

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter February, 2014.

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

February meeting. (A report by Pam Fearn). Thirty-six members listened to an interesting talk on Kedleston Hall by Ann Taylor who has been a volunteer guide there for the past 15 years. The Curzon family have lived at Kedleston since the 12th century. Nathaniel Curzon had inherited it from his grandfather, and had bought the title of Baron of Scarsdale. Nathaniel had already demolished his grandfather's house and while he was initially commissioned to design the parkland by 1760, Robert Adam had sole responsibility for the design of the new Kedleston Hall, which stands today and its interiors. Members were told that the house had also been used as the setting for the



cinema film "The Duchess". Ann told us that when she takes parties of visitors around she is dressed as Mrs Garnett, who was the housekeeper from aged 40 years until the time she died in her eighties and who is buried there. A painting of her had been commissioned by the Scarsdale family and still hangs on one of the walls so visitors are able to see what she would have looked like. We were told that Mrs

Garnett was a very well educated lady but no records could ever be found of her existence before she came to Kedleston and it is thought that she was possibly the illegitimate child of either one of the Scarsdale family or of royalty. Mrs Garnett had had her own set of rooms away from the servant's quarters and had held a key for every room in the house. Kedleston Hall contains a splendid marble hall with rows of 25ft high alabaster columns surrounding the room. The state rooms contain some magnificent furniture, some of which was brought back from India by George Curzon, who was the Viceroy there from 1899 to 1905. Ann took us on a journey from the music room and the drawing room where the ladies would sit, to the library with its gentleman's chair and large desk which contained 48 draws. Next was the salon which had been a place of meditation but had been turned into a ball room. Following on from this was an anti-room and dressing room before you reached the state bedroom. It is thought that George V and Queen Mary stayed here and that a bathroom had been built outside especially for the use of the King. From the bedroom you would go into a large wardrobe where it is thought the ladies would change their clothes up to 5 times a day. The dining room has a large table laid with silver settings, from this we travelled down the corridor finishing at the kitchen. Ann said that she hoped that her talk had possibly made members want to see more of Kedleston. Members felt they were likely to visit the hall and that a possible trip for TH(D) could be arranged.

Next month's meeting. Our speaker for March is Tracy Kerry, High Level Clinical Support co-ordinator in the Medical Education Department. She will tell us about the work of the new Medical School at the Royal Derby Hospital. Tracy arranges for "Volunteer

Patients" to be examined by trainee doctors. Obviously, for this purpose they require a "real" patient to examine!! Volunteer Patients may also partake in teaching sessions, with students learning how to perform a cardio vascular or similar examination. Several Take Heart members are already engaging in this worthwhile role and no doubt we have other members who could assist. Tracy will be looking out for willing helpers to assist the medical students in becoming good doctors.

Coffee in a Cube! We kicked off the year with a bumper turnout at the January coffee morning with 50 members. We were blessed with visits by members we had not seen for several months, and by Neal & Desiree whom we had not seen for two years. There was even a joining member on the day as well as all the usual suspects. Many members renewed their membership for 2014 on the day, so it was another very happy occasion. See you in February and don't forget to bring your "jam jar" or let Michael have it so that he can bring it on your behalf.



Member news. Since the last Newsletter was published, we have learnt that several members have been unwell. Cynthia Bland and Robert Jones have both had short spells at the RDH. Paul Riley writes, *"I must endorse the comments re: Derby Royal and supports, the treatment I got on the stroke ward was second to none, everyone was so helpful and afterwards the City Stroke Team came in most days for nearly 5 weeks and gave support for both myself and even spared a little time with Brenda after her op. absolutely faultless."* Thanks Paul, I am sure the Royal Derby will be pleased to hear of your positive experience. I have also heard from Alan (stroke) & Ruth (hip replacement) Nixon who are looking after each other and we wish them both well. Sue Robinson has had minor surgery and is to have more, as is Margaret Storry who has had a knee replacement. We have also heard from Betty Hassell, who is reasonably well and now getting around with the aid of a walking stick. She hopes to attend one of our events soon. So many of you this month it might have been quicker to list those that are reasonably well. If you are unwell and are not mentioned here, we apologise but we were not advised of your difficulty.

Great news! Do you remember our talk in November given by Wendy Pickering from cardiac rehabilitation? It was a humorous talk about feelings (yes that one). She was accompanied by Chris Smith and Daniel. Chris you might recall had been waiting for a heart transplant for almost 3 years but cheerily went about his life and carried a "pump" in a bag on his shoulder.



Well, no more. Whilst attending Papworth Hospital around Christmas time, a heart became available which matched perfectly with Chris. I am delighted to inform you that he has successfully undergone the surgery and is now at home recuperating. He tells me he is still feeling a little weak but getting stronger by the day. He and his wife Christine have been championing the need for us all to register as NHS organ

donors. You can register at www.organdonation.nhs.uk or call 0300 1232323. I am sure you will all join with me in wishing Chris the very best of health for his future. He in turn sends his best wishes to all of you. Fabulous news for a very brave man. Good luck Chris.

New members. This month we welcome Doreen Goodes to our group. We wish her well.

Birthdays. Birthday wishes in February go to Paul Riley, Lisbeth Corley, Dorothy Stevens, John Twells, Elsie Doxey, Annabelle Evans, Les Tibbles, John Heath, Patricia Morris, Muriel Bartram, Norma Bracewell, Ruben Dudsbury, Babs Knight, Joyce Taylor, Barbara Rowe, Michael Holland, Elaine Hopkins, Lynn Butler and Donna Knowles. Of those mentioned, Les

Tibbles celebrated his 90th with family and friends at the Whitehouse Restaurant in Sawley. Congratulations Les, hope you had a fabulous time and it seems he did. He says in a letter that having dined with family on Saturday, enjoyed his birthday day on Monday and then lunch with TH(D) members on Tuesday, it felt like an extended and very enjoyable birthday. 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 your details.



Membership fee now due. Membership fees are now due and are a minimum of £10.00 per household. Many of you contribute more than the minimum for which we thank you. This is a fee per household and includes a monthly Newsletter, personalised birthday card, a copy of our annual walks calendar, and public liability insurance at all Take Heart (Derby) official events. 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 to all those who have already renewed.

Lunch in Chaddesden. Lunch at the carvery was very good, the waitress informed us we would all get a 20% discount. The service was also very good as was the meat and choice of vegetables. As usual a good time was had by all, 23 in total, and who can complain for the price of £4.79. There was much merriment and everyone departed enjoyed each others company yet again.



Data. There has been a huge investment by companies we come into contact with, where they record data (information) about us. The most familiar are loyalty cards for various stores i.e. Tesco, Sainsbury's etc. They keep information about our purchasing habits, frequency of shopping and so on. It helps the stores to predict stock requirements but also what to "target us with" in terms advertising and offers. In a similar fashion, medical records are kept about our illness and prescription history, blood test results, Xray's and other examinations. Our GP's can now log into the hospital computer to check results of tests undertaken there. There is an abundance of information about us on computers. The BHF are suggesting that medical information can help researchers to find patterns and "markers" which should lead to a better understanding of heart issues and thereby lead to a quicker solution. They are therefore backing the NHS campaign to highlight the wealth of information already held in our medical records. BHF Medical Director Professor Peter Weissberg said: *"Locked inside our medical records is a mine of vital information that can help medical scientists make discoveries that can improve patient care and save lives. With the right safeguards in place to protect confidentiality, this new system will be of enormous benefit to patients and help reduce the burden of heart disease in the future. Patients can choose whether or not to share their information. That's why it's important to raise public awareness of the benefits access to patient records can bring so that everyone can make the right choice."* There is some concern about misuse of records and who might have access to it. It is possible that details could be passed to organisations who might use the information for purposes other than medical research. You have the right to advise your GP not to release your records. Please consult with your GP. It is up to you to make a decision.

Health Promotion Event. A joint event with Derby Heart City & Derby City Council is to be held at the Derby West Indian Centre on Saturday 1 March from 10.30 til 3.00. The principal focus on this occasion will be "mental health". If you can help by staffing a table for Take Heart (Derby) please let Michael know so that we can book in.

Ramp up the Red lunch. Another lunch experience to talk about this month. This time it was to mark the BHF Ramp up the Red campaign for 2014. We booked 16 - 20 places (because we never really know how many will attend) and in the event 36 arrived. This



caused a great deal of anxiety for the Red Cow staff but eventually everyone was seated. There followed a lunch serving which lasted more than two hours. Indeed, four members departed without having been served at all, which was hugely disappointing. Those who were served quickly had to endure many envious glances and much drooling from those of us still waiting. There was a huge amount of chatter again, with everyone departing having

enjoyed the company of friends. Thank you all for your patience.

How did Mollie Ramp up the Red. This was the question posed by the BHF on the annual "guess" sheet. Our members had a go and the winning guess was unveiled on the BHF website on 7 February – Ladybird. The winner was Bob Betchley who will receive his winnings at our coffee morning on 25 February. Well done Bob.

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 arrived as I was sitting at my computer, hence early acknowledgement (first?). It really is one of the best Newsletters I get. Wish I could see more of you but at least I see Geoff Sykes regularly and sometimes Jean. Each month Gerry and I plan to visit the Cube but it's getting difficult to do anything much before lunch and as for walks --- well, I simply cannot talk and walk while I move slower than a tortoise anyway. (Driving is my way of getting about --- hundreds of miles are still well within my scope!! ---- something to be thankful for, even if not to recommend to your members.) Keep up the good work/thank you for an excellent news letter/I liked the tips for reducing heart risks and for the Senior Widow's story/ Thanks for another superb newsletter/ Thanks again for the very enjoyable newsletter and also my lovely birthday card/ Newsletter well received and thank you from Margit for birthday card and greetings in the Newsletter"*. But do you agree? These are comments via email, it would be nice to hear from those who receive the Newsletter via post. John Heath said *"At the pace I walk, I am waiting for you to introduce a 'snail walk'."* Let Michael have your views too, please.

Footstools put to the test. Last month we reported that Take Heart (Derby) had donated footstools to CCU at the Royal Derby Hospital. Here you can see various committee members, with CCU staff putting the footstools through there tests (and very comfortable they were too). Thank you all for your continued support with cash donations which allow us to help the cardiac departments at the RDH. Watch this space for further donations already in the pipeline.



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. So, it is not too late for anyone – give it a try but do not become a slave to it like me.

Spring Luncheon. Accompanying this Newsletter is the menu options for our Spring Luncheon on St Georges Day 23 April. We will return to the Cathedral Quarter Hotel again following the success of last year's event. Priced at only £16.00 for a 3 course lunch plus tea/coffee (hotel value £25.00) this represents outstanding value. We can accommodate 80 people and judging by the levels attending our informal lunches, we should reach that number easily. Telephone Barbara on 01332 767368 to book and fill out the tear-off slip.

Forgotten and lonely. Does this apply to anyone you know? Well, if it does and they are a member of Take Heart (Derby) then we have two telephone numbers listed under our "listening ears" listed at the end of this Newsletter. If not, then Esther Rantzen has started another help line for older people, known as "The Silver Line" on 0800 4 70 80 90. It works much the same as the Child Line service. No-one should feel embarrassed or isolated, which is why the service was set up. Do help others if you can. There is someone available 24 hours per day, every day of the year.

Walks Calendar for 2014. We have an additional supply of our Walks Calendar which can be purchased from David Rowe on 01332 767368 at a reduced cost of £1.00 (or £2.50 to include post & Packing). How far will you be sending copies this year? Let Michael know, please.



Wine...A Pessimist: My glass is half empty. An Optimist: My glass is half full. A Realist: My glass needs a refill. Warning! The consumption of wine might cause you to think you can sing. It doesn't matter if the glass is half empty or half full. There is clearly room for more wine. Every time I say the dirty word "exercise," I have to wash my mouth out with red wine and chocolate. Windows cannot find the file. Would you like some wine instead? I tried running, but I kept spilling my wine. Wine is now cheaper than petrol. Don't drive, drink. (No prizes for guessing which member forwarded this).

Travel Club Trust. Quite a few of our members go out on trips organised by the Travel Club Trust. They have published their programme for 2014 and it includes:- 12 April - Peak tour and tea, 3 May - Lincoln Churches, 14 June - Tallylyn railway (now fully booked), 19 July - Weston-Super-Mare, 16 August - Wisley Gardens and 20 September - Windsor, boat & tea. For more details, contact Bob Betchley on 01332 751198. Have a nice time.

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.

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 around Little Eaton. A report by John Heath. Late January saw the 'Take Heart' walkers set out to explore the paths and by-ways from Little Eaton. The weather was fine and sunny but all the recent rain had made it muddy underfoot. Little

Eaton nestles between the River Derwent and Bottle Brook, four miles north of Derby and at the southern end of the 'Backbone of England' - the Pennines. Eaton means a town by the water, but nowadays it's more likely to be referred to as a village by the by-pass. We met in the car park at St Peter's Park on Vicarage Lane. The walk had been graded a Tortoise walk at around 2.5 miles. We started by cutting across the park and turning right up Duffield Road where we followed the road to Peckwash Mill which is dominated by a



tall chimney. At this point we left the road via a footpath along the boundary wall of the mill and beneath the chimney. Peckwash Mill began its life as a corn mill on the banks of the River Derwent but in the mid-19th century it became the only paper mill in the world with four paper-making machines in operation. Ironically, the erection of the chimney in 1895 led to the toppling of the industry when five years later there was a complaint from a wealthy new neighbour about clouds of smoke and fumes crossing his estate on the prevailing westerly wind. As a result, in 1906 the owner of the mill (Thomas Tempest) was forced to stop using the chimney and the firm went into liquidation soon afterwards. The mill has now been turned into a private residence. After the mill there were a couple of fields to cross before joining the road



again at the Bridge Inn. At this point we turned back towards Little Eaton to follow the road up Eaton Bank and then off left up Rigga Lane to reach Blue Mountain Cottages. The cottages get their name from the numerous bluebells that carpet the surrounding woodland each spring. From here there are good views at this time of year across the Derwent valley towards Allestree park and the water tower on the hill at Quarndon. Past the cottages we came across Rigga quarry, an old disused grit stone quarry at the southern end of the 'Ashover grit beds' - in geology terms. The quarry is so big that someone has taken up residence and built a large house in there. Little Eaton quarries supplied stone for Birmingham Town Hall and Derby Cathedral as well as many other local buildings and must have been an important local industry in its day. The Derby canal had a branch up to Little Eaton, so it may well have been used as a means of getting the stone out to the customer. A narrow stone bridge has been built to carry the footpath over an old access to the quarry and after that there is a tight squeeze through some gate posts and a stile to negotiate and we were back on the 'straight and narrow' in the form of the tarmac of Vicarage Lane. At the end of the walk myself and Elaine sat on a park seat and took in the sunshine and the charming expanse of St Peter's park while we enjoyed our sandwiches and flasks of coffee. The others retired indoors to a café in the pavilion overlooking the park. It turned out to be a very pleasant and interesting walk on an unusually mild January day.

Hare & tortoise at Branston Walks. A report from Elaine McCulloch. Defying the poor weather forecast, eleven hare and tortoise walkers gathered outside the Bridge Inn at Branston. We set off in the direction of Barton-under-Needwood. Although the rain held off, the surface of the canal was choppy with the force of the wind into which we were heading. We soon reached Branston Water Park, where the tortoise walkers branched off to do a circuit of the lake, while the hares continued along the towpath. Due to the very muddy conditions, the original plan to leave the canal at Tatenhill lock and cross the fields was shelved, and we continued along the towpath to Barton Turn. The Barton stretch of the Trent and Mersey canal was opened in the 1760s; and sometime afterwards, a wharf became established at Barton Turn where the road from Barton to Walton on Trent crossed the canal. On climbing up from the canal onto the road, we were confronted by

the imposing red-brick building of Wharf House. This was recorded in 1775 as the Navigation Coffee House, but had become an inn called the Three Crowns by the 1830s, which had a small brewery and associated malt-house. From there, we soon reached our destination of Barton marina. This development was opened in 2000 and, like Branston Water Park, is sited on former sand and gravel workings. The complex includes a pub, 'boutique' (i.e. posh) shops, a cinema, and a cafe that has been awarded a prize for the best hot chocolate in the UK! But we spurned these delights in favour of sitting outside with our flasks as the wind threatened to blow into the water anything that wasn't securely bolted down. We returned by the same route, with the benefit of the wind behind us; and we immediately separated into an advance and rear-guard, according to walking speed. Led by David, the former left the canal at Tatenhill lock to walk around the far side of Branston Water, while the latter party followed the canal towpath back to the Bridge Inn. Chris performed a good deed of the day by re-uniting a fluffy, pink and slightly muddy rabbit with its very small owner. By the time we got back to Branston, the wind was driving impressive waves across the surface of the lake, and rain clouds towards us from the south. A good walk in the circumstances, but I think we were probably all glad to get out the wind by the end. We will re-schedule the original walk for 26 July – make a note in your diary. **If you need help getting to the walks**, please telephone David Rowe on 01332 767368 or 07890 645645.



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.

January poser – Where are Chinese gooseberries from? One person guessed the name of the fruit but not where it **originated** from. Keep guessing!

Manila Marilyn sent this in:- A man staggered into a hospital with a concussion, multiple bruises, two black eyes, and a five iron wrapped tightly around his throat. Naturally, the Doctor asked him, "What happened to YOU?" "Well, I was having a quiet round of golf with my wife, when at a difficult hole, we both sliced our golf balls into a field of cattle. We went to look for them and while I was looking around I noticed one of the cows had something white at its rear end." "I walked over, lifted its tail, and sure enough, there was a golf ball with my wife's monogram on it - stuck right in the middle of the cow's bottom. Still holding the cow's tail up, I yelled to my wife, "Hey, this looks like yours!" "I don't remember much after that!"

This month's recipe. Back by demand we recommend the following recipe:-

Sweet potato & ginger soup. A great warmer at this time of year and serves 4 people.

2 tsp olive oil	1 onion, finely chopped
1 inch fresh root ginger, grated	54 g sweet potato, peeled & cubed
1 litre low-salt vegetable stock	4 tbsp chopped coriander
6 tbsp low-fat Greek yogurt, to serve	

Heat the oil in a large non-stick pan over a low – medium heat and add the onion. Cook for six to eight minutes, stirring occasionally, until soft. Add the ginger and sweet potato and cook for 2 – 3 minutes, before pouring over the vegetable stock. Simmer the soup for 15 to 20 minutes, until the potatoes are soft. Season with black pepper and blend until smooth. Serve with coriander, a dollop of yogurt and wholemeal bread (one additional carb portion per slice or half roll). [portions in this meal are: 1.5 carbohydrate, 0 protein, 0 fat, 0.5 dairy, 0 fruit, 0.5 vegetables]. It tastes great in spite of the facts!

I went to the bookshop and asked the sales assistant “Where is the self-help section?” She replied that if she told me, it would defeat the purpose.

National No Smoking Day 12 March. An opportunity to the 4% of TH(D) members who still smoke to give it up! It is time you made the change, save your health and money.

Forthcoming programme.

February.

Saturday 22nd Walking back to health - 🐢 Chaddesden Park walk of 1.25 miles, meet in the car park on Maine Drive, Chaddesden, Derby DE21 6LN to walk at 10.00 AM.

Tuesday 25th Coffee morning at The Cube café/bar from 10.30 AM.

DON'T FORGET YOUR JAM JAR AND CONTENTS, PLEASE.

Wednesday 26th Swimming at the Queens Leisure Centre at 3.15 PM.

March.

Wednesday 5th Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 8th Walking back to health – 🐣 & 🐢 Ripley walk of 5 & 2 miles, meet at car park on Market Place, Ripley, Derby DE56 at 9.30 AM.

Monday 10th Tracy Kerry and TH(D) volunteer patients at the Medical School will be our speaker this month at The Friends Meeting House at 2.30 PM.

Wednesday 12th Swimming at the Queens Leisure Centre at 3.15 PM.

Wednesday 12th **National No Smoking Day.**

Wednesday 19th Swimming at the Queens Leisure Centre at 3.15 PM.

Thursday 20th Lunch at The White Swan, Shepherd Street, Littleover, Derby DE23 6GA at 12 noon.

Saturday 22nd Walking back to health - 🐢 Alvaston Park Space Walk of 1.25 miles, meet at car park on Meadow Lane, Derby, DE24 at 9.30 AM.

Tuesday 25th Coffee morning at The Cube café/bar from 10.30 AM.

Wednesday 26th 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, information about publications to Marilyn on 01332 558756.

Affiliated to the British Heart Foundation