

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter April, 2013.

There are more members responding to this Newsletter than previously, which is terrific. Please continue to take part. Give us now your opinion.



Derby
Heart City

Love our city ♥ Love your heart

April meeting. Have you made a will yet? Why not? You owe it to your family to make your intentions clear. A change of speaker but not of topic for our April meeting, made for a good attendance of 30 members at our monthly meeting. The subject may not have been to everyone's taste, but is certainly something that everyone needs it to face up to. The speaker was solicitor Sianede Daly, her subject was "Wills and Probate." She was assisted by Jess Tinsley and they are both employed by the firm Simpson and Jones at 41, St Mary's Gate, Derby DE1 3JX. Sianede began her talk by emphasising the need for each of us to make a will and to have it properly drawn up, to make absolutely certain that our estate goes to the people or charities that we intend. If it for example you have a partner but are not married, and you die intestate, your assets will be passed on to your next of kin and not your partner. If you are single and have not made a will your estate will be divided between family members, often cousins that you scarcely know. Inheritance tax was mentioned, £325,000 being the current threshold per person. If a married couple set up a trust fund to the value of half of their house then in the event of one partner dying, only half the value of the house is taken into account and if the surviving partner ever has to go into a nursing home then again only half the value of the house can be taken into account when care costs are being calculated. Questions were invited and many were asked, covering a wide range of topics. Finally on her firm's behalf Sianede offered a free initial consultation to Take Heart members to discuss their circumstances and to help to organise their legal affairs. Topics include, a free will service, nursing home fees and wealth preservation, powers of attorney and inheritance tax, an offer not to be missed, especially as free home visits for those unable to get to their offices are included. We all came away much better informed on "How to sort out our affairs!"



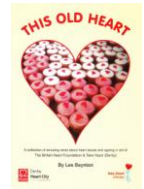
Next month's meeting. It is AGM time again in May. There will be the usual round up of the year but after all that boring stuff, our President, Dr Julia Baron will be on hand to answer all those questions you might have about cardiology matters. See you all there.

A job to repair the heart? The Daily Express recently covered a story about how a simple jab can repair the heart. It is not a BHF funded research but the science team did comment as they are funding research along a similar theme through the Mending Broken Hearts Appeal. The pioneering technique would use patients' own cells to regrow muscle damaged by the heart attack. Because the injected gel is made from heart tissue, it creates the ideal environment to rebuild the heart, rather than triggering a cascade of dangerous immune system defences. The revolutionary findings could transform the lives

of millions of people suffering the devastating after-effects of an attack. There are around 103,000 suffered in the UK each year, and once heart muscle is damaged or weakened by an attack, the result can be heart failure which now blights the lives of 750,000 in Britain. Professor Jeremy Pearson, associate medical director at the British Heart Foundation, said: "The success seen here could pave the way for future trials in suitable patients. These researchers have designed a mixture made from natural heart proteins that can be injected into damaged hearts after a heart attack. This then creates a type of 'scaffold' that encourages cells to repair the damage. There is currently no cure for heart failure so advances in potential therapies are exciting. Promising research findings like these bring hope that we are edging ever closer to our ultimate goal of mending broken hearts." The gel is injected through a catheter without requiring surgery or general anaesthesia - a less invasive procedure for patients and will probably be carried out in a catheter suite. Following a heart attack there is no established treatment for repairing the resulting damage to the cardiac tissue. Fantastic news but it will be some time before a human being can expect to take advantage. Watch this space.

Global warming? The quest to prevent global warming has succeeded – we now have permanent winter.

This Old Heart. Les Baynton has written a book, which has poems about heart surgery and recovery. He is selling the books for £3, with the proceeds being split equally between the BHF Heart City fund and Take Heart (Derby). Copies will be available at meetings or direct from Les on 01332 206734.



In appreciation of Les Baynton's poetry, by Robert Jones. (In the style of Longfellow's Song of Hiawatha)

By the shining Derwent River
Near the council's mighty office
Stood some pubs that Les frequented
Where he drank of hops, fermented
Talked of politics and lager
Where he buys insurance (Saga)
Asks "is bitter best or lager?"
Does it really matter? Rather!

Les, the "King of Beer" in Derby
Real beers! (Not those like pee)
Beers, Dark, and strong, and full of taste
Beers you never want to waste.
Les Baynton is the name to drop
When Barley, yeast or Kentish hops
Is the topic of the night
When drinking carries on 'til light.

Les is King of Beer and Lager
Les likes beer both dark and blonde
"Just like his women" someone mutters

Splutters through their froth and beer
Even wasting beer I fear
As streams of ale upon the floor
Head like The Derwent to the door

But our silver haired Adonis
Also has another skill
Writing poems, prose and stories
Now published, selling, and what more is
Raising money from these verses
Raising money 'cos some nurses
Made his poorly heart much better
So now his book's a "Thank you" letter.

PS
I also wrote some other verses
But not so good and what is worse is,
They really were too rude and crude
To type and send to Michael Flude.
As all that rhymes with doggerel
Is "Have I such skill? No ***** all!"

British Heart Foundation. You will recall that TH(D) members, along with others, collected money at the Derby County Football match on 2 February. In return for our support, the BHF agreed to divide the collection proceeds between the two organisations. We have received

a cheque from the BHF for more than £730, for which we extend our grateful thanks. In addition, we have also received a letter from Sophie Jardine thanking all TH(D) members for their continuing support and donations to the BHF over a sustained period. We are happy to support this fundraising in the knowledge that more than £96.00 every minute of every day is invested by the BHF in additional research. A fantastic statistic and one which will bring relief to the 2.7 million people living with heart disease in the UK. Well done everyone.

Coffee in a Cube! When I arrived at the March coffee morning, there were only three of us. I wondered if the weather had put paid to this event, as it had on the tortoise walk a few days earlier. Incredibly, 41 eventually turned up and made the usual chaos of the Cube



café/bar table layout. There was much joviality and some collecting money for charity events, last minute bookings for the Spring luncheon, lots of jokes flying around (but my memory is not what it used to be). As has become the norm, we did not leave until an hour after we were due to, which is music to my ears as everyone was enjoying each-others company. Thank you all for turning out, see you on 30 April.

Something to encourage the beer king! Cliff from the TV sitcom, Cheers, explains to Norm why drinking beer is good for brain power. "Well you see Norn, it's like this ... A herd of buffalo can only move as fast as the slowest buffalo. And when the herd is hunted, it is the slowest and weakest ones at the back which are killed first. This natural selection is good for the herd as a whole, because the general speed and health of the whole group keeps improving by killing of the weakest members. In much the same way, the human brain can only operate as fast as the slowest brain cells. Now, as we know, excessive intake of alcohol kills brain cells. But naturally, it attacks the slowest and weakest brain cells first. In this way, regular consumption of beer eliminates the weakest brain cells, making the brain a faster and more efficient machine. And that, Norm, is why you always feel smarter after a few beers". (If only!)

Member news. It is with sadness that I report the passing away of Nellie Dye in February. We also learn that Ian Walker has died recently. Our thoughts and sympathy go to their families. Reene Meakin has moved into a care home and has ceased to be a member. Since the last Newsletter was published, we have learnt that several members have been ill, including Margaret Harrison (again), Cyril & Dorothy Thornhill, Andy & Elaine Hopkins, Don Pate, Ruth Nixon, Ian & Andrea Ball and to them we send our best wishes for a full and speedy recovery. There may be others who have not been well but we do not know unless someone tells us, please ask a member of your family to contact us.

New members. This month we welcome Paula, Irene & David Barsby, Barry & Tracy Chapman and Charles & Eve Riley to our group and wish them well and hope you enjoy as many of our events as possible.

Birthdays. Birthday wishes in April go to Joyce Cocking, Lorna Skidmore, Wendy Thompson, Trisha Flude, Ian King, Philip Fitzpatrick, Francesca Redfearn, Philip Robinson, Rene Meakin, Ken Illsley, Jack Hemsley, Linda Calladine, Barbara Polhill, Doug Glenday, Derek Smith, April

Howe, Gerry Scott and John Ruddle. Happy birthday to one and all. We continue to receive thanks from those who have received birthday cards made by April Howe and here one member says thank you "*Thank you all at Take Heart for the beautiful birthday card you sent me*". Wedding anniversary celebrations go to David & Barbara Rowe, Vic & Jean Percival, Don & Marjorie Pate (65 years) and Derek & Jen Eastwood, plus Ted & Annabelle Evans who can never forget their anniversary on 1 April. Congratulations to you all, have a great celebration.

Members tip. A number of members have suffered side effects from taking drugs. Ann Quadri has found a tip she wishes to share with you if you are taking a statin. She had been suffering leg pain and poor sleep quality but now prepares half a cup of tea (small tea bag and no milk or sugar and top up with orange juice. She took this at bedtime and says it worked a treat and will continue with it. What do you think?

Tenth Anniversary Charity AM-AM Golf Competition at Ashbourne Golf Club Friday 19 July. Teams of four are warmly welcome to enter the milestone Stableford event at £80 per team. Further details from Terry Hunt on terryhunt141047@btinternet.com or 07739 337940.

Something topical? On a bitterly cold winters morning a husband and wife in Dublin were listening to the radio during breakfast. They heard the announcer say, "We are going to have 8 to 10 inches of snow today. You must park your car on the even-numbered side of the street, so the snowploughs can get through". So the good wife went out and moved her car. A week or so later while they are eating breakfast again, the radio announcer said, "We are expecting 10 to 12 inches of snow today. You must park your car on the odd-numbered side of the street, so the snowploughs can get through". The good wife went out and moved her car again. A few days later they were again having breakfast, when the radio announcer says, "We are expecting 12 to 14 inches of snow today. You must park....." Then the electric power went out. The good wife was very upset, and with a worried look on her face she said, "I don't know what to do. Which side of the street do I need to park on so the snowploughs can get through?" Then with the love and understanding that all long-married husbands possess, he replied, "Why don't you just leave the car in the garage this time?"

Spring Luncheon. On St Georges Day, 23 April, we will be holding our annual Spring Lunch at The Cathedral Quarter Hotel at 12 noon. Menu choices have been sent out. Contact Barbara Rowe on 01332 767368. But hurry, time is running out.

Michael's walk for charity needs your support. On 28 April, in aid of the British Heart Foundation, Michael will be attempting 4 miles again – given that he never achieves this on our walks, he is challenging himself yet again. You can sponsor him by telephone, writing or email – which will it be for you? Also Maria Scaife, daughter in law of Dorothy Stevens, is participating in the annual Derby 10k run to raise funds for the BHF & TH(D). Maria is so pleased with the support Dorothy gained from both organisations, she wants to make a contribution in this way. Let Michael know if you can sponsor her as well.

Morris, an 82 year-old man, went to the doctor to get a physical. A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A day later, the doctor spoke to Morris and said, "You're really doing great, aren't you?" Morris replied, "Just doing what you said, Doc: Get a hot mamma and be cheerful." The doctor said, "I didn't say that, I said, 'You've got a heart murmur; be careful.'

March luncheon. We have been to Shardlow before but not to the Clock Warehouse as a group. On this occasion, 18 members turned out, some even getting there by public transport



from Spondon and Sunnyhill, quite a journey. Their determination was rewarded with a lovely meal, with 2 for £10 proving very popular with many.

There was plenty of talking going on as you would expect from a TH(D) function and Michael seduced many to sponsor him on his Chatsworth Walk (cheeky @%!%&).

Do you have an email address? Please notify Michael if you have an email address but currently receive your Newsletter by snail mail.



Jam Jar Challenge. How are you getting on with your jam jar? Is it filling up? It could make a difference when we empty them in November. Are you with me on this, please?

Swimming. Following a comment from swimmer member Ted Evans, there were eight swimmers in the lovely, warm water of the family pool on 10 April. Ted had said *“It is a shame that the turnout on Wednesdays is still low; perhaps members feel that the session is for therapy or rehabilitation only, but fitness and preventative enjoyment perhaps ought to attract others to come along”*. Two 7 year-olds mad up the number, so where are all you swimmers. Swimming works your whole body, improving cardiovascular conditioning, muscle strength, endurance, posture, and flexibility all at the same time. Your cardiovascular system in particular benefits because swimming improves your body’s use of oxygen without overworking your heart. It is healthy, great exercise, could prolong your life, and **reduce aches and pains**. Those who turn up, say how good the exercise is and how they feel better for having made the effort. See you next week, then?



The Travel Trust Club. Annual Holiday takes place on October 11th til 14th and is returning to Folkestone at The Langhorne Gardens Hotel (highly recommended). There are a few trips planned to local beauty spots. Places are limited due to advanced bookings, so if you wish to go then contact Bob Betchley on 01332 751198 quickly.

Six-year old Simon came home from school with a plaster on his finger. He was upset and his concerned mum asked him if he was feeling alright. The youngster replied “No, That’s the finger I pick my nose with!!!”

Talking Walking. On the road to a longer life. Researchers from the National Institute of Health in Rome examined a group of elderly people for a period of TEN years. Survival was highest for those who walked in the open air for 15 minutes four times per week compared with those who walked less. After factoring in age and weight, walker’s risk of death was reduced by 47%. Walking boosts cardiovascular health and strengthens muscles, which can help prevent falls. So there you have it, it is healthier to walk, so see you all soon. Bring your family and friends to enjoy a great social occasion and join in fun which is good for all of us and get great exercise in the fresh air.

I've learned.... That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult. So could a tortoise walk!

Hare & Tortoise combination walks. We visit some of the most beautiful countryside on our walks and it seems a shame that tortoise walkers miss out on the hare walk pleasures. So, from now on we will contrive to include a tortoise walk within the hare walk. Michael has been doing this shorter route version and has been rather lonely – aah! We can all join together at a “pit stop” and have a nice cuppa later in the day.

Tortoise walking. There were not too many family or friends on the tortoise walk on 23 March. In fact, only David turned up. He did not waste the morning but walked alone taking some wonderful shots in the snow. See what you missed, even the swan was on its own, just like David. A wonderful way to spend a couple of hours, and even this walk had a shorter



version, a true tortoise walk!

The Bakewell & Monsal Trail was the scene of our Hare walk at the beginning of our



winter walk in April. There were six members (Mr Chris is acting the **&*\$* again - can you spot him), plus the photographer. It was a beautiful morning, sun shining but quite crisp as we set off from Bakewell Old Station where we waited for the signal to start. Kevin kept the pace quite smart, dragging the photographer along through the old stations of Hassop and Thornbridge and onward to Headstone tunnel. David kept saying “it’s only a bit further” to the Monsal Head viaduct.” His version of a bit further and mine are quite different. The walk was quite even as it was formerly the Midlands Railway line linking Derby to Manchester and originally constructed in 1863. Dr Beeching had closed the line in 1968 and now called the Monsal Trail following resurfacing in 1981. The original train line required the construction of a viaduct at Monsal Head, which was very controversial at the time but it became a focal point of the journey. We stopped for a break on top of the viaduct, where Michael retraced his footsteps back to the car park (via a lovely café at Hassop Station), whilst the others headed off into the valley following the River Wye initially. Whilst they had a planned route, there were options, which they chose to take on this occasion to the Magpie mine. All this history and health – terrific stuff

Last month we visited the former school of member Ian Knowles but it could be your memories we relive on future walks. Check your Programme of Events and the reminders at the end of each Newsletter and telephone David to find out more. **If you need help getting to the walks** telephone David Rowe on 01332 767368.

More horsemeat anyone? A woman has been taken to hospital after eating horsemeat burgers. Her condition is said to be stable.

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 February's edition: *"A glaring error in the very first sentence/ a very impressive effort again. The mix of jokes and poems works well/ Well received/ As usual well-presented/ an interesting read as usual/ The amount of work and detail in it is both astonishing and very much appreciated. Always interesting to read. Walk descriptions so good I am thinking that perhaps in cold weather I will just walk up and down stairs reading about the previous walk/ Have just read the newsletter and thoroughly enjoyed it. Have printed it out and will bring it to the coffee morning if anyone would like a read/ once again very full reading/ Another good one/ Thank you for the newsletter, very informative, as ever. Even though I don't attend the events you organise, it's lovely to hear all the news. Keep up the good work, much appreciated!/ There's always something of interest for me on the medical side/ Many thanks for all the work that you put into producing the newsletter/ Received the newsletter which was interesting as ever but this time particularly so. I was an inmate for 5 years in the 1960s of the large institution on top of what was usually a cold, wet and windy hill above Denstone Village. Unfortunately that was before they let girls in so we had to make do with socials with Abotts Bromley Girls School, Derby High School (should have joined us on the walk, then)/ Another interesting communication: humour; poetry; medicine; therapies and fun items/I have received the 'Take Heart' newsletter thank you and think it is excellent".* Others have commented verbally *"Great Newsletter again this month, how do you do it"*. But do you agree? We would love to hear from you, especially those who are unable to attend our events! Thanks to all those who respond, it makes a difference.

Caffeine. Following last month's article about caffeine, Elaine McCulloch wrote in saying *"There's always something of interest for me on the medical side - I was particularly interested in the article on caffeine and atrial fibrillation as I have AF. I don't drink much coffee, but am tea-dependent and had not realised until reading the article that tea contains almost as much caffeine as instant coffee. Although it seems from the article that caffeine doesn't affect AF, there is a suggestion that it may increase awareness of the symptoms. I think it may be worth trying to cut out tea and coffee when I next have an episode to see whether this reduces the discomfort"*. Has anyone else anything to add?

Job titles. Who knows what a "Vision Clarification Technician" is? This has run for several months with many incorrect guesses and then two came in almost at the same time - typical. David Rowe telephoned on 22 March with the correct answer - "A window cleaner" and Elaine McCulloch followed with an email on 25 March. Simple or what?

Gardening. A report from Pat Fitton. Well at last, with lengthening days and a bit of warm sunshine we are all beginning to feel a little more like being out of doors. Because it has been so cold and wet now is a good time to give the lawn its first mow, with the blades of the mower set to high; to reshape lawn edges with a half-moon cutter and to look out for weeds and moss. It is a good time to weed and mulch around the base of hedges and cut out plain green shoots from variegated shrubs. Plant sweet peas outside at the base of wigwams or obelisks. Spray roses that are disease prone and sow hardy annuals into the soil. Apply fertiliser at the base of summer flowering shrubs and deadhead primroses and pick off diseased and yellow leaves. It is time to prune up winter heathers by cutting the flowered stems and making a clean cut below the base of each flower reducing the height of the plant by about a third, pruning these plants now keeps their habit compact and encourages new growth which will produce next year's flowers. Look after your spring flowering bulbs by giving them regular food and water this month, apply a high potash liquid tomato feed every 10 days to promote development of the bulb and future flower production. Don't use high nitrogen fertilisers as this encourages

unwanted leafy growth. If you have a greenhouse make sure that the vents are opened to promote good air circulation and look to putting some of the plants that you have been overwintering in there outside during the daytime to harden them off. We are now entering the busiest time of the year for us gardeners, but isn't it better to be busy outdoors than being inside on cold grey days?

Forthcoming programme.

April.

- Saturday 20th Walking back to health - 🐢 Allestree Park Nature Trail of 2.5 miles. Meet at Woodlands Lane car park at 9.30 AM.
- Saturday 20th The Travel Club Trust trip to Worcester & Gloucester departing at 8.15 AM. Contact Bob Betchley 01332 751198.
- Tuesday 23rd Formal Spring Lunch at the Cathedral Quarter Hotel at 12 noon. Details from Barbara Rowe on 01332 767368.
- Wednesday 24th Swimming at the Queens Leisure Centre at 3.15 PM.
- Sunday 28th Walking back to health – The British Heart Foundation – Chatsworth House Walk (7 or 10 mile).
- Tuesday 30th Coffee morning at The Cube café/bar at 10.30 AM.

May.

- Wednesday 1st Swimming at the Queens Leisure Centre at 3.15 PM.
- Wednesday 8th Swimming at the Queens Leisure Centre at 3.15 PM.
- Saturday 11th Walking back to health – 🐢 Barton under Needwood to Tatenhill walk of 7 miles. Meet at the Three Horseshoes Inn car park on Station Road at 9.30 AM.
- Monday 13th AGM, with the “Presidents Platform” from our President, Dr Julia Baron at 2.30 PM at The Friends Meeting House.
- Wednesday 15th Swimming at the Queens Leisure Centre at 3.15 PM.
- Wednesday 22nd Swimming at the Queens Leisure Centre at 3.15 PM.
- Thursday 23rd Lunch at the Carpenters Arms, Dale Abbey, DE7 4PP at 12 noon.
- Saturday 25th Walking back to health - 🐢 The Cranfleet Trail of 2.5 miles. Meet at Trent Lock car park at 9.30 AM.
- Tuesday 28th Coffee morning at The Cube café/bar from 10.30 AM.
- Wednesday 29th 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. Tai Chi held in a studio on London Road, contact Carol on 07920 080443. BHF Heart Health Line 0300 330 3311, Mon-Fri 9am-5pm, to seek information on heart health. Cardiac Rehab Programme at Belper Leisure Centre, Amanda Gowling, 01773 825285

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 Michael, information about publications to Marilyn on 01332 558756.