

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter February, 2013.

Thanks to all who send articles and who contribute in debates to make the Newsletter more interesting. We hope you continue to appreciate and enjoy each edition.



Derby
Heart City

Love our city ♥ Love your heart

February meeting/quiz day. Pat Fitton writes - We had a good attendance for our annual Rock



Up In Red Quiz afternoon, despite freezing weather and occasional snow flurries. Seated in groups, we formed teams and answered questions on a diversity of subjects ranging from general knowledge to identifying photographs of many famous people. A lot of hilarity and some differences of opinion took place



but everyone agreed that we had an enjoyed a very happy, social and brain stretching afternoon. Kevin Noon's team were the winners with the score of 83/100 (but they don't **all** look convinced) and Les Baynton's team were second with a score of 78/100 and Emmie's team were enjoying being last. It was noted that Les' team won a large box of chocolates - all of which were devoured before we left for home. So much for low-fat low sugar diets! But the team of the day must be Joyce (who brought some yummy biscuits in with her) and her assistant Doug. Well done both (and they even washed up afterwards). Les Baynton recited from his new book (This old heart – see below) whilst refreshments were prepared. Our thanks must go to the quiz organiser Marilyn Thompson who must have spent hours compiling the questions and printing all the question sheets, answer papers and then being organiser-in-chief on the day. Thank-you Marilyn, the afternoon was a great success.



March meeting. Our speaker on Monday 11th March will be Seema Ghai a Clinical Reflexologist from "Simply Reflexology". She will talk to the group about the history and background of reflexology and outline its special value to heart patients, especially as a stress buster- leaving you totally relaxed, rejuvenated and energised. She will show the foot mapping used when restoring the body's natural equilibrium and will then give a demonstration on willing volunteers. Don't worry if your feet are very ticklish : if your feet are particularly sensitive then hand reflexology can be given instead ! Not to be missed.

Thanks. Thanks to those of you who have renewed your annual subscriptions. The minimum donation of £7.50 per dwelling is requested by the end of February PLEASE. You have received an impressive calendar for this year, our Programme of Events and pocket diaries into the

bargain. Please send your donations to Mrs April Howe, 80 Penzance Road, Alvaston, Derby DE24 0NJ, making cheques payable to Take Heart (Derby), thank you.

Coffee in a Cube! This month over thirty members renewed friendships and some found new friends, with Babs and Stu joining on the day. It was good to see so many, particularly since the weather has been so bad recently. Some of our membership received their certificate from “Heart Start” having attended the ‘Save a Life’ event at The Friends Meeting House on 14 January.



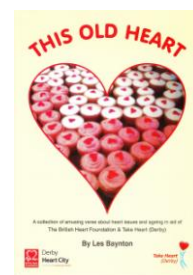
Member news. Since the last Newsletter was published, we have learnt that several have been laid low over the festive period with that awful cold/flu bug. Amongst them have been Barry & Jean Birkin. Jean says “thank goodness we had the flu jab or we could have been more seriously ill”. Did you have your flu jab, we will remind you again in October for this year. Regrettably, I advise you Trisha Flude has had another heart attack (only 3 weeks since her previous event) but is recovering. Note from Michael: “*East Midlands Ambulance Service is under attack again for not achieving 75% of its targets but whenever I have dialled 999, they respond quickly and efficiently, I am very grateful*”. What are your experiences? Paul Riley has been unwell for several months and is awaiting test results. Julia Sherratt has also been unwell over the festive period but is now recovering. Sadly, I advise that Roland Furber died on 4 February – our condolences go to his family at this sad time. His funeral took place on 18 February.

New members. This month we welcome Trish Morris, Barbara Knight and Stuart Norton to our growing numbers and wish you well and hope you enjoy as many of our events as possible.

Birthdays. Birthday wishes for February go to Paul Riley, Lisbeth Corley, Dorothy Stevens, John Twells, Elsie Doxey, Annabelle Evans, Les Tibbles, Annie Middleton, Joyce Taylor, Barbara Rowe, Michael Holland, Elaine Hopkins, Lyn Butler, Donna Knowles and our newest members Trish Morris (whose birthday is on Valentine’s Day) and Babs Knight. Happy birthday to one and all. Many of January’s recipients of hand-made birthday cards have sent their thanks via email to me but it is April Howe who makes them and keeps track of your birthdays. So a big thanks to April who makes your day a bit more special.

“Spiking” blood pressure! We all know that there is a constant drive to keep blood pressure low, some of us have medication to help achieve this. We also watch our diet to cut out all those lovely tasting things which are not supposed to be good for us. National newspapers reported that there is now a view that we should be more concerned about extreme peaks and troughs of blood pressure as an indicator that something is wrong. NICE guidelines to doctors should find a patient’s natural blood pressure by averaging out the highs and lows.

Poetry in motion. Les Baynton has written a book of poetry, entitled “This Old Heart”, which has poems about heart surgery and recovery. Les has been a member of TH(D) for eighteen months and has published several booklets previously. As a heart patient, he is selling the books for a suggested donation of £3, with the proceeds being split equally between the BHF Heart City fund and Take Heart (Derby). Copies will be available at our meetings or direct from Les on 01332 206734.



Paddy says to Murphy “What are you talking to an envelope for?” Murphy replies “I’m sending a voice mail!”

Aspirin! Heart patients and older people taking aspirin have double the risk of an eye disease that can cause blindness, say researchers. A new study found a link between regular use of aspirin and age-related macular degeneration (AMD) - the most common cause of sight loss in people over 50. Researchers from Australia said there was 'insufficient evidence' to advise patients against taking aspirin, although some should be advised of the potential hazard if they already had AMD in one eye. The wet form of the condition, caused by leaking blood vessels in the eyes, leads to vision loss in the centre of the eye's field of vision. The dry form is more common and less severe, although people still suffer visual impairment. This article appeared in several daily newspapers and TH(D) member, Ted Evans wrote to me saying "*I comment on this because I was told not to take aspirin or aspirin products following a heart attack 10 years ago, which was followed by a brain haemorrhage and stroke, and my awareness that medications can have side effects*". The new study compared rates of wet AMD among more than 2,000 regular and non-regular users of aspirin over a period of 15 years (regular use was defined as taking aspirin once or more per week) says a report in the US journal JAMA Internal Medicine. Among non-regular users, rates of wet AMD rose from 0.8 per cent at five years to 1.6 per cent at 10 years and 3.7 per cent at 15 years. Corresponding rates for regular aspirin users were 1.9 per cent, 7 per cent, and 9.3 per cent. It found that aspirin users -- regardless of their heart health or smoking history -- were at greater risk of the more serious type of vision loss. A spokesman for the Macular Society said: "The evidence is now accumulating about the association of aspirin and wet AMD. However, it is not overwhelming at this point. For patients at risk of cardiovascular disease, the health risks of stopping or not prescribing aspirin are much higher than those of developing wet AMD. There are treatments for wet AMD as long as it is diagnosed in time. Patients with wet AMD in one eye should have their other eye carefully monitored so that any sign of wet AMD can be found quickly. Wow, it makes you wonder but as always, consult your GP.

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 or that of your family. Newsletters and other important messages do not have to wait until following month to reach you. The e-edition is also in full colour and helps to add impact. Several members have recently advised Michael of the email address and will now benefit from a speedier service. So could you. Please send details to Michael at michael.flude@takeheartderby.co.uk.

Went to the fridge last night to get the burgers out & they're off!

Swap Fags for Swag. It is national NO SMOKING DAY on Wednesday 13 March. Smoking kills – it says so on the packet – so don't do it, improve your health and save lots of money which you could pop it in your "Jam Jar Challenge" (see below) for TH(D) to pass to the BHF at Christmas. You know it makes sense, quit NOW.

Jam Jar Challenge. Here is a simple way to make a difference. Clean out a jam jar, stick a label on it saying "Jam Jar Challenge" and at the end of each day/week drop your loose change into the jar and see how much you can donate to the "Mend A Broken Heart Campaign". You can bring your savings each month to the coffee morning or monthly meeting to cash up or save up during 2013 and bring it in at Christmas. Just think, if every household within our membership saves £1.00 per month, that is £128.00 per month or £1536.00 over a year. It is a staggering amount of money and it is simple to carry out. Are you with me on this, please?



RDH Scanner Appeal Success. You may recall last year we put out an appeal to purchase a 2D scanner for the Children's Hospital at RDH. I am absolutely delighted to advise you that the full £56,000 has been raised and so the unit is now on order. Well done and thank you all for your support. Future parents will benefit enormously from this equipment being able to diagnose early heart defects in babies and young children.

Murphy's Law? Here are the 15 other laws! 1. Light travels faster than sound. This is why some people appear bright until you hear them speak. 2. A fine is a tax for doing wrong. A tax is a fine for doing well. 3. He, who laughs last, thinks slowest. 4. A day without sunshine is like, well, night. 5. Change is inevitable, except from a vending machine. 6. Those who live by the sword get shot by those who don't. 7. Nothing is fool-proof to a sufficiently talented fool. 8. The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong. 9. It is said that if you line up all the cars in the world end-to-end, someone from California would be stupid enough to try to pass them. 10. If the shoe fits, get another one just like it. 11. The things that come to those who wait, may be the things left by those, who got there first. 12. Give a man a fish and he will eat for a day. Teach a man to fish and he will sit in a boat all day drinking beer. 13. Flashlight: A case for holding dead batteries. 14. God gave you toes as a device for finding furniture in the dark. 15. When you go into court, you are putting yourself in the hands of twelve people, who weren't smart enough to get out of jury duty. Thanks to Marilyn Thompson for this contribution.

GPs paid "not" to refer patients to hospital? National newspapers recently carried this story. The scheme will be brought in across England this year by the NHS Commissioning Board, which has been created to oversee GP services. As part of Government health reforms, family doctors are in the process of setting up local clinical commissioning groups (CCGs) to replace primary care trusts. GPs will be paid the money if they reduce admissions of pneumonia, severe flu, urinary infections and heart failure patients or ensure they don't increase. This story has, not surprisingly, caused unrest, including amongst GPs themselves. Laurence Buckman, chairman of the British Medical Association's GPs' committee, said: "I don't want a single patient walking into my surgery and saying my grandma's dead because you refused to admit her. So we're not going to admit people with pneumonia? I think most doctors will be horrified by this." He added "This is an inappropriate, unethical waste of taxpayers' money. Patients might suspect that I was doing things to them in order that I would get money. I don't want to be paid because someone was admitted or not admitted, I want to be paid because I did my job. I wouldn't dream of participating in such a scheme," he added. Dr Gillian Davidson of Brook Medical Centre here in Derby, says "Brook Medical has always had a patient centred approach and we will continue to refer all patients that need to be seen in secondary care. We are however happy to use quality new services, such as those that already exist in diabetes and musculoskeletal problems. These can be accessed in the community and therefore decrease the need for patients to attend hospital which can cause difficulties in itself." That is reassuring for us but what does your local surgery think?

Ever wonder why the sun lightens our hair but darkens our skin?

Ever wonder why can't women put on mascara with their mouth closed?

Ever wonder why you don't see the headline "Psychic wins lottery"?

Talking Walking. Bring your family and friends to enjoy a great social occasion and join in fun which is good for all of us and get great exercise in the fresh air.



The Aston on Trent 3 mile tortoise walk (or less) was the location of our tortoise walk on 26 January and yes, there was a lot of talking once again. Six walkers braved the snowy weather to set off around the village and its outskirts (although there is an additional little face in the photograph. Even Chris took part after discarding his crutches just two weeks prior (congratulations or **\$&* chap). At the White Hart pub the 3 more experienced walkers took to

the fields, whilst the others toured the village. There were many examples of 18th century cottages on The Green, including Pump Cottage built in around 1870 and indeed we noticed several other "watering houses". For Brian Fearn and his son Darren, this walk was a trip down memory lane. Brian lived in the village many moons ago and he regaled us with the changes since his departure and there were many. Aston Hall has now been converted into luxury apartments. The second photograph shows the notice of an "insured" house with its 'firemark' plate, indicating that the fire service would get paid for putting out a fire to this property. Would it have been a conservative authority in charge at that time? So an informative and exhilarating walk and time for a quick 'half' before heading home. A wonderful way to spend a couple of hours, and even this walk had a shorter version, a true tortoise walk!



Next tortoise walk is the 'Fynderne' History Trail on 23 February. The village church dates from 1863 and has an alabaster tombstone of Isabella de Fynderne who died in 1444. Fishing ponds date back to the time of the Domesday Book of 1086, when the Abbot of Burton owned land hereabouts to ensure plenty of fresh fish for the meal table. There are many more interesting aspects to the walk and we invite those who lived in the village many years ago to come and tell us all about it on the day.

The Ingleby Walk saw three members undertake this 6 miler in quite damp conditions,



setting off from the famous John Thompson Inn and Brewery. David Rowe had surveyed the



route prior to our outing and pointed out a hidden and natural pond beneath a rocky outcrop, which boasted two koi carp. But what was he up to behind that tree? Answers to Michael, please! Then it was uphill and past Noah's Ark, a residential home set on the hillside with panoramic views over the Trent Valley below. At the top Michael returned to base whilst the others pushed on across muddied fields, along and through woodlands to the Grade 1 listed house, Foremark Hall dating from 1755, now a prep school.

Then it was Anchor Church, not a traditional church but a series of four caves, partly formed by the meandering River Trent and partly by man. This area can be a little difficult when wet but the intrepid trio used walking canes to great effect, although John experienced a sticky moment. Then back to the home made brew at the John Thompson, listed in the top 500 public houses and a great place to eat out but do book ahead. The Thompson family still run the pub and brewery, and also own and live in a

number of the adjacent properties, including Noah's Ark above. See you next time at Denstone & Churnet Valley on 9 March (starting from another pub, coincidentally).

If you need help getting to the walks telephone David Rowe on 01332 767368.

Talking of walking – David and Michael have recently undergone and passed a walk leader training course. You are in safe hands.

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 January's edition: *"The recipe looks delicious. I shall try that one./You have a very busy month for Feb! Good luck with everything/Another excellent newsletter. See you at the Coffee Morning/Another Good Newsletter/Thanks for your latest (hope it isn't really the latest) newsletter – I always find them interesting as you know and it was a nice surprise waiting for me this morning/Thanx Michael for another brilliant newsletter. Have the front page on my fridge door - need to remember what drs abc stands for Danger, Response, Shout, Airways, Breathing, Cardio. Not forgetting the magic number 112 - very few people seem to know that one/ Thank you for the interesting Newsletter: humour; good advice; excellent news items. I'm pleased that I joined, not just for the swimming in a pool without training ropes on Wednesday afternoons/ thank you for your superb magazine, I look forward to reading it every month and always appreciate the content/ Great newsletter...very amusing too"*

Others have commented verbally *"I really like the photographs, they help to make the Newsletter more interesting, particularly the email coloured version/the newsletter is the most eagerly awaited letter in our house"*. But do you agree? We would love to hear from you, especially those who are unable to attend our events! Thanks to all those who respond, it makes a difference.

I think my friend's inferiority complex is better than mine.



Swimming. Swimming works your whole body, improving cardiovascular conditioning, muscle strength, endurance, posture, and flexibility all at the same time. Your cardiovascular system in particular benefits because swimming improves your body's use of oxygen without overworking your heart. As you become fitter and are able to swim longer, your resting heart rate and respiratory rate will be reduced, making blood flow to the heart and lungs more efficient. It is healthy, great

exercise, could prolong your life, and reduce aches and pains. The bad weather has put off a few people but those who turn up say how good the exercise is and how they feel better for having made the effort. There has been a gradual build-up of a social effect and sees a number gather for a cuppa afterwards. See you next week, then?

Committee meetings. For many years the committee have met to discuss the next steps for the group. In recent years we have made significant steps to improve how the group is perceived and to engender a warm and welcoming agenda of events. In a further step the TH(D) committee have agreed to meet on the second Tuesday of January, March, May, July, September and November so that you are aware of the meetings in advance. Members are at liberty to table requests via the Secretary two weeks before each meeting, which will be discussed under AOB. A member of the committee will then report back to the individual who raised the issue.

Chatsworth Walk 28 April. There will be two options of 7 or 10 miles for this year's event. Gone is the 4 mile walk but I expect Michael to attempt a repeat of last year's effort. You can sponsor him by telephone, writing or email – which will it be for you?

You know you are getting old when you start getting symptoms where you used to get urges.

Recipe. Spicy lentil & tomato soup.

1 tbsp vegetable oil	1 large onion, finely chopped
2 garlic cloves, finely chopped	1 small chopped green chilli (deseeded)
250g red lentils, washed & drained	1 bay leaf
3 celery sticks, thinly sliced	3 carrots, thinly sliced
1 leek, thinly sliced	1.5 litres vegetable stock
400g can chopped tomatoes	2 tbsp tomato puree
½ tsp ground turmeric	½ tsp ground ginger
1 tbsp chopped fresh coriander	Freshly ground black pepper
Natural yogurt to garnish	

Heat the oil in a large saucepan, add the onion, garlic and chilli and fry gently for 4 – 5 minutes until soft. Add the lentils, bay leaf, celery, carrots, leek and stock. Cover and bring to the boil, then reduce the heat and simmer for 30 – 40 minutes until the lentils are soft. Remove the bay leaf. Stir in the tomatoes, tomato puree, turmeric, ginger, coriander and pepper to taste. Allow to cool a little, transfer to a food processor or blender. Process until smooth, adding more stock or water if necessary. Reheat gently, before serving with a swirl of yogurt. Serve with crusty wholemeal bread if preferred.

Job titles. Who knows what a “Vision Clarification Technician” is? Well, no-one guessed it so it runs for another month. I'm waiting!!

Why is 'abbreviated such a long word?

Gardening. A report from Pat Fitton. Well, despite the strong winds, snow and frost of the past few weeks there are signs that spring is on its way. In my garden, snowdrops, crocuses, primulas, hellebores and even one clump of daffodils are blooming. So now is the time to don woolly hats, scarves and gloves and get outside. Start by clearing away any stems and leaves left through the winter to protect emerging perennials. During spring congested clumps can be dug up and divided to propagate new plants which will produce better flowers and foliage. Bring colour to your garden by buying hardy primulas and polyanthus and planting them in pots or tubs. When they eventually die back plant them in the garden borders where they will flower and multiply in the coming years. Prune late-flowering clematis by cutting each stem at the base just above a pair of fat green buds. These will develop into this summer's flowering shoots leading to more blooms and a healthier plant. Throw a fleece over flowering camellias if frosty nights are forecast. Hold in place with clothes pegs and remove in the morning. This will protect the flowers and prevent them from turning brown. If you have a greenhouse, give it a spring clean, plant dahlia tubers in pots or trays and sow hardy annuals for good summer colour. Start chitting early potatoes in a well-lit, frost-free, position to encourage small compact green shoots to develop. Plant out at the beginning of March ready to harvest in June. If you still have time and the weather, here are a few more things that you can be doing - treat fences, sheds, seats etc. with a preservative, check garden tools and machinery, wash out water butts to remove mud and debris, prune any branches broken by and the snow, and look forward to your lovely summer garden.

You know you are getting old when you turn out the light for economic reasons instead of romantic ones.

Rain by Trisha Flude (even the insects are fed-up).

Pitter patter, pitter patter, went the rain,
Splish splash splosh, on the window pane,
“Oh wow” said the fly “this is fun don’t you think”
“It makes all the glass like a skating rink”
“I don’t think so” said the wasp as he slid to the sill,
“Too much of this wet stuff, is making me feel ill”.

Forthcoming programme.

February.

- Saturday 23rd Walking back to health - 🐢 Findern History Trail walk of 2.5 miles.
Meet at the Lower Green car park to the rear of All Saints Church.
- Tuesday 26th Coffee morning at The Cube café/bar from 10.30 until 11.30 AM or later.
- Wednesday 27th Swimming at the Queens Leisure Centre at 3.15 PM and coffee after.

March.

- Wednesday 6th Swimming at the Queens Leisure Centre at 3.15 PM and coffee after.
- Saturday 9th Walking back to health – 🐢 Denstone & Churnet Valley walk of 6 miles.
Meet at the Tavern Inn car park, Denstone at 9.30 AM.
- Monday 11th Seema Ghai will demonstrate and talk about “Reflexology” at 2.30 PM.
- Wednesday 13th Swimming at the Queens Leisure Centre at 3.15 PM and coffee after.
- Wednesday 20th Swimming at the Queens Leisure Centre at 3.15 PM and coffee after.
- Wednesday 20th Lunch at Clock Warehouse, London Road, Shardlow, Derby DE72 2GL.
- Saturday 23rd Walking back to health - 🐢 Alvaston Park walk of 2 miles. Meet at Meadow Lane car park off London Road at 9.30 AM.
- Tuesday 26th Coffee morning at The Cube café/bar from 10.30 until 11.30 AM or later.
- Wednesday 27th Swimming at the Queens Leisure Centre at 3.15 PM and coffee after.

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.
BHF Heart Health Line 0300 330 3311, Mon-Fri 9am-5pm, to seek information on heart health.
Cardiac Rehab Programme at Belper Leisure Centre, Amanda Gowling, 01773 825285

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 Michael.

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

Any ideas or suggestions for speakers should be sent to Marilyn on 01332 558756. If you receive free magazines or newspapers to your home can you pass details to Marilyn. Also, if you see details of Take Heart (Derby) in any publication, can you let Marilyn have a copy.