

Take Heart

(Derby)


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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter September 2023

 **August coffee morning.** Wow. Twenty-Two members attend in August. It was lovely to see so many, although still down from pre-Covid levels of forty to fifty. The coffee tastes good, especially over a chat with friends you haven't seen for a while. There was the usual comment about Michael's jokes (there were even comments about how good some of them were. See you on 26 September for our next cuppa and natter.





Marriage is not forgotten. Michael & Lillian Payne are celebrating sixty-five years of married life and are soon to be leaving these shores by way of celebration. To mark the occasion, Take Heart (Derby) sent a bouquet of flowers from all of you. Bon voyage, Michael & Lillian, enjoy your celebrations.



(No offence to Lillian)!!!



News from BHF. Can we slow down ageing of the heart?



Professor Paolo Madeddu and his team are working to slow the ageing of the heart. He tells Dr Leanne Grech how this research could allow older people to live a healthier life for longer.

Each day, your heart beats

around 100,000 times, continuously pumping about eight pints of blood around your body. By the time you are 20, the heart's function can begin to decline as part of normal ageing. As you get older, activities like running or playing tennis can become more difficult.

However, some 100-year-olds, like those living in Okinawa, a cluster of islands in southern Japan, appear to have unlocked the secret to a long and healthy life, with some of them seemingly having a heart younger than their age.

We have discovered that one of these good genes can slow down ageing

“It's a combination of a good lifestyle and good genes,” explains Professor Paolo Madeddu at the University of Bristol. “And we have discovered that one of these good genes can slow down ageing.”

In humans, ageing can affect many parts of the body, including weakening the heart and circulatory system. For example, heart failure can occur, which is a serious and sometimes disabling condition with no cure other than a heart transplant. Scientists are now beginning to understand how some natural variations in our genes might protect against heart diseases linked to ageing, such as [heart failure](#).

Most genes contain instructions for the production of a specific protein that does one or more jobs in the body. A gene variant is

a permanent change in the DNA of a gene, which can affect the protein it produces.

Professor Madeddu and the MultiMedica Group in Italy have discovered that a naturally occurring variant of the BPIFB4 gene, which is more common in people who live to 95 or more, could help keep the heart young.

This variant is associated with long life, helping protect against atherosclerosis (build-up of fatty material inside your arteries) and high blood pressure. The team have already learned that delivering this gene variant to old mice helped with high blood pressure and increased the amount of blood sent to the muscles.

Professor Madeddu and his team in Bristol have received more than £172,000 of funding from British Heart Foundation for this study. They have already tested (in mice) delivering the variant via gene therapy injections. In gene therapy, the gene is often inserted into a harmless virus, which can take the gene inside the cells where it is needed.

But the immune system may limit the effects of gene therapy over time, building up antibodies that stop future injections working properly. So instead, the new research is using the protein produced by the gene variant, without the gene variant itself, or the use of a virus. This protein can be taken as a tablet every three days, and the hope is that its effects will last longer than those of gene therapy.

I hope that the results of my work can make a difference to the lives of many patients

Professor Madeddu and his team will test this in mice. If it succeeds, they hope to run a clinical trial in humans.

“The study will show if this approach could work. More studies are needed to show it is safe – it’s a human protein and not a [new] drug, which is encouraging. But producing a lot of protein is extremely expensive, and we’ll need investors or an industry partner in the future.”

Source: [Can we slow down ageing of the heart? - BHF](#)



Spring Lunchtime Concerts Series – Musicians from Derby Grammar School

Make the most of your Friday Lunchtimes and treat yourself to a relaxed 45-minute recital in the beautiful surroundings of Derby Cathedral. All recitals are free to enter and begin at 1300. Tea, coffee, and biscuits are also available beforehand. Weekly programme from 12 May 2023

Source: [Welcome to Derby Cathedral | Derby Cathedral](#)



**The 3 stages of life:
Wanting stuff.
Accumulating stuff.
Getting rid of stuff 😊.**



Birthdays. Happy birthday this month go to Beryl Addey, Brian Alt, Carole Armitt, Graham Bracewell, Kathleen & David Crowson, Nigel Cullen, Paul Dudley, Ted Evans, Pat Gallimore, David Hancock, Jeff McCormick, David Newton, Geoff Oliver, Ray Prince, Monica Roberts, Brenda White, mavis Wilson and Mary Bucknell. We wish all of you a wonderful birthday. 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.



10 FUN FACTS

1. You can't see your ears without mirror.
2. You can't count your hair.
3. You can't breathe through nose, with your tongue out.
4. You just tried No. 3
6. When you did No. 3 you realized that it is possible, only you look like dog.
7. You are smiling right now, because you were fooled.
8. You skipped No. 5
9. You just checked to see if there's a No. 5.
10. I want my "Like"



Lunch at The White Swan. This is one of the smaller venues we love to have lunch at. Since lock down ended, venues have been requesting advance notice of numbers attending. Please, do everyone a favour and telephone Robert when we are attending these smaller pubs. A note is added to the Newsletter and also sent via email. It saves embarrassment all round. Having said that, twelve members dined happily, as you can see from the photograph. You did not have to remember to take something out of the freezer the night before, spend time preparing or do that awful chore of washing dishes and worst of all, putting them away.



None of that. Just turn up and select your favourite dish from the menu. Have a refreshing drink whilst someone else does all that. It couldn't be simpler. See you at the Jonty Farmer next month.



She asked for a Gift that can last the rest of the Year, So I gave her a calendar. Stay tuned for more relationship advice



Holiday insurance – a member’s recent experience – hope it helps. *“If you remember I was telling you about trying to arrange insurance for a 5-night cruise at New Year. Just for us I had quotes of £400 and higher. I have just paid £158, declared all medical details for both of us. No age limit and specialises in policies for over 60 and medical problems. May be of interest to our members. Total Travel Protection. 0330 053 3747.or check out online.”*



I've had enough!
**I'm gonna quit my
job and travel the
world until I run
out of money!**
**I estimate I'll be
home again
around 10 PM
this evening...**



Your committee STILL need you. We still need more help, please. Get in touch with Michael or another committee member. We meet, on line, about six times per year.



**The Oldest Computer
Was Owned By Adam
And Eve. It Was An
Apple With Very
Limited Memory.
Just 1 Byte And
Everything Crashed!**



Ten gardening tips for September

1. Dividing perennials regularly will ensure healthy, vigorous plants that will continue to perform year after year. It also offers the opportunity to multiply your plants.
2. Harvest regularly, to get fruits at the peak of ripeness, when richly coloured, plump and easy to pull off. Pick on a dry day, so the berries aren't wet.
3. Growing plants from seed is generally straightforward and inexpensive. It is an opportunity to increase the number of plants in your garden for free.
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 rainwater or grey water if possible.
7. Start to reduce the frequency of houseplant watering.
8. Clean out cold frames and greenhouses so they are ready for use in the autumn.
9. Cover leafy vegetable crops with birdproof netting.
10. Plant spring flowering bulbs.

Source: <https://www.rhs.org.uk/advice/in-month/september>



Remembrance Celebration 2023. Each year we remember those who made the ultimate sacrifice on a Friday closest to 11 November. For some years it has been a coffee morning but for 2023, we are to hold an afternoon tea. It will be held at Mickleover Golf Club, Uttoxeter Road, Mickleover, Derby DE3



9AD. Meet at 1.30PM for 2.00PM start. A selection of sandwiches and cakes, plus copious amounts of tea and coffee. Normal price £14.00 but members pay £10.00. Booking is required via Margaret Storry, 86 The Hollow, Littleover, Derby DE23 6GL. Telephone 01332 766916



Remember when you
used to be able to call a
person 57 times, and
hang up, and they never
knew it was you.





More Help Needed for Birthday cards. For a few years we received wonderful cards made by a lady in the West Midlands, assisted by her friend who dealt with the administration. Sadly, we have received notice to retire. Many of you have notified me about the quality of the birthday card you receive, these ladies will be missed.



We now need to find someone else who can step into the breach. Do you know anyone who makes birthday cards? Please speak with them and pass details to Michael or another committee member with their details. We need to move speedily, so please make contact quickly. We re-imburse all

expenses It is a lovely tradition within Take Heart (Derby) which we would be keen to continue. Please help.





Our speaker for September. Our speaker today was Gerald Price from the Woodland Trust. The charity was founded in Devon in 1972 by retired farmer and agricultural machinery dealer, Kenneth Watkins. The trusts first purchase was part of the Avon Valley Woods, near Kingsbridge, Devon and by 1977 it had twenty-two woods in six counties. Gerald told us the Community groups can apply for free tree packs as the United Kingdom needs millions of more trees to reach its 2050 carbon net-zero target. Gerald told us that only 2% of Britain is ancient woodland, unfortunately 85% of ancient woodland is unprotected and half of our woodland has been lost or damaged since World War Two. We were told that the threats to trees are climate change, pest and diseases, infrastructure and development and intensive agriculture. Trees can be three hundred to four hundred years old. He said that walking in a wood can be so enjoyable, even if you are a blind person. There is the smell the light and dark, the feel of the leaves, the different size of roots on the paths and the smell of the soil and flowers. The produce we get from trees are, apples, pears, hazel nuts, plums, cherries, walnuts. We also get the wood for construction, charcoal, and paper. Gerald went on to say that the reason we need trees are for human health, they provide resources, a green space for people to walk and they help to moderate climate change damage. Trees are a habitat for lots of wildlife, Kestrel and bats live at the top of trees, there are moths and butterflies, Gerald



told us that moths pollinate more than bees and that hazel catkins are full of pollen. Trees are also the home for blackbirds and robins who will eat the berries off the hawthorn tree. Underneath the tree there are door mouse and worms as well as fungus called King Alfred's cakes, which in the old days was used to make a fire. We were told visit any wood and you will find a high diversity of flowering plants, ferns, and mosses, from spectacular wildflower carpets to ferns and mysterious mosses, From the dazzling bluebells that cover ancient woodland in the spring to the bright meadows bursting with buttercups in the summer. Wild flowers are what make our woods so beautiful, while providing precious nectar for invertebrates. Gerald made the talk so interesting and full of information that I am sure ever member who listened to it would have like to take a walk the woods.



**Laughing at
your mistakes can
lengthen your life.
Laughing at your
wife's mistakes
can shorten it.**



Is it possible for you to support a return to pre BC (Before Covid) attendance levels. Thankfully, the pandemic is behind us. As a committee, we were hopeful that attendances for our events would return to former levels. Sadly, this has not happened. Walks were up to 40 but are now 6 or 7. Monthly meetings were more than 20 but are now half that many. Singing was above thirty but again around half that now. Tai Chi is still running at around 10. Lunches were 20 or more and now are averaging 10. Coffee mornings were as high as 50 but we seem to struggle to achieve 20 now. We would like to hear from you if you used to attend any of our events, but you do not turn out now. What is it that keeps you away? Is it too hot, too cold, too far, too expensive, no transport, no longer of interest, no time to spare? It could be something else. We would like to know how we could encourage more members to attend. Should we have different events and if so – what should they be? Please get in touch with Michael or any of your committee. Their contact details are on page 16 of this Newsletter. Thank you in advance for your continued support.



OMG, I have finally discovered what's wrong with my brain: On the left side, there is nothing right, and on the right side, there is nothing left!



Programme of Events

September.

- Tuesday 26th Coffee morning at The Cube café/bar from 10.30AM.
- Wednesday 27th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 29th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Saturday 30th Walking back to health – Spondon Park. Meet at Dale Road car park, Spondon, Derby DE21 7DW. Car parking is available via the Main Gate and to walk at 10.00AM

October.

- Wednesday 4th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall
- Friday 6th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Monday 9th "The Great Fire of London" is the latest talk to be given by Paul Newsham. The fire in September 1666 for four days, gutting the medieval City of London inside the old Roman city wall. You can be sure you will feel involved when Paul is our speaker.
- Wednesday 11th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 13th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
- Tuesday 17th Lunch at Dog & Duck, London Road, Shardlow, Derby DE72 2GR.
- Wednesday 18th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
- Friday 20th Singing for Fun at 10.00AM in St John's

Methodist Church Hall.
Wednesday 25th Tai Chi at 4.00 to 5.00PM in St. Nicholas Church Hall.
Friday 27th Singing for Fun at 10.00AM in St John's Methodist Church Hall.
Saturday 28th Walking back to health - "Stone, rail and village" walk around Wirksworth, taking in the National Stone Centre (cafe available), the High Peak railway and nearby villages. Meet: Old Lane car park - through Wirksworth on the B5036. Park in car park, DE4 4FP to walk at 10.00AM
Tuesday 31st 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 07852 696930, Pam Fearn 01332 606563, Richard Flatman 01332 557028, Robert Jones 01332 608219, Nigel Cullen 01332 842730 and Margaret Storry 01332 766916.

Recommendations for future speakers should be made to Margaret Storry on 01332 766916.

Recommendations for future lunch venues should be made to Robert Jones on 01332 608219.

Any queries or comments about Take Heart (Derby) should be directed to Michael Flude on 07852 696930. email michael.flude@takeheartderby.co.uk.or 14 Brookside Road, Breadsall, Derby DE21 5LF.

Affiliated to the British Heart Foundation