

Take Heart

(Derby)

Registered Charity No 1163703

www.takeheartderby.co.uk

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



Newsletter November, 2016.



Lunch at The Dog & Duck. Another old favourite in Shardlow, famous not only for good food but great value with its two for one menu's. It transpires that the landlady





here was formerly landlady at the Bridge in Duffield, another great venue. There were nine of us, so someone missed out on the deal (unlucky John). Lovely food, enhanced by some great company but where were you – not slaving over a hot stove at home whilst we relaxed and let someone else do the cooking and the dishes afterwards. Never mind, there is always The Broadway Inn on 17th November. Don't forget the Christmas lunch on Wednesday 14th December. Call Angela to book your place and menu choice on 01332 751834.





Can your household save 10p per week until February 2017? If each member household were to save 10p per week, as a group we could see £500.00 raised over a full year for our 2017 Jam Jar Challenge. Amazing and easy! The BHF finance some incredible research to help us and those who are yet to have heart problems. The BHF rely entirely on the generosity of our supporters to fund life-saving research. Each year the BHF fund around £100 million of new research into heart and circulatory disease, which will go on to help the 7 million people living with these conditions in the UK. Please help if you can?



 **My wife** was hinting about what she wanted for her Christmas present. She said, "I want something shiny that goes from 0 to 165 in about 2 seconds." I bought her a bathroom scale. And then the fight started.....

 **Feedback.** The following is feedback from last month's Newsletter, *"I couldn't work out how to get to the Friends Meeting House. I thought about parking in Chapel Street Car Park and walking but I still wasn't sure. I was all set to come swimming but in the interim waiting for Queen St. to get it's (her?) act together, my arthritic knee needs replacing. There have been other reasons too why I haven't come, but don't give up on me - you may see me yet! I'll be the person sighing with relief that I have made it to a Take Heart event/Thanks for your e-mail and I am feeling fine at the moment. I do tend to be a sleeping member (trying to avoid the bacon butties) but look forward to receiving the monthly newsletter, birthday card and calendar that come with the membership. I appreciate all the work you put in to running this very worthwhile charity/I'm doing okay thank you, I tried the swimming on Wednesday afternoon but it was a bit hit and miss as to how busy the pool was so I have reverted back to my morning swim at Queen Street, and never a lie-in, boo-boo! Like everyone else I am feeling the impact of the cooler weather on my bones, but that's life/I was going to email you to thank Take Heart for my birthday card!! I think I have acknowledged getting the Take Heart monthly newsletters, always a good read/I thought the walk made interesting reading. Makes me want to go there!/ As my caravan season is over until next spring, I am returned to the other life back home, therefore I will be visible (very) at the coffee mornings and more often than not at the lunches as well. Thanks for the last three newsletters, they were all brilliant, we must have some very good comedians in our midst judging by the jokes in each edition. My brother in Spain loves to receive them/ Received with thanks Michael, we always enjoy reading the newsletter/ Newsletter sent to all Ashbourne BHF Committee members/ Duly received and as good as ever --- don't know how you find time for it and along with a time of being decidedly poorly. Good to see you on Saturday and flowers much appreciated. I think that's about enough of those Scotts in the Newsletter though. (We don't want to outstay our welcome!)/Many thanks for a very good newsletter,I laughed out loud at the leopard and ten commandment jokes/ Majid and I would both like to thank the Take Heart group for the beautiful birthday cards we have just received. They are a lovely way of making us feel a part of the group. I hope to be able to make it to the next coffee morning. Unfortunately my social calendar has been taken up with visits to various hospital departments to check up on my health". Contact Michael with your views!*

 **Grandma: She Loves You.** A grandmother was giving directions to her grown grandson who was coming to visit with his wife: "You come to the front door of the apartment complex. I am in apartment 14T. There is a big panel at the door. With your elbow push button 14T. I will buzz you in. Come inside, the elevator is on the right. Get in, and with your elbow hit 14. When you get out I am on the left. With your elbow, hit my doorbell." "Grandma, that sounds easy, but why am I hitting all these buttons with my elbow"? "You mean you're coming empty handed?"

 **Quite topical.** This morning I was sitting on a bench next to a homeless man, I asked him how he ended up this way. He said: Up until This Last week, I still had it all! A cook, cooked my meals, my room was cleaned, my clothes were washed, pressed, I had a roof over my head, I had TV, Internet, I went to the gym, the pool, the library, I could still go to

school. I asked him, "What happened? Drugs? Alcohol,? Divorce? Oh No, nothing like that he said. No, no ... I got out of prison.

☕ **October coffee morning.** Four potential new members turned up last month and are shown below. There were 31 other members enjoying our now traditional coffee morning



at the Cube. That includes all the bacon buttie brigade who were there in force. Angela was busy taking orders and deposits for the Christmas lunch so avoid disappointment if you have not already booked. The photograph shows all the new members who signed up today. Nice to see you.

☕ **Today's Quiz.** You don't have to actually answer the questions. Just read it straight through, and you'll get the point. 1. Name the five wealthiest people in the world. 2. Name the last five PFA Players' Player of the Year winners. 3. Name the last five winners of the County Championship. 4. Name ten people who have won the Nobel or Pulitzer Prize. 5. Name the last half dozen Academy Award winners for best actor and actress. 6. Name the last decade's worth of Premiership winners. How did you do? The point is, none of us remember the headliners of yesterday. These are no second-rate achievers. They are the best in their fields. But the applause dies... Awards tarnish. Achievements are forgotten. Accolades and certificates are buried with their owners. Here's another quiz. See how you do on this one: 1. List a few teachers who aided your journey through school. 2. Name three friends who have helped you through a difficult time. 3. Name five people who have taught you something worthwhile. 4. Think of a few people who have made you feel appreciated and special. 5. Think of five people you enjoy spending time with. Easier? The lesson: The people who make a difference in your life are not the ones with the most credentials... the most money...or the most awards. They simply are the ones who care the most.

☕ **A blonde man** shouts frantically into the phone, "My wife is pregnant and her contractions are only two minutes apart!" "Is this her first child?" asks the Doctor.

"No!" he shouts, "this is her husband!"

A blonde man. A blonde man spies a letter lying on his doormat. It says on the envelope "DO NOT BEND". He spends the next 2 hours trying to figure out how to pick it up.

An extra coffee morning! An impromptu coffee morning at Royal Crown Derby tea rooms on Friday November 11th was enjoyed by twenty-five members. The day was also

Armistice Day where we marked the occasion with the traditional minute's silence whilst we remembered those who had paid the ultimate sacrifice to ensure our freedom and prosperity. Freshly brewed coffee and tea were consumed in copious amounts, some drank tea and most enjoyed the variety of cakes and biscuits. Some



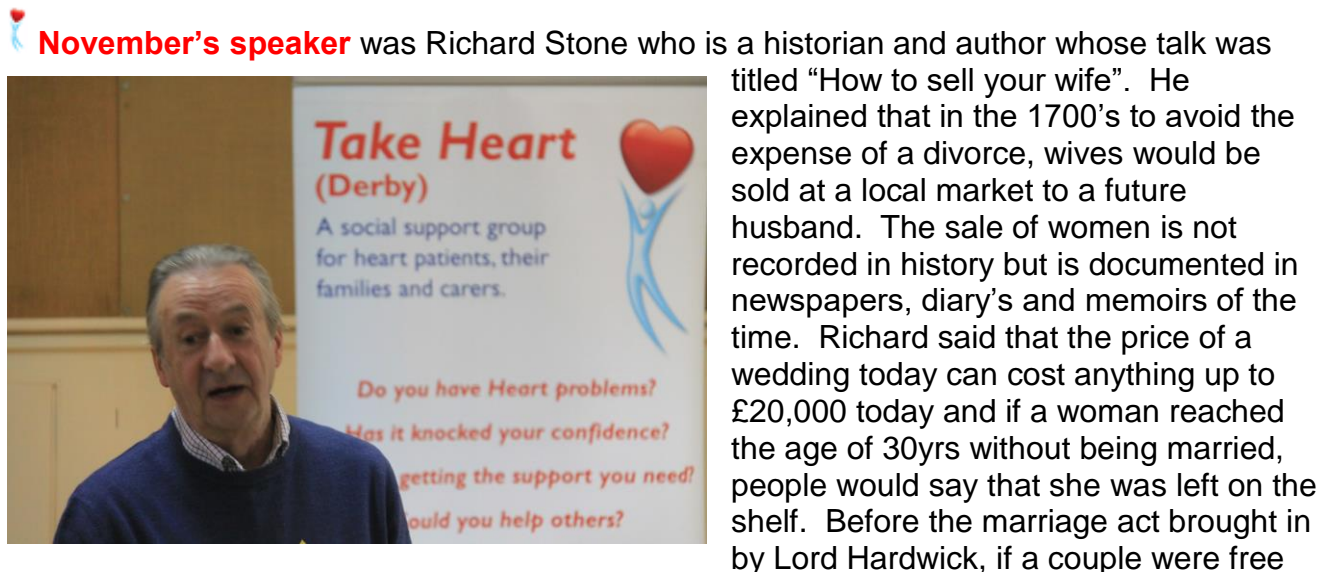
even stayed for lunch. Everyone declared the event a huge success and enquired when we might do it again? Is this something you would like to do more often? Comments to Michael in the usual way.

Have you received your copy of Heart Matters yet? As a Heart Support Group affiliated to the British Heart Foundation, Take Heart (Derby) recommends that all members ensure they get a copy. You may receive it in print, delivered free to your home address - or online to your computer. It is published every two months - a high quality magazine- and all for free! Call 0870 600 6566 to ask to be added to their circulation list – or to order any of the free British Heart Foundation Publications. You will be sent a free welcome pack when you first join, including a recipe folder. The award-winning heart health magazines offer information on heart conditions and treatments, the latest research, real life stories and nutritional information to keep your heart healthy. It is an all colour, high quality magazine with accurate information you can rely upon. If you have never seen a copy - then ask Marilyn Thompson - our publications officer on 01332 558756.

Swimming news. The Queens Leisure Centre has been repairing the roof over the family pool for a very long time. They have previously given us target dates they thought the pool would re-open but none have been met. Derby City Council are reported to be investing a further £600,00 to complete the repairs but there is still no opening date forthcoming. Watch this space – I have confirmed our requirement to return at 3.15 PM on Wednesdays as soon as it is ready.

I woke up this morning at 8 and could sense something was wrong. I got downstairs and found the wife face down on the kitchen floor, not breathing! I panicked. I didn't know what to

do. Then I remembered - the local cafe serve breakfast until 11.30.



and agreed to marry, they made a promise to each other in the church porch, but didn't have to sign anything. He told us about a woman called Alice Russell who went to the church court to try and get a divorce because she said that her husband was impotent. At first they would not believe her, so seven honest maidens undressed and danced for him. Because he was not interested in them, the church court granted her the divorce. In the past when a woman married they became the property of the husband but could not be sued for debts. We were told that a girl called Amy Howard had been sold in unhappy circumstances and was fined £5 by the judge for attempting suicide by jumping into the Serpentine and that a Chimney sweep had asked for a penny for his wife and had actually been given five shillings and sixpence for her. Richard also told us that the first time women could sue their husbands for adultery was in 1923. Most of what we were told highlights the complete misunderstanding and myths surrounding marriage and divorce. If the people believed it to be true, they perpetuated the myth. Strange goings on but husbands be assured you cannot get rid of a wife so easily – not that you would want too anyway!

Fly Irish Airlines! After being airborne approximately thirty minutes on an outbound Air Lingus flight from Dublin to Boston, the lead flight attendant nervously made the following painful announcement in her lovely Irish brogue. "Ladies and gentlemen, I'm so very sorry, but it appears that there has been a terrible mix-up. I don't know how this has happened, but we have 103 passengers on board, and..., unfortunately, we received only 40 dinner meals from our catering service. I truly apologize for this mistake and inconvenience." When passengers' muttering had died down, she continued..., "Anyone who is kind enough to give up their meal so that someone else can eat will receive free, unlimited drinks for the duration of our flight." Her next announcement came about 2 hours later... "If anyone would like to change their mind, we still have 40 dinners available."

My wife was standing nude, looking in the bedroom mirror. She was not happy with what she saw and said to me, "I feel horrible; I look old, fat and ugly. I really need you to pay me a compliment." I replied, "Your eyesight's damn near perfect." And then the fight started.....

My wife and I had words, but I didn't get to use mine.

Next month. There is not a speaker for December but we return in January with a talk from Dr Rob McIntosh, cardiologist at Royal Derby Hospital. He has chosen “Heart Failure” as his topic for this talk but will take questions at the end. It is another opportunity to ask questions whilst waiting for those difficult to achieve outpatient appointments. So write them down now (forward a copy to Michael if you wish).

Love this Japanese doctor! Q: Is getting in shape important for my lifestyle?
A: Hey! 'Round' is shape!

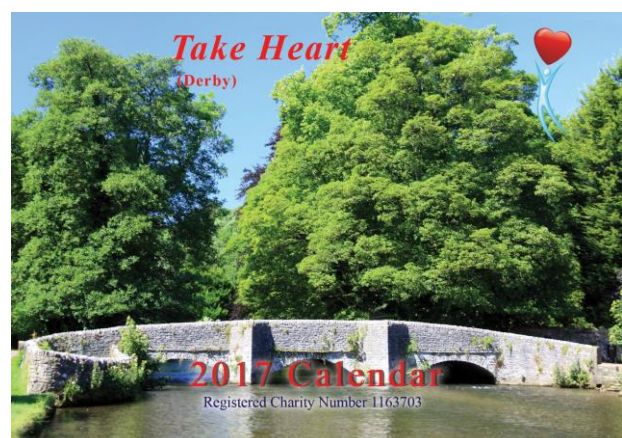
Member news. We welcome Janet Ferguson, Michael & Lilian Payne and Marion & Reginald Turner into our group and look forward to seeing them regularly. Good news from Barry Birkin who is now making great progress. Sadly, we learned last month that David Newton's daughter, Katherine had passed away at the tender age of just 42 years. Our best wishes extend to David and his family. Molly Illesley is to have a hip replacement, whilst husband Ken has decided to retire from driving. Debbie Wright has completed her chemo successfully and is now on three monthly check ups – great news. Even better news for Jean Moseley who has been advised that she is free of cancer at long last. Doug Glenday has just undergone a cataract operation. If you know of anyone who is ill, let Michael know. We wish all who are ill a speedy recovery.

"Don't worry about the world coming to an end today. It's already tomorrow in Australia!"


Birthdays. Birthday wishes this month go to Les Baynton, Ted Bland, Alan Bown, Jean Clarke, Gordon Gaskin, Molly Illesley, Dennis Pollard, Sue Robinson, James Robinson, Jane Salmon and Mathew Taylor. A very happy birthday to you all. If I have missed you, please contact me with your details.


Love this Japanese Doctor! Q: Is swimming good for your figure? A: If swimming good for figure, explain whale to me.

New Calendar for 2017. The new calendar is now available and will be delivered to you by various committee members (according to post codes). Additional copies are available via committee members or contact Michael. Priced at only £3.00 per copy (plus post and packing at £1.40) they make a wonderful gift to family and friends. As always, several are on their way to Canada, South Africa and Australia. The calendar contains original photography taken throughout our beautiful county of Derbyshire. We are already receiving praise from those who have seen it “Some lovely photos take me back to my younger, exploring days/brilliant photo's – who takes them/Glad to see Ashford in the Water featured, a fantastic village and well worth a visit/terrific calendar again this year.



How do you do it/Thanks for the calendar delivered earlier today – fascinating”. What do you think? Are your photographs included or will you send some for next year’s calendar? Contact Michael.


 **We are nearing the new year** and as such it will be time to renew memberships. Our membership scheme is taken from January until December each year and is a minimum of £10.00 per household. Don’t forget that you may make your donation “Gift Aided” which will allow our group to reclaim an extra 25% back from HMRC. It costs you nothing, all you have to do is advise the Treasurer, Richard Flatman that you wish your donation to be treated in this way. Send your cheque to R. Flatman, 32 Cornhill, Allestree, Derby DE22 2FS. We trust you have enjoyed this year’s events and hope that next year will be just as or more enjoyable. We look forward to seeing more of you.

 **She was** only a whisky maker, but he loved her still.

 **Christmas Lunch 14 December (changed from 13th).**


Our Christmas lunch is to be consumed at The Engine Shed at the Roundhouse where we enjoyed our Spring lunch so much earlier this year. See you there at noon.



 **News from the British Heart Foundation. It is definitely bad for your health to worry about being ill.** The BHF respond to research from the BMJ Open that explores the link between worrying about your health and an increased risk of heart disease. The research was led by the National Health Screening Service and reviewed over 7,000 people born between 1953 and 1957. They took into account their health, lifestyle and levels of education, performed physical health checks and measured their levels of anxiety. Participants that displayed health anxiety at the start of the study were 73% more likely to develop heart disease than those who showed no anxiety.

The BHF view on this research, Emily Reeve, our Senior Cardiac Nurse, said: “It’s natural for people to worry if they feel they might be unwell. But anxiety and stress can trigger unhealthy habits, such as smoking or eating badly, which put you at greater risk of heart disease. “While we don’t know if the ‘worried well’ are directly putting themselves at risk of a heart attack, it’s clear that reducing unnecessary anxiety can have health benefits. If you are experiencing health anxiety, speak to your doctor.” Source

(<https://www.bhf.org.uk/news-from-the-bhf/news-archive/2016/november/the-link-between-being-worried-about-your-health-and-heart-disease>).

 **Uplift your spirits.** Singing is well known to be a cheerful pastime. TH(D) now has the Take Heart Singers who are planning to lead some Christmas carols at the December coffee morning on 20th December. If you are interested in joining with other members of TH(D) and lighten your mood – please contact Trisha Flude on 01332 380219 for an informal chat.





Do What You Want – Live. This is an annual event organised by Disability Direct, this year taking place at The Roundhouse. Seventy-three exhibitors took part and where the general public who need some support or to find out about resources available within and around Derby. Literally hundreds of people attended the event which saw Coronation Street actress, Alison King (Carla Conner) as guest of honour. She toured all the stands and posed for photographs, pictured here with Mick Neill who helped out on the day. Thanks to Angela, Trisha and Michael for lasting the pace where TH(D) made some very good contacts with other groups. There were disability groups, carer support groups, therapy organisations, insurance companies, disability scooters, and therapists.



Forthcoming programme.



November.

Tuesday 29th Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 30th Swimming at the Queens Leisure Centre at 3.15 PM.



December.

Wednesday 7th Swimming at the Queens Leisure Centre.
Tuesday 13^h Christmas luncheon at noon on Wednesday 14th in The Engine Shed restaurant within the Roundhouse complex. Booking is essential on 01332 380219.
Wednesday 14th Swimming at the Queens Leisure Centre.
Tuesday 20th Christmas coffee morning at The Cube café/bar. Free TH(D) tea or coffee with mince pie and a very special surprise. Don't miss out.
Wednesday 21st Swimming at the Queens Leisure Centre.
Wednesday 28th Swimming at the Queens Leisure Centre.



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 on 01283 701284.



Contacts. If members have a problem and would like to talk to someone in private, please telephone any committee member. 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 01332 380219, email michael.flude@takeheartderby.co.uk. 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