

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter December, 2011.

Christmas Luncheon – Thirty-four members were joined by our President, Dr. Julia



Baron and the BHF Fundraising Volunteer Manager, Sophie Jardine at this year's Christmas Luncheon. We dined in fine style of traditional Christmas fare (with a few variations and the sprouts were undercooked). Despite this everyone enjoyed the occasion, with a raffle raising £50.00.

More funds. This time a cheque for £200.00 was presented to Michael by David Rowe, the result of his recent sponsored walk. David says "a big thank you to all Take Heart (Derby) members and families, who sponsored me for the High Peak Trail walk. This raised £200.00 for Take Heart (Derby). It's your encouragement and donations that keep me going and I hope to do many more walks in the future." We send our most sincere thanks to David for his efforts and his generous donation.



Our next meeting. You can look forward to receiving help and advice about first aid from our speakers at our January meeting to be held on 9th January at The Friends Meeting House. "Emergency Life Support" by the Derbyshire Save a Life Scheme and part sponsored by the BHF, it promises to be extremely helpful, 'be a life saver – not a spectator'. You will be taught how to recognise the warning signs of a heart attack, deal with someone who is unconscious and know what to do when someone collapses. Training will also be given in performing cardiopulmonary resuscitation (CPR) if someone has stopped breathing and his or her heart has stopped pumping. So don't miss it, it could be life changing!

Membership. Louise Sherratt and mother Julia have joined, along with Brenda Wilkinson, Dorothy & Peter Stevens, Andy & Elaine Hopkins and John & Brenda Twells. That makes 144 members, which is very satisfying. Lets' keep the ball rolling and invite your family and friends to become supporters and also members of our group.

Annual Fees. Yes, I am afraid it is that time of year again when we remind you that membership subscriptions for 2012 are due in January. Your committee have concluded

that the suggested fee remains at £5.00 per address for yet another year. Of course, if you wish to contribute more, it will be gratefully received, as would donations of postage stamps which have assisted greatly during 2011. There will be a need to continue our fundraising efforts so as to allow us to do all the many things we undertake each year. 2012 will also see Take Heart (Derby) at the forefront of Derby – Heart City (see notes below). Please send your donations to our Treasurer Mrs A Howe, 80 Penzance Road, Alvaston, Derby, DE24 0NJ making the your cheque payable to Take Heart (Derby). Thank you.

Derby – Heart City. In 2012, Derby will become one of only 50 Heart Cities/Towns in the UK. In a BHF initiative, a five year plan will begin in January to focus on Heart Health, including Chronic Cardiovascular Disease, Heart Disease, and Stroke Risk to the 250,000 inhabitants of Derby City. This initiative will embrace the very young from school age, through college's, the workplace and into retirement groups. Take Heart (Derby) will naturally be at the forefront of this initiative along with Derby City Council, Derby PCT and employers from within the City. We welcome, and indeed, need your support in order for this initiative to be successful. It is entirely possible that TH(D) could grow into the sort and size of group envisaged by your committee. New sign posting will be adopted showing the “Welcome to Derby – Heart City” together with the logo and a strap line – “Love your City, Love your Heart”. Publicity is to be planned to keep the initiative in the minds of the public on a regular basis. Some of you have already spoken to Nishi Madan, Health Improvement Principal and most of you will recognise Sophie Jardine, Fundraising Volunteer Manager of the BHF for this area. May I please call on all of you, your family and friends to support this project throughout the next 5 years and beyond?

Birthdays. What a busy month! December birthdays are celebrated by Geoff Sykes, Maureen and Paul Mole, Carole Dovaston, John Smith, Noel Clough, Cynthia Bland, Ken Evans, Esther Mear, Fred Evans, Noreen Shepherdson and Alexander Stewart.

Wedding Anniversaries are celebrated by the Evans's, Fred and Margaret Evans and Ken and Norah Evans.

Best wishes to all of you and we hope you have a wonderful day to remember.

To make sure we do not miss your birthday get in touch with Michael or April.

Get your flu jab booked at your doctor's surgery soon. You should also ensure that repeat prescriptions are ordered in good time in case you cannot get out of the house.

Programme for 2012. You should all have received a pre-printed copy of next year's programme. If you have not received one, then telephone Michael who will arrange a replacement. Initial responses are favourable but what do you think? Is it good, bad or in between? It contains all of the regular events with day and date details. Please insert them into your diary/calendar so that you do not miss out. Other events, such as garden parties, trips away or changes to the list will be published periodically within the Newsletter. Again pass your comments to Michael.

Technology. We continue to send the Newsletter via email to those who are able to receive it. We are delighted to receive the following feedback: *Enjoyed your newsletter/Contents all seemed good, particularly the section on Julia Baron's talk/ found it a good relevant read, well done/it was an interesting newsletter/ The layout and design of the newsletter continue to be impressive/ a few bits of medical comment and advice which make the newsletter a bit less lightweight/ it keeps all the events fresh in my mind/Excellent and so much better than the Daily tabloids/What a relief not having to read about 20 year old nonentities....sorry... celebrities who are selling books of "their life story"/I enjoyed the monthly meeting as well as finding it interesting/Thank you again for an entertaining and educational read/ Looks super very informative with humour too/ I think there is far too much text on the newsletter and not enough pretty pictures. Could you put the text into columns perhaps, to break it up a little/ liked the summary of the*

benefits of walking/the layout and design of the newsletter continue to be impressive. Well done. We look forward to more responses.

Comment corner. We are delighted to receive further comments about your Newsletter. For those of you with family, please direct them to our web site www.takeheartderby.co.uk for them to see what you get up to. Let Michael know your views about other aspects we can bring to our group. He looks forward to hearing from you. Families can also benefit from having the Newsletter emailed to their inbox by signing up as a member of Take Heart (Derby). It is just £5.00 per address, great value (you could buy your family a gift subscription).

Walking. Who says walking is hard work? Judging by the photograph, it looks like child's play! Lots of fun was had prior to the walk around Staunton Harold Reservoir (the water level was very low again). At least Michael made it to the right starting point this week, he went there by mistake last time out and so there was no excuse for getting lost. It was a lovely, fresh morning with a bit of sun but still quite cool, but spirits were high (no – not those in the hip flask). Once again 8 set off but as usual Michael dropped out.



Only one week later, we were off on another tortoise walk, this time a much requested



return to Carsington Water. A bright, sunny day with a bitter wind greeted the walkers, led by 6 year old Emma. She relished

taking over from David and was assisted by Chris Whewell, as he pointed out places, birds and creatures of interest during the walk.

There was a stop at the bird viewing

enclosure, where a count of the different birds spotted during the morning was in progress. By the time we left the count had reached 19. Then it was off to the visitor centre for some much needed refreshment. Now David is having a real problem convincing everyone that walking is great exercise. Just look what they get up too! Fooling around in the children's playground and tea and cream cakes! But there are more serious walks for those "fitter" walkers, as we shall see next week.



On a cold and windy Sunday morning the intrepid walkers assembled together at Morley Hayes golf club, before relocating to the start of the walk nearby. Here they can be seen trying out the new tabards clearly showing the Take Heart (Derby) logo and tackling the first obstacle of the day, a style. Then it was off on the remaining 5 and a half miles across undulating fields of beautiful Derbyshire countryside. You ought to try it!

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 than walking around the Westfield Centre. So

4 table spoons of full fat milk.

A little flour for dusting.

Strawberry jam and clotted cream to serve.

Preheat the oven to 200C/gas 7 and lightly butter a baking sheet. Tip the flour into the mixing bowl with the salt. Add butter, then rub together with your fingers to make a fine-crumbed mixture. Now stir in the sugar. Mix the buttermilk with the milk to slacken it. Make a well in the middle of the flour mixture and pour in most of the buttermilk mixture. Gently work the mixture together until it forms a soft, almost sticky, dough. Work in dry bits with the remainder of the buttermilk. Lift the ball of soft dough out of the bowl onto a lightly floured surface. Knead the mixture 3-4 times to remove cracks. Pat the dough gently with your hands to a thickness of no less than 2cm and no more than 2.5cm (1 inch). Use a cutter to make the individual scones. Gather any trimmings, then pat into shape to cut more scones. Place on a baking sheet and lightly dust with flour. Bake for 10-12 minutes until risen and golden. Cool on a wire. Serve with strawberry jam and cream and eat them as fresh as you can. Enjoy!!!

Does this apply to your household?

If you can start the day without caffeine,

If you can always be cheerful, ignoring aches and pains,

If you can resist complaining and boring people with your troubles,

If you can eat the same food every day and be grateful for it,

If you can understand when you're loved ones are too busy to give you any time,

If you can take criticism and blame without resentment,

If you can conquer tension without medical help,

If you can relax without alcohol,

If you can sleep without the aid of drugs,

Then you are probably the family dog!

Keeping warm and safe this winter. Here are a few tips to help:

Close curtains and blinds at dusk (do not cover up radiators).

Turn down the thermostat 1 degree and cut 10% off your heating bill.

Take a shower rather than a bath, it uses 40% less water.

If you do bathe, then do not overfill the bath.

Turn off lights when you leave the room.

Check immersion heater temperature setting – 60C or 140F is ideal.

Do not leave appliances on standby.

Use washing machine on economy setting or when it is full.

Only boil enough water in the kettle for your immediate need.

Use a microwave for cooking small items.

De-scale electric kettles regularly, it takes more energy to boil the same amount of water.

Check insulation levels in the loft – 270mm (10.5 inches is recommended).

Cavity insulation is one of the most cost effective energy efficient measures you can take.

Lag cold water pipes in the loft.

Ensure the hot water cylinder is completely enclosed with lagging.

You do not need to attend a GP surgery if you have a cold. Keep warm and drink plenty of water to avoid dehydration.

Your pharmacist can advise about medication and over the counter remedies.

Ensure you have repeat prescriptions requested in plenty of time to avoid bank holiday closures.

Check the opening times of local walk in centres before the festive season gets underway.

Eat healthily (perhaps not the scone recipe above).

DO NOT BLOCK VENTILLATION COVERS.

Forthcoming programme.

December 2011.

Tuesday 20th. Coffee Morning at Derby Cathedral Coffee Shop from 10.30 till 11.30 AM. Give your feet a rest during Christmas shopping with a coffee break with your friends.

PLEASE NOTE THE CHANGE OF DATE – NO COFFEE MORNING ON 27 DECEMBER.

January 2012.

Wednesday 4th Swimming at the Queens Leisure Centre at 3.15 PM.

Sunday 8th Walking back to health - Stenson Bubble circular walk (5 miles). Meet at the Stenson Bubble Inn at **9.30 ready to walk at 10.00 AM (change from 2011).**

Monday 9th A demonstration to help you become a life saver not a spectator – “Emergency Life Support” by the Derbyshire Save a Life Scheme. Starts at 2.30 PM.

Wednesday 11th Swimming at the Queens Leisure Centre at 3.15 PM.

Wednesday 18th Swimming at the Queens Leisure Centre at 3.15 PM.

Thursday 19th Informal lunch at the Jonty Farmer, Kedleston Road, Derby at 12 noon.

Wednesday 25th Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 28th Walking back to health -  Tortoise walk around Cromford Canal (2.5 miles). Meet in the car park opposite Arkwrights Mill on Mill Road, Cromford at **9.30 ready to walk at 10.00 AM.**

Tuesday 31st Coffee morning at the Cathedral Coffee Shop, 18/19 Irongate, Derby from 10.30 till 11.30 AM.

Exercise classes.

Royal Derby Hospital - Contact Christine Chambers on 01332 785597 for phase 4 rehab only.

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

“Mobile Sports Therapy” with BACR instructor, contact Matt on 01332 832224 or 07714718910.

Note:- Mobile sports Therapy was formally known as Fit4You.

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. The cost is £2.15 or £1.70 (for those with a “passport to swim”). Telephone for the pool is 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.

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.

Season’s Greetings.

On behalf of your committee, Michael and Trisha Flude, Joyce Cocking, Marilyn Thompson, April Howe, Betty Hassall, Noreen Shepherdson, Les Tibbles, Derek Skidmore and I, Pat Fitton, take this opportunity of wishing you all much happiness at Christmas and may 2012 bring you good health, contentment and peace.

Affiliated to the British Heart Foundation