

Take Heart

(Derby)

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

www.takeheartderby.co.uk

Registered Charity No 1163703



Newsletter April 2017



March coffee morning. How many were there? Who was absent? Well, what a funny day, with so many of our regulars away on holiday, on a hospital appointment, baby sitting, not too well or just feeling unable to make the effort!!! One member even thought there was some other secret meeting being held by those missing. Never mind, hopefully now we are all more refreshed and can look forward the gathering on the 25th of April. Margaret was collecting names for the Spring



Lunch (to be held on 11 April) with many sharing a few jokes and recounting recent events. Don't forget, start saving your spare cash in another Jam Jar in readiness for 2018. Seems a long way off but by starting now it will surprise you just how much you can save. Thank you for your efforts this year.



Wonderful Church bulletins! Scouts are saving aluminium cans, bottles and other items to be recycled. Proceeds will be used to cripple children!



Did you give up anything for Lent? Well, Andrew Hutton did. He writes his story as follows: *I got the idea from an email suggesting giving up something for lent and donating the money saved to charity. An internet site on the subject of Lent sacrifice suggested cakes, biscuits and chocolate were among the most popular choices. So I resolved to go for the triple and donate the savings to my favourite charity: Take Heart (Derby). I have learnt three things: (1) I eat more cake than I thought (I have lost 3lbs in weight). (2) The reduction of sugar in my diet made the first week very tough. (3) There are 46 days in Lent - not 40. I am really looking forward to Easter and visiting Costas who meanly introduced this new cake at the start of Lent! At the end of the period I had saved £76.01 which I have now donated to TH(D). Thank you Andrew for achieving a great result and to top it All TH(D) are better off too!*



Take Heart Singers. They recently entertained the St John's coffee club members in an adjoining room. The audience recognised all the songs and readily joined in. They were delighted with the event and look forward to a return visit. The singers are adding a few more numbers to their repertoire and invite more members to join us on Friday mornings at 10.00AM in St John's Church Hall, Allestree. It is great fun and will raise you're your spirits. Don't be put off if you think you can't sing – Trisha 'Gareth Malone' Flude will be glad to help. Contact Trisha on 01332 380219.



Europe Revisited OK, so we turned the clock back the other week...so is this the kind of conversation that suddenly makes sense all over again?

If the metric system did ever take over, we'd have to change our thinking to the following:

- * A miss is as good as 1.6 kilometres.
- * Put your best 0.3 of a metre forward.
- * Spare the 5.03 metres and spoil the child.
- * Twenty-eight grams of prevention is worth 453 grams of cure.
- * Give a man 2.5 centimetres and he'll take 1.06 kilometres.
- * Peter Piper picked 8.8 litres of pickled peppers.



Annual subs are now due!!! Thank you to all those who have renewed our annual subscription. Unfortunately, all those who have not renewed, this will be the last Newsletter we will send to you. Perhaps you just forgot so please send your cheque without delay to R Flatman, 32 Cornhill, Allestree, Derby DE22 2FS, cheques payable to "Take Heart (Derby)" and if you are a tax payer please confirm you would like to donate under the GiftAid scheme. We will be sorry to see you go but respect your decision.



Faith Admired. A couple of nuns who were nursing sisters had gone out to the country to minister to an outpatient. On the way back they were a few miles from home when they ran out of petrol. They were standing beside their car on the edge of the road when a lorry approached. Seeing ladies of the cloth in distress, the driver stopped to offer his help. The nuns explained they needed some petrol. The driver of the truck said he would gladly drain some from his tank, but he didn't have a bucket or can. One of the nuns dug out a clean bedpan and asked the driver if he could use it. He said yes, and proceeded to drain a couple of gallons of petrol into the pan. He waved good-bye to the nuns and left. The nuns were carefully pouring the precious fluid into their petrol tank when a police patrol came by. The policeman stopped and watched for a minute, then he said, "Sisters, I don't think it will work, but I really do admire your faith!"



Member news Pauline Boutcher is out and about following her accident. Jean Moseley has received marvellous news recently that she is now cancer free. John Holmes has been seriously ill but was attending the Royal Derby Hospital at the time and so it was a case of "right place – right time". Happily, he is well on the road to recovery and he hopes to join us soon at one of our events. Trisha Flude is set for an operation soon, so more ironing for Michael. Dorothy Stevens is now back on her feet following hip surgery, whilst her brother is now taking advantage of the wonderful medics at RDH. If you know someone who is ill, then please let Michael know.



Something topical and contentious (again). A young man named Donald bought a horse from a farmer for \$250. The farmer agreed to deliver the horse the next day. The next day, the farmer drove up to Donald's house and said, "Sorry son, but I have some bad news, the horse died." Donald replied, "Well, then just give me my money back." The farmer said, "Can't do that. I went and spent it already." Donald said, "Ok, then, just bring me the dead horse." The farmer asked, "What ya' gonna' do with him?" Donald said, "I'm going to raffle him off." The farmer said, "You can't raffle off a dead horse!" Donald said, "Sure I can, Watch me. I just won't tell anybody he's dead." A month Later, the farmer met up with Donald and asked, "What happened with that dead horse?" Donald said, "I raffled him off. I sold 500 tickets at five dollars a-piece and made a profit of \$2495." The farmer said, "Didn't anyone complain?" Donald said, "Just the guy who won. So I gave him his five dollars back." Donald has now moved into the White House



Lunch at The Great Northern. Twenty members and two guests caused consternation

when arriving at The Great Northern in March. They had set aside an area for us to sit together but crammed us in, so that once seated we were never to be allowed out to the bar or the small rooms. Several members were disappointed about the lack of space and were inclined to dine elsewhere until further tables were made



available. The restaurant then proceeded to turn a disappointment into a success by serving up a very good meal. Some were early enough to order the breakfast, whilst others commented that the lamb was excellent and so too was the liver & onions. A lively conversation took place with our two guests who had found out about us at cardiac rehab just a few days earlier. We hope to see them again soon.



A 65 year-old woman had a heart attack and was taken to the hospital. While on the operating table she had a near death experience. Seeing God she asked "Is my time up?" God said, "No, you have another 33 years, 2 months and 8 days to live." Upon recovery, the woman decided to stay in the hospital and have a face-lift, eye-lift, liposuction, breast implants and a tummy tuck. She even had someone come in and change her hair colour and brighten her teeth! Since she had so much more time to live, she figured she might as well make the most of it. After her last operation, she was released from the hospital. While crossing the street on her way home, she was killed by an ambulance. Arriving in front of God, she demanded, "I thought you said I had another 33 years? Why didn't you pull me from out of the path of the ambulance?" God replied, "I did not recognise you!"



Martin's Marathon has raised £405 for British Heart Foundation



Martin – son of Per Staehr – completed the Brighton Marathon on Sunday 9th April which saw 12,000 compete and is the second largest marathon in the UK. A former Derby Grammar School pupil, and now a 31-year-old civil engineer and new dad Martin decided to try to raise cash for The British Heart Foundation's research. He is inspired to do so after his father, Per suffered two heart attacks and had lifesaving intervention at Derby Royal Hospital nearly five years ago a few months before Martin's wedding. "I don't really like running long distances, so it was a challenge to say the least... but worth the pain if it means I can raise some money for this great cause. The BHF has helped halve the number of people dying from heart and circulatory disease in the UK and they also do some brilliant rehabilitation work for patients. My dad still benefits from this following his major heart surgery several years ago." His father, Per is still under the care of Royal Derby Hospital's Dr Manoj Bhandari, who is monitoring his rehabilitation. Take Heart - Derby also remains an important fixture in Per's

diary with their social activities and support.

TH(D) comment: Great stuff, Martin. Thanks for your help raising vital funds.



One-way traffic system at Royal Derby Hospital. From 10 April, a new one-way traffic system will operate at RDH. The objective is to ease traffic congestion around the hospital and make it easier to access car parks around the hospital. Entry to the grounds will also be slightly different and so you would probably be advised to allow a bit more time before your appointment as users warm to the new system. Having tried it, I found it worked OK when I visited on 10th April. I wonder what will happen when the children are back at school?



Walking re-starts later this month on 29th. We start with a walk at Stanton by Bridge, meeting at the 'triangle' at 9.45 to walk at 10.00 AM. This is a change from the programme sent to you with your Calendar. Contact Graham Bracewell on 01332 704195 for additional details. This is our first walk of the year and it would be great to see a big turn-out and an opportunity to see some of the county's wonderful scenery.



An elderly couple were on a cruise and it was really stormy. They were standing on the back of the boat watching the storm, when a wave came up and washed the old man overboard. They searched for days and couldn't find him, so the captain sent the old woman back to shore with the promise that he would notify her as soon as they found something. Three weeks went by and finally the old woman got a fax from the boat. It read: 'Ma'am, sorry to inform you, we found your husband dead at the bottom of the ocean. We hauled him up to the deck and attached to his nose was an oyster and in it was a pearl worth \$50,000. Please advise.' The old woman faxed back: 'Send me the pearl and re-bait the trap!'



Another donation made on your behalf. Cardiac Rehabilitation consistently use a “boombox” music player during lessons and exercises. They recently requested a replacement for their aging and dodgy old machine. Take Heart (Derby) were delighted to help with the purchase of a new “boombox” on behalf of all our members. The rehab teams have always been supportive of TH(D) and it is pleasing to be able to help out where we can. Seen in the photograph are Malcolm Page, Trisha Flude, Carol Garnet, Lorriane Hooley and Robert Jones. Rachel O’Hara, clinical Lead of Cardiac Rehabilitation commented *“Thank you very much to all at Take Heart (Derby), it is very much appreciated”*.



Newsletter feedback. The following messages were received following last month’s Newsletter: *“Another entertaining and informative newsletter – thank you/ Thank you for the March Newsletter. I trust you and Trish are keeping OK/ Received the newsletter fine this time and have read the lot!/ Many thanks for the newsletter, I don’t know where you get the jokes from but keep them coming/ My compliment for another excellent newsletter. I am still impressed by the large number of successful activities you and your team are running. – Praise to all/All the nearby offices know when we have received the monthly Newsletter – they hear our giggles. Then they are knocking at the door reminding us to forward it to them. Brilliant”*. Thank you to all those who respond! Please send your comments to Michael.



Spring luncheon. We returned to Littleover Lodge by popular request for our Spring lunch on Tuesday 11 April. The venue has seen a number of changes since our last visit, most notably that the entrance is now through the bar area and past the carvery counter. The principal dining room has been opened up to the



carvery area, where diners can select from various tables throughout the restaurant. Our circular tables were well laid out and the service was very good. A raffle raised £36.00 with Easter eggs donated by Thorntons. It seemed that one table was rather lucky although someone did win the empty box. Our thanks to Margaret for her time and expertise in the planning and organisation for this event.



March speaker. Our speaker this month was John Stirling, who informed us about his journey from “Toy Town to Buckingham Palace”. He started by telling us that his mother was a Parisian Film Star who was asked by J. Arthur Rank to come to England to star with

people like James Mason. At that time the movie industry required their actresses to be single and definitely not have children. She was pregnant with John, who was born Jean Pierre Richer on May 16th 1944 in secrecy. His mother asked her sister, who was a novelist, if she would look after him for 2 years but she refused as she lived with her female partner at the time and said that it wouldn't be right. So John spent a lot of time in a cot at the side of the stage. His mother eventually sent him to Sherbourne public school but he was expelled after 8 months as he was more interested in entertaining his fellow students, whilst the head teacher felt that he was not good academically. He was then sent to the "Italia Conti Stage School".



Whilst there he was sent to audition for a show. He arrived and was sent into a room where a lady sitting on a chair asked him to sing. As he had not prepared anything he just sang 'Happy Birthday', twice. He then gave a short reading and left thinking that was it. Two weeks later he was told that he had got the part. His mother asked what it was that the lady had seen in him when over 500 hundred other boys had auditioned, and was told that she thought "he looked the part". The part was to play Noddy in "Noddy in Toyland" at the Victoria Theatre London and the lady who chose him was Enid Blyton. Between the ages of 11 and 16 years he notched up four hundred television appearances and several theatre shows, his favourite being the part of "Lumley", the head boy of Chilebury School on "Whacko" with Professor Jimmy Edwards. He informed us that Jimmy Edwards grew that famous moustache of his to hide shrapnel scars on his face. John was the youngest actor signed up for the BBC repertory company and played Ted Rays naughty nephew in "Ray's a Laugh" and went on to perform Shakespeare and the classics in back to "Life with the Lions" and "Jennings at school". As he grew older he wanted to stop acting and concentrate on production. He was asked by impresario, Tom Arnold to meet a man at Liberty's tea rooms in London. That man was Eric Morecambe, who invited him to be his and Ernie Wise's production manager, where he worked for four years before moving on to produce "Blackpool Night Out" and later produced four Royal Variety performances. He told us how he put on a musical evening to celebrate the life of Marti Caine with Dire Straits lead, Mark Knopler. The last play John commissioned was to star one of his great friends Patricia Hayes. It was about an elderly woman living alone in Devon with twelve rescued donkeys. Unfortunately, she passed away before the show was completed, leaving John with 12 donkeys. Not wanting to send them to the meat factory as had been suggested, he started the Actors Donkey Sanctuary. This is when help came from Dame Judi Dench and husband Michael Williams, as well as the Eastenders actress June Brown. The trust has been a huge success for over twenty-five years of rescuing donkeys from the UK and overseas as well as working with special needs children. John finished by telling us about his wife Ann, who walked with two others and two donkeys from Balmoral to Buckingham Palace. John was there to meet her at the palace, where they were ushered into Buckingham Palace grounds and greeted by the Queen. The Queen asked John if he would do her a favour by bringing the donkeys back

in December so she could include them in her Christmas speech. John is convinced that not many others had been asked to do such a 'favour' by the Queen. What an interesting and thoroughly enjoyable afternoon with many laughs along the way.



April talk. Angela Sargent and her husband Barry have managed a 250-acre farm in Ashe, near Etwell, Derbyshire for nearly 30 years. Baldfields Farm raises 100 beef cattle and 200 sheep as well as arable and pasture. They produce honey from their five beehives and sell meat and pies (made by members of the family). She has been East Midlands Regional Board chairman of NFU. She also writes a column entitled "By the Barn" for Life Magazines. A fascinating person and a talk not to be missed on 8 May.



Thoughts to ponder. I think my neighbour is stalking me as she's been googling my name on her computer. I saw it through my telescope last night.



Birthdays. A number of members have commented upon the omission of birthday greetings in the Newsletter. Sorry to those of you who had birthdays in January, February and March. I now include all those with birthdays for the remainder of 2017 and start with April. Happy birthday to David backhouse, Lyn Calladine, Joyce cocking, Barbara Cooper, Janet Fergusson, Philip Fitzpatrick, Richard Flatman, Trisha Flude, Doug Glenday, April Howe, Celia Hunter, Ken Illesley, Philip Johnson, Ian King, Barbara Polhill, Philip Robinson, Lorna Skidmore, Derek Smith and Barry Birkin.



News from the BHF. Fitting patients with a mechanical pump to work alongside their heart could be a potential new treatment for serious heart failure, according to new research carried out at the University of Newcastle. The study, published in the [Journal of the American College of Cardiology](#), followed 58 patients fitted with a left ventricular assist device (LVAD) to help their heart keep pumping blood around their body. All of the patients' hearts had failed to such an extent that they were struggling with day to day tasks. LVADs are normally used as a 'bridge to transplant', meaning that patients are fitted with a device to improve their quality of life, and keep them alive whilst waiting for a [heart transplant](#). However, this exciting study found that after an average of 396 days the LVADs improved heart function for some patients, with 16 well enough to have the devices removed. A number of these patients had recovered to such an extent that their heart function was as strong as healthy volunteers when running on a treadmill. With the study suggesting LVADs could be used as a treatment in their own right, the researchers now plan to carry out further research to better identify the patients that benefit most. Responding to the study, our Associate Medical Director, said: "Severe heart failure is a devastating condition in which patients can often have a worse life expectancy than many cancers. There is no cure; the only option for many is to be put on the heart transplant waiting list." "This research is extremely encouraging and shows that there may, finally, be hope for people who are living with advanced heart failure. But it's vital we continue funding research into repairing damaged hearts, so that all heart failure patients can benefit, which is why we're investing £7.5million into regenerative stem-cell based treatments to help save even more lives." More than half a million people in the UK are living with [heart failure](#), but with no way of reversing the condition, survival rates have not improved for over a decade. LVADs already make a huge difference to the patients that receive them, often completely removing the most serious symptoms of heart failure. However, living with an LVAD can be a tough experience as Jim Lynskey, the youngest person in the UK to be fitted with an LVAD describes in this video. Through our [Mending Broken Hearts Appeal](#), we're determined to use your donations to fund [research](#) that will find a cure for heart failure. Source: <https://www.bhf.org.uk/news-from-the-bhf/news-archive/2017/april/mechanical-pump-could-help-heart-recover>



Summer cream tea event.

Following last year's huge success, we return to the Royal Crown Derby tea rooms for our summer event on Tuesday 13 June at 2.30 PM. You may recall that this usually costs £4.95 but for members the cost is £2.50 and non-members it is £4.50. So everybody wins. There were more than fifty at last year's event so book early via Margaret Storry on 01332 766916.



April.

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.
Saturday 29th Walking back to health - 🐢 - in Stanton by Bridge. Meet at the "Triangle" on Ingleby Road at 9.45 to walk at 10.00 AM. Note – change of walk location!!!



May

Wednesday 3rd Swimming at the Queens Leisure Centre at 3.15 PM.
 Monday 8th "My farming year" is the topic by Angela Sargent which will throw light on our agricultural heritage at 2.30 PM in the Friends Meeting House, St Helens Street, Derby DE1 3GY
 Wednesday 10th Swimming at the Queens Leisure Centre at 3.15 PM.
 Tuesday 16th Lunch at The Woodlands Hotel, Blenheim Drive, Allestree, Derby DE22 2GP at 12 noon.
 Wednesday 17th Swimming at the Queens Leisure Centre at 3.15 PM.
 Saturday 20th Walking back to health - 🐢 - Sunningdale Park nature reserve. Meet at 11 Oadby Rise, Sunnyhill, Derby DE23 1LX at 9.45 to walk at 10.00
 Wednesday 24th Swimming at the Queens Leisure Centre at 3.15 PM.
 Tuesday 30th Coffee morning at The Cube café/bar from 10.30 AM.
 Wednesday 31st 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 01283 701284



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, Jean 01332 265216, Mick & Angela 01332 751834, Michael & Trisha 01332 380219 and Margaret 01332 766916. 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 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.

Take Heart (Derby) Registered Charity No 1163703

Affiliated to the British Heart Foundation