

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter October 2010

Monthly meeting. We were regally entertained by Jean Sykes, once again. Those who did not attend missed a great and enjoyable talk which Jean called "A Melange". That is exactly what it was. We had poems, quotations, book extracts and stories from her own life. Jean is a superb narrator and much of her content was very humorous, consequently most of us were laughing from beginning to end. She created a sense of reality by talking in various accents – Irish, American, Dutch and so on.



One very poignant story she told was of an experience she had during the war. Living in Nottingham at the time, her father took her to the cinema as a birthday treat. On coming out of the cinema the air raid sirens started to go. She and her father hurried off home with bombs falling around them and the sky glowing red with all the fires and blazing buildings. It seems that they were lucky to arrive home in one piece.



Great British Gardens. That is the title of our next talk to be given by Jeff Bates. His career in horticulture began in 1970 as apprentice gardener in the Royal Gardens at Windsor Castle, Windsor Great Park and Berkshire College of Agriculture before working in landscape design and construction in Yorkshire. For over 20 years he was senior lecturer in horticulture in Derbyshire and for the past 20 years he has been a judge for East Midlands in Bloom, and is also the current chairman of EMiB. He is a freelance lecturer, consultant and examiner in horticulture, a busy garden designer, and has a particular interest in historic gardens. Jeff is always a very popular speaker and very well qualified MHort(RHS) FI Hort. His talks are illustrated by slides, and he is always a favourite garden club speaker. We consider ourselves very fortunate to have him to speak to us, so do not miss out on 11 October at 2.30 PM.

The Engine Shed, Derby Round House. 16 places have been reserved for our visit to the Engine Shed, The Round House, near Derby Station Approach, Pride Parkway, on Thursday October 21st. Derby College Culinary Arts Academy is a training venue for chefs, delivering a full lunch time service to the public. Their restaurant is called The Engine Shed. Their lunches cost £11.50 for three courses including coffee. Please arrive by 12 noon. There are several disabled parking places and three additional reserved parking places for Take Heart (Derby). To reserve your place please contact Marilyn on 01332 558756.

Christmas Lunch. Joyce is organising our Christmas Lunch at a Littleover Lodge, Highfields Restaurant on Thursday 9th December at 12 noon. 30 places have been reserved. To indicate your interest in attending this event please complete the enclosed form letting Joyce know your requirements from the menu and return it to Joyce by 15th November. She would like payment in full - £15 per person (to include coffee and mince pies and gratuity) by Tuesday 30th November. Cheques should be made payable to Take Heart (Derby).

Take Heart Bookstall. Trisha and Michael are going to run a Take Heart (Derby) promotional event and bookstall at the Royal Hospital on Thursday October the 7th. The stall will be open from about 10am to 2:00pm. They would be very pleased if any members could call in and help them during this time. If you have any books that could be sold on this stall, Trisha and Michael would also be very pleased to

receive them. Any monies made will go to Take Heart funds. Do try to get along to give them a hand, even for a short time. Please telephone Trisha on 01332 380219 to offer your help. The bookstall will be positioned at entrance 24, just opposite car-park 6.

Coffee morning. We were delighted to welcome five new members and one possible new member to our September Coffee morning. These coffee mornings remain popular with our existing members and are always well supported. If you have never been to one - why not give it a try? You will be sure of a warm welcome. We were also delighted to receive a very generous £10 donation to our stamp fund from one of our new members. Any other donations will be very gratefully received! The next coffee morning is on Tuesday 28 September from 10.30 am. See you there.

Member news. It was a real pleasure the other day to receive an e-mail from Dorothy Lorking's daughter, Kay Grant. Dorothy has been a member of Take Heart since 1998 but has not been able to attend our meetings for some time. Kay says that her mother is keeping reasonably well and frequently goes out on her mobility scooter. She loves to hear about everything that Take Heart is doing and looks forward to reading the Newsletter each month. In addition to this Kay, sent me a whole lot of cartoons and jokes that she thought we might like to print in Newsletter I am not sure that the cartoons can be replicated but we can print the jokes. Thank you Kay.

It is so nice to hear from our "long time" members and to know that they are with us in spirit if not in person. I am sure that you will all join with me in sending our very best wishes to Dorothy and Kay and thank them for getting in touch with us.

Anniversaries and birthdays. Celebrating birthdays during October are Gwen Williams, Dorothy Lorking, John Benson and Margaret Smith. Happy birthday to you all. In addition, Cynthia and Ted Bland plus Geoff and Jean Sykes will be celebrating their respective wedding anniversaries. We trust you all have an enjoyable time.

To ensure you are mentioned at the appropriate time, call Michael advise him of your details.

Health News. Have you heard of the health giving properties of Cider vinegar? Cider vinegar is said to contribute to healthy veins, blood vessels and arteries. Apple cider vinegar has an extraordinary potassium content and beneficial malic acid. When purchasing Cider vinegar for health purposes, it should have a fuzzy sediment on the bottom, proving that the vinegar is still in the live fermentation stage. Try this if you have a tickly cough - Mix 2 teaspoons of cider vinegar and 2 of honey with a glass full of warm water. This can be sipped when the irritation occurs and can be taken during the night if your tickly cough is keeping you awake.

Join the nation for The Big Donation! The British Heart Foundation is, throughout September, aiming to get 400,000 bags of stock donated to raise £8 million to beat heart disease. Have a clear-out. Fill up a bag with your unwanted things and take them to your nearest BHF charity shop (the nearest in Derby is in the Corn Market). De-clutter and get rid of your unwanted furniture and electric items (book your free collection on 0844 412 5000). Just 22 dresses could help fund a BHF heart nurse for a full day, and two sofas could provide a heart patient with a hand-held ECG machine to use at home. So make a big difference and take part in **A Big Donation** this month.

More British Heart Foundation news. Talking about the BHF, they are holding a number of events which might interest you.

Sunday 3 October. BHF Derby Bike Ride – Joint stand with BHF/ TH(D) to engage with heart patients and their families. TH(D) to take leaflets and promotional literature.

21 November. High Peak Trail Winter Challenge.

Gardening. The weather is not very conducive to gardening at the moment and if yours is anything like mine it is beginning to look quite bedraggled. The tubs and baskets are well past their best and are just waiting to be sorted out and replanted for the winter. If you can manage it, it is a good idea to have two

sets of baskets and pots so that one lot can be planted up and getting established before the other lot need to be disposed of. Garden centres have mouth-watering displays of winter-flowering pansies and lovely cyclamen, how can you resist them when they, the pansies in particular, will go on flowering until the bedding plants appear again next spring?

Now is the time to sow hardy annuals, poppies, calendula, larkspur, limnanthes, love-in-a-mist, clarkia and cornflowers outside in the places you want them to flower. They can always be thinned out in the spring. Take cuttings of shrubs such as berberis, phlomis and potentilla. They will root most easily in a mixture of sand or perlite mixed with compost.

Recipe. This recipe comes from the British Heart Foundation. It is for oven bake of salmon, or cod steaks, with lemon and fresh herbs.

Finely grated zest and juice of 1 large lemon.

2 teaspoons olive oil.

1 teaspoon clear honey.

1 tablespoon chopped fresh tarragon.

1 tablespoon chopped fresh parsley.

Freshly ground black pepper to taste.

4 salmon or cod steaks.

Fresh tarragon sprigs and lemon slices to garnish.

1) Preheat oven to 200 degrees centigrade or gas mark 6.

Place lemon zest and juice, olive oil, honey, chopped herbs and black pepper in small bowl and whisk together until thoroughly mixed.

2) Place salmon in ovenproof dish and pour over the lemon mixture.

Cover the dish loosely with foil making sure it does not touch the fish.

3) Bake in the oven for 20-25 minutes or until the fish is cooked and tender and the flesh is just beginning to flake.

4) Using a fish slice, place fish on serving plates; drizzle a little of the cooking juices over the fish and garnish with tarragon sprigs and lemon slices.

Serve with cooked vegetables such as green beans, peas, baby sweet corn or broad beans and new potatoes.

From Kay and Dorothy.

1. The healthiest part of a doughnut is a hole. Unfortunately you have to eat through the rest of the doughnut to get there!

2. I was going to wake up early to go jogging, but my toes voted against it 10 to 0.

3. Be well, stay safe, and smile (it makes your face feel good), and if smiles are good, laughs are even better. It's been said, "You don't stop laughing when you die, you die when you stop laughing!"

For your diary.

28 September. Coffee morning at Derby Cathedral Coffee Shop 10:30 – 11:30.



7 October. Promoting Take Heart and selling books and at the Royal Derby Hospital. 10 am.

11 October. Monthly meeting, Central Library Meeting Room, The Strand, Derby. Start 2.30 pm.

21 October. Lunch at The Engine Shed at 12noon.

26 October. Coffee morning at Derby Cathedral Coffee-shop, Irongate 10.30 – 11.30.

Exercise classes.

Derby Royal Hospital - Contact Christine Chambers on 01332 340131.

Fit 4 U with BACR instructors, contact Matt on 01332 832224.

Exercise for the Heart. Exercise classes with BACR instructors, contact Jane on 07930 975681. Classes are run at Draycott and Ilkeston.

Swimming.

For Take Heart members only, at Queen's Leisure Centre, Family Pool every Wednesday from 3:15pm to 4pm. Cost £1.75.

CONTACTS.

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 at 1, Princes Drive, Littleover, Derby or email patfitton@aol.com

If anyone has a special birthday or anniversary, tell April on 01332 751149 or Michael (as above).

Any ideas or suggestions for speakers should be advised to Marilyn on 01332 558756.