

# Take Heart

(Derby)

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

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



## Newsletter November, 2013.

There are more members responding to this Newsletter than previously, which is terrific. Please continue to take part.



Derby  
**Heart City**

Love our city ♥ Love your heart

**November speaker.** A report by Pat Fitton. We had a "full house" on Monday to hear our very popular speaker - Wendy Pickering. Many of you know Wendy, a cardiac nurse working in Rehab at the Derby Royal Hospital, who will have encouraged and inspired you during your exercise sessions there. Wendy brought Chris with her to tell of his experiences. Chris is awaiting a heart transplant and currently has a "piggyback" heart to help his own heart to function. We were fascinated to hear how the piggyback functions and the fact that with that in place Chris has no perceptible pulse or blood pressure. His own heart functions at only 10 per cent of normal. Wendy went on to talk about how many people, having suffered from heart problems, lose confidence, become anxious and are often angry and frustrated. It is common to have a fear of ongoing symptoms, become tearful, emotional and depressed. Panic attacks are not uncommon. We were told that carers often suffer similar emotions to the patient. They will be caring and very protective and will become quite exhausted with the strain and effort. This is where attending rehab classes can be so important, not only by exercising to help the body to heal but also by the talks and counselling that the dedicated and caring staff provide. How comforting it is to know that you are suffering from known effects, that you are not alone in this respect and that help is at hand to restore your flagging confidence. Wendy delivered her talk with great cheerfulness and humour, it was very informative and encouraging and we all came away happy in the knowledge that there are such people out there to help us when we need them.



**Next month's meeting.** There is no meeting in December. See you in the New Year on 13 January 2014 for a talk entitled "I never knew that." I didn't but you will if you turn up!

**Coffee in a Cube!** Around 40 members turned out at the Cube café/bar at the end of last month, minus Trisha and Michael who were in the resuscitation department at the RDH. Barbara was kept busy throughout the morning with requests to attend our Christmas luncheon. She is taking names in case of cancellations now. The coffee, tea and chat were following in the usual manner, many talking about their plans for Christmas.

**Member news.** Since the last Newsletter was published, we have learnt that several members have been unwell. Shall we hold an additional meeting in A & E or MAU? When Trisha was admitted to RDH recently we met with Paul & Brenda Riley who were there on a similar mission. As well as Trisha and Paul, other members who are ill are Ann Quadri, Betty Hassell, Margaret Knifton and Ted Evans. Also, we have received a note from Vera Allsopp and Gordon Gaskin. Gordon has been very poorly recently, with a stay at RDH but is now at home convalescing. We wish you all a speedy recovery. If you are unwell and not mentioned here, we apologise but we were not advised of your difficulty.

**Pat Fitton, Secretary of TH(D)** has announced her retirement from our committee. She has decided to move home to be nearer her family. We shall miss her very much and a more fitting tribute to her will appear in next month's Newsletter. Good luck and best wishes from all of us.

**New members.** This month we welcome Douglas & Pamela Leach, Jane Salmon and Adrian & Sue Blamire to our group and wish them well and hope they enjoy as many of our events as possible.

**Birthdays.** Birthday wishes in November go to Dorothy Thornhill, Ted Bland, Gordon Gaskin, Mathew Taylor, Alan Bown, Jean Clarke, Dennis Pollard, Trevor Gilbert, James Robinson, Cyril Thornhill, Stuart Norton, Molly Illsley, Les Baynton and Josephine Fowler. Happy birthday to you all. We continue to receive thanks from those who have received birthday cards made by April Howe. If I have missed you, then please contact me with you details.

**Great hope for heart operations.** The BHF are reporting of a pioneering operation to improve the functioning of failing hearts while they are still beating. The most common cause of heart failure is where arteries which nourish the organ become blocked, leading to a heart attack, heart muscle dies as a result and is replaced with scar tissue. Over time, scar tissue stretches and enlarges the heart, leading to a weaker heart. An operation at Kings College Hospital has taken place, where surgeons have effectively reduced the size of a heart to enable it to pump more effectively. The operation is less traumatic and less invasive. BHF Professor Jeremy Pearson said, *"The results of this trial will determine if this experimental procedure is safe. If the trial is successful, there will be further use of the technology as surgeons gain expertise in the technique. As more people are treated with this procedure, it will become fully clear whether it will have a real benefit for patients"*. Dr Julia Baron comments, *"The main difference here is it is a less invasive operation, which does not involve cutting and re-sewing of the heart muscle and just uses clips. The advantage (over the previous technique) is that the risks of the operation may therefore be less."* Watch this space.

**Flu jab time.** Have you had yours yet? If not, then do not delay any longer. Contact your GP today.

**We love children –** I was driving my 3 year old daughter to her dance class on summer evening. A convertible car, with the top down, overtook us and the woman passenger stood up and waved – she was naked! I was reeling with shock when my daughter shouted, "Mum, that lady isn't wearing a seat belt!"

**Stay warm and healthy.** Yes, it is that time of year again, can you remember the summer? It seems to have been raining for weeks and weeks.

Here are a few tips to help:

Close curtains and blinds at dusk (do not cover up radiators).

Turn down the thermostat 1 degree to cut 10% off your heating bill.

Take a shower rather than a bath, it uses 40% less water.

If you bathe, do not overfill the bath.

Turn off lights when you leave the room.

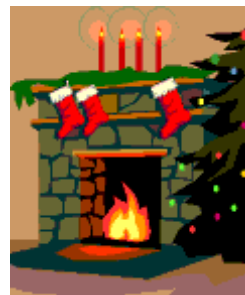
Check immersion heater temperature setting – 60C or 140F is ideal.

Do not leave appliances on standby.

Use washing machine on economy setting or when it is full.

Only boil enough water in the kettle for your immediate need.

Use a microwave for cooking small items.



De-scale electric kettles regularly, it takes more energy to boil the same amount of water. Check insulation levels in the loft – 270mm (10.5 inches is recommended).

Cavity insulation is one of the most cost effective energy efficient measures you can take. Lag cold water pipes in the loft.

Ensure the hot water cylinder is completely enclosed with lagging.

You do not need to attend a GP surgery if you have a cold. Keep warm and drink plenty of water to avoid dehydration.

Use the Drop-In Centre on Osmaston Road or call 111 if it's less urgent than 999.

Your pharmacist can advise about medication and over the counter remedies.

Ensure you have repeat prescriptions requested in plenty of time to avoid bank holiday closures.

Check the opening times of local walk in centres before the festive season gets underway.

Eat healthily.

Make sure you have your flu jab.

Consider having the Pneumococcal Vaccination to prevent pneumonia infection. The injection can be given at any time and usually is required only once in a lifetime.

Wear several thin layers of clothing, it is easy to add or remove another layer to stay comfortable.

**DO NOT BLOCK VENTILLATION COVERS.**

And finally – why is it that in winter we try to keep the house as warm as it was in summer, when we complained about the heat?

If you need help, telephone Derby City Council helpline 01332 640337.

**A little old man** shuffled slowly into an ice cream parlour and pulled himself slowly, painfully, up onto a stool... After catching his breath, he ordered a banana split. The waitress asked kindly, 'Crushed nuts?' 'No,' he replied, 'Arthritis.'

**Swimming.** Ted Evans writes: *“thank you for the sessions, which as well as maintaining my cardiovascular system the session has helped the fitness for the competitive part of my life. This culminated in some swimming at the National Masters Championships this last weekend in Sheffield. I swam in SIX events: I won 2 Gold, 2 Silver and 2 Bronze medals, and exceeded all my expectations, which included backstroke, breaststroke and freestyle events. I was quite pleased!! I hope to continue competitive swimming*



*for a bit longer.”* Congratulations Ted, a magnificent effort but those who have seen you powering up and down the pool are not surprised. 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. It is healthy, great exercise, could prolong your life, and **reduce aches and pains**. Those who turn up, say how good the exercise is and how they feel better for having made the effort. Even if you only walk across the shallow end, you will improve your stamina. Where are you all? See you all next week?

**The teacher asked** “Donald, what is the chemical formula for water?” Donald replied, “H I J K L M N O.” The teacher said, “What on earth are you talking about?” Donald responded with, “Well, Miss, yesterday you said it's H to O!”

**October lunch.** A report from Pam Fearn. Sixteen Take Heart (Derby) members attended the lunch in the friendly atmosphere of the Cherry Tree Farm on Thursday 17th. You could have a meal from the main menu with table service, but most of us chose a meal from the lovely carvery, with a choice of three sizes of plates depending on how big your appetite was. This popular restaurant caused a few delays because of the size of queues for the carvery but it was certainly worth the wait. A choice of three different meats plus a very good range of vegetables, a well-priced and tasty meal. Nice to return here again but one member was disappointed to receive a less than hot meal, although everyone else ate a piping hot meal.



**Trust me, I'm NOT a doctor.** Did anyone see the recent BBC2 series 'Trust me I am a doctor'? The programme tested the link between air pollution and heart health. In particular, the focus was on traffic pollution, which is a major source of pollution giving off nitrogen dioxide, carbon monoxide and particles into the atmosphere. There is already a link between air pollution and cardiovascular disease (including coronary heart disease and stroke). Studies prove that this can make existing heart conditions worse and can cause cardiovascular events. The research was undertaken by the University of Lancaster, who chose the busy A90 in Lancaster. A group of eight terraced houses were tested. Computer and television screens were cleaned inside each house. Outside four of them, a row of silver birch trees were positioned in planters. Two weeks later the TV and computer screens were then checked again. The laboratory results showed that those with the trees outside were 50 – 60% lower pollution contamination than those without the trees. The leaves are covered in tiny hairs and ridges which help trap the pollution particles but their sparse structure allows air to keep circulating. When it rains, the pollution is simply washed off. So, during the flowering season, silver birch trees act as a filter to this type of pollution. For more detailed information go to [www.bhf.org.uk](http://www.bhf.org.uk), and also <http://www.bbc.co.uk/programmes/p01dgd9c/features/pollutionexperiment>. I can see the queues at the garden centres now.

**Pericles** said "What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others."

**Equipment for sale.** Andy Hopkins has an INR meter for sale. Only used the ten test strips supplied with the meter to familiarise himself about how to use it. For someone taking Warfarin it would be invaluable and would enable them to keep a closer check on their INR levels without the weekly blood test. The meters cost over £200 when new, but would accept £100. Contact 01332 595258.

**Feedback.** The following is feedback from last month's Newsletter. Does this reflect your view or do you wish to say something different – *"Thank you for the entertaining and informative October newsletter/Thank you for your newsletter, I think it is very friendly and easy to read! Thank you also to you and your group for kindly raising funds for BHF through your fundraising dinner, we very much appreciate it/It is a great read/Another superb publication/Thank you again you do a wonderful job providing the newsletter for*

*all/once again it was full with very interesting and informative topics/Newsletter as good as ever/As always, thanks for the Newsletter and also the Christmas lunch form/ Another interesting Newsletter ,full of good reports of Take Hearts Derby's activities/Thank you for the excellent letter”* But do you agree? These are comments via email, it would be nice to hear from those who receive the Newsletter via post. Let Michael have your views.

**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.

**Walks Calendar for 2014.** The calendar for 2014 is now available. Each household of registered members will receive one free of charge. Last year many of you ordered additional copies to give as gifts to family and friends. Some of our calendars reached Canada and Australia last year. You can order additional copies from David Rowe on 01332 767368. Book yours now for a minimum £4.00 per copy. Remember all photographs are taken by TH(D) members and as such are inspiring originals. How far will you be sending copies this year? Let Michael know, please.



**Jam Jar Challenge & Old Timers disease.** How are you getting on with your jam jar? Is it filling up? We will empty them in FEBRUARY, not November. I hope your jar is brimming with cash. Please bring them to our coffee morning on **25 February** or contact Michael.

**Manila Marilyn.** It seems Marilyn is able to afford three holidays each year in Manila. Unfortunately on each visit she seems to get robbed and sends an SOS email for money. That is one way of funding each trip. Robert Jones sent this response, *“Dear Marilyn, whilst naturally sorry for your plight I have to mention that going to Manila 3 times and getting robbed on each occasion shows that you do not learn your lessons easily! Having sold my grandfather clock at a knock down price to send you the money after the first incident, you can imagine how I felt having to sell my late father's collection of stuffed gold fish to help you out a second time. I have to tell you that this will be the last time that I help you out. I hope you realise that to raise the funds to help you -yet again- will mean that I have to spend an unpleasant and humiliating weekend as a male prostitute in Normanton and I will be roasting Cecil my pet canary for Sunday lunch to save on housekeeping. I would only do this to help out a fellow Take Heart committee member. I do urge you to take your family holidays at Clacton or Skegness where the danger is limited to slipping on discarded chips. Finally, please could you e mail your fellow Magistrates to go easy on any fat chap picked up for soliciting over the weekend. I will be wearing Pin striped shorts and a false moustache. Have a safe journey home.”*

**For the mathematician.** The fattest knight at King Arthurs round table was Sir Cumference. He acquired his size by eating too much pi.

**Talking Walking.** On the road to a longer life. It is healthier to walk, so see you all soon. Bring your family and friends to enjoy a great social occasion and join in fun which is good for all of us and get great exercise in beautiful Derbyshire countryside.

**Hare & Tortoise combination walks.** An addendum from last month's Youlgrave walk from Sally Cholerton: The Take Heart hikers, always up for a challenge, met in the pouring

rain in the car park in Youlgrave and quickly decided on the routes for the “hare” and “tortoise” walkers. We all walked through the village to find a suitable café for later. There wasn't a café, but there were 2 pubs and a coffee morning in full swing. We then walked down Bradford Road towards the river, taking our time to look in to other people's gardens to see what they were growing. Mrs Chris got side-tracked looking into someone's front garden where plants were for sale.



David took a group picture by the river before the more active “hare” walkers took off for Alport. It was noticeable that, despite the atrocious weather there were at least 3 other walking groups still enjoying the fresh air and exercise in the village. The 3 less fit “tortoise” walkers hiked back in the opposite direction along the river, looking at the rain falling on the beautifully clear water. We had to smile at part of the river with a “Bathing Area” sign, but decided we'd try that out in the summer! We noticed with some trepidation that all the paths from the river level back up to the village were about 1:4 gradients. However with gritted teeth we set off, having frequent stops to get our breath back – another excuse to see what people were growing in their veg plots. Arriving back in the centre of the village we decided to try out the coffee morning at the Wesleyan Chapel Meeting Room. They were raising money for church funds and were very welcoming. The “tortoises” were happy to pay for coffee, biscuits and to have a warm up. Having had a good natter, eating all the biscuits, bying items from the bric a brac and “harvest festival produce” stall we made our way back to the car park having had a very entertaining morning. By the time the hare walkers returned to the village the café had closed but we had enjoyed it!

**Hare & Tortoise.** On Saturday 9th November the Hare walkers set off at a quicker pace, than the slower tortoise group, who had a very nice wander around the mill complex and village of Darley Abbey and Darley Park. We started by passing the Abbey pub which was constructed in the 15th century as part of the monastic buildings. Then on across the river to the mill site, the first mill being built by Thomas Evans and associates in 1793. The factory village of Darley Abbey was started in 1830 for the mill workers. After a walk around the village we made our way to the café in Darley Park for well-earned refreshments. The café is housed in what was the billiard room of Darley Hall, home of the Evans



family and their descendants from 1830 until 1929. It was then given to the local council with the parkland in 1931, used as a school before finally being demolished in 1960.

**Tortoise walking.** The October tortoise walk (by Chris Wright) was a fairly gentle stroll mostly in pleasant sunshine around Little Chester and Darley Park. After a little confusion about which car park to meet up in (for which the satnavs can conveniently be blamed) the tortoise group set off through the back streets of Little Chester taking a little time to inspect one of the 2 remaining Roman wells, which were decorated by a pile of leaves in typical autumnal fashion. We continued through Darley Park admiring the efforts of the rowers on the Derwent as we headed towards Darley Abbey, passing the Derventio Brewery as the toll bridge was



crossed. The path led us into Darley Park in which a welcome refreshment break was taken at the Tea Rooms. While Michael was gathering additional chairs for our al fresco gathering a member of the group was heard to quip 'are you the chairman, Michael'? All that was left was to return to the car park via the parkland with an optional detour to

inspect the (boar?) statue. What a lovely way to pass some time away in the company of friends we have just met.

**If you need help getting to the walks**, please telephone David Rowe on 01332 767368 or 07890 645645.

**Many women** like to marry a military man – he can cook, sew, make beds, can iron, is in good health and he's used to taking orders.

**Gardening.** A report from Pat Fitton. November is not the month most conducive to having a happy hour working in the garden - with the incessant rain and strong winds that we have been experiencing. However on the few good days that we get there are jobs waiting to be done. If your garden is anything like mine it is becoming carpeted with them, though a nuisance that they are, they are a very valuable commodity. It is best to collect the leaves when they are very wet, this will help them to decompose more quickly. Put them in a black plastic bag, make a few small holes in the bag and leave in a corner of the garden at 12 months or so. The final product makes a wonderful soil improver and mulch for all woodland plants. Tulips should be planted in November, so, if you have not already done so plant them now. Give your roses an autumn prune. Cut back any leggy stems on shrub and bush roses to ensure the roots are not loosened by wind rock during the winter gales. Prune stems back by up to half, making a sloping cut just above leaf bud. Remove damaged or dead stems, cutting back to healthy wood. In general - have a clean-up - if you have a greenhouse, wash the windows and fumigate to get rid of overwintering bulbs. Wash out plant pots, clean tools and lawnmowers etc., before putting them away for the winter. Finally - protect tender plants from frost, cold winds and snow. Spring won't be so long incoming and then - - it all begins again.

**October poser.** From which animal do we get cat gut? Dorothy Stevens was the first to respond with the correct answer – sheep or horses. Many others have since got it right.

**November poser** – what type of bird is in the picture?



**Community Support** by Les Baynton, BHF Ambassador. I have visited many different places in my role as BHF Ambassador. On my visits to schools, WI's, business premises, and Rotary Clubs I have usually spoken to around 30 to 40 people, and had the pleasure of accepting cheques for the BHF. So I was surprised to see an audience of around 250 people when I went to the Shree Ram Mandir, a Hindu temple in Leicester. I spoke about the work of the BHF and accepted a cheque for over £700, raised by collections at a Father's Day event, and the birthday of a Hindu Saint. Everyone was very welcoming and appreciated the work of the Heart Foundation. We finally went to a hall below for a meal; they fed several hundred people that night. This was great support and a very warm welcome from the Leicester Asian Community, and a fascinating experience.

**YOUR story of heart illness & Recovery.** Michael would like to hear your story and how you overcame your heart difficulties and what you enjoy about Take Heart (Derby). Write to him at Willowbrook or via email. A few have been submitted for which Michael is very grateful. Help by passing your story to Michael.

**An old man** went to his doctor. "I've got toilet problems" he said. The doctor asked, "Let's see. How is your urination?" "I go at 7 o'clock every morning," the man replied. "That's

good, said the doctor, "How about your bowel movement?" he asked. "8 o'clock every morning like clockwork," the man replied. "So what's the problem?" the doctor enquired. I don't wake up until 9 o'clock!"

**Membership fee.** In June 2012, we decided to increase our annual membership fee in two stages, to £7.50 for 2013 and to £10.00 for 2014. Many of you do contribute more than the minimum for which we thank you. This is a charge per household and includes a monthly Newsletter, personalised birthday cards (for all members of your family registered with us at your home), one copy of our annual walks calendar, and public liability insurance at all Take Heart (Derby) official events. The cost of stamps is one of our biggest and regular costs. Taking all into account, this is probably the best value membership in Derbyshire. Please make cheques payable to Take Heart (Derby) and send them to Richard Flatman, 32 Cornhill, Allestree, Derby DE22 2FS. Thank you for your attention at this time.

**"Trouble in Pantoland."** That is the title of a 'panto' being presented by The Enfield Players on 9, 10, 11, 16, 17 and 18 January 2014. It will be performed at Mackworth United Reform Church Hall, Enfield Road, Mackworth, Derby DE22 4DG. Evening performances are at 7.15 PM with a matinee at 2.15 on Saturdays. Adult prices are £7.00 (concessions where available £5.00). Contact Mrs. P. Clifton on 01332 514956.

### **Forthcoming programme.**

#### **November.**

- Saturday 23<sup>rd</sup> Walking back to health - 🐢 Swarkestone walk of 4 miles. Meet at the Community Centre, Barley Croft, Chellaston.
- Tuesday 26<sup>th</sup> Coffee morning at The Cube café/bar.
- Wednesday 27<sup>th</sup> Swimming at the Queens Leisure Centre.

#### **December.**

- Wednesday 4<sup>th</sup> Swimming at the Queens Leisure Centre.
- Saturday 7<sup>th</sup> Walking back to health - 🐢 & 🐢 Barrow on Trent walk of 5 or 2.5 miles. Meet at St James Church car park in Swarkestone.
- Tuesday 10<sup>th</sup> Christmas lunch at Littleover Lodge, Rykneld Road, Derby DE23 4AN.
- Wednesday 11<sup>th</sup> Swimming at the Queens Leisure Centre.
- Tuesday 17<sup>th</sup> Christmas coffee morning at The Cube café/bar.
- Wednesday 18<sup>th</sup> Swimming at the Queens Leisure Centre.
- Saturday 28<sup>th</sup> Walking back to health - 🐢 Calke Abbey walk of 3 miles. Meet at Ticknall Village Hall car park.

### **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](mailto:michael.flude@takeheartderby.co.uk). Items for the newsletter should be sent to Michael, information about publications to Marilyn on 01332 558756.

Affiliated to the British Heart Foundation