

# Take Heart

(Derby)

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

[www.takeheartderby.co.uk](http://www.takeheartderby.co.uk)

Registered Charity No 1163703



## Newsletter November 2023



**October coffee morning.** What a turn up. Twenty five members took coffee and tea together at The Cube café/bar at the end of October. This was around double the number we have experienced for a while. It was particularly wonderful to see some faces not seen for some time. It was also the birthday of Ryan Meads, who blushed when we serenaded him with “Happy

Birthday”. Ryan is in the centre of the photograph, bottom left. We hope you can make this a regular feature of your month. 28<sup>th</sup> of November will see us formally hand a cheque to our British Heart Foundation representative, Paula Scaife. The money was donated by



you specifically for the BHF, collected via our annual Jam Jar Challenge. The real money was transferred some time ago, but this is the first opportunity for a formal photograph opportunity. So do please come along and show your support. Looking forward to a large gathering.



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



**Birthdays.** Happy birthday this month go to Patricia Bhlurton, Ted Bland, Mary Blundell, Jean Clarke, Gina Essex, Alan Godward, Dan Ledell, Bern Pietruszewski, Dennis Pollard, Linda Russell and Jane Salmon. We wish all of you a wonderful birthday. 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.





**The ending of our birthday card for members..** For a few years we received wonderful cards made by a lady in the West Midlands, assisted by her friend who dealt with the administration. Sadly, we have received notice they are to retire. Many of you have notified me about the quality of the birthday card you receive, these ladies will be missed. We have been unsuccessful in finding another card maker. The current cards will cease at the end of February 2024.



**SANTA HAS BEEN  
READING YOUR  
POSTS ALL YEAR.  
MOST OF YOU ARE  
GETTING BIBLES  
AND DICTIONARIES.**





## Lunchtime Concerts Series – Musical recitals

Make the most of your Friday Lunchtimes and treat yourself to a relaxed 45-minute recital in the beautiful surroundings of Derby Cathedral. All recitals are free to enter and begin at 1300. Tea, coffee, and biscuits are also available beforehand. Weekly programme

Source: [Welcome to Derby Cathedral | Derby Cathedral](#)



## Forty-five years changes a lot of things.

1978	2023
Long hair	Longing for hair
8 Tracks	Cataracts
KEGs	EKGs
Streaking	Leaking
Acid Rock	Acid Reflux
Seeds and stems	Fiber
Stayin' Alive (the song)	Stayin' Alive (the goal)
Hoping for a BMW	Hoping for a BM
Going to a new, hip joint	Getting a new hip joint
Rolling Stones	Kidney Stones
Bell bottoms	Big bottoms
Disco	Costco
Whatever	Depends
Rock n' roll all night	Sleep through the night
Think you know everything	Think you know your name



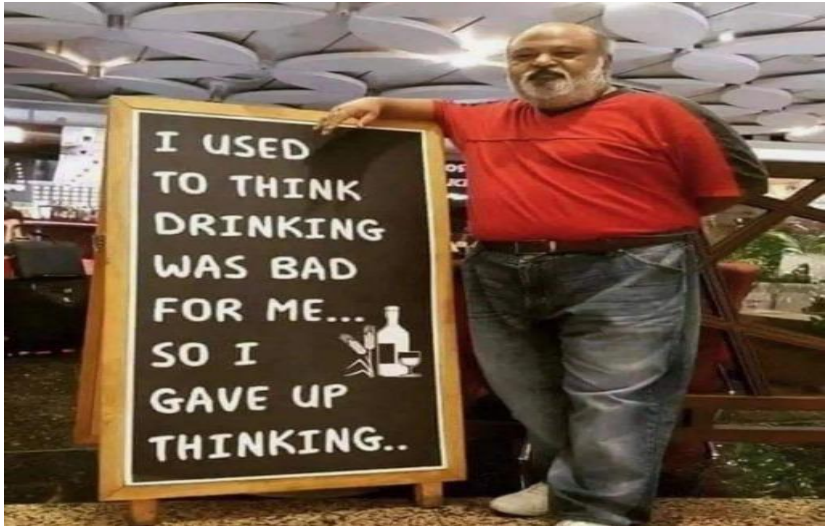
## Remembrance Celebration 2023.



Twenty six members gathered at Mickleover Golf Club to commemorate Remembrance day. At this time of year we take time out to remember and give thanks for the all those who fought for the freedoms we

enjoy today. Many did not return and as time passes, those who did return are reducing in number. We should not forget the sacrifices they all made. Members enjoyed lots of tasty bites and cakes and cream scones. Not exactly healthy but much enjoyed by all. Copious amounts of tea and coffee requests kept our waitresses on their feet all afternoon and they did it with a smile on their faces. They were wonderful. A brilliant afternoon and our thanks to Margaret Storry who co-ordinated the event. Now for our Christmas lunch on 5 December at the Grange Banqueting Suite. Last bookings up to 27 November. Don't miss out.





### **Ten gardening tips for November**

1. Clear up fallen leaves - especially from lawns, ponds and beds
2. Raise containers onto pot feet to prevent waterlogging
3. Plant tulip bulbs for a spring display next year
4. Prune roses to prevent wind-rock
5. Plant out winter bedding
6. Cover brassicas with netting if pigeons are problems
7. Insulate outdoor containers from frost – bubblewrap works well.
8. Stop winter moth damage to fruit trees using grease bands around trunks
9. Put out bird food to encourage winter birds into your garden.
10. Use seasonal bonfire (where allowed) to dispose of excess debris unfit for composting.

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



## HOW TO COOK A TURKEY

- Step 1. Buy a turkey
- Step 2. Have a glass of wine
- Step 3. Stuff turkey
- Step 4. Have a glass of wine
- Step 5. Put turkey in oven
- Step 6. Relax and have a glass of wine
- Step 7. Turk the bastey
- Step 8. Wine of glass another get
- Step 9. Hunt for meat thermometer
- Step 10. Glass yourself another pour of wine
- Step 11. Bake the wine for 4 hours
- Step 12. Take the oven out of the turkey
- Step 13. Tet the sable
- Step 14. Grab another wottle of bine
- Step 15. Turk the carvey!

**Member news.** It is with much sadness I advise the passing of Gordon Cant, a member of six years. We will miss his presence amongst us, particularly his big smile. Our thoughts and prayers are offered to his wife Pat and all their family and friends. On a lighter note, we welcome Margaret Anderson, Carole Houghton, Vij Chauhan, Helen & Christopher Ralls, Rod & Kate Repton and the return of Vernon & Gina Essex (no relations to the Duke & Duchess). We hope you all enjoy your membership and the friendship it offers. Bob Bletchley has been struggling of late and is now on lots of medication. Mary Blundell has suffered a TIA and is currently in RDH. We wish all members improved health.



**I found these in my inbox – just in time for your Christmas crackers!**

What do wizards use to wrap their Christmas presents?

Spell-o-tape

If athletes get athletes foot, what do elves get?

Mistle-toes

Who hides in the bakery at Christmas?

A mince spy

What carol is sung in the desert?

O Camel Ye Faithful

What is Santa afraid of?

The Elf and Safety Officer

What is a female elf called?

A shelf

Why don't polar bears eat penguins?

Because they can't get the wrappers off.



**Lunch at The Toby Carvery.** What a carve up! Two members

forgot and another two got the wrong day! That would have made a bit of difference to the seven members who did turn up for a delicious, freshly cooked carvery at the delightful restaurant in Chaddesden. Don't miss out next month – it is our Christmas luncheon at the Grange Banqueting Suite on 5 December. You need to book in advance with Margaret Storry on 01332 766916.



Menu choices were on pages 17 & 18 in Octobers Newsletter (or on a separate sheet for postal members).





**News from the BHF.** The first drug treatments for deadly aneurysms in the body's largest blood vessel could be on the horizon, according to research part-funded by us and published today in *Nature Genetics*.

This comes after an international team found that mimicking the effect of drugs used to treat people with high cholesterol could slow the development of potentially catastrophic abdominal aortic aneurysms (AAA).

The researchers, led in the UK by Professor Matthew Bown at the University of Leicester, hope the discovery could lead to clinical trials of the drugs in people with an AAA within the next few years, putting an end to the long wait for a treatment for those living with the condition.

An abdominal aortic aneurysm is a balloon-like swelling in the abdominal section of the aorta, which carries blood away from the heart and around the body.

There are currently no treatments that can stop an aneurysm developing or growing. If an AAA becomes too large, it can burst causing massive internal bleeding.

Around 80 per cent of people with a ruptured AAA die and the condition is responsible for over 2,200 deaths in the UK each year.

### **Repurposing cholesterol-lowering drugs**

Now, researchers have found that drugs called PCSK9 inhibitors, which are already used to treat people with high cholesterol, could be repurposed as a treatment for people with an AAA.

They found that simulating the effect of this treatment in mice with an AAA caused their aneurysms to grow more slowly.

PCSK9 inhibitors work by stopping the breakdown of cholesterol receptors, boosting the body's ability to remove LDL cholesterol (a type of 'bad' cholesterol) from the blood.

They're used to treat people with genetic conditions which cause them to have very high cholesterol levels, or those who are already taking medication but whose LDL-cholesterol remains high. The researchers first performed a genome-wide association

study, searching the DNA of over 39,000 people with an AAA for genes that could be increasing their risk of developing the condition. From this, they identified 141 genetic variants involved in the development of aneurysms – including 97 never previously linked to the condition.

### **New genes to target**

One of the genes they identified encodes the PCSK9 protein.

The team also found that having higher levels of the PCSK9 protein was associated with an increased risk of AAA.

Finally, the team found that aneurysms grew more slowly in mice with an AAA that lacked the PCSK9 protein, compared to those with the functioning protein. The missing PCSK9 protein mimics the effect of the inhibitor drugs, suggesting that these could be an effective treatment to slow AAA growth.

The researchers say that the significant number of new genes they have identified, and the biological processes they are linked to such as blood vessel development and inflammation, can also help to guide the search for more treatments for AAA.

By focusing on existing treatments known to affect these processes, they hope it might be possible to repurpose more drugs as treatments for AAA.

### **Long wait for a treatment**

Professor James Leiper, our Associate Medical Director, said:

“The consequences of an abdominal aortic aneurysm bursting are catastrophic and, more often than not, this will cost a patient their life. People with an AAA live day-to-day with this looming threat. “Repurposing drugs which have already been shown to be safe and effective, such as PCSK9 inhibitors, can dramatically shorten the time it takes for findings to go from discovery to patient trials. “While testing in large groups of patients will be needed before these drugs can be recommended, these promising results offer hope to thousands of AAA patients that their long wait for a treatment may soon be over.”

This research was also funded by Health Research Council of New Zealand, Veterans Administration Office of Research and

Development, Tobacco-Related Disease Research Program and the National Institutes of Health.

Source: [Hope for first drug treatment for life-threatening aneurysms - BHF](#)

A graphic with a light blue background and three black hanging lamps at the top. The text is centered and reads:

## 7 Rules of Life

- 1. Make peace with your past**  
so it won't disturb your present.
- 2. What other people think of you**  
is none of your business.
- 3. Time heals almost everything.**  
Give it time.
- 4. No one is in charge**  
of your happiness, except you.
- 5. Don't compare your life to others**  
and don't judge them, you have no idea  
what their journey is all about.
- 6. Stop thinking too much.**  
It's alright not to know the answers.
- 7. Smile.**  
You don't own all the problems in the world.



**Annual donations can be paid for 2024 NOW.** There are several ways to pay these donations. The minimum donation is still £10.00 but you can donate more if you wish.

(1) By electronic bank transfer (BACS) directly into our account with: Co-operative Bank Sort Code: 08-92-99 Account Number: 67189278 (don't forget to add your name & post code or email confirmation to [treasurer@takeheartderby.co.uk](mailto:treasurer@takeheartderby.co.uk) to confirm your payment.

(2) Use our web page to pay by credit card, simply follow the instructions.

(3) By cash or cheque to "Take Heart (Derby)" at any event to a committee member or post to 105 Ferrers Way, Allestree, Derby DE22 2BE

(4) Telephone Michael for assistance



**Marriage is just  
a nice word for  
adopting a fully  
grown man who  
can't take care  
of himself.**



## October walk. WIRKSWORTH WALK - AT LAST

It was a case of third time lucky for Take Heart's walking group as we finally managed to tackle our long-planned stroll around Wirksworth at the end of October. Our first attempt was curtailed by pouring rain as we sat shivering at the start point. The second was scrapped because of Covid, so, with a strong sense of optimism, we turned up on a Saturday morning ready to step out in style. After meeting just north of the town's market square, the five strong group - four members and a guest - headed along a rocky footpath to discover a disused quarry bordering the National Stone Centre. The centre contains all anyone needs to know about local geology and offers wonderful views down the valley and towards the hills behind. Our view, however, was hampered by a persistent morning mist which meant nipping to the cafe for a quick coffee and chat! Revived, we took a short



climb to the track of the former High Peak Railway and the chance to check out the narrow-gauge railway centre. The railway uses former mining trucks, hauled by miniature engines

which keep its army of volunteers busy through the year. Oddly for me, a lonely gravestone stands solemnly at the edge of the marshalling yard. It recalls the fact that after the first world war, the track was used to ferry more than 120,000 headstones for the

Commonwealth War Graves Commission. These Derby quarried stones can be found throughout the former battlefields commemorating members of the armed forces who lost their lives fighting for freedom. A sober reminder indeed. We took the line of the track towards Black Rocks before scrambling down the embankment and heading through Bolehill village. The route offered more fine views across Wirksworth and revealed a number of interesting old buildings including a tiny village meeting room, little bigger than a double garage, but still in use. We left the village and headed along a well-trodden field path to re-join the main road before heading back to our start point. The walk lasted less than two hours and took in three miles of super Derbyshire countryside - it's a pity so many Take Heart members choose to miss out. A new schedule of walks is now being drawn up and will be listed in the forthcoming magazine. PETER STEVENS, Walk Leader





**Our November speaker** was Paul Newsham, who was a replacement for the advertised speaker. Paul's talks are informative, interactive and often humorous. Derbyshire Holders of the Victoria Cross was his latest subject for us. Paul, discussed with and involved the audience with 7 holders of the Award up to the present date. Members also learnt about the history of the Award, its inception and how it was made. The Talk lasted an hour and was very informative, with twenty-six members enjoying this topic.



## **Programme of Events**

### **November.**

Tuesday 28<sup>th</sup> Coffee morning at The Cube café/bar from 10.30AM.

Wednesday 29<sup>th</sup> Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.

### **December.**

Friday 1<sup>st</sup> Singing for Fun at 10.00AM in St John's Methodist Church Hall.

Tuesday 5 <sup>th</sup>	Christmas meal at Grange Banqueting Suite.
Wednesday 6 <sup>th</sup>	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 8 <sup>th</sup>	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Wednesday 13 <sup>th</sup>	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 15 <sup>th</sup>	Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Tuesday 19 <sup>th</sup>	Christmas coffee morning with carols at The Cube café/bar from 10.30AM.
Wednesday 20 <sup>th</sup>	Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.



### **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 07852 696930, Pam Fearn 01332 606563, Richard Flatman 01332 557028, Robert Jones 01332 608219, Nigel Cullen 01332 842730 and Margaret Storry 01332 766916.

Recommendations for future speakers should be made to Margaret Storry on 01332 766916.

Recommendations for future lunch venues should be made to Robert Jones on 07352 619386.

Any queries or comments about Take Heart (Derby) should be directed to Michael Flude on 07852 696930. email [michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk). or 14 Brookside Road, Breadsall, Derby DE21 5LF.

Affiliated to the British Heart Foundation