

Take Heart

(Derby)


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


www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter March 2019

 **Renewal of membership for 2019.** Many thanks to all who have promptly renewed their membership for 2019. There are only a handful from whom we await a response. January sees the start of our new subscription year and consequently you are requested to send your donation to our treasurer. Minimum of £10.00 per household is the suggested figure. Please send a cheque payable to "Take Heart (Derby)" to M Staehr, Treasurer, Take Heart (Derby), 6 Keats Avenue, Littleover, Derby DE23 4ED. Additionally, if you are a tax payer then please sign section 4 to enable **your** charity to claim Gift Aid, which does **NOT** require a further donation from you – the money comes from HMRC (probably the only time in our lives when the tax man gives something back). Thank you for your continued co-operation and support.

 **Love this Japanese Doctor!** Q: Is chocolate bad for me? A: You crazy?!? HEL-LO-O!! Cocoa bean! Another vegetable! It best feel-good food around!

 **Lunch at the Blue Peter.** Maggie and Doreen are making a point about something, hope the meal was as interesting. That is what our social gatherings are all about – having a good old natter! There were fourteen members at the Blue Peter this month, where the carvery always proves very popular – you can choose various sizes of meal, catering for those with a larger appetite as well as those who are looking after the waist line. All those lovely "sweet sensations" were a terrible torment to all, yummy. Next month we dine together at the Jonty Farmer on



Kedleston Road, usual time.

 **Thoughts for the Day**

I've started telling everyone about the benefits of dried grapes. It's all about raisin awareness really.

A lorry carrying 25 tons of Vicks Vapour Rub has overturned on the M9 near Falkirk, spilling its load onto the carriage way. The Police have said that despite the volume of traffic there will be no congestion for at least 12hrs.

I've met my long-lost identical twin. I'm completely beside myself.



February coffee morning. A great turnout again for our ever-popular coffee



morning. It is one of those occasions where you can just relax and be yourself (that is if Michael or Margaret are not patrolling to encourage you to do something or give something away). This time there were thirty-seven members present to witness the Jam Jar Challenge, this year featuring committee members doing the pouring (see page 3 of this

Newsletter). Many were completing their choices for the spring lunch to be held on 2 April (menu choices were on page 9 of February's Newsletter).



Firepower. A couple of birds were watching a rocket take off from Kennedy Space Centre. "Wow," said one, "look how fast he flies." The other replied, "You'd fly like that too if your tail was on fire."



Birthdays. Happy birthday this month go to John Boutcher, John Clarke, Norah Evans, Pat Fitton, Allan Giles, Betty Gilligan, John Holmes, Tony & Shelia Jackson, Ann King, Douglas Moseley, Avril Nolan, Gwen Plummer, Sue Robinson, Alan Rowlatt, Derek Skidmore, Paul & Karen Taylor, Susan Wearmouth and Peter Wilson. We hope you all have a happy and memorable day.



Take Heart (Derby) Quiz night!!! We used to have a quiz at the summer garden parties before the weather forced us indoors for our Cream Tea afternoon. We know there are many quizzers amongst our members. Would you be interested in a TH(D) 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.



Swimming. A query has arisen recently about Take Heart (Derby) swims at the Queens Leisure Centre. Well – WE DO NOT HAVE AN ALLOCATION. Prior to Christmas we received an email advising us that, due to a lack of numbers, the teaching pool usage had been withdrawn. What a saga. Consultation with regular users, suggested that swimming at 2.30 PM until 3.15 PM on Wednesday would be the preferred time and to use the Family pool (allocated as a general swim). It is usually quiet at this time, until school children start arriving from around 3.30 PM and so we tend to be out of the pool by this time. Swimming is great fun, good cardiovascular exercise and another social event to cheer us all. Let me know what you think (politely of course).



Jam Jar Challenge. Our annual gathering to chuck our money into the pot (well bucket actually) took place on 26 February. There were a lot of jam jars placed in front of the bucket ready to be thrust into it. There were lots of “coppers, silver and folding notes” for which we offer our grateful thanks. If you were unable to attend on the day, you can still contribute by sending a cheque to our Treasurer with a note to allocate it to the BHF. Last year the total came to £311.00 but we managed to beat it this year with £328.00 and counting. Thank you so much for your support. It is now time to start saving for next year’s challenge.



Paula Scaife sent the following, *“Every penny you’ve collected will make a difference - £2 could help our researchers visualise faulty heart cells under the microscope, allowing them to understand more about debilitating conditions like heart failure; £20 would provide an hour of vital support from one of our cardiac nurses on our Heart Helpline. Thank you to every one of you, for supporting our British Heart Foundation research & helping to beat heartbreak forever.”*

Now is the time to start saving for next year’s Jam Jar Challenge. Put your change into a jam jar each day/week/month and it is surprising how it mounts up. Or you could send a cheque to our Treasurer monthly or annually. The BHF invest millions off pounds annually in research to “mend broken hearts”.



The Joys of Grandparenthood. A little girl climbed up onto her grandfather’s lap and asked, “Did God make me?” “Yes,” the grandpa replied. “Did he make you, too?” “Yes.” “Well,” the girl said, looking at his wrinkles and thinning hair, “he sure is doing a better job nowadays!”



Take Heart (Derby) calendar

2019. A limited number of copies are available at £4.00 each (plus post and packing of £1.50). The quality is very good and compares favourably with calendars on offer at £9.99 elsewhere. Order your extra copies early from Michael. Comments received include, *“I love being able to look at the calendar and be reminded there is an event taking place/Great stuff, the best calendar around the Derby area/the photography is stunning/brings back happy memories of when we were able to walk around these beautiful Derbyshire locations. Thanks a million ”.* Let Michael know your thoughts.



Out of the mouths... While leading a tour of infant school children through our hospital, I overheard a conversation between one little girl and an x-ray technician. "Have you ever broken a bone?" he asked. "Yes," the girl replied. "Did it hurt?" "No." "Really? Which bone did you break?" "My sister's arm."

🧡 **New members.** This month we welcome Neil & Liz Mansell and Harry & Dorothy Walker. Welcome to you all and we hope you enjoy many events with us.

🧡 **Love this Japanese Doctor!** Q: Aren't fried foods bad for you? A: YOU NOT LISTENING! Food fried in vegetable oil. How getting more vegetable be bad?

🧡 **Walking starts again in April.** What a wonderful way to blow away the cobwebs of winter and get outdoors into the Derbyshire countryside. It is great fun and you will encounter areas you have heard about but never visited. Now is your chance. Our first walk on 27th April will see us assemble close to the George Inn in Alstonfield, next to the village memorial hall. The Alstonfield triangle is our walk and when completed, retiring to the "George" is a reasonable option. Need a lift? Contact Michael on 01332 380219.



🧡 **What's the recipe today, Jim?** It seems members want to revive the 'tried and tested' recipe we featured some time ago. Well here we are:

Marmalade whisky loaf cake.

125g light muscovado sugar	175g butter at room temperature
225g self-raising flour	150g chunky dark marmalade
Zest of 1 orange	2tbsp whisky
2 eggs, lightly beaten	Pinch of grated nutmeg
For the glaze: 1 orange, well scrubbed	3tbsp whisky

Use 900g loaf tin, greased and lined.

Preheat the oven to gas 4/180*. Beat sugar and butter in a large bowl with a wooden spoon for 1 minute. Add flour, marmalade, zest, nutmeg, whisky and eggs. Mix until everything is well combined. Spoon into the loaf tin, smooth the top surface and place in the oven for about 1 hour, until a skewer inserted into the middle of the cake comes out clean. Leave to cool.

While the cake is baking, make the glaze. Peel the zest from the orange with a vegetable peeler and using a sharp knife, finely cut into fine shreds. Place the peel and juice from the orange into a saucepan with the sugar. Bring to the boil and simmer until it has reduced to a few tablespoons. Remove from the heat and add whisky. Brush glaze over the cake whilst it is still hot and scatter the peel over the top.

Let me know how you get on and more importantly, ensure I am invited for the tasting sessions.



Our speaker this month was Bob Massey, talking about the cup that cheers, the history of tea. Bob is a retired theatre consultant and lighting designer, who has



designed many theatre sets and performance spaces throughout the world. He is an historian, lecturer and vice chairman of the Arnold local history group. Bob started by telling us that the British people drink 165 million cups of tea daily and 60.2 billion cups a year, compared with 70 million cups of coffee a year, although the Irish people drink more than us. He said that tea is a delicate leaf, it warms you up when your cold, it cools you down when your hot and it cheers you up when your depressed. Tea originated in China in 2737 BC and came to Europe via Venice in 1560. London coffee houses introduced tea to England and the cost of tea was six pounds a pound. In 1676 an act of Parliament was passed to tax tea and that it would require a licence and by 1700 over 500 coffee houses sold it and by 1750 even the lower classes were drinking tea. We were told that by the 18th

century duty on tea was at 119% and this heavy taxation was the reason that tea smuggling started. Bob went on to tell us that in 1784 William Pitt Younger made the commutation act which dropped the tax on tea to 12.5%. It was in the 18th century when black tea drinking took over from green tea in popularity. He told us that a fungus reduced Ceylon's coffee production by 95% in the 19th century so tea had taken its place. He went on to say that it was Anna the Duchess of Bedford who started the tradition of afternoon tea, this then led eventually to tea gardens opening up where tea would be drunk and people would dance. He asked us if we knew why it was called high tea, and explained the reason being, high tea was served on a dining table and low tea is when tea is served on a low table, something none of us who were there realised. Caddy spoons started to appear in 1770 these were followed by the short-handled caddy spoon that most of us remember. He went on to tell us that the London tea auctions that started in 1679 made their last sale on 29th June 1998 and that between 1741 and 1820 industrialists tried to stop the tea breaks that worker took without success. He said that office workers say that they learn more about what is happening in the country during their breaks. We learnt that iced tea was invented by Richard Blechnden in 1904 and that in 1908 Thomas Sullivan invented the first tea bag by putting tea in small silken bags. This was followed by tea placed in small gauze bags and then paper. It was in the 1950's when teabags were adopted into Britain and the best-selling brand of tea in the world is Lipton's. Finally, we were told that there are 1,500 different kinds of tea which is amazing. And then the ensemble enjoyed a refreshing cup of ---!



Vicar Burnout? A vicar was having an awful time with his congregation and eventually decided to pack it in. At the close of the next Sunday morning service he announced, "Some years ago Jesus brought me to this congregation. Jesus is now taking me away from it." With those remarks he sat down somewhat abruptly, and it was left to the organist to announce the closing hymn. "How appropriate," he commented, "that we sing hymn number 104—'What a friend we have in Jesus.'"



Our next meeting with a speaker is on 8th April at 2.30 PM in the Friends Meeting House. Dave Harvey will no doubt turn up on his motorbike to share with us his anecdotes of delivering blood supplies to Derbyshire Hospitals. This is a vital service, which many of us could have benefited from without knowing. Come and give Bob and his colleagues a vote of thanks for his work. At least he should not have too much trouble parking his bike.



My mother taught me LOGIC. "If you fall out of that swing and break your neck, I'm not going to take you shopping with me."



Amendment to Programme – Spring Lunch will now take place on Tuesday 2 April. Please make a note in your diary. You will find a menu choice sheet on page 9 this month. Please make your choices and notify Margaret Storry by **26th MARCH**. Please, be reminded that there is a 60-place maximum for this venue – book NOW.



Newsletter feedback. The following messages were received following last month's Newsletter: "*fabulous Newsletter yet again/thanks, I always find the Newsletter uplifting/brilliant as always, keep it up*". Thank you to all those who respond, I achieve much pleasure in reading your comments (even the critical one's)! Please send your comments to Michael.



News from the BHF. New, ambitions for cardiovascular disease prevention will 'prevent thousands of heart events'. Atrial fibrillation, blood pressure and cholesterol are named as the focus for cardiovascular disease prevention efforts in England. Tackling risk factors and conditions that put people at the greatest risk of a heart attack or stroke are the key to preventing cardiovascular disease (CVD), health leaders have said. Atrial fibrillation (AF), blood pressure and cholesterol are known as 'ABC' conditions. These were named as the focus for prevention efforts at a Public Health England (PHE) conference - 'Cardiovascular disease prevention: Saving hearts and minds', held in Manchester. Duncan Selbie, Chief Executive of PHE, said: "We have made great progress on the risk factors – sugar tax, reformulating food and tobacco control. Now we need to focus on physiological factors like AF, blood pressure and cholesterol." Better detection and management of these factors could help to meet the NHS England ambition of preventing 150,000 heart attacks and strokes over the next 10 years, he said. Dr Matt Kearney, National Clinical Director for CVD Prevention at NHS England, said: "The NHS has realised the enormous scope for improvement. Treating these high-risk conditions works – modifying physiological risks has a huge impact." National CVD ambitions The National CVD Prevention System Leadership Forum (CVDSLFF), of which the BHF is a partner, has agreed specific ambitions for the detection and management of the ABCs. Jamie Waterall, National Lead for CVD Prevention and Associate Deputy Chief Nurse at PHE, introduced what he described as England's first ever CVD ambitions at the event. "It's tremendous the NHS Long Term Plan has prioritised CVD prevention," he said. "Now we have set quantifiable ambitions for

reducing CVD inequalities. “We have too many people dying of ill health because they’re not being managed optimally for AF. We have examples from countries like Canada who have seen significant improvements in detection and management of blood pressure. And we need to improve the number of people knowing and managing their cholesterol.” In the next 10 years, the CVDSL’s ambitions are to see an increase in the following, across England:

- Detection rate of AF from 79% to 85%
- Proportion of people whose AF is managed with anticoagulants from 84% to 90%
- Detection rate of hypertension from 57% to 80%
- Proportion of people with hypertension being treated to target (as per NICE guidelines) from 56% to 80%
- Proportion of people aged 40-74 receiving a formal validated CVD risk assessment and having a cholesterol measurement recorded on a primary care data system from 49% to 75%
- Proportion of people aged 40-74 who have a 20% or greater 10-year risk of developing CVD being treated with statins from 35% to 45%
- Detection rate of familial hypercholesterolaemia from an estimated 5% to 25% (by 2024)

New models of care

Dr Kearney acknowledged the hard work needed from all parts of the NHS to achieve this ambition - in particular, from stretched GP services.

“High risk conditions have no symptoms, and most patients [seen in primary care] have multiple conditions or different priorities. The barriers are considerable and substantial,” he said. “We have to do things differently, with new models and pathways through primary care.” New primary care networks, that aim to start recruiting 20,000 more primary care staff and real-time data provided through **CVDPprevent**, would help to address the ‘structural challenges’ that were a barrier to achieving the ambitions, he said. Would you like to find out how data can help to improve care for patients at risk of CVD? Source: https://www.bhf.org.uk/for-professionals/healthcare-professionals/articles/update/new-ambitions-for-cardiovascular-disease-prevention-will-prevent-thousands-of-heart-events?utm_campaign=867484_Remail%3A%20Copy%20of%20HCP_Monthly_Enewsletter_Mar19&utm_medium=email&utm_source=British%20Heart%20Foundation%20%28BHF%29%20&mi_u=8-13769227.



Thoughts for the Day

The first sign of maturity is the discovery that the volume knob also turns to the left. I tried to sue the airline for losing my luggage. I lost my case.



Forthcoming events



March.

Friday 22 nd	Singing for Fun at 10.00 AM St John’s Methodist Church, Allestree
Tuesday 26 th	Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 27 th	Swimming at the Queen’s Leisure Centre FROM 2.30 PM in the Family Pool (no allocation for TH(D)).



April.

- Tuesday 2nd Formal Spring lunch at Mickleover Golf Club. See details on page 9 of this Newsletter.
- Wednesday 3rd Swimming at the Queen's Leisure Centre **FROM 2.30 PM in the Family Pool (no allocation for TH(D))**.
- Friday 5th Singing for Fun at 10.00 AM St John's Methodist Church, Allestree
- Monday 8th You never know when your life will be in the hands of "Derbyshire Blood Bikes". Dave Harvey belongs to a local charity using volunteer motorbike riders to deliver blood supplies to Derbyshire hospitals. We can offer our thanks to Dave and his colleagues for their lifesaving work.
- Wednesday 10th Swimming at the Queens Leisure Centre at 3.15 PM **FROM 2.30 PM in the Family Pool (no allocation for TH(D))**.
- Friday 12th Singing for Fun at 10.00 AM St John's Methodist Church, Allestree
- Wednesday 17th 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 19th Singing for Fun. **Cancelled** on this date.
- Wednesday 24th 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 26th Singing for Fun at 10.00 AM
- Saturday 27th Walking back to health - 🐢 - Alstonfield Triangle...Walk starts from the car park in Alstonfield, next to the village memorial hall. Three-mile walk across fields. Meet at the car park, post code DE6 2FR, 300 metres from the George Inn.
- Tuesday 30th Coffee morning at The Cube café/bar from 10.30 AM.



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, to seek 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 606583, 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.

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.

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Registered Charity Number 116370



Spring lunch Tuesday, 2nd April 2019, 12 noon for 12.30

Mickleover Golf Club, off Uttoxeter Road, Mickleover, Derby DE3 9AF

Your menu choices are:

Starters:

Leek & potato **soup** topped with crispy onions & freshly baked roll
Salmon & dill **fishcake**, dressed salad & sweet chilli sauce
Smooth duck & orange **pate**, melba toast & onion chutney

Main:

Roast English **beef** with rich roast gravy & Yorkshire pudding
Baked stuffed **chicken** supreme with smoked cheese and chorizo tomato sauce
Grilled **salmon** fillet, courgette ribbons & prawn butter sauce
Mixed vegetable **wellington** with red pepper sauce

Deserts:

Citrus **tart** with mixed berry compote & raspberry sauce
Deep filled **apple** pie with lashings of hot custard
Toffee & vanilla **cheesecake** with toffee sauce

Tea, coffee or decaf-coffee, with dinner mints

Please make your selections by using the highlighted terms and send to:
Margaret Storry, 86 The Hollow, Littleover, Derby DE23 6GL 01332 766916

The cost is £20.00, including gratuity.

All monies to be paid by 16th March 2018

Cheques payable to "Take Heart (Derby)."

Name Choice starter

Choice main Choice desert

Name Choice starter

Choice main Choice desert

Name Choice starter

Choice main Choice desert

Name Choice starter

Choice main Choice desert