

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter May 2018



April coffee morning.



Does the weather make a difference? Well, the answer seems to be yes. There were 14 more members attending than last month, so here's looking to better weather now that the summer appears on the horizon. Margaret was busy collecting names for the forthcoming "Cream Tea" event to be held on 12 June at Royal Crown Derby. Michael & Trisha arrived early in order to have a quiet breakfast, only to be joined by others with a similar thought. There were a number of members who had taken the opportunity to enjoy a last-minute break now that the weather had improved – don't blame them (any room for me?)



Marital Bliss?

Two elderly women met for the first time since graduating from high school. One asked the other, "You were always so organized in school. Did you manage to live a well-planned life?" "Yes," said her friend. "My first marriage was to a millionaire; my second marriage was to an actor; my third marriage was to a preacher; and now I'm married to an undertaker." Her friend asked, "What do those marriages have to do with a well-planned life?" "One for the money, two for the show, three to get ready, and four to go."



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 at this year's event was £311.00 and will be presented to the BHF at our coffee morning on 29th May. Thank you for your generosity once again and we hope to see you there.



Birthdays.

Happy birthday this month to a very large number of members, including Peter Wilson, Sybil Allt, Irene Bown, Gill Campbell, Graham Colder, Margaret Creswell, Margaret Evans, Dorothy Fisher, Emma Flude, David Hillis, Janet Holmes, Robert Jones, Olwyn Mills, Mark Oliver, Michael Payne, Peter Polhill, Rachel Robinson, Sandy Smith, Jean Sykes, Robert Turner, Maggie Wallis and Alison Wheatley. We hope you have a happy and memorable day.



Thought for the Day.

The 50-50-90 rule: If you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.

♥ **The Wisdom of Years.** A young man, who was also an avid golfer, found himself with a few hours to spare one afternoon. He figured that if he hurried and played very fast, he could get in 9 holes before he had to head home. Just as he was about to tee off, an old gentleman shuffled onto the tee and asked if he could accompany the young man as he was golfing alone. Not being able to say no, he allowed the old man to join him. To his surprise, the old man played fairly quickly. He didn't hit the ball far but plodded along consistently and didn't waste much time. Finally, they reached the 9th fairway and the young man found himself with a tough shot. There was a large pine tree right in front of his ball and directly between his ball and the green. After several minutes of debating how to hit the shot, the old man finally said, "You know, when I was your age, I'd hit the ball right over that tree." With that challenge placed before him, the youngster swung hard, hit the ball up, right smack into the top of the tree trunk and it thudded back on the ground not a foot from where it had originally laid. The old man offered one more comment, "Of course, when I was your age, that pine tree was only 3 feet tall."

♥ **Take Heart (Derby) make a further contribution** to the cardiac ward at Royal Derby Hospital. An "observation machine" has been donated to ward 408 by TH(D) recently. The machine is the latest design which will enable the



nursing staff to monitor general health of patients quickly and easily. Records can be updated promptly, allowing the consultants to gain a better picture of a patient's health over time to enable diagnosis to be ascertained. Snr Sister Marie Jackson said, "We are extremely grateful to Take Heart (Derby) for their continued support with the purchase of vital medical equipment. The group help to make a difference to the care of patients."

♥ **When I get a headache,** I take 2 aspirin and keep away from children, just like the label says.



April 28th - Ticknall Tramway and Village Walk.

Ten stalwarts (plus one grandson) turned out in rainwear and gloves on a cold, wet Saturday morning to meet up at the Ticknall village hall car-park for the first short walk of the year. (For those not aware of it, this car-park is recommended if only for its en-suite facilities). Our route from there took us across Ingleby Road and in to Chapel Lane. It's then a near suicidal dash across the A514 into the approach road to Calke Abbey. Over recent months a long, low temporary 'ramp' has appeared over the abbey road about 150 yards in from the entrance. It is most likely to be a steel bridge to protect the tunnel beneath – it's not very far below the surface - from heavy loads. At this point we climbed the stile over the fence on our left and



dropped down onto the track-bed of the tramway at the entrance to the tunnel. The tunnel is about 140 yards long and several of us had remembered to bring torches. The only squelchy bit of the route was a very short stretch at the tunnel

exit. Apart from that there are then several miles of good walking surface southwards under National Trust ownership. The tramway runs very close to the Ashby Road near Pottery House, at which point we started to head back along the road towards Ticknall. This gave us a chance to look at the interesting local architecture. Those of us who drive may have been paying more attention to negotiating parked cars than looking at the scenery. Walking gives a great opportunity to look at what is otherwise missed – like the large house with classical statues in the garden, some quirky old cottages, or the lock-up with its conical roof. There is a very useful village store-cum-café in the main street which we invaded just before the 11.30am embargo on cooked breakfasts. A quick check on an O.S. map afterwards suggested that we had walked about 2.5 miles, within the self-imposed constraints of a maximum 3 miles for our short walks. We would welcome more support – you may even find bits of the area that you didn't know existed!



If you get an email telling you that you can catch Swine Flu from tins of ham, then delete it. It's Spam.



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). Thank you for your continued co-operation and support.



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.



Q: Does an apple a day keep the doctor away? A: Only if you aim it well enough.



Our next walk of the year is on Saturday 26 May. Darley Park and Strutt Park. Discover the former industrial village of Darley Abbey on this two-mile walk, taking in the old Strutts Mill and weir, the River Derwent and Chester Green. Easy walking, just one steep climb along Darley Grove. Café in Darley Park. Meet at Deans Field car park, Darley Abbey village, Derby DE22 1DX. The walk starts at 10.00 so make sure you get there with a bit of time to spare. For more details contact Pete Stevens on 01332 831499 otherwise, we will see you there.



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.



Member news. Sadly I advise you of the passing of Ann Quadri last week. Her funeral will take place on Monday 18 June at 11.00 AM in the Round Chapel at Markeaton Crematorium. In other news, Michael has found an extreme excuse to avoid gardening – he fell and broke a bone in his shoulder and awaits news as to whether an operation is necessary. Jean Sykes has been under the weather recently but has received lots of support from family and friends. Per Staehr has taken advantage of the hospitality of RDH a few weeks ago but is battling to be fit once more. Bob Betchley has had a few health issue's but he too is fighting fit again. Noreen Shepherdson is having difficulty walking but is generally in good spirits. Cath Blatherwick is enjoying some respite and when I telephoned, was enjoying a family BBQ. If you know someone who is ill, then please let Michael know.



Q: Did you hear about the optometrist that fell into his lens grinding machine? A: He made a spectacle of himself.



AGM. There are several Resolutions to pass at the AGM 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 5. Appoint Margit Staehr as Treasurer. We hope you will continue to support those who have volunteered to supervise your Charity.



News from the BHF. Scientists we fund at the University of Edinburgh have found a new target for treating pulmonary arterial hypertension (PAH). The research could lead to treatments for this life changing condition with no cure. PAH is a serious condition that causes high blood pressure in the blood vessels between the heart and the lungs. It leaves sufferers weak and short of breath and can lead to heart failure. There is no cure and treatments are limited to trying to treat the symptoms. Current drugs for PAH can themselves have drastic side effects like nausea, limb-pain, vomiting and diarrhoea. Around 6,500 people in the UK have PAH. Professor Mark Evans and his team have found a new target that could lead to better treatments for PAH. [The research is available online in Science Signalling](#). By studying muscle cells from pulmonary arteries in mice, and clones of human cells, the team have been able to show that they can use the existing treatments for PAH to regulate a new calcium channel, called TPC2. How these drugs work against the condition has been hotly debated as they were initially designed for other targets. Using them as a template to develop new drugs could speed up the road to new specific treatments for PAH. Professor Mark Evans who led the study said: "Our research suggests that drugs already used to treat PAH, like nifedipine and rapamycin, could be made much, much better by exploiting our discovery that they interact with the TPC2 channel." Dr Abigail Woodfin, our Senior Research Advisor at the BHF, said: "Although this research is in early stages, it is always encouraging to see new targets emerge that could help develop treatments for conditions that blight the lives of thousands of people and their families" Source: <https://www.bhf.org.uk/news-from-the-bhf/news-archive/2018/april/new-research-gives-hope-of-better-treatments-for-thousands-living-with-deadly-condition>.



I wanted to go jogging this morning but Proverbs 28:1 says "the wicked run when no one is chasing them," so there goes that.



Breaking News!!! A secondary school teacher was arrested today at Heathrow Airport as he attempted to board an international flight while in possession of a ruler, a protractor, a pair of compasses, a slide-rule and a calculator. At a press conference, a UK Border Control spokesman said he believes him to be a member of the notorious extremist Al-Gebra movement. He did not identify the man, who has been charged by the Police with carrying weapons of maths instruction. 'Al-Gebra can be a problem for all of us', the Spokesman said. 'They derive solutions by means and extremes, and sometimes go off on tangents in search of absolute values. They maintain secrecy by using secret codenames such as "X" and "Y" and refer to themselves as "unknowns" but we have determined that they belong to a common denominator of the axis of medieval with coordinates in every country.' As the Greek Philosopher Isosceles used to say, 'There are three sides to every triangle.' When asked to comment on the arrest, opposition Leader Jeremy Corbyn said 'If God had wanted us to have better weapons of maths instruction, He would have given us more fingers and toes.' Fellow Labour colleagues, including Diane Abbott, told reporters they could not recall a more intelligent or profound statement by the Opposition Leader.



Newsletter feedback. The following messages were received following last month's Newsletter: *"Many thanks for a very informative newsletter/I liked the bigger photographs because I can make out the people even with my dodgy eye-sight/I had such a laugh at the etch-a-sketch joke/It's the best thing through my letterbox each month, if only I found the bills as amusing/ Brilliant thanks for the magazine. Looking forward to lunch at Bridge Inn, great terrace overlooking the river/how do you do what you do? Never cease to amaze us."* 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.



Summer Cream Tea on Tuesday 12 June. Our extremely popular and annual cream tea event will follow the same pattern as previous years. Royal Crown Derby tea rooms will be the venue once again. Normally the price is £4.95 but members pay only £2.50 each, with guests paying £4.50 per person. Booking is essential as there is a maximum of fifty places on offer. Contact Margaret Storry on 01332 766916 to secure your place. Limited places available - don't miss out on a terrific afternoon from 2.30 PM.



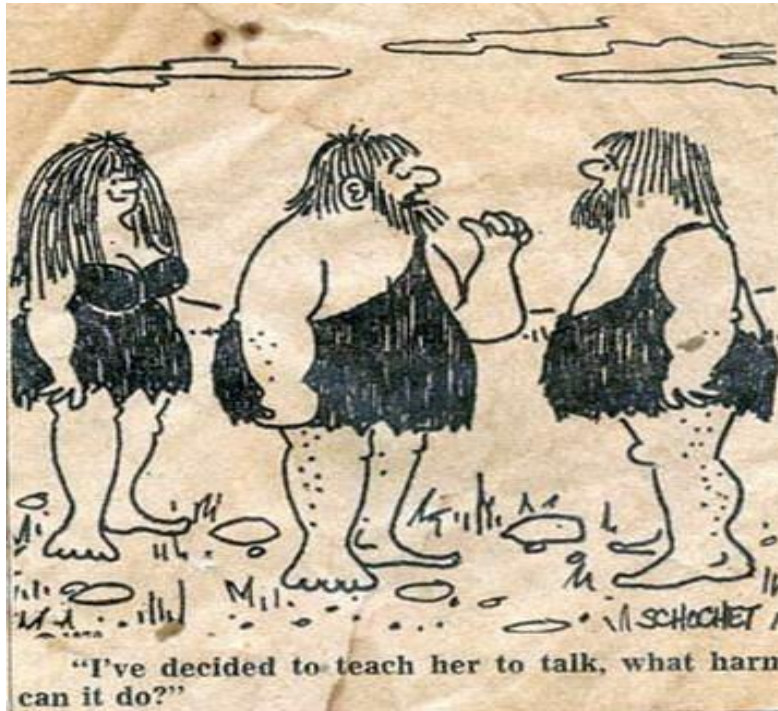
When I was a kid people used to cover me in chocolate and cream and put a cherry on my head. Yeah, life was tough in the gâteau.



Medical Notes

This is a collection of notes exactly as typed by medical secretaries:

- Patient has left her white blood cells at another hospital.
- Patient has chest pain if she lies on her left side for over a year.
- On the second day the knee was better and on the third day it disappeared.
- The patient has been depressed since she began seeing me in 1993.
- Discharge status: Alive, but without my permission.
- Patient had waffles for breakfast and anorexia for lunch.
- While in ER, Eva was examined, x-rated and sent home.
- Skin: somewhat pale, but present.
- Patient has two teenage children, but no other abnormalities.
- The patient was in his usual state of good health until his airplane ran out of fuel and crashed.
- Mrs Evans slipped on the ice and apparently her legs went in separate directions in early December.
- Patient was seen in consultation by Dr Jones, who felt we should sit on the abdomen and I agree.
- The patient refused autopsy.
- She is numb from her toes down.
- She stated that she had been constipated for most of her life until she got a divorce.
- Both breasts are equal and reactive to light and accommodation.
- Examination of genitalia has revealed that he is circus-sized.
- Patient was found in bed with her power mower.



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.



June talk. What excuse will you come up with for missing the June talk? You can all have one – there is not a talk this month, we'll all be at the Summer Cream Tea event. See notes above.



Forthcoming events

May.

- Saturday 26th Walking back to health - 🐢 Darley Park and Strutt Park. Discover the former industrial village of Darley Abbey on this two-mile walk, taking in the old Strutts Mill and weir, the River Derwent and Chester Green. Easy walking, just one steep climb along Darley Grove. Café in Darley Park. Meet at Deans Field car park, Darley Abbey village, Derby DE22 1DX.
- Tuesday 29th Coffee morning at The Cube café/bar.
- Wednesday 30th Swimming at the Queen's Leisure Centre.

June.

- Friday 1st Singing for Fun at 10.00 AM
- Wednesday 6th Swimming at the Queen's Leisure Centre.
- Friday 8th Singing for Fun at 10.00 AM
- Tuesday 12th Summer Cream Tea at Royal Crown Derby, Osmaston Road, Derby DE23 7JZ from 2.30 PM. (booking is required).
- Wednesday 13th Swimming at the Queen's Leisure Centre.
- Friday 15th Singing for Fun at 10.00 AM
- Tuesday 19th Lunch at The Lion, Bridge Street, Belper DE56 1AX
The Lion at Belper has a lovely garden for Alfresco dining. It serves freshly made pizza from it's oven in the garden. There is also have a range of other meals, with waiter service. The Lion often take a credit/debit card payment in advance of the meal being served and make an adjustment when settling the bill before leaving. The pub has its own free car park and there is a very large shoppers car park behind the hotel too. Entry is off the A6 next to the petrol station.
- Wednesday 20th Swimming at the Queen's Leisure Centre.
- Friday 15th Singing for Fun at 10.00 AM
- 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.



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.