

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter December, 2012.

Thanks to all who send articles and who contribute in debates to make the Newsletter more interesting. We hope you all appreciate and enjoy each edition.



Derby
Heart City

Love our city • Love your heart

Christmas Luncheon. Well, what can I say! Others said it for me on this occasion “*What a splendid luncheon/marvellous lunch/ best I have been to since I joined 3 years ago/A terrific atmosphere again, thank you/it was lovely to see so many of my older friends/can we have another one in January/thanks for all the good work you are doing*”. There were 42 guests (but 3 were absent through illness) at the slightly later time of 1.00 PM. At first there was a problem parking but the ‘maitre de’ sorted us out and making comments about “lady drivers”. The meals



were tasty and eventually there was sufficient vegetables which were properly cooked this year. As has become the norm – the atmosphere was fabulous. Our President, Julia Baron attended, along with Sophie Jardine from the British Heart Foundation. Regrettably Julia had to leave before the

meal was finished but it did allow everyone to choose their sweet course without her making notes. Our thanks must go to Barbara Rowe for organising this very special annual celebration – well done Barbara.

Our first “talk” for 2013. – a note from Marilyn. Our next meeting at The Friends Meeting House will teach you the skills you need to “Save A Life”, and will be on 14 January 2013. We will be taught to recognise the warning signs of a heart attack, deal with someone who is unconscious and know what to do when someone collapses. We will be taught cardiopulmonary resuscitation (CPR) where breathing has stopped or a heart has stopped pumping. Better listen to the Bee Gee’s record “Stayin’ Alive”. You never know when this skill will be helpful but it could mean the saving of a life. So a good resolution to make at the beginning of another year would be to turn up and learn and maybe help save the life of a loved one or even a total stranger. Bring family and friends, everyone is welcome.

Coffee in a Cube! Only one more coffee morning before Christmas and don’t forget it’s on the Tuesday before Christmas (that’s the 18th December).

Meanwhile in November 41 turned up and a splendid time was had by all. The new Programme of Events for 2013 was distributed during the morning, along with a free pocket diary. There was the usual chat and banter, and much talk about the recent flooding and about the forthcoming festive season.



No wonder it was 12.30 before we left. Great fun for all, see you next time but remember it is on the Tuesday BEFORE Christmas, on 18th December!

Membership. This month we have been joined by Phillip & Wendy Thompson, Betty Gilligan and Barbara Bannister. We enter 2013 with 212 members. Welcome to you all and we hope to see you at our many events. Register your family and friends so that they can see the good work that you do, first hand. It could also make it easier to keep in touch with some of you who are not on email and who we do not see very often. Thankfully many of those members reported as being unwell in last month's Newsletter are on the road to recovery but it is with much sadness that we report Ken Evans and Jean Merigold have passed away.

Annual Fees. Yes, I am afraid it is that time of year again when we remind you that membership subscriptions for 2013 are due in January. You will recall that we notified you of an increase in the minimum donation to £7.50 per dwelling. You can always send more if you feel able, others send books of stamps as well which also helps. This year you have received an impressive calendar for the forthcoming year and pocket diaries into the bargain. Our Programme for 2013 will give you the detail connected to the logo within the date section of the calendar. This must represent the best value membership anywhere in Derbyshire. There will be a need to continue our fundraising efforts so as to allow us to do all the many things we undertake each year. 2013 will also see Take Heart (Derby) continue at the forefront of Derby – Heart City. Please send your donations to our Treasurer Mrs A Howe, 80 Penzance Road, Alvaston, Derby, DE24 0NJ making the your cheque payable to Take Heart (Derby). Thank you.

Birthdays. Birthday wishes for December go to Geoff Sykes, Maureen & Paul Mole, Noel Clough, Fred Evans, Ken Evans, Brenda Twells, Rita Hancock, Annie McCulloch, Neil Day, Sue Walker, Julie Cooper, Noreen Shepherdson, Alexander Stewart, Carol Dovaston, Cynthia Bland and John Smith. What a lot of Christmas birthdays, I do hope your family and friends help to keep the two events separate, at least you will receive a card from TH(D) to help you celebrate. Happy birthday to one and all. Ken & Nora Evans celebrate their wedding anniversary this month. Many congratulations to you.

To make sure we do not miss your birthday get in touch with Michael or April.

2013 Calendar. Everyone has now received the calendar. You can send them to family and friends as a stocking filler for Christmas by contacting David Rowe on 01332 767368 to order additional copies, priced at £4.00 each. We are receiving good feedback about it. *"I've also received the calendar, which is delightful. Lovely photos and the fact that they were all taken by members on TH(D) walks proves that having a heart condition doesn't put an end to enjoying the outdoors."* You will notice the TH(D) logo appearing against dates for each month, which means there is an event taking place on that day, you will have to wait for the programme to be printed, read the last page of the Newsletter or refer to the web site for further details.



Pocket diaries. These are now available via Michael.

Do you have an email address? If you have an email address, we can forward your monthly Newsletter and other urgent information straight to your inbox or that of your family. Newsletters and other important messages do not have to wait until following month to reach you. The e-edition is also in full colour and helps to add impact. Several members have recently advised Michael of the email address and will now benefit from a speedier service. So could you. Please send details to Michael at michael.flude@takeheartderby.co.uk.

Heart Mark. You are aware of Derby being a Heart City. In January, the BHF, Derby City Council and Derby City NHS are to launch Heart Mark. This is an initiative launched through 96 Derby City Schools in conjunction with the existing health projects already undertaken. It gives a renewed focus on children understanding the choices available about healthy eating and exercise. Children have incredible "nagging" power and it is to

be hoped they can influence their parents food shopping. Various standards have been set and each school will be assessed and awarded 'Heart Marks'. The children are very committed and encouraged by this new initiative – so watch out all you parents!

Something for Christmas. (Read down column one and then down column two).

I have a little Satnav It sits there in my car A Satnav is a driver's friend It tells you where you are	It seems to know instinctively Just when to intervene
I have a little Satnav I've had it all my life It does more than the normal one My Satnav is my wife	It lists the vehicles just in front It lists those to the rear And taking this into account It specifies my gear
It gives me full instructions On exactly how to drive "It's thirty miles an hour" it says "And you're doing thirty five"	I'm sure no other driver Has so helpful a device For when we leave and lock the car It still gives its advice
It tells me when to stop and start And when to use the brake And tells me that it's never ever Safe to overtake	It fills me up with counselling Each journey's pretty fraught So why don't I exchange it And get a quieter sort?
It tells me when a light is red And when it goes to green	Ah well, you see, it cleans the house Makes sure I'm properly fed It washes all my shirts and things And - keeps me warm in bed!

Keeping warm and safe this winter. Here are a few tips to help:

Close curtains and blinds at dusk (do not cover up radiators).

Turn down the thermostat 1 degree to cut 10% off your heating bill.

Take a shower rather than a bath, it uses 40% less water.

If you bathe, than do not overfill the bath.

Turn off lights when you leave the room.

Check immersion heater temperature setting – 60C or 140F is ideal.

Do not leave appliances on standby.

Use washing machine on economy setting or when it is full.

Only boil enough water in the kettle for your immediate need.

Use a microwave for cooking small items.

De-scale electric kettles regularly, it takes more energy to boil the same amount of water.

Check insulation levels in the loft – 270mm (10.5 inches is recommended).

Cavity insulation is one of the most cost effective energy efficient measures you can take.

Lag cold water pipes in the loft.

Ensure the hot water cylinder is completely enclosed with lagging.

You do not need to attend a GP surgery if you have a cold. Keep warm and drink plenty of water to avoid dehydration.

Use the Drop-In Centre on Osmaston Road or call 111 if it's less urgent than 999.

Your pharmacist can advise about medication and over the counter remedies.

Ensure you have repeat prescriptions requested in plenty of time to avoid bank holiday closures.

Check the opening times of local walk in centres before the festive season gets underway.

Eat healthily.

Make sure you have your flu jab.

Consider having the Pneumococcal Vaccination to prevent pneumonia infection. The injection can be given at any time and usually is required only once in a lifetime.

DO NOT BLOCK VENTILLATION COVERS.

Flu jab! Senior Cardiac Nurse at the BHF, Ellen Mason, said, *“It’s still unclear why the flu jab may hold extra heart health benefits. What is crystal clear is that the vaccine is hugely important to many people including those with heart disease.”* Remember, it is not only yourself that you protect but all your family and friends you come into contact with. It is essential you give yourself a chance, so if you have not had your flu jab, then get moving!

Transport for the Elderly. The WRVS will start running a new bus service to help elderly people get out and about. It can help get you to the shops and to hospital appointments for those who are isolated within the County of Derbyshire. Funding has come from the Peoples Health Trust. For information telephone 0845 600 5885 or www.wrvs.org.uk.

Luncheon. What a day to attend our November luncheon. TWENTY FOUR members turned up at the Broadway pub, they were expecting 12. They were a bit overwhelmed by



us and they struggled to serve us very promptly but it did not seem to matter. There was that lovely feeling and openness which has come to typify our events over recent months. We enjoy meeting and socialising together and that helps with our confidence to continue our life with enthusiasm. The



conviviality of the company was tremendous. The food was not bad either, especially that chocolate scrummy pudding but quite how the waitress managed to sort out so many separate bills for all,

I am not sure – I hope she got it right. Do you need a lift to the lunches? Phone Michael.

Forgotten A Christmas Present? One day a father gets out of work and on his way home he suddenly remembers his daughter's Christmas present. He pulls over to a Toy Shop and asks the sales person, 'How much for one of those Barbie's in the display window?' The salesperson answers, 'Which one do you mean, Sir? We have: Work Out Barbie for £19.95, Shopping Barbie for £19.95, Beach Barbie for £19.95, Disco Barbie for £19.95, Ballerina Barbie for £19.95, Astronaut Barbie for £19.95, Skater Barbie for £19.95, and Divorced Barbie for £265.95'. The amazed father asks: 'It's what?! Why is the Divorced Barbie £265.95 and the others only £19.95?' The annoyed salesperson rolls her eyes, sighs, and answers: 'Sir..., Divorced Barbie comes with: Ken's Car, Ken's House, Ken's Boat, Ken's Furniture, Ken's Computer, Ken's holiday apartment and one of Ken's Friends.'

Grapefruit. Most of you know that grapefruit/juice is not one of your seven-a-day options. It contains a compound, furanocoumarin, that prevents the enzymes in the intestine from working properly. This in turn leads to more medication being absorbed, effectively doubling or tripling the dose of your medication in some cases. Dr David Bailey of the Lawson Health Research Institute in London, Ontario said there had been a marked increase in prescription drugs that interact with grapefruit. “Many of the drugs interact with grapefruit are highly prescribed and are essential for the treatment of common medical conditions. The number of drugs which interact adversely with grapefruit has risen from 17 to 43 during the past four-years.” There are now 85 such drugs, including statins, antibiotics, antidepressants and drugs used following a transplant. Consult your GP just to make sure you safe.

YOUR story of heart illness & Recovery. Michael would like to hear your story and how you overcame your heart difficulties and what you enjoy about Take Heart (Derby). Write to him at Willowbrook or via email. A few have been submitted for which Michael is very grateful. He will write them up in a manner so as not to identify the individual and hold them on file.

There are opportunities occasionally, to gain publicity for health issues and for Take Heart (Derby) via local press, radio and sometimes even television. Nothing will be passed on without your consent but it will help us to point journalists in the right direction. Help by passing your story to Michael.

Bad temper? Every time I lose my temper, I keep finding it!

Stoptober/Movember. Did anyone stop smoking during October? If you did, you forgot to tell Michael. There also was evidence that some gentlemen were sporting a hairy chin/top lip during November. If this was you, did you make lots of money for charity? Let Michael know about your success.

Technological Guinea Pig. One of the interesting aspects of being a volunteer patient, writes Marilyn Thompson, is getting to use new equipment. A £350 Amplified Bluetooth Electronic Stethoscope linked to a computer was so sensitive, it picked up “rumbling tummy syndrome”. With the ability for them to be linked together, it meant that ALL the students could hear strange noises masking those they were expecting to hear.

Talking Walking. Bring your family and friends to enjoy a great social occasion, join the fun which is good for all of us and get great exercise in the fresh air. A wonderful way to spend 2 hours, no wonder we call it a tortoise walk!

The Tissington Trail was the scene of our tortoise walk in November and yes, there was a lot of talking once again. Ten walkers, including three experienced walkers joining us for the first time, set off uphill to the north of Tissington. The weather was much better than it had been in Derby at the beginning of the day. The fog and frost did not seem apparent in Tissington. Eventually, there was a downhill section and then turning onto the former rail line and a hard surface to walk on. Having returned to the village, most walkers bought sweets from the historic sweet shop and then retired to the village café for refreshments (and yes, more talking).



Carsington Water. A week later six of us set off on the annual Carsington Water tortoise walk. The day had started with fog and rain (which possibly put off some from venturing out) but by the time we arrived at Carsington, the weather had brightened and it had stopped raining. The earlier rain settled upon hard, frozen ground and made some stretches of the walk a little slippery but much hilarity was shared by us and those we came across. We were met part way by Chris and then another Chris emerged from behind a hedge nearer our ‘chat stop’ or should I say the visitor centre. Emma had to leave to attend her dance class, Chris supervised Chris in his wheelchair, leaving the famous four to return to the Sheepwash car park.



Foremark Reservoir. For a third Saturday in a row, David Rowe led our happy band, this time on a hare walk around Foremark Reservoir. He was joined by four others on this fresh but pleasant Saturday morning. As we made our way clockwise around the reservoir we all commented about how the water level seemed low (as it was at Carsington last week). Apparently, we have been having the wrong kind of water recently. Michael did not see the funny side of this as he and Trisha were “flooded in” on the day after the Tissington Trail walk. You can see for yourself how the inflow of



water to the reservoir was at a ferocious rate. Next thing we will be requested to safeguard our water usage in January because the reservoirs are so low. We set off in a clockwise direction, past Carvers Rocks, over a bridge (one of several), then a stile and into the Nature Reserve. Then through woods as we ascended and descended the undulating landscape. Then onto a public road which offered far reaching views across Trent Valley. More fields and bridleways, through more woodland areas before arriving in the village of Milton. Further tracks and bridleways led us back to the Information Centre and much needed refreshment. As always, there was lots of talking as we trekked. See you next time out at Breadsall & Little Eaton on 5th January.

If you need help getting to the walks. Anyone wishing to attend a walk and is in need of transport, should telephone David Rowe on 01332 767368.

The only thing between try and triumph is a bit of umph.

Stamp & Deliver. The Scouts are offering their usual Stamp & Deliver service again this Christmas. And it remains at 20p. So look out in your neighbourhood for the sign in shop windows where the service can be accessed.

Travel Insurance. A member has written to Michael to advise him of his travel insurance experience. Following his angioplasty, an aortic valve and an ablation and a Cardioversion earlier this year, his annual travel insurance was due. As is not uncommon, his regular insurer decided not to offer a renewal. He approached Heart Insurance Services (who had left brochures in the hospital) on 01424 215 315. Their normal annual premium for the European policy was said to be £125. Following some debate he was advised that Heart Insurance Service was unable to offer an annual policy but would be prepared to look at a trip by trip insurance. The reason given to him for rejection was the combination of Diabetes 2 and his recent heart operations. Then he called Age UK with the same result as above. They gave him the telephone number of an insurer called Free Spirit Insurance, 0845 1300 242. Following a conversation with the Free Spirit People, who uses AXA as underwriters, he received a quote for an annual European policy at a cost of £342. Whilst this was more than his previous annual policy, he decided that paying this premium was better than not having the insurance and peace of mind he and his family needed. Thank you for your story, the names of the innocent has been changed to protect their identity. Is this of use to any others seeking this travel insurance and how does it compare to your experience. Let Michael know.

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 November's edition: *Thank you for the newsletter. I enjoyed the talk by Charles and was sorry that I had to dash off at the end/It was nice to see all of you again/Thanks for the newsletter. Very good as usual - and glad to have Pat Fitton back reporting, as she gets just the right slant on events/Thank you, looks very interesting/Another interesting newsletter received. I'm about to arrange annual worldwide insurance and will let you know how I get on/I know I don't come to any meetings but I do enjoy reading what is going on! The calendar is lovely, and I had a beautiful birthday card last month/ Another great issue, thanks for your efforts/ excellent as ever/ It's very well written and I love the touch of humour throughout/ Fabulous newsletter once again/once again very full of interesting topics and information/ I have received the newsletter and that, as usual, I found it very informative/ it gets bigger and better. I must get more paper/many thanks for a very full and informative newsletter/* Thanks to all those who respond, it makes a difference. Several people have commented verbally *"We both enjoy the Newsletter so much/It's a pity you can't send one every week, it's great to see it pop through the letterbox"*. But do you agree? We would love to hear from you, especially those who are unable to attend our events!

Just in time for Christmas. A recent study found that the average Briton walks about 900 miles a year. Another study found that Britons drink, on average, 22 gallons of alcohol a year. That means that, on average, Britons get about 41 miles to the gallon! Makes you proud to be British!

Love Carrots – love your heart. We all know they're good for your sight but who knew they could reduce your risk of heart disease? In a study tracking eating habits of 20,000 people over a ten-year period, Dutch researchers found that deep orange-coloured fruit and vegetables, particularly carrots, were more protective than those in other colour groups. Eating an extra half a carrot a day meant a 32% drop in heart disease risk. This effect is thought to be due to carrots high content of alpha and beta-carotenoids, which act as antioxidants. Other sources include sweet potatoes, pumpkin and butternut squash. "Eh, what's up Doc?"



Swimming. There have been weeks when we had had only one swimmer but the gradual build-up of a social effect has reached our swimming sessions. We are back in the Family Pool again now the problems have been resolved when six of the stalwarts turned up to keep up their fitness regime (and there was a lot of talking going on again. Are we now to call this the talking swims, I wonder?) See you every week?

Listening ears. Please use the numbers when you feel in need of advice or just a chat – a problem shared is a problem halved – so call now, do not be shy, pick up the phone.

Silent heart disease. Blood tests carried out on 300 people with high blood pressure and cholesterol found that they are often associated with damage to the heart at an early stage. Scientists at the University of Dundee found that the two molecules released by the heart when under stress, called troponin and B-type natriuretic peptide did pick up a large proportion of those with early heart damage. The combined blood test and scan cost round £25 per time, which would be unlikely to be approved by N.I.C.E. Larger studies will have to be undertaken to convince health professionals that this is a realistic diagnostic method. Professor Peter Weissberg, of the BHF, said that it would be great if we could identify people with early heart disease and treat them to prevent it from progressing.

Are you on THE LIST? Last month we asked if anyone knew anything about the Liverpool Care Pathway? Two of our members have experienced the LCP with their nearest relatives. In both cases the prognosis was that death was inevitable. They were introduced to the LCP, given printed information and had the opportunity to discuss the ramifications with doctors and nurses and more importantly, with other members of their family. Both say it was a blessing that their loved ones were allowed to pass away with dignity and put an end to all their suffering. Another member wrote in very concerned about the reports in the press and on television news programmes. If you have any concerns you should discuss them with your GP or consultant. The Royal Derby Hospital use LCP and have strict controls about its implementation. The Government have announced a three month public consultation on its use within hospitals across the UK, but have said that no-one will be put onto the LCP without family consultation and consent.

Recipe. Baked Apples with Ginger & Orange.

2 cooking apples	30g stem ginger, finely chopped
55g ready to eat dates, finely chopped	2 tbs runny honey
4 tbs water	25g Flora pro.active

For the orange & cinnamon spread
Zest of 1 orange

¼ teaspoon ground ginger

Preheat the oven to 200C/gas 6. Score carefully with a sharp knife around the middle of the apples, and using an apple corer remove the core and pips. Place on a baking tray. Combine the dates and stem ginger together and fill the centre of the apples with the mixture. Add the water to the dish. Bake for 30-35 minutes until soft and cooked through. Blend the Flora pro.active, orange zest, ground ginger and honey. When the apples are ready, serve with the flavoured pro.active spread and allow to melt over the apples.

Forthcoming programme.

December.

- Tuesday 18th Christmas coffee morning at The Cube café/bar, Chapel Street, Derby from 10.30 until 11.30 AM or later.
- Wednesday 19th Swimming at the Queens Leisure Centre at 3.15 PM.

January 2013.

- Wednesday 2nd Swimming at the Queens Leisure Centre at 3.15 PM.
- Saturday 5th Walking back to health – 🐢 walk in Breadsall & Little Eaton. 8 Miles. Meet at The Paddock pub car park Mansfield Road, Breadsall Hilltop at 9.30 to walk at 10.00 AM.
- Wednesday 9th Swimming at the Queens Leisure Centre at 3.15 PM.
- Monday 14th “Emergency Life Support” by the Derbyshire Save a Life Scheme.
- Wednesday 16th Swimming at the Queens Leisure Centre at 3.15 PM.
- Thursday 17th Lunch at the Mundy Arms, Ashbourne Road, Mackworth, Derby DE22 4LZ meeting at 12 noon.
- Wednesday 23rd Swimming at the Queens Leisure Centre at 3.15 PM.
- Saturday 26th Walking back to health - 🐢 Aston on Trent walk of 3 miles. Meet at the Village Sports Ground, Shardlow Road at 9.30 to walk at 10.00 AM.
- Tuesday 29th Coffee morning The Cube café/bar, Chapel Street, Derby from 10.30 until 11.30 AM or later.
- Wednesday 30th 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.

If anyone has a special birthday or anniversary, tell April on 01332 751149 or Michael.

Any ideas or suggestions for speakers should be sent to Marilyn on 01332 558756. If you receive free magazines or newspapers to your home can you pass details to Marilyn. Also, if you see details of Take Heart (Derby) in any publication, can you let Marilyn have a copy.

Season's Greetings. “So before all the networks crash and you are too drunk to read this...I'd just like to wish you a happy Easter and all the best for 1982, love from all of us at the Alzheimer's Society. See you next week at the bonfire. Don't forget the swimsuits.” On behalf of your committee, Michael and Trisha Flude, Kevin Noon, Marilyn Thompson, April Howe, Les Tibbles, Pat Fitton and David Rowe, we take this opportunity of wishing you all much happiness at Christmas and may 2013 bring you good health, contentment and peace.