

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter July, 2012.

Thanks to all 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.



Derby
Heart City

Love our city • Love your heart

Take Heart Garden Party. A report by Pat Fitton. Well - they say the sun shines on the righteous and against all the odds - shine it did!! The morning started with grey skies and with rain threatening. By the time we arrived at Joyce's for the Take Heart Garden Party it was brightening up and within half-an-hour of us arriving the clouds parted, blue-sky appeared and the sun shone! Everyone cheered up – chairs were put on lawn in the sunshine and a good time was had by all. As usual a tour of Joyce's immaculate garden was taken. Veggies were very healthy, raspberries ripening, flowers blooming and lawns manicured. Once again we played the game of "spot the weed" and again there were no weeds and therefore no winner. Then came our tea, and what a tea it was, all made and baked by Joyce. Six varieties of cake, fruit bread, savoury scones and scones with jam and cream. What a feast! We all indulged ourselves, never mind the calories for once. We chatted, we laughed, we relaxed and all had a lovely time. A raffle raised £29, with Noreen amongst those winning a prize. Our thanks of course must go to Joyce who opened her home and garden for us and provided us with such a sumptuous tea. Your efforts are very much appreciated Joyce, thank you very much from all of us.



August speaker. Marilyn Thompson reports - Derek Palmer is a notable Derby Historian. He has written many books about the City of Derby, and gives talks based on his time working as an engineer for Derby Council. He was a Highways and Drainage superintendent, maintaining the sewers of Derby. He openly admits to playing his part in the demolition of Derby during the 60's in that career, but his love of Derby landmarks has more recently encouraged him to re-create over 70 Derby scenes in pictures made from wool. Derek's creative talents are also used in teaching children about well dressings in Derbyshire, which he first started when he was 14 years old, helping his dad at St. Alkmund's Well in Bath Street. He tours schools in Derby and teaches school children how to do well dressings. His talk to Take Heart (Derby) on August 13th is based on the "Demolition of Derby". Derek has waived his usual fee as he has his own reasons for supporting heart patients – for which we are grateful for his generosity.

Coffee in a Cube! Another session with thirty seven members attending, some of whom attended The Cube for the first time. All of them agreed that we had made the right decision to relocate. It is much more pleasant, has great, natural light, and the coffee is good (we will soon know how to get coffee out of the flasks), but the major element is the company. We all seem to enjoy each other's company and are able to move around and talk to everybody. As always, we are scheduled to attend between 10.30 and 11.30 but once again quite a few did not leave until an hour later – we must be enjoying it.



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.

Luncheon.

At last we found the lunch acceptable after a few disappointments in previous months.



Perhaps it was the 'two for the price of one' which helped but it was a fabulous social occasion for all those attending. Certainly Michael enjoyed his lunch (see picture) as did 14 others at the Crewe and Harper, adjacent to Swarkestone Bridge, an ancient causeway. Michael atoned for his 'sweet' by walking part way across the bridge to take a few photographs and work off some of that excess. And I thought it was a good lunch but some went out to tea as well. *"Thanks for the*

newsletter, it was a great lunch today, we all enjoyed it but went on to have tea and cake at Hackwood Farm tea room". You really are missing out if you do not attend. Do you need a lift to any of these lunches, call Michael on 01332 380219.

Membership. We welcome back Trevor Ford who has renewed his membership, and we also welcome Denis Pollard. Regrettably we report the passing of Joyce Hayes on 23 June. Our condolences are sent to her family and friends. Her funeral took place on 5 July.

Birthdays. Birthday wishes this month go to Marilyn & Neil Thompson, Kath Robinson, Kath Hemsley, Anthony Lloyd, Ian Gibson, Bob Bletchley, John Gutteridge, Pam Fearn, Enid Jeffrey-Walker, Don Dovaston, Neville Hill, Margaret Storry, Eric Ward and Terry Rodgers. Several recent recipients of birthday cards from Take Heart (Derby) were most appreciative of the quality and special words to each of you. They are made by April Howe who puts great effort and thought into each one, so thank you April for all your efforts.

Wedding anniversaries congratulations are sent to David & April Howe and special congratulations to Michael & Pamela Brinkworth on their ruby wedding on 15 July – they are celebrating by cruising along the Danube – we wish them happy sailing. We hope everyone enjoys their celebrations, with our best wishes for a great day.

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

Jubilee Garden Party. Repeated from last month – **get your tickets now.** Following last year's hugely successful garden party at the home of Michael & Trisha Flude, it is going to happen again this year on 4 August. We have plenty for young and old alike, so book tickets for **all** your family, especially your grandchildren. There is a Mini Olympics, Giant

Jenko, Speed Stacking, Olympic Relay & Giant Dominoes for the youngsters. For the adults there is a golf challenge, a penalty shoot-out game, a wheel of fortune, as well as a tombola, raffle and cake stall. There will be plenty to eat and drink but **please bring your own garden chairs**. Do you know anyone who has any donations for the tombola and raffle prizes. These can be given to Barbara Rowe (767368) or Brenda Twells (513572)



who will arrange collection. We also require bunting – can anyone help? Adult tickets are £5, children 12 and under £3 (ticket admission only). So order your tickets by contacting Michael or Trisha on 01332 380219. Photographs are from last year and we ask you all to pray for good weather this year – please! If you cannot join

us, then please remember this is a fund raiser and send your donation, payable to Take Heart (Derby) to Willowbrook, Markeaton Lane, Derby DE22 4NH.

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. Last month we discussed the possibility of organising some way of helping those of us who are unwell or have been in hospital. One of our members wrote to Michael:-

"One subject mentioned in the newsletter particularly took my interest. That is the proposed establishment of a group available to help in the event of illness etc. I believe our generation is a casualty in respect of our health and support needs. Many of us are coping alone or so far away from friends or relatives that it magnifies the difficulties which may arise. We take for granted the convenience of longer shopping hours and, for some of us, internet shopping. But if you are so incapacitated unexpectedly, and a good neighbour is not to be found, what do we do? If we find ourselves unexpectedly in hospital, we may find ourselves in difficulty with petcare, or even finding someone we can trust to fetch toiletries, clean nightwear, phone top-up or charger, spare cash.... My preference would not to become involved in the "social service" side of assistance. How do other members feel about these thoughts? Any suggestions?" Another member spoke to Michael at the coffee morning about helping out, further discussions will take place. But what do you think, how best can we go forward and importantly, who will help us to do it? Please get in touch with Michael.



Walking. Bring your family and enjoy a great social occasion, join the fun which is good for all of us and get great exercise in the fresh air. A wonderful way to spend 2 hours, no wonder we call it a tortoise walk! This time round it was in the beautiful village of Melbourne which was host to an annual bell-ringing contest this year. This was the fourth

year that Melbourne had passed beyond the preliminary rounds and were eventually placed second this year against teams from Bristol,



Cambridge, Exeter, Leeds, Oxford, St Paul's Cathedral, Society of Royal Cumberland Youths and York. Who knows if, with a bit more practice, they might clinch first place next year. Parking was at a premium but 12 walkers set off on a blustery morning. Walk leader David Rowe reported that there was one spot on the course which was quite wet. By the end of the walk we asked him which of the 8 parts of the course which were 'very' wet he was referring to. The walk saw members switch places several times and engage with others in conversation covering a whole variety of topics, which has become a feature of the walks recently. We stopped to admire the wild poppies and even a lone mushroom (which Andy tells me, tasted very nice the following morning at breakfast), plus a rest when required. Nearing the end of the walk, we all drew breathe at the side of Melbourne pool and admired to bird life including Canada geese, coots and their young, mallards and even a swan came to enquire what we were doing on "his" patch. So to refreshment at the Melbourne Hall café and chocolate cake!!! (don't tell cardiac rehab).

The Hare Walks. The weather put paid to our Hare walk at Tissington on 7 July. You may remember that we had two weeks of rain in the space of 24 hours (Michael & Trisha could not get to their home on Friday and had to sleep with family members elsewhere). It was a case of being safe rather than sorry.

Evening  walks. The next Owl walk is in Findern for an  walk of 2.5 miles, meeting at Lower Green, adjacent to the church at 6.30 to walk at 7.00 PM. 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 out any of the recommended companies? Let Michael know.

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.

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 June's edition: *As usual, it was of a very high standard, with an eclectic mix of humour and factual information. Well done! I don't remember a time when "we had a job getting two pages for the newsletter" though. My constant flow of files to feed to Pat Fitton meant she was snowed down- just like you are/ the Cathedral Coffee Shop finally re-opened this week. Glad we go to The Cube/ Thanks for the newsletter - I'm glad that wine (in moderation) is good for you/ A very informative edition, congratulations on the Volunteer award/ Once again an informative read/ Informative as ever. Notice another comment made about colour newsletter for all, which given the discussion about cost of producing a colour newsletter seems academic, i.e. not affordable./As always, a lovely informative and interesting read. Congratulations again on your award and thank you to all of Take Heart (Derby) members for the continuous support of the BHF./ Thank you for the most interesting Newsletter. Your hard work is much appreciated/ Elaine and I would like thank the group for the card and good wishes for our wedding/ Comment re Scones I've never bought buttermilk and I never use full fat milk. I like cooking and baking but one can never stock all the ingredients one finds in recipes/ Another excellent and informative issue. How do you find the time?/ Thank you for the newsletter, which I found very interesting and well produced.*

Members have also commented verbally that *"It is full of quite good information every month/ I always look forward to receiving my copy and I read it from beginning to end"*. But do you agree? We would love to hear from you, especially those who are unable to attend our events!

SCAD. Louise Pearson suffered from Spontaneous Coronary Artery Dissection (SCAD), which is a tear in her heart which causes blood to pump to the wrong place. It is quite a rare condition but co-incidentally another local woman, Charlotte Gray from Mickleover, suffered a similar event shortly after Louise. Both ladies are only 30 something's – quite young for heart events (although they now know differently). They are now firm friends. The Derby Telegraph were alerted to their condition and produced an in depth article for the newspaper. During their interview Louise mentioned the support and friendship she had received from Take Heart (Derby). Their story was of such significance that even Radio Derby became interested to interview the pair of them. Once again they were able to report about the good work Take Heart (Derby) do in supporting one another. Well done girls and thank you. Since that time they have now contacted many other SCAD sufferers throughout the UK and are planning a get together in July.

“Just like that ...” This catchphrase takes us back in time to the days of Tommy Cooper (come on, own up, you do remember him). The BHF are using Tommy Cooper to get over their latest message – **“taking meds ain't no laughing matter!”** You can call 0300 333 1 333 to discuss blood pressure queries, quibbles about statins, angst about angina, discuss your prescription or any concerns about your heart health, talk to a heart nurse on the BHF helpline.

They deserve to be remembered.

Many people expressed a desire for the group to organise a trip to the National Arboretum Museum near Alrewas. On 28 June seven members braved the weather by “sailing” down the A38 during an horrendous storm.



Fortunately, the weather abated and the party were greeted in the church by a guide who explained what the site was all about. After observing the ‘Last Post’ and the ‘Reveille’ we set off around the immense grounds where many aspects were explained. The group split after a short time and 4 ventured into other areas and eventually had to be rescued following another sudden downpour.



Thank goodness for lunch, a two course meal which was included within the price. After lunch, we all ventured to the centre attraction, the ‘Name walls’. These contain the name of every serviceman killed since the end of the Second World War. It is quite staggering to see so many names but equally poignant to see the space left for other names to be added in future conflicts. By this time several members needed to be ‘ferried’ around in a golf buggy, as we investigated other areas. There is such a lot of symbolism in everything at the Arboretum, that without a guide, visitors would not appreciate what had been installed and what was being planned. There is already a plan for future projects stretching into 2019. Will we go again – certainly – will you be joining us?

BHF research findings. Imperial College London have made a breakthrough in understanding Takotsubo cardiomyopathy, also known as ‘broken heart syndrome’. This is a temporary condition where the heart muscle becomes suddenly weaker and the left ventricle changes shape. The condition affects 2,500 people every year in the UK and was first reported in Japan. The left ventricle develops a narrow neck and a round bottom, like an octopus pot which is what the Japanese name Takotsubo means. It is a rare condition usually preceded by intense emotional or physical stress, which has symptoms which resemble a heart attack. Nearly everyone recovers after a short time. The study also provided new insights into how the heart may protect itself from stress, which has opened up new areas for research. So there may be hope for us all soon.

Law of the Garbage Truck. One day I hopped in a taxi and we took off for the airport. We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us. My taxi driver slammed on his brakes, skidded, and missed the other car by just inches! The driver of the other car whipped his head around and started yelling at us. My taxi driver just smiled and waved at the guy. And I mean, he was really friendly. So I asked, 'Why did you just do that? This guy almost ruined your car and sent us to the hospital!' This is when my taxi driver taught me what I now call, **'The Law of the Garbage Truck.'** He explained that many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you. Don't take it personally. Just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home, or on the streets. The bottom line is that successful people do not let garbage trucks take over their day. Life's too short to wake up in the morning with regrets, **So ... Love the people who treat you right. Pray for the ones who don't. Life is ten percent what you make it and ninety percent how you take it! Have a garbage-free day!**

Roland Furber. Two months ago we reported on the progress of Roland Furber on his trip around the coast of Britain. He is now home and we will include the second part of his trip in next months edition.

Recipe. Classic summer berry sorbet

Ingredients

500g fresh summer fruits

juice and grated rind of 1 large orange

2 - 3 tbsp orange liqueur such as Cointreau or Grand Marnier

2 egg whites

100g caster sugar

Preparation method

1. Place the fruit, orange rind and juice, liqueur and 175ml water in a food processor and blend until smooth. I like to leave to seeds in but you can sieve your mixture if you prefer.

2. If you have an ice cream machine, churn the mixture until it starts to freeze, alternatively pour into a rigid container and freeze, stirring every 30 minutes or so until ice crystals start to form and it feels slushy.

3. Whisk the egg whites until stiff then gradually add the sugar beating until firm and glossy. Fold the meringue into the freezing fruit mixture and continue to freeze and stir until completely frozen. If making in advance, transfer the mixture to the fridge 30 minutes before serving.

A free day out! I would like to invite you to join us at the three 'Olympicnic' events, one of which is at the Racecourse Playing Fields. Derby Parks are organising the Olympicnics which will bring together communities to celebrate the 2012 Olympics. The events are FREE and will be at the following parks from 12pm - 3pm: Tuesday 24th July - The Racecourse Playing Fields - DE21 6AL, Wednesday 25 July - Alvaston Park - DE24 8QQ, Thursday 26th July - Vicarage Rd Park, Mickleover - DE3 0ED. The picnics will be next to the adiZone gyms at each site. There will be trained gym instructors at the adiZones and various stalls and activities on the day.

I've learned That you should never say no to a gift from a child.

I've learned.... That I can always pray for someone when I don't have the strength to help in some other way.

I've learned.... That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

Gardening. By Pat Fitton - Oh dear, what can I say? After one of the wettest months on record our gardens have suffered greatly and gardening has been impossible. However, if you can get out between showers, or should I say downpours, there are things that urgently need doing. Dead-heading - remove dead flowers from bedding plants and those brown soggy flowers from roses. Deadhead floribunda, hybrid tea and other a repeat flowering roses promptly. This encourages new shoots that will carry flowers later in the summer and even into the autumn. Pick off individual flowers as they fade and once the whole head has finished remove the stem. Do this by following it down to a leaf and making a cut just above this. New shoots will grow in the axel of this leaf. Now it is the time to feed all ericaceous plants, rhododendrons, azaleas, camellias and kalmias with iron sequestrene or ericaceous plant food. If you have the time and the weather, here are some other things to be getting on with. Divide and replant any congested flag iris clumps that flower only poorly, take cuttings from pinks, penstemons and lavatera and cut down faded delphinium and lupine flower spikes. Don't forget to keep an eye out for lily beetles and vine weevils. The adults cause a lot of damage, nibbling leaves and buds, so pick off any you find. Check leaves for lily beetle eggs or the larvae and check your compost for C shaped vine weevil larvae. Oh, to be able to sit in the garden with a glass of wine and admire the fruits of our labours - I wish - - -!

Local magazines & publicity. We have secured regular free publicity in various magazines which are circulated in the Derby area. These include Allestree Life, Littleover Life, Dove Valley Life, Mickleover Directory, "The Little Books" for Allestree, Mickleover and Littleover. Each magazine is circulated to around 8,000 homes. We are now appearing in Chellaston's Choice Magazine. Many thanks to the editors of the magazines : Fiona Warwick, Mark Morgan and Neil Edwards for their support, without which we would have a substantial advertising bill! We also feature regularly in the Clubs page of the Derby Telegraph, thanks to Jane McFarlane and medical matters are featured by their Health correspondent Kate Gulzhar. Sophie Jardine gets us mentioned on Facebook social media website through the BHF. However, there must be other outlets and magazines we have not heard of. If you get any free magazines delivered to your door and they are not on the list above, will you kindly contact Marilyn Thompson on 01332 558756 or e mail marilyndthompson@btinternet.com

Male Date-Drug... Police are warning all men who frequent clubs, parties & local pubs to be alert and stay cautious when offered a drink by any woman. Many females use a date-drug on the market called '**Beer**'. The drug is found in liquid form and is available anywhere. It comes in bottles, cans, or from taps and in large kegs. **Beer** is used by female sexual predators at parties and bars to persuade their male victims to go home and sleep with them. A woman needs only to get a guy to consume a few units of **Beer** and then simply ask him home for no-strings-attached sex. Men are rendered helpless against this approach. After several **Beers** men will often succumb to the desires to sleep with horrific looking women to whom they would never normally be attracted. After drinking **Beer**, men often awaken with only hazy memories of exactly what happened to them the night before, often with just a vague feeling that '**something bad**' occurred. At other times these unfortunate men are swindled out of their life's savings, in a familiar scam known as '**a relationship**'. In extreme cases, the female may even be shrewd enough to entrap the unsuspecting male into a longer-term form of servitude and punishment referred to as '**marriage**'. Men are much more susceptible to this scam after **Beer** is administered and sex is offered by the predatory females. If you fall victim to this '**Beer**' scam and the women administering it, there are male support groups where you can discuss the details of your shocking encounter with similarly victimized men. For the support group nearest you, just look up '**Golf Courses**' in the phone book. **Please pass** this warning to every male you know.


Forthcoming programme.

July.

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

Saturday 21st The Travel Club Trust outing to Beverley & Scarborough leaving at 8.00 AM. Contact Bob Bletchley on 01332 751198.


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

Saturday 28th Walking back to health -  Tortoise walk around Burton River Gardens, Burton On Trent. Meet at the car park near St Peter's Church, Stapenhill Road (A444). Meet at 09.30 to walk at 10.00 AM.

Tuesday 31st Coffee morning at The Cube café/bar, Chapel Street, Derby DE1 3GU. From 10.30 till 11.30 AM.


August.

Wednesday 1st Swimming at the Queens Leisure Centre at 3.15 PM.

Friday 3rd Walking back to health – in Findern for an  walk of 2.5 miles, meeting at Lower Green, adjacent to the church at 6.30 to walk at 7.00 PM.

Saturday 4th Jubilee Garden Party at Willowbrook, Markeaton Lane, Derby DE22 4NH. Start at 2.00 PM to include refreshments, tombola, raffle, golf game etc. Tickets in advance from committee members (£5.00 per person, £3.00 for twelve years and under).

Wednesday 8th Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 11th Walking back to health – The Ilam Park Walk  (5 miles). Meet at the National Trust car park at 9.30 to walk at 10.00 AM.

Monday 13th Speaker Derek Palmer – “Demolishing of Derby” starting at 2.30 PM in the Friends Meeting House.

Wednesday 15th Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 18th Walking back to health -  Tortoise walk around Carsington Water (2.5 miles). Meet at the Sheepwash car park at 9.30 for 10.00 AM walk.

Saturday 18th The Travel Club Trust outing to Chiltern Canal, cruise & cream tea, leaving at 8.00 AM. Contact Bob Bletchley on 01332 751198.

Wednesday 22nd Swimming at the Queens Leisure Centre at 3.15 PM.

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

Tuesday 28th Coffee morning at The Cube café/bar, Chapel Street, Derby DE1 3GU. From 10.30 till 11.30 AM.

Wednesday 29th Swimming at the Queens Leisure Centre at 3.15 PM.

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.

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 (as above).

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.