

# Take Heart

(Derby)

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

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

Newsletter July, 2011.



Affiliated to the British Heart Foundation

**Strawberry Tea & Garden Party.** What a lovely day it was! The sun shone, it was very warm and Trisha and Michael welcomed almost 100 members, friends and guests to their lovely home for our Summer Party. There was something for everyone - games for the children, golf, a raffle with some excellent prizes donated by members and some local businesses, tombola and a quiz for adults. There were plants, cards and drinks stalls and an excellent tea, all made by the Take Heart Committee, of sandwiches, quiches, strawberry and cream scones and lovely cakes. Visitors included our President, Dr Julia Baron, together with her husband and two young children, Kath Frawley, a cardiac nurse and her husband, Wendy Pickering (Cardiac Rehab) and her daughter Amy, Les Baynton an acclaimed poet and a recent heart patient. His poem, "Take Heart," was written specially for us and will be printed in this letter. We were also joined by Norma Davey the Chair Person of Leicester Take Heart and her family. It was heartening to see our sister group travel so many miles to be with us. There was also a group from Coventry, who had travelled a little further and we were pleased to see them make such an effort to join us for a very worthy cause. Very multi-cultural.

Off-course, it wasn't all total relaxation. Marilyn produced a "Summer Quiz" which tested the brains of those who took part. Winners were Peter Hilton (heart patient ) and his team of Derby ASU Scouts with 28 points, Donna and Ian Knowles and the Fearnley family with 27 points, Norma Davey 24points, and in joint 4th place with 22 points Kath Frawley, Jean and Geoff Sykes. Terry Rodgers not only celebrated his birthday by cutting a cake but also won the golf game with 26 points scored from 5 puts. A lady guest from Coventry correctly guessed the name of Barnaby, the teddy bear.

Our thanks must go to Trisha and Michael for so generously opening their home to us. They, with the help of some family and David Rowe must have worked so hard to prepare their extensive garden for us. They provided car parks, toilet facilities, shelters and approached firms and businesses for help with donations. We are all very grateful. Thank you very much Trisha and Michael. Thanks must also go to all the Take Heart Committee members for manning stalls, selling raffle tickets (especially Wendy Pickering), producing a quiz, running the tombola and producing a delicious tea. Those who turned up enjoyed a fabulous day, those who didn't missed out (better not miss it next time). None of these events can take place without a lot of hard work from a dedicated band of people.

**Donations.** Your committee decided prior to the Garden party to donate half of the funds raised from this event to the British Heart Foundation "Mending Broken Hearts" appeal. We will let you know next month how much this amounted to.

**Other Donations (incoming).** Take Heart (Derby) has been the recipient of two very generous donations in the past five weeks. Firstly, one from the previous Mayor of Derby, Amar Nath. Mr Nath chose to support charities that work with the Primary Care Trust to raise awareness of heart disease during his 2010/2011 term of office. He heard of Take Heart (Derby) and decided that we were a worthy organisation to receive part of his charity fund. Trisha and Michael were invited to the Royal Oak House in the Market Place to receive the award. Imagine their surprise and delight when opening the envelope they found a cheque for £2,500! Many, many thanks to Mr Nath and his Mayoral Charity Fund.

One day last month I had a phone call from a man who identified himself as Roy Pearson of Hilton. Mr Pearson had recently undergone heart surgery and was so grateful for the treatment he had received that he decided to donate £50 each to the British Heart Foundation and to Take Heart (Derby). We do thank Mr Pearson for his generosity and note that he has become a member of our expanding group.

**Sponsorship.** One of our members, David Rowe, is going to undertake a sponsored walk in aid of Take Heart (Derby) at the end of July. David is going to North Yorkshire to do the Three Peaks Walk of Ingleborough, Penyghent and Wharfedale. This is no mean feat, I

was born in this area and know just how gruelling these walks can be, especially if the weather (as it so often is) is not very clement. David is asking for our support and hoping that many of you will be able to sponsor him in this arduous venture. If you feel that you can do this, every little will help, however small. Please contact David at 40, Gurney Avenue, Sunnyhill, Derby, DE23 1GR, telephone 01332 767368. This walk is being organised by the British Heart Foundation but David has gained consent from them to fund raise for Take Heart (Derby).

**Latest information.** We hear that a multi-million-pound building project has started at London Road Community Hospital, ahead of the rest of the former Infirmary site being sold. The work will last until October and will see all health services currently scattered around one end of the site moved into what is known as building 74. Once the project is completed the rest of the former Derbyshire Royal Infirmary will then be sold with the money being reinvested into health care in Derbyshire. The development will see some old hospital wards converted into office space, walls taken down and engineering work done. The Community Hospital will also get new furniture and equipment. Many services will remain at London Road Community Hospital after the work is completed, including physiotherapy, the blood clinic, the GUM clinic and the amputee rehab centre. Grace Pearn, clinical team leader in physiotherapy out - patients at the Community Hospital said, "We wanted to stay at this site as it's in the centre of Derby and there is easy access for our patients. The work will bring our department into a more central location which will be fantastic, and we're looking forward to being part of a real community hospital." Good news for those people who will find it much more convenient for their blood tests and physiotherapy instead of having to travel all the way to the Royal.

**And what of your gardens?** July is it usually a quiet month for gardeners, it's time to enjoy the fruits of your earlier hard work. Earlier in the spring my daughter gave me six chitted potatoes, three each of Cherie and Charlotte. I bought some potato sacks and compost from the garden centre and followed the instructions. During the past month I have emptied these sacks and have found a huge crop of beautiful potatoes - not misshapen or insect nibbled as they so often are when grown in the garden. My aubergine, courgette and tomatoes (all grown in containers) are doing well and also look like producing heavy crops. So what should we be doing in our gardens this month? Well, the most important thing is dead heading roses and bedding plants. This keeps them flowering for much longer periods. Make sure that baskets and tubs are well watered. They don't get much water when it rains for the dense foliage acts like an umbrella and the rain runs off the leaves. If you haven't already done it prune your spring of flowering shrubs to give them time to form infant buds for next year's display. Keep your hydrangeas well watered, but most of all **enjoy your garden.**

**Recipe.** Marilyn gave me this recipe I think it sounds really interesting and will try it next time my family come.

**Mushroom and Parmesan Filo Tarts (Serves 6).**

1/2 packet Filo pastry  
25 grams Flora Buttery Spread, melted.  
140 grams of button mushrooms, sliced.  
1 red pepper, finely sliced.  
Handful baby spinach leaves, roughly chopped.  
1 clove garlic, crushed.  
25 grams pinenuts or flaked almonds.  
50 grams grated Parmesan cheese.  
2 medium eggs beaten with 2 tbsps of Elmlea single cream.

Method.

1, Preheat oven to 190c (180 fan oven) gas mark 5.  
2, Cut the pastry into 18 squares all larger than a muffin case. Brush the muffin tins with a little melted Flora Buttery, then brush the pastry on each side and line the muffin tins with the pastry.

- 3, Saute mushrooms and pepper in remaining melted Flora for 2/3 minutes. Add the spinach, garlic, pinenuts and cheese and a mix well. Divide between the filo cases and spoon over the egg mix. Bake in oven for 15 to 20 minutes until it is just set.
- 4, Serve with crusty bread and salad.

**A poem.** Written specially for Take Heart (Derby) by poet and heart patient Les Baynton.

***Take Heart.***

*Soon I am leaving  
for a strange land,  
a place of angiograms,  
arteries, surgeons,  
stents and bypasses. I will be reassured,  
drugged and monitored,  
then opened up.*

*They will examine  
my ageing heart,  
deal professionally with the  
fatty restrictions  
in its arteries,  
bypass the blockages, stitch me up  
and let me live longer.*

*But my exposed poets heart  
will not give up its secrets  
to the surgeon or anaesthetist.  
They will not see the passions,  
the heartache, the yearning  
that is the core of me.  
This is the place, where the words form,  
transmute into verse.*

*This is.....  
The heart of the matter.*

**Walking.** The 🐢 walk saw a number of walkers exploring the delights of Carsington Water. Emma was not best pleased when “Poppa Michael” refused to allow her to complete the walk. The adults thoroughly enjoyed their time, some of whom are to make a return to the venue again.



The day after the Strawberry Tea and Garden Party, four gallant explorers set off from Willowbrook to work off the strawberry cream scones from the day before. That little girl popped up again, she seems to get everywhere and no, she did not do this walk either to her disappointment (maybe next time). It was a bright sunny day for the trek around Markeaton and Mackworth. We missed those who bring their pets with them and like Emma – maybe next time.

Come on you members, these walks are designed to keep us healthy, so let see a few more next time. See the forthcoming events section for the next walks.

**Our next meeting**, on Monday 8th August will be at our usual meeting place, the Friends Meeting House, St Helen's Street at 2:30pm. If you had planned to be "Demolishing Derby" with Derek Palmer on 8th August, you will be surprised to meet Derby Beer King and Local Poet Les Baynton at our next monthly meeting. A former Head Teacher in a Derby Primary School, Les had a heart bypass at Glenfield Hospital six months ago, and has taken a new role as Ambassador for the British Heart Foundation. We hope to hear of his experiences in that role, together with samples of his Comic Verse from the eight books of poetry he has written.

### **Seen on a signpost in Germany's Black Forest.**

"It is strictly forbidden on our Black Forest camping site that people of different sex, for instance, men and women, live together in one tent unless they are married with each other for this purpose."

### **A laundry in Rome**

"Ladies, leave your clothes here and spend the afternoon having a good time."

## **Forthcoming programmes**

### July.

**Saturday 23<sup>rd</sup>.** "Walking back to health" 🐢 round the grounds of Elvaston Castle. Meet at 9.45 to walk at 10.15

**Tuesday 26<sup>th</sup>.** Coffee morning at Derby Cathedral coffee-shop from 10.30 till 11.30 AM.

### August.

**Monday 8<sup>th</sup>.** Monthly meeting at The friends Meeting House, with speaker at Les Baynton will talk about "Comic Verse" as stated above in "Our Next Meeting". Start at 2.30 PM. Park in Chapel Street car park.

**Sunday 14<sup>th</sup>.** "Walking back to health" on the Allestree Circular walk, meeting at Woodlands Road car-park at 9:45am to walk at 10.15.

**Thursday 18<sup>th</sup>.** 12 noon, lunch at the Melbourne Hotel, with optional tour of Melbourne Hall during the afternoon. Booking is recommended via Marilyn on 01332558756, there are 6 spare seats are available – book now. Gardens open 1:30pm to 5:30pm. House open 2pm.

**Saturday 20<sup>th</sup>.** "Walking back to health" 🐢 around Melbourne Hall, meet at St. Michael's Church, Church Square, off Poole Road Melbourne. House and Gardens are open 2pm to 4:15pm.

**Tuesday 26<sup>th</sup>.** Coffee morning at Derby Cathedral coffee-shop from 10.30 till 11.30 AM.

### September.

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

**Monday 12<sup>th</sup>.** Monthly meeting at The Friends Meeting House with Zoe Nettleship on Derby City Council's "Street Pride". Park in Chapel Street car park.

**Swimming.** The Queens Leisure Centre staff has assured Michael that the staffing difficulties have been resolved. So come on down and enjoy a relaxing swim in the heated pool.

**Another Summer Social.** Our sister group in Nottingham, the Cardiac Support Group (Nottingham) are holding a Summer Social event on 28 July. Anyone interested in joining Trisha and Michael please contact Michael direct.

**Comment corner.** Well, what about the front sheet to this month's Newsletter! Full colour! This obviously costs much more to produce, so should we pay the extra and increase the annual subscription? Let Michael know your views. For those who wish to view the Newsletter in colour can log on to our web site and download it or you could have it delivered via email. Again, let Michael know if you wish to do either of these.

**Membership.** There have been several new members join our group recently. Congratulations to Don & Carole Dovaston, Roy & Barbara Pearson and Roland Furber. We hope to see you at many of our forthcoming events.

**Celebrations.** During August there are a number of birthdays. Marjorie Pate, Jean Eastwood, Rod Starbuck, Michael Flude and Barry Birkin. Have a lovely day all of you. It seems no-one got married in August, unless you tell me otherwise.

### **Exercise classes.**

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

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

### **Swimming.**

For Take Heart (Derby) members only, at Queen's Leisure Centre, Family Pool every Wednesday from 3:15pm to 4pm. Cost £2.15 or £1.70 for those with a "passport to swim". Telephone the pool on 01332 641444.

### **Contacts.**

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

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