

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter May 2021



Reasons to be cheerful (updated 7 May).

If proof were needed of the value of vaccination, the Governments Scientific Advisory Group for Emergencies lead a study of 52,280 patients admitted to hospital with the disease since 8th December 2020 (when the vaccination programme started). Of these only 526 had received the jab at least three weeks earlier (the length of time it takes for the jab to become effective). There were 113 deaths from this group compared to 6,780 among the unvaccinated patients.

Around 70% of the population have built up their defences against coronavirus either from vaccination or past infection. New infections are falling with some areas reporting ZERO deaths on some days.

Hospitalisations are also falling, to around 2,000 daily average. Over 35M British adults have received at least their first covid vaccination (66%).

Almost 17M (32%) people have received their second jab. Analysis of 1.5m people after having a vaccine gives 50% protection against passing on the virus and around 90% following the 2nd dose.

Pfizer (manufactured in Belgium) and AstraZeneca (manufactured in Wrexham, Keele and Oxford in UK, plus Pune in India). Moderna (USA) drug now being administered.

Next up it is Jansen drug with 30M doses ordered and is a single shot drug.

Novovax drug is anticipated in the summer with 60M doses ordered.

Valneva, a French vaccine will not be available this year but could be used as a booster jab with 100M doses on order.

GlaxoSmithKline/Sanofi which the EU has hopes for on this French drug, with 60M doses ordered.

Cure/Vac, 50M doses, will probably be used against future strains of Covid.

60m doses of Pfizer jabs have been ordered for autumn delivery, to be administered as a “top-up”.

New “genotype tests” could halve the time taken to spot coronavirus mutations which could otherwise take several years.

A covid passport system could be introduced to confirm vaccination/negative test or immunity to allow foreign travel, admission to events and theatres etc.

The Pfizer jab has been tested in USA and appears to be effective against new Brazilian & South African variants of covid.



Reasons to be fearful (updated 7 May).

Some people have reported side effects with the AstraZeneca drug but they usually subside within a couple of days but if you experience a headache for 4 days, seek medical assistance.

There are reports of blood clots leading to death from the AstraZeneca drug but research suggests this is minimal.

New guidance suggests people 30 years and under should not have the AstraZeneca drug.

Europe and other foreign countries are reporting increasing numbers of coronavirus cases, with France and Italy going into another lockdown.

India is struggling with 3,500 new cases daily and the hospitals and crematoriums being overwhelmed.

Cases of the India variant have been discovered in the UK.

A traffic-light system for foreign travel is to be introduced but it does not guarantee safety.

Testing of travellers returning to UK is causing concern about delays. When further travel is allowed, it is felt that this system could collapse under sheer weight of numbers.

Pubs and restaurants will soon be open for indoor use but remember the effect of last summer whereby the infection rate soared once restrictions were lifted.

Already there is widespread abuse of the easing of restrictions by not social distancing, not wearing of face coverings and mass demonstrations. The pandemic is still with us and more than 2,000 new infections per day. Be very careful when exercising your new-found freedoms.

NHS waiting lists are now huge with thousands waiting over a year for treatment.

Large portions of ethnic minority groups are not taking up the offer of a vaccine appointment.

Scientists are forecasting another possible new wave of infections later this year.



A return to freedom.

(Highlighted in yellow shows where we are NOW)

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). Actioned from 8th 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.

Step 1 (part 2). No sooner than 29th March.

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 12th 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).

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.

Step 3. No sooner than 17th May

The ban on hugging someone from a different household is lifted but you are urged to be cautious.

Care home residents can now receive up to 5 named visitors and will not have to isolate upon return to the care home after visiting a family member in an outdoor setting.

Pubs and restaurants can serve customers indoors but seated at a table. Rule of six applies. One metre rule applies.

People can meet outside in groups of up to 30.

Overnight stays of people not in your household or bubble are allowed.

Hotels, hostels and B & B's can re-open. Foreign holidays are allowed, Quarantine-free travel applies to "green list" destinations. University students can return to campus for face to face tuition. Secondary school children do not have to wear face masks. Indoor entertainment venues can re-open (cinemas, museums, soft play centres) but may have local restrictions. Ban on indoor mixing is lifted but rule of Six or two households applies. Weddings can now have up to 30 people in attendance. Numbers at funerals is increased to with venues detailing numbers locally. Adult indoor sport and exercise groups can resume. Theatres, sport stadiums and conferences will have caps on numbers decided by venue. Outdoor sport and performance venues can be half full up to a capacity of 4,000. Larger outdoor venues will be allowed up to 10,000.

Step 4. No sooner than 21st 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.

A personal note from Michael:

We have endured considerable restrictions upon our life since March 2020. 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.



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).



Subject: Scotsman deal. A canny wee lad

A Glasgow man phones a dentist to enquire about the cost for a tooth extraction. "£85 pounds for an extraction, sir" the dentist replied. "£85 quid! Huv ye no' got anythin' cheaper?" "That's the normal charge," said the dentist. "Whit about if ye didnae use any anaesthetic?" "That's unsual, sir, but I could do it and would knock £15 pounds off." "Whit about if ye used one of your dentist trainees and still without any anaesthetic?" "I can't guarantee their professionalism and it'll be painful. But the price could drop by £20 pounds." "How about if ye make it a trainin' session, ave yer student do the extraction with the other students watchin' and learnin'?" "It'll be good for the students", mull'd the dentist. "I'll charge you £5 pounds but it will be traumatic." "Och, now yer talkin' laddie! It's a deal," said the Scotsman. "Can ye confirm an appointment for the wife next Tuesday then?"

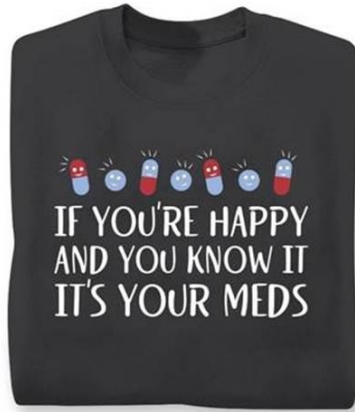


A great big thank you to all of you. Despite our Programme of Events being placed in a "shield notice" since March 2020, you have renewed your membership to Take Heart (Derby). Everyone is looking forward to resuming our face to face activities but at the same time are wary of the situation we find ourselves in. Your support has enabled us to continue our support of the cardiac departments at University Hospitals of Derby & Burton over recent months. It means much to us all that you continue with so much enthusiasm with us. See you all soon as we can. You will see some of our recent expenditure noted in our Accounts 2019/20 and 2020/21 which will be with you soon.



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

Jokes about opticians just get cornea and cornea.
My mate had to take a second job at the bread factory. He kneaded the dough.
My wife's working in a bowling alley. Ten pin? No, permanent.

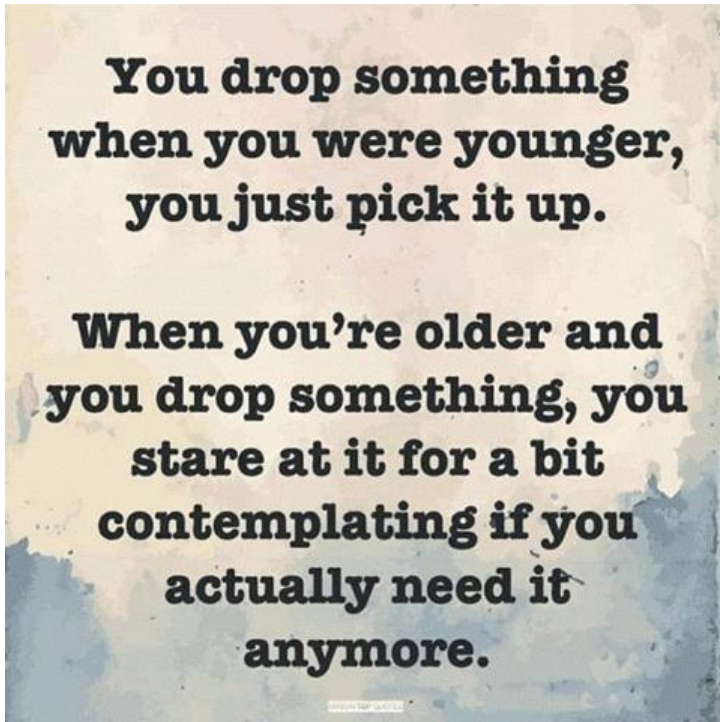


Now where shall we start? That is the question debated by your committee at a recent Zoom meeting. Everyone tells us they are anxious to get to a TH(D) event as soon as possible. Members are also concerned and are not planning to go mad and rush out to the pub or cinema. They add that a few more weeks is worth waiting to ascertain that infections etc are reducing still. 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 the section – Return to Freedom. One comes to the fore and that is the Indian 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 have been 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. So, no firm date yet but more news in future editions. Stay tuned for next month’s Newsletter. Looks likely that the Walking back to Happiness will be the first event to return in July. Other events will be added gradually. Notice will be given in future Newsletters.



Warning after Scam Amazon Call Reported to Police.

Officers have issued a warning to people following a scam call claiming to be from Amazon. The call which was made from a mobile number, states that the person being contacted has made a purchase of several hundred pounds and that, if they hang up, they would be charged directly to their card. The victim of the call – who is from the Swadlincote area – realised the call was a scam and ended the call. No money had been taken from their account. Anyone who receives a call of this nature should hang up, check with their bank that no transactions have occurred and report the call to Action Fraud by ringing 0300 123 2040 or by visiting www.actionfraud.police.uk/reportingg-fraud-and-cyber-crime.





A brand-new challenge for the New Year! Further to February's poetry challenge, 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. Send your own odes (not too long) to Trisha by email to 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.

Note: we are still waiting for your poems to Trisha Flude. Don't delay and send it today!!!

Here is Dorothy Stevens contribution:

There was a young man called Bart,
Who suddenly found his warm heart
Off he went at full pelt.
The heart ward to help,
Serving tea's he was doing his part.

Now where is your effort?

AGM 2021. We have recently received confirmation from St Mary's church hall that they are not considering re-opening their rooms until "after September". Attempts have been made to find a suitable alternative but have not been successful. As stated elsewhere, we have consulted with the Charity Commission about how we proceed. Therefore, we intend to carry out our AGM as a postal vote. Preparations are already in hand. Every member will receive documents and a voting slip, plus a stamped and addressed envelope to return by 9 July. We need to do Two AGM's this year to catch up with the one we missed last time around.



A few more to drive you crazy.

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

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

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.



Birthdays.

Happy birthday this month go to Sybil Alt, Gill Campbell, Wendy Coates, Graham Colder, Margaret Cresswell, Margaret Evans, Dorothy Fischer, Dale Durrant, Emma Flude, Maggi Graham, Janet Holmes, Marjorie Howe, Robert Jones, Tom Loftus, Olwyn Mills, Michael Payne, Jean Sykes, Robert Turner, Maggie Wallis, Christine Whewell and Linda Williams and Alison Wheatley. 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.





News from the Guardian. Life-threatening coronary heart disease could be diagnosed and treated five times faster with the help of new 3D technology. The technology turns a CT scan of the heart into a 3D image, which allows doctors to diagnose the problem in just 20 minutes, NHS England said. Previously, diagnoses would require a more invasive and time-consuming angiogram in hospital. Some 100,000 people will be able to use the new technology - called HeartFlow - over the next three years and it could mean they are seen, diagnosed and treated around five times faster. Treatment includes surgery, medication, or having a stent fitted, while those with less serious conditions can get lifestyle advice or medication to lower cholesterol. HeartFlow was launched last month and is part of an NHS plan to cut the number of heart attacks and strokes by 150,000. Matt Whitty, director of innovation and life sciences for NHS England, said HeartFlow had been a "huge success" in clinical trials and would help "tens of thousands of people a year receive quick diagnosis and treatment and ultimately save lives". NHS medical director Stephen Powis said: "The NHS Long Term Plan committed to cutting strokes, heart attacks and other major killers as well as ensuring patients would benefit from cutting-edge therapies and techniques, and HeartFlow is just the latest example of that. "By rapidly improving the rate we diagnose and treat those with a heart condition we will save thousands of lives and ensure as well as delivering the most successful vaccination programme in health service history, the NHS is able to deliver routine services even quicker than before the pandemic." Dr Derek Connolly, consultant interventional cardiologist at Sandwell and West Birmingham Hospitals NHS Trust, said the technology had had a "meaningful impact at our hospitals, improving the diagnosis and treatment of the leading cause of death". He said: "For every five patients who have a cardiac CT and a HeartFlow analysis, four patients go home knowing they don't need anything else. "Half of those patients will be on cholesterol tablets because they have early disease, and the

other half will have normal coronary arteries." Professor Sir Nilesh Samani, medical director at the British Heart Foundation, said: "This will benefit patients and the NHS by preventing unnecessary admissions for angiograms and quickly providing information that allows patients to be put on the best treatment pathway for their condition. "This is particularly important at a time when we are dealing with the challenges that COVID-19 has caused to the delivery of normal care to patients with heart and circulatory diseases." Source: [3D technology could see heart disease patients diagnosed and treated five times faster | UK News | Sky News](#) (highlight this link, right click and the "open link")



A few more (no groaning)

Michael has informed Trisha that he has given her the best years of his life. Trisha is now worried about the future.

Do online gamblers put their money where their mouse is?

Rhetorical questions just aren't worth asking, are they?

When I started bell ringing, I wasn't very good – they had to show me the ropes.



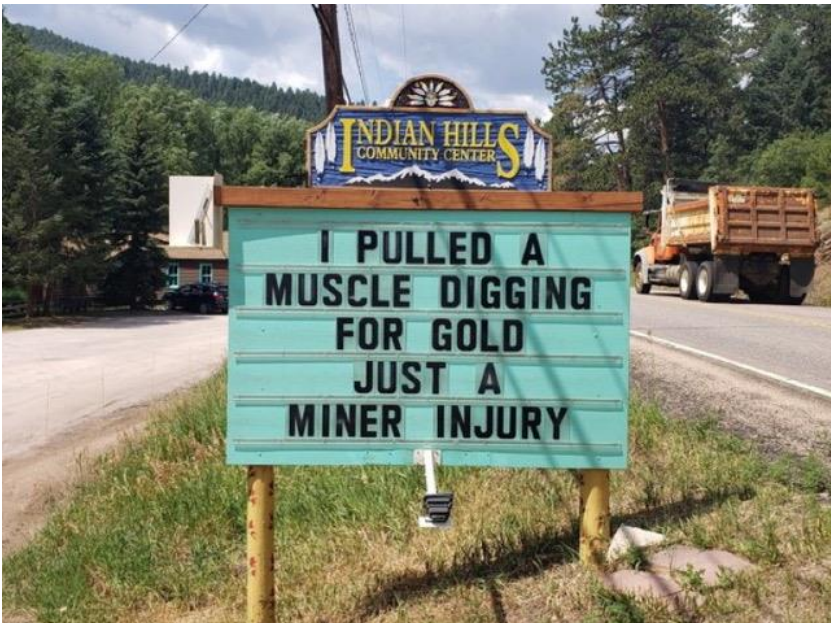
Member news. We welcome Wendy Coates, Carl & Sharon Antony, Jaco Wojcik, Dan Leedell and Eileen Strong. We hope you will all settle in well with other members as soon as we can start meeting again. Most of us have now received our second jabs which is very comforting. Tina Whitfield has suggested the Newsletter should be nominated for an award. She says it is full of easy to understand information and the jokes just lift the mood at a time when we need some levity in our lives (the fiver is in the post). Nikki from Cornwall made similar comments and passes copies on to all her friends (why not ask them to join our group and make a positive contribution). Pat Fitton, formerly the Newsletter writer is full of admiration for the current A5 format. She is keeping well and sends best wishes to all "old" friends.



Newsletter Feedback – *The Newsletter is wonderful, so much information in an easy read format. Would like to recommend the velerdrome for having the Covid injection. Big car park, looked after me well and very clean and efficient. No waiting. Had both jabs there/Always look forward to the monthly info/Thanks for all the information. Must take a lot to condense it all to something more understandable/Really appreciate the trouble you go to to get the covid do's and don't's into understandable English/Still not sure about the thinking behind some of the rules but your info is easy to follow/*
Stay at Home -Protect the NHS -Save Lives



A sign of the Times!





10 Paraprosdokians to tickle your brain

- 1 Where there is a will, I want to be in it
- 2 The last thing I want to do is hurt you, but it's still on my list.
- 3 Since light travels faster than sound, some people appear bright – until you speak to them.
- 4 If I agreed with you, we'd both be wrong.
- 5 We never really grow up, we only learn how to act in public.
- 6 War does not determine who is right – but who is left.
- 7 Knowledge is knowing tomato is a fruit. Wisdom is not putting it in a fruit salad.
- 8 To steal ideas from one person is plagiarism. To steal from many is research.
- 9 I didn't say it was your fault, I said I wasn't blaming you.
- 10 In filling out an application form, where it says, "In case of emergency, notify." I put "Doctor".



Ten gardening tips for May.

- 1 Watch out for late frosts. Protect tender plants
- 2 Earth up potatoes, promptly plant any still remaining
- 3 Plant out summer bedding at the end of the month
- 4 Water early and late to get the most out of your water, recycle water when possible
- 5 Regularly hoe off weeds
- 6 Open greenhouse vents and doors on warm days
- 7 Mow lawns weekly but not too short.
- 8 Check for nesting birds before clipping hedges
- 9 Lift and divide overcrowded clumps of bulbs
- 10 Watch out for viburnum beetle and lily beetle grubs

Source: [Read our RHS monthly gardening tips & advice - May / RHS Gardening](#)



A few more one liners' for your mood.

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.

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!

I bought a dog from my local blacksmith. When I got it home it made a bolt for the door

My husband used to be my knight in shining armour until I realised who has to do the shining.



Recipe of the month – Lamb chop tray-bake

2 tbsp chopped mint	1 tsp finely chopped rosemary
3 garlic cloves	2 tbsp olive oil
4 lean lamb chops mor cutlets	1 aubergine, sliced
4 courgettes, sliced	2 red peppers, chopped
2 yellow peppers, chopped	85g feta cheese, crumbled
25g cheery tomatoes	

Preheat the oven to 180C/355F/Gas 4. Using a pestle and mortar or food processor, blend together the mint, rosemary and the garlic, then add one tablespoon of the olive oil. Smear the herb mixture over the lamb chops. Place the aubergine, courgette and peppers on a baking sheet. Drizzle with the remaining olive oil and place the lamb chops on top. Place into the oven to roast for 20-25 minutes. Remove from the oven and top the chops with the feta and add the cherry tomatoes to the tray. Return to the oven for a further 10 minutes until the cheese just starts to brown and the lamb chops are just cooked through. Serve the chops with the roasted vegetables and mixed leaf salad. Source: [Lamb chop traybake recipe - BBC Food](#)



Yesterday I had my cataract removed. Today I removed the dressing, bathed my eye and opened it. Wow _ Good morning world, it's a bright new day

Suddenly, ceilings that were yellow are sheets of brightest white
Colours that were muted, dull are glorious and bright
The sun is really shining, the rain is jeweled drops
I can't believe it's real at all, the wonder never stops
I pick up the paper and read the words
Look out the window, different birds
The light is brighter, all brand new
So much to see, so much to do
A brand new world has just begun
I know this wonder will go on
I feel re-born in just one day
I'm so darn chuft, I'd like to say
A great Big Thank you, One and all
You made my world a wonderwall.



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.or 14 Brookside Road, Breadsall, Derby DE21 5LF.

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