

Take Heart

(Derby)


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



Registered Charity No 1163703


www.takeheartderby.co.uk

Newsletter October, 2016.

 **Lunch at The Bridge.** On a very pleasant September day nine members were interrupted during their meal by 'that bloke with the camera'. You have probably seen him at some of the events you attend. However, he did not stay long – merely took a few photographs, had a chat and was on his way. Those eating had a great treat from such a varied menu and "two for the price of one". Brilliant. You eat anyway, so why not join us once a month and enjoy the company and chat amongst friends. If you need transport then phone Michael – no excuses for 18 October at Dog & Duck, Shardlow.



 **Feedback.** The following is feedback from last month's Newsletter, "I have received my copy of the newsletter thank you. I had already downloaded it from the website (you can tell how keen I am !!!)/ Thank you for our copy of the newsletter, we are sorry that we have not been able to be more active or come to some of the meetings. Both John & I are fine but the year has been difficult with various problems and we do appear to be very time poor or time is going to quick!/It is good to receive the newsletter please pass on our good wishes and we hope to be able to come to the meeting and would enjoy a walk/Best thing on my computer every month. Heard at the coffee morning recently, "I don't know how you do it but the Newsletter is fantastic each and every month/Here, here" came another comment/Also, very many thanks for the continued excellent news letter. We do find it a good read and informative. One problem we have is that as soon as it appears in the inbox all activity stops while we read and digest it!!/ 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." Contact Michael with your views!

 **Can you 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 amazing research to help us and those who are yet to have heart problems. Please help if you can?



🔴 **A lady failed the driving test 4 times.** At the fifth attempt, she was determined to pass. But the test had the same question: "You are driving at 120mph. On your right is a wall, on your left is a cliff. On the road, you see an old man and a young man. What will you hit?". The woman walked up to the examiner and said, "I've answered this question in all four ways, wall, cliff, young man, old man. Yet I failed four times. How is this possible? What am I supposed to hit ????" Examiner: "The brakes!!!"

🔴 **Can a Leopard...Eat His Lunch?** A wealthy old lady decides to go on a photo safari in Africa, taking her faithful, aged poodle named Cuddles along for the company. One day the poodle starts chasing butterflies and before long Cuddles discovers that she's lost. Wandering about, she notices a leopard heading rapidly in her direction with the intention of having lunch. The old poodle thinks, "Oh, oh! I'm in trouble now!" Noticing some bones on the ground close by, she immediately settles down to chew on the bones with her back to the approaching cat. Just as the leopard is about to leap, the old poodle exclaims loudly, "Boy, that was one delicious leopard! I wonder if there are any more around here?" Hearing this, the young leopard halts his attack in mid-strike, a look of terror comes over him and he slinks away into the trees. "Whew!" says the leopard, "That was close! That old poodle nearly had me!" Meanwhile, a monkey who had been watching the whole scene from a nearby tree, figures he can put this knowledge to good use and trade it for protection from the leopard. So off he goes, but the old poodle sees him heading after the leopard with great speed, and figures that something must be up. The monkey soon catches up with the leopard, spills the beans and strikes a deal for himself with the leopard. The young leopard is furious at being made a fool of and says, "Here, monkey, hop on my back and see what's going to happen to that conniving canine!" The old poodle sees the leopard coming with the monkey on his back and thinks, "What am I going to do now?", but instead of running, the dog sits down with her back to her attackers, pretending she hasn't seen them yet, and just when they get close enough to hear, the old poodle says: "Where's that monkey? I sent him off an hour ago to bring me another leopard!"

🔴 **September coffee morning.** A few faces we have not seen for a while joined our assembly at the Cube at the end of September. Coleen Yates had not been well for some



time but made the effort to attend and said, "It took a bit of effort to make it today but I have thoroughly enjoyed myself. I'm glad I came". Barbara Polhill made it again this month. The 'bacon booty' brigade were there in force once again and it was nice to see Norma Bracewell, newly retired vicar. Michael Brinkworth also dropped in for a short

visit. Lovely to see you all enjoying yourselves and for once no-one was asking you to hand over money this month (where did we go wrong).

📌 **A farmer** drove to a neighbour's farmhouse and knocked at the door. A boy, about 9, opened the door. "Is your dad or mom home?" said the farmer. "No, they went to town." "How about your brother, Howard? Is he here?" "No, he went with Mom and Dad." The farmer stood there for a few minutes, shifting from one foot to the other, mumbling to himself, when the young boy says, "I know where all the tools are, if you want to borrow one, or I can give Dad a message." "Well," said the farmer uncomfortably. "No, I really want to talk to your Dad, about your brother Howard getting my daughter Suzy pregnant". The boy thought for a moment, then says, "You'll have to talk to my Dad about that. I know he charges £500 for the bulls and £150 for the pigs, but I have no idea how much he charges for Howard."

📌 **Make space in your home with Bag it, Beat it, 2016.** The Bhf have announced "*their fantastic appeal for bags of donations is back again in September and need your help from business and home throughout the county (and across the country) to raise vital funds for the BHF. Would you be willing to have some bags to hand to employees, customers members family and friends. You could even arrange a Bag it, Beat it challenge amongst your contacts and even have a prize for the winner. Clear the clutter from your house by taking part and help raise vital funds. Its not just clothes that can be put into the bags. Fill them with clothes, shoes, books, DVD's, CD's, or childrens toys. The more bags you fill the more money can be raised to help millions of people whose lives have been affected by heart disease.*" Bags are available from Michael. You could even bring them to the coffee morning on 25 October. Start your de-clutter now.

📌 **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!"

📌 **An extra coffee morning!** Join us for an impromptu coffee morning at Royal Crown Derby tea rooms from 10.30 AM on Friday 11 November for an extra cup of tea or coffee. Today is also Armistice Day and we plan to mark the occasion with the traditional minute's silence in line with the nation. The tea rooms are an excellent and bright venue which serves fresh food and delicious beverages. Don't miss out.



📌 **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.

Punctuation is Everything! An English professor wrote the words "A woman without her man is nothing" on the blackboard and directed the students to punctuate it correctly. The men wrote: "A woman, without her man, is nothing." The women wrote: "A woman: Without her, man is nothing."

We couldn't have chosen a more awkward day to have a walk that started in Melbourne – it was also the weekend of their Festival Art Trail and by 9.30a.m. parking spaces in the usually quiet town centre were as rare as hen's teeth. Eventually however we all met up as planned. We didn't get far before we met Take Heart Derby president, Dr Julia Barron who was pleased to see some of us taking exercise. The walk itself was taken from a booklet published by Melbourne Civic Society entitled 'Walks Around Melbourne', and initially takes the roadway past the Norman church and Melbourne Hall then along the side of Melbourne Pool. We then took a footpath along the southern edge of the pool before striking off uphill



via a stile and through the cabbage field towards Pool Farm and its farm road. Then it was downhill towards Woodhouse farm centre, through a field planted with a variety of vegetables and on to Ashby Road for a short distance. A well-marked footpath leads off through fields again towards Penn Lane. The guide book describes the terrain as 'easy, flat' – there was some disagreement here over the latter point! Penn Lane took us back towards the church via a 'dark entry', and the café in the grounds of Melbourne Hall for bacon cobs, cake, tea etc.

Free wills month!!! Does your family know your wishes about your estate when you die? Isn't it about time you made these decisions before anything happens? Well, now you can during October. Members of the public aged 55 and over contact one of the firms of solicitors taking part in a Free Wills Month campaign during the designated month to request an appointment. The solicitor will help to draw up a Will that accurately reflects the wishes of the individual or couple. Those taking up the offer are under no obligation to leave a gift to one of the Free Wills Month charities, however, we earnestly hope that many will see this as a chance to help their favourite cause. Appointments are limited and are allocated on a first come first served basis. Once all available appointments are booked the campaign will close, this may be before the end of the campaigning month. Amongst solicitors offering this help are: Flint Bisop, St Michaels Lane, Derby DE1 3HQ (Ms Danielle Muldoon 01332 340211), Timms Solicitors, St Michaels, Queen Street, Derby DE1 3SU (Ms Sara Hilliard 01332 364436) and Elliot Mather LLP, Gervase House, 111 – 113 Friar Gate, Derby DE1 1EX (Mr Alistair Seel 01332 372311). So make haste and book that appointment. The BHF are amongst the charities involved.

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. Now they are not saying anything except that it is still being worked on and they will let us know when it is complete. Watch this space – I have confirmed our requirement to return at 3.15 PM on Wednesdays as soon as it is ready.

A successful man, working as a sales representative in a large company, tells his boss one day: If you want me to continue working for you, I need a 20% raise. You have 24 hours to give me an answer. I have four companies chasing me, so let me know your decision. The boss is alarmed. He says, "In this recession 20 percent raise? So many employees are being laid off, so many others have seen a major cut in their salaries. You want a 20% raise?" "I will not argue with you," says the employee. "As I said, there are four companies pursuing me. So just let me know your decision." Next day, the boss calls him in, and says, that due to his great performance he decided to comply and will give him the requested raise. "Great," the man says. "if so, I will continue gladly with you." As he is leaving his boss asks him: "Out of curiosity, who are the four companies chasing you?" "Oh" the man responds: "Master Card, Visa, American Express, and the mortgage company."

Great advice about diet and very easy exercise! Our speaker for October was Tina Hensey, talking about Healthy Eating: the balance of good health. She also touched on the topic of the benefits of Exercise and gave us some chair based exercises to practice at home. Tina explained that she is not medically trained, but is a fitness professional with qualifications including GP referral and phase 4 of cardiac rehabilitation. She works for Chesterfield Borough Council where she is a Community Lifestyle Officer in the Healthy Living Centre. Tina used the "Eatwell Plate" Guide government guidelines as the basis for



her talk. The exercise aspect to her talk covered our perceptions of exercise and suggestions of how to move more, and we finished with a short taster of chair based music to exercise. Based on the Eatwell Guide, Tina outlined how we can get a balance of healthier and more sustainable food. She also explained "how much of what" we should aim for overall, from different food types. These include at least 5 portions of fruit and

vegetables a day, as well as some starchy carbohydrates including fibre, like wholegrain bread, rice, potatoes or pasta which should have "less added" fat, fibre, salt or sugar. We should also aim to drink 6 to 8 glasses of water per day.

Next month. Our speaker for November is Richard Stone, a historian and author, who has written books about Burton on Trent, Tamworth, The River Trent ... and even one called 'Mammoth' - the resurrection of an ice age giant. His talks are entertaining and well researched and he presents them in an informative, relaxed and humorous style. His talk to Take Heart (Derby) on November 14th is called "How to sell you wife" and it encompasses the social history of marriage, divorce and less formal customs, even spilling over into the 20th century. So make a date and have an afternoon of fun at 2.30 PM in the Friends Meeting House, St Helens Street, Derby DE1 3GY.

Love this Japanese doctor! Q: What are some of the advantages of participating in a regular exercise program? A: Can't think of one, sorry. My philosophy: No pain...good!

Member news. We welcome Carol Pearson who joined after trying us out on several occasions – glad we made a bit of an impression.

is This month we have been advised that John Storry has suffered a serious stroke. He is in Royal Derby Hospital, but making some progress. Yvonne Gilbert and Doug Glenday are recovering from TIA's. Jean Moseley is still in difficulty but vowing to fight on. April Howe and Michael Flude are also fighting back after recent operations. Barry Birkin is having some trouble with a wound which is not healing, whilst Jean & Vic Percival have ongoing health issues. That's a lot of us who are thankful for our wonderful health system. If you know anyone who is unwell, then please let Michael know. We wish all who are ill a speedy recovery.

🌹 **After 100 years** lying on the sea bed, Irish divers were amazed to find that the Titanic's swimming pool was still full.

🌹 **Birthdays.** Birthday wishes this month go to Nicole Bayer-Richardson, Eliabeth Hillis, Shane Thorne, Majid & Ann Quadri, Lana Richardson, Hazel Salt, Lyn Stevens and Gwen Williams. A very happy birthday to you all. If I have missed you, please contact me with your details.

🌹 **Platinum wedding anniversary!** You may recall earlier this year we reported the 95th birthdays of Chris & Gerry Scott. Quite an achievement and yet there is more to this amazing couple. October saw their 70th wedding anniversary! Wow. Michael & Trisha were fortunate to be invited to one of the three events organised by their family at their new apartment. Chris & Gerry are enjoying their new home, which has views across playing fields where they enjoy watching wildlife from across the balcony. They received many cards and flowers, including a card from Her Majesty Queen Elizabeth II.



🌹 **Love this Japanese Doctor!** Q: Is chocolate bad for me? A: You crazy?!? HEL-LO-O!! Cocoa bean! Another vegetable! It best feel-good food around!

🌹 **Donations given a boost.** Donations made by you for 2016's fees have become more valuable this year. By electing to make your donation by "GiftAid" Take Heart (Derby) has been the recipient of £504.00 from the taxman. It did not cost the members electing to do this anything but we have gained additional money to do something good with. Thank you to all those who helped in this and perhaps others will use GiftAid in January when subs are due once again.

🌹 **Donald and Hillary Go Into A Bakery** on the Campaign Trail. As soon as they enter the bakery, Hillary steals three pastries and puts them in her pocket. She says to Donald, "See how clever I am? The owner didn't see anything and I don't even need to lie. I will definitely win the election." Donald says to Hillary, "That's the typical dishonesty you have displayed throughout your entire life. I am going to show you an honest way to get the same result." Donald goes to the owner of the bakery and says, "Give me a pastry and I will show you a magic trick." Intrigued, the owner accepts and gives him a pastry. Trump swallows it and asks for another one. The owner gives him another one. Then Donald asks for a third pastry and eats that, too. The owner asks, "What did you do with the pastries?" Trump replies, "Look in Hillary's pocket"...

Christmas Lunch 14 December (changed from 13th). Our Christmas lunch details are attached to this Newsletter. We return to The Engine Shed at the Roundhouse where we enjoyed our Spring lunch so much earlier this year. There is not much time to book and order your meal, so do not delay. Choices and instructions are on the same page.



News from the British Heart Foundation. Stem cell

therapy regenerates primate hearts. Research published today has shown that stem cells from macaques can be used to regenerate the damaged hearts of other macaques following a heart attack, which can lead to heart failure. The researchers at Shinshu University in Japan showed that the approach can improve the ability of the damaged heart muscle to contract, and pump blood around the body, but also led to an increased incidence of potentially dangerous irregular heart rhythms. The paper was published in the journal [Nature](#). Medical Director, Professor Nilesh Samani, said: "This research represents tantalising progress in our attempts to harness the potential of stem cells to treat the damage caused by a heart attack, which can lead to heart failure. "The findings provide more evidence of the potential of stem cells, but there are still many challenges to overcome before this approach can be used to treat people with heart failure. For example, the study shows that the injected cells can trigger dangerous heart rhythms. "The BHF is committed to funding research that will change the lives of people with heart failure. We have established research centres focused on the potential of stem cells and, with the public's support, invested over £27 million into regenerative medicine research since 2010." Source <https://www.bhf.org.uk/news-from-the-bhf/news-archive/2016/october/stem-cell-therapy-regenerates-monkey-hearts>



Changing Light Bulbs. Q: How do children schooled at home change a light bulb? A:

First, the mother borrows three books from the library on electricity, then the kids make models of light bulbs, read a biography of Thomas Edison and do a skit based on his life. Next, everyone studies the history of lighting methods, wrapping up with dipping their own candles. Next, everyone takes a trip to the store where they compare types of light bulbs as well as prices and figure out how much change they'll get if they buy two bulbs for £2.99 and pay with a five-pound note. On the way home, a discussion develops over the history of money and also Elizabeth Fry, as her picture is on the five-pound note. Finally, after building a homemade ladder out of branches dragged from the woods, the light bulb is installed. And there is light



Uplift your spirits. Singing is well known to be a cheerful pastime.

A preliminary meeting is to be held on 20 October at 14 Brookside Road, Breadsall, Derby DE21 5LF at 1.30 PM. Would you be interested in joining with other members of TH(D) and lighten your mood – please contact Trisha Flude on 01332 380219 for an informal chat.



A Sunday school teacher was discussing the Ten Commandments with her five and six year olds. After explaining the commandment to 'honour' thy Father and thy Mother, she asked, 'Is there a commandment that teaches us how to treat our brothers and sisters?' From the back, one little boy (the oldest of a family) answered, 'Thou shall not kill.'

♥ **ATTORNEY:** This myasthenia gravis, does it affect your memory at all?
WITNESS: Yes. **ATTORNEY:** And in what ways does it affect your memory?
WITNESS: I forget. **ATTORNEY:** You forget? Can you give us an example of something you forgot?

♥ **Forthcoming programme.**

♥ **October.**

Tuesday 18th Lunch at the Dog & Duck, London Road, Shardlow, Derby DE72 2GR at 12 noon.
Wednesday 19th Swimming at the Queens Leisure Centre at 3.15 PM.
Tuesday 25th Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 26th Swimming at the Queens Leisure Centre at 3.15 PM.

♥ **November.**

Wednesday 2nd Swimming at the Queens Leisure Centre at 3.15 PM.
Wednesday 9th Swimming at the Queens Leisure Centre at 3.15 PM.
Friday 11th Armistice Day coffee morning at Royal Crown Derby tea rooms at 10.30 AM. Impromptu event with “minutes Silence” at 11.00 AM.
Monday 14th “How to Sell Your Wife” is the must attend topic for tips to be given by Richard Stone at The Friends Meeting House from 2.30 PM. It promises to be hugely entertaining and full of tips!!!
Wednesday 16th Swimming at the Queens Leisure Centre at 3.15 PM.
Thursday 17th Lunch at The Broadway Inn, Duffield Road, Derby, DE22 1JB at 12 noon.
Wednesday 23rd Swimming at the Queens Leisure Centre at 3.15 PM.
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.

♥ **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.

Take Heart (Derby) Registered Charity No 1163703

Affiliated to the British Heart Foundation

Take Heart

(Derby)

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

Registered Charity No. 1163703



Chairman - Michael Flude. He brings experience in marketing and management. Michael will be involved in all aspects including marketing, web site development, representing TH(D), production of the Newsletter, raising our profile with the press and other Heart Groups. His aims are to improve communication within the group, offer support and to expand our membership.

Telephone 01332 380219, email michael.flude@takeheartderby.co.uk.



Treasurer – Richard Flatman. Richard brings experience as Treasurer of a wide range of small to medium sized local charities' Telephone 01332 557028, email richard.flatman@talktalk.net.



Secretary – Pam Fearn. Pam will use her years of experience to keep minutes of meetings and maintain the group records. She will write notes about the monthly meeting for the Newsletter and also organise the monthly informal lunches.

Telephone 01332 606563, email pamfearn@hotmail.co.uk.



Deputy Chair – Margaret Storry. Her background and experience from Women's Institute and elsewhere make her an ideal back up to the Chairman. She will also deal with the Gift Aid aspect of our charity.

Telephone 01332 766916, email margaret.storry@talktalk.net



Fundraising Manager - Trisha Flude. Trisha brings many years of teaching and management experience to the committee. She will be responsible for applications for funding and organising fundraising events.

Telephone 01332 380219, email trishaflude@aol.com.



Speaker Manager – Robert Jones. His business past makes him ideal to address rehabilitation patients at Royal Derby Hospital and Ilkeston Community Hospital.

Telephone 01332 608219, email robertsjones1946@hotmail.com.



Ward visitor – Jean Moseley. Jean provides those in hospital with a pair of listening ears during their stay at Royal Derby Hospital. Telephone 01332 365216,

email jeanmoseley70@virginmedia.com



Event co-ordinator – Mick Neill. Experienced event and fund raiser with other groups.

Telephone 01332 751834, email angelaneill55@gmail.com



Event co-ordinator – Angela Neill. Experienced event and fund raiser with other groups.

Telephone 01332 751834, email angelaneill55@gmail.com

Affiliated to the British Heart Foundation

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity Number 1163703



Christmas lunch Wednesday, 14 December, 2016.

12 noon for 12.15 PM

Engine Shed Restaurant, Roundhouse, Derby DE24 8JE

Your menu choices are:

Starters:

Fresh homemade **bread** selection with balsamic, olive oil and olives (v)

Thai **fish** fritters with sweet chilli dipping sauce *

Freshly made Scotch Salmon **broth** with fresh hand-made bread (v) *

Mains:

Sauteed rolled **turkey** enveloping a tasty chestnut and sausage meat stuffing and wrapped in pancetta, with roasted new potatoes *

Salmon and spinach puff pastry lattice

Broccoli and ricotta **tartlet** with fig and apple chutney (v)

Sweets:

Lemon tart with a citrus and mint crème fraiche (v)

Chocolate **fondant** with a quenelle of crème chantilly

Chocolate and hazelnut meringue **roulade** (v) *

Christmas **pudding** with brandy sauce (v) *

Tea/Coffee and mince pies

Note: dishes marked * can be made gluten free with advance bookings

Please make your selections by using the highlighted terms and send to:
Margaret Storry, 86 The Hollow, Littleover, Derby DE23 6GL 01332 766916

The cost is £13.00, including gratuity.

£8.00 non-refundable deposit to be paid by 6 November 2016.

Balance to be paid by 30 November 2016

Cheques payable to "Take Heart (Derby)."

Name Choice starter
Choice main Choice sweet
Name Choice starter
Choice main Choice sweet
Name Choice starter
Choice main Choice sweet
Name Choice starter
Choice main Choice sweet

Affiliated to the British Heart Foundation