

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter June 2021



Reasons to be cheerful.

Over 42M British adults have received at least their first covid vaccination (80%).

Almost 30M (58%) adults have received their second jab.

Analysis of 1.5m people after having a vaccine gives 50% protection against passing on the virus and around 90% following the 2nd dose.

Care home workers and NHS staff could be required to have covid and flu jabs, despite a threat of a staffing crisis..

Pfizer (manufactured in Belgium) and AstraZeneca (manufactured in Wrexham, Keele and Oxford in UK, plus Pune in India). Moderna (USA) drug now being administered.

Next up it is Jansen drug with 30M doses ordered and is a single shot drug.

Novovax drug is anticipated in the summer with 60M doses ordered.

Valneva, a French vaccine will not be available this year but could be used as a booster jab with 100M doses on order.

GlaxoSmithKline/Sanofi which the EU has hopes for on this French drug, with 60M doses ordered.

Cure/Vac, 50M doses, will probably be used against future strains of Covid.

60m doses of Pfizer jabs have been ordered for autumn delivery, to be administered as a "top-up".

New “genotype tests” could halve the time taken to spot coronavirus mutations which could otherwise take several years. The Pfizer jab has been tested in USA and appears to be effective against new Brazilian & South African variants of covid. Patients could be given health MOT’s under new plans from NHS



Reasons to be fearful.

The Delta variant is causing concern with infection rates doubling week on week.

55,216 coronavirus cases detected during the last 7 days.

Deaths have increased to 66 over the past week.

Hospital admissions have increased to 1250 over past 7 days.

Infections are now five times higher in young adults than in over 65’s.

Virus cases in Cornwall have dramatically increased following the G7 summit and an influx of holidaymakers.

Care home workers and NHS staff could be required to have covid and flu jabs, despite a threat of a staffing crisis.

Scientific advisers are still not recommending the AstraZeneca jab for under 40’s despite pressure on Pfizer jab availability.

A traffic-light system for foreign travel is active but it does not guarantee safety and ministers advise against foreign travel.

Testing of travellers returning to UK is causing delays. When further travel is allowed, it is felt that this system could collapse under shear weight of numbers.

Already there is widespread abuse of the easing of restrictions by not social distancing, not wearing of face coverings and mass demonstrations. The pandemic is still with us. Be very careful when exercising your new-found freedoms.

NHS waiting lists are now huge with thousands waiting over a year for treatment.

Large portions of ethnic minority groups are not taking up the offer of a vaccine appointment, with efforts being made to convince them of its importance.



A return to freedom.

After a year of on/off restrictions we can now look forward to some semblance of normality.

But first, there are four things that have to occur:

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

The following dates are the earliest date for relaxations to start. They will be confirmed as time passes but may be delayed.

Step 3. This is where we are NOW.

The ban on hugging someone from a different household is lifted but you are urged to be cautious.

Care home residents can now receive up to 5 named visitors and will not have to isolate upon return to the care home after visiting a family member in an outdoor setting. This rule will be scrapped on 21 June.

Pubs and restaurants can serve customers indoors but seated at a table. Rule of six applies or two households. One metre rule also applies.

People can meet outside in groups of up to 30.

Overnight stays of people not in your household or bubble are allowed.

Hotels, hostels and B & B's can re-open. Foreign holidays are allowed, Quarantine-free travel applies to "green list" destinations.

University students can return to campus for face to face tuition.

Secondary school children do not have to wear face masks.

Indoor entertainment venues can re-open (cinemas, museums, soft play centres) but may have local restrictions.

Ban on indoor mixing is lifted but rule of Six or two households applies.

Weddings can now have more than 30 people in attendance but must be socially distanced – this will vary depending upon the venue.

Numbers at funerals is increased with venues detailing numbers locally, with social distancing. Wakes will be subject to similar rules.

Adult indoor sport and exercise groups can resume
Theatres, sport stadiums and conferences will have caps on numbers decided by venue. New rules could be introduced/scrapped in due course.

Outdoor sport and performance venues can be half full up to a capacity of 4,000. Larger outdoor venues will be allowed up to 10,000

Step 4. Final step by 19 July (or later).

All legal limits on social gatherings will be removed.

Nightclubs can reopen and event crowd restrictions will be lifted.

Working from home will be reviewed.

A personal note from Michael:

We have endured considerable restrictions upon our life since March 2020. Enjoy your newly reinstated freedoms but be wary and don't take risks. Continue to wear face coverings if you feel safer and maintain social distancing if in doubt. 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, St John's Methodist Church Hall (Allestree), Long Eaton Health Centre, Oakland Village & Community Care Centre (Swadlincote), Babbington Hospital (Belper), St Oswalds Hospital (Ashbourne), Sahrley Park Leisure Centre (Clay Cross).



Two ladies talking in Heaven! 1st Hi Wanda. 2nd Hi Sylvia. How did you die? 1st I froze to death. 2nd How horrible. 1st It wasn't so bad. After I stopped shaking from the cold, I began to feel warm & sleepy and eventually died a peaceful death. What about you? 2nd. I died of a massive heart attack. I was so convinced my husband was cheating, so I came home early to catch him in the act. But I found him in the den, watching TV. 1st Oh how disappointed you must have been. What did you do then? 2nd I raced all over the house, down in the basement, out in the garage, in the garden shed, upstairs in the bedroom, under the bed, in the wardrobes, up in the attic. I kept this up until I had looked everywhere. Finally, I was so exhausted I keeled over and died of a heart attack. 1st Too bad you didn't look in the freezer. We would both still be alive!!!



Expressions of interest for Tai Chi.

Your committee are always looking for events that would be of interest. What about 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 or 01332 380219. In the meantime, we are investigating a suitable venue. We already have a qualified instructor waiting to guide us.



This is what all of us 70+ year old's, and those yet-to-be, have to look forward to!! The people who lived in an assisted living centre had small apartments' but they all ate at a central cafeteria. One morning, one of the residents didn't show up for

breakfast so my wife went upstairs and knocked on his door to see if everything was OK. She could hear him through the door and he said that he was running late and would be down soon. She went back to the dining area. An hour later he still hadn't arrived, so she went back again but found him on the stairs. He

was coming down the stairs but was having a hell of time. He had a death grip on the handrail and seemed to have trouble getting his legs to work right. She told him she was going to call

an ambulance but he told her no, he wasn't in any pain and just wanted to have his breakfast. She helped him the rest of the way down the stairs and he had his breakfast. When he tried to return to his room, he was completely unable to get up even the first stair step, so they called an ambulance for him. A couple hours later she called the hospital to see how he was doing. The receptionist there said he was fine, he just had both of his legs in one side of his boxer shorts. I would send this one to your children so they know what to expect.



AGM 2021. Having decided to hold a postal edition of our AGM, due to the lack of a venue, we mailed out to all members, with a request to complete a voting form. Incredibly, we have so far received 111 returns. Thank you so much for your response. Your committee are very happy with the results so far (we normally achieve around 30 people attending). It is a testimony that you place your trust in us, we always strive to serve you. There is still time to post your votes to us in the envelope provided. Make sure you register your vote NOW.



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.



Another June date to watch out for!

We have all been focusing on 21 June as the final step to freedom. But did you know what is happening on 23 June? Well, it is the date by which you must opt out of the system to allow all your personal medical history to be released by the NHS to third parties. All this information could prove exceptionally useful to medical research universities and pharmaceutical companies in developing new drugs, such as the coronavirus vaccines. This sharing of data is not new, it has been going on for around thirty years. Each visit to A & E for treatment, a routine test or for planned surgery, it is recorded within hospital statistics collated by NHS Digital. Around 16 million of these incidents are recorded and made available to universities, other NHS bodies, data analysts and commercial companies. The NHS receive a small fee for this to cover its costs in processing the requests. Since 1987, the Medicines and Healthcare products Regulatory Agency (MRHA) collates patient records from 480 GP surgeries, which also pass on this information to universities, government departments, drug companies and charities for research (GP's receive 10p per

patient for information). Applications for data are carefully vetted to ensure the intended use is justified.

The new data harvesting includes every adult and child in England. The scales of the scheme are setting off alarm bells to many, including politicians. Database's containing our personal data has huge commercial value and there are concerns it could be used for marketing purposes. Although the data is anonymised, it could identify your post code as an "area of high obesity rate", which in turn could see you targeted with slimming aids. The possibilities are endless, with a blanket insurance premium hike for your postcode. NHS has stated "We do not sell health and care data. We will not share data with marketing and insurance companies. It interesting that the statements use present tense, not a commitment to say NEVER. NHS Digital has commented that it is forbidden by law to sell patient data but admits that private companies could profit by developing products from data shared with them for free. The temptations are huge. There is a way out of this if you are worried. You must advise your GP in writing by 23 June 2021, instructing them not to include you in their returns to NHS Digital. You can download a proforma from

<https://digital.nhs.uk/services/national-data-opt-out>. Over to you.



Birthdays. Happy birthday this month go to Carl Antony, Jean Birkin, Janice Bridges, John Cooper, David Etches, Brian Fearn, John Gear, Ivy Johnson, Sue Powell, Joyce Ralf, Lynn Rowlatt, John Salt, Maurice Wearmoth, Christine Whewell, Bill Whitaker, Pauline Whitty, Stephanie Wright, Coleen Yates and Sharon Antony. 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.





A few more to drive you crazy

I was married by a judge. I should have asked for a jury. - Groucho Marx

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

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

Only Irish coffee provides in a single glass all four essential food groups: alcohol, caffeine, sugar and fat. - Alex Levine

My luck is so bad that if I bought a cemetery, people would stop dying. - Rodney Dangerfield

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

Until I was thirteen, I thought my name was **SHUT UP**. - unknown

By all means, marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher. – unknown



Now where shall we start?

Last month your committee met and started planning for a return of our Programme of Events. A few days later the government made several changes, so we had to send an addendum with the Newsletter. History has a habit of repeating itself and sure enough, the Government has now delayed the 21 June unlocking for several weeks. The new date of 19 July could also change, subject to the expansion of the Delta variant (or another version of it). The date could also be brought forward, so prediction is near impossible. Reluctantly, we will err on the side of caution and plan to restart in September. It is not as bad as it sounds – venues are not available to use until at least September and members are also cautious about being “out” too soon. We will publish a revised Programme in next month’s Newsletter (hopefully). Your committee will meet on Zoom at 2.30PM on 12 July to compile the results of your voting. You can join in by registering with Michael who will send logging in details via email.



A few more (no groaning)

Sometimes, when I look at my children, I say to myself, 'Lillian, you should have remained a virgin.' - Lillian Carter (mother of Jimmy Carter)

I had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: - 'No good in a bed, but fine against a wall.' - Eleanor Roosevelt

Last week, I stated this woman was the ugliest woman I had ever seen. I have since been visited by her sister, and now wish to withdraw that statement. - Mark Twain

The secret of a good sermon is to have a good beginning and a good ending; and to have the two as close together as possible - George Burns

Santa Claus has the right idea. Visit people only once a year. - Victor Borge

Be careful about reading health books. You may die of a misprint. - Mark Twain

I couldn't undo the buttons on my jumper, so I tried pulling it up over my head and got stuck. I'm in A & E now, waiting to see a Cardy-ologist.



A great big thank you to all of you. Despite our Programme of Events being placed into suspension since March 2020, you have renewed your membership to Take Heart (Derby). Everyone is looking forward to resuming our face to face activities but at the same time are wary of the situation we find ourselves in. Your support has enabled us to continue our support of the cardiac departments at University Hospitals of Derby & Burton over recent months. It means much to us all that you continue with so much enthusiasm with us. You will see some of our recent expenditure noted in our Accounts 2019/20 and 2020/21 sent to you recently.



Member news. We welcome Cynthia & John Tipper. We hope you will all settle in well with other members as soon as we can start meeting again. Most of us have now received our second jabs which is very comforting. Sadly, I report the passing of Douglas Moseley, who joined us in 2016. He attended coffee mornings, cream teas, Singing for Fun (to drink coffee). He was a great advocate of TH(D) and donated funds frequently. He will be missed by his family and friends. Les Tibbles continues to fight against a number of ailments but is in touch frequently with other members and his family. Pauline Boutcher is delighted with her cataract surgery results (so she can see what you are all up to – beware). Sue Walker is doing well and has restarted her singing with her WI group – in the park!!!



A sign of the Times!





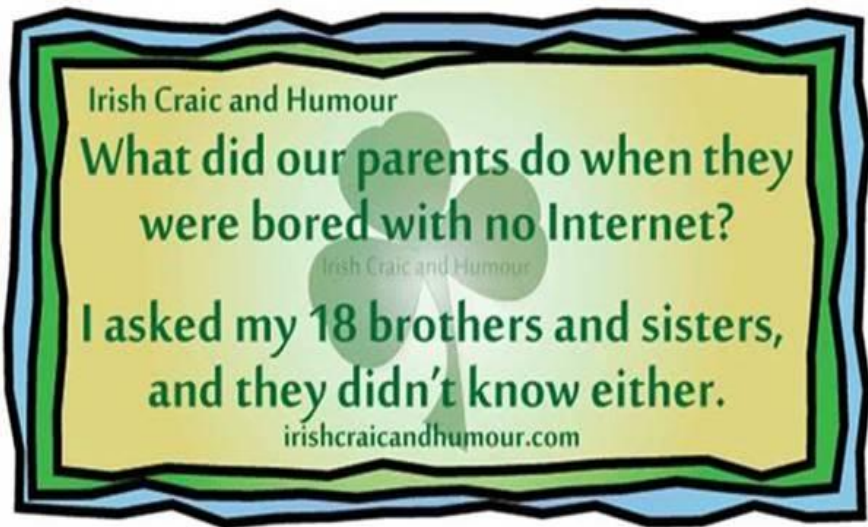
News from BHF.

A drug used to treat people living with Type 2 diabetes could also help improve their heart function, according to research we have funded that has been presented at the British Cardiovascular Society conference. An estimated 3.7 million people in the UK are diagnosed with Type 2 diabetes. The condition poses a significant risk factor for heart disease, as it can damage the walls of the arteries and lead to a heart attack or heart failure. Therefore, finding treatments that could also help the hearts of people living with Type 2 diabetes is important. Researchers at the University of Leeds have discovered that empagliflozin, which is typically prescribed to help reduce blood sugar levels, could enhance the energetics and function of these patients' hearts. A recent study recruited 18 people living with Type 2 diabetes to take this medication on clinical grounds, and they were monitored over three months. The patients underwent MRI scans of their hearts, along with blood tests, before treatment. Their results were compared with people living without the condition and found that patients living with Type 2 diabetes typically had lower energy levels in their heart. The results also found that patients had a lower percentage of blood being pumped from their heart each time it contracts. Twelve weeks later, follow-up scans and blood tests were carried out. In most patients, these revealed significant improvements in the heart's energy levels, along with relative improvements in the percentage of blood being pumped from their heart. It also discovered a 61% average reduction of a substance called NT-proBNP in their blood. High levels of NT-proBNP can be an indication of heart failure. Some patients experienced other health benefits, including weight loss and lower blood pressure, and have continued taking the drug. One patient who is also living with advanced heart failure saw no benefits from the medication. Dr Sharmaine Thirunavukarasu, who led the research at the University of Leeds, said: "Adults with diabetes are two to three times more likely to develop heart and circulatory diseases, so it is crucial that we find new medicines which can

not only reduce blood sugar levels but can also simultaneously protect the heart. “Our study shows encouraging signs that empagliflozin could be the drug to do just that, and provides new insights into just how this medication can benefit the heart’s function. This is important if we want to recommend this drug to more people living with Type 2 diabetes in future, to avoid conditions such as heart failure and to improve their quality of life.” Professor Jeremy Pearson, our Associate Medical Director, said: “In the UK, one third of adults with diabetes die from a heart or circulatory disease, so finding early treatments and preventions is key. “This study builds on emerging evidence about the benefits empagliflozin can have on the heart. Further research will be needed on a larger cohort of patients to identify who may benefit the most from taking this medication, but this is a promising step.” Source: [Drug used to reduce blood sugar levels in diabetic patients could also benefit hearts \(bhf.org.uk\)](https://www.bhf.org.uk/news/2018/07/18/empagliflozin-reduces-blood-sugar-levels-in-diabetic-patients-could-also-benefit-hearts)



So now you know!





Ten gardening tips for June.

1. Hoe borders regularly to keep down weeds
2. Be water-wise, especially in drought-affected areas
3. Pinch out sideshoots on tomatoes
4. Harvest lettuce, radish, other salads and early potatoes
5. Position summer hanging baskets and containers outside
6. Mow lawns once a week (consider leaving some areas uncut for wildlife).
7. Plant out summer bedding
8. Stake tall or floppy plants
9. Prune many spring-flowering shrubs
10. Shade greenhouses to keep them cool and prevent scorch

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



A Good Boss Arcelor-Mittal Steel, feeling it was time for a shake-up, hired a new C.E.O. The new boss was determined to rid the company of all slackers. On a tour of the facilities, the C.E.O. noticed a guy leaning against a wall. The room was full of workers and he wanted to let them know that he meant business, so he asked the guy, "How much money do you make a week?" A little surprised, the young man looked at him and said, "I make £400 a week. Why?" The CEO said, "Wait right here." He walked back to his office, came back in two minutes, and handed the guy £1,600 in cash and said, "Here's four weeks' pay....now GET OUT and don't come back." Feeling pretty good about himself the C.E.O. looked around the room and asked, "Does anyone want to tell me what that idiot did here?" From across the room a voice said, "Pizza delivery guy from Domino's".



Recipe of the month – Spiced salmon & tomato tray bake

1 red onion, sliced	200g cherry tomatoes
3 tbsp mild/madras curry paste	400g chickpeas, drained
2 skinless salmon fillets	1 large naan bread
2 tbsp fat free yogurt	lemon wedges and a few coriander leaves

Heat the oven to 200C/180C fan/gas 6. Toss the onion, tomatoes, 2 tbsp curry paste, the chickpeas and 200ml water together in a deep 20 x 25cm roasting tin. Roast for 15 mins until the onions are tender and the tomatoes are just bursting. Stir everything, then season. Brush the remaining curry paste over the salmon fillets and season. Nestle the salmon into the veg in the tin and roast for another 8-10 mins, or until cooked to your liking. Meanwhile, warm the naan breads – you can do this by putting them directly on the oven rack below the roasting tin. Cut the warmed naan breads into wedges. Swirl the yogurt into the veg in the tin, then serve with the naan wedges for dunking, a few coriander leaves sprinkled over, if you like, and the lemon wedges, if using, for squeezing over.

Source: [Spiced salmon & tomato traybake recipe | BBC Good Food](#)





Notices on a local church noticeboard.

1. Don't let worry kill you - let the church help.
2. Thursday night - Potluck supper. Prayer and medication to follow.
3. Remember in prayer the many who are sick of our church and community. Smile at someone who is hard to love. Say "hell" to someone who doesn't care much about you.
4. For those of you who have children and don't know it, we have a nursery downstairs.
5. The rosebud on the alter this morning is to announce the birth of David Alan Belzer, the son of Rev. and Mrs. Julius Belzer.
6. This afternoon there will be a meeting in the South and North ends of the church. Children will be baptized at both ends.
7. Tuesday at 4:00 pm there will be an ice cream social. All ladies giving milk will please come early.
8. Wednesday the ladies liturgy will meet. Mrs. Johnson will sing "Put me in my little bed accompanied by the pastor."



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.

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.

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