

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter October 2019



Elvaston Castle walk. After all the wet weather recently 9 members met at



Elvaston Castle in the sunshine for our walk. Came across a dog-obedience session and we were all impressed by a perfectly well-behaved German Shepherd who watched us all the way. Chris rang the bell at the Golden Gates and Margit was in her stride with the Nordic poles reliving her time in a marching band. We all admired the chainsaw sculptures especially the newest one shaped like an armchair. So very clever. Eventually enough calories burnt off it was time for coffee

and bacon cobs. Guests were arriving at the Gothic Hall for a wedding and we noticed the colourful bouquets were made from felt. The bride looked lovely but kept losing her veil. Two falconers arrived with a white barn owl and Gyrfalcon, maybe they were carrying the rings! Continuing our walk, the bridal party came out of the hall and her veil flew off into the face of a male guest and the barn owl flew to the castle roof, taking the falconer a while to get it back down. See what fun you can have on these walks, next one 26th October. Then a gentle walk back to the cars, still with the sun out and NO rain.



Sales Technique... A young salesperson peeped into the office of someone who looked like a sales manager, muttered something, then started walking away. After retreating a little he seemed to change his mind and headed back to the door -- where after some hesitation, he started to back away again. The sales manager, feeling sorry for the young man, and surprised that he was so badly trained, called him in. 'You're a sales-person aren't you? What are you selling?' 'Sir...uh...yes...I'm a salesman. I'm sorry to bother you. I was selling insurance, but I'm sure you don't want any. Sorry to have wasted your time.' Feeling sorry for the young bungler, the sales manager bought two policies to give the young salesman some confidence and then started teaching him about selling. He said: 'You should have different pre-planned approaches for different kinds of—...' 'But I do, sir,'" the young salesman interrupted, "the one I just used is my planned approach for sales managers. It always works. Thank you!"



Talk. Our speaker at our October meeting was Elizabeth Holloway on “Life on a narrow boat”, but as she told us it is really life off the boats as she no longer lives on one.



She started by telling us that in 2001 she lived in Ashford-in-the-water and worked for a charity. She would get up in the morning and drive to Radio Sheffield and do a programme, she would then travel to the charity’s headquarters in Sheffield for the morning and then travel to the charity’s office in Matlock for the afternoon. She told us that as she was working such long hours her husband agreed to do all the housework.

This worked well until one day she went home and said that she had realised that she didn’t want to do this work anymore. They decided to do something entirely different, they sold their house putting the contents into storage and ordered a 60ft narrow boat to be built. They were told that this would take three months but in fact it took seven. Elizabeth told us that on their first trip they reached a lock and it was her job to open the lock gates, the lock was surrounded by lots of people out for the day or other boat users. When she tried to open the gates she couldn’t as their boat was 60ft long and the lock was also 60ft long, all the people standing around said to her, that she would never get the boat out and that she would need to go back until there was one man who came forward and said that he would sort things out. He very kindly climbed down the ladder on the lock removed something that was hanging on the side of their boat and then shouted to her husband to go back a little which would allow them to get through, Elizabeth again tried to open the lock gates, and was this time successful, where upon her husband was able to steer the boat through the lock. She then went on to tell us that on the canal in Leeds they met up with some seasoned boat travellers and decided to join them on the trip from Leeds to Skipton, with the journey taking in five locks which are called the staircase. She said that they moored up at Skipton so that they could get rid of their rubbish and got talking to a lot of the other boat travellers, which she said was interesting to hear all about their lives, what they did and where they had been. They then went from Skipton to Manchester and she remembers opening a very strong lock at Wigan on the way. She recalled that one day there was a loud bang from below and found that the batteries had blown in the engine bay. A man and his son kindly towed their boat to their repair shop, when they asked what they owed them the man said nothing just pass it on. Elizabeth said that they learnt that this is how the people who live on the boats are, if someone does you a favour then you do someone else one. The couple were once moored up at Banbury and after they had gone to bed, they heard a knocking on the side of the boat, when they went to investigate, they found three large fire fighters sitting in a dinghy. They were asked if they wanted to be rescued as the river was flooding further ahead, they decided to stay on their boat but it was twelve hours before they were able to move. She told us that when she reached the age of sixty-two and her husband 70 years, they sold their boat and she went back to work for the next seven years as a PA to a professor until she retired. A very interesting talk enjoyed by all.

♥ **On the Psychiatrist's Couch?** A man went to a psychiatrist and said he was worried that he was a dog. "It's terrible," said the man, "I walk around on all fours. I keep barking in the middle of the night and I can't go past a lamp post any more." "Okay," said the psychiatrist. "Lie down on the couch." The man replied, "I'm not allowed on the couch."

♥ **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.

♥ **Out of the Mouths...** After buying her kids a pet hamster, after they PROMISED they would take care of it, Mum, as usual, ended up with the responsibility. One evening, exasperated, she asked them, "How many times do you think that hamster would have died if I hadn't looked after it?" After a moment, her youngest son replied quizzically, "Once?"

♥ **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 Malcolm Armitt, Nicole Beyer-Richardson, Nick Charles, Bryan Clarke, Michael Gilbert, Joan Gutteridge, Stuart Norton, Lana Richardson, Hazel Salt, Alan Smith, Pete Stevens, and Michael Wedgwood. We hope you all have a happy and memorable day.





Responses to our Newsletters are as follows: The following messages were about last month's Newsletter: - *"I loved to read Dad's Newsletter because the jokes improved my day/I liked the one about selective hearing. I've often wondered about changing my will/great to see you helping with equipment for the heart ward, pity it is not funded by the NHS though/interesting development from BHF about a "patch" for the heart, hope they get a move on/I am indebted to Helga for saving our lives. I was on that ship too/your Newsletter continues to bring a smile to my face, can I pass it on to my mates?(yes, please do and perhaps you can persuade them to come and join us)/the singing group seem to be doing very well, I'll try and get along to see them soon. Music is so up-lifting".* Send your comments, good or bad, to Michael.



Reason to smile: Every seven minutes of every day, someone in an aerobics class pulls a hamstring. Anyone for keep fit?



Take Heart Singers. The singers have performed at several events recently and



for distinctly different groups. They entertained parishioners at St Thomas's Methodist Church in Normanton, to help raise much needed funds for repairs and refurbishment to the building. They sang two sets of songs, the first were tracks taken from musicals of stage and



screen. The following a break for refreshments (and a raffle of course) they sang a variety of songs from the hit parades of yesteryear. A grand afternoon. Two days later, they were at St Peter's Church Hall, Chellaston to entertain a group who's members have dementia in some form. The audience was

soon in fine voice joining in all those songs they used to sing when they were much younger. The singers are a busy group who wave the flag for Take Heart (Derby) and receive invitations from various groups to entertain them. They give their time freely and pay for their own transport to and from the events. We are very proud of them. Show them how proud you are by supporting them regularly. Thank you. We expect more dancing at future events, so why not come and have some fun and a dance or two!!!.



Some Steve Wright Gems!!!

- 1 - I'd kill for a Nobel Peace Prize.
- 2 - Borrow money from pessimists-they don't expect it back.
- 3 - Half the people you know are below average.
- 4 - 99% of lawyers give the rest a bad name.
- 5 - 827% of all statistics are made up on the spot.
- 6 - A conscience is what hurts when all your other parts feel so good.
- 7 - A clear conscience is usually the sign of a bad memory.
- 8 - If you want the rainbow, you've got to put up with the rain.
- 9 - All those who believe in psychokinesis, raise my hand.
- 10 - The early bird may get the worm, but the second mouse gets the cheese.



Our next meeting. Monday 11 November will see Nancy Hawksworth enlighten us about "Life as a Farmer's Wife". I wonder what tales she will have to tell. All will be revealed and the only way to find out is to be there at 2.30PM.



Message of thanks. This message has been received from Dorothy Stevens, mother-in-law of BHF Fundraising manager Paula Scaife. *"Can I please thank the Take Heart members that sponsored Paula's climb up Mount Snowdon, which she did in less than perfect weather. We raised £70 which will be added to the total amount and donated to the British Heart Foundation"*



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.



Feeding the Flock. On Sunday, the new young pastor arrived at church and found only an old farmer had shown up. After waiting a while, the disappointed the pastor remarked to the old farmer, "Well, it appears no one else is coming, so we should probably cancel service today". The farmer, dressed in his Sunday best, looked at the young preacher and said, "Well pastor, I don't know much 'bout preachin', but I do know something 'bout farmin' and if I went out in the field and found only one cow, I'd still feed 'em". This excited the young preacher who preached for the next 45 minutes a fierce fire and brimstone sermon. Afterwards the pastor asked the old farmer what he thought. The old farmer remarked, "Well pastor, I don't know much 'bout preachin', but I do know somethin' 'bout farmin' and if I went out in the field and found only one cow, I wouldn't give 'em the whole bale."



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. A cure for heart failure? Researchers we fund have shown that heart ‘patches’ grown in the lab are safe to move on to trials in people with hearts damaged after a heart attack, in research presented at the British Cardiovascular Society (BCS) Conference in Manchester recently. These patches could one day cure debilitating heart failure, which affects an estimated 920,000 people in the UK and is on the rise as more and more people survive a heart attack. Researchers led by Professor Sian Harding at Imperial College London have developed a way to grow thumb-size patches of heart tissue (3cm x 2cm) that contain up to 50 million human stem cells. The stem cells are programmed to turn into working heart muscle that can be seen ‘beating’. One or more of these patches could be implanted on to the heart of someone after they’ve had a heart attack to limit, and even reverse, the loss of the heart’s pumping ability. During a heart attack, the heart is starved of vital nutrients and oxygen, killing off parts of the heart muscle. This weakens the heart and can eventually lead to heart failure, a debilitating condition that makes even every day simple tasks, like climbing the stairs or getting dressed, exhausting. In this latest study, these patches have now been shown to be safe in rabbits and to lead to an improvement in the function of the heart after a heart attack. After a period of up to 4 weeks, detailed heart scans showed that the hearts’ left ventricle (the chamber responsible for pumping blood out to the body through the aorta) was recovering without developing any abnormal heart rhythms – a potential side effect of other stem cell delivery methods. Importantly, the patches appeared to be nourished by blood vessels growing into them from the recipient heart. Future steps will be to use these results to design clinical trials, first to test safety and then to see whether similar levels of heart repair could be achieved in people. Once sewn in place, the patches are intended to physically support the damaged heart muscle and help it pump more efficiently, while also releasing natural chemicals that stimulate the heart cells to repair and regenerate. Eventually, the patches would hopefully be incorporated into the damaged heart muscle and repair it. The patches were developed in response to somewhat disappointing results from around the world when stem cells were just directly injected into damaged heart muscle. Without a fixed ‘patch’, stem cells are quickly cleared from the heart and aren’t able to cause significant levels of repair. This technology creates patches that start to beat spontaneously after three days and start to mimic mature heart tissue within one month. They can then be implanted into damaged hearts to help repair the muscle and recover the heart’s vital pumping function. Professor Metin Avkiran, our Associate Medical Director, said: “This is a prime example of world-leading research that has the potential to mend broken hearts and transform lives around the globe. If clinical trials can show the benefits of these heart patches in people after a heart attack, it would be a great leap forward for regenerative medicine. Due in large part to research we’ve funded, more people are surviving heart attacks than ever before. But that means there’s a growing number of people at risk of heart failure, as their hearts can’t recover from the damage caused by the heart attack. Heart failure is a debilitating and life-changing condition with no cure, making everyday tasks incredibly difficult. If we can patch the heart up and help it heal, we could transform the outlook for these people.” Source: <https://www.bhf.org.uk/heartpatch>.



Who makes the big decisions in your house? Well in my house, I make all the big decisions and Trisha makes all the small decisions. But Trisha makes the decisions about which decisions are the big decisions and which decisions are the little decisions!!!



Member news. It is with much sadness that I advise of the passing of John Ruddle from a cardiac arrest at the beginning of October. His funeral will be held at Markeaton Crematorium on 1 November at 3.20PM and afterwards at Hackwood Farm, Radbourne Lane for tea and cake. If attending, please advise Michael so as to sort out the catering. We will also say farewell to John Boutcher, who's funeral will be held on 30 October at 1.30PM at Trent Valley Crematorium, Derby Road, Aston on Trent, DE72 2AF. A reception will be held at The Pavillion, Morley Hayes, Main Road, Morley DE7 6DG. Again, if you will be attending please advise Michael for catering purposes. Like the four other deaths of members recently, they will be sadly missed. On a more positive note I am pleased to announce several new members – Robert Hunt, Margaret & Michael Bosworth and Maggie Adams. 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.



Helga's diary on a cruise ship.

DEAR DIARY - DAY 1

All packed for the cruise ship -- all my nicest dresses, swimsuits, shorts etc. Really, really exciting. Our local Red Hat chapter - The Late Bloomers decided on this "all-girls" trip. It will be my first one - and I can't wait!

DEAR DIARY - DAY 2

Entire day at sea, beautiful. Saw whales and dolphins. Met the Captain today -- seems like a very nice man.

DEAR DIARY - DAY 3

At the pool today. Did some shuffleboard, hit golf balls off the deck. The Captain invited me to join him at his table for dinner. Felt honoured and had a wonderful time. He is very attractive and attentive.

DEAR DIARY - DAY 4

Won £800.00 in the ship's casino. The Captain asked me to have dinner with him in his own cabin. Had a scrumptious meal complete with caviar and champagne. He asked me to stay the night, but I declined. Told him I could not be unfaithful to my husband.

DEAR DIARY - DAY 5

Pool again today. Got sunburned, and I went inside to drink at piano-bar, stayed there for rest of day. The Captain saw me, bought me several large drinks. Really is quite charming. Again, he asked me to visit his cabin for the night. Again, I declined. He told me, if I did not let him have his way with me, he would sink the ship... I was shocked.

DEAR DIARY - DAY 6

Today I saved 2600 lives. Twice!!!



Forthcoming events:

Early notice to change of venue for lunch. Now to be: Thursday 21st November - The Great Northern, Station Road, Mickleover, Derby DE3 9FP

Early notice of programm change. Our Christmas meal will be an evening event, at Mickleover Golf Club. Details are to be found on the last page of this Newsletter. This change is to allow those who still work or need family assistance to attend.

October.

Friday 25th

Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL

Saturday 26th

Walking back to health - 🐢 - Belper town walk - find out about the history of this cotton town, also renown for nail making and evangelical worship. Walk is around the town on streets and footpaths with a few steepish climbs. **Meet at Belper River Gardens car park, DE56 1FE. NOTE change of meet point**

Tuesday 29th

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

Wednesday 30th

Swimming at the Queen's Leisure Centre at 2.30PM.

November.

Friday 1st

Singing for Fun at 10.00 AM

Wednesday 6th

Swimming at the Queen's Leisure Centre.

Friday 8th

Remembrance coffee morning Royal Crown Derby.

Singing for Fun Cancelled.

Monday 11th

Who said a farmer's wife has a life of fresh air? Nancy

Hawkesworth will

reveal the truth about "Life as a Farmers Wife". Will there be a cookery demonstration? Turn up to find out.

Wednesday 13th

Swimming at the Queen's Leisure Centre.

Friday 15th

Singing for Fun at 10.00 AM

Wednesday 20th

Swimming at the Queen's Leisure Centre.

Thursday 21st

Lunch at **The Great Northern, Station Road, Mickleover, Derby DE3 9FP – Change of venue**

Friday 22nd

Singing for Fun at 10.00 AM

Tuesday 26th

Coffee morning at The Cube café/bar.

Wednesday 27th

Swimming at the Queen's Leisure Centre.

Friday 29th

Singing for Fun at 10.00 AM



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

Take Heart

(Derby)

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Registered Charity Number 116370



Christmas Dinner, 7.00PM, Tuesday 10th December

Mickleover Golf Club, off Uttoxeter Road, Mickleover, Derby DE3 9AF

Starters:

Cream of roasted root vegetable **soup**, parsley croutons & freshly baked artisan bread
Pressed ham hock & chicken **terrine**, mustard frill salad, served with melba toast
Crispy breaded **Brie** wedge, pear & walnut salad, cranberry salsa

Main:

Traditional roast **Turkey** with pigs in blankets, sage & onion stuffing & turkey gravy
English rump **Lamb**, mulled wine braised red cabbage & mint sauce
Baked **cod** fillet with grilled asparagus, lemon & king prawn butter sauce
Baked vegetable **wellington** with tomato & red pepper sauce

Deserts:

Trio of mini **cheesecakes**, raspberry, chocolate & vanilla with winter berries & coulis
Classic Christmas **pudding** with brandy sauce
A selection of British **cheese** & biscuits with winter fruit chutney, celery & grapes

Tea, coffee or decaf-coffee, with dinner mints

Please make your selections by using the highlighted terms and send to:
Margaret Storry, 86 The Hollow, Littleover, Derby DE23 6GL 01332 766916

The cost is £21.95, including gratuity (members £16.00 only).

All monies to be paid by 22nd November

Cheques payable to "Take Heart (Derby)."

Name Choice starter

Choice main Choice desert

Name Choice starter

Choice main Choice desert

Name Choice starter

Choice main Choice desert

Name Choice starter

Choice main Choice desert

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