

Take Heart

(Derby)

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

www.takeheartderby.co.uk



Newsletter January, 2014.

A very happy New Year to all our readers. We wish you improved health and a prosperous year ahead. 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

January meeting. Our first meeting for 2014 was kicked off with another EGM. These are not very common for Take Heart (Derby) but this is the second in just a few months. This time we elected Pam Fearn to the position of Secretary, to fill the void left by Pat Fitton's relocation to the Midsomer area near Bath. Pam was duly elected unanimously. Thirty-nine members attended the meeting to hear speaker Keith Blood, who is a Blue Badge professional tour guide on the topic "I never noticed that", a talk about all those



things in Derby you see but never see. He started his talk by taking us on a nostalgic look at the old buildings in Derby with their features that we would not normally notice. The first of these were the Guildhall which was

originally built in 1828 but was burnt down in 184, rebuilt in 1845 with features of a judicial scene and one of a municipal council meeting depicted on the building. From there we travelled to the corner house on Tenant Street, built in 1890, where 50 different faces appear on the stone work and now hosts the Registry Office. Other landmarks were the sensory garden opposite the council house with its Korean Veterans Memorial, the Old Boots Chemist building on East Street with its statues of John Long, Florence Nightingale and Jedediah Strutt and the Corn Exchange built in 1861 to keep the merchants dry while selling their corn, as well as the old Co-op Central Hall with the many stone lion faces on it. Many members could remember the old Thurman and Malin building, where the sign is still visible from St Peter's Street and the Central Education Company. Keith then took us to Victoria Street and the building that was once the Tramway Offices, along the road to the Wardwick Tavern, which was once the town house of the Meynell family, ending our journey at the Central Library built in 1871, for which the then Duke of Devonshire donated a lot of the books.

Next month's meeting. Ann Taylor has been a volunteer guide at Kedleston Hall for 15 years - so who better to tell us all about it? She was present during the filming of 'The Duchess' and has studied antique furniture, silver and pottery to enhance her knowledge of Kedleston. Ann is a member of Belper players, and when at the Hall she often dresses in the role of Mrs Garnett who was the housekeeper 200 years ago. For our talk she will

give an entertaining and interesting insight into the day to day running of the household. She is a flamboyant and experienced speaker who will keep us all highly entertained.

A thank you and farewell message. We have received the following message from Pat Fitton. *"It is hard to describe the feelings that I felt on saying goodbye to you all at the Take Heart Christmas dinner in December. I was happy and delighted to be given the Crown Derby Blue Tit and the garden vouchers by Julia as a leaving present. What better gifts could I have received? The little bird will have place of honour in my new home where it will remind me of you all each time I look at it, and plants, perhaps a rose bush called "remembrance" to take pride of place in my new garden. On the other hand, I was very sad to have to say goodbye to the many friends I have made during my 12 year association with Take Heart. It has been a privilege to work with so many dedicated people, to see the association go from strength, and to see people benefiting from all that Take Heart has to offer. I send you all my thanks for your lovely, and most unexpected gifts, and good wishes. I will never forget you and only wish that the whole organisation could be transported with me, to Midsomer Norton. With my love and very best wishes to you all, and in the certainty of the continued success of Take Heart, Pat."* Bon-voyage and adieu Pat.

Coffee in a Cube! At the Christmas Coffee Morning, Les Baynton presented Michael with a further £70 for Take Heart funds, making his total donation up to £300. The money came from the sales of "This Old Heart", the little book of comic verse written by Les. The book has sold around 250 copies and has raised £600 for BHF and Take Heart. It has also featured in the BHF magazine Heart Matters. A number of copies were sold over coffee and more sales events are planned for 2014. Further copies can be ordered from Les on 01332 206734 @ £3. Les performed a heart medication love poem – "Heartache" after coffee. Also, we celebrated a record 50 members attending (count by Derek Skidmore). Was it because so many were lured by the prospect of Michael bringing in chocolates and mince pies? In the event Michael did not bring either but there was still much rejoicing around the room, with several members attending for the first time. Let us hope we have not put them off and we hope to see you all in the months ahead. Do try and get to the coffee mornings, they are great fun, with a chance to relax among new friends you meet there.



Member news. Since the last Newsletter was published, we have learnt that several members have been unwell. Babs Knight, Stuart Norton have had a difficult time recently, Trisha Flude has been unwell and Paul & Brenda Riley have both been in and out of hospital. Nice to hear Michael Brinkworth is doing well following his operation. We wish you all a speedy recovery. A separate message from Michael Brinkworth reads: *"Just to let you know that I have received the newsletter. I do not know if it appropriate but thanks has to be expressed to our local NHS. Over the past fortnight I have experienced it services at every level. People have bent over backwards to help and accommodate me. Five times have I been to the local GP with various parts. Once of course the acute surgery for total knee replacement. Then A&E, ambulance and stroke services due to a possible stroke scare. Nothing has been too much anywhere! What is more, we have over the years paid a pittance for the services we receive."* Thanks Michael, sorry to hear of your plight but very happy to hear that the NHS has been exactly what you needed. If you are unwell and are not mentioned here, we apologise but we were not advised of your difficulty.

New members. This month we welcome Tina Whitfield, Jackie, San, Michael & Joseph Horvarth and twins Rachel & Hannah Wright to our group. We wish them all well and hope they enjoy as many of our events as possible.

Birthdays. Birthday wishes in January go to David Howe, Derek Eastwood, Sheena Gibson, Marbit Staehr, Ian Ball, Catherine Thow, Gerard Nolan, Brenda Penfold, Margaret Harrison, Geraldine Lloyd, Keith Cooper, Jean Arnott, Reh Qureshi, Martin Wilkinson, Janet Noon, Keith Howard, Elaine McCulloch, Maggie Edwards, Graham Cockcroft, Michael & Pamela Brinkworth, Brenda Riley and Jean Percival. So many of you, happy birthday to you all. 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 you details.

A treatment for heart failure? Current treatment includes beta blockers and ACE inhibitors reduce stress on the heart by lowering blood pressure. This alleviates symptoms but does not deal with the underlying condition. So the lungs fill up with fluid, the patient has difficulty in breathing and feel as though they are drowning. They require hospital treatment, where 30 percent unfortunately die within a year. A new treatment based on relaxin, which pregnant females produce automatically, reduces strain on the mother's heart. Her heart has to work 30% harder to compensate for the increase in blood required to transport oxygen around her body. Relaxin helps by opening up blood vessels and thereby reducing blood pressure and reduces strain on the heart. Martin Cowie, professor of cardiology at Imperial College London says, "Current medications dampen the body's own responses to the heart not pumping properly whereas Serelaxin works in synch with the body. We are not entirely clear how it works but it helps take the load off the heart. It also helps prevent further damage to the heart and kidneys, and this translates into longer term benefits." More research is being undertaken but it could be approved as early as 2014. Heart failure affects around 900,000 people in the UK so could this be a huge breakthrough? We wait to see. Maureen Talbot, Nurse Manager at the BHF comments "*This current paper is a sub group analysis of the original trial. Both papers confirm that Serelaxin improves symptoms of breathlessness in patients with heart failure but that further research is required. It was also observed that fewer people died if they were taking Serelaxin than a placebo. It was noted that the total number of deaths was low and the study's authors stated a larger trial was needed to confirm if the reduction in death rates was due to the Serelaxin. I asked one of our associate medical directors to review the paper again. He confirmed that the results of the RELAX-AHF trial are very promising in that it shows Serelaxin can provide symptomatic relief for patients with acute heart failure, but that further large scale trials need to show whether the drug can also prolong life in those with heart failure.*" We will bring you updates when they are available.

'Senior' widows Dorothy and Edna were chatting. "That nice George Johnson asked me out for a date," said Dorothy. "I know he took you out last week. What can you tell me about him?" Edna smiled. "The date was pretty special. He showed up on time and dressed like a gentleman. He brought flowers! Outside was a limousine with a uniformed chauffeur. Dinner was marvelous! I had lobster, champagne, dessert, and an after-dinner drink. Then we took in a show. I tell you, Dorothy, I enjoyed it so much I could die." "My goodness!" replied her friend. "When we got back to my apartment he became an ANIMAL. No sooner were we inside the door, he tore off my expensive new dress and had his way with me three times!" "Goodness gracious! So, are you saying I shouldn't go?" "Not at all. Just wear an old dress." (it is that man Per again!!!)

Two pinches of salt. Excess salt is known to be a major contributor to high blood pressure which can lead to heart disease and stroke. A recent Dutch research team found that nearly 5% of heart attacks and 6% of strokes could be prevented if there were less salt in meals, particularly ready meals. Translated into UK figures this relates to 13,000 heart attacks and 5,000 strokes per year. Staggering and there you have it. The Department of Health estimates that a reduction of 1g of salt per day will save 4,147 lives each year and unsurprisingly they add that it could save the NHS £288m annually. Funny, I knew there might be a financial implication coming. You should also watch out for restaurants who offer “seasoned fries” as standard – ask for unseasoned instead. It is possible to add salt to our meals but you cannot take it out. (Source of information: National Newspapers and BBC website <http://www.bbc.co.uk/news/health-22025341>).

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?

The British Heart Foundation has declared February to be Healthy Heart Month - aiming to encourage people to adopt healthier habits. Here are some pointers the BHF say can help...

Eat less - Weight problems are one of the biggest (no pun intended) contributing factors to heart disease - with 43 per cent of men, 32 per cent of women and a shocking 30 per cent of children in the UK overweight. **Stop smoking** – There is a mountain of evidence that smoking is a major cause of heart disease. You are almost twice as likely to have a heart attack if you are a smoker. Your GP can help and there are now a range of medications, nicotine replacements and therapies available. **Eat better** - There has been a lot of research into the role of fruit and veg in preventing and helping with heart disease. The risk reduction has been estimated to be as high as 40 per cent. The five-a-day maxim is a good standard to maintain but having a variety of colours is also important. **Exercise more** - Taking more exercise is considered to be the most important of all risk factors and small changes can mean a lot. Try a 30 to 40 minute walk three times a week, even this small change will decrease your risk of cardiovascular problems in the future. **Drink less** - While there are reports that drinking small amounts of red wine may actually help prevent heart disease, experts agree that high levels of drinking damage the heart. Some of the damaging side effects are: a weakening of the heart muscle, irregular heartbeat, a greater risk of high blood pressure and possible enlargement of the heart. **Feel the benefit** - If making all these changes seems a bit much, focus your attention on just one to begin with. Research shows that adopting one good habit can reinforce your desire and ability to adopt others. Basically, if you drink less you'll probably be less inclined to scoff a greasy kebab just before bed. Once you stop smoking you'll feel more able to exercise - and if you exercise more you'll want to eat well to keep you energy levels up and enjoy the benefits of burning all those calories.

“Ramp up in Red” during February. That is what the BHF are calling the heart month now. So we are asking members to wear red **at each event** they attend in February, preferably some outer clothing that can be seen. Please bring your Jam Jars to the February coffee morning on 25th, please. The proceeds will be going to the BHF as usual. Then we can start a new Jam Jar challenge for 2015. It is an easy and effective way of making a contribution. Is anyone able to help out at Royal Derby Hospital from noon til 4.00 PM on 5 February? We will be raising awareness of TH(D) & BHF. Please contact Michael if you can.

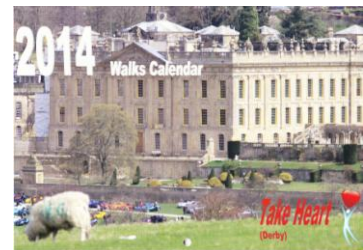
Few women admit their age – very few men act theirs!

Feedback. The following is feedback from last month's Newsletter. Does this reflect your view or do you wish to say something different – *“Really enjoyed the Christmas Lunch// loved the typo about Betty Hassell ; the idea of her " soldering on" conjures up a wonderful image- does it mean that we all stick together? Obviously no gardening tips this month - but can we have some recipes please/December Newsletter well received. As usual it is very informative. I will just have to improve my jokes so that you do not any longer need to apologise/Thanks for another superb N L/Many thanks for the newsletter, particularly liked the Irish understanding of medical terms, perhaps someone has been watching Mrs Brown/Thank you once again for a jolly newsletter. I do enjoy reading it/Once again an excellent publication, really interesting and keeping us all up to date with events past, present and future/Thanks for the interesting and informative newsletter/Thank you for an interesting looking newsletter/Once again an excellent newsletter with lots of information and funny/Thank you for yet another brilliant News Letter/Many thanks for the newsletter.....it is very informative and funny/Entertaining and informative, as usual/Newsletter duly received --- better than ever/Thanks once again for the newsletter ,another good read and always look forward to recieving it/ Thanks ever so for the newsletter - even more laughs than usual! Thanks for a good tonic/ Thanks for the December newsletter packed with information as usual and always a joy to read/ Thank you for another interesting newsletter which included glimpses of the hard work of our Officers and Committee. Everything seems to have run so smoothly including the super Xmas lunch, our first with Take Heart (Derby). Thank you”*. But do you agree? These are comments via email, it would be nice to hear from those who receive the Newsletter via post. Let Michael have your views too, please.

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, just like Margaret Knifton who is now online. So, it is not too late for anyone – give it a try but do not become a slave to it like me.

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. *“a fabulous calendar with better photographs than last year/I have sent a copy to my daughter in Devon/I've sent a copy to my son in Ireland, it is very good and great value/Not sure I like it as much as last years but have sent copies to my two daughters and they love it.”* Does anyone else have a comment to make?



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. **Make Sure You Have Sufficient Medication to Cover The Holiday Period of Christmas & New Year.**

Talking Walking. It is great to walk but we do talk a lot too. We have a tortoise walk around Calke Abbey on 28 December. You may have family and friends visiting during the festive season, so bring them along, they are not allowed to be an excuse, bring the dog as well (or your husband). We meet at Ticknall Village car park to walk at 10.00.

Tortoise walking around Calke Abbey. A report by Chris Wright - The last Walking Back to Health walk for 2013 in Ticknall and Calke was a welcome opportunity to blow away the post-Christmas cobwebs and enjoy some fresh air and sunny weather in the ever scenic surrounding of Calke Park. The group of 14, supplemented by the Wright family members, set off from the Ticknall Village Hall car park into St George's churchyard where the more recent church stands alongside the ruins of the original medieval Church dedicated to St. Thomas-a-Becket and built in the 13th and 14th centuries. After a stroll through the village with its interesting selection of old buildings and village standpipes, the group struck off into the sometimes muddy fields of Calke Park. Soon the walk followed the tramway which was used to transport lime from the Calke lime yards to the canal at Ashby de la Zouch including 2 tunnels. After exploring the lime yards with their recently restored lime kilns, the route took us through the parklands with a view of the deer and past the lake after to refreshments in the National Trust tea rooms. Such delights, with chocolate gateaux and cream scones. The return to the car park in Ticknall was made through the park and across the fields into Banton's Lane which bears the name of a distant branch of the author's family tree. All in all a very enjoyable way of spending a Saturday morning in December.



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.

December poser – What was King George VI's first name? This one was far too easy with lots of correct answers – Albert was his name. The first answer was received from Dorothy Stevens (again – does she need to get a life or what?).

January poser – Where are Chinese gooseberries from?

Membership fee. 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 charge per household and includes a monthly Newsletter, personalised birthday

cards, one copy of our annual walks calendar, and public liability insurance at all Take Heart (Derby) official events, along with a Newsletter every month. 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 your membership.

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

Bacon & Scrambled Egg Muffins (serves 1).

15g low fat cream cheese	1 large egg, beaten
1 lean bacon rasher, grilled & chopped	2 spring onions
1 tsp chives, finely chopped	Black pepper
¼ tsp olive oil	1 medium tomato, cut in half

Preheat the oven to 180C (gas 4). Whisk the cream cheese in a bowl until smooth. Gradually whisk in the egg until frothy. Stir in the bacon, spring onion and chives, season with pepper and pour into one hole of a very lightly greased non-stick muffin tin. Brush the cut surface of the tomato with oil, season with black pepper and place in a small baking dish. Bake the muffin and tomato for 10 to 15 minutes until the muffin has risen and a skewer inserted into the centre comes out clean. The tomato should be tender. Serve the tomato alongside the muffin. **Tried, tested and recommended as a healthy breakfast.**

Presentations from TH(D). Thanks to your donations and our fundraising efforts, we have purchased several items of equipment for the RDH. A pulse oximeter for use in Cardiac Rehabilitation and six footstools for Coronary Cardiac Unit. The oximeter is a non-invasive and portable piece of equipment for registering oxygen levels accurately and particularly useful during exercise. Several committee members attended RDH, where they "test drove" the equipment. We have two more requests for equipment being considered for ward 408 and the Cardiac catheter suite. Thank you for your support.



Vitamin F (sent in by Marilyn Thompson). Why do I have a variety of friends who are all so different in character? How can I get along with them all? I think that each one helps to bring out a "different" part of me. With one of them I am polite. I joke with another friend. I sit down and talk about serious matters with one. With another I laugh a lot. I may have a coke with one. I listen to one friend's problems. Then I listen to another one's advice for me. My friends are all like pieces of a jigsaw puzzle. When completed, they form a treasure box. A treasure of friends! They are my friends who understand me better than myself, who support me through good days and bad days. We all pray together and for each other. Real Age doctors tell us that friends are good for our health. Dr. Oz calls them Vitamins F (for Friends) and counts the benefits of friends as essential to our well-being. Research shows that people in strong social circles have less risk of depression and terminal strokes. If you enjoy Vitamin F constantly you can be up to 30 years younger than your real age. The warmth of friendship stops stress and even in your most intense moments it decreases the chance of a cardiac arrest or stroke by 50%. I'm so happy that I have a stock of Vitamins F! In summary, we should value our friends and keep in touch with them. We should try to see the funny side of things and laugh together, and pray for each other in the tough moments. **Thank you for being one of my Vitamins!**

Forthcoming programme.

January.

- Wednesday 22nd Swimming at the Queens Leisure Centre at 3.15 PM.
Thursday 23rd Lunch at the Toby Carvery (Chaddesden Park Hotel), Nottingham Road, Chaddesden, Derby DE21 6LZ at 12 noon.
Saturday 25th Walking back to health - 🐢 Little Eaton walk of 2.5 miles, meet at car park on St. Peters Park, Vicarage Lane, Little Eaton, Derby DE21 5EA to walk at 10.00 AM.
Tuesday 28th Coffee morning The Cube café/bar from 10.30 AM.
Wednesday 29th Swimming at the Queens Leisure Centre at 3.15 PM.

February. Please wear red at the February events.

- Tuesday 4th Ramp up the Red lunch at The Red Cow, 2 St Edmunds Close, Allestree, Derby DE22 2DZ at 12 noon.
Wednesday 5th Ramp up the Red awareness event at Royal Derby Hospital from 10.00 AM until 4.00 PM.
Wednesday 5th Swimming at the Queens Leisure Centre at 3.15 PM.
Saturday 8th Walking back to health - 🐢 & 🐢 Branston Monks walk of 6.5 & 2.5 miles, meet at Bridge Inn, Branston, Derby DE14 3EZ to walk at 10.00.
Monday 10th Meeting – Ann Taylor of Kedleston Hall will describe life at this local National Trust property at 2.30 in the Friends Meeting House.
Wednesday 12th Swimming at the Queens Leisure Centre at 3.15 PM.
Wednesday 19th Swimming at the Queens Leisure Centre at 3.15 PM.
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.

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