

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter November 2019


 **New calendar for 2020.** Our new calendar should be with you by now and I would like to say a great big “thank you” to all those who helped deliver it to your door. As usual the photography is by our own members and taken throughout Derbyshire. The front page is a classic shot of the Cathedral in the Peak’s, St John the Baptist, Tideswell. The date grid shows lots of logo’s on various dates each month to remind you that something is happening on that date. Details can then be cross checked with the Programme of Events, where the front page contains details of regular event locations. Walk details are specific to that date. You can obtain additional copies at the special price of £4.00 (minimum, plus post and packing of £1.50) from Michael.





 **Six Short Thoughts on Living**

- 1** Once all villagers decided to pray for rain. On the day of prayer all the people gathered, but only one boy came with an umbrella. **That's FAITH.**
 - 2** When you throw babies in the air, they laugh because they know you will catch them. **That's TRUST.**
 - 3** Every night we go to bed without any assurance of being alive the next morning, but still we set the alarms to wake up. **That's HOPE.**
 - 4** We plan big things for tomorrow in spite of zero knowledge of the future. **That's CONFIDENCE.**
 - 5** We see the world suffering, but still we get married and have children. **That's LOVE.**
 - 6** On an old man's shirt was written a sentence, 'I am not 80 years old; I am sweet 16 with 64 years of experience.' **That's ATTITUDE.**
- Have a happy day and live your life like the six stories.
When I was a child, I thought nap time was punishment. Now it's like a mini-vacation.
**"GOOD FRIENDS ARE THE RARE JEWELS OF LIFE...
DIFFICULT TO FIND AND IMPOSSIBLE TO REPLACE!"**

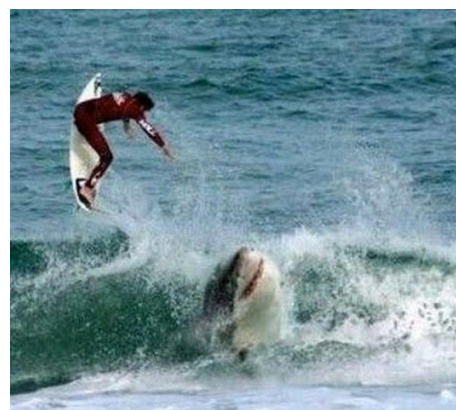
 **Amendment to Programme of Events.** We have been using the Friends Meeting House on St Helens Street for our meetings for some time. Parking has been a serious issue which we have been trying to resolve. Well now we have solved the problem. From January 2020 we will transfer our monthly speaker meeting to St Mary's Church Hall, just a short walk away. Access for pedestrians can be made across the bridge from Queen Street and then to the right of the church. The bonus for car users is that St Mary's has its own car park to the rear of the church, with access gained from Darley Lane. Post code for the church hall is DE1 3AX. Meetings will take place at 2.30PM on the specified date. If you are unsure then please contact Michael on 01332 380219.

 **Successful Migration?** Two Canadian geese decided to fly south for the winter. A frog was sitting next to them as they decided this and he decided he wanted to go as well. The geese laughed and said "You're just a frog—you can't fly!" The frog knew that he didn't want to stay in the cold, so he thought and thought and thought. "I've got an idea!" the frog said. He found a long stick. "You two hold this stick in your claws and I'll hold on to the middle." "With what?" the geese asked. "Your little hands could never hold on to a stick!" "With my mouth" said the frog, proud of his idea. So the geese put the stick in their claws, the frog clamped on with his mouth and they began to fly south successfully. A day or two later, a crowd of people looked up and saw the two geese flying overhead, holding a stick with a frog holding on in the middle with his mouth. Someone in the crowd exclaimed, "What a brilliant idea—I wonder who thought of that?" The frog proudly exclaimed "I did!"

 **Swimming.** Swimming is great fun, good cardio-vascular exercise and another social event to cheer us all. WE DO NOT HAVE AN ALLOCATION FOR A PRIVATE SWIMMING SESSION, as listed in our Programme of Events. We now swim at 2.30 PM until 3.15 PM on Wednesday. It is usually quiet at this time of day, until school children start arriving from around 3.30 PM.

 **Medical Travel Insurance.** It is that time of year when many are off on their "jollies". One aspect of holiday planning for those with a long term illness, is travel insurance. Our member, Richard Flatman, has offered this recommendation at <https://medicaltravelcompared.co.uk> who source insurance from more than 40 insurance companies. Takes a lot of the hassle out of comparing various insurers. You only input your details once and they do the work. Let Michael know how you get on OR perhaps you have a better way or company. Good luck and happy hols.

 **The "F" word applies here!!!**



Yes – you guessed it again - **FEAR**



Birthdays. Happy birthday this month go to Patricia Bhurton, Ted Bland, Mary Blundell, Alan Bown, Jean Clark, Pamela Dolby, Gina Essex, Molly Illesley (celebrating her 90th), Dennis Pollard, James Robinson, and Jane Salmon. We hope you all have a happy and memorable day.



Molly celebrates her 90th. As mentioned above, Molly Illesley celebrated her 90th birthday on 16 November. She is keeping quite well and adjusting to life following the loss of her lovely Ken. She keeps her mind on the alert by completing sudoku's and following events in the Derby telegraph. Her family treated her to a fine luncheon at a local restaurant. Here's to many more Molly.



Best Jokes of 2019

- "If you arrive fashionably late in Crocs, you're just late." **Joel Dommett (2014)**
- "I saw a documentary on how ships are kept together. Riveting!" **Stewart Francis (2012)**
- "I'm learning the hokey cokey. Not all of it. But – I've got the ins and outs." **Iain Stirling (2014)**
- "Today...I did seven press ups: not in a row." **Daniel Kitson (2012)**
- "I just bought underwater headphones and it's made me loads faster. Do you know how motivating it is swimming to the theme song from Jaws? I mean my anxiety is through the roof but record times." **Felicity Ward (2016)**
- "Red sky at night: shepherd's delight. Blue sky at night: day." **Tom Parry (2015)**
- "It all starts innocently, mixing chocolate and Rice Krispies, but before you know it you're adding raisins and marshmallows - it's a rocky road." **Olaf Falafel (2016)**
- "I was watching the London Marathon and saw one runner dressed as a chicken and another runner dressed as an egg. I thought: 'This could be interesting.'" **Paddy Lennox (2009)**
- "I'm sure wherever my Dad is: he's looking down on us. He's not dead, just very condescending." **Jack Whitehall (2009)**



Responses to our Newsletters are as follows: The following messages were about last month's Newsletter: - *"A cure for heart failure – bring it on, can't wait too long though/the big decisions was brilliant/Wow, what a lot of problems in the Members News section this month, wish them all the best from me/I am beginning to warm to the F word and love the photo's/the singers are a huge credit to TH(D) but also to Trisha who pulls it all together/I loved Helga's sacrifice, what a very thoughtful lady. thanks/just had the 2020 programme and calendar delivered. Congratulations on the photographs they are wonderful and proves we did have some good weather. Hope weather is kind to us next year as I love some of the walks, especially looking forward to Eyam. Bought new diary yesterday so all dates duly entered/where does it all come from/calendar illustrates the wonderful county we live in – thanks/look forward to seeing all of you at the Christmas dinner/glad to see all the "saints" days at listed in the new calendar/the big decisions joke was quite apt in our household, what a gem".* Send your comments, good or bad, to Michael.



Our speaker in November was Nancy Hawksworth talking about her life as a farmer's wife, she told us that she had also been a farmer's daughter and had trained as a Home's Economic teacher as it used to be called. Her farm is situated in Shardlow, opposite where the Grove Hospital used to be. She asked the members if they knew how long a cow carries a calf, with one member giving the correct answer of nine months. We were told that they try and get a cow to calf when it reaches two years old and then every 12 months after that. After the calf is born it would stay with its mother for about two days. Nancy told us that her farm is the only milking farm in the area until you reach Findern. She said that ten years ago her eldest son said that they needed to modernise, so they had a milking parlour installed and milk each day at 6am and 4.30pm, with the milk from their farm being sold to Tesco. The milk is tested every day before it is collected by refrigerated tankers and kept at a specified temperature, to allow for power failures not to spoil the milk and avoid it being thrown away. Nancy was asked if there was anyone else who helped on the farm besides herself and her two sons. She said that they had a young work experience girl from Long Eaton start work on the farm when she was 17 years old, she had wanted to be a vet but found that she enjoyed the work on the farm more as it is hands on and is now 22 years old and still there, and a very hard worker. Nancy then told us that a vet goes once a fortnight to check the animals and is paid by the minute plus his travelling time. We were shown photographs of the farm house as well as the milking parlour and the cubicles each cow has with its own mattress. Each cow has its own passport, and we were shown just some of the extensive paperwork that Nancy has to complete. One member asked her if as she was such a busy lady would it not be better for her to have a secretary, but Nancy said that one thing she had always enjoyed was doing paperwork. Nancy said that taking place on her farm today was a workshop on fertility for local vets sponsored by Tesco. She told us about the strict regulations that they have to abide by with a member asking when they started work in the mornings and when they finished. She said that they start work at 6am and sometimes will not finish until 10.30pm but at the moment they are finishing around 7pm. Nancy told us that her daughter is a vet and lives in Cornwall. Unfortunately, Nancy's husband died last June so her sons have decided to go into partnership with her. She said farming is a way of life which she had always enjoyed. At the end of the talk she was very happy to answer lots of questions that members put to her.





(Now for something topical) **After the Flood...**

Noah opens up the ark and lets all the animals out, telling them to "Go forth and multiply!" He's closing the great doors of the ark when he notices that there are two snakes sitting in a dark corner. So he says to them, "Didn't you hear me? You can go now. Go forth and multiply." "We can't," said the snakes. "We're adders."



Our next meeting. Is in January, that's right. There is no meeting in December. You should all have received our Programme of Events 2020 along with the new calendar. If not, telephone Michael for a copy. Many of us were growing up in the 1950's. But how well do we remember it? Paul Sturges will take us back to "Life in Derby in the 1950's". Add your perspective by being there. **Don't forget, we now meet at St Mary's Church Hall, Darley lane, Derby DE1 3AX**



Making Music? "Today," said the university professor, "I will be lecturing about the kidneys, intestines, pancreas, and the liver." One medical student leaned toward her friend sitting next to her, "Great, we have to sit through another organ recital



Flu jab. The flu jab is being made available via GP surgeries to the over 65's, so make sure you do not miss out. It does not stop you getting a cold but will prevent a serious bout of flu and the dangers that go with it. Protect yourself and make sure your family take steps not to infect you.



EVER WONDER...

Why do supermarkets make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front?
Why do people order double cheeseburgers, large fries, and a diet coke?
Why do banks leave vault doors open and then chain the pens to the counters?
Why do we leave cars worth thousands of pounds in our driveways and put our useless junk in the garage?
Why the sun lightens our hair, but darkens our skin?
Why can't women put on mascara with their mouth closed?
Why don't you ever see the headline 'Psychic Wins Lottery'?
Why is 'abbreviated' such a long word?
Why is it that doctors and attorneys call what they do 'practice'?
Why is lemon juice made with artificial flavouring, and dish washing liquid made with real lemons?
Why is the man who invests all your money called a broker?
Why is the time of day with the slowest traffic called rush hour?
Why isn't there mouse-flavoured cat food?
Why didn't Noah swat those two mosquitoes?
You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff??
Why don't sheep shrink when it rains?
Why are they called apartments when they are all stuck together?
If flying is so safe, why do they call the airport the terminal?



Jam Jar Challenge 2020. We have now handed over our Jam Jar money to the British Heart Foundation for this year. Thank you all for your generosity. But it does not end here – you should have started saving for next year. It would be nice to replicate our £400.00 again **OR better still** - exceed it. Can you help?



News from the BHF. Vascular dementia research

There's no cure for vascular dementia. People with the condition can be prescribed drugs to help control their blood pressure, reduce clots and reduce their cholesterol levels if they are high, which can slow down the progression of the disease. But beyond this there's nothing doctors can do, yet. We're funding research that could change this and bring hope to people affected by this disease. What is vascular dementia? Vascular dementia happens when the blood supply to the brain becomes limited. This means some parts of the brain do not receive enough oxygen and nutrients and the brain cells start to die. This leads to a loss of brain function. The symptoms of vascular dementia include memory loss and difficulties with thinking, problem-solving or language. Vascular dementia is the second most common type of dementia, affecting around 150,000 people in the UK. Dr Roxana Carare from the University of Southampton thinks vascular dementia happens because the brain can't get rid of waste and fluid properly. The brain removes waste by draining it out of extremely thin pathways embedded in the walls of blood vessels. The Southampton team believes these pathways are not anchored securely to the blood vessel walls in vascular dementia. In a joint project funded by us, the Stroke Association and Alzheimer's Society, Dr Carare and her team are studying waste elimination in mice - comparing them to human brains with vascular dementia. This work could lead to new treatments that target the drainage of waste from the brain, to stop or slow down vascular dementia. Cerebral small vessel disease is a group of conditions that affects the small vessels of the brain. It causes a quarter of all strokes and puts people at increased risk of developing vascular dementia. Professor Hugh Markus at the University of Cambridge is studying this disease. His team are collaborating with international scientists, collecting data from 5,000 patients with small vessel disease (SVD) to study exactly how it affects the human brain. The team will analyse MRI scans to see how small vessel disease affects the brain, they'll also search for genes which may cause SVD. The scientists hope to use this knowledge to develop new, more effective treatments. Another pioneering vascular dementia research project is led by Professor Joanna Wardlaw at the University of Edinburgh. She and her colleagues are trying to predict who's at risk of developing vascular dementia after suffering a stroke. The team are collecting information from hospital records and performing thinking and memory tests on 2,000 people who have suffered a stroke. They're also collecting blood samples and carrying out brain scans to look for measurements that could act as markers for vascular dementia. This work could help doctors better detect cognitive problems and help them decide on the best care for each individual patient. Source: <https://www.bhf.org.uk/what-we-do/our-research/circulatory-conditions-research/vascular-dementia-research>.



On their way to church to get married, a young Catholic couple were involved in a fatal car accident. Being good Catholics the young couple find themselves sitting outside the Pearly Gates waiting for St. Peter to process them into Heaven. While waiting, they begin to wonder: could they possibly get married in Heaven? When St. Peter finally showed up, they asked him. St Peter said "I don't know. This is the first time anyone has asked. Let me go find out" and he leaves them sitting at the Gate. After three months, St Peter finally returns, looking somewhat bedraggled. "Yes" he informs the couple " I can get you married in Heaven". "Great!" said the couple "But we were just wondering, what if things don't work out? Could we also get a divorce in Heaven?" "You must be bloody joking" says St. Peter, red-faced with frustration, slamming his clipboard on the ground. "What's wrong?" asked the frightened couple". "OH, COME ON!" St. Peter shouted "It took me three months to find a priest up here. Do you have any idea how long it'll take me to find a lawyer?"



Member news. This month we begin on a positive note with four new members, Dale Durrant, David Eshelby, Kathleen & David Crowson. We extend a warm welcome to you all and hope you enjoy many of the events we put on. Molly Illesley is back from a short stay in a local respite home and would welcome phone calls and visitors. Dennis Pollard is now settled into his new home at Leylands Estate. If you know of any member who is unwell, please advise Michael or any committee member. If you can spare a few minutes and know of anyone who is ill, phone them and offer some comfort and a listening ear – it makes such a lot of difference. Thank you. We wish all those who are feeling below par, a relief from all your sufferings. Keep taking the pills everyone.



Top Ten Tips for Winter. Derby & Derbyshire Clinical Commissioning Group (DDCCG) have issued guidelines to help us through the winter months, although the weather has been milder than seasonal. **1.** Get your flu jab – protect yourself and those you come into contact with. **2.** If you have a cold you do NOT need to see a GP. Treat it yourself with over the counter remedies at your pharmacy and drink plenty of water. **3.** Prevent the spread of winter bugs (Norovirus) by not visiting your GP. There is nothing the GP can do whilst you have it. Avoid public places and call 111 for advice. **4.** Make sure your medicine cabinet is stocked up. Have stocks of cold remedies, painkillers, antiseptic cream and plasters. **5.** Order repeat prescriptions in good time as GP surgeries and pharmacies will be closed for periods during the Christmas period. **6.** Make good use of pharmacies. They can provide advice with over the counter remedies and advice whether you need more expert attention. **7.** Need same day response from your GP. Phone early and keep trying, they will answer sooner or later. **8.** Use services wisely. 999 should only be used for emergencies (head injuries, heart attack, broken bones etc.) Sprains, cuts, rashes should mean a visit to the Walk-in-Centre, but if you need advice telephone 111. If your GP is available then contact them about high temperature, vomiting and ear pain. Pharmacies are available to assist with diarrhoea, cough, cold or headache. Of course minor grazes, sore throat and hangovers are a matter for self-care. **9.** Keep warm. Heat your main living room to 18 – 21 C (64 – 70 F) and the rest of the house to 16 C. Check electric blankets before re-using them this winter. **10.** Eat healthily. Food is a vital source of energy and helps keep the body warm. Have hot meals and drinks regularly throughout the day. Stews, soups and curries will do the trick and have meals prepared in advance in case of adverse weather.



It's that time of year again. January sees the start of our new subscription year and consequently you are requested to send your donation to our treasurer. Minimum of £10.00 per household is the suggested figure. You can pay on line, go to www.takeheartderby.co.uk and select "Just Giving" and follow the instructions (don't forget to add your name). Alternatively please send a cheque payable to "Take Heart (Derby)" to M Staehr, 6 Keats Avenue, Littleover, Derby DE23 4ED.



**Forthcoming events:
November.**

Thursday 21 st	Lunch at The Great Northern, Station Road, Mickleover, Derby DE3 9FP – Change of venue
Friday 22 nd	Singing for Fun at 10.00 AM
Tuesday 26 th	Coffee morning at The Cube café/bar.
Wednesday 27 th	Swimming at the Queen's Leisure Centre.
Friday 29 th	Singing for Fun at 10.00 AM

December.

Wednesday 4 th	Swimming at the Queen's Leisure Centre.
Friday 6 th	Singing for Fun at 10.00 AM
Tuesday 10 th	Christmas dinner at Mickleover Golf Club (booking essential).
Wednesday 11 th	Swimming at the Queen's Leisure Centre.
Friday 13 th	Singing for Fun at 10.00 AM
Tuesday 17 th	Christmas coffee morning with carols at The Cube café/bar.
Wednesday 18 th	Swimming at the Queen's Leisure Centre.
Friday 20 th	Singing for Fun.



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, 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