

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703

Newsletter March 2022



Our Programme of Events has resumed. (See p 15 & 16).



Membership renewals due now overdue. We value your membership and hope that you gain value from it, so please renew before the end of March. Minimum payment is **£10.00 per household** but you can pay more if you wish. There are several methods where you can pay.

- 1) By cheque, payable to **Take Heart (Derby)** and addressed to The Treasurer, 6 Keats Avenue, Littleover, Derby DE23 4ED.
- 2) By electronic bank transfer (BACS) directly into our account with: Co-operative Bank Sort Code: 08-92-99 Account Number: 67189278 Please ensure you add your last name and post code as the payment reference.
- 3) By cash or cheque at one of our Events.
- 4) At www.takeheartderby.co.uk and follow the “donation” instructions

You gift can be worth an additional 25% more if you are a UK taxpayer. As a charity we can apply for Gift Aid from HM Revenue & Customs. It does not cost you more than the amount you donate. This will enable you to continue receiving monthly Newsletters, birthday cards, subsidies for some events during the year and to allow us to make charitable purchases for cardiac departments at UHDB. Thank you for your continued support especially during the last two years of the coronavirus pandemic.



Another donation of equipment to ward 408 RDH.



Pictured, is our latest purchase in support of heart patients at University Hospital of Deby & Burton NHS Foundation Trust. A manual blood pressure monitor is being tested on Nurse Joy Cerezo. Supervising are HCA Sunah Khan, Housekeeper Bev McDonald and Staff Nurse Emmie Cousins. This instrument is needed for patients who have very low blood pressure, which the usual equipment does not show accurately. Senior Sister Marie Jackson said, “Thanks again to Take Heart (Derby) and their members for buying equipment to help us look after our patients. We are always grateful for their continued support”. Michael Flude added, “This is part of what YOU, our members, do by being a member of our group – many thanks for your ongoing support.”



A light-hearted comment about petrol?



*'We really wanted a
drive-thru burger and
chips, but we couldn't
afford the petrol'*



A personal message from your Chairman. How the pandemic progresses is now down to us. For the past two years we have worn masks, socially distanced from others, washed our hands more frequently than we may have done all our life and isolated from time to time. The point is, we are still here to tell the tale. Could it be that continuing some of these disciplines will allow us a longer life and free of this deadly disease? It is up to all of us to help one another. Do not be embarrassed or cajoled by others. Do what you feel is right for you and those you love. Keep safe.



Vaccination centres (updated 20 March 2022).

(walk-in, book online or call 119).

B J Wilson Pharmacy, Sinfin District Centre, Derby DE24 3ND

Ikhalas Education Centre, Clarence Road, Derby DE23 6LS

Midland House, Nelson Street, Derby DE1 2SA

[Walk-in coronavirus \(COVID-19\) vaccination sites near Derby - Find a walk-in coronavirus \(COVID-19\) vaccination site \(www.nhs.uk\)](http://www.nhs.uk)

To stay safe:

- get vaccinated
- handwash regularly
- download the NHS COVID-19 app (in England and Wales),
- open windows if meeting indoors
- wear a face covering in crowded indoor settings
- stay home if unwell



Future medication to combat Coronavirus.

The NHS is offering new antibody and antiviral treatments to people with coronavirus (COVID-19) who are at highest risk of becoming seriously ill. The treatments available are: nirmatrelvir and ritonavir (Paxlovid), [sotrovimab \(Xevudy\)](#), remdesivir (Veklury), [molnupiravir \(Lagevrio\)](#). Nirmatrelvir, ritonavir, remdesivir and molnupiravir are antiviral medicines. Sotrovimab is a biological medicine. It is also known as a neutralising monoclonal antibody (nMAb). These treatments can help some people manage their COVID-19 symptoms and reduce the risk of becoming seriously ill. They are for people who have not been admitted to hospital. You're eligible for COVID-19 treatments if all of the following apply: you're aged 12 or over, you're at highest risk of getting seriously ill from COVID-19, you have symptoms of COVID-19, you have tested positive for COVID-19. Source:- [Treatments for coronavirus \(COVID-19\) - NHS \(www.nhs.uk\)](http://www.nhs.uk)



A statements of the obvious.



Member news. Several members have been struggling recently. Marilyn Thompson has spent two stays at RDH but is improving. Husband Neil has received a valve replacement at Glenfield and is also recuperating at home. Maggie Adams has a new knee (and has endured a mild dose of Omicron) but is getting around with only one stick already. She hopes to be back with the singers as soon as she is allowed to drive. Ian King has been in and out of RDH many times with many different illnesses. On his most recent return he suffered a stroke on the second day. Our thoughts and prayers go to him, Anne and their family.



We only bring you unbelievable observations!

Bridges help people cross rivers

By MICHELLE DeRAVEN

Have you ever considered what Rockford would be like without bridges across the Rock River? How would we get from east to west? Ferries might be an answer, but not a very practical one.

Bridges have helped mankind traverse waterways, creeks and the like for hundreds and even thousands of years. And, throughout that time, bridges have evolved from a simple fallen log across a narrow creek to highly complex roadways spanning miles of shallow waterways, such as the 24-mile-long Lake Pontchartrain Causeway near New Orleans, La.

To Do:

The next time your family visits Discovery Center Museum, try to find the two different arch bridges and one suspension bridge in Rock River Discovery Park. If you want to learn how engineers build bridges and buildings, you might want to participate in our upcoming Exploring Architecture Camp, from 9 a.m. to noon Wednesdays, July 29, through Friday, July 31. Open to children ages 8 to 11, the camp will explore engineering and architecture with blocks, water/pique tables. Call Discovery Center Museum at 963-6700 for admission fees and registration information.

To build your own bridge or building at home, you will need:

- Pretzel sticks
- Gum drops

By poking the pretzel sticks in to the gum drops, you can connect them together to create your own structure. How high can you make a tower reach? How long of a span can you get to a bridge?



So what happened to social distancing back then

Irish Craic and Humour

What did our parents do when they were bored with no Internet?

Irish Craic and Humour

I asked my 18 brothers and sisters, and they didn't know either.

irishcraicandhumour.com



News from BHF. 3D printing of a heart is real and here NOW!

Today, 3D printing a heart to help lifesaving surgery is no longer science fiction

Shortly after a 24-week scan, Mariana and Tiberius were told their unborn son had a serious heart defect.

When he was born 16 weeks later, another complication was discovered meaning that at just three days old, Lucas underwent six hours of open heart surgery. 10 months later he was back on an operating table for more major surgery.

But this time, BHF-funded researchers were able to create a 3D printed model of Lucas's heart. This was used by surgeons to help plan the most effective way to carry out his life saving surgery.

As Mariana explains, the availability of this technology helped create the best chance of success:

“We had no idea before we had Lucas that this technology even existed. We are convinced our son is alive today thanks to the BHF funding Dr Capelli's research. It was the surgeon who performed a miracle and saved Lucas's life - but he had great help because he was able to see exactly how his heart looked before he operated.”

Every day, around 13 babies in the UK are diagnosed with a congenital heart defect, a heart problem that develops in the womb, before a baby is even born.

Before the BHF were founded in 1961, there was little hope for babies born with these conditions. Most children diagnosed with severe heart disease in the UK died before reaching their first birthday.

But thanks to the power of research - from pioneering surgical procedures to repair congenital heart conditions, to new innovations like 3D printing – more than 8 out of 10 babies like Lucas now survive. With your support, we can make these odds even better.

Lucas is living proof that funding research saves lives.

The science behind the story

Just like fingerprints, no two heart defects are exactly the same, and no two heart defects can be repaired in exactly the same way. That's why 3D printing technology is such a game changer for little hearts in need.

BHF-funded researcher, Dr Claudio Capelli, has been working with a team of researchers at University College London and Great Ormond Street Hospital to create 3D replicas of the tiny hearts of children with congenital heart disease - including the model made of Lucas's heart. This technology is particularly valuable for young children because their hearts are so small and complex. It allows doctors to plan with total precision and can even reduce the length of intense surgeries.

In Lucas's case, the surgery took four hours instead of the expected seven hours.

Source: [Meet Lucas | This is science | British Heart Foundation \(bhf.org.uk\)](#)



A few one liners from the Edinburgh Fringe

- "I've given up asking rhetorical questions. What's the point?" Alexei Sayle
- "I'm looking for the girl next door type. I'm just gonna keep moving house till I find her" Lew Fitz
- "I like to imagine the guy who invented the umbrella was going to call it the 'brella'. But he hesitated" Andy Field
- "Combine Harvesters. And you'll have a really big restaurant" Mark Simmons
- "I'm rubbish with names. It's not my fault, it's a condition. There's a name for it..." Jimeoin
- "I have two boys, 5 and 6. We're no good at naming things in our house" Ed Byrne
- Whenever someone says, 'I don't believe in coincidences.' I say, 'Oh my God, me neither!'" Alasdair Beckett-King

- “A friend tricked me into going to Wimbledon by telling me it was a men’s singles event” Angela Barnes
- “As a vegan, I think people who sell meat are disgusting; but apparently people who sell fruit and veg are grocer” Adele Cliff
- “For me dying is a lot like going camping. I don’t want to do it” Phil Wang
- “I wonder how many chameleons snuck onto the Ark” Adam Hess
- “I went to a Pretenders gig. It was a tribute act” Tim Vine
- “Why is it old people say ‘there’s no place like home’, yet when you put them in one ...” Stuart Mitchell



March Speaker.

March’s speaker was Eddie Baldwin who is the Managing Director of the Midland Canal Centre Ltd which he runs with his two sons and is based at the Stenson Marina, Barrow on Trent. His company builds, repairs and refits narrow boats. He told us that a canal is a human made waterway that allows boats and ships to pass from one body of water to



another. In the mid-18th century, the 3rd Duke of Bridgewater built the Bridgewater canal. Its purpose was to transport coal from his mines to the industrialising city of Manchester. He commissioned the engineer James Brindley to

build the canal, the design included an aqueduct carrying the canal over the river Irwell. Eddie told us that when he was a boy, he used to visit his grandmother in Newbury and would go down to the canal near where she lived, he said that this is where his love of canals started. He told us that the early boats were made of wood and built as open barges. He said that it used to take weeks for coal to get to the factories but when the barges were built and could carry 20 to 30 tons of coal at a time the price of coal dropped overnight. Eddie said that 50 to 60 years after the canals the railways started, and you then found that the families who ran the boats started to live on them. As the living accommodation on the boat was only 9ft by 7ft it would be very cramped space for the family to live in. Back in the 19th century it was estimated that around 18,000 families were working and living on canal boats. In those days, a boatman might not be able to read or write but he would be able to tell you every detail of his boat, as well as the canal. He said that it went from horses pulling the boats to steam but this needed so much coal to keep them going so when the diesel engine came along it transformed everything. There were school boats where families who lived on the boats would send their children. We were told that in 1962 the government set up the British Waterways Board, but this was disbanded some years ago and is now the Canal River Trust. Eddie finished by telling us that it takes 110 thousand gallons of water each time a boat goes through the lock at Stenson. An interesting talk enjoyed by 21 members at a busy St Mary's Church Hall, but there is still plenty of room for YOU!



Could you help, please.

Help required at our Singing for Fun sessions on Fridays. If you know the recipe for making tea and coffee, you could be entertained by our singers between 10.45 and 11.30 on Friday mornings. Please contact Trisha Flude on 01332 380219



Jam Jar Challenge

How much have you saved during the past two years of lockdown? Many of us have not used cash until quite recently. We should not forget we used to save change when returning home and donate it to the British Heart Foundation. We re-instate this project and will bring our jars to the coffee morning on 31st May at the Cube café/bar from 1030. Bring in cheques made payable to Take Heart (Derby) if you haven't been saving regularly. Thank you all for your support



**At our age, we can hide
our own Easter Eggs,
wait half an hour, and
have no clue where we
left them.**



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)
Cut back *Cornus* (dogwood) and *Salix* (willow) grown for colourful winter stems
Weeds come back into growth - deal with them promptly
Start feeding fish and using the pond fountain; remove heaters
Open the greenhouse or conservatory doors and vents on warm days. Source: [Monthly gardening tips & advice - jobs to do in March / RHS Gardening](#)



Coffee at the Cube.



Eighteen members shared coffee/tea with others at the end of February. It was our first coffee morning for many months thanks to the on/off nature

of various lockdowns. Thus, it made for a very interesting time to catch up – face to face – with friends we had not seen for a long time. It is anticipated that more members will attend at the end of March (Tuesday 29th to be exact). See you there.



Spring luncheon.

Our Spring luncheon will take place at The Kedleston Country House (near Kedleston Golf Club) on 22 April. Details are on page 17 & 18 or on a separate sheet. Replies by 11 April please to Margaret Storry, 86 The Hollow, Littleover, Derby DE23 8GL.



Birthdays.

Happy birthday this month go to Sharon Anthony, David Ball, Richard Billinge, John Clarke, Nora Evans, Pat Fitton (pictured on her 90th), Allan Giles, Betty Gilligan, Eileen Hadfield, John Holmes, Eileen Hughes, Tony & Shelia Jackson, Ann King, Ann Laxton, Jean Lowe, Avril Nolan, Gwen Plummer, Alan Rowlatt, Derek Skidmore, Pau & Karen Taylor, John Tipper, Susan Wearmouth, David White and Peter Wilson. 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.





Thanks a bunch. After nineteen years of “speaker finding” and gaining publicity for Take Heart (Derby), Marilyn Thompson resigned from this role but not from Take Heart (Derby). Marilyn and her husband Neal, joined TH(D) in 2003 and immediately undertook the role and remained a committee member for many,



many years. Indeed, her finest role was to recruit Michael Flude to become Chairma n, so blame her – not Michael



Important note:- Walk planned for 30th April will take place on Saturday 9th April. Make a note, please.



March.

Wednesday 23rd

Swimming at Queen’s Leisure Centre at 12.00 noon
Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

Friday 25th Singing for Fun at 10.00AM.

Tuesday 29th Coffee morning at The Cube café/bar from 10.30 AM.

Wednesday 30th Swimming at Queen's Leisure Centre at 12.00 noon
Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

April.

Friday 1st Singing for Fun at 10.00AM in St John's Methodist Church Hall.

Wednesday 6th Swimming at Queen's Leisure Centre at 12.00 noon
Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

Friday 8th Singing for Fun at 10.00AM in St John's Methodist Church Hall.

Saturday 9th Walking back to health - 🐢 Historic Dale Abbey walk. Meet at the Carpenters Arms, Moor Lane, Dale Abbey, Ilkeston DE7 4PP to walk at 10.00AM.

Monday 11th "How I met an English girl" is the topic for Syam Mitra, who has written his story for the world to see. An interesting mix of cultures.

Wednesday 13th Swimming at Queen's Leisure Centre at 12.00 noon
Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

Friday 16th Singing for Fun CANCELLED (Good Friday).

Wednesday 20th Swimming at Queen's Leisure Centre at 12.00 noon
Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

- Friday 22nd Singing for Fun at 10.00AM CANCELLED
St George's Day. Formal Spring lunch at
Kedleston Country House. Please book in
advance see page 17 & 18 or separate
sheet.
- Tuesday 26th Coffee morning at The Cube café/bar from
10.30 AM.
- Wednesday 27th Swimming at Queen's Leisure Centre at
12.00 noon
Tai Chi at 4.00 to 5.00PM in St. Nicholas
Church Hall.
- Friday 29th Singing for Fun at 10.00AM in St John's
Methodist 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 & 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

**Spring Luncheon at Kedleston Country House,
Kedleston Road, Quarndon, Derbyshire, DE22 5JD
22 April 2022 at 12 noon for 12.30**

Starters

- Homemade seasonal **soup** + homemade bread
 - Crispy shredded Beef **Salad**
- Smoked **Salmon** served with pickled cucumber, lemon, blackpepper & dark rye bread

Main - all served with seasonal vegetables

- Duo of **Pork** (rack & belly) served with pork jus, shallot & port wine jam
 - Stuffed rack of **lamb** with redcurrant & mint jus
- Pan Roasted **Scallops** with aligal potato, tomato, red pepper & red wine sauce
- Breaded **cod** sitting on a bed of aged chorizo, mixed tomatoes, olives & sherry.
- **Quinoa** Cake with cherry tomato, chickpea rolish, crumbled goats cheese & balsamic glaze
- Moroccan roasted **vegetables** complete with labneh and couscous

Dessert

- Chocolate & red wine **cake**
- Trio of chocolate **mousse**
 - Sticky **toffee** pudding

Normal price £25.95 (including gratuity)
Take Heart (Derby) members pay £20.00
Cheques payable to Take Heart (Derby).

Book meals via Margaret Storry, 86 The Hollow,
Littleover, Derby DE23 6GL. 01332 766916
by 11 April 2022

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert

Name Starter

Main Desert