

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter November 2021

Our Programme of Events is now in full swing (see page 15/16)



UK becomes first country in world to approve Merck's at-home pill for Covid that HALVES the risk of severe illness in vulnerable and elderly patients

Antiviral molnupiravir is first at-home antiviral proven to treat Covid patients

Tablet given twice a day to Covid-positive people and will be sold as Lagevrio

Targeted at those deemed high risk, including over-60s and vulnerable adults

The first at-home pill to treat Covid has been approved by Britain's medicines watchdog.

Antiviral molnupiravir was shown in clinical trials to slash the risk of hospitalisation by half in vulnerable and elderly patients.

The tablet - which will be sold under the brand name Lagevrio - will be given twice a day to people within a week of testing positive.

It will be targeted at those who are deemed high risk, including persons over the age of 60, or patients with heart disease, diabetes, obesity, or other comorbidities.

Health secretary Sajid Javid said the treatment was a 'gamechanger' for the most frail and immunosuppressed, who are vulnerable to Covid even when vaccinated.

The pill is expected to be rolled out on the NHS within weeks, providing the country with an extra layer of defence heading into winter.

Britain has bought 480,000 doses of molnupiravir at a cost thought to be in the region of £250million.

Announcing its approval today, the UK's Medicines and Healthcare products Regulatory Agency (MHRA) said the drug was safe and effective

Molnupiravir, made by pharmaceutical giant Merck and its partner Ridgeback Biotherapeutics, works by blocking the virus from replicating in the body.

Source: [First pill to treat Covid-19 approved in the UK: Molnupiravir | Daily Mail Online](#)

3 rd or booster Covid 19 jab.

Public Health England study found that immunity from Covid 19 starts to wane after 20 weeks of a second jab. The elderly are particularly at risk. This means that the likelihood of catching the virus increases and could mean hospitalisation or even death. A trial, CovBoost explored the impact of having a third dose. It found that a booster jab increases antibody levels and cellular responses beyond the level achieved by the first two doses. The 'booster' jab is a third dose of the vaccine, which gives greater and longer lasting protection than the original two doses. Vaccination will be offered in the same categories set out at the beginning of 2021 and are:

The government's Joint Committee on Vaccination and Immunisation (JCVI) has confirmed its priority list for the first phase of the UK's mass vaccine rollout, which has already begun. The priority list for the first phase is as follows:

It is widely known that booster jabs were to become available from 20 September. What seems to have become lost or confused by this step is the announcement that 3rd 'primary' jabs would be available from 1 September for those with compromised immune systems. That is those taking drugs to counter rejection of replacement organs, those on long term steroids etc. Even some medics have been left confused by this twin pronged approach. So where do you stand? Contact your GP in the first instance.

A reminder of the current regulations?

We continue with all regulations suspended, as per notes in our August Newsletter. We should still be wary of the current situation caused by the pandemic. Notably there are more than 40,000 new infections daily, which is quite staggering. Fortunately, the link between infections and hospitalisations has been broken by the vaccination programme. Regrettably, there are still too many deaths (140+) occurring daily. The Government have recently stated they will not introduce Covid passports for entry to indoor areas such as night clubs. BUT they reserve the option to introduce them at short notice.

There are three plans still now under consideration.

Plan A.

Booster jabs will begin week commencing 20 September for all those who received jabs in phase 1 of the rollout. This will include all over 50's.

Children aged 12 to 15 years will be offered a first vaccine.

Additional efforts will be made to persuade adults who have so far declined a jab.

The Health Secretary has announced care home staff MUST be double jabbed or lose their jobs. NHS staff have until April 2022 to get their jabs or they will lose their jobs as well. It is likely that teachers and child minders could be included in future

Those with Covid symptoms will be expected to Take a PCR test. If positive, they will be required by law to self-isolate for ten days. Close contacts will be advised to have a test but will not have to isolate unless the result comes back as positive.

The country's largest flu vaccination programme will be used to prevent additional pressure on the NHS. Over 65's, vulnerable groups, over 50's, pregnant women and primary & secondary pupils will be offered the flu vaccination free of charge.

We are all advised to meet outdoors wherever possible and to open windows when inside, wear face coverings in crowded and enclosed settings. Wash your hands frequently. Use the NHS Covid-19 contact-tracing app.

A replacement for the traffic-light travel system is already under consideration, consisting of a Go/Non-Go destination.

Plan B (if NHS is swamped).

Vaccine passports would be needed to prove they are double jabbed to get into nightclubs, crowded indoor venues with 500 or more attending. Outdoor crowded settings with 4,000 or more (i.e., music festivals) and any settings of 10,000 or more (i.e., sports events). Unlike current rules those who are not double jabbed will not be able to rely on a negative Covid test.

A legal requirement to wear face coverings will be brought back and could include public transport and shops. Reminder: We are currently still having to wear face coverings in hospitals, any medical venue, including surgeries and dental practices.

Working from home is not current policy, with Government advise “get back to the office”. Ministers are prepared to order a work from home policy if the situation does not ease.

Plan C. We don't want to think about this one as it is Lockdown, which will be used “as a last resort” according to the Government. They warn that “the nature of the virus means it is not possible to give guarantees”.

So get jabbed and ensure your family & friends do likewise.



A few one liners.

I know some jokes about lettuces – every-one is a gem!

My husband is terrified of elevators – he takes steps to avoid them.

Is the child of a lumberjack a chip off the block?

How do you make a waterbed bouncer? Add spring water.

Do electric cars and vehicles have shock absorbers?

I wanted a new clock but had to settle for a second hand.

I accidentally drank invisible ink. I am now in hospital waiting to be seen.

A survey has revealed that more music has been played since records began.



Singing for Fun is now in full swing. Attendances have fluctuated since our return and are holding at around 18 per week. Songs are being selected from 40 tracks, all previously performed by the group. New tracks have been added to increase the variety and to challenge the group. It is proving popular and the social aspect of our coffee break should not be underestimated. Singers also seem reluctant to leave, even after two hours. Something must be good!!!



There's no getting away from them!

Those who reach the top of the ladder have someone holding it at the bottom.

Are workers too chicken to enter the UK to work in the turkey industry or has the response been poultry?

Do lumber jacks clock in or log on when starting work each day?



Birthdays. Happy birthday this month go to Ted Bland, Patricia Bhurton, Mary Blundell, Jean Clarke, Molly Illesley, Daniel Leedell, 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. I forward these comments made to the lovely ladies who make them for us, so keep them coming and enjoy your birthday with a bit more freedom than we have been used to for eighteen months.



There's no getting away from them!

11. I stole a rabbit today. Then I had to make a run for it.
12. A woman told me she recognised me from the vegetarian club, but I'd never met herbivore
13. I told my friend she drew her eyebrows too high. She looked surprised.
14. What does a clock do when it's hungry? It goes back four seconds.
15. My wife told me I was a fool to build a car out of spaghetti. You should have seen the look on her face when I drove pasta.
16. Just watched a documentary on how ships are kept together. Riveting.
17. I used to have a problem where I couldn't stop naming classic American sitcoms, but I'm over it now. Happy Days.
18. My wife's working in a bowling alley. Ten pin? No, permanent.
19. I thought my wife was joking when she said she'd leave me if I didn't stop singing 'I'm A Believer'. Then I saw her face.
20. How do you approach an angry Welsh cheese? Caerphilly.



Ten gardening tips for October

1. Move tender plants, including aquatic ones, into a greenhouse or conservatory
2. Cut back perennials that have died down
3. Divide herbaceous perennials
4. Divide established rhubarb crowns to create new plants
5. Plant out spring cabbages
6. Harvest apples, pears, grapes and nuts
7. Prune climbing roses
8. Finish collecting seeds from the garden to sow next year
9. Last chance to mow lawns and trim hedges in mild areas
10. Renovate old lawns or create new grass areas by laying turf

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



It was probably to be expected. (not the Elvis Presley version)

Are you lonesome tonight?

Are your bra straps too tight?

Are your corsets just drifting apart?

Have you got a big chest?

Making holes in your vest

Does your spare tyre

Reach into the night

Are your stockings all laddered

Are you wearing them thin?

Do you need hold up knickers?

Are your false teeth all worn?

Do they drop when you yawn

Well, it's no wonder your lonesome tonight.



News from BHF. Drug could help diabetic hearts recover

after a heart attack. Researchers have identified a drug that could ultimately help improve heart function in people with diabetes who have heart attacks. The drug, currently in clinical trials as a potential treatment for a form of anaemia, could help diabetic hearts to recover and reduce their risk of developing heart failure, according to research we have funded and published in the journal *Diabetes*. During a heart attack blood supply to the heart is reduced or cut off, starving the heart of oxygen (hypoxia). In diabetes, heart cells are less able to tolerate hypoxia and therefore die more quickly. Now, researchers from the University of Oxford have found that a drug, known as molidustat, can increase levels of a protein that helps cells to adapt and survive after they are starved of oxygen. They hope that giving molidustat to people with diabetes will help their hearts to recover after a heart attack and reduce their risk of further complications, such as heart failure. Molidustat, which is taken orally, is currently in phase III clinical trials for treating anaemia in chronic kidney disease. It works by increasing levels of a protein called Hypoxia-Inducible Factor 1 (HIF). When oxygen levels fall HIF levels increase, causing it to activate its 'target' genes which help cells to adapt and survive. However, previous research has found that people with diabetes have lower levels of HIF in their heart cells. When the researchers exposed human heart cells with insulin resistance, a characteristic of type 2 diabetes, to low levels of oxygen they found that the increase in HIF protein levels was much lower than in control cells without insulin resistance. But, when they treated the insulin resistant cells with molidustat, the researchers saw increased levels of the HIF protein and activation of its target genes. Next the team investigated the impact of molidustat on heart function by exposing hearts from rats with and without type 2 diabetes to low levels of oxygen. The function of the diabetic

hearts was significantly decreased after the period of low oxygen.



However, when these hearts were treated with molidustat their function recovered back to the level of those without diabetes. HIF is also involved in healing processes that happen after a heart attack, such as the growth of new blood vessels, a process known as angiogenesis. New blood vessels grow to bypass the tissue that has died and ensure a good blood supply to the surrounding areas of the heart that have survived. Angiogenesis is known to be reduced in diabetic hearts, and this is believed to be a critical step in the development of heart failure. When rats with type 2 diabetes were treated with molidustat the researchers saw increased levels of the signals involved in the growth of new blood vessels. They hope that molidustat treatment could help to improve blood supply to the heart after a heart attack in people with diabetes. Professor Metin Avkiran, our Associate Medical Director, said: “Heart and circulatory diseases are the leading cause of death in people with diabetes, a condition which affects nearly 5 million people in the UK. “These promising results suggest that drugs which stabilise HIF could become a new treatment to reduce the risk of heart failure after a heart attack in people with diabetes. Further research is now needed to translate these early stage findings into clinical benefit.” Source: [Drug could help diabetic hearts recover after a heart attack \(bhf.org.uk\)](http://www.bhf.org.uk)



A statements of the obvious.

My wife stood in front of me and said, “You weren’t even listening were you?” I thought, what a funny way to start a conversation!!!

I got my wife to help me put in new posts for our garden fence. I gave her a hammer and said, “When I nod my head, hit it.” I don’t remember anything else.

My ability to remember lyrics of songs from the 60’s far exceeds my ability to remember why I went to the kitchen.

I was queueing for food at a takeaway restaurant when my grandson asked if he could have a drink of lemonade. I said yes of course he could. He then suggested I run it past his dad because he said he couldn’t.

My neighbour told me his double glazing hadn’t cured the constipation problem because he was still wiping it off every morning. Yikes!!!



Member news. We welcome Richard Billings, Jo Minor and Grace Whitby as recent members and wish them well. It is with much sadness I advise you that Ivy Chilver has passed away following a long illness. Our thoughts and prayers are offered to her family and friends. Ivy’s funeral will be 22 November in the main chapel at Markeaton Crematorium 2.30PM. Les Tibbles has been taking advantage of Royal Derby Hospital accommodation for a couple of weeks now, whilst they resolve his current health issues. Robert Jones has taken a tumble and is out of action with painful back, legs and hip. Ted Evans was cutting back some overhanging branches in his garden. Breaking 22 ribs when falling has caused a lengthy recovery but pleased to be on the mend. We wish all members a healthy outcome to all their troubles. In the meantime, we will continue to observe sensible precautions and you, our members can help, by keeping a safe distance from each other, washing your hands regularly and wearing a mask if you feel more comfortable. We must protect each other.



Our speaker this month was Wendy Coley, talking about Medical Detection Dogs. This charity is a world leading innovative charity which has been training dogs to save lives using their amazing sense of smell. They do this through their Medical Alert Assistance Dogs and their Bio Detection Dogs, both of which can be trained to detect the scent of life-threatening medical conditions that could affect us all. The Charity was founded in 2008, but doctors really didn't take a lot of notice as they didn't see how these dogs could help. In 2014 the



Duchess of Cornwall became interested in the charity and asked to see the dogs at work. She was so astounded by what she saw that she agreed to be the Patron of the charity and arranged events inviting doctors and specialists to come

and see the wonderful work that these dogs carried out. This is when the doctors finally realised the importance of what these dogs could do. Wendy went on to tell us that using the power of their nose, these assistance dogs can be trained to detect even the faintest changes in the smell of their human partner. Conditions such as diabetes, severe allergies, PoTS, Addison's disease and other chronic medical conditions with crisis type episodes are among those that the dogs can be trained to detect well before their human partner is aware that an episode is about to occur. These dogs can detect also from breath, sweat and urine. The dogs that the charity use are mainly rescue dogs with majority of them coming from Battersea dogs' home but also from

families who find that their dogs are too boisterous for them. Wendy said that to train one of these dogs' costs twenty-nine thousand pounds and are hoping to set up their own breeding scheme. Their Bio Detection Dogs are trained to detect even the tiniest smells associated with cancers many other diseases including Parkinson's, malaria and bacterial infections. We were informed that the charity is working with NHS Trusts and oncologists, scientists, universities, both in the UK and internationally, continuing studies into a range of diseases and have published several scientific papers about their work. Wendy told us that the dogs alert their human partner to an oncoming episode in different ways. The dogs will alert them by licking, jumping up, giving a paw, bringing a testing kit, ringing a bell or picking up a mobile phone. Dogs are being trained to detect Covid 19 and Wendy said that this would be a great asset at passport controls and ports of entry. She went on to tell us that the dogs are trained in Milton Keynes and the charity are proud to have a no kennel policy meaning that their dogs live in a loving home environment with a foster family before being partnered with a client. We were told that the dogs are not just partnered with adults but also children and Wendy went on to tell us about a five-year-old little girl whose dog was a Labrador who always sat by her side in the classroom, she said that whilst Labradors are wonderful detection dogs they also like food. One day when the little girl was at school the teacher went out of the room for a short period of time. When the teacher returned, she noticed that her sandwiches that she had brought for her lunch was missing out of her bag. She turned to see the Labrador sitting there with a very contented look on its face. Wendy finished by showing our members items that she had brought with her to sell on behalf of the charity. There were pens, bags, Christmas cards, a book about a golden Labrador called Daisy who had been a detection dog, as well as a lovely assortment of cuddly toy dogs. For members who didn't attend the meeting you missed such a wonderful insight into these dogs that are saving many lives.



Walking back to health. The planned walk cancelled due to excessive rain. Michael (plus company) drove to Wirksworth in case someone turned up. We waited until after 10.00AM before visiting a charming coffee house in the market square. It is somewhere we will visit again because it served a full English breakfast until 3.00PM (many places stop serving this at around 11.00AM. The coffee was very nice. See you all at next year's walks which will be listed in our Programme of Events 2022.



Does this apply to you?

**As the year comes
to an end, I urge
you to take care of
yourself and avoid
accidents because
spare parts for old
models like you are
no longer in stock.**

 Oldtimers



Remembrance Day Cream Tea Party.

A delicious cream tea was served to around thirty members, consisting of a scone with cream and jam, a slice of lemon cake washed down with tea or coffee. Fabulous – how come some of you missed out?



Our thanks are extended to Margaret, who organized the event) and Pam & Margit for helping out on the day.



A few more (no groaning)

A taste tester who lies doesn't know the unpalatable truth.

Does an elephant forget? Not on your Nelly!

Don't worry about your failing eyesight as you get older. It's nature's way of protecting you from shock as you pass the mirror.

I thought I saw Michael J Fox in our local garden centre but could not be certain because he had his back to the fuchsias!

I've reached the age where my train of thought often leaves the station without me.

I just fired myself from cleaning the house. I didn't like my attitude and got caught drinking on the job.

I'm giving up drinking until Christmas. Sorry, wrong punctuation.

I'm giving up. Drinking until Christmas.

My grandchildren laugh because they think I'm crazy. I laugh because they don't know it's hereditary.

Humans are the only species who cut down trees to make paper and then write "Save the trees".



October coffee morning. No free coffee to attract members this month but around a third more attended this month. Once again, tables were moved together to accommodate members who wished to sit together. A bit like BC times (Before Covid).



The staff behind the counter were commenting about the numbers attending and that it was around forty to fifty each month previously. It will again reach that level in time, I am sure. We had a couple of recent members turning up for the first time, which is lovely to see. By far the most exciting aspect was those who had not seen each other for a very long time. Great stuff.



Programme of Events

November.

Wednesday 24th Swimming at Queen's Leisure Centre at noon
Tai Chi at 4.15 until 5.15PM in St. Nicholas
Church Hall, 2 Lawn Avenue, Allestree,

Friday 26th Singing for Fun at 10.00 til 12 noon

Tuesday 30th Coffee morning at The Cube café/bar 10.30AM



December.

- Wednesday 1st Swimming at the Queen's Leisure Centre at noon
Tai Chi at 4.15 until 5.15PM in St. Nicholas
Church Hall, 2 Lawn Avenue, Allestree
- Friday 3rd Singing for Fun at 10.00 til 12 noon
- Tuesday 7th Christmas meal (see separate pages).
- Wednesday 8th Swimming at the Queen's Leisure Centre at noon
Tai Chi at 4.15 until 5.15PM in St. Nicholas
Church Hall, 2 Lawn Avenue, Allestree
- Friday 10th Singing for Fun at 10.00 til 12 noon
- Wednesday 15th Swimming at the Queen's Leisure Centre at
Tai Chi at 4.15 until 5.15PM in St. Nicholas
Church Hall, 2 Lawn Avenue, Allestree
- Friday 17th Singing for Fun at 10.00 til 12 noon
- Tuesday 21st Christmas coffee morning with carols at The
Cube café/bar from 10.30AM



Listening ears via Committee members.

Please use the numbers below 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. Recommendations for future speakers should be made to Marilyn Thompson on 01332 558756. Recommendations for future lunch venues should be made to Pam Fearn on 01332 606563. 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

Christmas 2021 Diner Menu at Mickleover Golf Club
7.00PM for 7.30PM on 7th December

Festive Dinner Menu

Starters

Lightly spiced parsnip **soup**, nutmeg croutons & freshly baked
artisan bread

Pressed garlic chicken, ham & thyme **terrine**, mustard frill
salad, & served with melba toast

Crispy Breaded **Brie** wedge, pear & walnut salad, cranberry
salsa

Main course

Braised leg of **lamb**, mulled wine braised red cabbage & mint
sauce

Traditional roast **turkey** with pigs in blankets, sage & onion
stuffing & turkey gravy

Baked **cod** fillet with grilled asparagus, crispy leeks & lemon
butter sauce

Baked vegetable **wellington** with tomato & red pepper sauce
All served with fresh vegetables & potatoes

Desserts

white chocolate & cranberry **cheesecake** with mixed berry
compote

Classic Christmas **pudding** with brandy sauce

A selection of British **cheese** & biscuits with winter fruit
chutney, celery & grapes

* *

Tea, coffee or de-café with mince pies

3 courses £20.00 per person including gratuity.

Book your place and meal via Margaret Storry, 86 The
Hollow, Littleover, Derby DE23 6GL. 01332 766916 by 28
November 2021

Name Starter

Main Dessert

Name Starter

Main Dessert

Name Starter

Main Dessert

Name Starter

Main Dessert