

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703

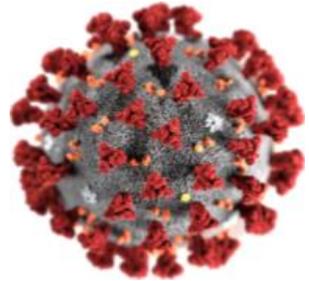


Newsletter October 2020



The Three Tiers:

No, this is not the title of a new film but a new way of understanding the Covid-19 pandemic. All areas of England will fall into one of the three tiers.



Tier 1 Medium Risk.

The Rule of Six now applies.

Put simply, you are allowed to be in contact with up to six people (including children) in England. So, watch the numbers coming to your home or your visits to other homes. I believe it would be preferable to stick to the same six people all the time although that is not a requirement at this time. These meetings can be either indoors or out. The same Rule of Six applies to both. Early closing of hospitality venues (pubs, restaurants etc) by 10.00PM.

Table service only in hospitality venues. Staff should also wear face coverings. Face coverings must be worn except when seated to eat or drink.

Shop workers must also wear face coverings, although some have done so already.

Work from home if you can

Attendances at weddings is now limited to 15 persons.

Attendances at funerals remains at 30 persons.

Fans attending sport fixtures is now suspended.

Schools will remain open.

Shielding remains suspended for the time being.

An increase in fines for disregarding the rules now start at £200.00 (two hundred pounds) and rise to £10,000.00 (ten thousand pounds) for repeat offenders.

Additional measures may be added if the infection rate continues to climb.

Restrictions are the Rule of Six and staying two metres apart
Those living in Derby and most of Derbyshire (except The High Peak Region, Erewash, North East Derbyshire & Chesterfield) are in Tier 1.

Tier 2 High Risk.

All the measures listed in tier 1 apply, PLUS

No mixing between households in any indoor setting whether at home or in a pub or restaurant.

Rule of Six outdoors in gardens or a park.

Meetings in larger groups is against the law and could attract fines of up to £6,400.00

You should avoid travelling in a car with someone outside your own household or support bubble unless you can social distance.

Fifteen people can attend a wedding ceremony/reception. Thirty people can attend a funeral but only fifteen can attend the wake.

You should not visit a care home except in exceptional circumstances.

Area in this category include:

Derbyshire High Peak wards of Tintwistle, Padfield, Dinting, St. John's, Old Glossop, Whitfield, Simmondley, Gamesley, Howard Town, Hadfield South, Hadfield North. Erewash, North East Derbyshire & Chesterfield.

Nottinghamshire and Nottingham City. Leicester, plus Oadby & Wigston. Greater Manchester, Lancashire, Warrington, Cheshire, West Midlands, South & West Yorkshire, Tees valley, Northumberland & North East

Tier 3 Very High Risk.

No travel in or out of this area.

No mixing of households indoors or in gardens.

Rule of Six applies in parks, on beaches and on sports courts.

No wedding receptions.

Pubs/bars will require customers to purchase a substantial meal (crisps do not count) with any drinks or they must close by law.

Closure of restaurants, gyms, libraries, hairdressers subject to consultation with local authorities.

This tier covers only Liverpool City Region including Liverpool, Knowsley, Wirral, St. Helens, Sefton and Halton at this time.

Important Note:

Some areas are under scrutiny and could be moved to a higher tier subject to local infection rates. So do watch out for announcements. It is possible that Derby City could be moved into Tier Two within weeks.

Whatever you do, always think SAFE and avoid problem situations.



Jam Jar Challenge 2020/21. I am pleased to advise that our efforts this year are adding up to almost £500.00. A huge thank you for your generosity. There is, however, still time for you to make a contribution. Send your donation to Margit Staehr, 6 Keats Avenue, Littleover, Derby DE23 4ED or follow the instructions in the next paragraph.



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



Now that I'm older, here is what I've learnt:

1. I started out with nothing and I have most of it left.
2. My wild oats are mostly enjoyed with prunes and All-Bran.
3. Funny, I don't remember being absent minded.
4. Funny, I don't remember being absent minded.
5. If all is not lost, then where the heck is it.
6. It was a whole lot easier to get older than it was to get wiser.
7. Some days, you're the top dog, some days you're the hydrant.
8. I wish the 'buck' really did stop here, I could certainly use some now.
9. Kids in the back-seat cause accidents.
10. Accidents in the back-seat cause kids.
11. It is hard to make a comeback when you haven't been anywhere.
12. The world only beats a path to your door when you are in the bathroom.
13. If God had wanted me to touch my toes, he'd have put them on my knees.
14. When I'm finally holding all the right cards, everyone wants to play chess.
15. It is not hard to meet expenses ... They're everywhere.
16. The only difference between a rut and a grave is the depth.
17. These days, I spend a lot of time thinking about the hereafter. I go somewhere to get something and then wonder what I am 'here after'.
18. Funny, I don't remember being absent minded.
19. It is a lot better to be seen than viewed.
20. Have I sent this message before??? Or did you send it to me?



News from the BHF. Scientists we part-fund have created a cellular and molecular map of the healthy human heart, to understand how the organ functions, and to shed light on what goes wrong in heart disease.

Researchers from all over the world analysed almost half a million individual cells to build a first cell atlas of the human heart. The atlas shows the huge diversity of cells and reveals heart muscle cell types, protective immune cells, and the intricate network of blood vessels. It also predicts how the cells communicate to keep the heart working.

[Published in Nature, this study is part of the Human Cell Atlas initiative to map every cell type in the human body.](#) The new molecular and cellular knowledge of the heart will enable better understanding of heart disease and guide more personalised medicine. It could also potentially lead to regenerative medicine in the future.

Shining a light on the heart's complexity

Our Associate Medical Director, Metin Avkiran, said: “Our hearts are fascinating and wonderfully complex organs made up of many different cell types. This ground-breaking study, which has been supported through a joint research funding scheme between the BHF and the German Centre for Cardiovascular Research (DZHK), has used cutting-edge technology to shine new light on that complexity in the healthy human heart.

“By mapping in exquisite detail the different cell types that reside in the human heart and the changes in their individual properties and interactions in disease, we can begin to identify better ways of preventing and treating many life-threatening conditions, from common rhythm disturbances such as atrial fibrillation to heart attacks and heart failure.”

Looking at half a million heart cells

An international group of researchers, including BHF funded scientists Dr Michela Nosedà and Dr Sarah Teichmann along with researchers at Harvard University studied nearly 500,000 individual cells and cell nuclei from six different regions of healthy hearts. Using cutting edge, single cell technology, machine learning and imaging techniques, the team could see exactly which genes were switched on in each cell.

The researchers discovered that there were major differences in the cells in different areas of the heart, and that each area of the

heart had specific sets of cells, highlighting different developmental origins and potentially different responses to treatments.

Details never seen before

The six areas of the heart contained 11 different cell types and the researchers discovered more than 62 different cell states, which had never been seen before in this detail.

The researchers also studied the blood vessels running through the heart in unprecedented detail. The atlas showed how the cells in these veins and arteries are adapted to the different pressures and locations, and could help understand what goes wrong in the blood vessels during coronary heart disease.

Source: https://www.bhf.org.uk/what-we-do/news-from-the-bhf/news-archive/2020/september/detailed-map-of-the-heart-could-lead-to-new-treatments?utm_campaign=1551759_Public%20facing%20research%20newsletter_September_2020&utm_medium=email&utm_source=British%20Heart%20Foundation%20%28BHF%29%20&mi_u=8-13769227



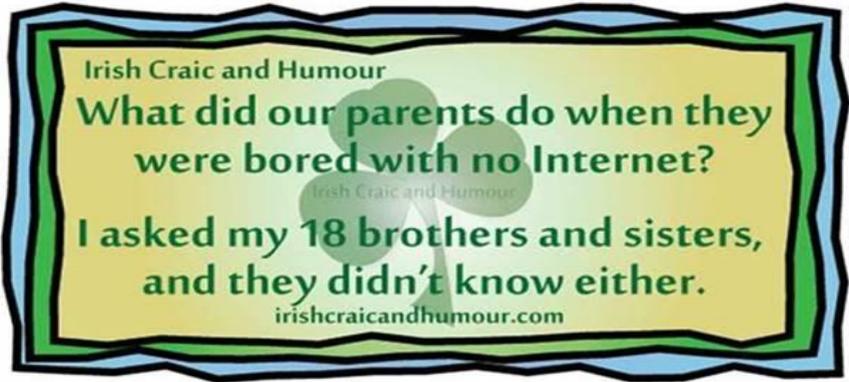
Member news: Mary Blundel was anxious about her hip replacement operation, partly down to being in a hospital. Now she is convalescing at her daughters' home in Buxton, where she is doing very well and is good spirits. Sue Walker is trying to keep fit by walking around her village, but she says it is getting to be very boring seeing the same things day after day. Keep up the effort, it really is worthwhile but try different routes in a neighbouring village. Shelia Watkinson is finding life a real challenge currently. Getting to medical appointments is difficult without her own transport and buses are impossible. Pete Stevens is doing his bit by walking most days, trying to find different walks nearby but occasionally driving to a beauty spot to walk known walks. Pauline Boutcher is well but disappointed by the change to Tier Two for her location. It means plans for her daughters 60th will have to be changed.

Please keep Michael informed about your health issues.

In the meantime - **HANDS FACE SPACE**



Can you imagine?



Neologisms:

Once again, the Washington Post has published the winning submissions to its yearly neologism contest in which readers are asked to supply alternate meanings for common words. Here's the winners:

1. Coffee (n.): the person upon whom one coughs.
2. Flabbergasted (adj.): appalled over how much weight you've gained.
3. Abdicate (v.): to give up all hope of ever having a flat stomach.
4. Esplanade (v.): to attempt an explanation while drunk.
5. Willy-nilly (adj.): impotent.
6. Negligent (adj.): describes a condition in which you absentmindedly answer the door in your nightgown.
7. Lymph (v.): to walk with a lisp.
8. Gargoyle (n.): gross olive-flavoured mouthwash.
9. Flatulence (n.): emergency vehicle that picks you up after you are run over by a steamroller.
10. Balderdash (n.): a rapidly receding hairline.
11. Frisbeetarianism (n.): The belief that when you die, your soul flies up onto the roof and gets stuck there.



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.**



Beware of Scams

PLEASE NOTE AND PASS TO ALL YOUR CONTACTS

Christmas is fast approaching, Royal Mail & The Trading Standards Office are making people aware of the following scam:

A card is posted through your door from a company called PDS (Parcel Delivery Service) suggesting that they were unable to deliver a parcel and that you need to contact them on 0906 6611911 (a Premium rate number).

If you call the number and you start to hear a recorded message you will already have been billed £315 for the phone call.

If you do receive a card with these details, then please contact Royal Mail Fraud on 020 7239 6655.

For more information, see the Crime Stoppers website:

<http://www.crimestoppers-uk.org/crime-prevention/helping-prevent-crime/scams/postal-delivery-scam>

Please be aware that the premium rate number may change but nevertheless please do not call any number stated on a card from PDS.

Can you please make all your family, friends and neighbours aware of the above.



Programme of Events 2021

This has been planned and now printed for distribution shortly. Your committee took the view that we needed to plan our activities for the new year, in spite of the pandemic. It does ensure the venues we use will be available if we are allowed to go ahead. If not, we can send a cancellation notice. It would be far harder to gain a booking at short notice. You will note there is a sub-heading "Subject to Coronavirus Rules and Regulations". Who knows what will be in force when the New Year dawns? We are ready and sincerely hope we may proceed but who knows? Please make diary notes for our Programme but be prepared for changes.



Calendar 2021. This is also printed and will be with you over the next couple of weeks. This edition has been extremely difficult to put together due to an inability to be out taking photographs. I do thank those members who have forwarded their images for me to include. Additional copies are available from Michael at £5.00 each (plus £1.50 post and packing).



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. All those I have spoken to express their appreciation of an improved product. This month we trial another approach with an A5 edition which we hope you like. Your committee are constantly looking for improvements we can make to how your group is perceived. Is the newer version the way forward? Please send your comments/observations to Michael. I look forward to hearing from you.
Telephone 01332 380219, write to 14 Brookside Road,
Breadsall, Derby DE21 5LF or
email michael.flude@takehearderby.co.uk.



Tanners and Bobs

Back in the days of tanners and bobs,
When Mothers had patience and Fathers had jobs.
When football team families wore hand me down shoes,
And T.V gave only two channels to chose.

Back in the days of threepenny bits,
when schools employed nurses to search for your nits.
When snowballs were harmless; ice slides were permitted
and all of your jumpers were warm and hand knitted.

Back in the days of hot ginger beers,
when children remained so for more than six years.
When children respected what older folks said,
and pot was a thing you kept under your bed.

Back in the days of Listen with Mother,
when neighbours were friendly and talked to each other.
When cars were so rare you could play in the street.
When Doctors made house calls; Police walked the beat.

Back in the days of Milligan's Goons,
when butter was butter and songs all had tunes.
It was dumplings for dinner and trifle for tea,
and your annual break was a day by the sea.

Back in the days of Dixon's Dock Green,
Crackerjack pens and Lyons ice cream.
When children could freely wear National Health glasses,
and teachers all stood at the FRONT of their classes

Back in the days of rocking and reeling,
when mobiles were things that you hung from the ceiling.
When woodwork and pottery got taught in schools,
and everyone dreamed of a win on the pools.

Back in the days when I was a lad,
I can't help but smile for the fun that I had.
Hopscotch and roller skates; snowballs to lob.
Back in the days of tanners and bobs



How to write your Curriculum Vitae with flair

I single-handedly managed the successful upgrade and deployment of a new environmental illumination system with zero cost overruns and without safety incidents. Now, that should get you the job!!!



Birthdays. Happy birthday this month go to Gaynor Armes, Malcolm Armitt, Gill Brooks, Nick Charles, Brian Clarke, Michael Gilbert, Joan Gutteridge, Robert Hunt, Stuart Norton, Hazel Salt, Alan Smith Margaret Statham, Pete Stevens and Michael Wedgwood. 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.



Hairdressing:- Well here is the answers you have been waiting for. No-one guessed number 1, who is Pete Stevens. Two guessed number 2, who is Michael Flude. Pete has had a recent haircut and so looks back to pre-lockdown but Michael has continued to allow his hair to grow! Trisha is not happy but Michael has hidden the scissors and sharp knives.





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. You all need to have a conversation with your family to ensure they know your wishes. 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 is being 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/>



Inevitable Clergy Funeral Joke

At our local crematorium families are given the chance to choose the music CD they would like to enter the service to. One family asked to enter to "Love Me Tender." Well, the day of the funeral arrived and the music was started ready for the family to walk into the service. Unfortunately, the wrong track number was entered into the CD player, and the family found themselves walking in to "Return to Sender."



Lying around, pondering the problems of the world, I realised that at my age I don't really give a \$%&^£** anymore. If walking is good for your health, the postman would be immortal.

A whale swims all day, only eats fish and drinks water but is still fat.

A rabbit runs and hops around every day but only lives for fifteen years.

While a tortoise doesn't run and does mostly nothing, yet it lives for 150 years.

They tell us to exercise more? I don't think so!!!

The height of fashion. Gucci have marketed some new jeans. They have artificial grass stains, mucky brown patches and are available for – wait for it - £600.00!!! I never caught on to buying new jeans with holes in them but this is &^*%\$*£. Michael has some jeans available for a knock down £100.00, with REAL grass stains, genuine paint stains AND ventilation incorporated. All bids should be sent to the treasurer and made payable to Take Heart (Derby).





Tried, tested and highly recommended.

Marmalade whisky loaf cake. (not to be confused with the Christmas whisky cake)

125g light muscovado sugar 175g butter at room temp.
225g self-raising flour 150g chunky dark marmalade
Zest of 1 orange pinch of grated nutmeg
2tbsp whiskey 2 eggs lightly beaten

For the glaze:

1 orange, well-scrubbed 2-3tbsp whisky

You will need 900g loaf tin, greased and lined

Preheat the oven to 180C. In a large bowl, beat sugar and butter with a wooden spoon for 1 minute. Next, add flour, marmalade, zest, nutmeg, whisky and eggs. Mix until everything is well combined. Spoon into a loaf tin, smooth the surface and place in the oven for about 1 hour, til a skewer inserted into the middle of the cake comes out clean. Leave to cool in tin.

While the cake is baking, make the glaze. Peel zest from the orange with a vegetable peeler and, using a sharp knife, finely cut into shreds. Place peel and juice from the orange into a saucepan with sugar. Bring to the boil and simmer til it has reduced to a few tbsp. Remove from the heat and add whisky. Brush the glaze over the cake while still hot, scattering over peel. *(Baking tips: This cake keeps for well up to a week. Brandy or dark rum would also work well with the rich flavours. Use marmalade with a high fruit content, chunky peel and rich colour).*

Added tip – Michael is available to lick the bowl prior to you doing the washing up and also available to do the risky bit of sampling. As you can see mine is nearly gone!!!





Come to the Light

A man goes into a dentist's surgery. Man: "Excuse me, can you help me? I think I'm a moth." Dentist: "You don't need a dentist. You need a psychiatrist." Man: "Yes, I know." Dentist: "So, why did you come in here?" Man: "The light was on."



Spot the difference.

Wilko Max Strength cold & flu capsules, Beneylin cold & flu max strength capsules, Boots max Strength cold & flu relief capsules, Sudafed Sinus Max Strength capsules, Lemsip cold & flu capsules.

These cold & flu remedies all contain paracetamol, phenylephrine and caffeine. Paracetamol acts as a pain reliever and reduces fever. Phenylephrine is a decongestant that eases swelling in nasal passages making it easier to breathe. Caffeine is a stimulant to keep you alert and prevent drowsiness throughout the day.

They are priced very differently, so it is up to you which one you prefer or feel you want to pay for.



Grave Matters

A college student could not take his seminar final exam because of a funeral.

"No problem," the teacher told him. "Make it up the following week." That week came, and again he couldn't take the test due to another funeral.

"You'll have to take the test early next week," the professor insisted. "I can't keep postponing it."

"I'll take the test next week if no one dies," the undergrad replied. By now the instructor was suspicious. "How can you have so many people you know pass away in three weeks?"

"I don't know any of these people," the student exclaimed. "But I'm the only gravedigger in town."



Pearly Gate Persistence?

Peter is very busy in Heaven, so he leaves a sign by the pearly gates: "For Service Ring Bell."

Away he goes but barely gets started when BING! The bell rings. He rushes back to the gates, but no one's there. Peter goes back to work when suddenly BING! The bell rings again. He rushes back to the gates, but no one's there. A little annoyed, Peter goes back to work. Suddenly, BING! The bell rings again. Peter goes back; again, no one's there.

"Okay, that's it," Peter says. "I'm going to hide and watch to see what's going on." So, Peter hides, and a moment later, a little old man walks up and rings the bell.

Peter jumps out and yells, "Aha! Are you the guy who keeps ringing the bell?" "Yes, that's me," the little old man says.

"Well, why do you keep ringing the bell and going away?" Peter asks.

"I can't help it — they keep resuscitating me!" he replies.



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
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