

# 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 September 2019



**August Talk.** Held over from last month, a report by Pam Fearn. The speaker for our August meeting was Graham Sutherland on the subject of “Dastardly Doctors”. Years ago, opinions varied on whether a doctor was good or bad and also could people afford to see one. Most of the doctors relied on hand me down concoctions with a lot of the medicines containing poison. In the seventeen to eighteen hundred’s one of these quack doctors was John Hall, his remedy for a cough was to dangle a frog in the patient’s throat, with a nose bleed being treated by a cat’s tail being put up your nose or your nose being stuffed with stinging nettles. Another quack doctor of the time was James Morrison who believed that every complaint they had was because of bad blood. He also created a pill made of vegetables, which he said would cure everything. If someone happened to die, he said it was due to the apothecary who had made the tablets up. When James Morrison died, he was found to be an incredibly wealthy man. In 1824 a man called William Palmer was born his main love’s in life were wine, women and gambling. When he was 18 years old his mother decided that she wasn’t going to give him any more money so sent him off to be an apprentice apothecary but he embezzled money and was sent home. His mother then sent him to train as a doctor and he started to carry out illegal abortions but when someone died after one of these operations, he again returned home to Rugeley, Staffordshire. His mother then sent him off to London to carry on his training as a doctor and after qualifying he returned home to open his practice. Unfortunately, he was a betting man and eventually lost all his money, but borrowed money by forging his mother’s signature. He was also suspected of poisoning several other people, his brother and his mother-in-law as well as four of his children who died of convulsions before their first birthdays. He made large sums of money from the deaths of his wife and his brother after collecting on life insurance and by defrauding his wealthy mother out of thousands of pounds, all of which he had lost through gambling and horses. He was married to Ann Thornton and in 1855 he was found guilty of the murder of his friend John Cook who he had poisoned with strychnine, with 60,000 people watching his hanging. Graham finished his talk by telling us about Dr Cripin, hopefully it didn’t put any of our members present off going to the doctors.



**Selective Hearing.** An elderly gentleman had serious hearing problems for a number of years. He went to the hearing clinic and the doctor was able to arrange for him to be fitted with a set of hearing aids that allowed the gentleman to hear 100%. The elderly gentleman went back to the doctor a month later and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again." The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times recently!"

 **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.

 **Parenting.** The toddler had just been put to bed for the umpteenth time and his mother's patience was wearing thin. "I don't want to hear you call 'Mother' one more time!" she warned him sternly. After a few minutes of quiet, a small voice came from upstairs: "Mrs Jones? Can I have a drink of water?"

 **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 correctly -  
**FEAR**

 **Responses to our Newsletters are as follows:** The following messages were about last month's Newsletter: - *"Many thanks for the Newsletter you have excellence Yourself with really good Jokes This Month/I look forward to our newsletter every month. There's always something going on/Brilliant, you should get an award for this – every month as well/ Thanks Michael..interesting reading and we enjoyed reading the jokes!/Hope you all had a good holiday last week/Thank you for keeping me updated with Take Heart news letter Micheal"*. Send your comments, good or bad, to Michael.

 **The young man** addressed the audience. "Those who know me will realise that I have put on a considerable amount of weight over the last two years, which has caused me some concern. My wife insisted that I visit the doctor for investigation. I have now been diagnosed with over-active knife and fork.



**Take Heart Singers supported the Memorial Village**, “To celebrate 70 years since the first bungalows were handed over to veterans of the Second World War On Saturday 24th August, the War Memorial Village Derby hosted the ‘Salute to the Village’ event, part of a series of celebrations to mark the 70<sup>th</sup> Anniversary of the War Memorial Village Shelton Lock. Festivities kicked off with a visit from HRH The Princess Royal on 18<sup>th</sup> July, who met residents and laid a ceremonial wreath at the War Memorial. To celebrate 70 years since the first bungalows were handed over to veterans of the Second World War, this weekend the Village played host to a full military showcase, the likes of which Derby has never seen before. The event featured a number of military displays, marches, live music, and a Battle of Britain commemorative fly-past by an original Second World War Dakota fighter plane.. Take Heart Singers were thrilled to support this amazing event.”



<https://news.derby.gov.uk/anniversary-celebrations-continue-with-salute-to-the-village-event/>

We received the following message from our very own “vicar” Norma Bracewell:- ‘Many thanks to the Take Heart Singers who came to the War Memorial Village on Saturday. I hope you all enjoyed it.’



**The mother of a 17-year-old girl** was concerned that her daughter was having sex. Worried the girl might become pregnant and adversely impact the family’s status, she consulted the family doctor. The doctor told her that teenagers today were very willful and any attempt to stop the girl would probably result in rebellion. He then told her to arrange for her daughter to be put on birth control and until then, talk to her and give her a box of condoms. Later that evening, as her daughter was preparing for a date, the mother told her about the situation and handed her a box of condoms. The girl burst out laughing and reached over to hug her mother, saying, “Oh Mom! You don’t have to worry about that! I’m dating Susan!”



**Take Heart Singers.** The singers have several events planned which are as follows. The venue for a Saturday afternoon concert at 2.00 PM on **19 October** is St Thomas Road Methodist Church, Normanton, Derby DE23 8RL. Tickets are available for £3.50 and include tea/coffee and biscuits (contact Michael). On **21<sup>st</sup> October** sees us return to St Peters Church Hall, High Street, Chellaston at 1.30PM. The singers are a busy group who wave the flag for Take Heart (Derby) and receive invitations from various groups to entertain 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!!!



**Birthdays.** Happy birthday this month go to Vera Allsop, Brian Alt, Carole Armit, Laura Blatherwick, Graham Bracewell, Paul Dudley, Ted Evans, Pat Gallimole, Doreen Goodes, John Gutteridge, David Hancock, Betty Hassell (who is ninety years young), Agnes Hill, David Newton, Geoff Oliver, Raymond Prince, Geogia Smith, Doreen Swain, Dorothy Walker, Brenda White and Mavis Wilson. We hope you all have a happy and memorable day.



**Bob, a 70-year-old, extremely wealthy widower**, shows up at the Golf Club with a breathtakingly beautiful and very sexy 25-year-old blonde-haired woman who knocks everyone's socks off with her youthful sex appeal and charm and who hangs over Bob's arm and listens intently to his every word. His buddies at the club are all aghast. At their very first chance, they corner him and ask, "Bob, how'd you get the trophy girlfriend?" Bob replied, "Girlfriend? She's my wife!" They're knocked over, but continue to ask: "So, how'd you persuade her to marry you?" "I lied about my age," Bob replied. "What? Did you tell her you were only 50?" Bob smiled and said, "No, I told her I was 90."



**Our next meeting.** Monday 14<sup>th</sup> October will see a fishy tale in the telling. Ever fancied a life aboard a boat? Elizabeth Holloway will tell tales of "Living on a Narrow Boat". Does it tickle your fancy? How do you get used to living "in a tunnel"? Sounds fishy? The only way to find out is be here at 2.30PM.



**A Doctor** was addressing a large audience in Derby. "The material we put into our stomachs is enough to have killed most of us sitting here, years ago. Red meat is awful. Soft drinks corrode your stomach lining. Chinese food is loaded with MSG. High fat diets can be disastrous, and none of us realizes the long-term harm caused by the germs in our drinking water. However, there is one thing that's the most dangerous of all and we all have eaten, or will eat it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?" After several seconds of quiet, a 75-year-old man in the front row raised his hand, and softly said, "Wedding Cake."



**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.



**Groups of Americans** were travelling by bus through Switzerland. As they stopped at a cheese farm, a young guide led them through the process of cheese making, explaining that goat's milk was used. She showed the group a lovely hillside where many goats were grazing. "These," she explained, "are the older goats put out to pasture when they no longer produce." She then asked, "What do you do in America with your old goats?" A spry old gentleman answered, "They send us on bus tours!"



**A first for our very own President, Dr Julia Baron!** Dr Baron carried out the first Balloon Aortic Valvuloplasty (BAV) at Royal Derby Hospital! *“These operations’ had previously been done at Glenfield, in Leicester until now, which meant that the patient and Cardiologist drove to Leicester, where we hired the bed and theatre space. Now it can be carried out at RDH, which is more convenient for everyone. It involves stretching a severely narrowed aortic valve (aortic stenosis) with a balloon to make it open better and relieve symptoms (usually breathlessness). It takes about 45 minutes and is carried out from the top of the leg with the patient awake. Usually it only provides temporary relief of symptoms and it is used if patients are too unwell to wait for another procedure like a TAVI (sometimes done at Glenfield later on), or if we are testing the waters to see if they feel better afterwards.”* Well done Dr Baron, we look forward to hearing of more successes in the future.



**Member news.** How are you coping with global warming? Unbearably hot one day, then sudden and prolonged rainfall. Some of us even ran our central heating on 17<sup>th</sup> August. All very confusing. In fact it has been officially reported that August was one of the hottest but wettest recorded. It is with a heavy heart that I advise you of the passing of three members of our group. Ronald Wright died on 24th August following a long illness, with his funeral held on 10 September. We also lost Julia Wedgewood on 30th August following a long illness. She passed away at home with her family surrounding her. Ken Illesley passed away on 6 September following a short stay in hospital but had been unwell for a long time. Molly Illesley is trying to cope at home alone, with a carer popping in twice per day. I know you will join with me in praying for the families and friends of our departed. Betty Hassell has moved into a nursing home as she becomes more frail and unable to look after herself. Trisha Flude spent a short time at RDH at the end of August but is at home and improving. Pat Fitton (our former Secretary and long standing member) has written *“Hello Michael, I was sorry to hear of the two deaths, I do not think that I knew them when I was a member but very sad all the same. Just to let you know that I have recently come out of hospital having had a total hip replacement. It all went very well and I am walking much better than I was before, Now I am waiting to get the go-ahead to have the other hip done, then I am thinking of joining the local football team! I do hope that both you and Tricia are both enjoying a bit of good health for a change. Best wishes to all, Pat”* (Nice to know that you retain a sense of humour and by-the-way – what position do you play?) Dennis Pollard is soon to re-locate from his nursing home to Leylands, off Broadway. Barry & Jean Birkin seem to be going through a very difficult time of late. Barry had a fall in early September, which only added to all his health worries. Jean is still recovering from a hip replacement surgery and finding things very challenging currently. 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.



**Observation unit presentation.** Take Heart (Derby) continue to support cardiac patients with the latest donation. This month it was an “observation unit. In the photograph are HCA Ismael Zubayr, HCA Sue McGregor-Howe, Hostess Bev McDonald and our own Pam Fearn having her blood pressure checked.



**News from the BHF.** Researchers we fund have developed a bioactive stem cell delivery plaster which would be used during heart surgery, to help repair damaged hearts. The plaster acts like a delivery system for stem cells which would be used at the same time as bypass surgery after a heart attack to boost repair of the heart muscle. The patch contains hormones and growth factors and would stimulate growth of new blood vessels and muscle cells. Currently, treatments for heart attacks focus on restoring blood flow to the heart when it is cut off. 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. Kazuya Kobayashi, the lead researcher at QMUL described his research: “During heart surgery the heart surface is exposed so it’s the perfect time to add the patch. We hope that the patch provide additional benefits of surgery, helping to restore the lost muscle tissue and promote growth of new blood vessels.” The researchers hope to move these plasters into clinical trials soon. The materials have already been tested in people. Our Associate Medical Director, Professor Metin Avkiran commented on the findings: "To realise the immense potential of stem cell-based regenerative medicine for treating heart disease, we need to overcome several important hurdles. A key one of which is developing ways that allow stem cells to stay where they are needed the most and for a sufficient period of time to exert their benefit. "These exciting findings show that a stem cell dressing which is made of natural materials, and can be applied to the surface of the injured heart without using stitches or glue, can potentially do just that. “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."If the benefit shown in this study in rats can be replicated in humans, that could be big step forward towards stopping heart attacks leading to heart failure, which is a debilitating condition that in its late stages is associated with very poor survival."

Source:- <https://www.bhf.org.uk/what-we-do/news-from-the-bhf/news-archive/2019/september/heart-plaster-helps-repair-heart-after-surgery>.

 **A man and woman** were dining at an exclusive restaurant. The man says, "Darling, please say something to make my heart flutter!" The woman says, "Your wife has just entered the restaurant".

 **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?



 **Helga's diary on a cruise ship** DEAR DIARY - DAY 1 All packed for the cruise ship -- all my nicest dresses, swimsuits, short sets. 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 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 21<sup>st</sup> 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 of time/date and menu as soon as we have them. This change is to allow those who still work or need family assistance to attend plenty of notice.

**September.**

Friday 20 <sup>th</sup>	Singing for Fun at 10.00 AM St Johns Church Hall, Park Farm, Allestree DE22 2QL
Tuesday 24 <sup>th</sup>	Coffee morning at The Cube café/bar from 10.30AM.
Wednesday 25 <sup>th</sup>	Swimming at the Queen's Leisure Centre at 2.30PM.
Friday 27 <sup>th</sup>	Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
Saturday 28 <sup>th</sup>	Walking back to health - - Elvaston Castle Country Park. Meet in lay-by on the B5010 just past Thulston on right hand side

## October.

- Wednesday 2<sup>nd</sup> Swimming at the Queen's Leisure Centre FROM 2.30 PM in the Family Pool (no allocation for TH(D)).
- Friday 4<sup>th</sup> Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
- Wednesday 9<sup>th</sup> Swimming at the Queen's Leisure Centre FROM 2.30 PM in the Family Pool (no allocation for TH(D)).
- Friday 11<sup>th</sup> Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
- Monday 14<sup>th</sup> Ever fancied a life aboard a boat? Elizabeth Holloway will tell tales of "Living on a Narrow Boat". Sounds fishy? The only way to find out is be here at 2.30PM.
- Wednesday 16<sup>th</sup> Swimming at the Queen's Leisure Centre FROM 2.30 PM in the Family Pool (no allocation for TH(D)).
- Friday 18<sup>th</sup> Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
- Tuesday 22<sup>nd</sup> Lunch at Dog & Duck, London Road, Shardlow, Derby DE72 2GR.
- Wednesday 23<sup>rd</sup> Swimming at the Queen's Leisure Centre FROM 2.30 PM in the Family Pool (no allocation for TH(D)).
- Friday 25<sup>th</sup> Singing for Fun at 10.00 AM at St Johns Church Hall, Park Farm, Allestree DE22 2QL
- Saturday 26<sup>th</sup> 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 Field Lane car park, DE56 1UP.
- Tuesday 29<sup>th</sup> Coffee morning at The Cube café/bar from 10.30AM.
- Wednesday 30<sup>th</sup> Swimming at the Queen's Leisure Centre at 2.30PM.



## 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](mailto: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