

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter May 2019



Spring Lunch at Mickleover Golf Club



A splendid meal and great company were the feature of yet another very successful formal lunch. Thirty-nine members assembled in the private function room at Mickleover Golf Club, where we enjoyed a three--course lunch, plus tea/coffee. The food surpassed its previous standard, with nearly everyone adding great comments during the lunchtime. A raffle raised £80.00, with the catering staff drawing the tickets for complete impartiality. Thanks, were offered to Margaret Storry, who organised the event and even place names reminded us of our menu choices (which most of us usually forget). Thanks also to Pam Fearn for organising the raffle. Michael also thanked the members for their continued support in attending these functions. It was a pleasure to see so many here again, including recently joined members. Michael also reminded everyone about our summer cream tea event (see page 4 of this Newsletter).



Love this Japanese Doctor! Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride!!"



Statins. Take Heart (Derby) were approached recently by Rob Sissons of BBC East Midlands TV. The subject was statins, with the possibility of a programme in the making. This has not gone ahead but I emailed those members who registered their email address with us. I asked a series of questions and the results are printed below.

Membership responding =	26%
Taking statins - No =	11%
Taking statins - Yes =	89%
Length of time on statins =	4 - 22 years
Average length of time on statins =	8.5 years
Side effects - No =	40%
Side effects - Yes =	60%
Decision made with GP =	74%
Decision taken with consultant =	26%

The interesting comments made by those who experienced problems (58%) were uncertain whether these were age related or side effects of the statin.

Those not on statins made their decision with their GP not to (92%) take medication. The subject of statins never seems to go away. The medical profession appear to want all people over the age of 50 years to take statins, not necessarily because of cholesterol but because of the risk factors in not taking them. A angina management course, based on Chesterfield suggests that statins offer stability for those with angina, by "coating" fatty deposits in our blood vessels with a "crust" which prevents the possibility of a breakdown and thereby a blood clot forming. You should all be aware of this and discuss the situation with your GP.



Come to the Light. A man goes into a dentist's surgery. Man: "Excuse me, can you help me? I think I'm a moth." Dentist: "You don't need a dentist. You need a psychiatrist." Man: "Yes, I know." Dentist: "So, why did you come in here?" Man: "The light was on."



What's the recipe today, Jim? Lemony Roast Chicken – serves 2 calories 410

2 tsp extra virgin olive oil. 4 small chicken thighs Juice of ½ lemon

1 medium red onion, cut into thin wedges


1 medium red pepper deseeded & cut into 3cm chunks


1 medium yellow pepper deseeded and cut into 3cm chunks

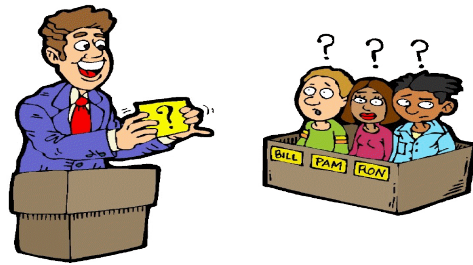
1 medium courgette halved lengthways, cut into 2cm chunks


2 vines of cherry tomatoes (each roughly 7 tomatoes)


Preheat oven to 200c/gas 6. Brush baking tray with a small amount of oil, place chicken thighs, skin-side up, onto it. Season with salt & pepper. Roast for 10 minutes. Put onion, peppers and courgette into bowl and toss with remaining oil, season with pepper. Take the tray out of the oven and scatter vegetables around the chicken. Roast for 20 minutes. Take the tray out again and add the tomatoes. Squeeze lemon juice over the chicken and vegetables and roast for a further 10-15 minutes or until the vegetables are tender and chicken is cooked. Serve with the lemony cooking juices spooned over the chicken and veg. Telephone Michael before cooking commences.

 **Birthdays.** Happy birthday this month go to Sybil Allt, Irene Bown, Gill Campbell, Graham Colder, Margaret Creswell, Margaret Evans, Dorothy Fisher, Emma Flude, Janet Holmes, Robert Jones, Olwyn Mills, Mark Oliver, Michael O'Regan, Michael Payne, Win Purkiss, Rachel Robinson, Jean Sykes, Robert Turner, Maggie Wallis, Alison Wheatley and Christopher Whewell. We hope you all have a happy and memorable day.

 **Take Heart (Derby) Quiz night!!!** We have received modest interest about holding a quiz night. The favoured venue is in a pub but there is also expressions about a private hall. What do you think? We know there are many quizzers amongst our members. Would you be interested in a TH(D) quiz 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).

 **Paraprosdokians** - figures of speech where the latter part of a sentence or phrase is surprising and is frequently humorous. (Winston Churchill loved them).

9. I didn't say it was your fault, I said I was blaming you.
10. In filling out an application, where it says, "In case of an emergency, notify..." I answered "a doctor."
11. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
12. You do not need a parachute to skydive. You only need a parachute to skydive more than once.
13. I used to be indecisive, but now I'm not so sure.
14. To be sure of hitting the target, shoot first and call whatever you hit to be the target.
15. Going to church doesn't make you a Christian, any more than standing in a garage makes you a car.
16. You're never too old to learn something stupid.
17. I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

Sadly this is true!!! Spread the Laughter, Share the Cheer, Let's be Happy, while we're here!



Jam Jar Challenge. Our coffee morning at The Cube café/bar on 28th May will see us donate £384.00 to the British Heart Foundation. We anticipate Paula Scaife, Regional Fundraiser will be in attendance to receive our cheque. Thank you to all those of you who contributed, and it would be especially great if you were able to attend on the day. **Please wear something red** if you can attend. See you at 10.30 AM



Singing for Fun. There has been more publicity recently about the beneficial effects that singing brings – both to the singer and those listening to it. The British Voice Association have recently published findings from a series of studies which confirms “singing makes you feel good, improves health, confidence, self-perception and brain development.” With all this in mind, you are all invited to attend our singing sessions on Friday each week between 10.00 and 12.00 at St John’s Methodist Church Hall, Birchover Way, Allestree, Derby DE22 2QL. There is free parking and the Allestree Red & Blue bus service stops right outside the hall. You don’t have to sing but you can listen, have a cuppa and a chat with us at around 10.50.



Take Heart Singers. The singers have a number of forthcoming events planned which are as follows: **21 May** – Evangelical Church, Allestree, **4 June** – Fraser Hall, Leylans, **17 June** - St Peters Church Hall, High Street, Chellaston, **21 June** – Holy Family Church, Allestree. **24 June** – Fraser Hall, Leylands and **15 July** - St Peters Church Hall, High Street, Chellaston. The singers are a busy group who wave the flag for Take Heart (Derby)



April coffee morning. On a quite fresh morning, thirty-three members attended our coffee morning. We saw a few who had not been in recent months, there were those who had returned from extended breaks and others planning a getaway. One member said, “It’s only money. You can’t take it with you (on your final journey) so go out and enjoy life”. A refreshing comment and advice to us all. Margaret was adding names to the Cream Tea list. Reminder – our next coffee morning we will be donating our Jam Jar cash to the BHF.





Love this Japanese Doctor! For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies. 1. The Japanese eat very little fat and suffer fewer heart attacks than Brits. 2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Brits. 3. The Chinese drink very little red wine and suffer fewer heart attacks than Brits. 4. The Italians drink a lot of red wine and suffer fewer heart attacks than Brits. 5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than Brits. **CONCLUSION: Eat and drink what you like. Speaking English is apparently what kills you.**



Cream Tea. Our summer event is now booking. Once again, we return to the Royal Crown Derby Tea rooms for our afternoon "Cream Tea" event. This will take place on Tuesday 11th June commencing at 2.30 PM. Normal price at the tea rooms is £4.95 but TH(D) members pay £2.50 (non-members pay £4.50). Booking is required via Margaret Storry on 01332 766916. This event is always very popular and early booking is recommended. Bring a friend or family member if you like.





Maybe it's true. It's the latest home office safety. When your computer crashes, an air bag is activated so you won't bang your head in frustration. (Editors note: if it isn't true why not?)




Our speaker this month. Our speaker this month was one of our members, Robert Jones, telling us of the funny things that happened to him on his way around the world selling tableware. He told us that one of his grandmothers belonged to the Aynsley china family business and his grandfather Jones owned A. B. Jones and Sons Ltd which made Grafton china. He went on to tell us about when his grandfather had a display of the china from their family factory at an industrial fair and how Queen Mary had placed an order with them which allowed them to call themselves Royal Grafton. He then showed us a frame in which was the actual cheque signed by Queen Mary for the grand sum of one pound six shillings and nine pence. We were shown photographs of some of the china that was made at Roberts family company. He told us that after leaving boarding school he went into the family business. When his father retired Robert said that he was not interested in taking over the business so it was sold. He went on to say that in 1968 he went over to France to learn the language as he felt this would help him with job prospects, and during this time there was a student revolution, which he assured us he didn't start. On returning to England he went for an interview with the company that eventually bought Royal Dalton. On gaining a position with them he was sent to Germany to learn the language. Robert went on to tell us that one of the first jobs he was given as the marketing director of this company was to pick up a man from Birmingham airport. He said that he realised that the airport authority seemed interested in the man as he was walking very strangely, they found the reason for this was that he had a kettle tied on a piece of string dangling between his legs under his coat that he was hoping to get repaired over here. After nine months the company sent him to live in Brussels and he started to sell different earthenware and china from Scandinavia down to Italy. We were then shown photographs of the lovely things that he sold. He said he was even allowed to take his wife on his trip to Scandinavia but was told not to spend more than if he were on his own, which meant that they didn't stay in any of the wonderful hotels that were there. He made members laugh when

he told them about talking to a man in Helsinki who told him that he had a machine that put double gussets in ladies' tights. We were told that around northern France all the china would be of pastel patterns but getting towards the Mediterranean the colours would be stronger as they fade in the sun. He said that he attended trade fairs in Birmingham, Frankfurt, Paris, Milan and New York. He went on to tell us that in Papua New Guinea he had ordered a taxi to take him to Port Moresby but what arrived was a pickup truck. On the way they were stopped by men carrying machetes, with him fearing for his life, but what happened next was even stranger as they all jumped into the back of the pickup truck slapped him on the back and sat down for the ride to Port Moresby. All they wanted was a free ride. We were told that in Papua New Guinea there are far more than 830 different languages but pigeon English is one of the official ones. Our journey ended here and we will wait for the next instalment that takes us round the other half of the world. Robert ended his talk by showing us the suitcase that had travelled all over the world with him, it was the one he had used when he was sent to boarding school, still going strong.

 **Our next meeting.** Well surprise!!! There isn't one. Instead it is the cream tea on Tuesday 11th June. It takes place at Royal Crown Derby, Osmaston Road, Derby DE23 7JZ from 2.30 PM. (booking is required see **Cream Tea** above on page 5).

 **AGM.** Make a note of the date: 8th July at The Friends Meeting House. There will be a report about the past twelve months and various resolutions including – 1. Adopting the minutes of AGM 2018. 2. Adopting the accounts 2018/19. 3. To re-elect Margaret Storry, Pam Fearn and Robert Jones to the committee for two years. Important notice: do you wish to join our committee? If so contact Michael for a chat.

 **Ashbourne Sponsored swim.** A report from John Dean “*The Ashbourne BHF Fundraising Group of the BHF organised a sponsored swim event in November 2018 and the final figure is an incredible £6,936.12. A total of 112 children took part from schools across the area. The children, aged 5-12, were challenged to swim up to 50 lengths of the pool and mum and dad were allowed to get in and swim alongside them for encouragement. Ashbourne Primary school raised £3,587.43 in total and they were awarded with a winner's shield for their efforts. The highest fundraiser overall was a young man called Oreoluwa Odeniyi who raised £482.63 (pictured 2nd from the left). The FitzHerbert CofE (VA) Primary School (2nd) and Burbage Primary School (3rd) were also presented with commemorative shields.*” A brilliant result, TH(D) send their best wishes and congratulations to all who took part and to those who contributed so much.





Member news. Michael Brinkworth is to have a hip replacement shortly, Per Staehr is receiving treatment at home. There have been reports by many that hay fever is causing a few problems this year. One person says he has suffered this year for the first time in his life. Keep taking the pills everyone. We wish all those who are feeling below par, a relief from all your sufferings.



News from the BHF Scientists in Leeds are to study the structure of blood clots, to help improve the treatment and prevention of heart attacks. We awarded Professor Robert Ariens and his team at the University of Leeds £1.3m to study the role that a protein called fibrin plays in creating the deadly clots. Blood clots within the coronary artery can stop the flow of blood to the heart muscle causing a heart attack. Each year in the UK there are almost 200,000 hospital visits due to a heart attack. Although survival rates have improved since we started funding research into new treatments, 180 people die from heart attacks in the UK each day. Previous research has shown that fibrin fibres play a crucial role in the structure of blood clots, 'knitting' the cells within them together, and forming a thin, protective, surface layer called a biofilm. Interfering with the way fibrin works is seen as a promising way to prevent dangerous blood clots forming. Taking a closer look at fibrin. In this project, Professor Ariens will use state-of-the-art microscopy to study fibrin in the surface layer of clots in intricate detail. The team hopes to reveal how different fibrin structures affect the strength of clots in mice, and subsequently in patients. Prof Ariens said: "We know that there are different kinds of blood clots, and we have observed in mice that where a fibrin biofilm is present, blood clots are more likely to restrict the movement of red blood cells – the important cells that carry oxygen to vital organs. With this research we hope to show how it may be possible to use medication to remove or disable the fibrin, consequently reducing the risk of patients suffering a heart attack." Hopes for future treatments. Our Senior Research Advisor Abigail Woodfin explains how more knowledge about blood clots could help patients: "Blood clots are responsible for causing serious and debilitating conditions like heart attack and stroke. This research at the University of Leeds will contribute to a much greater understanding of the structure of these deadly blood clots, and could pave the way for better, more effective preventative treatments." Source:

https://www.bhf.org.uk/what-we-do/news-from-the-bhf/news-archive/2019/april/leeds-researchers-awarded-new-grant-to-study-the-structure-of-deadly-blood-clots?utm_campaign=932299_Public%20facing%20research%20newsletter_April_2019&utm_medium=email&utm_source=British%20Heart%20Foundation%20%28BHF%29%20&mi_u=8-13769227



Forthcoming events



May.

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|----------------------------|---|
| Tuesday 28 th | Coffee morning at The Cube café/bar. To present a cheque to BHF from our Jam Jar Challenge. Please wear RED. |
| Wednesday 29 th | 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 31 st | Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL |

 **June.**

Wednesday 5 th	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 7 th	Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
Tuesday 11 th	Summer Cream Tea at Royal Crown Derby, Osmaston Road, Derby DE23 7JZ from 2.30 PM. (booking is required).
Wednesday 12 th	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 14 th	Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
Tuesday 18 th DE5 8PH.	Lunch at Denby Lodge, Church Street, Denby Village, Ripley
Wednesday 19 th	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 21 st	Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
Tuesday 25 th	Coffee morning at The Cube café/bar.
Wednesday 26 th	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 28 th	Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
Saturday 29 th	Walking back to health - 🐢 - Curbar Edge – dramatic stroll along the gritstone edge with fabulous views across the valley. Meet in the car park outside Curbar Primary School, S32 3XA. This is a bit of a drive from Derby but the views are worth it.

 **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 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