

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter February 2017



Lunch at The Blue Jay. Our first lunch of the year took place at The Blue Jay Inn on

the outskirts of Alvaston in January. Eleven members enjoyed a meal which was discounted when producing a valid bus pass, that made it taste even better. Most opted for the carvery, which offered a choice of beef, turkey and ham with a huge Yorkshire pudding and plenty of vegetables (red cabbage included). The meat was plentiful, tasty and tender. Lots of lovely, tempting treats for



puddings, which might not have allowed us to keep to our New Year resolutions but it was so good. See you next month at The Broadway, Duffield Road, Derby on 16th February.



Two elderly women were eating breakfast in a restaurant one morning. Ethel noticed something funny about Mabel's ear and she said, 'Mabel, do you know you've got a suppository in your left ear?' Mabel answered, 'I have a suppository in my ear?' She pulled it out and stared at it. Then she said, 'Ethel, I'm glad you saw this thing. Now I think I know where to find my hearing aid.'



Annual subs are now due!!! Yes, it is that time of year again but at a minimum of only £10.00 per household this is possibly the best value membership you subscribe to. Not only do you receive a wonderful Newsletter every month but the immense support and friendship within the group is priceless. Please send all donations to R Flatman, 32 Cornhill, Allestree, Derby DE22 2FS, cheques payable to "Take Heart (Derby)" and if you are a tax payer please confirm you would like to donate under the GiftAid scheme.



The Jury's Out. Murphy, a dishonest lawyer, bribed a man on his client's jury to hold out for a charge of manslaughter, as opposed to the charge of murder which was brought by the prosecution. The jury was out for several days before they returned with the manslaughter verdict. When Murphy paid the corrupt juror, he asked him if he had a very difficult time persuading the other jurors to see things his way. "Sure did," the juror replied, "the other eleven wanted to acquit!"



Member news. It is with much sadness that I advise of the passing of Vic Percival on 10 February at the Royal Derby Hospital. He and Jean have been members since 1989 and were for many years our “listening ears”, who received telephone calls from members who needing to talk to someone. They were frequent visitors to our many activities and I am sure you will join with me in offering prayers for Jean and her family in their hour of need. A telephone conversation with Pat Fitton revealed she has settled well into her new home and her new life. She sends her love and best wishes to you all. We have also received a note from Vera Allsopp thanking all those who sent messages of sympathy following the passing of Gordon Gaskin. Vera wishes to be remembered to you. Molly Illsley has a new hip and is feeling very chipper again, watch out Ken. Many of our number have been inconvenienced with a flu like bug which seems to be doing the rounds. Remember to keep warm and wrap up well if you have to venture out.



Three sons left home, went their own way and prospered. Getting back together they discussed the gifts they were able to give their mother. The first said he had built his mother a huge home for her. The second said I sent her a Mercedes.” The third smiled and said “I beat both of you. You know her eyesight is fading and she loves to read the bible, so I bought her a remarkable parrot which can recite the bible. All she has to do is tell the parrot which chapter and verse she wants to hear and it recites it. It took the elders of a church twelve years to teach him. He’s one of a kind.” Soon after, the mother wrote a few thank you notes as follows: 1. “Milton, the house you built for me is too big – I only live in one room but have to heat the whole house”. To Gerald, she wrote “I am too old to travel. I stay at home most of the time, so I rarely use the Mercedes.” To Donald she wrote, “You have the good sense to know what your mother likes. The chicken tasted delicious!”



Bariatric chair presentation. Thanks to your continued donations, Take Heart (Derby) have been able to purchase a bariatric chair for ward 408. These are useful (and vary comfortable according to Margaret) for those who are struggling with water retention issues which makes fitting into a regular size chair quite uncomfortable. Several committee members were on hand to present the chair to Snr Sister Marie Jackson recently. We are currently investigating a further acquisition for the same ward, plus other equipment for Cardiac Rehabilitation unit, the Heart Failure team and Coronary Care Unit. We will let you know the outcome in future issues of this Newsletter.



Donations received by TH(D). We have received a further donation, this time from the Parish Church of St John the Evangelist, Mickleover organised by Uffa Magna WI. We are extremely grateful to both organisations for supporting our efforts to help heart patients, their carers and relatives.



The children had been photographed, and the teacher was trying to persuade them to buy a copy of the group picture. 'Just think how nice it will be to look at it when you are all grown up and say, 'There's Jennifer, she's a lawyer,' or 'That's Michael, He's a doctor.' A small voice at the back of the room rang out, 'And there's the teacher, she's dead.'



January Coffee morning. Well, would you believe it! December's coffee morning created a record attendance only for that to be smashed by the turn out at the end of January. It became difficult to count the actual numbers because everyone seemed to be moving from one table to another. The place was packed – we estimate around sixty members and family attended but if you know the actual number then please enlighten Michael. He was busy selling tickets to the Music & magic evening to be held on 25 February. If you have not got tickets now, then you might be too late, contact Michael urgently on 01332 380219. He was also collecting membership renewals for 2017. If you have not renewed yet sent your donation to R. Flatman, 32 Cornhill, Allestree, Derby DE22 2FS payable to Take Heart (Derby). You can see from the smiling faces in the photographs, everyone seemed to be having fun, including young children.



The passing of time!

Another year has passed
And we're all a little older.
Last summer felt hotter
And winter seems much colder.

There was a time not long ago
When life was quite a blast.
Now I fully understand
About 'Living in the Past'

We used to go to weddings,
Football games and lunches.
Now we go to funeral homes
And after-funeral brunches.

We used to have hangovers,
From parties that were gay.
Now we suffer body aches
And while the night away.

We used to go out dining,
And couldn't get our fill.
Now we ask for doggie bags,
Come home and take a pill.

We used to often travel
To places near and far.
Now we get sore asses
From riding in the car.

We used to go to nightclubs
And drink a little booze.
Now we stay home at night
And watch the evening news.

That, my friend is how life is,
And now my tale is told.
So, enjoy each day and live it up...
Before you're too damn old.
"Sent in by Marilyn Thompson"



One day, Jill's husband came home from the office and found her sobbing convulsively. "I feel terrible," she told him. "I was pressing your suit and I burned a big hole in the seat of your trousers." "Forget it," consoled her husband. "Remember that I bought an extra pair of trousers for that suit." "Yes, and it's lucky for you that you did," said Jill, drying her eyes. "I used them to patch the hole."



There's now a vaccine to help protect you against Shingles. A vaccine to prevent shingles, a common, painful skin disease is available on the NHS to certain people in their 70s. The shingles vaccine is given as a single injection into the upper arm. Unlike the flu jab, you'll only need to have the vaccination once and you can have it at any time of the year. The shingles vaccine is expected to reduce your risk of getting shingles. If you are unlucky enough to go on to have the disease, your symptoms may be milder and the illness shorter. Shingles can be very painful and uncomfortable. Some people are left with pain lasting for years after the initial rash has healed. And shingles is fatal for around 1 in 1,000 over-70s who develop it. It's fine to have the shingles vaccine if you've already had shingles. The shingles vaccine works very well in people who have had shingles before and it will boost your immunity against further shingles attacks. You are eligible for the shingles vaccine if you were aged 70 or 78 years old on 1 September 2016. In addition, anyone who was eligible for immunisation in the previous three years of the programme but missed out on their shingles vaccination remains eligible until their 80th birthday. This includes: people aged 71, 72 and 73 on 1 September 2016, people aged 79 on 1 September 2016, The shingles vaccine is not available on the NHS if you are aged 80 or over. (Source Surinder Mehan, Public Health Project Officer, Derby City Council).



Every day a little girl was sitting and watching her mother do the dishes at the kitchen sink. She suddenly noticed that her mother had several strands of white hair sticking out in contrast on her brunette head. She looked at her mother and inquisitively asked, 'Why are some of your hairs white, Mum?' Her mother replied, 'Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white.' The little girl thought about this revelation for a while and then said, 'Mummy, how come ALL of grandma's hairs are white?'



News from the BHF. Trial reveals potential new treatment for high blood pressure Results of a small clinical trial showing the benefits of a new pill to treat high blood pressure have been published today. The study, conducted by The George Institute for Global Health and published in The Lancet, found that patients given the new four-treatments-in-one pill saw their blood pressure drop to normal levels in just four weeks. **A risk factor** - Nearly 30 per cent of adults in the UK are living with high blood pressure, putting them at risk of having a heart attack or stroke. Experts have called the results exciting, but suggest larger trials are needed to see if these high rates could be maintained and repeated. Our Associate Medical Director, Professor Metin Avkiran, commented on the study. "High blood pressure is a major risk factor for strokes and heart attacks. The British Heart Foundation estimates that nearly 30 per cent of adults in the UK are living with high blood pressure, putting them at risk of having a heart attack or stroke. "The quadpill used in this study combined four existing blood pressure-lowering drugs at low dose in one pill, to reduce blood pressure. Although the findings are encouraging and may lead to effective treatments without side effects, the study involved only a small number of patients for a short period. More research is needed to confirm the safety of the quadpill, its long-term effect on blood pressure and ultimately whether it reduces a person's risk of having a stroke or heart attack, before it should be considered in clinic. "Since the majority of people with high blood pressure have no symptoms, a big part of the battle is identifying who has it and ensuring that patients continue to take their prescribed medication. If you are concerned about your blood pressure we recommend speaking to your GP." (Source: <https://www.bhf.org.uk/news-from-the-bhf/news-archive/2017/february/trial-reveals-potential-new-treatment-for-high-blood-pressure>).



Newsletter feedback. The following messages were received following last month's Newsletter: *"Thank you for the first Newsletter of 2017. A Happy New Year to you both! The year is progressing quickly/ Yes I have received the newsletter, very good again/ Newsletter safely received and printed off, thank you/Newsletter safely received, thank-you, very entertaining/I acknowledge the receipt of the newsletter. Thank you/Please pass on my wife's thanks for the lovely hand-made card she received on her birthday. It was completely unexpected and yet another nice touch from Take Heart/Thank you very much for the newsletter, liked the jokes particularly the Christmas one/Thank you as always Michael. You will have a very interesting talk with John Hawkins in February as we have had the same speaker at our group"*. Thank you to all those who respond! Please send your comments to Michael.



Royal Derby Hospital is under enormous strain, particularly within the Accident & Emergency department. I know you all respect the requirement for using A & E but could you please pass on this message to all those within your circle of friends and relations, asking them to do the same. Even one less person turning up from your contacts can help reduce the "queue" of trolleys with patients waiting to be admitted. The message is very clear "A & E means Accident and Emergency – NOT Anything & Everything". As a heart patient you SHOULD dial 999 if you have a scare, the paramedics will then make a decision as to whether you should be taken to hospital. Be safe.



Medical Opinions

A panel of doctors was asked for their opinions concerning a proposal to build a new wing to their hospital. This was what they said:

The Allergists voted to scratch it.

The Dermatologists preferred no rash moves.

The Psychiatrists thought it was madness.

The Radiologists could see right through it.

The Gastroenterologists had a gut feeling about it.

The Neurologists thought the administration had a lot of nerve.

The Obstetricians stated they were labouring under a misconception.

The Ophthalmologists considered the idea short-sighted.

The Pathologists yelled, "Over my dead body."

The Paediatricians said, "Grow up!"

The Plastic Surgeon said, 'This puts a whole new face on the matter.'

The Podiatrists thought it was a step forward.

The Urologists felt the scheme wouldn't hold water.

The Surgeons decided to wash their hands of the whole thing.

The Anaesthetists thought the whole idea was a gas.



Jam Jar Challenge! For a number of year's, we have held the Jam Jar Challenge in February at the coffee morning (this month it is on 28th). We have learnt that the BHF have moved their 'Red for Heart Month' to June but Take Heart (Derby) will still continue with this challenge each February. Ours will be the first donation to them each year from now on. So bring your collection of coins to the Cube café/bar as usual (if you forgot to save your loose change, we will accept cheques and £5.00, £10.00, £20.00 or £50.00's, we are not fussy). Don't be late if you wish to be seated.





Would you be interested? We have received the following details from Healthwatch Derby which co-ordinates health services in our area. *"Dear Healthwatcher. At the Healthwatch Reference Group on 12 January, we gave the following update on the Sustainable Transformation Plan (STP):*

- The NHS is nationally changing using STP. There are 44 STPs across the country. It is claimed it is the biggest shake up and audit of NHS services since the 1940s. All 44 STP areas published plans by the end of November 2016. Some of you may have noticed that over December the NHS started using the word proposal instead of plan. In Derby city we are part of the wider Derbyshire plan. The official stance is that under the current structure there is a big funding gap. There is also a need for services to be better aligned and overlap each other to give the patient better care.*
- The proposal is to go to what is being called a place based model of care. What that means is across Derbyshire as a whole there will be 20 specific hubs where particular specialisms will exist with a range of services which are best suited to a certain area. There will be more support in the community meaning people will be able to be treated closer to home, also helping to alleviate some of the pressures on the hospitals. In Derby there will be four specific places.*
- James Moore, Healthwatch Derby's Chief Executive Officer, attended a meeting on Tuesday 10 January with Southern Derbyshire Clinical Commissioning Group (SDCCG) and was informed that there will be no changes in services over the next 12 months and current contracts were signed off the week before. This allows for a full consultation to take place. Ourselves and Healthwatch Derbyshire, as well as the voluntary and community sector, are now being asked to help identify how to reach all parts of the community. A framework is being put together over the next couple of weeks as a starter.*
- There are some areas that will have identifiable clinical needs such as Chronic Obstructive Pulmonary Disease and parts of the city have high diabetes rates. These will obviously be taken into account. There will be a public consultation before any changes are made and our role is to ensure that takes place.*
- In Derby city, unlike other areas, we are not going to see closures of Accident and Emergency. Reports about Burton Hospital Accident and Emergency are not true. Some areas have closures and losses. In Derby the plan is to improve services and reduce the need for beds over the next five years. We do not campaign and will not push the STP or recommend it. Our role is to ensure what local people have to say is heard and the decision makers listen and base their plans around these views. Please email any specific fears or comments and we will ensure that SDCCG gets to hear it. Please be specific about which areas are of concern – for example, not the hospital but which department or specialism. Also, if you have any ideas on how we can reach all parts of the community as part of the consultation, please let us know.*
- There will be a chance for people to become involved in forums and discussions. If you are interested in taking part, again, please let us know.*

*We are now planning two consultation meetings as mentioned above, these will take place in April, May or June. We would like as many local people as possible to be involved so are looking for those of you who are interested in finding out more or have something to say so that we can gauge interest and the size of events needed to ensure a proper consultation. In the first instance, please let **Michael** know if you would be interested in attending a meeting and if you prefer daytime or evening. Healthwatch Derbyshire will be holding similar events so we are only looking for people who live in Derby city.*



Our February speaker was John Hawkins who is an expert on social history. His talk featured Findern and titled "Turmoil, Turnpikes and Taxes". He informed us that Findern was a typical English Parish where one border is an ancient highway. He added that in the 1600 and 1700 Findern would have a three fields system of farming also called Long Lands; this is where people would be given strips in a field for communal food growing which amounted to 1700 acres in total. John told us that in these times villagers would have the right to collect firewood on the common land and that Pannage was the right to graze pigs and other animals on common land. Fern, bracken and gorse would be collected by the ladies. The

gorse burns very hot and would be used for baking bread. He then showed us a road sign of Cockshut Lane in Melbourne, this we were told that beaters would drive the woodcocks along the lane until there was nowhere else for them to go and this is when men would shoot them a little bit like when they shoot the grouse today. We were also showed a photograph of a



pigeon house which belonged to the Priory at Dunster. John went on to tell us that Taxes for Births, Deaths, and Marriages were brought in 1653 and John showed us picture of a church chest which would normally have three locks, this is where the registers for these would be kept. This was followed in 1662 by a hearth tax but this was abolished in 1689. A window tax followed in 1697 which had families blocking off a window if they had more than the tax allowed and John showed us photographs of properties which had had this done to them. This tax was abolished in 1857. In 1784 brick and tiles even house soap was taxed, this was repealed though in 1850. Finally, in 1798 income tax was introduced by William Pitt. John went on to tell us about the industrial revolution and Arkwright's Mill as well as a picture of North Street in Cromford showing us the terraced houses that the workers at the mill had lived in. Next we were told that Jedidiah Strutt, who was born in South Normanton in 1726 and moved to Findern when he became an apprentice to a wheelwright, eventually marrying a girl from Findern. John talked about toll gates showing us a picture of the one at Willington. He told us that in the 1950's there were 25 to 28 small holdings in Findern and that some of the formal farm houses are now actually residential homes in the village and followed this by showing us some pictures of such houses in the village today. We were shown an old enclosure map of Findern depicting different parts with names such as Clove Shade, Candale Close, Lousy Butts, the Long Lands, ten acres, Wall Closes and Thrushton. A very interesting afternoon with us learning more about the area we live in and with members asking John many questions.



March talk. The President of IBM will be our guest speaker on 13 February. Not the computer giant IBM but the President of the International Brotherhood of Magicians and has been a member of Derby Magic Circle since it formed in 1974. Clive Moore and his partner, Jean Ellison will outline the background and history of "magic" and if you are all good children, they may even demonstrate a few illusions? Clive and Jean founded The Madeley Players in 1977 an entertainment group (our very own Trisha Flude is a current member of the group), performing to children and retired people to raise money for charities - especially Treetops Hospice. Sounds like fun so what are you waiting for? See you at 2.30 PM on 13 March in the Friends Meeting Hall.

♥ **Would you like to uplift your spirits** – telephone Trisha on 01332 380219!

♥ **A career in Cardiology?** If you think the way to a mans heart is through his stomach, then cardiology is not for you.

♥ **New members.** We have seen an influx of new members recently including, Marg & Sam Redfearn, Brian, Sybil & Stuart Allt, Joy & Tony Rolfe, Dorothy Fisher, Mary Cox, Charles Dowsett has rejoined as has Paul & Karen Taylor, Alan & Ruth Nixon, Stu & Babs Norton and Rita Solowiej. Fantastic! great to see you all and we look forward to seeing you all at future events.

♥ **A Wise Wife!** She will always forgive her husband whenever she is proved wrong!!!

♥ **February Programme.**

Tuesday 28th Coffee morning at The Cube café/bar. It is Jam Jar Challenge day!!!
From 10.30 AM

♥ **March Programme.**

Wednesday 1st Swimming at the Queens Leisure Centre at 3.15 PM.
Wednesday 8th Swimming at the Queens Leisure Centre at 3.15 PM.
Monday 13th It will be "Magic" when Clive Moore, President of the International Brotherhood of Magicians & his partner, Jean Ellison, beguile us with Illusions and some history behind the scenes at 2.30 PM in The Friends Meeting House, St Hellens Street, Derby DE1 3GY.
Wednesday 15th Swimming at the Queens Leisure Centre at 3.15 PM.
Tuesday 21st Lunch at The Great Northern, Station Road, Mickleover, Derby DE3 9FB at 12 noon.
Wednesday 22nd Swimming at the Queens Leisure Centre at 3.15 PM.
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.

♥ **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 01283 701284

♥ **Listening ears.** Please use the numbers when you feel in need of advice or just a chat – a problem shared is a problem halved – so call now, do not be shy, pick up the phone. Committee members are Pam 01332 606583, Richard 01332 557028, Jean 01332 265216, Mick & Angela 01332 751834, Michael & Trisha 01332 380219 and Margaret 01332 766916. 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 email michael.flude@takeheartderby.co.uk, 01332 380219 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

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity Number 116370



Spring lunch

Tuesday, 11 April, 2017, 12 noon for 12.30

Littleover Lodge Hotel, 222 Rykneld Road, Littleover, Derby DE23 4AN

Your menu choices are:

Starters:

Soup of the Day

Pork & Apricot with black pudding & fruit chutney

Mackerel & Grapefruit watercress salad with creamed horseradish

Main:

Slow cooked **Beef** Daube, oxtail & horseradish fritter, sun dried tomato mash, red wine & thyme sauce

Pan seared **Chicken** breast, roasted vegetables, leek & bacon croquette & smoked Applewood sauce

Pan fried **Salmon**, crushed potatoes, lemon butter sauce & broccoli

Dolcelatte **Gnocchi**, chestnut, mushrooms with butternut squash sage and butter sauce

Deserts:

Deserts of the day or **cheese** and biscuits

Tea or coffee

Please make your selections by using the highlighted terms and send to:
Margaret Storry, 86 The Hollow, Littleover, Derby DE23 6GL 01332 766916

The cost is £17.50, including gratuity.

All monies to be paid by 27 March 2017

Cheques payable to "Take Heart (Derby)."

Name Choice starter.....
Choice main Choice sweet
Name Choice starter
Choice main Choice sweet
Name Choice starter
Choice main Choice sweet
Name Choice starter
Choice main Choice sweet

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