

# Take Heart

(Derby)

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

[www.takeheartderby.co.uk](http://www.takeheartderby.co.uk)

Registered Charity No 1163703



## Newsletter March 2021



### 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 1 (part 1). No sooner than 8<sup>th</sup> March.**

All schools and colleges will re-open.

Pupils of secondary school must wear face masks in the classroom, as well as in corridors.

Breakfast and after school clubs will open.

University students can return to campus if they need to access specialist equipment, otherwise remain at home.

You will be allowed to meet one friend outdoors for the purpose of recreation for coffee or a picnic.

At least two people can meet for exercise.

Stay at home instruction remains in place.

Care home residents will be allowed a named visitor but can only hold hands, no hugging allowed and must wear PPE.

Weddings can have six people present.

Funerals can have 30 people present.

**Step 1 (part 2). No sooner than 29<sup>th</sup> March.**

Groups will be allowed to meet outdoors, including private gardens.

Rule of six applies form different households or two full households for larger families.

Stay at home restriction lifted but you must stay LOCAL.

Tennis and basketball courts, golf courses and outdoor swimming pools can re-open.

Organised grassroots sports can resume for children and adults.

**Step 2. No sooner than 12<sup>th</sup> April**

Non-essential shops will open, including hairdressers and beauty salons.

Public buildings (museums and libraries although households cannot mix.

Indoor leisure facilities can re-open (gyms and swimming pools).

Restaurants can serve meals in the open air and public houses can open beer gardens', but customers must adhere to the rule of six or mix with only one other household. Customers should remain seated when they order food and drink

Zoo's and theme parks can also open.

Self-contained accommodation and holiday lets can reopen to one household or support bubble. Visiting second homes will be allowed.

The maximum number attending a wedding can rise from 6 to 15 people.

Funeral attendance remains at 30 people.

### **Step 3. No sooner than 17<sup>th</sup> May**

Pubs and restaurants can open fully but customers must remain in household or bubble arrangements indoors. The rule of six is lifted to up to 30 people.

Theatres and cinemas will reopen but with social distancing.

Indoor performances and sporting events can go ahead with up to 1,000 people indoors or half the venues capacity whichever is the lower figure.

Outdoor events can go ahead with crowds of up to 10,000 or half capacity.

Indoor adult sports clubs and exercise classes can resume.

Indoor mixing is allowed, with travel and overnight stays allowed, but rules on multiple households and rule of six still apply.

Attendances at weddings and christenings will allow for up to 30 people.

### **Step 4. No sooner than 21<sup>st</sup> June.**

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 and be subject to review.

### **A personal note:**

We have endured considerable restrictions upon our life since last March. 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.



**Now, Take Heart (Derby) Budding Bards.** Let's have yours.

They needn't be about hearts. They needn't start the same way.

They needn't rhyme but make them cheery as possible, to

brighten up the day or even light and lovely. I've received some

already. Keep them coming and maybe we'll get an anthology

printed.



**A brand-new challenge for the New Year!** Further to last month's poetry challenge, As I have asked you for yours, it seems only fair that I should send in one too. So here it is!

### **The Meeting** (by Patricia Flude)

Take heart, take heart came the rallying cry  
From friends old and new and a strange passer by,  
“It's the pills you know said the man in the suit  
They keep me alive but they sure make me toot.”

“My anginas a pain” said the woman in green  
“But the pills keep me going, I know what you mean”,  
“My Arrhythmia pills make me wobbly and weak  
I think I'll stop taking them, maybe next week.”

“My pacemaker irritates sensitive skin  
Without it I'm wobbly I just can't win,  
My valve replacement's a little bit tricky  
And now and then I feel quite dicky”

The man at the back said “I'm all congested  
But not quite like her, last month she arrested”.  
The red hatted lady was part of the show  
“She proudly said I have stents you know”.

A loud groan came from the side of room  
“Cheer up you lot this isn't a tomb”  
Look at my bypass, a triple I had  
My new tattoo makes it not half bad”.

And sure enough around his chest  
Twined vines and leaves in the shape of a vest,  
“Cheer up dears, lets have tea and biccies  
Then I'm taking the wife to the piccies  
Then maybe I'll take her out to dinner  
I'm beginning to feel like a lottery winner.”

Send your own odes (not too long) to Trisha by email to [michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk) or post to 14 Brookside Road, Breadsall, Derby DE21 5LF. Each month one will be printed in the Newsletter and, if we receive enough entries, we might be able to print a booklet later this year.

### **A few one liners' to help your mood (exasperation).**

I stayed up all night to see where the sun went. Then it dawned on me.

How do you approach an angry Welsh cheese? Caerphilly.

I've started a business building yachts in my attic. Sails are going through the roof.



### **A challenge from DF!**

Take Heart, Take Heart is the rallying cry

We really haven't said "good-bye"

A magazine each month we all receive

Some jolly good laughs in the bits to relieve.

Now snowdrops, crocus and daffodils

Spring is on the way, so here's what to do

Look out of the window and what do you see

A garden just waiting for you and for me.

To enjoy our time, although apart

We hopefully will soon have another start

So, Take Heart fellow members, for if not soon

We will meet again in our meeting room.



### **A few more one liners' for your mood.**

I used to have a job at a calendar factory. I got the sack because I took a couple of days off.

What do you get hanging off banana trees? Sore arms.

What does a clock do when it's hungry? It goes back four seconds.



**Now where shall we start?** That is the question debated by your committee at a recent Zoom meeting. Everyone tells us they are anxious to get to a TH(D) event as soon as possible. We now have the Government guidelines to point the way ahead. However, none of the dates given are guaranteed. You can see the caveats at the beginning of this Newsletter. One comes to the fore and that is the Brazilian strain now found in England. It is too early to say how this will affect the position the country is in. We have to bear in mind that many of our members are under a “shield” notice, others are in that vulnerable age group and others have underlying health issues. Your committee will keep in mind the need to SAFELY re-open our programme. The earliest we anticipate starting is July, hopefully in time for the AGM. We need to do Two AGM’s this year to catch up with the one we missed last time around. Also, we await information of when the venues we use will be available to us. So, no firm date yet but more news in future editions. Stay tuned for next month’s Newsletter.



**All eyes were on the radiant bride as her father escorted her down the aisle. They reached the altar and the waiting groom. The bride kissed her father and placed something in his hand. The guests in the front pews responded with ripples of laughter. Even the priest smiled broadly. As her father gave her away in marriage, the bride gave him back his credit card.**



**It's that time of year again.** Thank you to all those of you who have paid your annual fee, due each January. January sees the start of our new subscription year and you are requested to send your donation to our treasurer. Minimum of £10.00 per household. Send a cheque payable to "Take Heart (Derby)" to M Staehr, 6 Keats Avenue, Littleover, Derby DE23 4ED. You can pay on line, go to [www.takeheartderby.co.uk](http://www.takeheartderby.co.uk) and select "Make a Donation" and follow the instructions. Many thanks.



**Asking the obvious!** *I found this timely because today I was in a shoe store that sells only shoes, nothing else. A young girl with a tattoo and green hair walked over to me and asked, "What brings you in today?" I looked at her and said, "I'm interested in buying a refrigerator." She didn't quite know how to respond, had that deer in the headlights look!!!.*



**A vaccine is on the way.** The vaccination roll-out is going very well and the categories have been widened.

- 1 - Residents in a care home for older adults and their carers
- 2 - All those aged 80 and over. Frontline health and social care workers
- 3 - All those aged 75 and over.
- 4 - All those aged 70 and over. Clinically extremely vulnerable individuals.
- 5 - All those aged 65 and over
- 6 - All individuals aged 16-64 with underlying health conditions which put them at higher risk of serious disease and mortality
- 7 - All those aged 60 and over
- 8 - All those aged 55 and over

If you have been missed from any of the categories above, please contact the NHS for an appointment at [Do you know your NHS number? - Book a coronavirus vaccination - NHS \(www.nhs.uk\)](#)

- 9 - All those aged 50 and over



### **Birthdays.**

Happy birthday this month go Sharon Antony, John Clark, Norah Evans, Pat Fitton, Allan Giles, Betty Gilligan, Eileen Hadfield, John Holmes, Eileen Hughes, Tony & Shelia Jackson, Ann King, Ann Laxton, Jean Lowe, Douglas Moseley, Avril Nolan, Gwen Plummer, Alan Rowlatt, Derek Skidmore, Paul & Karen Taylor, Susan Wearmouth, David White and Peter Wilson. We hope you all have a happy and memorable day. I receive lots of lovely comments about the birthday cards we send to you. They are made by a talented lady in the West Midlands and mailed by her colleague to arrive in time for your birthday. I forward comments made, so keep them coming and enjoy your birthday, albeit a little differently from how you imagined it would be this time around.



### **A few more (no groaning)**

Did you know that owls can't breed in the rain? It's too wet to woo.

I used to work in a shoe recycling shop. It was sole destroying. A woman told me she recognised me from the vegetarian club, but I'd never met herbivore.

What do you call a man with a seagull on his head? Cliff.

I was trying to explain puns to my kleptomaniac friend today, but she kept taking things literally.



### **Getting to your vaccine appointment.**

Derby Taxi firm, Albatross Cars are offering a 20% discount on your first booking. Just call 01332 345345. Download their Free App to get the 20% discount off your next booking at [App - Albatross Cars | Minibuses | Airport Transfers | Executive Cars](#)





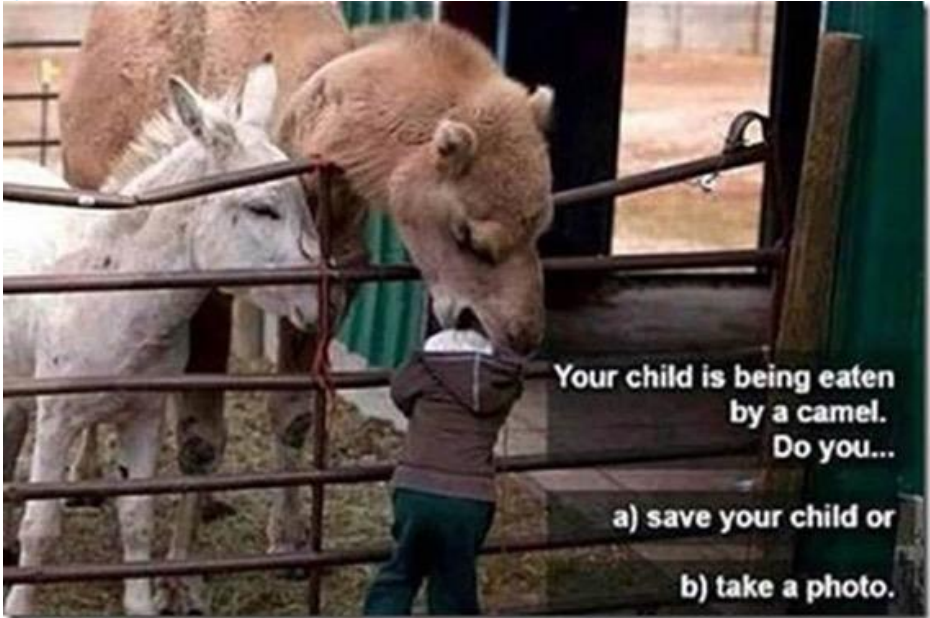
### **Watch out when buying on the internet.**

Since Brexit, some rules have changed about taxes etc when buying on the internet. Depending upon which country the product is being sent from, you may end up with a surprise request for additional payment when the “White Van Man” reaches your door. The cut-off point seems to be £135.00. Above this level VAT which was previously collected at checkout. Now it could be demanded by the courier delivery company!!!

Sometimes, you might be charged at checkout and when the courier arrives at your door, so keep invoices handy to prove you have paid. Customs duty could also be due and ranges from 0% to 2.5% of the purchase price. Couriers have also been adding “handling fees” and extra customers checks. Royal Mail add £8.00, DHL add 2.5% with a minimum £11.00. Mastercard is also imposing a five-fold increase when using a credit or debit card. So that “cheap” internet price might not be quite so cheap by the time white van man is on your doorstep. The UK Government are hopeful that these charges should “settle down” given time but there does not appear to be a date. Some traders have now stopped dealing with EU suppliers and may insist that EU companies register for VAT in the UK. In the meantime – check the terms and conditions to be sure what you have agreed to pay. Check the receipt shows clearly everything is displayed clearly. Take a bit more time about online transactions just to be on the safe side or visit your local stores when it is allowed.



**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 (Ashbiourne), Sahrley Park Leisure Centre (Clay Cross). Additional facilities are expected to open-up in the near future. Keep alert for options.



**Member news.** Sadly, I report the passing of Michelle Hart, receptionist of ward 408, RDH, where she had worked since 2007. Those of you who have spent time on the ward might remember her for her kindness and understanding and how she kept doctors and nurses in check if they erred. She succumbed to Covid 19 on 29 January. So respected, that the hospital held a minute's "clap" for her on 2 February. She will dearly be missed, her colleagues on ward 408 are starting fundraising to help with her son's education. Many of our members are simply fed up with seeing news reports of people ignoring the Stay At Home message and not socially distancing. On a positive note, Jean Jackson telephoned to add her thanks for the Newsletter she receives each month. She absolutely loves it (careful Jean – too much excitement).

Please keep Michael informed about your health issues.

In the meantime. **Stay at Home -Protect the NHS -Save Lives**



## What does this say about Men & Marriage?

- 1 There are 3 kinds of men in this world. Some remain single and make wonders happen. Some have girlfriends and see wonders happen. The rest get married and wonder what happened!
- 2 Bookseller conducting a market survey asked a woman – "Which book has helped you most in your life?" The woman replied, "My husband's cheque book!!"
- 3 A prospective husband in a book-store: "Do you have a book called 'Husband – the Master of the House?'" Sales girl: "Sir, fiction and comics are on the 1st floor!"
- 4 Someone asked an old man: "Even after 70 years, you still call your wife – darling, honey, luv. What's the secret?" Old man: "I forgot her name and I'm scared to ask her."
- 5 Pharmacist to customer: "Sir, please understand, to buy an anti-depression pill you need a proper prescription. Simply showing marriage certificate is not enough!
- 6 A man was granted two wishes by God. He asked for the best drink and the best woman ever. Next moment he got mineral water and Mother Teresa.
- 7 Wives are magicians. They can change anything into an argument.
- 8 Why do women live a Better, Longer and Peaceful Life, compared to men?  
A very INTELLIGENT student replied: "Because Women don't have a wife!"
- 9 Dear Mother-in-law, Don't teach me how to handle my children. I am living with one of yours and he needs a lot of improvement!
- 10 When a married man says, I WILL THINK ABOUT IT – what he really means is that he doesn't know his wife's opinion yet.
- 11 A lady says to her doctor: "My husband has a habit of talking in his sleep! What should I give him to cure it?" The doctor replies: "Give him an opportunity to speak when he's awake! "



## Olive & Sunblush Tomato Crusted Salmon with Roasted Vine Tomatoes

### For the crust:

75g fresh white breadcrumbs

25g stoned black olives

1 tbsp finely chopped parsley

4 boneless salmon fillets

finely grated zest of lemon

25g chopped sunblush tomato

2 tbsp olive oil

### Roasted tomatoes:

1 pack small tomato on the vine 1 tbsp olive oil

Freshly ground black pepper

1. Preheat the oven to fan 180. Line baking sheet with non-stick baking parchment, place the salmon fillets on it. 2. Mix together the breadcrumbs, lemon zest, olives, sunblush tomatoes and parsley. Add olive oil and stir well to moisten the breadcrumbs and combine the ingredients. 3. Spoon the mixture evenly over the salmon portions and press it down lightly to form a crust. Bake in the oven for 15-20 minutes until the salmon is cooked and the breadcrumbs lightly golden & crusty. 4. Meanwhile, place the vine tomatoes, still on the stalk, in a small roasting tin. Drizzle over the olive oil and give them a grinding of black pepper. Bake in the oven for 10-15 minutes along with the fish until just tender and softened. 5. Place a salmon portion on a warmed plate and top each one with a few tomatoes still on the vine.





**News from the BHF.** Hypertrophic cardiomyopathy (HCM) is a disease that causes the muscle wall of the heart to get thicker, making it harder for your heart to pump blood around the body. It's passed down through families. Professor John Goodwin, funded by the BHF, was an early pioneer in improving our understanding of HCM. His research advanced methods to treat and care for people with the condition. In 1960, one of his patients became the first in the world to be operated on for the condition. In the early 1980s, BHF Professor Michael Davies was one of the first scientists to carry out pioneering pathological studies in people who had died of HCM. He found specific traits which predisposed some to the fatal rhythm disturbance that HCM patients are prone to. BHF-funded researchers Bill McKenna and [Hugh Watkins](#) started looking for possible genetic causes of HCM in the 1980s. After a decade of painstaking research, McKenna and Watkins were among the first to find faulty genes underlying the condition. They found that genes linked to HCM affected proteins required for heart muscle cells to contract efficiently. Professor Watkins used these findings to set up the first genetic testing service for HCM in the UK. This research means families of someone known to have a faulty gene can find out if they also have it, allowing them to get help to prevent a sudden death. His initial trial, funded by us, found nearly 700 people with faulty genes. Professor Watkins said: "The consequences of failing to identify those at risk of HCM can be fatal. It's vital that immediate family members of those affected by HCM are referred for testing, and through this improved service and the support of the Miles Frost Fund we can help hundreds more families." The Miles Frost Fund has funded a national £1.5m genetic testing service. It was created in memory of the late Sir David Frost's eldest son, Miles, who tragically died from undiagnosed case of HCM. Money from this fund makes genetic testing for this condition more easily available on the NHS. It funds specialist cardiac genetic nurses, genetic counsellors and family history co-ordinators. Source: [Successes in hypertrophic cardiomyopathy research | BHF.](#)



## **Lockdown Humour**

I'm getting absolutely fed up with babysitting for my mother's grandchildren.



**A man goes to a shrink and says, "Doctor, my wife is unfaithful to me. Every evening, she goes to Larry's bar and picks up men. In fact, she sleeps with anybody who asks her! I'm going crazy. What do you think I should do?"**

**"Relax," says the Doctor, "take a deep breath and calm down. Now, tell me, exactly where is Larry's bar?"**



## **Ten gardening tips for March.**

Protect new spring shoots from slugs

Plant shallots, onion sets and early potatoes

Plant summer flowering bulbs

Lift and divide overgrown clumps of perennials.

Top dress containers with fresh compost.

Mow the lawn on dry days if needed

Hoe and mulch weeds to keep them under control early.

Start feeding fish and using the pond fountain, remove pond heaters.

Prune bush and climbing roses

Cut back Comus (dogweed) and salix (willow) grown for colourful winter stems



## A trip down Memory Lane

Back in the days of tanners and bobs,  
when Mothers had patience and Fathers had jobs.  
When football team families wore hand me down shoes,  
and T.V gave only two channels to chose.  
Back in the days of three penny bits,  
when schools employed nurses to search for your nits.  
When snowballs were harmless; ice slides were permitted  
and all of your jumpers were warm and hand knitted.  
Back in the days of hot ginger beers,  
when children remained so for more than six years.  
When children respected what older folks said,  
and pot was a thing you kept under your bed.  
Back in the days of Listen with Mother,  
when neighbours were friendly and talked to each other.  
When cars were so rare you could play in the street.  
when Doctors made house calls; Police walked the beat.  
Back in the days of Milligan's Goons,  
when butter was butter and songs all had tunes.  
It was dumplings for dinner and trifle for tea,  
and your annual break was a day by the sea.  
Back in the days of Dixon's Dock Green,  
Crackerjack pens and Lyons ice cream.  
When children could freely wear National Health glasses,  
and teachers all stood at the FRONT of their classes  
Back in the days of rocking and reeling,  
when mobiles were things that you hung from the ceiling.  
When woodwork and pottery got taught in schools,  
and everyone dreamed of a win on the pools.  
Back in the days when I was a lad,  
I can't help but smile for the fun that I had.  
Hopscotch and roller skates; snowballs to lob.  
back in the days of tanners and bobs.





### **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](mailto:michael.flude@takeheartderby.co.uk).or 14 Brookside Road, Breadsall, Derby DE21 5LF.

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