

Take Heart

(Derby)

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



Registered Charity No 1163703

www.takeheartderby.co.uk

Newsletter May, 2016.

♥ **April coffee morning.** Forty-seven members turned up to say thank you to April Howe who retired from making birthday cards for group members after more than 10



years. It is estimated that she made around 2500 cards during that time, a mammoth task for which members were thankful to receive. She had served on the Committee of TH(D) for a number of years, was Chair for three years,

treasurer for a further three years before standing down. As a gesture of our appreciation, April was presented with a card signed by members, a bouquet of flowers and a £50.00 garden centre voucher. April has since wasted no time and sent this response to me
"Thank you so much for the presentation at the Coffee morning on Tuesday, it is nice to be appreciated. I have been to the Garden Centre and have pick a lovely lime green standard Acer, called Shirasawanum "Aureum". It has to be pot grown so I have picked a nice green pot to put it in, in the autumn it will turn a beautiful orange. It will remind me of all the cards that I enjoyed making for my fellow members."



♥ **A man** stuck his head into a barbershop and asked, 'How long before I can get a haircut?' The barber looked around the shop full of customers and said, 'About 2 hours.' The man left. A few days later, the same man stuck his head in the door and asked, 'How long before I can get a haircut?' The barber looked around at the shop and said, 'About 3 hours.' The man left. A week later, the same man stuck his head in the shop and asked, 'How long before I can get a haircut?' The barber looked around the shop and said, 'About an hour and a half'. The man left. The barber turned to his friend and said, 'Hey, Bob, do me a favor, follow him and see where he goes. He keeps asking how long he has to wait for a haircut, but he never comes back'. A little while later, Bob returned to the shop, laughing hysterically. The barber asked, 'So, where does he go when he leaves?' Bob looked up, wiped the tears from his eyes and said....'Your house

♥ **Can you save 10p per week until February 2017?** If each household were to save 10p per week, then we could see £500.00 raised over a full year for our 2017 Jam Jar Challenge. Amazing and easy! Please help if you can?



♥ **Feedback.** The following is feedback from last month's Newsletter,
"Thanks for another good read. I believe there is a pool at Mickleover so I shall enquire about that/Many thanks for another interesting news letter/ I received the monthly newsletter last week thank you, those gremlins are hibernating/another splendid monthly Newsletter. Where do you get the inspiration from/Fab Newsletter again this month. It's the best thing in my in-box every month". Contact Michael with your views!

♥ **Aging gracefully:** 1. I changed my car horn to gunshot sounds. People move out of the way much faster now! 2. I didn't make it to the gym today. That makes five years in a row. 3. I decided to change calling the bathroom the John and renamed it the Jim. I feel so much better saying I went to the Jim this morning. 4. Last year I joined a support group for procrastinators. We haven't met yet... 5. I don't need anger management. I need people to stop irritating me! 6. When I was a child I thought Nap Time was a punishment... Now, as a grown up, it just feels like a small vacation.... 7. My people skills are just fine. It's my tolerance of idiots that needs working on. 8. If God wanted me to touch my toes, he would've put them on my knees. 9. The kids text me "plz" which is shorter than please. I text back "no" which is shorter than "yes." 10. I'm going to retire and live off of my savings. Not sure what I'll do the second week. 11. Even duct tape can't fix stupid... but it can muffle the sound! 12. Why do I have to press one for English when you're just gonna transfer me to someone I can't understand anyway? 13. Of course I talk to myself, sometimes I need expert advice.

♥ **Attention swimmers!** It's even worse than they thought! There is now a problem with the whole of the swimming pool and Derby City Council have now closed it completely. There is no clear idea of when the pool will be back in use but in the meantime I urge you to keep swimming as it is a great cardiovascular exercise and is good fun too. Lonsdale swimming bath in Mickleover will be too expensive for the numbers likely to attend. We will keep trying to find an alternative.

♥ **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.

🍷 **Cabin crew.** Members listened to an interesting talk by Judy Richter on the history of aviation and her career as a senior cabin crew member. She told us that in the 1950's cabin crew needed to have a good smile and the ability to be a good conversationalist and was primarily there to ensure the safety and comfort of the passengers aboard the flight. Judy had slides of some of the first planes that she worked on and showed us a photograph of the different uniforms the air stewardess had worn from the 1950's until the present day. She went on to say that there has been an occasion where someone has not been on the right flight but this did not happen very often. She recalled one time when passengers had to change to another aircraft there had been a very distraught lady, on asking her what was wrong, she said that she had lost her husband. As there was an empty seat next to her Judy assumed that he must still be on the other aircraft but a few moments later when she looked the seat had been taken by a gentleman who she assumed was the lady's husband. She returned to the lady to ask if everything was now alright, but the lady said her husband was still missing. They eventually found him in an



urn in the overhead locker on the other aircraft. Another experience was when they had a gentleman who they thought had died on the plane. She said that in those circumstances you would put the body in one of the toilets until you landed. Judy told us that along with other cabin crew they managed to get the gentleman into the toilet and wedged him as they thought safely. It wasn't until the wheels of the aircraft touched the ground that they

heard a loud thud from the toilet followed by a sound of moaning which got louder. On opening the toilet door they found the man to be very much alive. She said this had not gone down well with her bosses. Judy had also worked on private jets and recalled on one occasion how on leaving the aircraft and Arab gentleman had given her a small box and on opening it she found a diamond ring. She said when she showed this to the pilot he told her to give it back to the gentleman straight away because if she kept it that would mean he had bought her. She went on to tell us of other things that had happened when she was working on private jets, such as the time Van Morrison had sung Brown Eyed Girl to her and Paul McCartney had talked to her all the way through the flight. She had been kissed by Robbie Williams, but unfortunately a reporter had taken a photograph of this which had been published so she wasn't allowed to fly on his jet again. Her talk finished with her answering many questions put to her by the members. We did not find out about the "mile high club", maybe next time.

🍷 **Love this Japanese Doctor!** 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!

Advance news about the AGM. Our AGM for 2016 will be held at 2.30 PM on 11 July 2016 at the Friends Meeting House, St Helens Street, Derby DE1 3GY. As usual, admittance is free of charge at the AGM. Notice of resolutions is hereby given as follows: (1) Since becoming a charity, we have needed to change the way in which our finances are reported to comply with Charity Commission standards. Accordingly, we moved our AGM date to July. This will allow sufficient time for the accounts to be audited. We will therefore need to amend para 10 sub para (2) which currently reads "*An Annual General Meeting (AGM) must be held annually at a designated place and time (usually in May), and not being more than fifteen months from the previous AGM.*" The resolution is to amend this paragraph at the AGM to read "*An Annual General Meeting (AGM) must be held annually at a designated place and time (usually in July), and not being more than fifteen months from the previous AGM.*" I trust that you will see the need for this change and vote in favour at the AGM. (2) Committee members for the forthcoming election at the AGM have been found. Angela and Mick Neill and Jean Moseley have offered to serve on your committee and will stand for election at the AGM. (3) The term for our Chairman Michael Flude is to expire shortly. This is a three-year appointment which Michael has held since 2010. He is willing to continue his duties but invites anyone else to offer themselves to stand for election. Contact any committee member to make your nomination.



Good news? "My wife has been missing for over a week now - Police have said to prepare for the worst - so now I've been to Oxfam to get her clothes back."



Recognition for volunteers. Giving back to those who have helped you in the past is the most rewarding way of saying thank you. Members Barry Birkin (10 years) and Michael & Trisha Flude (5 years) were recognised by Royal Derby Hospital at a recent ceremony for their volunteering at the hospital. Barry performs a meet and greet service at the entrance, whilst Michael & Trisha carry out patient bedside visits on ward 408 & in CCU.



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 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.

♥ **A father** put his 3 year-old daughter to bed, told her a bed time story and listened to her prayers which ended by saying: "God bless Mummy, God bless Daddy, and God bless Grandma and goodbye Grandpa." The father asked, "Why did you say goodbye Grandpa?" The little girl said, "I don't know, Daddy, it just seemed like the thing to do." The next day grandpa died. The father thought it was a strange coincidence. A few months later the father put the girl to bed and listened to her prayers which went like this: "God bless Mummy, God Bless Daddy and goodbye Grandma." The next day the grandmother died. "Holy Cow, thought the father, "this kid is in contact with the other side." Several weeks later when the girl was going to bed the dad heard her say: "God bless Mummy and goodbye Daddy." He practically went into shock. He couldn't sleep all night and got up at the crack of dawn to go to his office. He was nervous as a cat all day, had lunch and watched the clock. He figured if he could get by until midnight he would be okay. He felt safe in the office, so instead of going home at the end of the day he stayed there, drinking coffee, looking at his watch and jumping at every sound. Finally, midnight arrived, he breathed a sigh of relief and went home. When he got home his wife said, "I've never seen you work so late, what's the matter?" He said, "I don't want to talk about it. I've just spent the worst day of my life." She said, "You think you had a bad day, you'll never believe what happened to me this morning. My golf pro dropped dead in the middle of my lesson."

♥ **New members.** This month we extend a very warm welcome Celia Hunter. We hope to see you frequently at our forthcoming events.

♥ **Member news.** We have recently heard from Chris Wright "*Debbie is progressing through her chemo treatment - she's over half way through now - roll on mid June!! another good one/Really enjoyed the lunch at the Round House, students do an excellent meal, Jean Moseley's operation went very well and she is now recovering at home despite hearing some disappointing news, whilst Dawn Freeman received a similar diagnosis. Trisha Flude has had her plaster cast removed and is now undertaking physiotherapy. Ann King and Jean Percival have been separately nursing themselves back to health following falls. Chris Scott is suffering with breathing difficulties but happily Lyn Butler is doing fine.* 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.

On a brighter note we are pleased to advise that Barry & Jean Birkin celebrated their 60th wedding anniversary in March. Congratulations to the happy couple from Take Heart (Derby).



♥ **Birthdays.** Birthday wishes this month go to Irene Bown, Vera Clarke, Graham Colder, Margaret Cresswell, Margaret Evans, Emma Flude, David Hillis, Robert Jones, Olwyn Mills, Angela Neill, Vic Percival, Rachel Robinson, Chris Scott, Sandy Smith, Thomas Staehr, John Storry, Jean Sykes, Robert Turner, Maggi Wallis, Alison Wheatley and Chris Whewell (Mr). A very happy birthday to you all. If I have missed you, please contact me with your details.

We have received a very generous donation from a member recently, who wishes to remain anonymous. A four figure sum (plus gift aid) was received and will add to the funds already held and soon to be invested in further assistance to the cardiac functions within Royal Derby Hospital. Thank you. We also received another donation, this time from the Madeley Players, a touring entertainment group. Clive Moore & Jean Ellison can be seen presenting their cheque to Trisha Flude. Our grateful thanks to them for their donation.



News from the British Heart Foundation. *The best way of identifying people at high risk of coronary heart disease following chest pain or angina is an MRI scan according to research funded by the BHF. A clinical study at the University of Leeds compared MRI scans, a non-invasive test which does not use potentially dangerous radiation, with SPECT, a procedure which uses ionising radiation and is commonly used in the diagnosis of coronary heart disease. The researchers found that MRI was better overall at predicting serious events, such as death or heart attack, following chest pain suspected to be angina. The five-year follow-up study in 750 people was designed to find out the best way of separating patients based on whether they were at high- or low- risk of serious heart events. Coronary heart disease, the world's biggest killer, is responsible for nearly 70,000 deaths in the UK each year, an average of 190 people each day, or one death around every eight minutes. Most deaths from heart disease are caused by a heart attack. Coronary heart disease occurs when the vital arteries which serve the heart are narrowed or blocked by a build-up of fatty tissues. This can cause chest pain, or angina, which can lead to a heart attack if left untreated. The paper, published in Annals of Internal Medicine, resulted from a large five-year follow-up study and follows a series of papers from the original CE-MARC (Clinical Evaluation of Magnetic Resonance imaging in Coronary heart disease) study. These papers have contributed to the growing body of evidence that cardiac MRI is the best option for the diagnosis and management of patients with coronary heart disease. Earlier evidence from this BHF-funded study also showed that MRI is more cost-effective than SPECT in the diagnosis of coronary heart disease. Professor John Greenwood, from the School of Medicine at the University of Leeds, who led on the BHF-funded research, said: "Although SPECT is currently more widely available than MRI, the use of MRI across a wide spectrum of diseases means that it will be much more readily available for heart disease investigation in coming years. "The benefits of cardiac MRI are not limited to reducing exposure to ionising radiation. The non-invasive cardiac MRI test, which is not only more diagnostically accurate and cost effective for the NHS than SPECT, is also potentially better at forecasting the outcome of the disease. "The outcomes of this study could lead to changes in clinical guidelines and to the way doctors investigate chest pain due to suspected heart disease." Source <https://www.bhf.org.uk/news-from-the-bhf/news-archive/2016/may/mri-scans-best-to-identify-high-risk-heart-disease-patients>*

📌 **Next month.** There is no meeting. Hooray came the loud retort. There is however a cream tea instead. **Summer afternoon cream tea.** What a treat is in store for all this summer. A cream tea, consisting of fruit scone, jam, clotted cream with tea or coffee. Looks very tasty indeed and at £2.50 per member, non-members £4.50 (normal price £4.95) it looks even tastier. The venue this year is the Royal Crown Derby tea room's, Osmaston Road, Derby DE23 8JZ, a change from our previously advertised event and will take place on Tuesday, 14 June at 2.30 PM. Booking is essential via Margaret Storry on 01332 766916. It is indoors this year as last year the bad weather put people off turning out on the day despite booking a place.



📌 **An old man** was asked, "At your ripe age, what would you prefer to get – **Parkinson's or Alzheimer's?**" The wise one answered, "Definitely Parkinson's. Better to spill half an ounce of Rum than to forget where you keep the bottle!"

📌 **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.

📌 **Our senior members!!!** For six weeks each year Chris and Gerry Scott are the same age. Gerry catches up with Chris in April each year but then in May, Chris surges ahead. This year, they celebrated Gerry's 95th birthday and this month sees Chris become 96. What an achievement and they still do all the things that we also enjoy. Here they are out to lunch celebrating Gerry's birthday. Neither have experienced good health recently and we wish them well in the months ahead.



📌 Use services wisely. 999 should only be used for genuine emergencies (head injuries, heart attack, broken bones etc.) Next source of contact is telephone 111 in case of high temperature, vomiting and ear pain. Your GP is the first point of contact for health problems but a pharmacy can be of help to assist with diarrhoea, cough cold or headache. Minor grazes, sore throat and hangovers are a matter for self-care.

📍 **Tortoise walks. The next stroll** is Wednesday 15th June in Findern, a walk of 2.2 miles, meet at All Saints Church, The Green, Findern, Derby DE65 6AA. More details from Dorothy 01332 556782 e-mail dorothy.stevens@ntlworld.com or Graham 01332 704195. Future walks are as follows:

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.

📍 **Forthcoming programme.**

📍 **May.**

Wednesday 25th Swimming at the Queens Leisure Centre at 3.15 PM Suspended.
Tuesday 31st Coffee morning at The Cube café/bar from 10.30 AM.

📍 **June.**

Wednesday 1st Swimming at the Queens Leisure Centre at 3.15 PM Suspended.
Wednesday 8th Swimming at the Queens Leisure Centre at 3.15 PM Suspended.
Tuesday 14th Summer afternoon cream tea at Royal Crown Derby, Osmaston Road, Derby DE23 8JZ from 2.30 PM. Booking via Margaret on 01332766916
Wednesday 15th Walking back to health - 🐢 - in Findern, a walk of 2.2 miles, meet at All Saints Church, The Green, Findern, Derby DE65 6AA.
Wednesday 15th Swimming at the Queens Leisure Centre at 3.15 PM Suspended.
Wednesday 22nd Swimming at the Queens Leisure Centre at 3.15 PM Suspended.
Tuesday 28th Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 29th Swimming at the Queens Leisure Centre at 3.15 PM Suspended.

📍 **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 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.

Take Heart (Derby) Registered Charity No 1163703
Affiliated to the British Heart Foundation