

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter April, 2011.

Attendance levels. Attendances are improving, albeit steadily. There were 23 at our monthly meeting and 31 at our luncheon celebrating 25 years of service by our retiring President, Dr Michael Millar-Craig. Our next challenge is to beat these attendance numbers at our AGM on 9 May.

Monthly meeting. The speaker at our monthly meeting was Dennis Talbot, who is a volunteer promoter for the Derbyshire, Leicestershire and Rutland Air Ambulance Service. It was very interesting to hear, and see from slides, how vital the service this outfit provides. Started in its present form, the **dlraa** began operating in 2008 when it took over from the original Air Ambulance Service which suffered from underfunding. Operating from



East Midlands Airport, they cover an area of 21,000 square miles and serve a 1.4 million population, not counting those passing through on roads such as the M1, A38 and A 50 etc. Forty-five seconds is all it takes for the helicopter to become airborne and on site of the accident within 8 and 15 minutes, having a fuel range of 200 miles. The helicopter carries three crew members (a pilot, a doctor and a paramedic) and all the equipment that they are likely to need.

They operate 365 days a-year and attended 51 incidents in February of this year alone. It costs £1.7 million each year to run the service, all of which comes from voluntary donations, from its local communities, organisations, gift aid and companies. This is a vital service which saves many lives - it deserves your support - however small.

I live close to the Royal Hospital and every time the helicopter flies over I pause to think of the person who may be lying injured inside and hope that they recover from their injuries. April presented Dennis with a cheque for £25 from Take Heart for which he was very grateful.



Spring lunch/goodbye to MMC. Our lunch was at the Stuart Hotel the previous Tuesday and was, in a way, a slightly sad occasion because we were saying goodbye to our President of 25 years Dr. Michael Millar-Craig. MMC, as he became known, came to Derby in 1985 as a Consultant Physician in Cardiology - the only one in the City at that time and working at the Derbyshire Royal Infirmary. Right from the start MMC took an interest in the fledgling Take Heart Group, offering help and advice and allowing members to visit his wards and clinics to promote the group - eventually becoming President in

1986. During the past 25 years he has seen his Cardiology Department expand, embrace new techniques and become the large and very successful department it is today. MMC was instrumental in setting up the first rehabilitation classes - which has grown into the large and successful Rehabilitation Department at the Royal Derby Hospital. As well as stepping down as our president, MMC is planning to cut down his work load at the RDH and have much more time for leisure and hobbies. Dr. Millar-Craig was thanked for his work with Take Heart by Joyce Cocking, one of our longest-serving members. She presented him with a bottle of wine and a card, hand made by April Howe and signed by members of Take Heart. Dr. Millar Craig said, "It has been an honour to be involved with Take Heart." he told us to "keep up the good work, particularly the walking" and promised to come and talk to us again in the future.



Membership. Michael announced that we now had a hundred and seven members. We have recently been joined by Ian & Andrea Ball. We extend a hearty welcome and the hand of friendship to them. Michael reminded us about Alan Rowlatt, who is keen to do some voluntary work. He is willing to undertake painting and decorating, driving, gardening and any odd jobs that you may have. He will not make a charge, apart from any materials he has to buy and the cost of his petrol of course. Those receiving his assistance could make a contribution to Take Heart (Derby) in lieu of payment to him. Where can you get a better offer than that these days? If you need his help then please contact him on 01332 758821 or write to 100 Shardlow Road, Alvaston, Derby DE24 0JQ.

Annual General Meeting. We know that Annual General Meetings are not necessarily popular but we do hope that many of you will make an effort to attend this year. Firstly – you may rest assured that you will not be "Press Ganged" into joining the committee because your present committee were re-elected en - bloc for two years at the last Annual General Meeting and all are willing to serve for a second year. Secondly - and most importantly, we would like you to meet our new president Dr. Julia Baron. Dr. Baron is a member of the cardiology team at the Royal Hospital, specialising in General Adult Cardiology with a special interest in Interventional Cardiology. We are certain that Dr. Baron will make a worthy successor to Dr Millar-Craig, already she is taking a great interest in our activities. So – come along in your dozens and let her see us as the vibrant, forward-looking group we are all striving to become! It is on the 9 May in case you have forgotten.

Comment corner. We have three responses from members this month and all have a positive/humorous note. We await your response.

Firstly we have heard from Kay Grant, who is Dorothy Lorking's daughter. Dorothy is a

long-standing member of Take Heart but sadly for health reasons has not been able to attend our meetings for some time.

Kay writes - *"I am writing to give you a cheque on behalf of my mother Dorothy Lorking. While having a clear-out of her wardrobes recently she came across a bag of money and realised that it was from Take Heart Exercise classes many, many years ago. We counted it all up and it came to £16.84. There were even two old 10 pence pieces in there! Mum is doing fine and is pretty fit at the moment. She is looking forward to the summer. We hope everyone at Take Heart is fit and well. Mum really enjoys the Newsletters every month, as do I when I read them to her. Keep up the good work"*

We say thank-you to Dorothy and Kay for sending the money, to find the bag and remember where it came from is really quite amazing after so long a time. I hope she likes our bumper edition this month.

Secondly, we had a phone call from Kath Hemsley. Kath was ringing to say how much her husband had appreciated having a birthday card from Take Heart. Kath and Jack have been married for 61 years and she was telling me how they met. Just at the end of the war they were both in the R A F and based in Lincolnshire. One evening she and her friend went to the Cinema on the base. Sitting in front of was a row of burly RAF men who more or less blocked their view of the screen. Hearing Kath and her friend complaining one of the airmen took off his leather jerkin and passed it back to Kath to sit on. At the end of the film she could not find the person to return the jacket to. Sometime later, whilst in NAAFI with her friend, an airman came in whom her friend recognised as the person who had lent them the leather jacket. The jacket was returned, Kath and Jack became friends and "the rest is history" as they say.

Thirdly, we have a poem contributed by Gwen Williams (see "poem" on page 5).

Our Chairman, Michael Flude adds, "This is great news. We want you to tell us what you think of our performance in running Take Heart (Derby). There is so much work done behind the scenes which goes un-noticed but if it did not happen, then you would notice the difference. It is gratifying to hear that our Newsletter is of interest and lovely to hear of the touching story of how a long lasting romance began. We look forward to hearing from others (you can request anonymity if you wish)."

Don't forget: the summer garden party is to be held on a Saturday this year, not a Monday. Invite your sons and daughters, and your grandchildren and your friends. We are planning to have a series of games for children (and adults). We also plan to invite members of other Heart support groups from neighbouring towns. So let's have lots of support from you and yours. It will start at 2.30 pm on Saturday 9th July.

Member news. On the less happy side we are sorry to say there Wendy Glenday is still seriously ill in the Royal Derby Hospital. Doug was hoping to move her to a nursing home, but having got yet another infection she has been unable to go. We do send them our very best wishes, dreadful for Wendy to be in hospital for so long, even though, as always, she still smiles at everyone, and for Doug who provides care support and love, he too must be under great strain.

Another of our members who ended up in the Royal Hospital was Marilyn Thompson, who works so hard on our behalf promoting Take Heart and organising informal lunches. I am happy to say it Marilyn has now been released from hospital and we do hope that she will soon be feeling much better and that she will be back at our meetings where she will be sorely missed.

Several of our members are celebrating birthdays during May. Jean Sykes, David Rowe, Peter Polhill, Joe Farrow, Vic Percival and Carol Cole. We do send our very best wishes to these members and hope they will have a very happy day. Special congratulations to the two of those who are celebrating a **special** birthday.

Walking. Our walks continue to go well. On Sunday April 10th, members met at the Shoulder of Mutton car park in Osmaston and set off at 10.15 am. There were 12 starters (but only 11 finished – Michael gave up after about a mile). The walk was on easy terrain, along estate tracks for the first part of the walk, through Osmaston Park to the pretty village of Shirley, then returning alongside Shirley Brook, past an ornamental lake, before climbing gently back to Osmaston. The route took in Park Lane between two of the park's lakes. The old water mill, with its large wheel was the location of the group photograph. Michael retired and sat on a seat made entirely of horseshoes, an excellent place to sit and enjoy the peace and tranquillity of the village. The eleven hardy souls had the benefit of a warm, sunny day (lots of short stops to take on water).



Our next walk takes place on 15 May and sees us leave Swarkestone at 10.15 am from St. James church car park for a 3.25 mile journey to Barrow on Trent. For more information contact David Rowe on 01332 767368 or Noel Clough on 01332 727541.

Note: all walks will now commence at 10.15 am to allow more time to reach the starting point.

Extra Note: Experience gained from our early walks and comment/requests from members has revealed a need for walks for those who take a bit more time to cover the distances and pace of our current walks. Therefore, we are to introduce a series of walks on the 4th Saturday of the month (except where it clashes with bank holidays etc.). Our first such walk is set for Saturday 28 May, leaving at 10.15 am from the main car park in Baslow and walk the 3 miles to Chatsworth. David tells me this is reasonably flat and an easy walk even for those in a wheelchair. You have asked for it, so you had better be there! Don't forget to bring your friends (and the dog).

Swimming. We are happy to report that more swimmers are attending again, but we would still like to see more attending. So get out your "cossies" and towels and come and join us, you will be made very welcome. Our swimming sessions take place at the Queen Street baths every Wednesday from 3.15 to 4pm and the cost is £2.15.

Lunch. Our next informal lunch will take place on Thursday 19th May. This time we will eat at the Markeaton Hotel which has been newly refurbished and has new menus. The food and service are excellent, with fixed price menus of two courses for £6.95 or three courses for £8.95. The Markeaton Hotel is on Kedleston Road at the corner of Allestree Lane, past Derby University. There is a large car-park, and regular buses run from Westfield, bay's 23 and 24. We hope to see you there!

New consultant. A new Consultant Interventional Cardiologist has been appointed at the Royal Hospital. He is Dr K Chitkara. He looks forward to supporting the 24/7 PPCI service and further strengthening the Trust's cardiology services including non-invasive test CT coronary angiography. His specialist postgraduate training in Cardiology was undertaken at Glenfield Hospital, Leicester. He undertook a period of research at the University of Leicester and was awarded an M D in 2008. He also undertook his Interventional Fellowship at the highly renowned centre at Leeds General Infirmary. We hope that when he is settled in he may be able to come and talk to us about his work.

Recipe. Food, with stronger flavours, has become popular in Britain. You might like to try this recipe for Mackerel with a Moroccan spice. We all know that Mackerel is a fish that is extremely good for us.

Two mackerel fillets.	1-2 teaspoons olive oil.
Pinch of turmeric.	Half a teaspoon of cayenne pepper.
A few thyme sprigs.	Half a shallot, chopped.
1 small clove of garlic, chopped.	One teaspoon of ground cumin.
25 ml orange juice.	100 ml tomato juice
200 grams medium egg noodles.	20 grams Olive spread.
A little orange zest.	Fresh coriander or thyme to garnish.

1) First marinade the mackerel. Place in a shallow ovenproof dish and drizzle with a little olive oil, then sprinkle with turmeric and cayenne pepper, rubbing over the fish. Sprinkle over the thyme sprigs and set-aside for 30 minutes.

2) Preheat a frying pan. Add the olive oil and fry the shallot, garlic and ground cumin over a medium heat to soften but not brown.

3) Put it in the orange juice and bring to the boil, reducing by about half. Then add the tomato juice and cook for 1-2 minutes.

4) Pour the sauce over the marinated fish and place in a preheated oven (180 centigrade, gas mark 4) for 15 to 20 minutes until the fish is cooked through.

5) Cook the noodles according to pack instructions, drain and toss with the Olive spread and orange zest. Serve with fish and garnish with fresh herbs.

This dish serves two people and contains 495 calories.

It is always good to hear from our members and here we print a poem sent to us from Gwen Williams. Thank you Gwen!

*Every single evening, as I'm lying here in bed,
This tiny little prayer Keeps running through my head:
God bless all my family Wherever they may be,
Keep them warm And it safe from harm
For they're so close to me.
And God, there is one more thing I wish that you could do
Hope you don't mind me asking,
Please bless my computer too.
Now I know that it's unusual to bless the motherboard
But listen just a second while I explain it to you Lord.
You see, that little metal box holds more than odds and ends;
Inside those small compartments rests so many of my friends.
I know so much about them by the kindness that they give,
And this little scrap of metal takes me in to where they live.
By a faith is how I know them, much the same as you.
We share in what life brings us and from that our friendship grew.
Please take an extra minute, from your duties up above
To bless those in my address book that's filled with so much love.
Wherever else this prayer may reach to each and every friend,
Bless each e-mail inbox and each person who hits "send".
And when you update your heavenly list, on your own great CD - Rom
Bless everyone who says this prayer sent up to God.com.*

For your May diary.

Monday 9th. AGM and the introduction of our new president, Dr Julia Baron. She will give a talk about Advances in Cardiac Care and the status of the Royal Derby Hospital.

Sunday 15th. Our regular monthly walk takes us to Swarkeston and Barrow on Trent. Meet at 9.30 for 10.00 am in the car park at Swarkeston church.

Thursday 19th. 12 noon at the Markeaton Hotel, Kedleston Road, Derby is the venue for this month's informal lunch.

Saturday 28th. Our walk for the not so fast walks/riders meeting in the main car park in Baslow and proceed to Chatsworth. Start at 10.15 am.

Tuesday 31st. Spring Bank Holiday coffee morning at Derby Cathedral Coffee-shop 10:30am to 11:30am in the Sir Richard Morris (basement) lounge.

Exercise classes.

Derby Royal Hospital - Contact Christine Chambers on 01332 340131.

Fit and for U with BACR instructors, contact Matt on 01332 832224.

"Exercise for the Heart". Exercise classes with BACR instructors, contact Jane on 07930 975681. Classes are run at Draycott and Ilkeston.

Swimming.

For Take Heart (Derby) members only, at Queen's Leisure Centre, Family Pool every Wednesday from 3:15pm to 4pm. Cost £2.15.

Contacts.

If members have a problem and would like to talk to someone in private, please telephone one of our "listening ears" Jean Percival 01332 512112, Geoff & Jean Sykes 01332 549229 or Betty Hassell 01332 518402.

Any queries, comments or questions about Take Heart (Derby) should be directed to our Chairman Michael Flude on 01332 380219, by post to Willowbrook, Markeaton Lane, Derby DE22 4NH or email michael.flude@takeheartderby.co.uk

Items for the newsletter should be sent to Pat Fitton on 01332 342544, 1, Princes Drive, Littleover, Derby DE23 6DX or email patfitton@aol.com

If anyone has a special birthday or anniversary, tell April on 01332 751149 or Michael (as above).

Any ideas or suggestions for speakers should be sent to Marilyn on 01332 558756