

# 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, 2013.

A very happy and healthy New Year wish to you all. Thanks to all who send articles and who contribute in debates to make the Newsletter more interesting. We hope you continue to appreciate and enjoy each edition.



Derby  
**Heart City**

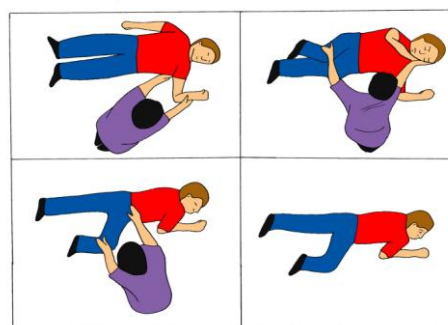
Love our city ♥ Love your heart

**Save a Life** – a report by Marilyn Thompson. Our first meeting at The Friends Meeting House saw us learn the skills we need to “Save A Life”. After our Chairman's excellent interview with Radio Derby about the Derbyshire "Save a Life" Scheme, we wondered whether our monthly meeting would be inundated with enthusiastic residents of Derby wishing to join us, but then along came the snow. We have to congratulate the 30 intrepid Take Heart (Derby) members who braved the elements, together with the excellent trainers Dave McMylor and Rob Birkin who delivered a two hour proactive course on what to do in an emergency. The British Heart Foundation had sponsored our two community resuscitation trainers through the East Midlands Ambulance Service, as they led us through "Skills for Life". Using the simple mnemonic



"Dr's ABC" we learned to check for:

**DANGER** - to the casualty or yourself, **RESPONSE** - checking whether the casualty is conscious, **SHOUT** - call for assistance, **AIRWAYS** - place the casualty in the recovery position, **BREATHING** - check that they are breathing, **COMPRESSION** - perform chest compression. We were informed that early CPR until emergency services arrive can extend a patient's chance of survival by 40%. We were taught to recognise the warning signs of a heart attack, how to deal with someone who is unconscious and know what to do when someone collapses. We were taught cardiopulmonary resuscitation (CPR) where breathing has stopped or a heart has stopped pumping. You should call 999 or the new number 112 as the latter ensures that your call can be tracked by the ambulance service. The caller will be asked their telephone number, the location of the incident and whether the victim is conscious. The golden rule is to KEEP CALM! Our two hour course taught us the recovery position, as well as what to do in cases of choking or severe bleeding. More details are included in a booklet entitled "First Response - to help you manage an incident with confidence". There were lots of questions and nearly all of us practiced CPR on the



mannequins provided. All those taking part in the meeting will be awarded a certificate of competence. Well done to you all.

**Next meeting in February.** We plan a quiz for our February with PRIZES but don't forget to turn up wearing something **RED** (if you are not wearing red – then your prize will be forfeit). Talking of Red, it is the BHF Red for heart month during February as usual. What is not usual is that this year it has a name change to “Rock Up In Red”. Make certain you have plenty of ink in your pen (or lead in your pencil). Start your revision now to score more points!

**Drink Coffee every day during February!!!** I would like YOU to hold a “coffee/anything morning” at your home with friends, neighbours and family to raise much needed money for the Mending Broken Hearts appeal. Please telephone Michael and advise which day in February that you can invite people to your home and persuade them to part with a little bit of cash in return for a cuppa and a cake. Several dates have already been booked so get in now with a choice of dates remaining. Then on the 26 February, our monthly visit to the Cube café/bar, it would make a great photograph opportunity to see the cash being thrown into a bucket. Thanks in anticipation of your support and don't forget to wear something red on each occasion.



**Coffee in a Cube!** We wished everyone a merry Christmas and happy new year when we had finished our last coffee morning a week before Christmas. Before that it was business as usual or should I say, talking as usual. There were 33 of us, including some friends we have not seen for some time – welcome back. There were quite a few



who had already departed for holidays abroad or with family. We hope you enjoyed your time as much as we did. The Cube was decorated with a huge Christmas tree making a festive feel to the room. There were lots of comment about how much nicer it was than being in the

dungeon before and how the atmosphere is always positive. It was so much fun that some members were gladly making their 2013 donations to our Treasurer (can't be bad). See you on 29<sup>th</sup> January.

**Talking of which.** It is that time of year again when we remind you that membership donations for 2013 are now due. The minimum donation of £7.50 per dwelling is requested but you can always send more if you feel able, others send books of stamps as well, which also helps. This year you have received an impressive calendar for this year and pocket diaries into the bargain. Our Programme for 2013 will give you the details connected to the logo within the date section of your calendar. This must represent the best value membership anywhere in Derbyshire. Already, many of you have sent in your donation – so thank you. 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. 2013 will also see Take Heart (Derby) continue at the forefront of Derby Heart City. Please send your donations to Mrs April Howe, 80 Penzance Road, Alvaston, Derby DE24 0NJ, making cheques payable to Take Heart (Derby), thank you.

**Apology.** Last month I announced the wedding anniversary of Ken & Nora Evans when sadly, Ken had died. I apologise to Nora and her family for any distress caused.

**Member news.** Many of those who were suffering with that nasty cold in November and December have now recovered. One of our members spent all of Christmas and the New Year as a guest in the Royal Derby Hospital, was Roland Furber. Michael discovered him on Ward 408 when visiting Trisha, who decided to see in the New Year in a different manner. I am happy to report both members are recovering, as is Bob Betchley who has returned home following a brief stay in CCU.

**Birthdays.** Birthday wishes for January go to David Howe, Derek Eastwood, Sheena Gibson, Marbit Steahr, Ian Ball, Pat Kilminster, Amiee Rae Cann, Brenda Penfold, Margaret Harrison, Geraldine Lloyd, Keith Cooper, Reh Qureshi, Brenda Wilkinson, Janet Noon, Elaine McCulloch, Maggie Edwards, Graham Cockcroft, Michael & Pamela Brinkworth, Brenda Riley and Jean Percival. Happy birthday to one and all.

**A message from the Chairman.** Being Chairman is almost a full time job but a pleasurable one. It is reassuring to hear from you, our members, that you appreciate the efforts being made to ensure events are well organised, and that you understand the tremendous effort which goes on behind the scenes. Several members have stated that they attend and support the various events because of the warmth and sincerity they have found. Thank you. It is hard work which I do not do alone. Without the support of Trisha, very little would have been achieved. She councils and advises me (proof reading every Newsletter prior to printing and many, many other things). We also have an excellent and supportive committee and members, who each help in different ways. Judging by your comments, I believe we have been successful and I hope to carry on with the best interests of all members. I look forward to the future with confidence and together with your support we can achieve even more in 2013. It is a pleasure and an honour to be your Chairman.

**Do you have an email address?** If you have an email address, we can forward your monthly Newsletter and other urgent information straight to your inbox or that of your family. Newsletters and other important messages do not have to wait until following month to reach you. The e-edition is also in full colour and helps to add impact. Several members have recently advised Michael of the email address and will now benefit from a speedier service. So could you. Please send details to Michael at [michael.flude@takeheartderby.co.uk](mailto:michael.flude@takeheartderby.co.uk).

**An Alien** landed on Earth and demanded "to be taken to our leader!" The witty Londoner replied "There's no point mate, they are not here. They are already on another planet!"

**Luncheon.** Our first luncheon of the New Year took us to the Mundy Arms on Ashbourne Road in Mackworth. Seventeen members braved the cold weather and once again the friendly atmosphere was superb. It was pleasing to see two members at their first event and the welcome they received has prompted them to commit to joining us again. Terrific.



**An older gentleman** was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation. As he was about to get the anaesthesia, he asked to speak to his son. "Yes, Dad, what is it?" "Don't be nervous, son; do your best, and just remember, if it doesn't go well, if something happens to me, your mother is coming to live with you and your wife!"





**Jam Jar Challenge.** Here is a simple way to make a difference. Clean out a jam jar, stick a label on it saying “Jam Jar Challenge” and at the end of each day/week drop your loose change into the jar and see how much you can donate to the “Mend A Broken Heart Campaign”. You can bring your savings each month to the coffee morning or monthly meeting to cash up or save up during 2013 and bring it in at Christmas. Just think, if every household within our membership saves £1.00 per month, that is £128.00 per month or £1536.00 over a year. It is a staggering amount of money and it is simple to carry out. Are you with me on this, please?

**Philosophy!** There are some people who cannot spell “Armageddon” – but it is not the end of the world!!

**Talking Walking.** Bring your family and friends to enjoy a great social occasion and join in fun which is good for all of us and get great exercise in the fresh air. Breadsall & Little



Eaton on 5<sup>th</sup> January was the first walk of the year, an impressive 8 miles to get that lethargic feeling blown out of our system. Six members turned up on a lovely sunny morning and set off uphill to the former Breadsall station, along the line of the former Great Northern Railway. Several members recalled getting on the train as youngsters (what a memory they have, now where did we park the car this



morning?) and journeying to Skegness. We posed outside the “General Waiting Room” (although there were no

Generals present). We noticed that the brickwork of the former signal box and station buildings were being renovated, suggesting that these old buildings were being brought back to life. Onwards and upwards we strode to the old tunnel which disappeared under Mansfield Road. At that point the six became four, as two of us had walked to our limit. We bade farewell, with the serious walkers continuing their journey. Over fields and lanes skirting around Broomfield Hall, across to Breadsall Priory and its golf course, through woods and into Coxbench. Time for refreshments and then across fields and down into Little Eaton. More tracks, fields and lanes later we turned into Breadsall and the climb back to our cars at The Paddock public house – a welcome sign. Where were the rest of you, no excuses accepted, see you at ...

**The Aston on Trent 3 mile tortoise walk (or less)** will be the scene of our tortoise walk on 26 January and yes, there will be a lot of talking once again. See if you can identify which houses would have been saved in the event of a fire and which would have been allowed to burn to the ground. Could this be another stealth tax used to reduce the national debt? Don't tell your MP please. There is even a shorter walk option within this walk. A wonderful way to spend a couple of hours, no wonder we call it a tortoise walk!

**If you need help getting to the walks** telephone David Rowe on 01332 767368.

**Are you** in favour of Horsemeat in your burgers? Yay or Neigh?

**Travel Insurance.** Another member has written to Michael to advise him of his travel insurance experience. Les Baynton writes: *I recently arranged an annual insurance policy and contacted Staysure and Global Travel, both suggested by ITV'S Martin Lewis and*

*included in a Take Heart (Derby) Newsletter last year. Two factors that make travel insurance expensive are any heart procedures that you've had (you have to declare them) and age...I've just reached 70. Both companies were very helpful on the telephone and took details of my 2010 bypass. Global travel was cheaper but had a range of excess payments, which I thought were high. Both companies also had a list of countries...ie USA, Thailand and the Caribbean which were not included unless you paid an extra premium. I eventually went for Staysure, who said that they specialised in insurance for the over 50's. I paid just over £200 for an annual policy which would cover me for many countries and any heart problems. They also cover travellers up to the age of 85. You need to read your quote policy carefully to see what is and isn't covered and what excess payments apply. So happy travelling, if you want any more details I'm on email. Thank you for your story, Les, so we do get some things right. Is this of use to any others seeking travel insurance and how does it compare to your experience. Let Michael know.*

**Comment corner.** We continue to send the Newsletter via email to those who are able to receive it. We are delighted to receive the following feedback from December's edition: *Firstly I confirm receipt of the December Newsletter. Excellent and good jokes/All the best to you all and thank you for your good work/I've just spent a little while reading your latest newsletter – as usual it's full of useful information and interesting articles/great newsletter as always/Thanx for the newsletter, lots of info. The Broadway did an excellent lunch/ It was a really good issue full of lots of good information and I liked the poem about the Satnav. I did look as if I was going to enjoy my sweet at the Broadway lunch/As usual, it's full of interesting, useful and amusing items; so I'm going to forward it to my parents/Well done another great letter/I enjoy reading it and have passed it on to my cliques and friends/*

Others have commented verbally *“Do you write the Newsletter by yourself? It always looks great by the time we get it/I do not think I have ever seen a better Newsletter worthy of the title anywhere except ours/we both find it very informative and other parts very amusing/Thanks for the current newsletter; very good as usual/The satnav poem was great, I read it to my husband, he gave me one of his wry smiles and chuckled for the next half hour! We're just off out now, I will try not to comment on his driving, no promises though”*. But do you agree? We would love to hear from you, especially those who are unable to attend our events! Thanks to all those who respond, it makes a difference.

**Aspirin gives added protection?** Well, it seems that the horrible tasting, little dissolving pill you take to thin your blood could also protect against cancer. There is widespread evidence that this painkiller cuts the chances of developing cancer. It has been shown to be particularly effective against bowel cancer, suggests a report by the Department of Health. It is likely that the current guidelines will be reviewed by NICE, according to the BHF website report. As you know, it can cause stomach bleeds and ulcers and that will be the dilemma for doctors as they weigh up the side effects over the benefits. There are now 269,000 cases of cancer this year, up by 4,000 from last year said Professor Sir Mike Richards, the governments cancer director and of these potentially 5,000 lives could be saved by 2014. Jessica Harris of Cancer Research UK said *“Taking regular low doses of aspirin can reduce the risk of developing and dying from cancer. But aspirin has a range of serious side effects, including internal bleeding, and at the moment it is not clear whether the benefits would outweigh the harms”*. So, see your GP and make a decision together. Information from BHF website, Daily Telegraph & NHS Choices online magazine.

**Berries cut heart attack risk for women!** A study of 93,600 women in USA aged 25 to 42 years completed questionnaires about their diet, with their health being monitored over

an 18 year period. Experts believe the benefits come from the high content of flavonoids in the berry fruits, which appear to combat blocked arteries. The Daily Mail article discovered that strawberries and blue berries were the most common berries eaten in the USA but researchers at the Harvard School of Public Health suggest that other foods have similar benefits. They also suggest that men may achieve the same benefits by eating berries. The results of this study were published in the American Heart Association journal. Dr Aedin Cassidy, a nutritionist at the University of East Anglia, who took part in the research, said "We have shown that even at an early age, eating more of these fruits may reduce the risk of heart attack in later life". The findings also apply to those who eat a diet of other fruits and vegetables but who ate berries only once a month. Check your diet now, is the advice, to reduce problems later in life.

**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. As you become fitter and are able to swim longer, your resting heart rate and respiratory rate will be reduced, making blood flow to



the heart and lungs more efficient. It is healthy, great exercise, could prolong your life, reduce aches and pains. So there is no excuse for not turning up and you can even resort to a refreshing 'cuppa' afterwards. There have been weeks when we had had only one swimmer but the gradual build-up of a social effect has reached our swimming sessions. We are back to around 8 swimmers but the family pool can accommodate many more, even non-swimmers. See you every week, then?

### **Proud to be British**

If you had purchased £1,000 of shares in Delta Airlines one year ago, you would have £49.00 today. If you had purchased £1,000 of shares in AIG insurance company one year ago, you would have £33.00 today. If you had purchased £1,000 of shares in Lehman Brothers five years ago, you would have nothing today. If you had purchased £1,000 of shares in Northern Rock three years ago, you would have nothing today. But, if you had purchased £1,000 worth of beer one year ago at Tesco's, drunk all the beer, then taken the aluminium cans to the scrap metal dealer, you would have received £214.00.

Based on the above, the best current investment plan is to drink heavily & recycle.

**Smoking women.** The University of Alberta, Canada, showed that those who smoked one to fourteen cigarettes per day faced nearly twice the risk of sudden cardiac death of non-smokers. Researchers examined the rate of sudden cardiac death of more than 101,000 healthy women in a long term health Nurse's Health Study. When heavy smokers with no history of heart disease were factored in the risk was shown to be nearly 2 ½ times greater. For every five years of smoking the risk rose by a further 8%. It says on the packet "Smoking Kills", so don't do it – it is not worth it. Reported in national newspapers & NHS online stop smoking page.

**Complete your tax return correctly.** This example shows the importance of accuracy in your tax return. The HMRC has returned the Tax Return to a man in Evesham after he apparently answered one of the questions incorrectly. In response to the question "Do you have anyone dependent upon you?" The man wrote: "2.1 million illegal immigrants, 1.1 million crack-heads, 4.4 million Jeremy Kyle scroungers, 90,000 criminals in over 85 prisons plus 649 self-serving people in our Parliament and the entire European



Commission!" The HMRC wrote back and stated that the response he gave was unacceptable. The man wrote a reply to the HMRC and queried "who did I miss out?"

**There was** an old woman who swallowed a horse, she'd been to Tesco, of course.



**Cardiac Christmas.** This photograph arrived too late for inclusion in December, but is a reminder of the fun and great help all the staff at Cardiac Rehabilitation are to heart patients. They take their role very seriously but help to make it fun too. Thanks to Per for sending it in. Keep in shape during 2013.

**I'm in shape.** Round is a shape, isn't it?

**Gardening.** It is time to start your garden planning. Plant bare root roses in well prepared soil, remember to prune them back to prevent root rock. Plant fruit bushes, trees and canes into enriched soil. Prune deciduous trees, shrubs and fruit trees to help improve the health of plants. Test and improve the pH levels of your soil. Tidy up sheds and greenhouses, getting rid of dead or dying plants ready for spring. Or maybe, just build a snowman, what else can you do? A good job we live in Derbyshire or else the "snowball squad" in County Durham will arrest those caught throwing snowballs. Is this further evidence that the "elf & safety" brigade have lost the plot?



**Chatsworth Walk (change of date).** This year the famous Chatsworth Walk will be held on 28 April and not 22 September as shown on the Programme and in your 2013 calendar. Make the change to your calendar NOW. Better start getting your sponsorship forms ready as well. As soon as other details are published, they will be repeated here.

### **Recipe.**

Creamy chicken with rosemary potatoes (serves 4)

8 medium-sized potatoes, scrubbed	4 cloves garlic, thinly sliced
2 tbsp olive oil	2 sprigs fresh rosemary
4 medium skinless chicken breasts	1 tsp Pernod
1 stock cube (chicken or vegetable), made up to 200 ml with hot water	
8 tbsp half-fat crème fraiche	1 tbsp fresh thyme leaves
1 tsp lemon zest, finely grated	1 pinch salt & black pepper

Broccoli, cooked to serve.

Preheat the oven to 200C/gas 4. Slice the potatoes thinly without cutting right through them. Tuck garlic slices into the gaps, then use half the olive oil to brush over the potatoes. Arrange in a roasting pan and roast for 30 minutes. Remove and baste, then tuck rosemary into the gaps. Roast for a further 30 minutes. At this point start to cook the chicken. Heat the remaining oil in a frying pan and add the chicken breasts, cooking them over a medium-high heat for 2-3 minutes on each side until lightly browned. Add the Pernod and let it bubble up, then add the stock. Cover and simmer for 10 minutes, remove the lid and let the liquid reduce a little, turning the chicken as it continues to cook. Check that the meat is thoroughly cooked using a sharp knife – there should be no trace of pink juices. When done, stir in the crème fraiche into the sauce with the thyme and zest, heat for a few moments, then season. Serve with the potatoes and broccoli. Note – *tried and tested and tasty* – let Michael know if you enjoyed it. Send your favourite recipes to him for inclusion in future Newsletters.

**I've learned ....**That sometimes all a person needs is a hand to hold and a heart to understand.

**Job titles.** Who knows what a “Vision Clarification Technician” is? Answers to Michael!

### **Forthcoming programme.**

#### **January 2013.**

Wednesday 23<sup>rd</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 26<sup>th</sup> Walking back to health - 🐢 Aston on Trent walk of 3 miles. Meet at the Village Sports Ground, Shardlow Road at 9.30 to walk at 10.00 AM.

Tuesday 29<sup>th</sup> Coffee morning The Cube café/bar, Chapel Street, Derby from 10.30 until 11.30 AM (or later).

Wednesday 30<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

#### **February.**

Friday 1<sup>st</sup> Rock up in Red for the BHF Heart Day is to be marked by a joint promotion at the Royal Derby Hospital with the BHF, TH(D), Derby Heart City, NHS Derby City and others from 10.00 AM until 4.00 PM. to raise awareness and funds for the “Mending Broken Hearts Appeal”.

Wednesday 6<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 9<sup>th</sup> Walking back to health - 🐢 The Anchor Church, Ingleby walk of 7 miles. Meet at John Thompson Inn car park.

Monday 11<sup>th</sup> Meeting – “Red for Heart” prize quiz

Wednesday 13<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Wednesday 20<sup>th</sup> Swimming at the Queens Leisure Centre at 3.15 PM.

Saturday 23<sup>rd</sup> Walking back to health - 🐢 Findern History Trail walk of 2.5 miles. Meet at the Lower Green car park to the rear of All Saints Church.

Tuesday 26<sup>th</sup> Coffee morning at The Cube café/bar from 10.30 until 11.30 AM or later.

Wednesday 27<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”. 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](mailto:michael.flude@takeheartderby.co.uk). Items for the newsletter should be sent to Michael.

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

Any ideas or suggestions for speakers should be sent to Marilyn on 01332 558756. If you receive free magazines or newspapers to your home can you pass details to Marilyn. Also, if you see details of Take Heart (Derby) in any publication, can you let Marilyn have a copy.