a favour/I would like to add my thanks to everyone else's about our wonderful Newsletter. Can there be a better one out there and every month as well. Brilliant/Thanks for my birthday card. Such quality and punctuality. Please thank whoever makes them".* Send your comments to Michael



Organ donation law has changed in England. It is now law that all adults in England will be considered to have agreed to be an organ donor when they die. You all need to have a conversation with your family to ensure they know your wishes. All adults in England will be considered to have agreed to be an organ donor when they die unless they have recorded a decision not to donate or are in one of the excluded groups. You still have a choice if you want to be an organ donor or not when you die. The law is being changed to help save and improve more lives. Every day across the UK, someone dies waiting for a transplant. The NHS is asking everyone to (1) Record your organ donation decision on the NHS Organ Donor Register. (2) Tell your family and friends what you have decided. These changes will affect all adults in England unless they have recorded a decision not to donate or are in one of the following excluded groups: (a) Those under the age of 18. (b) People who lack the mental capacity to understand the new arrangements and take the necessary action. (c) Visitors to England, and those not living here voluntarily. (d) People who have lived in England for less than 12 months before their death. Source: <https://www.organdonation.nhs.uk/uk-laws/organ-donation-law-in-england/>



Annual General meeting. This meeting takes place in July each year to receive the accounts, review the year's progress and also have the opportunity to ask questions of our President, Dr Julia Baron. The pandemic has caused a suspension of our Programme and this includes our AGM. However, planning is well in hand and I therefore give notice of the resolutions to be placed before the meeting which are:

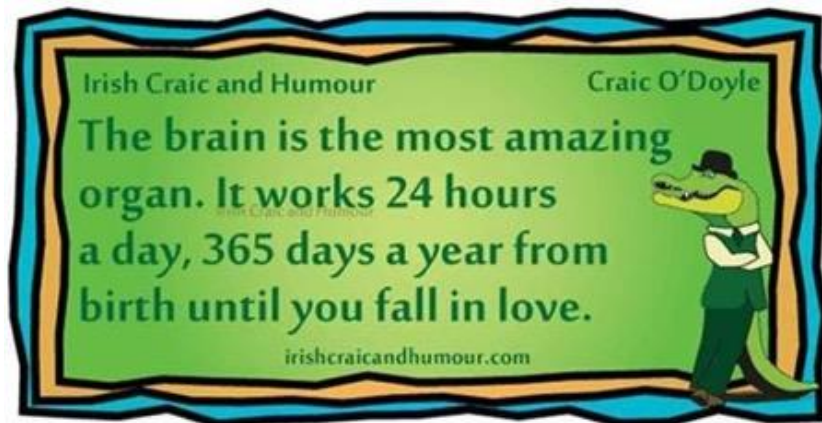
- 1 Adopt the Minutes of the AGM in July 2019.
- 2 Adopt the Financial Report
- 3 Re-elect Margit Staehr, Patricia Flude, Michael Flude and Richard Flatman to the committee for a further two years
- 4 Elect A. N. Other to the committee for the next two years.
- 5 Change item 3 (6) of the Constitution to read "Providing extra equipment at the University Hospitals of Derby & Burton NHS Foundation Trust, where cardiac patients are treated, specifically for use in the care of cardiac patients." This item would bring our Constitution in line with the changed status of Royal Derby Hospital since its merger with Burton Hospitals. There is a cardiac function at Queens Hospital, Burton, in addition to those at Royal Derby Hospital.

Note: Item 4 is included as an invitation to any member who would like to join our committee, who feel they can make a contribution to the work already in hand. Please contact Michael, in the first instance. If there are no volunteers then this resolution will be withdrawn.

I give notice for the AGM to be held on 12 October 2020 (or later if required). If twenty-five members are not present, I also give notice of an EGM to be held immediately, on the same day. This date is uncertain and will be kept under review and be dependent upon Government advise and regulations in place at that time.



Now who said that?



A new way of making a donation to Take Heart (Derby). We had to cancel on on-line method of making a donation last year when MyDonate closed. We have now secured a new platform via Charities Aid Foundation (CAF). You will find it on the "Make a Donation" folder on our web site. Simply click on the folder where the next page will display the option to choose the "old" way or to select the "new" way. All you will need is your credit card to hand and just follow the instructions. You can choose to make a single or recurring donation. If your are a UK tax payer, simply declare it when prompted (it will not cost you anything but will attract a 25% bonus from HMRC on before of our charity. It is a simple process and it does work. I tried it out as soon as it was up and running. I hope this helps you to make payments to us at any time you wish. Try it out TODAY!!!



News from the BHF. Many of us are spending more time at home than usual. But there are lots of things you can do to make sure you feel well in mind and body. Read our easy tips. What should I eat to help my immune system?

A healthy diet can help keep your immune system working well – so it's a great time to enjoy eating a range of healthy foods and enjoying making delicious food for yourself. If you need any inspiration, search for tasty recipes on the [BHF recipe finder](#).

If you have food in the cupboard or in the freezer, this is a good time to use it. You will probably be surprised at what's lurking in the back of your cupboards – those good intention healthy buys, such as pearl barley, lentils and dried fruit. As you might not be used to cooking with some of your ingredients, try starting with the ingredient and then track down the right recipe.

- Old oats can become a healthy pudding with our [apple and blackberry oat crumble](#) recipe. You can swap the apple and berries for any fresh, frozen or tinned fruit.
- Don't bin browning bananas, as they could be combined with old flours or brans in your cupboard and make banana bread and [muffins](#).
- Add pulses such as lentils to dishes like Bolognese or chilli con carne, and you'll add protein and heart-healthy fibre to your diet at the same time. Add them to the minced meat mixture in this recipe and you can use it for either dish. It's also a good way to use up odd half packets of pasta or rice.
- Tinned fish makes easy pasta sauces and [toppings for sandwiches, salads, or jacket potatoes](#). This [tuna and sweetcorn pasta bake](#) uses store cupboard staples, and you can use stale bread for the topping, rather than throwing it away.
- Don't forget the herbs and spices in your store cupboard. Dried herbs and spices are an easy way to add flavour without adding salt, as eating too much salt can increase your blood pressure and can raise your risk of further heart problems.
- Tins of soup are a delicious meal, just add some noodles, rice, croutons (made from stale bread), or leftover vegetables to make the meal go further. Tinned soups are also a great short cut in recipes – lentil soup can be added to meat sauces, cream of chicken could be part of a pasta bake sauce or broths could be a base for a noodle dish. Check out our [recipe finder](#) for some classic, easy-to-cook, basic recipes that can be adapted to form the basis of several different dishes.

Our [cottage pie filling](#) works just as well on spaghetti or in lasagne, or as a jacket potato topping.

An [oven-baked ratatouille](#) can be served with eggs, grilled meat, or with tinned beans stirred in. You could also serve it with jacket potatoes or pasta for a more substantial meal.

Source: <https://www.bhf.org.uk/information-support/heart-matters-magazine/wellbeing/how-to-keep-healthy-while-you-cant-go-out>.



Forthcoming events: ALL EVENTS SUSPENDED UNTIL FURTHER NOTICE



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 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.