

# Take Heart

(Derby)

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

[www.takeheartderby.co.uk](http://www.takeheartderby.co.uk)



## Newsletter August, 2013.

There are more members responding to this Newsletter than previously, which is terrific. Please continue to take part.



Derby  
Heart City

Love our city • Love your heart

**August speaker.** Thirty members attended the meeting where Oliver Sartain-Berry, a Community Fire Safety Officer gave a talk on Safety in the Home. Each member was given a Home Fire Safety Check booklet. Oliver showed members a smoke alarm which was called a Fire Angel, fitted with a battery which lasted for ten years. For those with hearing difficulties, there was a piece of equipment that could be placed under a pillow which would vibrate if smoke was detected. We were instructed of three things to do should a fire should break out in our home. The first was to get out of the front door. Oliver advised people to leave their keys in the door or close to the front door so they can



be easily found in an emergency. If trapped upstairs you should stay in either the front or back room with the door closed and ring for the Fire Brigade. A solid wood door can hold a fire back for around 20 minutes, a fire door for 1 to 1½ hours. The third was to open a window and throw out blankets, quilts and pillows, then to sit on the windowsill and then jump. If children are involved they should always jump first. Oliver informed members that you should never throw a mattress out of the window as this can get wedged, preventing you from escaping. Members were amazed when they were told that they should not lock their windows, Oliver informed them that it was now illegal to fit lockable windows on new houses. We were advised that any open

fires should have a guard around them and that chimneys should be swept twice a year. We were told how dangerous 'T-lights' are as the metal holder can actually melt, so they should be put into a holder that will not burn or they can be floated in water. Electrical fires accounted for a quarter of their call outs, with kitchen fires accounting for half. Chip pan fires should not be dampened by a tea towel, making the towel too wet makes fat explode. Oliver was asked if we should throw a Fire Blanket on the pan, but he explained that you could, but they are better used to put around yourself whilst you get away from the fire. He said that you should also only use a Fire Extinguisher to get you away from a fire, not for you to fight the fire yourself. Members were told that the Fire Service run electric blanket checks and in some cases could replace it with a free fleece blanket. Each member was given a Home Fire Safety Check Request, which they can complete



and send Freepost to the Derbyshire Fire & Rescue Service. A Community Fire Safety Officer will then come out to your home and advise you on home safety, fitting smoke alarms where needed for free. Ours is booked, have you made your appointment?

### **Fantastic effort results in funds for BHF & TH(D).**

Maria Scaife undertook the Derby 10K run earlier this year in honour of her father John and mother-in-law Dorothy. She set herself an ambitious time scale to complete

the run but her financial target was also very ambitious. In the end she achieved both and presented cheques to the BHF (Sophie Jardine)& TH(D) (Trisha Flude) pictured with Maria, of £300 each. That is an astonishing achievement for which we are very grateful. Well done Maria.

**Next month's meeting & EGM.** Our speaker for September will be Dr Kamal Chitkara, M.B., B.S., MRCP, MD, consultant interventional cardiologist at The Royal Derby Hospital. He qualified in 1995 and is Honorary Consultant Interventional Cardiologist at Glenfield Hospital. He will talk to us about: "The Royal Derby Hospital's Heart Attack Centre- two years on". Dr Chitkara is a specialist in ischaemic heart disease, angina, and the prevention of heart attacks. This is a topic that many of you will have first-hand experience of and will therefore be a must for many. I expect many of you will have a question or two that Dr Chitkara will be pleased to answer. At our AGM, Kevin Noon was elected as treasurer but has to stand down due to health reasons. We will therefore hold an Extraordinary General Meeting, for a few minutes to re-elect a Treasurer for the remainder of our financial year. Richard Flatman has kindly volunteered and brings immense experience having carried out this role for several other groups in the past.

**Free health check-up at your GP.** Between the ages of 40 and 74 years, you are all entitled to a free health check-up at your GP surgery. Whilst some of us are not quite in that age range, our children most certainly will be. It is therefore essential for them to take advantage of this facility and make sure they as fit and well as they think they are. It could pay huge dividends for all if lifestyle choices were modified NOW rather than leaving it until it is necessary because of failing health. The Health Check Programme will look at cholesterol levels, blood pressure, diet, lifestyle and activity. Jeremy Hunt, the Health Secretary is determined that we should all have better health standards which will be pursued by public Health England department, under Professor Kevin Fenton. He hopes to save the lives of more than 600 people per annum, who are estimated to have died needlessly. So do it if you fall into the age range and make sure your family also take the plunge.

**Health Tourist – a follow on.** John Dean of the Ashbourne Fund Raising Branch of BHF writes, *"Over the past year or so I have had examinations and tests at both Derby Royal and Glenfield hospitals. At my last meeting with a cardiologist in Derby accompanied by my wife June, he explained the test results – mostly good. Then I asked him if there was anything more he could tell me and he replied "You must listen to your wife". My response was "Don't you think that is going a bit too far?" He repeated, "No, you must listen to your wife". Naturally June agreed wholeheartedly with him but what would your readers have said? I suspect the answers would depend 100% on gender."* What do you say to that?

**The Digital Revolution!** Would you believe it! It seems that the major change of new bandwidths and channel allocations was further updated in early July. It appears that digital TV is just like road repairs, lay a new surface and a few days later someone digs it because something was forgotten. Well, so as to retrieve East Midlands channels, we were at the mercy of the aerial men who relieved us of a further £50 plus. Did the new channel affect you're TV? Ann Qaudri writes with some advice *"We have a Sony television. When the image becomes distorted I generally manage to do digital retuning using this method which works for us, using the remote. Near the top of the remote there are 2 large circles, one inside the other. The inner circle has a + sign on it and in the outer circle there are 4 arrows, one at each quarter, pointing outwards in different directions. 1. Press "MENU" on the remote. 2. Use the downward pointing arrow to select SETTINGS. Press the + sign in the inner circle.*

3. Use the downward arrow to get to the bottom square which has a "D" and an upward pointing arrow. 4. Use right hand arrow and take it down to "digital set up". 5. Select the spanner in the left hand column by using the upward pointing arrow. 6. Select "digital auto tuning" with the right hand arrow, Press the + sign in the inner circle twice. A window comes up with "searching". Allow the scan to finish. A notice comes up "Auto tuning is successfully finished". Press MENU to return to the TV picture. I hope this method will work for the other members and save them having to pay for an engineer to sort out the problem. We only have one television set, so I don't know what happens when people have several TV sets." Thank you Ann. Julia Backhouse writes "At the moment all the TV's are tuned into East Midlands To-day ! I think we may have needed a second visit from the TV firm because somebody ..... (and it wasn't me )..... changed the aerial cable after the first visit without saying anything !!! Now I am totally de-stressed because I won't have to re-tune until 2018". Noel Clough wrote, saying "When digital broadcasts first started I had a new antenna fitted and it picked up the West Midlands channel. I was stuck with this until I changed to a flat screen television. Now my channel 1 is tuned to BBC West Midlands but if I want to watch the East Midlands channel I simply change to to channel 807. This I use to watch the East Midlands news after the national news at 6.30." This is certainly a subject we can all relate too but watch out, Film 4 is moving from channel 15 shortly, so it is retune time again soon! Egh!!!

**Coffee in a Cube!** Another great attendance on 30 July, we forgot to do an actual count but David did a reckoning that there were around 45 again, fantastic, thank you for coming to see us. There was great jubilation with another new member joining during the morning (Graham Watson) and a possible new member who's name I couldn't possibly reveal (are you there Jim)? We also welcomed Terrina Girling attending her first visit with us. Great to see you all. The gathering, after much chatter, eventually dispersed at around 12.30. But what was afoot at the discussion around this table? Watch out chaps! See you all again on 27 August.



**Who cooks Sunday lunch in your household.** Now come on, own up. No matter who it is, give them a Sunday treat on 22 September and join us for a Grand Banquet & Auction at The Viceroy, Indian Cuisine Restaurant, Duffield at noon. There will be a 4 course Indian banquet plus tea/coffee (vegetarian or English meal option), followed by an auction of a vast array of very valuable items. Your ticket will have a number on it which allows for a free raffle prize, so make sure you bring it with you. Profits will be split equally with the BHF Mending Broken Hearts Appeal & Take Heart (Derby). To book, contact Trisha, Michael or Sophie Jardine. A limited number of places are available, so book early to avoid disappointment.

**I blame it on the anaesthetic!** Another topic that captured the imagination. Many of us recall using the phrase as an excuse for the verbal hesitations. "It was a very interesting yet alarming article in the Mail about the effects of general anaesthetic. I had open heart surgery in September and a hip replacement op. in December. I noticed my husband's memory lapses were worse than mine and he hadn't had surgery! I think that worry, stress and being tired could definitely have some effect on memory," writes Julia. "I recall not being able to recall anything for months after my op..." says Janet, "but my husband said he had not noticed any difference". (the names have been changed to protect the guilty).

**Duz tha speak Yorkshire?** A Yorkshire man takes his cat to the vet. Yorkshireman: "Ayup, lad, I need to talk to thee about me cat." Vet: "Is it a tom?" Yorkshireman: "Nay, I've browt it wi me."

**Member news.** Since the last Newsletter was published, we have learnt that several members have been ill. Betty Hassell is suffering following a fall, Trisha Flude has had a further heart event, Paul Riley is uncertain what happens next, Desiree Day is still unwell. We wish you all speedy recovery and hope to see you again very soon. If you are unwell and not mentioned here, we apologise but we were not told of your difficulty.

**New members.** This month we welcome Julia Ann, Trevor & Martin Wilkinson, Beverley, Ruben and Lorraine Dudsbury, Alan & Irene Bown and Graham & Brenda Watson to our group and wish them well and hope you enjoy as many of our events as possible.

**Birthdays.** Birthday wishes in August go to Marjorie Pate, Debbie Wright, Peter Stevens, Alan Merrigold, Pearl Fitzpatric, Bill Jeffery-Walker, Steve Wheelden, Helen Blackburn, Ronald Wright, Phillip Thompson, Geoff Hinks, Jean Eastwood, Julia Ann Wilkinson, Jayne Wilkie, Rod Starbuck Barrie Birkin and Michael Flude. Happy birthday to all of us. We continue to receive thanks from those who have received birthday cards made by April Howe. Wedding anniversary celebrations Ken & Molly Ilsley and Ian and Ann King. Congratulations to you all, have a great celebration.

**JACK (age 3)** was watching his Mum breast-feeding his new baby sister... After a while he asked: 'Mum why have you got two? Is one for hot and one for cold milk?'

**Derby Hospitals Talks.** Learn something new at Derby Hospitals, who regularly hold talks on various medical conditions. These popular events are called 'Medicine for members of RDH talks' and are aimed at informing the public about hospital services in an informal setting. The next talk is: 24 September - Kidney disease. Everyone is welcome to go along and enjoy refreshments from 5.30pm - talks start at 6pm and are held in the Education Centre, Royal Derby Hospital. Pre-booking is required email to Derby Hospitals or call 01332 786896. Why not become a member of the Trust and keep up to date about what's happening at your hospital. Membership is free - use the contacts above to find out more.

**Swimming.** . Eleven dived into the warm waters of the Family Pool during the first week of the school holiday period. Lots of fun, splashing around but many lengths undertaken by the serious mob, too. 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!



**A schoolgirl joke!** A certain little girl, when asked her name, would reply, "I'm Mr. Sugarbrown's daughter." Her mother told her this was wrong, she must say, "I'm Jane Sugarbrown." The Vicar spoke to her in Sunday School, and said, "Aren't you Mr. Sugarbrown's daughter?" She replied, "I thought I was, but mother says I'm not."

**August luncheon.** A change of venue will see us revisit the Crewe & Harpur at Swakestone Bridge. A great location and 2 meals for the price of one (main course only).

**New heart attack guidance should improve care for patients.** Well this article has certainly caused some comment. Chris Wright writes "*I'm somewhat surprised about the new NICE guidelines suggesting we don't need to eat oily fish anymore! It was made very clear to us at the cardiac rehab sessions that we should! I hope it is not harmful as I've*

been striving to eat at least 3 portions a week as instructed. Also what exactly is a 'Mediterranean diet'? I hope the dietary recommendations do not change too much. Next thing we'll be told we can't drink real ale!" We have requested additional guidance and will let you know when we receive a response. In the meantime it is back to your GP practice.

**Water!** Carsington Water is now below 90% of capacity but there is no need to panic, say Seven Trent Water. In a conversation with Michael, a spokesman said "Just be careful with this precious resource. Do not leave sprinklers on overnight and don't worry about lawns, they will recover when rain returns". It costs us money to turn our hose pipes on so do not overdo it. The deluge of rain on 22/23 and 28 July will have helped your garden and the overall water levels at our local reservoirs (unless we had the wrong kind of water, that is). A recent report from Severn Trent suggests they need to increase their capacity by an additional 75 million litres of water per day (currently 45 million litres per day). That is a lot of water, just think of the water bill coming your way soon.

**One summer evening** during a violent thunderstorm a mother was tucking her son into bed. She was about to turn off the light when he asked with a tremor in his voice, 'Mummy, will you sleep with me tonight?' The mother smiled and gave him a reassuring hug. 'I can't dear,' she said. 'I have to sleep in Daddy's room.' A long silence was broken at last by his shaky little voice: 'The big sissy.'

**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. Who else is with me on this, please?



**A cure for high blood pressure?** Research, part funded by the BHF, has suggested that there may be a cure for thousands with high blood pressure. Cambridge University have identified a condition caused by tiny tumours of the adrenal gland, a hormone-producing organ on top of the kidney. The treatment requires a £15 blood test as it is not available on the NHS at this stage. Once detected, keyhole surgery will remove the tumours. It would, in turn, mean an end to life-long blood pressure drugs and reduce the odds of heart attacks, strokes and other potentially fatal conditions. It is estimated that 10,000 men and women (and here's the catch) in their twenties and thirties could benefit each year. Whilst it is possible to carry out this procedure on older people, it is less successful because of years of high blood pressure have taken their toll the body. Professor Jeremy Pearson, of the BHF says, 'This is an exciting development, as this group of patients can be completely cured of high blood pressure.' So pass this information to your family, there is hope for their future without pills. More details can be found at <http://www.bhf.org.uk/media/news-from-the-bhf/curable-blood-pressure.aspx>.

**A cannibal** is walking in the jungle and stumbles on a cannibal run restaurant. He sits down and looks at the menu the waiter brings him. Baked tourist £5. Broiled missionary £10. Fried explorer £15. Grilled politician £100. The cannibal called the waiter over and asked him why the politician was so expensive. The cook overheard the question and said;- "have you ever tried to clean one, they're so full of \*\*\*\*, it takes all day to clean them out!"

**Talking Walking.** On the road to a longer life. 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 beautiful Derbyshire countryside.

**Hare (it is NOT a fast walk but a LONGER walk) & 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. Historic and very scenic Melbourne was the location for our latest hare & tortoise walk at the beginning of August. An amazing turn-out of 21 members, including a few potential members, made a truly convivial occasion of our latest combined walk.



Fifteen undertook the long walk which followed the former rail line axed by Dr Beaching, back in the sixties. It took in Breeden Church, perched on high, with terrific views for miles around. Then back to the tea rooms at Melbourne Hall for some well earned refreshment.



**Tortoise walking.** Last month we showed a picture of a wedding car and asked if anyone knew what it was. Robert Jones responded *"It is a Beauford. It is a kit car that has been around for some years now. It may go back to the late 70s even. It actually uses a number of parts from the original mini. The doors, for example, are surprisingly small for quite a big car. Most of them use a Ford engine and from memory I think a Ford chassis. I know a number have been used as wedding cars."* He is quite correct of course, thanks Robert.

Historic Tutbury was the meeting point for TWENTY members on the latest tortoise walk.



A fantastic turn out, where the temperature dropped a few degrees and the cloud protected us from the harsh sun of late. We split into 2 groups, one heading uphill and the others along a more level route. We had two former local ladies amongst our number, who both provided a huge amount of background information, adding lots of interest to our walk. There was obviously the castle ruins, the "living wall" in front of the Nestle factory and the old railway supports across the river Dove. Janet can be seen with one foot in Derbyshire and another in Staffordshire. We all met at the appropriately named "Chatter Box" café, to continue our habit of talking. See what you missed. A wonderful way to spend a couple of hours. All this history and health – terrific stuff.

**If you need help getting to the walks** telephone David Rowe on 01332 767368.

**Carers Forum.** Following success of the Cardiac Rehabilitation Patient Carer forum last October, the cardiac rehabilitation team are to hold another event again this year on 15 October 2013. There will be display tables in the reception area, with resuscitation demonstrations and a seated question and answer session in the gym. Cardiac



Rehabilitation is to be found on Level 0 of the Royal Derby Hospital and will start at 1.00 PM. We hope you can attend.

**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 July's edition: *"Thank you for this month's Newsletter. As always it's a joy to read/Thanks for the usual entertaining and informative newsletter/Thanks for your newsletter which was interesting as always/Thanks for the newsletter - of course I went straight to the bit about coffee. I was wondering if you could tell me what paper the quote from Peter Rogers came from and what he means by 'not helpful'? I found this section a little confusing but it may be the result of my pregnancy brain/Thank you for a very interesting newsletter. Your efforts are much appreciated and looked forward to/Another interesting read via email. We liked your posers, this time two, which we think we have the answers/ Thank you for a very interesting, amusing and informative newsletter"* Our Newsletter is now viewed on iPad by member John Heath, who enjoys reading it wherever he travels – wow. John says *"it is fabulous, I can dip in and out of it whenever I choose. It is a great read"*. 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.

**A little girl** asked her mother, 'Can I go outside and play with the boys?' Her mother replied, 'No, you can't play with the boys, they're too rough.' The little girl thought about it for a few moments and asked, 'If I can find a smooth one, can I play with him?'

**Gardening.** A report from Pat Fitton. By now many gardeners will be enjoying the fruits of their labours. Tomatoes are ripening beautifully and courgettes are cropping well. Home-grown peas, beans and potatoes etc. are gracing our dinner tables and summer flowers are providing us with colour and texture and much pleasure. To keep your bedding plants flowering well into the autumn keep them well fed and watered and keep a up a continuous programme of dead-heading. Many spring and early flowering plants are past their best now; cut them down to give the plant a chance to regenerate for next year. Remove flower heads from bush roses as soon as the flowers fade and the petals turn brown. Hybrid tea roses produce a single flower on a stem, just snap these off rather than pruning them back. This will encourage them to re-flower more quickly. Prune lavender as soon as the flowers have lost their colour. Cut down the stems that have bloomed making sure that you leave some green growth on each shoot. Take care not to cut down into the old brown wood because lavender does not usually make new growth from old stems. Vine weevils are active at the moment, laying their eggs round the stems of young plants growing in a nice soft soil. Later these eggs will hatch into grubs that feed upon the roots of the plants, thus killing them. Water vulnerable plants with a proprietary vine weevil killer or you use nematodes, which are a natural parasite and which are fine to use on both edible and ornamental plants. Feed plants in hanging baskets and tubs weekly with a high potash feed to boost flowering. Add the feed to your watering can, but keep off leaves as this encourages fungal disease, which can reduce the plants vigour and flowering capacity. Finally keep the hoe moving, weeds grow all too easily and quickly at this time of year. A gardeners work is never done - but it is worth it!

**Change of venue for lunches.** For a variety of reasons we are changing the venue of our lunches in August and November. August will see us return to the Crewe & Harpur at Swarkestone Bridge, a popular 2 meals for the price of 1 pub on the banks of the River Trent. November will be a trip to The Lawns, High Street, Chellaston. Both will be at the normal time. Change your diary NOW!!

**The poser for July.** Which country makes Panama hats? Sue Robinson was the first to respond correctly - Ecuador.

**August poser.** In which month do Russians celebrate the October Revolution?

**I've learned....** That it's those small daily happenings that make life so spectacular.

### **Forthcoming programme.**

#### **August.**

Wednesday 21<sup>st</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Friday 23<sup>rd</sup> **CHANGE OF VENUE** Lunch at Crewe & Harpur, Swarkestone Bridge, Derby DE73 7JA at 12 noon. 2 for 1 meals at this popular pub.

Saturday 24<sup>th</sup> Walking back to health - 🐢 Carsington Reservoir walk of 2 miles. Meet at Sheepwash (free) car park at 9.30 to walk at 10.00 AM.

Tuesday 27<sup>th</sup> Coffee morning at The Cube café/bar from 10.30 AM.

Wednesday 28<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

#### **September.**

Wednesday 4<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Monday 9<sup>th</sup> Dr Kamal Chitkara, cardiologist of the Royal Derby Hospital, will bring us up to date with "RDH Heart Attack Centre – 2 years on" at 2.30 PM at the Friends Meeting House.

Wednesday 11<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 14<sup>th</sup> Walking back to health – 🐢 & 🐢 Hartington walk of 6 miles (2.5 for the toroise walkers). Meet at the Village Pond and park on the roadside at 9.30 to walk at 10.00 AM.

Tuesday 17<sup>th</sup> Lunch at The Great Northern, Station Road, Mickleover, Derby DE3 9TB at 12 noon.

Wednesday 18<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 21<sup>st</sup> Walking back to health - 🐢 Spondon walk of 4 miles. Meet at the Sitwell Street car park at 9.30 to walk at 10.00 AM.

Sunday 22<sup>nd</sup> Grand banquet & auction at Viceroy, Duffield. £20 per person via Michael & Trisha. 12 noon to eat at 12.30 PM.

Tuesday 24<sup>th</sup> Coffee morning at The Cube café/bar from 10.30 AM.

Wednesday 25<sup>th</sup> 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](mailto:michael.flude@takeheartderby.co.uk). Items for the newsletter should

be sent to Michael, information about publications to Marilyn on 01332 558756.