

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter January, 2015.

Coffee in a Cube! Full of festive cheer, 44 members attended our coffee morning, just prior to Christmas. In Trisha's continued absence, Michael offered mince pies all round to help prepare the way for excessive eating and drinking over the next few weeks. There were lots of Christmas cards changing hands, with messages of goodwill exchanged. The Treasurer, Richard, was delighted to be receiving membership renewals for 2015, so it was surprising to capture his photograph (left in the picture) without a smile on his face – perhaps next month when everyone has paid!!!



January talk. Thirty five members were able to listen to a very interesting talk by Nicole Huthwaite, who is a fully qualified Hypnotherapist and Psychotherapist based in Nottinghamshire. She has a busy practice working with clients from Lincolnshire, South Yorkshire and Derbyshire. She is an accredited member of the General Hypnotherapy Council and the National Council of Psychotherapists. Nicole started by asking members how long they thought hypnosis had been around. One and two hundred years were suggested with Marilyn Thompson giving the correct answer of five thousand years. Contrary to popular belief, hypnosis is not a state of deep sleep, it does involve the induction of a trance-like condition, but when in it, the client is actually in an enhanced state of awareness, concentrating entirely on the hypnotherapist's voice. The most important thing to consider regarding hypnotherapy is that you have to really want to change some behavioural habit or issue within you and that you are highly motivated and committed to do so. It doesn't matter if you have tried other methods that have failed or that you cannot find a way to solve your current situation; the most important thing is that you want to make the change to work. Whilst under hypnosis you cannot be made to do anything you don't want to do. Hypnotherapy is not about being made to do things, in fact it is the opposite, it is about empowerment. Nicole told us that we may be surprised to learn that we experience trance states often during the course of our daily lives, driving home and wondering how you got there, losing yourself in a book without really taking it in are all forms of mild trance. She said that having one hour of hypnosis is better than eight hours of sleep. Nicole went on to tell us about a gentleman who had a great fear of flying; he would even have a panic attack if he were to see a picture of a plane or a road sign for an airport. He had gone to Nicole in the hope that she could help with his fear of



flying. You can imagine how surprised she was when he told her that he wanted to fly to America in two weeks. A few sessions during those two weeks enabled him to fly to America and back without any trouble, which was wonderful for him as he had just been promoted to a job which involved him flying to different countries around the world. Nicole went on to say that if a patient consciously wants to overcome their fears they may try everything they consciously can to do so, but may still fail as long as their subconscious mind retains this fear and prevents the patient from succeeding. Nicole informed us

that the NHS now recognises hypnotherapy as a treatment. After the talk Nicole asked members if there were any questions they wished to ask her. So no fears about attending next month – see you all there.

Next month. What can the British Heart Foundation do for YOU? That's what our member and BHF Ambassador, Les Baynton will be exploring with us. He will advise what the BHF are currently up to how much money it has raised and invested in heart health research and what the future holds for us. Les is a man of many parts- having been a Primary School Head teacher in Derby for over 20 years. He has written six books of children's poetry which have been broadcast on BBC Radio, and in 2004 he was crowned "King Les 1st" - no not as a part of the Aristocracy but as Derby's Beer King. Les has raised money for the BHF and Take Heart (Derby) through his collection of amusing verse about heart issues and ageing called "This Old Heart" which was published in 2013 following his triple heart bypass at Glenfield Hospital in 2010, so he is truly "one of us!!!" He is aided by Sophie Jardine, BHF fundraiser for Derbyshire, who has just returned from an extended working holiday in Thailand, working with jungle children in a rural school. Sophie has been Fundraising Manager at the BHF since March 2009. Together Les and Sophie will explain what the BHF can do to help you - and what you can do to help them.

Birthdays. Birthday wishes this month go to David Howe, Derek Eastwood, Sheena Gibson, Marbit Staehr, Ian Ball, Catherine Thow, Gerard Nolan, Alan Topham, Margaret Harrison, Geraldine Lloyd, Keith Cooper, Jean Arnot, Reh Qureshi, Ash Tank, Janet Noon, Elaine McCulloch, Maggie Edwards, Michael Brinkworth, Pamela Brinkworth, Brenda Riley and Jean Percival. Happy birthday to one and all especially at Christmas time! We continue to receive wonderful comments from those who have received birthday cards made by April. If I have missed you, please contact me with your details.

Jam Jar Challenge – how is your jam jar filling up? We had a terrific response in February this year when we raised £280.14. We felt it would be great and easy to continue it again and send in our jam jars full of lovely cash at our coffee morning next February. Mine is going quite well but I hope yours is even better. Help us to beat last year's figure, please.



Member news. Amongst members who been unwell recently were Lyn Butler who suffered a setback. Betty Hassell has moved into a nursing home temporarily. Molly Illsley is recovering well following her operation. Michael Flude, who was so jealous about Trisha's five admissions to RDH, had an operation just before Christmas. Terry Cuddehay is back at rehab following another heart event. Don pate has been hospitalised recently We wish you a speedy relief to all your sufferings. If you are unwell and are not mentioned here, we apologise but we were not advised of your difficulty.

Walkers! David Rowe wishes to thank all those who joined our walks during 2014 and helped to make them so enjoyable. He would love to see you all again, with new walkers and also your camera (it might even make it into next year's calendar). It is great exercise and lots of fun. It seems that the University of East Anglia has completed some research about the benefits of group walking. They claim it can cut your risk of life-threatening illness. People who walk in groups tend to have a more positive attitude towards physical activity and share an experience of wellness and feel less lonely, they claim. Their findings are based upon 42 studies of 1,843 walkers in 14 countries and showed a reduction in blood pressure, resting heart rate, blood cholesterol, body fat and weight. The full report can be found in the British Journal of Sports Medicine but you can find out first hand by turning up for our next walk. See you soon.

Talking Walking. It is great to walk but we do talk a lot too. Bring your family and



friends, even the dog (or your husband) along. **Tortoise walking** A wintery scene awaited three intrepid walkers between Christmas and New Year on the hare walk at Milton. Despite the lack of numbers and the adverse weather, there was plenty of Christmas spirit (probably in the coffee flask) and lots of chatter (not because of the cold). A four mile hike in really lovely weather took in Millers farm and many snowy fields and tracks. There were sightings of Foremark Hall (now a college) and its lake. Another famous landmark (now almost unrecognisable) is

Hangman's Stone situated at the junction of several paths. More snowy tracks across fields and footbridges brought us back to the picturesque village of Milton in the beautiful south Derbyshire countryside and to the warmth of our cars.

Actual Call centre conversation: Samsung Electronics Tech Support: Caller: 'I deleted a file from my PC last week and I have just realised that I need it. If I turn my system clock back two weeks will I have my file back again?'

Use services wisely. There is such a demand at A & E at Derby Royal Hospital that it is worth keeping the following guidelines in mind. 999 should only be used for emergencies (head injuries, heart attack, broken bones etc.) Sprains, cuts, rashes should mean a visit to the Walk-in-Centre, but if you need advice telephone 111. If your GP is available then contact them about high temperature, vomiting and ear pain. Pharmacies are available to assist with diarrhoea, cough, cold or headache. Of course minor grazes, sore throat and hangovers are a matter for self-care.

Even better choices! Last month we published some information from the BHF about diet and what might be a better choice. Fionnuala Rupchand, dietitian of Cardiac Rehabilitation responds with some other suggestions. *"I just had a look at the nutrition section and I like the way that you have used the BHF resources (although the web-link doesn't seem to work so it might be worth checking this) and made it very practical. I have included a couple of suggestions below. Turkish delight is not better than chocolate if you have diabetes. Not sure what salmon flakes are? Or if they would be seen as an alternative to sausage rolls and pork pies. Maybe smoked salmon with low fat cream cheese and black pepper on toasted bread or wholemeal crackers might be a closer alternative. You could also include roasted chestnuts as a low fat snack. Also in addition to the BHF's Christmas article you could signpost the BDA's Christmas Food Fact Sheet <https://www.bda.uk.com/foodfacts/christmas>."* Thank you Fionnuala. Did anyone manage the switch?

The BHF have added a few more tips! Following on from their suggestions last month and Fionnuala's response, here are few more helpful suggestions. 1. Fight flu – if you get flu it is important to eat and drink even if you don't feel like it. Try frozen meals which are easy to cook and are a sensible size. Make sure they are low in saturated fat and salt. 2. Get your 5-a-day by mixing mashed potato with root vegetables like parsnips, carrots and turnips. 3. Avoid comfort eating (I know it's a bit late to tell you now after doing it throughout Christmas). Try a cup of homemade soup or a bowl of stewed fruit instead. 4. It can be difficult to get out on icy days so try internet shopping (phone family or friends if not on internet). Do try to get out if you can and buy a few items at a time. 5. Buy frozen vegetables. They are often fresher than "fresh" veg and will last longer so there is no waste.

I was considering a career in haematology but sadly it was all in vein!

Take Heart (Derby)'s Got Talent (change of date). No, not an audition with Simon Cowell but your very own Take Heart (Derby). Following the huge success of our Keep the Home Fires Burning, we are to showcase an "Olde Tyme Music Hall" event on 13 June. Do you have a musical talent, sing, play an instrument etc. Don't hide your light under a bushel, contact Jacque Saunders on 01332 517912.



A man suffered a serious heart attack while shopping in a store. The store telephoned for an ambulance and the paramedics rushed the man to the nearest A & E. When he woke up from surgery, he found he was in the care of nuns at a Catholic Hospital. A nun was sitting next to his bed holding a clipboard loaded with several forms and a pen. She asked him how he was going to pay for his treatment. "Do you have health insurance?" she asked. In a raspy voice he replied "No health insurance". The nun asked "Do you have money in the bank?" He replied "No money in the bank." The nun then asked "Do you have a relative who could help you with the payments?" "I only have a spinster sister and she is a nun" the man replied. The nun became agitated and said "Nuns are not spinsters. Nuns are married to God" she retorted. "Perfect" the man replied "Then send my bill to my brother-in-law!"

Top tippie tip. It is recommended that a bottle of wine is opened for at least thirty minutes before drinking to allow it to breathe. If you can see it is not breathing then give it some mouth to mouth resuscitation!

Feedback. The following is feedback from last month's Newsletter despite my computer not allowing me to make an attachment, *"Thanks once again for the newsletter. I have printed it off for the unit/Thank you for sending me the latest copy of your newsletter – as always I enjoy reading them to see what your group has been up to/As always a lovely professional and funny read/Thanks for another great newsletter. I send the jokes on to my brother and sister-in-law in Spain, as they enjoy a good laugh/Thank you for another excellent Newsletter. I do like that you always have some photos showing the membership in action. The comments to the jokes indicate that every line is read and thought about/Thank you for the newsletter, packed full of information and fun as usual! Jaz particularly liked the joke about the speeding man and the police officer/Thanks for December Newsletter. Glad you are back to your usual efficient self - attachment much easier to access (for me, anyway). Loved the "wifi" joke/Thank you for the very interesting newsletter (once again)/ As always, thanks for a great newsletter"*. These are actual comments received via email but I have received verbal responses *"Some of the jokes are a bit near the knuckle but are hilarious all the same"*, and also *"There is a great balance between facts, news and jokes, keep it up"*. Do you have an opinion?

Helping us make a difference. After a lengthy wait, we have now presented an "observation machine" to ward 408. These machines are in constant use on every ward and department throughout the hospital. Surprisingly, they cost almost £1,500 plus VAT each, a huge sum of money. Thanks to you and organisations that support our efforts we are able to afford such donations. Staff members on ward 408 are very grateful for our continued support and send their heartfelt thanks. Snr. Sister Marie, Nurse Emma, Trisha (seated), Pam, Alan, David & Richard, sister Hayley and HCA Rebecca can be seen from left to right. This piece of equipment checks blood pressure, heart rate and oxygen levels and has the capability to "electronically" enter the reading onto the hospital computer system, saving nurse time and avoids incorrect recording issues. In addition to this presentation, Michael and Trisha ensured staff received a token of our appreciation with chocolates and biscuits in the run up to the Christmas break.



Annual subs are due! Thank you to all those who have renewed your membership for 2015. At £10.00 per household this represents exceptionally good value but we need you to make your donation before the end of February so as to continue to receive a monthly Newsletter (to your in-box or post box), a printed Programme of Events, a Walks Calendar (worth up to £10.00 on its own), hand-made birthday cards, a listening ears service and public liability insurance via the BHF. Many of you appreciate this value and make additional donations of cash and/or stamps for which we thank you. Our Treasurer Richard Flatman will be pleased to receive your contribution in cash or by cheque to 32 Cornhill, Allestree, Derby DE22 2FS.

Police have just released details of a new drug craze that is being carried out in Yorkshire nightclubs. Apparently, Yorkshire club goers have started injecting Ecstasy just above their front teeth. Police say the dangerous practice is called "e by gum"

Hare walk at Elvaston. John Twells reports on our first walk of the year which got off to a very windy start as we assembled on the outskirts of Elvaston Castle park. Although it wasn't wet, the forecast high winds did indeed keep up all day. We set off through the park on the walk which was about 5.5 miles duration. We were on the clearly defined path which took us over a bridge where we watched and photographed some beautiful birds feeding - these included several robins as well as numerous others. We continued on to the river Derwent and



followed it round to the road, then over the other side onto the river bank on our way to Ambaston. Continuing through the village and turned up the lane to head back to Thulston. At the crossroads several members went back directly to the park, whilst two of us carried on past the Harrington Arms and into the park down the long drive to the magnificent gates. We returned to our cars for the journey home. We had met joggers, cyclists and horse riders who added to the atmosphere of the day. It had been a great day out again, cold but sunny, and the camaraderie and the exercise made it a day well spent. **If you need help getting to the walks,** telephone David Rowe on 01332 767368 or 07890 645645.

The British Penny - European Union Directive No. 456179. In order to bring about further integration with the single European currency, the Euro, all citizens of the United Kingdom of Great Britain and Northern Ireland must be made aware that the phrase "Spending a Penny" is not to be used after 31 December 2014. From this date onwards, the correct term will be: "Euronating". It is hoped that this will be a great relief to everyone. If you have any questions, just give me a tinkle.

Fruitcake recipe

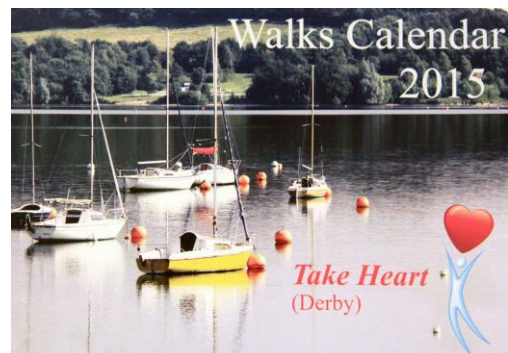
1 cup water	1 cup sugar	4 large eggs
2 cups dried fruit	1 teaspoon baking soda	1 teaspoon salt
1 cup brown sugar	lemon juice	nuts
1 gallon whiskey		

Sample the whiskey to check for quality. Take a large bowl. Check the whiskey again to be sure it is of the highest quality. Pour one level cup and drink. Repeat. Turn on the electric mixer; beat 1 cup butter in a large, fluffy bowl. Add 1 teaspoon sugar and beat again. Make sure the whiskey is still OK. Cry another tup. Turn off mixer. Break 2 legs and add to the bowl and chuck in the cup of dried fruit. Mix on the turner. If the fried druit gets stuck in the beaterers, pry it loose with a drewdriver. Sample the whiskey to check for tonsisticity. Next, sift 2 cups of salt. Or something. Who cares?? Check the whiskey. Now sift the lemon juice and strains your nuts. Add one table. Spoon. Of sugar or something. Whatever you can find. Grease the oven. Turn the cake tin to 350 degrees. Don't forget to beat off the turner. Throw the bowl out the window. Check the whiskey again. Go to bed. Who the hell likes fruitcake anyway????

Who says men don't remember? A couple were Christmas shopping. The shopping centre was packed and as the wife walked around she was surprised to find her husband was missing. She was quite upset because she had a lot to do and so she called him on her mobile phone. In a quiet voice the husband answered his mobile, saying "Do you remember the jewellers we went into about five years ago and fell in love with a diamond necklace that we couldn't afford. I told you I would get it for you one day." The wife choked up and started to weep at the wonderful and thoughtful husband she was married to and said "Yes, I do remember that shop." The husband replied, "Well, I'm in the pub next door to it!"

New members. This month we welcome new members Ash & Mrs Tank, Paul & Karen Taylor. We hope you enjoy our company and our events.

2015 Calendar Our calendar continues to receive favourable reviews. *"Fabulous photo's/ wonderful mementoes of the walks/the photos look better than my recollection of the walk/simply beautiful".* Family and friends from abroad have welcomed their copies and recalled their own memories of our beautiful Derbyshire countryside. Copies are available from David on 01332 767368 or 40 Gurney Avenue, Sunnyhill, Derby DE23 1GR.



January lunch. Eighteen members were not fooled by our change of venue for lunch this month and arrived safely at the Kings Highway. The carvery seemed to be the choice of all and judging by the "piles" of food on each plate, we were a hungry bunch. As is typical, there were lots of talking, catching up with Christmas stories and immediate plans for the next couple of weeks. Looks like another winner for TH(D) members but next month we all should wear red – don't forget!



Interview with 101 year-old Hattie Mae MacDonald of Feague, Kentucky: Reporter: Can you give us some health tips for reaching the age of 101? Hattie: For better digestion I drink beer. In the case of appetite loss, I drink white wine. For low blood pressure I drink Red Wine. In the case of high blood pressure I drink scotch. And when I have a cold I drink Schnapps. Reporter: When do you drink water? Hattie: I've never been that sick.

Paddy says to Mick - I'm ready for a holiday, only this year I'm going to do it a bit different. 3 years ago I went to Spain and Mary got pregnant. 2 years ago I went to Italy and Mary got pregnant. Last year I went to Majorca and Mary got pregnant." Mick asks - So what are you going to do this year?" Paddy replies, - I'll take her with me!"

Paddy says "Mick, I'm thinking of buying a Labrador." "Blow that" says Mick "have you seen how many of their owners go blind?"

Gardening tips in the depth of winter. Check outdoor containers are draining as they should. Modern potting composts tend to compact as they decompose in the winter and that reduces their ability to let water drain away. Ants can also block drainage holes by carrying soil particles into the bottom of the containers over time. This sets like clay, creating a plug. If drainage holes are blocked plants suffer root damage and can die. So lift each container to make sure there are no obstructions. Large tubs can be difficult to inspect but need checking and to drain properly. Raise them a centimetre above ground level to help. Nigel Colborn of the Daily Mail writes that he uses pieces of broken tiles to help with this and also as a drainage assistant within the base of the container.

Forthcoming programme.

January.

Tuesday 27th Coffee morning The Cube café/bar from 10.30 AM.
Wednesday 28th Swimming at the Queens Leisure Centre at 3.15 PM.

February.

Wednesday 4th Swimming at the Queens Leisure Centre.
Friday 6th "Wear it, Beat it", BHF heart lunch at The Jonty Farmer, Kedleston Road, Derby DE22 1FT.
Saturday 7th Walking back to health - 🦵 & 🐢 Osmaston & Wyaston walk of 6 miles, meet at Shoulder of Mutton car park, Nr Ashbourne, Derby DE6 1LW.
Monday 9th Meeting – "The role of the British Heart Foundation – what it can do for you".
Wednesday 11th Swimming at the Queens Leisure Centre.
Wednesday 18th Swimming at the Queens Leisure Centre.
Saturday 21st Walking back to health - 🐢 Allestree Park Nature Trail walk of 1 ½ miles, meet at Main car park, Duffield Road (A6), Derby DE22 2ET.
Tuesday 24th Coffee morning at The Cube café/bar.
Wednesday 25th Swimming at the Queens Leisure Centre.

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. Cardiac Rehab Programme at Belper Leisure Centre, Amanda Gowling, 01773 825285. Live Well, phase 4 sessions via Derby City Council 01332 641254 or livewell@derby.gov.uk

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 Heart Health Line 0300 330 3311, Mon-Fri 9am-5pm, to seek information on heart health. 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, information about publications to Marilyn on 01332 558756 along with recommendations for lunch venues.

Affiliated to the British Heart Foundation