

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter January 2017 – Happy New Year



Carols with coffee!



We ended the year with the very first public appearance of Take Heart Singers. They led our last coffee morning with a selection of traditional carols, which was warmly received, with almost all our gathering joining in. There were some wonderful compliments about the singing, with many believing they had been practicing for months. Quite a compliment (it was only

four rehearsals). So, a big thank-you to the singers for their hard work and dedication in the run up to this celebration. There were the usual mince pies to add to the festive spirit, alongside the free Take Heart (Derby) tea and coffee for this once-a-year event. The whole morning was judged to be a resounding success, coupled with a record sixty-two members attending. This record attendance led to a few seating issues, which were quickly resolved, your patience was hopefully rewarded. Thank you for your continued support and we hope to see even more of you during 2017.



My husband and I were dressed and ready to go out for a lovely evening of dinner and theatre. Having been burgled in the past, we turned on a 'night light' and the answering machine, then put the cat in the backyard. When our cab arrived, we walked out our front door and our rather tubby cat scooted between our legs inside, ran up the stairs. Because our cat likes to chase our budgie we really didn't want to leave them unchaperoned so my husband ran inside to retrieve her and put her in the back yard again. Because I didn't want the taxi driver to know our house was going to be empty all evening, I explained to him that my husband would be out momentarily as he was just bidding goodnight to my mother. A few minutes later he got into the cab all hot and bothered, and said (to my growing horror and amusement) as the cab pulled away. "Sorry it took so long but the stupid bitch was hiding under the bed and I had to poke her with a coat hanger to get her to come out! She tried to take off, so I grabbed her by the neck and wrapped her in a blanket so she wouldn't scratch me like she did last time. But it worked! I hauled her down the stairs and threw her into the backyard ... she had better not go digging in the vegetable garden." The silence in the taxi was deafening!!!



Festive celebrations for Noreen! Noreen Shepherdson celebrated her ninetieth birthday on 21 December. Michael planned to attend her lunch in Melbourne to record the occasion. What she did not know was that we had planned a surprise presentation at the Christmas coffee morning, which saw her receive a bouquet of flowers and a card signed by all those attending the coffee morning. Les Tibbles, her companion, said Noreen thought it the most wonderful occasion she can remember. Indeed she wrote to us *"Dear Take Heart Friends, Thank you for the wonderful coffee morning last Tuesday which I will always remember.*



The beautiful flowers, the card and the choir singing Happy Birthday were wonderful. Thank you so much, Noreen." Glad you enjoyed it Noreen, nice to see you so regularly and so happy. As Noreen said to me, *"I'm keeping up with the Queen"*.



My mother taught me TO APPRECIATE A JOB WELL DONE.
"If you're going to kill each other, do it outside. I've just finished cleaning."



Member news. Molly Illsley had had one of her hips replaced and is making good progress. Elaine McCulloch's health has improved dramatically since an ablation twelve months ago. She has resumed walking in the Lake District and is also rock climbing again. Terrific news Elaine. Geoff Sykes has been struggling with an infection, like so many over the festive period but is slowly on the mend.



Newsletter feedback. The following messages were received following last month's Newsletter: *"Fantastic News Letter Michael as always/Many thanks for the very informative newsletter and hope that you have a very happy Christmas/Thank you for your December newsletter and thank you for the calendar too. It's beautiful. Wishing everyone at take heart Derby a very merry Christmas and a very happy new year/An interesting read as always/As usual, it was very entertaining and informative/As always, thanks Michael/thank you for all the good work you are doing to keep Take Heart on the right track/Polished and entertaining production with quite a lot of helpful information interwoven through it/Received thank you and a superb read as always"*. Also, I have received a telephone call from another member, who said, *"Where do you get the endless jokes from. I tell all my contacts about them and there is nothing smutty or rude. A great job, thank you"*. Thank you to all those who respond! Please send your comments to Michael.



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!"



January's speaker was consultant cardiologist Dr Rob McIntosh. He completed his medical degree in Scotland in 2003 and undertook the majority of his cardiology sub-speciality training in London. He spent two years completing international fellowships in Wellington, New Zealand. He specialises in the diagnosis and invasive treatment of coronary heart disease and in the implantation of cardiac rhythm management devices such as pacemakers and defibrillators. He also holds a special interest in the management of heart failure and the implantation of cardiac resynchronisation therapy. We learnt that pacemakers are used to slow heart rhythms, defibrillators are used to interrupt dangerously fast heart rhythms and resynchronisation therapy is used to improve the efficiency of cardiac contraction. He went on to tell us that the first experimental pacemaker was made by Albert Hyman in 1932 which was tried out on animals. In 1952 a man called Paul Zoll used an external pulse generator to successfully provide temporary external pacing across the chest wall. Dr McIntosh told us that in 1958 Earl Bakken developed the first wearable external pacemaker that attached to the external myocardial and were tunnelled out through the chest wall. Also in 1958 the first fully implantable pacemaker was developed, this allowed Anne Larsson to live a further 33 years, during this period the pacemaker had to be replaced 26 times. We were told that it depends on how active your heart is but pacemakers can last up to 10 to 12 years before they need replacing, but the majority will need replacing after 8 years. He went on to explain to us that Sinus Node Disease can be seen in both young and old people and that multi-site ventricular pacing is used as a treatment for dyssynchronous ventricular contraction in heart failure. Dr McIntosh also explained the benefits of CRT to members.



When our lawn mower broke and wouldn't run, my wife kept hinting to me that I should get it fixed. But, somehow I always had something else to take care of first, the shed, the boat, making beer. Always something more important to me. Finally, she thought of a clever way to make her point. When I arrived home one day, I found her seated in the tall grass, busily snipping away with a tiny pair of sewing scissors. I watched silently for a short time and then went into the house. I was only gone a minute, and when I came out again I handed her a toothbrush. I said, "When you finish cutting the grass, you might as well sweep the driveway." The doctors say I will walk again, but I will always have a limp.



Being Positive. An unexpected diagnosis of a sudden heart attack or finding out that heart problems run in your family. These are some of the difficult situations many of us have to deal with. Some people may panic and feel overwhelmed, others will seem calm and recover quickly. Part of the answer is resilience and the ability to take knocks and to carry on with your aims and ambitions, explains Professor Patrick Doherty, chair of Cardiovascular Health at the University of York. A heart attack or diagnosis of heart failure is a substantial blow to any individual's confidence, making them feel very vulnerable. Resilience plays a role in recovery. Professor Doherty's research found that having support or a carer could make it easier to be strong and positive. You have to try to look at the little things. Find small things to motivate yourself. Find something good to focus on. Make friends and meet people communicating with people who aren't close can be easier especially when they can relate. (Source: extract from Heart Matters, BHF January 2017 edition). Trisha Flude comments, "*Take Heart (Derby) members understand this and all can stand up and say – OK, things are not great but compared to some, I'm fantastic. The group help by listening and creating an environment for people to relax and enjoy each other's company*".



The Teacher asked young Patrick Murphy: "What do you do at Christmas time?"

Patrick addressed the class: "Well Ms. Jones, me and my twelve brothers and sisters go to midnight mass and we sing hymns; then we come home very late and we put mince pies by the back door and hang up our stockings. Then all excited, we go to bed and wait for Father Christmas to come with all our toys." "Very nice Patrick," she said. "Now Jimmy Brown, what do you do at Christmas?" "Well, Ms. Jones, me and my sister also go to church with Mom and Dad and we sing carols and we get home ever so late. We put cookies and milk by the chimney and we hang up our stockings. We hardly sleep, waiting for Santa Claus to bring our presents." Realising there was a Jewish boy in the class and not wanting to leave him out of the discussion, she asked, "Now, Isaac Cohen, what do you do at Christmas?" Isaac said, "Well, it's the same thing every year. Dad comes home from the office, we all pile into the Rolls Royce; then we drive to Dad's toy factory. When we get inside, we look at all the empty shelves . . . and begin to sing: 'What A Friend We Have in Jesus'. Then we all go to the Bahamas."



News from the BHF - New software, developed by our researchers at Imperial College London, can use MRI scans of the heart to accurately predict the prognosis of patients suffering with pulmonary arterial hypertension (PAH). In the future this finding, published in the journal Radiology, may help doctors to identify patients at greatest risk of death earlier and treat them more intensively straight away. Pulmonary arterial hypertension (PAH) is thought to affect around 6,500 people in the UK. It is a chronic and debilitating disease that affects the blood vessels in the lungs, leading to heart failure, and leaves sufferers feeling breathless and exhausted. Current treatments only target the symptoms and prognosis remains poor. The only effective cure is a lung, or heart and lung, transplant, which has associated risks and complications. Once diagnosed with PAH, a person has a 30 per cent chance of dying within three years and the condition affects more women than men. The "machine learning", or artificial intelligence, software automatically analyses moving images of a patient's heart captured during an MRI scan. It then uses advanced image processing to build a "virtual 3D heart", which replicates the way over 30,000 points in the heart contract during each beat. Source: (<https://www.bhf.org.uk/news-from-the-bhf/news-archive/2017/january/3d-hearts-predict-patient-survival>)



Donations received by TH(D). We have recently received funds from several sources. Firstly, Take Heart (Derby) were nominated as the charity of the year for Uffa Magna WI in January 2016. Accordingly, Michael and Trisha were invited to the WI January meeting this year to be presented with a substantial cheque by their President, Diane Wollands, seen with Michael & Trisha. Uffa Magna WI is very well supported and have full programme of activities each year. We thank them very much indeed for adopting us and for their generosity. We have also received donations by way of bequests following the passing of John Storry and Gordon Gaskin, two members who will be sadly missed. Our thanks go to the families for thinking of TH(D) in their hours of distress. These donations are gratefully received and will be faithfully applied.



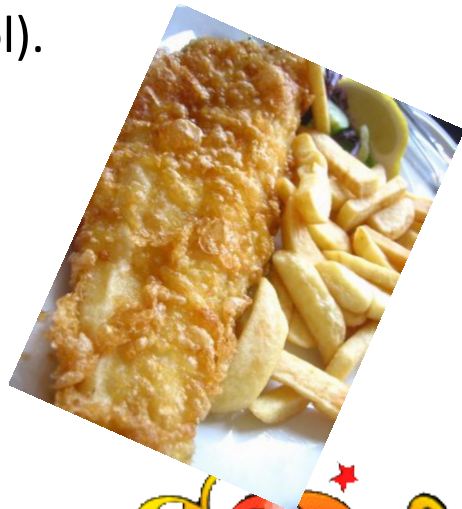
Take Heart

(Derby)

Registered Charity Number 1163703

Music & Magic evening

Georges fish & Chip supper,
sweet, tea/coffee/soft drinks
(bring your own alcohol).



Saturday 25th February 2017

At 7.00 PM in St Nicholas Church
Hall, Allestree Lane, Allestree,
Derby DE22 2PE.

Advance booking essential.
Tickets £5.00 members,
£7.50 non-members.
Telephone 01332 380219.
No stiletto heels please





February talk. “Turmoils, turnpikes and taxes“, is the title of this intriguing talk to be given by John Hawkins on Monday 13th February. He will explain about the history from medieval times to the Industrial Revolution and illustrate with reminders of those times from Derbyshire. John is an expert on history and also gardening subjects too. He gives other talks about the history of Findern - which could be of interest to our walkers. Having achieved 33 members for our January talk, will we achieve an even bigger attendance in February?



January Programme

Wednesday 25th Swimming at the Queens Leisure Centre.

Tuesday 31st Coffee morning The Cube café/bar.



February Programme.

Wednesday 1st Swimming at the Queens Leisure Centre.

Wednesday 8th Swimming at the Queens Leisure Centre.

Monday 13th John Hawkins will amuse us with the topic of “Turmoil, turnpikes and taxes”

Wednesday 15th Swimming at the Queens Leisure Centre.

Thursday 16th Lunch at The Broadway, Duffield Road, Derby DE22 1JB.

Wednesday 22th Swimming at the Queens Leisure Centre.

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



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



Contacts. If members have a problem and would like to talk to someone in private, please telephone any committee member.

Committee members are Pam 01332 606583, Richard 01332 557028, Jean 01332 265216, Mick & Angela 01332 751834 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.

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Affiliated to the British Heart Foundation