## Take Heart

(Derby)

Registered Charity No 1163703 www.takeheartderby.co.uk

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



### **Newsletter August, 2016.**

Walking in the wilds of Elvaston Castle. Elvaston Castle was first built in 1633 and was redesigned by James Wyatt in 1812. In 1830 to 1850 significant landscaping of the gardens and parkland took place under the direction of William Barron. Much of this is still evident today. In 1930s the Stanhope family relocated to Ireland. After becoming a teacher training college from 1939 to 1950 the property was then left unoccupied. In 1963 the then Earl sold the property to a development company in order to settle death duties. It was then resold to Derbyshire County Council and Derby Corporation for the establishment of a country park. Over the years the decline in the condition of the castle has meant that only the tea room and Gothic Hall can be used although a programme of restoration is now under way. On Saturday 23rd July six members of Take Heart met at Elvaston Castle for a walk around the perimeter pathway. The route was chosen to give some shade on a hot day. After a short walk from the car park we stopped to admire the view along the East Avenue to the castle, which looked lovely in the bright sunlight. Just before reaching the Golden Gates we found a little memorial almost hidden by the long grass – it read 1914 – 1918 Lest we Forget. The roadway then leads past the cricket ground and riding stables and into another section of welcome woodland. We entered the castle courtyard by Springthorpe Cottage and headed for the refreshment room and bacon butties. The walk was resumed past the cottage – built in the Moorish style in 1830 it contains one room upstairs, one room downstairs with a small scullery attached at the back. This section of the walk has interesting wooden sculptures some possibly made by Rolls Royce staff as part of the Art in the Park project. We crossed the bridge over the



north end of the lake where herons can often be seen – not today though. We walked back through woodland that skirted the northern edge of the showground, discussions taking place about some of the huge felled trees. We arrived back at the car park after a pleasant two hours.

- Shortly after a British Airways flight had reached its cruising altitude, the captain announced, "Ladies and Gentlemen, this is your captain. Welcome to Flight 293, non-stop from London Heathrow to New York. The weather ahead is good, so we should have an uneventful flight. So,sit back, relax, and ...OH ... MY GOD!" Silence followed ... Some moments later, the captain came back on the intercom: "Ladies and Gentlemen, I'm sorry if I scared you. While I was talking to you, a flight attendant accidently spilled coffee in my lap. You should see the front of my trousers!" From the back of the plane, an Irish passenger yelled, "For the luvva Jaysus, you should see the back of mine!"
- Can you save 10p per week until February 2017? If each member household were to save 10p per week, as a group we could see £500.00 raised over a full year for our 2017 Jam Jar Challenge. Amazing and easy! The BHF finance some amazing research to help us and those who are yet to have heart problems. Please help if you can?



July coffee morning. 30 members turned out on a lovely day at the end of July for



our regular coffee morning. There were a number of absentees due to personal holidays and babysitting duties as the school holidays had started. There was lots of gossip as usual whilst one member tried to disguise having a "cooked" and full English breakfast – but can you put a name to this individual? Pam was busy taking names for the factory visit to Denby Pottery on 13 September (do you have your name on the list)? Members arrived from around 10.00

AM and a few were still there after midday – must be having fun then. Don't miss out of your monthly coffee because you are babysitting, bring your grandchildren with you to the August coffee morning on 30<sup>th</sup> and they can enjoy it too.

- Photography needed for 2017 Calendar. The annual calendar has become an established and welcome part of the member benefits. Forward your photography each month, capturing the seasonal weather effect in addition to the countryside, buildings, street scenes etc. and create a truly member oriented calendar for 2017. So start sending in your shots NOW. Send your submissions to Michael via email to <a href="michael.flude@takeheartderby.co.uk">michael.flude@takeheartderby.co.uk</a>. If you don't have email then phone Michael to arrange for him to copy your photo from your camera.
- Feedback. The following is feedback from last month's Newsletter, "Also thank you for the newsletter/ Michael, still "Not Found/ I have received the newsletter very good as usual/ The amount of work you put into it is well known and appreciated. No one will complain. Point them in my direction if they do. I can be quite bolshie if really pushed! Hope you are feeling better/ I have received the newsletter- although I had already downloaded it from the website/ What an interesting read/ Thank you for the link to your July newsletter." Contact Michael with your views!

On a beautiful summer's day, two American tourists were driving through North Wales. At Llanfairpwllgwyngyllgogerychwyrndrobwyllllantysiliogogoch, in Anglesey they stopped for lunch, and one of the tourists asked the blonde waitress, 'Before we order, I wonder if you could settle an argument for us. Can you pronounce where we are, very, very slowly?' The girl leaned over and said, 'Burrr ... gurrr ... king'

Recent event. We told you about Chris and Gerry Scott who were both aged 96



years for just a few weeks in April and May. They were duly entertained to lunch by their family at that time. TH(D) felt they would like to mark the occasion and recently visited them at their new apartment with two bunches of flowers. They were thrilled that we took the time and trouble to visit and the coffee and cakes were lovely. We wish them good health and happiness and look forward to their 97<sup>th</sup> years in 2017.

A sales rep, an administration clerk, and the manager are walking to lunch when they find an antique oil lamp. They rub it and a Genie comes out. The Genie says, 'I'll give each of you just one wish.' 'Me first! Me first!' says the admin. clerk. 'I want to be in the Bahamas, driving a speedboat, without a care in the world.' Poof! She's gone. 'Me next! Me next!' says the sales rep. 'I want to be in Hawaii, relaxing on the beach with my personal masseuse, an endless supply of Pina Coladas, and the love of my life.' Poof! He's gone. 'OK, you're up,' the Genie says to the manager. The manager says, 'I want those two back in the office after lunch.' (Moral of the story – always let the manager have the first say)!

Make space in your home with Bag it, Beat it, 2016. The Bhf have announced "their fantastic appeal for bags of donations is back again in September and need your help from business and home throughout the county (and across the country) to raise vital funds for the BHF. Would you be willing to have some bags to hand to employees, customers members family and friends. You could even arrange a Bag it, Beat it challenge amongst your contacts and even have a prize for the winner. Clear the clutter from your house by taking part and help raise vital funds. Its not just clothes that can be put into the bags. Fill them with clothes, shoes, books, DVD's, CD's, or childrens toys. The more bags you fill the more money can be raised to help millions of people whose lives have been affected by heart disease." Some bags will be delivered to Michael for distrbution. You could even bring them to the coffee morning on 27th September. Start your de-clutter now.

I was talking to a man the other day, who said he was married to one of twins. I asked him how he could tell them apart. He replied that, "Her brother is bald!"

Nil by mouth but lots in the ear to lift your spirits. You are having a laugh!!! Well we did just that and for a whole hour. What an afternoon 22 members experienced at our latest talk and were treated to an afternoon of pure hilarity – talk about a laugh every minute, just what you want to make you feel good. Our speaker today was Pat Hill, who gave us a talk entitled "Life can be funny." She told us that she lived in a village called Stanton which is near Ashbourne and that she is a carer for her 91 year-old sister. Pat and her husband have done a lot of work for a charity for elderly people, where volunteers telephone old people to see if they are alright or need some help. She said that the charity had received the Queens award for voluntary service. Pat told us that her village had no shop, pub; gas or drains, there used to be two buses a week but not anymore. She joined a poetry group set up in the village and the first thing she was asked to do was to write a poem as if you were the wife of a famous person, so she had chosen to be the wife of Tarzan, which she read out to us. She told us about reading a poem out in church when she was 5 years old which she would never forget. Her father had worked in a factory and had managed to get hold of a narrow strip of white silky material which her mother who was not good at sewing just stitched up both sides and left a spaces for her arms. She got onto the stage and recited her poem which was about a windmill with actions, unfortunately when she had finished the white silk was all bunched up at her waist leaving all of her bottle green pants showing. Pat said that she spoke at many WI's, as well as other women's groups. She told us about speaking to a very posh ladies group. She was reading out a paper from the 1950's which detailed how to be a good housewife, she reached the part that stated you should clean his shoes, when a lady stood up and shouted that she could not listen to another thing, she then said that the wife should take out the shoe laces and strangle the b....r with them. Pat then read out one of her hilarious poems called "nil by mouth". She proceeded to read out some of the funny adverts that had been written in the 30's, 40's and 50's. There was one from a newspaper which said that there had been a fire in a ladies toilet which had been started on the toilet seat; it went on to say that arson was expected.

Pat had many more things to say and by the end of her talk I am sure all members went home feeling they had had an afternoon of laughter and fun.



**Next month**. Come and find out some of the benefits, advantages and limitations for 'Blue Badge' holders. Where can you park and where not. Joan Ward will also offer many amusing anecdotes from her years of experience. It promises to be another uplifting and rewarding couple of hours on Monday 12<sup>th</sup> September (2.30 PM). Make the date in your diary, it is already on your calendar.

Love this Japanese Doctor! Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true? A: Heart only good for so many beats, and that it... Don't waste on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it like saying you extend life of car by driving faster. Want to live longer? Take nap.

Member news. This month we have been advised that Barry Birkin has undergone surgery at Nottingham City Hospital. Barry has returned home but has experienced a lot of pain and discomfort. Jean Moseley is still plodding on and waiting for further treatment. She has attended the iPro stadium to support her team but the entertainment and result has not cheered her greatly. Good news for Richard Flatman, who has been given the all clear following his tests. If you know anyone who is unwell, then please let Michael know. We wish all who are ill a speedy recovery.

**Birthdays.** Birthday wishes this month go to Barry Birkin, Helen Blackburn, Sue Balmire, Sally Choloreton, Barbara Colder, Pearl Fitzpatrick, Michael Flude, Geoff Hinks, Alan Merrigold, Sue Oliver, Marjorie Pate, Avril Simcox, Peter Stephens, Richard Wheatley, Tina Whitfield, Ronald Wright, Debbie, Rachel and Hannah Wright. A very happy birthday to you all. If I have missed you, please contact me with your details.

Four passionate, senior golfers were playing their weekly game of golf, - one remarked how nice it would be to wake up on Christmas morning, roll out of bed and without an argument go directly to the golf course, meet his buddies and play a round. His buddies all chimed in said, "Let's do it! We'll make it a priority; - let us figure out a way and meet here early, Christmas morning." Months later, that special morning arrives, and there they are on the golf course. The first guy says, "Boy this game cost me a fortune! I bought my wife a diamond ring that she can't take her eyes off of." The second guy says, "I spent a ton too. My wife is at home planning the cruise I gave her. She was up to her eyeballs in brochures." The third guy says "Well my wife is at home admiring her new car, reading the manual." They all turned to the last guy in the group who is staring at them like they have lost their minds. "I can't believe you all went to such expense for this golf game. I slapped my wife on the bum and said, 'Well my darling; - Merry Christmas! It's a great morning -- intercourse or golf course?" She said: "Don't forget your hat."

**Love this Japanese Doctor!** Q: Should I reduce my alcohol intake? A: Oh no. Wine made from fruit. Fruit very good. Brandy distilled wine, that mean they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Grain good too. Bottom up!

The Annual Sponsored Swimming event will take place at the Arc Leisure Centre in Matlock on Saturday 15 October. Funds raised will be donated to the BHF Mending Broken Hearts appeal. More details can be obtained from John Dean on 01335 123456 or email: dean580@btinternet.com. Good luck to you all.

A Spanish language teacher was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine. "House" for instance, is feminine: "la casa." "Pencil" however, is masculine: "el lapiz." A student asked, "What gender is 'Computer'?" Instead of giving the answer, the teacher divided the class into two groups, Male and Female. Then asked them to decide for themselves whether "Computer" should be a masculine or a feminine noun. Each group being asked to give four reasons for its recommendation. The men's group decided that "Computer" should definitely be of the feminine gender ("la computadora"), because: 1. No one but their creator understands their internal logic; 2. The native language they use to communicate with other computers is incomprehensible to everyone else; 3. Even the smallest mistakes are stored in long term memory for possible later retrieval; and 4. As soon as you make a commitment to one, you find yourself spending half your wages to buy accessories for it. The women's group, however, concluded that computers should be masculine ("el computador"), because: 1. In order to do anything with them, you have to turn them on: 2. They have a lot of data but still can't think for themselves: 3. They are supposed to help you solve problems, but half the time they ARE the problem; and 4. As soon as you commit to one, you realize that if you had waited a little longer, you could have got a better model. The women won.

News from the British Heart Foundation. Moderate physical activity affects heart shape and size - important for diagnosing heart conditions. Researchers, part-funded by us, have shown that even just a few hours of exercise each week can enlarge the heart. This normal and beneficial response to exercise had, until now, only been seen in athletes. The findings could affect diagnosis of heart conditions which also affect the heart's size and shape. The researchers, from the MRC Clinical Sciences Centre based at Imperial College London, studied the MRI scans of over 1,000 people in one of the largest studies of its kind. They recorded the participants' activity levels over the past year, according to how many hours exercise they did each week. Around one third of the volunteers reported doing three to five hours exercise a week and one in five of these people subsequently developed an enlarged heart. In people who did more than five hours exercise, almost half had similar heart adaptations. Developing an 'athlete's heart' Doctors can use MRI scans to diagnose heart conditions, which can appear as an enlarged heart on the scan. This would be normal if the person was an elite athlete. But these findings indicate that just moderate physical activity can affect the heart enough to impact on diagnosis. Dr Declan O'Regan, one of the lead researchers, explained: "It's well known that the hearts of endurance athletes adapt in response to exercise, a phenomenon called 'athlete's heart'. This study is the first to show that healthy adults who do regular exercise may also develop enlarged hearts. As a result, there's a risk that some active adults could be misdiagnosed with heart disease." Normal heart adaptations This research suggests that the more exercise you do over a threshold of three hours, the more the heart is likely to adapt in response and the more pronounced the changes. The heart muscle gets thicker and the heart's chambers and the volume of the heart chambers increase. These adaptations allow the heart to pump more blood, so the body's muscles get the oxygen and nutrients required during exercise. Dr O'Regan said: It's a completely normal, healthy response. It shouldn't be misdiagnosed as heart disease." It would, however, be a concern if the doctor detects changes in the heart's thickness and volume in isolation, rather than in tandem. Changing clinical guidelines. Across the world doctors use a standard set of values to judge whether a person's heart thickness and volume is in

the healthy or abnormal range. This ensures consistent diagnoses in different hospitals. But, according to the researchers, the current diagnostic criteria were set using evidence from a much smaller study with people who were not as physically active. The findings of this study could therefore change how doctors around the world diagnose heart conditions. Our Research Advisor, Dr Noel Faherty, said: "The events in Rio will undoubtedly inspire many of us to put on our running shoes and get active. And this interesting research shows that even moderate physical activity is associated with changes in the heart's size and shape, which are visible on a cardiac MRI. "Detectable changes to the heart on an MRI scan are common in elite endurance athletes but some heart conditions, like cardiomyopathy, can be diagnosed by detecting similar changes. This study demonstrates the importance of documenting the MRI appearance of healthy, active people's hearts so normal adaptive changes are recognised by doctors and not mistaken for disease." (source: <a href="https://www.bhf.org.uk/news-from-the-bhf/news-archive/2016/august/moderate-physical-activity-affects-heart-shape-and-size">https://www.bhf.org.uk/news-from-the-bhf/news-archive/2016/august/moderate-physical-activity-affects-heart-shape-and-size</a>)

Tortoise walks. The next stroll is in and around historic Melbourne. There is a very scenic route planned for this walk which takes place on Saturday 17<sup>th</sup> September. There are a host of refreshment venues following this walk – which one would you prefer? As usaual the walk meets at 9.45 to walk at 10.00 AM. More details from Dorothy 01332 556782 e-mail dorothy.stevens@ntlworld.com or Graham 01332 704195.

Saturday 17<sup>th</sup> September. Melbourne walk of 1.6 miles, meet at Castle Square car park, Castle Street, Melbourne, Derby DE73 8DY.

Monday 17<sup>th</sup> October. Alvaston walk of 2 ¾ miles, meet at St Michaels & All Angels Church, Church Street, Alvaston, Derby DE24 0PR.

A SIGN in a shoe repair store in Vancouver reads: "We will heel you! We will save your sole! We will even dye for you."

At an Optometrist's Office: "If you don't see what you're looking for, you've come to the right place."

On a Plumber's truck: "We repair what your husband fixed."

On another Plumber's truck: "Don't sleep with a drip. Call your plumber!"

On an Electrician's truck: "Let us remove your shorts!"

**In a Non-smoking Area:** "If we see smoke, we will assume you are on fire and will take appropriate action."

At a Car Dealership: "The best way to get back on your feet - miss a car payment." Outside a Muffler Shop: "No appointment necessary. We hear you coming."

In a Veterinarian's waiting room: "Be back in 5 minutes. Sit! Stay!"

At the Electric Company: "We would be delighted if you send in your payment on time. However, if you don't, YOU will be de-lighted."

In a Restaurant window: "Don't stand there and be hungry; come on in and get fed up."

At a Propane Filling Station: "Thank Heaven for little grills."

In a Chicago Radiator Shop: "Best place in town to take a leak." And the best one for last...; Sign on the back of another Septic Tank Truck: "Caution - This Truck is full of Political Promises!"

**Uplift your spirits.** Singing is well known to be a cheerful pastime. Would you be interested in joining with other members of TH(D) and lighten your mood – please contact Trisha Flude on 01332 380219 for an informal chat.

Name That Child! A pregnant woman from Washington, D.C., (whose husband was out of the country) is involved in a car accident and is knocked unconscious. When she wakes up 3 days later she sees that she is no longer pregnant and frantically asks the doctor about her baby. The doctor replies, "Ma'am you had twins! - a boy and a girl. We couldn't reach your husband and since your brother was the first one here the day they were born we let him name them for you." The woman thinks to herself, "No, not my brother...he's not very bright!" She asks the doctor, "Well, what's the girl's name?" "Denise." "Wow, that's not a bad name, I like it! What's the boy's name?" "Denephew."

# Forthcoming programme. August.

Wednesday 24<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM. Tuesday 30<sup>th</sup> Coffee morning at The Cube café/bar from 10.30 AM. Wednesday 31<sup>st</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

#### September.

Wednesday 7<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Monday 12<sup>th</sup> Derbyshire Blue Badge Guide, Joan Ward, will encourage us to

"Have a Laugh" from 2.30 PM at the Friends Meeting House.

Wednesday 14<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 17<sup>th</sup> Walking back to health - Melbourne walk of 1.6 miles, meet at

Castle Square car park, Castle Street, Melbourne, Derby DE73 8DY

At 9.45 to walk at 10.00 AM.

Wednesday 21st Swimming at the Queens Leisure Centre at 3.15 PM.

Thursday 22<sup>th</sup> Lunch at The Bridge Inn, Duffield Bank, Duffield DE56 4BG at 12 noon.

Tuesday 27<sup>th</sup> Coffee morning at The Cube café/bar from 10.30 AM. Wednesday 28<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

### 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. Cardiac Rehab Programme at Belper Leisure Centre, Amanda Gowling, 01773 825285 Seated exercise classes at URC, Becketwell Lane, Derby. Tel Gwen on 01283 701284

#### Contacts.

If members have a problem and would like to talk to someone in private, please telephone any committee member. BHF Heart Health Line 0300 330 3311, Mon-Fri 9am-5pm, to seek information on heart health. Any queries or comments about Take Heart (Derby) should be directed to Michael Flude on 01332 380219, email <a href="michael.flude@takeheartderby.co.uk">michael.flude@takeheartderby.co.uk</a>. or 14 Brookside Road, Breadsall, Derby DE21 5LF.

Items for the newsletter should be sent to Michael, information about publications to be sent to Marilyn on 01332 558756 and lunch venues to Pam on 01332 606563.

Take Heart (Derby) Registered Charity No 1163703

Affiliated to the British Heart Foundation