

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter February, 2015.

Coffee in a Cube! The first coffee morning of the year saw an amazing forty-eight attending the Cube café bar in Chapel Street. We used to advertise this event as a 1030 until 1130 drop in but now that seems to be anytime from 10.00 AM, with some still there after midday. Michael was busy promoting the BHF competition “How many feathers in a four foot feather boa”, which received lots of entries and has been drawn, winners have been notified. The correct answer was 784. He also collected a number of annual subs and applications to join from three new families. All terrific stuff. There was lots of noise coming from the ensemble, discussions about walks and the forthcoming 30th year celebration luncheon. Busy time and had to drink two coffee’s and almost forgot to take a photograph – (must be the oldtimers disease again).



February talk. Members were given a very interesting talk on the British Heart Foundation by Sophie Jardine, fund raising manager for Derbyshire, Leicestershire, High Peak and Buxton together with Les Baynton, BHF Ambassador who gives talks explaining what the charity does. Sophie explained that the British Heart Foundation was founded in 1961 by a group of medical professionals wanting to fund extra research into the causes, diagnosis, treatment and prevention of heart and circulatory disease. She went on to tell us that the BHF is the National heart charity and the largest independent funder for cardiovascular research. Coronary heart disease is the UK’s single biggest killer, but the BHF are leading the fight against it. Their pioneering research has helped to transform the lives of people living with heart and circulatory conditions. She went on to say that it is commonly thought that people who suffer from heart disease must be older and obese and do not bother to take care of themselves, but this is completely wrong; it affects all age’s, even babies. Sophie explained that she became involved first as a volunteer after her step-father died at the age of 49 years due to an undiagnosed heart problem which he’d had from birth. We were also told that every 7 minutes someone has a heart attack and 2.3 million people in the UK are living with coronary heart disease. There are 32 professors working on research, two of whom work at Glenfield Hospital in Leicester. The Mending Broken Hearts Appeal which celebrated the BHF’s 50th anniversary in 2011 has made 17 million pounds to date. The BHF fund heart nurses for

1-3 years in the hope that a permanent position can be found for them at the end of this period, they also fund hospital equipment, doctor's surgeries, community centres, gold clubs, shopping centres, police and the fire service. The BHF have the biggest number of shops throughout the country and are well respected for the quality of the goods they sell.

Sophie informed us that some of their funds come from legacies left to them in people's wills; these can include houses and land as well as money. Les Baynton told us that he got involved with the BHF after having a triple heart bypass in 2010 at Glenfield Hospital and continued by telling us about the places he goes to talk about the BHF, primary schools being one of his most enjoyable ones. He explained that the BHF are always looking for volunteers who are able to hold a collection bucket at different events. Les finished by reading us a couple of his poems out of one of his books which have raised £750 to date, this money being split between the BHF and TH(D).



Next month. Barry Colenso has worked in the culinary and chocolate industry for 30 years. He was Thorntons Master Chocolatier until 2008, when he set up his own company Barry Colenso Master Chocolatier Ltd, giving talks, training, consultancy and judging competitions at major events. In 2012 he began working with Cocoa Boutique in taste testing and approving gourmet chocolate creations. He has baked for The Queen and in 2011 he helped produce the chocolate wedding cake for Prince William and Catherine with 12 kg of chocolate and 1700 McVities Rich tea biscuits. He also created the Queen Mother's 85th chocolate birthday cake as well as presenting the Queen with a custom cake. Passion, determination and a desire to make magic happen is his mantra for success. We are very honoured to welcome Barry Colenso to speak to us at Take Heart (Derby), so let's have a big turnout for this fabulous subject – I need chocolate!

Birthdays. Birthday wishes this month go to Paul Riley, Dorothy Stevens, John Twells, Elsie Doxey, Annabelle Evans, Les Tibbles, John Heath, Christine Smith, Muriel Bartram, Norma Bracewell, Ruben Dudsbury, Babs Knight, Joyce Taylor, Barbara Rowe, Elaine Hopkins, Donna Knowles and Lyn Butler. 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 – It is time to bring in your jam jars full of lovely cash. We had a terrific response in February last year when we raised £280.14. It is an easy way to donate to the BHF by putting spare change into a jar at the end of the day/week/month. Mine is going quite well but I hope yours is even better. Help us to beat last year's figure, please. See you at the Cube café/bar on 24 February at 10.30 AM.



Member news. Amongst members who been unwell recently were Kevin Noon who has knee problems, Margaret Knifton is back at home following an investigation. Elsie Doxey has moved into a residential home in Ilkeston. Barbara Rowe has a new hip (should we have another group of "bionic" members as we have lots of newly jointed people amongst us)? Doreen Goodes is recovering from her recent event, Bob Betchley is also on the mend. 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. A report from John Twells. This was a shorter tortoise walk of about 3.5 miles and we numbered a party of 9 members. We met up in Melbourne, where some parked in the village centre whilst others were at Melbourne Hall entrance. The day was bright but cold, with a biting wind. We made our way up to the church on the Kings Newton road before passing through the churchyard



and into fields. Crossing the main road in Kings Newton with the Hardinge Arms on our right, we made our way across the fields again and down onto the cloud trail - this is the old railway line to Tonge then on to Loughborough. After about 1.25 miles we left this track and made our way into Wilson following a clearly defined route. We stopped by the village sign where David took some group photographs, then on past the Bulls Head pub onto the track back in the direction of Melbourne. It was heavy going on the muddy ground and a plod up the hill

through the kale field, but at the top there was a very good view over the countryside. We then made our way down to Melbourne Hall and the pool where large numbers of birds were to be seen. Visitors with children were feeding them amid lots of squawking. It was another refreshing day out for the Take Heart walkers.

Actual Call centre conversation: RAC Motoring Services - Caller: 'Does your European Breakdown Policy cover me when I am travelling in Australia?' Operator: ' Doesn't the product name give you a clue?'

Use services wisely. There is such a demand at A & E at Derby Royal Hospital that it is worth keeping the following guidelines in mind. 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.

I was born with nothing and I still have most of it left!

Take Heart (Derby)'s Got Talent (change of date). 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 13 June. Do you have a musical talent, sing, play an instrument etc. Don't hide your light under a bushel, contact Jacquie Saunders on 01332 517912.



I went to the cemetery yesterday to lay some flowers on a grave. As I was standing there I noticed 4 grave diggers walking about with a coffin, 3 hours later and they're still walking about with it. I thought to myself, they've lost the plot!!

Does this apply to all you grandfathers? A nine year old was told his grandfather had been taken into hospital during the night. He said “I hope he will be alright, he’s my favourite old man!”

No smoking day – 11 March. Here is a chance for the 4% of our members who still smoke, to join with thousands of others who will quit smoking on 11 March. You know it is bad for you and those around you, so become “proud to be a quitter”. It is the single most thing to improve your health and your wallet. Give it a try. Good luck.

Feedback. The following is feedback from last month’s Newsletter despite my computer not allowing me to make an attachment, *“Newsletter received once I fathomed the pdf/Got the newsletter thank you, some of the jokes were very good/Many thanks for the newsletter, some really good quality joke, particularly, Euronating/The jokes were good really made us laugh/Thanks for another good newsletter - more entertaining than Saturday Night TV/Many thanks for the Newsletter Michael, a good read as always/Please see attached newsletter from Take Heart – it is well worth the read! If you have any comments or feedback, Michael loves to hear them, contact him on michael.flude@takeheartderby.co.uk/Amusing and informative as usual/ Thank you for the January newsletter. It did me good to read all the news, and especially the jokes, which have been forwarded to my brother and sister-in-law in Spain as usual”*. These are actual comments received via email but I have received verbal responses *“Fabulous Newsletter, look forward to the next one as soon as I have finished reading the current one”*. Do you have an opinion?

Annual subs are due! Thank you to all those who have renewed your membership for 2015. At £10.00 per household this represents exceptionally good value but we need you to make your donation before the end of February so as to continue to 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), 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.

All wired up in CCU! We were at it again, this time in CCU at the Royal Derby Hospital. By that I mean we were presenting more equipment to Coronary Care Unit in the form of “leads”. Through these leads, signals are carried from the patient to various monitoring equipment. Monitors allow medical staff to see how a patient’s heart is performing but apparently the leads often break down. Anyone who has been connected to an ECG monitor will remember the profusion of leads are always tangled up and take ages to connect them to the correct area around the heart. So, we purchased a supply which should last more than a year. In the photograph you can see David plugged in, with staff and TH(D) members looking on. Thank you all for your donations which allow us to help.



Hare & tortoise walk at Osmaston. John Twells writes as we revisit an old favourite at Osmaston. The 10 members met in Osmaston on Saturday for a walk of approximately six miles. It was a cold but dry day with quite a lot of mist and some snow still on the ground. Some of us went to the 'Shoulder of Mutton' pub as stated in the newsletter, but others



were at the village hall car park. Chris came and collected us and we set off through the village and across the muddy fields towards Wyaston via Edlaston. We intended to make the 'Shire Horse' pub our lunch stop and, as we proceeded into the village we were met with the sight of the Meynell hunt horses, riders and followers. It was an impressive sight and we chatted to the people gathered there whilst eating our lunch. Some of us were lucky enough to be offered a 'Stirrup Cup' drink with the huntsmen - it was very warming on a cold day! Once the hounds had arrived the hunt moved off in the same direction we were taking, we were to hear them later in the day not too far away, but out of sight. We continued through the village then around the lakes to the water driven saw mill, passing through the rhododendrons which were being cleared and tidied up. Two of the hunts hounds had become lost and we kept meeting them as they ran back and forth on the trail looking for the pack! We arrived back at the village car park



after yet another very interesting and rewarding day out. The exercise and experiences of the day had been amply rewarded. You can see from the two photographs that is was more organised when we fenced the walkers in – is there a lesson to be learned?

Save the Earth – it's the only planet with chocolate!

If you need help getting to the walks, telephone David Rowe on 01332 767368 or 07890 645645. We are a bit short of tortoise walkers to keep Graham company, who has kindly volunteered to lead this part of the walk. So where are all you strollers (don't tell me you would rather be at the iPro).

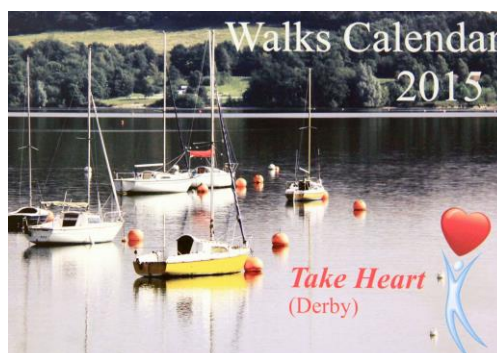
Geoff Sykes has written in advising of an exercise group which might be of value to you. *"3F's, an exercise session for the over-50's held in the Central URC, Becketwell Lane. You may wish to add this to your list of such Groups. The Wed. a.m. session is full at the moment with 50 members, however, there are vacancies in the Thurs. group. We meet at 10.30 a.m. in the 1st. floor hall (lift available) for coffee and biscuits, then move to another room for one hour of chair-based exercises to music. Our various Trainers are qualified, the Thurs. one by Extend, and more able members can stand for most of the exercises. Then follows a simple lunch comprising of soup, sandwiches and cake during the winter and pudding replacing soup in the summer. 3F's stands for Fitness, Fellowship and Fun. I hope that the above shows how we attempt to cover each of those key words - incidentally, everything is non-denominational, though when Jean and I joined four and a half years ago we were quickly so impressed with the really loving ambience created by a*

committed group of caring volunteers that we came in from the wilderness and sought membership of this church. Our best contact is the prime mover of the project, Gwen Johnson, whom you know and who certainly knows more than anyone else about 3F's, her phone no. is 01283 701284. We all know the value of fitness but how many of us actually do anything about it. Clearly Geoff & Jean have done and it could help more of us – me included. So what are you waiting for?

Man - I'm the man of the house and when I walk through that door at the end of a day, you will have a delicious meal waiting for me. Then you will fetch my slippers and whilst I am watching Sky Sports football, you will run my bath. And guess who will be dressing me and combing my hair afterwards? Woman – the funeral director.

Swimming. Ted Evans writes, *"I thought that you may be interested to know that I have just completed a good swimming weekend in Crawley in my first Masters swimming competition of the year. Five first places in the five events that I swam in, in the 80-84 year age group, including a new Great British Masters record in the 100 metres breaststroke, beating a record that has stood since 1998 and was held by ex 1948 Olympian Roy Romain. I have some further competitions coming up during the year, so the Take Heart [Derby] Wednesday afternoon swims, hopefully, will help keep me healthy and fit"*. That is fantastic, well done Ted. Come along on Wednesday afternoons and take turns to pace him or simply marvel at his skills. A full story appeared in Derby Telegraph on 12 February.

2015 Calendar Our calendar continues to receive favourable reviews. We have received a note from Kath Robinson who re-located to France *"Thank you for the calendar, its lovely."* Many thanks Kath and to all those others who have expressed their delight with this year's calendar. Copies are available from David on 01332 767368 or 40 Gurney Avenue, Sunnyhill, Derby DE23 1GR.



New members. This month we welcome new members Hazel Rennison, Michael Hill, Angela & John Padfield, Rob & Debra Kydd, Chris & Mick Knifton. We hope you enjoy our company and our events.

Eileen and her husband John went for counselling after 25 years of marriage. When asked what the problem was, Eileen went into a passionate, painful tirade listing every problem they had ever had in the 25 years they had been married. She went on and on and on: neglect, lack of intimacy, emptiness, loneliness, feeling unloved and unlovable, an entire laundry list of unmet needs she had endured over the course of their marriage. Finally, after allowing this to go on for a sufficient length of time, the therapist got up, walked around the desk and after asking Eileen to stand, embraced her, unbuttoned her blouse and bra, put his hands on her breasts and massaged them thoroughly, while kissing her passionately as her husband John watched with a raised eyebrow! Eileen shut up, buttoned up her blouse, and quietly sat down while basking in the glow of being highly aroused. The therapist turned to John and said, 'This is what your wife needs at least three times a week. Can you do this?' John thought for a moment and replied, 'Well, I can drop her off here on Mondays and Wednesdays, but on Fridays, I play golf.'

February lunch. It was our contribution to the "Wear it Beat it" BHF campaign to fight back against heart disease, which we did in our usual fashion. Talking of fashion, you can see all of us in red, although some of us are a little colour blind. Next year it will be Nottingham Forest shirts all round!



Twenty-eight members ate well (three courses for £5.95 is a pretty good deal and in the words of several – you cannot have a meal at home for this price). We drank and chatted for well over two hours and Michael sold spaces for the "how many feathers in a "four feet feather boa" competition. We had guess's from 153 to 20,000 but the answer was 784. We had three winners, Chris Whewell, Matt Leech and xxxx yyyyyyyyyy. All will receive some Thorntons chocolates in due course. We raised a total of £184.00 towards the BHF target. Well done and thank you to all those would had a guess.

Gardening tips in the depth of winter. Prune your butterfly bush by reducing the height of buddleias by 2/3 rds, cutting each long stem back to a pair of healthy buds. These plants grow on this year's growth, so pruning away last year's stems will see the new shoots with extra vigour. Time now to set out cloches on your vegetable bed and allow three weeks for the soil to dry out and warm up. Seeds sown under cloches in early March will mature weeks earlier than those sown in open ground. Try carrots, broad beans, peas and salad. Plan your veg plot by measuring out a simple planting programme. Seeds can be sown in a greenhouse initially. The first seeds to be sown outdoors can be carried out late in March, typically root veg. Good gardening!

A man is dining in a fancy restaurant and there is a gorgeous lady sitting at the next table. He has been checking her out since he sat down, but lacks the nerve to introduce himself. Suddenly she sneezes, and her glass eye comes flying out of its socket toward the man. He reflexively reaches out, grabs it out of the air, and hands it back. "Oh my, I am so sorry," the woman says as she pops her eye back in place. "I'm sure that must have embarrassed you so let me pay for your dinner to make it up to you." They enjoy a wonderful dinner together, and afterwards, they go to the theatre followed by drinks. They talk, they laugh, she shares her deepest dreams and he listens, he shares his and she listens. After paying for everything, she asks him if he would like to come to her place for a nightcap and stay for breakfast. They have a wonderful, wonderful time. The next morning, she cooks a gourmet breakfast with all the trimmings. The guy is amazed and totally impressed. "You know," he says, "you are the perfect woman. Are you this nice to every guy you meet?" "No," she replies, "You just happened to catch my eye."

Questions that haunt me? Why do doctors leave the room while you change?

They're going to see you naked anyway...

Why is 'bra' singular and 'panties' plural?

Why do toasters always have a setting that burns the toast to a horrible crisp, which no decent human being would eat?

Forthcoming programme.

February.

- Saturday 21st Walking back to health - 🐢 Allestree Park Nature Trail walk of 1 ½ miles, meet at Main car park, Duffield Road (A6), Derby DE22 2ET at 9.30 to walk at 10.00 AM.
- Tuesday 24th Coffee morning at The Cube café/bar from 10.30. Remember to bring your Jam Jars full of lovely cash!!
- Wednesday 25th Swimming at the Queens Leisure Centre at 3.15 PM.

March.

- Wednesday 4th Swimming at the Queens Leisure Centre at 3.15 PM.
- Saturday 7th Walking back to health - 🐣 & 🐢 Ticknall & Calke Abbey of 7 miles, meet at Ticknall Village Hall car park, Ingelby Lane, Ticknall DE73 7JW at 9.30 to walk at 10.00 AM.
- Monday 9th Barry Colenso, "Chocolatier" will tickle our taste buds from 2.30 PM at the Friends Meeting House.
- Wednesday 11th Swimming at the Queens Leisure Centre at 3.15 PM.
- Wednesday 18th Swimming at the Queens Leisure Centre at 3.15 PM.
- Thursday 19th Lunch at The White Swan, Shepherd Street, Littleover, Derby DE23 6GA at noon.
- Saturday 21st Walking back to health - 🐢 Bretby walk of 4 miles, meet at Garden Centre car park, Bretby Lane, Derby DE15 0QS at 9.30 to walk at 10.00 AM.
- Wednesday 25th Swimming at the Queens Leisure Centre at 3.15 PM.
- Tuesday 31st Coffee morning at The Cube café/bar from 10.30 AM.

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

Seated exercise classes at CRU, Becketwell Lane, Derby. Tel Gwen on 01283 701284

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