

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter May, 2015.



Anniversary lunch. We celebrated the 30th anniversary of Take Heart (Derby) in fine style on 18 April. Forty-nine people booked to attend our lunch at the Cathedral Quarter Hotel in the centre of Derby. We met in the foyer of the hotel and in true Take Heart (Derby) style, there was an immediate buzz of chatter over pre-lunch drinks. Derby telegraph sent both a reporter and photographer to record and report this historic event. We were joined by the Mayor of the City of Derby, Cllr Shiraz Khan and our President Dr Julia Baron. The Mayor was greeted by Chairman Michael Flude and introduced to the members, although he already knew some as they were customers at his store near Ambergate. The Telegraph photographer took a selection of shots, including the classic one of members gathered on the ornate staircase, plus the Mayor and Trisha Flude cutting the beautiful anniversary cake. The luncheon commenced with thanks given by Ted Evans as Master of Ceremonies. The food was prepared and presented by a new chef in true MasterChef style. It tasted even better than it looked and achieved many gracious comments for the diners. Each course was served by the very courteous staff who looked after us all so well, where nothing was too much trouble. During the festivities, Paul Dudley took a number of photographs to further mark the occasion.

Following coffee and cake, our chairman Michael Flude said a few words about the history of Take Heart (Derby) and added that there was an orchid available to all on their exit from the hotel, kindly donated by Trisha and Michael's daughter who had flown back from Thailand the day before with them. Michael introduced the Mayor who wished the group a strong and healthy future and kindly offered to support Take Heart (Derby) on an on-

going basis whenever he could. Indeed the British Heart Foundation is one of the Mayor's chosen charities for his year, along with Alzheimer's Society. Our President, Dr Julia Baron then asked for a vote of thanks to our Chairman for all his hard work on behalf of all the members of the group. This was duly endorsed by the members and guests present and indeed one member rose to her feet and said what a wonderful event this was and could we do it more often. She was complimentary about the friendliness and spirit she had found in the group. Praise indeed. Here are a selection of comments received *"We really enjoyed the 30th anniversary lunch last Saturday"* (E & B). *"The venue was good as was the meal"* (AE). *"It was an occasion well worth celebrating and the follow up publicity in the Derby telegraph was excellent"* (MT). *"The food was amazing"* (WP). *"Really enjoyed the occasion – the orchid was a fabulous touch"* (GF).



TH(D) President Dr Julia Baron writes, *"In the 30 years since Take Heart Derby has been running, it has provided support to both patients and their families who have been affected by heart disease. It is clear that they obtain a lot from this - many continue to attend events for years after their diagnosis and treatment, and in turn can share their experiences with the newer members. The range of activities provided encourages a healthy lifestyle - walks and swimming - as well as social events and fundraising. The hospital has been very grateful to have benefitted from generous donations of equipment over the years, from echo machines through heart monitors and equipment to make the patients more comfortable during their stays with us. The association with other groups,*

such as our cardiac rehabilitation team and the British Heart Foundation, has also been of strength to the Group. All of us who are associated with TH(D) also appreciate the time and commitment that it takes to run. It has been really encouraging to see the growth in members under the steady guidance of the current team, who have obviously hit on a popular formula. Well done - keep it up!"



Coffee in the Cube.

There was the usual merriment amongst the ensemble at the end of April. A great deal of enthusiasm about the recent luncheon was expressed, some talked of the prospects of Derby County and of Derbyshire Cricket. Others were planning their summer holiday but not before Michael had persuaded them to book tickets for the up-coming Old Time Music Hall. This month our famous bacon sandwich eater persuaded (very easily, I might add) another prominent



member to join him in sampling the fare – delicious. Thirty eight members seemed to be enjoying their monthly get together, where we were visited by yet another possible member recommended by our President, Dr Julia Baron. Great stuff, see you next month.

Talking of coffee – the tea maker Tetley have suggested the best way to make a cup of tea is to agitate the bag. Imagine the scene yesterday morning when I slapped her backside and said “two sugars, fatty!”

Birthdays. Birthday wishes this month go to Jean Sykes, Thomas Staehr, Olwyn Mills, David Rowe, Margaret Evans, Vera Clarke, Chris Scott, Janet Holmes, Rachel Robinson, Rachel Saunders, Andy Saunders, Emma Flude, Gail Mansfield, Reg Murray, David Hillis, Barbara Rhodes, Rob Turner, Chris Whewell, Robert Jones, Irene Brown, John Storry, Margaret Creswell, Alison Wheatley, Pamela Ashton, Peter Polhill, Vic Percival and Graham Colder. Happy birthday to one and all. 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.

Birthday card maker! After many years of delighting us with her beautifully made birthday cards, April Howe has given notice that she will retire in March 2016. We therefore need someone (or two) to take on this task. If you have these skills, then please contact Michael for an informal chat.

A cowboy rode into town and stopped at a saloon for a drink. Unfortunately, the locals always had a habit of picking on strangers, which he was. When he finished his drink, he found his horse had been stolen. He went back into the bar, handily flipped his gun into the air, caught it above his head without even looking and fired a shot into the ceiling. “Which one of you sidewinders stole my horse?!?!?” he yelled with surprising forcefulness. No one answered. “Alright, I’m gonna have another beer, and if my horse ain’t back outside by the time I finish, I’m gonna do what I dun in Texas! And I don’t like to have to do what I dun in Texas!” Some of the locals shifted restlessly. The man, true to his word, had another beer, walked outside, and found his horse had been returned. He saddled up and started to ride out of town. The bartender wandered out of the bar and asked, “Say partner, before you gowhat happened in Texas?” The cowboy turned back and said, “I had to walk home.”

Member news. Amongst members who been unwell recently were April Howe who is recovering at home after a short stay in RDH. Trisha Flude is to undergo a new procedure at Glenfield in the near future. Betty Hassell is succumbing to Alzheimer's but appears happy in her care home. Denis Pollard has been unwell recently but is recovering. Alan Bown has had emergency surgery at RDH and is now in recovery. 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.

As I have grown older, I've learned that pleasing everyone is impossible but upsetting everyone is a piece of cake!

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. A report by Dorothy Stevens. On 25th April a group of walkers gathered at Hilton Gravel pits for a tortoise walk. David and some of the stronger walkers decided they wanted a longer walk. So we all set off together to walk alongside Hilton Gravel Pits. This 75 acre site was used for gravel extraction until 1945. The area was then bought by Derbyshire Naturalist Trust in 1972 and developed into a nature reserve. The gravel pits flooded and the area around them naturalised first as reed swamp, then scrub, then woodland. The water birds included Terns, Mallards, Coots, Grebes, and others. Trees included Willow, Birch, Scot Pine. We found an area where rare orchids were beginning to grow. Then on into Hilton village coming into sight of Wakelyn Old Hall, a fine grade 2 listed building, originally built in 1625 for John Wakelyn. It has recently been refurbished inside, but the exterior timber framing been left. Here the stronger walkers left us for their walk to Hoon Ridge. The rest of us continued the walk past what at one time had been an army ordinance depot covering some 270 acres and employing mostly civilian workers. There is nothing left of it now, as modern houses, shops and the caravan sales area were we enjoyed rest and refreshment have been built. Continuing our circular walk we soon arrived back at the car park.



A Beautiful story about a good hearted solicitor. One afternoon a lawyer was riding in his limousine when he saw two men along the road-side eating grass. Disturbed, he ordered his driver to stop and got out to investigate. He asked one man, "Why are you eating grass?" "We don't have any money for food," the poor man replied. "We have to eat grass." "Well, then, you can come with me to my house and I'll feed you," the lawyer said. "But sir, I have a wife and two children with me. They are over there, under that tree." "Bring them along," the lawyer replied. Turning to the other poor man he stated, "You may come with us, also." The second man, in a pitiful voice, then said, "But sir, I also have a wife and SIX children with me!" "Bring them all as well," the lawyer answered. They all entered the car, which was no easy task, even for a car as large as the limousine. Once under way, one of the poor fellows turned to the lawyer and said, "Sir, you are too kind." "Thank you for taking all of us with you." The lawyer replied, "Glad to do it. You'll really love my place. The grass is almost a foot high." Come on now... you really didn't think there was such a thing as a heart-warming solicitor story...did you????

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.

Old Time Music Hall. Tickets are available from Michael on 01332 380219. Book early to avoid disappointment. We are to showcase an "Old Time Music Hall" event on 13 June at St Nicholas Church Hall, Allestree Lane, Allestree. You will be regally entertained and royally dined. Price for members is £4.00 and for guests £7.00. The evening will commence at 7.00 PM.



May AGM. It does not seem that long since our previous AGM but a whole year has gone by. There were reports from various committee members about our activities during the past twelve months (membership, finance, publicity, walks, swimming, lunches etc). There was an update on the group's progress regarding applying for charity status. Michael gave those present a copy of a new Constitution, which incorporated our aims and objectives as previously approved. The new document included a host of scenarios which do not apply to TH(D) at this time (i.e. we do not own any property) but it is written in the standard format for a charity. After a series of questions there was a unanimous vote in favour of the new Constitution. There was also an election of new committee member Margaret Storry and the re-election of Pam Fearn and Robert Jones. The AGM was declared closed and our President, Dr Julia Baron took questions about heart related medical matters from members, which she answered with candour and to the satisfaction of the meeting. Normal business next month.



Next month. Eric Boulton of Ecclesbourne Valley Railway, Project Manager of Wyvern Rail plc which owns Ecclesbourne Valley Railway - a community owned and locally managed venture. Over a ten year period, EVR has lovingly restored the track between Duffield and Wirksworth - a length of 8.5 miles. Eric has been involved since the early days, and so he is well qualified to tell us how it has been achieved and what is on offer for the families and enthusiasts who visit them. The talk is entitled "The Ecclesbourne Valley Railway - into the next decade" and covers the remarkable history and background of the railway, illustrated with lots of pictures. Perhaps Take Heart (Derby) could charter its own train?

Paddy took two 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 the last century. Do you have any idea what they would fetch if they were in good condition?" "Sticks", says Paddy.

Feedback. The following is feedback from last month's Newsletter, "*Thanks for another good newsletter. Must go to Cube or on a walk one day. Don't find it easy going to large groups alone but I imagine people will be friendly as they have been during swimming session/ I received and enjoyed reading the April Newsletter/ I have received and printed this months news letter (for my department)/ Thanks for the April newsletter, interesting, as we have come to expect/ Just to confirm receipt of April newsletter. Pretty good, as usual/ Newsletter duly received --- as good as ever/ I keep telling my wife that I have all sorts of information stored in my brain; usually with a reply of 'yes dear', in a tone that we are all familiar with!! The only thing that she agrees with is that most of it is rubbish!!/ Thank you for the April Newsletter received it and had no problems opening the attachment/ Many thanks for the news letter, I liked the kitchen floor joke, I am quite safe because I am the one who washes the kitchen floor, ha, ha/ Thank you for the newsletter Michael, it's always a pleasure to read/*".

An old man explained to his grandson, "My son, there is a battle between two wolves inside us all." "One is evil. It is anger, jealousy, greed, resentment, lies and ego. The other is good. It is joy, peace, hope, love, humility, kindness, empathy and truth." The boy thought about it and asked, "Grandfather, which wolf wins?" The old man quietly replied, "The one you feed."

Jam Jar Challenge for February 2016. If each home saved just 50p per month, that would be a fantastic £720 for the year. If you could manage to save a little more, you can see the difference it will make. It seems so easy if we all pull together, please help if you can?



Dream Shoes a poem by Trisha Flude

They stood in the window of the charity shop,
Forlorn and scuffed with a soft checkered top,
The shoes of my dreams I knew at a glance
My eyes lit up my heart did a dance

I walked inside and picked one of them up,
Held it close what a dream, my happiness cup
Ran over with joy so deep and profound,
My sole mates at last, I was sure I had found.

"Two pounds fifty they are" said the woman in grey
"They're brand new you know, just came in today"
"Oh dear" I sighed, "I'm not really sure",
I put down the shoes and I looked at the door.

My heart was a flutter I looked up and down
Shuffled my feet, gave a sigh and a frown
Can I afford them, I thought, oh I must make them mine,
But I dithered and dithered, just wasting time.

The door-bell rang and in walked plain Jane,
"I'll have those shoes there, my voice locked with pain,
I gasped and I groaned as she paid for my shoes,
I just couldn't cope with the terrible news,
I'd lost them my dream shoes, I dragged myself out
You see what can happen by dithering about

Donation. Following the passing of their dearly loved mother June Naylor, son Graham and his sisters have donated a large sum of money to TH(D). Graham says, *"Mum died on 5 April 2015 due to heart failure and heart disease. She had suffered from heart failure for many years, and we are very grateful to the doctors and nurses at the Derby hospitals whose care kept her with us to the age of 87. My sisters and I wanted the money donated at Mum's funeral, in lieu of flowers, to go to a local charity that helps people with heart problems. I discussed this with my cousin, Sue Robinson, who sent me your contact details. After speaking to you, I realised that Take Heart is exactly what we were looking for."* We are sorry for your loss but thank you for your gift, which will put to good use.



Gardening tips for June. We are fast approaching the longest day of the year on 21 June. The extra light and warmth encourages plants to have a growth spurt. It also means that weeds will be abundant too, so keep on top of the weeding job regularly. Ten tips for June are 1. Hoe borders regularly. 2. Be water-wise, especially in drought affected areas (not this is not a joke, you know what happens if we get two days of sunshine one after the other). 3. Pinch outside shoots on tomatoes. 4. Harvest lettuce, radish, other salads and early potatoes. 5. Hang out baskets and containers. 6. Mow lawns at least once per week. 7. Plant out summer bedding. 8. Stake tall and floppy plants. 9. Prune spring-flowering shrubs. 10. Shade greenhouses to keep them cool and prevent scorch. (Source of info from Royal Horticultural Society web site).

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!"

Mixed fish parcels with Broccoli & basil.

400g broccoli	100g fresh salmon fillets
100g fresh cod fillets	300g fresh mussels, shell on
2 tbsp lemon juice	1 tbsp pine nuts
40g bunch fresh basil	4 tbsp butter or butter light

Black pepper

Preheat the oven to 200C, gas 7. Cut the broccoli into florets and cook for 3 minutes in boiling water. Drain well. Tear off 2 large pieces of tin foil. Divide the broccoli, fish and mussels over the sheets, place in the middle. Drizzle with ½ tsp lemon juice each. Fold the foil over the filling and scrunch the sides together tightly to seal. Toast the pine nuts in a dry frying pan until golden brown. Leave to cool. Put a few basil leaves to one side. Using a hand blender, whizz together the butter, basil, toasted pine nuts and the remaining lemon juice. Season with black pepper. Cook the mixed fish parcels for 15 – 20 minutes in the oven. Place them on two plates. Open the foil (carefully) and spoon some basil topping onto the broccoli and fish. Close the foil back up again and leave for 30 seconds. Serve immediately and enjoy.

Anti-depression kit. A **penny** so you will never have to say "I'm broke". An **eraser** so that you can make all your mistakes disappear. A **marble** in case someone says "You've lost all your marbles". A **rubber band** to stretch yourself beyond your limits. A **string** to tie things together

when everything is falling apart. A **Hug and a kiss** to remind you that someone, somewhere cares about **you!**

Forthcoming programme.

May.

Tuesday 19 th	Lunch at The Bridge Inn, Duffield DE56 4BG at 12 noon.
Wednesday 20 th	Swimming at the Queens Leisure Centre at 3.15 PM.
Tuesday 26 th	Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 27 th	Swimming at the Queens Leisure Centre 3.15 PM.
Saturday 30 th	Walking back to health - 🐢 Kedleston Hall & Park walk of 2 ¾ miles, meet at Hall car park, Kedleston Road,

June

Wednesday 3 rd	Swimming at the Queens Leisure Centre at 3.15PM.
Monday 8 th	“Ecclesbourne Valley Railway – Into the next decade” brought to life by Eric Boulton.
Wednesday 10 th	Swimming at the Queens Leisure Centre at 3.15 PM.
Saturday 13 th	Walking back to health – 🐢 & 🐢 Shipley Park, Nutbrook Trail & Erewash Canal walk of 3 to 9 miles (to suit those who attend), meet at car park Slack Lane, off Heanor Gate Road, Heanor, Derby DE75 7GX at 9.30 to walk at 10.00 AM.
Saturday 13 th	Travel Trust day trip to Ilangoollen & canal. Contact Bob Betchley on 01332 751198 for details and booking.
Tuesday 16 th	Lunch at The Seven Wells, Etwall DE65 6LS at 12 noon.
Wednesday 17 th	Swimming at the Queens Leisure Centre at 3.15 PM.
Wednesday 24 th	Swimming at the Queens Leisure Centre at 3.15 PM.
Saturday 27 th	Walking back to health - 🐢 Ashford in the Water walk of 3 miles, meet at Vicarage Lane car park, Ashford In The Water, Derby DE45
Tuesday 30 th	Coffee morning at The Cube café/bar from 10.30 AM.

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 Seated exercise classes at URC, Becketwell Lane, Derby. Tel Gwen on 01283 701284

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 be sent to Marilyn on 01332 558756 along with recommendations for lunch venues.

Affiliated to the British Heart Foundation