

# 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 2021**



## **What are 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 around 30,000 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 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 have 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".



## Tai Chi is officially up and running (slowly).

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 could feel my breathing once I practiced it/I became very aware that correct breathing allowed me to copy the exercises demonstrated, even seated I could feel some initial benefit/brilliant for my wellbeing/I found it very relaxing.”*

See you at our regular weekly sessions in St Nicholas Church Hall, Lawn Avenue, Allestree DE22 2PE 4.30PM until 5.30PM on Wednesday's.





### **A few one liner's.**

As I've grown older, I've learned that pleasing everybody is impossible but annoying them is a piece of cake.

I've recently returned from a reunion of retired shoe repairers.

What a load of old cobblers that turned out to be.

Setting the bar high is no problem, as long as you have a bar stool to match.

There's one law for the rich and an even better one for the very rich.

What do you call two monkeys who share an Amazon account? Prime mates!

There's a lot of indifference in my family but I don't care



**Singing for Fun has returned to great acclaim from the group.** Twelve members of the singing group attended St John's Church Hall in Allestree on 10<sup>th</sup> September, our first gathering since March 2020. We received apologies from quite a few who were on holiday or had booked other commitments. Some just did not feel ready. All perfectly understandable. Seating was socially distanced, and the wearing of face coverings was left to the discretion of each singer. A welcome cuppa and a chance to catch up was welcomed before the semi-serious business resumed. A few breathing exercises were accomplished and then into the singing. Most had not done a lot of singing and consequently, the tracks performed were from a list of favourites from our past. Remarkably, the singing was very good, particularly "Singing in the Rain". We look forward to welcoming more members in the weeks ahead. The following week saw another eight re-join, with others set to follow in the coming weeks.



### **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 Beryl Addey,

Brian Alt, Carole Armit, Graham Bracewell, Kathleen & David Crowson, Paul Dudley, Ted Evans, Pat Gallimore, Christine Gear, Doreen Goodes, David Hancock, Betty Hassell, David Newton, Geoff Oliver, Gerard Pietruszewiki, Raymond Prince, Georgia Smith, Dorothy Walker, Brenda White and Mavis Wilson.

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 September

1. Divide herbaceous perennials
2. Pick autumn raspberries
3. Collect and sow seed from perennials and hardy annuals
4. Dig up remaining potatoes before slug damage spoils them
5. Net ponds before leaf fall gets underway
6. Keep up with watering of new plants, using rain or grey water if possible
7. Start to reduce the frequency of houseplant watering
8. Clean out cold frames and greenhouses so that they are ready for use in the autumn
9. Cover leafy vegetable crops with bird-proof netting
10. Plant spring flowering bulbs

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



**September talk.** Here we are back at St Mary's after an absence of eighteen months, where our speaker was Sophie Snell.







Today we welcomed our first speaker since the lockdown ended, her name is Sophie Snell who is an author, storyteller. Sophie has published two books under her maiden name, Sophie Draper. Her first book is titled the cuckoo and her second is Magpie. She is a qualified chartered accountant but after raising a family she trained and worked with a number of high-

profile UK and European storytellers and in 2009, she set up as a full-time storyteller. By 2013 she had been nominated for the British Awards for Storytelling Excellence as outstanding female storyteller, and had her show Seven Deadly Sins nominated for two awards at the Buxton Festival Fringe under New Writing and Spoken Word. She now works throughout the UK and beyond, performing stories and leading workshops in a multitude of settings. From schools to historic houses, community and social groups, conferences, festivals, museums, libraries, theatres, corporate and private family events. Sophie asked the members if they knew what a Pear Drum was and told us that it was a hurdy gurdy box like instrument. She went on to tell us one of the stories from the cuckoo, it was the story of the Pear Drum. There were two sisters who wandered off one day out of their mother's sight, when they met a ragamuffin girl. The girl had a Pear Drum and was playing it by the side of the stream. The sisters were intrigued and wanted to know what was inside the box. Little people the ragamuffin told them, can we see? they asked, maybe the girl replied if you have been bad enough. The sisters were confused but went home and, in the kitchen, they kicked over their mother's basket of laundry. They went back to the stream wanting to look into the box but were told that they had not been bad enough. The girls went home again and this time broke windows and furniture in the house, again they ran to

the stream and asked to see what was inside the Pear Drum. The ragamuffin again asked if they thought they had been bad enough. She told them if you look inside and the little people aren't satisfied, they will hide from you and when you go home your mother will be gone and, in her place, will be a new mother, with black glass eyes and a wooden tail. Again, the girls ran home and this time they found their mothers favourite hen and rung its neck, leaving it on the ground outside the house. Again, they ran to the stream and asked to see inside the box. This time the ragamuffin let them open the box but there was nothing inside. The girls went home thinking it had all been a trick, but when they got there, there were no sign of her mother. Then they heard a thwack, thwack, coming up the path, it was their new mother, with jet black hair and eyes as black as glass and behind her, slithering out from underneath her full-length skirt was a long wooden tail. After this spooky tale Sophie sang us a folk song. We were then asked if we knew Derwent Water and how if the water is very low you can see the church spire. Sophie told us the tale that two to three hundred years ago when people lived in the village, a new vicar arrived and was greeted by the elders. They told him that he needed to keep up the traditions that they had. They told him that he needed to hold a church service at midnight on New Year's Eve. Although he thought this strange, he agreed to do it. So, when midnight came on New Years Eve the vicar was standing in the pulpit and on the first peel of the bell the church door opened and in came a very misty figure, on the second peel a figure with a very white face came and took a seat. This went on until the church was filled with the spirits of the dead. The vicar held the service and when he had finished went to the end of the church to see everyone leave. The last spirit had a large hood covering his head but as he was leaving the hood fell back and the vicar saw his own face. When the elders asked if he had held the service, he told them he had and that he had seen his own face on the last one to leave. The elders went very quiet, but said nothing. Unfortunately, the vicar died within the year and the story goes that if the vicar sees his own face in



one of the spirits he hasn't got long to live. Sophie gave us another folk song and then told us some more light-hearted stories finishing with another song. A very good afternoons entertainment, such a shame there was not many members there to enjoy it.



### **Church notice boards are a great source of !!!**

1. The service will close with "Little Drops of Water." One of the ladies will start quietly and the rest of the congregation will join in.
2. Next Sunday a special collection will be taken to defray the cost of the new carpet. All those wishing to do something on the new carpet will come forward and do so.
3. The ladies of the church have cast off clothing of every kind. They can be seen in the church basement Saturday.
4. A bean supper will be held on Tuesday evening in the church hall. Music will follow.
5. At the evening service tonight, the sermon topic will be "What is Hell?" Come early and listen to our choir practice.
6. The Scouts are saving aluminium cans, bottles and other items to be recycled. Proceeds will be used to cripple children.
7. Ladies Bible Study will be held Thursday morning at 10. All ladies are invited to lunch in the Fellowship Hall after the B.S. is done.
8. The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday morning.
9. Low Self Esteem Support Group will meet Thursday at 7 p.m. Please use the back door.
10. The pastor will preach his farewell message, after which the choir will sing, "Break Forth Into Joy."



**Member news.** Lots of telephone calls, email's and more recently, face-to-face meetings regarding the resumption of our Programme of Events. Is it safe? Will we have to wear masks? Do we have to had received both jabs? Do we have to prove our vaccinations? Do we have to socially distance? The answer is yes and no!

We will 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. At the time of writing, we have not received any indication that members are ill. Great news!!! Please keep it that way. Of course, there are many who have aches and pain's 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 sign of the Times!



**News from BHF.** While there are many effective drugs to treat high blood pressure (also known as hypertension), they don't work for everyone. Professor Morris Brown, previously at the University of Cambridge and now at Queen Mary University of London, has a long-standing interest in an underlying cause of drug-resistant hypertension, called primary hyperaldosteronism, or Conn's syndrome. In this condition, a small non-cancerous tumour (adenoma) on one or both adrenal glands (just above the kidneys), pumps out too much of a hormone called aldosterone, raising blood pressure. It's increasingly recognised that Conn's syndrome is a far more common cause of hypertension than previously thought, being present in at least 10% of all people

with hypertension, and up to 20% of people with resistant hypertension. If Conn's syndrome is caused by a tumour in a single adrenal gland, some patients are cured of their high blood pressure by removing the gland with surgery. But even though this treatment is available, very few people get tested for Conn's syndrome, and they are often diagnosed too late for the damaging effects of high blood pressure to be reversed. This is because making the diagnosis requires an invasive procedure called adrenal vein sampling. Doctors can feel reluctant to put patients through this invasive test for Conn's syndrome if they think it's unlikely to be the cause of their symptoms anyway. Developing a non-invasive test to diagnose Conn's syndrome

In 2007, the BHF funded Professor Brown to develop a new imaging technique to simplify the diagnosis of Conn's syndrome. Building on work originally done by Swedish researchers, Professor Brown and his team developed a simple, non-invasive PET-CT scan using a radiotracer that lights up the tiny tumours which are responsible. The PET-CT scan has the potential to transform the diagnosis of Conn's syndrome. The scan has been used in some 200 patients and is currently being tested against adrenal vein sampling (the standard diagnostic test) in the MATCH clinical trial to find out if it is as effective for diagnosing Conn's syndrome. Currently the usual treatment for an adrenal gland tumour (adenoma) is the removal of the whole adrenal gland by keyhole surgery (called laparoscopic adrenalectomy). But doctors are often reluctant to remove the whole gland to get rid of what they regard as a tiny, non-cancerous tumour. A potential exciting solution is to use an electric current to remove the nodule without affecting the rest of the adrenal gland, avoiding the need for surgery. The BHF is currently funding a clinical trial led by Professor Brown (the WAVE trial) designed to compare the effectiveness of this approach with keyhole surgery. The results of this study could transform the treatment of people with Conn's syndrome, and reduce their risk of complications from high blood pressure, such as heart attacks and strokes.

Source: [Finding new treatments for drug-resistant hypertension | BHF](#)



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

I used to be a good snooker player but recently my game has gone to pot.

At the kleptomaniac's event, all the seats were taken.

I'm going to order a load of bubble wrap, just to see what it is delivered in!

I'm not on social media, so if someone wants to call me names, they will have to do it face-to-face.

Sofa's for dogs!! Mine dog already has one – mine.



### **Remembrance Day Cream Tea Party.**

For a number of 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.



### **Doc, I can't stop singing**

'The Green, Green Grass of Home.'  
'That sounds like Tom Jones Syndrome.' Said the doctor. 'Is it common?' I ask. 'Well, It's Not Unusual.'

An invisible man marries an invisible woman. The kids were nothing to look at either.

Being economical with the truth is one thing but lying can be costly.

Half the congregation fell asleep during the vicar's sermon on the 'milk of human kindness. He should have condensed it.

Should hairdressers remain open for ladies to get their hair dyed? It's a bit of a grey area.



## Rotunda gift to ward 408 (Royal Derby Hospital).

Take Heart (Derby) made another purchase on behalf of Ward



408 (cardiac ward at Royal Derby Hospital) with a rotunda. It is used to assist nurses in moving patients to and fro who might otherwise have difficulty. It is easily manouverable by nurses, even the for larger patients. Bev McDonald, Housekeeper for ward 408 says, "The nurses are very grateful to take Heart (derby) for coming to the rescue again. On

the day of the presentation, three patients had been moved to other locations on the ward to receive treatment in privacy and to get to and from the day room. It's just brilliant the way Take Heart (Derby) continue to purchase items for our patients and make life on the ward more bearable for patients and staff. Thanks a million." Seen from left to right in the photograph are Julie Brooks (receptionist), Patsy Hall (Housekeeper), Bev McDonald (Housekeeper), Liley Howell (Health Care Assistant) and Emily Murphy (Nurse).





## September

Tuesday 28<sup>th</sup>

Coffee morning at The Cube café/bar from 10.30AM. **(Please Note – your first drink will be FREE of Charge, just obtain a voucher from Michael on the day).**

Wednesday 29<sup>th</sup>

Swimming at the Queen’s Leisure Centre at 12.00 noon

Tai Chi at 4.30 until 5.30PM in St. Nicholas Church Hall, 2 Lawn Avenue, Allestree, Derby DE22 2QL



## October.

Friday 1<sup>st</sup>

Singing for Fun at 10.00 AM

Wednesday 6<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 8<sup>th</sup>

Singing for Fun at 10.00 AM

Monday 11<sup>th</sup>

Paul Newsham will enlighten us about local produce from Derbyshire with a talk about “Our Countries Food & Drink”. Hope there are free samples?

Wednesday 13<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 15<sup>th</sup>

Singing for Fun at 10.00 AM

Tuesday 19<sup>th</sup>

Lunch at Dog & Duck, London Road, Shardlow, Derby DE72 2GR. CANCELLED.

Wednesday 20<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,



Friday 22 <sup>nd</sup>	Derby DE22 2QL Singing for Fun at 10.00 AM
Tuesday 26 <sup>th</sup>	Coffee morning at The Cube café/bar from 10.30AM.
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.



### **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