

Take Heart

(Derby)

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

www.takeheartderby.co.uk

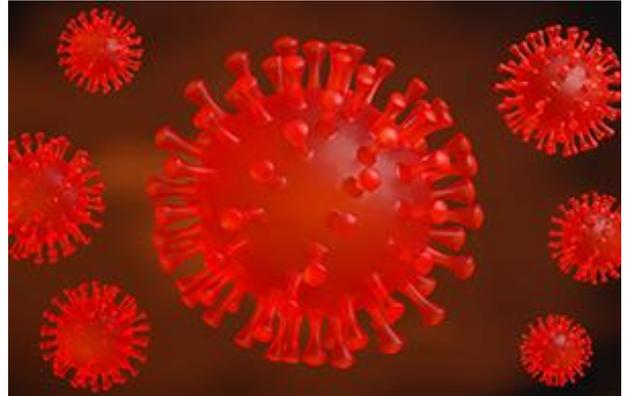
Registered Charity No 1163703



Newsletter March 2020



Coronavirus. You might be fed up with hearing about this topic but some things need to be said. Most of us will recall that we used to receive a weekly delivery of Corona from the “pop man”. We also paid a 3d deposit on the bottle, which was credited back when we returned the bottle. Nothing new about recycling for us. Enough of the frivolity, we should all be aware of how to keep ourselves and others safe.



DO NOT PANIC. If you have a high temperature or a new cough, then stay at home for 7 days, Do Not Contact the NHS helpline 111. Do not attend your GP surgery, a pharmacy or the hospital or any TH(D) meeting. The safe distance between people is 1 metre. Wash your hands (including wrists) frequently, including on your return home, even if it is with your shopping. If visiting hospitals, use the gel available within the entrance and at other points. The infection stays on hard surfaces for 12 hours and on soft surfaces for about half that time, so watch out for stair rails and door handles. Self-isolate if necessary and telephone family and friends to help with shopping and medication requirements but adopt a safe drop in a porch perhaps without physical contact.

The NHS website offers the following advice:-

DO - wash your hands with soap and water often – do this for at least 20 seconds. Always wash your hands when you get home or into work. Use hand sanitiser gel if soap and water are not available. Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze. Put used tissues in the bin immediately and wash your hands afterwards. Try to avoid close contact with people who are unwell. DON'T touch your eyes, nose or mouth if your hands are not clean. Source:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

The BHF support groups office have written: As you will have seen Coronavirus is dominating the news headlines and we have had a few questions from people asking what this means for someone living with a heart or circulatory conditions, and for Heart Support Groups (HSG). If you are living with a heart or circulatory condition, your risk of catching coronavirus is no higher than anyone else, however, the risks of developing complications from the virus, if infected, are greater. It is therefore particularly important that you reduce your chance of catching the virus by following the information provided by the **UK government** and **NHS**. In light of this, our recommendation to you would be that, until further notice, you cancel all of your planned face to face HSG meetings

Some other helpful guidelines:

You are still a liberty to go out until the Government announces a ban. You should take precautions like washing your hands frequently, avoid physical contact and crowded places and keep 2 metres away from others.

Elderly people are no more likely to get coronavirus than younger generation but our immune system is reduced, we also have underlying health issues which makes the risk higher.

Ensure you have adequate supplies of medication and a means to obtain top ups.

Ensure you exercise at home so as not to compromise your health further

Have a network of people available over the phone to prevent loneliness and depression.

Self-isolation means avoiding contact with friends and family, staying 2 metres away from others.

Ensure you have a network of family/friends/neighbours who can do your shopping.

GP appointments will be via telephone/video link.

Walking the dog will not be allowed but if you have a garden or a friend is able to walk it for you, that is allowed.



Future events.

Our committee have discussed the coronavirus pandemic, have consulted the British Heart Foundation and other support groups. Some have already cancelled events where their membership consists of mainly elderly people and those who have underlying health issues. Having consulted widely we have taken the decision to suspend **ALL** events until further notice.

That means the coffee mornings are suspended

Planned talks at St Marys Church Hall are suspended.

Walks which were due to commence in April are suspended

Swimming is suspended.

Lunches are suspended

35th Anniversary Spring Dinner is suspended. Those who have pre-paid will note that their cheques/cash has not been banked. This event will be re-scheduled at a future date, when you will be automatically be included. If you wish not to attend the new event, a refund will be offered.

Singing for Fun is suspended, including **ALL** performances planned at Leylands and elsewhere.

We have not taken these decisions lightly, but it is important to consider your health and well-being. I attach a copy of committee members and their contact details for you to keep in touch. I will endeavour to publish a monthly Newsletter, which may not be eight pages and to keep you informed of what is going on.

We will resume all events as soon as it is safe and wise to do so.



Thank you to all those who have renewed your membership for 2020. It's that time of year again. 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. You can pay on line, go to www.takeheartderby.co.uk and select "Make a donation" and follow the instructions (don't forget to add your name). Alternatively, please send a cheque payable to "Take Heart (Derby)" to Margit Staehr, 6 Keats Avenue, Littleover, Derby DE23 4ED. This could be your last Newsletter if you do not renew your membership. Don't delay.



Are you a UK tax payer? If you are, then please ensure you advise the treasurer when sending your donation. It is worth another 25% on top and it won't cost you a penny. This is probably the only gift from the taxman you (Take Heart (Derby)) will ever get. We can do so much good with Gift Aid. Please help.



For many years Take Heart (Derby) have celebrated and supported the British Heart Foundation work of investment in medical research. There were around thirty members present at the February coffee morning and they kindly remembered to bring in their Jam Jar Challenge donations. All the money collected today and over the coming weeks will be presented to the BHF at a future coffee morning. Last year this amounted to £400.00. Members can be seen "pouring" the cash into the bucket. You can still add your donation by sending a cheque to our treasurer, Margit Staehr, at the address in the next article. Thanks for your continued support.



Pet-friendly?

A pretty lonely guy decided life would be more fun if he had a pet. So he went to the pet store and told the owner that he wanted to buy an unusual pet. After some discussion, he decided on a centipede, which came in a little white box to use for its house. He took the centipede home, found a good location for the box home, and then decided he would start off by taking his new pet to a restaurant to have dinner. So he asked the centipede in the box, "Would you like to go to McDonald's with me to have dinner?" But there was no answer from his new pet. This bothered him a bit, but he waited a few minutes and then asked him again, "How about going to McDonald's with me?" But again, there was no answer from his new friend and pet. So he waited a few minutes more, thinking about the situation. He decided to ask him one more time; this time putting his face up against the centipede's house and shouting, "Hey, in there! Would you like to go to McDonald's with me to have dinner?" A little voice came out of the box: "I heard you the first time! I'm putting on my shoes!!"



Medical Travel Insurance. It is that time of year when many are off on their "jollies". One aspect of holiday planning for those with a long term illness, is travel insurance. Our member, Richard Flatman, has offered this recommendation at <https://medicaltravelcompared.co.uk> who source insurance from more than 40 insurance companies. Takes a lot of the hassle out of comparing various insurers. You only input your details once and they do the work. Let Michael know how you get on OR perhaps you have a better way or company. Good luck and happy hols but will you be allowed to travel?



Can you work it out?

- A hotel mini-bar allows you to see into the future and what a can of Pepsi will cost in 2020. (Rich Hall)
- A bloke arrives at a nightclub door and the bouncers say he can't come in without a tie, so he goes to the boot of his car and gets a pair of jump leads, wraps them around his neck and goes back to the doormen. "Can I come in now," he says to the bouncers. 'Yeah, but don't start anything'. (Jason Byrne)
- I got an odd-job man in. He was useless. Gave him a list of eight things to do and he only did numbers one, three, five and seven. Had to get an even-man in to finish it off. (Stephen Grant)
- I like the Ten Commandments but I have a problem with the ninth. It should be: "Thou shalt not covet thy neighbour's ox, except in Scrabble". (David O'Doherty)



Swimming. Swimming is great fun, good cardio-vascular exercise and another social event to cheer us all. WE DO NOT HAVE AN ALLOCATION FOR A PRIVATE SWIMMING SESSION, as listed in our Programme of Events. We now swim at 2.30 PM until 3.15 PM on Wednesday. It is usually quiet at-this-time of day, until school children start arriving from around 3.30 PM. **But not until we are allowed to return**



One evening, after the honeymoon, Tom was working on his Harley motorcycle in the garage. His new wife was standing there by the bench watching him. After a long period of silence, she finally said, "Honey, I've just been thinking, now that we're married, maybe it's time you quit spending so much of your time out here in your garage.

You probably should consider selling your Harley and all that welding equipment; they take up so much of your time.

And that gun collection and fishing gear, they just take up so much space.

And you know the sailboat is such an ongoing expense; and you hardly use it.

I also think you should lose all those stupid model airplanes and your home brewing equipment..."

And what's the use of that vintage hot rod sports car?

Tom got a horrified look on his face.

She noticed and said, "Darling, what's wrong?"

He replied, "There for a minute, you were starting to sound like my ex-wife."

"Ex-wife!?" she shouted, "YOU NEVER TOLD ME YOU WERE MARRIED BEFORE!"

Tom replied, "I wasn't..."



Birthdays. Happy birthday this month go to John Clarke, Nora Evans, Pat Fitton, Allan Giles, Betty Gilligan, Eileen Hadfield, John Hughes, Eileen Hughes, Tony & Shelia Jackson, Ann King, Anne Jackson, Jean Lowe, Douglas Moseley, Avril Nolan, Gwen Plummer, Alan Rowlett, Derek Skidmore, Paul & Karen Taylor, Susan Wearmouth, David White and Peter Wilson. We hope you all have a happy and memorable day.



Member news: Les Tibbles is back home again after a short spell in Royal Derby suffering for a respiratory illness and attended our recent meetings. Keep taking the antibiotics, Les. Mary Blundell is still away at her daughters and recovering slowly. Pat Fitton is well in herself but waiting a second hip replacement. Brian Fearn is still having investigations into his health issues. Pat Gallimore is at long last back with us at events but is still a bit weak but on the road to recovery. Betty Gilligan is feeling a bit down at the moment and would appreciate a call or two from time to time. Caroline Hughes has returned to our singing group and is all the better for it. Ian King is keeping up his batting average with further visits to RDH. Pete Stevens has completed his chemotherapy successfully. Jean Sykes is having a few difficult days from time to time but is trying to stay positive. Keep Michael informed about your health issues.



Is it "complete", "finished" or "completely finished"?

No English dictionary has been able to adequately explain the difference between these two words - "Complete" or "Finished".

In a recent linguistic competition held in London and attended by, supposedly, the best in the world, Samdar Balgobin, a Guyanese man, was the clear winner with a standing ovation which lasted over 5 minutes.

The final question was: 'How do you explain the difference between COMPLETE and FINISHED in a way that is easy to understand? Some people say there is no difference between COMPLETE and FINISHED.'

Here is his astute answer:

"When you marry the right woman, you are COMPLETE. When you marry the wrong woman, you are FINISHED. And when the right one catches you with the wrong one, you are COMPLETELY FINISHED!"

He won a trip around the world and a case of 25 year old Scotch!



Responses to our Newsletters are as follows: The following messages were about last month's Newsletter: - *"it's still the best read that drops through my letterbox. Long may it continue/thought the report about February speaker was a bit short/I agree with the article about making use of the bus pass. I gave up driving a few years ago and now let the bus driver take the strain. I have visited Leicester market, Chesterfield market and "twisted spire" and lots of other places – all for free".* Send your comments to Michael



New members. We are delighted to welcome Sandra & Gaynor Armes, Beryl Addey, Robert Hunt, John Gear, Gerard & Bernadette Pietruszewski, Anne & Michael Laxton, and Pauline Witty. We wish you all many happy visits to our events and hope you enjoy the Newsletter each month.



Dads

Three boys are in the school playground bragging about their fathers.

The first boy says, "My dad scribbles a few words on a piece of paper, he calls it a poem, they give him £50."

The second boy says, "That's nothing. My dad scribbles a few words on a piece of paper, he calls it a song, they give him £100."

The third boy says, "I got you both beat. My dad scribbles a few words on a piece of paper, he calls it a sermon, and it takes eight people to collect all the money!"



Organ donation law is changing in England.

You all need to have a conversation with your family to ensure they know your wishes. Here is why! From spring 2020, organ donation in England will move to an 'opt out' system. You may also hear it referred to as '[Max and Keira's Law](#)'. This means that 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/>



THE COMPUTER SWALLOWED GRANDMA

This is a tribute to all the Grandmas and Grandpas who have been fearless and learned to use the computer.

The computer swallowed grandma. Yes, honestly it's true!
She pressed 'control' and 'enter' And disappeared from view.

It devoured her completely, the thought just makes me squirm.
She must have caught a virus or been eaten by a worm.

I've searched through the Recycle Bin. And files of every kind;
I've even used the Internet, but nothing did I find.

In desperation, I asked Google. My searches to refine.
The reply from him was negative, Not a thing was found 'online.'

So, if inside your 'Inbox,' My Grandma you should see,
Please 'Copy', 'Scan' and 'Paste' her. And send her back to me!



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.



A pun, a play on words and a limerick walk into a bar. No joke.

Q: How do mathematicians scold their children?

A: 'If I've told you n times, I've told you $n+1$ times...'

Q: Did you hear about the mathematician who's afraid of negative numbers?

A: She'll stop at nothing to avoid them.

C, E-flat and G walk into a bar. The barman shows them the door and says 'Sorry, we don't serve minors.'

A photon is going through airport security. The security operative asks if he has any luggage. 'No', says the photon, 'I'm travelling light.'

The bartender says 'We don't serve time travellers in here.' A time traveller walks into a bar.

Descartes walks into a bar. The barman says 'Would you like a beer?' Descartes replies 'No, I think not' and promptly disappears.



News from the BHF. Our successes with heart rhythm disorder research

An abnormal heart rhythm (also known as an arrhythmia) is when your heart beats too fast, too slow, or in an irregular pattern. Since we were founded in 1961, we've been working hard to improve and save the lives of people with abnormal heart rhythms. We've come a long way, but we have a lot left to do. Read our [information about abnormal heart rhythms](#), and common tests and treatments.

BHF Professor [Robert Anderson's work mapping electrical pathways in the heart](#) has reduced the likelihood of children having problems with their heartbeat after surgery. His research clarified the location of electrical pathways around the holes in hearts caused by congenital defects. For example, in one type of hole in the heart, it was thought the electrical impulses ran underneath the hole. Robert Anderson's research showed the pulses actually ran above it. This let surgeons know they should take extreme care in the top part of the hole, rather than the bottom. As a result, surgeons now place stitches in the correct places, reducing instances of heart rhythm problems after surgery - which previously had been a frequent problem.

People with slow or irregular heartbeats may need a pacemaker to help them maintain a normal heartbeat. Early pacemakers were bulky and required a traumatic operation to open the chest, in order to sew electrodes directly onto the heart.

In the 1960s, we funded a group of scientists at St George's Hospital in London. The research team, led by Dr Aubrey Leatham and chief technician Geoff Davies, revolutionised pacemaker technology. Their work and the work of scientists around the world have paved the way for the miniature, sophisticated pacemaker devices that we use today.

BHF Professor Ronnie Campbell led a team that developed a technique to treat atrial fibrillation (AF), called radiofrequency ablation.

In atrial fibrillation (AF), electrical pathways in the upper chambers of the heart become disrupted, triggering an abnormal heart rhythm. Ablation uses radio waves to destroy the faulty heart tissue responsible for these pathways. Thanks in part to this work, ablation is now a well-tested, routine procedure that can successfully treat some people with AF.

Source: <https://www.bhf.org.uk/what-we-do/our-research/our-successes/our-successes-in-heart-disease-research/our-successes-with-heart-rhythm-disorder-research>



How Full is the Glass?

Two friends meet in the street. The one man looked rather forlorn and down in the mouth. The other man asked, "Hey, how come you look like the whole world caved in?" The sad fellow said, "Let me tell you. Three weeks ago, an uncle died and left me ten thousand dollars." "I'm sorry to hear about the death, but a bit of good luck for you, eh?" "Hold on, I'm just getting started. Two weeks ago, a cousin I never knew kicked the bucket and left me twenty thousand, free and clear." "Well, you can't be disappointed with that!" "Yep. But, last week my grandfather passed away. I inherited almost one hundred thousand dollars." "Incredible... so how come you look so glum?" "Well, this week...nothing!"



Forthcoming events: ALL EVENTS SUSPENDED UNTIL FURTHER NOTICE



What is the word beginning with 'F' which describes what you see?



Yes, it is **FEAR**



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, for 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 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.

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.

Affiliated to the British Heart Foundation

Take Heart

(Derby)

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

Registered Charity No. 1163703



Committee members



Chairman - Michael Flude. He brings experience in marketing and management. Michael will be involved in all aspects including marketing, web site development, representing TH(D), production of the Newsletter, raising our profile with the press and other Heart Groups. Michael maintains a spreadsheet of member details. His aims are to improve communication within the group, offer support and to expand our membership.

Telephone 01332 380219, email michael.flude@takeheartderby.co.uk.

14 Brookside Road, Breadsall, Derby DE21 5LF



Treasurer – Margit Staehr. Margit brings experience from her work in large international companies. She has been involved in many aspects of charity work including book keeping, membership records, scholarships administration, publicity and website maintenance. Margit is currently a trustee of The Anglo-Danish Society

Telephone 01332 513932, email margit.staehr@googlemail.com.

6 Keats Avenue, Littleover, Derby DE23 4ED



Secretary – Pam Fearn. Pam will use her years of experience to keep minutes of meetings and maintain the group records. She will write notes about the monthly meeting for the Newsletter and will also organise the monthly informal lunches.

Telephone 01332 606563, email pamfearn@hotmail.co.uk.

23 Blagraves Avenue, Littleover, Derby DE23 2NS



Deputy Chair – Margaret Storry. Her background and experience from Women's Institute and elsewhere make her an ideal back up to the Chairman. She will also deal with the Gift Aid aspect of our charity.

Telephone 01332 766916, email margaret.storry@talktalk.net

86 The Hollow, Littleover, Derby DE23 6GL



Fundraising Manager - Trisha Flude. Trisha brings many years of teaching and management experience to the committee. She will be responsible for applications for funding and organising fundraising events. Trisha also leads the Take Heart Singers

Telephone 01332 380219, email trishaflude@aol.com.

14 Brookside Road, Breadsall, Derby DE21 5LF



Speaker Manager – Robert Jones. His past business experience makes him ideal to address rehabilitation patients at Royal Derby Hospital and Ilkeston Community Hospital. Robert also mails the monthly Newsletter to those not on email.

Telephone 01332 608219, email robertsjones1946@hotmail.com.

26 Coniston Crescent, Breadsall Hilltop, Derby DE21 4DS



Charity Liaison Manager – Richard Flatman. Richard continues to liaise with the Charity Commission and the MyDonate aspect of our website donation platform. His experience of working with other local charities is invaluable.

Telephone 01332 557028, email richard.flatman@outlook.com.

105 Ferrers Way, Allestree, Derby DE22 2BE

Affiliated to the British Heart Foundation