

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter April, 2012.

April speaker. Our meeting took place at the Friends' Meeting House with 35 members Present, with apologies from Doug Glenday & Trisha Flude. Michael announced the deaths of three of our members, Peter Holt, Paul Brain and Keith Calladine. We were saddened to hear this news and send our heartfelt sympathy to their families. We also heard of several members who were, or had been, ill and we send them our very best wishes for a speedy recovery. On a happier note Michael was pleased to announce that we had gained eleven new members, to whom we extend a very warm welcome and hope that we will soon see them at some, or all, of our many activities and meetings.



Our speaker at for the afternoon was Alan Hopkins, and what a fascinating and interesting talk it turned out to be. Alan comes from a long line of professional musicians, on both his mother and father's side of the family, and like his father Harry, has been part of the music scene in Derby for over 60 years. He took up both clarinet and saxophone, being taught by his father who was one of Derby's principal string and woodwind players. He joined Derby Youth Orchestra playing clarinet but also played saxophone in local bands. Alan entered the Army as bandsman in 1953

playing with both the Sherwood Foresters and the Bedfordshire and Hertfordshire Regimental bands. In the early sixties Alan became manager of Clement Pianos in Nottingham, followed by many years on the International side of the musical instrument business covering International music fairs, music seminars and conferences all over the world. He moved back to Derby in 1974 and purchased the family business of "Wisher Musical Instruments" from his father. This he ran very successfully until 1988 when he sold it, but retained the violin side of the business which he now runs from home supplying quality instruments to music colleges, players, students and teachers all over the world. Alan still, at the age of 76, plays in local orchestras, wind bands, jazz and big bands and has raised well over £86,000 for local and national charities. Alan demonstrated to us the difference between jazz and classical music by playing his clarinet to backing CDs. He met many famous musicians including Johnny Dankworth, Cleo Laine, Dudley Moore, Benjamin Brittain, Jack Hilton, Stefan Grappelli and many, many more. As a young man he was extremely busy, he went to work by day, played at the Plaza ballroom every night and later, during the war acted as an A R P Warden. He played in Derby Youth Orchestra and in 1948 he joined the Army. Later he became a professional musician playing with many local bands. The talk ended as it had started with Alan playing his clarinet for us. Altogether we had a most entertaining afternoon, Alan talked of his life in music with humour and dispensed his talk with many anecdotes. What a versatile and interesting man! We hope that he will come and speak to us again in the near future. Some people lead such interesting and fulfilling lives don't they?

Our next meeting. It is the AGM next month and it promises to be exciting. There is to be a change in the committee make up and the annual report this year will be in the form of a PowerPoint presentation. Our President, Dr Julia Baron, was due to take a question and answer session but work commitments prevent her from attending. We hope to have an alternative medical representative to take her place.

A lot more coffee will continue to be consumed but not in the Cathedral Coffee shop Basement. You may be aware that until sometime May/June, the shop will be closed for refurbishment. We will take this opportunity to hold our event at The Cube (café/bar) in the Deda building on Chapel Street. It is immediately opposite Chapel Street car park, where parking is free for blue badge holders and around £1.60 for others. I should be very interested to hear your views following our visit on 24 April.

Informal lunch. Twelve members meet at the International Hotel and enjoyed each other's company for several hours. Pity the food did not live up to its publicity but nevertheless this did not dampen the spirits of our lively group. The next lunch is the formal spring luncheon on 1 May.



Membership. Some members have experienced ill health recently and we wish continued recovery to Stan Smith, Trevor Ford, Derek Skidmore, Sandra Brown, and Geoff Sykes but there are others who have not contacted us, for fear of being a nuisance – but that is what we are here for. We advertise ourselves as a support group and that is what we do. On a brighter note, I am delighted to advise that our membership continues to expand with Maurice & Pat Kilminster, Derek & Diana Stean, John & Francesca Redfern, Liz & David Hillis, Stephen Wheeldon, Lisbeth Cawley and Helen Blackburn having joined since our last Newsletter. We extend a warm hand of friendship to all of you and hope to see you at many of our events.

Member News. An inspiring member, Roland Furber, has set off on a 9 week tour around coastal villages of the UK before his health deteriorates and prevents him doing so. He is travelling in his motorhome, fully stocked with all the necessary medical equipment he needs, including oxygen packs. He set off from Hastings in Kent last week and is currently around the Southampton area. He recently embarked on a digital camera training programme and now photography has become a passion. He will take photographs of people and places as he progresses on his clockwise journey. He has promised to email some of his progress to Michael for inclusion in the Newsletter and upon completion he hopes to write a story of his exploits. He has indicated he might be able to give a talk to us early in 2013. Good luck, Roland.

Birthdays. Birthday wishes go to Lorna Skidmore, Trisha Flude, Francesca Redfearn, Rene Meakin, Ken Illsley, Jack Hemsley, Linda Calladine, Joyce Cocking, Barbara Polhill, Doug Glenday, Derek Smith, April Howe and John Ruddle during April.

Wedding anniversaries congratulations are also sent to Derek & Jen Eastwood, Don & Marjorie Pate, Vic & Jean Percival and David & Barbara Rowe. We hope you all enjoy your celebrations, with our best wishes for a great day.

To make sure we do not miss your birthday get in touch with Michael or April.

Apology! In September we gave information about a new drug to replace Warfarin. The drug Apixaban is not yet available on prescription in the UK. Sorry for raising your hopes.

Great medicine. 1,818 men in the USA have been monitored over a period of twenty years and find that they are more likely to live longer if they have two drinks per day. If they drank moderately after a first heart attack, they had a 42 per cent lower risk of dying from heart disease than non-drinkers. The men were taking part in the U.S. Health Professionals Follow-up Study and were questioned about their diet and alcohol in-take every four years.

After 20 years 468 men had died but those consuming the equivalent of 2 glasses of wine per day had a lower risk than non-drinkers. It is unclear how alcohol protects the heart but wine contains high levels of antioxidants called flavonoids which are good for the circulation, whilst red wine also increases the levels of good cholesterol. There is of course some adverse effects of drinking too much which includes high blood pressure and reduced heart function. Sorry ladies, it was a men-only programme. So watch how you go and invite me to assist your research!

More great medicine (sorry – chocolate). We have reported previously that chocolate can be good for you. Now it seems chocolate can help you become slimmer. Eating chocolate regularly produces less body fat than those who don't, a study suggests. Scientists investigated the chocolate eating habits of 972 men and women with an average age of 57 for a study of statins (you know – the cholesterol lowering drug we all seem to take nowadays). The only snag with this report is that those being studied did not have any known heart problems. How come I never get invited onto some of these lovely study programmes?

Are we getting there? Last year the BHF announced their Mending Broken Hearts Appeal, to raise £50m to fund research into the human heart mending itself. A new drug, known as BB3, has been designed to stop damage and to regenerate new heart cells. Based on the hepatocyte growth factor, this new drug mimics the action of this naturally occurring compound. At a clinical trial at Yale University, people are to be given BB3 via a drip for four days following a heart attack. The outcome will then be measured against a control group who will be given a saline solution. We await the results with heightened interest. We await the BHF response!

Tai Chi. I have heard about Tai Chi but do not know anything about it. Apparently it could improve heart health in the elderly (no not you or me of course but the *elderly*). You need to perform the traditional Chinese mind and body exercises and then you are likely to have lower blood pressure and be stronger. Tai Chi improves expansion and contraction of the arteries and improves knee muscle strength. This in turn helps to prevent stiffness in the arteries and reduces the likelihood of cardiovascular diseases. In a study published in the online European Journal of Preventative Cardiology, Tai Chi subjects performed better in almost all medical observations. If you fancy trying it out, Carol from the Cardiac Rehabilitation team is an expert and runs classes. Give her a call on 01332 785597.

Walking. The tortoise walk at the end of March saw 16 members, including David & Brabara Rowe's grandsons, Michael (13) and Joseph (10). The morning was a little cool and misty at first but the sun eventually burned it away to leave a clear day. Setting off up a hill and then down to where 'Oink' the buffalo is to be found, where David enthralled the group with the tale of 'Oink'. The boys brought a football with them and Chris joined in. Good though their skills might be, the ball ended in the river (they will soon be good enough for Derby County



at this rate)! Forward and forever onward the walkers trekked on a deliberate detour (as opposed to some of the recent diversions taken on other walks). David pointed out the remains of Roman ruins. A toad appeared on the river bank, out came a dozen cameras, where he seemed to enjoy the limelight and performed tricks for the "clickers". The café soon came into view where everyone enjoyed a well-earned drink and further chatting. Another great social occasion. Bring your family and enjoy a great social occasion and it is good for all of us.



The April Fool's Day walk.



There were four of them - I can name names if you wish! On a bright, sunny but crisp morning, five members set off from the car park at Allestree (as you have probably guessed, Michael started but gave up after half a mile again). This time there was no detour from the set route. The picture has been cropped so that any ladies reading this report will not get overly excited by Kevin's legs! Part of the walk led our intrepid quartet up Bunkers Hill. At the top of Bunker's Hill, is sited the Topograph, constructed and erected with funds raised by the villagers of Quarndon, in memory of Francis, the third Viscount Scarsdale. This enables even the first time visitor to pick out landmarks in the surrounding



countryside with ease. Then it was downhill back to Woodlands car park for a well-earned rest.

Evening walks. The first evening walk has been agreed. It will take place on Friday 4 May to coincide with May Walking Month. We will meet at the Chellaston Community Centre on Barley Croft (behind the Co-op), off Swarkeston Road, Chellaston at 6.30 PM to walk at 7.00 PM. There is an option for a 2 mile or 4 Mile walk, so it is suitable for all. Bring your family, friends, grandchildren and the family pet. See you all there!

An identity for the regular walks! For some time we have used the term 'tortoise' for our slower and shorter walks. Michael has been struggling to come up with a name for the regular walks. It is a bit obvious really – the Hare 🐇 (get it – the tortoise and the hare). They say the simple solutions are the best (where have you been, Michael)?

If you need help getting to the walks. Anyone wishing to attend a walk and is in need of transport should telephone David Rowe on 01332 767368.

Why is Swimming So Good? If you're looking to lose weight, swimming is just the ticket. On average, a swimmer can burn as many calories in an hour as a runner who runs six miles in one hour. Simply put, some call swimming the perfect form of exercise. The major benefits are: whole body conditioning, low risk of injury, low-impact exercise, improve blood pressure and stress reduction. What have you got to lose – only weight and stress. See you every Wednesday afternoon from now on then!

Comment corner. We continue to send the Newsletter via email to those who are able to receive it. We are delighted to receive the following feedback from March's edition: *Great newsletter as ever. Lovely to read all the important work Take Heart (Derby) is doing/ I see someone in our press team responded to your enquiry about the medication. Was it helpful?/ Pleased to hear that you have plenty planned for members/ a big thank you for the lovely birthday card, it was much appreciated/ I have printed a copy of your newsletter to give to a friend who had a by-pass op about 6 weeks ago/ I think the photos make such a difference to the newsletter, so we could do with more members taking photos and e mailing them to you/ It was particularly good and very informative/ An excellent effort- and not noticed any spelling of grammar errors- --- yet !/ Thanks to all who contributed to this month's newsletter. It is very informative and enjoyable to read/ Another excellent newsletter that is truly worthy of the name, Thank you/ Never having been much of a gardener, I read the gardening hints with great interest while nodding wisely but forgetting to put those hints into practise/ It certainly looks good/ Newsletter is fantastic/ though the reminder of " our next meeting" required the date. I know it is repeated in the forthcoming programme but!!/a truly informative newsletter/ I found it very interesting and pleased to see how active the group is with the range and frequency of activities/Excellent newsletter/ I find this useful to catch up on what has been happening, especially recently with the back troubles making it difficult to get to meetings and walks. We received a letter (snail mail as it is called now) from Janet & Alex Stewart, who said "Thank you for the Newsletter – it is much*

appreciated – especially the February one”. Well, thank you Janet for writing in to us, we look forward to seeing you soon. But do you agree? We would love to hear from you!

Is this you? An elderly couple had dinner at a friend’s house. After dinner the ladies went into the kitchen. The two gentlemen were talking and one said to the other, “Last night we went out to a new restaurant and it was really great. I would recommend it very highly.” The other man said, “What is the name of the restaurant?” The first man thought and then said, “What is the name of that flower you give to someone you love? You know, the one that’s red and has thorns!” “Do you mean a rose?” said the second man. “Yes, that’s the one” replied the first man. “Rose, what’s the name of that restaurant we went to last night?”

Recipe. Oat and Nutty bread.

300g (10oz) strong plain flour	115g (4oz) plain wholemeal flour
100g (3.5oz) porridge oats	1 tsp salt
25g (1oz) Flora Buttery	¾ sachet easy-blend yeast
2 tbsps runny honey	55g (2oz) chopped nuts
325ml warm semi-skimmed milk	

And for the topping: milk to glaze, 1 tbsp porridge oats, 25g (1oz) chopped nuts

Place the flour, oats and salt in a large bowl. Rub in the Flora Buttery until the mixture resembles fine breadcrumbs. Add the yeast, honey and nuts, stir in well. Add the liquid and stir until a soft dough forms. Turn onto a lightly floured surface and knead for about 10 minutes until smooth. Shape into round balls and place in an oiled bowl. Cover with oiled polythene and leave to rise in a warm place until doubled in size. Turn the dough out and knock it down. Knead it until smooth and firm. Place in a 900g loaf tin or shape as desired and place onto a baking sheet. Cover with oiled polythene and leave in a warm place for about 30 minutes, until doubled in size. Brush with milk, and sprinkle over the extra nuts and oats. Bake in a pre-heated oven (200C/180C in fan oven/gas mark 6) for 30 – 40 minutes until risen and golden. Serve with your favourite Flora ProActive spread.

Fundraising Garden Party. Members John & Janet Holmes are holding an event at J’s Cottage, Butterly Park, Ripley on Sunday 6 May from 2 PM. Free entry, call 01773 743627 for more details.

Take Heart Garden Party. Make a diary note for Monday 9 July. More details to follow.

Gardening. As I write the weather is not very conducive to gardening - cold and wet. I know that the rain is much needed but we could have done without the cold and frost. All those spring flowers which were lulled into a false sense of security are now suffering. My camellias, pieris, and magnolias, all of which were looking beautiful, were all caught by the frost last week and are now looking very sorry for themselves. However - things may improve and if they do now is the time to prune spring flowering shrubs such as forsythia and flowering currant straight after flowering. Cut back to their base all the stems which carried flowers this year this will provide new growth which will bear flowers next spring. Tidy up your hellebores once they have finished flowering, by cutting out all the old stems and leaves, but taking care not to damage the emerging shoots. If you want to raise your own hellebores from seed then leave a few selected flower heads so that the seed pods can fully ripen. Tall perennials are growing apace now and they will soon require support. You can buy these, made from metal, from garden centres, but much the cheapest way is to use shrub or tree trimmings or garden canes. This is also the time it to continue dead-heading daffodils, tulips and hyacinths - but leave the leaves for a few weeks yet. Lift and divide clumps of primulas once they have finished flowering and also divide clumps of hardy perennials such as phlox, asters (Michaelmas daisies)and hemerocallis (day lilies). If you have a greenhouse, then clean the glazing inside and out and ventilate freely. It is time to sow greenhouse crops including melons, peppers, aubergines, tomatoes and cucumbers. Well - I think there is more than enough to keep you busy for now, so let us hope for some warmer weather. Enjoy!

Forthcoming programme.

April.

Saturday 21st Walking back to health - 🐢 Tortoise walk around Alvaston Park 1.5 miles).

Meet at the car park on Meadow Lane (off London Road). Meet at 09.30 to walk at 10.00

Saturday 21st A day trip to Black Country Museum, priced at £18 to include museum entrance. Contact Bob Bletchley on 01332 751198.

Tuesday 24th Coffee morning at The Cube café/bar, Chapel Street, Derby DE1 3GU.

Open between 10.30 and 11.30 AM.

Wednesday 25th Swimming at the Queens Leisure Centre at 3.15 PM.

May.

Tuesday 1st Formal Spring Lunch at the Engine Shed, Roundhouse Road, Pride Park.

Wednesday 2nd Swimming at the Queens Leisure Centre at 3.15 PM.

Friday 4th Evening walk meeting at the Chellaston Community Centre, Barley Road, Barley Croft, Swarkeston Road, Chellaston. A choice of 2 or 4 miles circuit.

Wednesday 9th Swimming at the Queens Leisure Centre at 3.15 PM.

Sunday 13th Walking back to health – The Etwall Circular 🚶 Walk (8.5 miles). Meet at the Spread Eagle pub, Main Street, Etwall. Meet at 09.30 to walk at 10.00.

Monday 14th AGM, re-election of Committee Members for the next two year term, annual report, financial report and an unknown speaker. Meeting at 2.30 PM.

Wednesday 16th Swimming at the Queens Leisure Centre at 3.15 PM.

Wednesday 23rd Swimming at the Queens Leisure Centre at 3.15 PM.

Thursday 24th Informal lunch at The Dragon, 11 The Green, Willington at 12 noon.

Saturday 26th Walking back to health - 🐢 Tortoise walk Elvaston Castle (1.75 miles). Meet in the car park. Meet at 09.30 to walk at 10.00.

Tuesday 29th Coffee morning at The Cube café/bar, Chapel Street, Derby DE1 3GU. Open between 10.30 and 11.30 AM.

Wednesday 30th Swimming at the Queens Leisure Centre at 3.15 PM.

June (advanced notice). Our sister support group in Matlock are holding an event on 12 June to which we are invited. The speaker will be John Clewes, who is the regional publicity officer for the RSPB and will be talking about the work of the Society under the title of “Action for birds”. As it is a national organisation they thought this might be of interest to us. If any members would like to come, please contact Michael to arrange transport and bookings. Start at 2.30 PM, £1.50 inclusive of tea/coffee and a biscuit.

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.

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.

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 or to 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.

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