

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter August, 2011.

Monthly meeting guest speaker.



We had a change of speaker at our monthly meeting in July when, instead of the advertised programme Les Baynton came to speak to us. Les (perhaps better known as King Les – the Beer King of Derby) came to talk about himself and his poetry. He was for many years, the headmaster of two different schools in Derby. Upon retirement he spent an exciting few years as a TV "extra". Eventually heart problems caught up with him and a visit to Glenfield Hospital for a triple bypass operation was called for. During this time, Les continued to write poetry - dedicating many of his poems to his experiences from operations to Rehab and returning to good health. You may remember the poem he wrote for Take Heart, printed in last month's newsletter.

Now Les is an Ambassador for the British Heart Foundation, giving talks to many local groups and endeavouring to raise funds for the Mending Broken Hearts appeal. He read many of his poems to us, all so funny and yet with a real insight into his subject. We came away feeling happier, brighter and still chuckling at some of his poems. A good time was had by all!

After the Summer Garden Party. Now that all expenses have been paid we find that we made a profit of £600 at the Summer Fair. It was a great success and many thanks must go to all of those who worked so hard to make it so, especially Trisha and Michael who not only put in a great deal of hard work but also allowed us to use their kitchens and extensive garden. You will recall that we reported that we would donate 50% of our profits to the BHF "Mending Broken Hearts" appeal. Therefore, at our next meeting on 12 September, we will hand a cheque for £300 to Sophie Jardine of the BHF. At the moment, there is no cure for a broken heart. Once your heart muscle is damaged by a heart attack, it can never fully recover. But there is hope. The British Heart Foundation intends to invest £50 million to fund ground-breaking research that could literally begin to mend broken hearts in as little as 10 years' time. Our support can hope give hope to hundreds of thousands of people across the UK. The remaining £300 will go to Take Heart (Derby) funds.

Membership. There have been several more new members join our group recently. Congratulations to Vera Clarke, Kevin & Janet Noon. Also joining at the end of the last meeting was speaker Les Baynton and his partner Maggie Edwards. This brings the number of members to 119, an increase of 40 from 1 May 2010. We hope to see many of you at our forthcoming events.

Anniversaries. I have an apology to make. Last month I forgot to mention birthdays and anniversaries. Michael put them in for me, but we omitted to congratulate April and David Howe who celebrated their Golden Wedding, on July 29th. We send them our very best

wishes and hope that they thoroughly enjoyed their day and will enjoy many more happy years together. For September we send our best wishes to Janet Stewart, Betty Hassall and Ian Knowles who celebrate their birthdays. Very best wishes also go to Kath & Jack Hemsley, Alexander & Janet Stewart, Margaret & John Smith, and Neil & Marilyn Thompson, all of whom celebrate their wedding anniversaries this month. We hope you all enjoy your day and have many more anniversaries to come.

Also, please note the date of the coffee morning in August is the **30th** not 26th.

And what of your gardens? There is still a lot to do in the garden at the moment, all routine jobs but very necessary none the less. Watering baskets and tubs, dead-heading spent blooms, cutting back faded and straggling plants, trimming hedges and keeping the hoe going to stop young weeds taking hold. Best of all is the harvesting - tomatoes, courgettes, aubergines, beans peas raspberries and a whole host of summer ripening fruit and vegetables. How much better it is to go straight from the plant to the table and how much more flavour everything has.

Have you thought about planting potatoes for Christmas? Now is the time to plant specially prepared potato tubers for harvesting at Christmas. Sold as second cropping or summer planting potatoes, they are available from mail order suppliers and garden centres and must be planted in August to ensure a crop by the end of the Year. Plant them in large potato bags or patio pots and move these into a greenhouse or suitable sheltered spot before the first frosts. Varieties include Charlotte, Carlingford, Maris Piper and Vivaldi .

Recipe. Have you got a glut of courgettes (as it I have)? Well why not try this delicious courgette, potato and Cheddar soup?

500 grams potatoes unpeeled and roughly chopped.

Two vegetable stock cubes

One kilogram courgettes - roughly chopped.

Bunch spring onions, sliced - save 1 for serving, if eating straight away.

Good grating fresh nutmeg

100 grams extra mature low fat Cheddar, grated, plus a little extra to serve.

Good grating of fresh nutmeg, plus extra to serve .

- 1) Put the potatoes in a large pan and just cover with water. Crumble in the stock cubes, bring to the boil, then cover and cook for 5 minutes. Add the courgettes, put the lid back on and cook for 5 minutes more. Throw in the spring onions, cover and cook for a final five minutes.
- 2) Take off the heat, stir in the cheese and season with salt and pepper. Whizz to a thick soup adding more hot water until you get the consistency you like. Serve scattered with extra grated Cheddar, spring onions and nutmeg or pepper.

This recipe serves 8 - but any left-overs can be allowed to cool, put into freezer bags and kept frozen for up to three months. Counts as one portion of five – a - day and it is a rich source of vitamin C.

A poem. Jean sent us one of her poems –

Keep on Keeping on

If the day looks at kinda gloomy,
And your chances kinda slim,
If the situations puzzlin'
An' the prospects awful grim
An' the perplexities keep pressin'
'Til hope is nearly gone
Jest bristle up and grit your teeth
An' keep on keeping on!

Walking. The 🐢 walk around Elvaston Castle was enjoyed by a small but happy band of strollers. They relished a refreshment break part way through the walk, before finishing in fine style in plenty of time for lunch.

On Sunday 14th August, our regulars were joined by a team of partially sighted and blind walkers, together with their dogs. Keith Fearn (with Dylan), Michael and Sarah Beswick (with Vance) and Adrian form a small walking group, which has evolved from a walking group affiliated to Sight Support Derbyshire, formerly Derbyshire Association for the Blind. Keith is 70 and registered blind since birth, though for many years he had sufficient sight in one eye to



work full time, whilst raising a family of five with his wife Elaine in Crich. Mick and Sarah are both registered blind but both have sufficient vision to walk mostly unaided. Adrian, along with Kevin Noon, guide Keith on our walks, which are just about anywhere in Derbyshire, and in the time Kevin has been involved they have gone on to do Ben Nevis, Snowdon and Scafell Pike with other blind walkers and guides. Adrian has actually been walking with Keith for about 15 years, and Keith's son Geoffrey for longer. They have also taken Keith on challenge walks such as Hadrian's Wall, Lyke Wake Walk, Ben Nevis and Snowdon. What an achievement and we welcome them to many more of our walks. It looks as if we might have to make the "regular" walks a little bit longer to satisfy their demand for lengthy and challenging exercise. (it makes me feel a little embarrassed – what about you?) It made for a good sized group who enjoyed each other's company and the tranquillity that Allestree Park has to offer. The dogs enjoyed their exercise too.

Another tortoise walk occurred on 20 August, it had been brought forward a week to avoid the bank holiday. Five members and a dog enjoyed a stroll around Melbourne, although the route had to be adjusted because a bridge was not able to be used. Nevertheless, a jolly time was enjoyed by those who turned up.



Come on you members, these walks are designed to keep us healthy, after all a doctor is quoted as saying "What suits your busy schedule better – exercising for 30 minutes per day or being dead 24 hours a day"? Let's see a few more next time, it is good fun and is a great way to remain healthy.

Sponsorship. One of our members, David Rowe, undertook and completed the Three Peaks Walk of Ingleborough, Penyghent and Whernside. So those of us who sponsored him can expect a telephone call for the requesting payment or forward your cheque to him at 40, Gurney Avenue, Sunnyhill, Derby, DE23 1GR, telephone 01332 767368.

An appeal for help with publicity for Take Heart (Derby). We have managed to improve the awareness of our group with an enthusiastic recruitment campaign with leaflets, banners, fliers, information packs, websites, and newspaper and magazine articles. We now need to ensure this progress continues and that even more people learn about the group, especially when they attend or leave hospital. Marilyn is finding it hard to keep updating the stocks of flyers and producing information for the media whilst working to a deadline for each publication. Hence, she's seeking some extra help in this vital role. If you think you

could assist her work as publicity officer to the group, then please telephone her on 01332 558756 or by e-mail on marilynthomson@btinternet.com. At the same time we would like to hear from you with any suggestions, ideas or links to encourage public relations, how did you get to learn about Take Heart (Derby)? Let us know what has worked for you.

Did you know? Life-saving surgery for emergency heart attack patients is now being provided round the clock at the Royal Derby Hospital thanks to a £2 million investment. A second catheter lab has now opened up which means the service can be provided 24/7 for patients needing primary Percutaneous Coronary Intervention, also known as Primary Angioplasty. Its technique is used to treat patients who are having a heart attack to reduce the amount of damage done to the heart muscle. This new lab enhances the service already provided and helps to ensure people in Derby and the surrounding area get the best possible care - close to home and around the clock. It also means all patients from Derby can be treated in the City, rather than having to go to Nottingham or Leicester. Patients also spend a shorter time in hospital recovering.

On 12th July the Payments Council announced that cheques will stay for as long as customers need them. This is great news for three-quarters of the people aged over 65 who continue to use them. Payment systems are like utilities: you don't appreciate them until you don't have them, and when they go you are in trouble. This is why older people responded so strongly to the proposal to withdraw cheques. It was a proposal to withdraw a facility which is essential to their ability to live safely and independently in the modern world. Research showed that without cheques, older people would be increasingly forced to rely on cash to pay their bills. Even with cheques, many people with bank accounts are effectively unable to make payments safely and independently because they do not have systems which meet their needs. Nearly one in five people aged 65+ use someone else to withdraw their day-to-day spending money. Older people told us they had no alternative but to trust people with their PIN because of mobility, dexterity and other physical impairments. 11 per cent of people aged 75+ who have a chip and PIN card do not find it very easy to use. Age UK will continue to work with the Payments Council and banking industry to ensure that the UK offers banking services and payment systems that are fit for the 21st century and meet the needs of all who will live in it.

Those who drink between three and six cups of tea a day are 45 per cent less likely to suffer coronary problems compared to people who have less than one-cup daily a study found, and drinking more than six cups was associated with a 36 per cent lower risk of heart disease. It was good news for coffee drinkers too with the study saying that a modest intake - 2-4 cups a day - may lead to a 20 per cent lower risk of heart problems. The researchers believe that the health benefits are down to antioxidants found in both drinks which remove damaging free radicals from the body.

Reports from the media. During the past few weeks there have been a number of reports of interest to heart patients. The biggest was probably the news that an artificial heart could be placed in a human chest and powered by an external battery which is carried in a bag. This will allow the recipient, Matthew Green has been able to leave his hospital ward, take a walk outside the hospital and has now returned to his home where he awaits a donor heart. The plastic heart is a temporary solution but a fantastic step in the right direction. Cardiologist Emma Birks of Harefield Hospital stated, "If we are able to use them more often, people will be treated before their other organs have been damaged by heart failure, which means fewer complications, shorter hospital stays and a better outcome for the patient". I wonder if the drugs rationing body – NICE – will agree?

Something else from Jean Sykes. A lady was posting a gift of a Bible to her god-daughter. The counter clerk examined the parcel and asked if there was anything breakable inside. "Nothing," she replied, "Except the Ten Commandments."

The British Heart Foundation. The BHF is requesting information about cuts to heart health services. The NHS is facing financial cutbacks and the BHF wish to know if heart patients in Derbyshire are being affected. Please forward full details to Michael, who will collate them and forward to the BHF.

Melbourne Hall.

Many of you will remember the talk given last autumn about the life and times of Melbourne Hall. Many were moved to try and visit the hall when it opens to the public in August each



year. Marilyn arranged for lunch at the Melbourne Hotel and also for some of our members to receive a lift to this out-of-the-way village. As a result 10 members dined, with eight of them receiving a conducted tour of Melbourne Hall. We learnt of the many characters who had occupied the Hall and of their distinguished career (and some who were quite notorious). Much fun and lots of laughs ensured the afternoon went by so quickly that everyone was stunned to realise that, after taking afternoon tea in the grounds that 5.30 PM had arrived. Alas it was time to go home with lovely memories of a wonderful occasion.



What a pity so many of our members missed out.

Forthcoming programme.

August.

Tuesday 30th. Coffee morning at Derby Cathedral coffee-shop from 10.30 till 11.30 AM.

September.

Sunday 11th. "Walking back to health" on the Derby City walk, meet at Darley Abbey car-park at 9:45am to walk at 10.15.

Monday 12th. Monthly meeting at The Friends Meeting House with Zoe Nettleship about Derby City Council's "Street Pride". Park in Chapel Street car park. Streetpride is a service provided by Derby City Council, working with you to help improve your neighbourhood. They deal with litter, graffiti, potholes, fly tipping, faulty street lights, abandoned vehicles and refuse collection and recycling. I bet you, like me will have quite a few questions to raise. Write them down so that you do not forget them and if you cannot attend, send your questions to Michael, who will raise them on your behalf.

Plus the cheque presentation to the British Heart Foundation, get in on the photograph.

Tuesday 20th. An informal lunch at Findern Garden Centre. Two courses for £5.95. We meet at 12 noon. Arrive a little early to complete a registration form at the checkout, to entitle you to discounts throughout the Centre.

Sunday 25th. This is World Heart Day. The British Heart Foundation has organised a 4,7 or 10mile circular walk through the Chatsworth estate. Dogs on a lead are allowed.

This is a sponsored walk with a £10 entry fee but do not forget to ask friends and family to sponsor your efforts. If you would like to walk along with other Take Heart members please contact David Rowe on 01332 767368 in advance.

Tuesday 27th. Coffee morning at Derby Cathedral coffee-shop 10:30 am to 11:30am.

Christmas Lunch - advance notice for your diary - our Christmas Lunch will be held on **Tuesday December 13th** at the Littleover Lodge Hotel, Rykneld Road, Derby. Put it in your diary or on your calendar now. Last year thirty members attended for a sumptuous lunch, let's see if we can increase that number this year.

Comment corner. Last month, Michael made reference to the full colour front page to the Newsletter. Everyone was very complimentary about the appearance but no-one commented as to whether they would like to see it as a regular feature or about a change to the subscription level. Let Michael know your views. For those who wish to view the Newsletter in colour can log on to our web site and download it or you could have it delivered via email. Around twenty people have agreed to have the Newsletter emailed to their in-box – thank you. Let Michael know your views.

Exercise classes.

Royal Derby Hospital - Contact Christine Chambers, 01332 785597 for phase 4 rehab only. Fit and for U with BACR instructors, contact Matt on 01332 832224.

"Exercise for the Heart". Exercise classes with BACR instructors, contact Jane on 07930 975681. Classes are run at Draycott and Ilkeston.

Swimming.

Every Wednesday afternoon between 3.15 and 4.00 PM, an exclusive swimming session for Take Heart (Derby) members only at the Queens Leisure Centre. So come on down and enjoy a relaxing swim in the heated pool. Cost £2.15 or £1.70 for those with a "passport to swim". Telephone the pool on 01332 641444.

Contacts.

If members have a problem and would like to talk to someone in private, please telephone one of our "listening ears" Jean Percival 01332 512112, Geoff & Jean Sykes 01332 549229 or Betty Hassell 01332 518402.

Any queries, comments or questions about Take Heart (Derby) should be directed to our Chairman Michael Flude on 01332 380219, by post to Willowbrook, Markeaton Lane, Derby DE22 4NH or email michael.flude@takeheartderby.co.uk

Items for the newsletter should be sent to Pat Fitton on 01332 342544 or to 1, Princes Drive, Littleover, Derby DE23 6DX or email patfitton@aol.com

If anyone has a special birthday or anniversary, tell April on 01332 751149 or Michael (as above).

Any ideas or suggestions for speakers should be sent to Marilyn on 01332 558756