

Take Heart

(Derby)


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


www.takeheartderby.co.uk


Registered Charity No 1163703




Newsletter October 2017

 **Lunch at The Jonty Farmer.** The lure of Derbyshire County Cricket matches was too much for some to resist. Travelling all the way to Chesterfield to watch – nothing – not a ball was bowled. In the meantime, ten members dined at the Jonty Farmer, another venue we have frequented previously. I am advised the meal was very good and the price not bad at all. Indeed, one diner commented that he ate here up to three times a week. What a recommendation!

 **If** you jumped off the bridge in Paris, you'd be in Seine.

 **Jam Jar Challenge.** You should already have quite a few “pennies” saved in another Jam Jar in readiness for 2018. Seems a long way off but by starting now it will surprise you just how much you can save. Why not save £1.00 per month? Keep chucking it in. Thank you for your efforts during the previous years.



 **Wonderful Church bulletins!** Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.

 **Walking** The September walk was a little overshadowed by the prospect of a heavy downpour of rain. Nevertheless, seven members set off from the 'crem.' Car park and past the former residence of one of the walkers. Shortly after, two of our number remembered they had a flu jab appointment and made a hasty retreat. Turning into Markeaton Stones, we followed the private driveway, past the home of a famous footballer and on into the countryside. A partial rainbow appeared but not sufficient to gain a decent photograph. Shortly afterwards, we took a joint decision to 'return to base' as the weather appeared to get worse. Taking an indirect route through Markeaton Park, we took refreshments at a local garden centre. Tea and cake – just what the doctor ordered (or was it). Later, we were joined by friends who were being treated to lunch by their granddaughter, who was asked if she would email our grandchildren to give them a nudge. Despite this shorter than advertised walk we all enjoyed our time together and look forward to seeing each other AND YOU at the last walk of the year on 28th October at Alvaston Park.



None of the Tortoise walks require participants to have had SAS training – we would welcome more participants.

♥ **Do you have a favorite walk?** At some point in our lives, most of us have enjoyed the fabulous countryside in and around Derby. Was it Carsington Water or perhaps Chatsworth House and grounds? What about the Tissington Trail or Matlock Bath? Whatever walk you enjoyed, please let Michael know and we will try to feature it into our programme.

♥ **Wonderful Church Bulletins!** A bean supper will be held on Tuesday evening in the church hall. Music will follow.


♥ **Member news.** We lost three members during September and have recently attended the funerals of Geoff Sykes, Keith Cooper and Marjorie Pate. Our thoughts and prayers are with their family and friends. Yvonne Gilbert is improving nicely. Ted Evans has been quite unwell in recent months, whilst Jean Moseley has suffered another setback. Brian Wibberley has been in touch to apologise for not attending events recently but he has several health issues keeping him fully occupied. We wish him well in his fight. If you know someone who is ill, then please let Michael know.


♥ **September Coffee Morning.** An autumnal day but dry and fresh saw 31 members travel to our regular coffee morning at the end of September. There was much chatter about holidays taken, which for most were a huge success. One couple reported a poor experience and stayed just one-night due to the proximity of traffic. Better luck next time. We welcomed a potential new member and we hope to see her again later this month.





♥ **This one is from the USA!** One day, in line at the company cafeteria, Joe says to Mike, "My elbow hurts like hell. I guess I'd better see a doctor." "Listen, you don't have to spend that kind of money," Mike replies. "There's a diagnostic computer down at Aldi's. Just give it a urine sample and the computer will tell you what's wrong and what to do about it. It takes ten-seconds and costs pounds. A lot cheaper than a doctor." So, Joe deposits a urine sample in a small jar and takes it to Aldi's. He deposits ten pounds and the computer lights up and asks for the urine sample. He pours the sample into the slot and waits. Ten seconds later, the computer ejects a printout: "You have tennis elbow. Soak your arm in warm water and avoid heavy activity. It will improve in two weeks. Thank you for shopping at Aldi's." That evening, while thinking how amazing this new technology was, Joe began wondering if the computer could be fooled. He mixed some tap water, a stool sample from his dog, urine samples from his wife and daughter, and a sperm sample from himself for good measure. Joe hurries back to Aldi's, eager to check the results. He deposits ten dollars, pours in his concoction, and awaits the results. The computer prints the following: 1. Your tap water is too hard. Get a water softener. (Aisle 9) 2. Your dog has ringworm. Bathe him with anti-fungal shampoo. (Aisle 7) 3. Your daughter has a cocaine habit. Get her into rehab. 4. Your wife is pregnant. Twins. They aren't yours. Get a lawyer. 5. If you don't stop playing with yourself, your elbow will never get better. Thank you for shopping at Aldi.


♥ **Every day**, thousands of innocent plants are killed by vegetarians. Help end the violence – eat bacon.


 **New members.** We offer a very warm welcome to Betty Summers this month. We hope you all enjoy many happy occasions with us.


 **Four passionate,** senior golfers were playing their weekly game of golf, - one remarked how nice it would be to wake up on Christmas morning, roll out of bed and without an argument go directly to the golf course, meet his buddies and play a round. His buddies all chimed in said, "Let's do it! We'll make it a priority; - let us figure out a way and meet here early, Christmas morning." Months later, that special morning arrives, and there they are on the golf course. The first guy says, "Boy this game cost me a fortune! I bought my wife a diamond ring that she can't take her eyes off of." The second guy says, "I spent a ton too. My wife is at home planning the cruise I gave her. She was up to her eyeballs in brochures." The third guy says "Well my wife is at home admiring her new car, reading the manual." They all turned to the last guy in the group who is staring at them like they have lost their minds. "I can't believe you all went to such expense for this golf game. I slapped my wife on the bum and said, 'Well my darling; - Merry Christmas! It's a great morning -- intercourse or golf course?" She said: "Don't forget your hat."

 **Speaker for November.** This month we welcome back Pat Hall, a diminutive lady who packs a big laugh. When she visited us a year or so ago, the audience simply would not let her leave. There was hysterical laughter from beginning to end. It is said that laughter is the best medicine, well come and get your prescription filled on Monday 13th November.

 **Take Heart Singers.** Our singing group are becoming famous. Following a performance at Fraser Hall, Leylands there were a number of enquiries asking them entertain to other groups in the area. They have been specially requested to sing at a Dr. Barnardo concert on 25 November at Landau Forte Academy. The singers should be very proud of themselves and so should TH(D) as they represent the group and add to our profile. You can join in too, just come along on Fridays for some fun. It will raise you're your spirits. Don't be put off even if you think you can't sing – Trisha 'Gareth Malone' Flude will be glad to help. Telephone 01332 380219.

 **Wonderful Church bulletins!** At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.

 **Newsletter feedback.** The following messages were received following last month's Newsletter: *"Very Interesting to read Paul Taylors story, may the new heart give him another thirty years/Many thanks for the Newsletter. Very informative & entertaining as usual. Sorry that I am not able to get to anything at the moment, but I've a lot go a lot going on medically, mainly Prostate Cancer, but also Heart Failure and Neuropathy problems/I am receiving the newsletter which always cheers me up"*. There were quite a few people expressing support for member, Paul Taylor, who wrote about his 30th anniversary of his heart transplant. All wish him well and expressed a wish that he sees another 30 years at least. Well done Paul. Thank you to all those who respond, I achieve much pleasure in reading your comments (even the critical one's)! Please send your comments to Michael.

 **A rubber band pistol** was confiscated from algebra class, because it was a weapon of math disruption.



Birthdays. Happy birthday this month to Nicole Bayer-Richardson, Lana Richardson, Michael Gilbert, Joan Gutteridge, Elizabeth Hillis, Stu Norton, Ann & Majid Quadri, Hazel Salt, Linda Statham, and Pete Stevens. We hope you had a happy and memorable day.



The Alan Hopkin talk (by Pam Fearn). Our speaker this month was Alan Hopkins talking to us about his life in the music business, but first he started off with a joke. He said a boy went home and told his dad that he was playing the part of a man who had been married for 40 years in the school play, his dad said never mind son you might get a speaking part next time. On his return visit to address us Alan decided to change his proposed talk and instead told us about his life growing up with a musician father and all the famous musicians who had visited Wishers music store in Derby. We learnt that three generations of the Hopkins family have now been serving the musical instrument business since 1935, including teaching, playing, repairing and, in particular retailing with the highly successful family business, Wisher Musical Instruments which was sold in 1987. Alan's father Harry was a professional string and



woodwind player in the 20's and 30's before entering the retail trade. Harry was a figurehead in the Derby music scene for over 45 years and was a founder member of the Derby Concert Orchestra. He also ran his own dance band which was highly successful. Alan told us that they lived above the shop opposite the Max furniture store on Osmaston Road and attended Reginald Street school and can remember during the war going with his mother with their clothing coupons to the clothing hall in St Peter's Street to get a new raincoat and how he had used it as a goal post on the Arboretum and leaving it there and when his mother took him back for it, it had gone. Alan said that many famous people came into their shop through the years, two of them being Johnny Dankworth and Dudley Moore. He told us that when Cleo Lane first sang with Johnny Dankworth he paid her £6 per week and how she left and went on tour with Lorrie Holloway. Johnny had rung Cleo up after this asking her to go back and sing with him and the on the next phone call he had asked her to marry him. Alan said that he had played with Ray McVay and his band at the Lacarno in 1961 when it was situated in Babbington Lane, and that at this time there were 682 bands around the country. Other famous people who had visited their shop were the Rolling Stones, the Everley Brothers, Frank Ifield, the Searchers, the Spinners, Georgie Fame and Stephan Grepelli who became a big friend of his fathers. Alan went on to tell us many more experiences that he'd had throughout his musical career and the people he had met through this. A very entertaining afternoon for all who were there.



The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.



A new future for Derby & Burton Hospital Trusts! A significant step in sustaining and improving hospital services. The boards of Derby Teaching Hospitals NHS Foundation Trust and Burton Hospitals NHS Foundation Trust have now approved an Outline Business Case for the proposed merger between the two organisations. This is a partnership of true equals and is a significant step forward in achieving sustainable, high quality local services. For Derby Hospitals, the proposed merger means access to a wider population base and the opportunity to sustain and expand specialist services, such as cancer surgery and spinal services, with clear benefits to local people across Derbyshire and Staffordshire. For Burton Hospitals, this will be a partnership which keeps a vibrant district general hospital in Burton, with the services the community expects, including A&E, and with a commitment to keep improving those services in Burton. For community hospitals in London Road, Derby and Lichfield and Tamworth, the aim is to maximise their use by making them a focus for the new models of care which are centred on the local “place” people live, which are being developed as part of the Sustainability and Transformation Plans in Derbyshire and Staffordshire. The Full Business Case is being developed, with engagement and input from staff, governors, patients and the public, over the coming months. This Full Business Case will then be considered by both Trust boards later this year. You can get the latest news and find out more about the benefits at <http://www.burtonderbycollaboration.co.uk/>. Here, you can watch an animated video which shows how the developing partnership is good news for patients. You can also download a copy of the Outline Business Case, read more about the case for change and be reassured by the answers to frequently asked questions.




Swimming up-date. You will recall the previous message in connection with our difficulty about a swimming allocation. Following the response to this note in the last Newsletter. There was one vote to stay in the Family pool with the remainder in favour of giving the teaching pool a try. Our Secretary will now write to Mr Banwait to set up the sessions and we will advise further when a response is received. If this result is not to your liking, then you need to contact Michael immediately. I would urge the group to continue this great form of exercise, something many of you have enjoyed for years. So, keep swimming. Email your response to michael.flude@takeheartderby.co.uk or telephone 01332 380219



News from the BHF. The Government has announced consultation on organ donation opt-out system. The Prime Minister has announced her intention to launch a public consultation on a new opt-out system for organ donation in England. The consultation will be launched by the end of the year. The soft opt-out system means people will have to opt-out of the register if they do not want their organs used for transplants after their death. There is currently a desperate shortage of heart donors and moving to the soft opt-out system will help save more lives. Under the current system, anyone wishing to donate their organs has to opt in via the registration and organ donor card scheme run by NHS Blood and Transplant. A family member can also agree to the donation of organs if the person had not made their wishes known. The consultation will outline ways to increase rates of organ donation and propose a new approach where every person would be deemed to have given consent to unless they choose to opt out. It will run for 12 weeks. Our Chief executive, Simon Gillespie, said: “Across the UK there is a desperate shortage of organ donors, meaning people needlessly die as they wait for organs to become available. Introducing a soft-opt out system in England will mean that more people will get the life-saving transplant they desperately need. The Government’s commitment to a soft-opt out system is a commitment to ending the agonising pain felt by families who risk losing a loved one while they wait for a donor. This change can’t come soon enough for patients.” (Source: <https://www.bhf.org.uk/news-from-the-bhf/news-archive/2017/october/government-announces-consultation-on-organ-donation-opt-out->

[system](#)) Editorial comment. "Take Heart (Derby) members have seen the result of heart donor recipient Paul Taylor, who's story was published last month. We all need to have a discussion with our families to ensure they understand our wishes and thoughts and perhaps they too will consider becoming a donor. It is too important to leave to chance"

 **Sponsored swimming.** This year's event will take place at the Arc Leisure Centre, Matlock on Saturday 18 November. This annual event is held to raise much needed funds for the BHF to invest in research to find answers and cures in their fight against heart disease. More details can be obtained from John Dean on 01298 687320 or dean580@btinternet.com.

 **Wise man** does not keep sledge hammer and slow computer in same room..

Forthcoming events

October.

Tuesday 31st Coffee morning at The Cube café/bar from 10.30 AM.

November.

Wednesday 1st Swimming at the Queens Leisure Centre.

Friday 3rd Singing for Fun from 10.00AM in St John's Methodist Church Hall, Birchover Way, Allestree, Derby DE22 2QL Singing for fun

Wednesday 8th Swimming at the Queens Leisure Centre at 3.15 P_M..

Friday 10th Remembrance Day coffee morning at Royal Crown Derby tea room from 10.30 AM. No need to book.

Friday 10th Singing for Fun in St John's Methodist Church Hall, Birchover Way, Allestree, Derby DE22 2QL **from 12.30 til 2.30 PM.**

Monday 13th Pat Hall will once again have us rocking with laughter in our chairs with a talk entitled "Life can be Funny".

Wednesday 15th Swimming at the Queens Leisure Centre at 3.15 PM.

Friday 17th Singing for Fun from 10.00AM in St John's Methodist Church Hall, Birchover Way, Allestree, Derby DE22 2QL

Tuesday 21st Lunch at The Dog & Duck, London Road, Shardlow, Derby DE72 2GR.

Wednesday 22nd Swimming at the Queens Leisure Centre at 3.15 PM

Friday 24th Singing for Fun from 10.00AM in St John's Methodist Church Hall, Birchover Way, Allestree, Derby DE22 2QL

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

Wednesday 29th Swimming at the Queens Leisure Centre at 3.15 PM.

Exercise classes.

Royal Derby Hospital - Contact Christine Chambers on 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, to seek information on heart health.

Listening ears. 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 01332 606583, Richard 01332 557028, Jean 01332 365216, Mick & Angela 01332 751834, Michael & Trisha 01332 380219 and Margaret 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