

# Take Heart

(Derby)

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

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



## Newsletter January, 2012.

**Monthly meeting –** Well, what a different way of welcoming the New Year! 42 members and guests attended the “Be a lifesaver, not a spectator” event at our January meeting. Due to ill health, the speaker did not attend and even our backup plan was thwarted due to the failure of the central heating system at the Friends Meeting House. So everyone was left disappointed, although refreshed by tea/coffee and some of Joyce’s lovely biscuits. It is hoped to re-arrange this event at a future date. The committee apologies for the disappointment and in an attempt to recompense you, there will be no charges for the February meeting.

**Our next meeting.** Comparisons between cardiac care here in Derby to that experienced by Dr Damian Kelly whilst working in New Zealand. He will also update us on the very latest news from the RDH and would be pleased to answer your questions if time permits. Make sure you do not miss out on this month’s talk (remember to wear something red and don’t forget it is free this month).

**Festive Coffee morning.** Another thirty members enjoyed a relaxing break at the Cathedral Coffee Shop on the morning of 20<sup>th</sup> December (it seems like a long time ago). “This makes a refreshing break from the helter-skelter of shopping” was repeated by many. We had mince pies, a selection of chocolates and biscuits, along with our usual tea/coffee. It was so busy, Michael forgot to take any photographs (silly boy)! A truly lovely way to meet and wish friends (old and new) a very, merry Christmas. There was an added bonus with a new member signing up with us. What better present can we ask for?

**A big thank you.** We have recently received donations from two sources. Molly & Ken Illsley sent a donation to us in lieu of leaving a legacy in their will. They said they would like to see the money put to good use during their lifetime than to wait until after their death. Thank you so much, both of you and let us hope you are able to join us more often in the years ahead. The other donation was received from the Madeley Players. They are an entertainment group who put on shows of music, magic and humour to raise money for charitable causes. One of their ensembles, Shirley, is seen here passing their donation to Michael. To all of the Madeley Players we wish good health and fortune to continue their work – a very big thank you from all at Take Heart (Derby).



**Membership.** As mentioned in the coffee morning notes, we were joined by Joyce Hayes. She originally attended the November monthly meeting where we had two speakers. Also joining is John Gutteridge (recommended by his sister). Two other couples, John & Janet Holmes and Paul & Ann Brain bring our membership to 150, which is an increase of 84% since May 2010. Lets’ keep the ball rolling and invite your family and friends to become supporters and also members of our group.

**Annual Fees.** Yes, I am afraid it is that time of year again when we remind you that

membership subscriptions for 2012 are due in January. Your committee have concluded that the suggested fee remains at £5.00 per address for yet another year. Of course, if you wish to contribute more, it will be gratefully received, as would donations of postage stamps which have assisted greatly during 2011. There will be a need to continue our fundraising efforts so as to allow us to do all the many things we undertake each year. 2012 will also see Take Heart (Derby) at the forefront of Derby – Heart City (see notes below). 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.

**Derby – Heart City.** The official launch of Derby - Heart City will take place in the Quad building on 24 January, between 12 noon and 2.00 PM. The Mayor of Derby, along with other dignitaries and selected guests will be in attendance. Derby will become one of only 50 Heart Cities/Towns in the UK. In a BHF initiative, a five year plan will begin in from now to focus on Heart Health, including Chronic Cardiovascular Disease, Heart Disease, and Stroke Risk to the 250,000 inhabitants of Derby City. This initiative will embrace the very young from school age, through college's, the workplace and into retirement groups. Take Heart (Derby) will naturally be at the forefront of this initiative along with Derby City Council, Derby PCT and employers from within the City. We welcome, and indeed, need your support in order for this initiative to be successful. It is entirely possible that TH(D) could grow into the sort and size of group envisaged by your committee. New sign posting will be adopted showing the “Welcome to Derby – Heart City” together with the logo and a strap line – “Love your City, Love your Heart”. Publicity is to be planned to keep the initiative in the minds of the public on a regular basis. Some of you have already spoken to Nishi Madan, Health Improvement Principal and most of you will recognise Sophie Jardine, Fundraising Volunteer Manager of the BHF for this area. Please look out for further announcements and may I please call on all of you, your family and friends to support this project throughout the next 5 years and beyond.

**Birthdays.** There are many of you who are celebrating a birthday this month – David Howe, Derek Eastwood, Ian Ball, Margaret Harrison, Brenda Wilkinson, Janet Noon, David Pearson (who is celebrating his 40<sup>th</sup> by holidaying in New Zealand with his wife Louise), Maggie Edwards, Michael & Pamela Brinkworth, Brenda Riley and Jean Percival.

**Wedding Anniversary** for Eric and Pat Ward this month.

To all of you we send our best wishes and trust you have a day to remember.

**Fact?** *Birthdays are good for your health – the more you have, the longer you live.*

**To make sure we do not miss your birthday get in touch with Michael or April.**

**Programme for 2012.** You should all have received a pre-printed copy of next year's programme. If you have not received one, then telephone Michael who will arrange a replacement. Initial responses are very favourable but what do you think? Is it good, bad or in between? It contains all of the regular events with day and date details. Please insert them into your diary/calendar so that you do not miss out. Other events, such as garden parties, additional coffee mornings, afternoon teas, trips away or changes to the list will be published periodically within the Newsletter. If there is anything you would like us to arrange, then please contact Michael.

**Additional coffee mornings.** You will be aware that February every year is Heart Month. This year Michael intends to start a “chain of coffee mornings”, beginning with one at his home (Willowbrook, Markeaton Lane, Derby DE22 4NH) on 7 February between 10.00 A.M. and 12 noon. Admission is £2.00 per person. Each person/couple attending is requested to then hold a similar event in their own home a few days later and request their guests repeat the exercise. It is therefore very possible that we can raise some much needed funds to be share between ourselves and the BHF. Please contact Michael to confirm your attendance at his home and wear something red. Take plenty of photographs at your event and pass to Michael at [michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk).

**Technology.** We continue to send the Newsletter via email to those who are able to receive it. We are delighted to receive the following feedback: *Thanks for newsletter and happy to read progress/Thank you Michael for a very informative newsletter and thanks again for the Heart City section/Many thanks Michael - I like the family dog bit/Lots of interesting photos and news./Thanks for the email but couldn't open attachment or file on website..is it just me? (yes it is you)/Brilliant newsletter. Really must come to the meeting on the 9th - maybe if I knew more I could help someone in trouble/This group represents best value for money/ That was good I enjoyed reading it/Thanks for the Newsletter, which I found very informative/I like your web site.* We look forward to more responses next month.

**Comment corner.** We are delighted to receive further comments about your Newsletter. For those of you with family, please direct them to our web site [www.takeheartderby.co.uk](http://www.takeheartderby.co.uk) for them to see what you get up to. Let Michael know your views about other aspects we can bring to our group. He looks forward to hearing from you. Families can also benefit from having the Newsletter emailed to their inbox by signing up as a member of Take Heart (Derby). It is just £5.00 per address, great value (you could buy your family a gift subscription).

**Walking.** Our first "Walking back to health" walk got underway from Stenson Bubble on 8 January. On a fresh, crisp morning the group gathered together and decided to extend their walk by including a visit into Willington via the new marina. Pictured are just four of the group, also taking part were David Rowe and Noel Clough. They were joined later by Chris's son and daughter-in-law.



The next walk is for the "tortoise" members, a steady walk alongside the canal at Cromford. There are plenty of opportunities for refreshment stops and even Michael is threatening to try this one. If he can do it, so can anyone. So come along and witness a once in a lifetime occurrence (bring your grandchildren and your pet).

Walking is an ideal way of improving your health. Feel the difference. It is free and safe. Choose your level from the two very different walks available to you. Walking can help you look and feel better, increase energy levels, improve sleep patterns, strengthen your heart and circulation, enjoy the environment, increase confidence and self-esteem, reduce stress, manage your weight, improve your body functions, make friends and experience social benefits. It's also much healthier and cheaper than walking around the Westfield Centre. So what are you waiting for? See below for details of the next walk dates and locations! See you there. **For those who are unsure whether they can complete the distance – do not worry. Just advise the nearest walker that you need to stop/rest/return and help will be to hand.**

**Did you take photographs during your recent walks?** All walkers are requested to take their cameras on each and every walk and take shots. David Rowe, walk leader, would like to create a calendar for the year 2013. Sounds a long way off but we need to start now to capture the scenery from now until September next year. This will allow time for design, editing and printing of the calendar, to be available for sale in November 2012. We need your support, so start taking your photographs now and forward them to Michael for collating.

**If you need help getting to the walks.** Our walks take place in beautiful locations around Derbyshire. The start point can sometimes be difficult to achieve by public transport. Anyone wishing to attend a walk and is in need of transport should telephone David Rowe on 01332 767368.

**From January, all walks will meet for registration at 9.30 and to walk at 10.00 AM**

**No more kissing and think of the Bee Gees!** That's the message from the BHF, who have become the first organisation in the UK to actively promote "Hands only Cardiopulmonary Resuscitation (CPR). The Resuscitation Council confirms that people should ignore the kiss of life in favour of "hard and fast compressions in the centre of the chest". Call 999 first and then start chest compressions. That's where the Bee Gees song, Stayin' Alive, comes in. Press the chest to the beat of the song to get the right tempo. You may have seen Vinnie Jones on TV advising how to give CPR (there is no requirement to have your knuckles tattooed). (Note: chest compressions and rescue breathes will still be taught as part of the gold standard CPR, including the BHF Heartstart courses). It will now be easier for all of us to comply with this technique and so help someone in need.

**Research.** Chinese research with zebrafish has revealed a way of transforming ordinary tissue into beating muscle cells. This revolutionary treatment works by coaxing stem cells to develop into cardiac cells. The same occurred when tested on mice. The next step is to test cardionogen on human cells. A BHF spokesperson said that although this was great news it is an independent trial. The BHF are funding similar research through the Mending Broken Hearts Appeal already – particularly through a £1.5m BHF Professor award to Paul Riley in Oxford. He made a major recent breakthrough by finding a way to turn cells from the outer layer of the heart into the sort of cells that make the heartbeat. This research was actually in mice, but he's also looking at how the zebrafish regenerates damaged tissue to try to find clues about heart repair. So, lots of encouraging news but as you can see it will be sometime before we see the final results.

**Gardening.** The garden does not seem to be the most welcoming place at the moment, damp, soggy, barren and wind-blown. But this morning it was calm and sunny. There was a real feeling of spring in the air, both the robin and the blackbird were in the trees singing, so I decided to have a walk around, have a closer look at what was happening and I was not disappointed, in fact I was delighted and inspired. Hellebores - white and dark red - were beginning to bloom, snowdrops were in bud and daffodils and crocuses were growing well. Spring is on its way and there are things that we can be doing or planning for. What about all the gardening catalogues that are coming through the letterboxes - and what can be more pleasurable than sitting in a nice warm room and perusing them? Time to plan your bedding for the summer, orders seeds and plug plants, plan your vegetable plot and think about your lawn. There are always things that you can do outdoors (weather permitting). Now is a good time to plant bare rooted roses, shrubs, trees and hedging. Lift and divide congested winter aconites and snowdrops and replant around the garden in new sites. Cut down any ornamental grasses before the new shoots appear. If you grow hellebores you can prevent the spread of hellebore leaf spot disease by cutting back and disposing of any affected leaves and if you grow buddleia or elder, now is the time to hard prune right back to their base. And finally, if you need a bit of winter cheer, why not consider planting some vibrant primulas? They are readily available at garden centres and can be planted directly into borders, tubs or baskets for instant colour. They look lovely planted *en-masse* 15 to 20 centimetres apart or combined with dwarf evergreen shrubs or trailing ivies. So, though there may be a lot of winter still to come - have hope. **Spring is on its way!**

**Help needed.** Some of the present committee members are to stand down at the next AGM in May. Michael would be pleased to hear from anyone who believes they can make a positive contribution to our group committee or receive nominations for nominations for the committee. You will have seen in the membership section of each Newsletter that we continue to recruit new members. This is a great testimony to everyone involved and we

wish to continue and indeed expand upon what we have already achieved. Michael's contact details are at the end of this Newsletter.

Additionally, Pat Fitton has indicated that she would like to relinquish the task of drafting the monthly Newsletter. She has been responsible for the terrific and informative Newsletter for a number of years but wishes to slow down a little. Michael would therefore like to hear from anyone who feels confident enough to undertake this task, or those who might consider writing a regular column for inclusion in the Newsletter, by telephoning him to discuss this aspect.

### **Poem. Kids** by Trisha Flude

Tidy your room, make your bed,  
Turn down that noise it hurts my head,  
Clean your teeth; pick up your clothes,  
Not done your homework I suppose.

Can you go to the Disco, certainly not,  
You're grounded if you haven't forgot,  
What do you mean it wasn't your fault?  
Who else filled your granny's cocoa with salt?

A new PC game, where will I get the money?  
Ask your dad, now that's really funny,  
Your trainers are filthy and soaking wet  
And you've lost your brothers new fishing net.

Have you showered this week?  
Stop picking your spots,  
Who says you're a geek  
With a face full of dots.

It's only a teenage thing you'll find  
And not really meant to be unkind  
What's that I hear you've been sneaking a fag,  
Don't you call me a miserable nag.  
I'm your mother and it's my job to go on  
Keeping an eye on my teenage son.

**A woman** suggested to her husband that she "dearly wanted a special present for her Birthday". She said to him that "I always wanted to be buried next to my mother. Would you buy me the plot next to her grave" she asked him. So he bought her the plot of land. The following year she asked him what he would be buying her for her birthday this year. He said "Nothing. You haven't used last year's yet!"


### **Forthcoming programme.**

#### **January 2012.**

**Wednesday 18<sup>th</sup>** Swimming at the Queens Leisure Centre at 3.15 PM.

**Thursday 19<sup>th</sup>** Informal lunch at the Jonty Farmer, Kedleston Road, Derby at 12 noon.

**Wednesday 25<sup>th</sup>** Swimming at the Queens Leisure Centre at 3.15 PM.

**Saturday 28<sup>th</sup>** Walking back to health -  Tortoise walk around Cromford Canal (2.5 miles). Meet in the car park opposite Arkwrights Mill on Mill Road, Cromford at **9.30 ready to walk at 10.00 AM.**

**Tuesday 31<sup>st</sup>** Coffee morning at the Cathedral Coffee Shop, 18/19 Irongate, Derby from 10.30 till 11.30 AM.

## February.

**Wednesday 1<sup>st</sup>** Swimming at the Queens Leisure Centre at 3.15 PM.

**Tuesday 7<sup>th</sup>** Chain coffee morning at Willowbrook, Markeaton Lane, Derby DE22 4 NH. Between 10.00 A. M. and 12 noon. Telephone 01332 380219 to book places. Please wear something red.

**Wednesday 8<sup>th</sup>** Swimming at the Queens Leisure Centre at 3.15 PM.

**Sunday 12<sup>th</sup>** Walking back to health - Swarkestone to Barrow upon Trent extended walk (5 miles). Meet at St James Church car park, Swarkestone at 9.30 ready to walk at 10.00 AM.

**Monday 13<sup>th</sup>** Dr Damian Kelly (Cardiologist) will talk about “cardiology in New Zealand and recent changes in angina investigation and management” at The Friends Meeting House at 2.30 PM.

**Wednesday 15<sup>th</sup>** Swimming at the Queens Leisure Centre at 3.15 PM.

**Wednesday 22<sup>nd</sup>** Swimming at the Queens Leisure Centre at 3.15 PM.

**Friday 24<sup>th</sup>** “Red for Heart lunch” (**wear Red shirts/tops**) at The Mill House, Derby Road, Milford at 12 noon.

**Saturday 25<sup>th</sup>** Walking back to health -  Tortoise walk, the Cranfleet Walk (2.5 miles). Meet at Trent Lock Inn car park, Lock Lane, Long Eaton at 9.30 ready to walk at 10.00 AM.

**Tuesday 28<sup>th</sup>** Coffee morning at the Cathedral Coffee Shop, 18/19 Irongate, Derby from 10.30 till 11.30 AM.

**Wednesday 29<sup>th</sup>** 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”. Exercise classes with BACR instructors, contact Jane on 07930 975681. Classes are run at Draycott and Ilkeston.

“Mobile Sports Therapy” with BACR instructor, contact Matt on 01332 832224 or 07714718910.

## Swimming.

Every Wednesday afternoon between 3.15 and 4.00 PM, an exclusive swimming session for Take Heart (Derby) members only, at the Queens Leisure Centre. So come on down and enjoy a relaxing swim in the heated pool. The cost is £2.15 or £1.70 (for those with a “passport to swim”). Telephone for the pool is 01332 641444.

## 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 Pat Fitton on 01332 342544 or to 1, Princes Drive, Littleover, Derby DE23 6DX or email [patfitton@aol.com](mailto: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 sent to Marilyn on 01332 558756.