

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter October, 2014.



Derby
Heart City

Love our city ♥ Love your heart

Coffee in a Cube! What a nosy lot we are, well that should be expected with 47 members enjoying coffee and company in equal measure. That is apart from Michael selling tickets for the “Keep the Home Fires Burning” event for 8 November. Barbara was also getting menu selections for our Christmas lunch in December. Quite a few jokes were being told but as is often the case, I laughed too much and now am blighted with “oldtimers” again and cannot remember any of them. Please write to me with the details if you told me any. It is possible that the BHF will be attending from their London office at our next coffee morning (not confirmed yet). They will take photographs and talk to us all – so make sure you have your story straight and lie about how good we are – ha, ha! It’s a date 28th October.



October meeting. A report by Pam Fearn. Members were treated to a very amusing talk by Wendy Freer by making sense of the census. Wendy started by asking if any members had used the census for finding out about family members or local history, with a number confirming that they had done so. Before 1700 the government had never attempted to gather information as to whether the population was increasing or decreasing. In 1753 a bill went before parliament for an annual census to be held but this was narrowly defeated as it was considered too expensive. The first decennial census was carried out in 1801, which asked for people to declare their employment, with the headings of Agriculture, Trade Manufacturers and Hand Crafts or other Employments. In this census it was found that Derbyshire had recorded more females than males, as well as more families than there were houses, with the census taking three weeks to complete. There would be an overseer of the poor, with the clergy collecting information back to 1700 of baptisms, burials and marriages. The overseers would have to swear before a JP that his figures were correct and the clergy had to do the same in front of the Privy Council. There were no changes to the 1811 and 1821 census but in 1831 there were seven categories to complete including how many illegitimate children there were. The 1836 census recorded births, deaths and marriages and for the first time it became mandatory to be completed (but there was no penalty if it wasn’t). We looked at an 1841 census which showed there was a lace maker and his family living in Victoria Street in Derby, as well as a Tailor’s and a Butchers shop. In 1871 the wages of an enumerator were 1 guinea, with the clerks who checked the forms being paid for each tick they made. The form at this time asked if you were deaf, dumb or blind. In the 1881 census additional columns headed “Imbecile, Idiot or lunatic”, with the lunatic being changed to feeble

mindful in later forms. The first woman enumerator came in 1891. Wendy informed us that enumerators had to go into some very unsavoury places; one being of an enumerator entering a house with a woman dressed in filthy rags, lying on a bed just as dirty and with the room in a terrible state. On the form, which needed to be fumigated before it could be looked at, she was entered as being a laundress who took great pride in her work. She went on to tell us that on another form the woman of the house had put down her occupation as a mangle worker with her husband's occupation being added as "he turns my mangle". We were shown census forms with some very amusing entries and a lot of strange spelling mistakes. The census taken on a ship had shown the names of the crew but also a great number of people with the same name, which Wendy told us, would have been the slaves. After the talk Wendy was happy to answer member's questions and I found myself wanting to look for my family members on old census forms, something I might just do over the coming months. Sorry, but there is no photograph available for this month's meeting. It will be rectified next month.

Next month. We welcome Dr Damian Kelly, Cardiologist of Royal Derby Hospital to be our guest speaker at next month's meeting. There are no prizes for guessing what subject he will be talking about. As usual, many members take advantage of this "consultation" without the need of booking an appointment and waiting another few months for the date to arrive. Dr Kelly will be pleased to answer your questions but cannot give specific responses for you but make general comments about that aspect of heart conditions. See you all there.



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 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.



Water in the carburettor! WIFE: "There is trouble with the car. It has water in the carburettor." HUSBAND: "Water in the carburettor? That's ridiculous." WIFE: "I tell you the car has water in the carburettor." HUSBAND: "You don't even know what a carburettor is. I'll check it out. Where's the car?" WIFE: "In the pool!"

Birthdays. Birthday wishes this month go Gwen Williams, Lynn Stevens, Dorothy Murray, Sidney Morley, Janet Talbot, Dorothy Lorking, Shane Thow, Michael Gilbert, Lorraine Dudson, Elisabeth Hillis, Michael Walker, Derek Stean, Nicole Beyer-Richardson, Lana Richardson, Ann Quadri, Sayid Quadri and Margaret Smith. Happy birthday to one and all! We continue to receive thanks from those who have received birthday cards made by April. If I have missed you, please contact me with your details.

September poser – Several people got this right, including Dorothy Stevens and Ian Gibson. There were a number who suggested the alternative *!/? word.

Member news. Amongst members who been unwell recently were Trisha Flude, who checked in to her usual room at the Royal Derby Hotel (hospital – sorry). After a difficult time she is now recovering at home. Lynn Butler is still convalescing with family and hopes to return home shortly, complete with a new kitchen. Betty Hassell has also been in the wars following a fall and a short stay in RDH but is back home. Barry Birkin is back on duty as a volunteer at RDH having overcome his recent ill health. Fred Evans is braving this wicked world following a series of health issues. Joyce Cocking also fell

recently and is recovering at home but she did provide biscuits for the Monday meeting in spite of her injuries – thanks Joyce. We also came into contact with Cyril Hodgson at cardiac rehab recently (who was a founding member of TH(D)). We wish you all 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.

That's when the fight started. Husband and wife are shopping in their local supermarket. The husband picks up a case of Budweiser and puts it in their shopping trolley. "What do you think you're doing?" asks the wife. "They're on sale, only £10 for 24 cans" he replies. "Put them back, we can't afford them" demands the wife, and they carry on shopping. A few aisles farther on, the woman picks up a £20 jar of face cream and puts it in the basket. "What do you think you're doing?" asks the husband. "It's my face cream. It makes me look beautiful," replies the wife. Her husband retorts: "So does 24 cans of Budweiser and it's half the price." And that's when the fight started!

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. A report by Dorothy Stevens. We met at The Shoulder of Mutton car park in the pretty village of Osmaston, (nr Ashbourne). This village was originally built for the workers of the Osmaston estate during the 19th century including a manor house for the Wright family who owned Butterley Ironworks. In 1888 the seventy roomed house was sold to Sir Andrew Walker and was used as a Red Cross hospital during WW2. In 1964 Sir Ian Walker applied to demolish the house, believing the rooms were small and dark. Planning permission was granted but stated "one wall must be left". Every chimney in the



house was connected to the very ornate Italian external chimney and this was the wall that remained. Sir Ian relocated to the families estate in Okeover, Staffordshire, where he took the name Walker-Okeover, which survives to the present day. The old manor house site has now been restored and although the house is missing, the surrounding grassed terraces, ponds, stone steps and balustrades provide a venue for corporate events and wedding receptions

using a grand marquee. The estate polo field now belongs to the village. Sir Andrew and Lady Walker-Okeover held their wedding reception there in June 2007. The walker's proceeded to the first lake, where the usual assortment of waterfowl, Canada Geese and Mallards were evident. The pretty Saw Mill was built by Henry Stevens of Derby in 1845 and designed to look like a Swiss cottage but is no longer in use. It is a grade 2 listed building and has been used as a film location. The mill pond fed from the lake has a cascading weir and water wheel. At the top of a hill we met the game keeper, who informed us about the house and the fields. It has a footpath from the Derby to Ashbourne road across it. Until a few years ago scout groups used to camp in the field. The game keeper told us that during the war Nissan huts were built on it to house prisoners of war. Taking the path to our right through woodland that contained many rhododendrons, we walked down a gentle slope to the the ford in Shirley Brook, for those of us who didn't want wet feet, a narrow concrete bridge had been placed across the

water. A few yards further on was another concrete bridge as we re-crossed the brook and ended up walking through a small boggy area and then onto a path that followed the side of the southernmost Osmaston Park lake. Here Rosie, Chris's dog decided to chase a pheasant, which of course she didn't catch, and returned to her owners very muddy. After crossing three stiles and walking through a maize field alongside Wyaston Brook, we then headed back by way of the ornate chimney and game keepers house.



Past the Polo ground and back into the village, passing the village pond and the horseshoe seat. Back at the pub, some stayed for much needed refreshment. Thank you to David for planning the walk and to the gentlemen who helped me over the stiles.

Men!!! One day my housework-challenged husband decided to wash his sweatshirt. He walked into the utility room and stood looking at the washing machine for several minutes. Then he shouted, "What setting do I use on the washing machine for my shirt?" "It depends," I yelled back. "What does it say on your shirt?" He shouted, "Derby County!" And they say blondes are dumb ...

September lunch. A change of venue saw 15 members attend the Dog & Duck in Shardlow, a "two for the price of one" venue we have attended previously. I arrived late and the first thing someone said was "*We haven't saved any for you*" whilst another said "*Terrific meal and great value*". Selfish lot! We love a bargain but I am not sure who the 'odd' one out was or did someone suggest that person ate two meals! Lovely to see some many enjoying a splendid meal and plenty of chat!



Feedback. The following is feedback from last month's Newsletter (spelling and grammar mistakes just like mine) "*thanks for the informative and fun newsletter/Many thanks for the newsletter which I downloaded from the website to get a full colour version/ Super as usual. Didn't know we were saving pennies again...we must get going/a good read as usual. I can't decide which order :- complete, finished and wedding cake should be in/ What a load of good jokes- AGAIN! Such a tonic! There's no way we are going to miss the next Meeting with your assurance - "You are guaranteed a good laugh with this talk"/ confirm receipt of another super newsletter/ If you or someone you know has heart issues, I would highly recommend this supportive and friendly group/ Thanks for the useful and interesting September Newsletter*". Does this reflect your view or do you wish to say something different. These are comments via email (spelling mistakes and all), it would be nice to hear from those who receive the Newsletter via post. A member said "*This is the only Newsletter I know worthy of the title*".

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.

The Queen's riddle. (Per Staehr sent this in). David Cameron asked the Queen, "Your Majesty, how do you run such an efficient Commonwealth and government? Are there any tips you can give me?" "Well," said the Queen, "the most important thing is to surround yourself with intelligent people." David Cameron then asked, "But how do I know if the people around me are really intelligent?" The Queen took a sip of tea. "Oh, that's easy; you just ask them to answer an intelligent riddle, watch me and listen." The Queen pushed a button on her intercom. "Please ask Prince Charles to join us" Prince Charles walked into the room and said, "Yes, Mother?" The Queen smiled and said to Charles, "Answer me this please Charles. Your mother and father have a child. It is not your brother and it is not your sister, who is it?" Without pausing for a moment, Prince Charles answered "That would be me." "Yes, very good!" said the Queen. "Ah ha, I get it" said David, "Thank you Ma'am." And in a great rush he left. Cameron went back to Parliament and decided to ask Nick Clegg the same question. "Nick, answer this for me." "Your mother and your father have a child, it's not your brother and it's not your sister, who is it?" "I'm not sure," said Clegg. Then in true Nick Clegg style he went on to say, "Let me get back to you on that one." He went to his advisors and asked everyone, but none could give him an answer. Frustrated, Nick went to the men's lavatory, and found Nigel Farage in there. Seizing on the opportunity Clegg asked Farage, "Nigel, see if you can answer this question." "Yes Nick" replied Nigel. "Your mother and father have a child and it's not your brother or your sister, who is it?" Farage immediately answered, "That's easy, it's me!" Clegg grinned, and said, "Good answer Nigel, I see it all now!" Clegg then, went back to find Cameron and said to him; "David, I did some research, and I have the answer to that riddle." "If your mother and father have a child who is not your brother or your sister, the child is Nigel Farage!" Cameron went red in the face, got up, stomped over to Clegg, and angrily yelled into his face, "No! you bloody idiot, it's Prince Charles!"

Salt. The BHF have embarked on a reminder of the dangers of too much salt in our diets. The daily recommended level is 6 gms per day. That is added salt or table salt. Food naturally contains some salt and we need salt to help regulate fluid in our body. It can be tricky to regulate our salt intake because it is already in the foods we buy, particularly in processed foods. Ready meals, soups and sauces are the obvious ones to look out for but look out for salt in surprising places like bread, cereals, sweets, cakes, olives cheese and butter. Also, when out dining in a restaurant, many are serving "seasoned fries". Fries are not good for your health but with added salt, that is strictly a no-go area. Try fresh and dried herbs, black pepper chilli and lemon to add flavour without the risk.

THIS IS A FRIGHTENING STATISTIC, PROBABLY ONE OF THE MOST WORRISOME IN RECENT YEARS. 25% of the women in this country are on medication for mental illness. That's scary. It means 75% are running around untreated.

A business man in 1st class and a sexy, gorgeous air hostess: Business man: What's your name? Hostess: Angela Benz, sir! Business man: Lovely name, any relation to Mercedes Benz? Hostess: Yes sir, very, very close. Business man: How close? Hostess: Same price!

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.

At the root of every gray hair, there is a dead brain cell. Someone had to remind me, so I'm reminding you, too. Don't laugh. It is all true and the perks of reaching 50 or being over 60 and heading towards 70 or beyond!

1. Kidnappers are not very interested in you.
 2. In a hostage situation, you are likely to be released first.
 3. No one expects you to run -- anywhere.
 4. People call at 9 PM (or 9 AM) and ask, 'Did I wake you?'
 5. People no longer view you as a hypochondriac.
 6. There is nothing left to learn the hard way.
 7. Things you buy now will never wear out.
 8. You can eat supper at 4 PM.
 9. You can live without SEX, but not your glasses.
 10. You get into heated arguments about pension plans.
 11. You no longer think of speed limits as a challenge.
 12. You quit trying to hold your stomach in no matter who walks into the room.
 13. You sing along with elevator music.
 14. Your eyes won't get much worse.
 15. Your investment in health insurance is finally beginning to pay off.
 16. Your joints are more accurate meteorologists than the national weather service.
 17. Your secrets are safe with your friends, because they can't remember them either.
 18. Your supply of brain cells is finally down to a manageable size.
 19. You can't remember who sent you this list. **And you notice these are all in big print for your convenience.** Forward this to everyone you can remember right now!
- AND THE MOST IMPORTANT THING: Never, NEVER, NEVER, under any circumstances, take a sleeping pill and a laxative on the same night! May you always have love to share, health to spare, and Friends that care.

Hare walk – a report by Chris Wright - On a foggy morning, 15 members (and a canine participant) set off from the White Hart pub in Stanley for a 5.5 mile walk along the Cat & Fiddle trail. An initial diversion was taken to view the memorial in the 13th Century Stanley



church to the crew of a Wellington bomber which had crashed in a nearby quarry during a test flight in 1942. The walk was memorable for a succession of slippery stiles at the field edges, many bearing the route marker '14'. Underfoot conditions were damp with many wearing gaiters having made a sensible decision. The autumnal mist gave way to sunshine and afforded views of the Cat & fiddle post mill. A break for lunch was taken in

the corner of a field near a disused railway bridge. Subsequently the route continued into West Hallam, with its war memorial and some interesting buildings, including the village scholl founded by John Scargill, with its distinctive chimneys and diamond-paned windows. Rain returned, forcing wet weather gear to be put on and then a beacon of light or more accurately the Whit Hart pub came into view, which necessitated a track across another field before finally reaching much needed refreshment. A happy way to bring the day's proceedings to an end.

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

He must pay! Husband and wife had a tiff. Wife called up her mom and said, "He fought with me again, I am coming to live with you." Mom said, "No darling, he must pay for his mistake. I am coming to live with you."

Music and supper evening - 8 November. To celebrate the end of the world wars and honour all those who served. Come along and enjoy fun & music at our fish & chip supper from George's, and delicious desserts. We will be entertained by the Central Operatic Society with songs from the war years and by keyboard player Les. From 7.00 PM at St Nicholas Church Hall, Allestree Lane, Derby. Members £4.00, guests £7.00. Booking essential before 31 October on 01332 380219 or via Michael.flude@takeheartderby.co.uk.

Actual Call centre conversation: Samsung Electronics

Caller: 'Can you give me the telephone number for Jack?'

Operator: 'I'm sorry, sir, I don't understand who you are talking about'.

Caller: 'On page 1, section 5, of the user guide it clearly states that I need to unplug the fax machine from the AC wall socket and telephone Jack before cleaning. Now, can you give me the number for Jack?'

Operator: 'I think you mean the telephone point on the wall'.

Do you write poetry? Several have already been in touch with Trisha but a few more would make a great group. Would you like to read your poetry or someone else's in a friendly and cosy atmosphere with like-minded people one evening or afternoon a month? Anyone interested should contact Trisha on 01332 380219.

A couple are lying in bed. The man says to the woman, "I'm going to make you the happiest woman in the world". The woman replies, "I'll miss you..."

Christmas luncheon. We had 40 members enjoying this occasion last year and hope that you can do so again. It is that time of year again and our Christmas luncheon menu choices are attached. As usual, please book your place with Barbara on 01332 767368 as we attend our favourite restaurant at Littleover Lodge again this year. If you did not attend last year, we do hope that you can join us this time.

Phone David Rowe for details of a walk and meal at Hanbury and a trip to the Faulds crater. A new monument is to be erected on 18 November (01332 767368).

Today's Short Reading from the Bible... From Genesis: "And God promised men that good and obedient wives would be found in all corners of the earth." Then He made the earth round...

Q Why do little boys whine? **A** They are practicing to be men!

Forthcoming programme.

October.

Wednesday 22nd Lunch at Mr Grundys, Ashbourne Road, Derby DE22 3AD.
Wednesday 22nd Swimming at the Queens Leisure Centre.
Saturday 25th Walking back to health - 🐢 Stanton by Bridge walk of 4 miles, meet on Ingleby Road, Stanton by Bridge, Derby DE73 7GJ.
Tuesday 28th Coffee morning at The Cube café/bar.
Wednesday 29th Swimming at the Queens Leisure Centre.

November.

Wednesday 5th Swimming at the Queens Leisure Centre.
Saturday 8th Walking back to health – 🚴 & 🐢 Milford & Belper walk of 6 & 3.5 miles, meet at Strutt Arms car park, Derby Road, Milford, Derby DE56 0RR at 9.30 to walk at 10.00.
Saturday 8th Songs from Central Operatic Society, keyboard music by Les and supper evening at St Nicholas Church Hall, Allestree Lane, Allestree, Derby DE22 2PE from 7.00 PM. Members £4.00, guests £7.00 to include fish and chips, cake/pudding, tea/coffee. Admission by ticket only in advance on 01332 380219 or email

michael.flude@takeheartderby.co.uk

Monday 10th Dr Damian Kelly will bring us up to date with medical matters.
Wednesday 12th Swimming at the Queens Leisure Centre.
Wednesday 19th Swimming at the Queens Leisure Centre.
Friday 21st Lunch at The Mackworth Hotel, Ashbourne Road, Mackworth, DE22 4LY at 12 noon.
Saturday 22nd Walking back to health - 🐢 Staunton Harold Hall walk of 2.75 miles, meet at the garden centre car park LE65 1RU.
Tuesday 25th Coffee morning at The Cube café/bar.
Wednesday 26th Swimming at the Queens Leisure Centre.

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