

# Take Heart

(Derby)

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

[www.takeheartderby.co.uk](http://www.takeheartderby.co.uk)



Derby  
**Heart City**

Love our city • Love your heart

## Newsletter August, 2012.

### Jubilee Garden Party.



**Your prayers helped.** The weather forecast for 4 August was not good – rain and the possibility of flash floods. In the event, we had glorious sunshine, with the refreshment tent being the most popular attraction. There was plenty to do and plenty of people doing it, around 200 people turned up on the day. There was a tombola for adults and another for children, a raffle, cake stand, jewellery stand, guess the name of a giant teddy bear, how many sweets in the jar, a wheel of fortune, a golf game and a penalty shootout skill game, in addition to the children's mini Olympics, giant jenko, quick build and others. The Mayor of the City of Derby Cllr Lisa Higginbottom opened the gate to signify the start of proceedings. She then toured the site and had a go at some of the games (she even scored a goal). James Waldron won the giant teddy by correctly naming him Ben, Scot Douglas was the skilful penalty taker and Ged Bell was the highest golf scorer. There were many who helped Trisha Flude with the planning and food preparation, others who helped erect the various marquee's, made and sold cakes, directed traffic and parked cars tidily. Thank you to all of you for attending and supporting this venture in so many ways. It was all worthwhile with more than £1,400 raised, to be shared between ourselves and the British Heart Foundation. We have received a lot of praise, here are a few comments – *Well done to all. Have just pick the kids up and they really enjoyed it. Next time I'll be free and if you want me for anything let me know/It was a great day/Congratulations on a fantastic garden party today, what a great time had by all/What a brilliant day had by all today at the Take Heart garden party. Gorgeous weather, lovely people, tasty sandwiches, huge raffle and tombola, games for the kids, games for the big kids... And all to raise funds for the heart support group and the BHF's Mending Broken Hearts Appeal/Thank you to Chairman Michael and wife Trisha for all their hard work/Wow what a fantastic day, again all your hard work was well worth the effort. It's now time to chill and relax/Just a quick note to say Thank you to both you and Trisha for hosting the Jubilee Garden Party. Very enjoyable and you arranged the weather pretty well/Thank you Michael and Trisha for arranging the garden party at your house last Saturday we really enjoyed it, your hard work is much appreciated.* Thanks once again but who's turn is it next year?



**August meeting.** We had a fascinating talk by Derek Palmer at our monthly meeting on August 13th. Derek is keenly interested in the history of Derby and has written many books on the subject. He is an engineer and was employed by Derby City Council as a highways and drainage Superintendent and as such was involved in much of the demolishing of many of Derby's oldest and most iconic buildings from the early 60's to the 1980's. He illustrated his talk with slides of "old" Derby, which brought back many nostalgic memories to those in our audience old enough to remember them. He started with St. Alkmund's Church, which was the most historic in Derby with its roots going back to 800 AD and containing the sarcophagus of St. Alkmund, now on display in Derby Museum. St. Alkmund's had the second highest spire of any church in England and it must have been heart-breaking for the old congregation and citizens of Derby to see it pulled down. Derek showed us many pictures of its demolition and the surrounding shops and houses. It was all replaced with St Alkmund's Way! All the graves were dug up and the remains buried in a mass grave in Nottingham Road cemetery. These included those of Joseph Wright, his wife, two sons and his brother. Derek was at least able to save the gravestone, which now hangs next to Bess of Hardwick's tomb in Derby Cathedral. The list of buildings went on and on, The Nottingham Castle, built in 1603 and Derby's oldest pub, in St Mary's Lane - its site only to be used as a car park for 25 years! The Mayors Parlour in Tennant Street, Wesley's first chapel, Cavendish House to be replaced by the Assembly Rooms, though at least they did preserve a very beautiful ceiling which was repositioned in the Darwin suite of the Assembly Rooms. The Old Assembly Rooms the facade of which now stands at Crich Tramway Museum. Coming more up-to-date, the Cockpit, Markeaton Hall and Darley Hall, the Regal and the Odeon cinemas and many, many more. All



in the name of progress! We sat entranced for hour-and-a-half and Derek still had a lot more to tell and many more pictures to show, so we hope that he will return one day and give us all another trip down memory lane.

**September speaker.** Marilyn Thompson reports - Dr Steven Burn has been a Consultant Cardiologist in Derby since April 2000. Born and raised in Hull, East Yorkshire he attended medical school at Liverpool University, qualifying in 1986. Subsequent training in Hull, Coventry and Manchester before his Consultant appointment in Derby. He has subspecialist interests in Heart Failure, cardiac haemodynamics, exercise testing and echocardiography. He is also the clinical lead for the Southern Derbyshire Heart Failure service. Members will learn about the Royal Derby Hospital 3D scanner on Monday 10th September. The scanner is used to diagnose structural heart disease and when it was purchased in 2009 there were only two or three in the country. We are very honoured that Steven is taking time out of his very busy schedule to keep his promise and give a talk - so we should all show our appreciation with lots of interesting questions.

**Coffee in a Cube!** There was another busy morning, although a number of apologies were sent due to holidays and illness. We hope those who are ill will recover quickly and that those on holiday are experiencing better weather than we are. Still, thirty of us enjoyed our monthly



gathering, where we renewed friendships with some we do not see very often – nice to see you today. We are getting better at operating the coffee and hot water flasks now, practice makes

perfect. The morning went on until after mid-day because there was much to discuss, which some of you missed. Maybe next time.

**YOUR story of heart illness.** Michael would like to hear your story and how you overcame your heart difficulties. Write to him at Willowbrook or via email.

**Membership.** We welcome Michael & Janet Gilbert, Ian & Sue Walker and trust they will enjoy our company at numerous events. Membership now stands at 182, which is an increase of 103 since May 2010. Thank you to all those who bring new members to our group.

**Birthdays.** Birthday wishes this month go to Louise Sherratt, Nicola Alcock, Desiree Day, David Newton, James Cann, Vera Allsopp, Ben Jennings, Donald Pate, Ian Knowles, Betty Hassell and Janet Stewart. Wedding anniversaries are being celebrated by Jack & Kath Hemsley, Alex & Janet Stewart, John & Margaret Smith (golden), Ian & Donna Knowles & Marilyn & Neil Thompson. We hope you have a great time on your special day. Recent recipients of birthday cards from Take Heart (Derby) were most appreciative of the quality and special words to each of you. *"please thank Take Heart for my lovely birthday card it was much appreciated"* and similar messages have been received. We are delighted for you. **To make sure we do not miss your birthday get in touch with Michael or April.**

**Derby Beer Feast.** The BHF held a "bucket shaking" exercise at the Beer Fest on Saturday 14 July. One of our members, Robert Jones, sent this comment *"Talking of beer I have suffered a severe trauma. On Saturday I joined Nikki Fountain and two other helpers (both called Emily) which helps an old chap who can't remember names, collecting for the BHF at the Derby Beer Festival. I made a terrible mistake in going into Derby by car. I then had to endure 3 hours of watching hundreds of cheerful (and getting more cheerful by the minute) others sampling the 200 odd different beers knowing that I couldn't drink any myself. I was close to a gibbering wreck by the time I left to drive home to a cup of tea"*. Thanks Robert - see how much fun you can have when you volunteer! This event coupled with the street collection a few weeks prior have raised a total of £750.00. Well done everyone, thanks for your support, with special thanks from Sophie Jardine of the BHF.

**Listening ears.** We list two telephone numbers on every Newsletter as 'listening ears'. These are members who, just like all of us, have experienced heart difficulties as a patient or carer. 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.

**Welfare.** A preliminary meeting took place following the coffee morning, where various thoughts were expressed. Another such meeting will take place at the next coffee morning where we hope to initiate the first stage of our bid to support members who we do not see very often. Watch this space!

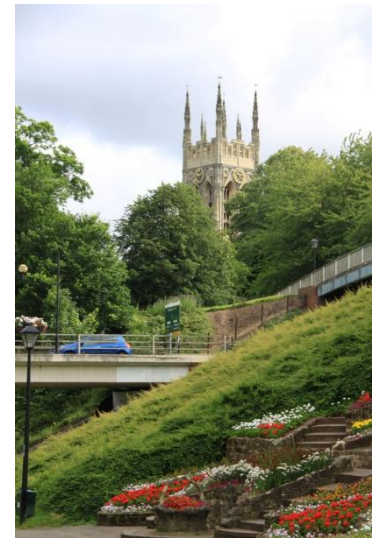
**Annual Subs!** Relax, they are not due yet. Subscription/donations were introduced in October 1997 and implemented in January the following year at £2.00 per person per annum. This was changed in 2003 to £3.00 per address, £4.00 in 2004 and £5.00 in 2008. For four years there has not been any increase, which cannot be sustained particularly in view of the enormous hike in postage fees to 50p per letter and more if the Newsletter expands. Therefore, your committee have concluded that an increase is necessary. From January 2013, the minimum donation per annum is to be £7.50 per address and £10.00 in 2014. This will not be a hardship to many, as they already send £10.00, whilst others send a book of postage stamps in addition to their contribution. Anything you can send will help and we will continue to raise funds at periodic events to supplement our activities. Thank you for your continued support, it is much appreciated.

**You've stopped smoking but are still killing yourself?** Recent research suggests that we are not doing enough exercise to prolong our lives. Sitting for long periods not only stiffens your joints but does not exercise the heart to carry out its natural function. It means that when you do get up, try to walk or tend the garden that you tire and ache more readily because the 'pump' has difficulty in coping with the strange exertion you have put it to. However, even small amounts of exercise can be beneficial but you have to start now. A [University College London](#) (UCL) study has discovered that a moderate increase in exercise when you retire can make big improvements to your heart health. In the study funded by the [British Heart Foundation](#), over 4,000 people in the transition to retirement were quizzed on their exercise routines and had their levels of inflammation – which can lead to 'furring' of the arteries and heart disease in later life – measured to gauge their heart health. UCL researchers found inflammation was lower in people who embrace an active lifestyle once they retire, than people who carry on being couch potatoes. In a statement, the BHF said: "This is great news for retirees who often indulge in gardening, countryside walks and gentle sports once they are no longer chained to their desks. In the study a remarkable 83% of people around retirement age managed the recommended 2.5 hours a week of moderate physical activity." Exercise de-furring only lasts 24 hours and so needs doing on a daily basis – it is not much to ask for a longer and healthier life, it's your choice.

Walking is an ideal way of improving your health. Feel the difference. It is free and safe. Choose your level from the two very different walks available to you. Walking can help you look and feel better, increase energy levels, improve sleep patterns, strengthen your heart and circulation, enjoy the environment, increase confidence and self-esteem, reduce stress, manage your weight, improve your body functions, make friends and experience social benefits. It's also much healthier and cheaper than walking around the Westfield Centre. So what are you waiting for? See below for details of the next walk dates and locations!

**Do you have an email address?** If you have an email address, we can forward your monthly Newsletter and other urgent information straight to your inbox and you do not have to wait until next month's edition of the Newsletter (which you receive in full colour – it makes the photographs stand out much better). Please send details to Michael at [michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk).

**The Tortoise Walk.** The beautiful Riverside Gardens at Burton on Trent was the venue for our last tortoise walk, where three children (6 year old Lucas, 7 year old Emma and 60 something Chris) were joined by six adults for a splendid morning walk alongside the River Trent. A welcoming cuppa (with triple chocolate muffins for the children) rejuvenated the walkers for the return leg back to the start point. Lots of banter and another wonderful social occasion was had by all. Will you join us next time?



**Hare Walks.** On an overcast Saturday, eight intrepid explorers set forth from Ilam Park to wander alongside the River Dove, checking out the effluent of the River Manifold which flows underground for a short distance and discharges into the Dove. There was also the stone, erected from the remains of a cottage from the village of Ilam when



it was rebuilt. After about a mile, Michael saw a huge hill in front of him and decided enough was enough and left the more energetic members to cover the remaining course. David took other photographs, whilst Michael enjoyed a refreshing coffee at the picturesque Ilam Hall and then a tour around the beautiful village of Ilam and its famous cross. Incidentally, Ilam is only 18 miles from



Markeaton roundabout, so distance is no excuse and we can pick you up.

The next Owl walk is in Findern for a walk of 2.5 miles, meeting at Lower Green, adjacent to the church at 6.30 to walk at 7.00 PM on 14 September. See you there.

**If you need help getting to the walks.** Anyone wishing to attend a walk and is in need of transport, should telephone David Rowe on 01332 767368.

**Travel Insurance.** Who has taken out travel insurance since our article last month? How did you get on? Did you test any of the member recommendations? Let Michael know.

**Comment corner.** We continue to send the Newsletter via email to those who are able to receive it. We are delighted to receive the following feedback from July's edition: *So you got me back with the pic of me with a chocolate donut! Great action-packed newsletter! Thanks for the article on SCAD too/ we thought that the July Newsletter was very good and contained some very interesting information/ I would be very willing to help in any way I can if someone was not very well or in hospital and needed help/ Newsletter received, read and enjoyed/Am wondering why I have not been the victim of the male date drug "Beer". On the other hand, maybe I have and simply forgotten/ Nice to have a mention in 'Membership' my first name, however has the double 'N' not the cheaper version as printed (sorry Dennis). The 'Listening Ears' facility is to be applauded, and although I have not used it - I have a feeling as a new heart case that I will/Loved the 'Male Date - Drug' featured. A brilliant piece of humorous wizardry. I'm so glad Take Heart (Derby) has room for the lighter side of life - a much needed bolster to depressed spirits which invariably are*



*part of learning to live with a 'broken' heart - and that's from someone who, despite being the son of a pub proprietor, rarely touches alcohol/ once again excellent full of information/ Another good and informative Newsletter/Brilliant as always. Great story of the Garbage Truck - Life is 10% what u make it and 90% how u take it - guess that refers to me. Like relax and let the problem roll over. Looking forward to the walks/Many thanks for the informative and entertaining newsletter. We enjoyed reading it."* Members have also commented verbally that *"What an interesting article the National Arboretum Museum, put me down for the next trip/I enjoy reading it every month and look forward to the next edition"*. But do you agree? We would love to hear from you, especially those who are unable to attend our events! Thanks also to those who send articles and others who contribute in debates to make the Newsletter a relevant document. It is your Newsletter which we hope you enjoy.

**Fasting blood test (LIPID's).** 1. Remember not to eat or drink for 12 hours prior to your blood test. 2. No alcohol the night before your blood test. 3. You may take sips of water. 4. You may take your usual heart medication with water at the usual time BUT leave aspirin until after breakfast. 5. No sweets or chewing gum. NB: If you are diabetic, please consult your GP for specific instructions.

**Guaranteed life insurance for the over 50's from Leeds Building Society.** A report by Marilyn Thompson. Following a heart event - it is easy to presume that no life insurance companies would want to consider insuring you! I recently visited to Leeds Building Society and they asked if I hold a life insurance policy - to which I retorted "no one would want to insure me!" I was advised that it is possible to take out a policy at an affordable price no matter what state of health you are in. No health questionnaires, no doctor's report, no medical. Premiums start at £10 a month and go up in £5 steps to a maximum of £50 a month - and the premiums will not change - so it makes it easier to budget for it in your monthly outgoings. The length of time you'll pay premiums depends on how old you are when you take out your plan. Aviva Guaranteed Lifelong Protection is specifically designed for UK residents between 50 and 80 years, offering life insurance for the rest of your life. If you are interested- just call in at the office in St James' Street, Derby and pick up an application form. The staff will explain how it all works and help you to fill in the forms. You do not have to be a Leeds Building Society customer. Since one of the aims of Take Heart (Derby) is to keep the members informed... then perhaps you would like one of the staff to attend a Take Heart (Derby) meeting? Let us know what you think?

**Speakers and lunch venues for 2013?** Have you anything in mind? What would get you motivated to attend a talk? Have you visited a restaurant/pub/hotel where the meal was good and not too pricey? Let Marilyn know on 01332 558756

**Polypill!!!!** This is not a joke nor do you get it from B & Q. The following notes were sent to us from the BHF - *An all-in-one "polypill" with the potential to save many tens of thousands of lives each year in the UK could be available in less than two years. Results from a ground-breaking trial showed that the four-medicine pill dramatically reduces major risk factors for heart attack and stroke. In a group of healthy individuals aged 50 and over, it cut levels of blood pressure and cholesterol to those typical of a 20-year-old. If everyone in the UK from a similar age group took the pill, the findings suggest an estimated 100,000 to 200,000 deaths would be prevented. The number of averted non-fatal cases, including many involving life-changing disablement, could be double this figure. Experts called for the polypill to be made generally available to the UK population "without delay". Dr Wald, from Queen Mary, University of London, said: "The health implications of our results are large. If people took the polypill from age 50, an estimated 28% would benefit by avoiding or delaying a heart attack or stroke during their lifetime; on average, those who benefit would gain 11 years of life without a heart attack or stroke." Realistically it could take another one to two years for all the regulatory hurdles to be overcome, according to study leader Dr David Wald, from [Queen Mary, University of London](#). The polypill is a layered*

*tablet containing three blood pressure-lowering drugs and a cholesterol-lowering statin. The findings were published in the online journal [Public Library of Science ONE](#).*

**A submission from Andy Hopkins.** A man was walking down the street when he was accosted by a particularly dirty and shabby-looking homeless man who asked him for a couple of pounds for dinner. The man took out his wallet, extracted a £10 note, then asked, "If I give you this money, won't you buy some beer with it instead of dinner?" "No, I had to stop drinking years ago," the homeless man replied. "Will you use it to gamble instead of buying food?" the man asked. "No, I don't gamble," the homeless man said. "I need everything I can get just to stay alive." "Will you spend this on greens fees at a golf course instead of food?" the man asked. "Are you STUPID!" replied the homeless man. "I haven't played golf for the past 20 years!" "Will you spend the money on a woman in the red light district instead of food?" the man asked. "What disease would I get for ten lousy pounds?" exclaimed the homeless man. "Well," said the man, "I'm not going to give you the money. Instead, I'm going to take you home for a terrific dinner cooked by my wife." The homeless man was astounded. "Won't your wife be furious with you for doing that? I know I'm dirty, and I probably smell pretty disgusting." The man replied, "That's okay. It's important for her to see what a man looks like after he has given up BEER, GAMBLING, GOLF, and SEX."

**Calling First Aider's!** We are aware of one member who is a registered First Aider. Are there any more of you who are registered? Is there anyone who wishes to have some training (free of charge)? It will take less than 2 hours and could be of real value to you and others. Contact Michael, please.

**Gardening.** *By Pat Fitton - Last month it was rain, rain and more rain. Now all it is weeds, weeds and more weeds, which have certainly triumphed in our uncertain weather. Most annual weeds are easy to pull up especially from damp ground. They can be discouraged to a certain extent by thick mulches of grass or ground bark. We get seeds germinating in the top two inches of soil so any mulch you put on needs to be thicker than that. The problem with mulching thickly is that you also drown out selfset perennial seedlings of love-in-a-mist, marigold, aquilegia and foxgloves. Tomatoes planted in containers and grow bags need a regular fortnightly dose of for some feed rich in potassium. Many tomatoes will not have done very well outdoors in this wet season but those undercover are doing well. Nip out the tops of staked types now, this will encourage the fruits that have already set to swell and ripen. Over the next month take cuttings of tender fuchsias and geraniums. Choose strong healthy shoots for geraniums and crop off the top four inches. Trim the cutting immediately below a leaf joint, remove all mature leaves and any flower buds and pot the cuttings up in a sandy mixture of compost. Do not cover them. Although we do not want to be thinking of the autumn or next spring it might be time to be thinking about any bulbs that you may wish to plant for next season. The garden centres are beginning to stock them and the seed catalogues are beginning to arrive. Oh dear! The seasons just go round and round. You no sooner have you got one season's planting sorted when you have to start thinking about another. It's fun though isn't it?*

**Local magazines & publicity.** We continue to achieve publicity in various newspapers and magazines but there may be others we have not heard of. If you get any free magazines delivered to your door, will you kindly contact Marilyn Thompson on 01332 558756 or e mail [marilyndthompson@btinternet.com](mailto:marilyndthompson@btinternet.com)

**Forthcoming programme.**

**Book Sale at RDH.** We are holding a book sale and awareness day at the Royal Derby Hospital, entrance 24 on Thursday 6 September. Setting up will start at 9.30 AM and unrigging at 4.00 PM. Volunteers are requested to contact Trisha with times you can help.

**Car boot sale!** Louise Pearson is organising a car boot sale at Willington on Saturday 29 September. It is located at the Sports Centre, adjacent to the cooling towers, you can't miss them. Do you have any suitable items for sale? If so, contact Louise on 705596 or Trisha on 380219.

### August.

Wednesday 22<sup>nd</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Friday 24<sup>th</sup> Informal lunch at the Dog & Duck, London Road East, Shardlow DE72 2GR at 12 noon.

Tuesday 28<sup>th</sup> NO COFFEE MORNING TODAY.

Wednesday 29<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

### September.

Wednesday 5<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Thursday 6<sup>th</sup> Book sale and awareness day at the Royal Derby Hospital, entrance 24.

Saturday 8<sup>th</sup> Walking back to health – The Hartington Walk 🐾 (6 miles). Meet at the car park on Mill Lane, Hartington at 9.30 for 10.00 AM walk.

Monday 10<sup>th</sup> Dr. Steven Burn, Cardiologist will discuss the “3D scanner” from 2.30 PM.

Wednesday 12<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Friday 14<sup>th</sup> Walking back to health – in Spondon for an 🦉 walk of 3.5 miles, meeting at the Village Hall, Sitwell Street at 6.30 to walk at 7.00 PM.

Tuesday 18<sup>th</sup> Informal lunch at the Spotted Cow, 12 Town Street, Holbrook DE56 0TA

Wednesday 19<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Friday 21<sup>st</sup> Celebrate Co-operation Day with the Midlands Co-operative and Oxfam at St. Peters Church, Derby from 10.00 AM till 2.00 PM.

Saturday 22<sup>nd</sup> The Travel Club Trust outing to Trentham Gardens, Peak Tour & tea leaving at 9.00 AM. Contact Bob Bletchley on 01332 751198.

Sunday 23<sup>rd</sup> Walking back to health – The British Heart Foundation – Chatsworth House Walk (4, 7 or 10 mile). Your chance to raise money by way of sponsorship.

Tuesday 25<sup>th</sup> Coffee morning at the Cube café/bar, Chapel Street, Derby 10.30 till 11.30

Wednesday 26<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 29<sup>th</sup> Walking back to health. An **Xtra walk**, starting at 10.00am at grid reference SK621004 which is a parking area on a minor road accessed from the A53 and via the village of Upper Hulme. We would like everyone to be there for 9.45 at the latest. People are welcome to go direct to the start point, however, David Rowe and Kevin Noon will be meeting up at the shopping area on the Clifton Road (A515) on the outskirts of Ashbourne at 9.00am for onward drive to the Roaches. Walk distance is 8.5 miles and the ground/walk is considered moderate to challenging.

Saturday 29<sup>th</sup> Car boot sale at Willington (see above).

### Exercise classes.

Royal Derby Hospital - Contact Christine Chambers on 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.

Tai Chi held in a studio on London Road, contact Carol on 07920 080443.

### 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. BHF contact number 0300 333 1 333 to speak to a nurse about heart health matters.

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](mailto:michael.flude@takeheartderby.co.uk)