

# Take Heart

(Derby)

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

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



## Newsletter October – Volume 2.



**Monthly meeting.** We had our penultimate meeting at the Central Learning Suite on Monday 11th October. Our speaker for the afternoon was Geoff Bates - a renowned local garden expert and horticulturalist who started his career at Kew Gardens, moving from there to Windsor Castle and finally back to Derbyshire where he spent 20 years as a lecturer at Derby College (formerly Broomfield College). He is a judge for the Derby in Bloom competition. We had a most interesting, informative and amusing talk about different gardens in the British Isles. These included Biddulph Grange, Wollerton Old Hall and the Dorothy Clive Gardens in England. Bodnant Gardens in Wales,

Brodick Castle in Scotland and Mount Stewart in Northern Ireland. Geoff illustrated his talk with beautiful colour slides, the great pity was that because of the bright sunlight and lack of curtains the pictures were some-times difficult see. Despite this we all thoroughly enjoyed Geoff's talk.

**Member news.** Michael announced that we have a number of new members, namely Coleen Yates, Dorothy & Cyril Thornill and Derek Smith. We trust we will see them frequently. Speaking of seeing people, it was lovely to see Janet Stewart back in our midst, along with the huge number regular attenders. We had apologies from Jean Sykes, Rene Meakin and Wendy and Doug Glenday. Sadly, Jean had a fall and was very bruised and shaken and has now developed a chest infection. Wendy is in the process of having her treatment changed, which means that she will be able to be treated at home instead of having to visit the RDH three times a week. We do hope that Jean is now feeling stronger and that Wendy will soon adjust to her new treatment and that we will see more of her in the future. We have also heard that Les Tibbles, having had an operation for cataracts last week is now having problems with his sight. We do hope this is a temporary thing and that he will soon be back behind the wheel of his car and out and about again with Noreen

**Chairman's apology.** Two of you noticed that we talked about the Christmas Luncheon menu as part of our last mailing. Well, Michael conceded that he had missed it out, for which he sends an apology. I can assure you that you'll find one attached to this Newsletter please do fill it in and return it to Joyce. The lunch will take place at Littleover Lodge, Highfields Restaurant on **Thursday 9th December at 12 noon**. Thirty 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 her by **15th November**. She would like payment in full - **£15 per person** (to include a coffee and mince pies and gratuity) by **Tuesday 30th November**. Cheques should be made payable to Take Heart (Derby)

## Promotional event and books sale at the Royal Derby Hospital.

Entrance 24 at the Royal Derby Hospital was a busy place on 7<sup>th</sup> October. Michael and Trisha were joined by an eager and willing bunch – Margaret, Keith Linda & Sue, Geoff & Jean, Les, Betty, Doug and David & Barbara during the course of the day. A huge thanks to their collective effort (and to those who donated books) resulted in a magnificent sum of £296.95 being raised through sales and donations. We were able to speak with many patients, visitors and staff, to advise them of the help we can offer. It is expected that further new members may also join with us. After such a rewarding experience, we have booked the same venue for Thursday 11 November. So those with more books and volunteers are requested to contact Trisha on 01332 380219. Keep up the fantastic work – well done everybody.



**New meeting venue.** Many of you will already have heard that November will be our last meeting at the Central Learning Suite (thank goodness I hear some of you say)! After many hours visiting and vetting meeting places that are suitable for our needs Marilyn has finally procured a booking at The Friends' Meeting House in St Helen's Street near to Radio Derby. Here we have a more intimate room with projectors, screens and blackouts. There is also a kitchen with the use of crockery. It sounds ideal for our needs. We will continue to meet on the second Monday of each month at 2:30pm and if you are driving we will give you instructions for finding the venue before January. There is restricted metered parking outside the building with Chapel Street car park close by. If you travel by bus all of the Allestree "6" and Allestree Red & Blue buses will take you to the Seven Stars Inn, from where you can just walk round the corner.

**Healthy Walks.** Take Heart (Derby) is planning a programme of walks led by Noel Clough (01332 727541) and David Rowe (01332 767368). They will be suited to the abilities of heart patients, and mainly easy walks on the flat. Some will link with our informal lunch meetings. Keep an eye on the Newsletter for dates and meeting places. The first walk is scheduled for Sunday 16 January, leaving Stenson Bubble at 10.00 AM. There are a number of resting places on route and a pub at either end of the walk, so it is not too onerous. Bring your family and even the dog. We will probably need to walk off a bit of the festive season's excesses by then.

Meanwhile, why not join up one of Derby City Health walks. These are part of the Derby b - active programme. Call that team on 01332 641247 for more information. All walks start at 9.45 am from Spondon village hall on Wednesdays, Y M C A London Road or Revive Healthy Living Centre, Roe Farm Lane, Chaddesden on Thursdays and Sinfin Health Centre, Arleston Lane on Fridays.

**Next meeting.** Our next meeting will be held on Monday 15th November when our speaker will be Jill Weston, who is the curator of Melbourne Hall in Derbyshire. It is now the beautiful historic home of Lord and Lady Ralph Kerr, but used to belong to the Victorian Prime Minister William Lamb. Melbourne Hall is still very much a family home, although the extensive gardens were originally created in 1704 reflecting the enthusiasm of the Right Honourable Thomas Coke who inherited the property in 1699. It is hoped that we may be able to organise a visit to Melbourne Hall in the spring and combine this with a pub lunch and a gentle walk.

**Health matters.** I don't know if you, like me, are taking Warfarin and are continually having to go for blood tests - which is time consuming and often inconvenient. I was talking to my nephew about this and he said, "Oh, how old fashioned. I am given a self-testing kit, I just prick my thumb and squeeze a drop of blood onto a slide, test it and send the result to the clinic by e-mail. They reply by e-mail telling me what dosage to take and when the next test is due." I was therefore very interested to read the following article, supplied to me by Marilyn. "Roche Diagnostics are launching a campaign for patients on long-term anticoagulants. The aim is to inform patients of the benefits of Patient Self Testing (PST) and of Patient Self Managing (PSM). Many patients are unaware that this can be done at home. PST means that a patient may test a prick of blood with a self-testing kit to give their International Normalised Ratio (INR), which is a measure of possible

clotting. Roche claimed that the self-home testing kits are as accurate as laboratory results and results can be reported to their GP or clinic for advice on the dose of Warfarin needed. PSM adds to this by understanding how the dose depends on the INR result and how the patient may manage their condition and reduce visits to the clinic. If anyone is interested in following this up information can be found on [www.coaguchek.co.uk](http://www.coaguchek.co.uk) or by phoning 01444 256888.

**Aspirin.** This article was printed in one of the newspapers. "Lots of people take a low dose of aspirin daily as it is known to reduce the risk of heart attacks or strokes in people who have already suffered one. Hailed as a "wonder" drug it has also been useful in preventing some cancers and slowing down the development of dementia. As a result it has become a "just in case" self-medication for millions. However, aspirin increases the likelihood of a major bleeding in the brain, stomach and elsewhere in the body. Experts now warn that the beneficial effects must now be weighed against the risk of harm. A recent study showed that people with no outward symptoms of heart attack did not reduce the risk of heart attack compared to those on a dummy pill, yet those on the aspirin were twice as likely to suffer a bleed."

**Super foods.** Boots' (the chemist) have published a list and five Super foods which they say we should include in our diets to keep our hearts healthy. They are spinach, salmon, soya protein, porridge and blueberries, black berries and blackcurrants. Now that the cold days are coming why not try this tasty recipe for leek and potato soup (lovely with some nice crusty bread)!

450 grams (1lb) leeks.

Two teaspoons sunflower oil.

1 onion, thinly sliced.

350 grams (2 oz.) potatoes scrubbed and coarsely chopped.

850 ml (one-and-a-half pints) home of made vegetable or chicken stock.

1 bay leaf.

300 millilitres (half a pint) semi-skimmed milk.

Freshly ground black pepper to taste.

2 tablespoons of chopped fresh chives to garnish.

1) Wash leeks thoroughly under running water, then slice. Heat oil in non-stick saucepan, add leeks and onion and cook gently for eight to 10 minutes or until softened, stirring occasionally.

2) Stir in potatoes, added stock and bay leaf and bring to boil. Reduce heat, cover and simmer for 25-30 minutes or until vegetables are cooked and tender. Remove and discard bay leaf.

3) Remove pan from heat and cool slightly, then puree mixture in blender or food processor until smooth.

4) Return soup to a rinsed out pan. Stir in milk and season to taste with black pepper. Reheat gently until hot, stirring. Ladle soup into bowls, garnish with a sprinkling of chives and serve with fresh crusty bread.

Serves 6.

**Gardening Hints for October/November.** If you have any plants suffering from powdery mildew, cut off all the affected foliage and dispose of it in the brown bin - do not compost. Don't worry about all the pests and diseases being passed on in the compost which our rubbish will eventually produce. "Vital Earth" at Ashbourne, who deal with all the lorry loads of garden waste from our brown bins, deal with the material in such a way and at such high temperatures, very scientifically controlled, that the result is lovely black compost, free from all nasty's.

It was a bit of a shock to wake up and find a white frost the other morning. It certainly galvanised me into action! If you wish to keep your geraniums and fuchsias for another year, then trim them back by about half, pot them up and put them in a frost-free place for winter. Plant daffodils and crocuses now, and tulips in November. Cut back hardy annuals and compost cuttings. Collect up fallen leaves and compost. Better to do this separately from your regular compost things as they do take a long time to degenerate. One method is to put them into black plastic bags, moisten them, seal the bags and prick holes in the sides. Now leave the bags in an undisturbed corner of the garden for 1-2 years and you will be rewarded with a bag full of sweet and dark friable compost. Happy gardening!

## **Talking of gardening.** Dandelions – a poem by Trisha Flude

Aloft in the air in the summer sunlight  
They spin, whirling dervishes, gossamer light,  
Like fairies at play they dance round and round  
Till finally they rest at peace on the ground,  
They nestle and hug into sweet mother earth  
Awaiting the time of spring and re-birth.

All through the winter they sleep in the ground,  
While nature is working her magic profound,  
Once more they awaken from warm earthy beds,  
They stretch and they raise up their bright shiny heads  
Of glorious wonderful bright yellow hue,  
Reflections of sunlight all sparkling with dew,  
All summer they shine till once more they become  
White whirling dervishes out in the sun.

**BHF Derby Bike Ride.** This event was postponed on 3 October due to heavy rain making some parts of the course water logged. It has now been re-arranged for Sunday 31 October, leaving Elvaston Castle grounds at 12 noon.

**BHF Fun Run 2010 - Darley Park Derby.** Christmas is on the way and the BHF is asking people of all ages to sign up for the second BHF **Santa Fun Run** in Derby, to help raise vital funds for the nation's heart charity. Taking place on **Sunday 5th December** 2010, the Santa's will make a dash round Darley Park, in Darley Abbey, Derbyshire. Registration opens at **10am at Derby Rowing Club** and to get everyone in the mood there will be a mass warm up to follow. So look out your Santa costume, get yourself some sponsors and turn up in Darley Park for a run (or walk, or stagger) round the park.

**New diet?** Have you heard that the former US President Bill Clinton has shed 24lbs on a "plants" diet for the heart based on a book entitled "The China Study." The notorious politician underwent bypass surgery in 2004. His new diet is based on pulses, legumes, vegetables and fruit. No dairy or meat product. Research shows that more than four out of five people who stick to the diet experienced a big improvement in arterial blockages, cholesterol levels and coronary calcium deposits.  
How boring!

**Birthdays and anniversaries for November.** There seems to be only one celebration this month (unless you tell me differently). Happy birthday to Dorothy Thornill, we hope she has a splendid day.

### **For your diary.**

**October 26.** Coffee morning at Derby Cathedral Coffee-shop, Irongate. 10.30am -11.30AM.

**November 8.** Our monthly meeting at the Learning Suite, The Strand, Derby. 2.30PM start.

**November 30.** Coffee morning at Derby Cathedral Coffee-shop Irongate. 10.30am.-11.30am

### **Exercise classes.**

Derby Royal Hospital - Contact Christine Chambers on 01332 340131.

Fit and for 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.**

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 or 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 Pat Fitton on 01332 342544, 1, Princes Drive, Littleover, Derby or email [patfitton@aol.com](mailto: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 sent to Marilyn on 01332 558756