

Take Heart

(Derby)

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

www.takeheartderby.co.uk

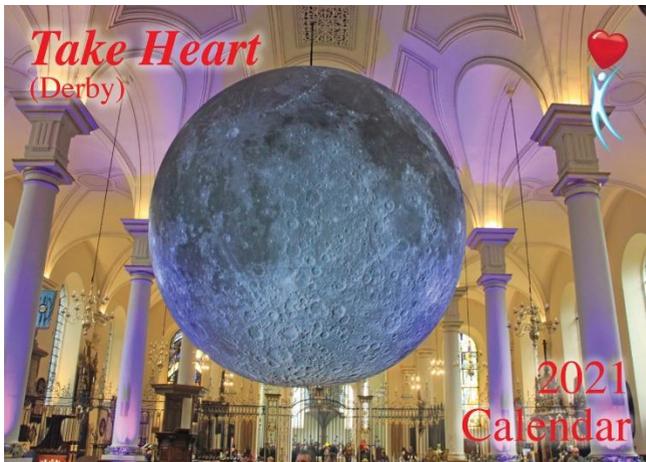
Registered Charity No 1163703



Newsletter November 2020



New calendar for 2021. 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 “Moon” displayed in Derby Cathedral. 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 £5.00 (minimum, plus post and packing of £1.50) from Michael. There are two corrections: The butterfly in February is a Painted Lady and the main image for September should read “Red Kyte over the Peak District” not Knife Angel



What have you said about our Calendar 2021? Quite a lot this year. Trisha and I have received lots of telephone calls, a number of letters (you do remember what letters were) and a lot of emails. You said: *“The best calendar to date/How wonderful next years calendar is. Thanks/Another brilliant calendar. You should be very proud of yourself/I didn’t think we would get one this year and what a beauty it is/How do you do it? You really spoil us/Just brilliant/It is so good, I have ordered four more to give to my WI friends/what a brilliant calendar you’ve put together for 2021. It’s full of beautiful pictures that remind us of all the good things around us and give us hope for 2021. Thanks again/What a talented man you are (but don’t let it go to your head – there’s 2022 to look forward to)/I need seven more, Michael. My family will really enjoy this one/the calendar looks good, great pictures”*. Thank you all for your lovely words.



Programme of Events 2021. Well we printed it after a lot of careful planning and organisation. We added a line at the top “Subject to Coronavirus Rules and Regulations. As you know, we are now in Lockdown 2, which puts the early months at risk. Your committee are committed to keeping you safe and will advise of changes, if appropriate, in our December Newsletter. I know you are all wanting life to return to pre-covid style. We keep hoping but in-the-meantime, remain safe.



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 “Make a Donation” 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.



Lockdown 2 – the rules explained.

Here we go again with new rules. They are straight forward, it is the logic behind some of them that you might feel is confusing. But the rules are the rules.

All home visits, including into gardens are banned unless you qualify for a support bubble.

You can meet ONE relative, friend or partner from another household outdoors, on a walk or in a park.

Children under 16 years do not count in this total.

Playgrounds can be used but best to apply sanitiser before use.

Children of separated parents can move between both homes.

Nurseries, schools and universities will remain open but after school clubs and youth groups will close.

If you can work from home, then do so. Those in construction and manufacturing are permitted to go to work.

Shielding has NOT been re-introduced but those deemed clinically vulnerable should stay at home and minimise social contact. You will receive written notification from hospitals/GP's.

Everyone, elderly included is encouraged to exercise.

If you care for a vulnerable person, you will be allowed to continue.

Travelling outside your local area should be avoided.

Going to medical appointments and shops is allowed.

If you use public transport, wear a face covering and socially distance where possible.

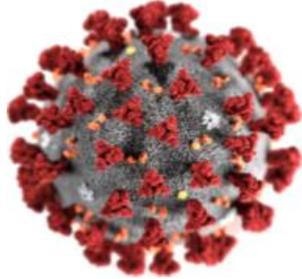
Going on holiday is banned, even to your holiday home.

Overseas travel must be for essential business reasons only.

Supermarkets, food shops and pharmacies will remain open

Non-essential retail outlets (clothes shops, car showrooms) will close. Stores offering click & collect options will continue.

Restaurants, cafes, pubs will be allowed a takeaway service only.



Garden centre's will be open but not their café.

*Leisure centres (gym, pool, soft play), golf courses will close.
Hairdressers, beauty salons, massage parlours and tanning salons will close.*

Cinemas, theatres, bingo halls, zoos & botanical gardens will close

Funerals can be attended by up to 30 people.

Wedding services and civil partnerships are cancelled.

Churches cannot hold services but can open for private prayer.

All these rules apply until midnight on 2 December 2020. Keep last month's Newsletter with the 3 Tiers explained and assume Tier 2 for most of us. If you are unsure, then please contact Michael who will try to help. I think common sense is needed here to save your sanity. Good luck and stay safe.

 **Lexophile** is a term used to describe those who are clever

with words, such as "you can tune a piano but you can't tuna fish" A competition to see who can come up with the best **lexophiles** is held every year in Dubuque, Iowa. The year's winning submissions are:

A thief who stole a calendar got twelve months

The batteries were given out free of charge

A dentist and a manicurist married - They fought tooth and nail

Police were called to the daycare centre, where a three-year-old was resisting a rest

Did you hear about the fellow whose whole left side was cut off ?

- He's all right now

A bicycle can't stand alone; it is two tired

The guy who fell onto an upholstery machine is now fully recovered

He had a photographic memory which was never developed

When she saw her first strands of grey hair, she thought she'd dye

Acupuncture is a job well done. That's the point of it



Jam Jar Challenge 2020/21. You should also be saving all those pounds (the shops don't seem to want them) for our next Jam Jar Challenge to be collected in 2021. No time to delay



Flu jab!!! Have you booked your flu jab? This year it is even more important than previously. Coronavirus is still with us and so becoming ill will have potential knock on implications if you fall victim to flu. Don't delay, book yours today via your GP surgery. **The flu jab will be available to all 55 years of age and over this year, so there could be a queue.**



News from the BHF. What is atherosclerosis? Atherosclerosis is the build-up of a fatty material called plaque in the walls of your arteries. Over time, this plaque causes the insides of your arteries to narrow, limiting blood supply to vital organs like the heart and brain, which can cause more serious problems. If a piece of plaque ruptures, it can cause a blood clot to form and block the blood supply to parts of the heart or brain, which is a major cause of heart attacks and strokes. Atherosclerosis is a silent process, which develops over many years. Most people won't know they have it until they experience a heart attack, stroke or angina (a type of chest pain caused by insufficient blood supply to the heart muscle). Dr James Rudd at Cambridge University is attempting to improve the way we visualise the formation of atherosclerotic blood vessels using positron emission tomography (PET) scans - these are a way of imaging the body already widely used in hospitals. He hopes to develop a new method that will allow PET to be used to predict if plaque is at risk of rupturing, to see if someone is in danger of suffering from a heart attack or stroke, before it occurs.

Harnessing your immune system to fight atherosclerosis

BHF Professor Ziad Mallat at the University of Cambridge is studying how blood vessels are affected by atherosclerosis to see if there is a way of preventing them becoming inflamed. When plaque builds up in our arteries, our immune system recognises it as a foreign material. White blood cells called T lymphocytes are activated, and the blood vessel becomes inflamed. Some T lymphocytes subsets promote atherosclerosis and some subsets protect against it. Professor Mallat is using state-of-the-art genetic studies to identify the specific cells that instruct the T lymphocytes to react aggressively in atherosclerosis and make the disease worse. This research will lead to a better understanding of how the immune system reacts against the deposited cholesterol in our arteries. It could even show us how to control the immune system to protect against atherosclerosis. The biggest success story for preventing atherosclerosis is undoubtedly statins. These are drugs used to lower blood cholesterol, a major risk factor for atherosclerosis. Since the 1980's, research has shown giving statins to people with high cholesterol, or those at risk of developing it, is a safe and effective way of reducing their chances of suffering from a heart attack or stroke. One of the most important trials was the Heart Protection Study, which we funded together with the Medical Research Council. This trial of over 20,000 people showed reducing the levels of 'bad' LDL-cholesterol resulted in having fewer heart attacks and strokes. Importantly, the study showed that for people without particularly high cholesterol, statins were still beneficial. Statins are now the most commonly prescribed drug given to people at risk of developing heart disease. An estimated 7,000 lives are saved by these drugs in the UK each year.

Source: <https://www.bhf.org.uk/what-we-do/our-research/circulatory-conditions-research/atherosclerosis-research>.



Member news: During our delivery of Calendars for 2021, the overwhelming message from members was – We Are Fed UP. Everyone was coping but finding life frustrating and quite often very lonely. I hope that our Newsletters will offer a little bit of light relief. Douglas Moseley is doing well following a stroke during lockdown, so much so that he has been passed fit to resume driving. Jean Birkin is having some discomfort following a pacemaker implant. Barry Birkin continues in his nursing home which means Jean has only seen Barry through a window. Not much fun. Kathleen Crowson is looking forward to returning to sing, although we have no idea when that will be. Yvonne Gilbert is becoming fed up with the rules and restrictions but hanging in there. Dementia has worsened for Michael Gilbert (no relation) but he is still being cared for at home by his wife Janet. Win Purkiss fell and broke her hip. Following surgery she has moved to a residential care home where she will be looked after daily. Please keep Michael informed about your health issues.

In the meantime - **HANDS FACE SPACE**



Can you imagine?

GET READY TO GROAN...

1. Two antennas met on a roof, fell in love and got married. The ceremony wasn't much, but the reception was excellent.
2. A jumper cable walks into a bar. The bartender says, "I'll serve you, but don't start anything."
3. Two peanuts walk into a bar, and one was a salted.
4. A dyslexic man walked into a bra.
5. A man walks into a bar with a slab of asphalt under his arm, and says: "A beer please, and one for the road."
6. Two cannibals are eating a clown. One says to the other: "Does this taste funny to you?"
7. "Doc, I can't stop singing "The Green, Green Grass of Home". "That sounds like Tom Jones Syndrome." "Is it common?" "Well, It's Not Unusual."

8. Two cows are standing next to each other in a field. Daisy says to Dolly, "I was artificially inseminated this morning."

"I don't believe you," says Dolly. "It's true; no bull!" exclaims Daisy.

9. An invisible man marries an invisible woman. The kids were nothing to look at either.

10. Deja Moo: The feeling that you've heard this bull before.

11. I went to buy some camouflage trousers the other day, but I couldn't find any.

12. A man woke up in a hospital after a serious accident. He shouted, "Doctor, doctor, I can't feel my legs!" The doctor replied, "I know, I amputated your arms!"

13. I went to a seafood disco last week and pulled a mussel.

14. What do you call a fish with no eyes? A fsh.

15. Two fish swim into a concrete wall. The one turns to the other and says, "Dam!"

16. Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Not surprisingly it sank, proving once again that you can't have your kayak and heat it too.

17. A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office, and asked them to disperse. "But why," they asked, as they moved off. "Because," he said. "I can't stand chess-nuts boasting in an open foyer."

18. Mahatma Gandhi, as you know, walked barefoot most of the time, which produced an impressive set of calluses on his feet. He also ate very little, which made him rather frail and with his odd diet, he suffered from bad breath. This made him (oh, man, this is so bad, it's good), a super-calloused fragile mystic hexed by halitosis.

19. A dwarf, who was a mystic, escaped from jail. The call went out that there was a small medium at large.

20. And finally, there was the person who sent several different puns to friends, with the hope that at least ten of the puns would make them laugh. No pun in ten did.



Top Ten Tips for Winter. Derby & Derbyshire Clinical Commissioning Group (DDCCG) have issued guidelines to help us through the winter months.

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. 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.



**You drop something
when you were younger,
you just pick it up.**

**When you're older and
you drop something, you
stare at it for a bit
contemplating if you
actually need it
anymore.**



Back to basics, a few tips to cut waste. How to use up ingredients and pantry goodies.

Stock – a tasty liquid that forms the basis of soups, sauces etc. Making your own is rewarding and free. Veggie trimmings, roast meat bones, or wilting herbs can be simmered in a pot of water for 2 to 3 hours, then strained. It freezes well too so you can use it later.

Sauces – a great way to use up sad looking vegetables is to roast or saute them, then blitz into a sauce with tinned, chopped tomatoes. Great for pasta dishes, stirred into a stew.

Sides – peelings are often discarded but with a good scrub, you can turn them into a brilliant snack. Toss with oil and your choice of spices (paprika and chilli are good), then roast until crisp



A few musings:

The clocks go back on October 25th. Mmm, I can't remember where I bought mine!

MEDICAL MATTERS: Patient: *Doctor I keep shouting "Cauliflower and Broccoli" out loud at random times.*

Doctor: *I think you may have 'Florets'*

I thought our new chiropodist was great, until I had to foot the bill.

COVID UPDATE: People returning from Iceland now have to self-quarantine for 14 days. This seems a bit harsh if you've only bought a bag of frozen peas...

Nellie the Elephant has been tested positive for Covid-19. When asked how she caught it she walked away saying: TRUMP, TRUMP, TRUMP!

OVERHEARD WHILST WAITING IN THE SAFE-DISTANCED CHIP SHOP QUEUE: Shopkeeper: Do you want anything on your chips? Customer: How much will that be? Shopkeeper: Ten pence. Customer: OK, I'll have four sausages and a steak pie.

LATE NEWS... I've just won a five-star all expenses paid holiday in the Seychelles for myself and five friends. Are you free between November 23 and November 29? If so, would you mind putting my bins out?



Planning for Christmas?

A family who had some visitors coming to lunch and they wanted to show off to their visitors how well they had brought up their children and how well their children prayed. So when it came to lunch, they said to their son, "Johnny, why don't you pray?" Johnny looked rather embarrassed and he said, "I can't." So, the mother just whispered to him, "Johnny, just say what Daddy said at breakfast." So he shut his eyes and said, "Oh God, why do we have to have these awful people over for lunch today?"



Birthdays. Happy birthday this month go to Patricia Bhurton, Ted Bland, Mary Blundell, Jean Clarke, Molly Illesley, Bernadette Pietruszewski, Dennis Pollard and Jane Salmon. 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.



A New Newsletter. When lockdown arrived, we lost the facility to print our mailed copies of our Newsletter. For several months we have been printing the Newsletter via an external source and in full colour in A4 format. Your committee are constantly looking for improvements we can make to how your group is perceived. All those I have spoken to express their appreciation of an improved product. We continue with the A5 edition which you seem to like. Is the newer version the way forward? Please send your comments/observations to Michael at Telephone 01332 380219, write to 14 Brookside Road, Breadsall, Derby DE21 5LF or

email michael.flude@takehearderby.co.uk.

Responses to the new A5 format Newsletter. *"I thought the Newsletter was brilliant but the new colour version in October was even better than I could imagine/What a marvellous improvement top the best thing that is delivered to my home. Well done/How do you do it? A huge improvement on a top Newsletter. Thanks/a great edition which I can now store on my bookshelf and it won't flop all over the place/I can put it in my bag when I visit my family (before lockdown that is)"*



Organ donation law has changed in England.

It is now law 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 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/>



Is this a sign of pandemic boredom? Have you noticed a slight crease appearing in your rug? Here's what Pauline Ball has been doing to avoid boredom!





Poor Beasts, a poem of an unknown writer, taken from “Verse and Worse” by Arnold Silcock.

Poor Beasts

The horse and mule live 30 years
And nothing know of wines and beers.
The goat and sheep at 20 die
And never taste of Scotch or Rye.
The cow drinks water by the ton
And at 18 is mostly done.
The dog at 15 cashes in
Without the aid of rum or gin.
The cat in milk and water soaks
And then in 12 short years it croaks.
The modest, sober, bone-dry hen
Lays eggs for nogs, then dies at 10.
All animals are strictly dry:
They sinless live and swiftly die;
But sin-ful, ginful, rum-soaked men
Survive for three score years and ten.
And some of them, a very few,
Stay pickled til they're 92.



Signs of our times!

No senior citizen discounts – you've had twice as long to save up
No, we do not have wi-fi. Talk to each other.
Seen on a shop door
Push – if it dosen't work
Pull – if that dosen't work – We Must Be Closed!
Teach your children about taxes, eat 20% of the Happy Meal
Today's Offers – buy any two drinks and pay for them both!
Respect your parents – they graduated without google.
I pronounce you husband & wife, update your facebook page.
Growing old is hard work. The mind says yes but the body asks
“What the *^%\$£ are you thinking of”



Here is a lovely recipe which is quick to prepare and Won't put on the Lockdown Pounds.

Irish Hotpot (serves 4 and ready in two hours, all in one pot)

750g lean lamb leg steaks (remove all fat, cut into small chunks)

1 large onion, cut into wedges

600g prepared casserole veg or a pack of mixed whole veg)

75g dried pearl barley

700g floury potatoes, peeled and thinly sliced

From store cupboard –
Low calorie cooking spray.



Spray non-stick casserole pan with low-cal cooking spray and place over a high heat. Add half the lamb and fry until browned, turning now and then. Transfer to a plate and repeat the remaining lamb. Add the onion and 3 tbsp water to the pan. Cover then reduce the heat to medium-low and cook for about 10 minutes until soft. Peel and chop the veg if using a whole pack of casserole veg. Add the veg to the pan along with the lamb, 900ml boiling water and a little seasoning. Cover again and simmer for 30 minutes. Stir in the pearl barley, cover and cook for another 30 minutes. Meanwhile, pre-heat the oven to 220C/fan 200C/gas 7. Bring a large saucepan of water to the boil over a high heat. Add the sliced potatoes, bring back to the boil and simmer for 5 minutes or until just tender but not breaking apart. Drain well. Overlap the potato slices on the top of the stew. Spray with low-calorie spray, season lightly and bake uncovered for 30 minutes or until the potatoes are crisp and golden. Serve hot with a mixed leaf salad.



Is this another side effect of Coronavirus

Instead of a sign
that says 'do not disturb'
I need one that says
'already disturbed
proceed with caution'



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 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 01332 380219. email michael.flude@takeheartderby.co.uk or 14 Brookside Road, Breadsall, Derby DE21 5LF.

Affiliated to the British Heart Foundation
Take Heart (Derby) Charity Registration Number 1163703