

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter January, 2011.

Here we are in 2011 and starting another New Year and with hopes that it will be a kind one for all of you.

We have a new start for Take Heart, with a new venue for our monthly meetings. Despite originally being a little difficult to locate and despite all the winter ills - twenty-one members came to our first meeting in the Friends Meeting House and I am sure that most people will agree that the facilities and the ambience of the place is far superior to that of our previous meeting place.

Apologies were received from Jean Sykes, Bob Bletchley, Michael and Trisha Flude, Margaret Harrison and Wendy and Doug Glenday. We do hope that those of you who are not well at the moment will make a speedy recovery and will be with us again before long.

New Members. In Michael's absence, the meeting was taken by Joyce, our Vice chairman, who welcomed three new members to our organisation, Mrs Nellie Dye, Mrs Anne Quadri and Ms Joyce Taylor. We do hope that they will enjoy their membership and become regular attendees at our meetings. We were delighted to see them.

Donations. Joyce reminded us that our donations, contributing towards the production and posting of the Newsletter, are now due. Though probably running at a loss, due to the impending rise in the cost of postage stamps, we are keeping this at £5 for yet another year (though if you would like to contribute more or even send a book of stamps) they would be most gratefully received. Please send your donations to our Treasurer Mrs A Howe, 80 Penzance Road, Alvaston, Derby, DE24 0NJ making the your cheque payable to Take Heart (Derby). Thank you.

February is a big month for the British Heart Foundation. This is a month of extra publicity and fund-raising, a **Red for Heart month**. Take Heart (Derby) is going to join in this effort. At our next meeting, fortuitously on February 14th, we are going to have a quiz. Do come along, and bring your brains with you. Our quizzes are always fun and are enjoyed by members. Prizes will be given to the winners! All we ask from you is that you come along, join in the quizzes and **wear something red**. We look forward to seeing you.

On February 25th the B.H.F. are celebrating **Red For Heart Day**, as are **Take Heart (Derby)** Marilyn has organised an informal lunch for us on that day at the **Mundy Arm's**, which is on the A 52 Ashbourne Road in Mackworth (just beyond the Mackworth Hotel but on the opposite side of the road.) This is a Chef and Brewer inn with a very good range of lunchtime meals and with ample easy parking. We will meet at 12:00pm and again you are asked to **wear something red please**.

Speaker. Joyce welcomed our speaker for the afternoon – Mr Maurice Elliott. Maurice is the chairman of the Derby, Burton and District Remap organisation. When asked, most of us had never heard of Remap or had any idea of what they represented. Maurice explained - Remap stands for Rehabilitation, Mobility, Advisory panel. It is formed from retired engineers who make bespoke aids for disabled people. There are 84 branches in the UK and their aim is to

improve the quality of life for disabled people by engineering aids which cannot be made commercially. They have no offices or workshops, individual engineers work from home using their own tools and facilities. There is no charge - Remap is a charity and they never make what can be bought.

Many Remap clients suffer from mobility problems like arthritis, motor neurone disease or have missing limbs. Maurice brought some of his appliances to show and demonstrate to us, others we saw on a screen. Many were very ingenious - such as a device made to help someone with arthritis ring out cloths and another to depress and turn the switch on a gas fire. Some were much more complex like small, easily manoeuvred cars for very young children who were unable to walk, a mechanical spoon for a lady who was unable to lift her arm to feed herself, and a tilting device for holding a mug or glass, allowing a man unable to hold these things himself, to have a drink. The list is endless and the ingenuity of these engineers is to be admired and wondered at.

We all thoroughly enjoyed this talk and enjoyed hearing about the group of dedicated and inspired people, who, having completed their working lives are now devoting much of their time in retirement to making life less difficult and more bearable for others. If you feel that you could help Remap in any way or indeed feel that Remap could help you in any way please contact Maurice Elliott, Blenheim Drive, Allestree Derby. Telephone 01332 552788

Marmite medicine. Marmite is one of those things that you either love or hate, but I have never before thought of it as a medicine. A key in vitamin found in Marmite and Quorn could hold the clue to recovery following a heart attack. A derivative of vitamin B1 could speed up healing of the tissue and increase the chance of survival after heart damage!

Gardening. I don't know how many of you have managed to get round your gardens since all the severe frost and snow. Today is a lovely spring-like day with sunshine and it is the first time I have felt brave enough to walk round and survey the damage. Surprisingly most things seem to have survived very well, the camellias have fat buds as have the magnolias. My bay tree looks a little sad and I am somewhat worried about my olive tree, which, although its pot was wrapped in bubble wrap and its top was given a blanket of fleece has very few leaves left. I shall be sorry to lose it, but only time will tell, it is a Mediterranean bush after all. The bulbs are beginning to appear and the hellebores are pushing their new spikes through the soil. Now I have the feeling that it won't be long before we can get back into gardening mode. There are of course lots of things that you can be doing in the garden if these warmer days continue. Because the frost came before some trees had lost all their leaves they are now lying in a soggy mass on top of the garden. Rake these leaves up, they only make good hiding places for slugs and other nasty's, put them to compost, a bin made from wire netting is best but failing that put them in a black plastic bag, seal it at the top and poke holes in the bottom. Hide this bag away in some unobtrusive part of the garden for 12 months, when, with a bit of luck you should have a bag of beautiful, black, friable leaf mould. If you have not already done it cut down pampas, miscanthus and other grasses. Move badly placed shrubs to new sites. Cut away unwanted suckers from the base of trees. Take hardwood cuttings from shrubs and roses. Regularly pick faded flowers off winter pansies and violas. Prune summer-flowering clematis, cutting back to a bud low-down on each stem. One of the best things that you can do at this time of year is to spread a thick layer of compost over the soil and round the plants. There is really no need to dig it in as the worms which are becoming very active now will drag it down into the soil and do the job it for you. Happy gardening!

Perhaps cooking is more in your line than gardening. If it is, why not try this tasty recipe.

Chicken and broccoli risotto.

This recipe will feed 4 to 6 people.

3 teaspoon's of sunflower oil.

8 ounces of skinless boneless chicken breast fillets diced.

3 shallots chopped.

1 clove of garlic and, peeled and chopped.

4 ounces of button mushrooms.

6 ounces of arborio risotto rice.

4 fluid ounces of dry white wine.

1 pint of hot vegetable or chicken stock, kept simmering in a separate pan.

6 ounces of small broccoli florets.

2 tablespoons of flat-leaf parsley.

Freshly ground black pepper.

Heat up 2 teaspoons of oil in a saucepan, add chicken and cook gently for 3-4 minutes stirring regularly. Add shallots, garlic and 1 teaspoon of oil and cook for 5 minutes stirring occasionally. Add mushrooms and rice and cook for 1-2 minutes. Add white wine, cook rapidly for 1-2 minutes until the wine has almost evaporated, stirring. Reduce heat to medium low, add stock a ladleful at a time, allowing it to be absorbed before adding more, stirring until the rice is tender (this will take about 20 minutes.)

Meanwhile, cook broccoli in a separate pan. Stir into cooked risotto, add parsley and black pepper to taste. Happy eating!

A story. I read this story and in the *Leicester Take Heart* magazine and thought it was very funny I hope you will too. I am sure that they won't mind if I reproduce it here.

Did you hear and about the teacher who was helping one of the reception class pupils put on his Wellington Boots? Even with the teacher pushing and the little boy pulling they still didn't want to go on. By the time that they had got the second boot on, she had worked up a sweat. She almost cried when the little boy said, "Teacher, they're on the wrong feet." She looked at them, and sure enough, they were. It wasn't any easier pulling the boots off than it was putting them on. She managed it to keep her cool as together they worked to get the m boots back on, this time on the correct feet.

He then announced, "These aren't my boots." She bit her tongue rather than get right in his face and scream, "Why it didn't you say so?" like she wanted to.

Once again she struggled to help him pull the ill-fitting boots off his little feet. No sooner had they got the boots off when he said, "They're my brother's boots. My mum that made me wear 'em."

Now she didn't know whether it she should laugh or cry. She mustered up what to grace and courage she had left to wrestle the boots onto his feet again Helping him into his coat, she asked, "Where are your mittens?"

He said, "I stuffed them in the toes of my boots."

She will be eligible for parole in three years!!

Anyone who has had dealings it with young children will know exactly how she felt.

For your diary.

January 25th. Coffee morning at the Cathedral Coffee Shop, Irongate. 10.30 – 11.30am.

February 13th. By popular demand we hold a further walk, this time the Radbourne Round Walk. Meet at the Honeycomb Public House on Ladybank Road, Mickleover at 9.30 AM

February 14th. Our regular monthly meeting with a "Red for Heart" quiz set by Pat Fitton. This event has a hugely popular following, so do not miss out and remember to "wear red".

February 22nd. Coffee morning at the Cathedral Coffee Shop, Irongate. 10.30 – 11.30am.

February 25th. National "Red For Heart Day" informal lunch at 12 noon in the Mundy Arm's Hotel, Ashbourne Road, Mackworth, Derby.

Exercise classes.

Derby Royal Hospital - Contact Christine Chambers on 01332 340131.

Fit and for U with BACR instructors, contact Matt on 01332 832224.

“Exercise for the Heart”. Exercise classes with BACR instructors, contact Jane on 07930 975681. Classes are run at Draycott and Ilkeston.

Swimming.

For Take Heart (Derby) members only, at Queen's Leisure Centre, Family Pool every Wednesday from 3:15pm to 4pm. Cost £1.75.

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 or Betty Hassell 01332 518402.

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 Pat Fitton on 01332 342544, 1, Princes Drive, Littleover, Derby or email patfitton@aol.com

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

Any ideas or suggestions for speakers should be given to Marilyn on 01332 558756