

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter April, 2015.

Coffee in the Cube. Wow, 40 hardy souls turned out on a really blustery day to enjoy refreshments at the Cube café/bar in March. It was bit bit more like April as the showers had lashed us for a few days and the wind seemed to be getting stronger. But the Take Hearters are made from sterner stuff and braved the elements to meet with friends and have a natter over a cuppa. There were even bacon butties being consumed (and really tasty they looked too). For once, Michael was not asking anyone for money as he spoke to all members where he could get a word in. Recently joined members were welcomed again and a prospective member came to check us out. Hope we passed the test!



The Explanation at last. Brains of older people are only slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe. Much as a computer struggles as the hard drive gets full, so, too, do humans take longer to access information when their brains are full. Researchers say this slowing down process is not the same as cognitive decline. The human brain works slower in old age, said Dr. Michael Ramscar, but only because we have stored more information over time. The brains of older people do not get weak. On the contrary, they simply know more. Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. That is NOT a memory problem, it is nature's way of making older people do more exercise. SO THERE!! I have more friends I should send this to, but right now I can't remember their names. So, please forward this to your own friends; they may be my friends, too.

Birthdays. Birthday wishes this month go to Joyce Cocking, Lorna Skidmore, Ann Cogley, Trisha Flude, Ian King, Phillip Fitzpatrick, Barbara Cooper, Phillip Robinson, Michael Hill, Ken Illseley, 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 wonderful comments from those who have received birthday cards made by April. If I have missed you, please contact me with your details.

Birthday card maker! After many years of delighting us with her beautifully made birthday cards, April Howe has given notice that she will retire in March 2016. We therefore need someone (or two) to take on this task. If you have these skills, then please contact Michael for an informal chat.

Member news. Amongst members who been unwell recently were Margaret Knifton who is still struggling with her legs, Vic Percival is having further procedures over the coming weeks. Ian Walker has been in a spot of bother recently but is now home to recover. Margaret Smith says she is alright (sort of) now as is Keith Cooper. Wendy Pickering (cardiac nurse) is still unwell. We wish you a speedy relief to all your sufferings. If you are unwell and are not mentioned here, we apologise but we were not advised of your difficulty.

Last night my wife sent me a text saying she was in casualty. I rushed home, watch all 50 minutes of the programme and did not see her at all. I hope she gets back soon – I'm starving!

Popular venue for our lunch group. It can be difficult to guess how many will turn up for our monthly luncheons. It is helpful to the venue to know rough numbers to assist with planning and staffing levels. We booked for 20 at The Swann in Littleover and 32 turned up. No wonder the meals took a while to arrive but that only added to the sense of the occasion. There was a great deal of chatter and we welcomed a new member as well as seeing some we had not seen for a while.



What a fantastic event and no wonder there is such a strong turnout. Great food and even better company.

Once upon a time, long ago, a committee was set up to standardise time measurement. They finally agreed on 365 units for a year but could not agree on a name for the units. After prolonged discussions, they got fed up and decided to call it a day!!!

Did you give up smoking on “No Smoking Day?” More than one in three smokers putting loved ones at risk say the BHF. In an online report they say, *“More than a third of smokers (37%) regularly light-up in the home exposing their loved ones to the dangers of passive smoking, according to our new survey of people who have loved ones that smoke. We've released the statistics on this year's No Smoking Day and are urging smokers to put their families first by attempting to quit, starting today. The survey also found that, despite the health risks of passive smoking, the majority of people are more worried about the health of the smoker (61%) than the effect of passive smoking on their own health (32%). This concern has led to more than half (54%) of loved ones pleading with the smoker in their lives to quit. What's even more surprising, is that more than one in six (18%) are under the misapprehension that opening a window offers them protection from cigarette smoke's harmful effects. Exposure to passive smoke can also influence future behaviours – children who are exposed to smoking in their homes are more than three times likely to smoke than those who are brought up in smoke-free environments. BHF Associate Medical Director, Dr Mike Knapton, commented: “Every week, thousands of children are exposed to passive smoke in enclosed spaces, putting them at greater risk of respiratory infections, asthma, and sudden infant death. Simply opening a window does not protect your children from breathing in harmful chemicals. Smoking is not healthy for smokers or for the people around them. If you're a smoker and looking to quit, reach out to your pharmacist or local stop smoking team on No Smoking Day for information and advice. Join the nearly one million smokers in the UK who are expected to*

quit this No Smoking Day." It makes sense from a health perspective and financially too. Wards at Royal Derby Hospital, your GP or try www.nosmokingday.org.uk. – just ask and we will all be better off.

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. A 4 mile walk around Bretby Park in South Derbyshire - a report by John Heath. The walk started from the car park at Bretby Garden Centre and we numbered 18 'Hare Walkers' and a very excited dog. It seems a fine Spring morning had inspired a good turn-out to shake off winter's cob-webs. At over 400 feet above sea level at this point there was a good view North over the Trent valley towards the Peak District on the horizon. From here the old Willington power station cooling towers were easily visible and the Toyota factory seemed to float like some huge ocean liner in the distant haze. After taking in the view we crossed Bretby Lane into Mount Lane and soon encountered our first obstacle in the form of a high stile. This part of South Derbyshire seems to favour stiles rather than gates and some could do with a bit of TLC or preferably replacing with a gate. After crossing the field on Bretby Mount a



small church soon came into view. The existence of a church in Bretby is first mentioned in 1228, but the present day church dates from around 1878. The name Bretby "dwelling place of the Britons" - is of Danish origin. The first mansion at Bretby was built in the village close to the church by Steven de Segrave in the early part of the 13th Century, it was later crenellated by his grandson John and it became known as Bretby Castle. The Castle was demolished during the reign of James 1st, when permission was granted for a mansion to be built in a newly enclosed park of 600 acres

about half a mile to the south. The ornamental gardens created there by the 2nd Earl of Chesterfield were reputed to have been second only to Versailles. From then on, Bretby Hall was the ancestral home of the Earls of Chesterfield. We left the village to investigate for ourselves what's left of the park and Hall today and were soon on one of the driveways into the park and passing the stables and Philosopher's Wood. Just past the wood is the site where the first Hall was completed in about 1639 and demolished in 1781. The Hall we see today is a quadrangular, castellated mansion built slightly further south and dates from around 1815 but was never completely finished because of the death of the 5th Earl of Chesterfield. In 1861 the estate passed into the hands of the 4th Earl of Carnarvon. It was the 5th Earl of Carnarvon who commenced breaking up the estate during World War I. The main estate was sold to a Swadlincote industrialist, John Downing Wragg and the proceeds helped fund Howard Carter's search for the tomb of Tutankhamen in Egypt in the early 1920s. In 1919, the Hall was sold to Derbyshire County Council and was run as an orthopaedic hospital from 1926. The hospital was taken over by the National Health Service in 1948 and closed in 1997. It was finally sold to a private developer for converting into luxury apartments and suites. On reaching the Hall we turned sharp left into a driveway and then a footpath which avoids the private complex of homes. From here the path went downhill into a valley where a chain of six ornamental lakes were created when the park was laid out in the 17th century. Up-hill and down dale we hoofed it through Hoofies Wood to arrive at the Repton to Hartshorne road by a house called

Noah's Ark. No floods here but plenty of fast traffic to be weary of as we followed the road for about 500 yards before taking to the fields and an uphill footpath which eventually brought us onto Watery Lane and back to Bretby and the Garden Centre. By now it was lunch time so some of us went for lunch in the Garden Centre Restaurant which I think we all agreed was very good and we would recommend it.

Use services wisely. There is such a demand at A & E at Derby Royal Hospital that it is worth keeping the following guidelines in mind. 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.

Old Time Music Hall. We are to showcase an "Old Time Music Hall" event on 13 June at St Nicholas Church Hall, Allestree Lane, Allestree. You will be regally entertained and royally dined. Price for members is £4.00 and for guests £7.00. The evening will commence at 7.00 PM. Tickets are available from Michael on 01332 380219. Book early to avoid disappointment.



April talk. Members were entertained Uncle Michael, a former professional clown. He told us that he had toured for over 20 years, 15 of them as a professional but at 62 years old on the advice of his doctor he retired. He informed us that there are three types of clowns, the circus clown, the white faced clown and the party clown, which is what he is. Before his life as a professional clown he used to work



for the Matlock Mercury, but would put on his clowns outfit to take part in the Matlock carnival. He told us that one day a lady asked him if he could entertain the children at her sons 4th birthday party at a Methodist Church and asked what she would tell the children he was called, this was when he came up with the name Uncle Michael. At the party he decided to jump out and shout hello children, he said he soon learned that this was not a good idea as all you do is frighten the children, another thing he quickly learnt was that children do not like to be sprayed with water, all they want is to feel comfortable. It is always good to get children to come out to the front and make them feel as if they are very clever. Although he didn't feel that he had done very well at the party he soon got other people telephoning him asking if they could book him for their children's party. At this point Uncle Michael showed us how he made two red ping pong balls appear between his fingers but would not divulge how he made three appear. He had everyone laughing with his tale about the phone call he had from someone who lived in a village near Blolsover. They asked him if he would perform at their daughter's party. When he arrived a man came out of the house carrying a pint of beer and said that his daughter didn't want to see him, he said that's fine I can go back where upon the man asked him if he could entertain his friends in the house. He said it was the most unusual afternoon he has ever had, as there were a number of grown men all with pints of beer sitting waiting for him to perform. He did his usual act with the toy puppet and the singing and the men joined in with gusto, there was not a woman or child to be seen. He said that he had decided if ever he had a

call from them again he would not go, but a year later he had another call and didn't feel he could say no but when he arrived the same thing happened and the man at the door asked if he could entertain his friends again. The men asked if he had brought the puppet as they wanted to sing along with it again and as before there was not a woman or child in sight. He told us that he eventually decided to leave his job at the Matlock Mercury and turn professional and was lucky enough to be taken on for the summer by Mrs Pugh to perform at the Heights of Abraham. He showed us two other tricks one with stand up rabbits and the other with a dice.



Uncle Michael has now been retired for 15 months and concentrates his gifts in conducting assemblies in 98 different schools throughout the year ranging from nursery school through to year 11s at Secondary. He uses a variety of visual aids and magic tricks, fun and pictures from the Holy Land to primarily tell stories about Jesus. He has appeared four times on TV and headed "Songs of Praise" when it was filmed in Matlock. He has raised over £12,000 for charity. A fabulously funny afternoon, with someone who clearly enjoyed his vocation.

Next month. It is AGM time once again. We will present the accounts and update you on where we are currently. So as to counteract the 'boring' business bit, many of you will be pleased to have the opportunity of listening to our President, Dr Julia Baron. She will also take your questions and thus you avoid that long wait for an outpatient's appointment. And to top it off, there is no charge to attend this meeting and another opportunity (the very last time) you will be able to sample Joyce's biscuits! Joyce has given notice she is unable to continue this service, which she has performed for many, many years. Thanks for spoiling us Joyce!

Watch out shorty! The BHF have funded research into a possible link between height and heart disease. Published on the BHF website (from which this article is based) and reported in National newspapers this new research at the University of Leicester, has used genetics to show a link between being short and an increased risk of heart disease. The study, led by professor Nilesh Samani, has shown that every 6 cm or 2.5 inch decrease in your height increases your relative risk of coronary heart disease by 13.5%. For example, compared to a 5 feet 6 inch tall person, a 5 feet person has a 32% higher relative risk of coronary heart disease because of their shorter height. Coronary heart disease is single biggest killer in the UK. It is the condition where the arteries that supply blood to the heart muscle (coronary arteries) become narrowed due to fatty material in the walls of the arteries - also called atherosclerosis. If a blood clot forms and breaks away, this can cause a heart attack. BHF medical director Professor Peter Weissberg, said: *"This study does not suggest that short people should be unduly worried about their health or that doctors need to focus on the health of shorter patients – it suggests that some of the genes that determine our height may also have an influence on factors that make us more susceptible to heart disease, for example our blood lipids. Everyone, regardless of their height, should do everything in their power to reduce their risk of future heart disease by eating a healthy diet, exercising regularly and not smoking. Currently available health checks are designed to help you understand what measures you need to take to reduce*

your personal risk.” It does not say what happens if you are taller than 5 feet 6 inches, so I suppose I don't have to be concerned until more research is completed.

Feedback. The following is feedback from last month's Newsletter, *“Thank you for the Newsletter/a good read again even if you included one joke twice/Just to let you know that I have received the news letter/Thankyou for the March newsletter. Copies printed off. Glad to hear my black coffees aren't doing me any harm and may be doing some good. Keep up the good work and keep the jokes coming/I got It/Thanks for the newsletter, always a very good read/I have just read your March newsletter. It was very interesting as always/Enjoyable varied read and enlightening. Keep up the excellent work/Brilliant newsletter, makes me want to join in the walks, got to get Saturdays sorted/Thanks for another entertaining Newsletter. Hope you are well and that Trisha is improving. Thanks too for the 3F's mention, but please note that the venue is URC not CRU/Many thanks for the newsletter, really enjoyed the jokes/Thank you for the newsletter. Very informative/Another good read, thanks/A good read as always/Funny as always however your getting old timers your glasses joke and irony joke was repeated further in the news letter ha ha/Once again a great read. I look forward to this publication every month. Keep up the good work/Thank you as always for a very informative newsletter”.*

Jam Jar Challenge for February 2016. If each home saved just 50p per month, that would be a fantastic £720 for the year. If you could manage to save a little more, you can see the difference it will make. It seems so easy if we all pull together, please help if you can?



Two policemen call their station on the radio. "Hello. Is that the Sarge?" "Yes?" "We have a case here. A woman has shot her husband for stepping on the floor she had just mopped clean." "Have you arrested the woman?" "No sir. The floor is still wet."

Hare & tortoise walk at Wirksworth. A report by Chris Wright. The early April walk was a strenuous trek from Wirksworth to Alport Height and back, described in the guidebook as a 'Little known walk'. After heavy overnight rain the group came well prepared but it was the cold wind which was the concern initially as we left Wirksworth Leisure Centre car park in bright sunshine. A steady climb out of the town eventually provided good views of Wirksworth. As ever there were plenty of opportunities for conversation as a varied series of stiles and gates were navigated. The weather continued to improve with the need for



rain wear being replaced by a collective shedding of outer layers although the wind was still keen in the more exposed spots. At the highest point the telecoms mast on the NT owned Alport Height came into view although it was decided not to visit the viewpoint itself there only being a small trig point on the site. Instead a detour was taken to the

Bear Inn nominally in Alderwasley where welcome liquid refreshment was available for

those needing it and the packed lunches were consumed in a chilly beer garden. Suitably refreshed the route headed past Willetts and Knob farms and then down into a valley with an attractive carpet of wood anemones on the banks of the stream. Another long climb through Wirksworth Moor passing the residence of Richard Kirkland (of Derby Arena fame) ended in Little Bolehill soon after which a panoramic view of Wirksworth nestling in the valley below appeared. The group re-entered the town crossing the bridge over the Ecclesbourne Valley railway on the way followed by the last leg of the walk back to the car park. All agreed this was an excellent walk providing stunning views of familiar landmarks in the Peak District. For more details of walks and to arrange a lift contact David Rowe on 01332 767368 or 07890 645645

Frustration is trying to find your glasses without your glasses.

Day trips! Bob Betchley and his Travel Club Trust are offering a number of trips again during this year. They will be included in the “forthcoming programme” on a monthly basis but here are the trips for this year. 16 May Cromer & Thursford, 13 June Llangollen & canal, 11 July Nantwich & Chester, 15 August Skipton & dales and 12 September Bridgnorth, train & Safari Park. Different prices apply to trips which all depart at 08.00 AM. Contact Bob Betchley on 01332 751198 for details and booking. Bon voyage!

Committee member required to serve from May 2015. Alan Bown has given notice that he is standing down as a committee member at our AGM in May. We therefore seek someone to replace him on our committee. We already have one volunteer but advertise the vacancy for all to consider. Please contact Michael for a confidential discussion.

A minister parked his car in a no-parking zone in a large city because he was short of time and couldn't find a space with a meter. Then he put a note under the windshield wiper that read: "I have circled the block 10 times. If I don't park here, I'll miss my appointment. Forgive us our trespasses." When he returned, he found a citation from a police officer along with this note "I've circled this block for 10 years. If I don't give you a ticket I'll lose my job. Lead us not into temptation."

Anniversary lunch. The Mayor of the City of Derby, Cllr Shiraz Khan, President Dr Julia Baron attended our anniversary lunch last Saturday. Here is a taster of what went on with a full report to be included in May's Newsletter, once we have photography to hand.

I have heard that graffiti is in decline – I suppose the writing was always on the wall!

New members. This month we welcome new member Keith Holmes, John & Kath Lamb, and Olwyn & Chris Mills. We hope you enjoy our company and our events.

Chris Wright. Doug McCarthy has responded to last month's enquiry from Chris, “*I had the pneumonia jab a few years ago in one arm and the flu jab in the other with no side effects. Have found with the flu jab, for me it's very important to be really well*”. That goes for most of us I reckon. Chris Scott wrote in to say “*both Gerry and I had this a couple of years ago when our GP recommended it for all his over 65's. No ill effects and, we are assured, protection for life so long as we carry on with our annual flu jabs. We would advise Chris to go ahead*”. Thank you for your responses and I hope Chris will be able to make an informed decision. Does anyone else have anything to add?



I was at an ATM yesterday when a little old lady asked if I could check her balance, so I pushed her over.

Forthcoming programme.

April.

Wednesday 22nd Swimming at the Queens Leisure Centre at 3.15 PM.
Saturday 25th Walking back to health - 🐢 Hilton walk of 2 miles, meet at car park Willowpitt Lane (A516), Hilton, Derby DE65 5HW. Meet at 9.30 to walk at 10.00 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.

May.

Wednesday 6th Swimming at the Queens Leisure Centre at 3.15 PM.
Saturday 9th Walking back to health – 🐢 & 🐢 Baslow & Curbar Edge walk of 5 miles, meet **at BUBNELL LANE in Baslow.** Meet at 9.30 to walk at 10.00 AM.
Monday 11th AGM, with the “Presidents Platform” from our President, Dr Julia Baron at 2.30 PM in the Friends Meeting House.
Wednesday 13th Swimming at the Queens Leisure Centre at 3.15 PM.
Saturday 16th Travel Trust day trip to Cromer & Thursford. Contact Bob Betchley on 01332 751198 for details and booking.
Tuesday 19th Lunch at The Bridge Inn, Duffield DE56 4BG at 12 noon.
Wednesday 20th Swimming at the Queens Leisure Centre at 3.15 PM.
Tuesday 26th Coffee morning at The Cube café/bar from 10.30 AM.
Wednesday 27th Swimming at the Queens Leisure Centre 3.15 PM.
Saturday 30th Walking back to health - 🐢 Kedleston Hall & Park walk of 2 ¾ miles, meet at Hall car park, Kedleston Road, Derby DE22 5JH at 9.30 to walk at 10.00 AM.

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. Cardiac Rehab Programme at Belper Leisure Centre, Amanda Gowling, 01773 825285 Live Well, phase 4 sessions via Derby City Council 01332 641254 or livewell@derby.gov.uk Seated exercise classes at CRU, Becketwell Lane, Derby. Tel Gwen on 01283 701284

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. BHF Heart Health Line 0300 330 3311, Mon-Fri 9am-5pm, to seek information on heart health.

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 be sent to Marilyn on 01332 558756 along with recommendations for lunch venues.

Affiliated to the British Heart Foundation