

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter May 2020



Coronavirus update – 13 May 2020

The Prime Minister has set out some relaxations to the lockdown. Hoorah I hear many shout but hold on – what does it actually mean for most of us?

The changes from today are:

The ban on sunbathing in parks, country walks and family picnics and “once-a-day” exercise” has been lifted.

Golf, tennis and fishing are now allowed provided social distancing is followed.

The Stay at Home slogan has been scrapped and replaced by

“Stay Alert – Control the Virus – Save Lives”.

Wear face coverings in enclosed spaces where social distancing is not possible, such as public transport, shops etc. Best advice is to avoid public transport and travel by private car.

Meetings with family members are to be outside, in the open rather than in each-others homes. Difficult when your natural inclination is to hug your family (that’s probably why that restriction is still in place).

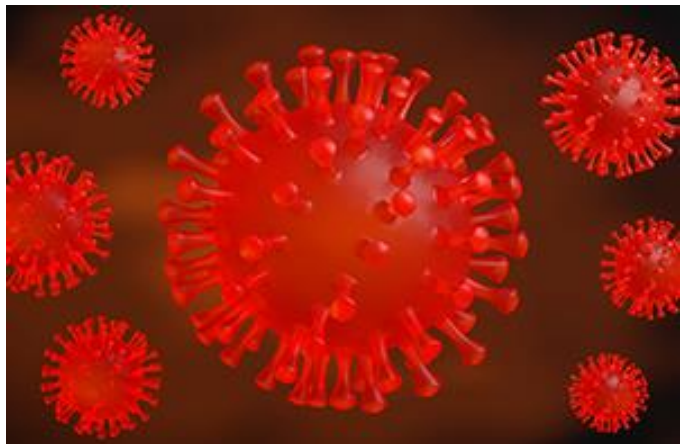
Meet with **ONE** friend but only in the open and be 2 metres apart.

THE GOLDEN RULE OF SOCIAL DISTANCING IS STILL AT THE HEART OF THE ‘STAY SAFE’ MESSAGE. KEEP 2 METERS (6 FEET 6 INCHES) BETWEEN THOSE YOU MEET WHO ARE NOT FROM YOUR OWN HOUSEHOLD. Penalties for breaking this rule have increased to £100.

Go to work if you cannot do your job from home, not particularly relevant to most of us.

Cleaners are now allowed to return to homes but must be clear of any infection (not sure how you check this aspect) and social distancing must be followed – better to be in another room.

HOWEVER, those on a “**Shield**” notice, means you are still most at risk and so cleaners and other tradespersons (except emergency plumbers/electricians) are not allowed, sorry. You are still required to stay at home for the full 12 weeks from the date of your letter. For most, that means the end of June. A “Shield” notice really means that nothing has changed. Better safe than sorry and reject all tempting invitation requests for family visits except for those in your garden with social distancing.





Things to do and stay in touch with family and friends.

There are apps on a smart phone which allow free calls/video calls such as: Houseparty. Zoom. Whats App. Messenger. Skype. Instagram, Facetime and others. Simply open Google and type in any of the above names, select download and once installed, of you go. When talking to the person you called, often there is a "+" sign on the screen where you can add someone else into your call. It takes a bit of practice but it is fun. You can get to see your grandchildren (they are more tech savvy than us, one of whom helped Trisha & I into a "houseparty" video call and she is only 8 years old). Have fun and stay connected. Phone, email or videocall Michael & Trisha to try it out!!! 07852 696930 or 07957 557802. We have been made aware that hackers are interrupting chats on Zoom and showing some distasteful images, so beware. You could even try to write a letter!!! Can you remember how to do it, if so write to Michael at 14 Brookside Road, Breadsall, Derby DE21 5LF.



Lockdown

Introvert View:

Finally, introverts experience a world that is suited for us. All events cancelled, we don't even have to go through the trouble of flaking out. No one is making random small talk or physical contact. Everybody minding their business.

Extrovert view:

Once this is all over with, I'm hugging everybody. Get ready for long, awkward hugs. I'm gonna make it weird.

Thought for the Day

Introverts, check in on your extrovert friends. They have no idea how this works.



Member news: Some of you will already know, but I have been notified of two members who have passed away this month. Mary Walsh and Peter Statham. Our thoughts and prayers go to their family and friends at this sad time. Attending funerals is not an option for most of us. The rules allow only very close family members and even they are not supposed to hug each other to offer comfort. I believe plans will be made to celebrate their lives at a later date. As far as I am aware, everyone else is doing as well as they were before the lockdown started. During the lockdown we have tried to keep members up-to-date with information relevant to us all. For those on email, that has been reasonably straight forward. For those not on email it has been a little more difficult. We have therefore implemented telephone calls to people not on email or those we don't see very often. Those we have spoken to have found the contact very much appreciated. All calls have been welcomed, a sound of surprise and joy at being remembered, including Win Purkiss who celebrated her 90th birthday this month. Our birthday celebrations this year have been very different to how we might have been planning. We'll have to do it all when we are 'released' and it is safe to engage with others. It has been a pleasure to hear the response and so it will continue. All those we have spoken to are doing quite well, which is a relief. Most have family who are fetching food and medical supplies and leaving them in the porch or outside the back door. Some have neighbours who are helping. On behalf of TH(D), I wish to thank you all for looking out for our members. We are unable to do very much as we are under the "stay at home" instructions. If you have not received a call from us, then sorry but there are 239 of you so it will take some time. In the meantime - **Stay at home, save the NHS and save lives.** Please keep Michael informed about your health issues.



The Banking Crisis Simply Explained...

Young Paddy bought a donkey from a farmer for £100. The farmer agreed to deliver the donkey the next day... The next day he drove up and said, 'Sorry son, but I have some bad news. The donkey's died.' Paddy replied, 'Well then just give me my money back.' The farmer said, 'Can't do that. I've already spent it.' Paddy said, 'OK, then, just bring me the dead donkey.' The farmer asked, 'What are you going to do with him?' Paddy said, 'I'm going to raffle him off.' The farmer said, 'You can't raffle a dead donkey!' Paddy said, 'Sure I can. Watch me. I just won't tell anybody he's dead.' A month later, the farmer met up with Paddy and asked, 'What happened with that dead donkey?' Paddy said, 'I raffled him off. I sold 500 tickets at two pounds a piece and made a profit of £998' The farmer said, 'Didn't anyone complain?' Paddy said, 'Just the guy who won. So I gave him his two pounds back.' Paddy now works for the XXXYYY Bank. (Who said Paddy was not clever)?



Birthdays. Happy birthday this month go to Sybil Alt, Gill Campbell, Graham Colder, Margaret Creswell, Dale Durrant, Margaret Evans, Dorothy Fisher, Emma Flude, Maggie Graham, Janet Jones, Marjorie Howe, Robert Jones, Tom Loftus, Olwyn Mills, Michael Payne, Win Purkiss, Steve Redfearn, Jean Sykes, Robert Turner, Maggie Wallis, Alison Wheatly, Christopher Whewell, Linda Williams and Patricia Bhurton. We hope you all have a happy and memorable day.



Responses to our Newsletters are as follows: The following messages were about last month's Newsletter: - *"I was talking to our vacuum cleaner the other day about the cleaning lady who does not attend at the moment/A catscan is a bit of a worry/loved the stress and strains joke but I have no-one else to talk to and they don't answer back – result/was the intelligent woman a blond?/Thanks for the continued explanation of Coronavirus regulations, I do get a bit confused but you make it sound so simple"*. Send your comments to Michael



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/>



Why teachers drink!

The following questions were set in last year's GED examination. These are genuine answers (from 16 year olds)

Q. Name the four seasons. A. Salt, pepper, mustard and vinegar

Q. How is dew formed. A. The sun shines down on the leaves and makes them perspire

Q. What guarantees may a mortgage company insist on. A. If you are buying a house they will insist that you are well endowed

Q. In a democratic society, how important are elections. A. Very important. Sex can only happen when a male gets an election

Q. What are steroids. A. Things for keeping carpets still on the stairs (Shoot yourself now, there is little hope)

Q.. What happens to your body as you age. A. When you get old, so do your bowels and you get intercontinental

Q. What happens to a boy when he reaches puberty. A. He says goodbye to his boyhood and looks forward to his adultery (So true)

Q. Name a major disease associated with cigarettes. A. Premature death

Q. What is artificial insemination. A.. When the farmer does it to the bull instead of the cow

Q. How can you delay milk turning sour. A. Keep it in the cow (Simple, but brilliant)

Q. How are the main 20 parts of the body categorized (e.g. The abdomen). A. The body is consisted into 3 parts - the brainium, the borax and the abdominal cavity. The brainium contains the brain, the borax contains the heart and lungs and the abdominal cavity contains the five bowels: A, E, I,O,U.. (wtf!)

Q. What is the fibula?. A. A small lie

Q. What does 'varicose' mean?. A. Nearby

Q. What is the most common form of birth control. A. Most people prevent contraception by wearing a condominium (That would work)

Q. Give the meaning of the term 'Caesarean section'. A. The caesarean section is a district in Rome

Q. What is a seizure? A. A Roman Emperor. (Julius Seizure, I came, I saw, I had a fit)

Q. What is a terminal illness. A. When you are sick at the airport. (Irrefutable)

Q. What does the word 'benign' mean? A. Benign is what you will be after you be eight(brilliant)

Q. What is a turbine? A. Something an Arab or Shreik wears on his head



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 or follow the instructions in the next paragraph.



A new way of making a donation to Take Heart (Derby).

We had to cancel on on-line method of making a donation last year when MyDonate closed. We have now secured a new platform via Charities Aid Foundation (CAF). You will find it on the "Make a Donation" folder on our web site. Simply click on the folder where the next page will display the option to choose the "old" way or to select the "new" way. All you will need is your credit card to hand and just follow the instructions. You can choose to make a single or recurring donation. If your are a UK tax payer, simply declare it when prompted (it will not cost you anything but will attract a 25% bonus from HMRC on before of our charity. It is a simple process and it does work. I tried it out as soon as it was up and running. I hope this helps you to make payments to us at any time you wish. Try it out TODAY!!!



Sad business news as a result of the pandemic! Sadly, the following business's are no loner business's

- the bra manufacturer has gone bust,
- the specialist in submersibles has gone under,
- the manufacturer of food blenders has gone into liquidation,
- a dog kennel has had to call in the retrievers,
- the suppliers of paper for origami enthusiasts has folded,
- the Heinz factory has been canned as they couldn't ketchup with orders,
- the tarmac laying company has reached the end of the road,
- the bread company has run out of dough,
- the clock manufacturer has had to wind down,
- the Chinese has been taken away,
- the shoe shop has had to put his foot down and given his staff the boot and finally
- the launderette has been taken to the cleaners!



Imported from the good old US of A



Now that's a hot dog, who says we are eating too much during this lockdown!!!



Annual General meeting. This meeting takes place in June each year to receive the accounts, review the year's progress and also have the opportunity to ask questions of our President, Dr Julia Baron. The pandemic has caused a suspension of our Programme and this includes our AGM. This year will see this meeting delayed by up to three months as prescribed with the constitution. However, planning is well in hand and I therefore give notice of the resolutions to be placed before the meeting which are:

- 1 Adopt the Minutes of the AGM in July 2019.
- 2 Adopt the Financial Report
- 3 Re-elect Margit Staehr, Patricia Flude, Michael Flude and Richard Flatman to the committee for a further two years
- 4 Elect A. N. Other to the committee for the next two years.
- 5 Change item 3 (6) of the Constitution to read "Providing extra equipment at the University Hospitals of Derby & Burton NHS Foundation Trust, where cardiac patients are treated, specifically for use in the care of cardiac patients." This item would bring our Constitution in line with the changed status of Royal Derby Hospital since its merger with Burton Hospitals. There is a cardiac function at Queens Hospital, Burton, in addition to those at Royal Derby Hospital that we are familiar with.

Note: Item 4 is included as an invitation to any member who would like to join our committee, who feel they can make a contribution to the work already in hand. Please contact Michael, in the first instance. If there are no offers then this resolution will be withdrawn.



Araprosdokians are figures of speech in which part of a sentence is unexpected.

For example:

1. Where there's a will, I want to be in it.
2. Since light travels faster than sound, some people appear bright until you hear them speak.
3. If I agreed with you, we'd both be wrong.
4. War does not determine who is right - only who is left.
- 5 Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
6. They begin the evening news with 'Good Evening,' then proceed to tell you why it isn't.
7. To steal ideas from someone is plagiarism. To steal from many is called research.
8. In filling in an application, where it says, 'In case of emergency, notify:' I put 'DOCTOR.'
9. I didn't say it was your fault, I said I was blaming you.
10. 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 look sexy.
11. Behind a successful man is his woman. Behind the fall of a successful man is usually another woman.
12. A clear conscience is the sign of a bad memory.
13. I used to be indecisive. Now I'm not so sure.
14. Nostalgia isn't what it used to be. Nor is there any future in it.
15. Change is inevitable, except from a vending machine.
16. Going to church doesn't make you a Christian any more than standing in your garage makes you a car.

Finally: I'm supposed to respect my elders, but getting harder and harder for me to find one now.

And my personal favourite:

I am not arguing with you, I am explaining why you are wrong."



News from the BHF.

At the very heart of the British Heart Foundation are the 7.4 million people living with heart and circulatory diseases in the UK. They are the reason for everything we do, from funding life-saving research, to working with patients and the public to provide better health and care. During these turbulent times, it is more important than ever that we put patients, and their needs, first - especially as information to date suggests those with heart and circulatory conditions are at increased risk of severe illness if they develop Covid-19. That is why we have launched our Patients First programme - the BHF's number one organisational priority in response to the pandemic. First, we are listening to what our supporters want, and using their insight to shape what we offer to fill any unmet need. As a result, we've developed a fantastic suite of support services. In response to receiving more than double the usual number of calls and emails to our specialist nurses on our [Heart Helpline](#), we have taken steps to expand our service. We're making it easier for people to have access to the support they need – whether practical, or emotional - by extending our opening hours. Expanding our service will also help our nurses better manage the volume of calls we are receiving – up to 400 calls per day at the peak of enquiries. They really are just a phone call away from helping you, or a loved one. What's more, we understand people want access to accurate and relevant resources for their individual circumstances. Whether they need answers about being classified as at increased risk from [coronavirus](#), seek tips for [keeping active](#), or want to access our [online cardiac rehabilitation resources](#), we've done our very best to cover all bases with our comprehensive online offering. Our coronavirus web pages have been visited more than 1.1 million times since early March, and we want to make it as easy as possible for anyone to access them. That is why we've developed an [enhanced coronavirus information and support hub](#), open to all. Teams across the BHF have really rallied to create this new platform, and I'm so proud of how everyone has worked resourcefully and collaboratively to help our supporters when they need it most. Coronavirus is extremely serious, and it is correct that the country's efforts are focused on fighting this devastating disease at this time. However, we know heart attacks don't stop for a global pandemic, so we are also working closely with the Government to urge everyone to seek medical assistance for symptoms of heart attack, stroke and other heart and circulatory diseases. These are extraordinary times, and like everyone, we're carrying on as best as we can by adapting to these highly unusual circumstances. What hasn't changed is that the BHF will continue to be a place that anyone can turn to for help and guidance, both now and long into the future. Please be assured that we're here for you in these difficult times, and we always will be. Source: https://www.bhf.org.uk/what-we-do/news-from-the-bhf/news-archive/2020/april/patients-first-we-are-here-for-you?utm_campaign=1394335_Public%20facing%20research%20newsletter_April_2020&utm_medium=email&utm_source=British%20Heart%20Foundation%20%28BHF%29%20&mi_u=8-13769227.



If only!!!

A plane with five passengers on board - Donald Trump, Boris Johnson, Angela Merkel, the Pope and a 10 yrs old Australian schoolgirl - is about to crash and there are only 4 parachutes. Trump says, "I need one. I'm the smartest man in the USA and I'm needed to solve this pandemic." He takes a parachute and jumps. Johnson says, "I'm needed to sort out the covid-19 mess in Britain." He takes one and jumps. The Pope says, "The world's Catholics depend on me for comfort in a time of fear." He takes one and jumps. "You can take the last parachute," Merkel says to the young Aussie schoolgirl "I've lived my life whereas yours is only just starting." The young Aussie replies, "Don't worry ma'am, there are 2 parachutes left; the smartest man in the USA just took my school bag."

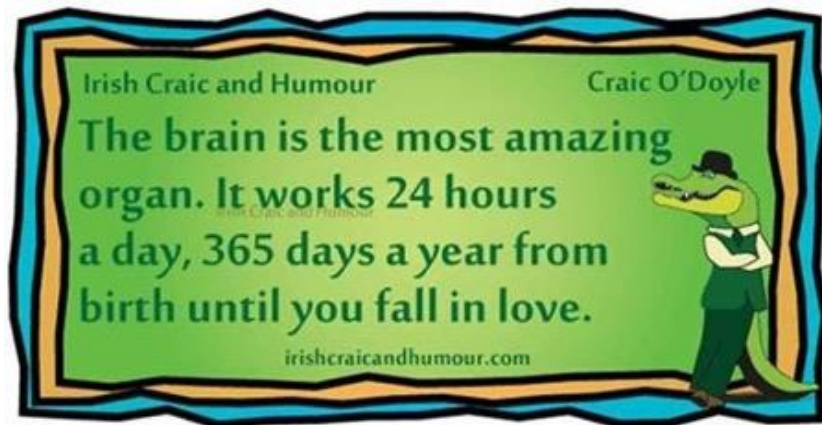


Seniors can (mis)understand directions from a GP.

I went to my nearby Pharmacy, straight to the back, where the Pharmacists' high counter is located. I took out my little brown bottle, along with a teaspoon, and set them up on the counter. The Pharmacist came over, smiled, and asked if he could help me. I said, "Yes! Could you please taste this for me? Seeing a senior citizen, the Pharmacist went along with my request. He took the spoon, put a tiny bit of the liquid on it, put it on his tongue and swilled it around. Then, with a stomach-churning look on his face, he spat it out on the floor and began coughing. When he was finally finished, I looked him right in the eye and asked: "Now, does that taste sweet to you?" The Pharmacist, shaking his head back and forth with a venomous look in his eyes yelled: "HELL NO!!!" I said, "Oh, thank God! That's a real relief! My doctor told me to have a Pharmacist test my urine for sugar!" I'm not allowed to go back to that Pharmacy, but I really don't care, because they aren't very friendly there anymore!



Now who said that?



Forthcoming events: ALL EVENTS SUSPENDED UNTIL FURTHER NOTICE



Exercise classes. (currently suspended do your exercise's at home)

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