

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter November, 2014.



Derby
Heart City

Love our city ♥ Love your heart

Coffee in a Cube! Once again there was a tremendous gathering of 38 members attending Octobers coffee morning. Barbara was dealing with menu choices for the forthcoming Christmas lunch and Michael was distributing tickets for the 'Keep the Home Fires Burning' event for 8 November. There were many discussions about plans for the festive period, some having their family returning home, others going away to hotels, some visiting their sons/daughters in destinations throughout the UK. Pantomimes have been booked, many confirming that they have already purchased all their presents already, with the odd bachelors stating they would do it on Christmas Eve as usual. What a diverse bunch we are. I can confirm that the BHF representative and a camera person will be attending our next coffee morning on 25 November. It would be great to see the Cube packed out with smiling faces (just pretend to be enjoying yourself). They may mix amongst us and listen to our stories, be prepared.



November meeting. Dr Damian Kelly, cardiologist of Royal Derby Hospital, was our guest speaker this month, well not so much a speaker as the panacea to all our ailments. Twenty-seven members listened to his interesting talk. He specialises in the investigation and treatment of adult cardiovascular disease. He sees patients for cardiovascular risk assessment and hypertension, heart failure, palpitations, blackouts and heart valve disease. He aims to fully involve the patient by providing a clear explanation of the diagnosis and discussion of available treatment options. Dr Kelly began by talking about stable and unstable angina. He explained that stable angina is when pain is precipitated by predictable factors, usually exercise or stress, it lasts on average from 1 to 15 minutes and is relieved with rest or a medicine called GTN (nitro-glycerine) and is less serious than unstable angina. He went on to explain that unstable angina is a condition in which your heart doesn't get enough blood flow and oxygen and may lead to a heart attack. Coronary artery disease due to atherosclerosis is the most common cause of unstable angina. Atherosclerosis is the build-up of fatty material called plaque, along the walls of the arteries; this causes arteries to become narrowed and less flexible. The narrowing interrupts blood flow to the heart and people with unstable angina are at a higher risk of having a heart attack. He continued to explain that unstable angina is chest pain that is

sudden and often gets worse over a short period of time and you could be developing unstable angina if the chest pain starts to feel different, more severe, comes often, or



occurs with less activity, does not respond well to medicine, a drop in blood pressure or shortness of breath. The first written description of angina was by W. Heberden in 1772. Dr Kelly then went on to talk about heart failure and whilst there isn't a cure at the moment, the treatments available to control symptoms are helping many people live full and active lives, with some benefiting from having a pacemaker fitted.

He went on to tell us that there is a new drug coming out, the first in 30 years. This drug has not been given a name yet but should be available in 4 to 5 years. Dr Kelly talked about statin's and how they can help, and would always advise his patients to take them but he said if any of them chose not to he would not push them to change their minds. Members were invited to ask questions. One member asked about palpitations. Dr Kelly explained that people who have palpitations are aware of their heart beat, the extra beats or chaotic rhythm. Another member told us that he'd had unstable angina but after a quadruple bypass in the 1990's he had not had any angina since. A third member said that he had tried to take beta blockers but had a very bad side effect and had to stop taking them, and Dr Kelly conceded that this can sometimes occur. Dr Kelly was asked about travel insurance, he said insurers can vary but the British Heart Foundation has a good list of insurance companies people can ask for.



Next month. It's Christmas and we traditionally do not have a meeting or speaker for December. Our programme for 2015 is now complete and will be printed soon. We start the New Year with hypnotherapist Nicole Huthwaite, will transport us into another dimension. What a way to start 2015. Put the date in your diary now.

A nation of lifesavers is the aim of BHF in a new strategy to 2020. Every year 30,000 people in the UK suffer a cardiac arrest out of hospital. Less than 1 in 10 survive whilst 1 in 4 survive in Norway, where large portions of the population are taught CPR. The BHF initiative aims to train more people in CPR with a campaign aimed at schools, sixth forms and colleges and will supply free training kits. The BHF will increase accessibility and availability of Public Access Defibrillators (PADs) and also create national register of PADs so that they can be located swiftly and easily. The Government are also to be requested to ensure that all school leavers know how to save a life. You can support the BHF effort by signing the petition at www.bhf.org.uk/cprpetition. You can also get involved by contacting 020 7554 0376. Thank you for your continued support.

What is the world becoming? Teacher: 'Glenn, how do you spell 'crocodile?' Glenn: 'K-R-O-K-O-D-I-A-L'. Teacher: 'No, that's wrong!' Glenn: 'Maybe it is wrong, but you asked me how I spell it.'

I have just discovered viagra tea bags – it is no good for your sex life but it does stop the biscuits going soft.

Jam Jar Challenge – how is your jam jar filling up? We had a terrific response in February this year when we raised £280.14. We felt it would be great and easy to continue it again and send in our jam jars full of lovely cash at our coffee morning next February. Mine is going quite well but I hope yours is even better. Help us to beat the last figure, please.



Birthdays. Birthday wishes this month go Ted Bland, Gordon Gaskin, Mathew Taylor, Alan Bown, Jean Clarke, Denis Pollard, John Talbot, Sean Cuddehay, James Robinson, Cyril Thornhill, Stu Norton, Molly Illesley and Les Baynton. Happy birthday to one and all! We continue to receive wonderful comments from those who have received birthday cards made by April. Here is another recent comment *“I would like to pass on a Thank You for the birthday card sent from Take Heart to my partner Dorothy. A pleasant surprise and most welcome.”* If I have missed you, please contact me with your details.

Member news. Amongst members who been unwell recently were Trisha Flude who had an extensive stay at RDH and is now recovering at home, Pam Fearn is also recovering from her operation. David Howe is awaiting further investigation via his GP, Molly Illsely has returned home following her mishap. Yet another TH(D) member has undergone a hip replacement and we wish Irene Bown a speedy recovery but just watch out for the airport scanners. Betty Hassell is recovering from a fall. 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.

A member has discovered a new use for statins. A GP telephoned his patient and advised him to increase his dosage of statin to 80mg, in line with NICE guidelines. Reluctantly he took this advice but it began to cause him problems – pain in his kidneys and weakness in his knee. Advising his GP of his new ailments, the GP instructed him to return to his previous dosage and sent him to RDH for checks. He has now discovered he needs a cartilage repair. So statins do have a use.

Lack of exercise is killing us! It is as dangerous as smoking and is to blame for 1 in 6 deaths in Britain, around 84,500 in England and Wales every year. A Public Health England report warns that our sedentary lifestyles are not only causing obesity but are responsible for muscle and joint complaints, depression, high blood pressure, heart disease, dementia, stroke and type 2 diabetes. Apparently, sixty-five percent of us do not take the recommended amount of exercise of two and a half hours per week (that includes me – what about you – be honest)! 2 ½ hours is about the time taken on a tortoise walk, so I expect to see you all on the next one. Director of policy at the BHF, Mike Hobday says, “Physical inactivity is a serious public health concern. Young and old alike need to move more! We must change this couch potato culture and put physical activity at the heart of our daily routine.” That means you should not purchase computer games for either yourselves or your family for Christmas but perhaps some good walking shoes!!!

A man and a woman are seated next to each other on a flight. They start eyeing each other, and both realise they want to do the same thing. He slips a condom out of his pocket, and she looks delighted. “Rear toilet?” he suggests. – “Five minutes”, she agrees and goes off. He waits for five minutes, then goes and slips in there with her. “Right, get that condom on,” she says. Soon, they are both sighing with pleasure. But a sharp eyed stewardess has noticed them, and has realised what they are up to. So, she humiliates

them by making an announcement over the PA system: "To the lady and gentleman in the rear toilet: we know what you are doing, and it is expressly forbidden by airline regulations. Now, please put those cigarettes out and take the condom off the smoke detector." (What were you thinking?)

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. We assembled under a magnificent oak tree on the green, planted in 1897 to commemorate Queen Victoria's Diamond Jubilee at Stanton-by-Bridge, for a 4 mile walk on the last day of British Summer Time. We set off towards the centre of the village before taking the lane towards The Hills, soon leaving tarmac for fields. A gentle ascent brought us out onto Wood



End Lane. Although not particularly high, there is an impressive panoramic view from here towards the Peak District; and we were fairly sure that we could see the giant wind turbines on Carsington Pasture, a blot on the horizon. As we walked along the lane, our leader made reference to 'Robin Hood's Wood' being nearby (a verbal slip), prompting the quick correction from someone, "You mean Robin Wood" – in such ways legends are created! Just before crossing the A514, a pill-box can be seen in the field on the left; unusual because it is built of brick. We continued along Breach Lane, passing Poppy Wood (part of the National Forest) and open to walkers. Poppy Wood is very popular with

doggy walkers and we had to contend for road space with a number of them who were transporting their human companions to and from Poppy Wood in 4x4s. On reaching the junction with Derby Road, we took to the fields again on a foot-path towards Melbourne. We noticed a number of small brick-built field barns, some with chimneys, and in various states of repair. We concluded that these were probably associated with the horticultural industry that flourished in the area in the nineteenth and early twentieth centuries. On reaching Melbourne we took a round-about route through a modern housing estate dominated by late twentieth century 'mock Tudor' style architecture, emerging again onto Derby Road. From here, we took a foot-path at the rear of a row of houses and continued to the main street through King's Newton. By the 'Old Packhorse' pub (currently under re-development), we turned left onto the old packhorse road. This route-way must be of great antiquity. There is a Holy Well beside the lane that would have provided travellers with water; the boundaries on either side of the initial stretch of lane contain many different species of tree; and the lane itself runs down to the medieval Swarkestone bridge and causeway that crosses the Trent valley. We followed the lane down to the causeway, stopping to admire the fine wrought iron gates at Packhorse Lodge and to be appalled at the vast amount of illegally tipped rubbish in the small disused quarry close to Stanton Barn. We returned to our cars having enjoyed a pleasant, steady walk on an unseasonably warm day.

Retirement. Question: How many days in a week? Answer: 6 Saturdays, 1 Sunday

Did you know: Why do men's clothes have buttons on the right while women's clothes have buttons on the left? Because: When buttons were invented, they were very expensive and worn primarily by the rich. Since most people are right-handed, it is easier to push buttons on the right through holes on the left. Because wealthy women were dressed by maids, dressmakers put the buttons on the maid's right! And that's where women's buttons have remained since.

October lunch. Mr Grundys came highly recommended but sadly their ability to write bookings in their diary does not match their food. Fortunately Robert turned up early and stirred them into action but needless to say 15 minutes is not much time to prepare for the Take Heart influx. As with all our monthly lunches, we do not know how many members will attend which did not seem to help them either. Marilyn goes to great lengths when booking venues by telephone contact, confirmation via email, a personal visit and a reminder the week prior to our attendance. So poor marks to this venue for organisation. I think this oversight took the edge off the quality of food when it eventually arrived.

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!'

Feedback. The following is feedback from last month's Newsletter, including all the spelling and grammatical errors (as you often see from me). There was also an issue with my email facility, basically it failed to add the attachment. I wrote to everyone to apologise and advised them to visit the website and read it on the Newsletter folder. The next note was typical (and one I could safely repeat) – *"Newsletter not attached – a senior moment?" "I have downloaded the newsletter from the website/Thanks for latest Newsletter. We enjoyed the Census Talk - interesting and entertaining, good content and given by a confident speaker/found the newsletter on the website. Amusing and informative, as usual/ Thanks for the newsletter Michael. I did as you suggested and went on to the Take Heart website and printed off a copy. Enjoyed reading it as always"*. These are actual comments received via email but I would be interested to hear from those who receive their Newsletter via GPO post (snail mail).

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.

Investing your donations. We have placed two orders for equipment to support ward 408 and more recently, the Coronary Care Unit. It seems to take forever to receive equipment via NHS sources, having placed an order for an 'obs' machine in August for 408. At the time of writing it has not been received. CCU has requested probes and leads for various pieces of equipment and which has been approved and an order placed. We await delivery and will bring you news as soon as we are able. Thank you for all your donations which allow us to give something back to the staff for their care and to current patients who have heart troubles. If you or people you know wish to support our efforts, then please contact Michael.

Top Ten Tips for Winter. South Derbyshire Clinical Commissioning Group (SDCCG) have issued guidelines to help us through the winter months, although the weather has been milder than seasonal. 1. Get your flu jab – protect yourself and those you come into contact with. 2. If you have a cold you do NOT need to see a GP. Treat it yourself with over the counter remedies at your pharmacy and drink plenty of water. 3. Prevent the spread of winter bugs (Norovirus) by not visiting your GP. There is nothing the GP can do whilst you have it. Avoid public places and call 111 for advice. 4. Make sure your medicine cabinet is stocked up. Have stocks of cold remedies, painkillers, antiseptic cream and plasters. 5. Order repeat prescriptions in good time as GP surgeries and pharmacies will be closed for periods during the Christmas period. 6. Make good use of pharmacies. They can provide advice with over the counter remedies and advice whether

you need more expert attention. 7. Need same day response from your GP. Phone early and keep trying, they will answer sooner or later. 8. 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. 9. Keep warm. Heat your main living room to 18 – 21 C (64 – 70 F) and the rest of the house to 16 C. Check electric blankets before re-using them this winter. 10. Eat healthily. Food is a vital source of energy and helps keep the body warm. Have hot meals and drinks regularly throughout the day. Stews, soups and curries will do the trick and have meals prepared in advance in case of adverse weather.

Hare walk – What a day? The heavens had been dousing Derbyshire for a few days and there was no let-up in Belper for our Hare walk of 6 miles. From the car park we walked along a rough lane towards Holbrook. Crossing two very wet fields and then onto a made-up footpath. Then using estate roads for around half a mile, through Belper War Memorial Park, we crossed in front of the famous Strutt's North Mill before dropping down onto the banks of the river Derwent. We found a small park/play area with a bit of shelter, where we took refreshment and sheltered from the worst of the rain. The Derwent was raging as it came over the weir and was an awesome sight. Crossing Chevin Road, another very wet field onto North Lane, heading south. The views were rather spoilt because of the rain but it was quite breath-taking even so. Crossing the Derwent yet again, we could see the sanctuary of our cars and it was off to the Riverside Garden for some light refreshment. A true, walker's day out – where were you?

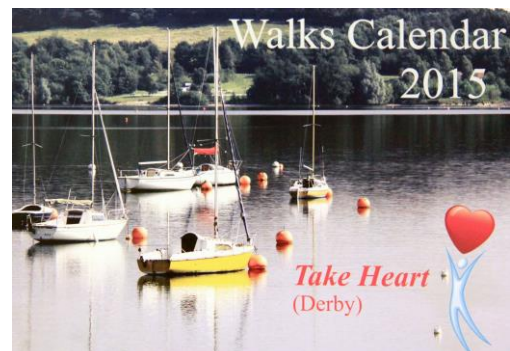


If you need help getting to the walks, please telephone David Rowe on 01332 767368 or 07890 645645.

Actual Call centre conversation: Samsung Electronics

Tech Support: 'I need you to right-click on the Open Desktop'. Customer: 'OK'. Tech Support: 'Did you get a pop-up menu?' Customer: 'No'. Tech Support: 'OK. Right-Click again. Do you see a pop-up menu?' Customer: 'No'. Tech Support: 'OK, sir. Can you tell me what you have done up until this point?' Customer: 'Sure. You told me to write 'click' so I wrote 'click'.

2015 Calendar. Now in print and every member household will receive their copy shortly. Due to a price offer via our printer we are able to offer additional copies at only £3.00 per copy or 2 for £5.00 – an inexpensive stocking filler to give to family and friends. David Rowe will be pleased to take your orders on 01332 767368 or 40 Gurney Avenue, Sunnyhill. Derby DE23 1GR.



Music and supper evening. Wow, what an evening “Great evening/Wonderful do/I liked the fish and chips/the choir were great/loved the cakes/splendid evening/can we do something again like this/ Just to let you know how much we enjoyed yesterday evening. A lot of people worked hard to make it a fun evening and it was much appreciated/ The decorations looked great/ Just a line of thanks to you and all involved in the 'do' on Saturday. I can understand why you were unable to name them all --- there must have been so many. Gerry and I enjoyed it, but the logistics of so many take-aways from Park Farm were certainly challenging. The lunch at the hotel should present far fewer problems; we hope to be there../ Dorothy and I would like to let you and your Committee know just how much we enjoyed the occasion. The music was good as were the George’s fish and chips. Also it was a welcome chance to meet some of the other members. Now looking forward to attending the Christmas Lunch/ Just a short note to thank you for a "Brilliant" evening”. We were regally entertained by Central Operatic Society with songs and factoids from the war years. Right on cue, Georges Traditional turned up with the fish and chip supper, which was followed by home-made sweets and cakes. With a full tummy, some found difficulty in making enough sound during a sing-a-long session but up stepped Brenda and Jacquie to lead us through songs from Vera Lynn and Gracie Fields. A fun time appeared to be the summary of the evening, with plans in our minds for next year.



Chunky Christmas Crunch. Traditional Christmas Pudding is overloaded with cholesterol and loved by many. Here is an alternative to Fruity Christmas Pudding, taken from Jenifer Aldridge’s Archers’ Cookbook by Angela Piper. A wickedly, rich concoction for chocolate lovers, even more so when served with cream. This recipe is a little lighter and children particularly will love this alternative.

8oz butter	2tbsp golden syrup	8oz dark chocolate
1tbsp dark rum	1tbsp cocoa powder	8oz crushed sweet biscuits
6oz crushed ginger nuts	2oz preserved ginger, chopped	2oz glace cherries
2oz walnut pieces, chopped		Sprig of holly

Melt the butter, syrup and chocolate in a saucepan over a low heat. Stir in the cocoa and rum, then add the crushed biscuits, ginger pieces, cherries and chopped walnuts. Spoon the mixture into a greased 2pt pudding basin, pressing down well. Chill in the fridge to harden, dipping the basin in hot water before turning out. Decorate with a sprig of holly. When you have completed the task, telephone 01332 380219 for a guinea pig to carry out a taste test.

It's that time of year! As Christmas approaches, we offer our seasonal greeting to you all but remind you that your annual membership is due for renewal in January. At only £10.00 per household this represents exceptionally good value. You receive a monthly Newsletter (to your in-box or post box), a printed Programme of Events, a walks calendar (worth up to £10.00 on its own), hand-made birthday cards, a listening ears service and public liability insurance via the BHF. Many of you appreciate this value and make additional donations of cash and/or stamps for which we thank you. Our Treasurer Richard Flatman will be pleased to receive your contribution in cash or by cheque to 32 Cornhill, Allestree, Derby DE22 2FS.

Forthcoming programme.

November.

Friday 21st	Lunch at The Mackworth Hotel, Ashbourne Road, Mackworth, DE22 4LY at 12 noon.
Saturday 22 nd	Walking back to health - 🐢 Staunton Harold Hall walk of 2.75 miles, meet at the garden centre car park LE65 1RU at 9.30 to walk at 10.00.
Tuesday 25 th	Coffee morning at The Cube café/bar from 10.30.
Wednesday 26 th	Swimming at the Queens Leisure Centre at 3.15 PM.

December.

Wednesday 3 rd	Swimming at the Queens Leisure Centre at 3.15 PM.
Saturday 6 th	Walking back to health - 🐢 & 🐢 Aston on Trent walk of 5 & 3 miles, meet at sports ground car park Shardlow Road, Aston on Trent, Derby DE72 at 9.30 to walk at 10.00.
Tuesday 9 th	Christmas luncheon at Littleover Lodge Hotel, Rykneld Road, Littleover, Derby DExx xxx at 12 noon.
Wednesday 10 th	Swimming at the Queens Leisure Centre at 3.15 PM.
Tuesday 16 th	Christmas coffee morning at The Cube café/bar from 10.30 AM. Will there be mince pies this year (someone forgot them last year)?
Wednesday 17 th	Swimming at the Queens Leisure Centre at 3.15 PM.
Saturday 27 th	Walking back to health – 🐢 Milton & Foremark Hall walk of 4 miles, meet on Main Street, Milton Derby DE65 6EF at 9.30 to walk at 10.00.

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

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 Marilyn on 01332 558756 along with recommendations for lunch venues.

[Affiliated to the British Heart Foundation](#)