

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter April, 2014.

There are more members responding to this Newsletter than previously, which is terrific. The response to larger photographs was very positive from last month's Newsletter – what do you think?



Derby
Heart City

Love our city ♥ Love your heart

April meeting. (A report by Pam Fearn). Members enjoyed an amusing talk on this



wonderful thing called cheese. The speaker was Ian Rogerson, a poultry and game dealer from Loughborough. Ian told us that he left school at 15 and went straight into his father's butchery business in Bootle. His mother had once been the Mayor of Bootle as well as a Justice of the Peace. She also told him to remember three things. The first being to always remember to have something in your diary to make sure that you go out, the second was that when you are there make the most of it and the third was to always eat what is in front of you. Ian moved to Leicestershire 43 years ago and began his career as a red meat butcher, before opening a wholesale business called Charnwood Fayre. Customers began to ask whether he stocked cheese, so decided to start selling it and learn all he could about it. He showed us some of the stilton cheeses you can buy, one of which was the Oxford Blue, and added that

once there had been 40 different makers of stilton, but this was now down to 9. He told us how carbon wires would be put through the cheese but now stainless steel needles are used to pierce the cheese to allow air to enter the body of the cheese and activate the blue cheese mould. Ian told members that when you eat a piece of cheese you should give yourself at least 20 seconds before you get the full taste coming through. He had brought along a large selection of both soft and hard cheeses with lots of different textures, colourings and tastes such as a Wensleydale with blueberries, a ginger and mango cheese and a very fiery Mexican as well as one that tasted just like Christmas cake. He explained that there are some cheeses such as goats and Brie where you can eat the rind. At the end of this interesting talk Ian invited members to come up and taste the different cheeses a very enjoyable afternoon.

Next month's meeting is our AGM for 2014. The usual format is planned, with the reports of activities, financial statement and election/re-election of committee members. This year we have two vacancies for committee members and I am happy to report that we already have nominations for both places. If anyone else would like to be considered, then please contact Michael. On conclusion of this necessary business, you will have the opportunity to ask questions of our President, Dr Julia Baron, cardiologist of Royal Derby Hospital. This is more than likely the reason why so many turn up for this event each year or could it be because there is no charge for attending? Either way, get your thinking hats on now, write them down (particularly those of us who suffer from old timers disease).

Coffee in a Cube! Another splendid turnout of forty-nine members at The Cube on a cold and damp morning. The atmosphere inside the Cube was the exact opposite, warm and convivial with a huge amount of talking going on. It really is a social occasion worthy of the title. We were meeting friends both old and new, whilst Barbara was busy finalising attendances for the St Georges Day luncheon, Trisha's team were selling raffle tickets and Michael was just talking. Alan Bown, Margaret Storry and Terry Cuddehay were the joyous prize winners, with £45.00 being raised for our kitty. Next month there will be a tour of the Deda facilities available to those who wish to view. Lucky people, see you there.



Member news. Since the last Newsletter was published, we have learnt that members who have been unwell are gradually improving. There seems to have been a spate of hip and knee replacements, which prompts me to recommend our tortoise walks and the swimming sessions to aide your recovery. If that works out, there could be double the numbers for our next walk. It also occurs to me that there will be a lot of alarm bells ringing should we all decide to fly to foreign countries this year. Jean Sykes, Denis Pollard, Ted Evans, Gwen Plummer and Margaret Storry are on the mend following recent difficulties. Glad to hear you are all improving. If you are unwell and are not mentioned here, we apologise but we were not advised of your difficulty (or I am having more 'old timers' events).

Two men are talking whilst in a bar. The first one says, "My wife ran off with a transplant surgeon!" The second asks, "Is that why you are in here drinking?" The first responds, "No, she came back!" The second enquires, "That was quick. Why was that?" "She had a change of heart!" came the reply.

New members. This month we welcome Sidney & Maureen Morley, Janet & John Talbot and Janice Bridges to our group. We wish them all well.

Birthdays. Birthday wishes in April go to Joyce Cocking, Lorna Skidmore, Trisha Flude, Ian King, Philip Fitzpatrick, Barbara Cooper, Philip Robinson, Sylvia Rubini, Ken Illsley, Ann Cogley, Lyn Calladine, Barbara Polhill, Doug Glenday, Derek Smith, April Howe, John Ruddle and Gerry Scott. Happy birthday to one and all! We continue to receive thanks from those who have received birthday cards made by April Howe – this one is from Gerry Scott, "*Gerry has asked me to thank you very much for the magnificent Derby Heart birthday card -- it really stands out in the display*". If I have missed you, please contact me with your details.

Use services wisely. 999 should only be used for emergencies (head injuries, heart attack, broken bones etc.) Sprains, cuts, rashes should mean a visit to the Walk-in-

Centre, but if you need advice telephone 111. If your GP is available then contact them about high temperature, vomiting and ear pain. Pharmacies are available to assist with diarrhoea, cough, cold or headache. Of course minor grazes, sore throat and hangovers are a matter for self-care.

March Lunch. A bumper turnout once again, which threatened to cause chaos again but the Swann management did just that – manage. Twenty seven turned out, which meant a number had to find seating in the bar (they appeared to have a bit more elbow room there). Food was reasonably priced, excellent quality and the service was great (and with a smile - which always helps). Needless to say there was a great deal of chatter, a feature of so many of our events perhaps we should call these events the Talking Lunches?



A woman went through a red traffic light and crashed into a man's car. Both of their cars are demolished but amazingly neither of them is hurt. After they crawled out of their cars, the woman said; "Wow, just look at our cars! There's nothing left, but fortunately we are unhurt. This must be a sign from God that we should meet and be friends and live together in peace for the rest of our days." The man replied, "I agree with you completely. This must be a sign from God! The woman continued, "And look at this, here's another miracle. My car is completely demolished, but my bottle of wine didn't break. Surely God wants us to drink this wine and celebrate our good fortune." Then she hands the bottle to the man. The man nods his head in agreement, opens it, drinks half the bottle and then hands it back to the woman. The woman takes the bottle, immediately puts the cap back on, and hands it back to the man. The man asks, "Aren't you having any?" She replies, "Nah. I think I'll just wait for the police." Adam ate the apple, too! Men will never learn!

Travel Insurance. Last month I requested information about travel insurance but received only one reply. Manila Marilyn does not need any insurance, she just sends a begging email to us all to cover her costs. The rest of us have to run the gauntlet of insurance companies and their quirks. Could you please advise how you achieved your cover for this year's trips?

Do you have an email address? Please notify Michael if you have an email address but currently receive your Newsletter by snail mail. You will receive it promptly and in full colour and help save on printing and postage costs. So, it is not too late for anyone – give it a try but do not become a slave to it like me.

Walks Calendar for 2014. Two of our calendars have reached Australia this year, where have you sent copies? The sender says "*We have sent two calendars to Australia, one to Perth and one to Brisbane. Both Brian's friend and Brian's sister love seeing the pictures of the English countryside as this is something they miss.*" Praise indeed. Another member wrote "*My calendar travelled down the back of the filing cabinet in our study. I purchased another copy to replace it- so now we have one each.*" I am glad to hear it. Still another recipient wrote saying "*I sent calendars to two cousins who are in New Brunswick, Canada. They were both delighted to receive them.*" Fantastic!

Why is it that no plastic bag will open from the end you try first?

Swimming. 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. Even if you only walk across the shallow end, you will improve your stamina. Where are you all? See you all next week?

Tumble dryer sheets. Did you think tumble dryer sheets were used just in tumble dryers? It seems they have a multitude of uses. Use a sheet to wipe the television screen, PC or laptop screen, pet-hairs from floors, dust venetian blinds, line a drawer, kept in an empty case, gym bag or smelly trainers/shoes. It does not end there, it can help to remove burnt-on food from pans by placing a sheet in the pan and pouring on warm water which should be left overnight. It can also stop thread tangling when sewing, by running the cotton thread through a sheet. Wow!!!

Health Care Proposals. The Royal College of Nursing has weighed in on Prime Minister David Cameron's health care proposals for the NHS. The Allergists voted to scratch it, but the Dermatologists advised not to make any rash moves. The Gastroenterologists had a sort of a gut feeling about it, but the Neurologists thought the Administration had a lot of nerve. The Obstetricians felt they were all labouring under a misconception. Ophthalmologists considered the idea short-sighted. Pathologists yelled, "Over my dead body!" while the Paediatricians said, "Oh, Grow up!" The Psychiatrists thought the whole idea was madness, while the Radiologists could see right through it. The Surgeons were fed up with the cuts and decided to wash their hands of the whole thing. The ENT specialists didn't swallow it, and just wouldn't hear of it. The Pharmacists thought it was a bitter pill to swallow, and the Plastic Surgeons said, "This puts a whole new face on the matter...." The Podiatrists thought it was a step forward, but the Urologists wet themselves at the whole idea. The Anaesthetists thought the whole idea was a gas, but the Cardiologists didn't have the heart to say no. In the end, the Proctologists won out, leaving the entire decision up to the mandarins in Whitehall!

RDH help to stop smoking. Royal Derby Hospital is putting in place arrangements for patients to access free NRT on all wards. A patient can ask a registered nurse on the ward who will be able to assist with the request. Patients who begin nicotine replacement therapy whilst in hospital will also have a supply to take home and can also be referred to local stop smoking services for on-going support.

- Patients registered with a Derby City GP can be referred to the Livewell service for support by contacting 01332 641254 or www.livewell@derby.gov.uk
- Derbyshire County Stop Smoking Service 0800 085 22 99 is available for Derbyshire County residents.

Reminder cards - will help you offer smokers information about stopping smoking with small cards available at all entrances, which you can pick up and hand to anyone smoking in hospital grounds. You do not need to say anything to them, simply hand them a card which clearly explains it is a smoke free zone and shows smokers where public exits are if they do wish to smoke. How many of you were able to "kick the habit" on No Smoking Day? If you did, well done – if not try the telephone numbers above.

Question: Why don't retirees mind being called Senior's?

Answer: The term comes with a 10% discount.

Feedback. The following is feedback from last month's Newsletter. Does this reflect your view or do you wish to say something different – *“full of interesting topics again/very informative newsletter/another superb report/Thank you very much for the very informative newsletter/The newsletter was safely received. Like the larger photos. Need more jokes (everyone enjoys them)/ Once again a very good newsletter-it is so interesting to read/Lots of interesting material/As usual an excellent newsletter, full of information. Shame about the burst pipe. I assume that was written from experience!! Very well written though I must say! A very talented Lady/Thanks for the newsletters. Very interesting as usual/Thank you for another excellent newsletter. Well received/It was interesting to read about the March Meeting - especially since we had intended to attend but we are a dozy couple and only remembered it on Tuesday”.* And a note from Pat Fitton *“Lovely to receive the newsletter again, it's surprising how much more I enjoy it now that I am away from you all, I suppose it's because now everything is fresh whereas before I knew what was going on! I was interested in your VPO talk, though I am very surprised that Marilyn was not to the fore in that one, being such a prominent member of that group!”* But do you agree? These are comments via email, it would be nice to hear from those who receive the Newsletter via post. Let Michael have your views too, please.

March Poser – Michael Gibson was the first to contact with the correct answer of the colour of the black box in a commercial aircraft – Orange.

April poser – What colour is the purple finch?

London Marathon. It has been held for a number of years now and like most of us I have watched it on TV. Well this year we had a lady running on behalf of Take Heart (Derby) and another charity – Emma Best, daughter of our member Jane Salmon who lost her husband late last year. Emma wrote saying *“I am sending this picture of me (in the middle) at mile 25, as I saw David, my 3 girls, Mum, Aunt and Uncle! Only a small version (which is good as I look like a horse if you get the larger version! All big teeth in a big cheesy grin, as I am so pleased to be nearly finished!!). Great day, really, really pleased I finally managed to do a London Marathon (I definitely found it easier than Brighton...it does really help to have previous experience I found). From the very start of the day, on the bus (almost going the wrong way!?) to the end...it was a really friendly, 'British' kind of a day, if that makes sense!?! Military organisation all round ...hats off to Virgin! The first 12 miles were fine, crowds great, but I really noticed a difference in volume of both people and noise as I went over Tower Bridge and I felt the real London Marathon started there for me. I passed Mo Farah (though we were going in opposite directions!!! Me at mile 13, him at about 20) and I ran in front of Michael Owen for a while (could hear raucous cheering for him behind me for a mile or so!), otherwise my celeb spotting was fairly poor. The usual humbling, amazing people were out running, there was wall to wall support from strangers and sweets being offered at every corner! I stopped for a handful of walking steps at mile 23ish, to have a girl tap me as she ran past and say 'keep running, your Dad will push you'...which I did, and he did. (Dad's picture is on the back of my top). It was hard as we all knew how much he would have loved the day just in its own right, but to have seen me in it too...he would have been chuffed, but he was with me in spirit, most definitely. However...the volume and smiles from Dave et al (as mentioned above!) as I ran past was fantastic...it made me run a very sprightly 20 paces until they couldn't see me anymore, then I settled back to finding the finish line!!!*



Great to see Sarah Wilson at mile 24, sadly Linda Clark's and Sarah Nendick's eyes and mine were not destined to meet over the 2000 people getting in the way, but I caught up with Linda at the end, which was great. It was amazing, but now I need to pass on my enormous **THANKS to you all for your very generous sponsorship...I have topped £3000.00 in total...amazing...thank you.** A very big thank you, Emma, from all of us at Take Heart (Derby)

Your donations put to good use.



You have kindly donated money, taken part in raffles and tombola, been sponsored for walks etc. Well, here is where some of the money has been invested. We have purchased a Spiderflash unit for the Cardiac Catheter Suite. Patients wear the device for up to a month, whilst it records heart patterns and enables infrequent events to be detected. This way, a cardiologist can diagnose the issue and prescribe the appropriate medication. This unit has also flagged up



problems patients were not even aware of. An amazing piece of technology. On the same day we presented a "pulse oximeter" to Cardiac Rehabilitation. This tiny piece of equipment can be worn by patients during exercise to record oxygen levels and pulse rate without hauling round some larger equipment. Thank you all for your continued support.

Talking Walking. It is great to walk but we do talk a lot too. Bring your family and friends, even the dog (or your husband) along.

Tortoise walking around Alvaston Park. A report from Dorothy Stevens. In 1910 William Curzon set aside 30 acres of land that had been where his villa had stood, (this has long since vanished) to become Alvaston Park. It opened in 1913, the landscaping



being done by the famous William Baron of Borrowash. A further 5 acres were added in 1923, when construction of the lake was finalised. A small brook fed the lake, but now water levels are maintained by a small pumping station situated by the nearby River Derwent. Before the second World War the park had a paddling pool, tennis courts, a sand pit, a children's playground and boating on the lake. During the war it became a prisoner of war camp

for German and Italian prisoners. After the war a further 61.8 acres was added to be used for playing fields. Today Alvaston park has been brought up to date. It has a BMX track which is capable of holding national events. A bright children's play area, a gym area for adults and a Park Science Garden. So thirteen of us set out for a stroll around Alvaston Park, on a bright sunny morning. After walking along one side of the lake, past where the tennis courts used to stand, we passed a small plantation that David had helped to plant when he worked for the city council. We then came to the riverside path, walking along this path we had an excellent view of the children practicing and having races on the BMX track, the size and design of which was excellent. Having passed this we turned and

passed an area which hopefully when it grows will complement the existing woodland area. Then on to the Science Garden, on the way round we were introduced to four planets, one of which was earth and you could 'sit on top of the world'. We then came to an exhibit to work out big and small, onto the Whispering dishes, this needs one person to stand facing one whispering dish and another person to stand facing the other, you can then talk to each other. Near to the children's playground there was a tall pencil surrounded by a mosaic, this was to do with measuring height. Next was a human sundial where we stood on the a stone to see our shadow mark the time of day. Then we arrived at the adult outdoor gym which gave fun for the fitness fanatics and finally went into the café for well-earned refreshment. Thank you David for another interesting tortoise walk.

Hare & tortoise. A report from Chris Wright. Take Heart's April ambulatory adventure was in the familiar Peak District location of Tissington and Dovedale. A less numerous but still enthusiastic gathering set out from Tissington village in overcast conditions, ascending towards the Tissington Trail. While conditions deteriorated necessitating the donning of rainwear, the going was easy along the old Ashbourne to Buxton track bed. At Alsop station the group climbed up towards Dovedale, descending into it via Nabs Dale. Walking alongside the river several money trees were seen with coins of varying ages pressed into the wood. Lunch was taken on the rocky outcrop above the river. After lunch the route skirted Thorp Cloud passing the rifle range where a shooting club was firing at small targets 500 meters away. The remainder of the route back to Tissington involved crossing several fields where the playful young lambs warily watched before rushing back to the safety of their mums who shared numbers sprayed in blue on their coats. A weary group finally returned to the car park in Tissington after an enjoyable and scenic 6 and a half miles. One of our favourite places, Tissington Hall is home to the FitzHerbert family since 1609 and boasts wonderful paintings, furniture and artefacts, plus a 10 acre garden. It is also famous for its well dressing, which has different designs each year. The boards are soaked in the village pond, plastered with clay, designs are marked before flower petals are applied. The well dressings are then blessed on Ascension Day. This year the dressings will be on display from 29 May to 4 June. Don't miss it.

If you need help getting to the walks, please telephone David Rowe on 01332 767368 or 07890 645645.

Rich, fatty foods are like destiny – they, too, shape our ends.

This month's recipe, Salmon in a parcel with ginger & lime. Another tried, tested and approved recipe, which serves 4.

5cm piece ginger, peeled & thinly sliced	4 x 30 cm sheets baking paper
2 cloves garlic peeled & finely sliced	4 salmon fillets
4 spring onions finely sliced into strips	Juice of 1 lime
1 red chilli finely sliced	1 lime thinly sliced

Preheat the oven to 200C/gas 6. Mix the ginger, garlic, spring onions and chilli together in a bowl. Place each piece of salmon in the centre of a sheet of baking paper and top with a quarter of the mixture. Sprinkle each fillet with lime juice and top with a few slices of lime. Fold the paper over each fillet and tuck the edges in to form a parcel. Place the parcels on a baking tray and bake for 12 – 15 minutes or until cooked to your liking. Serve with a pile of fresh, green, stir-fried vegetables, packed with vitamins to help replenish a stressed body. Let me know how you get on!

Paddy finds a sandwich with two wires stickin' out of it. He phones the police and says "Bejasus, I've found a sandwich dat looks like a bomb." Operator asks "Is it tickin?" "No", says Paddy, "IOi tink its beef!"

Actual call centre conversations. Customer: 'I've been ringing 0800 2100 for two days and can't get through to enquiries, can you help?'. Operator: 'Where did you get that number from, sir?'. Customer: 'It was on the door to the Travel Centre'. Operator: 'Sir, those are our opening hours'. (a case of 'oldtimers' perhaps).

I've learned.... That everyone you meet deserves to be greeted with a smile.

Forthcoming programme.

April.

Saturday 26th Walking back to health - Heatherton Village walk of 3.5 miles, meet in the car park of Hollybrook Way, Derby DE23 3TZ to walk at 10.00 AM.
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.

May.

Saturday 3rd Lincoln Churches tour with the Travel Club Trust. Details from Bob Betchley on 01332 751198.
Wednesday 7th Swimming at the Queens Leisure Centre at 3.15 PM.
Thursday 8th Lunch at The Railway Inn, Cowers Lane, Shottle, Derbyshire DE56 2LF at 12 noon.
Saturday 10th Walking back to health – 🦶 & 🐢 Tutbury, Fauld & Hanbury walk of 9 & 4 miles, meet at car park Monk Street, Tutbury, DE13 9JF, at 9.30 to walk at 10.00 AM .
Monday 12th AGM, with the “Presidents Platform” with our President, Dr Julia Baron at 2.30 PM in the Friends Meeting House, St Helens Street, Derby.
Wednesday 14th Swimming at the Queens Leisure Centre at 3.15 PM.
Wednesday 21st Swimming at the Queens Leisure Centre at 3.15 PM.
Saturday 24th Walking back to health - 🐢 Darley Park Tree Trail of 1.25 miles, meet at the car park off Darley Street, Little Chester, Derby DE22 1DX at 9.30 to walk at 10.00 AM.
Tuesday 27th Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 28th 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.

Affiliated to the British Heart Foundation