

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



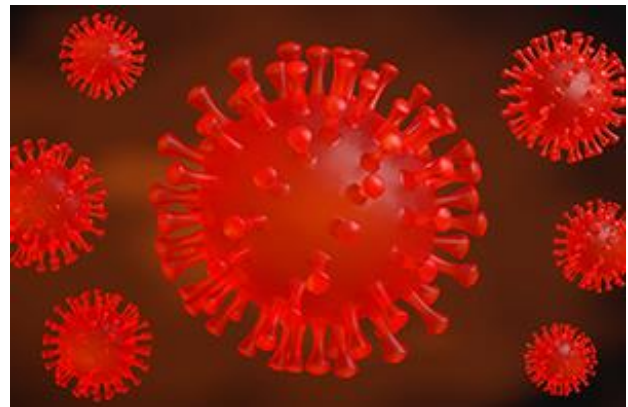
Newsletter September 2020



Here we go once again with the latest amendments to the rules applicable to coronavirus. It is now Tuesday evening and the Prime Minister has introduced further restrictions due to the huge rise of infections.

I will now try to make these rules understandable.

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 you visiting 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.

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.

Experiments to allow fans to attend sporting 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 and rise to £10,000.00 for repeat offenders.

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



Coronavirus update! HANDS FACE SPACE are the new by-words to look out for. Wash your hands frequently for at least 20 seconds, wear a face covering where required, stay socially distant by 2 meters whenever possible. Now where have we seen all these measures before? In March this year when it all started. Many of you have commented that even before lockdown was lifted, certain sections of our communities were not adhering to the rules. When lockdown was officially lifted, many people thought the coronavirus pandemic was over. Sadly, more and more are becoming infected and the death toll continues to climb.



Notes to help:

Face masks and coverings can play an important role in stopping the spread of coronavirus, especially in enclosed spaces. They are compulsory on public transport and for hospital and GP appointments throughout the UK, as well as in shops in England and Scotland and indoor public places in Northern Ireland. Wearing a face mask does more to protect other people than to protect the person wearing it, but evidence shows that when everyone wears them it reduces the spread of coronavirus.

During lockdown, I and others have been in touch with members with nearly all looking forward to the easing of rules but also apprehensive about venturing out. There have been many examples of people ignoring social distancing in all forms of media, allowing the spread of this awful disease.

A few simple suggestions to help! Meet outdoors rather than indoors – it's much less likely that the virus will be passed on outside. Meet in open spaces rather than crowded areas – try a **walk in nature**. Limit the number of people you meet – for example, only see one group of people a day. Wash your hands before and after meeting someone. Don't share items like cutlery or food if you're eating together. Follow all the social distancing advice for the part of the UK where you live. The rule is 2 metres or 1 metre plus some other form of blocking the transmission e.g. behind a screen etc.

Pubs and restaurants are open again but don't feel pressured in going. Go at a quieter time, for example a weekday rather than a weekend evening. Sit outdoors rather than inside. Sit facing away from people you don't live with. Wash your hands before and after eating. Use contactless payment rather than cash. However, if you don't feel comfortable going, you shouldn't feel pressured to go. Everyone has a different attitude to risk and if you know you won't feel safe doing a particular activity, plan something else instead.

If you do want to go out to the shops, these tips could help keep you safer. Choose times of day when it won't be so busy, like early in the morning or later in the evening. Choose shops that are quieter or have more space for shoppers to socially distance. Wipe down the handles of your trolley or basket. Do one big shop instead of lots of small ones. Use a self-service checkout so you are the only person touching your shopping. Use contactless payment instead of cash.

Medical appointments and tests. If you have a health condition, such as heart failure, you may have found that your check-ups have been cancelled over recent months. We know this can be worrying, especially if you have questions about your health or aren't sure when you'll next be able to speak to your healthcare team. Appointments are now starting to be held again. You may be asked to attend your appointment online or over the phone. It's a good idea to attend, even if you would prefer face-to-face contact. It will give you the chance to ask any questions you may have and to make sure that your condition is being managed as well as possible. If you are invited for a face-to-face appointment, such as for a test, be reassured that hospitals and GP surgeries are very safe and are taking extra precautions to protect staff and patients. The benefit to you from having the test or appointment will outweigh any risk. You must wear a face covering when visiting a hospital in England, so take one with you. Find out more about [going into hospital during this time](#). If you're worried about your symptoms, get in touch with your healthcare team. Don't worry that they are too busy – they would rather you got in touch so that you can benefit from their help. Source: <https://www.bhf.org.uk/information-support/coronavirus-and-you#heartmatters>

HANDS FACE SPACE

A few facts for you:- infections for 7 day average to 11 September almost 5,000. Deaths during the same period is 23. Hospital admissions have risen to 248 over a 7-day period.



How have you coped with lockdown?

I posed this question last month and a few of you have responded and I include some additional notes where relevant

Eating – many admit to eating more than they used to and are concerned about weight gain but how did you cope? *“I’ve put on over a stone in weight and I do not intend to go back on a diet just yet/I seem to comfort eat, especially in the evenings which is the worst time to eat anyway.”*

Drinking – it seems those who do drink did a lot more. Supermarket sales of booze increased dramatically during lockdown. Does this one count you in? *“It seems obvious to me that whilst the pubs were shut I ordered more beer and wine with our food shopping/Your question had me thinking and yes, I have downed a few more beers daily when watching the news on TV in the evening. I find it helps to swallow the disaster we are facing”.*

Exercise – those who ate and drank more tried to trade this off with local walks (some tried running, others biking and more recently golf) but what did you do? *“We have done more walking since lockdown than we have done in many years. We both feel much fitter and could tackle more in the future/Since the golf courses have re-opened, I have tried to book a round every three days. My handicap has reduced and I have lost some weight as well”.*

Gardening – almost everyone spoken to agreed their garden was looking better than it has for many years but does this include you? *“I don’t know about you but we have spent a fortune getting our garden shipshape. The weeds have gone and the flowers were beautiful this year/We’ve had a bumper crop of damsons this year and it looks like our neighbours are into gin making with surplus produce – happy days will be here soon.”*

Fuel - A vast number of you claimed you are still using petrol you put in the tank prior to lockdown. Did you have the best value of tank of fuel ever? *“I had to fill my tank of petrol in August. Not had to do so since March/I usually fill up every week but no being on the school run etc, my last fill up lasted five months. Unfortunately, we spent all the savings on supermarket deliveries.”*

Become more **digitally aware** – missing our family and loved ones has probably been the hardest part of lockdown. Collectively, members have become more tech savvy with the use of Zoom, WhatsApp etc to be able to see children and grandchildren. Well done to all of you. Did you do it and how easy did you find it? *“Thank goodness for zoom and facetime. We have seen our family more often since lockdown/It hasn’t replaced seeing our family face to face because we can’t hug them but is was better than nothing/Didn’t know how I would get on with zoom but now I use it every week. Marvellous”.*

Sanity and boredom has been a common issue. Everyone enjoyed and related to the joke about talking to the toaster and microwave. How did you deal with the isolation? Lockdown rules: they were sometimes confusing to some of us but you felt our monthly explanations were a great help in the Newsletter. There were some who ‘bent’ the rules a bit to suit themselves and their family but were you one of them? *“I recall your joke about talking to the fridge and microwave and find myself talking to the news presenter on tv/I have telephoned my friends and family much more often than I used to and will keep the habit when things are back to normal. Thank goodness I have such wonderful people in my life”.*

Hairdressing – lots of self-colouring attempts at home, partners trying their hairdressing skills on a loved one (divorces are expected to rise anytime soon). Did you sneak off to someone who could cut/colour hair or did you just let it grow like the two examples here **but who are they?** Well, not many of you seem to have sorted this one out. In fact, no-one got number 1 but two guessed number 2 correctly. You have another opportunity this month to guess again. All will be revealed next month.



A note from Robert Jones who experienced an issue during lockdown: *There is a scene in the film Jurassic Park when 2 velociraptors follow children into a large commercial kitchen, their claws tap tap tapping frighteningly on the stainless-steel worktops. After several months of isolation, it is the exact same sound that meets me as I walk into my bathroom. Limited by a combination of legs too long, arms too short, tummy bigger than it should be and arthritis in my knee joints my toenails have become long enough to tap tap tap on the bathroom floor. Wearing varyfocal glasses adds to the problem of how to cut those claws. The distance from my eyes to my feet makes it awkward to get the focus exactly right. Ideally the hot water and steam from the shower I have just had will have softened the nails so that nail clippers as opposed to garden shears may be used. However, the steam settles on my glasses turning my world into one of blurred and shapeless colour. The sort of view that Monet painted as his eyesight deteriorated. The good news is that I can reach my feet, just, but with only one hand. The bad news is that all toes, apart from the 2 big ones that have nails as thick as kerbstones, need to be separated from the others prior to clipping. To place a sharp cutting implement delicately on to any of the other toes simply by touch and educated guesswork is dangerous. I have discovered that I only find out my guesswork is not educated enough, when I shout a loud and involuntary “ouch” and see an interesting trickle of red appearing through my steamed-up specs. Unfortunately, to add insult to injury, the thinnest part of me is my blood, due to the tablets my doctor has kindly prescribed for me, so I have to drip drip drip to my first aid cupboard. I regret to say, therefore that my toenails vary from trimmed to velociraptor. Am I the only one?*
Send your stories to Michael.



Things to do and stay in touch with family and friends.

There are apps on a smart phone which allow free calls/video calls such as: Houseparty. Zoom. Whats App. Messenger. Skype. Instagram, Facetime and others. Simply open Google and type in any of the above names, select download and once installed, off you go. When talking to the person you called, often there is a “+” sign on the screen where you can add someone else into your call. It takes a bit of practice but it is fun. You can get to see your grandchildren (they are more tech savvy than us, one of whom helped Trisha & I into a “houseparty” video call and she is only 8 years old). Have fun and stay connected. Phone, email or videocall Michael & Trisha to try it out!!! 07852 696930 or 07957 557802. We have been made aware that hackers are interrupting chats on Zoom and showing some distasteful images, so beware. You could even try to write a letter!!! Can you remember how to do it, if so write to Michael at 14 Brookside Road, Breadsall, Derby DE21 5LF.



The computer swallowed Grandma

The computer swallowed Grandma, yes honestly it's true.
 She pressed 'control' and 'enter' and disappeared from view.
 It devoured her completely, the thought makes me squirm
 She must have caught a virus or been eaten by a worm
 I've searched through the re-cycle bin and files of every kind
 I've even used the internet but nothing did I find
 In desperation I even asked Jeeves my searches to refine
 The results from him were negative, not a thing was found on-line
 So, if inside your 'inbox' my Grandma you should see
 Please 'copy', 'scan and 'paste' and her in an 'email' back to me. (Source unknown)



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.



Can you explain?

1. How heavy is a light bulb?
2. Wow, I can't believe it is a whole year since my herb garden was stolen. Where did the thyme go?
3. Children who fail their colouring exams in school often need a shoulder to crayon.
4. Will glass coffins be a success? Remains to be seen.
5. New corduroy pillows. Making headlines all over the world.
- 6 I've been teaching my 4 year-old nephew Spanish during lockdown. But he still can't pronounce the Spanish for please, which I think is poor for four.
- 7 My daughter asked me to make her a ballerina costume for school. At first I had no idea where to start but then I just put tu and tu together.



Member news:

I advise the passing of three members Doreen Owen, John Hughes and Margaret Harrison. Doreen had enjoyed her time with us but sadly things went wrong since lockdown was implemented. John had been poorly for some time and things became too much for his wellbeing. Margaret enjoyed our coffee mornings and occasional lunches. We shall miss them all and send our love, best wishes and prayers to their families in their time of grief. Mary Blundell is at last to receive a hip replacement at the end of September. She is a little apprehensive about going into hospital but is looking forward to being able to get around much better. Mavis Wright is desperate to get back to Singing for Fun but with restrictions that is not going to happen very soon. Hold tight Mavis. Jean Sykes is battling on and determined she will not be beaten. Good on you Jean, that's the spirit. Vivien McCurdy is getting frustrated like many of us and is really missing Singing for Fun. Rose Raichura is coping very well with the support of friends and neighbours but is looking forward to returning to something more normal. Please keep Michael informed about your health issues.

In the meantime - **HANDS FACE SPACE**



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.**



Cheezy Jokes

Two trucks carrying cheese have collided on the M25...De brie is everywhere.

Q:What did the cheese say to itself in the mirror? A: Halloumi.

Q: Which hotel do mice stay in? A: The Stilton

Q: What do you call cheese that doesn't belong to you? A: Nacho cheese.

Q: Which cheese would you use to coax a bear down from a tree? A: Camembert.

Q: What kind of cheese do you use to disguise a small horse? A: Mascarpone

Q: Did you hear about the cheese that failed to win a medal at the Olympics? A: It fell at the final curdle.

Q: How do you handle a dangerous cheese? A: Caerphilly.

Q: Which cheese do cyclists carry with them? A: Paneer.

Q: Which cheese is made backwards? A: Edam.



Birthdays. Happy birthday this month go to Brian Alt, Carole Armit, Laura Blatherwick, Graham Bracewell, Kathleen & David Crowson, Christine Gear, Paul Dudley, Ted Evans, Pat Gallimore, Doreen Goodes, David Hancock, Betty Hassel, David Newton, Geoff Oliver, Gerard Pietruszewski, Ray Prince, Georgia Smith, Dorothy Walker, Brenda White, Mavis Wilson Amy Armit. 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.



Another Grandma joke - Grandma's Day

A grandmother was giving directions to her grown grandson who was coming to visit with his wife: "You come to the front door of the apartment complex. I am in apartment 14T. There is a big panel at the door. With your elbow push button 14T. I will buzz you in. Come inside, the elevator is on the right. Get in, and with your elbow hit 14. When you get out I am on the left. With your elbow, hit my doorbell." "Grandma, that sounds easy, but why am I hitting all these buttons with my elbow"? "You mean you're coming empty handed?"



Responses to our Newsletters are as follows: The following messages were about last month's Newsletter: - "Thanks for sharing Michael. I always enjoy reading your newsletters/Loved the 'no bull' joke but they all bring a little sunshine into my life once a month/I tell all your jokes to my friends and they think I am the life and soul of the party. Little do they know/*Thank goodness for our Newsletter, it is the only piece of good news through my letterbox*". Send your comments to Michael



Something every father will appreciate - Growing Up...

Daughter: "Dad, when will I be old enough to go to the movies with a boy?"

Dad: "When you're a year older than your brother."

The daughter thought for a moment and replied: "But I'll never be older than my brother, he was born first."

Dad: "I guess there's your answer. But don't blame me, go talk to your brother."



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/>



Thought for the Day. The second mouse gets the cheese.



Annual General Meeting. We have been hoping to hold our 2020 AGM since July and hoped it would happen in October. However, St Mary's Church has no plans to open its Church Rooms until 2021 at the earliest. It seems unlikely that meetings of the type we hold each month will be difficult to achieve in the coming months due to Covid – 19 restrictions. Places we use are not currently open or cannot allow the numbers we require.

Our committee have held conversations to explore options but as a last resort Richard Flatman, Committee member responsible for liaison with the Charity Commission, has spoken with them to discuss the current difficulties and to gauge their thoughts. It has now been agreed that we can hold a "double" AGM in July 2021. At a committee "Zoom" meeting on 21 September, we formally agreed this course of action. We will submit our audited accounts to them now in order to comply with this agreement. Our Treasurer, Margit Staehr will comply with this request. Members are able to apply for a copy of the accounts by contacting Margit at treasurer@takeheartderby.co.uk, telephone 01332 513932 or write to her at 6 Keats Avenue, Littleover, Derby DE23 4ED. A copy of the minutes is also available.

By completing a double next year, we can attempt to put in place a Programme of Events but must be mindful that restrictions may still be in place for an unknown period. The Committee hope you will understand and support this proposal.



Thought for the Day. I can't believe the weight watchers website asks me to accept cookies.



Dechox. During October, give up chocolate for the month and donate your saving to the BHF. This October we're challenging you to ditch the chocolate for a whole month and raise vital funds for the BHF. If you're signing up and taking part this year, Text HEART3 to 70677 to give £3.00 per month or Text HEART5 to donate £5.00 per month. Alternatively go to <https://www.bhf.org.uk/how-you-can-help/donate>. Let Michael know how you get on. The BHF, in common with many charities, is struggling for funds to continue much needed research. Currently they are expecting this budget will be cut by £50 million. Can you help?



A new way of making a donation to Take Heart (Derby).

We have now secured a new platform via Charities Aid Foundation (CAF). You will find it on the "Make a Donation" folder on our web site. Simply click on the folder where the next page will display the option to choose the "old" way or to select the "new" way. All you will need is your credit card to hand and just follow the instructions. You can choose to make a single or recurring donation. If you are a UK tax payer, simply declare it when prompted (it will not cost you anything but will attract a 25% bonus from HMRC on before of our charity. It is a simple process and it does work. I tried it out as soon as it was up and running. I hope this helps you to make payments to us at any time you wish. Try it out TODAY!!!



Forthcoming events: ALL EVENTS SUSPENDED UNTIL FURTHER NOTICE



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 email michael.flude@takeheartderby.co.uk, 01332 380219 or 14 Brookside Road, Breadsall, Derby DE21 5LF.

Affiliated to the British Heart Foundation