

Take Heart

(Derby)


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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter March 2018

 **Music & Magic 2.** On Saturday evening, 24th February TH(D) put on the second Music & Magic show, following the roaring success of the initial show last year. This year's event was every bit as successful with 90+ people attending. The Take Heart Singers opened the show with a variety of songs, billed to last until George's delivered our Fish & Chip supper. The food arrived early and so the troupers they are, an adjustment to the songs closed the first act with everyone joining in a rendition of "Is this the way to Amarillo?" – great fun. The food was delightful, everyone having their fill. The puddings were plentiful and varied. A raffle saw almost forty prizes won by many and an auction of champagne raised £40.00 to add to the raffle proceeds of £150.00. We were then entertained by not



one, not two but three magicians. Jean Ellison performed some "real" magic to musical accompaniment (where did all those items appear from in an empty bag?), Clive Moore offered a humorous take on the mysterious disappearing ring, with his famous one liners and jokes, followed by Doug Gregg who entertained with card tricks and some very inventive folded paper (which was much more interesting than it sounds). Once more the Singers returned to close out the show, with everyone departing by 10.00 PM. There were many thank you's offered to all for the help they gave and for such an entertaining and joyful evening. There were more requests for a repeat performance (oh no – I can hear myself thinking). A smile on the face and a song in the heart was the typical expression as people left. Comments: *"thank you for a very enjoyable evening in excellent company. You and your team made another successful event for us all/absolutely magic/another great achievement for Take Heart, well done/brilliant evening, when is the next one/I'd have paid twice what you charged for a splendid evening out. Singers were great,*

magicians were entertaining and the food was just what I needed/I don't know how you do it but please do it again- soon/



♥ **A man called home to his wife** and said, " Honey, I have been asked to go fishing up in Canada with my boss & several of his friends. We'll be gone for a week. This is a good opportunity for me to get that promotion I've been wanting, so could you please pack enough clothes for a week and set out my rod and fishing box, we're leaving from the office & I will swing by the house to pick my things up". "Oh! Please pack my new blue silk pyjamas." The wife thinks this sounds a bit fishy but being the good wife, she did exactly what her husband asked. The following weekend he came home a little tired but otherwise looking good. The wife welcomed him home and asked if he caught many fish? He said, "Yes! Lots of Salmon, some Bluegill, and a few Swordfish. But why didn't you pack my new blue silk pyjamas like I asked you to do?"

You'll love the answer

The wife replied, "I did. They're in your fishing box!!!"

♥ **Birthdays.** Happy birthday this month to Adrian Blamire, John Boucher, John Clark, Nora Evans, Allan Giles, Betty Gilligan, John Holmes, Shelia Jackson, Antony Jackson, Ann King, Douglas Moseley, Avril Nolan, Gwen Plummer, Alan Rowlatt, Derek Skidmore, Rita Solowiej, Peter Wilson, Paul & Karen Taylor. We hope you have a happy and memorable day.



Pearly Gates Humour. A priest, a drunkard and an engineer were led to the guillotine for their crimes. The executioner pulled the priest forward first and asked him if he wanted to be facing up or down when he met his face. "Upward," said the priest. "I want to be looking toward heaven when I die." The blade zoomed downward but stopped just an inch short of the priest's throat. All assembled agreed that it was divine intervention, and let the priest go free. The drunkard was pulled forward next, and decided to copy the priest, hoping he would get as lucky. Again, the blade zoomed down but stopped just short of the drunkard's throat. So, the authorities released him as well. It was finally the engineer's turn. He, like the others, decided to face upward. The blade slowly raised back into place. "Oh, hey, I think I know what the problem is." The engineer exclaimed. "That cable to the left appears to be catching the rope!"



February lunch at Great Northern. Twelve members and two guests attended the Great Northern in February. This is a popular venue for TH(D) and on this occasion we



had plenty of room to get to and from the tables. The food was very good, with several members having dined here privately prior to our gathering, they ordered the pie choice. A huge plateful of tasty meat within a light pastry crust. Wow, I had decided not to dine on this occasion but was sorely tempted to change my mind by this appetising dish. As usual, there were many indulging in the "sweet" menu, saying they would walk it all off later that afternoon. But

did they? Next month we are off to the Woodlands Hotel in Allestree on 20th March. Unlike lunching at home, someone else does all the preparation, clearing and washing up. Can we expect to see you at the Woodlands Hotel next time?



A flight is on its way to Sydney, when a blonde in economy class gets up, moves to the first class section and sits down. The flight attendant watches her do this, and asks to see her ticket. She then informs the blonde that she has only paid for economy class, and that she will have to sit in the back. The blonde replies, "I'm blonde, I'm beautiful, I'm going to Sydney and I'm staying right here." The flight attendant goes into the cockpit and tells the pilot and the co-pilot that there is a blonde bimbo who has an economy ticket but is sitting in first-class and won't move back to her seat. The co-pilot goes back to the blonde and tries to explain that because she only paid for economy, she will have to leave and return to her seat. The blonde replies, "I'm blonde, I'm beautiful, I'm going to Sydney and I'm staying right here." The co-pilot tells the pilot that he probably should have the police waiting when they land to arrest this blonde woman who won't listen to reason. The pilot says, "You say she is a blonde? I'll handle this, I'm married to a blonde. I speak blonde." He goes back to the blonde and whispers in her ear, and she then says, "Oh, I'm sorry" and gets up and goes back to her seat in economy. The flight attendant and co-pilot are amazed and ask him what he said to make her move without any fuss. The pilot replies, "I told her that first class isn't going to Sydney."



Cheque presentation to TH(D).

The Village Conservative Club of Spondon recently donated a cheque in the sum of £200.00 to TH(D). Douglas Moseley recommended TH(D) to his committee at Spondon, who agreed to make this award to us. Our thanks to Douglas for his part and to the members of the Village Club for their acceptance of us as a local charity. Seen in the photograph are Ian Wilson, Chairman of the Village Club, Trisha Flude Fundraising Manager of TH(D) and Douglas Moseley TH(D) member.



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



I wonder why we spend vast sums of money trying to find intelligent life forms on other planets when it is almost impossible to find intelligent life forms here on earth!!!



2018 Subs are due. Thank you to all those who have paid their annual subs on time. For those who have not yet paid I remind you our subscription year is from January until December. Please send your cheque to Richard Flatman, 105 Ferrers Way, Allestree, Derby DE22 2BE. We request a minimum of £10.00 per household per year, "probably the best value membership in the world!!" Of course, you can contribute more if you wish. Why not Gift Aid it, whereby HMRC will add a further 25% and it won't cost you a penny more. Some of you even send postage stamps as well, which is always useful. Thank you in advance. **You can even do it on-line at www.takeheartderby.co.uk and select Just Giving page, then click on the MyDonate icon and follow the directions.**



If man evolved from monkeys and apes, why do we still have monkeys and apes?



Do you have a favorite walk? They are about to commence again this year, starting on 22 April. The first walk is the Ticknall tramway and village circular. Meet at Ticknall Village Hall car park, Ingleby Lane, Ticknall DE73 7JW. There is 1 stile, with walking 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 01332 704195 otherwise, we will see you there.



Here are Five rules for men to follow for a happy life that Russell J. Larsen had inscribed on his headstone in Logan, Utah. 1. It is important to have a woman who helps at home, cooks from time to time, cleans up and has a job. 2. It is important to have a woman who makes you laugh. 3. It is important to have a woman who you can trust and does not lie to you. 4. It is important to have a woman who is good in bed and likes to be with you. 5. It is very, very important that these four women do not know each other or you could end up dead like me!!!

♥ **February Coffee Morning.** On a very cold, windy and snowy morning twenty-eight hardy souls found refuge at the Cube café/bar for our Jam Jar Challenge coffee morning. Shortly after the first arrivals, we noticed that Chapel Street car park displayed a "CLOSED" sign and were advised that there was a gas leak in the building. The car park attendant sent drivers to seek parking elsewhere and a lengthy walk back. Several just gave up looking for parking and went home. We were joined in the Cube by many people who had been evacuated from Lancaster House (part of the car park premises). Many of us wondered if that fate would befall us as we watched events unfurl across the road. We did not allow this to detract from our regular event. Soon the bacon butties were carried from the kitchen to eager mouths. Several members were requested to "pour" the contents of Jam Jars into the collection bucket. It seemed like a lot of cash and would be counted later. Some members telephoned to say they were unable to bring their jam jars



in today. If you were one of those, then please send a cheque to Michael payable to Take Heart (Derby) for your contribution. Every little helps the great research that the British Heart Foundation funds each year. The current total is around £250.00. Thank you.

♥ **Two satellite dishes** met on a roof top, fell in love and got married. The ceremony was not too good but the reception was brilliant.

♥ **Member news.** So many of you have been hit for a second time with this horrible winter bug, with many being placed on a combination of antibiotics and steroids as a fail-safe method of trying to eradicate it. Yvonne Gilbert has been troubled by her shoulder recently. Per Staehr has been a resident of RDH for a couple of weeks but is progressing. Good luck and we hope you all soon recover. If you know someone who is ill, then please let Michael know.

♥ **A case of Old Timers?** An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said, 'Last night we went out to a new restaurant and it was really great. I would recommend it very highly.' The other man said, 'What is the name of the restaurant?' The first man thought and thought and finally said, 'What's the name of that flower you give to someone you love? You know, the one that's red and has thorns.' 'Do you mean a rose?' 'Yes, that's the one,' replied the man. He then turned towards the kitchen and yelled, 'Rose, what's the name of that restaurant we went to last night?'

♥ **Committee vacancy.** Our Treasurer has given notice that he is to stand down from post following the AGM in July. We offer our most grateful thanks to Richard for carrying out this role for a number of years and for guiding us through the Charitable Status in 2015. We, therefore seek a new Treasurer/committee member to take post from the AGM onwards. Are you interested? Please contact Michael to discuss this very important role on 01332 380219.



News from the BHF. Scientists at Queen Mary University of London have discovered that a weak grip can be associated with changes in the heart's structure and function and could be used as a broad measure of someone's heart health. By asking people to grip a device called a dynamometer for 3 seconds, the scientists were able to determine someone's grip strength and compare this to detailed scans of their heart. Using data from nearly 5,000 people enrolled in the UK Biobank study, the team found that people with low grip strength had weaker hearts that were less able to pump blood around the body. Low hand grip strength was also associated with having enlarged, damaged hearts. Participants in the study underwent cutting-edge heart scans that allowed the researchers to precisely work out the volume of blood that was pumped by their heart with every heartbeat. They found that better hand grip strength was linked to higher volumes and proportions of blood being pumped by the heart and healthier heart muscle – which is associated with a lower risk of cardiovascular events like heart attacks and strokes. Coronary heart disease kills 66,000 people in the UK alone every year – most of these deaths are due to heart attacks. Strokes cause around 38,000 deaths in the UK each year. Spotting people who are at risk of these fatal events could allow them to get treatment and, ultimately, save lives. Professor Steffen Petersen, who led the research from Queen Mary University of London said: “Our study shows that better hand grip strength is associated with having a healthier heart structure and function. “Hand grip strength is an inexpensive, reproducible and easy to implement measure, and could become an easy way of identifying people at high risk of heart disease and preventing major life-changing events, such as heart attacks.” Our Senior Cardiac Nurse, Christopher Allen said, said: “Measuring someone's grip strength, alongside knowing their family history and other risk factors such as high cholesterol and blood pressure, could be a cheap and easy way of finding those most at risk of heart attacks and strokes. More research is needed to understand exactly how weak grip strength is associated with poorer heart function. “It's important to keep in mind that this research does not mean you will have a heart attack if you find yourself with a limp handshake or struggling to open a jar. If you are concerned about your heart health, or your overall fitness, please speak to your GP.” Source: <https://www.bhf.org.uk/news-from-the-bhf/weak-handshake-could-be-sign-of-a-failing-heart>



2018 Calendar is now in circulation along with our new 6-page Programme of Events. The calendar has a larger date grid to add your own notes and includes a logo on dates



where TH(D) has an event. The programme is much enlarged, with Singing for Fun added to all the usual events. It looks very impressive. More comments have been received, “*Fabulous calendar this year/where do you find the time and inspiration to produce this lovely calendar/I am sending an extra copy to my aunt who now lives in France, she'll just love it.*” Hope you enjoy your calendar. Additional copies are available at £3.00 (plus post and packing £1.50 each) via Michael



Newsletter feedback. The following messages were received following last month's Newsletter: “*another good read, keep up the good work. Perhaps see you sometime/brilliant work, Michael, well done/great story about Chris Smith/how do you keep up such a high standard every month?.*” 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.



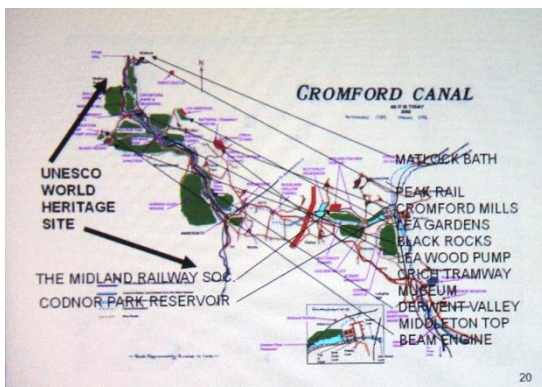
Swimming. It has taken a long time to achieve a slot back at the Queens Leisure Centre following extended repairs to the roof. We now meet at 3.15 PM on Wednesdays in the teaching pool. This was not ideal but the only option we were offered following Derby City Council's decision to drop our allocation. Response has not been brilliant since we returned to the pool in January. There are numerous reasons to take up swimming, some are listed here -

- 30 minutes of steady paced lane swimming burns over 200 calories – well over 400 in an hour.
- Any swimming that makes you breathe more heavily counts as 'moderate' activity. Even treading water takes effort, so you are working most of the time you're in the pool.....But remember – chatting in the shallow end only works your facial muscles!
- The pressure and resistance of the water makes your body work that little bit harder. 30 minutes of activity in the water is worth 45 minutes of the same activity on land.
- The water takes your weight, so swimming can be great for those who want low impact exercise - women during pregnancy for example, or for people who have mobility problems or want to protect their joints.
- Swimming works your whole body for all over toning!
- Swimming is great for your heart. Because you are using your whole body your heart has to pump blood hard to your arms and legs, helping circulation too.
- It is also great for your lungs – length swimming in particular forces you to breathe in a deep and rhythmic way which gives your lungs a boost.
- Being in water can have great psychological benefits too – the pool can 'take you away from it all' and the feeling of being in water can be refreshing, relaxing, and liberating as the water takes your weight.
- People of all different ages and abilities can enjoy swimming together – if you choose an activity you can do with friends and family you are more likely to stick at it. You'll be having so much fun you won't notice you're working out too!

It would be great to see more of you taking the plunge and let Michael know your thoughts about the new arrangements.



March talk. Our speaker this month was Mike Kelly with the topic "The sleeping beauty", a history of the Cromford Canal. A government body has described the canal of national importance. Mike is one of the many members of the "Friends of Cromford Canal", a group of volunteers who strive to revive its past glories. The Cromford Canal was opened at a junction with the Erewash Canal at Langley Mill to Cromford in 1794. It was 14 ½ miles long and rose by 14 locks to its summit at Ironville, with a 2 ¼ mile branch to Pinxton. It was engineered by William Jessop and Benjamin Outram and included not only the 1 ¾ mile Butterley Tunnel



but 13 ½ miles on the level through hilly terrain at the southern entry to the Peak District. It carried coal, limestone and gritstone plus a wide range of other goods to and from the rest of England enabling the development of the upper Derwent and Erewash valleys. In 1831 the unique Cromford and High Peak Railway made the canal into a through trade route to Manchester. Mike told us that the top five miles of the canal between Cromford and Ambergate are still in water after over 200 years and form the longest length of canal in England to be designated as a World Heritage Site, a tribute to those early engineers. Unfortunately, this stretch is severed from the rest of Britain's 3,000 miles inland waterway network. The friends of Cromford Canal were first formed 16yrs ago, with their president being the actor Brian Blessed. Their aim is to bring life back to this wonderful waterway by linking those 5 glorious miles back to the main waterway system. Their challenges are

many and it will need time and money. We were told that 5 navvies dug out the Cromford canal one looking only around 14 years old with only a pickaxe, a wheelbarrow and a shovel, absolutely amazing. These navvies were not paid in money but in tokens which could only be spent at the company shop. We were shown photographs of how the canal looked when it was first built and how the biggest part of it looked now with locks full of rubbish and other parts that are completely grown over with the land reverting back to how it was before the canal was built. Mike also showed us photographs of members of the friends of Cromford Canal clearing away rubbish with many people giving hours and hours of their time. Mike finished his talk by showing us photographs of how different parts of the canal would look when the restoration was complete, although this will take many years and a vast amount of money. I think that all the members who attended would agree that it was a wonderful insight to what can be achieved. Mike answered a series of questions from members.



Forthcoming events

March.

Friday 23rd Singing for Fun at 10.00 AM
Tuesday 27th Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 28th Swimming at the Queen's Leisure Centre.

April.

Wednesday 4th Swimming at the Queen's Leisure Centre.
Friday 6th Singing for Fun at 10.00 AM.
Monday 9th Honey all the way, or it might be when Richard Matkin talks to us about "The Beekeeping Year". **Honey will be available to purchase.**
Tuesday 10th Formal Spring lunch at a venue to be advised. Booking is required.
Wednesday 11th Swimming at the Queen's Leisure Centre at 3.15 PM.
Friday 13th Singing for Fun at 10.00 AM
Wednesday 18th Swimming at the Queen's Leisure Centre at 3.15 PM.
Friday 20th Singing for Fun at 10.00 AM
Tuesday 24th Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 25th Swimming at the Queen's Leisure Centre at 3.15 PM.
Friday 27th Singing for Fun at 10.00 AM
Saturday 28th Walking back to health - 🐢 - Ticknall tramway and village circular. Meet at Ticknall Village Hall car park, Ingleby Lane, Ticknall DE73 7JW. There is 1 stile, with walking on an all-weather surface.



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.