

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703

Newsletter June 2022



HM the Queen Platinum Jubilee Cream Tea.



A return to the Cathedral Quarter hotel saw 47 members in attendance. We have dined here in the past but this was the first Cream Tea adventure to this former police station. The menu was very attractive but sadly the service did not live up to expectations. Plenty of 'sarnies', cakes with cream and strawberries. There was standing room only for tea and coffee as the waitress could not cope, so it was available in flasks. Nevertheless, members enjoyed an afternoon catching up with friends old and new. "It's all about the people" as several

members commented to Michael after the event, so you rescued the event again. Disappointingly, several members were unable to attend, notably Michael & Trisha.



There were fourteen prizes for the raffle, which raised £156.00, thank you for your generosity.



A few one liner's!

Heard on a Jubilee Cake stall, "Can the cakes be frozen?" someone asks. Lady replies, "I don't know" Little boy says, "It will tell you on the packet, mum!".

My husband is reluctant for me to take driving lessons but he won't stand in my way.

A fine is a tax for doing wrong; a tax is a fine for doing well.

If bank closures continue, will bank holidays be cancelled?

Owning a boomerang is for life, you just can't throw it away.

Is it true that a problem shared twice is a problem quartered?



Member news. Sadly, I report the passing of Les Tibbles on 31 May. He had been a member since 2001. He celebrated his 98th birthday in February this year, his nursing home held a special tea for him. He had served the committee for a number of years and was a huge help to our current Chairman when he took office twelve years ago. He will be missed by many and our thoughts and prayers are extended to his daughter Anne and her family. RIP Les, whose funeral is 1 July at 2.00PM at Markeaton Crematorium. Better news for Doug Glenday who is relieved to be able to say his radiotherapy has eased his health issue and is on the road to recovery. Derek and Lorna Skidmore have been frustrated recently. They had survived the worst of Covid 19 pandemic, only to catch it earlier in May. They were fully jabbed and took all the usual precautions. Thankfully they are over it now. Further good news for Jean Sykes. She has been very poorly after collapsing at home. She spent weeks at Royal derby Hospital but is now at home recovering. Keep it up Jean. Trisha Flude has now had a second operation and is waiting for further treatment. If you know a member who is unwell or struggling, please contact Michael or a committee member with details.



MY ABILITY TO
REMEMBER SONG
LYRICS FROM THE
60S FAR EXCEEDS
MY ABILITY TO
REMEMBER WHY I
WALKED INTO THE
KITCHEN.



News from BHF. Clinical trials are medical research studies involving patient volunteers, which are carried out to find better ways to prevent, diagnose or treat disease. To celebrate International Clinical Trials Day, we're highlighting some of the more recent clinical trials supported by the BHF, and how you can find out more about taking part in one.



The first known clinical trial famously took place on board ship, when naval surgeon James Lind tested the effects of citrus fruit in a small group of sailors with scurvy. Remarkably, more than two and a half centuries later, Lind's tiny study

remains the prototype for the large, sophisticated clinical trial researchers perform today. International Clinical Trials Day, held on the 20th May each year, marks the day Lind began his famous study.

Since then, randomised clinical trials have become the gold-standard way of testing whether a new tablet, surgical technique, or any other type of healthcare intervention is safe and beneficial for the people receiving it. The Covid-19 pandemic has highlighted the importance of clinical trials. Without volunteers for vaccine trials, patients with Covid-19 participating in randomised studies, or the scientists working tirelessly to deliver this research, we simply would not have our current arsenal of vaccines and treatments against the virus.

Over our 60-year history, BHF-funded clinical trials have helped catalyse revolutionary changes in cardiovascular care. In the late 1980s [the ISIS-2 trial](#) showed that aspirin and clot-busting drugs can help save the lives of heart attack patients, then in the early

noughties [the Heart Protection Study](#) proved the benefits of statins for people at high risk of coronary artery disease. More recently, the BHF has supported studies investigating how [treatment of high blood pressure can be improved](#), whether it is safe to [restart anti-platelet drugs like aspirin after a brain haemorrhage](#), and many more encompassing many different types of heart and circulatory conditions. Whether their results were positive or negative, these studies have helped to answer important questions - both for people with cardiovascular disease, and the clinicians providing their care.

The BHF continues to fund clinical studies across a broad range of heart and circulatory conditions, and their risk factors, and currently supports [49 clinical trials across the UK, worth around £37m](#). This Clinical Trials Day, we give our thanks to our supporters, research community and all the patient volunteers taking part in these studies, who this would not be possible without.

The progress of many BHF-funded clinical studies has been impacted by Covid-19 pandemic. Our research community has risen to these challenges and adopted new and innovative methods of delivering clinical research – from methods for recruiting participants into trials ‘remotely’, to finding better ways to harness information from electronic health records. The BHF has made it a priority to, where possible, support the clinical research we are currently funding to a successful conclusion, including [extending study timelines where appropriate](#).

Clinical research can’t happen without patient volunteers. If you’re interested in taking part in research, start by asking your GP or cardiologist if they know of any trials you may be eligible for. You can also read more about current BHF-funded trials, and how to search across current UK trials by location and condition, [on our trials webpage](#). Source: [International Clinical Trials Day 2022: how BHF-funded clinical trials are making a difference](#)



Instead of the John I call my
bathroom the Jim!
That way it sounds better when I
say I go to the Jim first thing
every morning!!!



AGM. To be held at St Mary's Church Hall on 11 July 2022 at 2.30PM. We will also be sending a postal vote form to every member so that if you are unable to attend, you can still have your say and vote. It would still be helpful if you attended on the day, a free to attend event where you can also address issues with our President Dr Julia Baron. There is free parking at the venue. All members will receive details via GPO post in the coming days. Minutes of the last AGM were reported in July 2021

issue of our Newsletter. Please read the instructions carefully, tick your voting intention and mail it back to the “scrutineers” in the stamped and addressed envelope provided. Any forms received with crossing out will be deemed invalid. Replies are to be received by 1 July.



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.



TELL ME IF THIS HURTS! Report: PETER STEVENS
The latest Take Heart walk sparked some childhood memories for one member and a guest – and their tales turned out to be pretty painful . . . Our two-hour stroll centred on the “Millennium Woodland” bordering Littleover and Heatherton Village. Today the area is a popular spot for residents of all ages – particularly dog walkers and the runners. But years ago it was the whole area was the childhood playground for two of our walkers who regaled us with their stories as we strolled among the trees. The first involved a brave attempt to set up a zip wire between trees bordering this particular members’ childhood home. All went well until he tried it out....the rope connection snapped sending him head first through the branches leaving him dangling by his feet! Needless to say, once home it was a case of a quick clean up and lashings of calamine lotion, and boy did it sting!

The second tale of woe involved an oversize bike and a ride through the same woods. Unfortunately for our young rider, the attempt proved somewhat hazardous . . .he wobbled, came off the bike and landed face down in a bed of stinging nettles! And to make matters worse, he was wearing just swimming trunks – but couldn't remember why! Our May walk started at the George V1 playing fields and took in a variety of footpaths and narrow tracks. We strolled through fruit tree plantations, old woodlands, around a lake and a small nature reserve. Open spaces gave us fine views stretching towards Burton. The next walk is scheduled for Saturday June 25, meet at the Mundy Play Centre car park, Markeaton Lane, DE22 4NH. We gather at 10am and welcome as many members as possible for an easy stroll around Markeaton village.





**Once you understand
why the pizza is made
round,
Packed in a square
box,
And eaten as a
triangle..
Then you will
understand women**



Ten gardening tips for June

Position summer hanging baskets and containers outside

Be water-wise, especially in drought-affected areas

Pinch out sideshoots on tomatoes

Harvest lettuce, radish, other salads and early potatoes

Hoe borders frequently to keep down weeds

Mow lawns at least once per week but consider leaving some areas uncut for wildlife

Plant out summer bedding.

Stake tall or floppy plants

Prune many spring-flowering shrubs

Shade greenhouses to keep them cool and prevent scorch

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



Birthdays. Happy birthday this month go to Carl Anthony, Jean Birkin, Janice Bridges, John Cooper, David Etches, Brian Fear, Ivy Johnson, Sue Powell, Joyce Rolfe, Lynn Rowlatt, John Salt, Maurice Wearmouth, Christine Whewell, Bill Whittaker, Pauline Witty, Stephanie Wright and Coleen Yates. 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.



**THERE IS NO SUCH
THING AS A GROUCHY
OLD PERSON. THE
TRUTH IS ONCE YOU
GET OLD, YOU STOP
BEING POLITE AND
START BEING HONEST.**

Oldtimers



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.



May lunch at the Argosy. There were five members at the Argosy this month, in addition to photographer Michael. We had the choice of tables and elected to take a “round table” just like King Arthurs Court. Drinks were flowing well when Michael departed and the meals turned out to be surprisingly good. As far as pub meals go, this was quite good and value for money.





Jam Jar Challenge 2022



This support has been suspended during Coronavirus but here we are resuming our donation for 2022. Our previous record was in excess of £400.00 but this time we have broken that record. Thanks to all of you who continue to support the BHF, to whom we are affiliated, we have smashed that by achieving a superb **£589.00**. The check will be donated to our local BHF Fundraising Manager, Paula Scaife, at our coffee morning on 26 June from 10.30AM.

Now is the time to start saving your change for next years collection. Drop your cash into another Jam Jar every day/week/month until May next year. Can we break new ground with even more next year? That's the challenge for us all.

We should not forget we used to save change when returning home and donate it to the British Heart Foundation. Thank you all for your support



Flowers of appreciation



Trisha Flude has received a magnificent bouquet of flowers from Take Heart (Derby). Many of you will be aware of the additional health issues she has faced recently and hence the cheering gift. Trisha says, "I'd like to say a big thank you to everyone at Take Heart (Derby) for their kind wishes, cards, flowers and prayers at this difficult time. Your kindness has been a comfort and strength to Michael and myself. Trisha xxx."



Take Heart (Derby) charitable donations continue.

We work with all the cardiac departments within UHDB NHS Foundation Trust. Recently we renewed our efforts through Cardiac Rehabilitation with the purchase of 2000 A5 plastic wallets, with donation by stickers. You will see this years “Programme of Events sticking out of the envelope. The nurse from rehab see every heart patient within the hospital and give them this pack, full of information. It means patients are aware of TH(D) and the “after sales service” we offer.

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Programme of events for 2022.
Subject to Coronavirus Rules and Regulations

Monthly meetings (except June and December), with guest speakers, are held at St Mary's Church Hall, Darley Lane, Derby DE1 3AX from 2.30 PM.

Coffee mornings are held at The Cube cafe/bar, Chapel Street, Derby DE1 3GU on the last Tuesday of each month (except December) from 10.30 AM. Come and go at your leisure.

Tai Chi is held at St Nicholas Church Hall, Lawn Avenue, Allestree DE22 2QL 4.15 - 5.15PM.

Walks are as listed and are suitable for less able walkers but may have some inclines or stiles. Sturdy footwear, a drink & waterproof gear is recommended. Walks start at 10.00 AM. Contact Chris Wheelwell for May, July and September walks (01332 776344) or Pete Stevens for April, June and October (01332 631499) for more details. If you require a lift, please ask.

Singing for Fun on Fridays from 10.00 AM until 12 noon at St John's Methodist Church Hall, Birchover Way, Allestree, Derby DE22 2QL. Contact Trisha Flude on 01332 380219.

Lunches are at 12 noon unless otherwise stated. All members can attend but we are unable to reserve tables, so look out for each other. Formal lunches in April and December require membership.

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donated by
Take Heart
(Derby)

www.takeheartderby.co.uk
Registered Charity Number 1163703

Cardiac
Rehabilitation
Helpline
Telephone No:
01332 785597



Please be aware Queens Leisure Centre is now closed and swimming is transferred to the newly completed Moorways Leisure Centre which is now open. We are still trying to ascertain arrangements and will advise in due course.



Programme of Events update.

June.

Tuesday 21st Lunch at the Masons Arms, 1 Etwall Road, Mickleover, Derby DE3 0DL

Wednesday 22nd Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

Friday 24th Singing for Fun **Cancelled**

Saturday 25th Walking back to health - 🐢 Markeaton Circular walk of 3.75 miles, meet at Mundy Play Centre car park, Markeaton Lane, Derby DE22 4NH to walk at 10.00AM

Tuesday 28th Coffee morning at The Cube café/bar at 10.30 AM with cheque presentation to British Heart Foundation.

Wednesday 29th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

July.

Friday 1st Singing for Fun **Cancelled**

Wednesday 6th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

Friday 8th Singing for Fun **Cancelled.**

Monday 11th AGM for 2022, with the “President’s Platform” with our President, Dr Julia Baron, who will give you the opportunity to ask questions without waiting for an outpatient’s appointment.

Wednesday 13th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

Friday 15 th	Singing for Fun Cancelled
Wednesday 20 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Thursday 21 st	Lunch at The Great Northern, Station Road, Mickleover, Derby DE3 9FP.
Friday 22 nd	Singing for Fun Cancelled
Saturday 23 rd	Walking back to health – Cranfleet Trail. Meet at Trent Lane car park, Lock Lane, Long Eaton NG10 2FY to walk at 10.00AM.
Tuesday 26 th	Coffee morning at The Cube café/bar from 10.30AM.
Wednesday 27 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 29 th	Singing for Fun Cancelled



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, Margit Staehr 01332 513932, 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