

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter June, 2014.

There are more members responding to this Newsletter than previously, which is terrific. Larger photographs are still popular but what do you think?



Derby
Heart City

Love our city ♥ Love your heart

Monthly meeting. Twenty five members were taken on a trip around the coast of Great Britain by our speaker Richard Booth as he travelled on his Honda 650 in 2001. Richard took up motorcycle riding after he took early retirement from Denby Pottery. He told us as his wife had a lot of commitments with the Women's Institute and had to be away from home for a few weeks. He felt that this was the time he could take him-self off on his journey from John 'o' Groats to Lands End. As Richard started out on his 5,500 mile journey from his home in Chesterfield he headed towards the Humber estuary and then travelling clockwise around the coast, always using the nearest road to the coast. From there he travelled south into

Lincolnshire and onto Skegness where he says he had never seen so many rows of holiday caravans stretching for miles. He showed us photographs of the landscape which was very flat with fields full of crops as well as a photograph of the memorial to the Pilgrim father's who set off from this point. His picture journey took us to Cromer and then down to the Norfolk Broads with all its boats. He showed us photographs of Snape Maltings, a beautiful place where the Benjamin Britain Festival is held. Our picture journey carried on to Clacton looking across to Canvey Island, London then onto Gravesend. When

Richard reached Dover he visited a beautiful war memorial that is situated on top of the cliffs. Then came Beechy Head, Portsmouth and the Needles at the Isle of White. Richard said that he had stopped for a coffee at the Old Granary in Wareham where he had met an elderly American lady who hoped he might give her a ride on his motorbike. She went on to tell him that her grandson had wanted a motorbike many years ago, so her husband had bought one to try to see if they were safe, and had got hooked on biking. She said they had travelled many thousands of miles over many years but unfortunately her husband could no longer ride and now she really missed it. There were photographs of Devon, with its beautiful scenery and onto Barry Island in South Wales, which Richard said was a very sad place as lots of buildings were boarded up. From there to Barrow in Furness where the ships were still being built. We were shown a photograph of Brow Well where it is said that Robbie Burns took the water the day before he died. Onto Glasgow and the industrial waste land on one side with the British Steel arts building on the other. He had seen HM Naval base Faslane, visited



Cambletown Lock on the night of a musical festival, biked round the Isle of Sky, then back to the mainland and down to Newcastle, Whitby, Scarborough to Flamborough Head and back to Blueferry Bridge. He told members that you would never believe the number of dramatic changes in the landscape that he found throughout his journey. Members recognised many places as Richard travelled around Britain but on completion of his epic journey he sold his motorbike and has now taken to a push bike.

Next month meeting Special. Well, it is not in the Friends Meeting House but in the garden of 10 Main Avenue, Allestree, Derby DE22 2EF. You will need to contact Marilyn Thompson on 01332 558756 or marilyndthompson@btinternet.com to pre-book your place. The price is £3.00 and will include refreshments. Please bring your own chair.

Last Request (from Per Staehr). Mary Clancy goes up to Father O'Grady's after his Sunday morning service, and she's in tears. He says, "So what's bothering you, Mary my dear?" She says, "Oh, Father, I've got terrible news. My husband passed away last night." The priest says, "Oh, Mary, that's terrible. Tell me, did he have any last requests?" She says, "That he did, Father..." The priest says, "What did he ask, Mary?" She says, "He said, 'Please Mary, put down that gun!'"

Coffee in a Cube! It was a damp and dreary day and so we were not expecting our usual crowd but it seems we enjoy the "talking" coffee morning so much that we cannot stay away. Forty-three of us turned up to 'spill the goss' and catch up with our new friends. There was chatter about the previous walk, the next one, and what we were doing next week, we commiserated about Derby County and Burton Albion (who both suffered the same fate at Wembley) and their respective chances in the forthcoming season. There were a number of apologies for absence and a few jokes being shared. All in all another very happy gathering.



Per Staehr sent this note, *"Exchange of words heard at today's cardiac rehab's keep fit class: The ever conversing Derrick said: "I once worked in a juice factory but was sacked". – I asked : "why?". Derrick replied: "because I could not concentrate". This is typical of the banter at the coffee mornings also.*

New members. This month we welcome Hazel & Alan Topham, whom were befriended by Trisha Flude during their stay at the Royal Derby Hospital. With much regret we add that Hazel did not recover from her illness but Alan is keen to remain associated with TH(D). We wish Alan well. Others who have joined us this month are Sylvia Parry, Barbara & Graham Colder and Ivy Scott, whom we welcome to our growing group.

Birthdays. Birthday wishes this month go to Jean Birkin, Bryan Cogley, Bill Whittaker, Margaret Knifton, Roy Pearson, John Cooper, Virginia Davies, Stephanie Wright, Coleen Yates, Jacqui Saunders, Per Staehr, Christine Whewell, Edward Potter, Janice Bridges, Elaine Starbuck, Brian Fearn, Lynn Rowlatt, Maureen Morley and Kevin Noon. Happy birthday to one and all! We continue to receive thanks from those who have received birthday cards made by April. If I have missed you, please contact me with your details.

Member news. Since the last Newsletter was published, we have learnt that members who have been unwell but are gradually improving. Barry Birkin is recovering from another mild stroke, Betty Hassell continues to struggle with back problems, Trisha Flude is still awaiting her follow-up appointment. If you are unwell and are not mentioned here, we apologise but we were not advised of your difficulty (or I am having more 'old timers' events).

Heart failure. We have been contacted by the BHF to enquire if any of our members who have heart failure would be willing to complete a questionnaire. The specific study is looking into two main symptoms of heart failure – breathlessness and fatigue. Dr Helen Walthall is the Lead Researcher for this study and she comments: *"If you have been told you have heart failure by either a nurse or a doctor we would like your help. Oxford Brookes University and Oxford University have been working with patients who have heart failure to develop a questionnaire about two main symptoms breathlessness and fatigue. These symptoms are very common in heart failure and patients have felt health care workers do not really understand how these symptoms are for them and the direct impact they have on everyday life. We have interviewed 25 patients and have written the questionnaire using patients own words. We now need other patients who also have heart failure to fill in the questionnaire for us and to tell us what they thought of the questionnaire's questions and the design. All of your input will be via postal questionnaire and with stamped addressed envelopes for you to return to us. Your participation will be anonymous as we will not be aware of who has returned the questionnaire".* If you would like a questionnaire, please contact the Lead Researcher, Dr Helen Walthall on 01865 482603 or email hewalthall@brookes.ac.uk and she will post the questionnaire along with further information about the study on to you. Please also advise Michael if you intend to respond.

A tough old cowboy from Southern Alberta counselled his granddaughter, that if she wanted to live a long life, the secret was to sprinkle a pinch of gunpowder on her oatmeal every morning. The granddaughter did this religiously to the age of 103 when she died. Her legacy ... she left behind 14 children, 30 grandchildren, 45 great-grandchildren, 25 great-great-grandchildren and a 40-foot hole where the crematorium used to be!!!

Lunch. Given that Shottle is some distance from Derby and it was a very wet day, we expected the attendance would be quite low. On the contrary, there were 17 members attending the Railway Inn. This venue, it transpires, was recommended by several as being good value for a tasty meal. There were plenty of selections available under the banner of "carvery of the day" which included lamb hotpot (very appropriate for the weather), toad-in-the-hole and beef stew in addition to gammon, turkey and pork. For sweet there was an extensive selection on a board with jam roly polly with custard being a particular favourite. Great fayre for another talking event. Several of us have returned to the Railway for additional helpings since. Lovely jubbly!



Travel Insurance. Gwen Plummer writes *"Our Travel Insurance is £13 monthly with SMILE - Co-op Online Banking. It is with AXA and can only commend their assistance when we urgently needed. We are amazed that there has been no extra premium to pay following Rex's "mystery" Bypass Operation in Tenerife"*

How did you get on with your search for adequate and affordable travel insurance?

In the cemetery, (another contribution from Per Staerh). Three men were stumbling home from the pub late one night and found themselves on the road which led past the old graveyard. "Come have a look over here," says Paddy, "It's Michael O'Grady's grave, God bless his soul. He lived to the ripe old age of 87." "That's nothing," says Sean, "here's one named Patrick O'Toole, it says here that he was 95 when he died."! Just then, Seamus yells out, "Good God, here's a fella that got to be 145!" "What was his name?" asks Paddy. Seamus stumbles around a bit, awkwardly lights a match to see what else is written on the stone marker, and exclaims, "Miles, from Dublin."

London Marathon. Back in April, the daughter of one of our members ran the London Marathon in remembrance of her father and in support of Take Heart (Derby). Emma Best had previously taken part in the Brighton marathon and had not contemplated the London event. She felt she should do something to help a local charity in his honour. Emma achieved her goal by successfully completing the race and made it a fund raiser. Her family, friends and colleagues rallied round and helped her to achieve over £800 for the BHF but a **huge £2852.20** for us. What a phenomenal achievement! Emma is seen presenting cheques and cash to Trisha Flude in her mum's garden. Emma says *"Great day, really, really pleased I finally managed to do a London Marathon (I definitely found it easier than Brighton...it does really help to have previous experience I found). From the very start of the day, on the bus (almost going the wrong way!?) to the end...it was a really friendly, 'British' kind of a day, if that makes sense!? THANKS to you all for your very generous sponsorship...I*



have topped £3000.00 in total...amazing...thank you." We at Take Heart (Derby) extend our very grateful thanks to Emma for all her efforts, which will allow us to help purchase much needed equipment for cardiac related wards and departments at the Royal Derby Hospital.

Talking of which. A Carescape Telemetry T4 monitor was presented to ward 408 at the Royal Derby Hospital as part of TH(D) ongoing support for the cardiac functions at the hospital. It is the size of a Smartphone, very light and can be easily carried around the ward by inpatients. A signal is transmitted to cabling within the ceiling and passed to a computer enabling clinicians to diagnose heart performance and make treatment solutions more appropriate. "It is a far cry from the early models we used to have when I first started in the heart ward at the old DRI" comments Matron Mary Richards. "Patients are able to move around



without wires and a heavy piece of equipment being trailed behind". Trisha Flude can be seen handing the T4 Transmitter to Dr Julia Baron.

April Poser – What colour is the purple finch? Several members came forward with the correct answer of 'crimson'.

June poser – The Canary Islands are named after which animal?

Do you have an email address? Please notify Michael if you have an email address but currently receive your Newsletter by snail mail. You will receive it promptly and in full colour and help save on printing and postage costs. So, it is not too late for anyone – give it a try but do not become a slave to it like me.

Use services wisely. 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.

Paddy took 2 stuffed dogs to the 'Antiques Roadshow'. "Ooh!" said the presenter, "This is a very rare set, produced by the celebrated Johns Brothers, taxidermists who operated in London at the turn of last century. Do you have any idea what they would fetch if they were in good condition?" "...Sticks?" Paddy replied.

Feedback. The following is feedback from last month's Newsletter. Does this reflect your view or do you wish to say something different – *"Excellent, as ever/seems to be the only way to keep up with things at the moment/just had another enjoyable read/an excellent effort. I have missed most of the May events, so it has helped keep me in touch. It is good to get details of the walks-and I am pleased that the swims are better attended/It's always interesting and I love the joles/The news letter is very interesting once again this month. Many thanks to all for the effort put in to it/Excellent newsletter yet again/Thank you for another excellent newsletter/ Thanks for a very interesting newsletter again"*. But do you agree? These are comments via email (spelling mistakes and all), it would be nice to hear from those who receive the Newsletter via post. Let Michael have your views too, please.

Red wine and chocolate. We have reported in this Newsletter previously that there has been evidence to suggest both have some beneficial effect. That seemed to cheer many. The latest reports recently in national newspapers now say this is not the case. Very disappointing news for many of us but my personal research is ongoing and inconclusive, with more research planned. What about you?

I've learned.... That we should be glad God doesn't give us everything we ask for.

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 On Saturday 24th May Derby County were at Wembley, so too were some of our regular walkers, therefore only six of us turned up to have a wander around Darley Park looking at the trees. The Victorians were great collectors of trees and the Evan's family who lived at Darley hall were no exception. The grounds of the hall were originally laid out in a parkland style with areas of woodland, avenues, shrubberies, and formal gardens, so many of the trees have been there a long time. On the death of Ada Evans in 1929 some of the



estate was given to the council. It was opened as a public park by Prince George, Duke of Kent in June 1931. A Cedar tree (number 28) was planted to mark the occasion, and there is a photograph in the café. There are thirty trees in the collection from across the world. The Giant Redwood which usually grows in California, also from America comes the Pencil Cedar tree which in 2004 was found to be the tallest of its type in the UK. The Western Hemlock was planted in Darley Park probably about 1852 and from the Rockies comes the Pacific White Fir which unfortunately had been blown down in the winter gales, as it is now lying on the ground. The Dawn Redwood is from China, and was thought to be extinct in the west. A tree was found in central China in 1941, with seeds arriving in Britain in 1948 and already the trees are over thirty metres tall. Other trees originating from China are the Dove or Pocket Handkerchief tree, the Paperbark Maple which is very slow growing. The Maidenhair Tree is known to have grown in the Jurassic period. A rather strange looking tree is the Corkscrew False Acacia, which is very slow growing and tends to sucker thorny sprouts from the roots, with this one of the largest in the UK. The Southern Beech is a native of Chile and was introduced to this country in 1830, and as the name suggests the Chile Pine also known as the Monkey Puzzle tree. Japanese Maple, Japanese Red Cedar, Hinoki Cypress, originate as the name suggests from Japan. The Common Oak could be over 200 years old and could last for another 500 years or more. After an interesting hour we reached the café and sat inside as the rain began to fall again. It's a gentle uphill walk which can be done in under an hour, so perhaps you may like to take yourselves around and see all the trees.

Hare walk at Trent Lock. A report from Chris Wright. Owing to the dire forecast of thunderstorms and heavy rain for Derbyshire and possibly also because of the published 9.5 mile distance, only a handful turned out. Undeterred David Rowe and Chris Wright strode out from Trent Lock under cloudy skies with the aim of tackling 4 to 5 miles of the

route, while the others were content with a gentle stroll. The Lock is at the confluence of the rivers Trent and Soar and the Erewash and Trent and Mersey canals, known to the boatmen as 'Waters Meet'. The water was busy with canoeists and sailors with plenty of local wildlife including a couple of statuesque herons patiently waiting for their chance to strike after their prey. The massive cooling towers of the Ratcliffe-on-Soar power station were a constant landmark throughout the walk. After leaving the towpath behind the



path took us into the Attenborough Nature Reserve with its man-made lakes formed after flooding the gravel workings. Unfortunately the heavy rain returned requiring the donning of the 'wet gear' and confirming the need to return to Trent Lock where welcome refreshments were awaiting at the Lock House Team Rooms, which date from 1794 and houses a cornucopia of old tins and boxes and other historical items including some skates which may have been used when the river froze over in 1890. Despite being wet through the revised target was accomplished, the full itinerary left for another (hopefully more clement) day.

If you need help getting to the walks, please telephone David Rowe on 01332 767368 or 07890 645645. **Please note the extra walk in July.**

Paddy's in the bathroom and Murphy shouts to him. "Did you find the shampoo?" Paddy says, "Oi did, but it's for dry hair but I've just wet mine!"

This month's recipe. Tried, tested and tasty – homemade fruit curd. Important note – prepare the day before you wish to eat.

Finely grated zest of 2 clementines (or orange citrus)

2 tbsp clementine juice

1 tbsp lemon juice

3 medium organic eggs

140g golden caster sugar

90g unsalted butter (diced)

Warm toast or waffles to serve.

Place all the ingredients in a bowl set over a pan containing a little simmering water and cook, whisking constantly, until the butter melts. Continue to stir with a wooden spoon until it thickens into a custard, stirring occasionally to begin with and then more attentively towards the end. While this takes time (up to 20 minutes) it happens quite quickly at the end, so be patient. Care must be taken that the mixture does not overheat, otherwise it will separate. Don't worry if it seems slightly lumpy or the odd speck of white appears as you will strain it. (Note that real homemade fruit curd should trickle in a thick stream, rather than be solid). Pass the curd through a sieve into a bowl, cover the surface with clingfilm and leave to cool. Transfer to pots if desired, seal and chill overnight when it will set. Serve on toast or warm waffles. Absolutely delicious. Let Michael know how you get on. Do you have a favourite recipe you would like to share? Contact Michael with the details.

And now for something completely different. Men are not very good at talking about health issues, especially their own. I do not recall talk in the pub about any male health matters and especially the dreaded 'prostate cancer'. There have been articles in a number of newspapers recently about Jeffrey Archer and his fight against the disease. No matter what you think of the man, there is no denying that prostate cancer is as discriminatory with men as heart disease is with age. It is often the case that men will eventually go to see their GP because they have been nagged into doing so. But this is serious and men should take more responsibility. It seems we are not capable and require that 'push', so come on ladies force him to do something. A simple blood test for prostate specific antigen (PSA) could alert the medical people to take action which might just save your life. So do not delay and get on with it.

A true story from Jean. A white van delivery man who delivers parcels for a number of catalogue companies found himself outside a home quite early one morning. After ringing the bell, a small boy answered the door. He called upstairs shouting, "Mum, the Next man is here!"

Are you insured for sex? Make sure you get the Correct Insurance for the sex you are having. Please find a list of companies below catering for most tastes:

Sex with your wife - Legal & General.

Sex on the telephone - Direct Line.

Sex with your Partner - Standard Life.

Sex with someone Different - Go Compare.

Sex with a lady of generous proportions - More Than.

Sex On the back seat of a car - Sheila's Wheels.

Sex with a posh bird - Privileged.

Sex with an OAP - Saga!

Sex with a transvestite - confused.com !

Forthcoming programme.

June.

- Tuesday 17th Lunch at The Bubble Inn, Derby Road, Stenson, Derby DE73 7HL at noon.
- Wednesday 18th Swimming at the Queens Leisure Centre at 3.15 PM.
- Saturday 21st Walking back to health - 🐢 Markeaton Circular walk of 3.75 miles, meet at Willowbrook, Markeaton Lane, Derby DE22 4NH at 9.30 to walk at 10.00 AM.
- Tuesday 24th Coffee morning at The Cube café/bar from 10.30 AM.
- Wednesday 25th Swimming at the Queens Leisure Centre at 3.15 PM.
- Wednesday 2nd Swimming at the Queens Leisure Centre at 3.15 PM.

July.

- Saturday 5th Walking back to health - 🚶 & 🐢 The National Memorial Arboretum Walk of 4 miles, meet at the Memorial car park, Derby DE13 at 9.30 to walk at 10.00 AM.
- Wednesday 9th Swimming at the Queens Leisure Centre at 3.15 PM.
- Monday 14th Afternoon Tea Party at 10 Main Avenue, Allestree, Derby DE22 2EF. Book with Marilyn marilynthompson@btinternet.com or 01332 558756, tickets priced at £3.00 per person.
- Wednesday 16th Swimming at the Queens Leisure Centre at 3.15 PM.
- Saturday 19th Walking back to health - 🐢 Willington walk of 3 miles, meet at Mercia Marina car park, Willington, DE65 6DW at 9.30 to walk at 10.00 AM.
- Saturday 19th Weston Super Mare trip by the Travel Club Trust. Contact Bob Betchley on 01332 751198.
- Wednesday 23rd Swimming at the Queens Leisure Centre at 3.15 PM.
- Saturday 26th **Walking back to health** - 🚶 & 🐢 Branston Monks walk of 6.5 & 2.5 miles, meet at Bridge Inn, Branston, Derby DE14 3EZ at 9.30 to walk at 10.00 AM.
- This is an additional walk due to floods earlier in the year.**
- Tuesday 29th Coffee morning at The Cube café/bar from 10.30 AM.
- Wednesday 30th 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. 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, information about publications to Marilyn on 01332 558756 along with recommendations for lunch venues.

Affiliated to the British Heart Foundation