

Take Heart

(Derby)

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



www.takeheartderby.co.uk

Newsletter July, 2014.

There are more members responding to this Newsletter than previously, which is terrific. Larger photographs are still popular but what do you think?



Derby
Heart City

Love our city ♥ Love your heart

Monthly meeting. Not exactly a meeting but more a gathering in the garden of the home of Marilyn Thompson for 25 members with a number of apologies received, including



three who were involved in a minor car accident. They are all OK. There were lots of cakes (baked by the lovely Joyce Cocking), plenty of drinks – even that other kind! Most of all there was plenty of chatter, which has come to define all our events in recent years. This is hopefully a sign that those attending are having a good time. Judge for yourself from the photographs!

The quiz eventually got underway when Marilyn remembered where she had filed the answers. There were prizes for winners Jean Sykes, Margaret Storry and Les Tibbles.

Next month. Our next speaker is Gerald Price of Derbyshire Woodland Trust. He will tell us what the trust is all about - and explain their vision to see our country rich in woodland trees to be enjoyed by everyone. Trees are important for the environment and wild life. Gerald will outline the Woodland Trust's aims to protect native woods and plant thousands more trees in the future. Food for thought?

Coffee in a Cube! A bit quieter in the cafe this month but there were 39 attending. Everyone moved around a lot, talked a lot and made plans. For once, my visits to each table were very social and not trying to twist arms to do something. We were pleased to welcome a joining member, Janice Goodwin to our social event and hope she enjoys many more events with us. Next month The Cube cafe/bar will be undergoing some construction works but it is business as normal for TH(D) members coffee morning on 29 July. The popularity of Take Heart (Derby) coffee mornings has spread to San Francisco. Ann Quadri writes "Our granddaughter Leah came to the last coffee morning with me and really enjoyed herself meeting the people there."



Her older sister Hannah is studying at St Andrews university and is very much hoping to attend a Take Heart Group meeting when she comes to stay with us for a time. Members of the group are really very friendly. Keep up the good work.” So there you have it, it works for the many who attend. Are you joining us next month?

New members. This month we welcome Eric Ward, Carol Cole, Janice Goodwin, Reg & Dorothy Murray to our growing group.

Birthdays. Birthday wishes this month go to Jean Birkin, Bryan Cogley, Bill Whitaker, Brian Fearn Margaret Knifton, Roy Pearson, John Cooper, Virginia Davis, Stephanie Wright, Coleen Yates, Jacquie Saunders, Per Staehr, Christine Whewell, Edward Potter, Janice Bridges, Elaine Starbuck, Lynn Rowlatt, Maureen Morley and Kevin Noon. Happy birthday to one and all! We continue to receive thanks from those who have received birthday cards made by April. If I have missed you, please contact me with your details.

Only for those of our age! As I was lazing around, pondering the problems of the world, I realised that at my age I don't really give a monkey's anymore. If walking is good for your health, the postman would be immortal. A whale swims all day, only eats fish, drinks water but is still fat. A rabbit runs and hops and only lives 15 years, while a tortoise doesn't run and does mostly nothing, yet lives for 150 years. And you tell me to exercise? I don't think so. Just grant me the senility to forget the people I never liked, the good fortune to remember the ones I do and the eyesight to tell the difference. Now that I'm older, here's what I have discovered:

1. I started out with nothing and I still have most of it.
2. My wild oats are mostly enjoyed with prunes and all-bran.
3. I finally got my head together and now my body is falling apart.
4. Funny, I don't remember being absent minded.
5. Funny, I don't remember being absent minded.
6. If all is not lost, then where the heck is it?
7. It was a whole lot easier to get older than to get wiser.
8. Some days, you're top dog; some days you're the lamppost.
9. I wish the buck really did stop here, I could use a few of them.
10. Kids in the back seat cause accidents.
11. Accidents in the back seat cause kids.
12. It's hard to make a comeback when you haven't been anywhere.
13. The world only beats a path to your door when you are in the bathroom.
14. If God wanted me to touch my toes, he'd have put them on my knees.
15. When I'm finally holding all the right cards, everyone wants to play chess.
16. It's not hard to meet expenses ... they are everywhere.
17. The only difference between a rut and a grave is the depth.
18. These days I spend a whole lot of time thinking about the hereafter .. I go somewhere to get something and then wonder what I'm here after.
19. Funny, I don't remember being absent minded.
20. Have I printed this message to you before?

June poser – The Canary Islands are named after which animal? Many of you correctly guessed this one – it is dogs.

July poser – what is a camel's hair brush made of?

Member news. Since the last Newsletter was published, we have learnt of members who have been unwell but are gradually improving. Bryan Cogley is very poorly, Bob Betchley has returned home following his operation, Robert Jones has cashed in on health tourism whilst on holiday in Menorca but is doing well on his return and Janet Talbot is about to undergo an operation. Fred Rubini has a new pacemaker and is expected to be at home before you read this Newsletter following a prolonged stay in hospital. Lynn Butler is recovering following a small stroke, Elaine McCulloch is waiting to go into Glenfield and Terry Cuddehay is feeling better of late. If you are unwell and are not mentioned here, we apologise but we were not advised of your difficulty (or I am having more 'old timers' events).

Watch out chaps. A woman went through a red traffic light and crashed into a man's car. Both of their cars are demolished but amazingly neither of them is hurt. After they crawled out of their cars, the woman said; "Wow, just look at our cars! There's nothing left, but fortunately we are unhurt. This must be a sign from God that we should meet and be friends and live together in peace for the rest of our days." The man replied, "I agree with you completely. This must be a sign from God!" The woman continued, "And look at this, here's another miracle. My car is completely demolished, but my bottle of wine didn't break. Surely God wants us to drink this wine and celebrate our good fortune." Then she hands the bottle to the man. The man nods his head in agreement, opens it, drinks half the bottle and then hands it back to the woman. The woman takes the bottle, immediately puts the cap back on, and hands it back to the man. The man asks, "Aren't you having any?" She replies, "Nah. I think I'll just wait for the police." Adam ate the apple, too! Men will never learn!

Heart failure. You may recall that last month we were contacted by the BHF to enquire if any of our members who have heart failure would be willing to complete a questionnaire. The specific study is looking into two main symptoms of heart failure – breathlessness and fatigue. Dr Helen Walthall is the Lead Researcher for this study. At least four of our members have responded to this call on line but found some frustrations with the paperwork. If you would like a questionnaire, please contact the Lead Researcher, Dr Helen Walthall on 01865 482603 or email hewalthall@brookes.ac.uk and she will post the questionnaire along with further information about the study on to you. Please also advise Michael if you intend to respond.

The five rules men should follow for a happy life.

1. It is important to have a woman who helps at home, cooks from time to time, cleans up and has a job.
2. It is important to have a woman who makes you laugh.
3. It is important to have a woman you can trust, and does not lie to you.
4. It is important to have a woman who is good in bed and likes you.
5. It is very, very important that these four women do not know each other, or you could end up dead like me! (taken from the headstone of Russell J Larsen).

Travel Insurance How did you get on with your search for adequate and affordable travel insurance? The BHF have recently issued an update to their "Insurance" for heart patients. The information is compiled from feedback received from heart patients. The BHF always recommend talking to your GP before making any plans. See for yourself at <http://www.bhf.org.uk/publications/view-publication.aspx?ps=1001214> or send a stamped and addressed envelope to Michael and he will forward a copy to you. Let Michael know how you get on with this year's travel insurance arrangements.

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. So, it is not too late for anyone – give it a try but do not become a slave to it like me.

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.

These are classified ads, which were actually placed in U.K. Newspapers:
FREE YORKSHIRE TERRIER. 8 years old, Hateful little bastard. Bites!

FREE PUPPIES. 1/2 Cocker Spaniel, 1/2 sneaky neighbour's dog.

FREE PUPPIES. Mother is a Kennel Club registered German Shepherd. Father is a Super Dog, able to leap tall fences in a single bound.

COWS, CALVES: NEVER BRED. Also one gay bull for sale.

JOINING NUDIST COLONY! Must sell washer and dryer £100.

WEDDING DRESS FOR SALE. Worn once by mistake. Call Stephanie.

FOR SALE BY OWNER. Complete set of Encyclopedia Britannica, 45 volumes. Excellent condition, £200 or best offer. No longer needed, got married, wife knows everything.

Feedback. Those of you not on email received your copy of the June Newsletter at least one day before the rest last month. The internet is a wonderful thing when it works but is frustrating when it does not and last month it let me down. I received a few amusing responses including some enquiring if I needed money to get my internet back from holiday. The following is feedback from last month's Newsletter (spelling and grammar mistakes just like mine) *"Success! --- and it's well worth it, as ever. All power to your elbow, and your mouse/To prove that I've opened it, I will mention that I learned that the Canaries are named after dogs (as in canine) when we went to Tenerife in 1998/Got it!! Good read/ Yes you did it this time Michael, another interesting newsletter/ I got it this time, really full and interesting newsletter, Brian and I particularly liked the jokes/ superb as usual/ Newsletter received and read Jokes 7 out of 10/I knew you would get there in the end/ Glad to know that Gill and I are not the only ones to have difficulty sending things on occasion/ I am writing to compliment you on your tenacity and perseverance! Sometimes I feel like going to live somewhere that has banned all forms of technology but then I wouldn't get your informative Newsletter and the jokes that really cheer me up/Oh! nearly forgot to congratulate you on the continued excellent read that our newsletters provide - I have a particular penchant for the joke features and the medical topics - this week's subject on Prostate cancer being of great interest to me as you can imagine/Many thanks for the news letter, some very good jokes this month/ As we have been away, we were able to bi-pass the 'blips'!!/ I think the larger photos are great/ as usual very interesting and amusing, I do look forward to it. Perhaps it may be possible to have a get together for we singles as I am sure there are members who would like to chat and socialise and share their experiences with others in the same boat. Just a thought/have to say it makes good reading well done/Newsletter received and enjoyed as much as ever, photos much easier to see our happy members/Thanks for newsletter. It was excellent.*

My son and I have just shared a hearty laugh over the 'insurance companies'/As usual the Newsletter is informative and good reading// thankyou so much for sending a birthday card to my mum today. she really appreciated it. you must have set up a good system to be able to do this! well done and thanks". Does this reflect your view or do you wish to say something different. These are comments via email (spelling mistakes and all), it would be nice to hear from those who receive the Newsletter via post. A new member said to me that "it must take ages to put together such an interesting Newsletter, it is a great read". Thank you, I try. Let Michael have your views too, please.

A Woman was out golfing one day when she hit the ball into the woods. She went to look for it and found a frog in a trap. The frog said to her, "If you release me from this trap, I will grant you three wishes." The woman freed the frog, and the frog said, "Thank you, but I failed to mention that there is a condition to your wishes, whatever you wish for, your husband will get but multiplied ten-fold!"

The woman said, "That's okay." For her first wish, she wanted to be the most beautiful woman in the world. The frog warned her, "You do realize that this wish will also make your husband the most handsome man in the world, an Adonis whom women will flock to". The woman replied, "That's okay, because I will be the most beautiful woman and he will have eyes only for me." So, KAZAM-she's the most beautiful woman in the world! For her second wish, she wanted to be the richest woman in the world. The frog said, "That will make your husband the richest man in the world. And he will be ten times richer than you." The woman said, "That's okay, because what's mine is his and what's his is mine." So, KAZAM-she's the richest woman in the world!

The frog then inquired about her third wish, and she answered, "I'd like a mild heart attack." Moral of the story: Women are clever. Don't mess with them.

Attention female readers: This is the end of the joke for you. Stop here and continue feeling good.

Male readers: Please carry on reading;- The man had a heart attack ten times milder than his wife's. Moral of the story: Women aren't really that clever, but they think they're really smart. Let them continue to think that way and just enjoy the show.

PS: If you are a woman and are still reading this, it only goes to show that women never listen!

PPS Don't blame Michael, someone else wrote it!!!

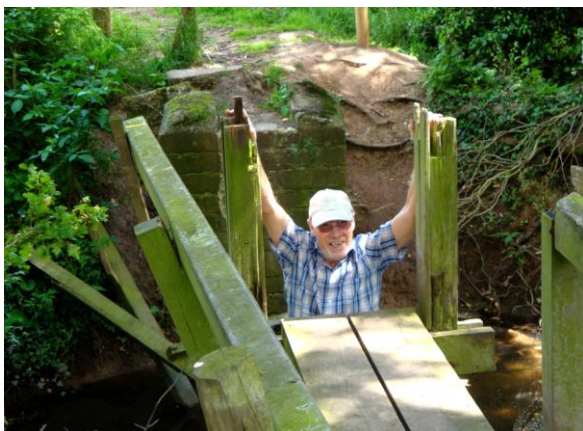
I've learned.... That love, not time, heals all wounds.

Will You Live to see 85? Here's something to think about... I recently changed to a new G.P. After two visits and exhaustive Lab tests, he said I was doing 'fairly well' for my age. (I've just reached 65). A little concerned about that comment, I couldn't resist asking him, 'Do you think I'll live to be 85?' He asked, 'Do you smoke tobacco, or drink beer, wine or hard liquor?' 'Oh not much grog these days and don't smoke' I replied. 'I'm not doing drugs, either!' Then he asked, 'Do you eat rib-eye steaks, fatty roasts and barbecued Ribs?' I said, 'Not much.... My former doctor said that all red meat is very unhealthy!' 'Do you spend a lot of time in the sun, like playing golf, boating, sailing, surfing, hiking, or bicycling?' 'No, I don't,' I said. He asked, 'Do you gamble, drive fast cars, or have lots of sex?' 'No,' I said... He looked at me and said,.. 'Then, why the heck do you want to live to 85?'

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.

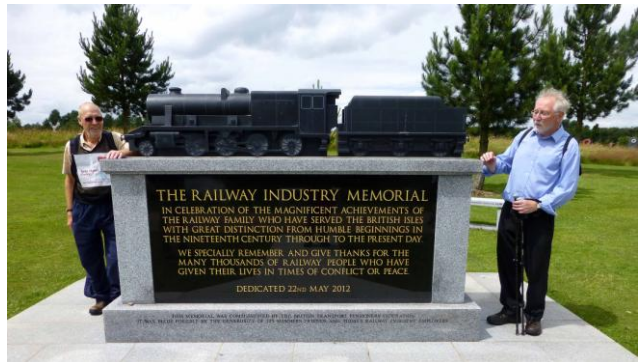
Tortoise walking. The midsummer's day Take Heart walk was a fairly gentle affair in superb weather comprising of a circular route in Markeaton, writes Chris Wright.

The group set off from Willowbrook, uphill along a bridleway from Markeaton Lane, soon enjoying panoramic views of the Derby skyline (including 'those' wind turbines) with the East Midlands airport control tower on the distant horizon. Pausing for a group photograph at a duck pond at Lower Vicarwood Farm, some gulls were seen mobbing an encroaching buzzard. The footpath continued through a series of fields until a problem was encountered - the floods earlier in the year had washed away a footbridge over Markeaton Brook. Fortunately despite the 'closed footpath' (with no alternative route signs), after a bit of scrambling into the stream, over some planks and back up onto what was left of the bridge, all were safely on the other side. The next obstacle was an overgrown jitty which had been little used recently and was well stocked with nettles. Once this had also been safely navigated the walk continued along Markeaton Lane for a while before turning off into All Saints Church, Mackworth. This is mostly of 14th century construction with monuments to the Touchet and Mundy families. Returning to the ripening corn fields the path emerged again on Markeaton Lane with its garden centre and the Home Farm at Markeaton Park, soon after which the circle was completed with a return to Willowbrook and a refreshing cuppa'.



Hare walk at The National Memorial Arboretum - A report by John Heath. The majority of the group went on David's circular four mile Hare Walk, whilst Chris and Barbara did a Tortoise Walk exploring the paths and memorials of the Arboretum. It was a warm day with a sky reminiscent of a Constable painting as we left the Arboretum car park by the main gate and turned right along Croxall Road to take the A38 south bound. At this point David said we should stay out of the fast lane, thankfully he was joking as there was a footpath. But I think we were all glad when we'd had enough of the noise of fast traffic when we left the A38 by a slip-road and took a right turn for Alrewas. The A38 was originally an old Roman road called Ryknild Street. What would the Romans have thought of it today? David took us through what looked like an old sleepy part of Alrewas with pretty cottages and old buildings. When we reached the Trent and Mersey Canal we took to the towpath to Alrewas Lock. Below the lock the canal merges with the River Trent for about 200 metres and flows through water meadows past the 14th century Wychnor Church. Here the canal has a chance to take on plenty of water from the river for its journey to its final confluence with the Trent further downstream near Shardlow. At Wychnor Lock the canal leaves the river and runs parallel with the A38. We followed it until we reached a bridge which would give us safe passage over the A38 to Catholme. On leaving the canal we had to climb over a crash barrier to reach the road. As it was nearing midday we were able to make use of the crash barrier's sunny aspect for a lunch break. There was not much at Catholme, but a few houses and what looked like derelict farm buildings. A lot of the farmland around here must have been lost to sand and gravel extraction as there was much evidence of old quarry workings as we followed a track parallel to the Birmingham railway back to the Arboretum. In fact the National Memorial

Arboretum owes its location to reclaimed land from sand and gravel quarries. Eventually we reached Mythaholme bridge over the River Trent which took us back into the Arboretum site alongside the rather sweetly named Lovejoy Wood. This far flung corner of the Arboretum is at the confluence of the Rivers Tame and Trent and is known as Mythaholme which comes from the Old English meaning the mouth of a river where it runs into another or a confluence of rivers. From here we slowly wended our way through the Arboretum



looking at the memorials on the way to the car park and the restaurant for well earned tea and cake. The National Memorial Arboretum is managed by the Royal British Legion and was conceived as a living tribute to people who gave their all to their country. Planting began in 1997 and there are now over 60 memorials commemorating not only the Armed Forces but also civilian groups and individuals. It is an amazing place which needs our support and a great place to while away a summer's day.

If you need help getting to the walks, please telephone David Rowe on 01332 767368 or 07890 645645. **Please note the extra walk in July.**

SMUGGLERS a poem from Trisha Flude

I am the ghost of the boy who walks down the path to the beach,
Dark trees hang low and tendrils of fog stretch out like hands to reach
Across the path and catch me there as I run through the dripping mist.
They're there again those black hearted men with their evil black painted ships.
The cowering children crying out at the sound of the cracking of whips
I call to the night to the revenue men but my voice goes unheard
Like the time when I was one of those boys crying down there on the beach.
I see a beacon ready to light I run and scream in the night,
I see a spark creeping over the ground it reaches the beacon
A surge and sound THE BEACONS ALIGHT.

This month's recipe. Grandma's Tea Loaf (supplied by Brenda Twells, tested by Michael).

300ml strong tea
400g dried mixed fruit
285g self-raising flour
225g dark muscovado sugar
1 free range egg

Put the strong tea into a large bowl and stir in the sugar until it has all dissolved. Add the dried fruit, cover the bowl with a plate and leave to soak overnight. Next day, pre-heat the oven to 160C. Give the mixture a stir to ensure none of the sugar has settled at the bottom. Add the egg and then the flour. Give the mixture a good stir until all the flour is completely combined. Tip the mixture into a greased and lined 2lb loaf tin and bake in the preheated oven for around 1 hour and 30 minutes (or until the cake is firm to the touch and a skewer comes out clean. Turn onto a wire rack and cool. Slice and serve on its own or with butter. Let Michael know how you get on. Do you have a favourite recipe you would like to share? Contact Michael with the details.

Joe says to Paddy: "Close your curtains the next time you're making love to your wife. The whole street was watching and laughing at you yesterday." Paddy says: "Well the joke's on them because I wasn't even at home yesterday."

An event at Hanbury (commemorating the “bombing” at nearby Faulds) on 27 November is being investigated by David. He awaits a menu and pricing from The Cock Inn, Hanbury Hill, Hanbury DE13 8TD. Please contact David Rowe on 01332 767368 to record your interest. There will be a meal at the pub and a walk to the crater for those who wish to visit. For others, it means an extra drink.

If there is a shred of doubt that the world is totally insane, the following information will remove it. This says it all:-

Pythagoras’ Theorem 24 words, The Lord’s Prayer 66 words, Archimedes Principle 67 words, The Ten Commandments 179 words, The Gettysburg Address 286 words, The US Declaration of Independence 1,300 words, The US Constitution with all 27 Amendments 7,818 words, EU Regulations on the sale of Cabbages 26,911 words.

Forthcoming programme.

July.

Saturday 26th **Walking back to health** - 🦘 & 🐢 Branston Monks walk of 6.5 & 2.5 miles, meet at Bridge Inn, Branston, Derby DE14 3EZ at 9.30 to walk at 10.00 AM.

This is an additional walk due to floods earlier in the year.

Tuesday 29th Coffee morning at The Cube café/bar from 10.30 AM.

Wednesday 30th Swimming at the Queens Leisure Centre at 3.15 PM.

August.

Wednesday 6th Swimming at the Queens Leisure Centre.

Saturday 9th Walking back to health – 🦘 & 🐢 Codnor & Ironville walk of 5 & 3 miles, meet at Market Place, Codnor, Derby NG16.

Monday 11th Gerald Price of Derbyshire Woodland Trust will regale us with tales from the forest.

Wednesday 13th Swimming at the Queens Leisure Centre.

Tuesday 19th Lunch at the New Inn, Duffield Road, Little Eaton, Derby DE21 5DR.

Wednesday 20th Swimming at the Queens Leisure Centre.

Saturday 23rd Walking back to health - 🐢 Mickleover Circular walk of 2.25 miles, meet Vicarage Road car park (Library), Mickleover, Derby DE3.

Tuesday 26th Coffee morning at The Cube café/bar.

Wednesday 27th Swimming at the Queens Leisure Centre.

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

Live Well, phase 4 sessions via Derby City Council 01332 641254 or livewell@derby.gov.uk

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 along with recommendations for lunch venues.

Affiliated to the British Heart Foundation