

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter June 2018



May coffee morning. We were back on form and message during our May coffee morning. Michael surprised many by turning up wearing a sling on his left arm following an injury after taking up that most dangerous sport – gardening. He says he won't be doing it any more. There was also time to book the few remaining places for our annual "cream tea" to be held at Royal Crown Derby in June. There were around thirty-four members present to witness the hand-over of £311.00 from the annual Jam Jar Challenge to Derek Kilgariff, Fundraising Manger of BHF seen with Trisha Flude and many others. Were you there? Thanks for your efforts and please make sure you top up you jam jars now in readiness for next February. There was lots of talk about holidays being booked and that it was a relief to be in the presence of adults during half term week.



Four passionate, senior golfers were playing their weekly game of golf, - one remarked how nice it would be to wake up on Christmas morning, roll out of bed and without an argument go directly to the golf course, meet his buddies and play a round. His buddies all chimed in said, "Let's do it! We'll make it a priority; - let us figure out a way and meet here early, Christmas morning." Months later, that special morning arrives, and there they are on the golf course. The first guy says, "Boy this game cost me a fortune! I bought my wife a diamond ring that she can't take her eyes off." The second guy says, "I spent a ton too. My wife is at home planning the cruise I gave her. She was up to her eyeballs in brochures." The third guy says "Well my wife is at home admiring her new car, reading the manual." They all turned to the last guy in the group who is staring at them like they have lost their minds. "I can't believe you all went to such expense for this golf game. I slapped my wife on the bum and said, 'Well my darling; - Merry Christmas! It's a great morning -- intercourse or golf course?'" She said: "Don't forget your hat."

♥ **Don't forget** to put all your loose change into a jam jar in readiness for the challenge event in February next year – every little help's. You would be surprised how your change adds up if you do it regularly. The total received this year was £311.00. Thank you for your generosity once again but the challenge now is to beat that total next year. If we all member households save just 50p per month, that is £6.00 per year each. With 120 households, the total could be a magnificent £720.00. Staggering and easily achievable - can you all help?



♥ **Birthdays.** Happy birthday this month go to Jean Birkin, Janice Bridges, John Cooper, Brian Fearn, Ivy Johnson, Margaret Knifton, Roy Pearson, Edward Potter, Sue Power, Joyce Rolfe, John Salt, Stephen Simcox, Per Staehr, Marion Turner, Reginald Turner, Christine Whewell, Bill Whitaker, Stephanie Wright and Coleen Yates. We hope you all have a happy and memorable day.

♥ **Horsing Around.** Some race horses are boasting about their track records. The first horse says, "In my last 15 races, I've won 8 of them!" The second says, "In my last 27, I've won 19!" "Oh that's good," says the third, "but in my last 36, I've won 28!" At this point a greyhound dog speaks up. "I don't mean to brag," says the greyhound, "but in my last 90 races, I've won 88 of them!" The horses are clearly amazed. "Wow!" says one, after a hushed silence. "A talking dog!"

♥ **Do what you want – Live.** For several years Derby City Council have held an event for support services to show off what they have to offer. TH(D) have been attending for a few



years to advertise our existence and to make other groups aware of our activities. We engaged in meaningful conversations with some serious minded couples. In the photograph is Margit Staehr, Trisha & Michael Flude (not usually seen in front of a camera – photographer Robert Jones stood in for "David Bailey"). Part of our display was a selection of photographs from previous events being shown on a large screen television.



My Travel Plans for 2018. I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone. I've also never been in Cognito. I hear no one recognizes you there. I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my children, friends, family and work. I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore. I have also been in Doubt. That is a sad place to go, and I try not to visit there too often. I've been in Flexible, but only when it was very important to stand firm. Sometimes I'm in Capable, and I go there more often as I'm getting older. One of my favourite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get! I may have been in Continent, and I don't remember what country I was in. It's an age thing. They tell me it is very wet and damp there.



Summer Cream Tea. What an utterly pleasant way to wile away an afternoon. Wonderful company, generous charity and delicious food. Yes, forty-three members and guests were booked into the delightful Royal Crown Derby tea rooms for a cream tea feast. Scrumptious scones, lashings of jam and pots of clotted cream – just the thing for heart patients! A raffle gave around twenty prizes and raised £54.00 towards our charitable efforts. Thanks' were given to Margaret Storry for organising this event once again (hope she continues with our future events – she is good). Well done to all the prize winners and thank you for attending.



♥ **I might wake up** early and go running. I might wake up and win the lottery. The odds are about the same.

♥ **General Data Protection Regulations (GDPR).** New EU regulations replace the Data Protection Act from 25 May 2018. We are required now to request your agreement to hold your details and how we use them. We have never given, nor will we give your details to anyone without your consent. We attach an explanation sheet and request that you sign and return a new application form (no donation is required unless you wish to send a cheque) but please sign section 4 if you are a tax payer so that your charity can apply for GiftAid. Thank you for your continued co-operation and support.

♥ **I put some whiskey** in my coffee because it is Ireland somewhere!

♥ **Making payments** to Take Heart (Derby) can be completed via our website www.takeheartderby.co.uk. Select Just Giving folder, click on the MyDonate icon. Select either single or regular donation and then select a value to donate – click next. Add your name and a message for the reason you are donating, either annual subs or general donation – click next. The next page deals with Gift Aid. If you are a UK tax payer, by selecting to add Gift Aid, your donation allows our charity to achieve an additional 25% from the UK Government (HMRC). This is done automatically and does not involve any additional payment by you or any paperwork. We hope this additional facility will be of benefit to you. Please **ADD your Name to the Paperwork** or email michael.flude@takeheartderby.co.uk to confirm you have paid via MyDonate.

♥ **The father asks his son** what he did that afternoon. The son says, "I did some schoolwork." The robot slaps the son. The son says, "Ok, Ok. I was at a friend's house watching movies." Dad asks, "What movie did you watch?" Son says, "Toy Story." The robot slaps the son. Son says, "Ok, Ok, we were watching porn." Dad says, "What? At your age I didn't even know what porn was." The robot slaps the father. Mom laughs and says, "Well, he certainly is your son." The robot slaps the mother. **Robot for sale.**

♥ **Our next walk of the year is on Saturday 30th June.** Mickleover Station, out and back along the old railway line. Meet in Station Approach road off Station Rd, Derby DE3 9FB. No stiles and walking is on an all-weather surface. The walk starts at 10.00 so make sure you get there with a bit of time to spare. For more details contact Graham Bracewell on 01332704195 otherwise, we will see you there.



♥ **Air hostess** to sole passenger, "You have the whole of the aircraft to yourself. All the other passengers travelling to the physics convention cancelled their booking at the last moment!!!"

♥ **AGM.** There are several Resolutions to pass at the the AGM next month on 9 July.
1. Accept the minutes of the last meeting. 2. Adopt the accounts. 3. Re-elect Michael Flude, Patricia Flude and Richard Flatman to the committee. 4. Elect Margit Staehr to the committee. 5. Re-appoint Michael Flude as Chairman and 6. Appoint Margit Staehr as Treasurer. We hope you will continue to support those who have volunteered to supervise your Charity



Member news. It is with much sadness that I advise of the passing of Ann Quadri after a short illness. Doreen Goodes is still undergoing test to determine her head pain issues. Coleen Yates has experienced a number of health issues but is fighting back. Trisha Flude suffered a stroke AND a heart attack but is showing her resilience once more and fighting back. She has already recovered her speech (no comments please). Michael still has his arm in a sling (the bone is healing but the tendons are not too good still and is looking for someone to undertake a dangerous hobby, known to many as gardening – so that's why he fell over). If you know someone who is ill, then please let Michael know.



Ward 408 tea lady in action! A regular sight on ward 408 seen by patients during their stay, which has become far too frequent for some members. Michael re-assures patients before they sample the refreshment, that he googled the recipe for tea and coffee before turning up on the ward. As many of you know, he recently sustained an injury to his arm and has been out of action but he hopes to return in the not-too-distant future so watch out – you may fall victim to him yet.



Please do your part! The day you read this is one of the many National Mental Health Days throughout the year. You can do your bit by remembering to send this thought to at least one unstable person. My job is done but you have to do yours by passing this message on.



Newsletter feedback. The following messages were received following last month's Newsletter: *"Its great to find the newsletter on the net, it is so uplifting, lots of info, great jokes, even the photo of the bedraggled walkers was a tonic. See you Tuesday for coffee morning./ Gosh we are a busy group/great to see all the events we are planning but I don't seem to be able to fit them all in/love all the pictures and seeing members I have not seen for ages/Sorry to hear that you have been in the wars, you must take more water with it"* Thank you to all those who respond, I achieve much pleasure in reading your comments (even the critical one's)! Please send your comments to Michael.



Report of the walk. Our walk around Darley Park took place on a warm Saturday morning from Deans Meadow car park, Darley Abbey. Eleven members were joined by two guests (and a dog). Due to deadline constraints a full report will be included in next month's edition



News from the BHF. A new blood test being developed to diagnose heart attacks could one day be carried out on a simple handheld device, giving a rapid diagnosis in A&E departments without the need for samples to be sent to a lab, according to new research presented today at the British Cardiovascular Society conference in Manchester. The new test uses similar technology to the troponin test, but analyses the level of a protein called cardiac myosin-binding protein C (cMyC). Levels of cMyC in the blood increase more rapidly after a heart attack, and to a higher extent, than troponin, meaning that the test can rule out a heart attack in a higher proportion of patients straight away. The international team, part-funded by us, took blood from 776 patients traveling to hospital by ambulance in Denmark. Researchers based at King's College London then tested these samples for cMyC protein. In patients who did suffer heart attacks, the protein was present in high enough concentrations 95 per cent of the time for an on-the spot diagnosis. Importantly, the cMyC test outperformed the existing troponin test, which was only capable of diagnosing around 40 per cent of patients in this way. This is mainly because troponin takes longer to reach detectable levels in the blood after you suffer a heart attack. The researchers now hope to work with industry to create a portable testing device to be used in UK A&E departments, and in ambulances in countries where these have to drive considerable distances to get patients to their nearest hospital. A simple handheld device could replace the time-consuming processes involved in sending samples to the hospital labs for analysis. It is estimated that over two thirds of people who attend A&E complaining of chest pain have not had a heart attack. But all will receive two tests: a heart test called an ECG and a blood test to measure the levels of a protein called troponin. Under current guidelines, people suspected of having a heart attack are tested for high blood troponin levels as soon as they arrive in an A&E, and again after three hours. Depending on the type of troponin test used, up to 85 per cent of people will need to remain in hospital for further tests in order to rule out a heart attack. The cMyC blood test, developed by a team from King's College London and tested across Europe, has already been shown to rapidly rule out a heart attack in more people than the standard troponin test. This could reassure worried patients in A&E departments, free up bed space and save hundreds of thousands of pounds per UK hospital every year. Professor Jeremy Pearson, Associate Medical Director at the British Heart Foundation, said: "Big heart attacks are often easy to diagnose with an ECG but smaller heart attacks, which are more common and also life-threatening, are more challenging. The troponin test has been used for around 20 years and is currently the most powerful tool we have for diagnosing such heart attacks, but there is always room for improvement. These initial results with the cMyC test look very promising for patients, who could be more quickly diagnosed and treated or reassured and sent home. However, further research is necessary before it can be recommended as a replacement for the troponin test." Source:

<https://www.bhf.org.uk/news-from-the-bhf/news-archive/2018/june/heart-attack-blood-test-sensitive-enough-to-be-used-in-portable-device>



Top Ten Pun's.

1. Two vultures board an aeroplane, each carrying two dead raccoons. The stewardess looks at them and says, "I'm sorry, gentlemen, only one carrion allowed per passenger."
2. Did you hear that NASA recently put a bunch of Holsteins into low earth orbit? They called it the herd shot 'round the world.
3. Two boll weevils grew up in South Carolina. One went to Hollywood and became a famous actor. The other stayed behind in the cotton fields and never amounted to much. The second one, naturally, became known as the lesser of two weevils.

4. Two Eskimos sitting in a kayak were chilly, but when they lit a fire in the craft, it sank proving once again that you can't have your kayak and heat it.
5. A three- legged dog walks into a saloon in the Old West. He slides up to the bar and announces: "I'm looking for the man who shot my paw."
6. Did you hear about the Buddhist who refused Novocain during a root canal? He wanted to transcend dental medication.
7. A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse. "But why?" they asked, as they moved off. "Because," he said, "I can't stand chess nuts boasting in an open foyer."
8. A woman has twins and gives them up for adoption. One of them goes to a family in Egypt and is named "Amal." The other goes to a family in Spain; they name him "Juan." Years later, Juan sends a picture of himself to his birth mother. Upon receiving the picture, she tells her husband that she wishes she also had a picture of Amal. Her husband responds, "They're twins! If you've seen Juan, you've seen Amal."
9. These friars were behind on their belfry payments, so they opened up a small florist shop to raise funds. Since everyone liked to buy flowers from the men of God, a rival florist across town thought the competition was unfair. He asked the good fathers to close down, but they would not. He went back and begged the friars to close. They ignored him. So, the rival florist hired Hugh MacTaggart, the roughest and most vicious thug in town to "persuade" them to close. Hugh beat up the friars and trashed their store, saying he'd be back if they didn't close up shop. Terrified, they did so, thereby proving that: Hugh, and only Hugh, can prevent florist friars.
10. And finally, there was a man who sent ten different puns to friends, in the hope that at least one of the puns would make them laugh. Unfortunately, no pun in ten did.



The Ancient Order of Foresters presented Take Heart (Derby) with a cheque for



£500.00 to help the charity in its work with members and the cardiac departments at Royal Derby Hospital. Secretary John Tomlinson is seen presenting the cheque to Trisha Flude, Fundraising Manager of TH(D) with members of the Take Heart Singers supporting. Also in attendance was Linda King, Chief Ranger of the Foresters. John, who is a heart patient, met our Chairman Michael Flude during his spot of volunteering on the cardiac ward 408 earlier this year. It must have been Michael's coffee making skills that won the day. Michael responded by thanking John and Linda, adding "This donation will allow us to

continue to support the much-needed demand for equipment within Royal Derby Hospital and to subsidise events for our members during the year.”



Forthcoming events

June.

Tuesday 26th Coffee morning at The Cube café/bar.
Wednesday 27th Swimming at the Queen's Leisure Centre.
Friday 29th Singing for Fun at 10.00 AM
Saturday 30th Walking back to health - 🐢 - Mickleover Station, out and back along old railway line. Meet in station approach road Station Rd, Derby DE3 9FB. No stiles and walking on an all-weather surface.

July.

Wednesday 4th Swimming at the Queen's Leisure Centre.
Friday 6th Singing for Fun at 10.00 AM
Monday 9th AGM, with the “Presidents Platform” from our President, Dr Julia Baron, who will give you the opportunity to ask questions whilst waiting for an outpatient's appointment.
Wednesday 11th Swimming at the Queen's Leisure Centre.
Friday 13th Singing for Fun at 10.00 AM
Wednesday 18th Swimming at the Queen's Leisure Centre.
Thursday 19th Lunch at The White Swan, Shepherd Street, Littleover, Derby DE23 6GA
Friday 20th Singing for Fun at 10.00 AM
Wednesday 25th Swimming at the Queen's Leisure Centre.
Friday 27th Singing for Fun at 10.00 AM
Saturday 28th Walking back to health - 🐢 - Cromford Canal. An easy, two-and-a-half miles stroll along the historic Cromford Canal, taking in the mills founded by Sir Richard Arkwright and the coal-fired water pumping station. The walk gives views of the surrounding valley with refreshment stops at either end. The narrow boat “Birdswood” travels the canal in summer. Approx two and a half miles. Meet at the Cromford Canal car park (pay and display) DE4 3RQ.
Tuesday 31st Coffee morning at The Cube café/bar.



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
BHF Heart Health Line 0300 330 3311, Mon-Fri 9am-5pm, to seek information on heart health.

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, Michael & Trisha 01332 380219, Robert 01332 608219 and Margaret 01332 766916.

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.

Affiliated to the British Heart Foundation

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Subscribing to *Take Heart (Derby)*.

The annual donation is £10.00 per household but if you feel you would like to make a larger donation, it will be thankfully received and faithfully applied. You and your family at the stated address (all names should be included) will benefit from Public Liability Insurance provided by the British Heart Foundation at any *Take Heart (Derby)* official event. Our membership is renewable in January each year but those joining in November and December months will be credited as members for the following year. Please complete all sections, including section 4 if you are willing to Gift Aid your donation.

(1) Full Name & address.

..... Post code

Telephone: Home Mobile Date of Birth

Email address

Are you? (a) the patient, or (b) the carer?

(2) Name of spouse/partner/carers Date of Birth

Additional names (if any) with D o B

Please advise where you heard about *Take Heart (Derby)*

(3) I/we agree that we consent to any photographs taken at a Take Heart (Derby) event can be used in publicity for the group (please sign in the box).

(4) **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.

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.

Donation amount £..... Date of application

Signature for Gift Aid

General Data Protection Regulations (2018) – The information on this form is stored on a computer and will only be used for internal purposes. You have a right to object to this and should write to the Secretary. Your information will not be disclosed to others without your consent. Members under the age of 18 years will not be eligible to vote at any meeting nor have any legal responsibility in accordance with our Constitution.

Please make cheques payable to “*Take Heart (Derby)*” and send to Margit Staehr, 6 Keats Avenue, Littleover, Derby DE23 4ED or go to <http://www.takeheartderby.co.uk/just-giving/> page.

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Membership of Take Heart (Derby) is very straightforward and consists of completing an application form. We ask basic information which is recorded on a computer for ease of administration. Membership is renewable in January and lasts until December of that year.

General Data Protection Regulations (GDPR).

GDPR is the EU act to govern how data is to be regulated from 25 May 2018. It sets out to govern how and why data is collected, stored and processed. This new law affects any organisation which holds personal information about you and consequently it is necessary for Take Heart (Derby) comply with the new regulations.

As a Take Heart (Derby) member, we will hold your name, address, telephone and email address so that we may contact you with information relating to our group, to distribute Newsletters and notices in respect of events. Your date of birth will allow us to send a birthday card at the appropriate time. The source of your enquiry allows us to judge where our marketing is being successful. Signing in the boxes provided will allow us to use photography of you to use in our marketing of the group. If you are a UK tax payer, we request you sign up to Gift Aid, whereby our Charity can obtain tax free donations from HMRC (currently 25% of the money you donate for which you do not have to pay).

Your details are shared with committee members and the person responsible for making birthday cards. These persons have all signed up to this agreement to guard your details from public knowledge.

In return, we undertake to never disclose any of your details to others, without your consent. We do not process your information for any gain from other organisations.

In order to comply with this Regulation and to continue to receive the benefits of membership, we enclose a revised standard application form to be completed and returned to: 14 Brookside Road, Breadsall, Derby DE21 5LF.

Please retain a copy of this document as evidence of our commitment to you.