

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter March, 2012.

March speaker. Our monthly meeting was well-attended with 35 members turning out on a beautiful spring day. The meeting was taken by Michael who began by presenting a cheque for £151 to Sophie Jardine our local fundraiser for the British Heart Foundation. Sophie expressed her thanks and gratitude for the money, which she said it would be wisely spent. The money, raised by Take Heart (Derby) was from the "Red For Heart Day" draw and from the Heart Awareness Day, when we had a stall in the Westfield Centre.



Marilyn introduced our speaker, Terry Prater. Terry was born visually impaired, in that he could only distinguish light from dark but that was all. Despite his disabilities, Terry has lived a full and active life, has written two books and has raised thousands of pounds for charity. He goes into schools to talk to children and to clubs and societies. As a child, Terry managed to get around quite well, especially when he began to use a white cane. Eventually, after a few years and a nasty bump from walking into a lamp-post, he decided to apply for a guide dog and was accepted as being a suitable recipient. At the age of 30 he went to Bolton for a two week training session and his first of five dogs was a two-and-a-half-year old Labrador, with whom Terry built up a fantastic relationship and soon began to trust and love. Terry had this dog, firstly as a guide dog and in her later life as a pet until

she died aged 14. Terry regaled us with stories of his next five dogs, some excellent and one, a lovely dog, but had to be returned as "not being fit for purpose." We were all very disappointed that Terry was not able to bring along his present dog, Lady Olivia, who unfortunately was not too well at the time, but Terry said that she was one of the best dogs that he had ever had. We were all greatly inspired and humbled by Terry. We all moan about our aches and pains but here we have a happy man who has fought adversity with bravery, good cheer and humour. A most interesting talk and an inspiration to us all!

Our next meeting. It is little wonder that our next speaker became a musician – both of his parents were professional musicians. Alan Hopkin served in the armed forces as a bandsman and later, in "Civvies Street", led a number of local bands in the Derby area. The family business of "Wisher Musical Instruments" was sold in the late 80's, but his children are still in the music business. He now works for several charities and plans to speak to Take Heart (Derby) about "His Life in Music". He will demonstrate his musical talents on the clarinet. It promises to be another lively and not to be missed afternoon.

A lot more coffee. Once again there was a vast amount of tea and coffee consumed at our latest coffee morning. A special bonus on this occasion was the appearance of Molly & Ken Illsely, who we do not see very often. How nice to see them both and they are signing up to attend a few lunches as well! There were lots of regulars attending but a nice surprise was to see several people for the first time becoming members on the spot. There were almost as many as last month and what a wonderful group we are turning out to be, mixing old and new alike. But who ate all the biscuits this time I wonder?



Informal lunch. Red for Heart day was celebrated by 25 members at the Mill House on Friday 24 February. As a social occasion it scored very high. Unfortunately the food failed to live up to the hype published in the Derby Telegraph some months earlier. There was a grand mix of new members alongside the long term. We also welcomed Sophie Jardine of the BHF following her recent illness. Another successful chapter for 2012.

Membership. We continue to welcome new members to our group. The latest of which are Margaret Knifton, Sheena & Ian Gibson, Neil & Desiree Day, Pearl & Philip Fitzpatrick, Avril & Ben Jennings, Gordon Newton, Shane Thow and Nicola Alcock. We extend the warm hand of friendship to all of you and hope to see you at many of our events.

Birthdays. March sees Pat Fitton, Peter Fowler, Andy Hopkins, John Holmes, John Clarke, Nora Evans, Derek Skidmore, Joan Holt, Joyce Taylor, Alan Rowlatt and Julia Sherratt all celebrating birthdays (some of which are a milestone – you know who you are). There are a number of wedding anniversaries this month as well for Barrie & Jean Birkin, Peter & Barbara Polhill, Vic & Jean Percival, Peter & Josie Fowler, Sheena & Ian Gibson and last but by no means least, Michael & Trisha Flude. We hope you all enjoy your 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.

Annual Subs. There are still a few of you who have not renewed your contribution for 2012. We would appreciate it if you would send your cheque promptly so as to continue receipt of the monthly Newsletter and birthday cards etc. This is the final reminder, anyone who has not renewed by the end of March will sadly be removed from our mailing list. Please send your donations to our Treasurer, Mrs A Howe, 80 Penzance Road, Alvaston, Derby, DE24 0NJ with a cheque payable to Take Heart (Derby). It is a minimum £5.00 per address.

Derby – Heart City. Derby – Heart City held an awareness day in the Westfield Centre on 11 February, which was staffed extensively with volunteers from Take Heart (Derby). Our grateful thanks go to those who supported the event and gave up their time to promote good health and wellbeing to hundreds of people.



A thank you note. Trisha Flude has written in to thank everyone for their kind thoughts,

cards, flowers and wishes sent to her following her recent heart attack. She is home and recovering slowly, getting accustomed to revised medication. We hope it works for her and wish her a speedy recovery. Michael has asked about all those promises of help with the ironing (silly boy, did he really think we meant it)?

Did you know that a drug called Ivabradine or Procoralan are licenced for angina treatment. At a cost of only £1.40 per day, they have already been prescribed to 20,000 angina patients who have benefited from those who cannot tolerate beta blockers, the standard drugs to reduce heart rate. Ivabradine lowers the rate to around 60 beats per minute without a reduction in blood pressure. This enables damaged heart muscles to pump more efficiently at a slower rate. Prof Cowie of the Royal Brompton Hospital says that it could cut death rates for heart failure patients by 39 %, and estimates that between 5,000 to 10,000 lives could be saved every year. NICE are to deliberate on its cost effectiveness. Our President, Dr. Julia Baron writes: *“Ivabradine - this is a medication that's been available for a few years for the treatment of angina in some patients, generally those who cannot take the more usual tablets. It's now been shown to help patients with heart failure if they cannot take beta blockers, or if their heart rate is still above 70 beats per minute despite being on the top dose of beta blocker they can tolerate. It works by slowing the heart rate without lowering the blood pressure. It only works if your heart is in a normal rhythm and not in atrial fibrillation. It looks very promising, but still does not have as much evidence that it helps people as other tablets such as beta blockers or ACE inhibitors. Whilst it sounds cheap, bisoprolol (a commonly used betablocker) costs less than that for a month's supply! We are already using it in some heart failure patients and I can see that increasing modestly.”* The BHF issued the following press release: *“Ivabradine has been licensed following a study of chronic heart failure patients involving more than 6,000 people. The drug could help improve both symptoms of heart failure and a patient's quality of life where other drugs have failed. Heart failure means the heart isn't pumping blood around the body as efficiently as it should. The most common cause of heart failure is a heart attack. Ivabradine works by slowing the heart rate and the study showed this improved both symptoms and quality of life in those taking it. Maureen Talbot, Senior Cardiac Nurse at the British Heart Foundation, said: “There are already several medicines available in the UK for treating heart failure, but some people's condition and symptoms remain uncontrolled. Knowing doctors have another option to offer those patients whose condition is particularly difficult to treat is really positive news.” “Patients whose heart failure symptoms are already well controlled with their current treatment are unlikely to have their medication changed because of this new drug, but for many it could improve their quality of life.”* I apologise to GP's who may now find a queue of patients asking questions.

Sleeping. When you get to a certain age, some suffer from lack of sleep. GP's offer sleeping pills to help but watch out! Sleeping pills can increase the risk of early death more than five-fold. The higher the dose, the higher the risk. A study comparing 10500 patients taking sleeping pills compared with 23500 not on the drugs and took into account pre-existing illnesses has taken place. In the UK one in three is believed to suffer from insomnia, leading to 10 million prescriptions for sleeping tablets. It is costing up to £5 per person per month and what about the side effects – dizziness, loss of balance, falls and disorientation. It seems a lot of money to pay to kill us off. Talk to your GP before making any changes.

The vacant England football team manager's job. A number of our members are thinking of applying for this position – they are British, know nothing about football, where there are apparently 22 players all chasing one ball and calling each other rude names. Is the solution to give everyone a ball of their own?

High Interest rate! When a man phoned the DSS to inquire about pension credit or a reduction in council tax, he was told that for every £500 of savings this generates £1 per week. There was silence when the man asked which bank he could achieve this amount

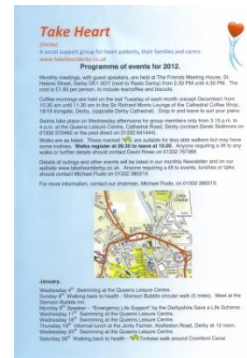
of interest.

The words we must all learn! The twenty-five words all toddlers should learn do not include the word “please” or “thank you”!

Quotation by Eleanor Roosevelt sent in by Jean Sykes.

“Many people will walk in and out of your life but only true friends will leave footprints on your heart.”

Programme for 2012. You should all have received a pre-printed copy of this year’s programme. If you have not received one, then telephone Michael who will arrange a copy to be sent to you. Initial responses are favourable but what do you think? Is it good, bad or in between? It contains all of the regular events with day and date details. Please insert them into your diary/calendar so that you do not miss out. Other events, such as garden parties, trips away or changes to the list will be published periodically within the Newsletter. Again pass your comments to Michael.



Change to Programme (reminder) – mark the change in your diary/calendar.

The printed programme refers to our Spring Luncheon on the 24 April. This date is now changed to **1 May**. Please ensure you change the date on your calendar or in your diary. Please see the attached page for details.

Luncheon on 21 March. Please accept Michael’s apology for a wrong telephone number for Marilyn in last month’s Newsletter. The one shown here is correct. We are due to dine at the International Hotel, Burton Road, Derby on 21 March. If you are intending to be present, would you please contact Marilyn on 01332 558756 to confirm. Two courses are £7.95 and three courses are £9.95. This is a return visit to this popular restaurant.

Walking. The 🐢 walk on the Cranfleet Trail, took place on 25 February. By the time the walk set off, the sun had disappeared behind a cloudy sky but it was ideal walking weather. As you can see the walkers were looking jolly, dressed in their new tabards, advertising our group. There was a stop for refreshments at the Lock Keepers Cottage where the 15 walkers including 8 year old Oliver (Emma only did part of the walk this time) refuelled for their onward journey. Along the riverside and through the Thrumpton Estate, before retracing their steps back alongside the Cranfleet Canal to Trent Lock. Alas, they missed a turning and did not realise it for around 30 minutes. Having a great laugh about it, they turned around and backtracked alongside the canal. A very interesting and intriguing walk, where in bygone days, around 140 barges ploughed their trade along the Cranfleet Cut, to avoid the weir at Thrumpton. Canals provide habitats for many plant species and birds, with Canada Geese and Mallards being predominant. That’s the great thing about tortoise walks – it is not just about walking but seeing some beautiful countryside and having a great social occasion as well. The happy walkers are looking forward to the next tortoise outing at Darley Abbey – will you be joining them (we will try not to get lost)?



On a very sunny Sunday morning 9 members met in Ticknall to walk through the Calke Abbey Park. A brisk pace saw them discard their jackets and tabards as they proceeded through these magnificent grounds. The deer had been moved into a secure enclosure in preparation for the “rutting” season, so we were all safe. There was still plenty to see with

many birds, and some very, very old trees, ducks and geese on lakes. It was also very nice to see Michael Holland back on our walks, together with John Twells, his daughter and son-in-law.

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.

Evening walks. There has been a reasonable response to the summer evening walks. Did you forget to speak to David and let him know of your interest? Telephone him on 01332 767368 to confirm and he will devise some short but interesting local walks.

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



ticket. On average, a swimmer can burn as many calories in an hour as a runner who runs six miles in one hour. Simply put, some call swimming the perfect form of exercise. The major benefits are: whole body conditioning, low risk of injury, low-impact exercise, improve blood pressure and stress reduction. Swimmer Pam Fearn says: "I haven't been swimming for a number of years, so when my husband and I decided to go to the take heart swimming

session, I did so with some trepidation. On arriving I was surprised to see that there were only three other people in the whole pool. I must say I really enjoyed the experience. You can go at your own pace and do as much or as little swimming as you want, you can even just paddle about in the shallow end, which is also gentle exercise. Why not come along and join us?" What have you got to lose – only weight and stress. See you every Wednesday afternoon from now on.

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: *Excellent report and good to see the group is thriving/thanks for the newsletter, which I have fully downloaded and read. It was well written- and good to have some contributions from other members this time/happy to see the work is progressing. Thank you so much/ Received and thanks for a very informative newsletter. Thanks once again to all the volunteers who helped out at Westfield Centre / It made interesting reading/ Lovely update. Thanks a mil for sending this through/ very good as usual/ A super newsletter, one to be proud of. Keep up the good work and no doubt THL can learn from some of the things you do/ Excellent. Very informative and inspiring/The photographs make a real difference, great. We love to hear from you!*

Gardening. What a difference a month makes when our gardens have gone from being a dreary wilderness to ones bursting with colour and an abundance of spring flowers. The milder weather has inspired all the gardeners and even lawnmowers have been heard doing their first cut of the season. So - it really is time to get going. Firstly have a big tidy up and get rid of any remaining winter debris. Cut back dead leaves and grasses, prune roses and cut back some summer flowering shrubs., such as it lavatera and buddleia. These easy to grow shrubs, offer one of the longest flowering seasons of any shrub, flowering profusely on new shoots from May onwards. Cut all the old wood to ground level now and the new shoots growing from the base will grow to produce flowers in May. Prune hydrangeas, both mop head and lace cap, by cutting the oldest and most branched shoots to ground level and halve the remaining branches to a fat bud. Prune ornamental bay bushes by cutting away any snow or frost damaged branches and feed with general fertiliser. Thin out clumps of congested snowdrops just as the flowers are fading, split into three's and four's and replant, then feed with a liquid fertiliser. Have you tried growing potatoes in a bag? I did this very successfully

last year. Bags are readily available at garden centres and hold about 40 litres of compost. Buy seed potatoes, five of each variety, earlies, mid-and late. Chit the potatoes by placing them in egg boxes, eye side up, in a light cool place until sturdy shoots appear. Put about four centimetres of compost in each bag and plant the potatoes five to a bag. When the leaves appear, cover them over with more compost and continue to do this until the bag is filled. Water and feed and hey presto - a crop of delicious potatoes! Well I think that is enough to keep you busy this month. Hope for some mild weather and enjoy your gardening.

Pam's Pot. Sent in by Pam Fearn. My efforts at the wheel seem to be working as I have now managed to make two pots ready for the kiln that you can actually recognise. I also enjoy making things freehand. I have made a dish from using clay coils as well as rolling the clay out and making a name plaque for my house! **You are never too old to learn!**

Forthcoming programme.

March 2012.

Wednesday 21st Informal lunch at The International Hotel, Burton Road, Derby at noon.

Wednesday 21st Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 24th Walking back to health - 🐢 Tortoise walk at Darley Abbey (2 miles). Meet at The Abbey pub on Darley Street. Meet at 09.30 to walk at 10.00 AM.

Tuesday 27th Coffee morning at the Cathedral Coffee Shop, 18/19 Irongate, Derby. Open between 10.30 and 11.30 AM.

Wednesday 28th Swimming at the Queens Leisure Centre at 3.15 PM.

April.

Sunday 1st Walking back to health – Allestree Circular Walk (5.5 miles). Meet at the car park on Woodlands Road. Meet at 09.30 to walk at 10.00 AM.

Wednesday 4th Swimming at the Queens Leisure Centre at 3.15 PM.

Wednesday 11th Swimming at the Queens Leisure Centre at 3.15 PM.

Monday 16th Speaker Alan Hopkin - "My Life in Music".

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

Saturday 21st Walking back to health - 🐢 Tortoise walk around Alvaston Park 1.5 miles). Meet at the car park on Meadow Lane (off London Road). Meet at 09.30 to walk at 10.00

Saturday 21st A day trip to Black Country Museum, priced at £18 to include museum entrance. Contact Bob Bletchley on 01332 751198.

Tuesday 24th Coffee morning at the Cathedral Coffee Shop, 18/19 Irongate, Derby. Open between 10.30 and 11.30 AM.

Tuesday 24th Formal Spring Lunch now rescheduled for 1 May.

Wednesday 25th 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.

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 Pat Fitton on 01332 342544 or to 1, Princes Drive, Littleover, Derby DE23 6DX or email patfitton@aol.com

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.