

Take Heart

(Derby)

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



www.takeheartderby.co.uk

Newsletter September, 2014.



Derby
Heart City

Love our city ♥ Love your heart

September Quiz. There were more members at this month's meeting than last month but only just. Due to holidays and illness there were 14 members present at the quiz. All in all there were as many apologies for absence as there were in attendance. Even Michael, who opened the meeting had to leave before the quiz began. We were split into three teams, "The Top Table", "The Hearty Four" and "The A Team", by our quiz master Marilyn Thompson. You could hear the brains ticking throughout the room as we tackled questions on nicknames, figures of speech and expressions for the first sheet, general knowledge for the second and celebrity pictures for the third. Good fun was had by all with the "top table team" coming out the winners and collecting their prizes.



Next month. We will be addressed by Wendy Freer, who is a very experienced speaker, ICT consultant and adult education lecturer. She works for television learning channels using digital video animation. Wendy has written and researched several books on social and economic history. Her illustrated talks are lively and well presented, and always popular. Her talk to Take Heart (Derby) will give a new slant on the C19th Census of England and Wales with interesting and amusing examples cited. You are guaranteed a good laugh with this talk. Just what the doctor ordered?

Injection? Several members have spoken to me about an article in the Daily Telegraph and other nation newspapers, reporting a breakthrough in the treatment for heart failure. The report suggests researchers have found a way of manipulating gene therapy to repair failing organs. Imperial College, London (funded by the BHF), say the treatment could offer a viable alternative to transplantation. Currently around 500,000 people suffer from heart failure in the UK (with a number of you included), with a correspondingly huge number waiting for heart transplants. A shortage of donors mean many will miss out although mechanical pumps can be of help to some. Twenty four people are enrolled with the study but it will be a number of years before the results are known and an effective treatment (jab) available. This serves to highlight why we should all continue to support the BHF to raise funds for further research. Thank you all for your on-going efforts.

Drug wreckers. Thanks to this article last month reminding heart patients to avoid grapefruit, one of our members is to consult his GP. He had not been advised about

possible problems but fortunately he has not suffered any difficulties to date. What a relief.

Talking of fund raising – 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.



Coffee in a Cube! Getting back to normal at the Cube this month with thirty members present, including another guest. The refurbishment of the Deda building is now almost



complete and it will be business as usual next month. This format at our coffee mornings appears to be appreciated and allows people to move from table to table and speak to existing and new friends alike. I was told "*This session restored my husband's faith and determination to get his life back on track as he could see all those who have suffered heart problems now enjoying themselves!*"

by a grateful lady, so the coffee morning **is** as good as we think.

Birthdays. Birthday wishes this month go to Louise Sherratt, Desiree Day, David Hancock, Graham Bracewell, Barbara Pearson, David Newton, Ted Evans, Laura Blatherwick, Brian Davis, Vera Allsopp, Geoff Oliver, Kay Grant, Don Pate, Doreen Goodes, Ian Knowles, Betty Hassell and Janet Stewart. 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.

A group of Service Veterans, all aged around 40, discussed where they should meet for a reunion. They agreed that they would meet at the Cullen Bay Hotel because the waitresses had big breasts and wore mini-skirts. Ten years later, at age 50, they again discussed where they should meet for a reunion. It was agreed that they would meet at Cullen Bay Hotel again because the food and service was good and the beer selection was excellent. Ten years later, at age 60, the friends again discussed where they should meet for lunch. Finally it was agreed that they would meet at Cullen Bay Hotel because there was plenty of parking, they could dine in peace and quiet, and it was good value for money. Ten years later, at age 70, the friends discussed where they should meet for lunch. Finally it was agreed that they would meet at Cullen Bay Hotel because the restaurant was wheelchair accessible and had disabled toilet facilities. Ten years later, at age 80, the friends discussed where they should meet for lunch. Finally it was agreed that they would meet at Cullen Bay Hotel because they had never been there before. (Remind you of anything?)

August poser – How many lakes are there in the Lake District? Well there were several people back with the correct answer of ONE – Lake Bassenthwaite, all the others are water/mere etc. They include Joe Horvarth, Ted Evans, Margaret Potter and Dorothy Stevens. Well done you clever people.

September poser – Re-arrange the following letters to spell out the name of a body part – P N E S I. Be very careful!!!

Member news. Betty Hassell has had a cataract operation in one eye (and said she could see out of the old one anyway). We are aware that Lyn Butler is still recovering from her stroke but unsure exactly how she is because she is at her daughter's home but will update you as soon as we hear. It is with much sadness that we advise of the sudden death of Fred Rubini on 23 August. Sadly we also report the passing of Gerry Gilbert on 4 September. Gerry wrote to me a few days before his death saying, "*Yvonne and I are looking forward to participating in events again in the near future as we are struggling to deal with the aftermath of me suffering my fifth heart attack and recovery is very slow. We are receiving excellent support from the Heart Failure Team and others and it is nice to know we have such a good hospital in our area.*" Our prayers and best wishes go to Fred and Gerry's families at this very sad time. Molly Illsley has received a new hip following a fall. If you are unwell and are not mentioned here, we apologise but we were not advised of your difficulty.

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. Having just been named the 9th best postcode in the UK, it seemed appropriate that our tortoise walk took us around the streets of Mickleover at the beginning of August. Two members had to retire even before we made it out of the car park. The remaining twelve undertook the Mickleover Circular walk of around 2.5 miles. The skies were overcast but it was mild as we did a loop around the shopping area and back through the car park. Then to the All Saints (14th century) churchyard and onto the



grounds of the Old Manor House (built in 1852) and used as "Woodlands Hospital", which lead us to Silverhill estate (which was a journey into the past for Michael who sold many of the houses when he worked for Wimpey). Indeed we passed many houses where our members lived and we thought of door knocking. On to the recreation ground where several undertook additional exercises to demonstrate their fitness (or lack of it). Back down station Road, past Nags Head (although tempting) and through the grounds of The Limes (19th century villa), where undulations in the landscape are the remains of the medieval agricultural practice of "strip ploughing". Up the Hollow where several timber frame houses can be found, The Old Hall dating from 1649 which is believed to be the

residence for Oliver Cromwell during the storming of Tutbury Castle. The walk lasted over two hours due to all the talking as members recounted their own tales relating to Mickleover. At the end of the walk we took refreshment at a new cafe on Etwall Road where much more talking continued.

Getting information about your health! On old lady telephoned her local hospital and asked if it were possible to find out how Shirley Sinclair was doing. The operator cheerfully enquired with the ward about the patient and said "She is doing very well, her blood pressure has returned to normal, her consultant has scheduled her to be discharged

tomorrow. The lady said", That's wonderful news, thank you". The operator then asked the lady's name, to which she replied "Shirley Sinclair, no-one tells me anything in here!"

August lunch. Another good luncheon attended by 21, 23, 28 or 31 members (I received several differing numbers – so they are all listed, thank you). Margaret Knifton wrote saying "The lunch was very well attended at Little Eaton and the service was very good". Always nice to hear your opinions. Thanks also to Richard for the photography and Marilyn for the booking.



Travel Insurance update. Janice Goodwin writes: "members might be interested in my annual insurance policy details because I think it's very reasonable. "Direct Travel Insurance" - email address: policies@direct-travel.co.uk Telephone 0845 603 6497 Address - Shoreham Airport, Shoreham-by-Sea, West Sussex, BN43 5FF Total cost of my annual policy was £115.68 with medical declaration declared (AF) and included at £50.43, which works out at under £1 per week for this particular condition! My cruise in July to France, Spain & Guernsey was superb and Fred Olsen Cruise Lines is particularly favoured by "golden oldies" with 66 years being the average age on board any of the 4 ships in the fleet! The crew are wonderful and should be proud of their helpfulness, care and consideration towards those not so able-bodied!" The insurance seems reasonable and a great recommendation for a cruise. Do you have any other offerings?

"Complete" or "Finished"? No dictionary has ever been able to satisfactorily define the difference between "complete" and "finished." However, during a recent linguistic conference, held in London, attended by some of the best linguists in the world, Samsundar Balgobin, a Guyanese linguist, was the presenter when he was asked to make that very distinction. The question put to him by a colleague in the erudite audience was this: "Some say there is no difference between 'complete' and 'finished.' Please explain the difference in a way that is easy to understand." Mr. Balgobin's response: "When you marry the right woman, you are complete.' If you marry the wrong woman, you are 'finished.' And, if the right one catches you with the wrong one, you are 'completely finished."

BHF asks - Can you help to BAG IT. BEAT IT. This September? We're asking Heart Support Groups across the country to help us reach our target of 1 million bags to fund life-saving heart research. Getting involved couldn't be easier:

BAG IT – Everyone has stuff they no longer need; clothes, shoes, books, handbags, DVDs, CDs and bric-a-brac. Encourage every member of your group to donate a bag. Why not create a competition in your group to see how many bags you can collect?

GIVE IT - Drop off your bags of unwanted items at your local BHF shop. You can find your shop online at bagit.bhf.org.uk. Or to book a free collection, call us on 0800 915 7000.

FUND IT – The BHF currently provides funding of more than £14 million for congenital heart disease research. This year, we need to raise more.

BEAT IT - Before the BHF was founded, only one in five babies born with congenital heart disease ever saw their first birthday. Let alone their first day of school. But now, thanks to pioneering research, around 4,000 turn up for their first day every year and there are an

estimated 40,000 school age children now alive thanks to this work. Can you help by donating "stuff" you no longer need? Thank you in anticipation.

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.

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.

Dietary advice! A doctor was addressing a large audience in Oxford... "The material we put into our stomachs should have killed most of us sitting here, years ago. Red meat is full of steroids and dye. Soft drinks corrode your stomach lining. Chinese food is loaded with MSG. High trans-fat diets can be disastrous. The long-term harm caused by the germs in our drinking water. But, there is one thing that is the most dangerous of all and most of us have, or will eat it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?" After several seconds of quiet, a 70-year-old man in the front row said, "wedding cake!"

Hare walk on the Great Northern Walk - a report by John Heath. We started from Springwood Community Centre car park on Springwood Drive at Oakwood. There was a good turn-out which was probably helped by the 'Indian Summer' weather. No muddy boots forecast today! The only muck you were liable to encounter was the dust from the heels of our leader David or deposits left by the numerous cattle en route. From Springwood Drive we started the walk by going through Chaddesden Wood. The wood is one of only two ancient woodlands within Derby and was declared a Local Nature Reserve soon after it was bought by the City Council in 1990. Emerging from the wood



we headed down hill towards the Derby to Heanor road. At this point Dorothy (our Tortoise Walker) headed back, leaving the remaining 16 of us to head down an overgrown embankment on a steep narrow path. At the bottom and hidden from above by thick undergrowth and trees was the old Great Northern Railway which linked Nottingham with Derby and Friargate Station. The line closed to passengers on 7 September 1964 and this section is now designated a Site of Special Scientific Interest because of its many varieties of wild flowers. We

followed the old track bed in an easterly direction before emerging from the cutting to cross Lime Lane, Stanley Brook and many fields occupied by cattle with great interest in us and our dogs. Eventually we arrived in Stanley village. It was lunch time in Stanley and faced with a warm day and a pub just up the road and no prospect of tea rooms at the end of the walk, I think some mere mortals were rather tempted. But our leader was having none of it and soon herded us out of the village and up the hill into more fields with their curious cattle. From the top of the hill we were rewarded with fine views looking towards Stanley Common, with Ilkeston in the distance and to our left, West Hallam's Cat

and Fiddle Windmill. By now we were on the home stretch and heading for Locko Park where we were promised a lunch stop with benches to sit on and lakeside views. In reality the only thing to sit on was 'bottoms on the grass', but the parkland setting was beautiful and peaceful and a great place for a picnic stop. Locko Park and its lake were laid out by William Emes in 1792. The first house was built for William Byrde out of material from a dissolved Lazarus Hospital for lepers which occupied the park. The name Locko derives from the old French word for rags, loques, in reference to the strips of lint that were applied to sores. The present house has had many additions and owners in the past, but has been in the Drury-Lowe family since the middle of the 18th century. We left the park by the South Lodge and after a short tricky stretch on the busy Locko Road we took a track which eventually crossed Acorn Way and returned us back to Oakwood and ultimately Springwood Drive and our cars. It was a very pleasant 7 mile walk with some quite undulating countryside.



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

Alarming news about beer. Beer contains female hormones! Yes, that's right, FEMALE hormones! Last month, Montreal University and scientists released the results of a recent analysis which revealed the presence of female hormones in beer. Men should take a concerned look at their beer consumption. The theory is that beer contains female hormones (hops contain Phytoestrogens) and that by drinking enough beer, men turn into women. To test the theory, 100 men each drank 8 schooners of beer within a one (1) hour period. It was then observed that 100% of the test subjects, yes, 100% of all these men:- 1) Argued over nothing. 2) Refused to apologize when obviously wrong. 3) Gained weight. 4) Talked excessively without making sense. 5) Became overly emotional. 6) Couldn't drive. 7) Failed to think rationally, and 8) Had to sit down while urinating. No further testing was considered necessary!! So chaps, you need to think about how much beer you consume and warn other men too!

Feedback. The following is feedback from last month's Newsletter (spelling and grammar mistakes just like mine) "*Many thanks for the news letter, keep up the good work/Thank you for the Newsletter, as usual something I look forward to receiving/Received thank you and always made me chuckle/Great newsletter with a real family feel. Love the jokes too/Thanks for another super newsletter. Having a little trouble sleeping tonight...a read of the newsletter and a cup of tea and I'm now ready to turn in. Thanks and good night/Received and enjoyed/Thanks for the usually informative and interesting edition/Another successful publication/Sorry, I now remember that I forgot to acknowledge receipt of you last News Letter! We were busy packing. We also missed the August Meet - thanks for the informative write-up on the Woodland Trust Speaker. It was a shame we missed it!(so I'm not the only one with "oldtimers")/ Pleased to read about the recent donations from the Rotary and also St Edmund's Church. I can see that you need a few more jokes- so reckon I may have to write down those from Tim Vine at the Edinburgh Fringe? One liners particularly! Medical comments from Julia about AF and statins both useful- and I loved John Twells Walk/Thanks for the newsletter Michael. Just to let you know we've been on holiday to Suffolk and I achieved one of my post heart attack ambitions at the weekend by attending the V Festival at Weston Park, Stafford with the*

family/Thanks for the newsletter Michael – great information and news, great jokes/Newsletter duly received, complete with risqué jokes/Another good one, Blonde jokes do go down well don't they/ ". 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 new member phoned to say "I really look forward to receiving the Newsletter – the jokes are great. Where do you get them all from?" Another phoned to say "I don't get out much and so to receive the informative and amusing Newsletter gives me a lift once a month. Can you send one every week?" Let Michael have your views too, please.

This month's recipe. Ginger cake (consumed and approved).

1 lb (450g) self-raising flour	1 tsp ground ginger
1 tsp mixed spice	1 tsp baking powder
8 oz (225g) soft brown sugar	8 oz (225g) margarine or butter
12 oz (350g) golden syrup (or 8 oz (225G) golden syrup and 4 oz (100g treacle)	
½ pint (300ml) milk	2 eggs
1 tsp Jus ginger (chopped ginger in syrup)	

Mix the dry ingredients. Melt the margarine, sugar and syrup in a pan and add the milk. Beat the mixture gradually into the dry ingredients, then add the eggs and finally the Jus ginger. Pour into a 12 inch (30cm) X 9 inch (23cm) greased baking tin. Bake for about 1 hour (60 minutes) at 180C, 350F or gas 4. When cold cut into squares or fingers.

A prayer. "Dear God, please send clothes to all those poor ladies on grandpa's computer. Amen."

Musical 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 with delicious desserts. From 7.00 PM at St Nicholas Church Hall, Allestree Lane, Derby. Members £4.00, guests £7.00. Contact Trisha on 01332 380219.

Ukulele player needed. Do you play the ukulele or do you know someone who does, who can be available to play on Saturday 8 November. Contact Trisha as above.

First Aider needed. We need a qualified first aider to attend our event on 8 November. Please contact Trisha with details.

Do you write poetry? 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 as above.

Christmas luncheon. 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 767360 as we attend our favourite restaurant at Littleover Lodge again this year. We had 40 members enjoying this occasion last year and hope that you can do so again. If you did not attend last year, we do hope that you can be with us this time.

How does Moses make his tea? Hebrews it!

An actual call centre conversation: Customer: 'I've been ringing 0800 2100 for two days and can't get through to enquiries, can you help?' Operator: 'Where did you get that number from, sir?' Customer: 'It was on the door to the Travel Centre'. Operator: 'Sir, those are our opening hours'.

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.

TEACHER: “Millie, give me a sentence starting with ' I'.” **MILLIE:** “I is...” **TEACHER:** “No, Millie..... Always say, ' I am”.” **MILLIE:** “All right then ... I am the ninth letter of the alphabet.”

Forthcoming programme. September.

Saturday 20th Walking back to health - 🐢 Osmaston Park walk of 3.25 miles, meet in Shoulder of Mutton car park Osmaston, nr Ashbourne, Derby DE6 meet at 9.30 to walk at 10.00 AM.

Saturday 20th Windsor, boat and tea trip by the Travel Club Trust. Contact Bob Betchley on 01332 751198.

Wednesday 24th Swimming at the Queens Leisure Centre at 3.15 PM.

Tuesday 30th Coffee morning at The Cube café/bar from 10.30 AM.

October.

Wednesday 1st Swimming at the Queens Leisure Centre.

Wednesday 8th Swimming at the Queens Leisure Centre.

Saturday 11th Walking back to health – 🐢 & 🐢 Cat & Fiddle Trail walk of 5.5 & 3 miles, meet White Hart pub, Morely Lane, Stanley, Derby DE7 6EX.

Monday 13th “Making fun of the Census” is the talk given by Dr Wendy Freer.

Wednesday 15th Swimming at the Queens Leisure Centre.

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.

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 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.

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