

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter December 2010.

A happy band of 27 Take Heart members met for a Christmas Lunch at Littleover Lodge Hotel on Thursday December 8th. The company, food and ambience were all excellent, and a good time was had by all. We had a raffle which raised £40 for Take Heart funds and all went home with the feeling that though we may still have much to do before the big day, the Christmas spirit was beginning to take hold. Our thanks must go to Joyce who always organises such an excellent and hitch free meal.



Many of you will be receiving new calendars and diaries for Christmas. **Make our January events your first entries. Make a New Year resolution.** Be a regular attendee at some of the Take Heart functions in 2011!

January 10th. Our first meeting at the Friends Meeting House, when our speaker will be Maurice Elliott from the Remap Project, telling us about the inspirational people using ingenuity and skills to help people with disabilities to achieve independence.

January 15th. A New Year walk, organised by David Rowe and Noel Clough, from Stenson Bubble to the new Willington marina and back. Registration is from 9.30 with the walk starting at 10.00 AM.

January 25th. Coffee morning at that Derby Cathedral coffee-shop.

On November 23rd, several of us were invited to the Royal Derby Hospital to see a demonstration of the new 3 D echocardiogram machine. It was bought for £107,000 by the British Heart Foundation with funds (helped in a small way by Take Heart) raised by the Heart of Derby Appeal. What an amazing machine it is!



Dr Stephen Burn demonstrated the machine using a fit young man (I would have liked to have seen a contrasting demo using someone with heart disease). Projected on to a big screen, we could see the heart beating, the valves opening and closing, and the blood flowing through. The images can be rotated or "sliced up" to look at certain specific areas of the heart. How much easier and more accurate it must be to make a positive diagnosis with this machine than it was a few years ago. The appeal also paid for a £20,500 Toe probe which goes down patients' throats and takes pictures of the heart. The equipment will help to diagnose some of the 8.500 heart

patients who visit Derby's hospitals each year. The Royal Derby Hospital department which carries out Heart Examinations is one the best in the country, according to official accreditation. Now it has become one of only three hospital departments to be given advanced accreditation by the British

Society of an Echocardiography. It praised the "excellent range of ultrasound" tests and enthusiastic staff. I think we heart patients are in good hands!

Swimming.

I have just had a message from Derek to say that the next swimming session should be on Wednesday 12th January, but that it would be best to check with the baths before going because the roof is being repaired and the contractors may not have finished.

Birthdays and anniversaries.

Noel Clough celebrates his birthday at Christmas and, in answer to Michael's question, he assures us that he does have separate presents and celebrations. Jean Percival and David Howe celebrate their birthdays in January. Pat and Eric Ward celebrate their Wedding Anniversary. We send them all our best wishes and hope that they all have a very happy day.

And so we end our last Newsletter for 2010. The year has seen Take Heart (Derby) going forward to face new challenges in 2011.

This year we have all worked hard to give Take Heart a more modern image with a new logo, new promotional leaflets and a revamped website.

Much effort has been put in to introduce a wider public to our activities. Our leaflets can now be found in almost every surgery, clinic, library and chemists and they can even be found in one hairdressing salon in Mickleover!

Talks to the rehab people continued and our membership has increased. Sadly we have lost some of our long-standing members and our thoughts go out to their families, especially at this time of year.

April has continued to organise our very successful coffee mornings. Here 20 or so of us regularly meet for coffee and a gossip, it's always a very happy and convivial occasion. If you haven't tried it and do come along, you will be assured of a very warm welcome.

Marilyn has worked hard to provide us with some very interesting and diverse speakers and Michael and Trisha have worked hard to promote Take Heart and to raise some funds by running book sales at the Royal Derby Hospital.

Now we must look forward to the New Year and in some ways new beginnings. To start with we have a new venue for our monthly meetings, the Friends' Meeting House in St Helen's Street. We were aware that some of you were not entirely happy with the room at the Central Library, though it was central and on a bus route. Michael and Marilyn searched far and wide to find a venue that is accessible and at a price we could afford. One well known hotel offered us a room for £120 for two hours, with tea/coffee provided at £2.50 per person!

We could have had a room at the Royal Derby Hospital, for free, but then you would have had to pay for parking (if you could find a spot).

So please do come along and give the Friends' Meeting House a try. We do try very hard to accommodate all your wishes and requirements, it is on a bus route, it is near to Chapel Street car park and there is limited, metered parking nearby.

The first of our walks also starts in January, come along and give that a try too, with our new leaders Noel Clough and David Rowe. Bring your family, friends and the dog and make it a fun morning out, having some healthy exercise at the same time.

There will be many more interesting things to come to an in the following months.

So, may your committee, Michael and Trisha Flude, Joyce Cocking, Marilyn Thompson, April Howe, Betty Hassall, Noreen Shepherdson, Les Tibbles, Derek Skidmore and myself, Pat Fitton, take this opportunity of wishing you all much happiness at Christmas and may 2011 bring you good health, contentment and peace.