

Take Heart

(Derby)

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



Registered Charity No 1163703

www.takeheartderby.co.uk

Newsletter March, 2016.

♥ **February coffee morning.** Around 40 members turned up, many with their jam jars stuffed with small change saved up since last February. Mike Churnside of the BHF



was on hand to assist with emptying the jars into TH(D) bucket. We raised £277.81, including the "How many Fred's were there in the picture. Les Tibbles was closest with a guess of 380 against the actual 360. Well done Les. And a big, big thank you for ALL your support, it is great to see so many giving so much to help the British Heart Foundation with their research grants to eradicate heart health issues. There were several first time

attendee's amongst our numbers today which is great to see. Also in attendance was Thomas Lister, a research student (who found us after attending the Quad initially). Thomas wishes to discuss heart patient welfare and make notes for his thesis following heart event patients. His thesis will be looking at the patient experience rather than the technical and medical aspects, so it is a good opportunity for you to give your views. Ask Michael for contact details.



♥ **Jam Jar Challenge for February 2017.** Having saved all that lovely spare change for 2016, today sees the start of our effort for the 2017 Jam Jar challenge. Just place your small change in a jar each day/week and see how much you can save. If each household were to save 10p per week, then we could see £624.00 raised over a full year. Amazing and easy! Please help if you can?



♥ **Several years ago**, we had an a trainee secretary who was none too swift. One day she was typing and turned to a senior secretary and said, 'I'm almost out of typing paper. What do I do?' 'Just use paper from the photocopier', the secretary told her. With that, she took her last remaining blank piece of paper, put it on the photocopier and proceeded to make five blank copies. Yes, she was blonde!!!

Actor and storyteller Members were treated to a very interesting talk by actor and storyteller Patrick Ashworth about Calke Abbey and the Harpur Crewe family. Pam Fearn

writes: Patrick lived in Norwich until 1973, when he moved to live in Shipley. He told us that he had previously worked at Calke Abbey for 4 years. Calke Abbey is a Grade 1 listed country house near Ticknall, in the care of the National Trust. In the 12th century the site was an Augustinian Priory until its dissolution by Henry VIII. We heard that in Elizabethan times Richard Harpur was a lawyer and a Sergeant at Arms.



He married Jane Findern whose family owned Findern village. Richard made himself a wealthy man by buying property. We were told that John Harpur had three sons and lived at Swarkeston and it was John who bought Calke Abbey from the Priest family. Patrick added that in the Civil War the Harpur's were Royalists, they were also involved with horse racing, and were pioneers in bringing Arab horses to breed with British horses. Patrick spoke of other members of the Harpur Crewe family until he reached Sir Vauncey Harpur Crewe, who was the 10th Baronet. Vauncey was seen as something of an altruistic monocrat, mixing great thoughtfulness and generosity towards his tenants and employees at his two seats, Calke Abbey and Warslow-Longnor in Staffordshire, with a disarming degree of aloofness and arbitrary behaviour towards his own family. His communications with his children could be extremely strained, so much so that it was not uncommon for him to communicate with them by letter delivered by a footman. He was seen as particularly tyrannical toward his daughters. "The Misses Crewe". He was noted to have told them, "do not marry", and when in due course, they did, he was very displeased. One of his daughters, Airmyne, was banished from Calke Abbey for smoking a cigarette, a ban imposed on his entire household for fear of fire. She never returned to Calke during his lifetime. Vauncey looked upon Calke Abbey as something of a bird sanctuary and had a passion for shooting and taxidermy. This led to substantial neglect of the property. Vauncey had four daughters and a son named Richard who died in 1921 aged 40 years. After Vauncey died in 1924 the estate passed to the descendants of his youngest daughter Frances, and in 1985 to the National Trust.



♥ **Next month.** Our speaker for April is Richard Papworth, who began his working life as a police cadet, but left the force to become a store detective. He then spent 29 years in the prison service at Foston Hall and other establishments. Following his retirement he began self-publishing books for children aged five to eight years in the "Dog Angel" series to raise money for Rainbows Hospice. His April 11th talk to Take Heart (Derby) is based on his work in the John Lewis Department Store and the many inventive incidents of shoplifting he observed. It is entitled "Excuse Me, Madam, but....." His maxim is that if it's not steal-able, it's not properly displayed! This promises to be a humorous talk and one not to be missed.

♥ **A recent survey** has shown that one in three men is just as stupid as the other two.

♥ **New members.** This month we extend a very warm welcome to Brian Wibberley and we hope to see him frequently at our forthcoming events.

♥ **An Infantry Major** was about to start the morning briefing to his staff. While waiting for the coffee machine to finish its brewing, the Major decided to pose a question to all those assembled. He explained that his wife had been a bit frisky the night before and he failed to get his usual amount of sound sleep. He posed the question of just how much of sex was "work" and how much of it was "pleasure?" A Captain chimed in with 75-25% in favour of work. A Lieutenant said it was 50-50%. A 2nd Lieutenant responded with 25-75% in favour of pleasure, depending upon his state of inebriation at the time. There being no consensus, the Major turned to the Private who was in charge of making the coffee. What was his opinion? Without any hesitation, the young Private responded, "Sir, it has to be 100% pleasure." The Major was surprised and, as you might guess, asked why? "Well, sir, if there was any work involved, the officers would have me doing it for them." The room fell silent.

♥ **Attention swimmers!** There is an ongoing problem with the roof above the family pool which unfortunately will not be complete until June (ish). 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.

♥ On Tuesday, 15th. March, 19 members met at The Jonty Farmer, Kedleston Road, for lunch. Jean Sykes writes, "*The main menu was interesting and extensive, also the one for smaller appetites (2 courses for under £5). I haven't had a better Bramley apple crumble for a long time! I noted that everyone there was obviously enjoying their chosen lunch, also that there was very little left on the plates when they were taken away. Everyone chatted happily and there was certainly an air of contentment.*" Seems like a great place to go, so it might make our shortlist again next year unless you know somewhere better!!!



♥ **Member news.** We have recently learned that Brenda Riley received a knee replacement and is doing well, whilst Margaret Storry is still waiting for her new knee. Mick Neil has been quite unwell but is hopefully getting back to normal. Molly Illesley has also been a bit off colour recently. Jean Moseley has received some disappointing news recently but is in good spirits and fighting back. Trisha Flude has recently undergone an operation on her right hand and is hoping to put her boxing gloves back on before the year is out, so watch out Michael. If you know anyone who is unwell, then please let Michael know. We wish all who are ill a speedy relief to all your sufferings.

♥ **Photography needed for 2017 Calendar.** The annual calendar has become an established and welcomed 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 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.

♥ **New committee members/s.** The committee traditionally consists of nine members, who stand for election every two years. Do you think you could add something to the running of our group? Would you like to add your name to those standing for re-election at our AGM in July? Contact Michael for an informal chat.

♥ **At the March committee meeting** the committee discussed the forthcoming Spring lunch, the change of date and venue for the summer garden party, a donation for the purchase of lifting equipment for ward 408 at RDH, ideas for member events and the renewal of membership.

♥ **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.

♥ **Senior Citizen and the Store.** A little old lady went to the grocery store to buy cat food. She picked up three cans and took them to the checkout. The girl at the checkout said, "I'm sorry, but we cannot sell you cat food without proof that you have a cat. A lot of old people buy cat food to eat, and the management want proof that you are buying the cat food for your cat." The little old lady went home, picked up her cat and brought it back to the store. They sold her the cat food. The next day, she tried to buy two cans of dog food. Again, the cashier said, "I'm sorry, but we cannot sell you dog food without proof that you have a dog. A lot of old people buy dog food to eat, but the management want proof that you are buying the dog food for your dog." So she went home and brought in her dog. She then was able to buy the dog food. The next day she brought in a box with a hole in the lid. The little old lady asked the cashier to stick her finger in the hole. The cashier said, "No, you might have a snake in there." The little old lady assured her that there was nothing in the box that would harm her. So the cashier put her finger into the box and quickly pulled it out. She said to the little old lady, "That smells like poo." The little old lady said, "It is. I want to buy a roll of toilet paper." The moral of this story is: **Don't mess with old people!**

♥ **Feedback.** The following is feedback from last month's Newsletter, "Looks Good Michael - Thanks. I enjoyed the joke about Japan!/ Thanks for this and well done. However, would you mind removing mum (Kath Robinson) from your mailing list now, as she is currently living in a care home in Swadlincote, and although I used to print off your newsletters for her, she now reads very little, so sad to say, not worth your effort sending to her. Her Alzheimer's has advanced somewhat, however, she is still a happy soul and being well looked after. Many thanks for your efforts over the years. Long may they continue/Many thanks for a very interesting newsletter, all the jokes made me laugh/Regards from another Japanese person./ Thanks for the newsletter, received and printed off this morning/Good to see several medical items included this time/Thank you Michael, I've really enjoyed reading your newsletter/Another entertaining newsletter, thanks. So sorry to hear some members have been poorly. Thinking of you all". Contact Michael with your views!

♥ **Recently, I went to McDonald's** and I saw on the menu that you could have an order of 6, 9 or 12 Chicken McNuggets. I asked for a half dozen nuggets. 'We don't have half dozen nuggets,' said the teenager at the counter. 'You don't?' I queried. 'We only have six, nine, or twelve,' was the reply. 'So I can't order a half dozen nuggets, but I can order six?' 'That's right.' So I shook my head and ordered six McNuggets (Unbelievable but sadly true...) (Must have been the same one I asked for sweetener and she said they didn't have any, only Splenda and sugar.) And they think they deserve the minimum wage!!!

♥ **Birthdays.** Birthday wishes this month go to David Backhouse, Lyn Calladine, Joyce Cocking, Anne Cogley, Barbara Cooper, Philip Fitzpatrick, Richard Flatman, Trisha Flude, Doug Glanday, Michael Hill, April Howe, Ken Illesley, Ian King, Douglas Leach, Barbara Polhill, Philip Robinson, John Ruddle, Marjorie Scott, Lorna Skidmore and Derek Smith. A very happy birthday to you all. Sadly April will end her card making days for us at the end of this month. She has been making them for many years and has received regular thanks for the quality of the cards from the very grateful recipients. Thanks April and have a great retirement – what will you do with all this free time? Good news – Barbara Buxton will take over from April in April so that you will still receive beautiful cards as a member of Take Heart (Derby). If I have missed you, please contact me with your details.


♥ **Calling all singers** – would you be interested in singing with other members of TH(D) – please contact Trisha Flude on 01332 380219 for an informal chat.


♥ **Spring luncheon.** Thirty- seven members have signed up for our spring lunch this year, which is to take place on Thursday 14 April at noon. We will be attending the Engine shed restaurant at the Roundhouse, a very popular venue with a great reputation. Booking is essential for this event via Margaret Storry on 01332 766916. It is possible that we might be able to accommodate a few extra if you act quickly. Make that call today.



♥ **Two ladies talking in Heaven.** 1st woman; *Hi Wanda!* 2nd woman; *Hi Sylvia! How did you die?* 1st woman; *I froze to death.* 2nd woman; *How horrible!* 1st woman; *It wasn't so bad. After I quit shaking from shaking from the cold, I began to get warm and sleepy. Finally, I died a peaceful death.* What about you? 2nd woman; *I died of a massive heart*

attack. I suspected my husband was cheating, so I came home early to catch him in the act. But instead I found him by himself in the study watching TV. 1st woman; So what happened? 2nd woman; I was so sure there was another woman somewhere in the house. I rushed into every room upstairs and downstairs, in the garage, the shed and even in the attic. I was so exhausted I just keeled over with a heart attack and died. 1st woman; Too bad you didn't look in the freezer – we'd both be still alive!

 **News from BHF.** Scientists have discovered two new genes which are associated with a person's risk of coronary heart disease in an international collaboration involving BHF and NIHR-funded researchers. The findings could lead to new statin-like treatments to prevent heart attacks. The researchers looked at the DNA of more than 190,000 people. This included those collected part of the BHF Family Heart Study, which was led by BHF Professor Nilesh Samani and retired BHF Professor Stephen Ball between 2000 and 2005. The researchers found that changes in the DNA which altered a gene called ANGPTL4 were associated with a reduced risk of coronary heart disease, while errors in the SVEP1 gene were linked to an increased risk of CHD. CHD is responsible for nearly 70,000 deaths every year, making it the UK's single biggest killer. Most deaths from CHD are caused by a heart attack. Dr Shannon Amoils, our Senior Research Advisor said: "The findings prove alterations in ANGPTL4 are directly linked with reduced levels of triglyceride, as well as a reduced risk of CHD. This adds to the body of evidence linking triglycerides with CHD." BHF Professor Sir Nilesh Samani, from the University of Leicester, added: "Going forward we hope that we will be able to use this new information to develop new therapies to reduce a person's likelihood of developing coronary heart disease and, ultimately, of having a heart attack." Source <https://www.bhf.org.uk/news-from-the-bhf/news-archive/2016/march/new-heart-attack-genes-discovered>.

 **Tortoise walks.** The first of the short walks will take place on 16th April meeting in the overflow car park (by kind permission of the management) at Swarkestone Garden Centre, Lowes Lane, Swarkestone DE73 7GU from 10.00 AM to walk at 10.15. For those travelling by bus, 9.30 Arriva bus to Melbourne from Derby bus station, getting off at the first bus stop on Barrow Lane, also known as Woodshop Lane. This bus should arrive about 10.00 but traffic is extremely busy so be careful crossing the road. Return buses are 35 minutes past each hour. (Times were correct on 1st March 2016). Stout footwear will be needed as we shall be walking a short distance along the towpath of the Trent and Mersey Canal which has not been tarmacked and could be wet. This walk is not suitable for wheelchairs or pushchairs. The walk is approximately 2 miles and should take about an hour. We hope to see you there. More details from Dorothy 01332 556782 e-mail dorothy.stevens@ntlworld.com or Graham 01332 704195.

Future walks are as follows:

Thursday 19th May **Note change of Date.** Allestree Park walk of 1 ½ miles, meet at car park off Duffield Road, Allestree, Derby DE22 2EU, start at 11.00 AM


Wednesday 15th June in Findern, a walk of 2.2 miles, meet at All Saints Church, The Green, Findern, Derby DE65 6AA.


Saturday 23rd July walk at Elvaston Castle park of 2 miles, meet in car park, Borrowash Road, Elvaston, Derby DE72 3EP.

Thursday 18th August Darley Park walk of 2 miles, meet at Deans Field car park, off Darley Street, Darley Abbey, Derby DE22 1DX.

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

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



 A Take Heart (Derby) member gave us an idea for a short walk, on the outskirts of Derby. Thank you, we will put this in as walk for next year. If any members have ideas for short walks in or around Derby please let us know.

 **When I went to lunch today**, I noticed an old lady sitting on a park bench sobbing her eyes out. I stopped and asked her what was wrong. She said, 'I have a 22 year old husband at home. He makes love to me every morning and then gets up and makes me pancakes, sausage, fresh fruit and freshly ground coffee.' I said, 'Well, then why are you crying?' She said, 'He makes me homemade soup for lunch and my favourite brownies and then makes love to me for half the afternoon...' I said, 'Well, why are you crying?' She said, 'For dinner he makes me a gourmet meal with wine and my favourite dessert and then makes love to me until 2:00 a.m.' I said, 'Well, why in the world would you be crying?' She said, 'I can't remember where I live!'

Forthcoming programme. **March.**

Wednesday 23rd Swimming at the Queens Leisure Centre.
Tuesday 29th Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 30th Swimming at the Queens Leisure Centre.

April.

Wednesday 6th Swimming at the Queens Leisure Centre.
Saturday 9th Walking back to health –  - details to follow
Monday 11th "Excuse me Madam, but..." is the title of store detective Richard Papworth's talk this month.
Wednesday 13th Swimming at the Queens Leisure Centre at 3.15 PM.
Thursday 14th Formal Spring Lunch at The Engine Shed, Roundhouse Road, Derby DE24 8JE. Booking is required.
Saturday 16th Walking back to health -  - at Swarkeston Nursery, Lowes Lane, Swakeston Derby DE73 7GO **at 10.15 AM.** Please use the overflow car park.
Wednesday 20th Swimming at the Queens Leisure Centre at 3.15 PM.
Tuesday 26th Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 27th Swimming at the Queens Leisure Centre at 3.15 PM.

Amendment to Programme of events – please amend you diary/calendar.

The tortoise walk on 16 April starts at 10 am, not 12 noon and use the overflow car park.
Allestree Park Walk planned for Thursday 19th May, will now take place on Thursday 19th May.

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 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)”. **Deadline for renewals is 31 March 2016.**

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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