

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter June 2024



St Mary's Church Hall Monday May 13th. Beat the cost of living crisis every month by spending an hour and a half each month listening to our interesting guest speakers, or, as in May, the songs and stories from Steve and Julie Wigley. Why do I say Beat the cost-of-living crisis? Just £2 pp for at least an hour and a half of great entertainment, amongst friends with tea, biscuits and free parking right on the doorstep. This month we were entertained by Steve and Julie Wigley. Julie's song writing and Steve's story telling both backed up by the talented duo on their guitars.



Songs and stories included the life and achievements of John Flamsteed, a local man who became the first Astronomer Royal and was instrumental in the creation of the Greenwich Observatory. What a life he led, becoming recognised by the king

and rewarded with such an important role amongst scientists. Other songs and stories included how the first public park came about and a real favourite amongst the audience all about a stray

dog called Bonny. A true story, no less. Bonny had strayed and the distraught owner had searched for their pet in vain. Later in the day there was a knock on the door of Bonny's home. When the owner opened the door, he was confronted by the Good Samaritan who had found Bonny, coincidentally on the way to a dog show where he was going to show his own dog. Not only did he return Bonny but handed over the 3rd prize that Bonny had won in the "Best Stray Dog" competition. Beat that for a happy ending.



10 FUN FACTS

1. You can't see your ears without mirror.
2. You can't count your hair.
3. You can't breathe through nose, with your tongue out.
4. You just tried No.3
6. When you did No.3 you realised that it is possible, only you look like dog.
7. You are smiling right now, because you were fooled.
8. You skipped No.5.
9. You just checked to see if there is No.5.
10. Share this with your friends so they can have some fun too 😊

Have a Nice Day! 😊



AGM 2024. This will take place on 8 July 2024 at 2.30PM in St Mary's Church Hall, Darley Lane, Derby DE1 3AX. The minutes of our last meeting 10 July 2023, Group Financial Report and voting forms will be sent to you shortly. Each member will have their own form, which should be completed in ink and returned in the envelope provided. Forms with crossings out will be deemed void. Please remember to add a stamp because we will NOT retrieve them from the Post Office. There are FOUR resolutions for you to vote for or against. Guidance is on the voting form, so please read it thoroughly before completing. Our President, Dr Julia Baron has confirmed she will be in attendance this year, so if you have any medical questions, write them down now before you forget. The AGM is free to attend, there is ample free parking on site and there will be refreshments on conclusion. We hope to see as many of you as possible.



**THE OLDER I GET, THE
MORE I HAVE IN COMMON
WITH COMPUTERS.
WE BOTH START OUT WITH
LOTS OF MEMORY AND
DRIVE, THEN WE BECOME
OUTDATED, CRASH
UNEXPECTEDLY, AND
EVENTUALLY HAVE TO HAVE
OUR PARTS REPLACED!**



Get ready for your spring covid vaccination

The spring Covid-19 vaccine programme is expected to open in April and to continue until the end of June.

People eligible will be adults aged 75 and over, residents in a care home for older adults and individuals aged 6 months and over who are immunosuppressed. Those who are housebound or living in a care home for older adults will begin to receive vaccinations from 15 April. For all other groups, vaccinations should start on 22 April and end on 30 June.

GP practices, pharmacies and walk-in sites across Derby and Derbyshire will be delivering the spring vaccine. You can book your vaccine through the National Booking Service or keep an eye out on the Joined-Up Care Derbyshire website closer to the time for walk-in clinic availability.

Covid-19 is still circulating and can become serious in people with a weakened immune system and those over 75. If you are eligible, don't miss out on your chance to get protected.



So, I'm in a bar and two very large women with accents are sitting across from me.

I say, "Cool accents, are you two ladies from Scotland?"

One of them yells, "It's Wales, you idiot."

So I said, "OK, are you two Whales from Scotland?"

I don't remember much after that.



Your committee needs you. Our present committee is only six in number. We represent more than 200 members and feel it would be beneficial for them to have a larger committee. This would produce more ideas and debate about how to manage our group of amazing members. Are you able to give 40 minutes on Zoom six times per year? Please contact Michael or any committee member (the list is on page 16 of our Newsletter)



**Research shows
that laughing
for 2 mins is
just as healthy
as a 20 min jog.
So, now I'm sitting
in the park
laughing at
all the joggers**



HAPPY BIRTHDAY

Happy Birthday to our Birthday Stars who this month are:

Carl Antony, Janice Bridges, John Cooper, David Etches, Brian Fearn, Ivy Johnson, Sue Powell, Joyce Rolfe, Lyn Rowlatt, John Salt, Maurice Wearmouth, Christine Whewell, Bill Whittaker, Pauline Whitty and Coleen Yates.



**I'VE BEEN TO A LOT OF PLACES
BUT I'VE NEVER BEEN IN CAHOOTS.
APPARENTLY YOU CAN'T GO ALONE,
YOU HAVE TO BE IN CAHOOTS WITH
SOMEONE. I'VE ALSO NEVER BEEN IN
COGNITO, EITHER. I HEAR NOBODY
RECOGNIZES YOU THERE. I HAVE,
HOWEVER, BEEN IN SANE. THEY
DON'T HAVE AN AIRPORT. YOU HAVE
TO BE DRIVEN THERE. I HAVE
MADE SEVERAL TRIPS.**



Ten gardening tips for July

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](#)



News from the BHF. Remotely monitoring patients after a heart attack cuts hospital readmissions and improves outcomes

04 June 2024 Joe Cousins Category: [Research](#)

Remote monitoring for patients who have recently had a heart attack reduces A&E attendance and prevents readmissions to hospital, according to research we've funded. The findings suggest that remote monitoring could help to tackle record waiting lists by easing pressures on NHS emergency departments and cardiology wards.

The study is presented today at the British Cardiovascular Society (BCS) conference in Manchester after being published by the Journal of the American College of Cardiology (JACC).

The remote monitoring approach, otherwise known as telemedicine, involved patients sending their vital signs and calling specialist cardiology teams for a remote consultation when they experienced worrying symptoms.

[Lower risk and fewer hospital admissions](#)

In the study, telemedicine patients were 76 per cent less likely to be readmitted to hospital within six months and 41 per cent less likely to attend A&E compared to those who received the usual care. Telemedicine patients also had a 15 per cent lower risk of repeat heart attacks after nine months, and a lower number of unplanned surgical procedures on the blood vessels of the heart. The rate of strokes was also lower in the telemedicine group.

In the UK, around 100,000 hospital admissions a year are due to a heart attack. Around 15 per cent of patients admitted to hospital for a heart attack in England are readmitted as an emergency within 30 days of being discharged.

Using telemedicine allowed cardiologists to assess patients before they came to hospital to judge whether A&E attendance was necessary. Even for those who were readmitted to hospital, the average length of stay was half a day – much less than the average one and a half days in the standard care group. Data also showed that telemedicine patients were less likely to report

symptoms including chest pain, dizziness and shortness of breath.

"Sparing valuable time and resources"

Dr Ramzi Khamis, Consultant Cardiologist and BHF Research Fellow at the National Heart and Lung Institute, Imperial College London, said:

“The approach we designed and tested is focused on sparing valuable time and resources while reaching a well-informed treatment plan for high-risk patients experiencing worrying symptoms.

"The study clearly showed that sending vital information straight to cardiology teams, coupled with a consultation, led to seemingly better care, reductions in admissions, average length of stay and A&E attendance.

“This simple strategy can potentially free up thousands of hospital beds and doctors’ hours across the country whilst keeping patients just as safe. We are now looking at working with the NHS and other healthcare systems globally to adopt this strategy and hopefully improve treatment for future patients.”

The research, led from Imperial College London by principal investigator Dr Ramzi Khamis and clinical research fellow Nasser Alshahrani, involved 337 patients who came to Hammersmith Hospital with acute coronary syndromes (ACS) over 15 months. Acute coronary syndromes are a group of life-threatening conditions that involve reduced blood flow to the heart, including heart attacks and unstable angina – a more severe form of angina which can happen at rest and doesn’t improve with rest or medicines. The majority of those in the study – 86 per cent – were men, reflecting the demographics of the patients who attended Hammersmith Hospital’s heart attack centre with ACS during the study.

Reassured and advised quickly

Patients in the trial were randomly assigned to receive telemedicine or standard care. The 163 patients in the telemedicine group were provided with a blood pressure monitor and a pulse oximeter to measure blood oxygen

levels. They were also given a cutting-edge 12-lead electrocardiogram (ECG) belt device to record a detailed heart rhythm trace and transmit it to the specialist team for review. They were trained on how to use each to easily measure their vital signs.

The 167 patients who received standard care were discharged with medication and told to go to a doctor or hospital if they experienced heart symptoms.

Telemedicine patients were told to send in their vital data to the trial team if they experienced symptoms of a potential heart problem. A cardiologist then contacted them to perform a remote clinical assessment.

The seriousness of a patient's condition was assessed using rules developed by the research team and the patient was either reassured, advised a non-urgent follow-up or advised to attend A&E or call 999.

Valuable tool

Professor James Leiper, our Associate Medical Director, said: "The results of this study are very encouraging and have the potential to relieve some of the current pressure on the NHS as hundreds of thousands of people wait for urgent heart tests, treatments and check-ups.

"The findings suggest that telemedicine may have a significant role to play in freeing time and space in hospitals, whilst maintaining safety and even improving outcomes for at-risk patients.

"It is important that the NHS has enough trained and supported staff to deliver on this approach, and the tools to identify and target the right patients. Telemedicine could prove to be a valuable tool for clinicians to bring real improvements for patients during a difficult time in their lives."

This research was also supported by the Imperial College Healthcare NHS Trust. To find out more about chest pain and when to get checked, visit www.bhf.org.uk/chestpain.

[Source: Remotely monitoring patients after a heart attack improves outcomes - BHF](#)



Summer Cream Tea event.

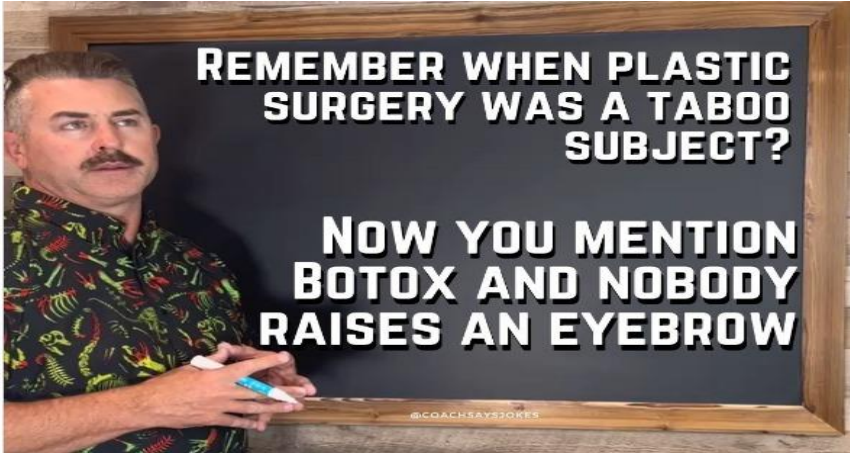


On a pleasant June afternoon, thirty-one members met at The Grange Banqueting Suite in Littleover for a cream tea. We occupied the small dining room again, which is more than adequate for our purposes. Four tables, all laid out with fresh linen and crockery ready for the off. Then the food started to arrive. A tiered plate of dainty sandwiches with all manner of fillings, some sausage rolls to

fill a gap for those who had not eaten lunch. The waitresses were busy serving coffee and tea to everyone (one person was noted for having several cups of coffee, one after another – he was obviously thirsty).

Then the cakes and scones and cream and jam arrived. You could see eyes opening wide. How exciting! There was plenty of talk as is the norm with any Take Heart (Derby) event, holidays booked, family visits planned and the odd joke or two.

I wonder if Michael made a note to include them in a Newsletter> We departed around 4.00PM having satisfied our hunger. See you all next time.(Note: the photographs are a sample of the many taken, more are available from Michael).



40 Years Young. Can you believe it? Next year, 2025, Take Heart (Derby) will be forty years “young”. It seems incredible to reach such a landmark. So, how should we mark it? Your suggestions will be gratefully appreciated. Contact Michael or other committee members with ideas. Will it be one event or a series of events? Let us know your thoughts to develop a plan. It would be amazing to have a huge turnout so encourage your friends to help with ideas. Thanks for your continued support.



Does this apply to you?

Every mother on earth
gave birth to a child.

Except my Mom...

She gave birth to a
legend.



Walking back to health. SPRING STROLL THROUGH TIME AT ELVASTON CASTLE. It was a chance to step back in time when Take Heart walkers headed for the historic Elvaston Castle. Situated on the outskirts of Derby city, the building has a long history although lots of what can be seen today dates from Victorian times.

Our walk started close to the castle in a convenient lay by which meant a short stroll into the castle grounds. The circular walk began at the Old English gardens - a traditional walled garden once used for vegetables and exotic fruits. We then moved on through a designated nature reserve where glimpsed a selection of wild birds and ducks, but sadly, no kingfishers.

Our next stop was a series of small lakes, again devoted to wildlife. We noticed that many of the trees which had either fallen over or been felled, had been left in situ making them the perfect

home for creepy crawlies.

Despite signs warning us there may be snakes basking in the sun, we failed to spot any - luckily! After a walk of just under five miles, the nine strong party headed back towards the castle,



accompanied by the sounds of a Bank Holiday funfair which seemed popular.

Once at the castle, we joined a never ending queue for coffee, but some members decided to abandon ship and head home instead passing the well-manicured Italian Garden.

All in all, a lovely walk in a popular and interesting setting.

Many thanks to Chris and Chris Whewell for organising the morning and giving us plenty of local knowledge.

Our next walk is in the village of Church Broughton near Hilton. It's on Saturday 29th June at 10am, meet at the village pub, the Holly Bush. Church Broughton DE65 5AS.

Report by Peter Stevens and guest Jenny Mallett





Member news. Chris Lewis, our Tai Chi instructor has experienced heart problems recently. He has undergone further stenting, with the possibility more being required at a later date. We wish him a speedy recovery. Patricia Bhurton has also experienced difficulties and was an inpatient at Royal Derby Hospital in early June. Get well soon, Patricia. We wish you well. Please keep in touch with other members of our group. There might come a time when you would appreciate the same gesture.



Programme of Events

June.

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|----------------------------|---|
| Tuesday 25 th | Coffee morning at The Cube café/bar at 10.30 AM. |
| Wednesday 26 th | Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall. |
| Friday 28 th | Singing for Fun at 10.00AM in St John's Methodist Church |
| Saturday 29 th | Walking back to health - Church Broughton: the delightful Holly Bush country pub is the starting point for this three-mile stroll through fine South Derbyshire countryside. Pub car park, DE65 5AS |

July.

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| Wednesday 3 rd | Tai Chi at 4.00 to 5.00PM in St.Nicholas Church Hall. |
| Friday 5 th | Singing for Fun at 10.00AM in St John's Methodist Church Hall. |
| Monday 8 th | AGM for 2024, with the "President's 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 th | Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall. |

Friday 12 th	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Wednesday 17 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Thursday 18 th	Lunch at The Great Northern, Station Road, Mickleover, Derby DE3 9FP.
Friday 19 th	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Wednesday 24 th	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 26 th	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Saturday 27 th	Walking back to health – Markeaton Village Walk. Meet in Mundy Play Centre car park (pay & display) to walk at 10.00AM
Tuesday 30 th	Coffee morning at The Cube café/bar from 10.30AM.
Wednesday 31 st	Tai Chi at 4.00 to 5.00PM 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 Flude 07852 696930, Pam Fearn 01332 606563, Richard Flatman 01332 557028, Robert Jones 07352 619386, Nigel Cullen 01332 842730 and Margaret Storry 01332 766916.

Any queries or comments about Take Heart (Derby) should be directed to Michael Flude on 07852 696930. email michael.flude@takeheartderby.co.uk.or 14 Brookside Road, Breadsall, Derby DE21 5LF.

Affiliated to the British Heart Foundation