

# Take Heart

(Derby)

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

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



## Newsletter December, 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

**Pat Fitton- a grateful thank you.** Derek Skidmore comments - Just after Pat & Alan Fitton joined Take Heart, we were looking for a new Secretary. Alan was persuaded to have a go and held this position for a while but then the "note taking" progressed to lots of letter writing so Pat helped out.

Slowly this snowballed. Being a former schoolteacher, Pat was never fazed by the job and was so professional in her duties. They both gave a great deal to our Group and even when Alan passed away, Pat carried on. Marilyn adds:- Pat is moving to Midsomer Norton to be nearer her family, near Bath. We all wish Pat well for the future, and sincerely hope she will keep in touch and of course, keep signing up to Take Heart! Many thanks Pat



and good luck in your new home (when you find one) and in all you decide to do in the future. Please take our love and best wishes, along with a small gift which was presented to Pat by our President, Dr Julia Baron at the Christmas luncheon in recognition of the tremendous service given to TH(D) and its members. Pat responded by saying she leaves reluctantly and will miss her many friends in Take Heart (Derby). Our guests then enjoyed a three course luncheon of 'Christmas Fayre'.

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/A terrific atmosphere again, thank you/it was lovely to see so many of my older friends/ Thanks from both for a most enjoyable lunch and the company with it*". There were 46 guests who met to celebrate the festive season. There was much merriment and a raffle, with eight prizes. Pass the 'salts', I need to go on a diet as well but perhaps not until next year – there is a 'weighting' list at my slimming club.



**Next month's meeting.** Having not experienced an EGM for many years, we have another a second in only a few months in January. The first part of our meeting will be to elect a successor to Pat Fitton. Fortunately, Pam Fearn was elected to the committee at our AGM last May, in anticipation of Pat's move. We therefore have a ready-made replacement and seek her formal appointment as Secretary. Then it will be business as

usual. Our first talk for the New Year is from W. Keith Blood M.I.T.G. He is a registered Guide for the Heart of England Tourist Board. This is a return visit from Keith following on from his excellent talk to Take Heart (Derby) about Ashbourne Georgians, Jitties and Gingerbread. Keith's talks are illustrated with a range of slides, and for this talk he is encouraging us to "Look up... and take notice" about things you may not have noticed or wondered about Derby, in a talk entitled "I never notice that." I didn't but you can if you turn up!



**Coffee in a Cube!** What an amazing turn-out and a richly rewarding morning. Forty three members, including 6 signing up during coffee (I wonder what they were putting in the water)? It is always such a 'mad' social event for our committee who are welcoming guests (no time for coffee for them), sorting out our next event and selling calendars. There is so much goodwill around the room, with everyone having time for one another. It is a very rewarding feeling, thank you all so much for turning up. Is 43 a record? Can anyone remember a larger attendance? Don't forget, **December's coffee morning is not on the last Tuesday but on 17<sup>th</sup>**. Lots of chocolates and biscuits, yummy!



**Member news.** Since the last Newsletter was published, we have learnt that several members have been unwell. Michael Brinkworth is recovering from an operation, Derek Skidmore had a short stay in ward 408, Ted Evans is also recovering, Betty Hassell is soldering on, Bill Jeffery-Walker is also doing quite well, Desiree Day is improving whilst husband Neil deals with his own health issue. Ann & Majid Quadri are looking after each other as they progress and Barry Birkin has recovered his speech very well after his latest event. Many are beginning to show the ravages of the winter with colds and flu type bugs. Make sure you get your flu jab NOW. We wish you all a speedy recovery. If you are unwell and are not mentioned here, we apologise but we were not advised of your difficulty.

**New members.** This month we welcome Margaret & Edward Potter, Dawn Freeman, Lynn Stevens, Sue & Geoff Oliver and Fred & Sylvia Rubini to our group and wish them well and hope they enjoy as many of our events as possible.

**Birthdays.** Birthday wishes in December go to Geoff Sykes, Maureen Mole, Noel Clough, Fred Evans, Gerry Gilbert, Brenda Twells, Rita Hancock, Annie McCulloch, Rex Plummer, Terance Arnot, Keith Girling, Sallyann Johnson, Neil Day, Paul Mole, Beverley Dudsbury, Sue Walker, Julie Cooper, Noreen Shepherdson, Alexander Stewart, Carol Dovaston, Cynthia Bland and John Smith. So many of you, happy birthday to you all. We continue to receive thanks from those who have received birthday cards made by April Howe. If I have missed you, then please contact me with you details.

**Essex Girls.** Five blokes in an Audi Quattro arrived at the ferry checkpoint in Harwich, Essex. Tracey, in her brand new uniform, stops them and tells them: "I can't let you on the ferry. It is illegal to have 5 people in a Quattro. Quattro means four. One of you will have to get out and stay behind." "Quattro is just the name of the car," the driver replies disbelievingly. "Look at the papers: this car is designed to carry five persons." "You cannot pull that one on me. This is Tracey you're talking to here," she replies with a smile. "Quattro means four. You have five people in your car and you are therefore breaking the

law. So I can't let you onto the ferry. It's more than my job's worth to let you all on." The driver is now very cross and replies angrily, "I've had enough of you. Call your supervisor over. I want to speak to someone with more intelligence!" "Sorry," responds Tracey, "but Sharon is busy dealing with the two blokes in the Fiat Uno". (I apologise to Essex girls and cannot tell a lie – Per sent this to me, so I'm not to blame)

**Flu jab time.** Have you had yours yet? If not, then do not delay any longer. Contact your GP today.

**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?



**Feedback.** The following is feedback from last month's Newsletter. Does this reflect your view or do you wish to say something different – *"newsletter received OK and as informative as usual. As for "crushed nuts" - I am still laughing/Thank you for the Newsletter which has been well received/As usual it was informative and entertaining – thanks/another interesting and informative newsletter. The picture quiz is a Muscovy Duck – probably the drake/Quite a long and interesting newsletter this month, well done/As a new member of Take Heart I find your newsletter excellent. It is informative and interesting with humorous sections, very well balanced/Full of interest, as usual/newsletter is excellent and full of information"*. 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, please.

### **A thought for post-Christmas.**

'Twas the month after Christmas and all through the house  
Nothing would fit me, not even a blouse.  
The stuffing I'd nibbled, the turkey I'd taste  
The yummys I'd eaten gone straight to my waist.  
The wine and the mince pies, the bread and the cheese  
I should have just said, "No thank you, please".  
So as I dressed myself in my boyfriend's old shirt,  
I couldn't believe my bottom and belly - the girth!  
I said to myself, as only I can,  
"You can't spend the year disguised as a man!"  
So away with the last of the sour cream dip,

Get rid of the fruitcake, every cracker and chip.  
Every last bit of food that I like must be banished  
'Til all the additional ounces have vanished.  
I won't have a cookie, not even a lick.  
Instead I'll chew on a long celery stick.  
I won't have Irish coffees, or chocolates or pie,  
I'll munch on a carrot and quietly I'll cry,  
"I'm hungry, I'm lonesome, and life is a bore  
But isn't that what January's for?"  
Unable to giggle, no longer a riot,  
Happy New Year to all and to all a good diet!  
For those affected by this poem you can call the special diet helpline on the following number:  
808080028  
(Ate Nothing, Ate Nothing, Ate Nothing, Nothing to Ate).

**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, just like Margaret Knifton who is now online. 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.** The calendar for 2014 is now available. Each household of registered members has received one free of charge.

Remember all photographs are taken by TH(D) members and as such are inspiring originals. Last year many of you ordered additional copies to give as gifts to family and friends. Some of our calendars reached Canada and Australia last year. You can order additional copies from David Rowe on 01332 767368. How far will you be sending copies this year? Let Michael know, please.



*"I've also received the 2014 walks calendar - I thought it*

*would be difficult to top last years, but the 2014 calendar really is equally fantastic. Thanks to everyone who helped produce it!"* Thanks Elaine. Sandy adds: *"Thank you for the lovely 2014 calendar I really like it and the pictures are lovely, also I have just received Novembers newsletter which I will print and enjoy reading all the news."* Alan Merrigold wrote to David saying, *"Many thanks for the 2014 calendar – a marvellous production and I would like to order a further six copies, please"*. And Keith & Julie Cooper said, *"We are very impressed with the calendar"* and ordered two more copies. Bryan & Anne say, *"Anne and I would like to thank the committee for the lovely calendar we received this week. The photographs are lovely."* Does anyone else have a comment to make?

**Carer Breaks.** We have been contacted by the carers break group, whereby carers (not patients) can receive one of a multitude of benefits. I attach their note as follows:

*"Carers Breaks Scheme in Derby City, provided by Derby Carers Centre, Derby City Council and the NHS. Following on from our telephone conversation earlier the Derby City Carers Breaks Scheme would like to offer the Take Heart support group a free taster session of Carers Breaks. The Carers Breaks Scheme was implemented 18 months ago to help carers get a short break from their caring role by participating in short activity breaks and to continue the scheme we would like to offer you either an art therapy session or a pamper day taster. Earlier you mentioned that you would be most interested in the pamper taster; for this we can visit your group or provide a venue and fully qualified therapists to pamper your members with a wide range of treatments; including massage, facials and manicures to name a few."* Contact details are Louise Gamblen and Diane Roe, Derby City Carers Breaks Co-Ordinators, Derbyshire Carers Association, Derby Carers Centre, Babington Lane, Derby, DE1 1TA Tel 01332 200002 Ext 4 E-mail: [louise.gamblen@derbyshirecarers.co.uk](mailto:louise.gamblen@derbyshirecarers.co.uk), [www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk). Please enjoy whatever is on offer but do so before the scheme expires at the end of March 2014.

**Use the 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. **Make Sure You Have Sufficient Medication to Cover The Holiday Period of Christmas & New Year.**

**I don't know** what people have got against the government – they have done absolutely nothing.

**Brittany (age 4)**, had an ear ache and wanted a pain killer. She tried in vain to take the lid off the bottle. Seeing her frustration, her Mum explained it was a child-proof cap and she'd have to open it for her. Eyes wide with wonder, the little girl asked, 'How does it know it's me?'

**Talking Walking.** It is great to walk but we do talk a lot too. We have a tortoise walk around Calke Abbey on 28 December. You may have family and friends visiting during the festive season, so bring them along, they are not allowed to be an excuse, bring the dog as well (or your husband). We meet at Ticknall Village car park to walk at 10.00.

**Hare & Tortoise combination walks.** Totally bonkers is the name of this narrow-boat



seen on our Swarkeston Walk. The group photograph was taken outside a former creamery, where 4 slower walkers allowed the fitter 9 to take a much longer walk to the coffee shop. No sugar in mine, thank you.

**Tortoise walking from Chellaston.** A report by John Heath. In the latter half of



November we met at Chellaston, a sprawling suburb to the south of Derby. It was a bit like a walk down memory lane for me, but 'nostalgia isn't what it used to be', as they say! Things had changed a lot. When I was growing up there in the 1960s it was more like a village. As kids we built dams in the streams and dens in the trees and played along the side of the old Derby Canal. Now most of our old stomping ground has disappeared under a huge housing development, a school and busy road. But all is not lost, there are still some walks to enjoy and local transport history to discover along the way. We met at the Community Centre on Barley Croft at around 09.30 on a fine frosty morning, but the sun soon went in, so by 10.00 we were all keen to get walking to keep warm. Led by David we set off in the direction of Swarkestone Bubble along the side of Chellaston Academy (but did some of them cheat – see photo 1). On reaching Cuttle Brook, Michael was quick to seize on a team photo



opportunity and soon had us lined up to be shot on the bridge! After shouting cheese and other pleasantries we walked on and soon reached the old Derby Canal, here we turned away from Swarkestone, on a bridleway which follows the line of the old canal towpath in the direction of Shelton Lock. At this point the A50 Derby Southern Bypass has been built over the canal, effectively cutting it in two. The A50 was opened on the 4th September 1997. In contrast, on a history note, this southern branch of the Derby Canal was opened on the 30th June 1796, more than 200 years earlier. It would have carried all sorts of goods in its life time, but most importantly it would have carried coal, lime and all manner of building materials. No doubt it also carried pottery and china from Stoke as it connected with the Trent & Mersey Canal at Swarkestone Bubble. The Derby Canal ceased commercial operation in 1927, largely due to the railway. The canal company was still in existence in 1972 but, by then, was just selling off land. On reaching the place where

Cuttle Brook has been cut through the embankment of the old canal, we learned of more planned building development from Janet who lives in Chellaston. A new business park is planned on Sinfin Moor. It would be served by a new road which would cross the canal by a bridge at this point on our walk, the so called T12 link from west Chellaston to Wilmore road at Sinfin. Continuing our walk along the canal towpath we eventually reached its junction with Sinfin Moor Lane, where there was an opportunity to head back. Those of us who wanted to stretch our legs further continued to Shelton Lock, from where we were



able to follow the main road back into Chellaston after a round trip of about 3 miles. As we made progress towards Shelton Lock we saw evidence of Chellaston's railway past in the form of embankments for what would have been a railway bridge over the canal. Chellaston also boasted a station which was opened in 1868 and was known as the Chellaston and Swarkestone railway station, part of the Midland Railway branch from Derby to Melbourne and

Ashby. The station closed in 1930, the line mainly operated for freight, which eventually ceased about 1966. Back in Chellaston, the Methodist Church were holding a Christmas Fayre and tea and cakes were being served in the church hall at the rear. Too good a chance to miss and regroup for a cuppa. **If you need help getting to the walks**, please telephone David Rowe on 01332 767368 or 07890 645645.

**The Irish** have the lowest stress rate because they don't understand the seriousness of most medical terminology... (with apologies to whosoever).

**Medical term**

**Irish interpretation.**

Artery	The study of paintings
Bacteria	The back door to the cafeteria.
Barium	What the doctors do when a patient dies.
Benign	What you will be after your eight.
Caesarean section	A neighbourhood in Rome
Cat scan	Searching for kitty.
Cauterize	Make eye contact with a lady.
Colic	A sheep dog.
Coma	A punctuation mark.
Dilate	To live a long time
Enema	An unfriendly female.
Fester	Quicker than anyone else.
Fibula	A small lie.
Impotent	Distinguished, well known.
Labour pain	Getting hurt at work.
Medical staff	A doctors cane.
Morbid	A higher offer.
Nitrates	Higher pay for working at night (usually more than day rates).
Node	I knew it.
Outpatient	A patient who has fainted.
Pelvis	Second cousin to Elvis.
Post-operative	A letter carrier.
Recovery room	A place to do upholstery.
Rectum	Nearly killed him.
Secretion	Hiding something.
Seizure	A Roman Emperor.
Terminal illness	Getting sick at the airport.
Tumour	One, plus one more.
Urine	Opposite of your out.

**Jam Jar Challenge & Old Timers disease.** How are you getting on with your jam jar? Is it filling up? We will empty them at the coffee morning on 25 FEBRUARY.

**November poser** – what type of bird is in the picture? A Muscovy duck is the correct answer, the first back to me was Tony & Sheila Jackson. Well done.



**December poser** – What was King George VI's first name?

**The world is** a better place when the power of love has replaced the love of power.

**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. Help by passing your story to Michael.

**Membership fee.** Membership fees are due in January and are a minimum of £10.00 per household. Many of you do contribute more than the minimum for which we thank you. This is a charge per household and includes a monthly Newsletter, personalised birthday cards (for all members of your family registered with us at your home), one copy of our annual walks calendar, and public liability insurance at all Take Heart (Derby) official events. The cost of stamps is one of our biggest and regular costs. Taking all into account, this is probably the best value membership in Derbyshire. Please make cheques payable to Take Heart (Derby) and send them to Richard Flatman, 32 Cornhill, Allestree, Derby DE22 2FS. Thank you for your attention at this time.

**Water is good for you** – taken in the right spirit.

**“Trouble in Pantoland.”** That is the title of a ‘panto’ being presented by The Enfield Players on 9, 10, 11, 16, 17 and 18 January 2014. It will be performed at Mackworth United Reform Church Hall, Enfield Road, Mackworth, Derby DE22 4DG. Evening performances are at 7.15 PM with a matinee at 2.15 on Saturdays. Adult prices are £7.00 (concessions where available £5.00). Contact Mrs. P. Clifton on 01332 514956.

**I've learned....** That a smile is an inexpensive way to improve your looks.

**And finally!** A THOUGHTFUL MESSAGE TO PREPARE YOU FOR THE LEAD-UP TO CHRISTMAS. Please drink responsibly – sit down so you don't spill any! (Can you guess who sent this in?)

**A small boy** is sent to bed by his father. Five minutes later.....'Da-ad....' 'What?' 'I'm thirsty. Can you bring a drink of water?' 'No, You had your chance. Lights out!' Five minutes later: 'Da-aaaad.....' 'WHAT?' 'I'm THIRSTY. Can I have a drink of water??' 'I told you NO! If you ask again, I'll have to smack you!!' Five minutes later.....'Daaaa-aaaad.....' 'WHAT?' 'When you come in to smack me, can you bring a drink of water?'

**The thoughts of Chairman Michael.** “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 my house. See you next week at the bonfire. Don't forget the swimsuits.” Seriously - on behalf of your committee, Michael and Trisha Flude, Marilyn Thompson, Les Tibbles, Pat Fitton, Pam Fearn, Robert Jones, Richard Flatman and David Rowe, we take this opportunity of wishing you all much happiness at Christmas and may 2014 bring you good health, contentment and peace. It has been a terrific year for Take Heart

(Derby). Membership has increased to more than 250 but the really important feature within our group is the happiness and goodwill experienced at our gatherings. We have achieved a huge amount during the past twelve months. Our name is becoming more widely known, we have attracted donations from individuals both within and externally. This has allowed us to be charitable in turn, by purchasing items for the cardiac departments within the Royal Derby Hospital. I thank you all for your continued support and look forward to another successful year ahead. I wish you peace and happiness over the festive period and a prosperous and healthy new year.

### **Forthcoming programme.**

#### **December.**

Tuesday 17<sup>th</sup> Festive coffee morning at the Cube café/bar.  
Saturday 28<sup>th</sup> Walking back to health – 🐢 Calke Abbey walk of 3 miles. Meet at Ticknall Village Hall car park.

#### **January 2014.**

Wednesday 1<sup>st</sup> Swimming at the Queens Leisure Centre.  
Saturday 4<sup>th</sup> Walking back to health – 🐢 & 🐢 walk at Carsington Reservoir of 7.5 & 2.5 miles, meet at Sheepwash car park, DE4 on B5035.  
Wednesday 8<sup>th</sup> Swimming at the Queens Leisure Centre.  
Monday 13<sup>th</sup> “I never noticed that”, a talk about all those things in Derby you see but never see, by W. Keith Blood, a blue badge professional tour guide.  
Wednesday 15<sup>th</sup> Swimming at the Queens Leisure Centre.  
Wednesday 22<sup>nd</sup> Swimming at the Queens Leisure Centre.  
Thursday 23<sup>rd</sup> Lunch at the Toby Carvery (Chaddesden Park Hotel), Nottingham Road, Chaddesden, Derby DE21 6LZ.  
Saturday 25<sup>th</sup> Walking back to health - 🐢 Little Eaton walk of 2.5 miles, meet at car park on St. Peters Park, Vicarage Lane, Little Eaton, Derby DE21 5EA.  
Tuesday 28<sup>th</sup> Coffee morning The Cube café/bar.  
Wednesday 29<sup>th</sup> Swimming at the Queens Leisure Centre.

### **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.

Affiliated to the British Heart Foundation