

# 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 October 2021**



## **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:

- 1 - Residents in a care home for older adults and their carers
- 2 - All those aged 80 and over. Frontline health and social care workers
- 3 - All those aged 75 and over.
- 4 - All those aged 70 and over. Clinically extremely vulnerable individuals.
- 5 - All those aged 65 and over
- 6 - All individuals aged 16-64 with underlying health conditions which put them at higher risk of serious disease and mortality

- 7 - All those aged 60 and over
- 8 - All those aged 55 and over
- 9 - All those aged 50 and over

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 3<sup>rd</sup> '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 suggested consultations are underway to enforce all NHS staff, those in social care settings to have the Covid and Flu jab as a condition of service.

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".



**Walking back to health.** A very healthy way to resume your Take Heart (Derby) activities is to take part in our walks. They are in the open air and are free to attend. Well, five of us turned up at Shipley Park at the end of September. Walk leader Chris Whewell had several walks in mind, depending upon the fitness of those that turned up. He made the judgement that we were all quite fit and so set off on a slightly longer walk, taking in Adams Pond, looping back to “the big rock” and then skirting around the outer fringes of Shipley Park. We passed lots of anglers with very extensive kit to show off but sadly no fish. Then we came across an area simply known as The Field, with some really, attractive and secluded housing. Looked like a nice place to live although perhaps expensive. Then onwards around the former American Adventure Park, which is now unrecognisable from how I remembered it. The area is being brought back into use as housing. Thankfully we stopped for coffee at the Nutbrook café, where we were joined by two other members of the group. Sadly, we had to step off briskly towards the car park, so that I could return home in time for my flu jab. The distance covered was 5.5 miles and yes, Chris had over-estimated our ability but what a wonderful walk you missed.





### **A few one liners.**

It's said that money talks, but mine doesn't – it goes without saying!

The fun of ballooning is over inflated.

Trisha says she has a model husband, sadly not a working model.

Life can be a bed of roses and a thorn in your side.

I've just met my new neighbour, a French pastry chef. He gives me the crepes.

Getting older, multi-tasking is easier – I forget all the jobs I've been given to do.

Take it from me – I'm a bad kleptomaniac.



**Singing for Fun is now in full swing.** Numbers have slowly built up over the few weeks since we resumed our Programme of Events. Most of our singing group have returned and we slowly get into the habit of breathing and singing which sadly we lost during the pandemic. Happy to be together again, we even sang without music and words when our "machine" went on the blink – it was brand new as well. The singers did marvellously, and Michael did manage to get some tracks playing before the session ended. More success is anticipated, and we are beginning to receive invitations to sing for other groups, but we are not rushing into this just yet.





### **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.



### **Birthdays.** Happy birthday this month go to Malcom Armit, Gill Brooks, Nick Charles, Bryan Clarke, Michael Gilbert, Joan Gutteridge, Stu 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. 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.





## Ten gardening tips for October

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

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**



**October talk.** A brilliant talk by Paul Newsome about food in various counties of England was held recently. Paul quizzed those attending to see how well we knew our facts. There were many accurate responses and some surprises. There will be more information in next month's edition.



**It was probably to be expected.**





## Tai Chi is up and running.

Our first venue with Tai Chi appears a great choice of exercise. eight members taking part. We got off to a slow start (great for our aching joints). Chris Lewis is a vastly experienced Tai Chi instructor, who explained lots of background to each of the initial moves he showed us. The emphasis is breathing correctly and using slow but controlled movements from each position. Reports from participants included *“I found it very relaxing/my breathing became more attuned to the exercises as the lesson progressed/it took me a year last time I tried Tai Chi, but it eventually clicked into place. I am hoping it does not take as long this time/my shoulders ached a bit after last week’s session, hope it’s a good sign.”*

See you at our regular weekly sessions in St Nicholas Church Hall, Lawn Avenue, Allestree DE22 2PE at the revised time of **4.15PM until 5.15PM** on Wednesday’s.



## How to tell you are an adult!

You gain 30lbs overnight  
You’d rather sleep than go out  
Everything hurts  
Comfort comes before style  
You have a favourite spatula/mug  
Everything feels like a chore  
College students look 12 years old  
Everything annoys you.



**Member news.** 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. There is a flu-like bug going around currently. Stay at



home, keep warm and hydrated. Of course, there are many who have aches and pains, but we usually shrug our shoulders and get on with it. It is our nature and long may it continue.



**Some recent replies about our Newsletter but what do you think?** *“The newsletter is brilliant – informative and funny. The guidance offered about Covid rules was extremely helpful as I could not always understand the news bulletins on TV/I think if there were prizes for a monthly publication, I would certainly vote for you/Marvellous, humorous, and just right for me/The latest format of the Newsletter is perfect for me. When I have visitors, it is always the next thing to be scrutinised after the tea is served. All my family and friends are avid readers/ Thank you for helping us understand all the Covid 19 regulations over the past eighteen months, it helped a lot/I felt super-efficient when friends and family asked me if I understood the coronavirus rules. I immediately picked up my copy of our latest Newsletter and quoted what Michael had written for our guidance. My friends thought I was a genius”.* Send your comments to [michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk) or 14 Brookside Road, Breadsall, Derby DE21 5LF



### **A statement of the obvious**



**Starvation can lead to health hazards**

DEAR DR. DONOHUE: My weight is totally over the top. I am 5 feet 7 inches tall and weigh close to 300 pounds. I was average weight in high school but now it is difficult to meet daily protein, vitamin and mineral requirements.

Get to a dietitian for diet advice that provides for essential nutrients while paring down calorie intake sensibly. Your local hospital should be able to put you on the track of one. Combine this with...



**News from BHF.** Salt substitutes report. Reports of a recent study suggest that a salt substitute can lower the chance of stroke, heart attack and death. We look behind the headlines and give the BHF's view. This study was one of the largest to look at changes to the diet ever conducted. It was carried out by researchers at The George Institute for Global Health and published in The New England Journal of Medicine. We already know there is a link between a diet high in salt, raised blood pressure and heart and circulatory diseases. The researchers wanted to understand the impact of switching to a salt substitute on people's health. Salt substitutes contain less sodium chloride and have added potassium chloride, are already available in supermarkets, and taste like normal salt. This study followed 21,000 Chinese adults from 600 villages, who had either a history of stroke or poorly-controlled blood pressure, over almost five years. People in some of the villages were given a salt substitute to cover their daily needs. People in the other villages continued



using regular salt. During the study, 3,000 people had a stroke. Researchers found that the stroke risk of those using the salt substitute was reduced by 14 per cent. Their wider risk of stroke, heart attack or other major cardiac and

circulatory events was reduced by 13 per cent, and death from any cause by 12 per cent. Lead investigator, Professor Bruce Neal, said that if the low-cost salt substitute was widely adopted, it could prevent millions of deaths globally. He said that, while patients with serious kidney disease should avoid both regular salt and salt substitutes: "We saw no indication of any harm from

the added potassium in the salt substitute." The researchers said the results confirmed an earlier study which suggested 400,000 premature deaths might be prevented a year in China if there was a national switch to salt substitute. The researchers made the following recommendations:

- salt manufacturers and retailers worldwide should switch to producing and marketing salt substitute
- governments worldwide should design policies to promote salt substitute and discourage regular salt use
- consumers worldwide should cook, season and preserve foods with salt substitute, not regular salt.
- A major strength of the study was the large number of people taking part over a long period of time.
- While the study looked at an important health issue, it's hard to know whether results would be similar in different locations, such as the UK, where the diet is very different to that of people in rural China.
- Chinese villagers consume less processed food and are more likely to cook from scratch, meaning much of the salt they eat is added by the cook. In the UK, with a diet higher in processed foods that already contain high levels of salt, it is harder to control the amount of salt we eat.
- The study also followed a very specific group of people with similar health problems. It's unclear whether similar results would be seen in younger individuals or those with blood pressure in the normal, healthy range.
- The BHF view
- Victoria Taylor, Senior Dietitian at the British Heart Foundation, said:
- "This research is a helpful reminder to cut the amount of salt we have in our diets and to look for alternatives. However, it's not necessarily applicable to the UK population. The group of people studied were from rural China, and so diets, lifestyle, and salt intakes are probably different. They also only included people with a previous history of stroke or people who were 60 years or older and had poorly-controlled high blood pressure.

- Low salt alternatives have less sodium than regular salt, so they can be useful for eating less sodium, but they won't help you kick the habit of salty foods. It's still better to eat less of it. The salt alternatives contain potassium which aren't suitable for some people with existing health conditions, therefore it's best to check with your doctor before using them. Why not try using other flavourings for your food such as herbs, spices, black pepper, chilli or lemon."

Source: [Would switching to a salt substitute reduce stroke, heart attacks and deaths? | BHF](#)



### **A few more (no groaning)**

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



**Remembrance Day Cream Tea Party.** For several reasons, we are to hold an afternoon Cream Tea party to remember those who gave their lives to gives us ours. We will also remember those who passed away during the pandemic. This event will be held at 2.30PM on 9 November at St Mary's Church Hall, Darley Lane, Derby DE1 3AX. You will be offered a home baked scone, jam and cream, a cake and tea or coffee. It will be available to you free of charge, but you will need to contact Margaret Storry on 01332 766916 to book your place by 1 November. Free car parking as well.



## Recliner chair gift to ward 408 (Royal Derby Hospital).



Take Heart (Derby) made a further purchase on behalf of Ward 408 (cardiac ward at Royal Derby Hospital) with a recliner chair. These immensley useful gifts are well used both by patients when sitting out of bed and by family members staying overnight with a loved one. Little wonder that they break down and need replacing. This was the case recently when an ealier purchase of a recliner chair made in 2018 eventually gave up and needed replacing. Michael Flude, Chairman of Take Heart (Derby) commented, "We were happy to be able to help the heart ward at Royal Derby again with such an invaluable piece of furniture. Seen from left to right in the photograph are Nurse Joy Cerezo, HCA Lilley Howell, HCA Becky Barber and HCA Jeanette Gilholy. Trisha Flude, Fund Raising Manager of Take Heart (Derby) took advantage of test driving the recliner.



**September coffee morning.** At long last we have been able to socialise with other members. There were around twenty in total. Some arrived wearing face coverings, others did not bother. There was plenty of space in the Cube coffee bar, where we achieved fifty attendee's pre-pandemic. The situation is far from normal, with many not venturing too far from home and avoiding large gatherings. Even the tables were set apart in a socially distanced manner. Never-the-less, a hot drink, courtesy of Take Heart (Derby) was welcomed by those attending. Margaret Storry was busy collating names of those who wish to attend our Remembrance Cream Tea event on 9<sup>th</sup> November (see the notice on page 8).





**All monthly lunches are suspended as a booked event. You can still visit but the venues are not reserving spaces for us at this time. Look out for other Take Hearters. Sorry October.**

- Wednesday 27<sup>th</sup> Swimming at Queen's Leisure Centre at n 12.00 noon  
Tai Chi at 4.30 until 5.30PM in St. Nicholas Church Hall, 2 Lawn Avenue, Allestree, Derby DE22 2QL
- Friday 29<sup>th</sup> Singing for Fun at 10.00AM.
- Saturday 30<sup>th</sup> Walking back to health - 🐢 - Wirksworth Stone & Rail Trail. Meet at car park past Lime Kiln pub on B5036 to walk at 10.00AM.



**November.**

- Wednesday 3<sup>rd</sup> Swimming at Queen's Leisure Centre at n 12.00 noon  
Tai Chi at 4.15 until 5.15PM in St. Nicholas Church Hall, 2 Lawn Avenue, Allestree, Derby DE22 2QL
- Friday 5<sup>th</sup> Singing for Fun at 10.00 AM
- Monday 8<sup>th</sup> Medical Detection Dogs is a recent medical innovation in medical science. Heard about it somewhere now come and find out what lies beneath the surface. A talk by Wendy Coley
- Tuesday 9<sup>th</sup> Remembrance Cream Tea Party at St Mary's Church Hall from 2.30PM. Book with Margaret Storry on 01332 766916
- Wednesday 10<sup>th</sup> Swimming at Queen's Leisure Centre at n 12.00 noon  
Tai Chi at 4.15 until 5.15PM in St. Nicholas Church Hall, 2 Lawn Avenue, Allestree, Derby DE22 2QL
- Friday 12<sup>th</sup> Singing for Fun Cancelled

Wednesday 17 <sup>th</sup>	Swimming at Queen's Leisure Centre at n 12.00 noon Tai Chi at 4.15 until 5.15PM in St. Nicholas Church Hall, 2 Lawn Avenue, Allestree, Derby DE22 2QL
Thursday 18 <sup>th</sup>	Lunch at The Toby Carvery, <b>CANCELLED</b>
Friday 19 <sup>th</sup>	Singing for Fun at 10.00 AM
Wednesday 24 <sup>th</sup>	Swimming at Queen's Leisure Centre at n 12.00 noon Tai Chi at 4.15 until 5.15PM in St. Nicholas Church Hall, 2 Lawn Avenue, Allestree, Derby DE22 2QL
Friday 26 <sup>th</sup>	Singing for Fun at 10.00 AM
Tuesday 30 <sup>th</sup>	Coffee morning 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](mailto: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 7<sup>th</sup> 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 £22.95 per person

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

Name ..... Starter .....

Main ..... Desert .....

Name ..... Starter .....

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