

Take Heart

(Derby)

Registered Charity No 1163703

www.takeheartderby.co.uk

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



Newsletter January, 2016.

I am a Seenager (Senior teenager). I have everything that I wanted as a teenager, only 50 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car. I have ID that gets me into bars and the wine store. I like the wine store best. The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared. And I don't have acne. Life is Good! Also, you will feel much more intelligent after reading this, if you are a Seenager. Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe this also makes you hard of hearing as it puts pressure on your inner ear. Much like a computer struggles as the hard drive gets full, so too, do humans take longer to access information when their brains are full. Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem, it is nature's way of making older people do more exercise. SO THERE!! I have more friends I should send this to, but right now I can't remember their names. So, please forward this to your friends; they may be my friends, too. Happy 2016.

Christmas coffee (and tea and biscuits and mince pies). There were bacon butties and other tasty treats being consumed by forty two members at our Christmas coffee morning shortly before Christmas. There were a lot of Christmas cards changing hands as everyone wished others the very best of seasonal greetings. We were blessed with first time coffee morning visitors, Mick & Angela Neil, who enjoyed themselves so much they are planning to make this a regular event. Unfortunately, Margaret Harrison suffered a fall, injuring her head. Paramedics attended and took her to RDH, where she stayed overnight for observation. She is now back at home and wishes to thank all for their kindness and messages of goodwill. Margaret has promised to be with us at our next coffee morning at the end of January. Make sure you are there to welcome her back.



A Sunday School teacher began her lesson with a question, "Boys and girls, what do we know about God?" A hand shot up in the air. "He is an artist!" said the kindergarten boy. "Really? How do you know?" the teacher asked. "You know - Our Father, who does art in Heaven... "

♥ **Heart failure patient tips.** Make sure you have the flu jab. Always carry a hat, scarf and gloves to prevent heat loss at your extremities. Ensure your mobile is fully charged before going out. Making a journey, then ensure you take your medication with you plus water to swill them down. Carry a summary of your medication with you. Carry snow socks for car tyres, body warming packs and a snow shovel in the car. Ensure your car is winter ready and service it. Visit a pub or café for tea/coffee and keep warm there (it might be cheaper than heating your home). Wear layers of clothes both indoors and out, you can always take off a layer if you are too warm. Ensure you have some basic, long lasting supplies of long life milk, part baked bread rolls baked beans, tinned soup, tinned fruit, frozen vegetables, bottles of drinking water, packets of rice & pasta, tinned tomatoes and eggs. Ensure your repeat prescriptions are ordered in plenty of time

♥ **January meeting.** Members were entertained by our speaker for the afternoon, Jolyon McLaine. His talk: "The Ups and Downs of a Helicopter Pilot" is sometimes called "Happiness is a Big Chopper" but modesty must prevail. The first 4 years of his working life was spent working for the Royal Insurance Group, until meeting up one night with a friend changed his life. His friend told him how he was training as an RAF pilot. Jolyon reflected upon his life and compared it to the life his friend was leading and decided to change. Jolyon joined the RAF but found the training being much harder that he had expected. He began his training on a De Havilland Chipmunk whilst based at RAF Church Fenton, completing 30 hours flying training over South Yorkshire. When he was based at RAF Linton on Ouse, he had trained on Jet Provost aircraft but first had to learn about instruments work with ground training. He met up again with his friend, who by this time had become a helicopter pilot and after talking to him about it he had decided he would like to give it a try. After training he flew operationally on Puma helicopters, mainly in support of the British and NATO Armies in Great Britain, Northern Ireland, Europe, Cyprus and Belize. After this tour of duty he was awarded the Air Force Cross. In 1978 he re-trained as a Sea King helicopter pilot and flew Search and Rescue missions from RAF Boulmer in Northumberland, taking part in 78 rescues. In 1982 he trained as an instructor, firstly teaching RAF and oversees students, later became Commanding Officer of the RAF Sea King Search and Rescue Training School in Cornwall, converting experienced air crew for Search and Rescue duties. Jolyon told us that in 1985 he was the winner of the Douglas Bader Trophy for the best overall flying display at International Air Tattoo in 1985. After leaving the RAF he continued to fly with the Royal Flight of Oman and then with the Derby and Nottinghamshire Constabulary. At the end of the talk Jolyon invited members to ask questions, which he responded too with many amusing and interesting anecdotes.



♥ **One day the first grade teacher** was reading the story of Chicken Little to her class. She came to the part of the story where Chicken Little tried to warn the farmer. She read, '.... and so Chicken Little went up to the farmer and said, 'The sky is falling, the sky is falling!' The teacher paused then asked the class, 'And what do you think that farmer said?' One little girl raised her hand and said, 'I think he said: 'O my goodness! A talking chicken!'' The teacher was unable to teach for the next 10 minutes.

Next month. “Peregrines in Paradise” is the talk to be given by Nick Brown of the Wildlife Trust. This is a talk about the Derby Cathedral peregrine falcons. Nick is a member of the Derbyshire Wildlife Trust and he created and set up a ‘live feed’ from the Cathedral platform to a laptop display in the Cathedral coffee shop window. Passers-by would then be able to see what was happening many feet above street level. Nick maintains the cameras as well as collecting the chicks for “ringing” by abseiling down from above the platform. The peregrine falcon project has been funded by a three year Heritage Lottery grant. This is a most unusual but informative talk and one you really should not miss.

Heard in school. Teacher “Glen, how do you spell crocodile?”
Glen “K – R – O – K – D – I – A – L.” Teacher “No that’s wrong.” Glen “Maybe, but you asked me how I spell it.”

Public Health England are encouraging parents to get “Sugar Smart” and take control of their children’s sugar intake. The Change4Life campaign follows revelations that children between 4 and 10 years of age consume over 5,500 sugar cubes a year, or around 22kg - the average weight of a 5-year-old. Statistics reveal that a fifth of 4-to-5-year-olds and a third of 10-to-11-year-olds are overweight or obese. It concludes that overweight children are more likely to become overweight adults making them more prone to a range of serious health problems including heart disease. The campaign comes at a time when we’re challenging the Government to introduce tangible and effective measures in its upcoming Childhood Obesity Strategy. One way we’re looking for Government to reduce the burden of childhood obesity is to introduce a ban on the marketing of junk food to children on television before the 9pm watershed. Mike Hobday, Director of Policy, said: “Public Health England’s Sugar Smart campaign is a welcome wake up call to the problems associated with children in England consuming three times the recommended amount of sugar on a daily basis. It’s important that the Government, the public health and voluntary sectors do whatever they can to help make parents and children more mindful about their sugar consumption. That’s why the Government’s upcoming Childhood Obesity Report needs to pay heed to the ever-growing body of evidence and put robust strategies in place. We can’t sugar coat this issue any longer.” A new Sugar Smart app has been launched to help parents see how much sugar there is in everyday food and drink. (Source of report from <https://www.bhf.org.uk/news-from-the-bhf/news-archive/2016/january/public-health-england-tackle-sugar-consumption-head-on>).

Interestingly, national newspapers reported that the Government have announced another U turn, threatening to impose a “sugar tax” if the food industry did not mend it’s ways after seemingly rejecting the ideas first suggested by Jamie Oliver .

Jam Jar Challenge for February 2016. At next month’s coffee morning we look forward to receiving your jam jars crammed full of cash collected each week/month. We take them to the coffee morning and pour them into a bucket before the counting begins. I hope we can count on you for your support again this year. The BHF benefit from this donation and last year we contributed £460.00 to aid their research programme. If each home saved just 50p per month, that would be a fantastic £720 for the year. If you could manage to save a little more, you can see the difference it will make. It seems so easy if we all pull together, please help if you can?



Heard in school. Teacher “Harold, what do you call a person who keeps on talking when people are no longer interested?” Harold “A teacher!”

♥ **Attention swimmers!** There is an ongoing problem with the roof above the family pool at Queens Leisure Centre. This pool is still closed and we have not been given any indication of when it will re-open. You are still able to use the Gala pool in the meantime. I apologise on behalf of Derby City Council for the inconvenience but urge you to keep swimming as it is a great cardiovascular exercise and is good fun too.

♥ **The one about the golf cart!** One day, while enjoying a round of golf with friends, I accidentally overturned my cart. Elizabeth, a very attractive and keen golfer who lived in an apartment on the golf course heard the noise and called out, "Are you okay; what's your name?" "It's Bob, and I'm OK thanks," I replied. "Bob, forget your troubles. Come to my apartment, rest a while, and I'll help you get the cart up later." "That's mighty nice of you," I answered, "but I don't think my wife would like it." "Oh, come on," Elizabeth insisted. She was very pretty and persuasive. "Well okay," I finally agreed, and added, "but my wife won't like it." After a restorative cocktail, and some driving and putting lessons, I thanked my host. "I feel a lot better now, but I know my wife is going to be really upset." "Don't be silly!" Elizabeth said with a smile, "She won't know anything. By the way, where is she?" "Under the cart!" I said.

♥ **Member news.** We have recently learned that Margaret Harrison is recovering well following a fall last month. Geoff Sykes also had a fall and is on the mend. Dorothy Thornhill has moved stay with her daughter, Elaine McCulloch has completed her surgery and is now facing a period of rehabilitation whilst Margaret Knifton is still fighting to regain fitness. Jean Moseley has been very poorly but is on the mend. If you know anyone who is unwell, then please let Michael know. We wish all those who are ill a speedy relief to all their sufferings.

♥ **Calendar 2016.** The annual calendar has become an established and welcomed part of the member benefits. We have found the revised format, encouraging ALL members to submit photographs of their trips around Derbyshire for inclusion in our 2017 calendar has been much appreciated. 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



michael.flude@takeheartderby.co.uk. If you don't have email then phone Michael to arrange for him to copy your photo from your camera.

♥ **Calendar feedback.** We continue to receive compliments about this year's calendar, here are a few, "I think this year's calendar is the best yet/the calendar goes from strength to strength/some wonderful photos have inspired me to get out and about in our beautiful Derbyshire." What do you think?

♥ **A certain little girl,** when asked her name, would reply, 'I'm Mr. Sugarbrown's daughter.' Her mother told her this was wrong, she must say, 'I'm Jane Sugarbrown.' The Vicar spoke to her in Sunday School, and said, 'Aren't you Mr. Sugarbrown's daughter?' She replied, 'I thought I was, but my mother says I'm not.'

♥ **BHF funded research.** We now have the strongest evidence to date that human stem cells will develop normally once transplanted into an embryo thanks to research we helped to fund. The findings, made by researchers at the [University of Cambridge](#) and published in the journal Cell Stem Cell, have important implications for finding regenerative treatments for heart attack and heart failure. The team were studying pluripotent stem cells - these are cells that can be transformed into any type of tissue in the body, including heart tissue. These stem cells could one day be used to grow new heart muscle and repair the currently irreversible damage caused by a heart attack. [Professor Roger Pedersen](#) from the Anne McLaren Laboratory for Regenerative Medicine at the University of Cambridge, who led the research says: "Our study provides strong evidence to suggest that human stem cells will develop in a normal – and importantly, safe – way. This could be the news that the field of regenerative medicine has been waiting for." BHF Associate Medical Director, Professor Jeremy Pearson, said: "These results substantially strengthen the view that induced pluripotent stem cells from adult tissue are suitable for use in regenerative medicine – for example in attempts to repair damaged heart muscle after a heart attack. "The Cambridge team has shown definitively that when stem cells are introduced into early mouse embryos under the right conditions, they multiply and contribute in the correct way to all the cell types that are formed as the embryo develops." We're funding an ambitious programme of regenerative medicine research thanks to generous donations to our Mending Broken Hearts Appeal. (Source: <https://www.bhf.org.uk/news-from-the-bhf/news-archive/2015/december/stem-cell-breakthrough>).


An Irishman who had a little too much to drink is driving home from the city one night and, of course, his car is weaving violently all over the road. A cop pulls him over. " So," says the cop to the driver, where have ya been?" " Why, I've been to the pub of course," slurs the drunk. " Well," says the cop, "it looks like you've had quite a few to drink this evening." "I did all right," the drunk says with a smile. " Did you know," says the cop, standing straight and folding his arms across his chest, "that a few intersections back, your wife fell out of your car?" " Oh, thank heavens," sighs the drunk. " For a minute there, I thought I'd gone deaf."


♥ **Tuned in in time for Christmas.** We were delighted to deliver 11 new DAB digital radios for the benefit of patients on ward 408 and Coronary Care Unit shortly before





Christmas. Staff on both wards were on hand to receive them and to be shown how they work. There were two Derby County fans on ward 408 who were delighted they would be able to listen to coverage of the Rams matches over the festive period.


Others thought that music would bring a bit of fun to the days, particularly during this rather wet December.


 **Use services wisely.** 999 should only be used for emergencies (head injuries, heart attack, broken bones etc.) Sprains, cuts, rashes - visit to a Walk-in-Centre, but remember 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. Minor grazes, sore throat and hangovers are a matter for self-care.

 **Feedback.** The following is feedback from last month's Newsletter, "*Many thanks for the newsletter, loved the senior riddle, really made my wife laugh, will try it on the grandchildren/As ever, a very interesting newsletter/ Thanks for the newsletter, excellent read again, jokes very good. Cheers me up/Have to say Michael, Jackie and I both look forward to your Newsletter. Our colleagues always remark they know when it has arrived as they can hear us laughing/ Enjoyed the contents, thank you/ Just received and read the newsletter - once again I don't know how you manage to make it so interesting/ Well put together and good for a laugh*". Contact Michael with your views!


 **The luck of the Irish.** Into a Belfast pub comes Paddy Murphy, looking like he'd just been run over by a train. His arm is in a sling, his nose is broken, his face is cut and bruised and he's walking with a limp. "What *happened* to you?" asks Sean, the bartender. "Jamie O'Conner and me had a fight," says Paddy. "That *little so and so*, O'Conner," says Sean, "He couldn't do that to you, he must have had something in his hand." "That he did," says Paddy, "a shovel is what he had, and a terrible lickin' he gave me with it." "Well," says Sean, "you should have defended yourself, didn't you have something in your hand?" "That I did," said Paddy. "Mrs. O'Conner's breast, and a thing of beauty it was, but useless in a fight."

 **Derby Telegraph** December 22nd reports that The Royal Derby Hospital has introduced "Live Waiting Times for the Accident and Emergency Department" on their website. The plan is to make best use of hospital resources and direct people to the most appropriate facility for their needs. Times will be displayed on the website of the Derby Urgent Care Centre (DUCC) which is the new name for the Derby Walk In Centre off Osmaston Road, Derby- open 7 days a week from 8a.m. to 8 PM. They will also be on the Royal Hospital website, NHS Stay Well Derbyshire, Southern Derbyshire CGC and even the Derby Telegraph website too. So - if you don't have a computer.... you can always ask someone who does? It could save you a very long wait. <http://www.derbyhospitals.nhs.uk/> with waiting times shown on the right of the page.

 **Birthdays.** Birthday wishes this month go to David Howe, Derek Eastwood, Sheena Gibson, Marbit Staehr, Ann Turner, Catherine Thow, Gerard Nolan, Alan Topham, Margaret Harrison, Geraldine Lloyd, Keith Cooper, Reh Qureshi, Ash Tank, Janet Noon, Elaine McCulloch, Maggie Edwards, Andrew Hutton, Michael & Pamela Brinkworth, Brenda Riley and Jean Percival. A very happy birthday to you all. We continue to receive wonderful comments from those who have received birthday cards made by April. If I have missed you, please contact me with your details.

 Committee meetings for the remainder of this year are 8 March, 10 May, 12 July, 13 September and 8 November. If you have any suggestions or comments for the committee attention, then please write to our Secretary, Pam Fearn at 22 Blagreaves Lane, Littleover, Derby DE23 2NS. Topics discussed recently were the summer event for June, the Spring Lunch in April, an apology from Littleover Lodge Hotel for the slow service at

our Christmas lunch, a donation received from the family of a deceased person in lieu of flowers, how we could make our events more popular to attract more members and many more. One idea suggested by a member was to form a Take Heart (Derby) choir – could you be interested – please contact Trisha Flude on 01332 380219.


 **Roasted Red pepper & Tomato Soup**, a hearty favourite at the time of year.
3 tbsp extra-virgin olive oil (extra for drizzling) 1 medium red onion, peeled and chopped
6 large ripe plum tomatoes, chopped 600ml hot vegetable stock
10 basil leaves (extra to garnish) Double cream for drizzling
200g roasted red peppers in brine, drained and chopped
Salt & pepper to taste
Heat the oil in a medium saucepan and fry the onion over a medium heat for 2 minutes. Stir occasionally with a wooden spoon. Add tomatoes and continue to cook for a further 2 minutes. Keep stirring. Pour in the vegetable stock, add the basil leaves and chopped roasted peppers and bring to the boil. Reduce heat and simmer for 10 minutes. Stir occasionally. Remove the saucepan from the heat and use a hand blender to blitz into a smooth soup. Season with salt & pepper and serve in warmed bowls, garnish with a few basil leaves, a drizzle of cream and some extra virgin olive oil. Perhaps add warmed breadsticks on the side.

Forthcoming programme.

February.

Wednesday 17th Swimming at the Queens Leisure Centre at 3.15 PM.
Tuesday 23rd Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 24th Swimming at the Queens Leisure Centre at 3.15 PM.

March.

Wednesday 2nd Swimming at the Queens Leisure Centre at 3.15 PM.
Saturday 5th Walking back to health –  details to follow.
Wednesday 9th Swimming at the Queens Leisure Centre at 3.15 PM.
Monday 14th Actor Patrick Ashcroft will inform us about the “History of Calke Abbey and the Harpur Crewe Family” at 2.30 PM in the Friends Meeting House, St Helens Street, Derby.
Tuesday 15th Lunch at The Jonty Farmer, Kedleston Road, Derby DE22 1FT at 12 noon
Wednesday 16th Swimming at the Queens Leisure Centre at 3.15 PM.
Wednesday 23rd Swimming at the Queens Leisure Centre at 3.15 PM.
Tuesday 29th Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 30th Swimming at the Queens Leisure Centre at 3.15 PM.

Amendment to Programme of events – The tortoise walk on 16 April starts at 10 am, not 12 noon.

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
Live Well, phase 4 sessions via Derby City Council 01332 641254 or livewell@derby.gov.uk
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 our “listening ears” Jean Percival 01332 512112 or 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 michael.flude@takeheartderby.co.uk. 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.

 **2016 subs are now due!** Thank you to those who have already paid you subs for 2016. This year we are doing exactly the same things we have been doing for the past few years – coffee morning, monthly talk, walks, swimming and lunches. The difference by being a charity is that we are more efficient with the way we look after our finances. Gift aid allows us to achieve a 25% “donation” from the tax man. Your minimum £10.00 donation will be worth £12.50 to TH(D). If you donate more, as many of you do, you can see it can make a huge difference and does not actually cost you more. We can also reclaim VAT in many situations. Please return the slip below to our treasurer, R. Flatman, 32 Cornhill, Allestree, Derby DE22 2FS and cheques payable to “Take Heart (Derby)”.

Take Heart (Derby) Registered Charity No. 1163703

I would like to enhance my donation through Gift Aid. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations, it is my responsibility to pay any difference.

Name (print)

Address (incl. post code)

.....

Signed Date

Please notify the charity if you: want to cancel this declaration change your name or home address no longer pay sufficient tax on your income and/or capital gains. If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code. One of the objectives of becoming a charity was to raise the profile of the group in order to reach more heart patients, their family and carers. As a by-product, other organisations have become more aware of Take Heart (Derby) and some of the things we do. Uffa Magna Women’s Institute have adopted us as their charity of the year for 2016. Our Chairman has been to visit this WI and given them a brief outline of what we get up to. They will follow our progress on a monthly basis by receiving a copy of this Newsletter.

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Affiliated to the British Heart Foundation