

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter December, 2014.

Merry Christmas & Happy New Year to all our readers. As another year comes to an end we look forward with confidence to 2015. We have achieved a lot this year and a summary will be made at our AGM in May. 2015 will be our 30th anniversary and we plan to celebrate this with a luncheon to be held in April, and look forward to seeing you all there. Merry Christmas and Happy New Year.

Coffee in a Cube! On a wet and windy morning, we played host to British Heart

Foundation members from their London office and photographer Peter (yes a professional at last). There was much chatter as usual with Sinduja listening to your tales with interest.

Barbara collected the remaining monies for our Christmas lunch and Treasurer Richard was very happy to be receiving next year's subs already. A new heart patient, Gordon, arrived to



test us out and he signed up on the day, so maybe we are doing something right. Next month our coffee morning is on 16 December, so don't miss this one, there might even be some extras!!!

Next month. Our programme for 2015 is now complete and was incorporated in the delivery of your new Walks calendar. We start the year with Nicole Huthwaite, a fully accredited hypnotherapist and psychotherapist - not a stage entertainer - so we will not end up hypnotised and clucking like a chicken. She will outline the history and myths surrounding hypnotherapy and explain the benefits which may be achieved to overcome a variety of problems and phobias. Nicole has worked with cardiac rehabilitation to help patients ease stress and tension. I am sure she will have lots of practical tips and advice on how to relax and cope with everyday problems.

Birthdays. Birthday wishes this month go to Geoff Sykes, Maureen Mole, Noel Clough, Fred Evans, Brenda Twells, Neal Blatherwick, Rita Hancock, Annie McCulloch, Rex Plummer, Terance Arnot, Janice Goodwin, Neil Day, Paul Mole, Beverley Dudsbury, Sue Walker, Julie Cooper, Noreen Shepherdson, Alexander Stewart, Carole Dovaston, Cynthia Bland, Michelle Hallam and John Smith. Happy birthday to one and all especially at Christmas time! 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.

Jam Jar Challenge – how is your jam jar filling up? We had a terrific response in February this year when we raised £280.14. We felt it would be great and easy to continue it again and send in our jam jars full of lovely cash at our coffee morning next February. Mine is going quite well but I hope yours is even better. Help us to beat the last figure, please.



Member news. Amongst members who been unwell recently were Eric Ward who is unwell and 'missing' his swimming. Reg Murray is at home recovering from his operation whilst Mollie Illsley had a successful operation on her shoulder. Dawn Freeman is continuing her treatment at RDH and Trisha Flude who has been re-admitted to RDH. 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.

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. **Tortoise walking at Staunton Harold reservoir.** Another cloudy day but at least it was not raining as we set off on our 2 & ¾



mile walk around Staunton Harold Hall and the Serpentine Lake. How stunning the golden gates must have looked when they were first constructed – they looked terrific even in the dull light of day on our visit. Across a field, past Keith's Clump woodland area and then using the estate wall to guide us before taking the steps down to a car park. Taking our lives into our own hands on the road up to a

sign for Dimminsdale Nature Reserve, we took the safety of a woodland trail and onto the Invenhoe Way, an enchanting route where site of the Hall and its church could be glimpsed from various locations throughout the walk. The chatter of conversation continued and gave us the energy to 'plough' onwards, garnered by the prospect of coffee and cakes at the garden centre in due course. The gradients of this walk were quite comfortable even for us tortoise walkers. Then we were back on made up footpaths for the final leg of our journey which made the walking easier and a little quicker to the café.

An Emergency Call Centre worker in London, has been fired, much to the dismay of her colleagues who are reportedly unhappy with her dismissal. It seems a male caller dialled 999 from a mobile phone stating, "*This is Muhammad El Ajakar and I am very depressed. I am lying here on a railway track. I am waiting for the train to come so I can finally meet Allah.*" Apparently, "*Remain calm and stay on the line,*" was not considered to be an appropriate response!!!

New members. This month we welcome new members Michelle Hallam, Gordon Birkin and Gail Mansfield. We hope you enjoy our company and our events.

November lunch. A return visit to the Mackworth Hotel was made by 16 members in November. The carvery comes in two sizes, small and huge judging by the volume of food on some plates. There was a little bit of confusion initially but all was resolved quickly as members dashed from the bar to the carvery. Lots of positive comments about the standard of the fayre on offer and more plaudits about the "Keep the Home Fires Burning" event. Even positive comments about this publication, pity the photographer is not



up to much. No queues for our lunch next month as we celebrate Christmas together at an old favourite – Littleover Lodge.

Retirement. Question: When is a retiree's bedtime? **Answer:** Three hours after he falls asleep on the settee.

Speaking of which - Don't mess with OAP's. A lawyer and an O.A.P. are sitting next to each other on a long flight. The lawyer is thinking that O.A.P.s are so dumb that he could put one over on them easily. So, the lawyer asks if the O.A.P. would like to play a fun game. The O.A.P. is tired and just wants to take a nap, so he politely declines and tries to catch a few winks. The lawyer persists, saying that the game is a lot of fun... "I ask you a question, and if you don't know the answer, you pay me only £5.00. Then you ask me one, and if I don't know the answer, I will pay you £500.00," he says. This catches the O.A.P.'s attention and to keep the lawyer quiet, he agrees to play the game. The lawyer asks the first question. "What's the distance from the Earth to the Moon?" The O.A.P. doesn't say a word, but reaches into his pocket, pulls out a £5 note and hands it to the lawyer. Now, it's the O.A.P.'s turn. He asks the lawyer, "What goes up a hill with three legs, and comes down with four?" The lawyer uses his laptop to search all references he could find on the Net. He sends E-mails to all the smart friends he knows; all to no avail. After an hour of searching, he finally gives up. He wakes the O.A.P. and hands him £500. The O.A.P. pockets the £500 and goes back to sleep. The lawyer is now going nuts not knowing the answer. He wakes the O.A.P. up and asks, "Well, so what goes up a hill with three legs and comes down with four?" The O.A.P. reaches into his pocket, hands the lawyer £5 and goes back to sleep. Don't mess with O.A.P.s

A man received the following text from his neighbour: I am so sorry Bob. I've been riddled with guilt and I have to confess. I have been helping myself to your wife, day and night when you're not around. In fact, more than you! I do not get it at home, but that's no excuse. I can no longer live with the guilt and I hope you will accept my sincerest apology with my promise that it won't, ever happen again. The man, anguished and betrayed, went into his bedroom, grabbed his gun, and without a word, shot his wife. A few moments later, a second text came in: Bloody autospell! I meant "wifi, not "wife"

Take Heart (Derby)'s Got Talent. No, not an audition with Simon Cowell but your very own Take Heart (Derby). Following the huge success of our Keep the Home Fires Burning, we are to showcase an "Olde Tyme Music Hall" event on 7 March 2015. Do you have a musical talent, sing, play an instrument etc. Well don't hide your light under a bushel, contact Jacquie Saunders on 01332 517912.



Christmas lunch. Two lunch reports in one Newsletter (no we are not running short of subjects to write about). This is always a special luncheon and this year the venue, quality and quantity of food, the service and best of all, the company made this possibly our best Christmas event for a very long time. We were blessed with some newer



members and also our President, Dr Julia Baron attended again and this year she ate her own sweet (I normally get to eat it as she is always on call). We had a raffle and were also able to share our day with Geoff Sykes who celebrated his birthday on the day (his numbers add up to 15 – so work that out yourself). A truly great occasion, where the restaurant can hold many more Take Hearters if you let us know earlier.

Feedback. The following is feedback from last month's Newsletter despite my computer not allowing me to make an attachment, *"i managed to open the website correctly with no issues/ Thank you for sending / directing me to your latest newsletter – a very interesting read/ I was able to open it, thanks/ Duly read OK on website. Informative and entertaining, as usual, but my goodness some of your jokes are 'near the wind' --- don't you get any complaints/ Thanks for the newsletter as always. Managed to open it from the web site but unfortunately have not managed to print it off but will read it on the screen with pleasure/ Newsletter well received. For me the web site newsletter is fine. The main trigger is your "wake up note" which tells me it has arrived. Thank you for your continuing good work in support of all us heart patients November Newsletter received the longer way round but the contents still up to your lovely standard of serious, humorous and useful items/ Just to let you know that I was able to open the newsletter and enjoyed reading it/Just to let you know I have been able to read the Newsletter, very interesting once again/I opened It/ it has taken me a while but I have finally printed off this months news letter. Another good read, thank you"*. These are actual comments received via email but I have received verbal responses *"I don't know who writes the Newsletter but it is really good and the jokes give me a lift"*, and also *"It's the best thing that drops through my letter box"*. This Newsletter continues to receive very positive feedback from many of you but not all. Elaine McCulloch is displeased with me for adding my own comment about wind turbines to her recent walk report. No offence was intended and I therefore apologise and print her response in full – **Retraction** *Elaine McCulloch has written to say that she is disappointed that part of her report on the Stanton-by-Bridge walk, which appeared in the November newsletter, was amended to read, '... we were fairly sure that we could see the giant wind turbines on Carsington Pasture [a blot] on the horizon.' As those who went on the walk will be aware, the turbines are barely visible to the naked eye, and at that distance cannot be reasonably described as 'a blot'. Elaine would also like it to*

be known that the amendment was made without her knowledge or consent and, further, that the negative sentiment conveyed by the words inserted into her report is not representative of her views on wind turbines in general.” Thank you Elaine for responding and I do hope you will all be encouraged to comment on the content and maybe even request/submit articles for consideration for future issues.

A message of hope! As you will see from the previous paragraph, I have been experiencing some ‘computer difficulties’. The following email was sent by a member offering much needed encouragement. *“I got your Newsletter after going to the Take Heart Derby web site. I find it such an inspiring, informative and cheerful item every month. Try not to let the computer gremlins get you down! The whole system is just there to irritate, aggravate and to prove to you that you can solve every problem (well, almost every problem) with a bit of perseverance! My Windows Internet Explorer ‘thing’ told me it (the thing) was out of date and I needed a new computer. It even gave hints on what to get!!!! Somehow I had got a Chrome alternative which I had avoided using for a variety of reasons, eg. I like to choose my font and letter size when writing e-mails. But when M&S, Tesco, my Bank and other essential web sites ganged up on me and wouldn't let me access their web sites, I had to start using Chrome. I still don't like it much but I feel **I am in charge now**. I just remember back when I first had contact with computers. I could walk into the school Library where they were first installed and they felt my presence and ‘went down’. In the Bank, Supermarket and even Department stores the computers felt my approach.....and stopped working! I discovered this happened when I was stressed. My husband, who doesn't know how to ‘switch on’ a computer, thinks the answer is to buy me a new state of the art laptop but I haven't mastered the memory stick thing yet or.....well, you must know what I mean. But with your example I shall persevere! I may actually get round to coming to Queen Street Baths one day. I was very impressed that this facility had been organised by Take Heart but the week I joined I developed a leg ulcer. Then within days of that healing I walked into an under the bed drawer my husband had left open and I hadn't seen. After 16 months and an amazingly effective Angioplasty I am now ulcer free!! I have just got to get my shoulder working after a total shoulder replacement(which was delayed because of the ulcer). I am going to my first hydrotherapy session this week in preparation for joining the Take Heart swimming group! Isn't life wonderful if you can just persevere and stick at it!! Don't let the technology beat you! Just remember we were here before the computer technology was available to everybody!!! Thank you for your words of comfort and persevere with your own health issues whilst you are at it.*

A senior citizen drove his brand new convertible sports car out of the dealership. Taking off down the road, - he pushed it to 90 mph, enjoying the wind blowing through what little hair he had left. “Amazing”, he thought as he flew down A38 pushing the pedal even more. Looking in his rear view mirror, he saw blue lights flashing and sirens blaring. He floored it to 100 mph, then 110, then 120. Suddenly he thought, “What am I doing? I’m too old for this!” and he pulled over to await the arrival of the Police Officer. Pulling in behind him, the Officer got out of his vehicle and walked up to the convertible. He looked at his watch, then said, “Sir, my shift ends in 30 minutes. Today is Friday. If you can give me a new reason for speeding – a reason I’ve never before heard – I’ll let you go.” The old gentleman paused then said, “Three years ago, my wife ran off with a Police Officer. I thought it was with you and that you were bringing her back.” “Have a good day, Sir,” replied the Officer.

Use 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.

Word play. I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone. I've also never been in Cognito. I hear no one recognizes you there. I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family and work. I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore. I have also been in Doubt. That is a sad place to go, and I try not to visit there too often. I've been in Flexible, but only when it was very important to stand firm. Sometimes I'm in Capable, and I go there more often as I'm getting older. One of my favourite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get! I may have been in Continent, and I don't remember what country I was in. It's an age thing. Please do your part - today is one of the many National Mental Health Days throughout the year. You can do your bit by remembering to send a copy of this to at least one unstable person. My job is done! From one unstable person to another... I hope everyone is happy in your head - we're all doing pretty good in mine! **Remembering your age.....I have sent this in large print.**

Food for thought (extracted from the BHF website <http://www.bhf.org.uk/heart-matters-online/november-december-2014/nutrition/christmas-treats.aspx?>) BHF recommendations for alternative foods! Chocolate dipped fruits – healthier than chocolate and biscuits, look attractive, lower in fats, sugars and calories and more nutritious. Sorbet – a scoop is better for you than a heavy pudding, a refreshing alternative, lower in sugar, calories and fats, it is also a lower fat option than ice cream. Fruity filo – cinnamon flavoured apples baked in filo pastry will be a spicy alternative to mince pies without the guilt trip, don't add too much sugar (if any). Turkish Delight – although high in sugar it is a better option than chocolate as it is lower in calories and fat. Fruit & custard – baked or stewed fruit served (apples, pears or plums added spice) with low fat custard. Brandy custard – add to your low fat custard instead of brandy butter for lower saturated fat. Provence at Christmas – a mix of 13 fruits served in a large dish which symbolise Christ & his apostles, include nuts (in their shells) dried fruit, pears apples, oranges and grapes. Popcorn – a healthier alternative to crisps and roasted nuts. Home roasted vegetables – roasted potato and parsnips should be cut into larger portions so as not to absorb fat, rub the veg with oil before placing them in the oven. Sticks & dips – breadsticks & veg sticks with a spoon of reduced low-fat dips. Unsalted nuts – unsalted and unroasted nuts such as cashews and almonds but are rich in calories so a handful is enough. Fish – replace sausage rolls and scotch eggs with salmon flakes, rich in Omega 3 and the type of fat which is great for protecting your heart. Prawns – cooked prawns with lemon, pepper, parsley and garlic are much better than coated or fried prawns. Home-made stuffing - lean mince rather than sausage will reduce salt & saturated fat, or better use breadcrumbs, chestnuts, celery and onions (packet stuffing can be high in salt). Watch how you go!!!

Actual Call centre conversation: Samsung Electronics Tech Support: 'In the bottom left hand side of the screen, can you see the 'OK' button displayed?' Customer: 'Wow. How can you see my screen from there?'

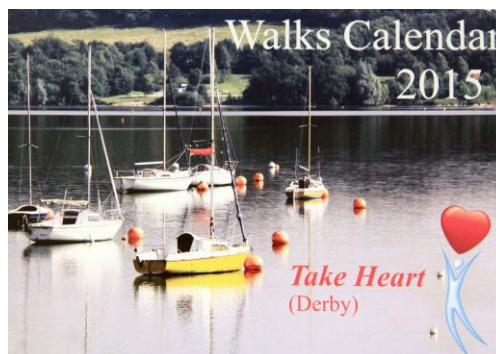
Helping us make a difference. Other groups have seen the work we do supporting the cardiac functions within Royal Derby Hospital. The Burton upon Trent Round Table has generously sent us a cheque for the sum of one thousand five hundred pounds. This a terrific amount of money for which we are extremely grateful. We will invest it wisely when we receive requests. We expect to report upon two gifts we have paid for in January's Newsletter. Thank you all so much for your continued support.

Hare walk at Aston on Trent. Nine members met at the Aston on Trent sports ground, plus one excited dog that could hardly wait to get started. The day promised to improve and this turned out to be the case. We trekked through the village and over fields, which was easy walking, although there was a cold wind blowing but was much better than having a wet day. In Shardlow we made our way around the wharf to the 'NEW INN' where we stopped for lunch took a 'natural' break. Food was available at the pub and someone had bacon butties. After lunch we continued along the canal for about 2.5 miles to bridge number 7, which we crossed before turning back to



Aston on Trent. On arriving back at the sports ground we found that our cars had been locked in! It took a little while until one of the team got a member of the village who was a key holder, to come and let us out. It all ended well finally and a great day had been enjoyed once again. **If you need help getting to the walks**, telephone David Rowe on 01332 767368 or 07890 645645.

2015 Calendar. It has been delivered to all of you now (call Michael if you have not received yours). David Rowe has received a huge number of requests for additional copies which will be winging their way to France, Australia, New Zealand and California. Family and friends abroad will reminisce when viewing the photography featured from our walks across the beautiful Derbyshire countryside. Remarks received so far include "Wow, what a fantastic calendar", "It is worth at least a tenner", "What a stunning picture on the front cover" and "The photography gets better each year" "Brilliant, can't wait for 2016's edition". Buy extra copies for your family and see what they say - David will be pleased to take your orders on 01332 767368 or 40 Gurney Avenue, Sunnyhill, Derby DE23 1GR.



It's that time of year! As Christmas approaches, we offer our seasonal greeting to you all but remind you that your annual membership is due for renewal in January. At only £10.00 per household this represents exceptionally good value. You receive a monthly Newsletter (to your in-box or post box), a printed Programme of Events, a walks calendar (worth up to £10.00 on its own), hand-made birthday cards, a listening ears service and public liability insurance via the BHF. Many of you appreciate this value and make additional donations of cash and/or stamps for which we thank you. Our Treasurer Richard Flatman will be pleased to receive your contribution in cash or by cheque to 32 Cornhill, Allestree, Derby DE22 2FS.

Ginger Cake (Tried and recommended).

1 lb self-raising flour
1tsp mixed spice
8oz soft brown sugar
12oz golden syrup (or 8oz golden syrup and 4oz treacle)
1tsp jus ginger (chopped ginger in syrup)

1tsp ground ginger
1tsp baking powder
8oz margarine or butter

0.5pt milk
2 eggs

Mix the dry ingredients. Melt the margarine, sugar and syrup in a pan and add the milk. Beat the mixture gradually into the dry ingredients, then beat in the eggs and finally add the jus ginger. Pour into a 12 inch X 9 inch greased baking tin. Bake for 1 hour at 180C. When cold, cut into squares.

Forthcoming programme.

December.

Saturday 27th Walking back to health – 🐢 Milton & Foremark Hall walk of 4 miles, meet on Main Street, Milton Derby DE65 6EF at 9.30 to walk at 10.00.

January.

Wednesday 7th Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 10th Walking back to health - 🐢 & 🐢 Elvaston, Ambaston & Thulston walk of 5 ½ miles, meet lay-bye on Main Road, Elvaston, Derby DE72 3EQ at 9.30 to walk at 10.00 AM.

Monday 12th Hypnotherapist Nicole Huthwaite will transport us into another Dimension at 2.30 PM in Friends Meeting House.

Wednesday 14th Swimming at the Queens Leisure Centre at 3.15 PM.

Tuesday 20th **CHANGE OF VENUE FOR LUNCH** at The Kings Highway, Kingsway, Derby DE22 3NH at 12 noon.

Wednesday 21st Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 24th Walking back to health - 🐢 Melbourne walk of 3 ½ miles, meet at Castle Street car park, off Potter Street, Melbourne DE73 2EU at 9.30 to walk at 10.00 AM .

Tuesday 27th Coffee morning The Cube café/bar from 10.30 AM.

Wednesday 28th 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.

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

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 Marilyn on 01332 558756 along with recommendations for lunch venues.

Affiliated to the British Heart Foundation